



THE 1ST INFANTRY DIVISION POST



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FRIDAY, APRIL 7, 2017

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FORT RILEY, KANSAS



Troopers from the 1st Squadron, 4th Cavalry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, cut cakes during a celebration ceremony for the squadron's 162nd anniversary at the Camp Hovey, South Korea, physical fitness center March 24. During the cake-cutting ceremony, Sgt. Arvin Lopez (second from left), the oldest trooper within the squadron, and Pfc. Andrew White (third from left), the youngest, joined in cutting the cakes with their senior leaders, Lt. Col. Brad Laauwe, (far left) and Sgt. Maj. Travis Wirth.

A Time to Celebrate

'Quarterhorse' Soldiers celebrate squadron's 162nd anniversary

Story and photo by Sgt. Dasol Choi
1ST ABCT PUBLIC AFFAIRS

CAMP HOVEY, South Korea — Troopers from 1st Squadron, 4th Cavalry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, celebrated the squadron's 162nd anniversary at the Camp Hovey, South Korea, physical fitness center March 24.

Since the 1st Sqdn., 4th Cav. Regt., was organized on March 26, 1855, at Jefferson Barracks in Missouri, the regiment and its troopers have participated in several campaigns during the Civil War, World War II, the Vietnam War and the Gulf War.

To commemorate the historic legacy of the regiment and the squadron, troopers from the "Quarterhorse" squadron hosted a celebration ceremony while on a nine-month rotation in South Korea.

"This legacy that has been earned through the blood, sweat and tears of those troopers that have gone before you is given to you as a gift."

LT. COL. BRAD LAAUWE | SQUADRON COMMANDER

"This legacy that has been earned through the blood, sweat and tears of those troopers that have gone before you is given to you as a gift," Lt. Col. Brad Laauwe, squadron commander, said during the event. "Each one of you has an opportunity to build on that legacy. It is up to you whether a mark you leave builds on the squadron's great legacy or does something to tear it down."

During the ceremony, Sgt. Maj. Travis Wirth, the squadron's operations sergeant major, decorated the squadron's guidon with each of the streamers the squadron has

earned for past 162 years, followed by a cake-cutting ceremony that included the oldest and the youngest service members within the squadron.

"It was fun to celebrate the squadron's birthday overseas with brothers-in-arms in South Korea," said Sgt. William Mullen, a wheeled vehicle mechanic from Troop D, 1st Sqdn., 4th Cav. Regt., 1st ABCT, 1st Inf. Div.

The "Quarterhorse" squadron is known as one of the oldest and the most-decorated cavalry squadrons in the Army, with a 64 campaign streamers.



Marti Williams, widow of Sgt. 1st Class Justin Williams, pets one of the Commanding General's Mounted Color Guard draft horses during a tour of the stables April 1. Williams and other Gold Star families were invited to attend the raising of the Gold Star Flag and a tour of the CGMCG stables in honor of Gold Star Spouses Day.

Gold Star families nationally honored

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

Gold Star spouses, children and parents gathered outside Fort Riley Garrison Headquarters, building 500, alongside the color guard to raise the Gold Star Flag April 1 ahead of Gold Star Spouses Day.

Gold Star Spouses Day is nationally recognized April 5. It is a day to recognize and honor the spouses of fallen service members and remember the lives of those killed serving the United States of America.

"Gold Star Spouses Day is a day set aside to remember surviving military spouses and honor the legacy of their husbands and wives who died in service to our country," said Christina Gary, survivor outreach specialist for Survivor Outreach Services. "The U.S. Congress recognized the first Gold Star Wives Day on Dec. 18, 2010, and, the following year, Congress designated April 5 as Gold Star Spouses Day."

The Gold Star Flag is raised on the first day of each month to offer a symbol of reflection to the Fort Riley community and Gold Star families about fallen service members, Gary said.

"We raise the flag once every month to honor and remember our

See GOLD STAR, page 8



Command Sgt. Maj. Ray Rocco, right, senior noncommissioned officer of the Readiness Directorate, Installation Management Command, Fort Bragg, North Carolina, speaks with Bill Raymann, chief of the Training Division, Directorate of Plans, Training, Mobilization and Security, prior to Rocco's aerial tour of Fort Riley March 22.

Enlisted readiness leader tours Fort Riley

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

Command Sgt. Maj. Ray Rocco, senior noncommissioned officer of the Readiness Directorate, Installation Management Command, Fort Bragg, North Carolina, visited Fort Riley March 22 for a full day of tours and meetings.

The visit was hosted by leaders from the Fort Riley Garrison.

Rocco's meetings included time with Deputy Garrison

Commander Tim Livsey and Command Sgt. Maj. James Collins, senior non-commissioned officer of Fort Riley garrison. Collins also escorted Rocco on his tours.

According to the itinerary provided by garrison operations, the intent of Rocco's visit was to enhance his understanding of Fort Riley's ability to train Soldiers collectively from the level of small units up to and including the brigade level, training that focuses on not just the 1st Infantry Division,

but also visiting units across other military branches, Army Reserve and National Guard.

The visit comes during a time of transformation within IMCOM in terms of both its organization and the way it supports garrisons.

The trend of declining resources over recent years has led IMCOM leadership to go beyond merely asking for more money. According to an article published both in the January-February-March 2017 edition of IMCOM's Public Works Digest and reprinted Jan. 24 by

the official U.S. Army website, "Army leaders must find alternative solutions beyond asking for more money and additional manpower when confronted with a problem."

In November 2016, the article said, IMCOM transformed its regions within the continental United States into three functionally aligned and co-located Installation Management Command Directorates: IMCOM-Sustainment with Army Materiel Command

See LEADER, page 8

FORT RILEY VOLUNTEER SPOTLIGHT



Pfc. Tanya Alvarado, Dental Activity, volunteered as head coach for youth soccer 6 to 7 years old. She coached 10 kids attending practices, meetings and games. She develops potential young leaders providing an outlet for young boys and girls to grow more independent.

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

IN THIS ISSUE



MONTH OF THE MILITARY CHILD BEGINS WITH KIDSFEST EVENT, SEE PAGE 9.

ALSO IN THIS ISSUE



TWO FORT RILEY SOLDIERS HEADED TO U.S. ARMY WORLD CLASS ATHLETE PROGRAM IN COLORADO, SEE PAGE 13.



THE FIGHTING FIRST!

Joseph Rix: A ‘Big Red One’ Soldier



By Phyllis Fitzgerald
SPECIAL TO THE POST

A Montgomery, Alabama native, Joseph Rix joined the Army in August of 1999. He received his basic training and Advanced Individual Training at Fort Leonard Wood, Missouri. Upon graduation, his military occupational specialty was 12B — combat engineer.

After the completion of his training, Rix received orders to his first duty assignment at

Bamberg, Germany, where he was assigned to Company A, 82nd Engineer Battalion, 1st Infantry Division. He was there from December 1999 until December 2002.

While with the 82nd Eng. Bn., Rix’s unit deployed to Kosovo in 2000 for six months. When not deployed, they conducted training at Hohenfels and Grafenwoehr Training areas.

Rix returned to Fort Leonard Wood, Missouri, for his next duty station. He was assigned to the 5th Eng. Bn., which was part of Forces Command. During this assignment, his unit deployed to Iraq and was part of the initial push of Operation Iraqi Freedom. His unit was at Camp Taji and in Tikrit, where they provided camp, town and highway security and were responsible for locating and reacting to Improvised Explosive Devices.

“We also helped to repair and build homes that were damaged or destroyed during the initial push,” Rix said.

In total, Rix was assigned to Fort Leonard Wood for 3 years.

His next duty station was at Fort Carson, Colorado, where he was assigned to the 43rd Combat Engineering Company, 3rd Armored Cavalry Regiment. In 2005, Rix and his unit deployed to Iraq,

again in support of Operation Iraqi Freedom.

“We conducted border operations, sniper missions, IED searches and public relations — interacting with the communities,” Rix said.

In 2006, he was selected to go to Drill Sergeant School at Fort Leonard Wood, Missouri. After training, Rix stayed at Fort Leonard Wood as a drill sergeant and was assigned to Co. A, 35th Eng. Bn., 1st Engineering Brigade.

“I was a Drill Sergeant for three years and during this time I was selected as the Drill Sergeant of the Year for 1st Engineer Brigade, and was the runner-up for Drill Sergeant of the Year for Fort Leonard Wood,” Rix said. “I also had a spot with CNN in the documentary called ‘A Soldier’s Story.’ This documentary followed a new Soldier beginning with Basic Training followed by AIT, the Soldier’s first unit and 1st deployment.”

Rix departed Fort Leonard Wood in November 2010 for a tour of duty at Fort Riley, serving as a platoon sergeant with Co C., 2-1 Brigade Special Troops Battalion, 2nd Armored Brigade Combat Team, 1st Inf. Div. Two months after arriving, Rix and his unit deployed for a 12-month tour during

Operation New Dawn. After six months, he returned to Fort Riley to serve as rear detachment first sergeant for 2-1 BSTB and first sergeant for Headquarters and Headquarters Company 2-1 BSTB at different times.

Rix’s favorite memory is the camaraderie and friendships he developed that will last a lifetime.

“When I first went to Kosovo I recall thinking that this is what I am going to be doing my entire career — helping others and serving my country.”

In December 2013, Rix retired as a sergeant first class.

“We stayed in Junction City because we liked the area and we had bought a house,” Rix said. “We have two young children that are now in elementary school.”

Rix had always wanted to be a teacher so he went to Kansas State University and finished his degree.

“Today I am an 11th grade U.S. History and Advanced Placement U.S. History teacher at Junction City High School,” he said. “I am also an advisor and sponsor for the Student Council and Student to Student Program.

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

Workshop includes family members in suicide prevention

By Suet Lee Grownney
1ST INF. DIV. POST

The staff at Army Community Service Outreach Program at Fort Riley sponsored a Family Readiness Suicide Prevention and Awareness workshop March 29.

The workshop focused on families and friends of the Fort Riley community.

“Soldiers get suicide prevention and awareness training, and civilian employees get it, but it’s not really addressed in family members,” said Sonya Brown, Outreach Program Coordinator at ACS.

Yinet Lewis, wife of Sgt. Wascar Lewis from Company B, 2nd Battalion, 34th Armor Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, is a Family Readiness Group leader and has supported one of the wives in her FRG through a suicide attempt.

“Thank God she reached out to me,” Lewis said.

Following the cry for help from the family member, Lewis called the National Suicide Prevention Lifeline for tips on how to talk to a person with suicidal thoughts.

“We were able to get her all the best help that we could, and she’s actually doing great now,” Lewis said.

If it were not for the constant contact Lewis keeps with members of her FRG, she said the spouse would not have reached out to Lewis saying she was not feeling herself.

“That’s what we call it at the workshop here, ‘It Is OK to ask,’” Brown said.

“You ask them point blank, very directly, ‘Are you thinking about suicide?’” said Carolyn Tolliver-Lee, Family Advocacy Program specialist and certified Applied Suicide Intervention Skills Trainer at ACS.

“This training is necessary because this topic is real in our community,” Tolliver-Lee said. “And it would behoove us to know how to respond appropriately and not minimize or dismiss — or better yet ignore — when people are discouraged with their lives.”

The second thing that needs to be asked during a suicide intervention, said Tolliver-Lee, is if a person has a plan.

If he or she does, the next step is to offer help and support to him or her through the following options: talking to somebody at behavioral health at Irwin Army Community Hospital at Fort Riley, going to an emergency room, speaking to a chaplain or calling a crisis hotline.

The final step is to stay with the person contemplating suicide, or escort the person to the assistance needed. The point is to always stay connected.

