



THE 1ST INFANTRY DIVISION POST



www.riley.army.mil

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Fort Riley, Kansas

Supplies Incoming



Air drops part of joint training for Air National Guard, Danger Focus II



COURTESY PHOTO

Capt. Matthew Zahler, Air Force air mobility liaison officer, communicated with Air National Guard C-130s from the 180th Airlift Squadron, 139th Airlift Wing, St. Joseph, Missouri, Feb 8 during air drops at Fort Riley.

Story and photo by Patti Geistfeld
1ST INF. DIV. POST

Two Missouri Air National Guard C-130 aircraft from the 180th Airlift Squadron, 139th Airlift Wing, St. Joseph, Missouri, approached a Fort Riley airdrop zone on a cold, windy Kansas day. The Joint Air Transportability Training airdrop was a low-cost low-altitude, or LCLA, bundle dropped on a targeted area Feb. 8. It was part of a joint training exercise between the Missouri Air National Guard and 2nd Armored Brigade Combat Team, 1st Infantry Division, during Danger Focus II.

"These low altitude equipment drops are very important to Fort Riley," said Steve Crusinberry, director of the Directorate Plans, Training, Mobilization and Security. "We actually brought ... Air National Guard units out here to Fort Riley to support active component units, 1st Infantry Division units conducting Operation Danger Focus."

Soldiers participating in Danger Focus II were on hand to retrieve the

bundles once the C-130s were clear of the drop zone. This simulated the actions they would take in the event of an airdrop retrieval downrange. Due to deployed parachutes and Kansas wind, some of the bundles had to be chased down, but the retrieval was completed.

"Those Air Force units ... come and actually drop supplies onto our drop zones that 1ID was able to pick up and employ into the fight — just like they do in theater," Crusinberry said. "It was invaluable training for the 1st Infantry Division and it was invaluable for Fort Riley because it demonstrates our capability to support our joint partners."

Air Force Capt. Matthew Zahler, the Air Force air mobility liaison officer at Fort Riley said it required coordination between the Air Force and various Army units to ensure the drop could happen including Soldiers from the 1st Inf. Div. Sustainment Brigade who provided the rigging for the bundles.

"Chief Warrant Officer 2 Jeremy Larson, airdrop systems technician with 1st Infantry Division

Sustainment Brigade is the only rigger in the division, so we couldn't do it without him and his team," Zahler said.

He said the original material, from the parachute to the pallet, used for airdrops needed to be retrieved and returned so it could be used again. This was not always practical in real-world situations. The 139th Airlift Wing picked up the LCLA bundles containing concertina wire and other supplies at Marshall Army Airfield Feb. 3 for the drop Feb 8.

"The Air Force and Army started using LCLA bundles because of the difficulty they had getting the chutes and the rigging equipment back to reuse, when out in Afghanistan and Iraq," Zahler said. "The LCLA is a one-time use chute that does not need to be recovered back to the USAF. The Army units in the middle of Afghanistan were unable to get the chutes and rigging equipment back to the USAF hubs in other countries. It also made for more logistics hassle on their part, as they then had to keep that equipment wherever they went,

until they could get it back to a larger airfield with an Air Force presence, to return the equipment for reuse. The Air Force had a limited supply of that airdrop equipment and had issues with not getting it back in time to reuse for additional resupply via airdrops."

The LCLA bundles provide a convenient as well as inexpensive solution for airdrops.

"Another advantage is that LCLA comes already packed, from the factory, and only needs to be rigged onto the bundles to be dropped," he said. "That also makes it easier to put together for emergency resupplies via airdrop. It is also the cheapest option for airdrop resupply."

Zahler explained the airdrop materials can be burnt on the spot when recovered creating an easier flow of supplies between Army and Air Force units.

Joint training exercises benefit different branches of the armed services because when they train together they become more

See AIR DROP, page 8

Game wardens engage in underwater training exercises

Story and photo by Matt Ellington
1ST INF. DIV. POST

Instructed by Maj. Dan Heskett, from the Directorate of Emergency Services at Fort Riley, game wardens from Fort Riley as well as deputy sheriffs from nearby Geary and Wabaunsee counties conducted training exercises Feb. 7 and 8 at Eyster Pool. Officers wore weighted duty belts and bulletproof vests to simulate the experience of carrying their equipment into the water throughout all the exercises. One such exercise included a cage held underwater by lifeguards for the officers to swim through.

"We do another drill where we put a galvanized pipe cage out where they have to swim out and target acquisition with their firearm then dive down and go under the cage," Heskett said. "The purpose of that is to get them to have the mental capability that they can survive being trapped under something."

Each deputy had to react accordingly to an assailant from dry ground when emerging from the water. As soon as they submerged, the assailant would shift position so that when a deputy re-emerged, they could train their eyes to acquire the same target in a different

space. Officers later had to tread water with the equipment and follow through with removing the belt underwater.

Lt. Adam Hastert, Fort Riley game warden, said this training simulated real-life situations for game wardens across the state.

"When you find yourself in a situation, you like to have been there before," Hastert said. "This is putting us in that situation, so we know what to do when we go in the water with a 12-pound weighted duty belt on."

See WARDENS, page 7



Maj. Dan Heskett, game warden with Fort Riley's Directorate of Emergency Services, demonstrates target acquisition after submersion for deputies During game warden water survival training exercises Feb. 8. The training was Feb. 7 and 8 at Fort Riley Eyster Pool.

FORT RILEY VOLUNTEER SPOTLIGHT



Capt. Michelle Kelley, 1st Combat Aviation Brigade, 1st Infantry Division, volunteers as a dispatcher and on-call designated driver for the Drunk Driver Prevention Program. She is dedicated to ensuring the safety and well-being of fellow Soldiers. Additionally, she is co-leader in a Family Readiness Group.

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

ALSO IN THIS ISSUE



COUPLES CREATE MOONLIGHT AT WINE PAIRING AND PAINTING, SEE PAGE 9.

ALSO IN THIS ISSUE



JUST OUTSIDE THE GATES OF FORT RILEY IS JUNCTION CITY, KANSAS – A CITY OF HISTORY AND OUTDOOR ACTIVITIES, SEE PAGE 16.





THE FIGHTING FIRST!

Darwin Graham: A ‘Big Red One’ Soldier

THEN & NOW



By Phyllis Fitzgerald
SPECIAL TO THE POST

Born in Augusta, Georgia, and raised in Conway, South Carolina, Darwin Graham joined the Army Jan. 23, 1993. Army Basic Combat Training was at Fort Knox, Kentucky. He then went to Fort Lee, Virginia, where he attended Advanced Individual Training, earning the military occupational specialty 92Y — Unit Supply Specialist.

Graham’s first assignment was to Schofield Barracks, Hawaii, where he worked in a battalion S-4 office, helping manage supply and logistics. He spent three years in Hawaii, then was assigned to Fort Leonard Wood, Missouri, where he was the company supply sergeant for a basic training unit.

Graham was then assigned to Armed Forces Network Frankfurt, Germany, with duty in the Balkans. The designation for AFN later changed to American Forces Network.

“I spent one year in the Balkans where I was the supply sergeant for all of the Balkans Region which included: Kosovo, Bosnia and Hungary,” Graham said.

He then returned to the United States for an assignment to Fort Jackson, South

Carolina, where he was in a regimental S-4, logistics and supply shop for one year.

“I then volunteered for recruiting duty and attended the U.S. Army Recruiting School which is located on Fort Jackson,” Graham said. “After training, I was assigned to the Mid-Atlantic Recruiting Battalion, North Philadelphia Recruiting Company, Germantown Station in Germantown, Pennsylvania for three years.”

After his recruiting assignment, Graham was sent to Fort Lewis, Washington, where he was property book noncommissioned officer in charge for the Headquarters and Headquarters Company, 502nd Military Intelligence Battalion, 201st Military Intelligence Brigade.

“While at this assignment, we deployed to Camp Victory in Baghdad, Iraq,” Graham said. “I was there for three months when I became a casualty to sniper fire.”

He was medically evacuated to Landstuhl, Germany, then back to Fort Lewis by way of Andrews Air Force Base, Maryland, where he continued to receive treatment and recovered. He was awarded the Purple Heart.



In 2008, Graham returned to recruiting duty, and was assigned to the recruiting units in Fort Jackson, South Carolina; Augusta, Georgia; and Orangeburg, South Carolina. He served in this capacity for the next two years.

Graham then went to Baumholder, Germany, where he worked as a supply sergeant and battalion S-4 NCOIC for the 170th Infantry Brigade Combat Team. While with the 170th IBCT, Graham deployed to Afghanistan. Upon his return, the 170th IBCT began disbanding operations.

Graham arrived at Fort Riley at the end of 2012 and was assigned to the HHC, 2nd Armored Brigade Combat Team, 1st Infantry Division, as supply sergeant.

On Feb. 1, 2016, Graham retired from the Army as a Staff Sgt. He went to work for 10 months with New Horizon Recreation Vehicle dealer in Junction City, Kansas. He now works for Irwin Army Community Hospital.

Graham also belongs to the Veterans of Foreign wars and is a member of the Military Order of the Purple Heart Organization.

“My wife and I decided to stay in Junction City because we found a really good church — New Church of the Living God,” Graham said. “Plus, Kansas is in the middle of the United States and we like the atmosphere here and it is not too fast. We are also near the military facilities and the VA.”

My favorite memory while in the 1st Infantry Division and really my entire career were the days spent working in the Supply Room and working with the young Soldiers not only in supply but all the different sections. Helping them; trying to teach them to be good young adults and to think for themselves.

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

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

Military, civilians participating in February retirement ceremony

Six military members and four Department of the Army civilians will be recognized for their service during the monthly Fort Riley Retirement Ceremony scheduled for Feb. 22. The ceremony will be held at Riley’s Conference Center. Family, friends and coworkers are encouraged to attend, celebrate with and congratulate these 10 professionals at the culmination of their careers.

MILITARY MEMBERS

Col. Pearl Kreklau-Caponera	27 years of service
Lt. Col. Jeffrey Mrochek	20 years of service
1st Sgt. Thomas Davis	20 years of service
Sgt. 1st Class Matthew Timms	22 years of service
Sgt. 1st Class Eryk Hayden	20 years of service
Sgt. 1st Class William Griffith	26 years of service



DEPARTMENT OF THE ARMY CIVILIANS

Kathlene Basset, Department of the Army Civilian	36 years of service
Benny Zerr, Department of the Army Civilian	39 years of service
Sharon Cramer, Department of the Army Civilian	30 years of service
Evelyn Chlupsa, Department of the Army Civilian	28 years of service

From the men and women of Fort Riley – Thank you for your service.



Soldier challenges himself as he heads to Special Forces Assessment

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

BAGHDAD, Iraq — “‘Stay humble, stay hungry and stay hard.’ A mentor told me these words to help me get through the selection process and they have been echoing in my mind ever since.”

Capt. David Webb, an operations officer with Headquarters and Headquarters Battalion, 1st Infantry Division, said those words lit a fire of drive and determination for him. They further cemented the idea he would be a Special Forces team leader.

