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THE 1ST INFANTRY DIVISION POST



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FORT RILEY, KANSAS

Multinational gap crossing demonstrates capabilities



Spc. Dustin Biven | 22nd Mobile Public Affairs Detachment

A Soldier assigned to the 5th Squadron, 4th Cavalry Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division from Fort Riley, waits in his M-113 Armored Personnel Carrier to cross over the Kwisa River during a gap crossing exercise conducted on Nov. 16 in Poland. The U.S. Army, its allies and partners forge a dynamic presence with a powerful land network that simultaneously deters aggression and assures the security of the region

By **Spc. Andrew McNeil**
22ND MOBILE PUBLIC AFFAIRS
DETACHMENT

ZAGAN, Poland — The sound of a powerful diesel engine filled the calm, cool air as Pfc. Michael Hamil, a Kingston, Tennessee, native, aligned a Bradley Fighting Vehicle to a bridge assembled by Polish engineering troops. Once aligned, a Polish Soldier wielding orange flashlight cones began to guide him over the bridge.

Hamil's head stuck out of the 20-plus-ton vehicle with tank-like tracked wheels to about shoulder level as his eyes were locked on his Polish ground guide. The U.S. Bradley moved smoothly over the bridge as the driver and guide worked together to achieve a common goal — safely crossing the river.

On Nov. 16, Hamil and other Soldiers from the U.S. Army's 5th Squadron, 4th Cavalry Regiment, 2nd Armored Brigade Combat

Team, 1st Infantry Division, were invited by the Polish army to complete a wet-gap crossing.

"Today we got tasked to come out and train with our Polish allies," said 1st Lt. James Dicesare, a platoon leader with 5th Sqdn., 4th Cav. Regt. "They established a bridge crossing for us and then my drivers got the chance to drive their Bradleys across the bridge."

Exercises like this help promote "common collective integration training," said

Polish Col. Dariusz Parylak, commander of the 10th Armored Cavalry Brigade. This bridge crossing allowed Polish and U.S. forces to take the next step to integrated operations.

"I have been enjoying working with them (Polish soldiers), and especially learning from them and how they do their job because it informs us on how we can do our job better," Dicesare said.

The gap crossing not only helped develop a stronger operational relationship

between the Polish and U.S., but also helped establish confidence in the young Soldiers who got to partake in the training, Dicesare said.

"This is the (unit's) first time crossing water," Hamil said. "Yesterday we did a practice run crossing a ditch."

This kind of training gives junior Soldiers the ability to develop the skills of their jobs, said Hamil.

"It feels good to get out here and do what normal 19 year-olds would not get to do,"

Hamil said. "You get to learn a lot and experience how they (the Polish soldiers) do things and how that works with how we do things."

The team effort needed by both sides to accomplish the mission helps the success of the overarching mission of Operation Atlantic Resolve at the base level: Soldier-to-Soldier interaction.

"It's pretty cool to get out here and experience new things and work with our Polish allies," Hamil said.

'Big Red One' continues making Soldier readiness top priority

By **Chad L. Simon and J. Parker Roberts**
1ST INF. DIV. PUBLIC AFFAIRS

While the 1st Infantry Division headquarters recently returned from a deployment to Iraq, the division is not relaxing or resting on its laurels. Neither are its brigades, several of which also recently returned from deployments or are currently deployed.

Instead, Maj. Gen. Joseph M. Martin, 1st Inf. Div. and Fort Riley commanding general, set the "Big Red One" to work on its top priority — building and maintaining combat readiness throughout all 1st Inf. Div. units and individual Soldiers.

"Our top priority is building readiness," Martin said, "so that we are able to deploy rapidly, conduct operations worldwide and win as part of a joint force while continuing to take care of Soldiers, civilians and family members."

To build and maintain their unit and personal readiness, Soldiers from 3rd Assault Helicopter Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Inf. Div., fired several crew-serve weapon systems on a range at Fort Riley in early November to qualify or recertify on the systems.

The machine gun weapons training is even more critical to the 3rd AHB, 1st Avn. Regt., Soldiers because their primary jobs in the Army is not as a machine gunners. The Soldiers ranged from wheeled vehicle



Chad L. Simon | 1st Inf. Div. Public Affairs

Pvt. Jesus Mendoza, Company E, 3rd Assault Helicopter Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division, automated logistics specialist, fires a .50 Cal Browning machine gun on Range 9 at Fort Riley Nov. 7. The Soldiers from 3rd AHB, 1st Avn. Regt. fired several crew served weapon systems to maintain their combat readiness in preparation for any future deployments.

mechanics to orderly room noncommissioned officers in charge.

"For us in the CAB, we don't use them (crew-serve weapons) as often as a ground unit, but we try to get out here every quarter," said Sgt. Michael Burns, petroleum supply specialist, Headquarters and Headquarters Company, 1st CAB. "We get out here to get these guys some trigger time. We want to get the new Soldiers familiar with the weapons and get the ones that have been here for a while requalified on the weapon systems as a crew."

The 1st Inf. Div. is building combat-ready forces through four key tasks — building and maintaining mission readiness, leader development, teamwork

and caring for service members, civilians, families and retirees.

"When we talk about mission readiness, we look at four components: personnel, supply, equipment maintenance and training," Martin said. "Over the next year, this division will increase individual Soldier readiness, enforce Command Discipline Programs and maintain our equipment to standard."

Command Discipline Programs are systems designed to ensure equipment is properly maintained and ready to be used when needed.

"We live in a dynamic and dangerous world and future

See **READINESS**, page 2

Museums get facelift



The U.S. Calvary Museum, 1st Infantry Division Museum and Research and Education building are some the establishments being funded by the The Center of Military History. The \$14.5 million renovation project will begin in December 2017. The renovation will last a year and a half with all three buildings being redone.

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

"As an architect you can't just walk through a building like that without thinking about all the people that went through those buildings and walked those halls," said Paul H. Cavanaugh, architect for the Project Management Branch, Directorate of Public Works — Engineering Division, on the planned renovation project for the 1st Infantry Division Museum, U.S. Calvary Museum and the Research and Education building.

The \$14.5 million in renovations were funded by the Center of Military History and will begin with a contractor meeting in December, Cavanaugh said. From there, they will finalize the planned renovation.

"The renovation will be total," he said. "Completely gutting the interior of the buildings, putting new walls to enhance the structural framing, weather sealing the exterior shell, new HVAC (Heating, Ventilation and Air Conditioning) or mechanical systems, environmental control for all the artifacts in there, new electrical components, new plumbing, an elevator and accessibility issues for the handicap will be improved and of course improve the anti-terrorism measures with the doors and windows, stand-off distances will be involved as well. So it is total clean it out, start over and new."

A fresh start will give the buildings a 21st century facelift with modernized technology to showcase artifacts that date back to 1855.

"The total renovations is an eye to the historic value to the buildings," he said. "Building 205, for instance, part of that building was one of the earliest buildings on post, which was 1855 when it was built as a hospital."

The concern with moving forward on the project was the funding and where the artifacts would go during the year-and-a-half-long construction season.

"In the early days, we were worried about the funding," Cavanaugh said. "Which building do we start on first and how do we logistically move it to another building."

The solution was to fence the three buildings off at one time and renovate them all at once, he said. Then move all the artifacts to a separate building in the meantime.

"Actually here is the good thing about it," Cavanaugh said. "We've got a swing space building down on Calvary Row that the museum will be able to move into while all this renovation is going on. So, 205, 203 and

See **RENOVATION**, page 2

FORT RILEY VOLUNTEER SPOTLIGHT



Jennifer Mainwaring, 1st Combat Aviation Brigade, 1st Infantry Division helped energize a Family Readiness Group before transitioning to a new group. As FRG leader, she creates an atmosphere to ensure each child receives a gift and executes a fitness challenge as a way to energize others.

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

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FIND OUT WHICH TEAM WAS CROWNED VICTORIOUS IN THIS YEAR'S FLAG FOOTBALL TURKEY BOWL, SEE PAGE 9

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IF THE WEATHER OUTSIDE IS PERFECT FOR WINTER CAMPING, SEE PAGE 14

Kansas rolls out two new driver's license design

New Kansas license now offering the option of federal REAL ID act compliance

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

In a hypothetical situation, three non-Department of Defense identification holders walk into Fort Riley's Visitor Control Center with three different Kansas driver's license: one issued before August of this year, another after August with a star on the top right corner and the other issued post-August without a star on the top. All three of them do not produce a secondary form of identification thinking their driver's license alone will allow them onto a military installation.

All but one were allowed access. The person with the new Kansas driver's license without the star on the top right corner is holding an identification that is not compliant with the federal REAL ID Act. That ID is eligible for identification purposes and driving, but not to board domestic flights, for federal use or for entering a military installation. Older licenses are compliant with the federal act and therefore those ID holders get to enjoy the perks of the REAL ID compliance.

According to Kent Selk, commercial driver's license manager at Kansas Department of Revenue in Topeka, Kansas, the two new card designs came out a few months ago and now people have the preference to choose which ones they want to own.

"In August 1 of 2017 we rolled out a new card design and with that new card design, we also pulled out a REAL ID indicator on the top right hand corner," Selk said. "Kansas has been in REAL ID compliance since 2010, but now people have a choice if they want to go through the extra steps of having a driver's license that is REAL ID compliant or not ... if you want a REAL ID license, we are not forcing you to, you can get one that says 'Not for federal use' that is still good for driving privileges and identification privileges, but just not allowed to board an airplane for travel and doesn't allow you on to federal facility like military bases."

When renewing or obtaining a Kansas driver's license with REAL ID Act compliance, what someone needs to do is bring their social security card and proof of citizenship or residence, Selk said. Kansas Department of Revenue will also accept other forms that prove of social security such pay stubs and tax forms.

"If the name on your birth certificate does not match your current name, (you) have to bring in (your) marriage license or any legal name change document to show what name you have



COURTESY PHOTO

Kansas driver's license holders will now have the choice of choosing a REAL ID Act compliant identification or not. The ID in compliant of the federal act will display a star on the top right corner of the card. Those without REAL ID compliant driver's license will have to produce secondary identification upon accessing Fort Riley, boarding domestic flights and entering federal facilities

currently," he said. "We do not take photocopies and we also do not take laminated copies."

Selk said the benefit of going through the trouble of getting a driver's license is being compliant with the federal REAL ID act the first time around so ID holders do not have to go through the hassle of bringing all the extra paperwork the next time.

"The other one with a star in the corner is a one-time, so once you do it to obtain the (REAL ID) indicator, you are not required to bring it back to for documentation in your next renewal after that — it's set for life," he said.

Mark Dombrowski, security branch chief with Directorate of Emergency Services, said it is important for members of the Fort Riley military community, who are going to the Department of Motor Vehicles to know their options before showing up and bring proper documentation.

"People need to have situational awareness that when they are at the DMV, they need to ensure they get the REAL ID Act compliant identification because that identification will let them enter federal facilities whether on post or off post; we are talking about courthouses and things of that nature," Dombrowski said. "And we are also talking about with this is what is required to get on airplanes for domestic travel. It is important for them to go ahead and get the right ID when they have the opportunity."

There is no extra cost of getting the REAL ID compliant license. However, according to Selk, there will be an extra cost to upgrade a non-compliant ID to one with the REAL ID star for IDs acquired after Aug. 1 depending on the location of the DMV. But driver's license applicants can be assured DMV staff will tell them during their application of differences in the IDs and how it will affect the ID holder, said Dombrowski.