Tolliver-Lee said most people, especially those who have not gone through mandatory suicide prevention training, are clueless when it comes to dealing with stressors that could lead to depression and potential thoughts of suicide.

“They possibly haven’t explored all the available options because they aren’t aware of all the available options,” Tolliver-Lee said.

Lewis said it is important to rid the stigma of participating in the FRG, which is a fount of resources, during a deployment, especially during the holidays when most spouses are alone.

“I know it’s hard for an FRG leader to reach out to everyone,” Lewis said. She stressed the value of building a strong bond with the families, which in turn creates an open communication environment. “We are here to support you.”

Families can contact ACS at 785-239-9435 and speak to an advisor or specialist regarding any issues they might be experiencing such as: financial stress, divorce, relationship problems, abuse, etc.

CASING THE COLORS



Maria Childs | POST

Capt. Yecenia Diaz, left, commander of the 116th Military Police Company, and 1st Sgt. Joey Barcinas, right, first sergeant for the 116th MP Co., case the colors during a March 21 ceremony at Fort Riley. The company is preparing for a deployment to Kuwait.

HAVE A STORY IDEA?

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

TRAFFIC REPORT

ACCESS CONTROL POINT HOURS

Those 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 will not be authorized. Badges and passes may be issued to commercial drivers prior to access at the gate.

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.

GRANT GATE LANE CLOSURE

The right lane of the bridge leading into Grant Gate will be closed for six weeks. The lane reopens for access after the bridge ends.

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 the next steps for implementation of the performance appraisal program?

A: The Defense Department, through continued collaboration with key stakeholders such as the Office of Personnel Management, labor representatives and component leadership, will finalize regulations required to implement the requirements of section 9902 of title 5, United States Code, for a "(a) fair, credible, and transparent system for linking employee bonuses and other performance-based actions to performance appraisals of employees." In addition, the Defense Department is developing the implementation and training plans for the Defense Performance Management and Appraisal Program.

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

Construction projects out for bid

By Andy Massanet
1ST INF. DIV. POST

Several construction projects are out for bid to contractors, and if awarded, will affect traffic in various locations around Fort Riley.

"Major infrastructure improvements are expected to affect traffic flow on various roadways on Fort Riley this summer, once the contracts are awarded for these roads projects," said Scott Sutherland, project engineer for the Directorate of Public Works office at Fort Riley.

The solicitations have been issued which would, once the contracts have been awarded, lead to work that would begin later this spring and continue throughout the summer, Sutherland said.

The major project that will affect traffic flow the most involves three separate roadways on the post: Trooper Drive, Dickman Avenue and Caisson Hill Road.

"That work could greatly impact traffic on those roads," Sutherland said.

In order to help alleviate the projected traffic problems, the awarded contractor will be performing their work after 6 p.m. each day.

The scope of the project involves the resurfacing of Trooper Drive from where it intersects Normandy Drive south to where it intersects Rifle Range Road. The resurfacing of shoulders on Caisson Hill Road will be from the intersection of Caisson Hill and Huebner to the intersection of Williston Point Road and Caisson Hill.

The resurfacing of Dickman is planned from in front of Building 330 to about the intersection of Dickman Avenue and Pershing Avenue.

Another project will take place in the vicinity of Campbell Hill Road and Vinton School Road, Sutherland said. That project will affect training more so than traffic, but sections of the roads will be detoured onto the parallel tank trail while concrete work is completed.

Both contracts are projected to be awarded about the beginning of May, Sutherland said.

For more information, see upcoming editions of the 1st Infantry Division Post newspaper, or log onto the Fort Riley garrison Facebook page.

FEBRUARY EMPLOYEE OF THE MONTH



Maria Childs | POST

Left to Right: Col. John D. Lawrence, Fort Riley garrison commander; Mark Noble, radar electronics technician for the Directorate of Plans, Training, Mobilization and Security and Command Sgt. Maj. James Collins, U.S. Army Garrison Fort Riley, pose for a photo after Noble was recognized as Employee of the Month in February March 31. Noble provided in-depth radio maintenance for units prior to Danger Focus II ensuring that the Combat Aviation Brigade's unmanned aerial system team would be able to communicate with air traffic controllers at Marshall Army Airfield during the exercise. Noble is now a candidate for Employee of the Quarter for the second quarter of the fiscal year.

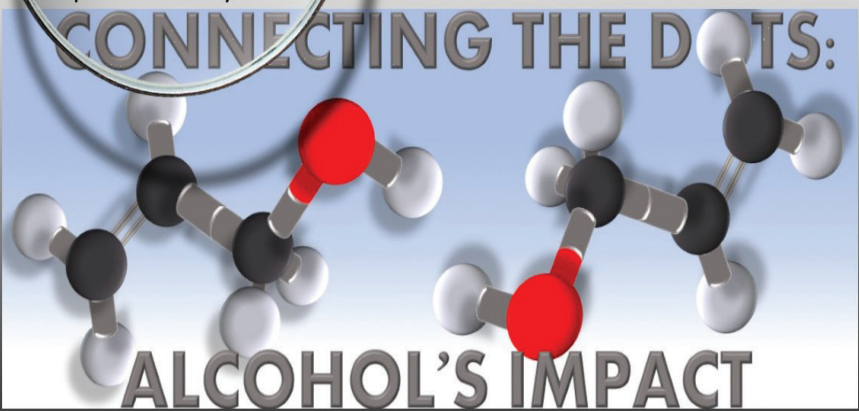
ASAP Scavenger Hunt

An Alcohol Awareness Month Event

- WHO—Open to all ID card holders and DoD Civilians
- WHEN—Starting 1 April 2017 continuing throughout April (can start anytime after 1 April)
- WHERE—Various locations on Fort Riley
- Prizes awarded to the first 5 to complete, team groups that finish will receive 1 prize
- Clues at each location are to REMAIN IN PLACE.
- * If you are stuck on a clue, contact ASAP

Clue # 1

"This wall will have you reaching new heights, just look for the green rock; but don't worry, if you fall, the hospital is nearby"



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\$25
Includes instruction, supplies and a beverage ticket!

Enjoy an evening of social painting and fun! Space is limited; advance ticket purchase recommended.

Buy online at riley.armymwr.com



Friday, April 21 7pm

Saturday, April 22 2pm
*Family-friendly Cookies & Canvases! Just \$15 per artist!



Friday, April 28 7pm

Information: 785.784.1000

Riley's
Conference Center & Catering



riley.armymwr.com

RILEY ROUNDTABLE

What do you admire most about military children?



"I personally admire that they can still be happy because I know it's hard that they have to travel around, change schools and make new friends and they have the patience to wait."

KALONIA CHANNELL

Visitor from Junction City, Kansas



"That they are able to adjust to moving around because you have to make new friends."

KATIE JENKINS

Visitor from Junction City, Kansas



"Their courage for everything they have to get through in their life."

**KAYLA COOP
SAN BERNARDINO, CALIFORNIA**

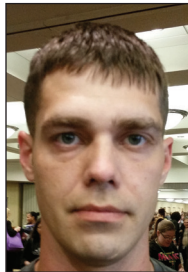
Wife of Sgt. Jason Coop, 1st Squadron, 4th Cavalry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division



"Their adaptability. They make friends. They just keep moving. They roll with the punches."

**DOMINIQUE WOODS
AKRON, OHIO**

Wife of Sgt. Montanize Woods, 1st Battalion, 5th Field Artillery Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division



"Resiliency."

**SGT. 1ST CLASS JOSEPH MAKI
LEWISTON, MINNESOTA**

82nd Engineer Battalion, 2nd Armored Brigade Combat Team, 1st Infantry Division

THE 1ST INFANTRY DIVISION POST

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LETTERS TO THE EDITOR

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

FATALITY-FREE DAYS

271

As of Wednesday, March 29, 271 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

World War I doughboys set division standard 100 years ago

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

A century ago this week, the United States declared war on Germany, projecting the country into what was then optimistically called "the war to end all wars." In order to fight and win in World War I, the U.S. Army would need to form divisions — and the first of those was the "Big Red One."

As the United States prepared for war, President Woodrow Wilson promised the Allies (Britain, France, Russia, Italy and others) he would send "a division" immediately to France. Four infantry regiments and three artillery regiments formed what was then called the First Expeditionary Division in May 1917 and later officially organized in New York, New York, June 8, which we consider the division's birthday, under the command of Brig. Gen. William L. Siebert.



Brig. Gen.
Patrick D. Frank

Comprising 28,000 Soldiers, the division was twice the size of the Allied and the German divisions on the Western Front.

It wasn't long into the war that the Big Red One distinguished itself and began its history of victory that is still alive today. On May 28, 1918, the division attacked and defeated German forces holding the French village of Cantigny, then held the village

against repeated German counterattacks. Though the division suffered more than 1,000 casualties, the victory boosted the morale of the Allies and put any doubts about the American forces' capabilities to rest.

The Battle of Cantigny made an indelible mark on Col. Robert R. McCormick. McCormick, philanthropist and longtime editor of the Chicago Tribune, was a citizen Soldier and a friend of veterans. He served in the Illinois National Guard and, in 1917 at the age of 36, volunteered for duty in France during World War I. There he fought with the 1st Inf. Div. at the Battle of Cantigny. Later, he renamed his farm in Wheaton, Illinois, "Cantigny." A reserve officer and a founding member of the American Legion, he often hosted his fellow veterans at Cantigny. McCormick, who led a battalion in the Big Red One's 5th Field Artillery during

World War I, was buried in his uniform with military honors.

But the division's contributions to World War I did not end at Cantigny. The 1st Inf. Div. "doughboys" fought in major battles like Soissons, St. Mihiel and the Meuse-Argonne.

By the time an armistice was signed, ending the war on the Western Front in November 1918, the newly minted Big Red One had proved itself a capable and indispensable fighting force. Though they are no longer with us, it is important to honor and remember the veterans of the Great War. Those brave doughboys set the standard with which Big Red One Soldiers are measuring themselves 100 years later.

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

SAFETY CORNER

Keep kids secure with proper child seats

By Rod Cruz
GARRISON SAFETY OFFICE

Is your child in the right car seat? Automobile accidents are one of the major causes of injury and death in children. According to the Centers for Disease Control and Prevention website, in the United States during 2014, 602 children ages 12 years and younger died as occupants in motor vehicle crashes, and more than 121,350 were injured.

One CDC study found that, in one year, more than 618,000 children ages 0-12 rode in vehicles without the use of a child safety seat or booster seat or a seat belt at least some of the time. Of the children ages 12 years and younger who died in a crash in 2014, 34 percent were not buckled up approximately Buckling children in age- and size-appropriate car seats, booster seats and seat belts reduces the risk of serious and fatal injuries.

According to the National Highway Traffic Safety Administration crash statistics from 2013, child safety seats reduce the risk of death in passenger cars by 71 percent for infants and 54 percent for toddlers. According to research for children 4 to 7 years, booster seats reduce

injury by 59 percent compared to seat belts alone.

Although this may seem extreme to some, evidence from crashes for older children have revealed poorly fitted seat belts can cause abdominal and spine injuries. One-year-olds are five times less likely to be injured in a crash if they are in a rear-facing car seat than a forward-facing seat, according to a 2009 analysis of five years of U.S. crash data.

