

# Leadership Through Encampment



**LEFT:** A team of Civil Air Patrol cadets cheer after a pep talk right before they begin a game of dodgeball during the team physical activity portion of the winter encampment program at Camp Funston Dec. 28. This is the second year in a row Fort Riley hosted Kansas CAP encampment. Ninety five cadets graduated from the week-long program Jan. 1. The program is modeled to be like basic training. **RIGHT:** Chief Warrant Officer 2 Joseph Chadwick, 2nd General Support Aviation Battalion, 1st Aviation Regiment, gives Civil Air Patrol cadets a rundown of what the inside of a CH-47 Chinook during their visit to the unit's hangar at Marshall Army Airfield Dec. 28. Cadets ages 12 to 18 years old came from Kansas, Colorado, Michigan, Iowa, Missouri, Oklahoma, Texas and Arkansas were at Fort Riley Dec. 26 to Jan. 1 to participate in the winter encampment, which is like a basic training program for CAP.



## Fort Riley hosts winter encampment to Kansas Wing Civil Air Patrol for second year

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

Kansas Wing Civil Air Patrol held their winter encampment at Fort Riley for the second year in a row Dec. 26. The cadets completed the week-long program and graduated Jan. 1. The CAP is the civilian auxiliary of the U.S. Air Force and it has a three-fold mission, according to Col. Linette Lahan, Kansas Wing Headquarters Squadron commander out of Salina, Kansas. The first mission is aerospace education and the advancement and encouragement of the aviation industry. The second is emergency services and disaster-relief search and rescue.

“The third mission, (and) what we are here for this week, is our cadet programs,” Lahan said. “(The winter encampment) is a portion of the cadet programs as (cadets) go through leadership, physical fitness and aerospace education training. The best way to describe it is like a basic training of leadership and knowledge that they need to advance their education through the Civil Air Patrol cadet programs.” Fort Riley was selected to host this year’s winter encampment again because it is a secured facility, Lahan said. Ninety five cadets’ ages 12 to 18 years old came from Kansas, Colorado, Michigan, Iowa, Missouri, Oklahoma, Texas and Arkansas.

“Having this number of youth with us, everybody is trusting us with their children,” Lahan said. “We know we can control the environment.” In addition to the confidence in safety of being on post, Flight Officer Cole Oakland, Kansas Wing assistant public affairs officer, said Fort Riley is one of the very few Army installations around that has facilities that are beneficial to the encampment curriculum. “Not every encampment has access to an aviation brigade,” Oakland said. “Especially at Fort Riley, having the ‘Big Red One’

See ENCAMPMENT, page 2

## More than hand-to-hand combat

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

Each year during the 1st Infantry Division's Victory Week, Soldiers compete in a number of athletic competitions, such as basketball, water polo and combatives, where Soldiers face one another in a series of hand-to-hand bouts designed to test their individual, unarmed combat abilities. While this might remind onlookers of a mixed martial arts competition, the Modern Army Combatives program available to “Big Red One” Soldiers focuses more on personal readiness, ensuring service members can win in a close-quarters encounter with the enemy. “Because of the name ‘combatives,’ Soldiers are unsure of what to expect,” said Staff Sgt. Amanda Larson, Headquarters Company, 1st Combat Aviation Brigade, 1st Infantry Division, combatives noncommissioned officer in charge. “... They think we are here to create fighters and that is not what we are doing. That is not the goal of the program.” When the program first started in the late 1990s, its purpose was to produce fighters like the ones spectators see when viewing mixed martial arts fights, said Frank Portillo, 1st Inf. Div. master trainer instructor. “In the beginning, it was about how tough you were to get through it,” Portillo said. “It was making a lot of good fighters in the Army, but not a lot of good, competent combat Soldiers. There were no tactical skills taught — it was all ground work. That is fine because you need to have basics, but you never want to take a hand-to-hand fight to the ground. You don’t want that in full kit.” Portillo said the first iteration of combatives was brutal and caused many injuries to Soldiers some did not see necessary. Though the program has changed, he said that reputation still lingers throughout the Army. “The course had to change,” Portillo said. “Everything has to evolve through time. Either you loved it or you hated it. A lot of Soldiers didn’t



**First Lt. Erin Schneider, left, Special Troops Battalion, 1st Infantry Division, assistant operations officer, fends off an attacker as she decides to use her M-9 pistol to control the situation during Level I combatives training at Fort Riley Dec. 15.**

(like it and asked), ‘Why do I need to get punched in the face for 15 minutes to try to get a clinch?’ Engagements don’t last that long. That is why the program had to change. “Once they started putting more tactical techniques into the program, then commanders were more willing to involve their Soldiers. Prior to the changes in 2010 it was like, ‘I don’t want to send my Soldiers and have them coming back with a broken nose or black eyes.’” Soldiers now get trained in hand-to-hand combat and techniques so they can survive close-quarters combat against an enemy. While Soldiers get an introduction to the program in basic training, their training is not validated until they go through a course taught by a master trainer, Larson said. Soldiers learn intangible skills as they complete the 40-hour basic course. “We see Soldiers that are timid or unsure of their leadership skills or they don’t have the confidence,” Larson said. “By end of a course, you see the difference in a Soldier that was timid

See COMBATIVES, page 3

## Fort Riley Army Emergency Relief support specialist aids in Hurricane Maria help

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

It was during the middle of Dolly Valentin’s vacation when she received a call from her boss, Cheryl Erickson, Army Community Service chief, asking if she was interested in going to Puerto Rico on behalf of Army Emergency Relief. Hurricane Maria made landfall on Valentin’s home territory Sept. 20 and left the island in crisis on all fronts from

power outages to basic human needs, such as clean drinking water. Valentin, a Fort Riley AER support specialist, knew she had to go home and help — even if it was just doing her small part in meeting needs to process the exponential spike in AER loan requests. “We got a request that Puerto Rico was getting 50 clients a day, which is an extraordinary number,” Erickson said. “It was obvious they were in distress and they were looking for AER specialists to come and help

and I thought of (Valentin) immediately because I knew she had family in Puerto Rico ... and she’s our go-to person for AER loans.” In less than a week from when Valentin got the call, she was on a plane Nov. 29 to Fort Buchanan, Puerto Rico. Valentin said her team’s goal was to help expedite the process of churning out AER loans to U.S. Army veterans and their families.

See RELIEF, page 2

## PROMOTED TO THE RANK OF BRIGADIER GENERAL



Chad L. Simon | 1ST INF. DIV. PUBLIC AFFAIRS  
**Brig. Gen. Richard R. Coffman, 1st Infantry Division deputy commanding general for maneuver, and his wife, Jacqui, unfurl the brigadier general officer flag during his promotion ceremony Jan. 5 at the division headquarters on Fort Riley. Joining Coffman for the unfurling was Maj. Gen. Joseph M. Martin, far left, 1st Inf. Div. and Fort Riley commanding general, and family members.**

### FORT RILEY VOLUNTEER SPOTLIGHT



**Kailey Greidanus was recognized by 1st Combat Aviation Brigade, 1st Infantry Division, for helping out at Family Readiness Group events. She also babysat while parents in the unit worked at fundraisers and attend meetings and volunteers off post at community centers.**  
**To learn more about volunteer opportunities, call Becky Willis, Army Volunteer Corps Program manager, at 785-239-4593.**

### IN THIS ISSUE



**PAINT AND SIP EVENT BRINGS MEMBERS OF FORT RILEY COMMUNITY TOGETHER, SEE PAGE 9**

### ALSO IN THIS ISSUE



**VENTURE OUT TO MILFORD AND LEARN ALL ABOUT WHAT THE LAKE TOWN OFFERS, SEE PAGE 14**



# Transitioning Soldiers find community, clarity at Fort Riley USO Pathfinder program

By Kalene Lozick  
1ST INF. DIV. POST

As a program, USO Pathfinder at Fort Riley is designed so each of its representatives, called scouts, will stay with the transitioning Soldier a year prior to leaving the military and continue with them until they are successful in the civilian world, approximately a year after they've left.

"We opened our doors and had a ribbon cutting in November 2016," said Crystal Bryant-Kearns, site manager USO Pathfinder. "We just completed our first full calendar year from January 2017 to December 2017. We served 845 transitioning service members this year. Of those, 175 were hired and 56 were enrolled in college."

As a whole, USO Pathfinder has 13 sites across the U.S.

Among the 13, Fort Riley is ranked on top.

"Fort Riley is the top producer across the entire enterprise (of USO) within the nation — and that is 13 sites we have so we feel really proud of that," Bryant-Kearns said. "Eventually we would like to be supporting every transitioning service member — that is our target."

Each month, Fort Riley transitions about 300 service members out of the Army. The USO Pathfinder program reaches out to one-third of them.

"When you look at 300 transitioning service members, we would love to serve all of them, but at this point we are serving about a third of them," she said. "If you look at the 45 we were doing per month (at the beginning), we are now serving 90 to 100 per month ... That is based on current data."

Of those transitioning service members USO Pathfinder serves, Bryant-Kearns said many of them are still in the service and some have to transition into civilian life.

"When I first started it was not USO Pathfinder yet, it was RP/6 (Rally Point 6)," George Alexander, transitioned Soldier June in 2017, said.

He was a part of the first group that went through USO Pathfinders. The biggest take away from the program, he said, was the stress relief.

Rally Point 6 was the original name for USO Pathfinder. The approach of the program remained the same, a place where transitioning Soldiers can come to get questions answered.

"From having problems with your chain of command to figuring stuff out with (Department of Veterans Affairs)

loans, how to get your medical records, what happens if you don't pick your medical records up and how to re-request your medical records," Alexander said.

He laughed when he mentioned what happened when someone don't pick up their medical records because John Verschage, senior scout at USO Pathfinder and Alexander's fellow scout, walked him through the process.

"It's the one-on-one contact," Verschage said.

Sgt. Taylor Roberson, Company B, 1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, said when he was out at field, he had a question for Verschage and within minutes got a response from him.

"I can call up anyone in the office and ask about a regulation and they can tell me

on the spot," Roberson said. "If they don't know it, they say give me five minutes and they get back to me."

Bryant-Kearns said these events happen because relationships are built based on the scouts caring for each Soldier.

"One word to describe it is relationships," she said. "We have and develop relationships. We have a relationship with every single one of our clients and every single one of our partners. We know everyone we are working with."

Relationships also help maintain network bonds. The USO Pathfinder maintains 200 partnerships with organizations across the U.S.

"There are 200 partners across this region that have come together to ask how can we support the transitioning service members and we have bridged the gap for them," she said.

The USO Pathfinders is another resource hub available to transitioning service members and their families. As a USO program, many people recognize the name across the nation.

As one of many programs at Fort Riley for transitioning Soldiers, USO Pathfinders is an additional resource Soldiers can use alongside to Soldier for Life - Transition Assistance Program.

"We are the forces behind the forces and on their path forward we got their back," she said. "That is our tagline. 'On your path forward we have your back,' we really mean that. We essentially want to help them no matter what they are going through, no matter what they are doing and we want them to know (they) can come in here any time have a seat, a cup of coffee and tell us about what's going on in their life."



**Pvt. Adrienne Castillo, an automated logistical specialist assigned to the 299th Brigade Support Battalion, 2nd Armored Brigade Combat Team, 1st Infantry Division, Fort Riley, prepares equipment to be sling loaded from a helicopter at Skwierzyzna, Poland Jan. 4. Sling loading is a method of rapidly transporting equipment that is tethered to the bottom of a helicopter with a rope.**

# Lifeline battalion trains to sling load supplies

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

SKWIERZYNA, Poland — Soldiers from 299th Brigade Support Battalion, 2nd Armored Brigade Combat Team, 1st Infantry Division, trained on sling loading fundamentals at Skwierzyzna, Poland Jan. 4. As a gesture of support, Polish soldiers assigned to 55th Air Defense Squadron came to observe the training.

Sling loading is a method of rapidly transporting equipment tethered to the bottom of a helicopter with a rope. This method of delivery is a quick way to resupply forces with anything from ammunition to food.