"Now if they don't bring those (extra) identifications, the things that the DMV does is that tell them that 'well, we can't give you the REAL ID identification, but we can give you the one that's not for federal ID purposes,'" Dombrowski said. "And since the individual doesn't understand the difference at that point, and they just want a driver's license because they've already waited X amount of time at the DMV, they opt to go ahead and get that quick ID and when they come to the installation, that's when they find out that they can't use it alone for access."

However, if a person holds a driver's license that is not federal REAL ID act compliant, they can still enter the installation by providing a secondary form or identification. According to Dombrowski, the access page on Fort Riley's website lists these papers as acceptable forms of secondary proof of identification:

- U.S. passport
- Permanent resident card/Alien Registration Receipt Card (Form I-551)
- Foreign passport with a temporary I-551 stamp
- Visa or an employment authorization document that contains a photograph (Form I-766)

For more information, call the Visitor Control Center at 785-239-2982 or 785-239-3138 or email usarmy.riley.imcentral.mbx.des-ucc@mail.mil.

Strong Europe team builds cohesion during Allied Spirit exercise



Sgt. Brent Haloo, a combat engineer with 82nd Brigade Engineer Battalion, 2nd Armored Brigade Combat Team, 1st Infantry Division from Fort Riley scans the horizon during the Allied Spirit VII training exercise in Grafenwoehr, Germany Nov. 17. Approximately 3,700 service members from 13 nations gathered in 7th Army Training Command's Hohenfels Training Area in southeastern Germany to participate in the seventh iteration of Allied Spirit was scheduled from Oct. 30 to Nov. 22.

Story and photo by Spc. Dustin Biven
22ND MOBILE PUBLIC AFFAIRS DETACHMENT

GRAFENWOEHR, Germany — About 3,700 service members from 13 nations gathered at the Hohenfels Training Area in southeastern Germany to participate in the seventh iteration of Allied Spirit Oct. 30 through Nov. 22.

Allied Spirit VII is a 7th Army Training Command-conducted, U.S. Army Europe-directed multinational exercise that focuses on testing participating military units' ability to work together.

During Allied Spirit VII, Lithuania's "Griffin" brigade commanded the multinational brigade headquarters.

"Being in this environment and experiencing a training event of this magnitude has been an incredible opportunity," said Pvt. Chancellor

Adams, an infantryman with Company C, 2nd Battalion, 70th Armor Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division.

The exercise is unique in its ability to provide hands-on training and testing of secure communications between NATO allies and partners.

"I've been able to use the skills I have been taught and see first-hand just how effective we are as an Army," Adams said.

In one scenario presented for Adams and his teammates, a mock village called "Schwend" was defended for several days. Using small-arms weapons and several tracked vehicles like the M-1 Abrams tank and M-113 Armored Personnel Carriers, the 2nd Bn., 70th Armor Regt., was able to fight off opposing forces that attempted to seize and occupy the village.

"It's been great to see young Soldiers like Pvt. Adams really benefit from

Allied Spirit VII," said Staff Sgt. Wyatt Peterson, an infantryman with Co. C, 2nd Bn., 70th Armor Regt. "This kind of training is what builds the cohesion we need to operate as a reliable team. When we go out, I need to know the Soldiers to my right and left got my back, this is the kind of training that builds that trust."

Not only is the Allied Spirit VII a great opportunity for Soldiers of all ranks to gain experience in simulated-combat environments, but it also provides the U.S. the chance to strengthen bonds and demonstrate the United States' resolve to stand side-by-side in Europe with NATO allies and partners.

"Working with my team in this environment has brought us all close," Adams said. "They're like my second family. I can depend on them, and they can depend on me."

RENOVATION Continued from page 1

207 — all three of those buildings — will kind of create the campus core for the construction. The contractor will come in and fence those all off and do the renovation on all three buildings at one time."

The State Historic Preservation Office has been involved in the review of the design process of the Museum campus, Cavanaugh said, due to the historic nature of the buildings.

Two additional people who have been directly involved with the project are Bob Smith, director of Fort Riley Museums Division and Theresa de la Garza, historic architect and cultural resources manager of the Department of Public Works — Environmental Division.

"My role as historic architect is to ensure Fort Riley complies with federal preservation laws and regulations," De la Garza said. "I am involved in the planning, design and construction administration of projects associated with historic facilities at Fort Riley. I ensure the projects meet the secretary of interior's standards and guidelines for the treatment of historic properties. This review process complies with Section 106 of the National Historic Preservation Act."

"The Museum Complex renovations will greatly improve the longevity of the buildings by supporting new state-of-the-art exhibits, increasing accessibility for visitors, restoring historic fabric of the buildings and

providing a better interior-to-exterior historic experience for the visitors," she said.

"Although the Center for Military History is the steward of the vast majority of artifacts and artwork within the new exhibits, our office contributes artifacts from our curation facility and ensures the stewardship of the buildings themselves."

Cavanaugh said working with Smith and De la Garza during the design process has been phenomenal due to their hardwork and dedication to the historic nature of the buildings.

"I am just thrilled to be involved with this, I truly am," he said. "Those people have been working in them for so long. The archived elements that they have in the museum are unbelievable ... Now we will have the opportunity to upgrade the environment to state of art to showcase all that they have over there."

Looking a year and a half into the future, the renovated buildings will be a restoration to some of Fort Riley's historic past.

"It really gives the people of Fort Riley a touchdown to their history and their legacy," he said "To think about all the people and experiences that have happened here on Fort Riley and what has happened here is just amazing."

For more information about the renovations, call Fort Riley Museums at 785-239-2737 or visit their website at www.riley.army.mil/About-Us/Museums/.

READINESS Continued from page 1

conflicts, like those of the past, will be resolved on land," Martin said. "However, the location, scale and duration of these conflicts is impossible to predict. Because of that, our combat forces must be ready to 'fight tonight' while we continue to provide world-class training, leader development and community that supports and cares for service members, civilians, family members and retirees."

One of the Soldiers firing the M2A1 .50-caliber Browning machine gun for the first time was Pfc. Austin Argo, a wheeled vehicle mechanic assigned to 3rd AHB, 1st Avn. Regt.

"It felt really good; I feel like now I will be able to use it (machine gun) efficiently," Argo said. "This training is really important because the people out here shooting the weapons are going to be the ones assigned to them. When we get out to the field, you want those people to know how to use them properly and take down targets to save their battle buddies."

While the main focus of the training for they was to qualify with the M2A1 .50-caliber Browning, the M249 Squad Automatic Weapon and the M240B machine guns, the Soldiers also received other training prior to departing for the range.

"This morning we did convoy element training in preparation for leaving the motor pool to come out to the range," Burns said. "We also incorporated casualty evacuation care in case there was an incident. It is a layered training event that we are able to come out and get these guys trained and qualified on the weapons systems as a crew, but we also integrate other aspects of our training into one single event."

Martin said there is no better place to build readiness than Fort Riley.

"This installation's state-of-the-art range facilities and expansive maneuver areas, combined with its unparalleled rail

availability and three airfields available for simultaneous use, make it a power projection platform ideal for building and sustaining forces to deploy in defense of our nation and our international allies," he said.



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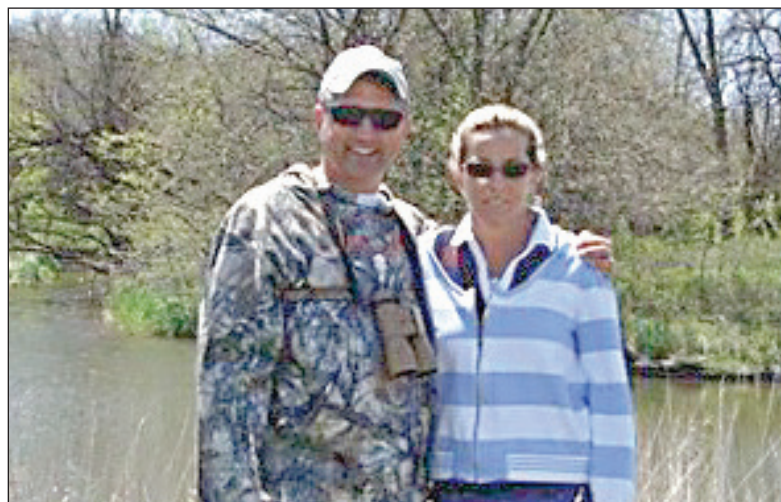
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THE FIGHTING FIRST!

Jim and Lisa Champagne: 'Big Red One' Soldiers



THEN & NOW

By Phyllis Fitzgerald
SPECIAL TO THE POST

Jim Champagne entered the Army from Chicopee, Massachusetts, in 1982 as an airborne infantryman and attended basic and Advanced Training at Fort Benning, Georgia.

Lisa Champagne entered the Army on a two-year commitment in February 1987 as a track vehicle repairer. She attended basic training at Fort Jackson, South Carolina, and completed Advanced Training at Aberdeen Proving Grounds, Maryland, in August 1987.

Jim's first assignment was with 1st Battalion, 504th Parachute Infantry Regiment, 82nd Airborne Division at Fort Bragg, North Carolina. He later had assignments to Neu-Ulm, Germany, where he served as a security guard on the Pershing II nuclear missile sites. He then reenlisted to go back to the 82nd Airborne Division serving with the 508th PIR and 3rd Bn., 505th PIR.

In 1990, Jim applied for and was accepted as a mountain ranger instructor at the Army Ranger School "Mountain Phase" in Dahlonga, Georgia, where he instructed mountaineering and small unit tactics. After three years in Georgia, Jim volunteered for the 3rd Bn., 325th Airborne Battalion Combat Team in Vicenza, Italy, where he served as a rifle platoon sergeant.

Meanwhile, after what Lisa calls a "great first assignment" with the 101st Military Intelligence Bn. at Fort Riley from August 1987 to February 1989, she reenlisted into the counterintelligence field as a

97B, counterintelligence agent. She attended training at Fort Huachuca, Arizona, from February to July 1989, then received permanent change of station orders to Vicenza.

It was in Vicenza that Jim and Lisa met through mutual friends in 1994. In 1995, they were married in Moorcroft, Wyoming.

Their next assignments took them both to Fort Campbell, Kentucky, where they served in the 101st Airborne Division: Jim served as rifle platoon sergeant and first sergeant for a rifle company, then the Headquarters Company; Lisa served as the 311th MI Bn., Army Intelligence, and later served as the senior instructor at the Noncommissioned Officer Academy.

Their next duty station was Fort Polk, Louisiana, where Lisa served as an observer-controller for the Joint Readiness Training Center and Jim assumed responsibility as the first sergeant of the Headquarters United States Army Garrison.

Fort Bragg was the next stop for the Champagnes. Jim was assigned as the command sergeant major of the 3rd Bn., 505th PIR in which he deployed to Afghanistan and Iraq. Lisa served as the first sergeant for HSC, 519th MI Bn., and then with Company A, 319th MI Bn., in which she deployed to Iraq twice.

In September of 2005, Jim received a phone call from then Col. Rick Gibbs and was asked to come to Fort Riley and the 1st Infantry Division to help stand-up and train the newly formed 4th Infantry Brigade Combat Team of the 1st Infantry Division. The Dragons were then deployed to Iraq

as part of the Surge in 2007-2008, which was a 15-month deployment. Lisa was initially assigned as the G2 (intelligence) sergeant major for the 24th Inf. Div., then assumed the same duties when the "Big Red One" returned to Fort Riley in 2006.

While deployed to Iraq Jim was selected by the 1st Inf. Div. commanding general Maj. Gen. Robert Durbin to be the 21st Division command sergeant major of the 1st Inf. Div., "Danger 7," in 2008.

