

THE 1ST INFANTRY DIVISION POST

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◀◀ FORT RILEY, KANSAS ▶▶



Emergency Medical Services personnel from Kansas, including Fort Riley firefighters and Irwin Army Community Hospital emergency medical technicians, participated in sports injury training March 2 at the Fort Riley Fire Department headquarters. The training was split into two sessions. The morning session was about the basics of sports injuries, including concussions and traumatic brain injuries. The afternoon session included hands-on training that taught emergency responders how to remove football equipment from a patient.

Building a Defense

Emergency responders conduct sports injury training at Fort Riley

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

Emergency Medical Services personnel from Kansas, including Fort Riley firefighters and Irwin Army Community Hospital emergency medical technicians, participated in sports injury training March 2 at the Fort Riley Fire Department headquarters, 1020 Huebner Road. The daylong course focused on the initial treatment of sports related injuries, specifically spinal injuries suffered by football players. Trainers from the Kansas Athletic Trainers Society provided classroom instruction in the morning and hands-on training in the afternoon. The trainers practice professionally at collegiate and high school sports programs as well as health and rehabilitation facilities from around the state of Kansas. The group included Phillip Vardiman, Kansas State

“We work together every day, but we don’t get the chance to train together every day. It’s all about networking ... the more you work together, the more we’ll recognize faces when we meet in an emergency.”

RICHARD WATSON | ASSISTANT CHIEF OF HEALTH AND SAFETY AT THE FORT RILEY FIRE DEPARTMENT

University; David Fitzhugh, Fort Hays State University; Mark Padfield, Tonganoxie High School and Lawrence Memorial Hospital; and Chris Fleming, Wichita Fire Department and Inspire Health and Performance. Richard Watson, assistant chief of health and safety at the FRFD, said the training was split into two sessions. The morning session was more about learning the basics of sports injuries, including concussions

and traumatic brain injuries. The afternoon session included hands-on training that taught the emergency responders how to remove football equipment from a patient. “The academic things can be applied across the board whether it’s a vehicle accident or a fall,” he said. “The hands-on portion we’re doing is more in-depth, like

See ATHLETICS, page 3



Spc. Jordan Johnson | KSNG
A Kansas Army National Guard Black Hawk helicopter piloted and crewed by Soldiers from Company B, 1st Battalion, 108th Aviation Regiment out of Salina, Kansas, assisted with fire suppression in Reno County, Kansas, March 6. The helicopter dropped more than 33,600 gallons of water on the fires.

National Guard deploys to fight fires in central Kansas

By Catherine Horner
KANSAS NATIONAL GUARD PUBLIC AFFAIRS

As wildfires burn in multiple counties across the state, the State Emergency Operations Center continues to monitor and coordinate assistance for the affected counties. There were active fires reported in Clark, Cheyenne, Comanche, Ellsworth, Finney, Ford, Hodgeman, Lane, Meade, Ness, Pratt, Pottawatomie, Rawlins, Reno, Rice, Rooks, Russell, Seward, Shawnee, Smith and Stevens Counties. Although some fires have been mostly contained, fire crews continue to monitor the burned areas for flare-ups. Approximately 10 to 12,000 residents of Hutchinson, Kansas, were voluntarily evacuated due to fire risk. Voluntary evacuations also took place in Wilson and Dorrance. Wilson evacuated approximately 300 individuals and Dorrance approximately 100 individuals. Severe thunderstorms and tornadoes affected portions of the state during the evening hours of Tuesday, March 6. Crawford County reported wind damage to one residence and minor damage to local businesses. Two tornadoes reportedly touched down in Wabunsee County and one in Shawnee County.

See WILDFIRES, page 3



Soldiers from 1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, prepare to conduct an attack on simulated enemy forces during exercise Warrior Strike 5 at the Rodriguez Live-Fire Complex in Pocheon, South Korea, Feb. 16. During the four-day long exercise, the Soldiers of 1st Bn., 16th Inf. Regt., along with other U.S. and South Korean forces, trained to locate, identify and neutralize enemy weapons of mass destruction sites.

‘Iron Rangers’ hone skills while deployed

1st Infantry Division Soldiers train to eliminate weapons of mass destruction

Story and photo by Capt. Jonathan Camire
1ST ABCT PUBLIC AFFAIRS

CAMP HOVEY, South Korea — More than 400 Soldiers from Task Force Iron Rangers participated in exercise Warrior Strike 5 at the Rodriguez Live-

Fire Complex in Pocheon, South Korea, Feb. 14 to 17. The exercise was designed to train the “Iron Rangers” from 1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, in the identification and elimination of enemy weapons of mass destruction sites. “This exercise is the culmination of 10 months of training for the Iron Rangers,” said Lt. Col. Jon Meredith, the battalion’s commander. “It’s been a fantastic opportunity to combine with our Republic of Korea Army partners.” Task Force Iron Rangers consisted of Soldiers from 1st Bn., 16th Inf. Regt., along with 3rd General Support Aviation Bn., 2nd Inf. Div. Republic of Korea-US Combined Division; 23rd Chemical, Biological, Radiological, Nuclear, Explosives Bn. and other units from across the 1st ABCT. The exercise also included the largest number of Republic of Korea Army partners than any previous Warrior Strike exercise. About 200 ROK Army solders

participated in the exercise alongside their U.S. partners. “Working with our ROKA partners is a key part of our mission here in the Republic of Korea,” said Maj. Jared Nichols, the battalion’s executive officer. “The working relationship with the ROK Army is like nothing else.” Task Force Iron Rangers conducted multiple events during the four-day exercise to include conducting an air assault into the Rodriguez Live-

See IRON RANGERS, page 8

FORT RILEY VOLUNTEER SPOTLIGHT



Spc. Christopher James, 1st Combat Aviation Brigade, volunteers as assistant cub master with the Cub Scout Pack 260 at Fort Riley. He helps during the popcorn season and volunteers to run many booths. To learn more about volunteer opportunities, call Becky Willis, Army Volunteer Corps Program manager, at 785-239-4593.

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CHAPMAN HIGH SCHOOL STUDENTS VISIT AVIATION SIMULATORS AT MARSHALL ARMY AIRFIELD, SEE PAGE 9.

ALSO IN THIS ISSUE



FORT RILEY BASKETBALL TEAM REMAINS UNDEFEATED AFTER HOME BASKETBALL TOURNAMENT MARCH 4 AND 5 AT KING FIELD HOUSE, SEE PAGE 13.



THE FIGHTING FIRST!

Lamar Ware: A ‘Big Red One’ Soldier



By Phyllis Fitzgerald
SPECIAL TO THE POST

Born in California and raised in Hawaii, Lamar Ware joined the Army in March 2000. He received basic training at Fort Jackson, South Carolina, then proceeded to Fort Lee, Virginia, for Advanced Individual Training. His military occupational specialty was 92A: logistics specialist.

His first assignment took him to Fort Bragg, North Carolina, where he was assigned to Company B, 307th Forward Support Battalion, Division Support Command, 82nd Airborne Division. He served there from August 2000 to October 2002.

“At this point I being a little hardheaded and young,” Ware said. “I departed the Army because my Active Duty time was up.”

He returned to California and began work as a forklift operator, a position he held for three and a half years until cutbacks in the company caused him and others to be laid off.

“I knew I needed a job and I liked the Army so I went back and talked to the recruiters,” Ware said. “I had my dreams set on getting into the computer repair field, but unfortunately, the only job available at the time was my old job – 92A – logistics specialist.”

In May 2006 Ware went back into the Army as a 92A and while he didn’t receive the job of choice he did receive his

assignment of choice: Schofield Barracks, Hawaii, where he was assigned to the 536th Maintenance Company, 8th Theater Sustainment Brigade.

Ware was stationed in Hawaii for three years, but was only there for one and a half years because his unit was deployed to Iraq to Camp Taji in October 2007. Ware and his comrades returned in March 2009.

While deployed, Ware was a gunner on the gun trucks, a tower guard, a supply specialist and maintenance clerk.

“The mechanics would do the technical inspections on HMMVs (Humvees) and give me the list of what parts I needed to order,” Ware said.

Three months after returning from Iraq, he was transferred to Fort Carson, Colorado, where he was assigned to Company F, 1st Battalion, 68th Armor Regiment, 3rd Heavy Brigade Combat Team, 4th Infantry Division, where he was a maintenance shop noncommissioned officer.

“I departed Fort Carson in March 2013 for orders to my Advanced Leadership Course at Fort Lee, Virginia,” Ware said. “After I completed my leadership course my orders to me to Korea for one year where I was assigned (as a) maintenance Shop NCO. I was in Korea for one year.”

Ware’s “Big Red One” story began in March 2014, when he was assigned to Fox Company, 701st Brigade Support Battalion, 2nd Bn., 16th Inf. Regt., 4th Infantry Brigade

Combat Team, 1st Inf. Div., as a maintenance shop NCO.

“During my assignment in the 4th IBCT, it was deactivated,” Ware said. “This was my last assignment in the Army. In May 2015, I once again departed the Army after my enlistment was up. I left as a Sergeant.”

Ware stayed in Junction City, Kansas, because my wife Kelly is from there and attended Junction City High School until 1996. Kelly received her General Educational Development diploma at Cloud County Community College in 2003.

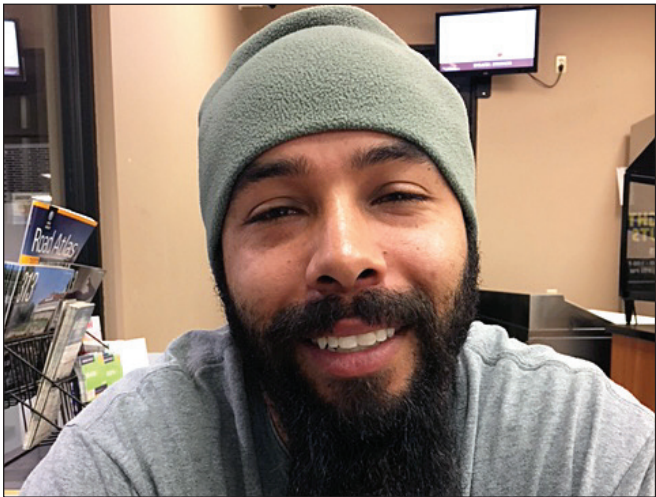
“She also had a job and we have two children that were and are still attending Junction City High School,” Ware said. “One is a freshman and the other is a sophomore. Additionally, we had bought a home and we like the area.”