"We don't always have accessibility to the units (operating at the front lines) because of the terrain features," said Capt. Normand Valliere, an operations officer assigned to the 299th BSB, 2nd ABCT, 1st Inf. Div. "If we need to do rapid resupply to a unit, we can provide it by aerial resupply."

Maintaining readiness and the ability to perform a specific task is why the 299th BSB rehearsed sling load drills, Valliere said. Drilling the task helps to prevent accidents and ensure cargo is delivered on time and safely.

Staff Sgt. Michael W. Hellon, 299th BSB, 2nd ABCT, 1st Inf. Div. said he and other Soldiers who are qualified to set up sling loads must always be diligent to check for equipment deficiencies.

"(We) inspect the equipment to make sure there are no frays or cuts (to the rope) and the metal components are not bent or broken, (and they have no) rust or cracks," Hellon said.

Other safety precautions are also reinforced in training, such as making sure one is properly grounded. Failure to do this can result in a nasty shock of static electricity from the helicopter's rotating blades to the ground crew hooking up the sling load.

While properly hooking up equipment can be dangerous to those involved, the ability for the U.S. Army in Europe to perform this task is important, given the number of areas that are densely wooded. In the right situation, it may be the best way to resupply troops. Knowing this, some Soldiers wanted to know more.

"I was excited to learn the many ways we can transport cargo," said Pfc. Adrienne Castillo 299th BSB, 2nd ABCT, 1st Inf. Div. "I am praying I get to work on more sling load exercises."

## ENCAMPMENT Continued from page 1



**A team of Civil Air Patrol cadets line up in position right before they rush in to the center and begin a game of dodgeball during the team physical activity portion of winter encampment program at Camp Funston Dec. 28. The CAP encampment is modeled to be like basic training for the cadets to teach them military bearings and leadership skills.**

headquarters here, it's really helpful if we needed support from the division and that's always something we can look into."

The CAP used to do their encampments at Fort Riley several decades ago, but then switch to Salina. Lahan said matters of transportation and resources while conducting the program in Salina became an issue in recent years. To address these roadblocks, Oakland said the encampments are now held at Fort Riley because of the quality and convenience of facilities needed to accommodate the program.

"The facilities here are really nice," Oakland said. "Not a lot of encampments you're going to find this nice of barracks. We have classrooms and (dining facilities), and it's all very close. And if (we need anything else), we are just driving across post. Whereas some encampments, we have to go across town. So this is a really great place to have our activity."

The winter encampment is the only encampment Kansas Wing offers because a lot of its cadets participate in a program called National Cadet Special Activities. The reason the encampment is held at this time of year is because the self-nomination period for attending NCSA is Dec. 1 to Jan. 15.

"One of the requirements for the cadets to attend (NCSA) is an encampment to get that foundational leadership experience," she said. "With us doing the encampment at this time of the year, it allows the cadets to get the required encampment in before the period closes and it helps with their selection ... if they don't have that encampment it would bring them to the bottom of the selection pool."

Upon graduation, the skills the cadets acquired from encampment will equip them with the maturity to take on challenges they might face in whatever path they choose in military or government service.

"What it does is that it makes them problem-solve, it helps communicate and it helps them with confidence," Lahan said. "It's life experience and it's a really good way to challenge the cadets to take on a little bit more and see what they can do."

There are a few organizations at the installation with which CAP worked to make this program a success, such as U.S. Army Garrison Fort Riley and Directorate of Emergency Services, according to Lahan. Several CAP

representatives met with Col. John D. Lawrence, Fort Riley garrison commander, Mark Dombrowski, Security Branch chief at DES, and Will Paskow, DES police chief to plan the event.

"We brought to them what we wanted to do and how we want to work with the cadets and teach them leadership as part of their program and Col. Lawrence was very supportive of it," Lahan said.

Cadet Airman Jared Vernon, 14, from Oklahoma City, Oklahoma, said he enjoyed his first immersion into all things military. He plans on getting as far as he can in the CAP cadet program before he graduates high school.

"I plan on going into the Air Force," Vernon said. "(Encampment) is pretty good compared to what they described it: military lifestyle, strict, military setting. I like it a lot."

Cadet Staff Sgt. Davis Iskiyan, 15, from Denver, agrees with Vernon and feels the same way about the program.

"I just want to advance through the cadet program through different ranks," Iskayan said.

After graduating high school, he too plans on joining the Air Force.

## RELIEF Continued from page 1



**Suet Lee-Growney | POST**  
**Dolly Valentin, Fort Riley Army Emergency Relief support specialist, represented Fort Riley AER along with three other AER support specialists across the country to help with Hurricane Maria relief efforts at Fort Buchanan, Puerto Rico, between Nov. 29 and Dec. 21.**

"They had a lot of applications that needed to be processed," she said. "Our mission was to process those requests and have them come to the building and pick up their checks."

Before the storm, there was only a part-time AER support specialist working at Fort Buchanan. The need for AER funds by veterans spiked exponentially after the island was devastated by the hurricane. Valentin worked alongside three other AER representatives from Fort Bragg, North Carolina; Fort Bliss, Texas, and Fort Polk, Louisiana.

Being bilingual in English and Spanish made Valentin

an asset to the AER mission in Puerto Rico.

"Not everyone, especially the older generation, is as fluent in English," she said. "It's one of the things that I've been grateful to my parents is that they taught me my native my language and that's very important and I encourage everyone to learn."

Valentin and her team worked long hours to do their part in Puerto Rico, but she did manage to squeeze in some time to visit her mother and family in her hometown of Fajardo.

"I got to see some of the areas without electricity still and some of the destruction that the hurricane caused and it was very emotional to see that," she said. "For me to be able to see that and to know what they're going through made me feel more grateful to have had the opportunity to go and help."

Erickson said Valentin was the best person for the mission not only because she was good at her job and was bilingual, but because she truly cared about helping, even if it meant being away from her family in Kansas.

"She's the queen of efficiency when it comes to AER loans — that woman can crank out AER loans like nothing you ever saw," Erickson said. "It just couldn't have been a better match ... I know she has a passion for helping and caring for people."

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*1 Peter 2:9-11*

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# You are what you eat

Military couple shops commissary as part of their fitness plan



Sgt. Maj. Edward A. Bell and his wife Lisa are passionate about being physically fit. They routinely work out together, and they both keep a watchful eye on nutrition – it's a family affair.

Story and photo by Kevin L. Robinson  
DECA PUBLIC AFFAIRS SPECIALIST

FORT LEE, Va. — When it comes to being fit, Army Sgt. Maj. Edward A. Bell and his wife, Lisa, could be a poster couple for health and wellness.

Their approach to fitness is one of the reasons they're starring in the Army and Air Force Exchange Service's latest "Be Fit" video, in which they discuss the importance of being fit and how they reinforce their workout regimen by paying attention to what they eat.

A portion of the video, due to be released in January, was shot in the Fort Belvoir, Virginia, Commissary, where the unscripted Bells explained how shopping the commissary for nutritious foods is part of their fitness game plan.

While at the Fort Belvoir Commissary, the Bells explained how prominent fruits and vegetables were on their shopping list and how important the commissary's Nutrition Guide program labels are to them when they make their healthy food choices.

"Eating right has everything to do with your energy level, stamina, vitality and resiliency," said Lisa, a wellness coach who works at the Fort Myer, Virginia, and Fort McNair, Washington, D.C., fitness centers as a recreation assistant and aerobics instructor.

"Living life on a daily basis, working, taking care of or spending time with, family, building relationships, running errands and taking care of financial responsibilities takes a lot of energy," she said. "When people choose unhealthy options it makes everything more of an effort."

Edward is the Department of the Army Deputy Chief of Staff (logistics) G4 sergeant major responsible for advising and assisting the Army G4 on all matters pertaining to

the Army's strategic logistics policies, plans and processes.

The Bells met in 1988 in Germany, where they were both stationed as soldiers. Almost 30 years of marriage later, they've raised four sons to adulthood and along the way became passionate about being physically fit. They routinely work out together and they both keep a watchful eye on nutrition — it's a family affair.

"By choosing a healthy lifestyle you typically are less prone to injuries or illness; you

"Eating right has everything to do with your energy level, vitality and resiliency."

Lisa Bell | FORT MYER, VIRGINIA AND FORT MCNAIR, WASHINGTON D.C., WELLNESS COACH

have more energy and a higher work production," said Lisa, linking good health to helping form a strong immune system to ward off colds and the flu.

Lisa is the primary shopper for the Bell household, frequenting the Fort Myer Commissary at least four times a week and stopping in on occasion at the Bolling Commissary on Joint Base Anacostia-Bolling, Washington, D.C., for fresh seafood.

Her regular shopping trips center around buying the fresh items for daily meals such as organic kale, spinach, dandelion, bananas, tomatoes and cucumbers along with the whole foods that go in their smoothies, stews, soups and salads.

She also looks for specific meats — chicken, turkey and occasionally lamb or beef — that are grass-fed with no added hormones or antibiotics. If she happens to buy processed lunch meats or breakfast meats, they must be "all natural ones,"

with little or no nitrates. The Bell kitchen maintains all natural or organic spices and sea salts for seasoning.

For snacks, they look mostly for walnuts; natural mixed nuts; baked all-natural crackers and sea salt; and gluten-free, non-GMO chips. Her drink of choice is all-natural coconut water with no added sugar.

"Individuals looking to improve fitness should always consider their nutrition primarily because optimum health and fitness is about 70 percent nutrition, 20 percent exercise and 10 percent genetics and genetics can be altered by nutrition," Lisa said. "Start out by eating all-natural, whole foods. Processed foods have never been proven to benefit health. In fact, many studies have shown them to destroy health and cause obesity."

Beyond looking to the commissary for nutritious choices, Edward is quick to tell his troops about the effect on their financial wellbeing taking advantage of their benefit can have.

"My wife will tell you after raising four boys that the commissary is very affordable when compared to the retailers outside most military installations," he said. "Throughout nearly 29 years of marriage we appreciate the great savings and friendly environment that is consistently found in the commissary."

Supporting the military's "Be Fit" lifestyle is crucial to the military's ability to operate, especially during deployments, Edward said.

"A healthy lifestyle with nutritional food choices will continue to strengthen our endurance and resiliency when called upon," he said. "So it's important to shop the commissary, where you'll find many organic, all-natural and non GMO products at very reasonable prices."

## Wastewater produces energy with bioreactor

By Kalene Lozick  
1ST INF. DIV. POST

The partnership flows between Fort Riley and Kansas State University as scientific data gathered on an Anaerobic Membrane Bioreactor will be presented by a K-State graduate student in Topeka, Kansas, in early February.

The Department of Defense's Environmental Security Technology Certification Program along with the Strategic Environmental Research provided funds to the Army to conduct research on Sustainable Wastewater Treatment and Resource Recovery. In doing so, Fort Riley was the second home — globally — to home an AnMBR system.

As funding ended, Fort Riley completed the research at the end of 2017 and the system was brought to an end the second week of January, said Chris Otto, recycle and solid waste coordinator for the Directorate of Public Works – Environmental Division.

The annual data gathered from AnMBR at Fort Riley was conducted and gathered as a partnership with K-State.

With the help of the partnership, K-State assigned Kahao Lim, graduate student in civil engineering, to Fort Riley's AnMBR as he ran and operated the system.

In an email, Lim said he held a wide range of duties on the project.

"I was the person physically fixing and adjusting the valves and piping, evaluating system health and performance and cleaning up any problems on site," he said.

Operating the bioreactor was not a one-man job. Lim said the partnership with Fort Riley is what helped maintain the system.

"Because the AnMBR was built on-base, and K-State's proximity, it was decided that it would be a win-win to provide a research opportunity to K-State while having 24/7 on-call staffers in case any emergencies happened with the system," Lim said. "I managed a team of undergraduate students that I had trained to do routine maintenance and sample collection. Many of the decisions on what to change with the system to optimize performance were based on observations that were made on site. By having K-State and Fort Riley working closely together, we were able to monitor the system much more closely and address problems immediately as they arose, which lead to smoother operation, more data collected and better accuracy of our data as well."