Lisa retired in 2008 after 21 years and six months of service in the Army.

In 2010, Jim deployed with the 1st Inf. Div. Headquarters to Basra, Iraq, and returned in January 2011. He retired as the deputy command sergeant major in the fall of 2011.

The Champagnes made Kansas their home because they had great friends in the local area and decided Kansas would be a great place to live, they said.

Today Lisa, is currently working for the 1st Inf. Div. as the senior security supervisor in the G2 shop. Jim works as the business director for Corvias. They have continued to stay connected with the BRO and the local community through several organizations.

Jim is passionate about hunting and now that his hunting buddy Perry Wiggins is retired, he said, they are planning many days afield hunting.

Jim's favorite Big Red One moment is being selected as the Division Command Sergeant Major. Lisa's favorite moment was going to REFORGER (return of forces to Germany) in 1988 and driving her M578 Light Recovery Vehicle down the streets of Germany.

Soldier reflects on what Army has taught him



COURTESY PHOTO

Sgt. Kenya Clark, a student at Kansas State University, Clark holds up an award he received. Clark said joining the Army helped him grow and mature as a person.

By Taylor Harrelson
K-STATE STUDENT, MILITARY PUBLIC RELATIONS

MANHATTAN, Kan. — Sgt. Kenya Clark is a student and an active duty Soldier getting

his bachelor's and master's degree at Kansas State University. Clark served in the U.S. Army for seven years. He completed a 10-month tour to Afghanistan, served in aviation as an aircraft power plant repairer and as a public affairs noncommissioned officer in South Korea. He was also a sling load inspector in Afghanistan and South Korea. He is air assault qualified, an equal opportunity leader and a master fitness trainer.

Clark said being involved and having many qualifications shapes you as a person.

"There are many different sides of the Army, and if you can put yourself in the middle of all those sides, it makes you a well-rounded person and Soldier," Clark said.

Lt. Col. Peter Gray, military science professor at K-State and mentor to Clark, said he understands the unique workings of the Army and his work ethic lends itself effectively to military service.

"The Army has undoubtedly taught him discipline and leadership, but also to display mental agility and adaptability because of the complex environment, whether culturally or in the crucible of combat, within which we have to operate overseas," Gray said.

Clark said his time deployed in Afghanistan made him thankful to live in the United States.

"You realize how valuable things are over there, like bread," Clark said. "A simple thing like handing out bread to somebody is a lifeline. Humanitarian aid will make an enemy a friend, or lack of, could make a friend an enemy."

Clark said the biggest thing he took away from that experience was realizing the type of person he can be.

"I think there are two types of people in this world, selfish and selfless," Clark said. "There is no in between, and you can't be both. If you live your life through selfishness, you only get more selfish. If you live a selfless life, give and serve to something, you have something to look at the end of your time and realize you did something good."

Gray said Clark understands service to this nation is about selfless service — seeing to the needs of others before your own — a key quality in leaders.

Clark was stationed at Camp Humphrey, South Korea, where he worked in public affairs. He said he had the opportunity to meet mayors, townspeople and civil servants and write about the different things the United States is doing to stabilize the region.

"There are a lot of factors that go in to how the Army puts out information to the public and to other service members that shapes opinions," Clark said. "I got to shape the opinions of at least 1,000 people a week."

Clark said he learned conveying messages with sensitive information has an important effect on what he does.

"For every action you commit as a service member, you represent the service that you are wearing a uniform for, and if you can't adequately project a good sense of character for that service, then there are residual effects," Clark said.

He said overall the Army has helped him grow and mature.

"It helped me figure out what type of person I am, what type of person I want to be and what type of pathway I take to become that type of person," Clark said. "I don't think I am ever going to stop learning in the Army. It teaches you lessons the easy way and the hard way, and the hard way is better. You learn a lot more through failure than you do success."

Clark said he had an "ah-ha" moment where he realized he wanted to do something that matters — join the Army.

"I call it a legacy dilemma, where you can't see yourself accomplishing anything in life, and I wanted to leave something behind and be able to say I did something positive with my life," he said.

Clark said the best way people can thank him for his service is to learn what is going on in the world.

"If you watch the news, watch more than one news outlet," he said. "When someone answers a call to service, it's a very selfless act, and I don't think very many Americans get the opportunity to see that forefront."

Clark said if you see a service member and want to thank them for their service, instead have a conversation with them.

"At the end of the day, they are regular people too," he said. "Don't be afraid to ask Soldiers what they do, and what their daily life is like. If you do get the opportunity to be thankful, be more thankful in action than in words."

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TRAFFIC REPORT

ACCESS CONTROL POINT HOURS

Those with a valid military ID card, or who have an access pass or badge, 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:

Grant Gate is open from 5 a.m. to 8 p.m. Monday through Friday. It is closed weekends and federal holidays.

CAMPBELL HILL ROAD CLOSURE

Campbell Hill Road is 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 landfill will still be possible during the repairs.

HENRY DRIVE BRIDGE

The bridge on Henry Drive over the Kansas River will be reduced to one lane from 6 p.m. to 5 a.m. from Dec. 4 to Dec. 15. Traffic will be controlled at both ends of the bridge by signage and temporary traffic lights. Compliance with all construction traffic control signs is mandatory during this period. Traffic during the hours of 5 a.m. to 6 p.m. will be unrestricted.

DRUM STREET

Drum Street will be closed from 6 a.m. to 5 p.m. from Nov. 27 to Dec. 1 due to trenching. When traveling west on Apennines Drive, drivers will detour via Brown Street. For eastbound traffic on Normandy Drive, detour via Conner Street.

Improvements in preventive care coverage with TRICARE Select

TRICARE

On Jan. 1, 2018, TRICARE Select will replace TRICARE Standard and TRICARE Extra. As a result, beneficiaries will notice improved coverage for preventive services with TRICARE Select.

Preventive care helps you take command of your health and manage potential issues before you experience symptoms. This type of health care allows you to address health problems before they become life threatening.

Examples of TRICARE-covered preventive services include cancer screenings and vaccines, in addition to well-woman and well-child exams.

If you currently use TRICARE Standard and TRICARE Extra, you don't pay anything for certain preventive services. But for all other preventive services, beneficiaries pay between 15 to 25 percent of the cost after their yearly deductible is met, depending on the plan and beneficiary category.

"With TRICARE Select, beneficiaries won't pay anything out-of-pocket for covered preventive services if they are provided by a network provider," said Valerie Palmer, a health care policy analyst for TRICARE. "However, if they use a non-network provider, fewer preventive services are paid by TRICARE. This is why it is important to see a network provider for your preventive care."

The additional, no-cost preventive services beneficiaries can receive under TRICARE Prime that TRICARE Select will cover beginning in 2018 include:

- One Health Promotion and Disease Prevention exam: This is covered annually for beneficiaries age 6 and older. In 2018, this exam will no longer require the inclusion of a covered cancer screening or immunization if you see a network provider.

- Lung cancer screening low-dose computed tomography: This is covered annually for persons age 55 to 80 with a 30 pack-year history of smoking who are currently smoking or have quit within the past 15 years. Screening should be discontinued once the individual has not smoked for 15 years or develops a health problem significantly limiting life expectancy or ability or willingness to undergo curative lung surgery.
- Abdominal Aortic Aneurysm: This is a one-time screening using ultrasonography for men ages 65 to 75 who have smoked.

A new preventive service added this year for both TRICARE Prime and TRICARE Select is aimed at adults with a Body Mass Index of 30 kg/m² or higher and children or adolescents with a BMI value greater than the 95th percentile. Intensive, multi-component behavioral interventions to promote sustained weight loss — 12 to 26 sessions per year — are covered when rendered by a TRICARE-authorized provider. Types of behavioral management interventions include diet and physical activity guidance, strategies to promote and maintain lifestyle changes and more. This addition is a covered benefit regardless of whether the beneficiary uses a network or non-network provider, though costs are typically lower with a network provider.

Are you ready for the changes to coming TRICARE on Jan. 1, 2018?

Learn more about upcoming changes at the following websites:

- www.tricare.mil/changes
- tricare.mil/HealthWellness/Preventive
- tricare.mil/HealthWellness/HealthyLiving/HLArticles/Archives/8_23_17_Take_Command_of_Your_Health
- tricare.mil/CoveredServices/IsItCovered/HPDPE

Sign up for email alerts at public.govdelivery.com/accounts/USMHSTMA/subscriber/new.

Got your back.

Don't wait for a disaster to strike—Include your pets in your family emergency plan.

- Include pet supplies in your emergency kit.
- Plan what to do if you evacuate.
- Make sure your pet has identification tags.
- Keep a photo as proof of ownership.

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READY ARMY

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National Human Trafficking Hotline

1-888-3737-888

ag.ks.gov

Christkindl Holiday Craft Market

December 2, 9am-3pm • Riley's Conference Center

Enjoy shopping in a festive atmosphere at Fort Riley's 9th annual holiday craft market!

- Lots of craft vendors
- Photos with Santa* (9am-1pm)
- German food & gluhwein
- Chainsaw woodcarver
- Fun family activities*

785-239-2807

Sponsors: MWR, Sprint, USAA

*Photos with Santa and some activities require tickets, which can be purchased day of the event.

SABER SALUTE



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

Maj. Gen. Joseph M. Martin, left, 1st Infantry Division and Fort Riley commanding general, talks to Capt. Gregory C. Thomas, right, Company C, 601st Aviation Support Battalion, 1st Combat Aviation Brigade, 1st Inf. Div., commander, before hanging a Sober Armies Bravely Expedite Readiness streamer on the Company C guidon at Demon Diner Nov. 22. The SABER program is designed to enhance the spirit of competition in an award program that recognizes units for strict compliance with the Army substance abuse program.



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

Maj. Gen. Joseph M. Martin, left, 1st Infantry Division and Fort Riley, senior commander, attaches a Sober Armies Bravely Expedite Readiness streamer on the Company C, 601st Aviation Support Battalion, 1st Combat Aviation Brigade, 1st Inf. Div., guidon at Demon Diner Nov. 22.

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Open Season: Nov. 13 – Dec. 11

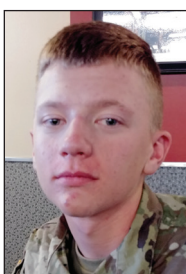


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RILEY ROUNDTABLE

What special holiday traditions do you have?



"Skiing in Ruidoso, New Mexico, every year. We don't see our family very much so it's like a family reunion."

PVT. TRISTAN ZAEFFEL
AMARILLO, TEXAS

2nd Armored Brigade Combat Team, 1st Infantry Division



"Go to Gatlinburg, Tennessee, for camping."

PVT. NEIL PRUITT
OZARK, ALABAMA

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



"We always put up the Christmas tree all together as a family the Saturday after Thanksgiving."

SARAH RAWITCH
STILWELL, KANSAS

Fort Riley USD Intern



"Bringing in the New Year with close friends and family. The New Year's resolutions are also a great way to start fresh on a new year."

SPC. RICK BARRY
MIAMI, FLORIDA

1st Armored Brigade Combat Team, 1st Infantry Division



"Usually I go to my great grandma's. We have a big huge family dinner."

PVT. AARON HAAS
PARAGOULD, ARKANSAS

Company D, 1st Battalion, 5th Field Artillery Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division

THE 1ST INFANTRY DIVISION POST

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FATALITY-FREE DAYS



As of Wednesday, Nov. 29, 11 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 785-240-0647.