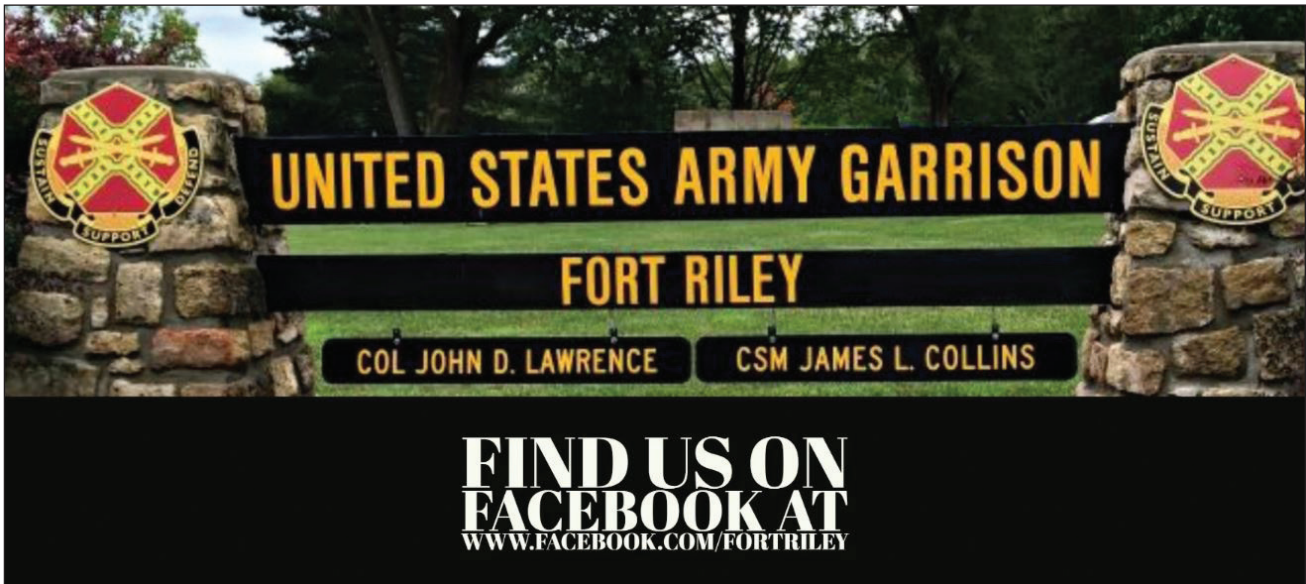
A properly installed child car seat is essential for safety. Many parents don't understand the components of proper child car seat installation, which may put their children at risk for serious injury or death in the case of a car accident. You may be wondering, "What is the best car seat?" We wish we could tell you that "Brand X," is perfect for your child; but we cannot. However, here are a few things to consider when purchasing a car seat: find a car seat that fits your child, by age, size, physical development and maturity level; make sure that the car seat is the right fit for your vehicle; buy a car seat that can be installed and used correctly every time.

The Child Passenger Safety Act, Kansas Statutes Annotated 8-1344, is a primary law. It requires children under

the age of four to be properly secured in a federally approved child restraint system. Children under 20 pounds and 1 year of age must be in a rear-facing child restraint system. Once children reach 4 years of age they must remain in a child restraint system, a booster seat, until they reach one of the following: 8 years of age, 80 pounds, or 4'9" tall. At this point, the child can move into the vehicle's seatbelt system until the age of 14, at which point Kansas' adult seat belt law applies.

In addition to being aware of child restraint laws, parents should remember Kansas law forbids children under age 14 from riding in any part of a vehicle not intended for passengers, such as the bed of a pickup truck.

Fort Riley is a certified Child Passenger Safety Inspection Station. The Garrison Safety Office has six certified child restraint system technicians available to provide training and assistance to individuals seeking guidance on appropriate installation techniques of child car seats, booster seats and clarification on Kansas' law requiring the use of child restraint systems. Contact the safety office at 785-239-3391 to schedule an appointment.



How Is Your Water Supply?

During an emergency, your water supply could be interrupted or contaminated.

- Safely store enough water for at least three days.
- Estimate one gallon of water per person per day for your family and include water for pets.
- Evaluate stored water and refresh regularly.

It's up to you. Prepare Strong!

READY ARMY
GET A KIT • MAKE A PLAN • BE INFORMED

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The next USAG Resilience Day Off is

APRIL 14

‘Warbirds’ tackle the digital road with the Warrior Skills Trainer

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

With the dirt-strewn road set before them and possible threats lurking behind every bush, the Soldiers of 267th Signal Company, Special Troops Battalion, 1st Infantry Division Sustainment Brigade, pushed on. As enemy forces popped out from behind bushes opening fire on their convoy, their gunners quickly and accurately applied deadly force to neutralize the threat posed to themselves and their battle buddies. This may sound like what many Soldiers have faced and overcome during their service in hostile countries for the last 16 years, but this time it was different. This time, it was digital.

The Soldiers of 267th SIG were utilizing the training resources pro-

vided through the Warrior Skills Trainer March 30 at Fort Riley to conduct digital convoys that simulate real conditions which the Soldiers may have to face in the future.

“This facility offers all of the basic skill level one tasks, battle drills, warrior tasks all the way up to complex tasks like medical evacuations,” said Buddy Hamilton, a computer-based instructor at the WST. “When they come through the facility, they get the basic battle drills, convoy operations, communications and everything that would be included in getting from one location to another safely.”

The WST includes wrap-around screens, realistic Humvee structures complete with weapons, communication systems and map systems which all work together to react to the Soldiers in real time. The units training can use the sys-

tems to reinforce basic skills or get more experience with complex tasks in a safe environment.

For the “Warbirds,” this training was about more than simply getting experience. The company is using the simulators to refine and build the tactics, techniques and procedures they will use not only in their gunnery coming up in May but also during future deployments.

“A lot of times signal Soldiers are away from the flag pole or the headquarters element,” said Sgt. 1st Class Craig Jacobs, the company first sergeant. “They have to know how to operate on their own, moving from point A to B, maintaining security and getting where they are going in a safe manner.”

The Soldiers not only had the opportunity to build on their own skills but also build trust and con-

fidence in their leader’s ability to guide and direct them through the dangerous and stressful situations they could encounter while conducting combat operations.

“I think it is good to get a feel for being in the gunner station and understanding what it is like having your eyes constantly scanning and determining whether something is hostile,” said Pfc. Cody Gilbert, a multichannel transmission systems operator-maintainer and gunner during the training. “It also gave me practice communicating with the driver and the vehicle commander. It is a confidence builder.”

With a little more training under their belt, the Soldiers and leaders of the Warbird company can now turn their sights to dominating their upcoming gunnery in May.



Sgt. Ronnie Frazee, 267th Signal Company, Special Troops Battalion, 1st Infantry Division Sustainment Brigade, communicates important landmarks and possible threats to the rest of the convoy during simulated operations March 30 at the Warrior Skills Trainer on Fort Riley. Frazee also served as the convoy commander during the exercise.

SLING LOAD INSPECTOR CERTIFICATION



Fifty 1st Infantry Division Soldiers, including 30 1st Infantry Division Sustainment Brigade Soldiers, participated in a sling load instructor certification course March 29 at Fort Riley. The course teaches the Soldiers how to assemble a sling load and check it and qualifies them to certify the package for units. Only 11 personnel with the Aerial Delivery Field Service from Fort Lee, Virginia, are qualified to teach the course; five of those instructed Soldiers at Fort Riley. In addition to normal sling load operations, the Soldiers also learned how to assemble a low-cost, low-opening bundle using cross parachutes. Using the LCLA resupply method allows units to deliver rapid reaction aerial resupply bundles using Soldiers from within the unit to assemble and certify the loads.

LEFT: Staff Sgt. Michael Davis, a parachute rigger and instructor for the sling load instructor certification course, demonstrates how to attach a low-cost, low-opening bundle cross parachute to a bundle during the Fort Riley sling load inspector certification course March 29. **RIGHT:** Staff Sgt. Reagan Cruz, a civil affairs noncommissioned officer assigned to Headquarters and Headquarters Company, Special Troops Battalion, 1st Infantry Division Sustainment Brigade, inspects a Humvee to determine if its rigging has been correctly done during the Fort Riley sling load inspector certification course March 29.

Staff Sgt. Aaron P. Duncan | 1ST INF. DIV. SUST. BDE

CHILI COOKOFF



ABOVE: Left to Right: Fort Riley Garrison Commander Col. John D. Lawrence, Lorna Blomenkamp, contract management support officer for the Installation Resource Management Office and Tara Pierce, executive assistant to the garrison commander, celebrate Blomenkamp's victory at the inaugural Chili Cookoff in Summerall Hall, 500 Huebner Road, March 31. The event was open to all U.S. Army Garrison Fort Riley employees. **BELOW:** Chaplain (Col.) Timothy Walls, garrison chaplain at Fort Riley, prepares to taste test chili during the inaugural Chili Cookoff in Summerall Hall, 500 Huebner Road, March 31. Lorna Blomenkamp, contract management support officer for the Installation Resource Management Office, took first place in the competition.



Nebraska National Guard leaders visit Soldiers in Kuwait, Iraq

By Sgt. Anna Pongo
CJFLCC-OIR PUBLIC AFFAIRS

BAGHDAD, Iraq — Maj. Gen. Daryl Bohac, Army Nebraska National Guard adjutant general, and Command Sgt. Maj. Marty Baker, U.S. Army Nebraska National Guard state senior enlisted advisor, visited deployed Soldiers of the Nebraska National Guard Main Command Post Operational Detachment (MCPOD) in Kuwait and Iraq March 26 to 28.

This visit “allows the commander the opportunity to talk to his troops and see firsthand the unbelievable things they are doing, and how it directly affects the operations on the ground,” said Lt. Col. Darin Huss, MCPOD commander.

The MCPOD is a unit of 87 Soldiers who stood up to augment the 1st Infantry Division from Fort Riley, Kansas, in June 2016. This visit was the first opportunity since the deployment started in October 2016 for Bohac and Baker to visit the troops.

“I’m excited that we are getting the opportunity to visit our Soldiers while they are deployed,” Bohac said. “I hope it’s a strong signal that the MCPOD, as well as any other deployed unit or service member, is never far from my thoughts.”

During the visit, the Nebraska leadership had meetings with Nebraska Soldiers. This included



U.S. Army Maj. Gen. Daryl Bohac, right, Nebraska National Guard adjutant general, talks to U.S. Marine Corps CJFLCC-OIR Deputy Commanding General, Combined Joint Operations Center – Baghdad, Brig. Gen. Rick Uribe, about the MCPOD contributions in the center during a recent visit to Iraq March 28.

several dinners at the various locations and town halls to talk about the future goals for the MCPOD.

“This visit was important because it gives the general insight to what operations are like for our National Guard Soldiers here,” said Capt. Jason Kivett, intelligence officer, CJFLCC-OIR current operations. “It is also valuable to the Soldiers to give them insight to future missions and how it will affect them.”

As part of the visit, Bohac and Baker visited the various sections where Nebraska Guard members work.

“It was nice to be able to highlight the Soldiers and what they do on a daily basis,” Kivett said of the visits. “It

gave them an opportunity to show off their skills and the contributions that are being made to the operation.”

The MCPOD and the 1st Inf. Div. have formed a special bond and learning experience, Huss said.

“The hard work, dedication and perseverance from not only the MCPOD but also 1st Inf. Div. to ensure and validate this new concept will drastically improve the mobilizations and operations of future MCPODs,” Huss said. “Building on the strength of combining an effective active force with an economical reserve force, the results will tie together the best of both to provide America with an efficient total Army.”

GOLD STAR Continued from page 1

fallen heroes who died during that month,” she said. “It’s important to families because it lets them know we are thinking of their fallen Soldiers and means we, Fort Riley, have not forgotten about their Soldiers and what they did for our nation. I believe it also gives our community and our Soldiers currently serving an opportunity to reflect and remember those fallen Soldiers that they served with as well.”