## Sexual harassment, assault more prevalent during holiday season

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

The holiday season is a hot spot for sexual harassments and assaults to occur, according to Barbara Garber, 1st Infantry Division Sexual Harassment/Assault Response and Prevention program manager.

"The pattern with this post is that sexual assault and incidents tend to be more prevalent during holidays or New Year — more so than any other day in the Army — is what the statistics show us," Garber said.

Sgt. 1st Class Petra Le Roy, lead Sexual Assault Response Coordinator for 1st Inf. Div. SHARP, agreed there is an increase in incidents and added there are several factors that go into why the holiday season is a typical time for these occurrences.

"From my experience, there is a slight spike," Le Roy said. "All the holiday stress, the alcohol — it all plays a factor."

Unfortunately, Garber said, most victims do not feel safe enough to speak up about sexual harassment or assault they've encountered. However, she wants victims to know SHARP is a safe place for them to come and get the help they need.

"So if any incidents occur during the holiday, don't self-blame, get out there and talk to somebody about it," she said. "But people don't feel comfortable enough or it may not start to inhibit their functioning until a couple of months later."

The first course of action victims should take following

a sexual assault is reach out to a SARC or a victim advocate in their battalion or brigade, Garber said.

"That is sort of their pathway to help navigate the system and to not be overwhelmed because the Army has a bazillion rules for everything," she said. "That will help them get the services they desire, meaning whether they want to get law enforcement involved or they want to get no one involved."

Following that, there are two ways sexual assault cases are handled. The first option is the restricted report, which allow the victims to get access to the care they need following an assault such a testing for sexual transmitted diseases and other medical exams, chaplain services, counselling, legal advocacy, special victim counsel and victim advocacy.

"In order to secure the restricted report, you just really have to come in and sign the form that says 'I would like no one to know this, but I still need the mental healthcare, or medical care,'" Garber said. "Sometimes people just want to know are they physically safe, meaning they haven't contracted an STD because, unfortunately, some of the STDs out there don't ever go away and they can be life-threatening. You can get medical care without having to go to law enforcement or chain of command."

The other option is the unrestricted report. This choice will give victims all the options from the restricted reporting option plus open doors to chain of command

intervention and official investigation by Criminal Investigation Command.

"It's a little more invasive, but it's all about the victim," Le Roy said. "The sooner they come to us to report, the better it is. The more they tell us the easier it is, for CID for instance, to possibly get a punishment to the person who did the assault."

The SARCs, VAs and any SHARP counsellors strive to protect and respect the wishes of victims in the case of a restricted report. However, the restriction can be lifted is if they victim speaks out, Le Roy said.

"The only way it would get out to brigade or whatever, would be if the victim actually talk about it," she said. "Otherwise we don't publicize that. With unrestricted, yes, we will have to inform command and the name will be known. It's harder to keep it a little hush-hush, but we don't go out and talk about it. We only talk to command, but not in detail."

Garber wants anyone who has encountered sexual assault to know SHARP does not blame victims and it is very courageous for them to reach out for help no matter when they decide to do so.

"SHARP doesn't victim-blame, which our society tends to do," she said. "Nobody asks to be assaulted ... It's very brave for victims to come forward; it is not an easy process. Everybody's on their own time frame. Not everyone wants to come forward right away, and that's okay ... sometimes people wait 40 years before they feel safe enough to come forward."

## COMBATIVES

Continued from page 1



Pfc. Luis Gonzalez, left, 3rd Assault Helicopter Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division, intelligence analyst, uses a rubber knife in response to being attacked during Level I combatives training on Fort Riley, Dec. 15.

and not aggressive and unsure, (to) being a leader to taking charge. They have more confidence because they were able to successfully achieve something that intimidated them to begin with."

Soldiers not only become more confident in their abilities, she said — they also become more resilient.

"You are learning to be resilient in this course because you do get slapped in the face," said 1st Lt. Erin Schneider, Special Troops Battalion, 1st Inf. Div. Sustainment Brigade, assistant operations officer. "Soldiers need to realize that no matter what your primary job is, you are a Soldier at the end of the day. I think this course does a very good job of enforcing that."

As roles shift in the Army and across the U.S. military, training based on weight instead of rank or gender can be unique.

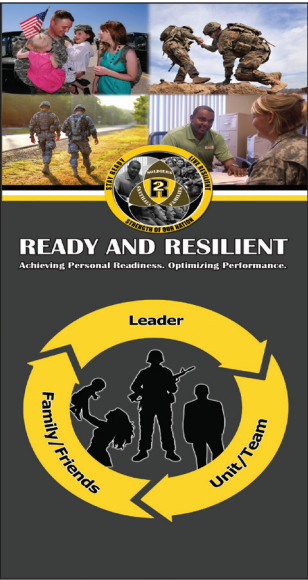
"As I like to say, 'Bullets don't know gender,' that person across the ocean doesn't care if you are a man or a woman," Portillo

said. "His goal is to take as many with him as possible."

"There is plenty of negativity about women doing this, but it is about trust. If men can't trust women to do the job, then they won't have faith. If women can't trust men to do the right, then they are not going to have faith. This is a two-way range for non-gendered training."

As the program has changed and survived nearly being choked out of the Army training regimen, Larson feels the program still aligns with preparing Soldiers for combat.

"Combatives has a total different spin on building readiness because it builds readiness for a Soldier from the inside to out," Larson said. "It really pulls from the inside to out. It isn't a PowerPoint slide or a little roleplay scenario ... it is physically exhausting for the Soldiers, but it gives them a sense that no matter what it shows them how much more than be."



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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](http://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.

### NORMANDY HILL ROAD CLOSURE

Drum Street will be closed between Jan. 15 and Jan. 19 for repairs. The street will be closed for 24 hours per day. Detour heading west-bound on Apennines Drive is a left on Brown Street. Detour heading east-bound on Normandy Drive is a left on Conner Street.

## ASK DR. JARGON

# Are you ready to understand readiness?

### DEAR DR. JARGON,

My wife comes home every afternoon from her unit talking about readiness this and readiness that. She says things about Army readiness. She talks about how it's important to maintain her readiness. She's used the terms Soldier readiness and unit readiness a lot lately, too. Now, being that I'm a pretty intelligent kind of guy, I hate to admit when I don't know something. Being new around the fort also makes it hard for me to ask someone since we haven't met all that many people yet and I'm just starting to get tuned into the community here. However, being that I'm a super supportive husband, I want to do more than just smile and nod at the dinner table when she's telling me all about her day. I mean, I want to carry on an intelligent conversation with her, but I'm not sure I understand the full meaning of the term readiness and all the ways she's using it. Somehow I feel like I'm missing the point and the word is just the newest in a long line of Army buzzwords. Can you help me understand the nuances behind what readiness means? Signed, Super supportive husband of a beautiful Army Soldier

### DEAR SUPER SUPPORTIVE,

First, welcome to Fort Riley! Readiness is sort of a new buzz term, but it isn't a new concept and it is one that has the attention of leaders at every level. I'll do my best to explain the term and its importance so you can have more meaningful dinner conversations with your Soldier. The term is all about how quickly we as an Army can field our assets, or deploy, when needed. So Soldier readiness is about the ability for an individual Soldier to meet all the requirements to be deployable. For example, are they up-to-date medically? Do they meet the physical fitness standards set by the Army for the work they do? Are they proficient at their job? If they are parents, will the kids be in good care when they deploy? The answer to those questions and several more equal their level of readiness. The same goes for the unit. Is the equipment in good shape? Are the Soldiers in the unit good at working as a team with that equipment? Do they have the number of people and tools they need to do the job? I'm simplifying it a bit to steer clear of confusing you with more Army jargon. But there are a lot of elements that make up the unit readiness factor. Those individual and unit factors feed the level of readiness of the entire Army. The success of the Army rests on that of its units. Each unit's success rests on the readiness of its Soldiers. I would suggest you ask your Soldier about the specifics that make up her readiness and what challenges she faces. Then see if the two of you can come up with a plan to ensure the things that could detract from her readiness and distract her from her mission are covered. The simple answer is readiness is a single word that means a lot of things. But what the Soldiers at Fort Riley are always striving for is a higher level than they had yesterday. It is sort of a code word for constant improvement and making sure every person is at the top of their professional game and every piece of equipment is in top working order. Also, you don't say how long you and your wife have been here or if there are other members of your Army family. I hope you are taking advantage of all the offerings through the Directorate of Family Morale, Welfare and Recreation, USO Fort Riley, leisure travel and the attractions in the surrounding communities. Check with Army Community Service for great volunteer opportunities too. Those are great ways to meet other Army families who are also learning to speak Army.

Best of luck,  
Dr. Jargon

Dr. Jargon, cutting through the jargon that is the U.S. Army. Send your Army terminology questions to [doctorjargon@gmail.com](mailto:doctorjargon@gmail.com).

By Kalene Lozick  
1ST INF. DIV. POST

The new year often brings revamped dietary plans for those who want to lose weight, live healthier and feel more energized throughout the day. The Irwin Army Community Hospital houses the Nutrition Clinic — on the ground level — where Soldiers and their families can schedule appointments with a registered dietitian or nutritionist and enroll in nutrition classes.

Lisa Jones, registered dietitian, and Natalie Barta, registered dietitian and certified diabetes educator, Nutrition Care Division, said patients do not need a referral to schedule an individual appointment or to enroll in the various nutrition classes. Both dietitians are eager to help those who want to eat healthier.

"They can just call and say I want to lose weight, know about organic, food allergies, sports nutrition and supplements for healthy eating," Barta said. Both Jones and Barta said an overall healthy lifestyle change must focus on three things: nutrition, sleep and activity. "One of the big things we have been doing is 'Family Fit for Performance,' which is a series of classes that talk about overall lifestyle change for weight loss and looking at the different things you can do — exercise, sleeping, mental health and nutrition — making

it (an) all-encompassing healthy lifestyle change (as a family)," Barta said. The clinic offers a total of six classes and individual nutrition consults are available. The classes are focused around nutrition, sleep and activity or a combination of the three, Jones said.

The six classes are Family Fit for Performance, Army Fit for Performance, Diabetes Education Classes, Prenatal Nutrition class, Heart Healthy Nutrition class and Bariatric Seminar. Patients can sign up for the classes with no consultation needed. It is based on an individual's need.

This need is understood during the initial appointment through basic health questions, Barta said.

During the initial appointment, the registered dietitian will listen to the patient and create a plan based on their overall goal, Barta said. "Again it is not only for weight," Jones said. "(Barta) and another dietitian specialize in diabetes. So if someone comes in with diabetes that is out of control we will give you a very specific plan."

Initially, Jones said they cover basic eating patterns like what kind of food is consumed, how often they eat, where the food purchased and does the patient snack and exercise. "We take all that information that they give us and calculate how many calories they need to take out to lose weight, their protein needs, fiber needs, that kind

## Corvias scholarship application open to spouses, high-school age dependents

By Kalene Lozick  
1ST INF. DIV. POST

The Corvias Foundation has two scholarships — a four-year university scholarship and a one-time scholarship — open for applicants who are military spouses or high school-aged dependents. "The Corvias Foundation was established in 2006 by John Picerne, founder of Corvias, to support the spouses and children of active-duty service members in their pursuit of higher education," said Melissa Ballou, director of programs of the Corvias Foundation.