SAFETY CORNER

Protect your kids from toy hazards this holiday

By Dawn J. Douglas
GARRISON SAFETY OFFICE

Team Riley, the holiday season is upon us and, for some, it means the stress and anxiety of battling crowds at the mall, frantically cleaning for visiting in-laws and agonizing over preparing the perfect holiday meal. Relax, you are a part of the America's First Fighting Team, you can handle the holidays like a rockstar. As you deck your halls, erect the perfect tree, string holiday light, and hang your stocking by the chimney with care, make sure all your gifts follow the U.S. Consumer Product Safety Commission's recommendation for safe toys and gifts. You're a rockstar, but even you are no match for the wrath of a 3-year-old with a defective or broken toy.

THE STATISTICS

On a serious note, the CPSC received 11 reports of toy-related deaths in 2015 among children younger than 15 years old. Ten of the 11 victims were younger than 12 years old. Of the deaths, 45 percent were associated with riding toys due to motor vehicle involvement. Other causes were falls from non-motorized riding toys, drowning from water guns, poisoning and asphyxiation on an accidentally swallowed toy. Although deaths per capita were relatively low, the number of toy related injuries that required treatment in the emergency room was estimated at 254,200. Of those injured, 45 percent of the injuries were to the head and face area, including lacerations, contusions and abrasions. Among the injured, children under the age of 15 years old were most often suffered injuries in relations with non-motorized scooters.

CPSC RECOMMENDATIONS CHILDREN UNDER 3 YEARS OLD

- Children under 3 tend to put everything in their mouths. Avoid buying toys intended for older children that may have small parts that pose a choking danger.
- Never let children of any age play with deflated or broken balloons because of the choking danger.
- Avoid marbles, balls and games with balls that have a diameter of 1.75 inches or less. These products also pose a choking hazard to young children.
- Children at this age pull, prod and twist toys. Look for toys that are well-made

with tightly secured eyes, noses and other parts.

- Avoid toys that have sharp edges and points.

CPSC RECOMMENDATIONS CHILDREN 3 TO 5 YEARS OLD

- Avoid toys that are constructed with thin, brittle plastic that might easily break into smaller pieces or leave jagged edges.
- Look for household art materials, including crayons and paint sets, marked with the designation ASTM D-4236. This means the product has been reviewed for chronic health hazards and, if necessary, the product has been labeled with cautionary information.
- Teach older children to keep their toys away from their younger brothers and sisters.

CPSC RECOMMENDATIONS CHILDREN 6 TO 12 YEARS OLD

- For all children, adults should check toys periodically for breakage and potential hazards. Damaged or dangerous toys should be repaired or thrown away.
- If buying a toy gun, be sure the barrel, or the entire gun, is brightly colored so that it's not mistaken for a real gun.
- If you buy a bicycle for any age child, buy a helmet, too and make sure the child wears it. You can also obtain a bicycle helmet from the U.S. Army Garrison Safety Office at no cost.
- Teach all children to put toys away when they're finished playing so they don't trip over or fall on them.

WORLD AGAINST TOYS CAUSING HARM RECOMMENDATIONS

World Against Toys Causing Harm is a nonprofit organization dedicated to educating the public about dangerous children's products and protecting children from harm. WATCH informs the public about the dangers present in many toys, children's products and recreational activities.

- Hallmark "Itty Bittys" Baby Stacking Toy — The Consumer Product Safety Commission issued a recall notice on Aug. 31, due to "fabric hats and bows that can detach, posing a choking hazard." A Hallmark "Itty Bittys" Baby Stacking Toy was purchased online after the recall was announced.
- Pull Along Pony — Despite the industry's standard requiring strings on

playpen and crib toys to be less than 12 inches in length, manufacturers are still permitted to market pull toys such as the Pull Along Pony with a cord measuring approximately 19 inches. No warnings are provided.

- Wonder Woman Battle-Action Sword — The rigid plastic sword blade has the potential to cause facial or other impact injuries.
 - Hand Fidget Spinners — Some, not all, spinner present potential small parts hazards.
 - Spider-Man Spider-Drone Official Movie Edition — The performance drone, designed to launch into the air powered by multiple rotating rotor blades, is accompanied by numerous warnings, including the potential for damage or injury.
 - NERF Zombie Strike Deadbold Crossbow — The force of the arrow launching presents the potential for eye and facial injuries.
 - Slackers Slackline Classic Series Kit — This slackline is marketed for all ages pursuant to a package insert, providing a tightrope-like device intended to be anchored between two trees. The manufacturer warns of the potential for severe injury, including a strangulation hazard, especially with children.
 - Oval Xylophone — This multicolored musical instrument is sold for babies as young as 12 months old. The manufacturer provides no warnings regarding the slender, rigid approximately 9 and half long drumstick handle, which has the potential to be mouthed and occlude a child's airway.
 - Jetts Heel Wheels — Heel Wheels are marketed to be strapped to heels of children's shoes so footwear can be transformed into a type of rear-wheel roller skate. The manufacturer adds "real sparking" action to the Jetts with skid pads, as evidenced by numerous warnings, including: "Keep sparks away from eyes, hair, exposed skin and clothing. Sparks can burn."
 - Brianna Babydoll — These "huggable, soft" dolls, marketed for babies as young as 18 months old, have removable clothing. The pink ponytail holders are also removable, presenting the potential for ingesting and choking.
- For more information on holiday safety, contact the Garrison Safety Office, 785-240-0647.

New secretary of the Army names his priorities

To the Army Family,

On Nov. 20, I had the great honor of being sworn in as your 23rd secretary of the Army. Having served previously in the regular Army, National Guard and Army Reserve, I know well that people are the Army's greatest asset. I fully understand and acknowledge the sacrifices our Soldiers and families have given to our great Army; especially during the previous 16 years of sustained combat operations. Thanks to your service, our Army remains the world's premier ground combat force and the bedrock of our nation's defense.

This is why the readiness and welfare of our Soldiers, civilians and their families will always be foremost in my mind, and why I intend to pursue initiatives that will offer the professional opportunities and quality of life all deserve.

As I return to duty, I want you to know my first priority is readiness — ensuring the Total Army is ready to deploy, fight and win across the entire spectrum of conflict, with an immediate focus on preparing for a high-end fight against a near-peer adversary. Improving readiness is the benchmark for everything we do; it should guide our decision-making.

My second priority is modernization — building greater capacity and capabilities in the longer term. This means growing our operational force while maintaining quality, reshaping it to be more robust and successful in all domains and modernizing it with the best weapons and equipment available to guarantee clear overmatch in future conflicts.

My third priority is reform — improving the way we do business, including how we implement these

priorities, to make the Total Army more lethal, capable and efficient. This means changing the organizations, policies, processes and tasks that consume time, money or manpower, without delivering real value, and applying the savings to our top priorities.

Lastly, I place great importance on a commitment by all — especially leaders — to the Army's values. This includes treating everyone with respect, collaborating broadly, and always doing the right thing. The Army is at its best when it works and fights as one team. With the challenges we face ahead, a commitment to these values will serve us well.

I will be working hard on all of these priorities, and welcome your ideas on how we can best achieve them. To be successful, we must work together and empower people



Mark T. Esper

at all levels to lead, innovate, and make smart decisions.

I look forward to meeting with and hearing from many of you in the months ahead. I am excited about the great things we will accomplish together.

Army Strong!
Mark T. Esper

Retirement system decisions due next year



Sgt. Maj. Daniel A. Dailey

Starting Jan. 1, 2018, active-duty service members with fewer than 12 years of service as of Dec. 31, 2017, and those Reserve Component service members with less than 4,320 points will have until Dec. 31, 2018 to decide to remain in the current system or opt into the Blended Retirement System.

The mandatory training is available via the Joint Knowledge Online and ArmyOneSource websites to assist eligible Soldiers with the decision to either opt-in or continue with a legacy retirement system. It is mandatory for all Soldiers to complete this training no later than Dec. 31, 2017. The training

includes videos, glossaries and example scenarios that explain the new retirement benefits and provide comparisons of the current and new systems.

Ultimately, Army leadership desires that all Soldiers receive the right compensation and benefits — whether wearing the uniform during military service, in retirement or following any period of honorable service. Make the time to complete the required training and decide which retirement plan works best for you and your family. Soldier for Life!

Army Strong!
Sgt. Maj. of the Army Daniel A. Dailey

The next USAG Resilience Day Off is

Dec.

8

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COL JOHN D. LAWRENCE CSM JAMES L. COLLINS
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Work managed at Fort Riley with Directorate of Public Works

Story by Kalene Lozick
1ST INF. DIV. POST

Editor's Note: This story is part one of a two-part series on the Directorate of Public Works — Business Operations and Integration.

With the efforts from the Work Management Branch — Business Operations/Integration Division, Directorate of Public Works, Fort Riley becomes a well-oiled machine.

Julie Poyser, chief of Business Operations and Integration Division — DPW, and John McGee, chief of Work Management Branch — DPW, oversee the Work Management Branch within DPW.

“The Work Management Branch has three components and that’s Estimating, Work Control and the Supply Section,” Poyser said. “Work Control has the Service Order Desk, where they receive the minor repair calls in from the customers. Supply orders all the in-house supplies for the entire DPW work forces — supplies for our trucks you see driving around performing repairs.”

The Work Management Branch basically programs the maintenance and repair of the installation, like a small city, she said. These responsibilities sit on the shoulders of only a few people, known as the estimators.

“I have five estimators that work for me,” McGee said. “They are the primary point of contact for the customers out there.”

The customers range from each brigade to installation activities to tenant activities. It covers all the roads, utilities,

grounds and facilities with the exception of Army Family Housing and Medical. With the wide range of customers comes a wide range of job requests.

“Each estimator has specific customers assigned to them,” he said. “But they work together on projects, if one fits one’s craft a little better than the other.”

In order to submit a request, each customer needs to fill out a form, known as a Department of the Army Form 4283.

“A 4283 is a more detailed work request,” McGee said. “Estimators will go out and meet with customers and help define the scope of the work they are requesting. We vet it to see what we are allowed to do and what we are not allowed to do, due to regulations or environmental or historical constraints.”

Each request is ranked in order of importance due to budget restraints. Life, Health and Safety issues are taken care of first, critical building deficiencies and facility mission support requests are next.

“Basically during the June through September timeframe we are developing the Annual Work Plan for the following year. It is really the time when we built the framework of the work we want to execute during the year,” Poyser said.

During the Annual Work Plan, the Work Management Branch may review anywhere from 175 to 200 projects at the beginning of the fiscal year, McGee said.

“During the year, we have monthly review boards where we tend to review 10 to 15 emergencies that come in out of cycle and see if they are critical enough to be inserted into the

Annual Work Plan mid-year,” McGee said. “We can pull money out of the Emergency Fund for those that need it.”

However, the process to get to the review board needs a variety of steps completed before the project gets submitted.

After the customer submits a DA 4283, work request form, the estimator will come out to the site and inquire what the customer is trying to get accomplished, McGee said.

“When we redefine the scope and may bring in outside core agencies — they are usually environmental, historical, physical security or fire issues with the project and we try to get those approvals resolved upfront so we can move on with the work,” McGee said. “Once we get all that accomplished, we go into the estimating software and come up with a government estimate. After we get all those documents we create the project in our tracking system, GFEBS (General Fund Enterprise Business System), and create a number for it. The number allows us to track the project on the Annual Work Plan and in GFEBS.”

According to an article published by the Program Executive Office Enterprise Information Systems, GFEBS is the Army’s web-enabled financial, asset and accounting management system that standardizes, streamlines and shares critical data across the Active Army, National Guard and Air Force.

