



THE 1ST INFANTRY DIVISION POST



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FORT RILEY, KANSAS

'Dreadnaught' Soldiers visit with South Korea tank battalion

Story and photo by 1st Lt. Patrina Lowrie
2ND BATTALION, 34TH ARMORED REGIMENT

CAMP CASEY, South Korea — Leaders from 2nd Battalion, 34th Armored Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, met with senior and junior leaders from the South Korean Army's 32nd Tank Battalion in Hwoi Cheon, South Korea, Feb. 22.

"As always, it was a great visit that underscores the strong bonds that the U.S. Army and (the South Korean army) share," said Lt. Col. Bryan Harris, the battalion commander. "I truly enjoyed sharing 2-34 AR's rich history with them, where we came from, and where we are going. I am looking forward to seizing future training opportunities between the 32nd Tank Battalion and team 'Dreadnaught.'"

The visit, which was in support of the battalion's partnership agreement with the South Korean

army, "is integral in ensuring a lasting partnership between U.S. and South Korean forces," said Maj. James Braudis, the Dreadnaught executive officer.

During their visit, the leaders of the 32nd Tank Battalion had the opportunity to interact "with members of the Dreadnaught team and experience first-hand the camaraderie that is essential to the success of a combined arms battalion," Braudis said.

According to Dreadnaught leaders, the exclusive experience paves the way for future units deploying to South Korea. "We have received a variety of information from our visit to 2-34 AR, to include (tactics, techniques and procedures) and (troop leading procedures) that we could integrate within our formation," said Sgt. Maj. Kim Ki Seok, the 32nd Tank Battalion's sergeant major. "I hope we could visit the 2-34 AR's training

exercise soon so that we can learn some of the strengths of 2-34 AR and use some of those strengths to improve our battalion.

"I believe this relationship with 2-34AR will strengthen our war power in an effective way."

In addition to Seok, the 32nd Tank Battalion's team consist of Capt. Lee Jim Hoon, the battalion's intelligence officer, and Master Sgt. Hwang Cheong Guk, the operations senior noncommissioned officer. The leaders offered the opportunity to share their unit's upcoming training events with the Dreadnaught team.

During the engagement, Harris shared his battalion's history with the 32nd Tank Battalion. During the unit's history discussion, the leaders from the 32nd Tank Battalion were actively engaged and respective of the level of information that they received.

See VISIT, page 9



Soldiers from 2nd Battalion, 34th Armored Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, stand in front of an M1A2 Abrams tank alongside leaders from the South Korean army's 32nd Tank Battalion during a visit to Camp Casey, South Korea, Feb. 22.



Already stripped of loose rust, corrosion and paint, the M1 Abrams tank being prepared March 17 for display is heading into one of the bays at the Maneuver Area Training Equipment Site at Camp Funston to continue the process of "de-miling," the vehicle. The process removes everything that makes the tank dangerous, mobile and ready for war.

Abrams tank gets makeover for 100th anniversary

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

There's more to making a piece of military hardware a display than parking it in a nice spot and walking away.

Especially if it's lethal, which an M1 Abrams tank certainly is.

Personnel of the Logistics Readiness Center, 1st Infantry Division Soldiers and Kansas National Guard technicians from the Maneuver Area Training Equipment Site at Camp Funston are preparing an M1 tank for display at one of Fort Riley's access control points as part of the observance of the 100th birthday of the 1st Infantry Division. The tank was transported by 1st Infantry Sustainment Brigade Soldiers from the Douthit Gunnery Complex to the LRC maintenance center, 8100 Normandy Drive, Feb. 15.

This tank might be traced to a shipment of 240 tanks from Germany to Fort Riley, in 1987 or 1988, said retired Sgt. 1st Class C.J. Kershner, quality assurance evaluator for the LRC.

"I was part of the fielding team back then," Kershner said. "And that group (of tanks) came into Funston (Camp Funston). So I think this might be one of those."

The process of preparing the tank, or any piece of Army weaponry for display involves what Kershner called de-militarizing, or "de-miling" the piece.

Everything that makes the tank dangerous, mobile and ready for war is removed or changed to render it safe.

"The de-miling process ends with the tank being welded shut," Kershner said. "Ideally we'd like to have all that done before we repaint it."

The surfaces of the tank also need to be descaled and grinded to remove old paint, rust and other signs

See TANK, page 10

Fielding New Tracks



The crew of a Bradley Fighting Vehicle, members of Company C, 2nd Combined Arms Battalion, 137th Armored Regiment, Kansas National Guard, fire the vehicle's weapons March 16 as part of qualification training at Fort Riley

Kansas National Guard Soldiers train on new equipment at Fort Riley



In preparation for training at Range 18 at Fort Riley, Spc. Kyle Yates, a member of Company C, 2nd Combined Arms Battalion, 137th Armored Regiment, Kansas National Guard, performs maintenance on a weapon March 16.

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

Soldiers from Company C, 2nd Combined Arms Battalion, 137th Infantry Regiment, Kansas National Guard, worked to complete

qualification training from March 8 to March 16 at Fort Riley.

The training prepared the Soldiers for a rotation to the National Training Center at Fort Irwin, California, Co. C executive officer Lt. Matt Deloux said.

"This is part of new equipment fielding ... and our acquisition of new M2A3 Bradley Fighting Vehicles," Deloux said.

Soldiers from the unit will begin training at NTC around the same time that 2nd Armored Brigade Combat Team, 1st Infantry Division, is there, but will be assigned to support the 155th Armored Brigade Combat Team out of Tupelo, Mississippi.

Soldiers from 2nd CAB, 137th Inf. Regt., will join with the 155th ABCT at Fort Hood, Texas, following their NTC rotation, Deloux said. The 155th ABCT, with the 2nd CAB, 137th Inf. Regt., will then prepare for future deployments, Deloux said.

According to the Mississippi National Guard website, the 155th ABCT is the largest unit in the Mississippi National Guard with approximately 3,500 Soldiers.

See TRAINING, page 9

FORT RILEY VOLUNTEER SPOTLIGHT



Sgt. 1st Class Daniel Yentsch, 97th Military Police Battalion, volunteered as a youth soccer and baseball coach. He dedicated countless hours helping young boys and girls hone their athletic talents. He positively impacted more than 150 youth in a safe and secure environment.

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

IN THIS ISSUE



WOMEN'S HISTORY MONTH OBSERVANCE HELD AT RILEY'S CONFERENCE CENTER, SEE PAGE 11.

ALSO IN THIS ISSUE



STROLLER WARRIORS COME TO FORT RILEY FOR FITNESS AND SUPPORT, SEE PAGE 15.



Exchange in services, appearance at ‘Big Red One’ Express

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

The “Big Red One” Express, building 1914 on Custer Hill, is one of a kind among Army and Air Force Exchange Service Expresses worldwide.

With the store still open 24 hours, seven days a week, renovations were completed in early February to transform the BRO Express into a pilot store using new concepts for layout and shopping, said Robin Ayling, Fort Riley Exchange general manager.

“The Exchange is going with a new concept for Expresses,” she said. “We were selected to be the test site of this new concept.”

The renovated facility includes a new checkout procedure using a corral system so patrons queue up in a single line and go to the next available register. Additionally, the new line features displays of commonly purchased items, allowing patrons to grab what they need and check out quickly, Ayling said.

“It gives you the opportunity to shop more as you’re waiting to checkout and this queuing system makes checking out faster,” she said.

One of the largest changes to the store is the extension on the snack avenue and the inclusion of a J. Walken Chicken, owned by Hunts Brothers Pizza. Both areas have been placed together with food and drink offerings increased for quick meals on the go for patrons. Additionally, the hot chicken sandwich and chicken tenders were developed for the J. Walken Chicken outlet after AAFES staff requested a hot sandwich be developed for their locations. Gourmet cold sandwiches will be coming in the future, Ayling said.

Neighboring J. Walken Chicken is a self-serve coffee station featuring a variety of blends and flavors, greatly expanding their coffee offerings, she said. Behind J. Walken Chicken, gourmet coffee options are also available, patrons need only to ask a staff member for it.

“The Snack Avenue area, we’ve enlarged that area and we brought in a new assortment and we added J. Walken Chicken, which is very similar to Chick-Fil-A,” she said. “A few years ago the Exchange decided in the Expresses, we needed to have a fresh, hot sandwich to go, so we approached the Hunts Brothers and asked them if they could develop a sandwich for us and they came up with J. Walken Chicken ... We’ve added gourmet coffee. We’ve added an Italian soda water and these are all new concepts for Expresses.”

Other changes to the store include shelving being angled and cut in half to help increase line of sight and provide a more open feel to the store, Ayling said. A charging station near the entrance with seating and a table has been added to the meet the frequent requests for locations to charge mobile and portable devices.

“What we’ve found is, a lot of times we get Soldiers to come in and they asked if there’s a place they can charge their phone ... so we added a charging station so if you wanted to eat, there is a place you can sit and charge your phone,” she said.

The Class Six section of BRO Express has also undergone changes, including new displays, products and graphics and décor. The craft beer section has been substantially increased and throughout the section are displays featuring a recipe and all the required ingredient for mixed drinks. Three times a week there will be a tasting of different adult beverages at the tasting bar. Times for the tasting are posted on a sign beside it. The first Wine 101 tasting is March 30 at 5 p.m. to teach patrons wine pairings, recipes with wine and more.

“If you go into the formerly Class Six area, it has all new graphics and everything back there is upscaled,” Ayling said. “We have wine in wine cases displayed that way. There is a 20-foot custom craft beer section. In the spirits section there’s a feature of higher end bourbons and that will change out. We’re doing tastings



A J. Walken Chicken, owned by Hunts Brothers Pizza, is one of the biggest changes to come to the “Big Red One” Express, building 1914, on Custer Hill after it underwent renovations March 14. The entire Snack Avenue area was overhauled to provide more offerings and convenience to patrons.

that are posted a few times a week with different beverage vendors.”

The renovations cost about \$600,000, she said, and took nearly 90 days to complete. She added roughly 85 percent of the work done during the renovation was completed by the staff.

“It was very slow to start with, but then once it got rolling it was very high-paced — it was go, go, go,” said Barbara Commons, acting manager of the BRO Express. “A bulk of the work got done in three weeks.”

Future additions are still coming for the BRO Express too. A fresh assortment area to include

salads, parfaits, snack trays and more will be installed to further increase the food offering’s ability to meet the Army Standards of Fitness, Ayling said.

If the BRO Express is successful, seven more Expresses at installations similar to Fort Riley will be renovated this year. The BRO Express was selected to be the pilot for the concept after Ayling said she volunteered her store and because of the diversity and size of the installation.

“We love everything so far,” Commons said. “We’re having a lot of positive reaction from Soldiers. They’re liking the change and the new selections.”

Army is hiring: Army increases end strength by 28,000 Soldiers

BY ARMY NEWS

WASHINGTON, D.C. — The Department of the Army will add 28,000 Soldiers to its ranks by Sept. 30, officials announced March 16. The troop increase was directed by the National Defense Authorization Act for fiscal year 2017.

“The Army is hiring. The added end strength will allow the Army to increase manning in its tactical units, enhancing overall readiness,” said Maj. Gen. Jason T. Evans, director, Military Personnel Management. “The increased manning also provides additional promotion opportunities and retention incentives for our existing Soldiers and more opportunities for those who are fit, resilient and possess character who want to join the Army.”

Across the force, the active component end-strength authorization increased by 16,000 to 476,000; the Army National Guard increased by 8,000 to 343,000, and the Army Reserve increased by 4,000 to 199,000. This 28,000 increase means the total Army will number 1,018,000 Soldiers.

The Army will conduct a responsible increase with a focus on quality, that is, the retention

and recruitment of Soldiers who are resilient, fit and have character. The Army will use a variety of personnel management tools to meet the troop strength requirement, including enlisted accessions, recruitment, training and retention along with officer accessions and retention. For example, the Army will raise its enlisted accessions mission to 68,500, an increase of 6,000 Soldiers in the Active Component from the original mission through fiscal year 2017. Additionally, the Army will increase the enlisted retention mission to 17,500, an increase of 9,000 Soldiers in the active component from the original mission through fiscal year 2017.

With respect to officers, the Army will create additional accession and retention opportunities to increase officer strength by 1,000. And the Army will continue to leverage internal controls to increase retention of quality officers.

The increased manning of the Army will enable it to better meet the challenges of an ever-uncertain security environment, Evans said.

“We see a strong Army as a key factor in maintaining the security of the nation,” he said.

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THE FIGHTING FIRST!

Paul Taylor: A ‘Big Red One’ Soldier



By Phyllis Fitzgerald
SPECIAL TO THE POST

Paul Taylor from St Louis, Missouri, joined the Army and completed basic training at Fort Leonard Wood, Missouri. He went to Fort Polk, Louisiana, for Advanced Individual Training in military occupational specialty 11C, mortarman.

Taylor’s first assignment was a four-year tour of duty at Schofield Barracks, Hawaii with the 1st Battalion, 27th Infantry, 25th Infantry Division as a gunner on the 81mm mortar.

With Taylor’s next assignment in July 1972, he became a “Big Red One” Soldier when he was assigned to Fort Riley. Taylor was assigned here eight years with six different units. He started with 2nd Battalion, 16th Infantry Regiment, 4th Infantry Brigade Combat Team, 1st Infantry Division as a gunner on the 4-deuce heavy mortar. Taylor took leave and when he came back, his company commander had selected him to become an MOS 13F, forward observer. Next, he went to Battery A, 1st Battalion, 7th Field Artillery Regiment, 2nd Armored Brigade Combat Team, 1st Inf. Div. and later to Headquarters Battalion, 1st Inf. Div. While in this assignment, he was trained to call in-direct fire on targets. He went to White Sands, New Mexico, to train on the Tactical Fire Direction System, also known as TACFIRE. Taylor also worked with the

S3, operations and training shop where he developed a research center for Soldiers. The center included manuals and documents Soldiers could check out to study for boards or their job. He held classes on Saturdays for Soldiers who had gotten in trouble for things such as driving under the influence and speeding tickets.

“Later I was moved to Company F, 701st Aviation at the airfield and my MOS changed to 68G, Airframe and Sheet Metal,” Taylor said. “After Company F, I was moved to the Replacement Center and this time I was a sergeant. I was in charge of the Reception In-processing Center. I ended up going back to Company F, 701st Aviation, this time up on Custer Hill where I worked in maintenance. I was a maintenance shop foreman and I was later the senior training NCO (noncommissioned officer) and worked out of the orderly room.”

His last assignment during this time at Fort Riley was with Headquarters, 701st as the re-enlistment NCO.

Taylor’s next assignment took him to Korea in 1984 for one year with Company D, 702nd Maintenance Battalion, 2nd Infantry Division as the training NCO. But his time at Fort Riley was not complete.

“In 1985 I returned to Fort Riley and was assigned to the 541st Maintenance Battalion,” he said. “My MOS changed to 63H30, heavy wheeled and tracked mechanic.”

Taylor’s favorite memory from his time in the Big Red One was when he was in the Recovery Section, 701st Aviation maintenance.