In an email she said the organization has invested more than \$7.1 million directly to the education of scholars across the country. Among the 30 total scholarships available each year across 13 installations, Ballou said she and her team will award 10 scholarships to high school seniors and 20 scholarships to military spouses for the 2018-2019 academic year. The four-year university scholarship will offer up to \$50,000 to graduating

high school students with a GPA of 3.0 or higher. Applicants must be the child of an active-duty service member stationed at one of the 13 installations at the time of application, including Fort Riley. The deadline for applications is Feb. 8. When broken down, Ballou said the four-year university scholarship equates to up to \$12,500 per year. The one-time scholarship of \$5,000 is open to spouses of active-duty service members who are stationed at one of the 13 installations, and are at any phase of their education in pursuit of a degree from an accredited college or university. Deadline for the application is May 3. Corvias Scholarship 2010 award recipient from Fort Riley, Megan Hertel, said she has never been more grateful to her mother who made her apply. "Obviously the scholarship lifted a huge financial burden off of my shoulders, but it has been much more than that," Hertel said. "Corvias inspired me to be better and then gave me the tools to do it. Corvias provided me with mentors, networking opportunities and support. I know that everyone from the

foundation team to my fellow recipients are there to support me if I need it." Her advice to those interested or considering the application is to do it because you have nothing to lose and everything to gain, she said. "If you are awarded the scholarship, it's not just a scholarship that you are receiving, but also a support system and a family," Hertel said. In addition to their application, which will asked them a few questions about themselves, proof of enrollment in the Defense Enrollment Eligibility Reporting System or a copy of their military ID are required to verify eligibility. Applicants do not need to be residents of on-post housing. "Applicants are required to submit two letters of recommendation and a copy of their military ID or DEERS form as part of the online application," Ballou said. "Applicants are asked to describe their community involvement, financial need and academic and career goals." To apply or learn more, visit [www.corviasfoundation.org](http://www.corviasfoundation.org) or contact Corvias Foundation at 401-228-2836.



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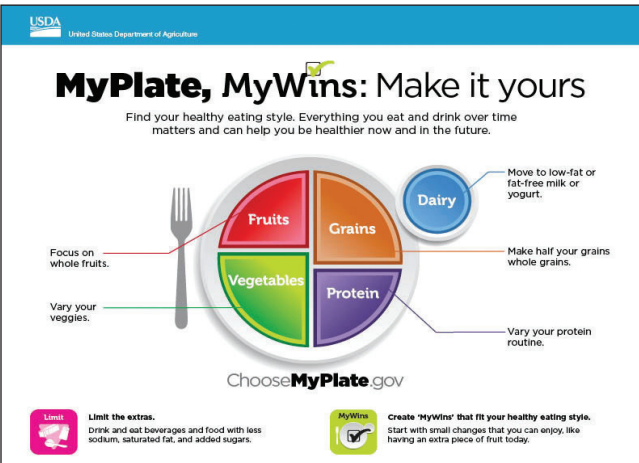
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COURTESY PHOTO  
The U.S. Department of Agriculture illustrates how to make one's plate healthier with a balanced serving of fruits, vegetables, grains and proteins. Lisa Jones, registered dietitian, and Natalie Barta, registered dietitian and certified diabetes educator, Nutrition Care Division, said they'd encourage everyone to drink water instead of soda because people tend to forget what is in their glass.

of stuff," Jones said. "We will go over it with them in a simplified version manner. We give them a poster of how many fruits they need and vegetables." Their preferred method to show patients how to eat is with the [www.choosemyplate.gov/MyPlate](http://www.choosemyplate.gov/MyPlate) where half of the plate is covered with fruits and vegetables, a quarter of the plate is whole grains and the final quarter of the plate is lean protein. The "my plate method" also includes one serving of low-fat dairy. "Pay attention to what you are putting on your plate and what is in your glass," Jones said. "A lot of people say they're trying to eat healthier. Instead of getting

a McDonald's big fat meal, they get a salad, but then with that they get a huge sweet tea. A lot of people don't focus on their glass, they focus on their plate." Barta said eating healthy requires prioritizing. The dietitians at IACH understand the first step can be the hardest and follow their patients through the process. Barta said to set up a follow-up appointment when the drive is slowing down. Jones laughed and said or even by February, referencing possible slipping goals for the new year. For more information or to schedule an appointment, call the Nutrition Clinic at 785-239-7644.

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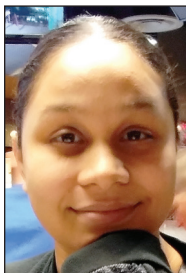
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for a surprise."

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SPRINGBORO, OHIO

41st Engineer Company, 1st Engineer  
Battalion, 1st Armored Brigade Combat Team,  
1st Infantry Division



"My kids because they mean the world to  
me and I wouldn't be here without them."

**GLORIA MURILLO**  
ELIZABETH, NEW JERSEY

Wife of Pvt. Soloman Grice, Warrior  
Transition Battalion



"My family because that is what keeps  
me going every day."

**PFC. PETE THOMAS**  
BROOKLYN, NEW YORK

1st Battalion, 16th Infantry Regiment, 1st  
Armored Brigade Combat Team,  
1st Infantry Division



"A cruise."

**ELIZABETH PHARRIS**  
LOGANVILLE, GEORGIA

Dental Assistant, Dental Activity



"Construction tool set."

**CHARLES RAWLINGS, 2**  
CHEYENNE, WYOMING

Son of Capt. Raymond Rawlings, Dental Activity

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## SAFETY CORNER

# Deadly carbon monoxide is the silent killer

By Walter Hill  
GARRISON SAFETY OFFICE

Team Riley, carbon monoxide is an odorless, tasteless, colorless and highly toxic gas that causes sudden illness and death. Carbon monoxide is found in combustion fumes, such as those produced by automobiles, small gasoline engines, gas ranges, kerosene or is burning wood or charcoal.

If appliances that burn fuel are maintained and used properly, the amount of carbon monoxide produced is usually not hazardous. However, if appliances are not working properly or are used incorrectly, dangerous levels of carbon monoxide can result. The gas can build up in enclosed spaces such as garages, sheds or porches. People and animals in these spaces can be poisoned by breathing it.

## STATISTICS

The Center for Disease Control and Prevention reported during 2010 and 2015, a total of 2,244 deaths resulted from unintentional carbon monoxide poisoning with the highest numbers of deaths each year occurring in winter months. In 2015, a total of 393 deaths resulted from unintentional carbon monoxide poisoning occurred, with 36 percent of the deaths occurring in December, January or February. More

than 150 people in the U.S. die every year from accidental non-fire related carbon monoxide poisoning associated with consumer products, including generators. Other products include faulty, improperly-used or incorrectly vented fuel-burning appliances such as furnaces, stoves, water heaters and fireplaces. One of the most tragic incidents took place as recently as September 2017 in Florida, after Hurricane Irma, when three people were found dead in their home and four others were taken to nearby hospitals in various conditions because of carbon monoxide poisoning from a portable gasoline generator running in their home.

## SYMPTOMS

The most common symptoms of carbon monoxide poisoning are headache, dizziness, weakness, nausea, vomiting, chest pain and confusion. At high levels, it can cause loss of consciousness and death. Since symptoms mimic other illnesses, it can be difficult to diagnose. People who are sleeping can die from carbon monoxide poisoning before ever experiencing symptoms.

## IN CASE OF EMERGENCY

If you suspect that you are experiencing carbon monoxide poisoning, get fresh air immediately. Leave the home

and call for assistance from a neighbor's home. You could lose consciousness and die from carbon monoxide poisoning if you stay in the home. Get medical attention immediately and inform medical staff that carbon monoxide poisoning is suspected. Call the fire department to determine when it is safe to re-enter the home.

## PREVENTIVE TIPS

Oftentimes carbon monoxide is being released when people are asleep, therefore a carbon monoxide detector can be a lifesaving piece of equipment. Follow these preventive measures to prevent carbon monoxide poisoning:

- Make sure your home has a carbon monoxide alarm. As with smoke alarms, install a carbon monoxide alarm on every level of your home, especially near sleeping areas, and keep them at least 15 feet away from fuel-burning appliances.
- Carbon monoxide alarms are not substitutes for smoke alarms and vice versa. Combination smoke and carbon monoxide alarms are available.
- Have your heating system, water heater and any other gas, oil or coal-burning appliance serviced by a qualified technician every year, a small price to pay

for peace of mind that your family will be safe during the winter season.

- Test your detectors regularly. Plan what your family will do if the detector sounds. If the alarm ever sounds, leave your home and then call 911.
- Seek prompt medical attention if you suspect carbon monoxide poisoning and are feeling dizzy, light-headed or nauseated.
- Keep flues open when fireplaces are in use. Never use an unvented stove or fireplace.
- Never use a gas range or oven to heat your home.
- Generators, charcoal grills and camp stoves should not be used inside your indoors and when used they should be placed at least 20 feet away from a building.
- Never run a vehicle in an attached garage, even if you leave the garage door open.
- Keep your family and friends safe by ensuring you have the proper alarms and are armed with the knowledge to protect them in the event of an emergency.

Knowledge and awareness are the keys to protecting your family. For more information contact the Garrison Safety Office, 785-240-0647.



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9 January 2018

MEMORANDUM FOR All Fort Riley Employees in Bargaining Unit Positions and Their Supervisors

SUBJECT: Annual Notice of Right of Representation

1. Pursuant to Section 7114(a)(2)(B) of the Federal Service Labor-Management Relations (FSLMR) statute, this is to inform you that the exclusive representative of employees in the bargaining unit must be given the opportunity to be represented at any examination of an employee in the bargaining unit by a management representative in connection with an investigation if –

- The employee reasonably believes that the examination may result in disciplinary action against the employee; and,
- The employee requests representation.

2. The exclusive representative for employees in the bargaining units at Fort Riley is the American Federation of Government Employees (AFL/CIO), Local 2324. Further information as to your rights under this provision of the FSLMR statute may be obtained from the Civilian Personnel Advisory Center, 240-5955, or the local union office, 239-3645.

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# Initiative designed to ensure quality housing at Fort Riley

By Season Osterfeld  
1ST INF. DIV. POST

*Editor's note: This article is part three of a three-part series on the Directorate of Public Works – Housing Division.*

When a service member and their family move into housing on post, they see the name Corvias as the private housing company, but in reality, Corvias is just one part. They are the partner of the Residential Communities Initiatives Branch from the Directorate of Public Works – Housing Division. Together, these two organizations manage and maintain the housing on post.

“RCI, (or) privatized housing, was created by Congress passing a law in 1996 known as the Military Housing Privatization Initiative,” said Lynn Hammond, RCI Division chief of DPW – Housing. “This allowed the (Department of Defense) to go outside of the military to remedy the impending crisis of the severely deteriorated Army housing inventory. The act provided various means to allow DOD to entice the private sector into partnering with them in construction, renovation, operation and management of military family housing. In 2006, Fort Riley created their privatized partnership. This is a 50-year land agreement, hybrid relationship and can be extended for an additional 25 years. For clarification Corvias Military Living is an Army partner, not a contractor. This seems to cause some confusion in discussions.”

With this act, there were three main goals in mind: obtain private capital to leverage government dollars; make efficient use of their limited resources; and use various private sector entities to renovate or build military housing faster and at lower costs to tax payers. According to the Office of the Assistant Secretary of Defense for Energy, Installations and Environment website, [www.acq.osd.mil](http://www.acq.osd.mil), “Under the MHPI authorities, DOD works with the private sector to revitalize our military family housing through a variety of financial tools — direct loans, loan guarantees, equity investments, conveyance or leasing of land and/or housing/and other facilities.”

### EVERYDAY FUNCTIONS

Staff at RCI assist in maintaining a 60 to 40 percent workload partnership between Fort Riley garrison command and the Army partner organization, in their management of housing on post. While Corvias manages the daily operations of housing, like leasing agreements, maintenance requests, facilities management and so forth, RCI looks at the larger scale objectives and requirements, Hammond said.

This includes agreements like Lockbox, which allows for the collection of short-term

and long-term funds and the observance of the Davis Bacon Act, which, according to the U.S. Department of Labor website, [www.dol.gov](http://www.dol.gov), “(applies) to contractors and subcontractors performing on federally funded or assisted contracts in excess of \$2,000 for the construction, alteration, or repair (including painting and decorating) of public buildings or public works. Davis-Bacon Act and Related Act contractors and subcontractors must pay their laborers and mechanics employed under the contract no less than the locally prevailing wages and fringe benefits for corresponding work on similar projects in the area.”