Webb, who will begin his Special Forces Assessment and Selection March 1 at Fort Bragg, North Carolina, said he set his sights on the Special Forces while he was deployed to train a Nigerian ranger company in 2014.

“I had the unique experience on my very first deployment in Nigeria to work with an operational detachment, especially with a team leader,” Webb said. “I got to really understand what Special Forces do.”

The 26-year-old Newark, Delaware, native said SF is an opportunity to travel to different countries to embed with and train foreign armies.

“That’s the opportunity that I want,” Webb said. “I want to help people. I want to be a part of the organization. I want to be a part of the unconventional warfare.”

When he returned from Nigeria, he had a new personal mission.

“I wanted to see if I had what it takes to become a Special Forces officer,” Webb said.

Webb found his opportunity after speaking with Lt. Col. Jeffrey Bracco, commander, HHBN, 1st Inf. Div.

“Dave is a very physically fit, intelligent young officer,” Bracco said. “He asked me about going to SFAS last year right after I took over and

I have been helping him out along the way here. I think he will do well there.”

Webb found out three months prior to his current deployment with the Combined Joint Forces Land Component Command – Operations Inherent Resolve in Iraq that he would attend the assessment and would leave Iraq early.

“The biggest pointers I give folks before they go is don’t quit, don’t vote yourself off the island, let the assessors do their work, be persistent and give it all that you got,” Bracco said.

Bracco added Webb has been persistent. Prior to the deployment, Webb trained every morning at 5:45 a.m. for about four to six months with other SF selection candidates under qualified SF instructors at Fort Riley.

“They gave us insight on how to take care of yourself,” Webb said. “They told us about good workouts, how to train your body, how to eat properly, how to climb ropes and how to put your ruck together.”

The training and preparation included long heavy ruck marches, fast ruck marches, long runs, unknown distance runs, unknown time runs and mission essential fitness, he said.

“I’ll run a 5K once or twice a week or a five mile,” Webb said. “I’ll put my ruck on and just start running. That and eating healthy and keeping the right mind set ... that’s how I’ve been prepping.”

Even in a deployed environment, Webb still prepared.

“It’s hard here (given the small space) at Union III, but Dave is one of the most physically fit guys I’ve seen running around here,” Bracco said.

Webb did an 18-mile road march and won it in about three hours with a 35-pound ruck sack and his rifle, Bracco said. He also won the 5k Thanksgiving run.

“He knows it’s not about being the strongest or the fastest,” Bracco



Capt. David Webb, operations officer, Headquarters and Headquarters Battalion, 1st Infantry Division, Combined Joint Forces Land Component Command – Operation Inherent Resolve, deadlifts during the McGinnis Challenge Dec. 4, 2016, in Baghdad, Iraq. While preparing for his Special Forces Selection and Assessment, Webb participated in a number of physical readiness events including the 5K Thanksgiving run and the Norwegian 18K road march.

said. “But it’s about being the most consistent.”

Webb said he is keeping an open mind about what to expect.

“They try to keep it ‘hush-hush,’ so you’re not supposed to really know what you’ll go through,” Webb said. “But I am confident I will knock it out of the park.”

Webb said earning his SF tab is important to him for all of the right reasons.

“Honestly it’s not about the tab or the green beret or being Special Forces,” Webb said. “It’s not about having a beard or having long hair although that is pretty cool. Honestly, it is something that I want to do. That means everything. It’s very important to do what you love

and it’s important to do what you want to do.”

And Webb said he is passionate about the opportunity.

“It’s an opportunity to show them who I am and show them the qualities I bring to the table,” Webb said. “I’d like to give those qualities to the team.”

Following the 21-day selection process, if Webb is selected, he will carry those qualities to Fort Bragg and go through the 75-week qualification course as a team leader.

Even though Webb has a clear vision for the long road ahead of him he will embrace his past with the “Big Red One.”

“It’s kind of bittersweet leaving here, being the second time I’ve

been at Union III,” Webb said. “I’ve been at Fort Riley for four years. It was my first duty station. It was a great experience, and I lucked out big time.”

The missions Special Forces Soldiers undertake range from counterterrorism missions to unconventional warfare, according to the U.S. Army website. Special Forces Soldiers may also be deployed to foreign regions to take part in humanitarian efforts.

“I was just promoted in October and this is my third time I have been sent to fight for the 1st ID, the Fighting First,” Webb added. “It’s humbling. The biggest thing that I will take away from this division is pride.”

Planning, know-how are key to civilian retirement

By **Andy Massanet**
1ST INF. DIV. POST

Retirement — for Department of the Army civilian employees, knowledge and planning are essential tools in preparation.

Fort Riley Garrison Commander Col. John Lawrence stressed at a town hall on Jan. 25 that, when it comes to taking practical steps in the face of uncertainty, government workers are their own best advocates.

“You need to know your situation,” Lawrence said. “Nobody takes care of you like you.”

Director of the Army Benefits Center-Civilian Gregory Buchanan said: Each employee is responsible for managing his or her own retirement. Employees should start planning early enough — “a minimum of five years out.” — so they can make the necessary corrections in their retirement folder.

“When we talk at new employee briefings, we tell them, ‘Now is the time to begin thinking about retirement,’” Buchanan said.

There are two retirement systems for employees in place — the Federal Employees Retirement System — this system includes a majority a workers in government service – and the Civil Service Retirement System, which includes workers who have been in federal service the longest. Management of a retirement package depends on which system employees are enrolled in.

According to Mike Causey of Federal News Radio, about 300,000 of the estimated 4.4 million federal workers, remain under CSRS and that number is dwindling.

“They are definitely a vanishing breed,” Causey said. “Their ranks thin every day.”

All the tools for managing individual retirement plans are available online at the Army Benefits Center — Civilian website www.abc.army.mil, provides a menu of planning tools and advice.

The agency employs an automated Employee Benefit Information System, which is accessible through a port at the right-hand side of the ABC-C main page. It requires a pin number and a password and once those have been established employees have control of their plans.

“It is a self-servicing system,” Buchanan said. “You can control your own benefits 24-hours a day, seven days a week.”

Users will find their personal data, a variety of calculators, including those for estimating retirement, and determining Thrift Savings Plan annuities based on what is currently in an account, a personal transaction page to help with tracking the status of a variety of benefits and more.

However, the website doesn’t mean workers can’t contact ABC-C and receive assistance, said Kristine Tiroch, supervisor Human Resources (Benefits), ABC-C. Benefit specialists at ABC-C are available via phone between 6 a.m. and 6 p.m., Central Standard Time, Monday through Friday. The local number is 785-240-2222 or call 1-877-276-9287.

ABC-C SERVICES PROVIDE ADVICE ON AND PROCESS TRANSACTIONS FOR THE FOLLOWING:

- Federal Employees Health Benefits
- Federal Employees Group Life Insurance
- Thrift Savings Plan
- Retirement (Federal Employees Retirement System and Civil Service Retirement System)
- Survivorship (Death Claim Processing)
- Unemployment Compensation

A worker’s retirement package includes several things that should be reviewed periodically. They are Thrift Savings Plan accounts, Social Security, defined benefit plans, e.g., CSRS/FERS annuity and other sources such as military pension.

There are also things that can be done depending on where a worker is in their career.

CREDIT FOR MILITARY SERVICE

As a general rule, military service is creditable for civilian retirement purposes if it was active service terminated under honorable conditions and performed prior to an employee’s separation from civilian service for retirement.

In order to receive credit, a deposit must be made to the employees retirement account with one exception — service which was performed before 1957 is creditable without deposit.

For service performed on or after Jan. 1, 1957, a deposit must be paid to credit the service to establish title to an annuity or to compute your annuity.

Those with time in the military, but who are not yet receiving a retirement pension, can make deposits into their retirement account so that service can be credited toward total time of government service. For example, a person with five years military service and 10 years of government service can pay into the retirement plan to be claim 15 years of total service creditable toward retirement.

If a person wanted to have a full 20-plus year military career credited toward the government service time, they would have to waive the pension until retirement from government service is attained, and buy back the time through payments deducted each month.

In either case, it’s important to do this as early as possible to avoid interest.

“It’s important to know this because under FERS, the more time you have credited to you, the more your annuity is going to be,” Buchanan said.

Not taking steps to convert military service to creditable time in government service, is just one mistake people make when managing their retirement, Tiroch said.

Another is not setting up their Thrift Savings Plan account.

“About 75 percent of the money you are going to live on in your retirement will come from your TSP account,” Tiroch said.

The website is www.tsp.gov. Once there, employees can perform two functions — determine how much to contribute to their TSP account and decide how assertive they wish to be in the market.

Thus using these tools can help any government employee get a handle on their retirement plans.

SUICIDE PREVENTION

THE POWER OF 1

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.

ROAD WORK IN PROGRESS

Through Feb. 20, the following areas may have a lane restriction and/or shoulder work:

Trooper Drive just east of Infantry Road.


Wells Road just east of Building 8390 entrance.


Kitty Drive and Graves Street.

Trooper Drive just east of Drum Street.

East end of Marshall Drive at Marshall Army Air Field.

Trooper Drive just west of Normandy Drive.






UNITED STATES ARMY

SOLDIER FOR LIFE

“The willingness with which our young people are likely to serve in any war, no matter how justified, shall be directly proportional to how they perceive the Veterans of earlier wars were treated and appreciated by their nation.”

*—General George Washington
November 10th, 1781*





American Heart Month

FEBRUARY • 2017

LIVING A MORE HEART-HEALTHY LIFE

WARNING SIGNS

- High cholesterol
- High blood pressure
 - Diabetes
 - Tobacco use
 - Poor diet
- Physical inactivity
 - Obesity
- Excessive alcohol use
- Family history

HEALTHY TIPS

- Eat a healthy diet
- Maintain healthy weight
- Exercise regularly
 - Don't smoke
- Limit alcohol use
- Have cholesterol checked
- Monitor blood pressure
- Manage diabetes
- Take your medicine

GETTING ADDITIONAL INFORMATION

- Centers for Disease Control & Prevention:
www.cdc.gov/heartdisease
- American Heart Association:
www.americanheart.org
- Irwin Army Community Hospital:
<http://iach.amedd.army.mil/>





NO MISSION TOO DIFFICULT, NO SACRIFICE TOO GREAT – DUTY FIRST!



RILEY ROUNDTABLE

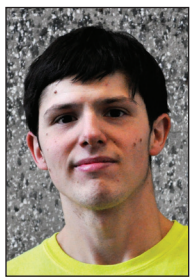
What is the best place you have ever been to on Valentine's Day?



"My house, the movie theaters and eating out at a restaurant."

ZUHEILA AZEVEDO
AGUADILLA, PUERTO RICO

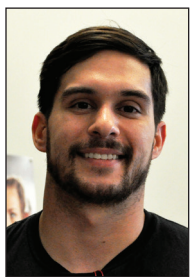
Wife of Pfc. Yamir Bravo, 82nd Engineer Battalion, 2nd Armored Brigade Combat Team, 1st Infantry Division



"Texas Roadhouse, because I love a high portion of protein for an affordable price."

