



THE 1ST INFANTRY DIVISION POST



www.riley.army.mil

FRIDAY, OCTOBER 6, 2017

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FORT RILEY, KANSAS

With a Vengeance

Patriot missile battalion trains at Fort Riley

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

The 4th Battalion, 3rd Air Defense Artillery Regiment, 31st Air Defense Artillery Brigade, a Patriot air defense battalion from Fort Sill, Oklahoma, conducted an Emergency Deployment Readiness Exercise at Fort Riley during the final two weeks in September.

"It was the first time Fort Riley was able to support the training of an Air Defense Artillery unit since the 1st Infantry Division returned from Germany in 2006," said Bill Raymann, chief of training, Directorate of Plans, Training, Mobilization and Security. "We look forward to supporting more of these types of events in the future."

Called Archer Vengeance, the exercise and the support Fort Riley provided enabled 4th Bn., 3rd ADA Regt., to remain a vital asset in the nation's defense and will soon have a role in the Global Response Force mission, said Lt. Col. Tim Woodruff, battalion commander.

"We are an expeditionary unit," Woodruff said. "We support COCOM (combatant

commander) and Joint Force Commanders with air and theater ballistic missile defense. So, the primary goal of Archer Vengeance is to prepare us for those expeditionary operations."

An expeditionary unit must be able to fight in foreign countries and away from established bases and normal logistical support. That means the 31st ADA Brigade is organized to be self-sufficient in the field, Woodruff said.

The unit is comprised of four Patriot missile batteries and a host of support elements, including a headquarters and headquarters battery and an organic maintenance company, said Maj. Elise Ffitch, battalion operations officer. When deployed, it will also have communications and medical support.

Exercising that self-sufficiency was part of the lure of Fort Riley, Woodruff said.

"It's a wonderful training environment," he said. "It allowed us to pick up and move off Fort Sill with a reasonable logistical challenge."

The only thing the battalion could not do was fire a live interceptor, something that can

See VENGEANCE, page 8



Spc. Chase Ardoin and Pfc. William Taylor, both Patriot launching station enhanced operator-maintainers for Battery C, 4th Battalion, 3rd Air Defense Artillery Regiment, 31st Air Defense Artillery Brigade out of Fort Sill, Oklahoma, monitor the activity of a missile launcher at Fort Riley range in preparation for the battalion's Archer Vengeance exercise.

Division says goodbye to deputy commanding general, welcomes new deputy commanding officer



Brig. Gen. William A. Turner, deputy commanding general for support, 1st Infantry Division, speaks to guests and family member during a Victory with Honors ceremony Sept. 27 at the division headquarters. Turner retired from the Army after 31 years of service during the ceremony and three assignments with the 1st Inf. Div., including two combat deployments to Iraq while with the division.

Story and photo by Chad L. Simon
1ST INFANTRY DIVISION PUBLIC AFFAIRS

"My name is Bill Turner, and I am proud to have served as a 'Big Red One' Soldier in this great division," said the retiring 1st Infantry Division deputy commanding general for support during a Victory with Honors ceremony Sept. 27 on the lawn of the division headquarters building on Fort Riley, Kansas.

Brig. Gen. Turner reflected on his time with the division and his time in Kansas during the ceremony.

"Here at Fort Riley, we are among the greatest leaders, Soldiers and warriors our Army has produced," Turner said, "from our commanding general and the command sergeant major to the Soldiers that occupy posts out on our perimeters.

"Here in the central Flint Hills, we are blessed to be supported by and live amongst the very best citizens that our country knows."

The ceremony marked both the end of Turner's 31-year Army career and his third assignment with the Big Red One.

Turner first came to Fort Riley as a captain with the 1st Inf. Div. (Mechanized) Artillery in 1991 and served in Operation Desert Storm. Upon his return from Saudi Arabia, Turner then served as the commander of Battery B, 6th Field Artillery Regiment, 1st Division Artillery through August 1993.

He returned to the Flint Hills and the Big Red One in June 2016 as the deputy commanding general of support, 1st Inf. Div.

"I always longed to be part of a great organization, working together to achieve a goal, to

accomplish a mission, to face any challenge and persevere under any conditions," Turner said. "That, ladies and gentlemen, is what I have enjoyed the most about being assigned to America's first division and living in the grand state of Kansas."

Col. Ross Coffman was welcomed as the new deputy commanding officer for maneuver, 1st Inf. Div. during the ceremony. Coffman comes to the division from the Nation Training Center at Fort Irwin, California, where he served as commander of the operations group.

"My name is Coffman and I am a Big Red One Soldier, finally," Coffman said. "I have waited over 20 years to be right here, right in this division with this patch on my sleeve, and I could not be more excited."

'Dagger' brigade assumes lead role for Atlantic Resolve

Story and photo by Sgt. Shiloh Capers
7TH MOBILE PUBLIC AFFAIRS DETACHMENT

MARKET SQUARE, ZAGAN, Poland — The 2nd Armored Brigade Combat Team, 1st Infantry Division and the 3rd Armored Brigade Combat Team, 4th Infantry Division, conducted a transfer of authority ceremony in Zagan, Poland, Sept. 29.

Command and responsibility of being the only armored brigade combat team in Europe transitioned from 3rd ABCT, 4th Inf. Div., to 2nd ABCT, 1st Inf. Div., as the 4th Inf. Div. prepares to return to Fort Carson, Colorado.

The transfer of authority ceremony was the first to occur in Poland since Atlantic Resolve began. Atlantic Resolve is a U.S. endeavor to fulfill NATO commitments by rotating U.S.-based units throughout the European theater and training with NATO allies and partners.

Notable attendees to the event were Maj. Gen. Randy A. George, division commander, 4th Inf. Div., Fort Carson; Command Sgt. Maj. Timothy Metheny, division command sergeant major, 4th Inf. Div., and Col. Dave Hodne, deputy commander, 4th Inf. Div., Fort Carson.

Col. Michael Simmering, commander, and Command Sgt. Maj. Samuel Rapp cased the 3rd ABCT colors in the ceremony, closing the unit's rotation. Col. David Gardner,

commander, and Command Sgt. Maj. Craig Copridge, uncased the 2nd ABCT colors, completing the unit's arrival in Europe.

The 3rd ABCT arrived into the European theater in early January 2017. George reflected on the significance of the 3rd ABCT's deployment.

"The complexity and ambiguity of the threats that face us today demand a vigilant, capable and interoperable force to meet them," George said. "The Iron Soldiers of the 3rd ABCT were the first to meet these challenges."

The "Iron" brigade headquarters moved from Poland to Germany, Romania, Bulgaria and Hungary, supporting military training exercises like Combined Resolve VIII and Saber Guardian. The Iron brigade participated in 13 multinational exercises, training with soldiers from 25 Allied and partnered nations.

The Iron brigade was tasked to prove itself as a combat-ready unit. The brigade marked itself as a heavy opponent, with substantial proof in four brigade-level training exercises and 22 company-level live fires. The brigade also conducted 250 logistical convoys and traveled approximately 116,000 kilometers, or just over 72,000 miles. In total, the brigade fired nearly one million rounds of ammunition.

See DAGGER, page 9



Soldiers from the 2nd Armored Brigade Combat Team, 1st Infantry Division, uncased unit colors in a rehearsal for the transfer of authority ceremony at Market Square, Zagan, Poland, Sept. 29. Command and responsibility of being the only armored brigade combat team in Europe transitions from 3rd Armored Brigade Combat Team, 4th Infantry Division, to 2nd ABCT, 1st Inf. Div. The ceremony is the first of its type to occur in Poland. The 2nd ABCT is currently in Poland to support Atlantic Resolve, a U.S. endeavor to fulfill NATO commitments by rotating U.S.-based units throughout the European theater and training with NATO allies and partners.

FORT RILEY VOLUNTEER SPOTLIGHT



Staff Sgt. Angela Prince, 1st Infantry Division Sustainment Brigade, volunteered with the USO while deployed at Camp Buehring, Kuwait. She participated in various events and activities and assisted in the planning, set up, execution and cleanup.

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

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GOLD STAR MOTHERS DAY HONORS FAMILIES OF FALLEN SOLDIERS, SEE PAGE 11

ALSO IN THIS ISSUE



EXPERIENCE 175 YEARS OF HISTORY AT FORT SCOTT, SEE PAGE 18



Logistics Readiness Center to implement changes in permanent change of station process

By Suet Lee-Growney
1ST INF. DIV. POST

For those who are moving for a permanent change of duty station after Jan. 2, 2018, the Logistics Readiness Center advises Soldiers to start the process as soon as possible upon receiving PCS orders due to changes in the transportation procedures.

The transportation office carries out all their customer service operations as a Personal Property Processing Office. The office consists of two parts — the front and back end of operations. The front is where the customer would interact with LRC functions such as the counseling office. The back is where the administration staff schedules the move and handles the bills.

For PCS moves processed Jan. 2 and beyond, the office will be switching from PPPO to a Personal Property Shipping Office. For the most part, the transition will be smooth to the service members on the customer service side, said Greg Paine, LRC chief of personal property. The change is in the back end of operations. All planning, scheduling and billing of Fort Riley PCS and other Army posts on the Northwest region will be handled by Joint Base Lewis-McChord Joint Personal Property Shipping Office in Washington.

“Once we become PPPO, we will still do all the front-office stuff,” Paine said. “We will be doing all the counselling, doing the paperwork and making sure everything is set up with

the customer, but we will be sending that out to Fort Lewis-McChord and they will actually be getting a moving company assigned to service member’s move and they will be paying all the bills and things like that.”

Laura Morris, LRC traffic management specialist, said once the change takes effect, the administrative side of their responsibility will be forwarding paperwork.

“We will lose our back office functions, meaning we will not be required to do the billing, the handling, the invoices and that type of thing,” Morris said. “We will continue to counsel and to assist the customer and basically just forward their paperwork to the JPPSO to put in the system ... it really should be seamless to the customer because that is the part that the side of the transportation office they see currently, is the counselling and the assistance on this end.”

There are several benefits that come with the change of responsibility when the weight of the back-end of operations transfers from within Fort Riley to JBLM JPPSO, which manages several other posts in the region.

“The benefit is that the (JBLM) JPPSO has more assets to move service members, than we do here locally,” Paine said. “They have a greater number of assets available as far as transportation service providers, which is a TSP. They have a greater number of TSPs that service their region (and) of course, costs savings to the government.”

With the increase of moves handled by one office, there could be longer wait times for scheduling, according to Morris.

“(Moving logistics) are regionalized now,” Morris said. “They’re going to have a lot more customers for scheduling. It may take a little bit longer for a pick up.”

To overcome the longer wait and avoid delays in moving household goods, Paine said service members need to be an active participant in their moving process and make sure to get with them as soon as they receive orders. This is very critical during peak season, which is between May and August.

“They may not get their household good picked up on the day they are requesting,” he said. “It might end up taking an extra week or so.”

The Personally Procured Move Program will still be handled internally as well as all moves scheduled before the end of the year.

“Shipments that are already being processed by our office, on or before 31 December, we will continue business as normal with them,” Paine said. “It’s not until after 31 December that JPPSO Northwest there will be handling anything else that comes in. All the new stuff that comes in will be handled by them ... so it’s not going to be a solid cut off.”

For more information on the change visit www.move.mil or call 785-239-6683.

‘Dagger’ brigade Soldiers participate in Polish army graduation ceremony

By Capt. Joshua Wood
299TH BSB, 2ND ABCT

The Polish 35th Air Defense Artillery Squadron Commander, Maj. Robert Pulikowski, invited the 299th Brigade Support Battalion, 2nd Armored Brigade Combat Team, 1st Infantry Division, to join a ceremony to mark their commitment to partnership in Skwierzyna. The 299th BSB arrived in Poland less than a month ago in support of Atlantic Resolve and are the guests of the 35th ADA Sqdn.

“Having our Soldiers take part in the ceremony assists in our goal of fostering and enhancing civic and military partnerships in the area while we are here,” said Sgt. 1st Class Christopher Davis, operations sergeant assigned to headquarters, 299th BSB. Davis also serves as the deputy mayor for the 299th BSB on the installation, working closely with the Polish soldiers since arriving to Poland.

During the ceremony, Maj. Joseph Komantez, 299th BSB support operations officer, was called to the podium to say a few words. He addressed the crowd in Polish. Komantez enlisted the help of his unit’s translators to learn the Polish necessary for his speech.

In his speech, Komantez thanked the Polish people for their hospitality and congratulated the graduates.

“We look forward to a great partnership with Skwierzyna, the Polish army and Poland,” Komantez said.

First Lt. Tyler Whitford, 299th BSB medical supply officer, led the U.S. platoon during the ceremony.

“Although the commands were a little different than we are used to, it was a privilege and great opportunity to stand side-by-side with the Polish soldiers during the ceremony to demonstrate our commitment to our alliance,” Whitford said.

After the ceremony, leaders from the 299th BSB met with Pulikowski, Skwierzyna’s mayor, Lesław Hołownia, and other community leaders.

The respective leaders from the two nations discussed partnership and future opportunities for Soldiers to partner with local schools, orphanages and participate in other community events.


“Developing these positive relationships are key to strengthening our alliance and maintaining a strong Europe,” Komantez said.

JUMPING THE COMPETITION



Sgt. Michael C. Roach | 19th PAD


Sgt. Cecil Sanderson, Commanding General's Mounted Color Guard, 1st Infantry Division, brings his horse to a halt after completing his event-winning run during the Bolté Cup at the U.S. Cavalry Association's 2017 Annual Bivouac and National Cavalry Competition, at Fort Reno, Oklahoma, Sept. 30. The Bolté Cup takes the top riders from a myriad of preceding competitions and challenges them with a collection of obstacles including jumping, rifle and pistol marksmanship, mounted saber and a simulated water crossing. Sanderson, who won the cup while pitted against a variety of other Soldier and civilian riders, went on to collect his trophy during an awards ceremony that evening and took the opportunity to credit both of his parents for his success. For the full story on the CGMCG's success at the National Cavalry Competition, pick up next week's issue of the 1st Infantry Division Post.




Be a big boy.