“Corvias Military Living’s day-to-day operations are conducted by the Corvias team,” Hammond said. “However, the RCI team has an obligation to make sure that all the legal agreements, to include the Ground Lease, Operating Agreement, Property Management, Lockbox (agreement), Construction and Development and Asset Management, as well as Davis Bacon guidance is being followed. Corvias Military Living also receives Quarterly Incentive Fees, when they meet all RCI requirements.”

Through this relationship, a lot happens to the Basic Housing Allowance service members receive for their quarters to see each of these needs met. If anything is left over and Corvias has met all their obligations, they receive a bonus, which is generally used to reward their employees, Hammond said.

“Contrary to what some believe, the dollars from BAH go back into the reinvestment account for future improvements, after rental income, financing and loan payments are made,” she said. “The only money Corvias will see is if they receive all of their incentive fees. That will then help provide incentive money to the employees. The RCI team is made up of retired military or retired military spouses and we enjoy being able to support the Soldiers and their families.”

### SIGNIFICANT IMPACT

In recent years, RCI and their partner completed multiple feats in on-post housing. They reduced housing inventory from 4,415 homes to 3,827, which eliminates excess, unused housing that generated maintenance costs. They also renovated or removed and built new homes with more than 50 percent of the original inventory in the last 10 years, Hammond said.

Corvias also built five community centers — four of which have swimming pools; brought in scholarships for residents, got themselves involved with local organizations, hosted various community events for their residents; and put a priority on hiring local contractors to keep money within the surrounding communities, she said.

Hammond added one of their greatest accomplishments was participating in Operation Walking Shield — a project that donated 10 homes to the Kickapoo Nation of Kansas. These homes, which were still in good condition, would have otherwise been demolished as part of the inventory reduction process.

“Corvias recently became involved with Operation Walking Shield, which was an initiative started by Sen. John McCain,” she said. “Corvias Military Living and the garrison of Fort Riley are the first — Army wide — to successfully donate 10 homes to OWS. The other greatest achievement, is that we are one of the few projects who successfully turned its infrastructure back to the Army and it wasn’t a small feat, requiring a lot of coordination between Corvias, Fort Riley, Department of the Army and (U.S. Army Corps of Engineers).”

But not every installation is operating as smoothly, Hammond said. While Fort Riley’s partner may thrive, other installation’s partners are struggling to make things work and have opened housing options to non active-duty service members to help recoup losses.

“Honestly, none of this has happened,” Hammond said. “The Army got smaller and BAH rates decreased 5 percent over the last few years. Even though Corvias Military Living is thriving here, there are other partnerships stateside that are scrambling for ways to increase their occupancy so they have the dollars to put back into their re-investment accounts.”

### LOOKING TO THE FUTURE

While the relationship between RCI, Fort Riley and Corvias has been moving smoothly, there’s still a long road to go to ensure the projects stay financially stable and match the needs of the Army into the future, Hammond said.

“We just closed our Initial Development Plan and we are now in our Out Year Development Plan for the next 40 years,” she said. “We have to keep the project financially healthy, especially with the changes of upsizing or downsizing of the local military strength. We are looking to continue with more new built homes and demolish some. Corvias is currently looking into the possibility of adding some solar panels to homes, to give more dollars back to the residents.”

However, Hammond said it’s all worth it to provide quality, safe housing to service members and their families on post, no matter where that duty station may be.

“Privatized housing is important because it provides quality housing for Soldiers and their families at a BAH rate,” she said. “This is especially important when the Soldier is stationed at locations where the off post housing is very expensive or undesirable.”

## FIREFIGHTER HONORED



COURTESY PHOTO

Firefighters from Fort Riley Fire and Emergency Services stand on the overpass of U.S. Interstate 70 near Marshall Army Airfield to honor the funeral procession of Wamego, Kansas, firefighter John Randle Jan. 7 as they travel to his final resting place in Iuka, Kansas. Fort Riley firefighters also served as part of the honor guard during the final call for Randle Jan. 6.

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# Choosing organic over conventional meats and produce: When, why?

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

Going organic only matters if the consumer has a personal stance in their preference on the source of their food and food budget, according to Natalie Barta and Lisa Jones, dieticians at Nutrition Care Division at Fort Riley Irwin Army Community Hospital.

Whenever a patient comes in to see Jones and brings up the idea of swapping to organic food, she said she would begin the topic by asking him or her why they want to make the switch.

“I would probably ask them why they’re going to go organic and see if their reasoning is feasible because, a lot of times, they think going organic will help them lose weight or things like that, and that’s not true,” Jones said. “I don’t want them to go organic for the wrong reasons. That would be like someone going gluten free when they didn’t need to. I don’t want them to choose organic because they think it’s healthier.”

The intention of going organic is typically because consumers want to reduce the ingestion of pesticide. But, Barta said, not everyone can afford to make that switch due to financial constraints.

“If it comes down to their food budget where they can only afford to buy regular fruits and vegetables versus organic vegetables and fruits, I tell them to go ahead and buy the nonorganic ones, wash them and rinse them really well or cook them,” Barta said. “Those are all things that you can do to lower pesticide levels. Therefore, you’re still getting the vegetables and fruits in and reducing some of the risks, but not (breaking) the budget at the same time.”

There aren’t necessarily any benefits from going organic besides buying a product that has less pesticides used on it, Barta said. The nutritional value between the two types of produce is little to none.

“If you think about the nutritional value of an organic apple versus a nonorganic apple, they’re exactly the same,” Barta said. “It’s just



The organic produce section is located at the right toward the entrance of Fort Riley Commissary. Organic produce mean the vegetables and fruits have been treated with no pesticides or chemicals.

what chemicals may have been introduced on the outside or on that produce. A lot of times, I tell patients if they ask about organic, if you can’t afford organic produce, then buy what produce you can afford and you’re still eating produce, which is still going to be good for you.”

The choice to go organic with animal products is a little different. Both Barta and Jones agreed most choose to go organic because of ethical reasons.

“It’s more an ethical choice when it comes to animal products in organic or nonorganic,” Barta said. “If you feel like the treatment of animals really bothers you, then maybe you want to do more organic, so you’ll have a better peace of mind.”

Nonorganic animal products are from farms that breed and raise animals to meet market demands,

said Barta. These animal products include anything derived from the body of an animal, such as meat, bones, fat, milk, eggs and blood.

According to the U.S. Department of Agriculture, organic labeling requires certification. Information about what can be called organic can be found at [www.ams.usda.gov/rules-regulations/organic/labeling](http://www.ams.usda.gov/rules-regulations/organic/labeling).

For Barta and Jones’ personal preference when it comes to choosing to go organic, they are different.

“I’m actually very confident in the (pesticide) testing that’s been done and I don’t personally buy organic, unless they’re same price as regular,” Jones said.

Contrary to Jones, Barta does half and half when it comes to buying organic produce. She teaches her

patients who want to go organic on what to choose using the Environmental Working Group shopper’s guide to pesticide in produce: Dirty Dozen PLUS and Clean Fifteen. The Dirty Dozen PLUS is a list of produce with the most pesticide residue and the Clean Fifteen is a list of produce with the least likelihood to contain pesticide residue.

“The pesticides have been tested and technically they’re still approved for use for consumption in humans, but a person’s personal preference to avoid those kind of chemicals in their diet, that’s where they would utilize the Clean Fifteen and the Dirty Dozen list,” Barta said.

## THE DIRTY DOZEN PLUS LIST OF PRODUCE

- Strawberries
- Spinach
- Nectarines
- Apples
- Peaches
- Celery
- Grapes
- Pears
- Cherries
- Tomatoes
- Sweet bell peppers
- Potatoes

## THE CLEAN FIFTEEN LIST OF PRODUCE

- Sweet corn
- Avocados
- Pineapples
- Cabbage
- Onions
- Frozen sweet peas
- Papayas
- Asparagus
- Mangoes
- Eggplant
- Honeydew
- Cantaloupe
- Cauliflower
- Grapefruit

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# Fort Riley Cub Scout Pack accepts first girl



Kyra Hellstrom, center, 8, daughter of 1st Sgt. Jason Hellstrom, 82nd Engineer Battalion, 2nd Armored Brigade Combat Team, 1st Infantry Division, receives the certificate of acceptance to be an official member of Cub Scouts Fort Riley Pack 3660 Dec. 28 at the Historic Main Post community center. The certificate was presented by her new Bear Den Leader Amanda Hall, left, and Inga Klusa-Curit, right, Pack 3660 committee chair. Kyra will be the first girl cub scout at Fort Riley since Boy Scouts of America opened its doors to girls. She will have the opportunity to rise through the program and potentially earn the rank of Eagle Scout some day.

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

Cub Scouts Fort Riley Pack 3660 welcomed their first girl Cub Scout, Kyra Hellstrom, 8, daughter of 1st Sgt. Jason Hellstrom, 82nd Engineer Battalion, 2nd Armored Brigade Combat Team, 1st Infantry Division, to their pack.

In October 2017, Boy Scouts of America organization announced they will allow girls to join Cub Scouts and Boy Scouts and be eligible to rise through the program to earn the rank of Eagle Scout. According to Inga Klusa-Curit, Pack 3660 committee chair, this is not the first time BSA has welcomed females.

“There were women leaders from 1960s and another program called Venturing where girls are involved,” Klusa-Curit said. “But for the first time in Cub Scouts, girls are welcomed in Boy Scouts of America Organization.”

Girls ages 6 to 10 years old are welcomed to join the Cub Scout packs as of 2018, Klusa-Curit said. It was only natural for Kyra to join because she had already been involved with Cub Scouting, according to her Bear Den Leader, Amanda Hall.

“Every once in a while, we would bring (Kyra) to a meeting because she enjoyed coming with us,” Hall said. “She stayed in my tent and the boys stayed in their tent, and we did Grizzly Halloween (Adventure for Cub Scouts) together, and we’ve done quite a few belt loops together with her not officially being a Cub Scout, but now she’ll be able to get the belt loops.”

Kyra became involved because she lives next to Hall’s family. Klusa-Curit said since the neighbors have a close friendship and have kids around the same age who play together a lot, Hall included Kyra in the Cub Scouts activities she and her son, Gabe, participated in — except now Kyra will have something to show for it instead of just attending.

“In February when (Kyra) knows the Scout oath and Scout law, she will get her first Bobcat (badge) and Bear rank, and then move forward with full activities in the summer,” Klusa-Curit said.

Klusa-Curit said she has heard both positive and negative feedback about accepting girls, but she said it is ultimately up to the unit to decide if they want to accept members of the opposite gender.

“It’s really up to us, up to our leaders and up to our charter organization,” she said. “No one of higher ranks in Boy Scouts of America can say to us, ‘You need to take girls’ ... our unit’s charter organization is American Legion Post 45 in Junction City (Kansas) and they said it is up to (us).”

Gender should not be a reason as to why girls are excluded from the program because, according to Klusa-Curit, the curriculum is structured in a way that does not outline gender barriers.

“If there is a girl coming to my den, I am happy and willing to accept them because I don’t see a difference,” she said. “They go through the same requirements and electives that are so professionally made (in a way) that there are no gender-made requirements.”

Although Hall has already worked with Kyra on Cub Scout activities in previous months, she looks forward to formally being her den leader.


“I’m really excited for (Kyra) because I know as a kid I wanted to be a Boy Scout,” Hall said. “She’s a good kid, and we work well together, and she’s willing to learn and she’s extremely helpful ... There’s so many kids that are girls that do things with their brothers, but they don’t get the belt loops or patches because they’re girls.”

As for Kyra, the opportunity to finally be an official member of the Cub Scout is exciting.

“Ever since I knew, I was so excited because I always wanted to be one,” she said. “I really wanted to be one for about one year because I really wanted to have more fun and make new friends and do all of that (exciting) stuff Boy Scouts do ... I’m excited about learning new things about the history.”

Hall said Gabe and Kyra are both only children, so they spend a lot of time together playing throughout the week, except now Hall will be able to help Kyra rise through the Cub Scout program.

“You’re stuck with me,” Hall said to Kyra as they two flashed a smile at each other.