REILEY GREEN
CHESTER, VIRGINIA

Husband of Spc. Kailene Green, 601st Aviation Support Battalion, 1st Combat Aviation Brigade, 1st Infantry Division



"A Brazilian restaurant in St. Louis. I liked the Portuguese food."

SIMON LEBEAU
CHICAGO, ILLINOIS

Former Soldier and visitor to Fort Riley



"Home for a random, surprise dinner."

MEGAN FENTON
FLUSHING, MICHIGAN

Wife of Spc. Jacob Fenton, 1st Battalion, 5th Field Artillery Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division



"Going out to a movie."

STAFF SGT. WILLIAM BURKETT
HOUSTON, TEXAS

Headquarters Support Company, Division Headquarters and Headquarters Battalion, 1st Infantry Division

THE 1ST INFANTRY DIVISION POST

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

FATALITY-FREE DAYS



As of Wednesday, Feb. 15, 222 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.

SAFETY CORNER

Leadership, luck equal 222 fatality-free days

By Dawn J. Douglas
GARRISON SAFETY OFFICE

Team Riley, Feb. 15, 1st Infantry Division and Fort Riley accomplished a significant milestone: 222 consecutive days — 9 July to 15 February — without a privately owned vehicle fatality. To understand the significance of this accomplishment, we must reflect on the variables that create hazardous driving conditions. Soldiers of the 1st Infantry Division and Fort Riley who operated vehicles as drivers and/or passengers survived travel on our nation's roads during the busiest travel days of the year: Thanksgiving, Christmas and New Year's, avoiding other drivers' or perhaps even their own questionable risk decisions. For 5,328 consecutive hours, Team Riley Soldiers were able to return to their homes, jobs, families and continue to serve as rugged professionals in America's "Fighting First."

Every 111 days, we strive to achieve this milestone. The use of increments of "1" correlates with the start of the annual 111 days of Summer Safety campaign, which starts before Memorial Day weekend and ends after Labor Day weekend. As we continue the count

throughout the year, increments of 111 (i.e. 222, 333, 444 etc.) are counted and marked for milestone achievements.

Financial wizard, Charles J. Givens, once said, "Achieve success in any area of life by identifying the optimum strategies and repeating them until they become habits."

If we want to have continued success, we must identify the strategies that are worth repeating. In other words, "How did we achieve 111 fatality free days, then 222, and what do we need to do to keep repeating our success?"

The answer to that question is both rock solid and sobering: Leadership and Luck.

The people of the 1st Inf. Div. and Fort Riley provide great programs to teach defensive driving and educate Soldiers and civilians on making good personal risk decisions. The Army Traffic Safety Training Program is there to educate Soldiers by providing motorcycle training, intermediate drivers training, required by Army Regulation 385-10 for all newly assigned Soldiers under the age of 26, and education programs such as "Road Rageous" to curtail the number of vehicle incidents caused by such factors as indiscipline, distracted driving

and speeding. Unit remedial driver's training programs and the National Safety Council's Defensive Driving Course provide additional training to Soldiers who may have had a traffic incident or accident and need to improve their driving skills.

Additionally, leader engagement, which includes unit safety briefings, face-to-face conversations, mentoring and counseling. The motorcycle program coordinators coach and mentor to ensure all motorcycle riders participate in the Army's progressive motorcycle training program as required by AR 385-10 and Commanding General's Policy #6. Last, leaders from top to bottom continuously reinforce the commitment to the Army Values and have positively influenced the driving culture and contributed to the safe operation of motor vehicles.

However, the sobering facts are that these measures alone cannot prevent driving fatalities. Statistics indicate there were six near misses during the past 222 days. Two were alcohol related; two were on a motorcycle; one was a deer and another was due to slippery road conditions. Each had the potential to cause a fatality. Law enforcement officials continue to issue motor vehicle citations and warnings

for risky driving behavior, which indicates there is an undeniable element of luck that contributes to avoiding Soldier vehicle fatalities. Repeating success means doing the right things over and over again until good driving practices and principles become habits.

Team Riley, as motorcycle season approaches, March 1, and we prepare to enter into the 111 Days of Summer, May 25, in the months ahead, we need both leadership and luck to ensure Soldiers, civilians, family members and everyone who makes up the Total Army Team strives to take measures that keep our Team Riley as safe as possible and encourage others to do the same. Although, the 1st Infantry Division will not host a division Safety Stand Down, using briefings, "Oak Tree" conversations, demonstrating good driving habits that Soldiers can model and using all the great resources provided by 1st Infantry Division and Fort Riley, partner organizations and garrison and division safety offices, can aid in making sure we achieve 333 days and beyond.

For more information about the Army Traffic Safety Training Program, please contact the Garrison Safety Office at 785-240-0647.

Messaging matters: benefits of Relay Health

By Collen McGee
GARRISON PUBLIC AFFAIRS

Of all the systems and databases that plague normal life with the requirements for passwords and PINs, I have to say there is one that I wouldn't give up for anything. That's the Federal Relay Health System of secure messaging.

Let me tell you why. On a recent vacation, one where amusement park wild rides and warmth were planned, I landed myself in an out-of-state hospital

with a life-threatening adrenal crisis. My blood chemistry was all over the place and in order to get home, I needed to be stabilized and the doctor had to know I was going to be received for care at home — at Irwin Army Community Hospital.

Because I had access through my iPad while in my hospital bed, I was able to message my care team at home and arrange for the pros at IACH to follow my care once I was stabilized enough for travel.

I didn't have to wait long for responses either.

Within an hour or two — though they have 24 hours — I always got a reply. I was able to relay to them a synopsis of what I was being treated for, what my current lab results were and what the stabilization plan was to get me home.

That ability to communicate meant I didn't have to stay in that out-of-state hospital and be away from my support system of friends and family for longer than necessary. In fact, my care team saw me within hours of

my plane landing in Wichita, Kansas. They had me admitted to the hospital here and the doctors were able to get me pointed to the right specialists to care for my medical issues.

That simple ability to communicate directly with my care team is the most valuable part of that system but there are more features available.

I can access the results of my labs — all of my labs. Everything I've had done is recorded in there. I can grab a current list of medications. I can message my care team

for updates and refills. And I can ask simple questions and get real answers.

To me it is priceless. If you haven't registered or are not using the secure messaging offered through Relay Health. I personally recommend it. Who knows? It might have just saved my life.

Talk to your military provider about getting an account. If you don't have an account, there is a Register Here link below the sign in button at mil.relayhealth.com.

January results of trial, U.S. District Court

OFFICE OF THE STAFF JUDGE ADVOCATE

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

JAN. 5

Jackson, Tylia B. of Fort Riley, Kansas, pleaded no-contest to Driving While License is Suspended or Revoked. District

Court sentence: \$200 fine and \$10 special assessment.

Dean, Jarius K. of Junction City, Kansas, pleaded guilty to Criminal Deprivation of Property. District Court sentence: \$75 fine and \$10 special assessment.

Bonneau, Cory E. of Abilene, Kansas, pleaded no-contest to Disorderly Conduct. District Court sentence: \$5 special assessment.

JAN. 19

Riungel, Rufus T., of Fort Riley, Kansas, pleaded guilty to Driving while License is

Suspended or Revoked. District Court sentence: \$100 fine and \$10 special assessment.

Roberts, Scott A. of Junction City, Kansas, pleaded guilty to Violation of Security Regulations and Order. District Court sentence: \$100 fine and \$25 special assessment.

Gotte, Shantelle C. of Lafayette, Louisiana, pleaded guilty to Child Endangerment. District Court sentence: Two years' probation and \$25 special assessment.

Lifestyle changes can lead to healthier heart

By William Townsend
NAVAL HOSPITAL CAMP LEJEUNE

NAVAL HOSPITAL CAMP LEJEUNE, N.C. — Coronary Artery Disease, the most common type of heart disease, kills more than 380,000 people every year. Forty seven percent, or about half of all American adults have at least one of the three major risk factors for heart disease — high blood pressure, high cholesterol and smoking.

The more risk factors you have, the more likely you are to develop heart disease.

Some of the most common conditions leading to heart disease can be improved with healthy lifestyle changes. Obesity, alcohol consumption

and tobacco use are among the leading factors contributing to heart disease. Healthy diets, along with physical activity are two of the easiest ways to reduce these risks and should be discussed with a health care provider.

"As a cardiologist, two of the most common questions I am asked are, how do I prevent myself from getting heart disease or what should I do to become healthier," said Cicely Dye, Chief Cardiologist at Naval Hospital Camp Lejeune.

Dye says her response is always the same, "First, get moving. Regular physical fitness is a significant part of maintaining a healthy heart. Second, eat healthy and in

moderation. Third, stop smoking."

Genetics can also influence an individual's risk for developing heart disease.

Nearly 735,000 Americans have a heart attack every year. Family members share genes, behaviors, lifestyles, and environments that can influence their health and their risk for disease. Members of a family can pass these traits from one generation to another.

There are also several controllable medical conditions that can increase the risk of developing heart disease. If high blood pressure, high cholesterol and diabetes are left uncontrolled, they can increase the risk of heart disease. In the

case of diabetes, the risk of heart disease can be four times as high.

Other research shows that heart disease can be precipitated not only physically, but psychologically as well. We put ourselves at risk simply because of the day-to-day stress in our lives. Common stressors for service members and their families can include daily operational commitments, physical fitness tests or threat of injury or loss of a loved one or friend in combat.

Nearly 2,150 Americans die each day from heart disease — that's 2,150 reasons to live a healthy lifestyle through diet and exercise coupled with managing your stress. Raise the awareness and keep your heart healthy.

The next USAG Resilience Day Off is

March

03

HAVE A STORY IDEA?

Send it to usarmy.riley.imcom.mbx.post-newspaper@mail.mil or call 785-239-8854/8135.

Care team volunteers' capstone training enhances compassion

Story and photo by Matt Ellington
1ST INF. DIV. POST

When a Soldier is killed, a notification team usually comprised of a chaplain, an officer and a sergeant first class or higher is sent to notify the family. This is followed up by a visit from a casualty affairs officer. This casualty officer consults with the family to find out how the Army can provide support. If the family is willing, he will contact a Care Team of volunteers from their unit to assist.

Alyssa Faughnan, Care Team leader and spouse of Capt. Dan Faughnan, 5th Squadron, 4th Cavalry Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, contacted Army Community Service about an idea for rehearsing the things learned in a December class for her Care Team volunteers. She presented the idea of a capstone event to Eric Zenk, unit services coordinator for outreach at ACS. Zenk raised the request to his supervisor.

Staff and volunteers of Army Community Service, Casualty Affairs Office, Religious Support Office, Survivor Outreach Service, Military Family Life Consultants and family members of 5th Sqdn., 4th Cav. Regt., 2nd ABCT, 1st Inf. Div., joined to develop the Care Team Capstone Feb. 10 at Grimes Hall at Fort Riley. This new training involved scenario role-play and was intended to put the finishing touches on care team training.

Once completed, spouses had a better understanding of the role they would play as a Care Team member.