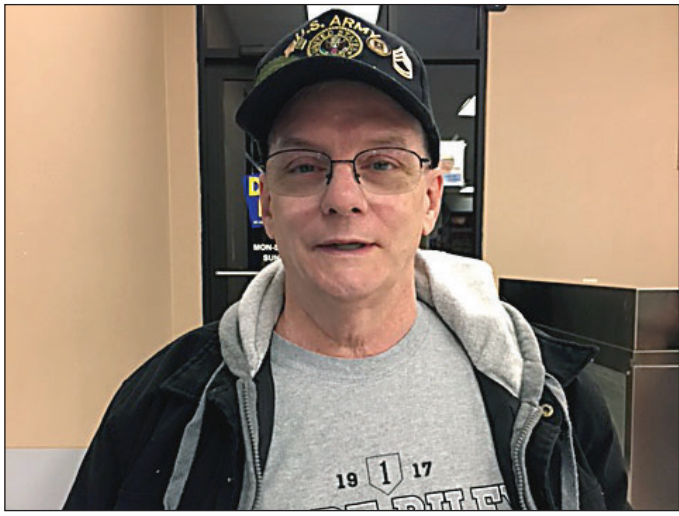
“We were in the field and we were practicing a scenario where we needed to recover a two-and-a-half-ton truck that was disabled and smashed that had vital parts that we needed,” he said. “We used two recovery vehicles at each end of the vehicle. The vehicle was lifted in unison and a HET (heavy equipment transport) was moved beneath it and the disabled truck was placed on the HET. This was the first time this type of scenario was conducted and we received a lot of recognition. My position was to orchestrate this operation.”

After leaving Fort Riley again in 1989, he would have a tour at Hanau, Germany, and in 1991, Aberdeen Proving Ground, Maryland.

“In 1994 I retired as a sergeant first class from the Army while stationed at Aberdeen Proving Ground,” Taylor said. “We returned to Junction City because we owned a home here from our previous assignment. My wife and I both went to work for Walmart. I worked there for two and a half years before moving to Auto Zone where I worked for 12 and a half years. Today, I am retired, spending time with my grandkids and enjoying life.”

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

‘Dreadnaught’ battalion makes move to Camp Humphreys

Story and photo by Staff Sgt. Warren W. Wright Jr.
1ST ABCT PUBLIC AFFAIRS

CAMP CASEY, South Korea — As part of a bilateral agreement between the U.S. and South Korea, Soldiers of 2nd Battalion, 34th Armor Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, moved their personnel and equipment from Camp Casey in Area 1 to Camp Humphreys in Pyeongtaek, South Korea.

During the multi-day move, which started Feb. 21 and ended March 10, the battalion relocated its armored vehicle systems via railcar while the rest of their wheeled vehicle fleet moved by way of convoy from Casey to Humphreys.

“We added another storied chapter into our 75-year history,” Lt. Col. Bryan Harris, the battalion’s commander, said. “The move south of the Han River was a great training opportunity and demonstrated the unwavering work ethic and leadership of the Soldiers, noncommissioned officers and officers in the battalion.”

The bilateral agreement, which was signed in October 2014, aims to consolidate U.S. Forces Korea to two enduring hubs south of Seoul to enhance readiness, deterrence and defense posture on the peninsula.

Planning for the move was a joint effort between the battalion, the brigade

and the 2nd Infantry Division / ROK-US Combined Division’s 194th Combat Sustainment Support Battalion, 2nd Sustainment Brigade.

“The CSSB was instrumental in our successful move down to Camp Humphreys,” said Capt. John Adams, the battalion’s logistics officer. “They were integrated in our planning process and were present for our (rehearsal of concept) drills.”

Moving an entire battalion took planning and coordination between all the agencies involved. The move itself wasn’t without challenges. However, the battalion and its partners were able to overcome those challenges with minimal impact.

“Working closely with the brigade (logistics) shop, brigade mobility, as well as the CSSB and its mobility team, we were able to quickly react to and overcome all of the obstacles we faced during the planning and execution of our move,” Adams said. “We built a large degree of flexibility into our plan and were able to complete the movement plan on schedule.”

The 2nd Bn., 34th Armor Regt., is a part of the 1st Armored Brigade Combat Team, 1st Inf. Div., and is on a nine-month rotation to the peninsula in order to support the 2ID/RUCD in its commitment to security and deterrence of North Korean aggression. The



Soldiers from 2nd Battalion, 34th Armor Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, offload an M1 Abrams tank from a rail car during relocation operations on Camp Humphreys in Pyeongtaek, South Korea, Feb. 24. The relocation, part of a 2014 bilateral agreement between the U.S. and the South Korea, saw the battalion move its armored vehicle systems via railcar while the rest of their wheeled vehicle fleet convoyed from Casey to Humphreys.

“Dreadnaught” battalion is the first of the 1st ABCT units to make the move to Humphreys with the rest of the brigade to follow in coming months.

U.S. Forces Korea units first began moving in July 2016 and will continue until all organizations have relocated to one of the two areas. The Combined Forces

Command will keep the 210th Field Artillery Brigade in Area 1 until the alliance partners are able to field a comparable capability to carry out the counter-fire task force mission.

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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. Outbound 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.

TRAFFIC SIGN REPLACEMENT

Traffic signs are being replaced throughout main post. Use caution when driving through the area and be aware of workers.

New Beginnings for appraisal program

1ST INF. DIV. POST STAFF REPORT

New Beginnings, according to the Department of Defense Personnel Advisory Service, is designed to implement improvements to DOD Human Resource practices and policies, including implementation of a new Defense-wide Performance Management and Appraisal Program. New Beginnings encompasses reforms impacting Performance Management, Hiring Flexibilities, Training and Development and Workforce Incentives.

The new performance management and appraisal system will begin implementation at Fort Riley in April with those in GS-13 and above positions attending training before entering the new system June 1. The rollout will be in stages with the last segment of civilian employees entering the new system July 1, 2018.

The staff of the 1st Infantry Division Post will provide information as it rolls out and from the frequently asked questions addressed by the team at the DOD Civilian Personnel Advisory Service.

Question and answer for this week:

Q: What are some of the benefits for a Department-wide performance management and appraisal program?

A: Deploying a Department-wide Performance Management and Appraisal Program across the components for the vast majority of civilian employees will enable seamless transition of employees throughout the department during career progression and workforce restructuring. The program will also link organizational mission and goals to individual performance plans, ensure regular feedback during the appraisal cycle between employees and supervisors, and result in increased employee engagement, morale and effectiveness.

To find out more about the new system, visit www.cpms.osd.mil/Subpage/NewBeginnings/NBHome.

Think Ahead: Observing Brain Injury Awareness Month

By Leanne Thomas
TRIPLER ARMY MEDICAL CENTER

HONOLULU — March is Brain Injury Awareness Month and is designed to draw attention to the impact traumatic brain injuries have on warfighters.

“People sustain a TBI in combat, motor vehicle accidents, during sports and other recreational activities and through other daily events where you can fall or hit your head,” said Gregory Johnson, medical director at the Tripler Army Medical Center Brain Injury Center, in Hawaii. “Since 2000, more than 350,000 service members were diagnosed with TBI.”

Mild TBI, also known as a concussion, is common in the military in both garrison and theater. According to Johnson, most concussions occur in garrison. “Routine military activities in garrison and off-duty leisure activities such as riding motorcycles, parachuting, climbing mountains and playing contact sports are all very popular among our military members, all of which can increase the risk of TBI,” Johnson said. Blast injuries from devices such as improvised explosive devices produce a high number of mild TBIs in combat.

The Brain Injury Center at TAMC typically provides services for active duty members of all military branches as well as their dependents, and sees 300 to 400 new patients each year mostly from a concussion or mild TBI.

The center guides the patients soon after the time of their injury through recovery by providing therapies such as headache treatments, balance rehabilitation, hearing evaluation, memory training, visual therapies and behavioral health therapies to mitigate the common symptoms which may occur after a TBI.

“As the largest military hospital in the Pacific, the Tripler Brain Injury Center also cares for people from Japan, Korea, American Samoa, Guam and other locations in the Pacific realm,” Johnson said. “We also provide consultation with providers in the more remote locations where they do not have teams of specialists.”

Just like in the sports world, the military recognized a need to treat their service members with TBI. In response to this need,

Congress established the Defense and Veterans Brain Injury Center in 1992 to serve active-duty military, their beneficiaries and veterans with TBI. The center staff is committed to raising awareness of TBI and has established a theme to help draw awareness to Brain Injury Awareness Month 2017 called “Think Ahead: Be Safe. Know the Signs, and Get Help.”

BE SAFE

You have the power to prevent mild TBIs by making smart decisions in your day-to-day life, so always think ahead. Whatever you’re doing, think about how you can be safe to avoid a TBI. For example, always wear a helmet when riding a bicycle or motorcycle.

KNOW THE SIGNS

It’s your duty to think about your head. Understand what a TBI is and communicate to your spouses, line leaders and health care providers when you think you have been injured.

There is an acronym to help remember the signs and symptoms of TBI called H.E.A.D.S. H - for headaches; E - for ears ringing or loss of hearing; A - for amnesia or altered loss of consciousness; D - for dizziness or double vision; S - for something feeling not right after an event or sleep issues.

GET HELP

Brain injuries are treatable and recovery is possible. Most people who suffer a mild TBI recover completely. The first step in recovery from a TBI is recognizing the causes and the symptoms and seeking medical advice as soon as possible after a head injury.

Due to the possible significant mental and physical impact of concussion exposures, the military established protocols that mandate medical evaluation after the following specific events: involvement in a vehicle accident or rollover, being within 50 meters of a blast inside or outside a building, a direct blow to the head in training or recreational activities, or as directed by command.

From a warfighter’s perspective, experiencing a brain injury event from a blast or explosion in the chaos of war may be difficult to share and hard explain, but patients should know there is help available.

Soldiers in Iraq learn valuable lessons in Joint Visitors Bureau



Master Sgt. Stephanie Rhodes, Joint Visitors Bureau noncommissioned officer in charge, lines up Combined Joint Forces Land Component Command – Operation Inherent Resolve service members in preparation for a coining ceremony with the U.S. Central Command commander, Gen. Joseph Votel, in Baghdad, Iraq, March 18.

Story and photos by Sgt. Anna Pongo
CJFLCC-OIR PUBLIC AFFAIRS

BAGHDAD, Iraq — The Joint Visitors Bureau for the Combined Joint Forces Land Component – Operation Inherent Resolve is responsible for coordinating VIP visits to Baghdad, Iraq.

Master Sgt. Stephanie Rhodes, JVB noncommissioned officer in charge, and Spc. Michael Chelewski, JVB specialist, make up the two-person team that organizes the process for distinguished visitors to see what the Coalition is doing in support of Operation Inherent Resolve.

The JVB is responsible for organizing travel, lodging, visitor access, meetings, office calls, troop engagements, facility tours and more during VIP visits.

For the JVB team, flexibility is very important. They can have anywhere from months to a four-day notice for visits.

Before deploying to Iraq, neither Rhodes nor Chelewski had ever worked in any JVB capacity.

“It was difficult at first because I didn’t know I was transferring in until a couple days before it happened,” Rhodes said. “I had never done it before. I didn’t have any clue as to how you were supposed to execute something like that.”

Before transferring to JVB in December, Rhodes was the Analysis and Control Element

NCOIC supervising the intelligence section for CJFLCC.

Chelewski came to JVB when he joined the Main Command Post – Operational Detachment, a Nebraska National Guard unit, which stood up to augment the 1st Infantry Division for their deployment to Iraq. Chelewski’s previous job was working as a supply specialist.

“I didn’t even know what JVB was when they told me I’d be working here,” Chelewski said. “I was anxious because I had never done anything like it before.”

Since the 1st Inf. Div. got to Iraq, JVB has been responsible for coordinating more than 85 VIP visits, including U.S. Secretary of Defense Ash Carter, Sgt. Maj. of the Army Daniel Dailey and Swedish Chief of Joint Operations Vice Adm. Jan Thornqvist.

From learning how to set up a briefing to coordinating a dinner, there were a lot of things for the duo to learn about what goes into a VIP visit. Through research and asking a lot of questions, they learned the protocol.

Rhodes said she learned a very valuable lesson: be able to ask for help.

“I learned to be able to turn to anyone no matter who they are and what they do and ask questions,” she said. “And not be embarrassed to not know what to do because nobody has all the answers.”

The two Soldiers from diverse careers and backgrounds

motivate each other to keep going and push each other to be better, Rhodes said.

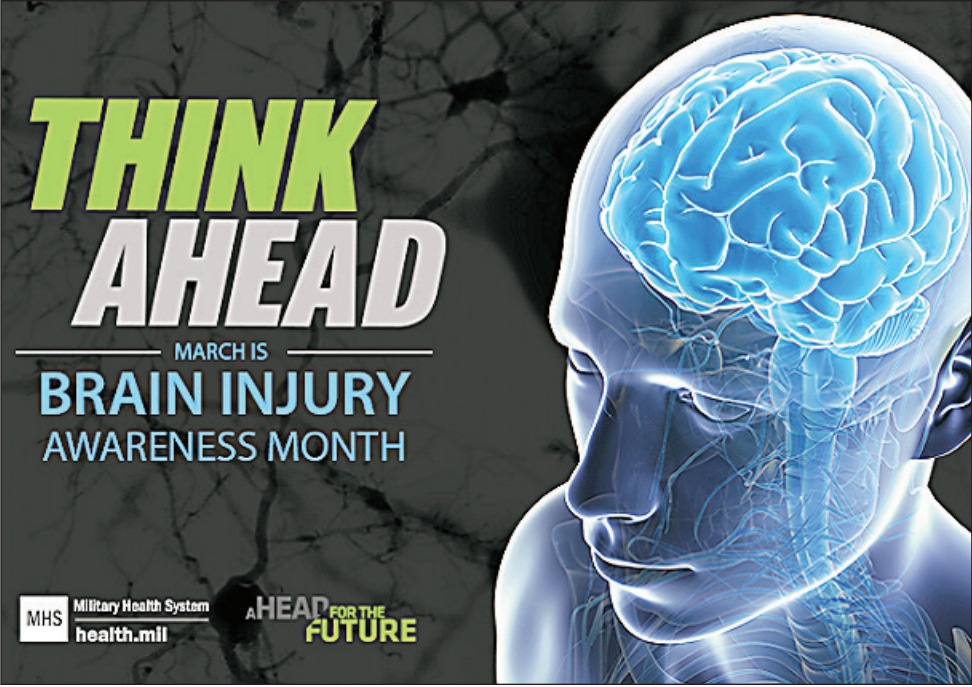
“It is two people from two completely different areas who bring a different mindset together,” Chelewski said. “This strengthens our teamwork. We have a very good working relationship. We can laugh. We can joke, and we can get things done.”

Not only have they learned about their job at JVB, but they have also been able to learn from each other about some of their different experiences within the Army.

“He’s educated me on another aspect of the Army, because I don’t know a lot about the National Guard,” Rhodes said. “He asks me a lot about active duty and I ask him about the National Guard.”

While both Rhodes and Chelewski agreed the process to coordinate visits is time consuming and sometimes frustrating because there are so many moving pieces that could go wrong, the completed visit can make the hard work worth it.

“You have a (distinguished visitor) come in and you get to personally meet them, and you get to see their expressions throughout the visit,” Chelewski said. “It’s pretty rewarding to know that they are happy with how the visit turned out and that they got to see everything that they wanted to.”



RILEY ROUNDTABLE

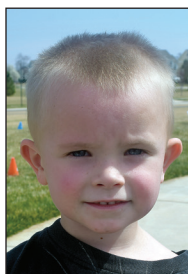
What is your favorite thing about spring?



"My favorite thing about spring is going to the pool."