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Happy 15th Birthday IMA-IMCOM

The U.S. Army Installation Management Command is one of the many success stories of Army transformation. In an effort to standardize its garrisons, the Army created the Installation Management Agency on October 1, 2002. Using an enterprise approach, IMA removed the burden of base support from 15 major commands. This brought uniformity of facilities and services to 184 installations, worldwide. More importantly, it allowed senior mission commanders to focus on training Soldiers to be mission-ready.

After proven success, the Army transformed the agency into the Installation Management Command, incorporating Family and Morale, Welfare and Recreation Command.

Army garrisons are the platforms of readiness and resilience for Soldiers, Families, Veterans, Gold Star Families and Civilians, complete with programs and services enhancing the mind, body, and spirit of those that always answer our nation's call.

As part of the Base Realignment and Closure Act of 2005 all IMCOM elements relocated from Aberdeen Proving Ground, Maryland and Crystal City and Alexandria, Virginia, to a single campus at Joint Base San Antonio, Fort Sam Houston. This provided the opportunity to synchronize and integrate support to the more than 50,000 plus dedicated professionals who deliver installation services and facilities support every day.

On November 1, 2016, IMCOM established three functionally-aligned Directorates, co-located with Forces Command (IMCOM-Readiness), Training and Doctrine Command (IMCOM-Training), and Army Material Command (IMCOM-Sustainment). The Directorates are more efficient and improve mission command through unity of purpose, a smaller number of garrisons to manage, and similar demographics of communities. The Directorates solve functional challenges for garrison commanders, coordinate IMCOM HQ support, drive/assess garrison execution of service delivery and are in support of senior commanders.


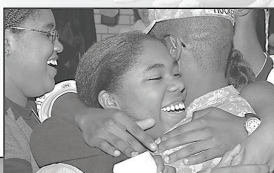
The modern IMCOM formation also includes the two overseas IDs, IMCOM-Europe and IMCOM-Pacific, and the U.S. Army Environmental Command.

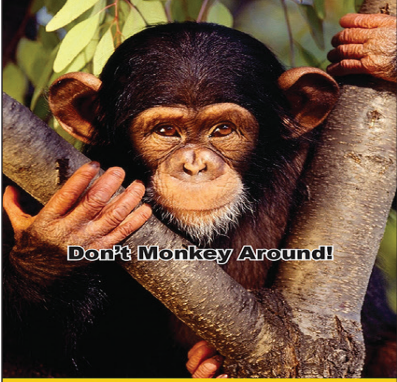
As the needs and resources of the Army change, the IMCOM team remain committed to delivering

installation services and sustaining facilities to enable a ready and resilient Army.

We are the Army's Home – Serving the Rugged Professional

Photos shown are a collection related to the history of U.S. Army installations and the Soldiers, Families and Civilians they support. (PHOTO ILLUSTRATION BY TAI DOICK / FORT GORDON PUBLIC AFFAIRS OFFICE)






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MEAT AND TOURS





THE FIGHTING FIRST!

Christopher Barnes: A 'Big Red One' Soldier

By Phyllis Fitzgerald
SPECIAL TO THE POST

A native of Sanford, North Carolina, Christopher Barnes joined the Army in April 1987 and received his basic training and

Advanced Individual Training at Fort Sill, Oklahoma, earning the military occupational specialty 13B, Field Artillery.

Barnes' first assignment took him to Hanau, Germany where he was assigned to Battery A, 1st

Battalion, 40th Field Artillery Regiment, 42nd Field Artillery Brigade, working with 8-inch howitzers. While stationed in Hanau, Barnes' unit was re-flagged to Battery A, 2nd Bn., 20th FA Regt., 42nd FA Bde.

In total, he was in Hanau for two years, from 1987 to 1989.

His next assignment took him to Fort Riley. He arrived in October 1989 and was assigned to Headquarters and Headquarters Battalion, 1st Infantry Division Artillery as the HHB commander's driver.

Once Desert Storm began, Barnes was re-assigned to Service Battery, 1st Bn., 5th FA Regt., and deployed with them to Desert Storm. He returned to Fort Riley and remained in Service Battery until his enlistment was up. He left the Army as a specialist in December 1991.

Barnes and his family remained in Junction City "because we loved the area and the people here and (it) is a very diversified community," Barnes said.

Struggling initially to find a job, Barnes eventually worked in construction at Fort Riley and in various positions until he was able to secure a civil service job on the post as an injury compliance specialist.

"My favorite memory of serving in the 'Big Red One' is while deployed to Desert Storm during down times we would wrestle around with each other," Barnes said. "One of my buddies (Robert Keel) was the big jokester and he was always making a sport of wrestling. The people that I deployed with were literally my family."



THEN & NOW



Rocky Mountain Elk Foundation volunteers see wildlife of Fort Riley



Ali Lowry, daughter of Mitch Lowry, lead volunteer and state chair of the Kansas chapter of Rocky Mountain Elk Foundation, sits on her dad's shoulders as she searches for elk on the rolling hills of Kansas Sept. 30 during a tour of Fort Riley.

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

With more than 300 elk scattered across the 101,000 acres Fort Riley holds, the Directorate of Public Works - Environmental Division receives help from partnerships to maintain the landscape.

One such group, the Rocky Mountain Elk Foundation, toured Fort Riley Sept. 30 to see how their financial assistance is used.

According to Mason Cooper, regional director of Kansas and Missouri chapters of RMEF, they have more than 200,000 members internationally, involve 11,000 volunteers and have 509 active chapters within the U.S., excluding Hawaii.

Members of RMEF worked alongside DPW - Environmental staff in the morning to spray for sericea lespechea, a noxious weed. In the afternoon, members rejoined Shawn Stratton, supervisory fish and wildlife biologist for DPW Environmental Division, for a briefing of the elk species at Fort Riley.

Before the installation tour, Stratton discussed the elk herd in Kansas, how the herd was integrated to the installation and the elk research project by Jonathan M. Conard, Kansas State University Ph.D. student and DPW Conservation Branch intern.

Throughout most of the installation and North America are Rocky Mountain Elk, Stratton said.

"The Fort Riley herd has grown to 300-plus animals on the installation," Stratton said. "They're getting off all over the place. We know of a herd up near Randolph with number up in the 20 to 30 range that doesn't come back."

The growth of the elk herd on post is due to reintegration that began in the 1900s.

"The first elk that came back to Kansas were in 1951 and they were put at the Maxwell National Wildlife and Refuge in McPherson, Kansas," Stratton said. "They came from the Wichita Mountains in Oklahoma."

The tour was designed to show the foundation members the natural environment on the Army installation and show them where the foundation's funds are going, as well as grabbing a glimpse of the elk.

When the sun set on the tour, wildlife on Fort Riley became active. During the tour, the foundation saw dozens of turkeys and several white-tail deer.

Before leaving the north side of the installation, Stratton gave the members an opportunity to view the rolling hills of Kansas.

As the members and Stratton looked upon the horizon with binoculars, Stratton spotted two elk beyond a woody patch on the installation.



Shawn Stratton, supervisory fish and wildlife biologist for Directorate of Public Works Environmental Division, scans the horizon for elk during the stop of the tour that overlooks the rolling hills at Fort Riley Sept. 30 during the installation tour.

"This is the largest chunk of public ground in the state, so this is where our main elk herd is," Cooper said. "So it is an opportunity to get our volunteers out and do some habitat projects."

Most of the volunteers said they do their job to conserve the land for future generations. Without conserving land for the next generation, there won't be elk or other wildlife on the installation.

"We do it for them," Lowry said.

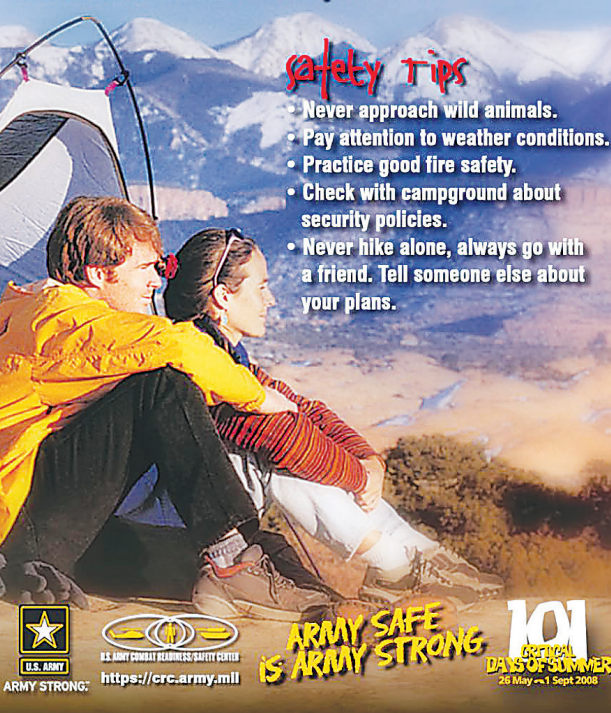
Rocky Mountain Elk Foundation provides Fort Riley with the financial ability to conserve the land through pact grants.

safety always in season

Use common sense when participating in outdoor activities. Always be prepared for the unexpected and do not take unnecessary chances.

safety tips

- Never approach wild animals.
- Pay attention to weather conditions.
- Practice good fire safety.
- Check with campground about security policies.
- Never hike alone, always go with a friend. Tell someone else about your plans.



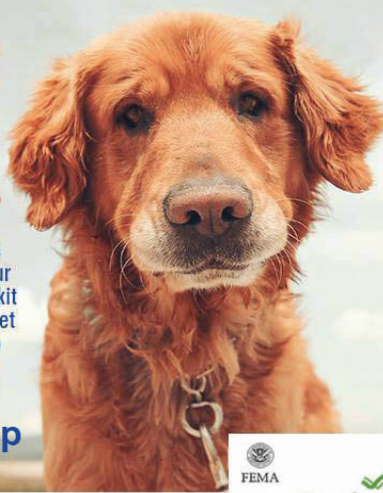
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TRAFFIC REPORT

ACCESS CONTROL POINT HOURS

Those wanting access to Fort Riley on weekends 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:

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, closed weekends and federal holidays. This gate will have inbound commercial vehicle lanes only. Although personally owned vehicles will be allowed access, there is no designated POV lane.

Outbound traffic is not authorized. Badges and passes may be issued to commercial drivers prior to access at the gate.

Grant:
Open from 5 a.m. to 2 p.m., Monday to Friday; closed Saturdays, Sundays and federal holidays.

ACCESS CONTROL POINT HOURS CHANGING

Hours of operation at two of Fort Riley's access control points have

changed. Until further notice, the Grant Street gate will be open from 6 a.m. to 2 p.m. Monday through Friday, closed weekends and federal holidays. Hours of 12th Street gate will be 5 a.m. to 7 p.m. Monday through Friday only, closed weekends and federal holidays.

The changes are necessary to maintain Soldiers' readiness for future training and deployment requirements.

Four additional access control points – Estes, Henry, Ogden and Trooper – remain open 24 hours a day, seven days a week.

For more information about visiting Fort Riley, go to www.riley.army.mil/ and click on the yellow "Accessing Fort Riley" tab on the right-hand side of the page. Questions about visiting Fort Riley can be answered by the Directorate of Emergency Services security branch; call 785-239-3138 or 785-239-2982.

CAMPBELL HILL ROAD CLOSURE

Starting Oct. 4, Campbell Hill Road will be closed north of Huebner Road for repairs. Traffic will be diverted to the tank trail parallel to Campbell Hill Road. The repairs will take about one month to complete. Access to the land fill will still be possible during the repairs.

Fort Riley September retirements

Fifteen military members and two civilians were recognized for their service during the monthly Fort Riley Retirement Ceremony Sept. 27.

SOLDIERS

Chief Warrant Office 2 Jodi Kershanick	20 years of service
1st Sgt. George Gazelle Jr.	25 years of service
Master Sgt. Raymond Rocho	41 years of service
Master Sgt. Richard Fesmire	29 years of service
Sgt. 1st Class Adolfo Blanco	26 years of service
Sgt. 1st Class Robert Lowry	24 years of service
Sgt. 1st Class Aaron Zaldana	20 years of service
Sgt. 1st Class Christopher Donald	23 years of service
Sgt. 1st Class Ronnie Bowden	20 years of service
Sgt. 1st Class Jeremy White	20 years of service
Sgt. 1st Class Michael Jennings	20 years of service
Staff Sgt. William Olli	20 years of service
Staff Sgt. Alan Harrington	20 years of service

CIVILIANS

Dorine "Dee" Royse	35 years of service
Jane Fletcher	29 years of service

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

Please...don't abandon me.





Instead, help me find a new home.

Talk to friends and family as they may be willing or able to help.

Check with local shelters, adoption agencies, and animal rescue societies to see if they will accept your pet.


Consult with your veterinarian to see what suggestions they have to rehome your pet.

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

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SOLDIER FOR LIFE

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

*—General George Washington
November 10th, 1781*



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.

Question and answer for this week:

Q: How do employees access the Hiring Manager's Toolkit?

A: Department of Defense employees are able to access the Hiring Manager's Toolkit on the DCPAS website using their Common Access Card. The toolkit can be accessed at <https://dodhrinfo.cpms.osd.mil/Directorates/HROPS/Staffing-and-Civilian-Transition-Programs/HiringManager>.

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

TO FIND OUT MORE ABOUT THE NEW BEGINNINGS SYSTEM, VISIT

WWW.CPMS.OSD.MIL/SUBPAGE/NEWBEGINNINGS/NBHOME

Changes are coming to TRICARE: take command of healthcare

DEFENSE HEALTH AGENCY

Care services previously only offered to TRICARE Prime beneficiaries.

Changes are coming to TRICARE benefits beginning Jan. 1. These changes will give beneficiaries more choices, improving their access to care, simplifying cost shares and allowing them to take command of their health.

The best way to prepare now is to update their information in DEERS, sign up for TRICARE benefit updates at <https://tricare.mil/> and visit <https://tricare.mil/changes>.

CHANGES COMING TO TRICARE Region Consolidation

There are three TRICARE regions in the U.S. — North, South and West. The North and South regions will combine on Jan. 1, 2018, to form TRICARE East, while TRICARE West will remain mostly unchanged. Two new contractors — Humana Military and Health Net Federal Services, LLC — will administer these regions. This change will allow better coordination between the military hospitals and clinics and the civilian health care providers in each region.