After the project receives a number and is added to the GFEBS, McGee, estimators, chiefs and the director of DPW move forward with the

monthly control review board to determine which project will be added to the plan, McGee said.

“We determine who is going to execute the project and send it out to that group,” he said. “Generally the projects go to our Engineering Division or our Operations and Maintenance Division.”

If McGee and his team run into regulation restrictions, they try to find an alternative method to accomplish what the customer wants without breaking regulation.

The projects they see range from small projects to a multi-million dollar building restorations. What you may not know about the Work Management Branch is that they are in charge of Cemetery Management.

“Cemetery Management is an extra duty for one of our estimators, Matt Murray,” Poyser said. “It’s a big portion of his job. We inherited the task and it pretty much consumes 75 percent of his time.”

It has been five years since last August when DPW picked up the task, McGee said. He’s been managing the Fort Riley Post Cemetery since August 2012.

McGee said Murray is the Fort Riley Post Cemetery responsibility officer. He orders headstones, arranges the family escorts with Military Police, maintains the burial records marks and tags the caskets or urns and creates projects to improve the Post Cemetery like realigning the headstones.

“We have a contractor there realigning the headstones beginning at the north end,” McGee said. “They’re really making it look good.”

With the daily tasks the Work Management team has had some fishy encounters.

“When I worked in the exterior utility shop, I was in the housing area and we were always getting water leaks outside of the house,” McGee said. “Never could figure it out. We would go out there and it was in a crawl space. I go into the unit and where the water service line would come in and would wade through the water to see if there where the leak was. Never could find it. One day we went back and decided we would replace the service line because we knew something was wrong.”

He paused and chuckled to himself before continuing his story.

“I was wading through that crawl space and noticed these fish,” he said as he made a swimming motion with his hand. “The residents were catching fish and releasing them in to the crawl space to have them later to eat.”

Both Poyser and McGee laughed. Poyser said they had their own live well in their crawl space.

On a more educational note, DPW offers Soldiers a way to learn hands-on repair jobs through a class known as Repair and Upkeep and Self Help certification classes.

“We offer a self-help program at the Self-Help School once a month,” McGee said. “They offer class sizes of 20 or less. They teach them how to do minor maintenance like replace windows and doors, locks, hinges and much more. R and U guys teach Soldiers basic maintenance to work on their

own buildings so they can keep up on the minor repairs and maintenance. When the units complete the R and U course they will get a supply card so they can draw limited quantity supplies.”

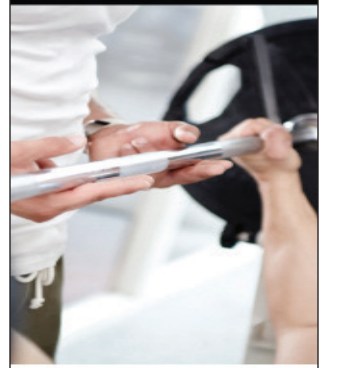
McGee and Poyser said they encourage units to sign up for this course because it is critical.

“We like to have as many units participate in the school as possible because there is a lot of minor maintenance that Soldiers can do, like in their house that will help stretch our limited work force,” McGee said. “The self-help school teaches good skills. Something they can use on their own house someday.”

For Soldiers who want to learn more about the R and U and Self Help certification class, sign up in building 307 or by calling 785-239-3757.

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Study to remediate symptoms of traumatic brain injury

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

A study on relieving the effects of mild traumatic brain injury through aerobic exercise is being conducted at Fort Riley and is in need of participants.

The study was approved by the Department of Defense last year and is being conducted at the TBI clinic on post through a joint partnership with the University of Kansas. Called the Intense Cardiorespiratory Exercise, the goal of this clinical research study is to see if intense exercise can improve symptoms experienced by people who have had head injuries or concussions, said Stafford Gosser, ICE researcher at Fort Riley. He said the idea behind the study mirrors the American College of Sports Medicine's mantra: exercise is medicine.

"The goal of the study is to evaluate the effectiveness of aerobic exercise and remediating some of the downstream effects of mild traumatic brain injury," Gosser said. "I think we should see some significant improvement within the cognitive domain as well as depressive symptoms. We didn't pick aerobic exercise because it's a form of punishment or anything. It's scientifically based that aerobic exercise is one of the most important therapeutics having a positive influence on brain biochemistry."

The study was created by Dr. David K. Johnson, a neuropsychologist at the University of California-Davis Medical Center. Previously, Johnson was at the University of Kansas Medical Center Alzheimer's Disease Center and had an established relationship with Irwin Army Community Hospital and educated the medical staff on the similarities between traumatic brain injury and Alzheimer's disease.

"In Kansas, we had a growing and good relationship with the Irwin Army Community Hospital and over a period of four or five years where I would come in and give talks about Alzheimer's disease to the (traumatic brain injury clinic) and grew closer and piqued the interest of some of the neuropsychologist and commanding officers at the hospital about how TBI is a lot like Alzheimer's disease," Johnson said. "The way I usually talk about it is that traumatic brain injury is a model of Alzheimer's disease, it just happens usually in younger adults — and in this case active-duty service members ... so traumatic injury has the same type of neuropathology growth that we see as a result of the secondary injury in the brain. And that looks very, very, very similar that we see in Alzheimer's disease."

It was during the many visits to Fort Riley that Johnson proposed research partnership with the TBI clinic by trying to collect data that can be useful to link the similarities between the two cognitive declines as well as ways to alleviate the symptoms.

"During the last five years or so I've just been coming around (Fort Riley) talking about how similar it is and proposing that maybe we do a research study together, and here we are," he said. "You get a very similar profile of cognitive decline due to the neuropathology in

memory and syncing, being able to plan and in particular how fast you are at and how well you can engage with the world."

HOW THE STUDY IS CONDUCTED

Participants interested in the study will have to meet two required criteria: be an active-duty service member and have experienced a mild traumatic brain injury. Gosser said head injuries do not have to be recent or experienced during time in service and can be something the interested participant went through in their teen years.

After meeting these standards, participants will be involved in alternative physical training two to three times a week for a period of six months. During the six months, a bimonthly two-mile run challenge will be conducted.

"The protocol itself is six months in length and that is comprised of three two-month blocks," Gosser said. "We start out at 20 minutes per session running and that needs to be at or above 70 percent max heart rate. And what we do is we increase 10 minutes and 5 percent (maximum) heart rate every two months. So the second month we would be 30 minutes at 75 percent or greater max heart rate. And then the last two months would be 40 minutes at 80 percent or greater maximum heart rate."

Gosser said the structured PT sessions might seem easy at first, since the initial sessions could be less than what the participants are running. This is because they administer it in a way to prevent the participants from getting hurt.

"We are looking at implementing kind of that step (by step) program in order to minimize the risk of injury, but also elicit the type of adaptation that we are looking for," he said. "And that's almost some of the benefits for some of these guys, I mean those initial sessions — 20 minutes that might be less than what they're running currently ... I think over the course of the six months we will see significant improvements in cognition and depressive symptoms in addition to significant improvements in APFT (Army Physical Fitness Test) scores as well."

Improvement in performance and mental state aside, there is a science behind how the study is conducted. A spit test is administered before and after the first two-mile run challenge and repeated at the final run at the end of six months. According to Gosser, a cotton swab is inserted under the participant's tongue for two minutes before and after the run it is placed in a bag to be frozen and sent to KU Medical Center for testing.

"What the spit test is testing is stress response," he said. "So we are actually measuring testosterone, cortisol and alpa-amylase. The very first (spit test) is the baseline when you conduct the study ... What we are looking at analyzing from that is the hypothesis that as a result of these concussions, the mechanisms that control what is called the glucocorticoid cascade, which is basically a stress response, the sensitivity of certain receptors within that cascade are impaired. What that means is these

individuals are walking around with consistently high levels of cortisol. So every little event that they face, there's that fight or flight response that is activated. And it can be to the smallest of things. That can lead to a lot of other things like adrenal fatigue and stuff like that."

At the end of the study after the six months of guided aerobic training, Gosser said he hopes to find the levels of stress hormones acquired from the final spit test have been reduced from the baseline results.

ADDITIONAL BENEFITS

Gosser said regulating stress response receptors through the program might have long-term benefits.

"We are looking, in the long term, helping return them to normal functioning when it comes to the stress response," Gosser said. "Again, that's an exploratory aim, but not the primary outcome of the study, but I think it's one of the more interesting (potential outcomes) and it can have significant implication for future studies, especially for the mental wellbeing for these guys. It can't be fun walking around like that all the time."

The program is recognized by the division as an acceptable form of alternate PT because it is conducted during PT hours. The sessions are conducted not only to improve performance, but is also educate.

"So we are looking at running with a purpose," he said. "There will be an educational component as well. Sometimes they go for unit PT, they might run to run, but we are teaching these guys how to run, keeping them at specific intensities so they elicit the type of adaptations that we want to see."

Gosser, who previously served as an infantryman in the National Guard, is a certified strength and tactical coach with a degree in exercise physiology. He administers these sessions directly. He said his background as a Soldier and his current knowledge in fitness gives him an edge and makes him the ideal candidate to conduct this research.

"I think the insights and oversights I can provide is pretty invaluable," he said. "You pay big money to have that direct coaching on the civilian side ... I will be going over everything from running mechanics and some classes on lifting weights — because that's my specialty and that's what I like to do — and educate these individuals as much as I can ... Perhaps some of them might even be interested in taking on a career in the same field that I'm in. I can give them advice in that regard. But really, it should be fun for these guys-bottom line."

During sessions, Gosser is out alongside the participants because he feels his involvement can impact their attitude.

"For example, this morning I actually had a guy that I ran with, it was only his second session and it was pretty cold right now," he said. "I go out and I run with him to try to improve, the not only the morale, but give him some motivation. If they're going to be



Stafford Gosser, left, gives feedback to a Soldier on how to improve his running performance at the outdoor track near Whitside Gym Nov. 9. Gosser is a University of Kansas researcher conducting a study on how aerobic exercise can potentially improve the symptoms of traumatic brain injury here at the Fort Riley TBI Clinic. Participants interested can contact Gosser at 785-787-3703 or the TBI Clinic at 785-239-7863, or email stafford.j.gosser.civ@mail.mil

out there suffering, I'm going to be right alongside them, giving them feedback as they're running, making sure that they're where they need to be as far as intensity."

NUMBERS ON THE RISE

According to data collected by the Defence and Veteran Brain Injury Center, dvbic.decoe.mil/dod-worldwide-numbers-tbi, the number of service members diagnosed with traumatic brain injury has increased from about 23,000 in 2007 to more than 370,000 this year. Gosser said the crux of the ICE study is that people who suffer from TBI are more likely to suffer from Alzheimer's when they age.

"What is significant about that is those concussions actually increase the risk of developing Alzheimer's later in life by approximately 60 percent," he said quoting some of the data used to support the ICE grant. "Not to mention the most common indicator ... PTSD (Post Traumatic Stress Disorder), and that brings with it a whole host of issues ranging from depression, anxiety, some cognitive symptoms ... as to why this research is important, there was an article that

was published by the Department of Veterans Affairs, that further highlighted the impact that this is going to have in the future and what they found is that from 2004 to 2014, the number of enrollees with Alzheimer's doubled. And that number is only expected to increase and to really put that into perspective, the article also said there were over 760,000 veterans who now suffer from Alzheimer's or related forms of dementia."