“Our primary role is to make sure we can have them feel the support that they would need in a time that would be excruciating for any of us to have to endure ... a lot of the easy decisions are now very difficult decisions and that is something we would be able to do,” said Jen Betty, spouse of Maj. Josh Betty, 5th Sqdn., 4th Cav. Regt., 2nd ABCT, 1st Inf. Div. “So then we can explain to them, ‘hey we can help with that’, it’s something we can handle, and if not, we can get you in touch with someone who can.”

The purpose of the Care Team is to provide emotional and logistical support following an emergency and to ensure the family knows the unit is there to help and stand beside them through a difficult time. The four main services the Care Team provides are home care, meal plans, childcare and call support. Call support can include sitting with the spouse as they notify other family and friends or schools for their children.

The Care Team has taken a further step to make certain they are ready to support the unit should such an emergency happen. The training, led by Christina Gary, Survivor Outreach Services support coordinator, and Chap. (Maj.) David Stoner, family life chaplain, conducted three scenario exercises to have a first-person look at how to assist families in need. The role play included phone calls between 5th Sqdn., 4th

Cav. Regt., 2nd ABCT, 1st Inf. Div. leadership — Lt. Col. James Maxwell, commander, and Maj. Joshua Betty, executive officer, during Danger Focus II to test communication between unit leadership, the casualty assistance officer, the casualty affairs coordinator, Debra Shelkey and the care team, which is a battalion level function. Although it’s impossible to prepare for every scenario, the training placed Care Team members in situations that allowed them to test out what they learned during the classroom training back in December.

“This is not something you can absorb through slides,” said Billie Culbertson, Troop Care Team member, spouse of Master Sgt. J.C. Culbertson, Headquarters and Headquarters, 5th Sqdn., 4th Cav. Regt., 2nd ABCT, 1st Inf. Div. “This training right here is more real world imperative, it’s basically NTC (National Training Center) for us.”

Faughnan said the teams are made entirely of volunteers; anybody who wants to become a part of the team is welcome. The people who are part of the team excel at empathy, take pride in caring for other people in their time of need.

Discretion is another important part of the work.

“We’re bound by confidentiality, anything we have discussed ... we sign (confidentiality) papers,” Betty said about the team’s communication with family members. “We’re appointed by the commander. There’s a little bit more formality to what we do and



Alyssa Faughnan, Care Team leader and spouse of Capt. Dan Faughnan, 5th Squadron, 4th Cavalry Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, left and Billie Culbertson, Headquarters and Headquarters Troop Care Team member, spouse of Master Sgt. J.C. Culbertson, 5th Sqdn., 4th Cav. Regt., 2nd ABCT, 1st Inf. Div., roleplay during Capstone Care Team Training in Grimes Hall at Fort Riley, Feb. 10th. The Care Team volunteers assist families dealing with the passing of their Soldier regardless of the cause of death.

we’re not allowed to leave the house and then tell anyone what we know, it’s strictly confidential.”

Valentine Pooley, spouse of Maj. Adam Pooley, 5th Sqdn. 4th Cav. Regt., 2nd ABCT, 1st Inf. Div. said this is nothing new. Spouses on the home front have been doing this for hundreds of years. Now it is more organized and bound by regulations. We’re taking the good parts of this tradition and building structure for it.

Jeff Reade, ACS Outreach Branch Manager, said it took a lot of people

working together quickly to get this accomplished. It was well accepted by the unit. Reade wants to offer this to other units. Ideally, he would like to start offering this monthly or at least every other month and possibly have more than one battalion’s team come through Grimes Hall on a single day.

The combined partners from this capstone will be looking for efficiencies for subsequent events. The volunteers from the 5th Sqdn, 4th Cav. Regt. said they are willing to assist with another unit’s team.

TRAINING FOR A BETTER DEFENSE FORCE



RIGHT: Spc. Chelsea Moote, driver, Personal Security Detachment team, Combined Joint Forces Land Component Command - Operation Inherent Resolve, conducts M9 weapons training Feb. 12 in Baghdad, Iraq. The PSD team is dedicated to protecting the CJFLCC-OIR command team by providing safe and timely transportation. **LEFT:** Spc. Thomas Rigglesman, driver, Personal Security Detachment, Combined Joint Forces Land Component Command - Operation Inherent Resolve, and other members of the PSD conduct M9 weapons training Feb. 12 in Baghdad, Iraq. The PSD team is dedicated to protecting the CJFLCC-OIR command team by providing safe and timely transportation.

Spc. Derrik Tribbey | CJFLCC-OIR

Personnel bring reserve unit Soldiers to train at Fort Riley



Dave Dawson, left, chief of mobilization and reserve support branch, Directorate of Plans, Training, Mobilization and Security, and Orlando Perez, training coordinator, at the Mobilization and Reserve Support Branch pose outside the Mobilization and Reserve Support Branch building Feb. 13 at Camp Funston.

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

“Fort Riley is a great place to train and that word is getting out,” said Dave Dawson, chief of mobilization and reserve support branch, Directorate of Plans, Training, Mobilization and Security. “We’re getting a lot of new units that are coming here to see what Fort Riley has to offer.”

Dawson and Orlando Perez, training coordinator, at the Mobilization and Reserve Support Branch work together to assist Soldiers in reserve component units, such as the National Guard, and help active-duty units from other installations schedule and complete training at Fort Riley or prepare for mobilization.

“We are a one-stop shop for any off-post RC units that want to come to Fort Riley to train or if they’re being mobilized, we’re here to help them as well,” Dawson said. “We also assist any off-post active components units that want to come to Fort Riley and train.”

On average, Dawson and Perez assist about 100 units a year train at or mobilize from Fort Riley. In 2016, they helped nearly 26,000 Soldiers train and use Fort Riley facilities.

This year they have been directed by Fort Riley and 1st Infantry Division commanders to increase that number to 30,000, Dawson said.

Most units come from across Kansas to use the ranges and facilities available here. However, it is not uncommon for units from Nebraska,

Missouri and Oklahoma to also come, he said. In 2016, Dawson said they also had a unit come from Illinois.

“We have a full suite of ranges,” Dawson said. “They can do anything they want here ... We can do anything for the units and the guys that run the ranges up there are super at assisting them at whatever their training scenario is, they can get it done.”

When a unit is interested in training here, Perez assists them in arranging all of their requests. He is responsible for seeing the ranges needed are scheduled, as well as dining facility needs, transportation motor pool vehicle requests, barracks, motor pool space, administrative space and more, Dawson said.

“I receive requests from all over and I do just about everything really,” Perez said. “I do the training piece, the ranges, the areas, DFAC requests, TMP requests, field requests, schools – we are the central, one stop shop for training.”

To accomplish their jobs, Dawson and Perez work with staff of the Directorate of Plans, Transportation, Mobilization and Security, the Directorate of Family, Morale, Welfare and Recreation, Logistics Readiness Center and more.

To spread the word about the training opportunities here, Dawson and Perez attend conferences on a regular basis and communicate to unit representatives and commanders what is available at Fort Riley. They also schedule training periods on site at the conferences.

“One ID leadership is super at supporting them if they want to come in and they get great support out of the division, great support out of the DPTMS and we’ll do whatever we can to get them in here,” Dawson said. “I also go to events, such as March 1st and 2nd this year, I’m going to the Kansas National Guard Training Conference ... to sit down and talk to all the units about when we have space here. We try to start scheduling their events for FY18 (Fiscal Year 2018).”

Encouraging other units to train at Fort Riley has benefits for the installation community as a whole, Dawson said.

“There’s a lot of advantages,” he said. “It gives throughput at the ranges. It adds headcount at the DFACs and that gives us a big help to keep the DFACs going. I think it raises our stature across the Army.”

Dawson began as a mobilization officer on post in 2004. That same year, the mobilization division was merged with the reserve component support division. Dawson then took over the reserve component training as well, he said.

“It’s really a very rewarding job,” Dawson said. “You get to really assist Soldiers on a daily basis and it’s just great to be able to do that. It’s great to be able to provide what we do provide to the RC Soldiers.”

WARDENS Continued from page 1

Greg Salisbury, game warden for Kansas Department of Wildlife Parks and Tourism, said this is the first time water survival training for game wardens has been held at Fort Riley. While the training doesn’t provide certification, it counts for six of the mandatory 40 training hours required to be a game warden.

“We started with a couple sheriff’s departments that got wind that we were doing this through the officers, so we started opening it up to some of the sheriff’s deputies around the state,” Heskert said.

Originally, the training was held at the nearest pool in the area so officers wouldn’t have to travel so far, as game wardens are present throughout the state. Since the training has moved to Fort Riley, the facilities have been helpful.

“One thing I thought about was we have some equipment with us that we are going to test out for

the first time in a controlled environment,” Hastert said. “We have lifeguards here; we have clear water, (and) a warm indoor environment, so it will be a great place to test out some of that equipment that we haven’t utilized before.”

Heskert said the training reinforced the importance of life jacket use for game wardens, as the experience demonstrated what it’s like not to have one on while weighted with their typical gear.

Hastert said this opportunity allowed him to familiarize himself with the gear in a submerged environment.

“What I’m gathering from this training instruction so far is I would feel comfortable probably just going right in with all that gear on because, again, I put myself in that situation,” Hastert said. “It was good to have experienced it.”





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FORT RILEY

GUIDE AND DIRECTORY

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AIR DROP

Continued from page 1

efficient. One program that provides for this training coordination is JA/ATT.

“The JA/ATT program is run by the USAF out of Scott AFB,” Zahler said. “It is set up to link Army, Navy and Marine (Corps) with Air Force units for Joint Training opportunities. It deals primarily with Airdrop training. The way it works is that sister service ground units can put together training plans for airdrop that also meet Air Force unit training requirements. The Air Force units can then shop the training opportunities and negotiate the training between the two.”

Funding for training is a concern for all branches of the Defense Department and this tool enhances cost efficiency.

“The benefit for Air Force and sister service partners is that it utilizes a pool of money that has already been set aside, in order to fund the flying hours and maintenance costs of the aircraft,” he said. “Many Air National Guard and Air Force Reserve Units with limited training budgets can get additional training through this program that they might otherwise not have been able to afford to do. It is also available to active-duty U.S. AF (Air Force) flying units. But the main idea is to have a place and program for all the services to get together and get mutually beneficial training.”

Although the 139th Airlift Wing, St Joseph, Missouri, has participated in airdrops before at Fort Riley, Zahler is using the JA/ATT to inform other units across the country of training opportunities here and increase opportunities for joint training.

“So far, at Fort Riley, we have been getting local flying wings to come out and participate in what we have to offer them, but it has been almost exclusively hand-shake deals and good relationship based,” he said. “Utilizing the JA/ATT system opens up opportunities to non-local flying wings and non-local Army National Guard and Reserve units. It helps us get the word out, because we have built a really good training opportunity for Air Mobility Command aircraft. Good enough that I have flying wings from New Jersey to California asking about coming out here to play. It’s a long haul and expensive to fly aircraft that far though, so getting Fort Riley into the JA/ATT system helps with that cost and opens up more opportunities.”