TRICARE Select

On Jan. 1, TRICARE Select will replace TRICARE Standard and TRICARE Extra stateside and overseas. Stateside, TRICARE Select will be a self-managed, preferred provider network option. Beneficiaries will not be required to have a primary care manager and therefore can visit any TRICARE-authorized provider for services covered by TRICARE without a referral. For beneficiaries who live overseas, TRICARE Overseas Program Select will be a preferred provider organization-styled plan that provides access to both network and non-network TRICARE-authorized providers for medically necessary TRICARE covered services. TRICARE Select adopts a number of improvements, including additional preventive

TRICARE Prime

TRICARE Prime is a managed care program option. An assigned primary Care manager provides most of the care. When beneficiaries need specialty care, their PCM will refer them to a specialist. Active-duty service members and their family members do not pay anything when referred to a network provider by their PCM. All others pay annual enrollment fees and network copayments.

Enrollment

All current TRICARE beneficiaries will transition to their respective TRICARE plan Jan. 1, as long as they are eligible. TRICARE Prime enrollees will remain in TRICARE Prime. TRICARE Standard and TRICARE Extra beneficiaries will be enrolled in TRICARE Select. During 2018, beneficiaries can continue to choose to enroll in or change coverage plans.

In fall 2018, TRICARE will introduce an annual open enrollment period. During this period, beneficiaries will choose whether to continue or change their coverage for the following year. Each year, the open enrollment period will begin on the Monday of the second full week in November and run through the Monday of the second full week in December.

ARE YOU READY? TAKE ACTION NOW

You can prepare for the upcoming changes now by:

- Signing up for a DS Logon
- Updating your personal information in DEERS

In the coming months, more information will be available at www.tricare.mil/changes.

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Son of Staff Sgt. Andrew Roberts, 2nd General Support Aviation Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division

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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

453

As of Wednesday, Oct. 4, 453 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.

Put your child's safety first with proper car seat installation

By Maria Childs
1ST INF. DIV. POST

The drive home from the hospital after delivering a baby can be one of the most terrifying things a new parent has to face. You just brought a new life into this world and now you are being unleashed to raise him or her for the next 18 years.

My husband and I just experienced this drive with our newborn daughter this September. Luckily, the least of our concerns while walking out of the hospital in Manhattan, Kansas, was that the car seat was installed properly.

Working at the Fort Riley newspaper, I have learned a lot about services offered to the general public that most people don't know about. For example, the Garrison Safety Office has seven certified car seat technicians who will not only teach you how to install your car seat properly, but

also will inspect previously installed seats as well as check for recalls and safety notices. This is not a service that is only available to Soldiers and families, but one anyone can use.

So it seemed logical when my due date was quickly approaching that I would bring my car seat to work with me and ask someone to help me install it correctly. During this time, I learned a lot about the safety regulations of car seats.

I learned the pros and cons of placing an infant seat in the middle of the backseat and how to level out the base of the seat. Sure, the instruction manual probably could have told me these things. But having a human being who has been trained and knows how car seats respond to car accidents is such a simple thing to do when your child's safety is at stake.

Rod Cruz, who works in the safety office, is the person who installed my

seat, but the whole team is very willing to help. They are a friendly bunch of people who work to keep the installation safe every day. Every now and then, the office staff will host a community-wide event for parents to drop in and get their car seat inspected, but anyone can call the office at any time, or just drop by, and they will receive the same service.

I encourage the community to get more involved in these events and use this service. I can't imagine losing my child in a car accident because I didn't do everything I could to keep her safe. The proper installation of a car seat doesn't guarantee my child will live through an accident, but it does give her the best chance she has.

For more information about car seat safety and the Garrison Safety Office's efforts, call 785-240-0647.

SAFETY CORNER

Prepare your vehicle for winter driving

By Ronald Clasberry
GARRISON SAFETY OFFICE

The winter months are hard on your vehicle. Although it is unseasonably warm, winter is coming. Cold temperatures can affect your vehicle's operation, while dirt and road-salt residue can cause problems with its physical condition, snow and ice limit traction and potholes damage wheels and tires. There are some simple checks and maintenance you can perform that will help your vehicle to stay on the road during winter months.

1. The condition of your vehicle's tires is critical during winter. If tire threads are worn or the tires are not all season tires, (such as performance and high performance tires) they could adversely affect the braking, handling and the overall performance of your vehicle in winter. Any of these conditions can increase the likelihood of a crash during winter weather driving.

2. Tire pressure is especially important during the winter. Traction is affected by wet or snowy conditions. Properly inflated tires allows the best contact between the tires and the road surface, and will help protect against wheel damage that may occur as the vehicle is driven over potholes. Look on the inside of the driver's door frame, an information sticker with recommended inflation pressure for your tires as well as your spare, or refer to your owner's manual.

3. Make sure your vehicle's four-wheel-drive system is working properly. A big selling

point for SUVs and trucks is that they offer four-wheel drive, which improves traction when driving conditions are not optimum such as in mud and snow. The Four-wheel-drive system requires minimal maintenance, but it's still a good idea to check that it works properly before the onset of winter. Remember, your four-wheel drive will not provide extra traction on icy roadways, so be careful and adjust your speed to current road conditions and give yourself enough time to get where you are going on time.

4. Change the engine oil and insure the correct grade is used. Your engine requires specific types of oil; there is not one type for all vehicles. If you wish to change your own oil, check your owner's manual. If you have it done at the dealer or shop ask them what type of oil it takes so you know what should be used if your oil level should need refilling before the next oil change. Viscosity simply refers to how thick or thin the oil is. All engines require a specific type of oil and some require thinner oils when the temperature get below a certain temperature. Follow your manufacturer's recommendations for the proper viscosity of your oil by the temperature you will be doing most of your driving in.

5. Inspect the belts and hoses. The condition of your belts and hoses are critical in modern cars. Most have serpentine type belts, these systems uses a single belt wrapped around a series of pulleys and guides to keep them from coming off. Check your belts for

cracking, glazing and replace as required. Inspect your hoses for signs of deterioration, cracks or damage to the exterior surface. If you don't feel comfortable doing these checks have a mechanic take a look at your car for winter servicing. Request a copy of the inspection checklist and results, it should note any corrections made by mechanics.

6. Inspect the wipers and wiper fluid. The condition of your wipers are critical during winter months since they clean water, ice and snow off your windshield allowing you to see the road. The life expectancy of your wiper blades are dependent on the amount of use and environmental conditions. If your wiper blades cause streaking when used, replace them. Make sure you change the wiper fluid from a summer to a winter blend so your reservoir doesn't freeze up on you. Check the level of your wiper fluid frequently, refill as required.

7. Check the battery. A telltale sign that you have a bad battery is when the temperature drops and you try to start your car and you hear a clicking sound from your engine compartment or nothing happens when you turn the key. Cold temperatures can reduce a vehicle's battery power so it can affect starting your vehicle. If your vehicle battery is older than three years, have it tested at a certified automotive repair facility. Also, make sure the battery posts and cable connections are free of corrosion.

8. Check antifreeze mixture. Always have your antifreeze (or coolant) protection tested and checked prior to the onset of freezing weather. You can take purchase testers for a few dollars at the auto parts store or have a mechanic check it for you. Failure to ensure that your antifreeze will protect the mixture from freezing and cracking your engine block, heads, or cause damage to your radiator. For example, Prestone 50/50 Premix provides anti-freeze protection up to minus 34 degrees Fahrenheit. and boilover protection, using a 15-pound pressure cap in good condition, to +265 degrees Fahrenheit. The temperature where your car is will determine how much anti-freeze protection you will need. Consult a mechanic if you are unsure what kind of antifreeze to use.

9. Carry an emergency kit inside the car. Things you might want to consider carrying:

- A flashlight, flares and a first-aid kit
- Jumper cables, a common tool kit and tire chains
- A blanket, warm clothes and gloves
- Paper towels
- A bag of abrasive material, such as sand, salt or kitty litter. Use this for added traction when tires slip
- A snow brush, ice scraper and snow shovel
- Coffee can and candles
- Dry food and water

For more information on severe weather preparation, contact the U.S. Army Garrison Fort Riley Safety Office at 785-240-0647.

Housing Services staff help Soldiers with off post housing needs

By Tim Morgan
HOUSING SERVICES OFFICE

Staff at the Fort Riley Housing Services Office work every day to help Soldiers get the best price possible for off post housing. The mission of the HSO is to serve Soldiers in obtaining adequate, affordable housing that meets identified safety and health standards. Although there is a good inventory of great housing on post offered by Corvias, it is at times not available in the Soldier's required timeframe. This situation is when the HSO can greatly assist because of their partnerships established within the surrounding communities.

The HSO operates in an established area identified by the Department of Defense as the KS 100. It runs in Kansas from west of Topeka to east of Salina, south to Council Grove and North to Clay Center. It encompasses the larger Manhattan and Junction City areas, too. Within the operational boundaries, the HSO has established over 100 partnerships with real estate agencies and agents, property management companies, individual landlords, hotels, local businesses and chambers of commerce. The purpose of these partnerships is to ensure quality housing for Soldiers at the best price.

There are several partners in the area who offer special dis-

counts for military members and their families that include either reduced rent, lower security deposits or waived application fees. There is even a partner in Manhattan who has completely eliminated security deposits and application fees for Soldiers and their dependents.

The elimination of security deposits and application fees is a program the HSO is currently working toward implementing with more community partners. As the housing situation evolves off post, many partners are seeing the advantage of implementing these savings for Soldiers. Housing referral specialists have established deals such as \$99 move in specials and security deposits as low as 15 percent of the monthly rent. These factors assist the chain of command in maintaining Soldiers' financial readiness by helping them obtain the best deal possible for housing. The individual housing counseling provided by the HSO team helps save Soldiers money and allows them to focus on their mission.

If a Soldier is in a bad housing situation, it is not too late to use the HSO's services. One major tool available to leadership is the HSO's mediation services. Due to the foundation of partnerships built in the local area, often times the HSO can help solve off post housing issues through effective communication with the land-



COURTESY PHOTO

Kelly Johnson from Woodway Apartments in Manhattan, Kansas, talks with Pfc. Brian Long during an IHG Social at the Candlewood Suites at Fort Riley.

lord of property manager. If a leader identifies a Soldier with a lease or housing problem, simply contact the HSO and the team can either come to the unit area to meet with the Soldier, leaders and others or the Soldier can come to the HSO office. Together, the team will work with the Soldier, chain of command and the off post partner to establish a suitable course of action that will help solve the problem and improve the health of the organization. The HSO is here to enhance overall readiness by assisting Soldiers in their housing needs.

The Fort Riley HSO provides many other services for the Soldiers. Some of these include rides

for Soldiers for any housing related appointment, home buying and selling assistance, counseling, rental listings on homes.mil, assistance with permissive temporary duty assignment and many other housing related services.

The community partnerships established by the HSO are a key component in ensuring the best quality housing for Soldiers at a great price. It is imperative service member's visit the HSO office prior to entering into any lease, contract or rental agreement to ensure their best interests are protected. The HSO is located in building 215, room 139 and can be contacted at 785-239-3525.

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27

Masterminds of space lay out, manage Fort Riley infrastructure



Sgt. Bryan Nahas, left, and Spc. Ronald Church, both from 24th Transportation Company, 541st Combat Sustainment Support Battalion, 1st Infantry Division Sustainment Brigade, discuss utilization of space at the Directorate of Public Works Master Planning Division office Sept. 29. The division is responsible for managing all infrastructure and real estate on the installation.

Story and photo by Suet Lee-Growney
1ST INF. DIV. POST

Editor's Note: This story is part one of a three-part series on the Directorate of Public Works Master Planning Division.

If Fort Riley were a town, the garrison commander would be the mayor and Directorate of Public Works Master Planning Division would be the city planning office, said BJ Watson, DPW planning division chief, and Jeff Mataruso, DPW master planner.

"We're serving as the city planning office for the installation and our products should not only account for what we have on hand, but provide for an orderly development of the installation out to the foreseeable future," Watson said. "Because we not only put that plan in place, but we also account for everything we have at hand already."

The master planners have records on all the existing facilities, buildings, roads and more. They index all past, present and future space on Fort Riley.

"There is a master planning branch of the division that does forward looking plans out till 20 years for installation development," Watson said. These projects include new buildings, prior site

developments and forecast the number of Soldiers and units that will be stationed here, how to provide space for infrastructure utilities. Everything from buildings and parking areas around the buildings, to the road network and infrastructure to support those developments."

REAL PROPERTY PLANNING AND ANALYSIS SYSTEM

The RPLANS database identifies and sums up all the infrastructure on Fort Riley.

"It takes our, what we call them as assets, anything that is a facility, a building, a road, a parking lot — anything like that — and identifies it in a database," Watson said. "And that database feeds the total amount of square footage into a separate database that says 'OK, this is what we have on hand.' These are the facilities we have to use."

This Army-wide database helps the master planners manage the population on post and balance the deficits and surpluses of facilities on the installation. This information is what drives all planning decisions.

"We are either balanced, we have what we need to accomplish our mission, or we have a deficit where we don't have enough facilities on hand to accommodate a mission," Watson said. "Or it identifies that we have too much space on hand ... Anybody in the Army can log

into it and see whether we have positives or negatives ... that helps drive planning decisions, like how many more barracks do we need to build, for example, based on the number of troops we have here today and forecast. It forecasts out five years to determine if we anticipate another unit coming here."

Master planners use RPLANS as a baseline tool to control real estate and establish planning factors in Fort Riley.

"They are planning factors, tools that we use to be able to control the real estate here and to abide by the regulatory guidance that we've set in the past," Mataruso said.

INSTALLATION GEOGRAPHICAL INFORMATION SYSTEM

Installation GIS is the geographic data of Fort Riley that goes on a map, according to Joe Gritton, DPW installation geographic information and spatial data manager.

"Anything you can go on a map, so you got aerial imagery, aerial photography of the ground, all the infrastructure that we at Public Works manage, roads, buildings, utilities," Gritton said. "We manage range data, we work with ITAMS (Integrated Training Area Management System) in that regard."

Additionally, Gritton said they share the geographical information with the Directorate of Plans, Training, Mobilization and Security, the Environmental Division and more.

"We share data with (DPTMS) so we've got range data," he said. "We've also got environmental data, like bird habitats and contaminated areas — if they can go on a map, we keep track of it ... and we use that data to map maps and other data products. And we share that data with Soldiers, who will use our data for training purposes."