Today, Ware is a student at Kansas State University, both on campus and online, working toward a bachelor’s degree in Operations and Supply Chain Management. He also is a contractor at Fort Riley in Building 7920 as a shipping and receiving clerk.

“A favorite memory that I would like to share is when the 4th IBCT was deactivating one of my Soldiers whom is still serving on Fort Riley, took charge and helped get many tactical vehicles turned in,” Ware said.

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

THEN
& NOW



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

Claims division staff file personal, negligence, affirmative claims

By Maria Childs
1ST INF. DIV. POST

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

The Claims Division at the Office of the Staff Judge Advocate at Fort Riley covers three types of claims: personal, negligence and affirmative.

The claims handled by the staff address a wide variety of concerns.

Personal claims include damages to household goods, vandalism, fire or theft as well as many other things. The Fort Riley office covers negligence claims for a four-state area where a government employee, including Soldiers, were not paying attention and therefore caused some damage. Affirmative claims are to collect money from insurance companies that reimburse Irwin Army Community Hospital and TRICARE for treatment given because of injuries.

Cynthia McMaster, paralegal at the Claims Division, works with affirmative claims.

“In affirmatives, we collect money from insurance companies when there is a third party that is responsible for paying that bill,” she said.

This includes tracking down an individual’s personal injury

protection, or PIP, insurance, which is required by Kansas law.

“Everyone in Kansas who operates a vehicle here is required to have PIP,” McMaster said. “PIP pays your bills first. If you are in an accident or you have a passenger and they are injured, but they don’t have insurance your PIP covers them. If they are a passenger and they have insurance, their PIP covers them.”

McMaster said it is important to note that automobile accidents don’t always involve two vehicles. For example, if someone shuts their hand in a car door, it still involves their vehicle and their automobile insurance would be responsible for the bill. Once they go in for treatment, they would fill out an injury treatment questionnaire, which indicates they were in an accident.

“We get the bills from IACH ... in this case, there’s a third party that is responsible, which is the automobile insurance company,” she said.

Kayla Hagen, claims examiner at the Claims Division, handles all affirmative property claims. These are slightly different because they involve damage to government property. This includes fences, light poles and other fixtures around the installation.

Hagen also files personal property claims and negligence-based claims. She takes photos of the damages to document them

and launches investigations to determine what happened.

She said the most common example of a personal property claim is when a military family is moving and household goods are damaged in the process.

“When they are having issues with the carrier, they are supposed to file with the carrier first, then they can file with our office if they don’t get anywhere,” she said.

Hagen said negligence-based claims are a bit trickier. The claims can be filed in Kansas, Nebraska, South Dakota or North Dakota. Employees including Soldiers and Department of the Army civilians must be acting in the scope of their employment for someone to file a claim against them.

“These range from being on Fort Riley all the way up to North Dakota, we have contacts in each state that gets us most of the information we need,” Hagen said.

In 2016, more than \$750,000 was brought in by property and affirmative claims. Hagen and McMaster said the most important part of their job is when they go after insurance agencies who should be paying bills at IACH, the money comes back to the hospital and is used to purchase new equipment or other upgrades.

“We’re providing a service that wouldn’t otherwise be offered,” McMaster said.

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ATHLETICS

Continued from page 1

at the middle school when there is a football injury. Our folks have the potential to respond to those injuries and we want to be equipped to handle that.”

To be a firefighter with the FRFD, being an EMT is a requirement. To keep the EMT status, continuing education hours are required, which this training met the objective for everyone in attendance. As a nationally registered EMT, 72 hours of continuing education hours are required within a two year period. As a state registered EMT, a minimum of 28 hours of continuing education are required within a two year period.

Watson said another unique aspect of this training was being able to network with both on- and off-post partners including staff from IACH and Junction City Fire Department.

“We work together every day but we don’t get the chance to train together every day,” he

“Any time we can build relationships it’s going to be positive because we sometimes run into each other on emergency scenes.”

JEREMY MCCALLUM | JUNCTION CITY FIRE DEPARTMENT

said. “It’s all about networking ... the more you work together, the more we’ll recognize faces when we meet in an emergency.”

Jeremy McCallum, from the Junction City Fire Department, has a unique connection to the FRFD. His brother works as part of the firefighter staff on the installation so he knows most of the team. He said it is important firefighters in the area network because they usually meet under stressful circumstances.

“Any time we can build relationships it’s going to be positive because we sometimes run into each other on emergency scenes,” he said.

Although JCFD staff will occasionally treat sports injuries, McCallum said it is imperative to keep learning about new technology and studies that give more up-to-date information about how to treat a patient. Training opportunities like this give them the ability to stay knowledgeable despite the ever-changing technology.

“Any training we can get is going to help us because of the new technology and new studies that come out,” he said. “They are always doing new studies and coming up with new ways for us to approach situations.”



Maria Childs | POST
Trainers from the Kansas Athletic Trainers Society provided classroom instruction to Emergency Medical Services personnel from Kansas, including Fort Riley firefighters and Irwin Army Community Hospital emergency medical technicians, during a sports injury training class March 2 at the Fort Riley Fire Department headquarters. The daylong course focused on the initial treatment of sports related injuries, specifically spinal injuries suffered by football players. Trainers from the Kansas Athletic Trainers Society provided classroom instruction in the morning and hands-on training in the afternoon.

WILDFIRES

Continued from page 1

Federal Emergency Management Agency has approved Federal Fire Management Assistance Grants for Clark, Comanche, Ellsworth, Ford, Lincoln, Ness, Rooks and Russell Counties. Additional requests may be made as the current emergencies continue.

Kansas Division of Emergency Management is seeking additional firefighting resources from other states through the Emergency Management Assistance Compact and from the National Forestry Service. A Type II Incident Management Team has also been requested.

March 6 the Kansas Army National Guard deployed four Black Hawk helicopters from Company B, 1st Battalion, 108th Aviation Regiment out of Salina equipped with 660-gallon buckets. The helicopters dropped more than 33,600 gallons of water on the fire in Reno County.

Four helicopters equipped with buckets will launch at daylight March 7, to continue to assist affected counties with

fire suppression. Two helicopters and crews are based out of Topeka and two are out of Salina.

The American Red Cross opened shelters for displaced residents in Coldwater, Dodge City, Hutchinson and Jetmore. The shelter in Coldwater is located at the Coldwater High School, 600 Leavenworth Ave., and currently houses 75 residents. The shelter in Dodge City is located at the Dodge City Community College Student Activity Building, 2501 N 14th Avenue and currently houses 7 residents. The Hutchinson shelter is located at the state fairgrounds at 2000 N Poplar Street. The shelter can house 1,700 people but currently holds 210 residents. The shelter in Jetmore is located at the 4-H Building on the Hodgesman County Fairgrounds.

There are multiple road closures due to the fires. Information on the latest road closures are available from the Kansas Department of Transportation by calling 5-1-1 or visiting the Kandrive website at kandrive.org.

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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 and 8 a.m. to 5 p.m. on Saturdays; Closed Sundays and federal holidays. 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. Out-

bound traffic at 12th Street Gate will not be authorized. Badges and passes may be issued to commercial drivers prior to access at the Access Control Point.

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

Hours of the Visitor Control Center are as follows: 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.

‘Guardians’ receive top aviation award

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

The Lt. Gen. Ellis D. Parker Awards are the top unit honors in Army Aviation.

The 601st Aviation Support Battalion, 1st Combat Aviation Brigade, 1st Infantry Division, received the Lt. Gen. Ellis D. Parker Aviation Unit Award in the best combat service support battalion category. It was announced Feb. 1 at the Army Aviation Senior Leader Conference in Fort Rucker, Alabama.

Chief Warrant Officer 5 Sam R. Baker III, command chief warrant officer for 1st CAB, attended the conference and accepted the award on behalf of the “Guardians.”

“I was honored to accept the award on behalf of the CAB and the 601st commander,” he said. “The unit is trained, disciplined, hardworking and is developing leaders, as it is the key to readiness for the brigade.”

On Feb. 28, Maj. Gen. Doug M. Chalmers, deputy commanding general for support, III Corps, came to Fort Riley for an official presentation of the award at the 601st Aviation Support Battalion hangar.

“You are all absolute all-stars,” said Brig. Gen. Patrick D. Frank, acting commander of the 1st Inf. Div. and Fort Riley. “Well deserved. You’re phenomenal maintainers.”

The Parker Award, a multi-component Department of the Army-level award, recognizes excellence at the battalion level in the primary warfighting aviation force. The annual award also aims to encourage innovation and provide incentive to excel in areas of leadership, training, maintenance



Maj. Gen. Doug M. Chalmers, deputy commanding general for support, III Corps, presents Lt. Col. Aaron M. McPeake and Command Sgt. Maj. Jose A. Cruz, leaders of the 601st Aviation Support Battalion, 1st Combat Aviation Brigade, 1st Infantry Division, with the Lt. Gen. Ellis D. Parker Award for the best combat service support battalion Feb. 28 on Marshall Army Airfield. The “Guardians” Soldiers received the prestigious award for their outstanding achievements in leadership, training, maintenance and safety.

and safety. There are four categories that make up the Parker Awards based on unit mission statement and/or unit Mission Essential Task List: combat battalion, combat support battalion, combat service support and table of distribution and allowances battalion.

“What a phenomenal, phenomenal job,” said Lt. Col. Aaron M. McPeake, the battalion’s commander. “I was so ecstatic and honored because this award is not only for me, but for the hardworking Soldiers in the battalion.”