Crusinberry said we have drop zones, dirt forward landing strips and other resources to provide future opportunities for joint training. When we work with joint forces, it increases the other services’ proficiency, it increases the 1st Infantry Division Soldiers’ proficiency and it is good for Fort Riley.

FIRING PUBLIC INFORMATION



Collen McGee | GARRISON PUBLIC AFFAIRS

Kimberly Qualls, a public affairs manager at the Kansas Department of Transportation, lined up with the rest of the members of the Kansas Association of Public Information Officers to fire weapons in the simulation center at the mission training complex at Fort Riley Feb. 1. Qualls chose the M-249 light machine gun often referred to as a SAW because of its former designation as a Squad Automatic Weapon.

HONORING COMMUNITY LEADERS



COURTESY PHOTO

Brig. Gen. Patrick D. Frank, left, 1st Infantry Division and Fort Riley acting senior commander, stands with Steven Crusinberry, director of the Directorate of Plans, Training, Mobilization and Security; Jill Glasenapp, Fort Riley garrison executive officer; Bill Raymann, chief Training Division for DPTMS; Randal Curry, chief of Mission Training Complex for DPTMS; Larry Githerman, direct of the Logistics Readiness Center; William Paskow, deputy director of Emergency Services and Fort Riley police chief; Glennwood McLaurin, transition services manager for Soldier for Life-Transition Assistance Program, and David Dawson, chief of Mobility and Reserve Component Support for DPTMS, after presenting them the Commander’s Award for Civilian Service Feb. 9 at the Mission Training Complex. “We looked across of most of what we do at the installation and we’ve got some heroes out there that are really unsung heroes that makes things occur for us at 1 ID,” Frank said. “We overlook DA (Department of the Army) civilians who are in the fight just like we are in uniform day in and day out and they’re the continuity that we have here at Fort Riley for ensuring that the division continues to build readiness.”



Fort Riley Garrison Commander Col. John D. Lawrence fills his brush with white as he and his wife, Sheila, work on a design where each member completed one side of the painting of moonlight on the water during the Wine Pairing and Painting at Riley's Conference Center Feb. 11.

CANVASSING THE ROOM

Wine pairing, painting event at Riley's Conference Center puts attendees in state of relaxation

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

Riley's Conference Center was aglow with love Feb. 11 during the Wine Pairing and Painting led by Melissa Lesondak, from Painting with Friends Fort Riley and her assistant, Sabrina Gilmore, wife of Sgt. Rodney Gilmore, Company E, 1st Engineer Battalion, 1st Armored Brigade Combat Team, 1st Infantry Division.

More than 19 people gathered to sip one of three types of wine, chat and learn how to paint a moonlit scene featuring a weeping willow and waterlilies. Each of the wines selected was accompanied by an hors d'oeuvre. For example, a pastry filled with meat and tomato sauce or a smoked white cheese and sharp cheddar were paired with a red wine, and chocolate covered strawberries were paired with a white dessert wine.

As everyone entered the room where three tables of canvases and easels were set up, sounds of Pandora's Jack Johnson station greeted them and helped bring together a warm and relaxing atmosphere. Lesondak and Gilmore get each person set up with the colors that will be needed for the painting they chose, an intimate scene with a full moon, a clear night and clear, blue water.

"Painting is very relaxing," Gilmore said. "You can zone out while you work, like a little getaway."

The class was not just for couples. Many, like Shannon Williams, wife of Staff Sgt. Marcus Williams, 1st Infantry Division Sustainment Brigade, and Stephanie Hampton, wife of Sgt. 1st Class Jayson Hampton, Headquarters and Headquarters Company, 1st Armored Brigade

See PAINT, page 12

"Painting is very relaxing. You can zone out while you work, like a little getaway."

SABRINA GILMORE
ASSISTANT FOR
WINE PAIRING AND
PAINTING CLASS

MORE INFORMATION

- For more information about painting classes offered through DFMWR, call 785-239-1000.



Brenda Yepez, wife of Staff Sgt. Joe Yepez, 82nd Engineer Battalion, 2nd Armored Brigade Combat Team, 1st Infantry Division, puts the finishing touches on the weeping willow during the Wine Pairing and Painting class at Riley's Conference Center Feb. 11.

MORE INFORMATION

- To learn more about Readiness Essentials for Army Leaders or to enroll in training, contact Army Community Service staff at 785-239-9435.

Getting R.E.A.L. with Family Readiness Groups

By Season Osterfeld
1ST INF. DIV. POST

Staff at Army Community Service are all about being a "resource, not rescue," said Sonya Brown, Outreach Service coordinator, about their role in aiding Family Readiness group leaders and volunteers.

Staff members like Brown, Eric Zenk, unit services coordinator, and Jeff Reade, Outreach Branch manager, are implementing a new program for Family Readiness Group leaders and position holders, Family Readiness Liaisons and unit commanders called Readiness Essentials for Army Leaders. The new program replaces Operation Resources About Deployment and You, also referred to as Operation Ready or OPREADY in an effort to define and refine FRG volunteers and unit leadership and Soldiers' roles.

The original OPREADY was developed in 1995 and underwent at least four revisions over the years, Brown said. The original intent of the program was to simplify and standardize FRGs around the world so leaders and family members could transition between groups.

"Operation Ready (was designed) to make it easier for FRG leaders because they are volunteers, and that was the big push," she said. "We want to give you everything you need as a volunteer to manage your FRG because family members, they're volunteering lots and lots of places. So basically, (we) wanted to take the administrative burden off of them and make it easy as possible."

Leadership at Installation Management Command and unit commanders started asking FRG leaders to produce administrative documents so they could keep track of meeting minutes, funds, correspondence and more. However, without a standardized process and no formal training, this put pressure on FRG leaders, Brown said, so leaders at Installation Management Command asked ACS personnel to step in and assist with administrative tasks and

See PROGRAM, page 12

Paging all Fort Riley valentines

Post library throws Valentine's Day party with kids in mind

By Chris Cannon
1ST INF. DIV. POST

The Fort Riley Library was filled with the sounds of children laughing and chatting as they put together bookmarks made of hearts and ribbons and cards for their parents during the Valentine's Day Party.

In addition to their completed projects, children could sign up for a chance to take home a big, brown, stuffed bear. The library staff often receive items that are donated by local business owners and managers to give away to library patrons. The prizes are given during events like the

"Moms and dads give each other presents and the kids really don't get a chance to go and show their parents that they love them also."

TERRI SEAMAN | CONTRACT MANAGER, FORT RILEY LIBRARY

Valentine's Day Party as well as story times and movie nights.

According to Terri Seaman, contract manager, Fort Riley Library, the goal of having the party for the kids at the library was to give them an activity specifically for them.

"Moms and dads give each other presents and the kids really don't get a chance to go and show their parents that they love them also," Seaman said.

The Valentine's Day party is just one of many events hosted at the library throughout the year.

"We do story time for the kids and we do movie nights," Seaman said. "We do these parties, we try to throw stuff in now and again just for the folks who come here regularly."

According to Seaman, there future plans to move the library but the date and location have not been determined. She said the move is a much-needed expansion for the facility because their collection and the amount of people who visit the library

See LIBRARY, page 12

FAMILY IMPRINTING



Gabrielle Burman | POST

Joy Barrera, wife of Sgt. Angel Barrera 1st Squadron, 4th Cavalry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, helps her daughters, Katie and Rachel Barrera, create valentines for their dad during the deployed spouses event Feb. 8 at Colyer Forsyth Community Center. The event included a crafting table for finger painted valentines for the spouses of deployed soldiers and their children.

FORT RILEY POST-ITS

LIBRARY MOVIE NIGHT

Join the library staff for a free movie and popcorn. The Feb. 25 movie will be “Finding Dory” shown at 6:30 p.m. For more information call 785-239-5305.

KING FIELD HOUSE ROOF REPAIRS

Work on the roof of King Field House started Feb. 15. The functional fitness area will be closed for approximately 8 to 10 weeks. Most of the features normally located in this area will be relocated to other parts of the fitness center.



EYSTER POOL BUBBLE GUPPIES

Eyster Pool staff will hold classes for children ages 6 months to 5 years 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 Feb. 25 as well as March 18 and 25 at 9 a.m. The schedule is subject to change.

No registration is required. For details call 785-239-4854 or go to riley.armymwr.com.

ARMY COMMUNITY SERVICE CLASSES

Growth and Leadership

Workshop: Feb. 23 at ACS from 9 a.m. to 3 p.m. This course will discuss communication how to manage conflict manage and enhance relationships and more.



FAMILY FUN SWIM

Bring the family to Eyster Pool Feb. 25, March 18 and 25 from 1 to 4 p.m. for a family fun swim. The cost is \$5 individual and \$10 for a family up to six members. The newly installed double flume slide, the inflatable obstacle course, aquatic climbing wall and toddler slide will be setup for your use. There is an open swim for all ages. For more information call 785-239-4854.

FAMILY NIGHT AT VICTORY CHAPEL

Staff and volunteers host family night at Victory Chapel each Wednesday night. A light supper is served from 6 to 7 p.m. and classes are from 7 to 8 p.m. A variety of classes are available.

Classes for family night change occasionally. For a list of these classes as well as other chapel information visit the website www.riley.army.mil/Services/Fort-Riley-Services/Chaplain/.

FORT RILEY BASKETBALL GAMES

The Fort Riley basketball team will play games at King Field House March 4 at 1:30 p.m. and 5:30 p.m.; March 5 at 9 a.m. and 1 p.m.



YOUTH HIRING AND EDUCATION FAIR

Staff of ACS will hold a hiring fair for youth ages 14 to 21 March 11 from 10 a.m. to 1 p.m. at the Fort Riley Teen Center, 5800 Thomas Drive. There will be employers, volunteer organizations and educational institutes.

For employment related questions call employment readiness at 785-239-9435 or for education related questions call 785-239-6481.

FORT RILEY MISSION AND INSTALLATION CONTRACTING COMMAND TRAINING

The staff at MICC will be hosting quarterly customer training in March.

March 6 classes are targeted toward supervisors of Operational Contract Support Integration Cells, personnel involved in acquisition planning, commander’s and supervisors of Government Purchase Card programs and supervisors

March 7 classes are Independent Government Cost Estimate and Market Research training intended for all personnel involved in development of contract requirements.

March 8 classes are intended for all personnel seeking knowledge on development of performance based acquisitions and contract surveillance.

The goal is for Fort Riley organizations and 1st Infantry Division to use the MICC as a force enabler, providing responsible contracting solutions and oversight.

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.

The tax center will be closed Feb. 18 due to computer connectivity issues. The center will re-open Feb. 20

As of Feb. 6, the tax center has prepared 696 Federal returns and 416 state returns.

USO FORT RILEY INFORMATION

The February No Dough Dinner is 5 p.m. Feb. 27 at the USO.

Spouse’s Sip N’ Chat is each Saturday at 9 a.m.

The USO will close at 3 p.m. each Friday including training holidays.