Following the flag raising, the families traveled to the Commanding General’s Mounted Color Guard stables for a tour and visit with the horses. Soldiers provided the attendees with a brief history of the CGMCG and the structures they use.

After meeting with several of the horses, the Soldiers escorted the families to one of the wagons pulled by draft horses Julie and Joy. The families snuggled up with wool blankets and went for a ride around historic main post before returning to the stables for a racing competition involving squats, picket pounding, moving hay bales and striking a tractor tire with a mallet.

“Our families enjoy staying connected to the Army and

Fort Riley,” Gary said. “We try and find activities that bring our spouses closer to our Soldiers and leaders, and believe it or not, it’s actually a healing process for those Soldiers also. There’s not many Soldiers on this post who haven’t been affected by the loss of another Soldier. The CGMCG is family friendly and the Soldiers are laid back and so eager to get to know our families and everyone loves the horses. The wagon ride was actually a great way for our families to learn more about our post’s history and the competition was a bonus. When we are teamed up with others, it builds relationships. I have been working with our Gold Star families for over seven years and I have seen strong relationships built between Soldiers and Gold Stars just because they were given an opportunity to spend time together.”

For Joaline Locke, widow of Chief Warrant Officer 3 Benjamin Locke, this was one of the first Gold Star events she attended. She said it was finally time for her to start being around other people again and the support of other family members who are going through the same situation she is has helped her.

“To have other people you can communicate with that have gone through and are going through what you went through — It’s a great support,” Locke said. “It’s a different support than just your friends.”

Gary said she plans and brings the families together for Gold Star events so they may lean upon one another and still remain a part of the military community.

“The intent of the day’s events was to bring our spouses together,” she said. “They help each other, they rely on one another and when you bring grieving spouses together, they heal each other. There’s no judgement. They are all in different areas of their journey and regardless of that place, they know they are not alone — they are family.”

Gary also added keeping the families as a part of the military community helps them keep their service member alive in memory.

“Our Gold Star spouses and families are important,” she said. “It is our job as an Army to ensure these spouses, their children and family members are not forgotten.”



Season Osterfeld | POST
Gold Star family members assist the Color Guard in raising the Gold Star flag up the flag pole in front of Garrison Headquarters, building 500, April 1 in honor of Gold Star Spouses Day. Gold Star Spouses Day recognizes and honors the spouses of service members who lost their lives while serving in the Armed Forces. The family members mixed between the Color Guard to help raise the flag and later visited and toured the 1st Infantry Division Commanding General’s Mounted Color Guard stables where they received a wagon ride and competed in a stable hand competition.

LEADER Continued from page 1

at Redstone Arsenal, Alabama; IMCOM-Training with Training and Doctrine Command at Joint Base Eustis-Langley, Virginia; and IMCOM-Readiness with Forces Command (FORSCOM) at Fort Bragg, North Carolina.

Fort Riley is part of the IMCOM-Readiness directorate, which lead to Rocco’s visit.

The result, Col. John Lawrence, garrison commander of Fort Riley, said, is that IMCOM directorate leadership can address similar challenges encountered by FORSCOM installations.

“With all installations FORSCOM assets under one umbrella it allows the Readiness staff to focus on similar problems that we all experience thus increasing the response time for a solution across the Garrisons and focuses the Readiness staff in certain areas,” Lawrence said. “This immediate response in turn creates trust in our higher headquarters.”

Livsey concurs. The IMCOM restructuring allows for similar missions, problems and solutions, he said.

“We all have common missions, goals and the units we support are those operational forces that deploy,” Livsey said. “That means the problem-set and solutions and the good ideas are now common to those installations under (the Readiness directorate).”

Meeting the challenges caused by leaner budgets and resources is not new for Fort Riley, Lawrence adds, but the restructuring at IMCOM and the change in how it does business will help.

“Lean budgets and the need to become more efficient is not a new challenge,” Lawrence said. “We have done this before. The challenge is how you lead through change,



Andy Massanet | POST
Command Sgt. Maj. Ray Rocco, center, senior non-commissioned officer of the Readiness Directorate, Installation Management Command, Fort Bragg, North Carolina, visited Fort Riley on March 22 for a full day of tours and meetings. Here he is speaking with Garrison Command Sgt. Maj. James Collins, left, and Deputy Garrison Commander, Tim Livsey, right.

manage expectations and ensure you are transparent with the workforce. Honest, candid discussions are critical. Change is always difficult but the leadership, both military and civilian, are up to the task and continue to develop unique and more efficient ways of reaching mission success while keeping the workforce informed.”

Ultimately, this new way of doing business will allow Fort Riley to provide services to Soldiers and their families in any fiscal environment while maintaining a stable workplace, even as Soldiers and families wrestle a deploy-rest-train-deploy cycle for an Army that is shrinking in numbers, Livsey said.

“The OP-TEMPO (operations tempo) in the Army has changed dramatically over the last eight years because we’ve lost maneuver brigades,” Livsey said. “So what that’s meant is that Soldiers come back, they get a little rest, then go into an intense training cycle, then deploy again. So it’s a constant churn for these Soldiers

and families. They have been bearing the burden of these reductions in the military for the past eight years, and my hat’s off to them.”

Grouping similar installations according to function and mission leads to a better appreciation of requirements and challenges in garrisons like Fort Riley on the part of IMCOM, Lawrence said. This can only lead to more efficient practices for delivering services.

“Anytime we can highlight what our employees are doing on a daily basis to our higher headquarters is a good thing,” Lawrence said of Rocco’s visit. “Through visiting and talking with the leadership and our DA (Department of the Army) civilians, our Readiness senior leadership is able to have a better understanding of the mission at the lowest level. This in turn leads to overall best practices being shared across installations, open dialogue where otherwise (it) would not be available, and also a morale boost to our employees.”



APRIL 29, 9AM • LONG FITNESS CENTER

FLAG FOOTBALL TOURNAMENT

\$50 per team • Double elimination

14 players per team • Max 10 teams

Open to all DoD ID holders 18 years and older

Registration ends April 26

INFORMATION: 785.239.2813





Wendy Cassell, left, and Tricia Verschage, both ghostesses for the Historical and Archeological Society of Fort Riley ghost tour, cut and serve cake during the HASFR Dedication Ceremony March 29 at HASFR headquarters beside the Custer House.

Ceremony recognizes oldest remaining buildings

Historical society members keep post's past alive, relevant

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

Plaques now can be found outside of St. Mary's Chapel, the Custer House, the U.S. Cavalry Museum, as well as the building housing the Chaplain's Quarters and Main Post Chapel, to recognize them as the four oldest remaining buildings on Fort Riley thanks to the efforts of the members of the Historical and Archeological Society of Fort Riley. With

"It's a rich history here at Fort Riley and these buildings are unique. They're built of limestone and beautiful."

TARA LEMAY | PRESIDENT, HISTORICAL AND ARCHAEOLOGICAL SOCIETY OF FORT RILEY

the plaques in place, HASFR members, friends and Fort Riley community members celebrated with a dedication ceremony March 29 at HASFR headquarters connected to the Custer House.

Over the last two years, members of HASFR worked to uncover the history of the four remaining structures from the first phase of building at Fort

Riley, Tara Lemay, HASFR president, said.

"There's only four existing buildings that were built in that first period," said Robert Smith, director of the museum division. "That was what was called the first building phase."

To identify the buildings, Lemay said they sought the assistance of Smith, and reviewed historical accounts about the

installation and studying the masonry of the buildings.

"Structurally, when you look at the Custer House and when you look at the old Chaplain's Quarters and even St. Mary's, it's a flatter limestone building, so the architecture kind of dictates, plus there's been some historical accounts," she said.

Smith said identifying the buildings constructed in the first phase was made easier because of the distinct differences in the limestone used. The first phase buildings use a pasture cut stone, or smooth stone, while buildings constructed in the second phase are rough cut.

"We know that by the way the masons did it and the records

they kept," he said. "These (first phase buildings) were built between 1855 and 1860."

Preserving and sharing Fort Riley's history is what members of HASFR do every day, Lemay said, and the plaques sharing the history of the four remaining original buildings do just that.

"It's a rich history here at Fort Riley and these buildings are unique," she said. "They're built of limestone and beautiful. The earliest one that was built was St. Mary's and it was built as early as 1853 ... These limestone buildings have lasted throughout the decades and continue to be an important landmark here at Fort Riley."

See CEREMONY, page 10



Children select lollipops and backpacks from the Garrison Safety Office booth during Kidsfest April 2 at Riley's Conference Center. Kidsfest, hosted by staff and volunteers of Child, Youth and School Services, marked the beginning of the Month of the Military Child with a celebration with games, crafts, demonstrations, free food, a superhero visit and more.

NO KIDDING

Month of the Military Child kicks off with Kidsfest

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

It was a busy day of fun and play during Kidsfest April 2 at Riley's Conference Center.

Kidsfest, hosted by staff and volunteers of Child, Youth and School Services, marked the beginning of the Month of the Military Child with a celebration full of games, crafts, demonstrations, free food, a superhero visit and more. This was the first year the event was held at the beginning of the month instead of the end when it normally wraps up MOMC, said Cheryl Greathouse, CYS Services administrator. Additionally, attendees were encouraged to wear blue as April 2 was World Autism Awareness Day.

DID YOU KNOW?

- The Department of Defense has recognized the **Month of the Military Child** since 1986

See KIDSFEST, page 12



Col. John D. Lawrence, United States Garrison Fort Riley commander, signs the Month of the Military Child proclamation during Kidsfest April 2 at Riley's Conference Center. "The Department of Defense has recognized the Month of the Military Child since 1986," Lawrence said.

Fort Riley to share facts on autism

Post to highlight resources available over awareness month

By Maria Childs
1ST INF. DIV. POST

The ninth annual World Autism Awareness Day was April 2. While April 2 was recognized as Autism Awareness Day, the month of April is also Autism Awareness Month.

Staff at Army Community Service are hoping to increase knowledge and awareness about autism during this month.

According to the Centers for Disease Control, autism spectrum disorder can be detected as early as 18 months old. By the age of three, diagnosis by an experienced professional can be considered reliable.

Laurie McCauley, Exceptional Family Member Program manager at Army Community Service, said an early diagnosis of autism spectrum disorder and being connected with the appropriate resources can lead to significant improvements in a child's development.

"One of the things we know and want to encourage is that it is so important to get individuals and children connected to the appropriate resources and referrals," she said. "The more we can give to that individual the more beneficial it will be in the long run."

Staff of EFMP not only connect individuals with community resources, but also provide events throughout the year for families to connect with other families.

Throughout the month of April, staff of ACS at Fort Riley will be distributing blue light-bulbs to community members to raise awareness.

See AUTISM, page 12

No Dough Dinners bring community together under one roof

USO Fort Riley event chance for military families to bond

Story and photo by Kalene Lozick
1ST INF. DIV. POST

Hundreds gathered at the 1st Infantry Division Culinary Arts Lab for the No Dough Dinner hosted by volunteers and staff of USO Fort Riley March 28. The event is a free dinner and open to all service members and their families.

Spc. Nicolet Wilson, Dental Activity, has been volunteering at USO Fort Riley for two

NEXT NO DOUGH DINNER

- The next **No Dough Dinner** is scheduled from 5 to 7 p.m. April 28.

years. She said she volunteers so that she can be around families and to be pushed out of her comfort zone.

"I'm somewhat antisocial and I am working on it, so this (volunteering) gives me the opportunity to work on being (social)," Wilson said.