The biggest GIS software in the world, ArcGIS, is the mapping platform the master planners at DPW use. According to Watson, the installation GIS can be used to manage the area, much like the private sector, and is a go-to point when it comes to making plans.

"The private sector uses GIS to manage cities and infrastructure and things," he said. "We do that similarly. The key challenge is data maintenance, keeping it up so that it's accurate based on what infrastructure is in its place, if it's in the right place, if it can be identified ... You can select the different shape that is in there, when you're in the software, and it'll tell you it's a water pipe, and it's this long, and it's this size, and all those things. It's good use for future projects, good for unit to use if they need to know something about a range, or an exercise that they're planning for. It's kind of a one-stop shop for the spatial data that we have."

DEVELOPING AND MAINTAINING COMPONENTS TO INSTALLATION MASTER PLAN

The current vision for Fort Riley's master plan was created in 2012. It divides the post up into separate sectors for more specific planning.

"The update has been in progress probably since 2013 when we got that directive," Watson said. "The first component that went together was the overall vision plan for the whole installation. And what it does it is it identifies a vision statement and some planning goals that is supposed to drive the planning goals for the other camps within the installation. It also divided Fort Riley into six different, separate districts for further planning."

Since then, master planners would look at these districts in detail in separate years and make sure updates are made to meet the post visions framework. Mataruso said the planning growth also involves people outside the Master Planning Division.

"A consultant comes in and guides us through this planning process and we invite several key players of installation, including the garrison commander," he said.

During this planning process, all factors that have a stake in the infrastructure are taken into regard before making a plan.

"When we plan one of these individual districts, that we call them, there is Army mission that is taken into consideration, there is community support facilities that are taken into consideration, there's a lot of discussion about road network because traffic is always something that is a concern to everybody's mind," Watson said. "Utility, infrastructure, improvements that might need to happen and, at the end of the planning session, we determine what is the Regulating Plan, which is the same thing as a zoning plan for a city."

There is an installation planning board that usually happens about once a year and a real property planning board, which is what the master planners are responsible for. It is during this planning board they talk about the status of the installation plan, identify strategies, approve projects, talk about future plans and more.

"Installation planning board is a little more comprehensive and covers more topics outside of real property," Watson said. "But the real property planning board is comparable to a city planning commission type board ... garrison directorates are often part of that board and there we have a meeting and typically on the agenda we have a review of the (installation) plan and have a status if there is any products that is ready for approval."

SPACE UTILIZATION

Apart from developing the area within Fort Riley, the present area needs to be managed as well. The space manager, Kyle Ochs, DPW Planning Division station manager, is like the landlord of Fort Riley, Mataruso said.

"He has a very big job here at the installation," he said. "Brigades needs space? Kyle meets with them. They do a formal request and Kyle helps to make those decisions to determine space. We are not just about development, we are about how to manage space too."

Watson said the challenge to space management is to use it in according to Army standards and keep control of it.

Most people hear about the big picture projects as they are portrayed in briefings and presentations, but it takes the work of engineering technicians behind the scenes to pull together all the products and visuals required to compete for limited funding, Mataruso said. Their efforts and detailed work are often what makes all the planning a reality.

Behind all these big picture projects, decisions and stationing, Mataruso said there are the drafting technicians who help get those products to completion.

Post photos, including many that haven't been printed, are on flickr!

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Total Army Partnership Conference brings cross-collaboration for ‘Big Red One,’ National Guard Soldiers

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

Fort Riley and the 1st Infantry Division hosted the Midwest Total Army Partnership Conference for regional National Guard command teams Sept. 26 and Sept. 27. The conference’s mission was to facilitate partnerships and training opportunities in the greater Midwest region.

According to the Midwest TAP Pact, “the adjutant generals of Arkansas, Iowa, Kansas, Missouri, Nebraska, Oklahoma, Wisconsin and the commanding general of 1st Infantry Division and Fort Riley, each recognize the fundamental importance of sharing and integrating multi-component training in preparation for our broad range of military operations.”

Air National Guard Maj. Gen. Daryl L. Bohac, adjutant general for Nebraska, has been to the Mission Training Complex twice.

“What (MTC) offers our Soldiers is the ability to come in and get training in ways we cannot deliver back in Nebraska,” Bohac said. “With the live, virtual, constructive training scenarios (it) is value added for us. Then when the Soldiers go into the field they are better prepared to do things.”

In operation this means to be prepared when called upon from fellow Soldiers in other states during training operations and combat missions both near and far.

An example of this was during a training mission with Nebraskan Airmen and Kansas, Oklahoma and Iowa Army National Guard personnel.

Steven Crusinberry, director of the Directorate of Plans, Training, Mobilization and Security, said there are several examples of this partnership at Fort Riley.

“A classic example is a couple years ago, we had Nebraska (Air) National Guard jumping out of helicopters flown by Kansas Army National

Guard,” Crusinberry said. “They were being secured and surveyed by shadow platoons being flown by Oklahoma Army National Guard. They maneuvered across our maneuver area, they called fire support from Iowa National Guardsmen and then overarching over this (training operation) was the 1st Infantry Division. So that was pretty integrated.”

The TAP conference applies the Army Total Force Policy by allowing the home installation of an adjutant general to show the installations capabilities.

“The conference started (with) 1st Inf. Div. back in February 2016,” Crusinberry said. “The concept, at the time, was the chief (of staff) of the Army told all the Army senior leaders it is time to embrace Total Force integration. (He) did not give us a guideline on how to do it. (He) just said it is time to bring in the Guard Reserves and really integrate ourselves as one force. So 1st Inf. Div. established this initial conference.”

Approximately 18 months ago, Fort Riley and the 1st Inf. Div. began bringing senior leaders together to form the Midwest TAP Leadership Group, said John E. Ball, 1st Inf. Div. civilian deputy operations, plans and training.

“For about the last 18 months, the 1st Inf. Div. leadership has been part of an informal collection of eight Midwest states,” he said. “We have United States Army Forces Command directed unit-to-unit partnerships or just established ongoing training relationships.”

This partnership is designed to encourage participation among the adjutant generals of Arkansas, Iowa, Kansas, Missouri, Nebraska, Oklahoma, Wisconsin and the commanding general of 1st Infantry Division and Fort Riley.

“The Midwest Total Army Partnership Leadership Group meets once or twice a year



Randall Curry, chief of the Mission Training Center, gave the tour of the MTC Sept. 27 to adjutant generals from around the Midwest. The group visited Fort Riley as part of the Total Army Partnership Conference Sept. 26 and 27.

to discuss training opportunities, priorities and the way ahead,” Ball said.

The importance of bringing the conference to Fort Riley and 1st Inf. Div. is for the Midwest TAP Leadership Group to see the facility at MTC in the hope of bringing the integrated forces to the installation as part of the ATF Policy, he said.

“This particular conference we try to get together generally once a year,” Ball said. “(Where) we go to one of the state’s post to look and discuss the resources they have. Like what we are doing at the MTC (Mission Training Center). We will also be discussing the Gray Eagle training area, and regional training area that the Kansas National Guard has in Salina — what is their capabilities and opportunities that they have.”

The visit to the MTC Sept. 27 included a brief of the facilities and a walking tour around

the campus to view the available training capabilities.

Randall Curry, chief of MTC, gave the walking tour. Bill Raymann, chief of the Training Division in DPTMS, gave the brief of the facilities. Crusinberry also provided information about the importance of the MTC to the partnership.

The major benefit from the partnership is bringing the Soldiers together in a cohesive manner in a combat zone, Crusinberry said.

“Ultimately, all of these forces are going to be integrated on the battle field together,” Crusinberry said. “That is the bottom line. So 1st Inf. Div. Soldiers are going to fight right alongside Nebraska, Iowa and Missouri Soldiers, so now let’s train it before we do it for real. That is something that 1st Inf. Div. is doing right here on Fort Riley.”

HAVE A STORY IDEA?

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VENGEANCE

Continued from page 1

only be done at either Fort Bliss, Texas, or White Sands Missile Range, New Mexico, Woodruff said.

The 4th Bn., 3rd ADA Regt., Patriot systems were enhanced using Fort Riley’s complex fiber optic system.

“The Network Enterprise Center was able to tie in Soldiers training in the field at Fort Riley into an even larger exercise at Fort Sill,” Raymann said.

Woodruff pointed out the fiber optic cables running from the command post connected him with the NEC. As it is an expeditionary brigade, when deployed, Woodruff said the units of the 31st ADA Bde., including 4th Bn, 3rd ADA Regt., have communications capability to mitigate the need for landline and fiber optic systems and can accomplish the battlefield mission. Fort Riley has helped alleviate that need and allowed the battalion to focus on other training requirements.

“The capability here has, by and large, enabled us to do what we need to do,” Woodruff said. “It makes it easier for us. Our higher headquarters remained at Fort Sill, so they will be digitally linked into us and I will be briefing my brigade commander via our digital systems. That’s the marvel of the digital age: I don’t have to be collocated with my commander to communicate.”

As for Fort Riley support, DPTMS was “all in” in its support of this Patriot battalion, Raymann said.

“The Logistics Readiness Center provided railhead and ammunition support, the Network Enterprise Center was able to tie in Soldiers training in the field at Fort

Riley into Fort Sill, the Directorate of Emergency Services provided support for their convoy operations and DPTMS provided billeting space at both Camp Funston and the Douthit Gunnery Complex along with unrestricted access to the training area, assisted with access to Fort Riley’s ranges, Camp Funston and the Douthit cantonment.”

A feature of Archer Vengeance was that it allowed Soldiers “to rehearse moving from their home station by rail and convoy, and then the ability to deploy to the field just as if they were called upon in a real world contingency,” Raymann said.

According to the www.army.mil website, the mission of Patriot units is to provide defense of critical assets and maneuver forces belonging to the corps and to echelons above corps against aircraft, cruise missiles and tactical ballistic missiles.

“The Air Defense Artillery branch is one of the smallest in the Army,” Woodruff said. “However, we provide a flexible, adaptable, scalable ADA force that can defeat the full range of threats across the spectrum.”

Patriot battalions defend what Woodruff called the lowest tier above the battlefield. The air space above the battlefield is divided into tiers that extend

upward through the atmosphere, he explained, each overlapping the other. The unit’s mission is to focus on threats in the lowest tier.

One of the four batteries training in the Archer Vengeance exercise was Battery C, commanded by Capt. Michael McEunn, Battery C, 4th Bn, 3rd ADA Regt., commander. He said the batteries will employ military occupational specialties that include 14T, Patriot Launching Station Enhanced Operator and Maintainer; 14E, Patriot Fire Control Enhanced Operator and Maintainer; and 14H, Air Defense Enhanced Early Warning System Operator.

“At this time we are short of 14-Hs,” McEunn said. “So we are having to cross train some of our 14-Ts to help us out in that area and they are doing an outstanding job.”

Each battery can bring to bear two types of missiles, Woodruff said. One is a PAC-2 weapon that uses a proximity fuse which destroys a threat by detonating near the target. The other is a PAC-3 weapon that is “hit to kill,” Woodruff said.

When it’s all said and done, for Sgt. Maj. Aaron Drake, the operations senior noncommissioned officer for 4th Bn, 3rd ADA Regt., everything is in place for his Soldiers to win the fight.

“I have no concerns whatsoever,” Drake said. “The processes have been put in place and they will lead to our overall success.”

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Recycle Center helps Soldiers stay, save green

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

A new state-of-art sorting machine the Recycle Center at Camp Funston Sept. 2016.

The single-stream processing system can handle the many types of materials the center receives from across the installation.

The Recycle Center receives truckloads from the Corvias on-post military housing, various offices, motor pools across the installation and dining facilities.

“One thing that is over at the drop-off is cooking oil,” said Chris Otto, recycle and solid waste coordinator for the Directorate of Public Works - Environmental Division. “We take recycled cooking oil. The new Post Exchange has a drop-off for cooking oil as well. We get (cooking oil) from the dining facilities, they come and drop it off (rather) than down the drain. We can sell it.”

Throughout fiscal year 2017, the Recycle Center has sold “about \$850,000 worth of materials,” Otto said. “After paying for the Recycle Center staff payroll, vehicles and other operating expenses. Army regulations let us spend money on pollution prevention projects and to fund the Directorate of Family and Morale, Welfare and Recreation.”

The price of goods fluctuate due to commodity prices. Meaning, the current market price for recycled goods may vary month-by-month.

The lowest commodity price for recycled goods are No. 3 through No. 7 plastics. These goods can be sold, current market prices for \$50 per ton, Otto said.

The highest commodity price, with current market trends, are No. 2 natural plastics for \$540 per ton. No. 2 natural plastics are milk jugs.

“I never realized how much of a global market is out there until I got into it,” Otto said. “What goes on in China affects what goes on here, just like any other commodity. There’s a lot going on than what we see in Manhattan, Kansas, and Fort Riley.”

Fort Riley’s Recycle Center gives incentives to Soldiers across the installation to compete against one another in saving money through the Troop Incentive Program.

If the commodity prices fluctuate as the market predicts, the troops will gain by saving the environment through recycling programs, Otto said.

Money earned through the TIP goes toward unit events such as battalion balls and family days.

Matt Acosta, material handler for Fort Riley’s Recycle Center, said diapers and food items shouldn’t be put in recycling bins.

“Diapers and food items are the kind of stuff we need to educate the public on making sure they stop,” Acosta said. “It gets nasty and contaminates our product. The cleaner the product, the better the money for us.”

For more information, call the Recycle Center at 785-239-2094. To drop off recycled goods, visit the center at building 1980 on Camp Funston.



The Recycle Center, building 1980 on Camp Funston, processed more than 3 million pounds of material during fiscal year 2017. During this time, the center made about \$850,000. The center is open Monday through Friday from 7 a.m. to 3 p.m. and closed for Resiliency Days off



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Consumer discipline key to Fort Riley energy conservation

By Andy Massanet
1ST INF. DIV. POST

Editor's Note: This story is part one of a three-part series about energy conservation.

When it comes to the conservation of energy and water resources at Fort Riley, the work is far from over. And if Fort Riley continues to meet or exceed established goals for both the near and long terms, disciplined use of energy and water by Soldiers and family members will be vital, said Mike Witmer, chief of utilities and energy branch, operations and maintenance, Directorate of Public Works.