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Let's get

## PHYSICAL



Participants work out to the beat of music in a MixxedFit class led by Carisa Huntwork, MixxedFit instructor, during New Year's Fitness Round Robin Jan. 6 at Whitside Fitness Center. A majority of fitness classes offered by the Directorate of Family and Morale, Welfare and Recreation fitness centers were free for the morning to let people sample the workout and see if there was a fitness class right for them. **INSIDE: BOGA Fit class making a splash at Eyster Pool, PAGE 11.**

## Fitness brings New Year's goals 'round at Whitside Fitness Center

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

**H**undreds of people flowed in and out of Whitside Fitness Center the morning of Jan. 6 as fitness instructors hosted samples of their classes during the annual New Year's Fitness Round Robin.

"This is for people to come in and get a sample of what we do at all of our classes," said Ken Roynon, fitness coordinator at Whitside Fitness Center. "We have a couple new ones like

MixxedFit that we didn't have last year ... So people can come and sample it, get an idea of what we do without having to pay for it and see if it's something

they like and, hopefully, get some folks to think 'hey, exercise can be fun. It's not always grabbing a weight



Dozens of participants occupy the floor of the basketball court for a Body Pump class during New Year's Fitness Round Robin at Whitside Fitness Center Jan. 6.

and grunting and getting on a track and running."

Twelve fitness classes were available for free to those interested in trying them out. Each class was 30 minutes except for Body Pump and

Spin, which were an hour each, Roynon said.

"People come in for free and sample all the different classes in half hour sessions," he said. "We did the Body Pump and Spin for an hour, but half way

"I used to weigh 268 pounds, and I lost 133 pounds, and through that I have learned to love health and fitness, so it's a passion of mine and I love sharing it with other people."

**CARISA HUNTWORK**  
MIXXEDFIT INSTRUCTOR

through they let people know that it was the half hour break, so if they wanted to go to another class, they could because we had other classes that kicked off at the half-hour point."

Within the first hour, more than 100 people had come through the doors looking to try various classes. In some cases, like Body Pump, so many people were interested in trying it that they ran out of room and equipment for everyone.

See PHYSICAL, page 12

## Patrons toast making works of art

Cocktails, Canvases class offers artistic outlet for community

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

Nine people found their muse during Cocktails and Canvases Jan. 6 at Riley's Conference Center.

The class, led by staff of the Arts and Crafts Center from the Directorate of Family and Morale, Welfare and Recreation, provided a canvas, painting supplies and a drink while participants work their way to recreate a sample painting or make something of their own. Staff stayed on hand to answer questions and led them through each step.

Katelyn Fountain, wife of Spc. Christopher Fountain, 300th Military Police Company, 97th Military Police Battalion, said this was her third time attending the class. She normally comes with her husband, but that night attended with friend Mary McConnell, wife of Spc. Nicolas McConnell, 101st Brigade Support



Cordesia Harper, lead food and beverage attendant at Riley's Conference Center, cleans her brush before dipping it into new paint to work on her snowman during Cocktails and Canvases Jan. 6 at Riley's Conference Center. The class provides participants with a canvas, painting supplies and a drink while they work their way through recreating a sample painting or making something of their own.

Battalion, 1st Armored Brigade Combat Team, 1st Infantry Division, for a girls' night out.

"I like the group that usually goes and the teachers we usually have, so it just makes me want to come back more," Fountain said.

For McConnell, this was her first time attending and she said it had been a fun experience she wouldn't mind doing again.

"It's been good," she said. "I like that it's kind of casual and laid back — it's not so 'you have to do it this way.' You have a little more freedom."

McConnell deviated from the instructor design and changed her picture to one of two snowmen. With a laugh she said she didn't like the original single snowman painting, so she asked if it was OK if she did something different.

### THE NEXT ROUND

- The next **Cocktails and Canvases** is 7 p.m. Feb. 23 at Riley's Conference Center. For more information, visit [riley.armymwr.com](http://riley.armymwr.com).

Both women said they appreciated the event being held in close proximity to their homes, the low cost and the comfort of being inside during the colder months. McConnell added she liked how it was an event friendly to adults without children, too.

"It's nice," she said. "It's something to do and there's not a lot of events that aren't kid related, so it's nice when there are, being neither of us have kids."

As for what they'll do with their paintings after, Fountain said she plans to hang hers in her home alongside her other masterpieces while McConnell said she will use hers as seasonal décor.

The next Cocktails and Canvases is 7 p.m. Feb. 23 at Riley's Conference Center. For more information, visit [riley.armymwr.com](http://riley.armymwr.com).

## Not a walk in the bark for area Scouts

Fort Riley Pack 3660 learns about purpose, value of service dogs

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

Four Webelos of Fort Riley Cub Scout Pack 3660 earned their Aware and Care adventure pin after learning all about service dogs at the Scout Hut Nov. 30.

According to Cub Scouts.org, the Aware and Care pin is acquired after Webelos scouts learn firsthand how people live with disabilities that affect their sight, hearing, dexterity and mobility. With this new understanding, Cub Scouts can help educate their peers and prevent the hurtful exclusion of others.

Inga Klusa-Currit, committee chair for pack 3660 and leader for Webelos I, asked Gina Brisby, a service dog trainer at U-Good Dog, to educate the cubs on the purpose and importance of these service animals.

"(Brisby) was so enthusiastic," Klusa-Currit said. "The

(lessons) for the scouts were when you see those service dogs walking, don't pet them. Sometimes parents say go and pet the pet, but she said they are medical equipment ... it was a really big lesson for the scouts."

Brisby brought five of her rescue dogs she had trained to be service animals to the presentation. Each of her dogs is trained to do specific tasks, such as detect seizures 45 minutes before they happen and detect extremes in blood sugar. She was pleased with how receptive her audience were.

"This is one of the best groups I've ever done a program for," Brisby said. "They were completely in tune, watching and paying attention."

During the lesson, she taught the Cub Scouts how difficult it is to train a service dog, a process that can take anywhere from 12 to 18 months. She illustrated the difficulty of training a service animal through several non-language communication exercises.

See SCOUTS, page 12



# FORT RILEY POST-ITS

### 24-HOUR FITNESS

Craig Fitness Center at 7024 Apennines Drive is now open 24 hours a day.  
For more information, call 785-239-5562.

### WINTER WONDERLAND PARTY

Fort Riley Post Library is throwing yet another free party Jan. 13. This time attendees will get to create snowglobes and snowflakes.  
Free winter-themed snacks and snowball punch will be served. Party goes from 1 to 3 p.m. at 5306 Hood Drive For more information, call 785-239-5305.

### SUNDAY FUNDAY BOWLING

Custer Hill Bowling Center on 7485 Normandy Drive is having a special Jan. 14. For \$35 a lane, up to six bowlers can play unlimited rounds for two hours.  
The price includes a large one-topping pizza, two pitchers of soft drinks or a pitcher of beer. Shoes are included in the lane price. For more information, call 785-239-4366.

### TRIVIA NIGHT

Put your knowledge to the test and stand a chance to win some fun prizes Jan. 13 at Riley's Conference Center 446 Seitz Drive.  
Doors open at 7 p.m. and trivia begins at 8 p.m.. Participants are welcome to play individually or as a team. The cost is \$5 a person. For more information, call 785-239-4983.

### BUBBLE GUPPIES

The Fort Riley DFMWR is hosting Bubble Guppies at Eyster Pool Jan. 13 between 9 and 10 a.m.  
The cost is \$5 per family for 20 minutes with a certified water safety instructor and 40 minutes of social swim time. For more information, visit Fort Riley MWR on Facebook or call 785-239-4854.

### COFFEE CONNECTION

The USO Fort Riley is hosting Coffee Connection, a new spin on Spouses's Sip N' Chat. The event will bring spouses together as they sip a cup of joe Jan. 20.  
The first 20 spouses to sign in will receive a free coffee mug. The event is a great was to meet new people, network and get information on services available at Fort Riley.  
For more information visit USO Fort Riley on Facebook or call 785-240-5326.

### CARE PACKAGES

Decorate and send a care package for free to a loved one Jan. 25 at Custer Hill Bowling Center, 7485 Normandy Drive, between 11 a.m. and 1 p.m.  
The event is open to families of deployed Soldiers, Blue Star and Survivor Outreach Services families. Reservations are required for the event by Jan. 19.  
To reserve call Army Community Service Outreach program at 785-239-9435.

### USO UNPLUGGED: FAMILY GAME NIGHT!

Play board games, eat dinner and bond without the distraction of electronics at USO Fort Riley Jan. 19 at 6918 Trooper Drive.  
The event starts at 5:30 p.m. and is free, but advance registration is required and can be made at [www.fortriley.uso.org/events/49](http://www.fortriley.uso.org/events/49).  
For more information, call 785-240-5326.



### TACO TUESDAY

Let's taco bout getting some grub for lunch 11 a.m. to 2 p.m., Jan. 16, at Riley's Conference Center.  
The all-you-can-eat meal includes choice of meat, hard and soft shell tacos, salsa bar, rice, beans, salad bar and dessert.  
The buffet costs \$9.95, which includes a drink. Salad bar only is \$5.95. For more information, call 785-784-1000.

### USO NO DOUGH DINNER

USO Fort Riley is hosting a No Dough Dinner Jan. 30 at The Culinary Lab, 251 Cameron Ave., from 5 p.m. to 6:30 p.m. The No Dough Dinner is a free dinner to active-duty military and their families.  
Build your own taco bar and enjoy the air conditioning during this hot summer. Reservations are suggested for planning purposes.  
For more information, call 785-240-5326.

### POOL TOURNAMENT

There will be a pool tournament Jan. 19 from 6 to 9 p.m. at The Warrior Zone, 7867 Normandy Drive.  
The single-elimination style tournament with Warrior Zone Rules is free to all. The champion will win a new pool cue or a \$50 gift card to B&K Pool and Dart Shop.  
For more information, call 785-240-6618.

### FORT RILEY REEL TIME THEATER SCHEDULE

**Friday, Jan. 12**  
Star Wars: The Last Jedi (PG-13) 7 p.m.  
**Saturday, Jan. 13**  
12 Strong (R) 5 p.m.  
Star Wars: The Last Jedi (PG-13) 7 p.m.  
**Sunday, Jan. 14**  
Ferdinand (PG) 5 p.m.  
Theater opens 30 minutes before first showing  
For more information, call 785-239-9574.  
Regular Showing: \$6  
3D Showing: \$8  
First Run: \$8.25  
3D First Run: \$10.25

### BLUE STAR PROGRAM

The Directorate of Family and Morale, Welfare and Recreation offers the Blue Star Program to those 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](mailto:bluestar@rileymwr.com).



### AQUA ZUMBA CLASS

Looking for a new workout? Check out Aqua Zumba at Eyster Pool.  
Classes are held at 5 p.m. Mondays, Wednesdays and Fridays. View the schedule on the aquatics page at [riley.armymwr.com/us/riley/programs/aquatics](http://riley.armymwr.com/us/riley/programs/aquatics).  
The cost is \$3 per class or \$25 for a 10-class pass.  
For more information, call 785-239-4854.

### 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

# MLK Jr.'s legacy continues to grow

By Col. John D. Lawrence  
FORT RILEY GARRISON COMMANDER

Activist and civil rights leader Martin Luther King Jr. started a nonviolent movement for social justice and equality in the 1950s that had a significant impact on history. Sixty years later, we still celebrate his life and works in order to continue focusing inward and measuring our actions, thoughts and attitudes about equality.  
King "Had a Dream" and led others to help make a



Colonel Lawrence

difference for future generations to achieve success and equality. His work turned the eyes of the world, and our nation, inward, which made us take a second look at how we define fair and equal treatment of our fellow citizens. I'm extremely proud to be part of an organization — the United States Army — that exemplifies these values every day, at every level.  
As we go about our daily business, each of us can reflect on how to treat each other with respect and dignity so we can make a difference in our workplace, our neighborhood and within our Army family. I would go so far as to say our definition of fair treatment is integrally tied to our charac-

ter and a foundation of our success at home and on the battlefield.  
Embracing diversity and equality is a reflection of our motive toward selfless service. When we are motivated only by personal gain, we're likely to treat everyone around us as if they are inferior; however, if we're motivated by servant leadership toward our fellow humans, then our hearts will be right where they belong, leading to a more fulfilling existence.  
So, as we get further into this new year, ask what is the motive by which you treat the people around you? Do you think when someone is different it makes him or her automatically

wrong for some reason? If so, reevaluate and remember "different" doesn't equal wrong. It is in those very differences, and the multitudes of perspectives that accompany them, that we get our completeness and our full capability as an Army and a nation. I encourage you to live by these values every day and join us as we celebrate diversity and equality during the Martin Luther King Jr. ceremony at Barlow Theater Jan. 17 from noon to 1 p.m.