XENIA CHEN
BROOKLYN, NEW YORK

Daughter of Terrance Chen Jr., 1st Combined Arms Battalion, 18th Infantry Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division



"Bubbles."

GANNON MURRAY
LAWTON, OKLAHOMA

Son of Staff Sgt. Bill Murray II, 1st Battalion, 5th Field Artillery Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division



"The weather and being able to let my kids play outside."

RACHEL VANN
RILEY, NORTH CAROLINA

Spouse of Spc. Julian Vann, 1st Combined Arms Battalion, 63rd Armor Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division



"Fishing season."

AARON BERNING
SKIDY, KANSAS

Maintenance technician with Corvias Military Living



"Celebrating Easter."

MADDIE HOBZA
BLANCHARD, OKLAHOMA

Daughter of Sgt. William Hobza, 1st Combined Arms Battalion, 63rd Armor Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division

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FATALITY-FREE DAYS

257

As of Wednesday, March 22, 257 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.

COMMAND TEAM CORNER

From combat to community service, women lead

Service members, families and friends of the 1st Infantry Division,

Last week I was fortunate to attend the Women's History Month observance at Riley's Conference Center hosted by our 1st Combat Aviation Brigade. I got to see and hear about many women who have had a tremendous impact both to our nation and to the 1st Infantry Division and Fort Riley.

The guest speaker at the observance was Phyllis Fitzgerald, mayor of Junction City, Kansas. This was by no means the first time she was in a room full of Soldiers wearing the "Big Red One" patch — Phyllis retired from the Army as a chief warrant officer 3 and was with the division during Operation

Desert Storm. She was there for the breaching of the berm in 1991 and again last month when we celebrated the 26th anniversary of Operation Desert Storm here at Fort Riley.

Now mayor of one of our closest partner communities, Phyllis works to improve quality of life for all of us. It's great to see Phyllis' success, from combat to community service, but it's not surprising. Women have served in the U.S. Army since 1775 and remain invaluable to the force today. Female Soldiers account for about 17 percent of the Total Army Force, and I know we cannot fully serve this nation without them.

Women play vital roles throughout today's Army.



Brig. Gen.
Patrick D. Frank

They are leaders at home station and overseas.

We have seen advancements for women serving in the armed forces in recent years, fully integrating female Soldiers into nearly all facets of the military, including combat arms. Their contributions make our Army and our division better and stronger than ever before.

During Women's History Month, I remind

our leaders of their responsibility to set the conditions for all Soldiers to reach their full potential. Doing so means assigning task and jobs based solely on ability.

There is important work to be done worldwide, and our female Soldiers are among those who are able and extremely capable to do it. And while some countries make the choice to marginalize and disregard women, wherever the colors of the United States fly, women are doing exceptional work and making the nation proud.

I'm especially proud of many "Big Red One" women, both here at Fort Riley and deployed throughout the world. Women like Maj. Jamie Peer, our sanctuary human resources chief;

Command Sgt. Maj. Tresa Huell, senior noncommissioned officer for our Headquarters and Headquarters Battalion in Iraq; Capt. Jamie Pecha with the Division Surgeon's office; Maj. Laurie Weimer, operations officer for the 97th Military Police Battalion; and Sgt. 1st Class Betty Brime, senior post chaplain assistant. I wish I could list more, but there is simply not enough room in this or any other publication to properly recognize all the women who contribute to making this division the best in the Army.

Duty First!
Brig. Gen. Patrick D. Frank
1st Inf. Div. and Fort Riley acting senior commander

SAFETY CORNER

Workplace stress solved with wellness programs

GARRISON SAFETY OFFICE

Who benefits from a wellness program — the employee or the employer? Does it affect the amount of workplace stress? Why should I participate?

All are important questions in making decisions to control stress in the workplace. The decision made by individuals allow several approaches to a workplace wellness program. Most workplace wellness programs focus on physical activities; however, when it's combined with education, the program's effectiveness increases astronomically.

On Fort Riley, it is common to see individuals and small groups of employees gathering to participate in physical activity. Physical activity is one method to reduce workplace stress and is easy to start with little or no scheduling during

normal work hours. Programs with management or leaders buy-in have better results than individual programs.

The Fort Riley garrison command team has bought into wellness by offering the Performance Triad program to civilian employees of the garrison. Originally designed for Soldiers, the Performance Triad program has been adapted for civilians too. Participation in the Performance Triad provides education in addition to physical activity. Moreover, garrison directors and managers who participate in the program are encouraging other employees to participate. When leaders allow time during scheduled duty hours for civilian employees to participate, they encourage individuals and small groups to join the program.

Although physical activity is a key component of any wellness program, nutrition is equally important. Besides providing fuel, several foods provide important nutrients to help maintain chemical balances in the body. If you are not feeling well, have cramping or any one of a number of diseases it adds stress to your life. When you combine physical stress with emotional stress it affects your work and ability to deal with other personnel and customers. Nutrition counselling is one of the educational opportunities of the Performance Triad.

It will be interesting to compare data based on employee participation in the Performance Triad to data for companies and corporations outside of the military and see if similar results are achieved. Available data on wellness programs shows cost reductions

in several key areas for businesses, while production increases. Most of the studies conclude that for every dollar spent on the wellness program the cost saving is \$2 to \$3 in insurance alone. Exit interviews conducted for several large corporations indicate wellness or physical fitness programs were some of the items employees will miss.

Common themes between both non-military companies and corporations' wellness programs and the military and Fort Riley Performance Triad programs are participation is voluntary. Participation by managers, leaders and directors encourages employee participation in the wellness programs. The reduction of stress and improved fitness of individuals appears to reduce absenteeism and increase productivity.

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APRIL 14

Soldiers maintaining to support training for Kansas National Guard



Soldiers of the 2nd Combined Arms Battalion, 137th Infantry Regiment, Kansas National Guard, clean and prepare weapons for turn-in after training for 10 days at Fort Riley March 19 at the Maneuver Area Training Equipment Site on Camp Funston. More than 80 National Guard Soldiers work at MATES to maintain and service tanks, tactical vehicles and equipment for National Guard units across Kansas and keep them stored in a central location at Fort Riley for easy access during training.

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

When a Kansas National Guard unit arrives at Fort Riley to train, they go to fellow National Guard Soldiers at the Maneuver Area Training Equipment Site on Camp Funston to assist them with all the equipment and assets needed to conduct and complete successful training exercises.

More than 80 National Guard Soldiers work within the MATES facility to maintain and repair tanks, tactical vehicles, weapons, electronics and other equipment for National

Guard units across the state of Kansas. The equipment, while owned by the different units, is stored at the MATES facility to keep it centralized and available for immediate access to the units when they come to Fort Riley for training.

“The guard is spread out across the state of Kansas and there’s no room at all the (units’) individual locations to store all their equipment, so ... the tanks and tactical vehicles do all their training here at Fort Riley, so we store them in a central location and when the units do their two week summer camp or whenever that camp is, they come here and they draw their equipment

out, they use it ... and then bring it back and then we fix it,” said Capt. Todd Stucke, allied trade supervisor at MATES. “But not only do we fix it when they break it during summer camp, but all equipment in the military is required to be serviced periodically.”

Storing vehicles and equipment at MATES is not only a matter of convenience by keeping everything in a central location, especially when units do not have the storage space, it also reduces costs. Equipment and vehicles do not need to be transported from the unit’s location to Fort Riley, Stucke said. Additionally, certain equipment, such as a tank, cannot be driven down a typical road or highway and, without the MATES facility, some units would be unable to train on those vehicles.

The Soldiers at MATES also reduce maintenance complications because of their extensive training. There is someone available to maintain all equipment and vehicles the units have, he said. This is important as units may have a piece of equipment they need, but no one within their unit who is able to service it.

“A lot of units, like if you have an armor unit, they don’t have maintenance people in the unit themselves, so if something broke, they would have to coordinate with another unit to have somebody come to fix it or they would have to take a piece of equipment to them to get it fixed,” Stucke said. “And with here, we’re a one-stop shop where you have the equipment, you have the mechanics, you have the tools, you have the facilities necessary to take care of it ... Anything that’s in the Army inventory, we take care of. We do weapons, electronics, radios, night vision, wheeled vehicles, track vehicles — the whole gambit. There’s not a piece of equipment we don’t service or maintain.”

Maj. Adam Pawlosky, operations officer, 2nd Combined Arms Battalion, 137th Infantry Regiment, Kansas National Guard, was at Fort Riley for about 10 days for training with his unit. He said without MATES, his unit’s training would not function properly and they would be unable to handle all of their equipment or keep it properly serviced and maintained.

“Having MATES located here on Fort Riley makes what we do in the battalion much simpler,” he said. “We’re able to just roll out the gate and be on the training, have access to the ranges. Working through MATES, they’re fantastic. We can come use our vehicles and they’ll help maintain them. They’re great at maintenance and we know it’s going to be ready to use when we show up. When we use it and we break it, they’re great about fixing it and getting it ready to use again.”

Stucke said the overall goal of MATES is to support the National Guard units so they can maximize their time and complete their training with little to no issues because of the limited windows these units have to train and prepare.

“We are on site to provide support in any way necessary to make sure that limited amount of field time that unit has is as successful as possible ... it’s not like we do this every day,” he said. “We’ve only got the one weekend every month and the two weeks every year, so our time is very condensed.”

The MATES facility at Fort Riley is the only one in the state of Kansas, Stucke said. Other states in similar situations also have MATES facilities to aid their National Guard units.

“A lot of states have MATES because a lot of states are in the same boat we are that they have an active-duty base within their state,” he said.

The Soldiers at MATES don’t always focus on National Guard units alone. Since their technicians are well-trained and licensed in nearly every vehicle or piece of equipment used in the Army, they have assisted 1st Infantry Division units in repairing and maintaining their M2 Bradley Fight Vehicles prior to a deployment in the past, Stucke said.

For the National Guard units, training at Fort Riley is a premier experience, Pawlosky said, because of the array of facilities, ranges and support they receive here.

“The facilities, training area, ranges — they’re all excellent,” he said. “We’re fortunate as a combined arms battalion we have Fort Riley right here and this is our home training base ... When we need it, it’s here for us to use.”

General continues to serve more than 30 years after enlisting

Female Army general says “I don’t expect it gets better than this”

By Sgt. 1st Class Rob Frazier
CJFLCC-OIR PUBLIC AFFAIRS

BAGHDAD, Iraq — Brig. Gen. Karen Gibson is quick to dismiss thoughts that she’s anything more than “just a Soldier,” and she’s not a fan of labels, except for one: survivor.

As the intelligence director for Combined Joint Task Force - Operation Inherent Resolve in Iraq, Gibson spends her days working with a team of Coalition service members from around the world.

It’s a job and a deployment nine years in the making.

In 2008, then-Lt. Col. Gibson was preparing to deploy with XVIII Airborne Corps. While on a pre-deployment site survey with other leaders to Iraq, she received word the radiologist at Womack Army Medical Center at Fort Bragg wanted to see her when she returned.

“When the doctor said, ‘Here’s the deal — you’ve got cancer,’ I was devastated in ways other cancer patients didn’t understand,” Gibson said.

Contrary to her doctor’s initial expectations, Gibson wasn’t overwhelmed with thoughts of

losing her hair or the discomfort of chemotherapy treatments. Her focus was on her team.

“My first question to the doctor was, ‘How soon can I go to Baghdad?’” Gibson said. “He shook his head and said, ‘You’re not going anywhere for probably five years.’”

“I was so upset I couldn’t deploy with my team and the people I had trained with. ... It was depressing, and I was despondent over missing this opportunity.”

Three weeks before her team got on the plane to deploy to Iraq, Gibson checked into Bethesda for the first round of her five months of chemotherapy.

Gibson said her faith and her family were a tremendous source of strength. Unbeknownst to her at that time, her determination to beat cancer also provided Gibson’s daughter with an opportunity to see her mother in a different light.

“Growing up I didn’t realize and appreciate how exceptionally strong she was until she was diagnosed with stage III cancer,” said 1st Lt. Kelly Chapman, logistics officer, Headquarters and Headquarters Battalion, I Corps. “Watching my mother

go through countless physical and emotional setbacks with equal parts grace and grit was a powerful experience.”

As a career Soldier, Gibson also said she found comfort in the Soldier’s Creed.

“I relied on the Warrior Ethos to get me through,” Gibson said. “I didn’t know how important being a Soldier was to me or how much it shaped my identity until my ability to serve was at risk.”

As much pride and appreciation as she has for the military, Gibson said that when she commissioned as an intelligence officer in 1986, she never dreamed she’d be wearing the uniform so long.

“I had no intention of making the military a career,” Gibson said. “I was going to do four years, serve my country and then have a career doing something else.”

Her original goal was to be an engineer, and following her high school graduation in 1982, the Bozeman, Montana, native made the choice to attend Purdue University, 1,500 miles from home.

See GENERAL, page 8

Army Emergency Relief turns 75

By David Vergun
ARMY NEWS SERVICE

WASHINGTON — When retired Col. Ron Reichelderfer was a lieutenant, his brigade commander told him “It’s your responsibility as a leader to help Soldiers who are suffering in conditions beyond their control.”

So over the course of his 42-year Army career, Reichelderfer steered Soldiers who needed financial assistance to Army Emergency Relief. Each and every time, AER’s staff of compassionate people were ready to help, he said, speaking at the 75th anniversary celebration of AER at the Pentagon’s Hall of Heroes.

During his career, Reichelderfer said he always encouraged people to contribute to AER as well. But not once in his career did he ever think he’d become a recipient of support from AER.

Eight years into his retirement, Reichelderfer said he had a string of misfortunes. His family experienced a series of medical emergencies. At the same time, sequestration took effect and for eight months his defense contractor didn’t have money to pay him for his work.

“We’re back on our feet today because of the help AER provided,” he said. “We are forever grateful. It helped me appreciate even more the help that AER provides.”

AER HELPED THE FRANKLINS

Retired Master Sgt. David Franklin said AER helped him twice, once while on active duty, AER secured a loan for him when his car broke down. The second time was when his wife was diagnosed with cancer after he retired.

Medical bills piled up and AER stepped in to help keep him from getting evicted from his house, he said.

With Franklin was his son John. John said he secured an AER scholarship that enabled him to go to college. He hopes to one day become a corporate lawyer, he said, and will forever be grateful for the help he received from AER.

SOLDIER’S WIFE HELPED BY AER

Vice Chief of Staff of the Army Gen. Daniel B. Allyn said he recalled the case of a staff sergeant from Fort Benning, Georgia, who faced the prospect of losing his wife a few years ago. She’d been diagnosed with leukemia.

Fortunately, she was a candidate for stem-cell transplant, a method that supports higher doses of chemotherapy than can normally be given, Allyn said. Her sister was a near-perfect match.

The problem was that her sister lived in the Philippines. AER stepped in, Allyn said, providing nearly \$2,000 for the flight and the end result was life-saving for the Soldier’s wife.

AER IS FAMILY

Over the past 75 years, AER delivered \$1.8 billion in assistance to 3.7 million people, Allyn said. In 2016, AER provided \$69 million to 45,000 Soldiers, family members and retirees.

“There’s a sense in the Army that no matter where you go, no matter with whom you were assigned, you are always surrounded by the Army family,” Allyn said. “This captures the Army’s relationship with Army Emergency Relief. AER embodies family because they are there for us in everything we do, personally and professionally, and their support, particularly during challenging times, gives us both strength and confidence.