The unit’s accomplishments included deploying to the field in September in support of Operation SABER Focus, 1st Squadron, 6th Cavalry Regiment’s, mission readiness exercise in preparation for their deployment to the South Korea. During this two-week field training exercise, the battalion synchronized

staff functions, employed perimeter security and provided continuous forward armament and refuel support to “The Fighting Sixth.”

On a regular basis, the 601st ASB provides a robust phase maintenance inspection capability, servicing three different airframe types: UH/HH-60L/M, AH-64D and CH-47F. During fiscal year 2016, the battalion conducted 17 phase maintenance inspections, providing more than 349 working days to phase inspections alone. Also in FY16 the battalion allowed the brigade to fly more than 15,000 flight hours, having zero fuel or munitions incidents.

“You’re a team, you’re a family,” Chalmers said. “You are cutting the edge and setting a path and example for us all to follow.”

The Guardians also won the prestigious award in 2015 in the same category.

PRESENTATION OF AWARDS



Maj. Gen. Douglas M. Chalmers, deputy commanding general for support of III Corps presented the Commander’s Award for Civilian Service to team members from the Installation Transportation Office at Fort Riley Feb. 28.

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RILEY ROUNDTABLE

What is your favorite book?



"El Deafo."

MOLLY ALLEN

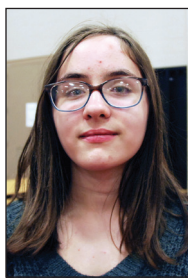
9-year-old daughter of Sgt. Jerry Allen, 1st Combat Aviation Brigade



"Scary Stories to Tell in the Dark."

FAITH GIBSON

12-year-old daughter of Warrant Officer Christopher Gibson, 1st Engineer Battalion, 1st Armored Combat Brigade, 1st Infantry Division



"Classic Alice in Wonderland."

JASMIN GIBSON

12-year-old daughter of Warrant Officer Christopher Gibson, 1st Engineer Battalion, 1st Armored Combat Brigade, 1st Infantry Division



"The Summer of Riley."

SARAYA LITTLECOOK

8-year-old daughter of Sgt. Richard Getts, 97th Military Police Battalion



"How to Train Your Dragon."

JACK SUMMERS

10-year-old son of Spc. Nick Summers, 82nd Brigade Engineer Battalion

THE 1ST INFANTRY DIVISION POST

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FATALITY-FREE DAYS

243

As of Wednesday, March 8, 243 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.

The next USAG Resilience Day Off is

MARCH

24

COMMAND TEAM CORNER

Opportunities for celebration, responsibility

Fake Patty's Day is a time for Kansas State University students to celebrate in the Aggieville area of Manhattan before spring break, but fun can quickly turn to tragedy thanks to impaired driving and bad planning. As Soldiers, you are responsible for yourself and those around you, both on and off the battlefield. If you choose to participate in the festivities this weekend, I encourage you to do so responsibly.

We all need to focus on doing what's right and planning our travel. Sticking to that plan will ensure you and your fellow Soldiers get home safe to your

friends and family, as well as, ensuring the safety of others. Driving while impaired or riding with someone who is impaired is not the right thing to do, if you plan on drinking, plan to have a designated sober driver or make sure you have a number and money for a taxi.

If you are planning on drinking, designate a sober driver, and remember that you are a "Big Red One" Soldier and we need you to come back safe and sound. Your decisions affect all the members of our team and the local community. Your effective planning will not only save your life, but the lives of everyone

other person on the road.

Here are some facts and tips for anytime you decide to drink.

According to National Highway Traffic Safety Administration research, impaired driving remains one of America's deadliest problems. In 2015, 10,265 people were killed in motor vehicle accidents that involved drivers who were impaired by alcohol.

Fake Patty's Day Safety Tips:

- Plan a safe way home before you begin drinking
- Don't over-drink
- Designate a sober driver or plan on taking a taxi
- If you see anyone you know is drunk

and is about to drive, take their keys and help them make other arrangements to get to where they are going safely

- If a drunk driver is seen on the road, don't hesitate to contact local law enforcement

In addition to planning for drinking and travel you need to make sure you are not a victim of physical or sexual assault. With the increased crowd size and overall atmosphere you need to be aware of your surroundings and make sure you're around other people in well-lit areas. Always make sure you are not

by yourself in an unsafe place with people you don't know. When at a bar, always make sure you never leave a drink unattended and always be mindful of where your drink is and don't let anyone put anything in your drink.

Remember we are professional Soldiers 24 hours-a-day, seven days a week, and need to look after each other no matter where we are.

Duty First!

Command Sgt. Maj. Jonathan D. Stephens
Rear division command sergeant major

SAFETY CORNER

Don't forget to spring forward March 12 for daylight savings time

By Alex Bender

GARRISON SAFETY OFFICE

Team Riley, we've probably all heard the daylight savings memory aid, "spring forward, fall back." Daylight Saving Time begins the second Sunday of March and ends the first Sunday of November. We "spring forward" March 12 and set the clocks ahead one hour.

Why do we make the changes?

In the U.S., extra daylight means extra time to spend money. Retailers, gas station owners, those in the hospitality and leisure industry can attest to the profitability of day light savings time. Daylight savings time in the spring means we have a longer day during the warm weather to do more activities — traveling, golfing, swimming, biking, camping, concerts, gardening, sports and home repairs.

But beware. Daylight savings time also provides more opportunities for unplanned accidents and incidents. In warmer weather we can finally get to those tasks we've been putting off all winter long. Daylight Saving Time is a good time to "spring forward" on projects in preparation for the warmer weather.

Of course, you can't do all these things in an extra hour of daylight, but you can definitely get a couple of them done and rest easy knowing your home is ready for what the warmer months may bring:

- Change batteries: check all smoke and carbon monoxide detectors, electronic thermostat, emergency radios and flashlights. Many fire departments and other organizations around the country give

away batteries on Daylight Saving Weekend, so check with your local fire department to see if they are participating.

- Update your first aid kit: Many medical items may exceed the shelf life stamped or printed on them or are dried out, so you'll want to inspect the kit to make sure all items are fresh and readily available in case of an emergency. Remove and reorder items that have expired.
- Stock up on emergency supplies for your home and car: inventory your emergency kit for your home and car and make sure you have enough supplies to last during an emergency.
- Prepare for spring cleaning: March 20 is the official start of spring. Start spring cleaning by purchasing packing materials to store your winter clothes, load up on cleaning supplies and prepare to "air out" your home. Inspect the exterior of your home for any damage or problem areas that may need attention.
- Check your allergy medication: pollen allergy, commonly called hay fever, is one of the most common chronic diseases in the United States and it is especially acute during the spring months. If you must take prescription medication for your allergy, see your doctor before the symptoms arrive.
- Check car seats: checking your child's car safety seat to make sure your child still fits into it, as well as having it properly

installed is another thing you can do. If you have doubts about the installation, contact the Garrison Safety Office, Bldg. 500 for questions or assistance with proper installation

- Check your tire pressure and treads: incorrect tire pressure affects gas mileage as well as prematurely wearing tires unevenly and reduce their effectiveness. Worn treads can lead to vehicle instability, poor transaction and even blow outs while you and your family are traveling in it. Cold weather allows your tires to leak air, so check the tire pressure and ensure it is inflated in accordance with the manufacturer's recommendation.
- Check your hoses and belts: winter's harsh weather can cause the failure of worn components such as, fan, power steering and other belts and hoses. Look for cracks and leaks under the hood. Finding problems now can mean the difference between a quick and inexpensive repair and breaking down unexpectedly on a road while exposing yourself and passengers to traffic hazards, as well as having to pay for repairs that could have been prevented by conducting Preventive Maintenance and Service Checks.
- Check your windshield wipers: windshield wipers should be changed twice a year or when they streak water. After using wipers during the winter, you probably have worn the edges of your wiper blades down to where they are not as efficient as

when you installed them. If they're leaving streaks, even if it's just on the passenger side, it's time for a replacement set.

- Back up your data and update your computer virus scanner: it's a good time to make sure you have a backup of all your important data and do a little computer maintenance as well.
- Examine old power strips and clean behind desks: a lot of "home offices" are now filled with electronic equipment and computers, all shoved into a back bedroom or corner area and if you're like a lot of people you have almost a dozen things plugged into one outlet with a power strip. First, you should vacuum any dust or debris such as old paper, receipts, pens, pencils, etc., that may have fallen back there. Then check out your power strip. Is it properly rated? Still working as it should? How old is it? It just takes a tiny spark behind a desk to start a fire, so be cautious and play it safe.

Don't forget to set your clock ahead 1 hour before you go to bed. The time change doesn't happen officially until 2 a.m. while most people are already sleeping. There is nothing worse than planning your morning based on what your watch says only to find later that your cell phone time is an hour different; or showing up for work an hour early. For more information on Daylight Saving Time, contact the Fort Riley Garrison Safety Office 785-240-0647.

THINGS TO KNOW ABOUT YOUR TAX REFUND

If you file your tax return early and claim the Earned Income Tax Credit or the Additional Child Tax Credit, a new law requires the IRS to hold refunds until mid-February in 2017.

The law requires the IRS to hold the entire refund - even the portion not associated with the EITC and ACTC - until at least February 15, 2017.

New identity theft and refund fraud safeguards by the IRS may mean some tax returns and refunds face additional review.

HAVE A STORY IDEA?

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



Army Emergency Relief campaign starts 75th year

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

The Army Emergency Relief campaign began March 1 across the nation and at installations overseas and will continue through May 15.

The formal beginning of the Soldiers helping Soldiers campaign for Fort Riley started March 7 during the Family Readiness Group Round Up at Riley's Conference Center.

This year marks the 75th anniversary of AER, which is the Army's nonprofit emergency financial assistance organization conducted within the Army structure by garrison commanders, unit and brigade commanders and financial counselors or AER sections at installations, per the AER website, www.aerhq.org.

"AER is Army Emergency Relief," said Clint Strutt, Fort Riley Financial Readiness Program manager. "It's a program that was established 75 years ago ... It was brought into existence because of the need for Soldiers to be able to take care of emergencies."

