

## THE 1ST INFANTRY DIVISION POST



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FORT RILEY, KANSAS

## Irwin Army Community Hospital hosts Best Medic

Story by Will Ravenstein  
1ST INF. DIV. POST

Irwin Army Community Hospital and the 1st Infantry Division hosted a regional contest as part of the Army's Best Medic Competition Aug. 14 through 17.

Eleven teams, including one from IACH, represented the Regional Health Command-Central medical treatment facilities tested their Soldiers' ability to handle mental, physical and emotional stress, said Maj. Rachel Snell, chief of Physical Therapy, IACH and officer in charge of the competition.

"It's a really big honor to be able to host this and to showcase all of the great opportunities we have to train Soldiers," she said. "The Best Medic Competition runs the competitors through 14 different events that are designed to stress them mentally, physically and emotionally. These are all important personality characteristics that we need to survive in today's battle space."

Irwin Army Community Hospital staff were made aware, about five months ago, that they would be hosting the regional event, said 1st Sgt. Heath Gadberry. This allowed the personnel time to design the competition how they desired.

"We were basically given the warning order that we were going to be doing the competition and that was it," Gadberry said. "We had to go from there. What events do we want? What's a good idea that's going to showcase what the medics can do and also showcase Fort Riley and the opportunities we have to train units here? Not just the medical to put on a competition like this, but the National Guard units that will rotate through here, the Reserve units and the rest of the 1st Infantry Division."

Gadberry and his noncommissioned officers brought their experiences together from knowledge of what it takes to earn the Expert Field Medic Badge. Other tests were taken from the Expert Infantryman Badge test.

"It is modeled after some EFMB tasks, but there is no structure such as EFMB has that you have to go step-by-step," Gadberry said. "We pulled some elements out of the EIB and EFMB. We pulled some elements out of just normal warrior tasks and battle drills, some Core Clinical Task List is in there — common things that you would do — start IVs and things of that nature. Things you would do if you were at a fixed location, like IACH, or on a line unit somewhere. You have to do everything."

The winner of the regional competition will move on to the Army Best Medic Competition at Joint Base San Antonio, Texas, Sept. 15 through 20.

Alongside the medical treatment facility personnel, the 1st Inf. Div. entered five medics to compete in the U.S. Army Forces Command version of the competition. The five Soldiers compete individually and the

See COMPETITION, page 7



U.S. Army medics triage and load patients into a Black Hawk Aug. 15 as part of the Regional Health Command-Central Best Medic Competition, held at Fort Riley, Aug. 14 through 17

## Competition held at Fort Riley

Story and photos by Sgt. Elizabeth Jones  
19TH PUBLIC AFFAIRS DETACHMENT

The U.S. Army medics of the central region competed in a division-level competition held at Fort Riley, Aug. 14 through 17 to determine which team will go to the Army Best Medic Competition at Fort Sam Houston, Texas, and Camp Bullis, Texas, from Sept. 15 to 20.

The Regional Health Command-Central Best Medic Competition was a combined division-level event coordinated between the Regional Health Command Central, Irwin Army Community Hospital and 1st Infantry Division.

"There were 14 events geared to create an impact of physical and emotional stress upon the competitors," said 1st Sgt. Heath Gadberry, Irwin Army Community Hospital. "These situations more closely replicate what the medics will have to face when they deploy."

Competitors had to confront experiences such as running through a shoot house while under simulated fire, they had to clear the house, then treat and extract a casualty. Next, while going through an obstacle course, Soldiers had to crawl under concertina wire while transporting their patient on a litter, lift the patient over walls and navigate through tight spaces until they reached a Black Hawk within a specific amount of time. Once at the aircraft, medics triaged patients on site and then loaded them into the helicopter.

"What differentiates medics in the Army versus civilian emergency medical services is that we have to treat our patients under any circumstances," Gadberry said. "The American people have a great emergency response system, nice paved roads, but in a deployed environment we don't have access to all of those things. So in today's Army

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First Sgt. Norman Pickens and his teammate, Staff Sgt. Phillip Harold, not pictured, team no. 9 of Bayne-Jones Army Community Hospital, Fort Polk, Louisiana, load their patient onto a litter while under simulated fire Aug. 15. Ten teams competed in the Regional Health Command-Central Best Medic Competition, held at Fort Riley.

## Mission Training Complex User Conference comes to Fort Riley

By Kimberly Green  
1ST INF. DIV. POST

Fort Riley's Mission Training Complex hosted the annual MTC User Conference, for the first time Aug. 14 through 16. Training chiefs from each of the Army's 37 MTCs met to share lessons learned, explain new training models, discuss emerging technology and networked with one another. This is the only time in the year when so many experts from various MTC locations are able to converge in one place to examine the most efficient, safe and economical methods for training Soldiers, said Randy Ruhl, chief of Mission Training Complex Fort Hood, Texas.

"Once a year, all of the mission training complex chiefs — the directors — we meet from across the Army, all 37 of us," he said. "We share best practices, lessons learned, how we do business and how we can do better."