And in Alzheimer's Association website, alz.org, it says "certain types of traumatic brain injury may increase the risk of developing Alzheimer's or another form of dementia years after the injury takes place."

Gosser notes the rise in reported TBI cases can be costly to patients financially and timewise.

"You take the increased risk from these concussion from these active-duty service members, and it really will present to be a problem in the future not only cost wise, but also the cost to families and caregivers as well," he said.

For more information, please call Stafford Gosser at 785-787-3703 or the TBI Clinic at 785-239-7863, or email stafford.j.gosser.civ@mail.mil.

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Housing Services Office makes finding off-post housing easy

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

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

Whether a Soldier arrives to Fort Riley, is preparing to leave, needs a change of scenery or is having issues with a landlord, the Housing Services Office, part of the Directorate of Public Works – Housing Division, is there for them.

FINDING A HOME

When a Soldier first arrives to Fort Riley, they must go through HSO at 215 Custer Ave. as part of in-processing, said Edwin Ramos, chief of HSO. During this process, staff will verify the rank and family size to help determine their best options for housing. They'll discuss their Basic Housing Allowance rates and advise Soldiers to keep rent or mortgage payments, as well as utilities and transportation costs within the amount they receive, he said.

While HSO may focus on off-post housing options, Ramos said they always advise service members on the options best for them and sometimes that is to stay on post.

"We have a good working relationship here with Corvias because at the end of the day, we're counseling the service members on what's the best deal for their situation, their family and their BAH rate," he said. "Sometimes that ends up being on post, especially for E-4s (Enlisted Pay Grade 4) and below with two or three kids, which, unfortunately, E-4s and below's BAH rates aren't based on their family size, it's based on a one and two bedroom rate. If you have four kids, it's going to be tough to get something reasonable outside the gates, so we'll recommend them to be on post."

But their service goes beyond helping the service member find a home. The HSO staff have five government vehicles they can use to transport service members to housing appointments including walk-throughs, paperwork signings and inspections. Ramos said this service is one of their more popular ones as it helps people who are still waiting for their car to be shipped to Fort Riley or who do not yet own a vehicle.

They even offer rides when it's last minute. "If a service member were to come in right now and they forgot to tell us they have an appointment with Corvias in 30 minutes, we're going to take them there," he said. "Somebody is going to stop what they're doing and get them there and that makes me happy. That's what we're here for."

INSPECTIONS

Each HSO staff member is trained to inspect homes and apartments for health and safety issues. Whether these inspections are a walk-through for a new rental, a check in for a current

landlord or tenant or a fine tooth comb before a service member buys a home, they know what to look for, Ramos said.

"We do inspections for move ins, so if a service member is getting stationed here and he found a place, but he wants another set of eyes to do pretty much what any home inspection in the civilian sector would do," he said. "We're trained, the staff here, to do a whole house inspection. We can do roofing systems, electrical systems, structural — we're not structural engineers, but to the visual, what we can see."

"We do them when people are moving in, moving out or even just prospecting, like checking it out. A lot of times too, we'll do them for landlord and tenant complaints. We'll go out there to verify either party what they're state, whether there's a leak, intrusion or other problems — all the thousands of different things that could possibly arise with that."

Last year, HSO inspected about 870 homes, he said.

During health and safety inspections, they look for hazards and dangers that need to be fixed before a service member can move into the home, said Maria Torres, housing referral agent for HSO.

"We make sure it's clean," she said. "There's not any pest infestations and safety like the water heaters, electrical outlets, make sure the windows and doors close, check the furnace, the outside of the area, smoke detectors, which is very important and make sure the appliances work and they are clean."

If a home fails an inspection, HSO will send a formal letter to the landlord notifying them they have 30 days to correct the issue before they will return to re-inspect the property, Torres said.

In some cases, these inspections also assist with landlord and tenant issues, either to resolve disputes, handle compliance problems or serve as a witness for damages that may or may not have occurred during a move out process, she said.

"We also do inspections sometimes when the people are moving out and there are issues with the landlord or the tenant and the tenant feels the landlord is going to charge or the landlord feels the tenant has destroyed and they want us to go and see the condition," Torres said. "Like a move out inspection ... Sometimes we do compliant inspections too. If the renter says 'oh, I have all these issues and the landlord is not fixing them,' then we'll go back and check that the same way if the landlord feels the tenant is not taking care of the property."

SETTING BAH RATES

The Fort Riley HSO encompasses a 60 mile radius around the installation, stretching from Topeka to Salina, Ramos said. In those areas, the HSO staff are experts regarding the housing market and analyzing.

As part of their expertise, they build relationships with housing communities, apartment complexes and other landlords to help Soldiers find learn common rental rates, find safe homes and negotiate special discounts or rates for service members, he said.

These partnerships expand further than that, Ramos said. By learning common rental rates, they are able to assist the Department of Defense in determining what the coming year's BAH rates should be.

"We try to establish relationships with office post communities," Ramos said. "Specifically property management companies and landlords within a 60 mile radius of this base. We actually call that the KS 100, that's what the Defense Travel and Management Office calls our sector, and those relationships are kind of two fold. Of course we're trying to form relationships with those apartment complexes, but at the same time we're also trying to gather information because BAH data collection, the BAH numbers that are set every year, we assist in that data gathering. For 2018, we already completed that process. That stops in August and it will start up again here in January, so this January, we'll start working on 2019 rates. The more relationships we have, the easier that collection process goes."

They also do this through their website, www.homes.mil, which only has properties listed on it that they have already inspected and approved of.

"We use a website called Homes.mil and that is because of a two-fold deal there too because that's our rental referral webpage for service members coming to Fort Riley, but we also use the data that landlords put on that website

for, we'll call it data mining, so we can know what the average is — one bedroom, two bedroom, three bedroom," he said.

TRAINING

Many of the HSO staff are license as real estate agents and brokers, but their training does not end there. All of them undergo the same training as any state of Kansas licensed home inspector, Ramos said.

"There are national organizations that trains licensed home inspectors," he said. "Most of our team, they've gone through that training. When you complete that training, you actually meet the requirements for licensure in whatever state we're practicing."

Additionally, the office works closely with organizations like the National Association for Realtors to learn best practices, receive training and follow a code of ethics, Ramos said.

While some of their training comes from the DoD, a majority of it is handled by private sectors, making the exact training a civilian inspector would undergo. The biggest difference between the two — if a service member used a civilian inspector, they could pay \$400 to \$2,000 for the inspection while all services from HSO are free, he said.

WHO THEY SERVE

The services at HSO are open to all service members including National Guard and Reserves, their families and DoD civilians.

Last year, they assisted more than 8,700 service members in finding a home, Ramos said.

"We only exist for them," he said. "We're here to help them get a house and that's what we're going to do."



Maria Torres, housing referral agent for the Housing Services Office, left, talks with Capt. Benjamin Smith, 1st Infantry Artillery, about his housing options Oct. 17. Staff at the HSO assist Soldiers and their families in locating a home, as well as conducting inspections of homes and apartments to verify safety and cleanliness.

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The fourth annual Flag Football Turkey Bowl snaps off with speed and talent as Soldiers from Fort Riley and Fort Leavenworth, Kansas, compete for the 22-inch turkey trophy Nov. 22. The bowl is an annual event where teams of Soldiers register and represent their unit.

Cold weather doesn't extinguish competitive fire during annual Turkey Bowl

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

Despite the weather, nine teams bore the cold to compete against one another at the fourth annual Flag Football Turkey Bowl at Long Fitness Center Nov. 22.

The tournament took place at the baseball field west of the facility. The teams competed for a turkey trophy.

"The top two teams will get individual turkey trophies and the winning team will get a 22-inch turkey trophy," said Renee Satterlee, intramural sports coordinator for the Directorate of Family and Morale, Welfare and Recreation.

The bowl brings teams — both near and far — to compete.

This year, the 15th Military Police Brigade from Fort Leavenworth, Kansas, competed in the tournament against the 3rd Battalion, 66th Armor Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division — the team that won the Fort Riley Intramural Football Championship Nov. 21.

"We are the 2017 champions," said Capt. Quinzel Chestnut, 3rd Bn., 66th Armor Regt. "It was definitely a great defeat due to everything we've been through. Over half of our season, there was a push to our unit to be out at field. So we played most of our season with an incomplete roster."

However, when it came down to the Nov. 21 game day, Chestnut and his team played with a complete roster, putting them at an advantage, he said.

"We work hard and we practice when we can and it pays off," said Staff Sgt. Matthew Cole, 3rd Bn., 66th Armor Regt.

Before the snap, each team joined in a huddle to discuss their play written on a wrist band. The teams took their place on the field as a linemen,

corner, safety and receiver. With eyes focused on the prize, each exhale turned white with the freezing temperatures.

But the temperature did not freeze the Soldiers when the snap commenced the start of the game.

As offense held the line of scrimmage, the defense rushed in. The team from Fort Leavenworth, named Justice League, completed a long pass, gaining a dozen yards and moving the first-down marker.

As the team moved closer to the end zone, the concentration of the players increased with each snap. During each play, dust was kicked up as players ran to cover their guy. Before long, the Justice League received their first 6-points with a two-hand touchdown pass.

When 3rd Bn., 66th Armor Regt. received the ball after their opponent's touchdown, they returned the football to their end zone in three plays. The final play of the series was a 35-yard touchdown pass to tie the game. Justice League won the game in the end. "The Soldiers love the tournament," Satterlee said. "I will get teams asking about the tournament in September."

Registration is open for the fifth annual Flag Football Turkey Bowl. To register for next year's Turkey Bowl, teams should call Satterlee at 785-239-2813 or visit Whitside Fitness Facility at 684 Huebner Drive.

TALKING TURKEY (BOWL)

To register for the 2018 Turkey Bowl, flag football teams should call Renee Satterlee at 785-239-2813 or visit Whitside Fitness Facility at 684 Huebner Drive.



A Fort Leavenworth, Kansas, Soldier from the 15th Military Police Brigade receives a pass within the end zone putting them on top with 6-points at the fourth annual Flag Football Turkey Bowl near Long Fitness Center Nov. 22. The teams competed for the 22-inch turkey trophy.

'Historic Tour of Homes' comes to Fort Riley

Tickets available for annual self-guided, self-paced event

Staff report
1ST INF. DIV. POST

Fort Riley sites and homes will be open to the public for the 34th annual "Historic Tour of Homes," Dec. 2, from noon to 4 p.m.

The tour, organized by the Historical and Archaeological Society of Fort Riley, will include several of Fort Riley's historic homes, starting with the Custer House.

The tour is self-guided and self-paced; maps are provided at the Custer House. Comfortable shoes are recommended.

Tickets can be purchased in advance online at squaresup.com/store/HASFR for \$10 per person. Tickets on the day of the event are \$12

See TOUR, page 12



File photo | POST
A Christmas tree sits in the home of a Fort Riley Soldier on Historic Main Post Dec. 3, 2016, during the Historic Tour of Homes hosted by volunteers of the Historical and Archeological Society of Fort Riley.

Building bonds from memories, experiences

Trio of Soldiers learn more about Polish ties through deployment

Story and photo by Staff Sgt. Sharon Matthias
22ND MOBILE PUBLIC AFFAIRS DETACHMENT

ZAGAN, Poland — For many Soldiers, there are opportunities to travel and experience new cultures during their time of service. For a select few, there is the chance to travel to where their roots began.

This is the case for Soldiers in the 2nd Armored Brigade Combat Team, 1st Infantry Division. They have deployed to Poland in support of the U.S. Army Europe effort Operation Atlantic Resolve.