For others in attendance, the dinner provides an opportunity to bring military wives together while husbands are deployed.

"(The food is) something I would make on my own and (the event) doesn't put me out of my comfort zone," said Emily Bloyd, wife of Spc. Patrick Bloyd of the 1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division. During her husband's deployments, she spends the evening with fellow military wives she met through mutual friends at Fort Riley.

Amber Albright, wife of Sgt. 1st Class Mark Albright, 1st Infantry Division Public Affairs, recalled being stationed in Germany with kids.

"When the guys are deployed this (USO No Dough Dinner) is really nice so you aren't wasting a

bunch of food or dirtying up the kitchen," she said.

Crystal Tinkey, center operations supervisor for USO Fort Riley, has a heart for organizing and understands why she does what she does.

"I just love it; there's really nothing greater," Tinkey said of serving Soldiers.

Wilson identifies USO Fort Riley as an organization that "bring(s) morale and bring(s) families together."

The next No Dough Dinner is scheduled from 5 p.m. to 7 p.m. April 28. For more details and to sign up, visit the organization's Facebook Page at www.facebook.com/USOFtRiley/.



Spc. Nicolet Wilson, Dental Activity and USO Fort Riley volunteer, helps Azia L. Hartley, daughter of Sgt. Rondeu L. Hartley, Division Headquarters and Headquarters Battalion, put ketchup on her cheeseburger at the USO No Dough Dinner March 28.

FORT RILEY POST-ITS

ARMY SUBSTANCE ABUSE PREVENTION SCAVENGER HUNT

The hunt is open to all Department of Defense identification card holders and Department of Defense civilians. The hunt began April 1 but participants can join any time. The clues could be anywhere on Fort Riley. Prizes will be awarded to the first five people to finish — team groups will only receive one prize.

Clue #1: “This wall will have you reaching new heights, just look for the green rock; but don’t worry, if you fall, the hospital is nearby.



EASTER EGG HUNT AND EXTRAVAGANZA

Staff of the Main Post Exchange are hosting a day of Easter fun April 15 at 11 a.m.

The event will take place in the grass field beside the PX.

Families can enjoy face painting, pictures with the Easter Bunny, prizes and more.

The Easter Egg Hunt is divided into three age brackets: 2 to 4, 5 to 7 and 8 to 12.

TEEN CENTER WORKSHOP

Teen Dating Class: Staff of the Family Advocacy Program will a class April 19 from 4 to 5 p.m. at the Middle School Teen Center, 5800 Thomas Ave.

“Screenagers” Showing: 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



PARENT AND CHILD CRAFT CLASS

Staff at the Arts and Crafts Center, 6918 Trooper Dr., have a parent and child craft class April 15 from 1 to 4 p.m.

The craft is a wood frame painting for \$8.

Classes are divided by age and advanced registration is required. To register or for more information, call 785-239-9205.



MONTH OF THE MILITARY CHILD FREE FAMILY BOWLING

To celebrate Month of the Military Child, CYS is hosting a free family bowling day from noon to 3 p.m.. Shoe rental is not included. Lanes are available on a first-come, first-serve basis.

For information, call 785-239-0885.



HOLOCAUST REMEMBRANCE DAY

The Holocaust Remembrance Day Observance will be held at Riley’s Conference Center April 24 from 11:45 a.m. to 12:45 p.m. The guest speaker is Evy Tilzer, the daughter of two holocaust survivors.

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.



FORT RILEY REEL TIME THEATER MOVIE SCHEDULE

Friday, April 7
Logan (R) 7 p.m.

Saturday, April 8
The Shack (PG-13) 2 p.m.
Logan (R) 7 p.m.

Sunday, April 9
Get Out (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: WWE Raw - April 24 at 6 p.m. Red Section seats #35 and Yellow Section seats \$50. All ages require a ticket

McCain Auditorium: Stomp - Rhythm - April 27 at 7:30 p.m. Adults \$55 and youth under 18 \$30.

OPEN REGISTRATION FOR SUMMER CAMP FOR K-12 BEGINS 17 APRIL AT PARENT CENTRAL

The staff members from Custer Hill School Age Center and Custer Hill Youth Center will host 11 summer camp sessions starting May 30 and run through Aug. 11. Sessions run week to week, allowing parents to sign up for only the weeks child care is needed. Part-day specialty summer camps may be available through Forsyth East School Age Center, dependent on number enrolled.

COMMUNITY CORNER

Supporting autism community a priority

By Col. John D. Lawrence
FORT RILEY GARRISON COMMANDER

April is National Autism Awareness Month and Fort Riley is proud to show support for the autism community, especially those in our 1st Infantry Division and Flint Hills Region family. To that end, we’ll “Light It Up Blue” this month. Soldiers and family members can stop by Army Community Service to pick up



Colonel Lawrence

a free blue lightbulb to install on your front porch.

Autism spectrum disorder affects nearly one in every 68 births in the United States and, while it is treatable, children do not “outgrow” autism. Studies show that early diagnosis and intervention can help.

According to the National Institute of Mental Health, some children may experience only mild signs while others may have symptoms that are severely disabling. Some of the signs to look for in young children include lack of delay in spoken language, little or no eye contact, lack of interest in peer relationships, persistent fixation on parts of objects and

lack of spontaneous or make-believe play. Early treatment and proper care can reduce individuals’ difficulties while helping them learn new skills and make the most of their strengths.

The very wide range of issues facing those on the autism spectrum means there is no single best treatment. Working closely with Fort Riley healthcare professionals and the Exceptional Family Member Program is an important part of finding the right treatment program for your child. If you think your child has developmental issues, it’s best to contact a physician to find out about testing options. If

diagnosed, the EFMP staff will guide you to the right resources.

There are plenty of reputable online sources to get more information about autism, how to help and how to show support. You can join grassroots groups, attend the National Conference and Exposition on Autism Spectrum Disorders, or just about anything in between. Be active, become an advocate and, in April, “Light It Up Blue.”

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

CEREMONY Continued from page 9

As Soldiers of the 1st Infantry Division and the Fort Riley community prepare to celebrate the 100th anniversary of the division, Brig. Gen. Patrick D. Frank, 1st Infantry Division and Fort Riley acting senior commander, said the plaques’ placement couldn’t have had better timing while speaking to those in attendance at the ceremony.

“It’s pretty neat that during the 100th year of the division you’re (HASFR members) continuing in that process of returning the history of Fort Riley,” he said.

For Lemay, preserving Fort Riley’s history is more than a passion, it’s a part of her life as she lives on historic main post.

“Living in the houses and realizing that there have been decades of people that lived there before me in these homes and being able to put I guess a little peek into the lives of these wives and officers that came before us, it makes living here at Fort Riley, especially in historic main post, a unique experience,” she said.



Season Osterfeld | POST

Wendy Cassell, left, and Tricia Verschage, both ghostesses for the Historical and Archeological Society of Fort Riley ghost tour, cut and serve cake during the HASFR Dedication Ceremony March 29 at HASFR headquarters beside the Custer House. The dedication ceremony was a celebration of the plaques HASFR members donated to Fort Riley recognizing the four oldest existing buildings on the installation.

EASTER SUNRISE SERVICE

He is Risen...

April 16, 2017 (7:00 A.M.)

OUTDOOR CHAPEL

(1st Division Road, Across From 1st Infantry Division HQ)

Inclement weather location Victory Chapel

"I am the Resurrection and the Life, he who believes in me will live even if he dies..." John 11: 25

WORSHIP	
Protestant Services	
Victory Chapel	239-0834
Contemporary Protestant Service	
Sunday Worship.....	1100
Children's Church.....	1115-1215
Morris Hill Chapel	239-2799
Gospel Protestant Service	
Sunday School.....	0900
Sunday Worship.....	1100
Main Post Chapel	239-0834
Traditional Protestant Service	
Sunday Worship.....	1030
Catholic Services	
Victory Chapel	239-0834
Sunday Mass.....	0845
Sunday Catechism.....	1000
Saint Mary's Chapel	239-0834
Saturday's Vigil Mass.....	1630
Sunday Mass.....	1200
Mid-day Mass- Mon., Wed., & Fri.....	1200
Tuesday & Thursday Mass.....	1800
IACH Chapel	239-7872
Mid-day Mass- Tue. & Thur.	1200
Buddhist Service	
Normandy Chapel	239-2665
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 its 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 rileyproco@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"	
<small>**Check for schedule over Training Holiday weekends**</small>	

GOAL: \$75,000*

1

\$17,870.16 as of April 4

2017 ARMY EMERGENCY RELIEF FUNDRAISING CAMPAIGN
(12-week campaign from March 1, 2017 - May 15, 2017)

Soldiers Helping Soldiers

In 2015, AER worldwide provided \$62.3 million in zero-interest loans, grants and scholarships to 42,743 Soldiers and family members, retirees, widows and orphans. During that same time period, Fort Riley provided more than \$1.125 million in assistance and processed nearly 1,000 separate cases.

Shoppers tour way to smarter choices

Free event part of National Nutrition Month activities

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

In recognition of March as National Nutrition Month, Natalie Barta, clinical dietician at Irwin Army Community Hospital Nutrition Clinic, held a free Commissary nutrition tour for military beneficiaries March 27.

Starting in the produce section, Barta led attendees around the store, teaching them how to compare products, read labels, which products are preferred for proper nutrition and making the right food choices for a balanced diet.

“I talk about things to look for and variety,” she said. “I talk about products, like fruit cups, and reading labels, what’s a good choice. I continually talk about reading labels throughout the tour ... (I’m here) to help people figuring out what are the best choices in regard to their health.”

Leslie Brooks, wife of Maj. Thomas Brooks, 1st Infantry Division Artillery, described herself as having a passion for food and eating well for a longer, healthier life.

“The main way to be healthy and to have a long life is about what you eat — even better than exercise,” she said.

Although Brooks said she does her best to research foods on her own and provide fresh meals for her family, she still learned quite a bit from Barta to improve her and her family’s diet further.

“On the tour, for example, what Natalie was saying about



Leslie Brooks, left, wife of Maj. Thomas Brooks, 1st Infantry Division Artillery, reads the back labels of fruit cups with Natalie Barta, clinical dietician at Irwin Army Community Hospital Nutrition Clinic, March 27 at the Commissary. Barta held a Commissary Nutrition tour in recognition of March as National Nutrition Month to teach military beneficiaries skills to shop smarter.

“Look for whole grain. On the label, the first ingredient should always be whole grain. Whenever they leave the store, make sure they have some kind of fresh produce in their cart — fruits and vegetables.”

NATALIE BARTA | CLINICAL DIETICIAN AT IRWIN ARMY COMMUNITY HOSPITAL NUTRITION CLINIC

the calorie counts, to check the percent at the top to make sure the calories are not too high — I normally miss that — and she was saying to watch the sugar and sodium amounts because it’s not good for your health,” she said.

As Barta led the tour, she said all foods were fine as long as moderation was taken into account and shoppers paid attention to the serving sizes on

the packaging. She added it was important to have a diverse diet.

“Everything in moderation, but if their whole cart is full of boxed meals, then they’re probably lacking some big nutrition, but the more variety the better,” Barta said.

For those not in attendance, she had a few recommendations to help improve their diet.

“Look for whole grain,” Barta said. “On the label, the

first ingredient should always be whole grain. Whenever they leave the store, make sure they have some kind of fresh produce in their cart — fruits and vegetables.”

As she was holding a package of dried papaya, she said shoppers should not be deceived by brand names and labels on the front of the package. When she turned over the package to read the ingredients on the back, it revealed a high sugar content.

“Not falling prey to just the marketing on the front,” Barta said. “You always need to read the back.”