Called "Energy Action Month," October is a time when leaders from the Pentagon down to individual posts and garrisons double down on efforts to control energy costs.

Fort Riley garrison and DPW personnel are entering the third year of a mandated 10-year effort to reduce energy and resource consumption by a total of 25 percent by 2025, Witmer said. He added Congressional standards established in 2015 require Army installations to reduce energy consumption at least 2.5 percent a year until 2025, adding up to an overall reduction of 25 percent at the end of that period, and to replace that amount with sustainable energy sources, where economically feasible.

Up to now, Witmer said, Fort Riley has realized a total of 9 percent reduction in energy consumption and 5 percent reduction in water consumption.

Along with employing the help of individuals on the post, Fort Riley is partnered with Southland Energy, a relationship that will last for the next 22 years, said Randy Peacock of Southland.

In May, according to a press release from Southland, the company was awarded an energy services performance contract for Fort Riley.

"The first phase of this multi-phase project is expected to provide more than \$37 million in facility improvements across 280 buildings," the press release said.

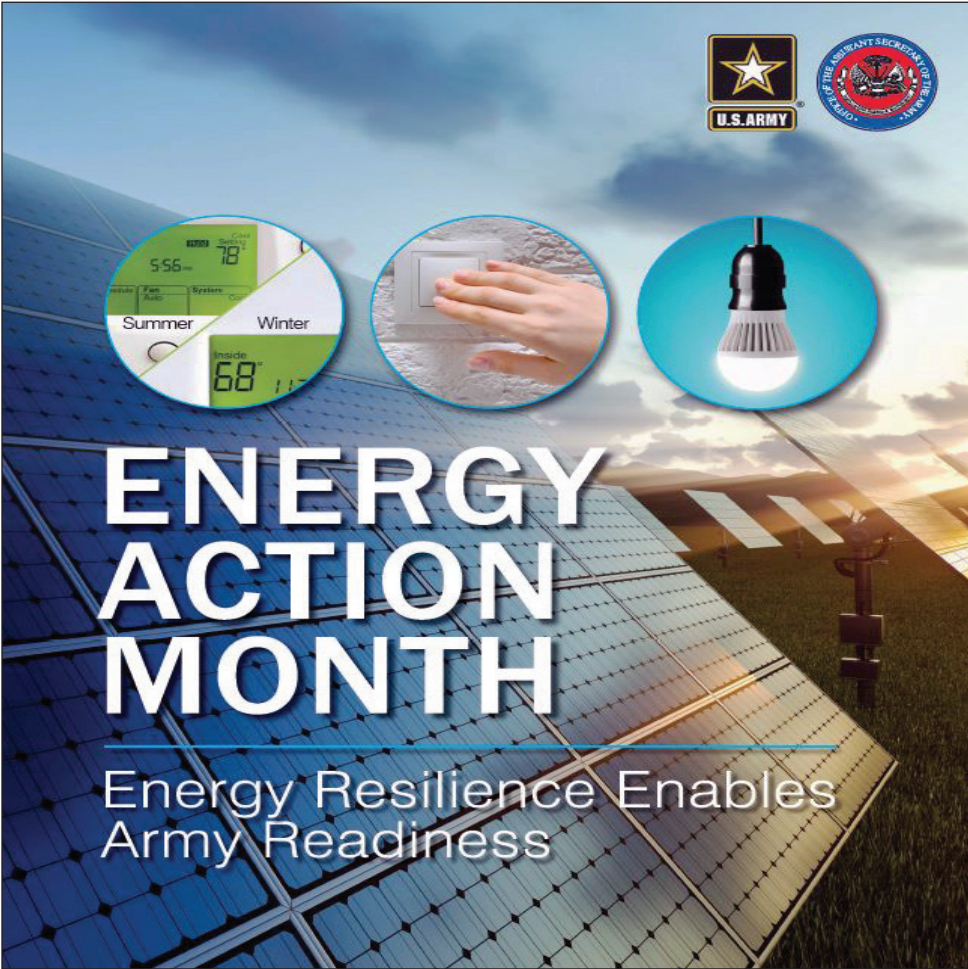
The company will complete 15 energy conservation measures across the post, the release said, including upgrades for heating, ventilation and air conditioning, improvements in interior, exterior, street and airfield LED lighting and boiler and water conservation improvements. These improvements are expected to yield an additional 14.8 percent energy reduction and 10 percent water reduction.

However, Witmer emphasized while Fort Riley and Southland Energy have made progress, the cooperation of every consumers on post is key to the effort.

Some of the measures individuals can use to reduce energy consumption, Witmer said, include turning off unneeded lights, respecting lower thermostat settings, closing doors and windows and reporting broken or inefficient equipment to the personnel assigned to make repairs.

Energy Action Month formed by the Army Office of Energy Initiatives in August 2014 by then Secretary of the Army John McHugh. In October of that year, the OEI became permanent and, according to Army Directive 2014-22, serves as the Army's central management office for the development, implementation and oversight of all privately financed, large-scale renewable and alternative energy projects.

In the memo announcing 2017's Energy Action Month, Lt. Gen. Gwen Bingham,



assistant chief of staff, installation management, and J. Randall Robinson, acting assistant Secretary of the Army in charge of Energy and Environment, said, "energy is a key mission enabler and force multiplier for a ready and resilient Army ... (It) contributes directly to war-fighting readiness."

DAGGER Continued from page 1

From the beginning and through it all, the 11th Armored Cavalry Division embraced and supported the 3rd ABCT, Simmering said. It is only fitting the unit's journey ends in Zagan.

"In retrospect, you've all provided multiple training opportunities and powerful fighting forces that forced us to push ourselves further, faster, and for a longer period of time than this brigade has been pushed in recent history," Simmering remarked. "We are leaving Europe better because of you."

With the rotation finally over, Soldiers are ready to go home and see their families, said Sgt. Jesse Rambo, Bradley gunner, 1st Battalion, 8th Infantry Regiment, 3rd Armored Brigade Combat Team, 4th Inf. Div.

Rambo participated in the ceremony as a member of the color guard.

"It's a little overwhelming that I got the honor to participate," Rambo said. "It's very humbling to go ahead and end this and be a part of it."

Rambo already has plans to go snowboarding immediately after his return to Fort Carson.

While the 3rd ABCT is departing, the 2nd ABCT has just arrived. The unit downloaded

equipment and spread throughout Poland. The unit conducted maintenance on military vehicles, and loaded them with ammunition.

The Army asked the unit to deploy, download equipment from ships, get into Poland and be ready to fight within 10 days, Command Sgt. Maj. Craig Copridge said. The task was completed and the unit was firing on ranges within five days.

The unit plans to sustain combat readiness, continue to build relationships with allies and improve interoperability with foreign armed forces.

The transition into Europe has been smooth, with advice from the 3rd ABCT, he said. The help of the 16th Sustainment Brigade, 21st Theater Sustainment Command, a tenant unit under U.S. Army Europe, made the move a seamless effort.

"We've been in constant contact with 3rd ABCT, so we know the pace that we're going to be expected to have," Copridge said. "Our Soldiers are up and ready for the task; we have to be ready to outpace any enemy threat."



Sgt. Shiloh Capers | 7th Mobile PAD
Col. David Gardner, commander, 2nd Armored Brigade Combat Team, 1st Infantry Division, speaks during a transfer of authority ceremony in Market Square, Zagan, Poland, Sept. 29. The ceremony marks the transfer of command and responsibility of being the only armored brigade combat team in Europe from 3rd Armored Brigade Combat Team, 4th Infantry Division to 2nd Armored Brigade Combat Team.

RETIREE APPRECIATION DAY

DESCRIPTION

LOCATION

EVENTS

Join us! For Ft Riley's Retiree Appreciation Day. We will have guest speakers, prize drawings including a 20 foot telescoping flag pole, and cash prizes, vendors booths. The hospital will be providing a variety of shots. For each retiree with ID card a Flag kit is our way of saying

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October 20, 2017
8:00 AM - 3:00 PM
Riley Conference Center
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OPENING SPEAKER:
11D Commanding General or representative

TRICARE, PX AND COMMISSARY REPS
will be on hand.

PRIZE DRAWINGS:
9:00 AM, 10:20 AM, 11:30 AM

100 Years BRO Presentation:
Director of Ft. Riley Museum

Luncheon: at 12:00 PM
-guest speaker: Mr. Lambert

Health Fair: 10:00 AM- 3:00 PM
- shots starting at 11:00 AM

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GOLD STAR MOTHERS AND FAMILIES DAY ★
Ann Meuli, mother of Sgt. Joel Murry of 1st Squadron, 6th Cavalry Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division watches Christina Gary, Survivor Outreach Services program manager assist with decorating a stone during National Gold Star Mothers and Families Day event Sept. 30.

★ To remember & honor ★

Sharing painful moments helps build, strengthen community of Gold Star families

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

Remembering the fallen brought emotions to Gold Star mothers and their families during a National Gold Star Mothers and Families Day event Sept. 30. The event brought together families under one roof as they remained unplugged to break bread and remember fallen Soldiers.

The National Gold Star Mothers and Families Day commemorates “the contributions, commitments and sacrifices by Gold Star Mothers and Families,” according to the Senate Joint Resolution 115 June 23, 1936.

The event was hosted by Christina Gary, Survivor Outreach Services program manager, and Michael Schack, Survivor Outreach Services financial counselor. Gary and Schack said they hosted the event at Fort Riley’s Grimes Hall to recognize the sacrifices of those mothers who have lost a son or daughter while serving in the Armed Forces.

The National Gold Star Mothers and Families Day began with the fallen hero stone creation. Gold Star family members decorated white stones with permanent markers with the Soldiers name and rank. Some members decorated stones with roses and hearts.

The original plan was to place all stones in a plastic box, which would be laid at a newly planted oak tree in front of Grimes Hall. Instead, the adjusted plan invited Gold Star family members to place decorated stones on the mulch surrounding the tree. The Chinkapin oak

See GOLD STAR, page 14



Gold Star families released dove-shaped balloons to be released Sept. 30.



Soldiers and civilians perform CPR on an infant mannequin during a free course taught by personnel of Fort Riley Fire and Emergency Services Sept. 26 at Fire Headquarters, 1020 Huebner Road.

Soldiers, civilians take CPR course

Students learn skills to save lives during everyday situations

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

Twelve infant mannequin were laying on tables before a group of students — Soldiers and civilians alike — in a silent room. The class instructed the infants were not breathing and were unresponsive. They needed CPR. People scanned the room, looking back and forth between the mannequin and one another before someone took the plunge and began CPR. The others followed, some lagging behind to watch the actions of their peers.

These students were part of the HeartSaver Course offered by Fort Riley Fire and Emergency Services Sept. 26 at Fire Headquarters, 1020 Huebner Road. Infant CPR is the last portion of the course and, as one instructor said, the most difficult because of the emotional and mental challenges people go through when faced with an unresponsive infant.

The course teaches students how to perform CPR on all ages, the proper use of Automated External Defibrillators and response to a choking individual. The course is certified as American Heart Association training and operates under the direction of the Via Christi-Manhattan Training Center in

See CPR, page 13

Kegs fly during Oktoberfest celebration at Fort Riley

Annual get-together becomes Volksfest, an event for all ages

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

Soldiers, families and couples celebrated Fort Riley’s Oktoberfest with a new twist Sept. 29 at Riley’s Conference Center.

Named Volksfest this year, the annual celebration is traditionally held at the Warrior Zone, but the Directorate of Family and Morale, Welfare and Recreation and Better Opportunities for Single Soldiers expanded and changed locations to transform it into an event for all ages.

“It is just like Oktoberfest, but we decided to switch up



Ashley Church, wife of Pfc. Antianna Church, Medical Department Activity, slips between two tables while wearing goggles that impair her vision on the drunken-waiter obstacle course during Volksfest Sept. 29 at Riley’s Conference Center.

the name, so in conjunction with BOSS and (the) Warrior Zone, we decided to expand Oktoberfest from the Warrior Zone and make it more kid

“It’s just like Oktoberfest, but we decided to switch up the name ... and make it more kid friendly.”

CHRISTIAN BISHOP
BUSINESS MANAGER,
RILEY’S CONFERENCE
CENTER

friendly,” said Christian Bishop, business manager at Riley’s Conference Center.

Guests dined on schnitzel, potatoes, bratwurst and more — many of which are from the same menu served during the Christkindl Market, Bishop said. For adults, a beer was included with

See FEST, page 13

A SHOW OF SUPPORT



Season Osterfeld | POST

Spc. Julio Jimenez, 1st Battalion, 5th Field Artillery Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, holds 1-year-old son Matteo as he spins the wheel during a stress tips questions and answers game hosted by Army Community Service Sept. 26 at USO Fort Riley. In recognition of September as Suicide Prevention month, ACS partnered with the USO to host a questions and answers game about the signs, support and more for suicide. Participants received a free lunch and those who answered correctly got a prize.

FORT RILEY POST-ITS

FORT RILEY POST WIDE YARD SALE

The Fort Riley Post Wide Yard Sale is Oct. 7 from 8 a.m. to noon. The event will be in neighborhoods across the installation.

The Fort Riley Post Thrift Shop, 267 Stuart Ave. Fort Riley, Kansas 66442, will also be open between 10 a.m. to noon.

AQUA ZUMBA & SPLASH SATURDAY

Aqua Zumba will be cancelled Oct. 11, 13 and 16 due to depth of water.

Splash Saturday scheduled for Oct. 14 will be moved to the following Saturday Oct. 21 with same time of 1 to 4 p.m.

EYSTER POOL

Eyster pool is scheduled for maintenance. All pool operations are moving Oct. 11 to Oct. 17 to Long Pool. Programs impacted are:

5 to 9 a.m.	Individual Lap Swim
10 to 11 a.m.	IACH Physical Therapy
11 a.m. to 1 p.m.	Individual Lap Swim
1 to 2 p.m.	WTB (Oct. 16 only)
2 to 4 p.m.	Individual Lap Swim, Private Swim Lesson

GIFT THE GOWN

USO Fort Riley is hosting Gift the Gown Oct. 21 from 10 a.m. to 1 p.m. at 6918 Trooper Drive.

Gift the Gown is for those who need a formal dress. The event will have dresses in every style, color and size. All gowns are free.