## WHAT IS IT?

Army mission training complexes each have specific capabilities, and each plays a crucial and unique role in Army readiness, according to Ruhl.

Although each MTC is tailored to meet the training needs of the units at that particular installation, they all have the same basic capabilities, he said.

"An MTC does primarily four things," Ruhl said. "First off, they teach the individual mission command systems. They teach the operators and the leaders how to use that. Secondly, they train small units — squads to company level — using gaming and virtual technology — how to conduct their trade.

"Thirdly, they teach battalion and brigade staffs," he added, "on how to use the digital systems to assist in their warfighting functions. From the current operations, military decision-making process, intelligence preparation of the battlefield for the intel folks, building that up to small simulation-driven collective staff training events to train the staffs how to do their business. And then the fourth thing that they do are the large division and corps level warfighters where the brigade and the division and the corps commanders are fighting a simulated battle based on constructed simulations."

## BENEFITS

Mission training complexes are where Soldiers and entire units receive virtual training before heading into live-action exercises or the real battlefield. Having an opportunity to ingest

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## Civilian employees deeds recognized

Story by Will Ravenstein  
1ST INF. DIV. POST

Fort Riley civilian professionals were recognized for their dedication, hard work and creativeness during the June and July Employee of the Month ceremony Aug. 17 in front of the U.S. Army Garrison Fort Riley Headquarters building.

Three employees were recognized for June, five for July and three were recognized for their contributions to the Soldiers of Fort Riley.

Melody Hardesty, Directorate of Family and Morale, Welfare and Recreation, was named the June Employee of the Month and received a Department of the Army Certificate of Commendation along with her certificate for being nominated.

Her nomination read, "the DFMWR courier, Melody, worked directly with the post office staff to arrange scheduled pick-ups, and when needed,

short notice pick-ups in order to reduce a mail backlog and deliver packages in a timely manner. Her dedication and willingness to go beyond her normal duties have not only helped DFMWR continue to meet its mission but has allowed her to flourish and become a great asset to those we serve."

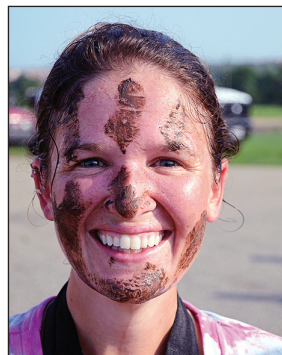
"What was read was only a small part of what she has done for us to start here," said Rex Wiley, DFMWR. "She got this for June and she started in January. Since that day on she's been asking if there was something more she could do. Thank you for what you do for us."

Along with receiving the Employee of the Month, Hardesty is eligible Employee of the Quarter, third quarter, fiscal year 2018.

The "Best of the Best" for the third quarter were

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## WHAT'S IN THIS ISSUE



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# Chiefs host ‘Big Red One’ Soldiers at camp

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

The Kansas City Chiefs invited 15 Soldiers from the 1st Infantry Division to their final training camp practice Aug. 14 in Saint Joseph, Missouri. The invitation is part of an ongoing community partnership between the Chiefs and Soldiers of the “Big Red One.” The Chiefs hosted a draft party at Fort Riley, earlier this year where several Soldiers announced the team’s draft selections on television. The Commanding General’s Mounted Color Guard usually performs before a Chiefs home game each year during a game in November.

The Soldiers were given VIP treatment as they watched the final practice from large tents, keeping the Soldiers dry during periods of heavy rain as large puddles formed on the field.

Andy Reid, Chiefs head coach, invited the Soldiers and other service members onto the practice field as the team had their last training camp team huddle. Reid expressed the team’s gratitude for the sacrifice and service of the Soldiers before breaking camp.

Soldiers from throughout the 1st Inf. Div. participated in the opportunity provided by the Chiefs to interact and have memorabilia signed by the players.

“It was a dream come true,” said Sgt. Samuel Pettis, Headquarters and Headquarters Battalion, 1st Inf. Div. “I have always wanted to meet (Travis Kelce) in person. Getting my jersey signed was crazy. I actually couldn’t believe I was standing right next to him.”



**Anthony Sherman of the Kansas City Chiefs signs a football for Sgt. Grant McCoy, Headquarters and Headquarters Battalion, 1st Infantry Division, following the final training camp practice Aug. 14 in Saint Joseph, Missouri. Soldiers from throughout the 1st Inf. Div. and Fort Riley were invited guests of the Chiefs to attend and interact with players after practice during a military appreciation day**

Pettis said he is a life-long Chiefs fan, having grown up in Sedalia, Missouri. He has been to numerous Chiefs games, but never to a training camp.

Sgt. 1st Class Sean Frazier, 1st Inf. Div. Artillery, is another life-long Chiefs fan from the Kansas City area.

“After 12 years in the Army, I got stationed at Fort Riley and I finally have an opportunity to go see the Chiefs again,” Frazier said. “Travis Kelce, Pat Mahomes, Tyreek Hill and Justin Houston are idols for me. Just being able to interact with them is something I will never forget.”

Spc. Brody Christensen, 601st Aviation Support Bat-

talion, 1st Combat Aviation Brigade, 1st Inf. Div., said he grew up as a Denver Broncos fan, but still appreciated the opportunity.