In honor of the 75th anniversary, the goal for funds raised at Fort Riley has been set to \$75,000, Strutt said. In 2016, Soldiers in the Fort Riley community raised \$101,432.70.

"With the 75th anniversary looking at us, that number just seemed to be saying this should be the number for the campaign," he said.

When a financial emergency arises for a Soldier, such as emergency medical travel or

mortgage payment assistance, they can seek AER help. Most instances of AER assistance come in the form of a fee-free, interest-free loan, Strutt said, with a repayment plan worked out with it. If the recipient is unable to repay right away, plans to hold repayment for a period are possible.

However, there are situations where a grant may be given to a Soldier instead. These situations usually entail proof of the Soldiers inability to repay, he said.

"For the most part, it's going to be a loan unless we can demonstrate a need for a grant," Strutt said. "And the two main criteria they want us to look at as far as grant assistance would go would be 'does the Soldier have an ability to repay?' If there's no ability to repay whatsoever, that's going to be one of the things we look for a grant. The other is going to be 'are the circumstances outside of the service member's control?'"

Soldiers within each unit act as representatives for AER and provide information about the campaign, as well as collecting funds to support fellow Soldiers undergoing financial hardships. Strutt said he encourages every Soldier to donate what they are able because they may not need assistance today, but they never know what the future holds and through their donation, can aid their peers in their time of need.

"You have Soldiers from the unit levels, usually company or battalion levels, they come in and get trained up ... and we



Clint Strutt, Fort Riley Financial Readiness Program manager, speaks about the start of the Army Emergency Relief Campaign March 7 during the Family Readiness Group Round Up at Riley's Conference Center. In honor of the 75th anniversary, the Fort Riley community has a goal of \$75,000 to raise, which Strutt said he is certain they will exceed. "I wanted to thank you in advance for helping us surpass that goal," he said.

just send them out and say 'go make it happen,'" he said.

According to the AER website, in 2016, more than \$54 million was given in assistance and more than 36,000 Soldiers and families were assisted.

"It is a Soldier run organization or a Soldier funded organization, so I think it is really important to understand that just because you don't need the assistance today or you might be thinking 'well, I'll never be able to do anything with that,' you never know when that might happen," Strutt said. "It's available for active-duty Soldiers, for family members, for retirees, for medical retirees — there's a lot of people that can take advantage of this. The other thing is ... It raises awareness

for what AER is. It's a very unique organization ... Last year, every dollar that came in for the campaign, \$10 went out the door at this installation."

Funds raised through AER are also used to assist Soldier's spouses and children with their educational goals through the scholarship programs available.

The window for scholarships available to spouses and children of Soldiers is currently open. Applications must be received by April 1. To learn more about scholarships through AER, visit www.aerhq.org/Apply-for-Scholarship.

To learn more about AER or donate online, visit www.aerhq.org or call Army Community Service to speak with a Financial Readiness Program counselor at 785-239-9435.



READY AND RESILIENT

Achieving Personal Readiness. Optimizing Performance.





IRON RANGERS

Continued from page 1

Fire Complex, locating WMDs and seizing an objective.

“The terrain in the northern part of the Republic of Korea is especially challenging,” Nichols said. “Compared to our past training in Kansas and at the National Training Center in the Mojave Desert of California, Korea is extremely different and presents new problem sets for all of us.”

The battalion plans to use the lessons learned from Warrior Strike 5 to better refine their skills and increase readiness in preparation for future training.

“Our companies refined their standard operating procedures for air assault operations, urban operations and combined operations with our ROK Army

“Our companies refined their standard operating procedures for air assault operations, urban operations and combined operations with our (Republic of Korea) Army counterparts.”

MAJ. JARED NICHOLS
EXECUTIVE OFFICER FOR 1ST BATTALION, 16TH INFANTRY REGIMENT, 1ST ARMORED BRIGADE COMBAT TEAM, 1ST INFANTRY DIVISION

counterparts,” Nichols said. “The value of training like this is key to our mission to be ready to fight tonight if called upon.”

The Soldiers of 1st Bn., 16th Inf. Regt. are currently on

a nine-month rotation to the Republic of Korea as part of the U.S. commitment to security on the Korean peninsula and to help deter North Korean aggression.



Capt. Jonathan Camire
1ST ABCT PUBLIC AFFAIRS
Soldiers from the 23rd Chemical Battalion, 2nd Infantry Division / ROK-US Combined Division, analyze simulated chemical substances during exercise Warrior Strike 5 at the Rodriguez Live Fire Complex in Pocheon, South Korea, Feb. 15. The 23rd Chem. Bn. worked in conjunction with 1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, and other U.S. and Republic of Korea forces in order to train in counter weapons of mass destruction operations.

DANGER FOCUS II



COURTESY PHOTO

A tank from Company C, 1st Battalion, 18th Infantry Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, occupies a hull fighting position Feb. 13, during Danger Focus II held Jan. 23 to Feb. 16 at Fort Riley. The brigade-level training event began at the end of January and prepared the “Dagger” Soldiers and leaders for their upcoming rotation at the National Training Center at Fort Irwin, California. During Danger Focus II, the “Vanguard” battalion conducted company situational training exercises, company combined-arms live-fire exercises and fire control exercises. “The Vanguard exceeded the standard in every event because of the hard work, dedication and professionalism displayed by every officer, noncommissioned officer and Soldier,” said Lt. Col. Peter Moon, battalion commander.



Tom Byrne, a computer-based trainer at the Close Combat Tactical Training Center, gives Chapman High School students a class on the features of M2/M3 Bradley fighting vehicles and High Mobility Multipurpose Wheeled Vehicles during the school's Future Farmers of America visit to Fort Riley Feb. 27. The Chapman FFA high school students visited Fort Riley as part of their annual partnership activity with the 5th Squadron, 4th Cavalry Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division.

Getting 1st-class training

'Big Red One' Soldiers put Chapman students through simulator training during partnership activity

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

Each year, Future Farmers of America chapters around the country celebrate National FFA Week. This year, seventeen Chapman High School FFA members and two teachers spent a day training with "Long Knife" Soldiers Feb. 27 at Fort Riley.

MORE INFORMATION

- The purpose of the **Adopt-A-School program** is to nurture children of the area, strengthen the commitment to education, increase awareness of the Army's mission and build on the success of the Army Community Covenant.

experience simulator exercises on military vehicles at various locations on post.

"It's a partnership activity that lets Chapman High School students get oriented to some of the

See **TRAINING**, page 12



Chief Warrant Officer 3 Jeffery Casto, a Black Hawk instructor pilot assigned to 2nd General Support Aviation Battalion, 1st Combat Aviation Brigade, 1st Infantry Division, discusses the operations of the Black Hawk simulator with his daughter Mazee, a sophomore at Chapman High School. Chapman Future Farmers of America high school students got the opportunity to operate various simulated military equipment that showcased what Soldiers use on a daily basis.

"I love coming to see what my dad does in the Army. I love doing simulators. It gives me a feel for flying a real helicopter, something I am interested in."

MAZEE CASTO | CHAPMAN HIGH SCHOOL SOPHOMORE

SETTING UP A BUSINESS

- To learn more about **solicitation permits**, apply for a permit or file a complaint about an organization, visit www.riley.armymwr.com/us/riley/programs/private-organizations-commercial-solicitation-and-agent-cards.

Procedure governs business on post

First step includes private group getting soliciatation permit

By Season Osterfeld
1ST INF. DIV. POST

For some members of the Fort Riley community, operating their own businesses is a way for them to have a job that travels with them or supplements their income. However, in order to operate a business within Fort Riley, a solicitation permit is required for all private organizations.

To acquire a solicitation permit, the business owner or representative must submit an application with Patricia Roediger, management analyst, Directorate of Family, Morale, Welfare and Recreation. The application includes information about the individual and organization, as well as a letter from the applicant requesting permission to solicit on Fort Riley. Additionally, a catalog or price list for products or services must be included. The application is reviewed by Roediger and staff at the Office of the Staff Judge Advocate at Fort Riley, she said.

"If you fall under another organization like Avon, Mary Kay, Lu La Roe — those all have to have a letter from the corporation saying that you are in good standing with them and then a copy of a catalog or a couple pages at least of the price listings and you submit that through me and then I submit that to JAG for legal review," Roediger said. "And once it's approved we notify you, you come get your solicitation permit here and that is the end of it."

The solicitation permit is a requirement for all Army installations per Army Regulation 210-7.

The permit protects Soldiers and their families from being overcharged, scammed or harassed by inappropriate representatives from organizations, Roediger said.

See **BUSINESS**, page 12

Students at Ware show pair they care

Elementary honors Geisel birthday, Read Across America Day

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

"The more that you read, the more things you will know. The more that you learn, the more places you'll go," The Cat in the Hat said in the book "I Can Read with My Eyes Shut!" by Theodor Seuss Geisel, most commonly known by his pen-name, Dr. Seuss.

March 2 marked the 113th birthday of Dr. Seuss and students, parents, staff and faculty celebrated the author's birthday, as well as Read Across America Day, with a Dr. Seuss Night party at Ware Elementary School.

"This is our annual way to celebrate Dr. Seuss' birthday," said Kim Hodge, family support coordinator at Ware Elementary School. "Today is also

"This is our annual way to celebrate Dr. Seuss' birthday. Today is also Read Across America Day, and we're trying to incorporate some of that into the fun night."

KIM HODGE | FAMILY SUPPORT COORDINATOR
AT WARE ELEMENTARY SCHOOL

Read Across America Day, and we're trying to incorporate some of that into the fun night."

The two-hour long event featured a variety of games, such as cakewalk, guessing jar, reading and sensory station and oobleck crafting. Each game and activity had a different Dr. Seuss book theme, like pin the heart on the Grinch and the oobleck crafting area, where children created colorful slime.

"We have played a lot of games," said 6-year-old Elizabeth Slider, daughter of Chief Warrant Officer 5 Robert Slider, Headquarters and Headquarters Company, 1st Combat

Aviation Brigade, 1st Infantry Division. "My favorite is the fishing game — we got prizes."