For more information, visit USO Fort Riley on Facebook or call 785-240-5326.

GLORUN

Twinkle like the stars in the night sky at the GloRun Oct. 27 at 7:30 p.m. hosted by the Directorate of Family and Morale, Welfare and Recreation.

For more information visit riley.armymwr.com or call 785-239-2813.

ARMY MARKETING RESEARCH GROUP

The Army Marketing Research Group is looking for your first-person, GoPro or cellphone video! Video clips are to be posted on social media using #usarmystories.

The winner will be used for an upcoming Army recruiting commercial. All clips must follow operational security requirements.

FREE SCREENING AT BARLOW THEATER

Barlow Theater is screening “The Foreigner” Oct. 7 at 2 p.m. Tickets can be picked up in AAFES food court. Tickets do not guarantee a seat.

GARRISON COMMAND CLIMATE SURVEY

The survey is open to all U.S. Army Garrison Fort Riley staff. The survey closes Oct. 31. No CAC is required to take the it. Log in information has been emailed to each directorate.

AIR FORCE RESERVE RECRUITING

Looking for something to do after the Army? Consider joining Air Force Reserve. Contact Master Sgt. Jeancharles at 316-243-8434. For more information contact Fort Riley Soldiers for Life - Transition Assistance Program office at 785-239-9621.

ADVENTURE PARK NOW OPEN

The Outdoor Adventure and Travel Center opened the new Outdoor Adventure Park to the public Aug. 26.

Adventure Park Elements include:

Ropes Course
Zip Line
Paintball Courses
Archery Range
Rock Wall
And more!

The Outdoor Adventure and Travel Center is at 5202 Normandy Drive. For more information, call 785-239-2363.

WOODSHOP SAFETY CLASS

A Woodshop Safety Class is Oct. 23 at 6:30 p.m. at the Fort Riley Arts & Crafts.

Attendees will learn power-tool safety and general woodshop procedures as well as the basic operation of each piece of machinery within the shop. Patrons are required to take this class before using the shop.

Advance registration is required. Cost of attendance is \$10. For more information, call 785-239-9205.

PARENT AND CHILD CRAFT CLASS

The Arts and Crafts Center, 6918 Trooper Drive, will have a parent and child craft class Oct. 15 from 1:30 to 4 p.m. The craft is a scarecrow face.

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



FORT RILEY REEL TIME THEATER SCHEDULE

Friday, Oct. 6
It (R) 7 p.m.
Saturday, Oct. 7
Studio Appreciation Advance Screening of The Foreigner (R) 2 p.m.
Unlocked (R) 7 p.m.
Sunday, Oct. 8
Leap (PG) 5 p.m.
Theater opens 30 minutes before first showing.
For more information, call 785-239-9574.
Regular Showing: \$6 ; 3D Showing: \$8
First Run: \$8.25
3D First Run: \$10.25

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.

Kansas City Sprint Center: Disney on Ice - Dream Big tickets for the Sept. 14 to 17 performances for \$20 to \$33 depending upon show and seats selected.

And much more!

For more information on tickets and travel packages available through the Leisure Travel Center, call 785-239-5614/4415.

CARS & COFFEE

Cars & Coffee is held every third Sunday of the month at 11 a.m. at the Warrior Zone. Participants can enjoy \$2 grande size coffees, 50 cent waffles and pancakes, yard games and get the chance to be named the Car of the Month. The event is free to attend and open to the public.

For more information, call 785-240-6618.

BLUE STAR PROGRAM

The Directorate of Family and Morale, Welfare and Recreation offers the Blue Star Program to family members who are geographically separated from their service member. The benefits are also open to Gold Star families and Soldiers in the Warrior Transition Battalion. Discounts and events are available to those enrolled in the program. For information about eligibility, call 785-239-2172 or email bluestar@rileymwr.com.



COMMUNITY CORNER

Keep safe and secure during extended weekend

By Col. John D. Lawrence
FORT RILEY GARRISON COMMANDER

We're heading into a hard-earned, well-deserved long weekend and while I encourage everyone to make the most of their time off, I'd also remind you to play it safe this Columbus Day weekend. The temperature has dropped slightly, but the weather forecast looks pretty good for the next few days, so I'd expect many people will opt for outdoor activities.

Some of the popular options locally include fishing, hunting, mountain biking,

horseback riding, picnicking and bird watching.

On post, we have four parks, each with different features and facilities. Three are open year-round, sunrise to sunset, and are great places to enjoy a day of fun and relaxation during the fall season:

- McCormick Park is on McCormick Road, near Fort Riley's Grant Avenue gate. There are pavilions, play-



Colonel Lawrence

MORE INFORMATION

- A good source for information about outdoor activities on post is the Fort Riley isportsman.net website. Click on "Army," then select "Fort Riley" for the latest news, recreational information, maps, activities and the check-in and check-out system.

grounds, a basketball court and restrooms.

- Wyman Park is at the intersection of Huebner and Dickman roads. The centerpiece of this park is the authentic 100-year-old locomotive — a popular place for kids.
- Moon Lake Park is a stocked fishing area. It also has pavilions, playgrounds,

disc golf and restrooms.

- The Fort Riley Marina is closed until spring.

The Outdoor Adventure and Travel Center, at 5202 Normandy Drive, has equipment for rent and information on the best places to go camping, hunting and fishing. Call 785-239-2363 or visit riley.armymwr.com/programs/outdoor-recreation

for a full list of options available through the center.

Whether you choose a physical activity, relaxation or hunting with a gun or camera, become informed before you participate in the activity.

A good source for information about outdoor activities on post is the Fort Riley isportsman.net website. Click on "Army," then select "Fort Riley" for the latest news, recreational information, maps, activities and the check-in and check-out system.

For those venturing off the installation, check out the Kansas Wildlife, Parks and Tourism website at ksoutdoors.com. This site has a wealth of information for outdoor activities, parks, wildlife and nature areas across Kansas.

So make a plan to enjoy time with family or friends this weekend and throughout the fall season. Fort Riley, the Flint Hills Region and the state of Kansas have unique options for enjoying the great outdoors.

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

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WORSHIP

Protestant Services

Victory Chapel Contemporary Protestant Service	239-0834
Sunday Worship.....	1100
Children's Church.....	1115-1215
Morris Hill Chapel Gospel Protestant Service	239-2799
Sunday School.....	0900
Sunday Worship.....	1100
Main Post Chapel Traditional Protestant Service	239-0834
Sunday Worship.....	1030

Catholic Services

Victory Chapel	239-0834
Sunday Mass.....	0845
Sunday Catechism.....	1000
Saint Mary's Chapel	239-0834
Saturday's Vigil Mass.....	1630
Sunday Mass.....	1200
Mid-day Mass— Mon., Wed., & Fri.....	1200
Tuesday & Thursday Mass.....	1800
IACH Chapel	239-7872
Mid-day Mass— Tue. & Thur.	1200

Buddhist Service

Normandy Chapel	239-2665
Sunday	1430
Meditation Practice— Mon.- Fri.....	1230

Open Circle Service

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

Wednesday Night Family Night

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

Club Beyond - Faith Based Youth Program

Grades 6th - 12th, Meets Sundays

MS Youth-1530-1700 at Morris Hill Chapel

HS Youth-1830-2000 at Morris Hill Chapel 785-370-5542

Club Beyond is a Non-Federal Entity and is not part of the DoD or any of it's components and it has no government status.

AWANA

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

Protestant Women of the Chapel (PWOC)

Weekly Tuesday Meeting 0900-1130 & Evenings at 1830-2000 at Victory Chapel

Childcare Provided.

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

Catholic Women of the Chapel (CWOC)

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

Childcare provided.

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

****Check for schedule over Training Holiday weekends****

BEHAVIORAL HEALTH

Opening up to help those in need

Personal story a plea for those considering suicide to get help

By Maj. Gordon Lyons
IRWIN ARMY COMMUNITY HOSPITAL

I offer my personal story and hope it can help someone else. Maybe some aspect of my own struggle might prove beneficial, even if for only one Soldier, one person. So I offer the following — my long story made short — in support of Suicide Prevention Month.

DEVELOPING ISSUES

I grew up in a dysfunctional home like many these days, in a safe, very middle class but not at all wealthy neighborhood in suburban Kansas. From the outside, no doubt it seemed a bit like the setting for “Leave it to Beaver” or “Pleasantville,” but in our home absolute terror unfolded on a regular basis.

Mom became seriously mentally ill shortly after the birth of my little sister; my siblings and I were all close in age, and we were very young at the time. Mom’s illness caused her to often sit alone in the kitchen at night with all the lights off and talk to herself nonstop ... while she polluted her lungs and exposed us to the dangers of second-hand smoke. She was a chain smoker, you see, which would end up taking her life early, but not before her mental illness brought terror to her life ... and ours.

My two sisters, my brother and I learned to walk on eggshells around Mom. If I set her off she might throw scalding hot coffee on me or drag me by my hair to my bedroom and ground me there. Or worse, she might yell that Satan was torturing her

GETTING HELP

- If you’re feeling suicidal, if you’re suffering in isolation, please call the Behavior Health team at 785-239-7208, call a buddy, call a chaplain or call any medical professional or suicide hotline, and follow through with the visit.

through the innocent things my siblings or I did, and she was intensely serious — in a word, terrifying.

While Mom was ill, Dad, a middle school teacher, sometimes worked three jobs to make ends meet for the six of us. When he was home, he was sometimes more physically abusive than Mom; he whipped us hard, with the full strength of an athletic man in his 30s. He used a leather belt that left us with painful welts and bruises for many days afterward.

The abuse ended in early middle school — because Mom finally got treatment and Dad was much less stressed — but by the time I was in high school, I was anxious and nervous almost all the time. I was always on guard for threats in my surroundings. I was jumpy — my heart would pound and I’d be scared and start to sweat at any loud noise, nearby angry voice or if attention was focused on me for any reason. I was almost completely lacking any sense of myself or who I was and I was absolutely terrified of rejection. I avoided school social functions and had few friends — I honestly can’t remember going to one football game. Every. Single. Day ... was a battle, to get through. I sometimes skipped school or certain classes as I just didn’t have it in me, and I needed a break.

I had vague but persistent feelings and thoughts in my early 20s along the lines of, “I can’t keep doing this.” Those thoughts and feelings wouldn’t go away. At the time I had

no idea what “this” was, but I knew I couldn’t go on. Rather than being actively suicidal, I just knew something had to give; although in reality it was a choice to get help, it certainly didn’t feel like a choice at the time — I had to. So I went to my county mental health center and I talked to someone.

FINDING HELP

Slowly, that someone, my clinical social worker, helped me reconnect with, identify and express emotions I had buried during childhood in order to survive. It was hard — OMG I’ll never forget the incredible pain and grief I felt ... and eventually the relief. In writing this right now I’m experiencing those same feelings of loneliness and despair and grief again ... and tearing up a bit. You see, one day at a time I owned those parts of me I’d buried for survival’s sake. They became part of me forever — but they no longer had control of me. I remember being afraid that if I allowed myself to feel something, the feeling would never end, it would never stop. The opposite turned out to be true — by finding a safe place to slowly let myself feel again, the feelings changed ... naturally ... just by expressing them and talking them through with my clinical social worker. They no longer had a hold on me. I started to feel a real and solid sense of self-confidence. By being more in touch with my thoughts and feelings, and by using the tools I learned in therapy to think about my

thoughts, I became effective at navigating my inner self. In other words, I was free.

I wasn’t perfect of course, and I’m still not, by far! I was, however, largely free of the effects of my traumatic childhood, free to begin building the life I wanted. That also hasn’t gone perfectly ... LOL ... but on the whole I’m very happy. In fact as you’re reading this story, I’m on leave in Europe with my Dad, whom I love with all my heart. He isn’t perfect either of course, but over the years I’ve learned to accept him as he is; for his part, also over many years, Dad has grown to respect and be proud of the person I’ve become.

GIVING BACK

I am now a clinical social worker myself, board certified, well-connected socially, with great long-time friendships and grateful for the many years I’ve been able to give back and pay forward the powerful help I received when I so desperately needed it. It is truly and absolutely my honor to serve as your Director of Behavioral Health.

If you’re feeling suicidal, if you’re suffering in isolation, please call me or someone on our team at 785-239-7208, call a buddy, call a Chaplain or call any medical professional or suicide hotline, and follow through with treatment as I did. Seeking behavioral health care doesn’t, in itself, negatively impact your military career — but not following through with treatment very well could — just as if you broke your leg and didn’t follow through with treatment for it. Therapy takes courage. I won’t lie — it can be scary to take an honest look at yourself and allow yourself to heal. We in your Behavioral Health teams and your “Big Red One” hospital get it ... we really do ... and we will face that fear with you.

TUESDAY TRIVIA CONTEST



The question for the week of Oct. 3 was:
What is the address of Retiree Services on Fort Riley?

Answer: www.riley.army.mil/Services/Retiree-Services/

This week’s winner is Amanda Lawson, spouse of Capt. Troy Lawson, 1st Squadron, 4th Cavalry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division.

Pictured above are Troy and Amanda Lawson and family.

CONGRATULATIONS AMANDA!

FEST Continued from page 11



Season Osterfeld | POST

Pfc. Antianna Church, Medical Department Activity, checks for the placement of a chair in front of her while wearing goggles that impair her vision as she weaves her way through the drunken waiter obstacle course during Volksfest Sept. 29 at Riley’s Conference Center. The event was a new spin of the annual Oktoberfest celebration held at the Warrior Zone.

their meal and those younger than 21 received a root beer float.

After eating, guests made their way to the photo booth and posed with playful props or ventured outside where Soldiers from the BOSS program waited to take them through a variety of games and activities.

“We’ve got our German menu, which is pretty famous during Christkindl (market),” she said. “We’ve got games out back that BOSS is helping to participate in and a photo booth.”

Activities included a keg toss, stein carry, stein hold and drunken waiter obstacle course. New this year were a sack race and corn hole toss.

“I think the food is really awesome and there’s really nice activities for everybody,” said Warrant Officer Elida Garza, 1st Combat Aviation

Brigade, 1st Infantry Division. “You don’t have to be over 21. It’s great for me.”

Garza attended Volksfest with her son, Adan Para. Para ran through every activity, going back to some twice. He said his favorite was the drunken waiter because of the challenge he had between clearing the obstacles, carrying a tray of filled mugs and trying to see through goggles that impaired his vision.