The Commissary nutrition tour and other dietary and nutrition services are available through the IACH Nutrition Clinic to all Tricare beneficiaries. A referral is not needed. To meet with a registered dietician/nutritionist, call 785-239-7644.

TUESDAY TRIVIA CONTEST



The question for the week of April 4 was: What time does the April 14 Month of the Military Child (#ArmyMOMC) Parade begin?

Answers: www.riley.army.mil/About-Us/Calendar/
www.riley.army.mil/About-Us/Calendar/ModuleID/634/ItemID/423/mct/EventDetails/

This week’s winner is Robert Mullikin, a veteran who completed his Army service in October 2015. During his Army career, he served with 1st Squadron, 6th Cavalry Regiment, 1st Combat Aviation Brigade, 1st Infantry Division.

Pictured above are Robert and his wife Tina Mullikin.

CONGRATULATIONS ROBERT!

CHAPLAIN'S CORNER

‘Hosanna!’

By Chap. (1st Lt.) Peter Rose
FORT RILEY GARRISON CHAPLAIN

Undoubtedly my three year-old will wake up in the middle of the night and cry, scream, or plead for mom or dad. Roughly, his cries translate into, “I’m scared” or “I don’t want to be alone” or “I have to go potty” but the underlining message is “save me now!”



Chaplain Rose

Palm Sunday, celebrated April 9, marks the final week of Lent and the starting of Holy Week for many Christians. It is the celebration and remembrance of Jesus Christ riding triumphantly into Jerusalem amid shouts of praise and the waving of palm branches. “Hosanna” the people cried, “Blessed is the King of Israel that cometh in the name of the Lord (Matt 12:13 KJV).” The shouts of hosanna meant save now, and the palm branches symbolized goodness and victory.

Like my three-year old, at times we cry out “save me now!” in our times of trial in hopes that God or someone is listening. God does hear our cries even when our shouts may be with wavering confidence,

fear or despair. However, as they are answered our faith and confidence will begin to swell and grow, our understanding of the divine increases, and our cries to God are accompanied with the upmost faith, believing that God will in fact save us.

In those instances, our sobbs of “save now” or “hosanna” change from a plea into praise, from fear to faith, and from gloom to gladness. We may feel and begin to understand the goodness of God and in victory over our difficulties.

Rabbi Harold Kushner the author of “When Bad things Happen to Good People” had this insight, “The God I believe in does not send us the problem. He gives us the strength to cope with the problem. And most often, he sends that in the form of a caring, compassionate person — someone who can help us rise beyond “Why did this happen?” and instead seek answers to “What do I do now to keep my faith and hope strong?”

As we turn to God for hope, help and peace, know that God will place people in your life in answers to your pleas and prayers. We can recognize those tender mercies that God sends our way in whatever form, so that our trust, confidence and faith increase. God will be in the details of our life and we will shout with worshipful praise “Hosanna!”

Energy boost in a can: Is it beneficial?

BY MILITARY HEALTH SYSTEM COMMUNICATIONS OFFICE

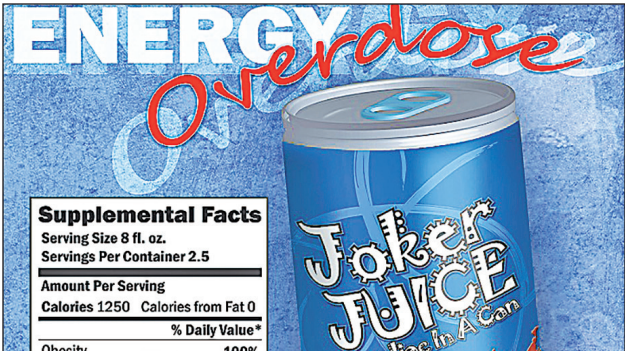
Grabbing an energy drink or two may seem like a good idea when a lift to get through the day is desired. After all, these drinks are marketed to provide mental and physical stimulation. The energy boost can help temporarily, but Military Health System experts say there’s more to energy drinks than meets the eye.

Patricia Deuster, Ph.D., director of the Consortium for Health and Military Performance at Uniformed Services University of the Health Sciences in Bethesda, Maryland, said energy drinks can be beneficial when consumed properly, but people should understand how to dose caffeine.

“The amount of caffeine varies (between brands),” Deuster said, adding that information on the nutrition labels of energy drinks can be misleading. Other ingredients in energy drinks, such as guarana (Brazilian cocoa), can also contain caffeine, making the true caffeine content higher than the amount listed on the nutrition label.

Some people see performance benefits from caffeine, while others can be hypersensitive to it and have adverse reactions with even small amounts.

“People don’t realize that drinking a couple of energy drinks in a fairly short amount of time, like in one hour, can potentially harm them,”



Sharon McPeak | U.S. MARINE CORPS

Poster created to inform Marine Corps Combat Service Support School students and permanent personnel about the dangers of consuming too many energy drinks that they can lead to an overdose, obesity, dehydration, stroke, heart disease, nervousness, irritability, insomnia and fatigue.

Deuster said. Drinking such high doses of caffeine and sugar in a short amount of time could overstimulate a person’s central nervous system, causing short-term effects like nervousness, shakiness, rapid heart rate, irritability or sleep issues, Deuster said.

More serious side effects include heart palpitations and an increase in blood pressure. Long-term effects of energy drinks are not yet known. Depending on a person’s caffeine tolerance, combining an energy drink with other caffeinated products like soda, tea, and dietary supplements — including pre-workout and weight loss supplements — can also overstimulate the central nervous system.

Maj. Sean Spanbauer, a performance dietitian for U.S.

Army Special Operations Command, recommends limiting energy drink consumption to one or two per day, and no more than one in a four-hour period.

“A general rule of thumb is not consuming more than 400 milligrams of caffeine per day,” Spanbauer said, or 200 milligrams every three to four hours. According to the Operation Supplement Safety website, the most popular energy drinks contains about 80-120 milligrams of caffeine per eight ounce serving, and some contain more than one serving in a can.

“In a deployed environment,” Spanbauer said, “if somebody is sleep deprived and mission critical, there are benefits to caffeine, so I would start with 200 milligrams but do not exceed 600 milligrams in one day.”

A 2010 study by Walter Reed Army Institute of Research found that almost 45 percent of deployed service members drank at least one energy drink per day, and nearly 14 percent drank three or more a day. The long-term effects of consuming energy drinks regularly aren’t known, but in the short term, sleep quality can be impacted. Long-term sleep issues can negatively affect health and disease risks.

“If you consume caffeine habitually, the cognitive boost or physical performance benefit becomes less effective just because your body gets used to it,” Spanbauer said.

Coffee and caffeine gum can provide a quick energy boost for those who aren’t keen on energy drinks. However, getting enough sleep, staying hydrated and eating a healthy diet are essential for maintaining good health and energy in the long run.

“It’s very important to talk about this because it’s a safety issue that affects our service members and their families, their ability to stay healthy and perform the mission and potentially their long-term health,” Spanbauer said.

To learn more about supplements in dietary drinks, visit the Operation Supplement Safety website, a Department of Defense dietary supplement resource for the military community, leaders, health care providers, and DOD civilians.

Recognizing heart disease in women

Good news: Women can initiate steps to reduce the risks

BY MILITARY HEALTH SYSTEM COMMUNICATIONS OFFICE

Heart disease accounts for about one in every four deaths in women each year, making it the leading cause of death for females in the United States, according to the Centers for Disease Control and Prevention.

But there's good news: women can take steps to reduce the risk.

The Military Health System works to lower the odds by educating women to recognize the range of symptoms of heart disease, know when to take action when symptoms arise and know what to do to take responsibility for their own health.

"While heart disease is a common problem for all Americans, it's more of a problem for women because the typical symptoms associated with heart ailments are not always easy to recognize for women," said Dr. Manju Goyal, a cardiologist at Fort Belvoir Community Hospital. Some symptoms of heart disease,

"The risk for women over the age of 55 for heart disease becomes equivalent to that of men."

DR. MANJU GOYAL | CARDIOLOGIST AT FORT BELVOIR COMMUNITY HOSPITAL

such as chest pain, pressure or discomfort, may not be as severe in women; therefore they may not recognize they are having a heart attack and don't seek proper care, said Goyal.

Women might experience symptoms that seem unrelated to heart disease, such as sweating, unusual fatigue, nausea or vomiting, shortness of breath, lightheadedness or pain in one or both arms. Women can also experience discomfort in the neck, jaw, shoulder, upper back or abdomen. Because these symptoms can be mistaken for other medical conditions, women may wait to seek help or misunderstand what's really going on.

The term "heart disease" covers a range of conditions, including coronary artery disease, heart failure and heart rhythm problems. According to the National Institutes of Health, the most common cause for heart disease for both

men and women is the loss of blood supply to the heart when arteries and blood vessels get blocked or become narrow. This occurrence can lead to a heart attack or stroke.

"The risk for women over the age of 55 for heart disease becomes equivalent to that of men," Goyal said. "It's not a cause-and-effect relationship, but something we've observed through studies."

Smoking, high blood pressure and high cholesterol are key risk factors for heart disease. Other possible influences include family history, diabetes, excessive alcohol consumption, obesity and physical inactivity. Women face additional risk with pregnancy complications and menopause.

Women can take major steps to reduce their risk for heart disease by making lifestyle changes, such as limiting alcohol consumption, not smoking,

eating healthy, reducing stress and exercising.

Any type of physical activity can improve health, according to Army Col. Robert Oh, chief medical officer at Martin Army Community Hospital, Fort Benning, Georgia. Even so, exercise is about more than weight and fitness, he said.

"It's really about health for life," Oh said, adding that about 150 minutes of moderate-intensity exercise a week or 75 minutes of vigorous-intensity exercise a week, is recommended. "A new study suggests that even if you did less than 150 minutes a week, but you did one or two sessions per week, [you] could have some significant health benefits."

Service women get regular health check-ups, but once they leave the military they need to keep track of their health, just as dependents of service members do, said Goyal.

"Women need to ask their doctor, 'Hey, do I need to worry about this?' and, 'Do I need to take an aspirin a day to reduce the risk of heart disease?'" said Goyal. "Knowing that heart disease is so prevalent, it's really more of a public health issue for everyone."



Maria Childs | POST

Throughout the month of April, staff of ACS at Fort Riley will be distributing blue lightbulbs to community members to raise awareness about autism in honor of Autism Awareness Month. To receive a blue lightbulb, visit ACS at 7624 Normandy Drive.

AUTISM Continued from page 9

"This is to increase knowledge of Autism Awareness Month and encourage acceptance of autism in schools, communities and neighborhoods," she said. "For some, there may be behaviors that come along with autism or they have difficulty with communication or they may not be aware of dangers. There is an awareness of the complexity of the autism disorder."

To receive a blue lightbulb, visit ACS at 7624 Normandy Drive.

According to the Military OneSource website, there is a variety of ways for a family to prepare once an autism diagnosis has been given:

Visit the local Exceptional Family Member Program of-

fice this is located ACS on Fort Riley. They have information about possible local resources available to you and your family. For more information, call 785-239-9435.

Prepare your family financially. The cost of treatment can have a significant impact from medical care to special education. Learn about medical utilization and costs, possible assistance available through TRICARE's Extended Care Health Option and the resources available through TRICARE's Comprehensive Autism Demonstration, which covers Applied Behavior Analysis commonly known by its abbreviation, "ABA." For more information, visit www.militaryonesource.mil.

KIDSFEST Continued from page 9

"We welcome our military families and encourage them to come out and participate in our activities," she said. "We have activities and promotions, free food and it's just a way to celebrate and recognize our military families, our military children."