Most of the faculty and staff running the activities and games dressed up as different characters from the book, like Thing 1 and Thing 2, while The Cat in the Hat wandered about greeting adults and children alike.

"Fun, food, more fun," said 8-year-old Maddox Jack, son of Sgt. Adohr Oliver, 1st Engineer Battalion, 1st Armored Brigade Combat Team, 1st Inf. Div., of the event overall.

Hodge said the annual celebration is the largest event

DID YOU KNOW?

- National Education Association's Read Across America Day** is a nationwide reading celebration that takes place annually March 2, Dr. Seuss's birthday.

held at Ware despite only being for students in kindergarten through second grade and their families.

As the party ended, kids sprinted to the stage clutching the raffle tickets they received when they first arrived. The numbers on raffle tickets were drawn and winners received board games from The Cat in the Hat to enjoy with their families.

Most importantly, Hodge said, students left with their imaginations empowered and a greater desire to read.

"It (reading) teaches them so many skills," she said. "They can let their imagination run while they're reading books."



Jackson Hodge, right, son of Kim Hodge, family support coordinator at Ware Elementary School, poses with The Cat in the Hat during Dr. Seuss Night March 2 at Ware Elementary School. March 2 marked the 113th birthday of Dr. Seuss and students, parents, staff and faculty celebrated the author's birthday, as well as Read Across America Day, with a Dr. Seuss Night party.

FORT RILEY POST-ITS

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 eight to 10 weeks. Most of the features normally located in this area will be relocated to other parts of the fitness center.



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 13 classes are targeted toward supervisors of Operational Contract Support Integration Cells, personnel involved in acquisition planning, commanders and supervisors of Government Purchase Card programs and supervisors

March 14 classes are Independent Government Cost Estimate and Market Research training intended for all personnel involved in development of contract requirements.

March 15 classes are intended for all personnel seeking knowledge on development of performance based acquisitions and contract surveillance.

The goal is for representatives from organizations at Fort Riley to use the MICC as a force enabler, providing responsible contracting solutions and oversight. The training will be held at building 1792. For more information call 785-240-5312, or email at maria.c.espinosa.mil@mail.mil.

EYSTER POOL BUBBLE GUPPIES

Eyster Pool staff will hold classes for children ages 6 months to 5 years of age and their parents. The classes are \$5 per family, per session. It will include 20 minutes of water safety and skills training by a certified water safety instructor and 40 minutes of water play. Parents must accompany children in the water.

The classes will be held 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.

EXCEPTIONAL FAMILY MEMBER PROGRAM AND NEW PARENT SUPPORT SPRING FLING

Staff with the Exceptional Family Member and New Parent Support programs will hold the Spring Fling April 8 at the Army Community Service, Bldg. 7264 from 10 a.m. to noon.

Reservations should be made by March 31 via email to erika.m.harrington2.ctr@mail.mil or laura.j.mccauley2.civ@mail.mil or by calling 785-239-9435.

Provide your name, phone number, how many plan to attend (children and adults), and what program EFMP or NPSP.

USO INFORMATION

Spouses' Sip N' Chat is Wednesdays from 9 to 10:30 a.m. and Saturdays at a new time 11 a.m. to noon

Family game night is March 17 and April 21 starting at 5:30 until 7:30 p.m.

Yoga class is each Saturday 10:40 to 11:40 a.m.



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 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. Youths must have a Kansas turkey permit for Unit 3. A limited number of shotguns, shells and bright orange will be available for those who have none but youth are encouraged to bring their own. No hunting experience is needed.

There will be an orientation for youth March 31 to learn about hunting turkeys, what to bring and wear, firing a shotgun and roosting 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.

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 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.

FORT RILEY REEL TIME THEATER MOVIE SCHEDULE

Friday, March 10

A Dog's Purpose (PG) 7 p.m.

Saturday, March 11

Monster Trucks (PG) 2 p.m.

The Space Between Us (PG-13) 7 p.m.

Sunday, March 12

A Dog's Purpose (PG) 5 p.m.

Theater opens 30 minutes before first showing

For more information call 785-239-9574.

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 for movie tickets and concessions.

McCain Auditorium: Shaolin Warriors Martial Arts 7:30 p.m. March 14 - prices may vary.

Salina - Rolling Hills Zoo and Museum: adults \$10, children \$5 and seniors \$9.

Kansas City Sprint Center: Disney on Ice - Follow Your Heart March 30 at 10:30 a.m. and 7 p.m.; April 1 at 11 a.m. and 7 p.m.; April 2 at 1 p.m. and 5 p.m.

Topeka Expocenter: Sesame Street Live - Elmo Makes Music 10:30 a.m. or 6:30 p.m. April 5. Price \$17 to \$55 depending on seat selection. Deadline to order is April 1.

FAMILY MOVIE NIGHT AT THE POST LIBRARY

Staff at the post library will show the movie "Ice Age: Collision Course" March 25 at 6:30 p.m. The movie is free and popcorn is included.

FLAG FOOTBALL TOURNAMENT

A flag football tournament will be held April 29 at Long Fitness Center. There is a maximum of 10 teams with 14 players per team and is open to all Department of Defense identification card holders 18 years and older.

The cost is \$50 per team and registration must be completed by April 26. For more information call 785-239-2813.



COMMUNITY CORNER

Army Emergency Relief the perfect vehicle for Soldiers to help Soldiers

By Col. John D. Lawrence
FORT RILEY GARRISON COMMANDER

For 75 years, Army Emergency Relief has been the ultimate Soldier-helping-Soldier program. It is through AER that you get to help the person sitting next to you when he or she hits a tight spot, and how they get to return the favor. This is the Army's official "pay it forward" type of program.



Colonel Lawrence

AER allows you to be there to help active-duty Soldiers, retirees and families with an unexpected expense such as emergency travel, healthcare expenses, food purchases, essential furniture, funeral expenses and more in times of need. There's also scholarship assistance available; the funds are provided in the form of grants or loans that are free of interest and fees.

In 2016, AER helped more than 36,000 Soldiers

and families, including nearly 7,000 retired Soldiers and their families Army wide. The program also provided \$54 million in assistance to more than 1,100 wounded Soldiers. The AER scholarship program awarded more than 4,000 scholarships to dependent children and spouses. Of the scholarships awarded, dependents of retired Soldiers received 1,800, which were worth about \$3.9 million. This level of assistance can only continue through the generous support of donors.

The 2017 campaign runs now through May 15. The goal at Fort Riley — in honor of the 75th anniversary — is \$75,000. Last year more than \$101,000 was raised locally. Out of every dollar donated, 87 cents goes directly to Soldiers and family assistance. If you wish to donate, contact your unit AER campaign representative or visit the AER website at www.aerhq.org.

At Fort Riley, Soldiers, families and retirees needing financial assistance should notify his or her unit or the personal finance shop at Army Community Service.

MORE INFORMATION

- The 2017 Army Emergency Relief campaign runs now through May 15. The goal at Fort Riley – in honor of the 75th anniversary – is \$75,000.
- To see a video in honor of AER's 75th anniversary, go to youtu.be/iZPFj88Ik5E

Visit the AER website to learn more about their programs, categories of assistance, complete an online application, apply for a scholarship for a child or spouse, make a donation, or to read their financial statements. Being informed about AER benefits is the best way for Soldiers to help Soldiers in times of need.

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



WORSHIP

Protestant Services

Victory Chapel 239-0834
Contemporary Protestant Service
Sunday Worship.....1100
Children's Church.....1115-1215

Morris Hill Chapel 239-2799
Gospel Protestant Service
Sunday School.....0900
Sunday Worship.....1100

Main Post Chapel 239-0834
Traditional Protestant Service
Sunday Worship.....1030

Catholic Services

Victory Chapel 239-0834
Sunday Mass.....0845
Sunday Catechism.....1000

Saint Mary's Chapel 239-0834
Saturday's Vigil Mass.....1630
Sunday Mass.....1200
Mid-day Mass— Mon., Wed., & Fri.....1200
Tuesday & Thursday Mass.....1800

IACH Chapel 239-7872
Mid-day Mass— Tue. & Thur.1200

Buddhist Service

Normandy Chapel 239-2665
Sunday1430
Meditation Practice— Mon.- Fri.....1230

Wiccan Service

Kapaun Chapel 239-4818
Fort Riley Open Circle— SWC
1st & 3rd Wednesday monthly.....1800

Wednesday Night Family Night

Weekly light dinner and fellowship at 1800, followed by 1845 classes at Victory Chapel 785-239-3359

Club Beyond - Faith Based Youth Program

Grades 6th - 12th, Meets Sundays
MS Youth-1530-1700 at Morris Hill Chapel
HS Youth-1830-2000 at Morris Hill Chapel 785-370-5542



AWANA

Meets Sundays, 1500-1700 Victory Chapel 785-239-0875



Protestant Women of the Chapel (PWOC)

Weekly Tuesday Meeting 0900-1130 & Wednesday Evenings 1830-2000 at Victory Chapel Childcare Provided.

For more information email rileypwoc@gmail.com or Facebook "Fort Riley PWOC"



Catholic Women of the Chapel (CWOC)

Weekly Wednesday Meeting at St. Mary's Chapel 0900-1130
Childcare provided.

For more information email fortrileycwoc@gmail.com or Facebook "Fort Riley CWOC"

Check for schedule over Training Holiday weekends

WWW.RILEY.ARMY.MIL

Building healthy diets, peak warfighters

Military health service partners with others to boost eating habits

STORY AND PHOTO BY MILITARY HEALTH SYSTEM COMMUNICATIONS OFFICE SHARE

The unique demands of a job in the military require service members to be at optimal physical and mental performance levels. The Department of Defense recognizes what a service member eats contributes to mission success and life-long health.

“Just like with athletes, we want to know how we can optimize overall performance,” said Army Col. Joanna Reagan, a registered dietitian and the chair of the DOD Food and Nutrition Subcommittee. “If you’re not eating healthy, getting enough sleep and enough activity in your life, you can’t perform, because those things are all connected.”