FORT RILEY REEL TIME THEATER MOVIE SCHEDULE

Friday, Feb. 17

Hidden Figures (PG-13) 7 p.m.

Saturday, Feb. 18

The Bye Bye Man (PG-13) 2 p.m.

Underworld: Blood Wars (R) 7 p.m.

Sunday, Feb. 19

Patriots Day (R) 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:

Great Wolf Lodge - Kansas City Hotel: Blackout dates apply. Waterpark tickets included for all guests.

B&B Junction City Gem Theater

\$30 value gift card for \$25. Good onsite only - not valid online.

FORT RILEY OUTDOORSMEN GROUP YOUTH TURKEY HUNT

Members of The Fort Riley Outdoorsmen Group known as FROG will host the annual youth mentorship spring turkey hunt April 1 and 2 at Fort Riley.

Experienced turkey hunters from the group will guide the youth, who must be 9 to 15 years of age, disabled, first time hunters or whose sponsors are deployed. The age requirement may be waived based on experience. Youth must have a Kansas turkey permit for Unit 3, and are encouraged to bring their own shotgun and shells. A limited number of shotguns, shells, and hunter orange will be available for those who have none. No hunting experience is needed.

Guides will mentor youth by teaching safety and ethics and will assist in cleaning the turkey at the end of the hunt. Guides will arrange for transportation to and from hunting areas. The hunt is designed to give youth hunters an opportunity to hunt turkeys and gain valuable experience at a time when only youth are authorized to hunt. There will be an orientation for youth March 31 to learn about hunting turkeys, what to bring and wear, firing a shotgun, and roasting turkeys. The hunt will be April 1 and 2. The deadline for registration is March 24. For more information, or to sign up, please email the FROG at fortrileyoutdoorsmengroup@yahoo.com.

COMMUNITY CORNER

Financial responsibilities encourages personal, professional readiness

By Col. John D. Lawrence
FORT RILEY GARRISON COMMANDER

As we go through life, we often look back and think we could have done things better when it comes to retirement planning and money management. Often, we are not taught good financial practices or if we have been taught we let time slip away before utilizing these practices. Military Saves Week is Feb. 27 to March 3 so now is the time to increase our knowledge financial readiness. The annual Department of Defense observance helps raise awareness and provide opportunities for our Army family to become financially smarter. In addition to the regular schedule of financial classes taught at Army Community Service, there will be a week of extra classes available.

Many Soldiers join the Army without thinking they’ll make it a 20-plus-year career. Then, in what seems like a blink of an eye, two decades have passed and individuals are unprepared, financially, for the next step of life. The good news it is never too

late to begin and Military Saves Week gives you that opportunity.

Starting Jan. 1, 2018, the Army will move to the Blended Retirement System that brings significant change to pay and benefits. All Soldiers need to become informed in order to make smart decisions about what will work best — on an individual and family basis — whether the plan is to make the Army a career or not. Military Saves Week is the perfect time to do that, with the extra classes at ACS. At the same time, check out the other financial courses they’re offering — sessions like managing money, savings, reducing debt and building credit.

The classes are free and will be held Feb. 27 to March 3. Soldiers, family members, Department of the Army civilians, contractors and retirees can sign up and attend. Class sizes are limited, so pre-register by calling 785-239-9435 or 785-239-5032. Classes are held at ACS, 7264 Normandy Drive.

Learning how to navigate finances will enable you to make the most out of your income today and set you up for a comfortable retirement.

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



Colonel Lawrence

THE GIFT OF BLOOD



Sino Zamonov, phlebotomist with the Red Cross and Natalie Loerger, psychometrist at Irwin Behavioral Health participate in the quarterly Red Cross blood drive Feb. 8 in building 208 on Custer Avenue.

Gabrielle Burman | POST



Eunice Morales, wife of Sgt. Nelson Martinez, Headquarters and Headquarters Company, 2nd General Support Aviation Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division, works with paints on a canvas from a picture she created on her tablet at the Arts and Crafts Center during their open studio time.

Creativity learned, practiced

Staff at Arts and Crafts Center offers range of classes to Fort Riley community

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

Music from the radio could be heard from behind the counter at the matting and engraving shop at the Arts and Crafts Center as Marilyn Paras, lead art specialist, Directorate of Family, Morale, Welfare and Recreation, took down a Soldier's information about a matting order.

There are also classes in matting and framing twice each month that allow individuals to learn how to matt and frame their own products with archival and conservation quality materials.

Paras and her assistant, Eunice Morales, wife of Sgt. Nelson Martinez, Headquarters and Headquarters Company, 2nd General Support Aviation Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division, work together to help Soldiers and families with projects.

Paras and Morales offer classes on sewing as well as adult painting classes.

There are also personal classes on crafts such as crocheting and knitting, which are offered by request on a one-on-one basis.

"We'll do special classes for groups of five or six if they want a special class, they don't actually have to be a group, they could be in a neighborhood or best friends," Paras said.



First Sgt. Earle Allen, Company A, 601st Aviation Support Battalion, 1st Combat Aviation Brigade, 1st Infantry Division, drills in the hangar bar for a going away present for his commander, Capt. Tiffany Hackett, 601st ASB, 1st CAB, 1st Inf. Div.

Morales said she works with acrylic paints for each of her classes because it creates a three-dimensional texture, allows her to work with many colors and they dry quickly. In between classes, Morales creates her own projects.

In addition to the paintings she creates images using an iPad and transfers those to canvas, she also described the process of creating wine bottle lamps with Christmas lights and paints.

As a part of the woodworking services offered at the center, patrons

MORE INFORMATION

- For more information, to volunteer or to schedule a class, visit the Fort Riley MWR website at riley.armymwr.com/us/riley/programs/arts-crafts or call 785-239-9205.

are required to take a safety class before being allowed to use the tools in the wood shop. The safety classes, which are taught by Paras, are once a month at the center. The wood shop is operated by volunteers and only open by appointment.

One patron, Janelle Ginsburg, wife of Chaplain (Capt.) Robert Ginsburg, 541st Combat Sustainment Support Battalion, 1st Inf. Div. Sustainment Brigade, transferred to Fort Riley with her husband two weeks ago. She completed the safety course in about two hours and can now use the wood shop equipment.

So my first two weeks, we started going into all of the buildings on post," Ginsburg said. "I was like 'pull over! Stop! What's that?' This is the first post we've been at (where the Arts and Crafts Center was functioning and I was able to get to it."

The center is open to all Defense Department ID card holders and their guests and there is always a place for volunteers.

The center is at 6918 Trooper Drive across from the Post Exchange Express. For more information, to volunteer or to schedule a class, visit the Fort Riley MWR website at riley.armymwr.com/us/riley/programs/arts-crafts or call 785-239-9205.

How to persuade children to eat more vegetables

Research reveals winning war can start as early as in womb

BY K-STATE NEWS AND COMMUNICATIONS SERVICES



COURTESY PHOTO

Parents can make vegetables more desirable to children with suggestions from a nutrition professor at Kansas State University.

MANHATTAN, Kan. — Getting children to eat their vegetables might not be an endless battle if parents follow some research-based advice from a nutrition expert at Kansas State University.

Getting kids used to vegetables can start in the womb, said Richard Rosenkranz associate professor of food, nutrition, dietetics and health.

Research on pregnant rodents' eating habits and their offspring's taste preferences shows children's tastes start being shaped while they are still in the womb, Rosenkranz said.

Studies also show pregnant women who eat more foods with bitter polyphenolics, such as kale and Brussels sprouts, have children who are more receptive to them when they try them for the first time.

"During pregnancy, an embryo and then a fetus is obtaining information about the outside world," Rosenkranz said. "So, moms can set the stage for what their kids will want to eat before they're even born."

Infants can learn through repeated exposure and dietary variety. So Rosenkranz suggests focusing more on a child's willingness to consume a food rather than relying on the facial expressions they give when eating it. For example, some infants may frown at bitter vegetables, but if they still swallow the food, their desire toward the food can be increased over time by continuing to serve it to them.

Babies as young as 6 months can detect what eating behaviors are normal and abnormal, Rosenkranz said. They react when their parents eat foods they don't usually eat, and they take cues from parents as to what is and isn't desirable.

"Babies start to think, 'Why does he keep putting this stuff in front of me, but he never eats it?'" Rosenkranz said. "We're being watched by our kids from very young ages."

Rosenkranz suggests parents take advantage of watching eyes by eating vegetables similar to the ones they serve their babies and toddlers. He advises starting with

sweeter vegetables like corn and carrots because people of all ages generally prefer sweeter foods. To develop toddlers' growing tactile and fine motor skills, parents can chop carrots into bite-size pieces and encourage toddlers to pick up corn kernel by kernel.

Young school-aged children are more likely to eat veggies that are cut and arranged into smiley faces or animals than served plain in a bowl, according to Rosenkranz.

"If you cut fresh vegetables into fun shapes or use grape tomatoes for eyes, suddenly the kids are taking something healthy they never would have eaten and actually enjoying it," Rosenkranz said.

He suggests involving children in cooking and food preparation as early as kindergarten and increasing their roles in the kitchen as they grow. Research shows a connection between food preparation and vegetable consumption, so if children can help prepare veggies in the kitchen, grow them in the garden or select them at the grocery store, they will likely eat more of them, Rosenkranz said.

As children's autonomy increases, their ability to make decisions regarding food must increase as well, Rosenkranz said.

Studies have shown that when those in authority communicate a standard of behavior to people and then allow those people to decide how they want to work on meeting that standard, they are more successful in achieving the goal.

When teens become adults, what they may remember most, Rosenkranz said, is not what they were told to eat but what they saw their parents consume.

"If a parent wasn't raised to eat healthfully, maybe something along the way got them on the right track, and they can raise their children to eat healthfully and start a better cycle," Rosenkranz said.





LIBRARY
MOVIE NIGHT
Free, family-friendly movies ... popcorn included!



The BFG
January 21 - 6:30pm



Finding Dory
February 25 - 6:30pm



Ice Age:
Collision Course
March 25 - 6:30pm

Fort Riley Post Library | 5306 Hood Drive | (785) 239-5305



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	04
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



PAINT

Continued from page 9



Photos by Chris Cannon | POST

Melissa Lesondak, wife of Chief Warrant Officer 2 Benjamin Lesondak, C-Company, 2nd General Support Aviation Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division, watches Shannon Williams, wife of Staff Sgt. Marcus Williams, highlight the weeping willow leaves hanging from the tree branches during the Wine Painting and Pairing at Riley’s Conference Center Feb. 11.



Sgt. John Goldthrite, 73rd Military Police Detachment, 97th Military Police Battalion, and his wife Hannah paint lily pads on their joint painting during the Wine Pairing and Painting at Riley’s Conference Center Feb. 11.

Combat Team, 1st Infantry Division, came to the class to paint a picture for themselves, using their one canvas. The pair had been attending the classes since the fall of 2015.

“Melissa is so good. She really walks you through it. We’ve tried other painting classes before,” Williams said. “I just like the way her whole ... demeanor is and how she walks you through it.”