After watching her son play and talking with BOSS Soldiers, Garza said she appreciated how friendly the BOSS representatives were and hoped to see more events like this in the future.

“They’re really, really fun and everybody that’s volunteering from the BOSS program is very nice,” she said. “It’s awesome. Hopefully Fort Riley has more activities like this, especially in the winter.”

CPR Continued from page 11



Season Osterfeld | POST

Spc. BerryLee Rosales, 601st Aviation Support Battalion, 1st Combat Aviation Brigade, 1st Infantry Division, performs chest compressions on an infant mannequin during a HeartSaver CPR course taught by personnel of Fort Riley Fire and Emergency Services Sept. 26 at Fire Headquarters, 1020 Huebner Road. The course teaches students how to perform CPR on all ages, the proper use of Automated External Defibrillators and response to a choking individual.

Manhattan, Kansas. Students who successfully complete the course receive a two-year certification from the American Heart Association.

“We teach CPR classes to equip people with the knowledge and skills required to perform CPR as well as utilize an Automated External Defibrillator,” said Rich Watson, assistant chief of prevention for Fort Riley Fire and Emergency Services. “There are currently just over 150 AEDs strategically placed across the installation for public access. Approximately 75 percent of all cardiac arrest cases occur either at home or in public places. Often, the first person to encounter the victim is a family member or bystander. If that person is able to provide CPR and utilize an AED properly, the victim’s chances of survival are significantly increased. For these types of situations, we teach the HeartSaver course, which is designed for the layperson or

“There are currently just over 150 AEDs strategically placed across the installation for public access.”

RICH WATSON | ASSISTANT CHIEF OF PREVENTION, FORT RILEY FIRE AND EMERGENCY SERVICES

someone who is not a medical professional. The HeartSaver course covers CPR and AED delivery as well as care of a choking victim, be it an adult, child or infant.”

The course uses a combination of video scenarios, step-by-step video instruction and hands-on training with mannequin under the guidance of instructors to teach each student. During the hands-on portion, instructors moved about the room answering questions and correcting errors in technique.

Sgt. Gerald Pittman, 1st Combat Aviation Brigade, 1st Infantry Division, attended

the class as part of a requirement for his job, but said he enjoyed it. He said he found the class clear, engaging and appreciated the combination of approaches to assist him and his peers in learning how to perform CPR properly.

“The mix between the videos and the hands on — the simulations in the videos, the simulations in the activities — all of that kept it clear and helped you visualize and get into it,” he said.

Pittman said he would go through the course again when it is time for him to renew his certification.

“You never know when you might end up in a situation that you might need to save a life,” he said.

Fort Riley Fire and Emergency Services offers the HeartSaver course multiple times a year free of cost to service members, dependents, contractors and Department of the Army civilians. Advanced registration is required. For schedule dates of the next class or to enroll, call 785-240-6241.

“We publish our training calendars two months at a time and our November and December classes will be sent out between the middle and end of October,” Watson said. “Anyone interested in adding their name to the distribution list or attending one of our classes or would need to call 785-240-6241 to register. It is important that people not just show for a class they have not successfully registered for based on the limited number of seats for each class.”

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VERSE OF THE DAY

*Live in harmony with one another.
Do not be proud, but be willing to
associate with people of low position.
Do not be conceited.
Romans 12:16*

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GOLD STAR

Continued from page 11



Kalene Lozick | POST

A group photo of all who attended the National Gold Star Mothers and Families Day Sept. 30 to support fallen Soldiers.

tree is to commemorate fallen heroes Schack said.

“I think an oak tree is totally appropriate,” said Rebecca Arthington, retired Army, who attended the event to represent Air Force 1st Lt. Marvin S. Arthington and Spc. Bradley S. Bohle, a “Big Red One” Soldier. “It’s like the mighty oak tree.”

Chap. (Col.) Timothy Walls, garrison chaplain, dedicated the tree as the Fallen Hero Tree. In front of the oak tree is a plaque engraved with “in memory of fallen heroes.”

During the dedication, Walls said a prayer over the tree as a symbol to those Soldiers who have fallen protecting the cause of liberty. He also said a prayer over the Gold Star family members to find refuge and joy within the Lord.

After the stone placement and tree dedication by Walls, the SOS team provided biodegradable dove-shaped balloons to be released.

Gold Star family members, SOS staff, Walls and Fort Riley garrison Command Sgt. Maj. James Collins released the balloons into the air.

As the National Gold Star Mothers and Families Day continued, the final event was a luncheon.

The luncheon provided an opportunity for Gold Star family members to speak with Fort Riley’s commanding officers about their fallen Soldier. The officers included Maj. Gen. Joseph Martin, 1st Infantry Division and Fort Riley commanding general, Col. John Lawrence, Fort Riley garrison commander, and Collins.

During this period, Gary invited all to participate in roll-call.

To begin roll-call was Ann Meuli, mother of Sgt. Joel Murry of 1st Squadron, 6th Cavalry Regiment, 2nd Armored Brigade Combat Team, 1st Inf. Div. Her son was killed in Iraq Sept. 4, 2007.

As those around the table shared stories of how their Soldier died in battle, eyes around the room began to fill up with tears. Many Gold Star mothers remembered the phone call as if it were yesterday.

After three Gold Star family members shared stories, Martin gave his gratitude and shared his “Big Red One” career beginning in the 1980s, through his four tours of combat, officer training courses and then back as a Soldier of the “Big Red One.”

“I had some incredible opportunities over the course of my (‘Big Red One’) career,” Martin said. “I know, especially for you all (Gold Star families), may not see combat, but it is what we do in the Army. It is the full expression of the capabilities our nation asks us to provide, to protect the homeland, to see to our national security interest and I’ve had the opportunity to (do) that four separate times in combat.”

As he continued he shifted gears by giving gratitude to the Soldiers, both men and women, who lost their lives serving to protect the homeland.

“I’ll tell you like you Soldiers and the Soldiers from Desert Storm to this most recent experience, (Soldiers) never cease to amaze me,” he said. “I speak often to people — I’ll tell you this because I think it is important that you understand this. I’ve had people in a room from Congress ... I want to tell them who we are. Some people say, I know who you are. I say you have never heard it from me.”

During the next moments, Martin described a commercial he showed to the Congressional staffers. In the commercial, Martin explained, Soldiers in the midst of a natural disaster clean up are not seeking “the limelight” or “to remember their name.”

“I tell you this video because it resonates with me,” he said. “That video just epitomizes our Soldiers. They are one of 300 amongst the population of the US, (rose) their right hand to swear an allegiance and an oath to an idea. That is very unique to this world ... So Soldiers are very special people ... So I am very proud and honored to be here. Frankly, I will tell you I am walking in the steps of giants, I am aware of that every day ... One of those responsibilities is to continue to reach out to the people like you (Gold Star families) whose families have lost, whose families have sacrificed and are mindful for that. So it is my please to be here today and talk to you.”

As roll-call continued, there was not a dry eye in the room. Mothers told their stories of how Soldiers on Fort Riley give hugs, salute and acknowledge them.

To one mother, Dody Berg, her son, Spc. Forrest Robertson who died Nov. 3, 2013, in Afghanistan, said while choking back tears, “he was 17 when I signed the papers and I don’t regret it because he was good at what he did.”

As the luncheon concluded, the laughter began to fill the room again and smiles returned to the faces of Gold Star mothers and families.

The overall goal of the National Gold Star Mothers and Families Day is to maintain and continue strong relationships with the Gold Star family members, SOS staff and the commanding officers.

Teams train to help survivors

CARE groups offer support needed by families of deceased

Story by Kalene Lozick
1ST INF. DIV. POST

Fort Riley’s Army Community Service provides Casualty Response Teams to units that want to assist families when a Soldier or family member dies.

A CARE Team provides emotional support and optional assistance to family members of injured and fallen Soldiers, said Sonya Brown, ACS Outreach Program coordinator.

Members of a CARE Team are volunteers who are trained to provide short-term support, about 48 to 72 hours, to an affected family until additional family members or friends arrive to take over and assist them.

“The ideal part about the CARE Team is to have individuals trained before there is an incident,” Brown said. “A CARE Team is primarily activated when a Soldier is deceased.”

When Jen Betty stepped in as the senior spouse adviser for 5th Squadron, 4th Cavalry Regiment, 2nd Armored Brigade Combat Team, 1st

Infantry Division, she found herself a part of an activated CARE Team.

In a letter written by Betty, she said the CARE Team training was successful during a real-life scenario when a Soldier from 5th Sqdn., 4th Cav. Regt., 2nd ABCT, 1st Inf. Div. died.

“Sunday evening, Feb. 11, 2017, our new CARE Team leader and I assisted the Troop Command Team at their recall formation as the troop commander personally notified the troop of the loss,” Betty said. “I vividly remember standing in my husband’s office with the realization of knowing we had no way to adequately prepare for what laid ahead of us.”

Betty added the knowledge from the capstone event of CARE Team training, which was mock activation training, made success possible. The capstone training simulated a real-world situation the team could be called in to assist a family or individual.

“Thanks to the capstone event and all we have learned, researched and prepared since, (the CARE Team was) as ready as (they) could possibly be,” she said.

When activated, a CARE Team contacts family members on behalf of the survivors, assists in child care, meal

support, house sitting and more. The teams are available only as an option to provide support. Teams are not a mandatory tool to families, Brown said.

“CARE Teams are created to give structure and support from the community in a more organized way,” Brown said.

The letter from Betty is a way to know and gain feedback on the success of the CARE Team.

“Most of the time we don’t receive any feedback,” Brown said.

Betty said her team did experience some hiccups along the way, but overall with the help of the training, they knew how to properly debrief and make the needed adjustments.

“The things we did right were most definitely from what we learned from the capstone event,” Betty said. “The capstone event was set to be the culmination of our CARE Team training. It was, and I can now say from personal experience, this training event also set up our unit to succeed in a real-world scenario.”

For more information about CARE Teams or to set up a capstone training event, call ACS at 785-239-9435 or email usarmy.riley.imcom.mbx.acs@mail.mil.

School lunches can shape children’s food choices for life

K-STATE NEWS

MANHATTAN, Kan. — When parents pack school lunches, it can be easy to just fill the lunchbox with convenience foods, but it’s important to make sure the meal includes fruits, vegetables, protein, dairy and grains, according to a Kansas State University nutritionist.

That’s because studies suggest that children’s long-term food preferences develop early in life, said Jennifer Hanson, assistant professor of food, nutrition, dietetics and health.

“Packing healthful lunches isn’t just about providing for their nutritional needs today,” Hanson said. “It’s about establishing lifelong eating habits they will carry with them into adulthood.”

For protein, Hanson advises a variety of protein-rich foods, including beans, lean meats, eggs, soy, nuts and seeds.

When it comes to dairy, parents should avoid sending milk from home.

“It’s best to buy milk at the school so parents know it is cold and safe, and their children are still getting the protein, vitamin D and calcium they need,” Hanson said.

Grains should be whole grains, so parents should look for products that are labeled 100 percent whole grain or have a whole grain listed first on the product’s ingredient list.

For fruits, Hanson advises bringing a whole fruit rather than a processed, prepackaged fruit cup to limit added sugars.

“For example, instead of packing applesauce with added sugar, bring a whole apple, or instead of peaches with a heavy sauce, just pack a peach,” Hanson said.

To ensure their children actually eat the vegetables packed in the lunch, Hanson said parents should include their children when selecting and preparing those foods. Involving children in food preparation increases their willingness to eat those foods, Hanson said.

This process starts at the store, where parents can involve younger children by discussing vegetables’ colors and textures, and they can involve older children by discussing cost and value, Hanson said. At home, older children can help prepare vegetables and younger children can help put sliced vegetables in air-tight containers to store in the refrigerator.

Also, there’s nothing wrong with a little taste test before packing the lunch.

“Some experts suggest it may take kids 10-12 times of trying a new food before they actually accept it,” Hanson said. “Involve them in the preparation, expose them to the food in different ways, and give them a chance to taste it to increase the likelihood they will actually eat it.”



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Sports & Recreation



Phillip Vardiman, athletic training program director, Kansas State University, speaks to the 1st Infantry Division Army Ten-Miler team at the Vanier Family Football Complex, K-State, Sept. 26. The team sat in a 65-degree, waist-high pool, a recovery treatment used by the K-State athletes.

‘Big Red One’ Army Ten-Miler team trains with Kansas State University

Story and Photos by Sgt. Derrik Tribbey
1ST INF. DIV. PUBLIC AFFAIRS

The 1st Infantry Division Army Ten-Miler team has been training for the Oct. 8 competition in Washington, D.C., since July.

Sept. 26, the Kansas State University athletic program opened their doors to the 14-Soldier team for a recovery session and nutritional advice.

“Recovery is the biggest piece we can do for preventative medicine for the military athletes as well as the athletes here at K-State,” said Phillip Vardiman, athletic training program director at K-State.

That morning, after an hour-long workout at CiCo Park in Manhattan, Kansas, the team met at the K-State Vanier Family Football Complex with Vardiman and Scott Trausch, K-State sports nutritionist.

K-State worked with Capt. Mark Gaudet, commander of Company B, 1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team, 1st Inf. Div., and 1st Lt. Tim Nelson, the executive officer for Headquarters Company, 2nd Battalion, 34th Armor Regiment, 1st ABCT, 1st Inf. Div., during their prep for the Best Ranger Competition in 2016.

“Back in 2015, I sat down with Trausch and Vardiman and we started brainstorming on where the program could go,” Gaudet said. “Starting with

the Best Ranger program, we came together with the idea of recovery.”

With proper training and recovery, the Soldiers can be ready for not only the Army Ten-Miler, but also as a Soldier, said retired Sgt. 1st Class Darryl Jewell, the “Big Red One” Army Ten-Miler coach and former 1st Inf. Div. Soldier.

“The Army understands that they need physically fit Soldiers,” Jewell said. “I used to ask my Soldiers, ‘Why do we do PT?’ They gave various answers, but the basic reason why we do physical training is survivability. Because if you get injured or wounded in combat, the shock of that happening will not kill you. A Soldier that is physically conditioned will most likely survive their wound.”

No matter what job one has in the Army, being physically fit is unbelievably important, Nelson said.