The government’s latest Dietary Guidelines, health.gov/dietaryguidelines/, raise awareness about the amount of sugar in foods and provide more information on fat content, including which fats are healthy. Reagan advised avoiding trans fats and watching out for hidden sugars in foods. The benchmark for fat in the diet is 30 percent of total caloric intake, and limiting unhealthy saturated fat within that overall number. Reagan said the push remains to get people to eat fruits and vegetables.

“The goal is to fill half of the plate with fruits and vegetables each day,” she said. “We are encouraging easy grab ’n go options, with tips to achieve this goal. It’s not easy, but by making small changes, it is possible.”

She pointed to several healthy food initiatives in the military, including Go for Green, hprc-online.org/nutri-



The Defense Commissary Association Nutrition Guide Program places nutritional data on store shelves with food products so shoppers can make more informed choices.

tion/go-for-green, a program to optimize the performance, readiness, and health of service members by promoting nutritious food and beverage choices.

“We want healthy food to be the easy choice,” Reagan said.

Partners in these efforts include DOD organizations running dining facilities and the Defense Commissary Agency, the parent organization for grocery stores on military installations.

“The commissary has the potential to follow a service member and his or her family all the way through a career and on into retirement,” said Deborah Harris, DeCA’s dietitian. “We can have a big impact on influencing dietary habits by providing nutrition and health promotion education right in the stores. DeCA is committed to forming and nourishing robust partnerships with DOD health and wellness stakeholders, and helping them assure that health and wellness is targeted where people eat, work, play and shop.”

Harris said DeCA has increased its presence on so-

cial media platforms, such as Facebook and Twitter, and enhanced its website, www.commissaries.com/. The organization also uses featured sales fliers for in-store shopping to promote healthy recipes and habits. These efforts include DeCA’s Thinking Outside the Box, www.commissaries.com/, a weekly message that features nutrient-dense foods on sale at the commissary and promotes increased fresh fruit and vegetable consumption that pair up with those nutrient-dense items. In the end, people can learn how to turn their healthier selection of groceries into cost-effective, time-saving, healthy meals.

“It’s geared toward the novice cook to build skills,” Harris said. “After the sale promotion date, it’s stripped of any brand-specific information so customers can use the information long after the sale ends. Clinics and those in command can also use this to teach patients and troops how to eat healthier. Using these meal solutions, service members can plan weekly menus and develop a shopping list.”

In January, DeCA started offering the Nutrition Guide Program, www.commissaries.com/healthy-living/nutrition-guide.cfm, with information placed next to items on store shelves. The goal is to provide nutrition data about the products as well as to identify high-performance, nutritionally dense items that have a “Thumbs-up” icon on their tag. DeCA coordinates their education efforts about nutrition with the military’s health and wellness campaign encouraging physical activity — at least 10,000 steps a day with the right types of vigorous exercise — and eight hours of sleep a night, among other tips. “We have a wonderful relationship with DeCA, particularly the new labeling information that is going out to shoppers,” Reagan said, who noted that very visible information presented on store shelves can lead to better choices.

“It’s not just some messaging campaign,” said Reagan. “It needs to be something to believe in and lead to actual healthy behaviors that carry well into the future.”

TUESDAY TRIVIA CONTEST



The question for the week of March 7 was: Where do I find the link to the poster giving me details on the Youth Hiring & Education Fair at Fort Riley?

Answer: www.riley.army.mil/Services/Family-Services/Army-Community-Service/

This week’s winner is Katie Hayworth. Katie’s spouse is Staff Sgt. Jeff Hayworth, 1st Infantry Division Artillery.

Pictured above are Katie, Jeff and son Garrett.

CONGRATULATIONS KATIE!

SCOUTING FOR FOOD



COURTESY PHOTO

Fort Riley Boy Scouts of Troop 60, Cub Scouts of Packs 660 and 260 and Girl Scouts of Troop 1641 prepare bags to drop off at houses on post so residents can fill them with food items for donation to the nonprofit Wheels of H.O.P.E. Feb. 26. The scouts delivered bags to all housing on post and asked residents to fill them with unexpired, nonperishable food items as part of their Scouting for Food campaign. On March 4, the scouts collected the bags, totally to 5600 pounds donated to the charity.

CONFIDENTIAL ALCOHOL AND TREATMENT EDUCATION PROGRAM



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Folded Flag group accepting applications

BY THE FOLDED FLAG FOUNDATION

JACKSONVILLE, Fla. — Staff of the Folded Flag Foundation are accepting scholarship applications for the 2017 to 2018 term now through May 15. Folded Flag is a nonprofit, 501(c)(3) organization focused on raising and awarding money in the form of educational scholarships and support grants to surviving family members of military and government employees who have lost their lives in combat while serving our country.

The scholarship and grant opportunities offered by The Folded Flag Foundation include:

- Children’s education scholarships for private school tuition and educational programs and for children in grades K-12.
- Scholarships for spouses and dependents to attend college, technical or trade schools.
- One-time, non-educational support grants to support qualifying spouses and families transition to civilian life.

The Folded Flag Foundation accepts applications for educational grants and scholarships from March 1 through May 15 of each year, with grants and scholarships awarded in time for the fall semester enrollment in the same year.

Applicants are notified by June 30 as to the status of their application.

“We are honored to be able to award these scholarships to these deserving families and help carry on the legacy of these brave fallen heroes,” said John Coogan, executive director of The Folded Flag Foundation. “The sacrifices these Gold Star families have made can never be repaid. But through the work of The Folded Flag Foundation, we are privileged to be able to help them pursue their educational goals and fulfill the dreams of their fallen loved ones.”

To learn more about The Folded Flag Foundation, including how to apply for scholarships, visit www.foldedflagfoundation.org.

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NO DOUGH DINNERS HIT WITH SOLDIERS' FAMILIES



Photos by Season Osterfeld | POST

Jean Miller, mother-in-law of Staff Sgt. Kevin Simpson, 1st Armored Brigade Combat Team, 1st Infantry Division, cuts her granddaughter's food as her other grandchildren enjoy their pancakes during the USO Fort Riley No Dough Dinner Feb. 27 at the 1st Infantry Division Culinary Arts Team's Food Service Lab. Soldiers and families enjoyed a meal of breakfast for dinner with fresh made pancakes, sausage and fruit prepared by USO Fort Riley volunteers and staff. Each month, staff and volunteers host a No Dough Dinner for Soldiers and their families to enjoy a free meal just before payday. The next No Dough Dinner is March 28.



Guests pick out fruit to accompany their pancakes during the USO Fort Riley No Dough Dinner Feb. 27 at the 1st Infantry Division Culinary Arts Team's Culinary Food Service Lab.

Tips to prevent traumatic brain injuries

Appropriate car seats, safety helmets ways parents can assist kids

TRICARE

Traumatic brain injuries affect millions of Americans each year, and each TBI experience is unique. Be sure to know the signs and symptoms of TBI as well as how prevent it.

An external force, such as blows to the head, gunshot wounds, or the head being shaken violently causes TBI. Concussion, also called mild TBI, is the most common type of brain injury and can sometimes be difficult to diagnose because a person may or may not become unconscious and

the damage may or may not show up on a diagnostic imaging test, such as a CAT scan. A contusion, or a bruise on your brain, can result from a direct blow to the head and can cause TBI.

According to the Centers for Disease Control and Prevention, the leading cause of traumatic brain injuries are falls. Because the brain is soft and gelatin-like in consistency and "floats" in cerebral-spinal fluid in the skull, when the head is struck or shaken violently it can cause brain injury.

Parents can help prevent TBI in their children by using age and size-appropriate car seats and making sure they are properly installed. Also, make sure the child always wears the

right helmet for activities such as riding a bicycle or playing sports and make sure it fits right. Wearing a helmet is a must to help lower the risk of serious brain injury and skull fracture. While helmets promote safety, there's no such thing as a concussion-proof helmet.

Parents with toddlers should make sure there are gates at the top and bottom of stairs to prevent children from falling down them. If you take a child to the playground, make sure that there is soft material under the play equipment, like mulch or sand rather than grass or dirt.

TRICARE offers TBI treatment through a rehabilitation benefit that includes

occupational therapy, physical therapy, speech therapy and behavioral health services when ordered by a physician as part of a comprehensive individual rehabilitation treatment plan. Though TRI-CARE does not cover Cognitive Rehabilitation Therapy as a stand-alone therapy, many physical therapists, occupational therapists and speech therapists use CRT techniques in their covered therapies and treatments for TBI.

For more information, visit the Cognitive Rehabilitation Therapy page www.tricare.mil/CoveredServices/IsItCovered/CogRehabTherapy. For specific coverage details, contact your regional contractor.

BUSINESS

Continued from page 9

"It's to ensure that the Soldiers aren't being gouged," she said. "It's to ensure that we don't have solicitors that are selling stuff on post that isn't in the best interest to our Soldiers."

In addition to explaining the policies, guidelines and procedures for private organizations on post, AR 210-7, as well as Fort Riley Regulation 210-7, also states private organizations may not distribute or post flyers, business cards or promotional materials, regardless of their permit status. Door to door solicitation is also forbidden in all on post housing, within the barracks and recreational areas.

The permit is free and takes about two weeks to process and complete, Roediger said. It is good for one year and then a renewal request must be submitted. During the renewal process, a new catalog or price list will be required and the organization will be reviewed for any complaints lodged against it.

"The annual review, what they do is they submit a one page document like the form five and we go through and make sure there have been no complaints against the person and legal will review it again and send it on," she said.

Specific businesses and products are not allowed to solicit on post, Roediger said. These are outlined in AR 210-7, but include business or products that directly compete with Army and Air Force Exchange Service or the Commissary, such as selling alcoholic beverages.

For individuals living in on-post housing, they must receive a solicitation permit and per-

mission through Corvias Military Living to operate a business out of their home. They may not renovate their housing in any way to accommodate their business. Minor modifications, such as installing additional shelving, must be removed and repaired prior to moving out of the home, Roediger said.