“Nobody likes to admit they need help,” he continued. “But when we need it most, AER is there. For this, we are eternally grateful.”



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Up all night: How new therapy helps military members get sleep they need

MILITARY HEALTH SYSTEM
COMMUNICATIONS OFFICE

Insomnia is more than just the occasional restless night; it can disrupt lives and harm overall health. Members of the military, whose jobs put them in situations where proper sleep is sometimes difficult, can be especially hard hit. According to the National Institutes of Health, about 10 percent of the general population has insomnia, but that number jumps to close to 25 percent in the military. Now service members suffering from chronic insomnia have a better chance at relief.

“People sometimes do things in an effort to get more sleep that actually backfire and sabotage their sleep,” said Diana Dolan, a clinical psychologist with the Department of Defense’s Center for Deployment Psychology. “Cognitive behavioral therapy for insomnia counters all of those unintentional and unhelpful things people do to try and get the proper sleep.”

She said people suffering from insomnia need to realize the condition cannot be easily fixed.

“It’s like the difference between having a cold and a serious sinus infection,” Dolan said. “People need to recognize chronic insomnia is a problem that needs professional help. It’s not a situation that will resolve on its own.”

Part of a larger set of tools caregivers have to fix sleep issues, CBTI involves working with a provider to modify



COURTESY PHOTO

Members of the military are especially hard hit by sleep disorders like insomnia. While about 10 percent of the general population experience insomnia, that number jumps to close to 25 percent in the military, professionals of the National Institutes of Health say.

behaviors. One of the techniques is to actually reduce the amount of time in bed.

“It might seem counter intuitive, but if you get out of bed when you are awake, then when you are in bed, that becomes a better quality sleep,” Dolan said. “By cutting back the time you’re spending in bed, you prime your sleep pump and make yourself sleep.”

Getting in bed earlier to get more sleep stretches your sleep time over a longer period and makes it not as deep and strong, what Dolan calls “chasing sleep.” “In CBTI, we take someone’s sleep and consolidate it into better sleep quality by cutting out all that time lying in bed awake. Then, once the time they’re spending in bed is solid sleep, we can gradually adjust their sleep window to what works best for them.”

Besides changing behaviors and consolidating sleep, a relaxation component introduced through CBTI helps people get into the right frame of mind so they can sleep better.

Certain habits help people maintain good sleep hygiene. These include using relaxation breathing techniques, avoiding coffee and nicotine near bedtime, and finding a quiet, comfortable place to sleep

free of distractions, such as TVs and video games. But these are short-term solutions. CBTI is a longer-term fix, customized for each patient with a chronic problem, not one-size-fits-all. One of the tools clinicians use is a sleep diary.

“Every day, they describe what happened the night before,” said Maj. Jimmie Butcher, a clinical psychologist at Tripler Army Medical Center in Hawaii. Patients track when they went to bed, when they fell asleep, if they woke up in the middle of sleep and how long they stayed awake. They also note caffeine use, medications and exercise, he said. “You get a really good picture of what their sleep actually looks like.”

Some devices can help measure sleep, but both Butcher and Dolan emphasized a diary includes the quality of sleep as evaluated by the patient, an important factor for clinicians.

“If you’re using those devices in addition to a sleep diary, they can be helpful, but you really need to have a form that a clinician can look at to determine what’s really going on,” Butcher said.

More behavioral health providers are now available in primary care hospitals and clinics to evaluate those sleep diaries.

“Having these caregivers available helps us make the right diagnosis before we proceed with treatment,” Dolan said. “It’s a great way for people to get the care they need.”

‘Big Red One’ Culinary Arts team professionals earn awards

By Chad L. Simon
1ST INF. DIV. PUBLIC AFFAIRS

Spc. Carlos O. Cruz, Headquarters and Headquarters Battalion, 1st Infantry Division, brought home a gold and silver medal to Fort Riley from the 42nd Annual Military Culinary Arts Competition at Fort Lee Virginia, March 4-9.

Cruz was selected as the Student Chef of the Year during last year’s competition. This year he was awarded a gold medal in the Profession K competition. He received a silver medal in the Cold Table A1 competition.

In the Professional K competition he had to prepare four servings of a fish entree within an hour. The Cold Table A1 competition consisted of Cruz preparing a cold buffet platter.

Cruz was also selected to be a member of the U.S. Army Culinary Arts Team for the next two years. As a member of the team, Cruz will participate in the 2018 Culinary World Cup in Luxembourg.

“It is a prestigious honor to be on the team,” Cruz said. “Last year I looked up to them. I wanted to get to that point, that next higher step. Now that I have made it, I want to elevate myself and reach higher goals.”

Warrant Officer Edmund Perez, Headquarters and Headquarters Company, 1st Combat Aviation Brigade, 1st Inf. Div., was awarded a silver medal in the Pastry competition. Perez is also the team commander for the “Big Red One” Soldiers and the 1st Infantry Division Culinary Arts Team.

Perez and Spc. Gerald Geffrard, 1st Attack Reconnaissance Battalion, 1st Aviation Regiment, 1st CAB, teamed up to take a silver medal in the Nutritional Hot Food Challenge Team competition. As a team, they prepared a nutritional three-course meal within a two-and-a-half hour time limit.

The purpose of this event is to test the ability to execute and present a meal using the nutritional guidelines and recommendations set forth by the United States Department of Agriculture and the Academy of Nutrition and Dietetics.

“The Soldiers did very well,” Perez said. “There were a lot of folks coming in and out, especially after Cruz won his gold medal. We had more foot traffic in our prep kitchen because they knew Fort Riley came to compete. There were only four us, but we came to compete.”



Left to right: Spc. Gerald Geffrard, 1st Attack Reconnaissance Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division; Pvt. Jeremy Noyola, 2nd General Support Aviation Battalion, 1st Aviation Regiment, 1st CAB; Spc. Carlos O. Cruz, Headquarters and Headquarters Battalion, 1st Inf. Div.; and Warrant Officer Edmund M. Perez Jr., Headquarters and Headquarters Company, 1st CAB, pose March 13 in Fort Riley’s Culinary Arts Lab with medals earned at the 42nd Annual Military Culinary Arts Competition at Fort Lee, Virginia, March 4 to 9.

For information about religious services
at Fort Riley or to talk to a chaplain,
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GENERAL Continued from page 6

“My father told me if I was going to attend school out of state, I had to find a way to pay for it,” Gibson said. “The ROTC program offered a pretty good deal in terms of helping with that goal.”

She cracked a smile as she recalled she never gave much thought to being a Soldier even though she knew there was a service obligation following her time in the ROTC program at Purdue.

Looking back, Gibson admitted it took a while for the Army to grow on her. She remembered not being too excited as she approached Fort Huachuca for the basic officer course.

“About 30 miles from post, I thought, ‘What have I done? This is real, and it better work out.’”

It didn’t take long for things to look up for the young lieutenant who was ecstatic about her first duty assignment with the 6th Infantry Division at Fort Richardson, Alaska.

“I absolutely loved it,” Gibson said. “As a girl from Montana, the opportunity to spend that kind of time outdoors doing things from glacier training to sleeping in the woods — I just thought it was fantastic.”

Gibson said being a female in the Army was much different in the late 1980s compared to today.

“There were not a lot of women who served in the 6th Inf. Div.,” Gibson said. “Once a month all the female officers in the division would get together for lunch, and we could all fit at one round table.”

Gibson said the opportunities were different during that time for women and recalled a few instances where people would ask her, “What are you doing here? Don’t you know women don’t need to do these kinds of things?”

Gibson ignored those comments, but she never forgot them.

“After being in the battalion about four months, I competed in a 10-kilometer arctic biathlon which involved shooting and skiing in full combat gear, and I did very well,” Gibson

said. “An infantry colonel made one of his company commanders give me the crossed rifles from his collar because I beat him.”

She said things got better after that. “Regardless of gender,” Gibson said, “if you demonstrate competency, you’ll find that you quickly earn trust and respect.”

When asked if she had any ambition at that time to serve at the highest ranks in the military, she laughed as she confessed her dream job was nowhere close to serving as a general officer.

“For a long time, I burned to be a company commander,” Gibson said. “I thought that would be the icing on the cake.”

Gibson went on to fulfill that goal in the summer of 1995 at Schofield Barracks, Hawaii, for Headquarters and Operations Company, 732nd Military Intelligence Battalion.

In the meantime, Gibson married infantry officer Kim Chapman.

Following the birth of their two children, Kelly and Tom, Gibson and her husband decided to make the Army a career.

“What I love about the Army and what made me stay was the fact that being in the Army challenged every facet of my being,” Gibson said. “I’ve stayed well past retirement because there’s nothing else I’d rather do.”

Gibson stated her drive to be better is something she owes to her family.

“My father pushed (my sister and me) hard to achieve, and he told us societal expectations were not going to stand in the way of our goals,” Gibson said.

Gibson said she has achieved success over the past 31 years, leading at every level and traveling the world, but her current assignment ranks at the top.

“Serving here in Iraq has been my favorite assignment,” Gibson said. “I work with a fantastic group of professionals, joint and combined, all pulling hard at the oars.”

Gibson added there’s nothing more rewarding or inspiring for her than

watching junior Soldiers see their hard work pay off.

“I have one Soldier, Spc. Kyra Hall, whose products were among the things on Secretary of Defense Mattis’ desk his first day in office,” Gibson said.

When asked, Hall said of Gibson, “She is definitely at the top of my list of strong women I admire and strive to emulate.”

The specialist, who supports CJTF-OIR operations in Kuwait, said she never expected Gibson to remember her after only one meeting, much less recognize her out of uniform.

“She remembered who I was and addressed me by name,” Hall said. “It made me realize, no matter where I go or who I become, something as simple as remembering someone’s name can change someone’s day and elevate perceptions of you as a leader. I’d like to thank her for that lesson.”

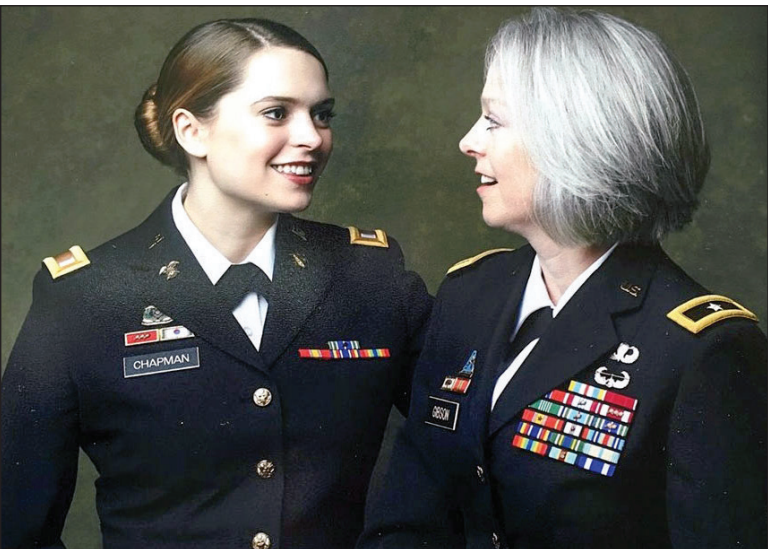
Gibson is also proud of the work done by Spc. Sara Johnke, who Gibson says regularly briefs the Coalition commanding general, Lt. Gen. Stephen J. Townsend, and helps inform his understanding of dynamics on the battlefield.

“The work we do here is vital and under her leadership, I feel our team has made a real difference,” Johnke said. “I am honored to have had the opportunity to serve with Brig. Gen. Gibson, and hope to be as strong of a leader as her one day.”

Gibson said there aren’t many things she hasn’t had the opportunity to try in her career, but she admitted there’s one course that’s always caught her eye.

“I think I would’ve been interested in attending Ranger school if it had been open to me because I relish the physical challenge, and because I know it’s a premier leadership course,” Gibson said. “I like to think when I was younger I would have tried it.”

Even without a Ranger tab, one would be hard pressed to argue that Gibson has not done well as a leader, but



COURTESY PHOTO

Army Brig. Gen. Karen Gibson, intelligence director for Combined Joint Task Force - Operation Inherent Resolve said she is proud that her daughter, Army 1st Lt. Kelly Chapman, logistics officer, Headquarters and Headquarters Battalion, I Corps, has decided to serve in the military

when asked to reflect on her impact as a female officer, Gibson offered a unique reply, “I don’t think about being a woman in the military. I just think about being a Soldier.”

Although she said there have been occasions where female civilians or service members have expressed being inspired by her accomplishments, the highest-ranking woman serving in Iraq said she’s never really thought of herself as a role model.

“Brig. Gen. Gibson has always led by example, constantly projecting professionalism, confidence, attention to detail and an outstanding work ethic,” Johnke said. “She has set the bar high, and as a young Solider, I aspire to achieve that same standard throughout my career.”

Eight years removed from her fight with cancer, Gibson is still in remission.

“It’s hard to talk about her as a role model without mentioning cancer because what she did was exceptional,”

Chapman said. “You don’t see many people pull through situations like that and come out the other side stronger and with the amount of determination and passion she still has for career.”

Forced to stay behind in 2008, today she has found vindication deploying with the XVIII Airborne Corps team and serving alongside Townsend in Iraq.

“I consider myself blessed and fortunate to serve and take on these challenges and responsibilities that the Army has asked me to perform,” Gibson said.

As the one-time aspiring engineer from Montana turned career Army officer looks down the road, she’s excited for whatever’s next, which does not yet include retirement, because serving is still rewarding and fun.

“I cannot think of another career that could be more fulfilling in every regard than being an American Soldier,” Gibson said. “I don’t expect it gets better than this.”

VISIT

Continued from page 1



1st Lt. Patrina Lowrie | 2ND BN. 34TH ARMOR REGT.
Lt. Col. Bryan Harris, the commander of 2nd Battalion, 34th Armor Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, and Capt. John Orendorff, the battalion's assistant operations officer, meet with leaders from the South Korean Army's 32nd Tank Battalion during a partnership engagement on Camp Casey, South Korea, Feb. 22.

“I was deeply impressed how U.S. Soldiers treat each other equally regardless of rank,” Hoon said. “I believe such attitude brings livelihood and effectiveness in work. Through this partnership, U.S. and (South Korea) can prepare for war by learning each other's traits and tendencies; we will be ready to ‘Fight Tonight,’ together.”

The 32nd Tank Battalion leaders also had the opportunity to become familiar with one of the Dreadnaught battalion's M1A2 Abrams tanks at the Dreadnaught motor pool. “I could see why (the) U.S. Army is the best in the world and I have learned the importance of maintaining the ‘Fight Tonight’ attitude,” Guk said.

TRAINING

Continued from page 1

Soldiers of the 2nd CAB, 137th Inf. Regt., are familiar with the Bradley Fighting Vehicles, said Master Sgt. Steven Trowbridge, battalion Master Gunner-Bradley 2nd CAB, 137th Inf. Regt. “The main difference between the earlier version (of the Bradley Fighting Vehicle) and this one (the M2A3) is the vehicle commander's independent viewer,” Trowbridge said. He also said these features help the crew find and acquire additional targets while otherwise engaged.