Month of the Military Child recognizes and honors children of service members for the lifestyle they have and how they make the most of it. The month of April is dedicated to celebrating their everyday courage and strength, according to the Department of Defense Education Activity website.

"The Department of Defense has recognized the Month of the Military Child since 1986," said Col. John D. Lawrence, Fort Riley garrison commander, as he signed the Month of the Military Child Proclamation during Kidsfest. "The purpose is to recognize and honor the commitment, contributions and sacrifices that children and youth make to our nation through the strength they provide our Soldiers and families. Army children have always been a vital part of the Army's ability to stand strong with the Soldier. Just like Soldiers and adult family members, children experience and work through relocations, deployments, reintegration and, if necessary, care for their wounded Soldier."

This year was the first year neighboring communities partnered with CYSS to celebrate Kidsfest and MOMC, said Michelle Durgin, CYSS coordinator.



Season Osterfeld | POST

Kendall Witcher, daughter of Staff Sgt. Matthew Witcher, 601st Aviation Support Battalion, 1st Combat Aviation Brigade, 1st Infantry Division, decorates a tote bag during Kidsfest April 2 at Riley's Conference Center.

director. Kansas Mayors Usha Reddi of Manhattan and Phyllis Fitzgerald of Junction City joined Lawrence in signing the proclamation and celebrating alongside families.

"Month of the Military Child — our kids live out in Junction City, they live in Manhattan, they are part of the community," Durgin said. "They don't all go to the schools on post, they go to the schools out in the community, so it's

really important that we recognize their challenges that exist behind the gates and when we have the local mayors' support, it means that it's more than just words."

Eleven-year-old Yazmin Gonzales, daughter of Staff Sgt. Gilbert Gonzales a 1st Infantry Division Soldier, said she lives a different life than children whose parents are not in the military. With her father deployed, she, her mother and

two younger siblings attended Kidsfest for some time with friends and a way to keep busy.

She said she misses her dad, but gets to talk to him through FaceTime, a video application for iPhones and iPad, which makes it easier. On her bad days, she draws and relies on her friends, who are also military children, for support.

"They know what you're going through if you're going through a deployment," Gonzales said. "If one of your parents is deploying, your friends will help you with that."

She said next to her parent deploying, having to move and lose her friends was one of the most difficult parts to being a military child, but social media has made it easier to continue talking with them, even when she cannot see her friends in person.

"It's a bit sad, but it's OK because you can still get in touch with friends and make new friends," Gonzales said.

Kidsfest and MOMC are about recognizing children like Gonzales, Greathouse said. Throughout the month of April, CYSS staff and their partners on post, in Manhattan and Junction City will host different events like Kidsfest to let military children and families know they are not forgotten and their sacrifices are appreciated.

"This a fun event," she said. "We enjoy doing it every year. It's just a fun way to bring the families and communities together and show how much we appreciate them."



Army gives medical services a boost in arm

By Sean Kimmons
ARMY NEWS SERVICE

FORT MEADE, Md. — Army leaders have given medical services a booster shot, allowing more Soldiers and family members to get care virtually and in-person, the Army's surgeon general said March 29.

"Over the last year we've launched aggressive efforts to expand access to improve quality for all who rely on us," Lt. Gen. (Dr.) Nadja West told the Senate appropriations subcommittee on defense.

Testifying in front of the same panel last year, she said she vowed to create nearly 380,000 additional primary and specialty care appointments in 2016. On March 29, she said they surpassed that number with more than 830,000 additional appointments.

"I'm very proud to share with you that we've exceeded that goal by more than 200 percent," she said.

The advent of virtual health care, an initiative West described as promising, is one of the reasons Army medicine has been so successful in expanding its services. She

touted the Army as a leader in virtual health care, with services spanning 30 countries and territories covering 30 clinical specialties.

There are also dozens of pilots and programs currently in their virtual health care efforts, which include emergency, primary and secondary care, and pre- and post-surgical consultations.

Other potential uses of virtual healthcare, she said, could help medics remotely monitor a patient's vital signs or even treat a combat casualty.

"We see virtual health as a means to revolutionize access whether in garrison facilities, at our patient's home or the point of injury," she told lawmakers.

The initiative has already seen encouraging results. In the Army's Regional Health Command-Europe last year, virtual health care saved more than \$1.3 million in travel-related expenses and more than 2,000 work and school days for Soldiers and beneficiaries, according to her written testimony.

Troops downrange are also benefiting since deployed providers are able to use teleconsultation, known as "Ask-a-Doc," she added.

Another aspect of improving access to care has been focused on mental health. The Army's Embedded Behavioral Health program continues to place specialists down at the unit level, making care more accessible to Soldiers at their workplace.

There are now over 60 behavioral health teams with 450 providers assisting more than 30 brigade combat teams, among many other units, according to her testimony.

Since the program started in 2012, she noted, there has been 45 percent fewer Soldiers with post-traumatic stress disorder receiving prescriptions for a potentially addictive group of painkillers called benzodiazepines.

"When you have embedded behavioral health, it makes Soldiers more likely to want to see their behavioral health provider without having to go to a facility," she said. "They're right there in their units."

Specialists are also helping students, with plans to push them out to 100 on-post schools across 18 installations this year. Behavioral health screenings are also being implemented during primary care visits.

Attempt to catch symptoms early on may be working. Last year, she said, there were 67,000 fewer inpatient bed days for behavioral health conditions compared to 2012, which was about a 40 percent drop.

"Our service members, our family members are getting more care because we are putting those assets forward," she testified.

Furthering quality care in the Army, she said, will depend on stable funding from Congress, which has yet to pass this fiscal year's budget. The current continuing resolution nears its expiration April 28.

West stressed the Army's strength is not in its weapons systems, but its people. But for her organization to be ready to give a full spectrum of modern care in combat and at home, predictable and consistent funding is required.

"Readiness is foremost and we must maintain the ability to flex with our service to provide the right capability while continuing to meet or exceed national quality care standards in our garrison environments," she said. "This is our sacred trust with our nation."

Easter Brunch

April 16, 10am-2pm

Riley's Conference Center

Adults: \$15.95 • Children ages 5-11: \$8.95 • Children ages 4-and-under: Free
Reservations are highly recommended • Open to the public

Information and reservations: 785.784.1000

Racing Ahead



Cpl. Samantha K. Braun | MARINE CORPS

Spc. Samuel Kosgei, Headquarters and Headquarters Company, Headquarters and Headquarters Battalion, 1st Infantry Division, first place finisher of the 41st Marine Corps Marathon, crosses the finish line, Arlington, Virginia., Oct. 30, 2016. Kosgei ran at a five minute mile pace and finished the race in two hours and 23 minutes.

Fort Riley runners selected for World Class Athlete Program

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

Recently, two Fort Riley Soldiers ran their way onto the U.S. Army World Class Athlete Program at Fort Carson, Colorado.

Spc. Samuel Kosgei, Headquarters and Headquarters Company, Headquarters and Headquarters Battalion, 1st Infantry Division, will focus on the marathon event at WCAP. He is an accomplished marathon runner, having won the Marine Corps Marathon in 2016 and 2014.

Spc. Susan Tanui, a dental assistant with Dental Activity, will also join Kosgei on the WCAP team. She will focus on the 3,000 meter steeplechase during her time at Fort Carson.

Both runners were members of the Fort Riley Ten-Miler Team.

Kosgei and Tanui will hit the ground running when they check-in to WCAP. They will both compete for the WCAP team at the Tamarack Ottawa Race Weekend May 27-28 in Ottawa, Canada.

Both Soldiers have a passion for running, but to be selected as a member for WCAP, a runner needs more than passion.

“You have to perform to the standard time for your event,” Kosgei said. “You have to qualify for it that way. If you have proven that you have the potential for the Olympics, then you can get selected.”

Kosgei’s personal record marathon time of 2 hours, 17 minutes, over the 26.2 mile distance

at the Twin Cities Marathon in 2012 was good enough for him to train full-time at WCAP. His personal record is four minutes behind the third place U.S. qualifier for the 2016 U.S. Olympic team, but he is confident that by being able to train full-time he can make a serious run at the Olympics. His eventual goal is to qualify for the 2020 Summer Olympics in Tokyo.

“Soldiers in WCAP receive elite-level training from some of the best coaches and trainers in America,” said Lt. Col. Sean Ryan, WCAP director of public affairs and WCAP distance coach. “We are stationed at Fort Carson which, with an altitude of 6,000 feet, is an excellent training ground for runners.

Kosgei and Tanui will have additional levels of support in their athletic endeavors at WCAP.

“Normally here you go to PT and do it on your own,” Kosgei said. “You don’t have anyone supervising you. When you have a coach he tells you when to back off. Sometimes when you train by yourself you push too hard and get injuries.”

In addition to training independently, Soldiers have regular military responsibilities at most other assignments. Tanui is confident her times in the 3,000 meter steeplechase will be lowered as she is able to make her training at Fort Carson the top priority.

“As far as running ... the biggest advantage of (moving) there is the coaching and training,” Tanui said. “It will make the

See RUNNERS, page 14

Fowl scouting gets youth hunting

By Matt Ellington
1ST INF. DIV. POST

Youth hunters teamed up with Fort Riley Outdoorsman Group mentors to take down turkeys April 1 and 2. In the early hours before daybreak, the group set in for a long, rainy day.

The Youth Turkey Hunt is held every year, each hunt serving as an opportunity for FROG members to mentor youth about respecting wildlife, learning the value of hunting and developing their skills.

The FROG mentors stress safety before they allow youth to enter the hunting grounds. A pre-hunt meeting the day before allows participants to

prepare equipment and go over safety practices. When asked about safety lessons, Owen Rausch, the 10-year-old son of Sgt. 1st Class Adam Rausch, 5th Squadron, 4th Cavalry Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, was clear about how to handle a firearm.

“The only time you take the safety off the gun is when you are aiming at an animal,” Owen said, “You should also keep your muzzle away from a surface. Keep it off the ground because you don’t want to get mud in your barrel.”

Some of the other things they learn from their mentors include the skills of the hunt.

“Turkeys roost during the night and the best time to get a bird to come in is when they fly down,” said retired 1st Sgt. David McNeal, FROG Spring Youth Turkey Hunt coordinator. “Typically you get as close to the roost as possible, no more than 75 yards, this requires getting set up at least an hour before daybreak.”

“The most important things to teach youth about turkey hunting is how to scout and locate turkeys ... but most importantly, how to be patient and still,” McNeal said.

Rausch got a turkey Sunday by getting into position and waiting

“When you’re hunting turkey, you can’t really move at all,” Rausch said. “You do what you have to do just to get close and I had to army crawl just to get that turkey.”

Low crawling in wet weather didn’t hinder the hunt. Despite the weather and a miss on the first attempt, Rausch and his mentor were able find a group of turkeys.

“We had to crawl out to the middle of the field with only 4 inches of grass,” Rausch said. “I laid down and when they (the turkeys) got close enough he (the mentor) said to shoot the one on the right ... I waited 2 seconds then fwoosh! It was only like 25 yards.”

Of the eight hunters, two, including Rausch, got a turkey this year, adding a little more knowledge to his two and a half years of hunting experience.



COURTESY PHOTO

Owen Rausch, 10-year-old son of Sgt. 1st Class Adam Rausch, 5th Squadron, 4th Cavalry Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, presents his turkey April 2.



COURTESY PHOTO

Mentors and sponsored youth gather before the annual Fort Riley Outdoorsmen Group Youth Turkey Hunt April 1. Youth participated in the annual FROG Youth Turkey Hunt to learn about respecting wildlife, learning the value of hunting and developing their skills.