Sgt. Lukasz Szpakowski, a native of Torun, Poland, left the Eastern European country for the U.S. when he was 17 years old and ended up living with cousins in Manassas, Virginia.

Szpakowski's cousins served in the U.S. military and inspired him to join the Army in 2005.



Spc. Courtney Roth, an intelligence analyst assigned to the 82nd Brigade Engineer Battalion, 2nd Armored Brigade Combat Team, 1st Infantry Division, speaks with a Polish military officer about her Polish lineage Nov. 18. Roth is among the Dagger Brigade's "heel-to-toe" rotation of U.S. Soldiers ready to train with allied and partnered nations to demonstrate combat proficiencies and capabilities during the multinational exercises across Central Europe named Operation Atlantic Resolve.

Now, Szpakowski, an M1A2 Abrams tank systems maintainer assigned to 1st Battalion, 63rd Armor Regiment, 2nd ABCT, is on a nine-month tour of duty in Poland. He is one of many U.S. Soldiers who form the

bedrock of what makes up part of the U.S. forward presence in Europe. This presence has formed a solid bond with the U.S. and allied and partnered nations. In turn, these relationships assure European nations of the Americans'

"My wife is American, so during Easter and Christmas holidays we try to compromise by alternating between American and Polish traditions for the kids."

SGT. LUKASZ SZPAKOWSKI
1ST BATTALION,
63RD ARMOR REGIMENT,
2ND ARMORED BRIGADE
COMBAT TEAM,
1ST INFANTRY DIVISION

ability to deter adversaries and quickly respond to aggression in the region.

During his 12 years of active service to his adopted country, Szpakowski has experienced living in five different U.S. states and two

See BONDS, page 11

FORT RILEY POST-ITS

HOLIDAY TREE LIGHTING

The annual holiday tree lighting ceremony is Dec. 1 with hot cocoa, hot cider, coffee and cookies. The event will begin 5:30 p.m. at Ware Parade Field in front of garrison headquarters, 500 Huebner Road.

Santa Claus will make a special appearance during the ceremony.

HISTORIC TOUR OF HOMES

The 34th annual Historical Tour of Homes is at 4 p.m. Dec. 2. Tour groups will meet up at and leave from the Custer House at 24 Sheridan Ave.

Tickets are \$10 in advance or \$12 at the event. For more information, visit www.fortrileyhistoricalsociety.org or email fortrileytourofhomes@gmail.com.

TREES FOR TROOPS

About 400 holiday trees will be available free to active duty Soldiers, their families, Gold Star and Blue Star families as part of Trees for Troops 9 a.m., Dec. 2 outside Riley's Conference Center.

The trees are available on a first come, first serve basis.

CHRISTKINDL HOLIDAY CRAFT MARKET

The ninth annual Christkindl Holiday Craft Market is Dec. 2. It will have more than 50 vendors selling handmade items, holiday decor and gifts and more. The event is from 9 a.m. to 3 p.m. at Riley's Conference Center, 446 Seitz Drive.

POOL TOURNAMENT

The Warrior Zone will have their bi-monthly pool tournament at the facility, 7867 Normandy Drive Dec. 1 from 6 p.m. to 8 p.m.

The event is free to enter. The winner will receive a new pool cue or a \$50 giftcard to the local billiard shop.

For more information, call the Warrior Zone at 785-240-6618.

AIR FORCE RESERVE RECRUITING

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



COCKTAILS & CANVASAS

Hang out and paint while sipping at Riley's Conference Center at 7 p.m., Dec. 12 for Cocktails and Canvasas.

Seats sell out quickly and advance purchase is recommended.

The cost is \$25 a person and includes supplies, professional instruction and a beverage ticket.

For more information and to sign up call 785-784-1000.

WOODSHOP SAFETY CLASS

A Woodshop Safety Class is Dec. 11 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.



HOLIDAY HOOPS TOURNAMENT

The Holiday Hoops tournament is 10 a.m. Dec. 16.

This free, single-elimination tournament is open to company-level teams of active-duty Soldiers only and qualifies teams for Commander's Cup points. The field is limited to 16 teams, with a maximum of 18 players per team.

Registration ends Dec. 14. To register, visit the Sports Office, Whitside Fitness Center at 684 Huebner Road.

For more information, call 785-239-2813.



EXCHANGE ZUMBA CLASS

The Main Post Exchange will have a "Holiday Trimming" Zumba class every Saturday at 9:30 a.m. in December. The class is free.

EXCHANGE EARLY CLOSURES

All Army and Air Force Exchange Service facilities will close one hour early Dec. 2.

The 24-hour "Big Red One" Express will continue with normal hours.

FORT RILEY REEL TIME THEATER SCHEDULE

Friday, Dec. 1
Thank You for Your Service (R) 7 p.m.

Saturday, Dec. 2
Jigsaw (R) 2 p.m.

Sunday, Dec. 3
No Showing

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

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.



AQUA ZUMBA CLASS

Looking for a new workout? Check out Aqua Zumba at Custer Hill Aquatic Park.

Classes are held at 7 p.m. Mondays, Wednesdays and Fridays. View the schedule on the aquatics page at riley.armymwr.com/us/riley/programs/aquatics.

The cost is \$3 per class or \$25 for a 10-class pass. For more information, call 785-239-5860.

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.

COMMUNITY CORNER

Remember to keep Army family safe from drunk, drugged driving

Have a plan in place if you plan to drink during holidays

By Col. John D. Lawrence
FORT RILEY GARRISON COMMANDER

December brings an increase in social events, which often includes beverages containing alcohol, so it's a perfect time to remember that this month is also National Drunk and Drugged Driving Prevention Month.

As we all know, drinking and drug use impairs judgment, delays reaction time and too often results in deadly car accidents.

According to the National Highway Traffic Safety

Administration, approximately 29 people in the United States die every day in alcohol-impaired vehicle crashes — that's one person every 50 minutes.

While drunk-driving fatalities have decreased by one-third in the past three decades, these crashes still claim an average of 10,500 lives each year. In 2010, the most recent year for which cost data is available, these deaths and damages amounted to more than \$44 billion.

There are plenty of myths out there about drinking and driving. There's still a portion of



Colonel Lawrence

SECURING A RIDE

The Fort Riley Drunk Driving Prevention Program will take you — and your car, if needed — home, free of charge. The DDPP is available Friday and Saturday from 10:30 p.m. to 3:30 a.m. for military members and civilians with a valid Department of Defense identification card.

the population that believes it's OK to drive after having just a couple drinks. It's not OK.

The American public puts great trust in its military to have integrity — to do the right thing, even when no one's watching. If you've had a couple drinks or more, don't drive; there's too much to lose, including the confidence placed in each of us by our country's citizens.

It also matters emotionally and financially. There are

people who care about you, and those friends and family members will be devastated if you're seriously injured or killed in a drunk or drugged driving accident.

It matters to your Army team when they lose a teammate who is trained to perform a job so everyone can accomplish the mission.

It matters to other innocent victims you may injure or kill, and their friends and families. At a minimum, it

matters to your bank account if you have to pay fines and damages for an impaired-driving accident.

If you plan to drink this holiday season, or at any time throughout the year, make plans to have a designated driver — and a back-up plan just in case the DD plan falls through. Additionally, the Fort Riley Drunk Driving Prevention Program will take you — and your car, if needed — home, free of charge. The DDPP is available Friday and Saturday nights from 10:30 p.m. to 3:30 a.m. for military members and civilians with a valid Department of Defense identification card. Participants must sign up and agree to the DDPP liability waiver in order to request a ride home. Visit sites.google.com/ddpp.us/home/home/sign-up-to-ride to learn more.

Finally, I've yet to meet a leader or commander who wouldn't go out of his or her way to take care of one of their Soldiers; don't forget to rely on your chain of command when all other plans fall through.

By taking precautions up front, and by us all watching out for each other, we can keep our Army family safe from drunk and drugged driving dangers — this holiday season and all year long.

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



Fort Riley Commissary

Holiday Hours of Operation:

Christmas Eve, Sunday Dec 24: 1000-1600
Christmas Day, Monday Dec 25: (CLOSED)
New Year's Day, Monday Jan 1: (CLOSED)

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1:30 PM - Faculty Brass Quintet

2 PM - Program Begins

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Reserved seating tickets are available at the McCain Box Office Monday thru Friday from 11:30 AM to 4:30 PM or call 785-532-6428

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Prices include McCain's fees and taxes.

Tickets purchased online via:

www.k-state.edu/McCain

will cost an additional \$5 per ticket for McCain's handling fee.

Group rate: 10% discount with the purchase of 10 or more tickets.



WORSHIP

Protestant Services

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

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

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

Catholic Services

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

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

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

Jewish Service

For Sabbath Services please contact the Division Chaplain at 240-6268.

Open Circle Service

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

Wednesday Family Night

Weekly classes from 1900-2000 at Victory Chapel
785-239-3359. Watchcare provided for birth-2yrs.

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 its components and it has no government status.

AWANA

Meets Sundays, 1400-1600 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



Staff Sgt. Sharon Matthias | 22ND MOBILE PUBLIC AFFAIRS DETACHMENT

Sgt. 1st Class John Szewczak, a chemical, biological, radiological and nuclear specialist with Headquarters and Headquarters Company, 2nd Armored Brigade Combat Team, 1st Infantry Division, works from his office in Poland, Nov. 18. Szewczak is among the Dagger brigade's "heel-to-toe" rotation of U.S. Soldiers ready to train with allied and partnered nations to demonstrate combat proficiencies and capabilities during Operation Atlantic Resolve exercises across Central Europe.

BONDS Continued from page 9

countries, but he emphasized that none of this elicits the same feelings as returning to his birth country.

"I was excited to come, hoping I could visit my parents," said Szpakowski, a father of two young children.

He said he raises his children in a way that allows them to understand both the heritage and customs of Poland and the country he serves.

"My wife is American, so during Easter and Christmas holidays we try to compromise by alternating between American and Polish traditions for the kids," Szpakowski said.

In Poland, Dec. 6 is Santa Claus Day, so Szpakowski likes to buy a small gift for his loved ones. Unlike his wife, Szpakowski celebrates the traditionally religious holiday on Christmas Eve, when he cooks 12 Polish dishes for the 12 apostles of Jesus, the central figure of Christianity.

Szpakowski's wife tries to find and cook recipes from Poland that he likes and one dish — golumpki — is not only enjoyed by him, but also by two other "Dagger" brigade Soldiers, Sgt. 1st Class John Szewczak and Spc. Courtney Roth.

"My great-grandmother did most of the traditional Polish cooking, but my favorite was golumpki, which was stuffed cabbage with ground meat and rice served with tomato sauce," Szewczak said.

Szewczak has served 24 years on active duty in the U.S. Army and was ready to retire, but decided to withhold submitting his paperwork when he learned of the opportunity to serve in the country of his ancestors.

"As a child, I would hear my great-grandmother pray in



Staff Sgt. Sharon Matthias | 22ND MOBILE PUBLIC AFFAIRS DETACHMENT

Sgt. Lukasz Szpakowski, an M1A2 Abrams tank systems maintainer assigned to 1st Battalion, 63rd Armor Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, Fort Riley, Kansas, enjoys Poland, the land of his birth.

Polish every night for about an hour; the woman was a saint," Szewczak said. "She was really the only one left in our family that was traditionally Polish. As her children grew up, it started to fade away."

Szewczak, is a chemical, biological, radiological and nuclear specialist assigned to Headquarters and Headquarters Company, 2nd ABCT.