“We've spent time in the classroom at Camp Funston, then moved out here to practice what we've learned,” Trowbridge said. “And with this (the independent viewer) it brings more of a hunter killer aspect to our operations.” The Army Acquisition Support Center website says the M2A3 Infantry Fighting Vehicle features upgrades across much of the on-board systems that “provide ‘hunter-killer target handoff’ capability.” The M2A3 IFVs and their crews are also the “Eyes of the Artillery,” the ASC website said. The on-board


technology the 2-137th will be using “can acquire, identify, track and designate targets while mounted and under armor, enhancing crew survivability.” Soldiers of the 2nd CAB, 137th Inf. Regt., benefited from being at Fort Riley, both in Camp Funston classrooms and on the post's training ranges. “We've always received great support here,” Trowbridge said. “And that's important because, as National Guard Citizen-Soldiers, while we have to train to the standards of all active-duty Soldiers, we have less time to do that.”




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ag.ks.gov






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STEWARDS OF THE PROFESSION

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MARCH 30

11 A.M. EDT

www.tradoc.army.mil/watch
#TRADOCtownhall

Please...**don't** abandon me.





Instead, help me find a new home.

Talk to friends and family as they may be willing or able to help.
Check with local shelters, adoption agencies, and animal rescue societies to see if they will accept your pet.
Consult with your veterinarian to see what suggestions they have to rehome your pet.

*It is illegal to abandon your pet in government quarters or on post and in most municipalities

Locate your local Veterinary Treatment Facility at <https://tiny.army.mil/vjg66vTf5>
Approved for public release, distribution unlimited. CP-181 0416

<http://aphc.armcd.army.mil>
1-800-222-9698
APHC Animal Health



TANK

Continued from page 1

of corrosion. Helping with these tasks were Spc. Van Ho, 1st Battalion, 5th Field Artillery Regiment, 1st Armored Brigade Combat Team, 1st Inf. Div., and Pfc. Mark Temol, 2nd Bn., 34th Armor Regt., 1st ABCT, 1st Inf. Div.

Ho was operating a grinder.

“I’m blending and smoothing old paint and helping to prepare the surface so the new paint will stick easily,” Ho said.

Temol operated a descaler to remove old, loose paint, rust and other corrosion.

“We’re just helping out in getting the tank ready,” Temol said.

Once that work was complete, the tank was transported to the MATES facility to complete the de-miling process. Governed by army regulation, de-miling is a methodical process, Capt. Todd Stuke allied trade supervisor at MATES said.

“Everything that makes it a weapon has to be removed or modified,” Stuke said. “That includes remove the engine and transmission, making the turret unable to move, modifying the gun tube so that it be can’t be accessed either inside or outside the tank, draining or removing fluids, fuels and grease, and removing sensitive systems,” Stuke said.

The tank is scheduled to be taken back to the LRC for paint and final preparations March 27. It will be taken to its display site, a process tentatively scheduled for between April 25 and 27, pending coordination between the 1st Infantry Division Sustainment Brigade and the Kansas Department of Transportation.



Andy Massanet | POST

Robert Owen, a technician at the Maneuver Area Training Equipment Site at Camp Funston and member of the Kansas National Guard, provides a number of welds on the interior of the M1 tank March 17. The tank is being prepared for a display that is part of the observance of the 100th birthday of the 1st Infantry Division.

Celebrate National Nutrition Month in MARCH

by signing up for a

Commissary Tour

*Tour offered by Registered Dietitian/Nutritionist (RDN)
Sponsored by Irwin Army Community Hospital's Nutrition Clinic*



What: Commissary Tour – Learn how to be a Savvy Shopper!

When: MONDAY, 27 March 2017, from 1:30 to 3:00 pm

How: Call Nutrition Care Division at (785)239-7644 to sign up for the tour

Where: Meet in the produce section of the Commissary (near the grocery carts)

Who: Military Beneficiaries interested in learning more about good nutrition, reading food labels, and healthy food choices-*no referral needed!*

For more information on Nutrition Clinic Services, or
to register for the Commissary Tour call (785)239-7644

Space for the Tour is limited – call today!



Military kids get month of their own

Activities honoring military children will dot calendar in April

By Season Osterfeld
1ST INF. DIV. POST

“Throughout the month of April, Army communities around the world provide activities to celebrate and honor military children,” said Amelia Knapp, Outreach Services director for Child, Youth and School Services. “It is a time to highlight the services, programs and organizations available to support military children and help meet parental challenges to maintain mission readiness.”

April is the Month of the Military Child and with it, the Fort Riley community will celebrate military children in a big way, just like communities on other installations worldwide. The roughly two million service member’s children are recognized during April for the sacrifices and challenges they also face, according to a demographic study on defense.gov. Staff of CYSS are hosting several events, including Kidsfest, a parade, family pool party and more, to honor and recognize those children.

“Month of the Military Child was established by the Department of Defense in 1986 as a way to recognize and create awareness for the service, sacrifices and challenges of military youth and children,” Knapp said.

Major events for Month of the Military Child include:

- Kidsfest April 2 from noon to 3 p.m. at Riley’s Conference Center. Kidsfest is a free event filled with activity centers, small rides, static displays, food, performances and more.
- The Month of the Military Child Parade 10 a.m. April 10 at Artillery Parade Field. The parade begins at the parade field on Godfrey Avenue and ends at the Old Trooper Monument at the Calvary Parade Field. Children in the CYSS program, the Fort Riley Fire Department, the 1st Infantry Division Band, the Commander General’s Mounted Color Guard and more will all participate.
- Family Bowling April 8 from noon to 3 p.m. at Custer Hill Bowling Center. Free bowling is available to Fort Riley families and their friends courtesy of staff at CYSS. Shoe rentals are not included. Lanes are first-come, first-served basis.
- “Big Red One” Youth Track Meet & Peter Rabbit Fun Run 9 a.m. April 15 at Fort Riley Middle

See KIDS, page 14



Phyllis Fitzgerald, Junction City mayor, dons a red bandana as she speaks of “Rosie the Riveter,” who became a cultural icon for women in the work place during World War II, during the Women’s History Month observance at Riley’s Conference Center March 15. Fitzgerald completed 21 years of active-duty service and retired as a chief warrant officer 3 intelligence officer who deployed to Desert Storm with the 1st Infantry Division.

WOMEN POWER

Junction City’s mayor recognizes efforts of trailblazing ‘Big Red One’ women

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

“Honoring Trailblazing Women in Labor and Business” is the 2017 theme for Women’s History Month, which Junction City Mayor and former “Big Red One” Soldier Phyllis Fitzgerald spoke about at this year’s observance at Riley’s Conference Center March 15.

“Women have proven time and time again that we can succeed in every field”

PHYLLIS FITZGERALD
JUNCTION CITY
MAYOR AND
FORMER ‘BIG RED
ONE’ SOLDIER

Fitzgerald said as she opened her speech at the event. Fitzgerald entered the Army in 1978 as an Intelligence Analyst. After serving 10 years as an enlisted Soldier, she was accepted into the Warrant Officer Program and stationed at Fort Riley. She is a combat veteran of Operation Desert Storm where she was responsible for daily updates to the commanding general.



Brig. Gen. Patrick D. Frank, 1st Infantry Division and Fort Riley acting senior commander, presents Phyllis Fitzgerald, Junction City mayor, with a wooden “Big Red One” March 15 following the Women’s History Month observance at Riley’s Conference Center.

The National Women’s History Project, an organization of women that lobbied Congress in 1987 to designate March as National Women’s History Month, was founded in 1980.

During her speech, Fitzgerald detailed contributions made by such women as Lilly Ledbetter, an equal pay activist who overcame many challenges as she fought for equality as a manager at a tire factory. Ledbetter’s persistence brought the Lilly Ledbetter Fair Pay Act into law in 2009.

“The law loosens the time restrictions on filing discrimination

DID YOU KNOW?

- The National Women’s History Project, an organization of women who lobbied Congress in 1987 to designate March as National Women’s History Month, was founded in 1980.

cases, allowing the 180-day clock to reset every time an individual experiences an act of discrimina-

See WOMEN, page 14

MORE INFORMATION

- For more information about the youth groups available on the installation, call 785-370-5542.

Chapel youth groups a haven

On-post organizations offer safe, secure location for teenagers

By Maria Childs
1ST INF. DIV. POST

The staff of the Religious Support Office at Fort Riley offer many community resources to Soldiers and their families. One resource that is available is Club Beyond, a non-Department of Defense entity, coordinates the youth groups at Fort Riley as a non-federal, on-post organization.

John Malmquist, community director for Club Beyond, said the relationship between the RSO and members of Club Beyond is interesting because they cannot regulate the behavior of the club. However, they have to work closely to coordinate the community calendars.

According to Malmquist, Fort Riley is one of five installations in the United States with this kind of youth group available to middle and high school students exclusively. Club Beyond also exclusively serves military children.

“We are a faith-based ministry,” he said. “We walk alongside military kids understanding who they are. I was in the military and my wife was in the military and my kids were military dependents. So we understand the military — we understand the stresses of military life, the deployments. We understand all those things.”

Volunteers and those involved with Club Beyond meet once a week usually on Sunday afternoons following church. There are also small group Bible studies available throughout the week. Outside of normal programming, they participate in canned food drives, annual summer camps, service projects and more throughout the year.

“We don’t want to be a teacher,” Malmquist said. “We want to be a friend, so we try to develop friendships.”

Chaplain (Lt. Col.) Bill Sager serves as a liaison for Malmquist. Malmquist coordinates events through the chaplains including Sager and Chaplain (Col.) Timothy Walls, installation chaplain.

Sager describes the service of a youth group as “invalu-

See CHAPEL, page 14

Cars, coffee event perks up Soldiers’ interest on post



Sgt. Dasha Long, Headquarters and Headquarters Company, 2nd Armored Brigade Combat Team, 1st Infantry Division, and her 2010 Camaro SS Transformers edition turned plenty of heads March 19 at Cars and Coffee at Fort Riley’s Warrior Zone. The spark for the idea of a Cars and Coffee on Fort Riley came from Austin Acevedo, president of Junction City-based car club Pure Addiktion, who also was in attendance.

Car club members, truck, motorcycle riders fill out show

Story and photos by Derek Smith
1ST INF. DIV. POST

Cars and Coffee events have been popping up worldwide for more than a decade. The genesis of the movement is unclear, but the passion people hold for anything with wheels and an engine is unmistakable, and it was alive and well at Fort Riley’s Warrior Zone March 19.

This wasn’t the first Cars and Coffee event on Fort Riley. Event organizer Command Sgt. Maj. James Collins, Fort

“I’ve invested a lot of time and, unfortunately, a lot of money into it. But I love it a lot, so it’s worth it.”

PFC. CASEY SHEAN | 2ND ARMORED BRIGADE COMBAT TEAM, 1ST INFANTRY DIVISION

Riley’s garrison command sergeant major, helped organize the first last year.

“We did one in November and it was pretty good, and everyone was pretty interested,” he said. “So this is the first one this year.”

The spark for the idea of a Cars and Coffee on Fort Riley came from Austin Acevedo, the president of Junction City-based car club Pure Addiktion, who also was in attendance.

Acevedo was the first to suggest the idea of a Cars and Coffee on Fort Riley to Collins.

“Warrior Zone had a car show last year (in September), so I linked up with (Command) Sgt. Maj. Collins and said let’s do a Cars and Coffee every third Sunday,” Acevedo said. “From there we’ve been planning it.”

Twenty members of Pure Addiktion showed cars Sunday, along with several members of

other car clubs, as well as truck and motorcycle riders.

By Collins’ estimate, Sunday’s event attracted at least twice as many participants as in November. Several attendees were showing off their cars for the first time.

Spc. Cody Blakeney, 2nd Armored Brigade Combat Team, 1st Infantry Division, bought his 2011 Roush V-8 Mustang just two weeks ago and showed it for the first time Sunday.

“I had a 2013 — a little bit newer model of a car — but it was a V-6,” Blakeney said.

That was also a Roush Mustang, and Blakeney said he now has an addiction.

See CARS, page 12

FORT RILEY POST-ITS

KING FIELD HOUSE ROOF REPAIRS

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

USO INFORMATION

Spouse's Sip N' Chat Wednesdays from 9 to 10:30 a.m. and Saturdays at a new time 11 a.m. to noon
Family game night April 21 starting at 5:30 until 7:30 p.m.
Yoga class each Saturday 10:40 to 11:40 a.m.

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 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.

GET LUCKY FUN RUN

Staff of the Directorate of Family and Morale, Welfare and Recreation are hosting a fun run in celebration of St. Patrick's Day March 25 at Moon Lake.
The family-fun run wil have a costume contest and prizes.
Same day registration starts at 8 a.m.
Registration is \$7 per person the day of the race or \$5 per person in advance. For more information, call 785-239-4480 or visit riley.armymwr.com/us/riley.

FREE INCOME TAX PREPARATION AT FORT RILEY TAX CENTER

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

EXCEPTIONAL FAMILY MEMBER PROGRAM AND NEW PARENT SUPPORT SPRING FLING

Staff with the Exceptional Family Member Program and New Parent Support 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.

COMBINED GRADUATION CEREMONY

Fort Riley Soldiers, family members and civilian personnel who are graduating from one of the local colleges are eligible to participate in the Fort Riley Combined Graduation Ceremony at 1 p.m. at the Hilton Garden Inn and Conference Center in Manhattan, Kansas, May 25.
Local colleges include Barton Community College, Central Michigan University, Central Texas College, Hutchinson Community College, Kansas State University, Southwestern College, University of Mary and Upper Iowa University or Distance Learning college programs.
For more information or to determine eligibity, contact Monica Smith, education services specialist, at 785-239-6481.

FAMILY ENRICHMENT CLASSES

Personnel at Army Community Service are holding classes to help couples and parents have a stronger relationship, better communication and child safety knowledge.
ScreamFree Marriage
March 26 to 29, 10:00 a.m. to noon.
Become self-aware of your needs and wants and how to communicate those with your partner.
Happiest Baby on the Block & Newborn Safety
March 29, 9 a.m. to noon
This class will cover basic newborn care and safety.

COMMISSARY NUTRITION TOUR

A tour of the Commissary is being offered by a registered dietitian and nutritionist March 27 from 1:30 p.m. to 3 p.m. Those interested can meet in the produce department of the Commissary, near the grocery carts.
Space for the tour is limited. To reserve a spot, call 785-239-7644.

FORT RILEY REEL TIME THEATER MOVIE SCHEDULE

Friday, March 24
Fifty Shades Darker (R) 7 p.m.
Saturday, March 25
A Dog's Purpose (PG) 2 p.m.
John Wick: Chapter 2 (R) 7 p.m.
Sunday, March 26
A Cure for Wellness (R) 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.
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 1st.

FLAG FOOTBALL TOURNAMENT

A flag football tournament will be held April 29 at Long Fitness Center. There is a maximum of ten 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.



Derek Smith | POST
Spc. Cody Blakeney, 2nd Armored Brigade Combat Team, 1st Infantry Division, and his white 2011 Roush Mustang sits with it's hood open March 19 at Cars and Coffee at Fort Riley's Warrior Zone.