— *To comment on this article or to suggest a topic for Community Corner, email [usarmy.riley.imcom.mbx.post-newspaper@mail.mil](mailto:usarmy.riley.imcom.mbx.post-newspaper@mail.mil).*

## FROM THE MUSEUM DIVISION

# Museums getting face-lift

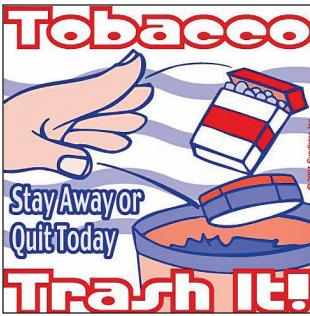
**Dear friends of the Fort Riley Museums,**  
The year 2017 has been an amazing year for both the U.S. Cavalry and the 1st Infantry Division Museums. Besides continuing to be the most visited location on post by the general public, we continue to commemorate the centennial of the 1st Infantry Division and its formation for service in World War I.  
Our capstone to this has been our temporary exhibit, "Duty First: 100 Years of the Big Red One," conducted in partnership with the Flint Hills Discovery Center in Manhattan, Kansas. As we have participated in both local and national commemorations of World War I, we have been immensely honored by the amount of support we have received from the division, the



Robert Smith

garrison, units and our community partners.  
As we enter 2018, we would like to announce to all of our friends the U.S. Army Center of Military History has approved funding for complete remodels of our three primary buildings. These remodels will allow us to bring our exhibits to modern standards of lighting and technology, while increasing our ability to conserve energy, our historical artifacts and preserving these historic structures. The 1st Infantry Division Museum will also be updated to tell the notable history of the division including the recent accomplishments of the Big Red One over the last 10 years.  
Our archives will also be co-located with the main museum complex, allowing them to be more easily accessed by both military and public researchers.  
This is truly an exciting time for us and it would not be possible without the support of so many people.

Due to the extensive nature of the renovations, work is expected to take approximately two years. In order to prepare artifacts and our administrative offices for relocation, the Fort Riley museums will be closed beginning Jan. 15.  
The Museum Gift Shop will remain open for the immediate future. The Fort Riley garrison has identified a temporary exhibit building to allow us to maintain a presence on post during the remodel and once this new location is established we will announce further information. We will continue to provide updates through press releases and on social media.  
Once again, we wish to thank everyone for the support. We look forward to a new era for the museums!  
On Behalf of the Fort Riley Museum Staff and Volunteers,  
  
*Dr. Robert J. Smith  
Supervisory Curator  
Fort Riley Museum Complex*



### Have the Courage to Help a Buddy

**One Suicide is one too many.**

For assistance:  
• Talk to your Battle Buddy and chain of command  
• Call the Military Crisis Line at 1-800-273-TALK (8255) and press "1" for Military Crisis Line

### "K-LAWN DEALERS ARE THE INDUSTRY'S LONGEST STANDING LAWN PROFESSIONALS."

K-Lawn Dealers are well known for years of providing their customers the best looking lawns in the community. The proprietary lawn chemicals and slow release fertilizers will make your lawn the envy of any neighborhood.

If you don't have a K-Lawn dealer in your area, and feel you have what it takes, we're looking to add a few quality dealers to our network. Call us today at 800-445-9116, or visit us online at [www.k-lawn.com/np](http://www.k-lawn.com/np) to learn the full story.

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### WORSHIP

Protestant Services	
<b>Victory Chapel</b>	239-0834
Contemporary Protestant Service	
Sunday Worship.....	1100
Children's Church.....	1115-1215
<b>Morris Hill Chapel</b>	239-2799
Gospel Protestant Service	
Sunday School.....	0900
Sunday Worship.....	1100
<b>Main Post Chapel</b>	239-0834
Traditional Protestant Service	
Sunday Worship.....	1030
Catholic Services	
<b>Victory Chapel</b>	239-0834
Sunday Mass.....	0845
Sunday Catechism.....	1000
<b>Saint Mary's Chapel</b>	239-0834
Saturday's Vigil Mass.....	1630
Sunday Mass.....	1200
Mid-day Mass-- Mon., Wed., & Fri.....	1200
Tuesday & Thursday Mass.....	1800
<b>IACH Chapel</b>	239-7872
Mid-day Mass-- Tue. & Thur.....	1200
Jewish Service	
For Sabbath Services please contact the Division Chaplain at 240-6268.	
Open Circle Service	
<b>Kapaun Chapel</b>	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 it's 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](mailto: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](mailto:fortrileycwoc@gmail.com) or Facebook "Fort Riley CWOC"

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





**ABOVE AND BELOW:** Tatiana Ferracioli Da Silva, BOGA Fit instructor and lifeguard, Fort Riley Aquatics Program, Directorate of Family and Morale, Welfare and Recreation, leads a BOGA Fit class Jan. 6 at Eyster Pool. BOGA Fit and BOGA Yoga are new fitness classes at Eyster Pool that combine yoga, Pilates and other workout styles for a fitness routine on the water.

## BOGA Fit makes waves with participants

New Eyster Pool class making impact as new year gets underway

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

“Oh my gosh, I’m so tired,” a woman said while laughing. A few moments later, a loud splash echoed through the room as she slipped from her board and into the pool. She popped back up, grabbed hold of her board and clamored her way back onto it to try the pose her class was holding again.

She was one of six participants in the BOGA Fit class led by Tatiana Ferracioli Da Silva, BOGA Fit instructor and lifeguard, Fort Riley Aquatics Program, Directorate of Family and Morale, Welfare and Recreation, at Eyster Pool Jan. 6.

The class pulls from yoga, Pilates and other fitness regimens and brings them onto the water. At Eyster Pool, participants receive a tethered workout board and remain in the 3 to 5 foot water depth area for the hour long class. In BOGA Fit, the focus is on toning and core workouts, while BOGA Yoga, also available at Eyster, is about mindfulness and relaxation, Ferracioli Da Silva said.

“BOGA Fit is a fitness regimen developed by combining the best aspects of key proven core movements from gymnastics, yoga and boot camp type workouts,” she said. “(It’s) a class that everyone is expected to fall in the water a lot, have fun workout with a partner, make new friends (and) listen



to upbeat music while working out ... BOGA Yoga is a much slower class, much more like the traditional yoga. There will be more ground movements, a student might expect to have less falls (and) get more stretches from it.”

The board, called a FITMAT, forces the participant to engage more muscles during the workout as the try to maintain their balance and stay on the mat, Ferracioli Da Silva said.

“BOGA’s unique FITMAT provides the aquatic base that intensifies these movements, creating more focus on core muscle groups and improving balance and coordination,” she said. “While BOGA Fit provides challenges to even the most fit of individuals, the program was designed for universal scalability, making it the perfect fitness program for all levels, regardless of experience. Since FITMAT provides a dynamic base, the harder you work, the more difficult and intense the workout becomes.”

However, should someone lose their balance and fall, it’s no big deal, Ferracioli Da Silva said. Even she fell multiple times throughout the class. To help people get over this concern, she spends the start of the class making everyone fall from their boards.

“Falling is one of the main rules of BOGA Fit class,” she said. “In fact, that’s what we do in the first five minutes of the class — we do drills to get the fear of falling off and learning how to get back on the board. Everyone had so much fun in this drill today. It’s very soothing, it feels good. Also, everyone pushing themselves will fall off the board ... that’s the main reason we keep a little distance from each other. So falls are must in this class.”

Tutt McCracken, wife of Maj. Courtney Dean, 5th Squadron, 4th Cavalry Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, attended for the first time after hearing about it during the December Fort Riley

“Falling is one of the main rules of BOGA Fit class.”

FERRACIOLI Da SILVA  
BOGA FIT INSTRUCTOR,  
FORT RILEY AQUATICS  
PROGRAM

Town Hall. She came alone, but planned to return with friends the following weekend.

“I loved it,” she said. “It was a lot more balance, that was good. I wasn’t ready for that much balance to be needed. I’ve seen on Facebook and stuff and I was hoping it would be some place that I was at, so I was really excited (when I heard about it here).”

McCracken said she was surprised about how much of a workout the class was despite have both yoga moves and being on the water. She added she would be sore the following day, but in a good way.

“It worked more shoulders more than I thought, a lot more core and my legs hurt after a while,” she said.

Although she takes fitness classes on dry land during the weekday, McCracken said she plans to add BOGA Fit to her weekend schedule as it worked her core and balance far more than traditional classes.

BOGA Fit is Tuesday at 9 a.m., Saturday at 11 a.m. and Sunday at noon. BOGA Yoga is Thursday at 9 a.m. and Saturday at noon. Space is limited to 11 participants on a first-come, first-served basis. Classes are \$3 each or \$25 for a 10-class punch card.

For more information, call 785-239-4854.

### TUESDAY TRIVIA CONTEST



The question for the week of Jan. 9 was:  
How do I learn more regarding Fort Riley’s  
Economic Impact Summary?

Answer: [www.riley.army.mil/Portals/0/Docs/Units/Garrison/PAIQ/FY17EIS.pdf](http://www.riley.army.mil/Portals/0/Docs/Units/Garrison/PAIQ/FY17EIS.pdf)

This week’s winner is Tiffany Helmuth, spouse of Staff Sgt. Dwight Helmuth, 1st Battalion, 18th Infantry Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division.

Pictured above are Tiffany and Dwight Helmuth and kids.

CONGRATULATIONS TIFFANY!

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### Lunch BUFFET

AT RILEY'S CONFERENCE CENTER  
Tuesday + Wednesday  
11am-2pm

## TACO Tuesday

Chicken or Beef  
Hard or Soft Shell  
Salsa Bar  
Rice & Beans

all for  
**\$9.95**  
includes drink

Salad Bar only  
for just **\$5.95**

### PASTA Wednesday

Pasta Main Dish  
Green Beans  
Focaccia  
Greek Salad

Information: 785.784.1000

# BUILDING READINESS

1ST INFANTRY DIVISION • FORT RILEY, KANSAS

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



# SCOUTS

Continued from page 9

“I pair them up and have them attempt to have one of the people do a behavior, a human behavior,” she said. “Like pull a chair out and sit down in it without speaking and pointing to something because you can’t point to something and have a dog understand what you’re trying to get them to do ... trying to explain to them how truly difficult it is to train an animal and how animals think, you can just see their eyes light up as they try to figure out ‘how am I going to get this person to do what I want them to do without speaking’. I think that was a big takeaway.”

Klusa-Currit said she had heard about Brisby through acquaintances and thought Brisby would make a better educator on the subject matter of disability.

“When I come to (read) about (the) requirements of our electives, I think can I do it?” she said. “There is no way I could teach them something about service dogs and I’m willing to knock on every door if I can find somebody who’s a better teacher.”

Webelos II Cub Scout Miguel Lopez, 11, son of Staff Sgt. Ricardo Lopez, 1st Battalion, 5th Field Artillery Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, was one of the scouts who participated in the Aware and Care activity. He said if he had a friend who doesn’t know about service animals, he would pass on the knowledge he learned to spread awareness.

“I would tell them don’t touch a service dog — it’s not a toy — don’t play with it and ask if you can pet it if you want to,” Miguel said. “I learned that we can never touch service dogs and that service dogs are not for playing with — they



COURTESY PHOTO  
**Gina Brisby, left, service dog trainer at U-Good Dog, teaches four Webelo Cub Scouts from Pack 3660, all about service animals at the Fort Riley Scout Hut Nov. 30. The Cub Scouts earned their Aware and Care pin after learning about importance of service dogs.**

are for special reason. They’re there to help people who have problems with their health.”