“It makes everything easier,” Nelson said. “It makes the hard times a little more manageable and it makes it so you’re not a liability for the rest of your unit.”

Jewell said the team was able to get a helping hand from K-State with conditioning and recovery so they were ready.

“Just getting down here with a professional and world-class athletic trainers and having them tell us the science and psychology side of competition is very important to compete at the highest level,” Gaudet said.

Vardiman escorted the team to a 65-degree, waist-high pool. The pool is a cold-therapy recovery treatment used by the K-State athletes.

“It’s all about taking care of your body,” said 1st Lt. Sarah Mikkelsen, an aircraft structural repairer with the 1st Combat Aviation Brigade, 1st Inf. Div. “Being in the Army, on top of training for a ten-miler, takes a toll on your body.”

Vardiman said recovery is something commonly overlooked by athletes.

“There are a number of things you can do for post-workout and competition recovery,” Vardiman said. “That allows your body to get back into a position to be resilient and, in the term of the military athlete, ‘carry on the fight.’”

Following the recovery portion of their visit, the team met with Trausch.

“I hope this is the first of a few talks,” Trausch said. “I want to give them the basic nutrition principles; whether it’s hydration, pre- and post-workout fueling, how to build a proper plate, how alcohol affects the body, grocery store tips and eating-out tips.”

Trausch said he only wanted to scratch the surface of everything he felt was important. He gave the Soldier athletes a pamphlet hoping it would give them the skills and tools

See TEN-MILER page 16



ABOVE: Capt. Mark Gaudet, commander, Company B, 1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division (right), and 1st Lt. Tim Nelson, the executive officer for Headquarters Company, 2nd Battalion, 34th Armor Regiment, 1st ABCT, 1st Inf. Div., run during their morning practice for the Army-Ten-Miler competition at CiCo Park in Manhattan, Kansas, Sept. 26. The Army-Ten-Miler will be held in Washington, D.C., Oct. 8.

Soldier credits adaptive sports for recovery, medal wins at Invictus Games



EJ Hersom | DEFENSE MEDIA ACTIVITY

Army Spc. Stephanie Morris powers a hand cycle during the morning start of cycling at the 2017 Invictus Games in Toronto Sept. 27.

By Shannon Collins
DOD NEWS, DEFENSE MEDIA ACTIVITY

TORONTO — Army Spc. Stephanie Morris added a gold medal in discus, a silver in shot put and a bronze in hand cycle in the women’s track and field competition in her disability category at the 2017 Invictus Games.

2017 INVICTUS GAMES CYCLING

More than 550 wounded, ill and injured service members from 17 nations competed in

12 sporting events including archery, track and field, cycling, golf, sitting volleyball, swimming, wheelchair rugby and wheelchair basketball Sept. 23 to 30 as they are cheered on by thousands of family members, friends and spectators in the Distillery District.

Morris, a truck driver stationed at Walter Reed National Military Medical Center, Bethesda, Maryland, earned a gold medal in the women’s hand cycle in her category, a gold in wheelchair basketball, silver in sit volleyball and a bronze in shot put at the 2017

Department of Defense Warrior Games and gold medals in the shot put, discus, hand cycle and wheelchair basketball and a bronze in sit volleyball at the 2016 DOD Warrior Games.

INJURY

Morris joined the Army to follow in her brother Marcus Matlock’s footsteps. “It’s something I’ve always wanted to do, and I always follow everything my brother does,” she said. Her brother served for 11 years as a communications sergeant.

Just 14 months after joining the Army as a truck driver, Morris was injured when her vehicle received indirect fire and two rocket-propelled grenades during a deployment to Bagram Air Base, Afghanistan, June 18, 2013.

As she went through more than 30 surgeries over three years, she made the decision in April 2016 to amputate her leg and July 1, 2016, she had it amputated.

“At first, it was a hard to make the decision,” she said. “It was more mental for me and not knowing what to expect but when I made the decision, and it finally happened, it was like a big weight was lifted off my shoulders because I had been struggling for three years.”

She said her mother was hesitant for the amputation because she was scared for her. “She didn’t know what to expect and how I was going to react to it,” Morris said.

ADAPTIVE SPORTS

Throughout high school, Morris played basketball and tennis and ran track. As she started recovering at Walter Reed, her medical providers pushed her to give adaptive sports a try, she said. Since then, she said she feels like an athlete again and enjoys competing.

“It doesn’t matter whether she wins or loses, Stephanie just likes to compete,” Stephanie’s mom, Relda Bates, said. “The games have actually helped Stephanie. She was always into sports. Stephanie was always a competitor so having the games, the Warrior Games and the Invictus Games, is something that benefits Stephanie.”

Morris said the camaraderie among the competitors from the different service branches on Team U.S. as well as with the competitors from the other nations will last a lifetime. “Everyone wants to win but at the end of the day, you build bonds with these people regardless of where you come from,” she said. “We are all going through the same battles, and you build bonds with them. It’s going to go way past Warrior Games and way past the Invictus Games. These are the people we’re going to be able to call family or to reach out to when we have a problem.”

RESILIENCY

Morris said she hopes people who came out to watch the Invictus Games see how resilient the wounded, ill and injured service members from all branches and nations are.

“Some people are in a dark place when they come to these types of events but then they see everybody else, and it’s uplifting for them,” she said. “They realize how much stronger they are and realize how much more they can do or they do things they never thought they would be able to do. Adaptive sports is a big part of recovery because I know, for me, without adaptive sports, I would’ve been lost.”

She tells anyone who may still be in that dark place to not be scared of getting out of their comfort zone.

“Don’t be scared to try something new because in all honesty, win or lose, you’re able to push yourself and bounce back and that’s what it’s really about,” she said.

Army veteran cycles to recovery, runs to gold at Invictus Games

By Robert A. Whetstone
BROOKE ARMY MEDICAL CENTER
PUBLIC AFFAIRS

TORONTO — For Army veteran Sean Johnson, his first Invictus Games have been nothing short of awesome. “It’s like Warrior Games (DOD) at a whole different level,” said Johnson. “This is really athletes at their best.”

Johnson, who is legally blind, competed with his guide Greg Miller in the tandem bike cycling event Sept. 26-27 in scenic High Park, Toronto. In the Paralympic-style cycling event, athletes may compete on either a road bike, hand cycle, recumbent bike, or tandem bike.

More than 550 wounded, ill and injured service members from 17 nations are competing

here from Sept. 23-30 in 12 sporting events, including archery, track and field, cycling, golf, sitting volleyball, swimming, wheelchair rugby and wheelchair basketball.

For Johnson, the most eye-opening experience has been meeting soldiers from other countries and sharing treatment practices with them. “I find it interesting to see how they recover, because to me, we have a good recovery program,” he explained.

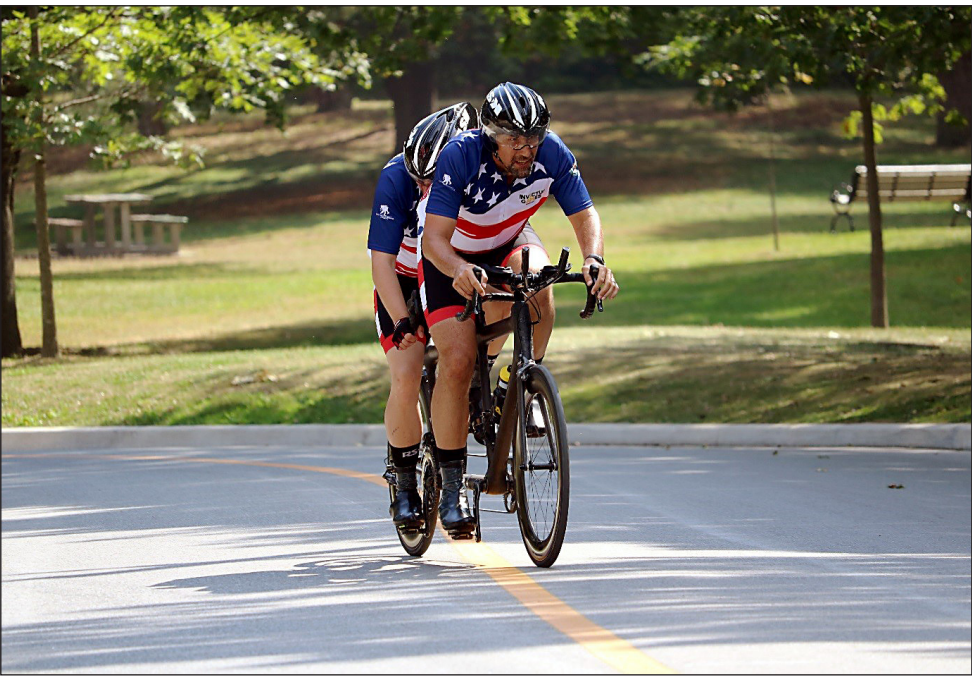
Johnson believes sports and competition were and continue to be critical to his recovery and health — especially cycling. “Being blind gives me an avenue; it’s a sport that gives me an ability to participate in something I did before losing my sight,” said Johnson. “Cycling is something I can do with someone as a team,

which is important to me. It’s something I haven’t experienced since I was injured.”

Cycling is not the only adaptive sport that Johnson plays. “I swim and throw the shot put and discus,” said Johnson. He also runs track, competing here in the IT6 category of the 1500 meter run. The category is for visually impaired athletes who run with a guide or tether with another individual. Johnson won the gold medal in this event.

Johnson hopes other Soldiers will pursue sports as an avenue of recovery and self-empowerment.

“Find a sport that you like and get into it,” he said. “It’s enjoyable, it’s a challenge, and it is something that will help you forget about the aches and pains and recover quicker.”



U.S. Army veteran Sean Johnson and guide Greg Miller tackle the hill during the tandem cycling event at High Park, Toronto, Canada, Sept. 26 during the Invictus Games.

TEN-MILER Continued from page 15



Sgt. Derrik Tribbey | 1st Inf. Div. Public Affairs
First Lt. Sarah Mikkelsen, an aircraft structural repairer with 1st Combat Aviation Brigade, 1st Infantry Division, runs during morning practice for the Army Ten-Miler competition at CiCo Park in Manhattan, Kansas, Sept. 26. The Army-Ten Miler will be held in Washington, D.C., Oct. 8.

that will help them make sound decisions about fueling properly for their overall readiness.

“Nutrition is vital not only for performance, but overall health and keeping mind, body and soul where it should be,” Trausch said.

Gaudet said the team also received support from the College of Human Ecology and Department of Food, Nutrition, Dietetics and Health, the Athletic Department and Sports Medicine Staff.



2017 ALTERNATIVE CARE OPTIONS

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

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Deadline: Friday prior to date

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

6-11pm • \$20 per child per date*

ADVANCED REGISTRATION REQUIRED

Deadline: Wednesday prior to date

To register, call 785.239.9885 or 785.240.2818

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







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

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riley.armymwr.com

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su | do | ku

		5						4
		8	2		4			
1	3		8					
2								
6					9			8
	9				8	2	3	
	7			3		4		
					6		8	9
							1	2

Level: Advanced

What Is su | do | ku?

The objective of the game is to fill all the blank squares in a game with the correct numbers. There are three very simple constraints to follow. In a 9 by 9 square sudoku game:

- Every row of 9 numbers must include all digits 1 through 9 in any order
- Every column of 9 numbers must include all digits 1 through 9 in any order
- Every 3 by 3 subsection of the 9 by 9 square must include all digits 1 through 9

Last Sudoku's Answers

5	9	8	6	1	3	4	7	2
7	2	6	8	4	9	5	1	3
4	1	3	5	2	7	8	6	9
9	5	7	3	6	4	2	8	1
1	3	4	2	8	5	6	9	7
8	6	2	9	7	1	3	5	4
2	7	5	4	9	8	1	3	6
3	4	1	7	5	6	9	2	8
6	8	9	1	3	2	7	4	5

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Reinactors show Fort Scott's historical past. The fort's Soldiers were part of events that would lead to America's growth and expansion. This year marks the 175th anniversary of Fort Scott. COURTESY PHOTO

By Suet Lee-Growney
1ST INF. DIV. POST

Before Fort Riley came to be, there was Fort Scott.

Established in 1842, Fort Scott's origins started during the nation's turbulent adolescent years. The fort's Soldiers were part of events that would lead to the growth and expansion of America. During that period, the fort was in the middle of the Permanent Indian Frontier and conflict and turmoil of "Bleeding Kansas" and the Civil War.

Fort Scott was established on the military road east of Kansas between Fort Leavenworth and Fort

Gibson to defend the rise of settlers, who migrated from the eastern part of the country. The fort was part of a line of military posts guarding new settlers from the Plains American Indians and to protect the reservations from settler intrusion.

In 1850, construction of Fort Scott was still incomplete and in the throes of the Mexican-American War. Fort Scott was abandoned by the military in 1853 for Fort Riley because it was farther west. The year of Fort Scott's closing, the dragoons reorganized as cavalry were sent to Fort Riley.

After Fort Scott discontinued its military functions, the buildings continued to serve as

residences and commercial property until 1873. But it was not until 1950 when a group of history buffs, who were proud of the town's military beginnings, argued to restore the installation to its 1840s appearance to draw visitors.

This year marks the 175th anniversary of Fort Scott.

It takes about three hours to drive to Fort Scott from Fort Riley. There is no admission fee and pets are welcome on the grounds as long as they are outside the buildings with the exception of service animals.

Today, there are 20 preserved historic sites at Fort Scott. Eleven of the historic buildings contain

30 historically furnished rooms and are open to the public. There are also three museums — the infantry barracks, dragoon barracks and the Wilson-Goodlander house. Guided tours are available by appointment by calling 620-223-0310.

Also on the site is a junior ranger program for children to learn more about the park. For adults, there is an audio-visual program available at the infantry barracks museum. The site is opened daily and visitors can enter through the visitor center where they are given a brief orientation, safety information and park brochure.

For more information on Fort Scott visit www.nps.gov/fosc.



ABOVE: Fort Scott's Civil War reenactors stand at attention in uniforms that resemble the 1800s. **BOTTOM LEFT:** Civil War reenactors send off ceremonial gun shots during a community event. **BOTTOM RIGHT:** A reenactor washes cloth on a washboard. Fort Scott has 20 historical sites throughout the city. COURTESY PHOTO