CARS Continued from page 11

"If I ever buy another Mustang, it'll be a Roush," he said.
First-timers were mixed with seasoned car show veterans, like Sgt. Dasha Long, of Headquarters and Headquarters Company, 2nd ABCT, 1st Inf. Div., who won September's car show with her orange and yellow 2010 Chevrolet Camaro SS Transformers edition.
Long has done a lot of the work on her car herself.
"The hand (painting), the interior, under the hood, I've only done the cold-air intake under the hood," she said.
"The yellow (paint) on the car and the wheels, and inside, I did hydro-dipping (painting by dipping into a tank), the

speaker, the cold-air intake and the mass air-flow sensor change, and that's about it."
Long sees her car as her hobby, and it's a hobby that turned a lot of heads during the event.
But Cars and Coffee isn't just about cars.
There were also trucks and motorcycles out in heavy numbers.
Pfc. Casey Shean, 2nd ABCT, 1st Inf. Div., showed off his 1999 Dodge Cummins diesel pickup, and while it may not have been as flashy as some of the other vehicles on the lot, it was clearly a passion of his.
"I've invested a lot of time and, unfortunately, a lot of

money into it," he said. "But I love it a lot, so it's worth it."
Spc. Lucas Amaya, 2nd ABCT, 1st Inf. Div., prefers two wheels to four, and spent his time showing his 2006 Kawasaki Ninja ZX-6R.
"Ever since I bought it, I can't get off it," he said. "I've always enjoyed life on two wheels."
Amaya isn't sure what attracts him to motorcycles exactly, but he thinks it may be the same thing that attracted him to the Army.
"Being in the military, it seems to me, we're always looking for that spark, that little extra rush," he said. "I find it in motorcycles."

COMMUNITY CORNER

Season to spring into activities

By Col. John D. Lawrence
FORT RILEY GARRISON COMMANDER

Spring is on the way. This will provide warmer weather, longer days and the opportunity to get outdoors and enjoy what the Flint Hills area has to offer for outdoor recreation.
With the season change, there are things we need to be aware of when we live in Kansas. Some are fun such as opportunities for outdoor adventures like hiking, biking, fishing and camping. Others can be hazardous like weather as well as some plants and animals who are less than friendly. You can download a copy of the Fort Riley Hazardous Animals and Plants guide at fortriley.isportsman.net/files/DOCUMENTS%2FActivities%2Fhazardous-animals-plants.pdf.

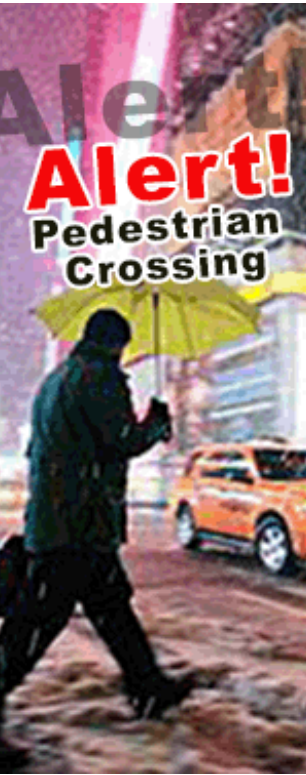


Colonel Lawrence

Fort Riley has several areas where you can participate in outdoor activities such as hiking the Kaw River Trail and around Moon Lake. You can also go fishing at Moon Lake. The environmental division monitors the fish population in Moon Lake and restocks as needed.
In the local area, there are several fishing locations such as Milford Lake, Tuttle Creek and Geary County Fishing Lake. For information on outdoor recreation on post, visit fortriley.isportsman.net. Those participating in outdoor recreation at Fort Riley should register at the isportsman website and check-in, and out, to ensure safety.
There are hiking and biking trails located around Junction City and Manhattan, Kansas as well as throughout the Flint Hills area. For more information about Kansas wildlife, parks and tourism visit ksoutdoors.com.
As you get outside and enjoy the spring weather, be

careful of harmful plants and animals. There are rattlesnakes that live mainly in wooded areas, ticks and the microscopic and annoying chigger.
Be mindful of the Kansas weather when preparing for outdoor activities. It can change frequently and quickly during the spring season. Be sure you wear the right type of clothing for the activity and the area you choose for recreation. Know what to do and where to go to seek shelter should severe weather such as lightning, hail or tornadoes occur.
For more information about preparing an emergency kit, check our readiness information at www.riley.army.mil/Community/Ready-Army.

— 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 Contemporary Protestant Service	239-0834
Sunday Worship.....	1100
Children's Church.....	1115-1215
Morris Hill Chapel Gospel Protestant Service	239-2799
Sunday School.....	0900
Sunday Worship.....	1100
Main Post Chapel Traditional Protestant Service	239-0834
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
Sunday	1430
Meditation Practice— Mon- Fri.....	1230
Open Circle Service	
Kapaun Chapel	239-4818
Fort Riley Open Circle— SWC 1st & 3rd Friday 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 <small>*Club Beyond is a Non-Federal Entity and is not part of the DoD or any of it's components and it has no government status.*</small>	
AWANA Meets Sundays, 1500-1700 Victory Chapel 785-239-0875	
Protestant Women of the Chapel (PWOC) Weekly Tuesday Meeting 0900-1130 & Evenings at 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	



ST. PATRICK'S DAY STROLL

ABOVE: Brig. Gen. Patrick D. Frank, 1st Infantry Division and Fort Riley acting senior commander, right, speaks to several runners from the 1st Inf. Div. following the St. Patrick's Day Marvin Hachmeister 10K run in Manhattan, Kansas, March 18. Frank completed the race with a time of 41 minutes, 24 seconds, taking 23rd place overall and 2nd place among males age 45-49.

RIGHT: Spc. Samuel Kosgei, Headquarters and Headquarters Battalion, 1st Infantry Division, crosses the finish line at the St. Patrick's Day Marvin Hachmeister 10K run in Manhattan, Kansas, March 18, winning the race with a time of 31 minutes, 35 seconds. Spc. Susan Tanui, a dental assistant with Dental Activity, was the first female runner to cross the finish line with a time of 39:49. Kosgei and Tanui were recently selected to the U.S. Army's World Class Athlete Program.

Photos by Chad L. Simon | 1ST INF. DIV. PUBLIC AFFAIRS



TUESDAY TRIVIA CONTEST



The question for the week of March 21 was: With the ever constant threat of severe weather this time of year, how can I sign up for AtHoc emergency and weather alerts?

Answers: <http://www.riley.army.mil/Community/Ready-Army/>
<http://www.riley.army.mil/Portals/0/Docs/Community/ReadyArmy/AtHocSignup.pdf>

This week's winner is Michelle Stein. She is the wife of Capt. Lincoln Stein, with the Headquarters and Headquarters Company, 1st Armored Brigade Combat Team, 1st Infantry Division.

In this photo are Michelle and Lincoln Stein.

CONGRATULATIONS MICHELLE!

Pesky parasites arriving early this year

Fleas and ticks already bugging pets around the country

BY K-STATE NEWS AND COMMUNICATION

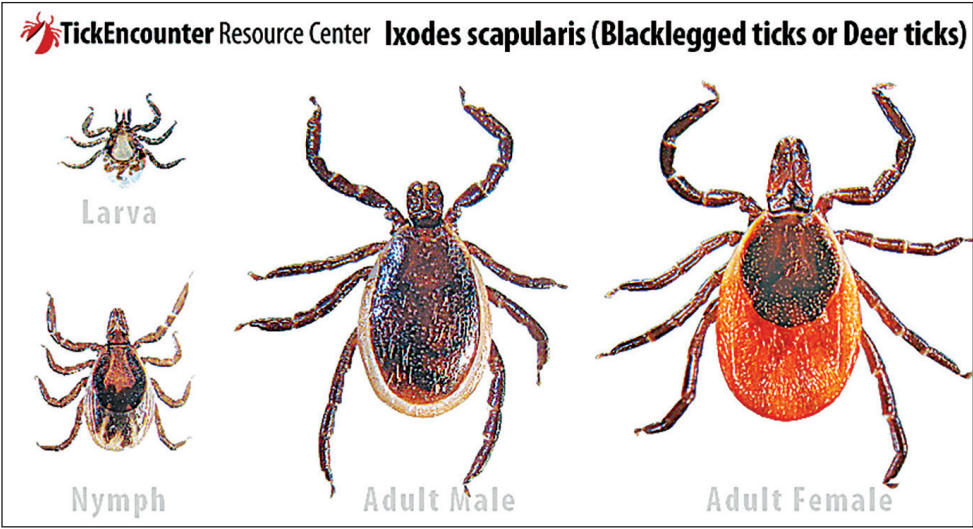
MANHATTAN — A mild winter and early spring in many parts of the country mean ticks and fleas are beginning to emerge, according to a Kansas State University veterinarian.

“The season for itching and scratching is here, and your pets will need your help to ensure they stay healthy and free of infestation,” said Susan Nelson, clinical professor at the university's Veterinary Health Center's Pet Health Center.

Last fall was a bumper year for fleas in Kansas, and although their numbers decrease during the winter months, they never fully go away, Nelson said.

“Wildlife and protected areas around building foundations keep flea reservoirs alive, which means your cat or dog is always at risk for acquiring this parasite, even during the winter months — and this year, even more so with our milder-than-usual winter,” Nelson said.

Fleas can cause uncomfortable allergic dermatitis in pets and are a source of tapeworm



COURTESY ART

infection as well, Nelson said. They also are a source for cat scratch fever and plague, which can cause serious illness, and even death, in people.

The Veterinary Health Center at K-State has already seen a few dogs bothered by ticks.

“One dog was even host to the Ixodes scapularis tick, also known as the deer tick, which carries Lyme disease,” Nelson said. “This tick has not been found in Kansas until recently, but its presence is not totally unexpected as other species of ticks have also been expanding across the U.S.”

Along with the ticks come the diseases they carry, Nelson said. The Veterinary Health

Center reported its first case of tularemia in a cat in February; typically, first cases aren't seen until March.

“This disease is most often seen in cats and can be life-threatening,” Nelson said. “It is also zoonotic, which means it can be passed to people from their pet. Ticks are also the carrier of another, and often fatal disease, in cats called Cytauxzoonosis.”

Two of the more common tick-borne diseases seen in dogs in Kansas are ehrlichiosis and Rocky Mountain spotted fever; but other diseases, such as anaplasmosis, Lyme and tick paralysis also can occur, Nelson said.

“As with the cat diseases, these diseases can cause serious and sometimes fatal illness in dogs,” she said. “It should also be noted that people can also contract several of these same diseases from ticks.”

The bottom line for all pet owners, Nelson said, is to use flea and tick protection on pets year-round as one bite is all it takes transmit these dangerous diseases. She also cautions to never use products for dogs on cats as they could be fatal to felines. Several safe and effective products are on the market, so Nelson recommends contacting the Veterinary Health Center at 785-532-5690 or your local veterinarian to find out what is best for your pet.



Cellphone use while driving is prohibited on post. Phone calls may be made only with a hands-free device. Texting is included in the ban. Failure to adhere to policy will result in a \$75 fine.

FAMILY GAME NIGHT



Kalene Lozick | POST

Fort Riley Soldiers and families play board games while spending time together at the Family Game Night hosted by volunteers of the USO Fort Riley March 17. The event is held monthly.

CHAPEL Continued from page 11

able.”

Sager generally attends Club Beyond events as an observer to ensure it is quality programming for teens. He said the teenagers love the atmosphere that Malmquist and his team of volunteers provide.

“They really appreciate it,” Sager said. “I went to their summer camp last year and John is in a Superman costume and a volunteer is in a Batman costume and the kids are just eating it up ... they understand what gets through to young people.”

Malmquist said he wants every parent and child to know they are striving to create an environment where the kids feel safe and appreciated.

“Club is a place where they matter,” he said. “As they invite you into your life, you get to see the good, the bad and the mask comes off and you get to speak into kids’ lives. We kind of help them walk through that point in their life.”

“Club is a place where they matter. As they invite you into your life, you get to see the good, the bad and the mask comes off and you get to speak into kids’ lives. We kind of help them walk through that point in their life.”

JOHN MALMQUIST
community director,
Club Beyond

For more information about the youth groups available on the installation, call 785-370-5542.

EVENTS FOR MONTH OF THE MILITARY CHILD

- **Family Pool Party, April 15 from 1 to 4 p.m. at Eyster Pool.** Families registered with CYSS can swim for free and use the new double flume slide and rock wall. Advance registration is required. To sign up, call 785-239-9885.
- **Family Movie Day, 11 a.m. April 22 at Barlow Theater.** Families registered with CYSS can view a children friendly movie for free. Popcorn and drinks are available at a discounted rate. Seating is limited to 400. Advance registration is required. Call 785-239-9885 to register.
- **Youth Basketball, April 7 from 6:30 to 11:45 p.m. at the Middle School Teen Center.** The event is free for Middle School Teen Center members and their guests. Middle school basketball is 6:30 to 8:30 p.m. and high school is 9 to 11:45 p.m.
- **Family Field Trip, April 29 from 8 a.m. to 6 p.m. at the Wichita Sports Forum, Wichita, Kansas.** Staff at CYSS will provide transportation to and from the Wichita Sports Forum in Wichita, Kansas, and families can choose from a variety of activities available there. Transportation is free, but families are responsible for all activity costs. Registration with CYSS is required. All youth must be accompanied by a parent or guardian. Limited to 50 participants. Advance registration is required. To sign up, call 785-239-9885.
- **Operation Megaphone Lock-In, April 28 from 7 p.m. to 7 a.m. at the Middle School Teen Center and School Age Center.** The overnight event for school age children will take place at Bldg. 5810 and the Middle School Teen Center youth event will be held at Bldg. 5800. Kindergarteners will be picked up by parents by 11 p.m. The cost for the event is \$15 for first to 12th grade and \$5 for kindergarten. Contact CYS Parent Central at 785-239-9885 to register and complete a permission slip.
- **Family Game Day, April 30 from 1 to 5 p.m. at the Community Center, 1002 W 12th St, Junction City, Kansas.** Staff of CYSS partner with personnel in Junction City, Kansas, for a day of basketball, ping pong and board games. Light refreshments available.

KIDS Continued from page 11

School track field. On-site registration begins at 7:45 a.m. Events include 100-meter dash, 200-meter dash and 400-meter dash open to ages 5 to 18, as well as a 2-mile fun run open to all ages. Advance registration is \$7 per person or \$10 per family of four. On-site registration is \$10 per person or \$15 per family of four. For more information, visit riley.armymwr.com or call 785-239-4480.

“The Kidsfest event and the parade are two of our favorite yearly celebrations,” Knapp said. “The support and atten-

dance for these events highlights how much our community cares for our Fort Riley families because more than two million American children have seen a parent deploy at least once, the strength and resilience of our Army children and youth is worth celebrating.”

To learn more about Month of the Military Child events, review the information box beside the article or pick up a copy of the Spring Edition of The Guide published by the Directorate of Family and Morale, Welfare and Recreation or view it online at riley.armymwr.com.



Photos by Spc. Elizabeth Payne | 19TH PUBLIC AFFAIRS DETACHMENT

LEFT TO RIGHT: Brig. Gen. Patrick D. Frank, 1st Infantry Division and Fort Riley acting senior commander, Junction City Mayor Phyllis Fitzgerald and Lt. Col. Andrew Beyer, 1st Combat Aviation Brigade, 1st Inf. Div., rear detachment commander, cut the cake for Women's History Month at Riley's Conference Center March 15.

WOMEN Continued from page 11

tion,” Fitzgerald said. Prior to this change, employers were able to hide pay discriminations long enough to keep women unaware of the unequal pay until it was too late to file a complaint.

Fitzgerald then highlighted present-day leaders and female trailblazers at Fort Riley. Among those mentioned were Lt. Col. Julie Maxwell, the 1st Inf. Div. Sustainment Brigade support operations officer in charge; Sgt. 1st Class Sheneida Harvey, human resources noncommissioned officer in charge of personnel assigned to 1st Inf. Div.; and Dianne Peters, Civilian Personnel Advisory Center director.