Webelos I Cub Scout Janis Currit, 10, son of Klusa-Currit and Sgt. 1st Class Richard Currit, Headquarter Support Company, Headquarters and Headquarters Battalion, 1st Inf. Div., echoed his friend Miguel and added reasons why he learned not to touch service dogs.

“We do not touch the service dogs or else it would distract them and get them off course of who they’re supposed to warn,” Janis said. “I felt like I actually learned a lot and enjoyed it very much because we got to do a lot interaction with the dogs.”

Brisby said it was important to her to spread awareness

of service animals, especially to kids around the age of the cub scouts she taught, because the more education anyone gets, the better it is for the person in medical need.

“I think children are understanding diversity more now,” Brisby said. “So explaining to them that there are many different types of disabilities and these dogs are basically mini doctors — they’re letting us know when something is wrong — and disturbing them can cause hardships for people with disabilities. So the younger we teach these kids and people about diversity and disabilities and about how these animals can things better for us and what to do and what not to do, the better it is for everyone.”

# PHYSICAL

Continued from page 9

“It’s great to see how many people really want to do this,” Roynon said. “There were so many people trying to get into Body Pump that some people got turned away, but some people were adamant about getting into it, they’re out there on the floor without the equipment they need — they’re just mimicking without a weight because they just want to be a part of it. It’s good to see how much of the community is getting involved.”

Carisa Huntwork, MixxedFit instructor, said the event was great. She arrived in October from Fort Lewis, Washington, and started teaching MixxedFit — an entirely new program to Fort Riley — around Thanksgiving. In a normal class, she would see 11 to 15 students, but during Round Robin, she had more than 25.

“It’s great ... I think that every post should do it, it’s a great way to promote the classes,” she said. “And people are looking for options to work out here that they can bring your kids and I know that my class you can bring your kids as long as they’re not running around and causing safety issues, so a lot of people appreciate that.”

Participants could also meet with some of the personal trainers on staff who were available

to answer questions and talk about the New U program. New U is a month-long small-group fitness program led by a personal trainer. It offers the benefits of working one-on-one with a trainer, but for a reduced cost, Roynon said.

“We’re running New U sessions all morning and in the evenings,” he said. “People can join a group fitness class that’s led by a personal trainer. They’re small group fitness classes. They get 12 sessions over the course of a month, three times a week and it’s only \$75 as opposed to a single personal training session that’s \$30 and the classes are filling up quick.”

The Directorate of Family and Morale, Welfare and Recreation Fitness Centers at Fort Riley have 22 instructors on staff who teach 11 different fitness classes, Roynon said, creating options for just about everyone. He added classes are a good option for people interested in working out, but don’t want to do it alone.

“Classes can help with that because you don’t have to find somebody first,” he said. “You can show up for a class and there will be an instant group of people that are trying to accomplish the same thing you are.”

While some may still be shy about fitness, Huntwork recommends they give it a try — she

said it changed her life and it could theirs.

“I used to weigh 268 pounds, and I lost 133 pounds and through that I have learned to love health and fitness, so it’s a passion of mine and I love sharing it with other people,” she said. “I think it’s important because exercise is important. It’s important to have that sort of release of endorphins and I call it my therapy, it’s really good for you mentally and physically.”

To learn more about fitness classes available at Fort Riley and their costs, visit [riley.armymwr.com](http://riley.armymwr.com) or [www.facebook.com/RileyFitness](http://www.facebook.com/RileyFitness).

# DON'T FORGET ABOUT FIDO

Heading to the grocery store this week? Update your pet's emergency kit by adding extra pet food and water to your grocery list.

## #NatlPrep



### Don't Wait. Communicate.

# WINTER SAFETY tips

- **Check the forecast at [weather.gov](http://weather.gov) or your favorite weather app, station, etc.:** Make checking the forecast part of your regular routine so you'll know when to expect cold weather.
- **Adjust your schedule:** If possible, adjust your schedule to avoid being outside during the coldest part of the day, typically the early morning. Try to find a warm spot for your children while waiting for the school bus outside.
- **Protect your pets, livestock and other property:** If you have pets or farm animals, make sure they have plenty of food and water, and are not overly exposed to extreme cold. Take precautions to ensure your water pipes do not freeze. Know the temperature thresholds of your plants and crops.
- **Fill up the tank:** Make sure your car or vehicle has at least a half a tank of gas during extreme cold situations so that you can stay warm if you become stranded.
- **Dress for the cold:** Wear appropriate layers for the outdoors even if you don't think you'll be out much.
- **Update your winter car survival kit:** Make sure your car survival kit has the following:

*Jumper cables:* flares or reflective triangle are great extras

*Flashlights:* Replace the batteries before the winter season starts and pack some extras

*First Aid Kit:* Also check your purse of bag for essential medications

*Baby or special-needs gear:* If you have a baby or family member with special needs, pack diapers and any special formula or food

*Food:* Stock non-perishable food such as canned food and a can opener, dry cereal and protein-rich foods like nuts and energy bars

*Water:* Have at least one gallon of water per person a day for at least three days

*Basic toolkit:* Pliers, wrench, screwdriver

*Pet supplies:* Food and water

*Radio:* Battery or hand cranked

*Cat litter or sand:* For better tire traction

*Shovel:* To dig out snow




*Ice scraper:* Even if you usually park in a garage, have one in the car.

*Clothes:* Make sure you dress for the weather in warm clothes, gloves, hat, sturdy boots, jacket and an extra change of clothes for the cold

*Warmers:* Pack extra for body, hands, feet

*Blankets or sleeping bags:* If you get stranded in traffic on a lonely road, you'll be glad to have it

*Charged cellphone:* Keep a spare charger in your car as well



For more information, contact the Garrison Safety Office at 785.240.0647.  
To learn about safety across the installation, visit [www.riley.army.mil/Units/GarrisonCommand/Safety/](http://www.riley.army.mil/Units/GarrisonCommand/Safety/)



## FORT RILEY APPRECIATION DAY

### FREE BASKETBALL MINI CAMP



**FOLLOWING THE JANUARY 13TH GAME**

The camp will begin approximately 30 minutes following the conclusion of the game vs. Oklahoma St. (tip-off 1:00pm) and will last for one hour at the Ice Family Basketball Facility. Located on the east side of Bramlage Coliseum.

**Open to any and all Fort Riley Soldiers and their families**

**THE CAMP WILL INCLUDE:**

- Interacting with the players
- Autographs
- Basketball Drills and Games

**DISCOUNTED TICKETS TO BASKETBALL GAME:**

**\$3 per person with a DoD ID**

Camp and game are not Fort Riley Garrison events. Dissemination does not imply endorsement. [riley.armymwr.com](http://riley.armymwr.com)









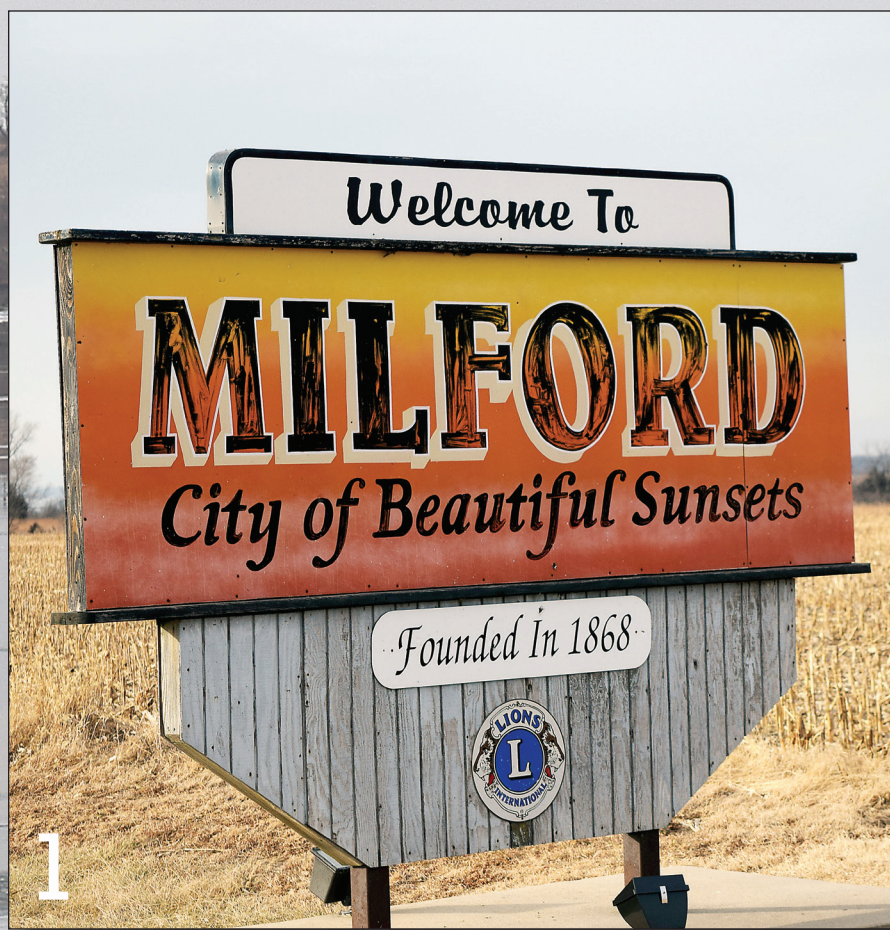
# Travel & Fun in Kansas

  
Spc. Shell wants you to check out next week's Travel & Fun in Family Fun Centers

★ JANUARY 12, 2018

HOME OF THE BIG RED ONE

PAGE 14



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

As a destination for campers, fishermen and boaters, the small Kansas town known as Milford is more than just the city of beautiful sunsets.

The town was founded in 1868 and since then, it recognizes both past and present history.

In the town's city park, known as "Milford City Park: past, present and future," there is a walking trail that was established in 1994. The walking trail start is indicated by a sign mounted on a decorative hitching post.

The city park and walking trail are within a residential community just a few blocks from Milford Lake. Due to its proximity, families are seen coming together as children play on the swing and merry-go-round.

As a seasonal camping site, most campers visit the lake during warmer months to rent cabins or to hook-up campers. Flagstop is Milford's campground, RV Park and cabin rental just east of the lake within Milford city limits.

With the recent freezing weather, the lake can be seen frozen with 5 inches of ice sealing the wildlife below. But during freezing months, some individuals went ice fishing.

Other wildlife about the ice include Canadian geese honking as they fly across the frigid skies and taking breaks on the land below. In their pit stop, visitors can see a gaggle of geese huddled on the icy Milford Lake.

For humans, Milford has two restaurants. Those who enjoy pizza, can look to the local chain restaurant Hunt Brothers Pizza. The second is Milford Tropics, 103 11th St., where they offer crab legs, shrimp kabobs and oysters.

Although Milford has a population of about 600, the little town has big adventures in store for those who visit.



1: As the "City of Beautiful Sunsets," Milford's agricultural fields create a canvas for the reds, oranges and yellows to dance across once the sun sets. Natural landscape is seen around the town creating a border for those who live in it. 2: Two brave souls broke out their winter coats to try their luck at ice fishing on Milford Lake. Milford Lake had approximately 5 inches of ice due to the recent below freezing temperatures.



3: In the winter months, Milford's landscape is covered with bare trees. Don't let that fool the eye for what lies beyond the trees – the lake itself. The town of Milford has about 600 residents that call it home. 4: Milford's city park, which honors the past, present and future, is within the parcel where children and their families can build their own memories. The park itself has the traditional swing set, merry-go-round and teeter totter with additional elements like a horse hitching post. 5: Milford's city park holds history on its soil, one being an old wooden boat. Children sometimes play in this sand box when the weather is right while their parents are tucked indoors. 6: A sign in the shape of a hitching post commemorates a walking trail and a 1995 fourth grade class.