"They can't change their housing at all," she said. "They do have to also get permission to sell from their house. They cannot go in and remodel. Anything that they do to their house, they would have to get permission from Corvias."

In instances of yard sales, a solicitation permit is not required. Additionally, for one time sales during special events, a solicitation permit is not needed, Roediger said. However, these one-time events are limited and prior approval of them is required. For example, a Family Readiness Group may invite a vendor in to sell during an event without needing a solicitation permit.

"Solicitation permit is for anybody that sells on Fort Riley," she said. "It is not for selling one time. The only time we allow that is for special events. It's not by the sales, it's by the event."

To learn more about solicitation permits, apply for a permit or file a complaint about an organization, visit www.riley.armymwr.com/us/riley/programs/private-organizations-commercial-solicitation-and-agent-cards.

To review AR 210-7, visit www.apd.army.mil/pdf/files/r210_7.pdf.

TRAINING

Continued from page 9

different jobs done on post," said Chaplain (Capt.) Travis J. Kirkman, the 5th Sqdn., 4th Cav. Regt., chaplain. "This exercise also lets them know that we care about them as partners and we're willing to host and show them a good time."

The Adopt-A-School program is an initiative that partners Soldiers from a unit with one or more schools. The purpose of the program is to nurture children of the area, strengthen the commitment to education, increase awareness of the Army's mission and build on the success of the Army Community Covenant.

During their visit, the FFA students were able to participate in simulated exercises that showcased equipment Soldiers use on a daily basis.

"The training showcased the platforms and equipment that Soldiers use every day in defending our national interests in a hands-on and low risk environment," Kirkman said. "This training also allowed our partners at Chapman to appreciate what we do in an unforgettable way."

The students visited the flight simulator on Marshall Army Airfield to experience realistic flight training and to gain knowledge on what it would be like to pilot a UH-60 Black Hawk helicopter.

"Training Soldiers on these simulators is extremely benefi-

cial and helpful in many ways because we don't always get the opportunity to fly the actual aircraft," said Chief Warrant Officer 3 Jeffery Casto, a Black Hawk instructor pilot assigned to 2nd General Support Aviation Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Inf. Div. "This training doesn't waste blade hours and we can basically set up combat scenarios where we have enemies shooting at us, which we can't simulate in real life."

Sophomore Mazee Casto was able see what her father, Casto, does in the Army.

"I love coming to see what my dad does in the Army," Mazee said. "I love doing simulators. It gives me a feel for flying a real helicopter, something I am interested in."

The Chapman "Fighting Irish" also got a chance to operate simulated M2/M3 Bradley fighting vehicles and High-mobility Multipurpose Wheeled Vehicles at the Close Combat Tactical Training Center.

"The tactical vehicle training gives the Soldiers a chance to come in here and make mistakes," said Tom Byrne, a computer-based trainer for the facility. "They learn from their mistakes so when they actually go out to the field, they train correctly."

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UndeFeated



Fort Riley's Pfc. Anthony Taylor, 1st Infantry Division Sustainment Brigade, drives around Tyler Walker, from Offutt Air Force Base, Nebraska, during a game March 4 at King Field House. Fort Riley won, 75-57.

Fort Riley basketball team sweeps weekend games against Air Force

Story and photos Alix Kunkle
1ST INF. DIV. POST

March is synonymous with basketball, with conference championships and the NCAA tournament gaining the most recognition.

But King Field House was full of basketball, too, as the Fort Riley post basketball team swept its games March 4 and 5 against Offutt Air Force Base from Nebraska and Whiteman Air Force Base from Missouri.

During the afternoon of March 4, Fort Riley's team opened with a 75-57 victory against Offutt AFB, and in the nightcap, they defeated Whiteman AFB 104-83. Then, March 5, the team opened with a 100-87 victory against Whiteman AFB, before closing out the weekend with a 95-70 victory against Offutt AFB.

Head coach retired Sgt. Maj. Darryl Dunbar, said he was pleased with his team's effort throughout the weekend.

"The first game, we started off slow, but then at the end of the quarters, we got better," he said. "Before the last game, I told the guys, we have to push the ball, work as a team and we'd be successful this weekend."

That slow start Dunbar talked about was a 13-2 deficit the team found itself in four minutes into the first game against Offutt AFB. But, led in part by Pvt. Anthony Taylor, of the 1st Infantry Division Sustainment Brigade, the Fort Riley team went on a 17-2 run to retake the lead. With eight minutes left in the first half of that game, Fort Riley took a 23-22 that they wouldn't relinquish the rest of the way.

Fast forward to the final game of the weekend, when Fort Riley raced to a 21-2 lead to open the game against Offutt AFB, including holding their opponents scoreless for nearly six minutes.

"I thought today, we really played for each other as a team," said Spc. Davon Henry, 1st Battalion, 16th Infantry Regiment, 1st



Fort Riley's Spc. Reny Hinton, 82nd Brigade Engineer Battalion, 2nd Armored Brigade Combat Team, 1st Infantry Division, drives to the hoop against an Offutt Air Force Base player during a game March 5 at King Field House.

Armored Brigade Combat Team, 1st Inf. Div., who scored six points in the opening minutes of the final game. "Everyone was really passing the ball and sharing the ball."

For Sgt. 1st Class Bobby Ingram, 1st Inf. Div. Sust. Bde., the weekend success was a testament to the system the team's coaching staff has set up.

"Everyone's just playing the spots that we get, and we go hard," he said.

Dunbar and the team are looking forward to the rest of the season, which includes games this weekend and next, as well as the end-of-season tournament, which Dunbar hopes ends with one result.

"Our main goal right now is to win the end-of-season tournament," he said.

In order to do that, Henry believes one thing is key for the team's success.

"We just have to keep looking out for each other," he said.

The Fort Riley post basketball team is in its second year of its resurgence. But its players are grateful for the opportunities they're given to continue doing something they love.

"It's fun seeing the younger guys improve," Ingram said. "I'm one of the older guys, so I'm on the way out. But it's good to pass on some of the skillsets to the younger kids."

Henry said his experience with the team is also a great one.

"When I joined the Army, I didn't think I'd play basketball," Henry shared. "But as far as my coaches believing in me, and then my teammates, it just gives me that joy that I did have — and it never left."

Dunbar also expressed his gratitude to the Fort Riley Soldiers and leaders for supporting the team during the weekend games.

"It meant a lot to the guys," he said.

He also added his thanks to the staff at King Field House for facilitating the games.

"If not for the staff at King Field House and Whitside (Fitness Center), we wouldn't have anywhere to practice," Dunbar said.

'Big Red One' Soldiers to run '2,017 miles in 2017' in Iraq

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

BAGHDAD, Iraq — The 1st Infantry Division human resources team understands their nine-month deployment to Iraq in support of Combined Joint Forces Land Component Command – Operation Inherent Resolve is a marathon, not a sprint.

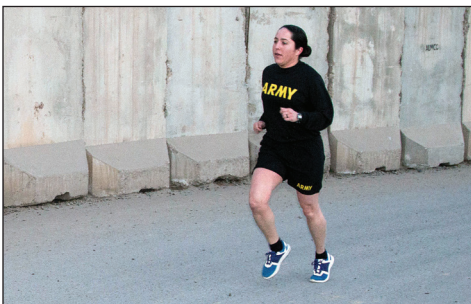
At the start of the new year, the team challenged themselves to a collective run of "2,017 Miles in 2017."

The team is taking on this challenge to stay physically fit and increase their esprit de corps.

When Lt. Col. Trina Rice, human resources officer in charge, CJFLCC-OIR, was presented the idea by her team, she was enthusiastic to start. She kept a poster her team presented to her about the challenge. It was a simple poster that read, "2,017 Miles in 2017" in big bold letters that covered the entire page.

"I thought it was a great idea," Rice, a New York City native, said. "You always want your Soldiers to have their own ideas and have those ideas supported by their leadership."

The Soldiers track their mileage individually using a large chart written on a dry-erase board in their waiting room. The totals are calculated in large



Capt. Brenda Eaton, deputy administrative officer, runs in the Black History 5K Run Feb. 25 at Baghdad, Iraq.

numbers so each person can see everyone's progress. And at the bottom of the chart is their team mileage totaled together.

Staff Sgt. Qunisha Starks, the essential personnel services noncommissioned officer in-charge, CJFLCC-OIR, said the chart serves to motivate the team in order to reach new levels of fitness.

"We are doing this to push ourselves," Starks, an Albany, Georgia, native, said. "Some of us do not like running, so this is a tool to help us run more."

Starks said as Soldiers they have to maintain physical fitness not only for the Army Physical Fitness Test, but also for their long-term health.

See MILES, page 14

MILES Continued from page 13



Spc. Derrick Tribbey | CJFLCC-OIR PUBLIC AFFAIRS
Staff Sgt. Qunisha Starks, left, the essential personnel services noncommissioned officer in charge, Operations Team, Combined Joint Forces Land Component Command - Operation Inherent Resolve, and Spc. Tiffani Duncan, essential personnel services clerk, CJFLCC-OIR, take an early morning run Feb. 8 at Baghdad, Iraq. Starks and Duncan are running not only for physical fitness, but also for a team competition, 2,017 miles in 2017.

Rice said everyone will leave the Army at some point, so maintaining a healthy lifestyle will ensure they are a healthy “Soldier for life.”

Maj. Lawrence Torres, former deputy administration officer, CJFLCC-OIR, left the human resources team in late February. Capt. Brenda Eaton, deputy administrative officer, CJFLCC-OIR, from Orlando, Florida, replaced Torres and immediately joined the challenge.

“I loved the idea,” Eaton said. “I am a runner by trade. When I joined the Army I had to run a lot more. I was known as ‘Beast Mode’ because I liked to run a lot and compete against the other Soldiers.”

Eaton said the military is a highly stressful and highly demanding

environment and it is important to stay balanced, not only physically, but also mentally and spiritually.