Lesondak and Gilmore guided the group through the painting, passing along tips on how to achieve the symmetrical circle for the moon, how to not fret about the horizon being slightly uneven. One of Lesondak’s favorite phrases to say to her classes is about being free to express themselves.

For her, teaching art classes was a calling.

“I like helping people discover their love for art,” she said.

When Lesondak first began teaching with Painting with Friends Fort Riley, she wasn’t sure how her classes would be received. As time passed, those who have attended classes go for the social time and the wine, while others attended the

“I like helping people discover their love for art.”

MELISSA LESONDAK
MILITARY SPOUSE

class because they truly wanted to learn how to paint.

When teaching classes, she says her subjects change with the seasons, but she never forgets to mix it up a little in the process, because some of her more popular classes have been the ones where she teaches about painting a beach scene.

Recently, Lesondak lost her permanent work space when the Rally Point closed, however, the benefit to being mobile is that she can pick up and go whenever she likes.

In addition to teaching classes here on Fort Riley, she also teaches class in Junction City, Kansas, at the local art studio, and she also teaches mixed media art in addition to canvas painting.

The next class Lesondak is teaching is scheduled for Feb. 17. For more information about painting classes offered through DFMWR, call 785-239-1000.

PROGRAM

Continued from page 9

paperwork. The response was the creation of handbooks and training for each position in the FRG. Personnel from ACS also created template forms for reports that would be the same for every FRG unit.

“They can just jump right into it and it made it easier,” she said.

Over the years, the incorporation of Family Readiness Support Assistants came about to help FRG leaders and unit commanders communicate with one another, work with other organizations and handle various administrative or logistical tasks. However, recently at many installations, the FRSA’s have been phased out and replaced with Family Readiness Liaisons, who are Soldiers within the unit performing many of the same tasks as the FRSA.

“A Family Readiness Liaison is usually a military Soldier at the unit level and that’s our liaison at the unit ... that person is basically a buffer between Army Community Services, civilian organizations and the FRGs, so we give our contact information directly to them and we also provide information to the FRG leaders directly,” Zenk said.

When the FRLs are unavailable, such as in situations of field training exercises, Zenk said ACS staff step up to fill in, either by locating resources for the FRG leaders and volunteers or relaying messages to the FRLs when possible.

While OPREADY lasted more than a decade and a half, it became severely outdated and provided false expectations for FRG leaders, Reade said. Additionally, there was no clear or defined guidance for the roles of FRLs as they were not included with OPREADY, but were added later..

Through an order signed by Lt. Gen. Kenneth R. Dahl, IMCOM commander, the implementation of the pilot R.E.A.L. program began Jan. 30 and will run through July 31. During the pilot program, feedback is collected from all participants and trainers for review and use in the creation of the final R.E.A.L. program.

“If our families are prepared to take care of issues while the Soldiers are deployed, that unit is ready.”

LT. GEN. KENNETH R. DAHL
IMCOM COMMANDER

“R.E.A.L. differs from OPREADY ... there is a very clean and defined delineation of roles and it kind of eliminates a lot of the gray area,” he said. “It really establishes roles well.”

The new, six-curriculum program provides defined roles for all participants including FRG leaders, volunteers, FRLs and unit command teams, Reade said. Included in the training program is the R.E.A.L. Smart Book, which is a compilation of resources, templates and best practices needed to run and manage an FRG. The Smart Book will act as the FRG binder with everything in it a unit commander or FRG leader will need. The Key Caller position has also been renamed the Key Contact through R.E.A.L.

“The newest thing is now we have a curriculum that fully defines what the Family Readiness Liaison does that wasn’t in OPREADY,” he said. “That’s one of the newest aspects. I think the bigger aspect is the command training where we really are speaking with senior leaders about what the FRGs do is because the bottom line is family readiness plus Soldier readiness equals unit readiness ... It’s just a fact. If our families are prepared to take care of issues while the Soldiers are deployed, that unit is ready.”

Some of the information in the new program include a foundational course designed for FRG volunteers, FRLs and unit command teams, another designed specifically for FRLs to prepare Soldiers for the task, one specific to the unit command teams to educate them on their roles and responsibilities with the FRG, and three additional classes designed for FRG volunteers.

LIBRARY

Continued from page 9

on a daily basis is too large for their current facility. As a way of determining how many people frequent the facility, a counter was installed at the entry to keep track of how many people visit the facility on a daily basis. The expansion of the library is an effort to work together with the Education Center to provide more services and resources to Fort Riley Soldiers and families.

Many of the families who went to the Valentine’s Day party Feb. 11 had been to previous parties hosted by the library staff. Among them was Elisia Beyersdorf, wife of Sgt. Adam Beyersdorf, 1st Combined Arms Battalion,

18th Infantry Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, who brought her two children to enjoy the crafts and treats.

“We like the fact that they have all of these community things to offer for the kids. Like it’s so hard for military kids,” Beyersdorf said. “People come and go and things like that, so having this here and having the sense of community is really important I think to the kids.”

The next scheduled library event is a celebration of Dr. Seuss March 11. For more information about library events call, 785-239-5305.



Chris Cannon | POST

Becky Basil, librarian, hands out cookies, cupcakes and cups of punch to kids big and small as each one passed by the big brown bear with their treats Feb. 11 during the Valentine’s Day party held by the staff of Fort Riley Library.

Sports & Recreation



LEFT: Parents help their children retrieve water toys before swimming back to the starting line during Bubble Guppies at Eyster Pool Feb. 11. **RIGHT:** David and Elizabeth Wert, both employees of Corvias Military Living, help their son, Lawrence, 2, learn how to float during Bubble Guppies Feb. 11 at Eyster Pool.



Making a Splash

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

“I’m a little teapot, short and stout, here is my handle, here is my spout, when I get all steamed up, hear me shout, tip me over and pour me out,” sang Jami Cochran, water safety instructor with the Directorate of Family and Morale, Welfare and Recreation to the 20 babies and toddlers sitting on the side of Eyster Pool during the Bubble Guppies class Feb. 11.

“It’s just fun to do it, this is an awesome class,” Cochran said. The one-hour class is one of many Bubble Guppies classes taught during the week at Eyster Pool. For the first 30 minutes, as their parent sang songs and helped them race back and forth, the children learned how to float with some help from their parents and how to swim with their arms

and legs. For many of the families, it was their first time attending the class. For other families like Karrie Thomas, wife of Master Sgt. Patrick Thomas, 10th Air Support Operations Squadron, brought her daughter Elizabeth, 2. This was the second year the two had participated in the classes.

“We’ve done a lot of Mommy and Me (classes) before,” Thomas said. “We’ve been swimming since (Elizabeth) was a year old.”

Cochran teaches the classes using songs and toys to help the kids learn how to swim.

The next class is Feb. 25 at 9 a.m. and it is open to children ages 6 months to 5 years. The class costs \$5 per family. Parents must be in the water with their child. Swim diapers must be worn for little ones not potty trained.

For more information about how to sign up, call the pool at 785-239-9441.



Families line up on the wall before beginning the next exercise during Bubble Guppies at Eyster Pool Feb. 11.

Soldiers run resilience, readiness training to cross country success

By Tim Hipps
U.S. ARMY INSTALLATION MANAGEMENT COMMAND

BEND, Oregon – All-Army runners relied on physical resilience and readiness training to attain unprecedented results at the 2017 Armed Forces Cross Country Championships on snow-covered River’s Edge Golf Course Feb. 13.

The Army men and women dominated the 10-kilometer Armed Forces races against Air Force, Navy and Marine Corps. The men swept 1st through 4th place, while the women took home gold and silver medals.

Volunteers used snow blowers and shovels to clear a two-kilometer loop through two feet of snow in time to run the race on a hilly course of ice, slippery grass and mud.

“It was a really nasty course,” said Capt. Kelly Calway of West Point, New York, a three-time winner of the event who had not run a cross country race in four years because of pregnancy, deployment and injury.

Calway instructs cadets in physical readiness training, modern Army combatives and aerobic fitness at the United States Military Academy at West Point, New York.

“If you’re going out there and doing tough training and hard workouts every day,” Calway said, “you’re definitely able to mentally adapt to the conditions on the ground at the time.

“I always feel like I have an advantage at every race I’m at because I know I train through tough weather,” Calway continued. “I don’t go inside on the treadmill. In the Army, you don’t have the choice oftentimes to bring your whole unit and run inside on treadmills. You’re out there and in the environment that you’re going to be operating in and it just makes you so much more mentally tough to be able to get through that when you’re actually out there on race day.”

Calway also emphasized the secondary benefits of physical readiness training.

“There are huge secondary benefits to being physically in shape and ready to perform your mission,” she said. “I love teaching it to the cadets because it gives them a whole variety of really well planned out fitness plans so they can get their unit to mission ready and keep them there without injuring them so they have their entire team to take on the deployment or go accomplish whatever mission they have.”

Calway, 32, has trained through two pregnancies and learned a lot along the way.

“I would go crazy if I didn’t run,” she said. “I think the biggest shift is mental. You go from: ‘I need to be smart. I need to listen to my body.’ Then you go back to: ‘Alright, I need this to really hurt.’ I might have taken that to the extreme because I ended up at the Olympic Trials with a stress fracture in my femur. I got a little too good at hurting again and didn’t listen to my body — probably failed at the worst portion of the Army Performance Triad. I know better, but I had to relearn that lesson.”

The Performance Triad is a comprehensive plan to improve readiness and increase resilience by getting quality sleep, engaging in activity, and improving nutrition — components endurance athletes thrive upon.

Teammate Capt. Meghan Curran of Fort Carson, Colorado, crossed the finish line 10 seconds behind Calway, and agreed that resiliency was a key factor in her performance.

“This was my fourth Armed Forces cross country competition and my best finish to date,” Curran said. “A few years ago, the whole competition was intimidating to me. What I have learned over time is to control the controllable. Being resilient means that instead of getting down after a disappointing performance, you assess what you can control and what you can improve and you focus on that.

See RUN, page 14



J. Parker Roberts | 1ST INF. DIV. PUBLIC AFFAIRS
Spc. Susan Tanui, a dental assistant with Dental Activity, stands with Gen. Mark A. Milley, 39th chief of staff of the Army, after earning second place in the female military overall competition of the Army Ten-Miler Oct. 9, 2016. On Feb. 13 she placed 10th in the Armed Forces Cross Country women’s Race

Winter sports safety: Studies show wearing helmets may prevent head injuries

DEFENSE CENTERS OF EXCELLENCE FOR PSYCHOLOGICAL HEALTH AND TRAUMATIC BRAIN INJURY

Did you wear a helmet the last time you went skiing or snowboarding? If you said no, it’s time to change the way you think about winter sports safety. Dr. Scott Livingston, director of education for the Defense and Veterans Brain Injury Center, said that people need to wear helmets for these types of activities.

“There is definitely ample research that shows that wearing helmets reduces head injury risk,” he said.

Helmets don’t always prevent concussion, but they do reduce concussion risk and they are highly effective in preventing

catastrophic brain injury, Livingston said, citing a book about preventing concussion by Dr. William P. Meehan III, director of the The Micheli Center for Sports Injury Prevention at Boston Children’s Hospital.