“The best lesson for any (youth) would be turkey hunters are patient,” McNeal said. “Respect the animal they’re hunting ... and above all not to be afraid to make mistakes. I tell all the youth no mistakes equals no learning.”

For mentors, that element of learning is a motivating factor for volunteering.

“The thing I enjoy most about being a FROG member is the opportunity to work with young people, especially in the 9 to

15 age groups,” McNeal said. “They are passionate about the outdoors, eager to learn and willing to listen ... they pick your brain and want to know everything.”

For more information about future FROG activities and how to volunteer visit their Facebook page at www.facebook.com/FROutdoorsmenGroup/ or email frog@fortrileyoutdoorsmengroup.com. For information on outdoor recreation activities at Fort Riley visit fortriley.isportsman.net/.

RUNNERS

Continued from page 13

training easier and become an advantage in getting those times. Here, I am working full-time and have other unit duties.”

Kosgei and Tanui have a friendly face waiting for them when they arrive at Fort Carson this month. Ryan trained both Soldiers when he was the 1st Inf. Div. public affairs officer at Fort Riley before he transferred to WCAP.

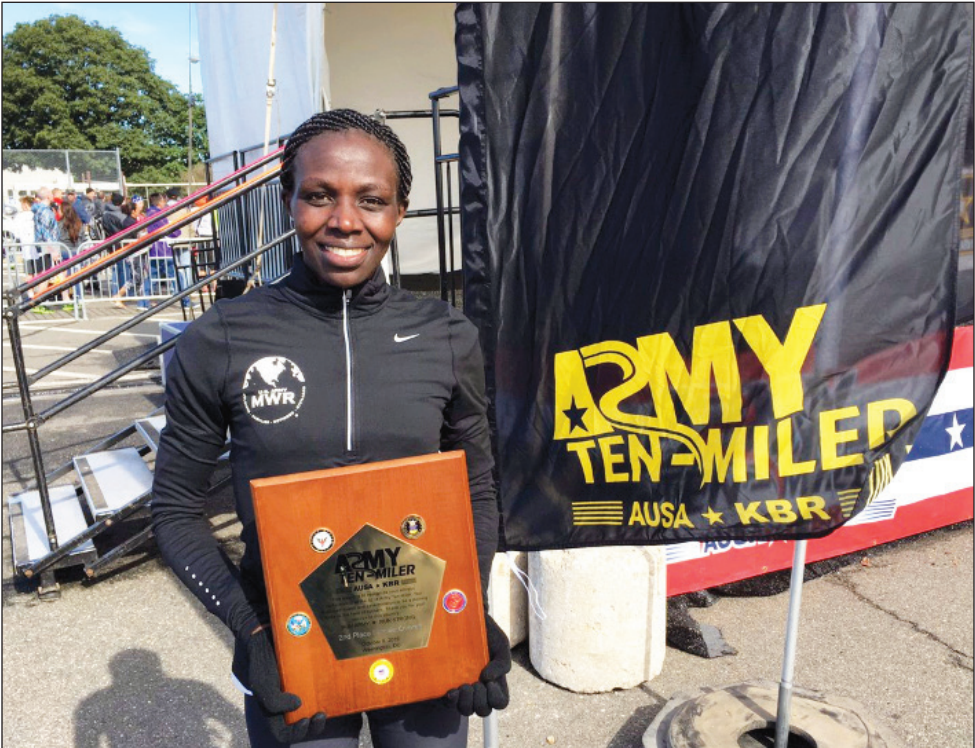
“I coached them both at Fort Riley and specifically knew their qualifications,” Ryan said. “I endorsed them both for the program because I knew — put in an environment of world-class runners, running at altitude daily and getting coached properly — they both would excel further if given the chance.”

Kosgei and Tanui accepted the geographic limitations of Kansas, and its sometimes harsh and inconsistent weather patterns. Fort Riley didn’t offer the same opportunities to train in regard to landscape like the Rocky Mountains do, but the two runners made the most of their time in the Flint Hills region.

“If you go out to the countryside, there are rolling hills,” Kosgei said. “You don’t see it, but when you are running you feel it. You can never predict if it is going to be windy or not, but sometimes if you want something you just have to embrace what is there. Since we have been here we took our time to train and not to complain.”

Ryan understands the training challenges at Fort Riley, and he knows what WCAP can provide Kosgei and Tanui upon their arrival to Colorado.

“We all loved our time with the ‘Big Red One’ and living in Junction City, but with Kansas weather conditions and few runners of Olympic caliber, these roadblocks did not help either athlete as they mainly trained alone,” Ryan said. “We train with the American Distance Project running team daily, and with runners coming to the OTC (Olympic Training Center) in Colorado Springs.”



J. Parker Roberts | 1ST INF. DIV. PUBLIC AFFAIRS

Spc. Susan Tanui, dental assistant with Dental Activity, poses with her second-place plaque earned in the 2016 Army Ten-Miler race Oct. 9, 2016, in Washington. Tanui completed the annual race with a time of 59 minutes, 43 seconds and placed 199th among all competitors.

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 **Ft. Riley Main Exchange**
PRESENTS



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DRAW ABOUT HOW YOU LOVE OUR
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**KIDS
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**FOR KIDS AGES 5-8 YRS.
WRITE ABOUT THE TIME YOU HELP
OUR ENVIRONMENT USING
“REDUCE, RE-USE AND RECYCLE”.**



**KIDS AGES 8-13 YRS.
WRITE ABOUT HOW
YOU CAN CONSERVE
EARTH RESOURCES**

**PLEASE SUBMIT YOU ENTRIES WITH CONTACT INFO
AT FT. RILEY MAIN STORE CUSTOMER SERVICE.
DEADLINE FOR ENTRIES WILL BE APRIL 19 2017.
WINNERS WILL BE PRESENTED WITH PRIZES AND ENTRIES
WILL BE DISPLAYED IN THE STORE ON EARTH DAY APRIL 22 2017.**





Spc. Shell wants you to check out next week's Travel & Fun in Kansas - Easter Egg Hunts!

WILDLIFE CONSERVATIONS



By Season Osterfeld
1ST INF. DIV. POST

What do a tiger, a lion and a whooping crane have in common? They all can be found at animal conservations in the state of Kansas.

Quivira National Wildlife Refuge, about 155 miles southwest of Fort Riley, is operated by personnel of the U.S. Fish and Wildlife Service and includes 22,135 acres of inland salt marsh and sand prairie. The refuge, founded in 1955, was put in place to protect and provide habitat to migratory waterfowl like the whooping crane, which is the tallest North American bird.

There are a variety of hiking trails available at Quivira. Some of the trails include an observation platform with a spotting scope and an observation tower overlooking the salt marsh. Informational signs and an environmental education center are also available.

For those who want to take in the sights from their vehicle, there are 40 miles of roads within and alongside the refuge boundaries.

The refuge is open daily from 90 minutes before sunrise to 90 minutes after sunset. The visitor center is open Monday to Friday from 7:30 a.m. to 4

p.m. For more information and directions to Quivira National Wildlife Refuge, visit www.fws.gov/refuge/quivira.

While visitors are free to wander and guide themselves through Quivira National Wildlife Refuge, keepers and volunteers at Cedar Cove Feline Conservatory and Education Center in Louisburg, Kansas, take visitors on guided tours to learn about the big cats residing there.

Cedar Cove personnel educate the public on the behavior, physiology, habitats and threats of extinction to large, exotic felines while trying to care for and preserve their species, according to their website.

Tigers, lions, leopards, cougars and other felines are not the only residents of Cedar Cove. Visitors may learn about a few non-felines species too, such as wolves.

Cedar Cove is open to the public Saturday 10 a.m. to 5 p.m. and Sunday 10 a.m. to 3 p.m. Animal feedings occur at 2 p.m. Admission is \$8 for adults and \$6 for children 4 to 12 years old. Children 3 and under are free. All visitors must participate in a guided tour.

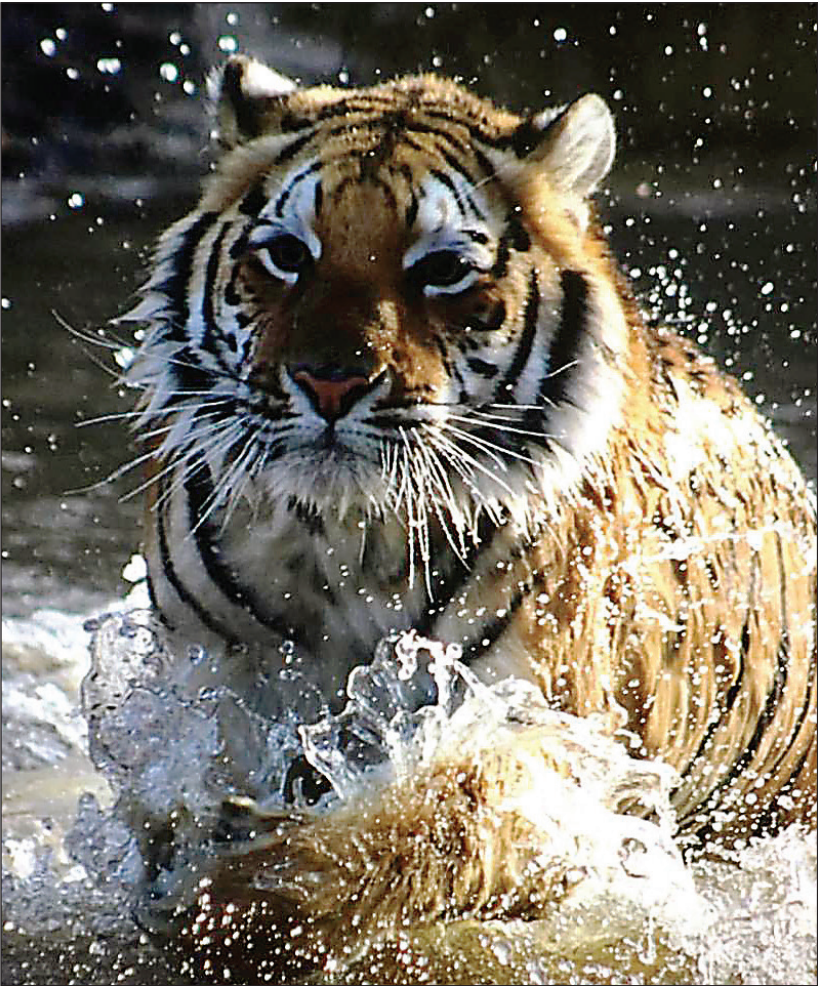
For more information about Cedar Cove, visit www.saveoursiberians.org.

COURTESY PHOTO
Quivira National Wildlife Refuge, founded in 1955, was put in place to protect and provide habitat to migratory waterfowl like the whooping crane, which is the tallest North American bird.



COURTESY PHOTOS

LEFT: Cedar Cove personnel educate the public on the behavior, physiology, habitats and threats of extinction to large, exotic felines while trying to care for and preserve their species, according to their website. **RIGHT:** Tigers, lions, leopards, cougars and other felines are not the only residents of Cedar Cove. Visitors may learn about a few non-felines species too, such as wolves.



COURTESY PHOTOS

LEFT: Volunteers at Cedar Cove Feline Conservatory and Education Center in Louisburg, Kansas, take visitors on guided tours to learn about the big cats residing there. Some of the exotic, large felines there include lions, cougars and leopards. **RIGHT:** There are a variety of hiking trails available at Quivira National Wildlife Refuge. Some of the trails include an observation platform with a spotting scope and an observation tower overlooking the salt marsh.