Eaton ran a marathon at Walt Disney World and said she likes to run at Konza Prairie in Manhattan, Kansas, when she is at Fort Riley. Her background in running continues to motivate her to hit high totals on the run chart by running up to 10 miles at time.

When Eaton runs, she said she likes to do it on her own. Her teammate, Chief Warrant Officer 3 Nicholas Rimmer, administrative strength officer, CJFLCC-OIR, shares the same mentality.

“I like to set my own pace,” Rimmer said. “I like sprinting, but I am not a distance runner. I like to see if I have my natural, fast speed.”

Rimmer, a native of Grenada, Mississippi, said before the challenge he ran two miles in 15 minutes, 45 seconds, but now runs it at 14:20.

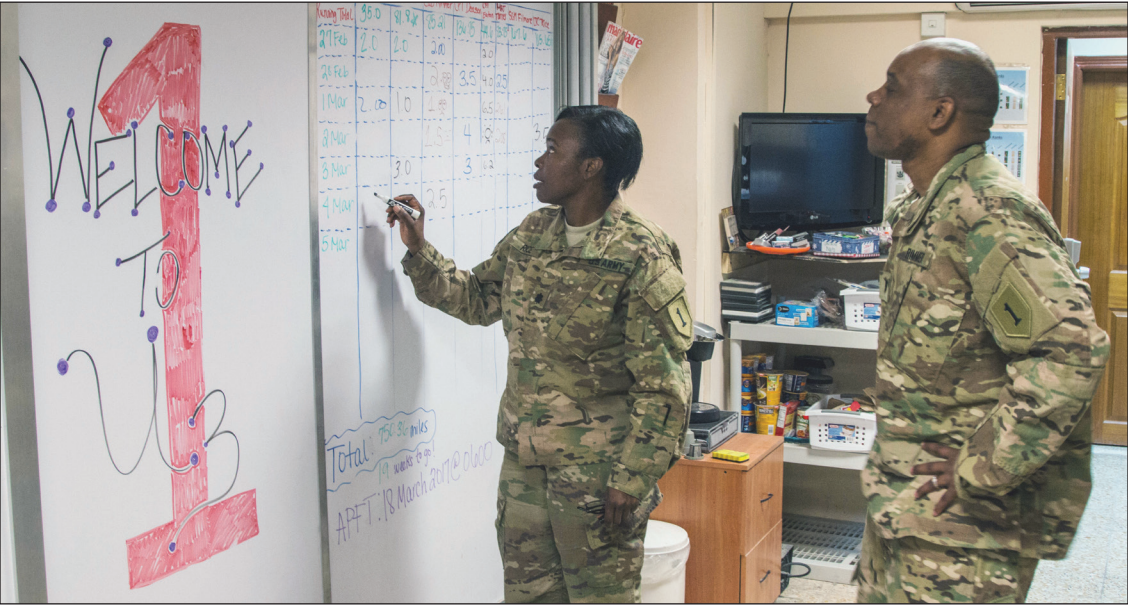
Rice has also seen an improvement in her running as well.

“My goal is to max my run as much as I can,” Rice said. “Since I have been at Fort Riley I have done better on my runs. Mid to high 16:00s from 17:00s.”

Rice said this challenge has provided an opportunity to enhance the team’s chemistry and competitive nature.

“It is a way to remember this tough time here on our deployment,” Rice said. “This is one of those things that pulls us all together.”

As of March 4, the team’s total is at 750.36 miles.



Spc. Derrick Tribbey | CJFLCC-OIR PUBLIC AFFAIRS
Lt. Col. Trina Rice, administrative officer in charge, Combined Joint Forces Land Component Command - Operation Inherent Resolve, and Chief Warrant Officer 3 Nicholas Rimmer, strength officer, CJFLCC-OIR, write down mileages on the ‘2,017 Miles in 2017’ chart.

Outdoorsmen group invites youth to spring turkey hunt

By Matt Ellington
1ST INF. DIV. POST

Members of the Fort Riley Outdoorsman Group are hosting the annual spring turkey hunt April 1 and 2 at the Fort Riley Trap and Skeet Range. Youth will have hands-on experience hunting turkey and learn proper huntsmen safety alongside members of FROG.

The ages allowed are 9 to 15 and must be first-time hunters, disabled or one whose sponsors are deployed, according to Shawn Stratton, fish and wildlife supervisory biologist, Directorate of Public Works Environmental Division and FROG board member. The deadline for registration is March 24.

The mission of FROG is to promote conservation and outdoor recreation on Fort Riley. One way the group accomplishes this goal is by teaching those values to the next generation.

“Parents want their children to experience another world away from computers, iPhones and Playstations,” said retired 1st Sgt. David McNeal, FROG spring Youth Turkey Hunt coordinator. “I teach that taking an animal’s life is a serious thing and that out of respect to the animal you owe it a quick and clean kill.”

Members of FROG strive to teach safety as the first priority when it comes to hunting. McNeal said instruction covers the same standard safety precautions in the hunters’ education class: personal safety and firearm safety.

When asked what a youth would be learning by going on a turkey hunt, McNeal recounted a memorable hunting experience with his grandson Zane.

“A few years ago I took my then fifteen year old grandson on his first ever spring turkey hunt,” McNeal said. “Zane (my grandson) and I had gone out the evening before to scout and set up the blinds.”

McNeal went on to describe luring the turkey in for his grandson to shoot.

“I waited for the shot but it never came,” he said.

McNeal questioned his grandson why he didn’t take the shot.

“His answer made me the proudest grandfather in the world and highlighted what I try to instill in every hunters’ education class that I teach, McNeal said.

He said his grandson told him he felt like he could not make a clean kill.

McNeal realized his grandson’s response meant he would never accidentally shoot another hunter.

“These are moments that they will remember and cherish for their entire lives,” McNeal said.

The volunteer members of FROG have operated since 2006. To become a member of the group, hunting skills and high ethics are requested, McNeal said.

“The FROG is always on the lookout for good volunteers with hunting skills and high ethics,” McNeal said. “Hunting is much more than just shooting an animal; hunters are conservationists ... No other organization in America devotes more time and energy into preserving habitat than those with hunters.”

To contact FROG regarding the spring turkey hunt or about becoming a member, send an email to fortrileyoutdoorsmengroup@yahoo.com.

Everyone has a role in preparedness.

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- Get involved by training, volunteering and sharing preparedness with others.

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For more information, visit www.ready.army.mil





HIKING TRAILS



An entrance to the River Walk Trail is a short distance outside Trooper Gate. The well-defined trail is 4.8 miles in length and open to walkers, joggers, bicycles, horses and dogs.

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

With warmer weather taking over the area, it's time to get outside and enjoy the returning wildlife, blooming flowers and leaves returning to the trees.

Hiking trails are a way to get exercise, take in the natural scenery and get fresh air. At Fort Riley and in the communities surrounding it, there are plenty of trails to explore.

Tucked away behind the First Territorial Capitol of Kansas, 692 Huebner Road, at Fort Riley is the Kaw River Nature Trail. The main loop of the trail is nearly a mile long with two additional trails that branch off. The trail runs along the river with benches, so visitors can rest and take in the sights. During times of heavy rains, small creeks can form throughout the area.

A restroom and trash cans are available just before the trail. There are none on the trail. It is not recommended for wheelchairs, strollers or bicycles because of the steep staircase down to it and the unevenness of the trail. Kaw River Nature Trail is open dawn to dusk every day.

A short distance outside of Trooper Gate is the River Walk Trail. The trail



Spc. Shell, a Fort Riley box turtle, rests on the sign hikers first see when we enter Kaw River Nature Trail. Shell will be introducing future travel and recreation activities.

runs 4.8 miles along the Republican River from the northern bank at Fort Riley to the Milford Dam. Picnic tables and benches are available along the trail so visitors may stop and rest or enjoy a meal. Trash cans are available in some areas. There are no restrooms along the trail. The River

Walk Trail is stroller, bicycle, dog and horse friendly. The River Walk trail is open until dark.

Milford State Park in Milford, Kansas, has four hiking trails of varying lengths and difficulties. The Crystal Trail is 2 miles in length and open to bicycles, walkers and horses.

Waterfall Pond Trail, which circles around a small pond, is slightly more than half a mile in length and available to bicycles and walkers. Pipeline Trail is a half mile in length and open to walkers, bicyclists and horses.

The longest of the Milford trails is Eagle Ridge Trail, which is 8

miles in length and open to walkers, bicyclists and horses. To learn more about the trails at Milford State Park, visit ksoutdoors.com/State-Parks/Locations/Milford.

The Konza Prairie Biological Station, south of Manhattan, Kansas, has three moderate trails with occasional steep climbs available from dawn to dusk. Nature Trail is 2.6 miles in length, Kings Creek Loop is 4.6 miles and Godwin Hill Loop is 6.2 miles. All three trails begin at the same location. Dogs, horses and bicycles are not allowed on any of the trails.

A restroom is available at the beginning of the trail and at a rest station. There are no picnic tables or trash cans. To learn more about the trails, including maps, visit keep.konza.k-state.edu/visit/index.html.

Inside and around Manhattan are a variety of trails for different skill levels, varying lengths, and some are open to dogs, horses and bicycles. One of the trails in Manhattan is Linear Park Trail, an 8.5 mile long trail that runs from Anneberg Park to Manhattan's east side and on to Northeast Community Park.

To learn more about Linear Park trail or other trails available in Manhattan, visit www.manhattancyb.org/60/Trails.



Benches are placed along the Kaw River Nature Trail for hikers to sit and take in the sights of the river and wildlife surrounding them. The main loop of the trail is nearly a mile in length and is not stroller or bicycle friendly.



ABOVE: Kaw River Nature Trail is behind the First Territorial Capitol of Kansas, 692 Huebner Road. The self-guided trail is open from dawn to dusk and runs right along the river. BELOW: A side trail from the River Walk leads down to the sandy shore of the Republican River. Visitors can travel along the 4.8 mile long trail which runs beside the river until dark when it closes.