Most people don’t associate winter sports with concussions the way football, soccer and lacrosse are. They also don’t have as many participants. However, about 20 percent of skiing or snowboarding injuries are head injuries, Livingston said.

“That may not sound like a huge amount,” he said. “But when you think about all the injuries you can get skiing or snowboarding, the fact that almost a quarter of them are head injuries is quite a lot.”

The fact that people generally aren’t too concerned about concussions in these

sports is “a big reason for concern,” Livingston said.

That’s finally changing, he said. As with riding a bike, people are gradually accepting the importance of head protection while skiing and snowboarding.

So, why haven’t we encouraged helmets for winter sports until now?

One reason is that data on these injuries isn’t very accurate or readily available, said Livingston.

By some measures, one of every 20 professional snowboarders gets a head injury per season. The figures are higher for freestyle skiing professionals — 5.7 per 100 athletes — and lower for downhill



Staff Sgt. Brian Barbour | U.S. ARMY
Army National Guard Spc. Charity McGeary, a combat medic with the 856th Military Police Company, does a backflip on her snowboard at Arizona Snowbowl in Flagstaff, Arizona.

See HELMET, page 14

RUN

Continued from page 13

“Resilience isn’t something that you can learn overnight – it’s a process – but ultimately learning to focus your energy in a positive way pays off.”

All-Army coach Col. Liam Collins, 46, leads by example. After traveling across 10 time zones from Ukraine, he finished 11th in the masters division and third in his age group at the national cross country championships with a time of 29:30 for eight kilometers. Despite injuries and deployments, Collins has run 15 sub-55-minute Army Ten-Milers. He understands how resilience and readiness training benefits Soldiers on playing and battle fields.

“If you’re physically fit, it’s going to take you longer to get fatigued, and one of the first things to go when you get fatigued is your ability to make decisions because you’re too tired to think,” said Collins, director of the Modern War Institute at West Point. “Being in great shape allows you to be stressed much more physically without getting mentally stressed, which is absolutely critical in combat when you start running with a heavy load on and you’re under fire.”

Army Olympian Spc. Leonard Korir became the first Soldier ever to win a USA Track & Field national cross country championship Nov. 4 on snow-covered River’s Edge Golf Course in Bend, Oregon.

Korir outkicked former Army Reservist Stanley Kebenei (30:15) to win the 10-kilometer race in 30 minutes, 12 seconds. The 2017 Armed Forces Championships were run in conjunction with the nationals and Army (10) swept the top four spots against Air Force (28), Navy (66) and Marine Corps (81) to win the men’s crown.

Army Olympian Spc. Shadrack Kipchirchir (30:19) claimed the Armed Forces silver medal and Sgt. Augustus Maiyo (31:04) took the bronze. Maiyo finished 10th overall, marking the first time three Soldiers have placed among the nation’s top 10.

Olympian Sgt. Hillary Bor (31:37) completed a sweep of the top four Armed Forces spots by U.S. Army World Class Athlete Program Soldiers from Fort Carson, Colorado. Seventh-place finisher Spc. Nicholas Kipruto (32:20) of Fort Hood, Texas, completed the Army scoring, followed by Spc. Peter Koskey (12th, 34:44) of Fort Bragg,

North Carolina, and Michael Biwott (13th, 35:58) of Vilseck, Germany.

Capt. Kelly Calway of West Point, New York, won the Armed Forces women’s race in 38:18, followed by silver medalist Capt. Meghan Curran (38:28) of Fort Carson, Spc. Ruth Keino (4th, 40:28) of Landstuhl Regional Medical Center, Germany; and 1st Lt. Jennifer Comfort (7th, 41:38) of Fort Campbell, Kentucky. Sgt. Esther Spradling (8th, 41:53) of Fort Bragg, North Carolina, and Spc. Susan Tanui (10th, 42:56) of Fort Riley, Kansas, completed the Army squad.

Korir and Kipchirchir earned berths in the 2017 IAAF World Cross Country Championships, scheduled for March 26 in Kampala, Uganda.

Most of these runners are expected to compete in the 2017 Army Ten-Miler, set for Oct. 8 at the Pentagon in Washington, D.C., where Soldiers and civilians can run alongside Olympians.

Calway finished second overall and was the first military female finisher at the 2016 Army Ten-Miler. “I really want to win it this year,” she said. “I love that race.”



J. Parker Roberts | 1ST INF. DIV.
Spc. Susan Tanui, a dental assistant with Dental Activity, crosses the finish line of the Army Ten-Miler Oct. 9 in Washington, D.C., earning second place in the female military overall competition with a time of 59 minutes, 43 seconds. Tanui placed 199th among all competitors.

HELMET

Continued from page 13

skiers — 3.5 injuries per 100 athletes.

If you hit your head while out in the snow, recognize the symptoms of concussion, get assessed by a health care provider, and follow the proper treatment for any head injury.

There’s no set period of time a snowboarder or skier should stay off the slopes after a head injury, Livingston said. In general, people with head injuries should avoid participating in

active sports “until they are symptom free and medically cleared by a doctor,” he said.

The Defense and Veterans Brain Injury Center offers guidelines for health care providers on how and when to return to progressive activity following a concussion.

Recommendations on appropriate ski helmets and snowboard helmets are available from the Centers for Disease Control and Prevention.

LEARNING TO BOWL



Gabrielle Burman | POST
Crystal Davis, spouse of Spc. Terry Davis, 97th MP Bn., and daughter, Navaeh Davis enjoy an afternoon of bowling at the Valentine’s day bowling event Feb. 12, sponsored by staff of the Directorate of Family and Morale, Welfare and Recreation.

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In order to prepare for the Job Fair, the Junction City and Manhattan Workforce Centers will conduct the following workshops:

Federal Resume Workshop • Thursday, February 16th • 2:00-4:30 pm

Job Fair Prep • Friday, February 17th • 10:00-11:30 am

Federal Resume Workshop • Thursday, March 2nd • 2:00-4:30 pm

To reserve a seat call: Junction City 785-762-8870 / Manhattan 785-539-5691

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Fall 2016 Schedule and Fees

Bronze Level (Beginners)
Practice held Monday-Wednesday-Friday, 4:30-5:30pm
\$60 per month

Silver Level (Intermediate)
Practice held Monday through Friday, 4:30-5:30pm
\$90 per month

Gold Level (Advanced)
Practice held Monday through Friday, 4:30-6pm
\$110 per month

To schedule a swim assessment, call 785-239-4854 or stop by Eyster Pool at 6940 Warren Road

For registration information, call 785-239-9885 or visit CYSS Parent Central at 6620 Normandy Drive

U.S. Army Child, Youth & School Services

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* Practice days exclude federal holidays
* December has a reduced winter holiday schedule; monthly fee reduced by half

Information: 785-239-9885



Travel & Fun in Kansas



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

Junction City has an important place in Kansas frontier history. Through stories preserved by landmarks and museums like the Geary County Historical Society, visitors can learn about the lives of frontier families and innovations that affected the quality of life.

Junction City is at the fork of the Smoky Hill and Republican rivers as they join to make the Kansas River. When the town was settled in the 1850's, settlers intended to name it Camp Center because it was believed to be at the center of the United States

In addition to commemorating frontier lives, visitors to nature sites such as The Riverwalk Trail, Homer's Pond and The Wetlands are able to see and learn about plants and wildlife native or transplanted to Kansas.

On the Riverwalk Trail, a walking and equestrian trail, visitors can explore the banks of the Republican River. The trail has one entrance off Washington Street before the Fort Riley Trooper Gate. The gates of Milford Reservoir meet the other end where visitors can explore flood plain flora. If visitors don't want to walk the whole 4.5 miles, they can take any of the paths leading away from the trail to the flood plain where people can dig their feet into the river sand and gravel, look for shells and artifacts or play on the Republican River's banks. The trail also has shelters and picnic tables at different points along the way where people can have a picnic or rest surrounded by nature before finishing their walk.

In addition to that trail, visitors can walk a seven-mile trail, take in a sunset on the gazebo or sit on the dock and enjoy the day at the Wetlands and Riverwalk Landing, are behind Walmart next to Interstate 70.

If the idea of fishing in the river, sitting on a dock or walking beside the river doesn't sound enjoyable, there is always fishing at

Homer's Pond. The pond, which was once a part of a local farm property, is on the west side of South Eisenhower Drive. Those who choose to fish there must be older than 65 or younger than 12. In addition to fishing, visitors can explore the neighboring Rimrock Park. It is one of many places where the quietude of nature contrasts with the busy day-to-day of urban life.

Heritage Park is home to many monuments commemorating the service of Fort Riley Soldiers and the sacrifices they made in the many years since the establishment of the post. The park is often the centerpiece of town events like The Sundown Salute each Fourth of July weekend.

As a testament to the age of Junction City and the people who lived there, Starcke House is a fully-restored period home built in the 1880s by German watchmaker and jeweler Andrew Vogler for his bride. It is behind the historical society on the north corner of Fifth and Adams streets. Each person has a story, and the Vogler family's is preserved in detail through the displays of domestic artifacts common to households in Junction City during the 1880s and exhibit descriptions, which are carefully recorded by local historians.

On the west side of Junction City, on the corner of Spring Valley Road and Kansas Highway 18, the Spring Valley Historical Site is one of many local monuments to the education of frontier children on the prairie. Built in 1873, the school is a short distance from Junction City Middle School on Spring Valley Road. According to the 2014 blog "Catch up on Geary County History," it was one of the oldest country schools when it closed in 1958. It shares land space with a log cabin from Lyons Creek, Kansas and the home of the Wetzel family, which was moved from its original land site on Clarks Creek after The Geary County Historical Society purchased the school property from the Smoky Hill Township.



1. Flanking either side of this Civil War memorial at the northeast entrance of Heritage Park are two Howitzer cannons. The park is on the corner of Sixth and Washington streets and extends to Fifth and Adams streets.
2. Homer's Pond is a quiet fishing area on the southwest side of Junction City. The pond was once part of a farm property and is bordered by Rimrock Park on Eisenhower Drive. Visitors can drive west on Sixth Street to Eisenhower Drive and turn left at the stoplight on Eisenhower.
3. "Don't run over the children, wait for the teacher!" This phrase, inscribed on the stone facing old Kansas Highway 18 at The Spring Valley Heritage Site. The site commemorates the past of Geary County with this representation of frontier education and rural farm life. The site includes the Wetzel House and a log cabin which were each transplanted from rural sites in Geary County Kansas.
4. The Riverwalk Trail has entry points by the Milford Nature Center and Fort Riley's Trooper Gate. The trail is for equestrians and pedestrians and runs alongside the Republican River. The entrance to the Riverwalk Trail by Trooper Gate is found at the end of Washington Street on the left.
5. Visitors looking for something slow and quiet can sit on the dock and fish or watch the sun set at the Wetlands off Interstate 70. The Wetlands can be reached by exiting I-70 at the Chestnut street exit and turning left onto the Frontage Road.