"My father was one of the reasons I didn't retire after 24 years of service," Szewczak said. "Because of our Polish lineage, he was very happy and proud that I was going to be deployed to Poland."

Not all parents like the idea of watching their child deploy to another country. In

Roth's case, her experience was different than Szewczak's.

"My mother was apprehensive of me joining the military because she thought I would be sent off to war with a weapon in my hands," Roth said. "I had to reassure her that my job as a Soldier is quite the opposite. Instead, we work on mitigating the circumstances to deter having to go to war."

Roth, a native of Cleveland, Ohio, enlisted in 2015 and is assigned to the 82nd Brigade Engineer Battalion, 2nd ABCT, as an intelligence analyst.

She said she was excited about the idea of having the opportunity to live in Poland when she learned of her unit's deployment.

"I've always admired Soldiers from our allied nations when they train with us in the U.S., and now, to have the chance to live and train with Polish Soldiers in Poland, feels like a unique opportunity only the military can offer," Roth said.

Although Roth attributes her ability to travel and experience new cultures to the military, she, like Szewczak and Szpakowski, was especially fond of deploying to experience her Polish roots.

"My great-grandparents were Polish, and my grandmother lived with me for 10 years," Roth said. "She spoke the language and cooked the traditional foods. I can still remember the fond childhood memories of living with her, watching her play the accordion and dancing to polka."

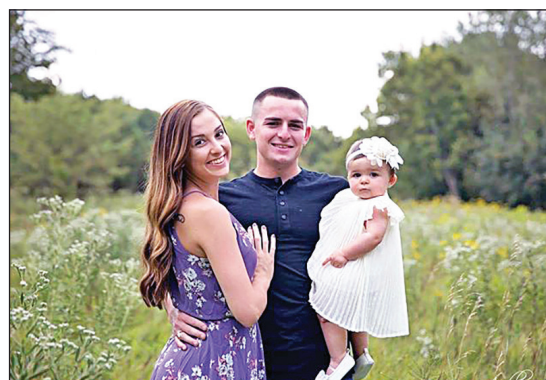
Polish cuisine is still very much part of Roth's life at home.

"My mother still cooks the traditional Polish golumpki, pierogi, a dumpling made with meat or potatoes in the middle, cucumber salad and kolacky, a Polish Christmas cookie," Roth said. "These recipes were handed down by my grandmother."

Roth said she believes being part of the American military is an amazing opportunity to work with its allies.

"I have met Soldiers who are Polish in (the U.S.) military and it's neat to see people who grew up and were born and lived in Poland, yet still choose to serve in the U.S. military," Roth said. "I just feel that it breaks boundaries that it doesn't matter where you're from or what your roots are, the military brings a lot of people together."

TUESDAY TRIVIA CONTEST



The question for the week of Nov. 28 was: Where on www.riley.army.mil might I find visitor access information?

Answer: www.riley.army.mil/Units/Garrison-Command/Emergency-Services/Access-Information/

This week's winner is Amber Tanner, spouse of Pfc. Alex Evans, of D Company, 3rd Assault Helicopter Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division.

Pictured above are Amber Tanner and Alex Evans, along with their daughter, Maci

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

Retired veteran relives military travel

Each stop over 24-year career offers vet a happy memory

By Ashley Elkiwan
MILITARY PUBLIC RELATIONS
STUDENT AT K-STATE

MANHATTAN, Kan. — Mark Twain once said, “Don’t let schooling interfere with your education.” This is a quote that is near and dear to retired Lt. Col. David Gunn.

Gunn served a total of 24 years in the military, including tours in Mexico, Europe, Germany, Latin America and Iraq.

In 1989, Gunn earned a bachelor of science degree in elementary education from the University of Washington and was commissioned as a second lieutenant in the Army in field artillery. In 2006, He completed his Masters in Education from Kansas State University. In 2017, Gunn also earned his Education Doctorate in Adult and Continuing Educating from K-State.

Even after years of education, Gunn describes his definition of “learning” as a means of understanding and finding meaning, not as assignments or reports.

“Learning has always been important to me, Gunn said. “School, not so much.”

One of his favorite ways to learn is through travel.

“History is interesting and telling,” he said. “I find learning and studying history helps me better understand today.”

Gunn, who has experienced temperatures exceeding 120 degrees, sand storms, rain and mud, said every place he traveled reserve a special place in his heart.

“Each place has a memory, an experience, that solidifies it as a good memory,” he said, adding he learned something about every place he went,



COURTESY PHOTO

Lt. Col. David Gunn, at the time serving with the 101st Airborne Division, helped rebuild areas in northern Iraq. As a thank you, local residents invited Gunn and other unit members to their homes.



COURTESY PHOTO

Lt. Col. David Gunn and the 101st Airborne Division visited a boy's orphanage in Mosul, Iraq to give them soccer balls December 2002. They gave them soccer balls because Father Mufid Toma, orphanage director, said the kids loved to play soccer.

using his downtime to visit local sites, converse with people and learn about them.

One of those sites was a boy's orphanage in Mosul, Iraq. In December 2002, Gunn served as a fire support officer where he and the 101st Airborne Division visited a boy's orphanage, providing them with fuel. Gunn said he had spoken with Father Mufid Toma, orphanage director, when he found out about children at the orphanage who loved to play soccer. Toma allowed the 101st to visit the boys and play with them. Gunn said the division

eventually sponsored the team, raising enough money to return to the orphanage with bags full of soccer equipment for the new boy's team, which was named the “Screaming Eagles.”

Earlier in his career, Gunn served as a platoon leader in the tactical, nuclear-capable field artillery unit in West Germany during the end of the Cold War. It was here, Gunn said, he experienced some of the most memorable times in his career. Gunn lived in a town called Wilhelmsdorf, a small farming community outside of Nuremberg.

“Learning has always been important to me. School, not so much. ... History is interesting and telling. I find learning and studying history help me better understand today.”

LT. COL. (RET.) DAVID GUNN

24-YEAR VETERAN OF THE MILITARY

“The reason this was so memorable was because the town operated by church bells and from there I was able to visit most of Germany,” he said.

Gunn's close proximity allowed him to visit surrounding countries such as France, England, Poland, Czech Republic, Austria and Luxembourg. He was also able to visit Dachau and Buchenwald concentration camps, Neuschwanstein Castle and participate in the first Berlin marathon.

In 2010, Gunn returned to the States after serving as the division fire support coordinator at Camp Red Cloud, South Korea, and retired after 24 years of service. He accepted a job working as a contractor for the National Guard Bureau in a program called eXportable Combat Training Capability. The program assists in increasing combat readiness, where he still works today.

If given the chance to change one thing, Gunn said he would have enjoyed being a professor of Military Science because of a great mentor he had during his ROTC days.



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FORT RILEY

GUIDE AND DIRECTORY

All online content is approved by the Fort Riley Public Affairs Officer.



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Information: 785.784.1000

Riley's Conference Center of Learning MWR riley.armymwr.com



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TOUR Continued from page 9

MORE INFORMATION

- For more information about the “Tour of Homes,” visit www.fortrileyhistoricalsociety.org or email fortrileytourofhomes@gmail.com.

and can be purchased at the Custer House.

“Historic Tour of Homes” is open to people age 12 and older. Babies under two in an infant carrier are welcome, but strollers are not allowed.

The event is open to the public; however, those without a Department of Defense

ID card must stop at the Henry Gate visitor center to get a pass. Details can be found online at www.riley.army.mil.

For more information about the “Tour of Homes,” visit www.fortrileyhistoricalsociety.org or email fortrileytourofhomes@gmail.com.

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TREE DECORATIONS UNDERWAY



Kalene Lozick | POST

Steve Seets, sheet metal worker for operations and maintenance division of the Directorate of Public Works, hangs the final touches for the holiday tree that stands firm in front the Fort Riley garrison command building Nov. 21 for the garrison command holiday decoration day. The Directorate of Plans, Training, Mobilization and Security and DPW divided to conquer indoor and outdoor decoration tasks.



Kalene Lozick | POST

Steven R. Balderrama, left, and Brian Waterman right, both operations specialists of Directorate of Plans, Training, Mobilization and Security, arrange one of two holiday trees used to light up the lobby of the Fort Riley's garrison command building Nov. 21. The lobby was decorated with holiday ornaments, an electric fireplace and other festive decor for a visit with Santa following the Holiday Tree Lighting Ceremony Dec. 1 at Ware Parade Field at 500 Huebner Road.



LISTEN HERE:
105.7

Verse of the Day

Do not let this Book of the Law depart from your mouth; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.

Josh 1:8

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Winter Campgrounds

By Season Osterfeld
1ST INF. DIV. POST

From frosty fields to ice-covered lakes and sunrises over glistening snow, camping in winter is an experience of its own.

Surrounding Fort Riley are several campgrounds open throughout the colder season for short trips that leave campers feeling like they're days away from civilization.

About 8 miles from Fort Riley is Milford State Park at Milford Lake. The park, on the southeast shore of Kansas' largest lake, has fishing, hiking, camping, hunting and photography opportunities.

There are seven campground areas within the park, as well as cabin rentals and shelters. Some areas include electrical, sewage and water hookups, while others are primitive campsites without the amenities. The four hiking trails range in length from a half mile to 8 miles.

For more information about Milford State Park or to make reservations, visit ksoutdoors.com/State-Parks/Locations/Milford.

Tuttle Creek State Park at 5800 River Pond Road A, Manhattan, has 11 cabins for rent and four campgrounds within the 1,200-acre park. During the winter, most of the campgrounds have the water shut off, but some still have electricity while others are primitive.

From a half-mile to a 13-mile course, the five hiking trails at Tuttle Creek vary in levels of difficulty. Also in the park are a disc golf course, hunting and fishing opportunities, as well as occasional special events like bingo or treasure hunts.

For more information about Tuttle Creek State Park, visit ksoutdoors.com/State-Parks/Locations/Tuttle-Creek.

With more than 1,000 acres of prairie and 440 acres of forested area, Eisenhower State Park has a lot to offer. The park at 29810 S Fairlawn Road, Osage City, has 186 utility campsites,

15 equestrian sites and several primitive camping areas. There are also cabins and yurts available for rent.

Playgrounds, shelters and horseshoe pits are among the amenities. There are also hiking, biking and horseback riding trails, as well as an archery range and boating docks.

For more information about Eisenhower State Park, visit ksoutdoors.com/State-Parks/Locations/Eisenhower.

Don't forget to visit the Outdoor Recreation and Travel Center at 5202 Normandy Drive for all camping supplies. Staff there can assist in kayak, tent, camper trailer and RV rentals. For more information about pricing and items available for rent, call 785-239-2363 or visit riley.armymwr.com/programs/outdoor-recreation. Staff there can also assist with maps and suggestions to help create the ideal camping adventure.

Looking for more campgrounds around Kansas? Visit www.recreation.gov or ksoutdoors.com.

Many campgrounds can accommodate tents and RVs to suit any camper's style of "roughing it." Locations for RVs often include sewage and electrical hookups.

COURTESY PHOTO



Season Osterfeld | POST

From minutes to hours from Fort Riley, there are a variety of campgrounds open for the winter. Many have water front areas while others are heavily wooded.



COURTESY PHOTO

Cabins are available for rent at several campgrounds within a day's drive of Fort Riley. Some cabins have electricity and water while others are primitive.



COURTESY PHOTO

Kanza is one of several cabins available for rent at Tuttle Creek State Park in Manhattan. Many other parks around Kansas have cabins for rent, although numbers are limited, so reservations should be made early to guarantee one.