“Our military women have done so much and have broken through so many barriers along the way, all done in great pride and determination,” Fitzgerald said.

Master Sgt. Laura R. Moore, senior career counselor with 2nd Armored Brigade Combat Team, 1st Infantry Division, and master of ceremonies for the observance,



Spc. Florida Rodriguez, a flutist with the 1st Inf. Div. Band, plays March 15 during the Women's History Month observance at Riley's Conference Center. Rodriguez is the jazz ensemble's newest member. Rodriguez joined the Army in December 2014 and is working on her masters in music performance and plans to go on to complete a Ph.D. in music so she can teach.

said she believes her job gives her the opportunity to guide Soldiers through hurdles and help them achieve their goals in all of their endeavors.

“We as a society focus on success being that there is never failure,” Moore said. “But without failure, we never succeed.”

Music at the women's history observance was per-

formed by the 1st Infantry Division jazz ensemble. Spc. Florida Rodriguez, flutist, 1st Inf. Div. Band, is the ensemble's newest member.

Rodriguez is working on her masters in music performance and plans to go on to complete a Ph.D. in music so she can teach and help music students earn their bachelors

in the field. Her reason to serve her country and care for people echoes the purpose of the Women's History Month.

Rodriguez said she feels it is her role is to support, encourage and challenge young women.

“When we play at the schools, and little girls come up to me, some of whom play the flute, and say, ‘you're really good and I want to be just like you when I grow up,’ I feel really good,” Rodriguez said.

“It lets me know I am in the right place, doing what I can do to help others,” Rodriguez said.

Fitzgerald thanked the division's Equal Opportunity staff for inviting her to speak.

“There are still trails to blaze and it is mine and your responsibility to continue to work on blazing those trails,” the mayor said. “It is our responsibility to continue to break down those mindsets, walls and ceilings because the dreams and opportunities are unlimited and reachable.”

Month of the Military Child

APRIL IS CHILD ABUSE PREVENTION MONTH

FORT RILEY OUTDOOR KIDS MONTH • APRIL 1-30 • OUTDOOR RECREATION CENTER
Get your passport and complete at least five family fun activities to register for awesome prizes!

PARENTS' NIGHT OUT • SATURDAY, APRIL 1 • 6-11PM
Saturday-night child care! Flat rate of \$20 per child, or use your deployment benefits. Register by March 29.

REGISTRATION OPENS FOR YOUTH SPORTS START SMART T-BALL AND START SMART LACROSSE WEDNESDAY, APRIL 5 • CYS PARENT CENTRAL
T-Ball for ages 3-4; \$25 per child. Lacrosse for ages 5-7; \$25 per child. Seasons run May 23-June 29. Registration closes May 17.

YOUTH BASKETBALL • FRIDAY, APRIL 7 • 6:30-11:45PM • CUSTER HILL YOUTH CENTER
Open to MST members and their guests in 6th-12th grades. Middle schoolers play 6:30-8:30pm; high-schoolers from 9-11:45pm.

MOMC FAMILY BOWLING DAY • SATURDAY, APRIL 8 • NOON-3PM • CUSTER HILL BOWLING CENTER
CYS is hosting a Family Bowling Day for Fort Riley families and their guests! Free bowling from noon-3pm. Shoe rental is not included. Lanes available on a first-come, first-served basis. For information, call (785) 239-9885.

FRG CHILD CARE • TUESDAY, APRIL 11 • 6:30-8:30PM
Tuesday-night child care for any reason. Rate of \$4 per hour, per child, or use deployment benefits. Register by April 7.

MOMC PARADE • FRIDAY, APRIL 14 • 10AM • ARTILLERY PARADE FIELD
CYS children and members of the community parade from Artillery Parade Field to Calvary Parade Field. Join the fun or come out to line the streets in support of our military children.

"SCREENAGERS" SHOWING • FRIDAY, APRIL 14 • 6PM • CUSTER HILL YOUTH CENTER
All Central Flint Hills Region middle and high school students, parents and educators are invited to attend the free showing of "Screenagers: Growing Up in the Digital Age," which explores the effect technology has on children and youth in the United States.

BRO YOUTH TRACK MEET & PETER RABBIT FUN RUN • SATURDAY, APRIL 15 • 9AM • FORT RILEY MIDDLE SCHOOL
Youth track competition in 100-meter dash, 200-meter dash and 400-meter run, followed by a 2-mile fun run. Youth competition open to ages 5-18, with seven age subcategories; fun run is open to all. Registration costs and information at riley.armymwr.com. For details, call (785) 239-4480.

EASTER BOWLING • SATURDAY, APRIL 15 • 11AM-6PM • CUSTER HILL BOWLING CENTER
\$35 per lane for two hours of unlimited bowling with shoes, one large 1-topping pizza and two pitchers of soft drink, for up to six. Bring your camera for Easter Bunny photos. Easter egg hunt for participants starts at 3pm. For more information, call (785) 239-4366.

EASTER PARTY • SATURDAY, APRIL 15 • 1-3PM • FORT RILEY POST LIBRARY
Meet the Easter Bunny and enjoy crafts and snacks, while supplies last. Don't forget your camera! Call (785) 239-5305 for details.

MOMC FAMILY POOL PARTY • SATURDAY, APRIL 15 • 1-4PM • EYSTER POOL
CYS presents a free afternoon of recreational swimming fun! Open to CYS-registered families. Outside food and beverage welcome in the party room. Advance registration required; call (785) 239-9885 or sign up on WebTrac.

PARENT & CHILD ART CLASS • SATURDAY, APRIL 15 • 1-4PM • ARTS & CRAFTS CENTER
Craft with your child! April's project is wooden frame painting. \$8 per person. Must register in advance. Call (785) 239-9205 for information.

OPEN REGISTRATION FOR SCHOOL-AGE AND MST SUMMER CAMPS BEGINS • MONDAY, APRIL 17
Join us this summer for lots of fun adventures. Youth will be able to participate in various field trips around Kansas, swimming, robotics and other fun-filled activities. Spaces are limited.

BUBBLE GUMPIES • SATURDAY, APRIL 22 & SATURDAY, APRIL 29 • 9-10AM • EYSTER POOL
Aquatic fun and learning for ages 6 months-5 years. Water safety instruction for 20 minutes, followed by 40 minutes of water play. Parents must be in the water with child. \$5 per family. For more information, call (785) 239-4854.

FAMILY MOVIE DAY • SATURDAY, APRIL 22 • 11AM • BARLOW THEATER
CYS-registered families will enjoy a child-friendly movie at no cost and will be able to purchase popcorn and drinks at a special discounted rate. Seating is limited to 400. Advance registration required; call (785) 239-9885 or sign up on WebTrac.

KIDS' FISHING DAY • SATURDAY, APRIL 22 • NOON-4PM • MOON LAKE
Kids 15 and under fish free during this fun, family-friendly event! No fishing license required for youth. Rods, bait, tackle and snacks provided. For more information, call (785) 239-2363.

FAMILY FUN SWIM • SATURDAY, APRIL 22 & SATURDAY, APRIL 29 • 1-4PM • EYSTER POOL
Take on the Wibit inflatable obstacle course, the double flume slide and the climbing wall, plus open recreational swim. Toddler slide for the little ones. Cost is \$10 per family, up to six members, or \$5 per individual. For more information, call (785) 239-4854.

COOKIES AND CANVASES • SATURDAY, APRIL 22 • 2PM, DOORS OPEN AT 1PM • RILEY'S CONFERENCE CENTER
A family-friendly painting event. \$15 includes supplies, instruction and a snack. Advance ticket purchase recommended. For details, call (785) 784-1000.

FAMILY FIELD TRIP • SATURDAY, APRIL 29 • 8AM-6PM • WICHITA SPORTS FORUM
CYS will provide transportation to the Wichita Sports Forum, where families will be able to choose their own fun from a variety of activities. CYS registration is required. All children and youth must be accompanied by a parent or guardian. There is no cost for the transportation, but families will be responsible for payment for the day's activities. Limited to the first 50 participants. Advance registration is required. Call (785) 239-9885 or sign up on WebTrac.

OPERATION MEGAPHONE LOCK-IN • SCHOOL-AGE CENTER LOCK-IN • FRIDAY, APRIL 28 • 7PM-7AM
Overnight fun for registered youth. The event for school-age children will take place at Bldg. 5810, and the MST youth event will be held at Bldg. 5800. Kindergarteners will be picked up by parents by 11pm. The cost for the event is \$15 for students in 1st-12th grades and \$5 for Kinders. Contact CYS Parent Central to register and complete the permission slip.

LIBRARY MOVIE NIGHT: TROLLS • SATURDAY, APRIL 29 • 6:30PM • FORT RILEY POST LIBRARY
Enjoy a free, family-friendly movie at the library ... popcorn included!

FAMILY GAME DAY • SUNDAY, APRIL 30 • 1-5PM • 12 STREET COMMUNITY CENTER, JUNCTION CITY
CYS partners with Junction City for a day of fun featuring basketball, ping pong and board games. Light refreshments available ... kickball, too, depending on Kansas weather!

Kidsfest

Sunday, April 2 • Noon-3pm
Riley's Conference Center

Don't miss the opening celebration for Fort Riley's Month of the Military Child festivities!

Static displays, small activity stations, character performances, instructional program demonstrations, informational booths and free food!

FAMILY BINGO

Saturday, April 29 • 2pm
Riley's Conference Center
Info: (785) 784-1000
Adults: \$12 • Children: \$7
Adults win cash, kids win prizes!

For more information, call CYS Parent Central at (785) 239-9885, visit us online at riley.armymwr.com, or find us on Facebook at facebook.com/rileycys.





Members of the Fort Riley Stroller Warriors running group use the indoor track at Whitside Fitness Center March 14, at Fort Riley. Some of the runners did an endurance run while others were working on a “couch to 5K” training program.

Running like a Warrior

Stroller Warriors roll out at Fort Riley

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

“We’re military spouses, we’re runners, we’re Stroller Warriors.” That is the slogan for a new spouses support group, a running club, at Fort Riley.

The Fort Riley Stroller Warriors chapter had their first workout last October, said Christie Langevin, Fort Riley Stroller Warriors coordinator and founder.

“Within that first week we had 100 members on our Facebook page,” Langevin said. “We had 14 at our first workout. Some were people I had run with before. Some, like Jessica (Rodriguez, wife of Capt. Christopher Rodriguez, Company C, 101st Brigade Support Battalion, 1st Armored Brigade Combat

Team, 1st Infantry Division), had never run before.”

The Stroller Warriors group was started at Camp Lejeune, North Carolina, in 2010 by Stephanie Geraghty, wife of a U.S. Marine. She ran competitively in high school and at the University of Kansas, according to the Stroller Warrior official webpage. The spouses’ running club now has a chapter at nearly 40 military installations in the U.S. and overseas.

“Over the years, I have ran my way through the births of my three children, deployments, PCS (permanent change of station) moves and just regular, everyday life,” Geraghty said on the Stroller Warrior site. “Training and running races provide a positive source of focus and accomplishment, plus

an effective outlet to balance the challenges military life presents. I believe that many problems can be solved and friendships can be nurtured just by heading out the door on a run.”

Though Geraghty may be an experienced and accomplished runner, it is not a requirement for a runner to be like her to become a member of the group. Langevin was introduced to the group when her husband, Spc. John Langevin, 1st Engineer Battalion, 1st ABCT, 1st Inf. Div., was stationed at the Defense Language Institute Foreign Language Center at Presidio, Monterey, California, in 2015.

“I was pretty new to running at that point,” Langevin

See WARRIORS, page 16



Members of the Fort Riley Stroller Warriors running group run on an indoor track inside Whitside Fitness Center March 14, at Fort Riley. Some of the runners did an endurance run while others were working on a “couch to 5K” run program.

‘Durable’ brigade names 2017 Tammie Romstad award winner from K-State Women’s basketball teams

Story and photos by Staff Sgt. Aaron P. Duncan
1ST INF. DIV. SUST. BDE.

The commander of the 1st Infantry Division Sustainment Brigade, Col. Allen T. Cassell, presented Kayla Goth the Tammie Romstad Durable Award during the Kansas State University women’s basketball awards banquet March 12 at the West Stadium Center in Manhattan, Kansas.

Goth is a 6-foot 1-inch guard from DeForest, Wisconsin, and just the second Wildcat player from that state in the program’s 48-year history.

The Tammie Romstad award is part of the partnership between the team and the 1st Inf. Div. Sust. Bde., and is awarded to the player who best represents what it means to be a “Durable” Soldier and teammate, according to presenter’s at the banquet. It was named after Tammie Romstad, a former Kansas State women’s basketball star whose jersey was retired in 2009 when she was inducted into the Kansas State Athletics Hall of Fame. This was Goth’s second consecutive time winning the award.

The significance of being recognized by her teammates, school and the brigade was not lost on her.

“It feels awesome,” Goth said. “It is something that you can really take to heart because there is a lot of meaning behind it.”

On the basketball court, Goth proved to be a valuable member of the team this year. Even with an injured shoulder most of the season, she managed to play 31 games, making career highs in several categories. When her team needed her the most, she was there leading the Wildcats with an average 18.5 points in the 2017 Big 12 Championship Tournament. She was instrumental in the team’s first round defeat of Iowa State, scoring a career-high 25 points. However, her stats were not what earned her the award.

“The award is not about the stats on the court, it is about everything else that makes that player such a special and durable player,” Cassell said. “It is about the intangibles; the commitment to the game, the commitment to her teammates and to her team.”

The partnership between the team and the Durable brigade goes back to 2009 when it was first formalized. Since then, the relationship has grown through events like the basketball clinics and includes Soldiers standing on the sidelines for the team’s season-opening games.

“The award is not about the stats on the court, it is about everything else that makes that player such a special and durable player.”

COL. ALLEN T. CASSELL

COMMANDER OF THE 1ST INFANTRY DIVISION
SUSTAINMENT BRIGADE



The commander of the 1st Infantry Division Sustainment Brigade, Col. Allen T. Cassell presents the Tammie Romstad Durable Award to Kayla Goth during the women’s basketball banquet March 12 at the West Stadium Center in Manhattan, Kansas.

“Each year we hear the team and the staff rave about their experiences and their interactions with the great folks at Fort Riley and it’s equally rewarding to see those families and Soldiers come

over and experience K-State women’s basketball games,” said Brian Smoller, the master of ceremonies and K-State’s director of video services, during the ceremony.

Patton still inspires Soldiers

By Tim Higgs
U.S. ARMY INSTALLATION
MANAGEMENT COMMAND

POMONA, California — Nearly 105 years after competing in the inaugural Olympic Modern Pentathlon and half a century after leading U.S. troops through World Wars I and II, one of the Army’s greatest military leaders continues to inspire Soldiers.

Gen. George Smith Patton Jr., the lone American to compete in the inaugural Olympic Modern Pentathlon at the 1912 Olympic Games in Stockholm, Sweden, was posthumously inducted Feb. 23 into the Union Internationale de Pentathlon Moderne Hall of Fame.

Patton, then a 26 year-old lieutenant, finished fifth in the Olympic event that consists of fencing, swimming, pistol shooting, equestrian show jumping and cross country running. His hall of fame induction highlighted the opening ceremony for the 2017 World Cup 1 pentathlon competition at the Los Angeles County Fairplex Park.

“He motivated many young officers to compete and train in pentathlon,” said H.C. Klaus Schormann, president of the Union Internationale de Pentathlon Mod-

erne. “We saw him after the war as a civilian person loving sport, supporting sport and based on his achievement, we awarded him.”

Col. J.J. Love of the U.S. Army Installation Management Command delivered the acceptance speech for Patton.

“As I accept this distinguished award for Gen. Patton, I realize that great success is always based on great support and partners,” Love said. “I would like to thank the entire team at USA Modern Pentathlon for their leadership and outstanding support to the U.S. Army. Your support of Army athletes and the Army World Class Athlete Program allows outstanding young Soldiers to achieve their lifelong dream of becoming Olympians.”

Several Soldier athletes and coaches from the U.S. Army World Class Athlete Program attended the ceremony, including 2012 Olympic modern pentathlete and 2016 coach Staff Sgt. Dennis Bowsher, 2016 Olympian Sgt. Nathan Schrimsher and 2020 Olympic hopeful Sgt. Logan Storie.

“It was an honor and a special thing for me competing in the Olympics 100 years after he had,” Bowsher said.

See PATTON, page 16



Paralympic champion inducted into hall of fame

Story and photo by Tim Hipps
U.S. ARMY INSTALLATION
MANAGEMENT COMMAND

WASHINGTON — Paralympic swimmer Sgt. Elizabeth Marks, a combat medic assigned to the United States Army World Class Athlete Program, was inducted into the U.S. Army Women's Foundation Hall of Fame on International Women's Day.

Marks won gold and bronze medals at the 2016 Paralympic Games in Rio de Janeiro, struck gold four times at the 2016 Invictus Games in Orlando, and received the Pat Tillman Award for Service at the 2016 ESPYs in Los Angeles.

On March 8, Marks was one of seven Soldier Olympians and Paralympians among the U.S. Army Women's Foundation 2017 Hall of Fame inductees at the Rayburn House Office Building in Washington.

"In the face of life-changing injuries, they have been tested and challenged, but they have not been defeated," retired Lt. Col. Jenelle Roberts said before naming the Soldier athletes. "They exemplify the triumphs of the human spirit. While their journeys and struggles may differ, they all have the same fundamental core of strength, resilience and perseverance, which made them successful Soldiers and world-class champions."

Cyclists Shawn Cheshire, Shawn Morelli and Jennifer Schuble, sitting volleyball player Kari Miller, and para-triathletes Melissa Stockwell and retired Col. Patricia Collins joined Marks in the athletic portion of the class of 2017.

Marks underwent triple surgery for bilateral hip injuries

sustained in 2010 while serving as a combat medic in Iraq, which led to rehabilitation in the swimming pool at Joint Base San Antonio-Fort Sam Houston. Her resilient determination to return "fit for duty" resulted in a Paralympic swimming career that led to world-record times and gold-medal success.

Along the way, however, Marks nearly died in London in 2014 after contracting an upper respiratory infection while traveling to the inaugural Invictus Games. The infection led to a medically-induced coma that lasted nearly a month. She recovered to not only win four gold medals at the 2016 Invictus Games but set a Paralympic world record in the women's SB7 100-meter breaststroke.

In spite of her many successes, Marks said she never imagined that she "would find myself in a room with such accomplished women."

"It's very humbling, and it's a lot to digest," said Marks, 26, a native of Prescott Valley, Arizona, who is stationed at Fort Carson, Colorado. "I'm sure I'll wake up in the morning and feel just as awed and inspired as I did this evening."

Retired Command Sgt. Maj. Cynthia Pritchett, First Vice President of the U.S. Army Women's Foundation, raved about Marks' performance earlier in the day on the "Army Experiences of Extraordinary Women" panel discussion at the U.S. Capitol.

Marks said she was humbled by the praise.

"She has been an incredible sergeant major that paved the way for a lot of women," Marks



LEFT TO RIGHT: Paralympic triathlete and retired Army Col. Patricia Collins, Paralympic cyclist Shawn Cheshire, and Paralympic swimmer Sgt. Elizabeth Marks of the U.S. Army World Class Athlete Program, were inducted into the U.S. Army Women's Foundation Hall of Fame on March 8 at the Rayburn House Office Building in Washington, D.C.

said. "For her to even know my name is an honor."

Congresswoman Rep. Tulsi Gabbard, a major in the Army National Guard who serves on the House Armed Services Committee and the House Foreign Affairs Committee, welcomed the recipients to Washington and offered advice to the military women assembled for the ceremony.

"It's so great to be able to be here to join all of you sisters and brothers in arms, especially on this day — International Women's Day," Gabbard said. "What better way to recognize International Women's Day than by celebrating so many great women who have and continue to exemplify leadership, courage and service to the core of their very being."

"Don't discount what you bring to the table and how much appreciation there is for your service and for your leadership, both in the uniform and at whatever point you lay down that uniform," Gabbard said.

Marks was grateful to be considered as a panelist as well as a Hall of Fame inductee.

"I sat on a panel with extremely impressive women that held a lot of rank from a lot of years of service," she said. "I hope that I can continue that legacy and that I bring them the respect that they deserve. I am in awe that they thought me worthy of this, and I will cherish it."

"It will be a memory and something that I look back on that inspires me for a long time."

WARRIORS Continued from page 15

said. "I had never run with anyone other than my husband so I thought this might be cool. From the very first workout it was wonderful to meet Army and military spouses. It was great for me to make friendships that way. Also for my kids to meet kids their age so they had kids to play with."

Despite the name and group logo, runners do not have to have a stroller or even a child to be a member. According to Langevin, members do need to have access to Fort Riley and have a running goal to be a member.

"The only requirement that we have is that you have goals for running because we are a running group," Langevin said. "Which is why we have

the 'couch to 5k.' It is for people who may not have ever run before or for people who have run, but may have had kids and are now trying to get back into it. It is great because it is a run/walk program."

The group meets Tuesday and Friday mornings for a run followed by short strengthening workout. The Tuesday workout is on post and the Friday workout is held in Manhattan, Kansas. Typically the workout lasts from an hour to an hour-and-a-half. All workouts are held at a playground area.

"It is nice because other programs you can join and it may be free, but no children are allowed," Jessica Rodriguez said. "It is a time crunch, and then you

have to find day care or a babysitter so it incurs another cost. To have this group, and be allowed to bring your kids, it is nice."

Rodriguez admits it can be hard for her to make new friends, but the Stroller Warriors ensures she will meet other spouses who know what military life is like.

"We are all in the military — we are all in the same boat," Rodriguez said. "We know how it is with the busy lives and the kids. It just builds good camaraderie."

Rodriguez and her husband have been at Fort Riley for a few years and are expecting a move within the next year.

"If we go somewhere else, the first thing I will look for is if they have a Stroller Warriors," she

said. "I will be kind of sad leaving this group, knowing I have jumped in and given it my all."

Stroller Warrior groups provide support for members, but each chapter is encouraged to give back to their community through monthly events.

"Each month we have a global event," Langevin said. "In January we did Operation Gratitude. It is military, but it also for those that are first responders. For that we didn't do anything monetary, we posted about it so people could be aware of it. Then on that day we donated our miles to the group."

Operation Gratitude is a nonprofit organization that sends care packages to veterans, first responders and

service members. The group's next global event will support the American Red Cross.

"For the American Red Cross, going and giving blood is something easy to do," she said. "The Red Cross supports the military wonderfully. They are always there to help out. The global events aren't always about getting your money. We have not done that yet because we are still a small chapter. It is more about raising awareness of these groups out there that give to the military and community so we want to give back to them."

For more information about the Fort Riley Stroller Warriors, email stollerwarriorsfortriley@gmail.com.

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"He competed in 1912 and I competed in 2012. Patton was a Soldier in the Army, I was a Soldier in the Army, so that was a neat feeling and quite an honor to still be involved in the sport to see Gen. Patton get inducted to the hall of fame."

Bowsher tried to imagine what Patton would have said had he been able to attend the ceremony.

"He'd probably drop us and make us do pushups, just so we can get on his level," Bowsher said. "I think he would be proud that there's still military involvement in the sport. He was the first athlete to compete in pentathlon in the Olympics and he was the only American and he was military, so I think he would be proud to see that military tradition is still there."

Storie, a four-time All-Southeastern Conference swimmer at the University of Florida who already set two modern pentathlon world records as a Soldier in the pool, thought Patton's induction was monumental for the sport.

"Seeing Gen. Patton get inducted to the hall of fame is probably one of the greatest things for our sport," he said.

"Gen. Patton is one of the greatest generals in U.S. military history, and to know that he was a modern pentathlete just shows how diverse he was in war and in sports. To be able to do these five sports is not an

easy feat, and to do them at the level he did is amazing."

Schrimsher, who recited the athletes' pledge during the World Cup season-opener in Pomona, finished 11th in the men's modern pentathlon event at the 2016 Rio Olympic Games.

"Being an Olympian and a Soldier doing the same sport as a man like Patton, who history remembers, there are not too many words to describe it," Schrimsher said. "It's just amazing, and it's such a cool legacy to follow. I hope I can have a footprint on history, too."

Patton is perhaps best known for his aggressive and decisive campaigns against the German Nazi forces during World War II. He went on to become a four-star general and one of the most successful field commanders in military history.

"It's also an honor for me to accept this award because Gen. Patton was an armored cavalry officer, of which I am, as indicated by the yellow on my hat, the yellow on my cords, and the spurs on my shoes," Love said while displaying a boot to the audience at the Fairplex Farm. "The Olympic movement and modern pentathlon played a significant role in Lt. Patton going on to become a fierce leader and one of the greatest leaders in military history."

"Gen. Patton led and commanded Soldiers in combat



Tim Hipps | U.S. ARMY INSTALLATION MANAGEMENT COMMAND Col. J.J. Love from the U.S. Army Installation Management Command displays the spurs of a cavalry Soldier during his acceptance speech for Gen. George Smith Patton Jr.'s induction into the Union Internationale de Pentathlon Moderne Hall of Fame Feb. 23 at the Fairplex Farm in Pomona, California.

from company-level to Army-level commands, and as many of you are probably aware was featured in a Hollywood film, "Patton," in 1970, starring George C. Scott."

The movie won seven Academy Awards, including best actor and best picture, making Patton one of the world's most well-known military leaders.

"It's a great honor to receive this for Gen. Patton," Love reiterated. "He was one of the pioneers of Soldier athletes, competing in the first modern Olympic games in 1912 and paving the way for the support that we have now for the Army, not only in modern pentathlon,

but the rest of the Olympics. It's a great nod to Soldier athletes who have competed in the Olympics throughout the years."

Love concluded his speech by once more emphasizing how honored he was to accept the award.

"In closing, I could not be more proud to accept this prestigious award on behalf of Gen. Patton, his family, the U.S. Olympic Committee, and the United States Army," he said. "Army Olympians and Soldiers serving around the world, together we are and will continue to help support the Olympic movement."





LINDSBORG

PHOTOS COURTESY OF THE LINDSBORG CONVENTION AND VISITORS BUREAU

The Smoky Valley Classic Car Show in Lindsborg, Kansas, is held the first Saturday in August and this year will be Aug. 5. The event takes place in Swensson Park and there will be more than 100 classic cars. Shown here are two previous entries with Coronado Heights castle as the backdrop.

By Patti Geistfeld
1ST INF. DIV. POST

South of Salina, Kansas, a short distance off Interstate-135 along the Prairie Trail Scenic Byway, is a small town steeped in Swedish culture — Lindsborg, Kansas.

Residents of the community preserved the ancestry and culture of the original Swedish settlers. A trip to Lindsborg brings visitors close to opportunities for authentic Swedish festivals, cultural experiences, merchandise, food and artwork.

Visitors can spend a day browsing through quaint shops and enjoying a taste of Swedish food or attending one of the upcoming festivals.

Lindsborg will celebrate the seventh International Våffeldagen or Waffle Day March 25. It started as a religious holiday connected with the Feast of the Annunciation or Vårfrudagen. The day's name "Vårfrudagen" morphed into a word that sounded like Våffeldagen

meaning waffle. Over the centuries, Våffeldagen went international and has become a celebration of spring and fun with friends through waffles. The local celebration features "waffle people" who walk the streets with greetings for everyone. It is a day to celebrate the end of winter and the beginning of spring combined with fun and waffles.

Another reason to visit one of the finalist in the 8 Wonders of Kansas History contest — the 1898 Smoky Valley Roller Mill is put into operation once a year for the annual Millfest hosted by the McPherson County Old Mill Museum complex in south Lindsborg. Experience the life of Swedish pioneers in the 1800s who were leaving home to travel some 5,000 miles to create new lives and preserve vital culture. Watch as artists demonstrate traditional crafts such as woodcarving and basket weaving or learn about the pioneer-era work ethic.

The Old Mill Museum preserves the early heritage of McPherson County. The museum collects, preserves, researches, exhibits and interprets materials related to this heritage with special emphasis on the period from 1870 to 1910. Tour the Swedish Pavilion from the 1904 St. Louis World's Fair, housing the quilt show sponsored by the McPherson Quilt Guild.

This year, the festival is May 6 from 9 a.m. to 5 p.m. and, May 7 from noon to 5 p.m. Admission for Millfest is \$2 for adults, \$1 for age's 6 to 12 and under 6 are free. Admission includes a mill tour for those ages 13 and above. A viewing area outside the mill is available for those under 13 with the option to tour the mill after 5 p.m. when the machinery is turned off. Both days, enjoy barbecue and homemade ice cream. On Sunday afternoon, take a free carriage ride around the area.

"Millfest is a great place to learn about our heritage

and have fun doing it," said Convention Bureau Visitor Director Holly Lofton. "Those who've been here will tell you it is amazing to see this old mill come to life. With live music, a quilt show, arts demonstrations and great food, it's a wonderful event for the whole family."

Three miles outside Lindsborg is Coronado Heights Park and castle. It is listed on the National and Kansas Registries of Historic places and voted as one of the 8 Wonders of Kansas Geography by members of the Kansas Sampler Foundation. It rises 300 feet above the Smoky Hill River Valley and is a natural habitat of wildflowers, grasses and wildlife. Due to the height, it provides a good view of Kansas sunrises, sunsets and changing weather. The park is open from sunrise until 10 p.m. daily.

These, as well as other events and attractions, are available in Lindsborg. For more information visit www.lindsborgcity.org.



The 1898 Smoky Valley Roller Mill is put into operation once a year for the annual Millfest. The festival is May 6 and 7. The event features Americana folk music provided by regional musicians, a quilt show, local artisans and food.



Lindsborg's "waffle people" greet visitors at the Lindsborg Våffeldagen or Waffle Day. This year the event is March 25. The residents dress in waffle costumes to roam the community bringing greetings and laughter.



ABOVE: Spc. Shell, a Fort Riley box turtle, checks out this photo of children enjoying waffles at Lindsborg Våffeldagen or Waffle Day. The event is March 25 from 6 a.m. to 4 p.m. Visitors can enjoy waffles, savories and sweets, waffle games and waffle photo ops around town.

BELOW: The Coronado Heights run takes place each year in October and starts in downtown Lindsborg. There is a 15K, 5K 1 mile youth run and 2 mile fun walk. The race for 2017 will take place Oct. 14. The 15K is composed of a flat, scenic country-road course with Coronado Heights hill a the heart of the race. It is a demanding course so participants should train accordingly.