“Being able to get this opportunity and come out to meet the players, get autographs and take pictures is something that you can’t take for granted,” Christensen said. “A lot of people, in general, don’t get this opportunity, so I really appreciate it.”

The fact that it was still raining during the autograph session meant even more to the Soldiers about the player’s kindness.

“Having them stay after in the pouring rain, it really shows the sense of pride they

have not just for their team but in the country as they make our day a little bit better,” Christensen said.

The continued partnership between the two organizations shows how much the Chiefs appreciate the military service of Big Red One Soldiers, Frazier said.

“It definitely shows that they are welcoming the 1 Inf. Div. into their community,” Frazier said. “It shows that we are part of their community, not just the fans that grew up here. They are showing that even if you are not from Kansas City or a Chiefs fan, they are bringing you in and thanking us for our service. It shows that they appreciate us.”

# Post moves ahead after Colyer housing demolition

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

The latest round of housing demolitions is in its final stages at the Colyer Housing area, and some 324 structures that stood there are gone now. Soldiers, residents and Department of the Army civilians accustomed to seeing those units, which were about half a century old, now see only piles of broken concrete, wood framing, upturned earth and, of course, the workers and heavy equipment used to accomplish the task.

To date, said Shawn Cheever, Deputy Director of Construction for Corvias Military Housing, who helps to oversee operations, 588 structures have been eliminated. That number includes units in the Warner-Peterson area in Custer Hill.

“The total numbers include 253 homes we demolished last year in the Warner-Peterson area,” Cheever said.

The Warner-Peterson site — what Cheever called the “Warner-Peterson Phase 1 and Phase 2” — was used to stage a realistic full-scale exercise by the staff of the Fort Riley garrison in summer of 2017, with the scenario calling for damage caused by tornadoes. The “damage” was actually part of a demolition that began Jan. 10, 2017, by leveraging partnerships between Fort Riley, Junction City and Corvias Military Living.

“This partnership is important for numerous reasons the first being that this partnership means on post housing is no longer dependent on annual government budgets,” said then-garrison commander Col. John D. Lawrence at the time. “Through private funding, Corvias is able to make a greater impact to our community and quality of life. With this, the military does not have to worry about service members’ on post housing and living conditions declining as a result of sequestration or other budget-related variables.”

Those partnerships also allowed for the re-purposing of some items in homes and on playgrounds — those deemed salvageable. Items were donated to organizations like Habitat for humanity and communities like Wakefield and the Kickapoo Nation north of Topeka, Cheever added.

“We donated some playground equipment to the City of Wakefield,” Cheever said. “Operation Walking Shield (an effort to render assistance to the Kickapoo native American Nation) took some appliances. We also salvage things for ourselves that we can reuse. But you have to remember why we are tearing down homes: it’s because most of the homes and items in the homes are beyond their life cycle. So you try to use what’s good, but most of it is beyond their life cycles and that’s why it’s being torn down.”

The demolition of homes in Warner-Peterson and Colyer comprised part of a 50-year project to replace and build



**ABOVE: Remnants of a house in Colyer Manor wait to be picked up by the demolition crew. RIGHT: An excavator works on removing foundation Aug. 8 in the Colyer Manor housing area. Work is expected to be done by November.**

homes at Fort Riley. Corvias began a 50-year relationship with the post in 2006, which includes the initial 10 year Initial Development Period and a 40 year Out-year Development Period, both of which are intended to address housing and residential living spaces and needs; so the long-term future is bright for Fort Riley in terms of housing needs.

## TRANSFORMING THE AREA

“Tearing down is absolutely nothing; it’s really easy,” Cheever said. “But it’s all the other stuff that has to happen to make sure things are done correctly. Because you’re not just tearing down buildings, you’re preparing the ground for the future. You want to make sure you don’t cause yourself water issues or drainage issues. It’s all the little details you’ve got to pay attention to.”

Driving through the area, one immediately sees the logistical challenges involved. Employing workers and equipment comes with high price tag, even for something as seemingly simple as moving dirt.

“Every time you touch dirt it’s very costly,” Cheever said. “Moving and working with dirt is one of your largest costs in construction. So you are always trying to move it specifically from a spot to a spot, so you don’t have to keep moving it with machines or loading it in dump trucks and so forth.”

Further along the street, a worker operated an excavator and loaded concrete onto a dump truck.

“This gentleman here is getting ready to load the foundation out,” Cheever said. “Right now we are hauling a lot of this to the dump, and some of it we haul to a crushing yard and we can crush the concrete and make new road base out of it.”



Some streets will be removed as well, Cheever said, with the goal of creating a lush green space with trees and grass while maintaining access to homes north of Colyer.

“We are removing all the east-west roads,” he added. “We are putting in a new sidewalk along McCormick. We’ll keep the north-south arteries, so we can still serve the other homes.”

Removing the east-west roadways will require significant work, Cheever said.

“We’ll need to put about eight inches of dirt in here once we remove the roads,” he said. “So we’re constantly, what I call, mining the dirt and re-grading, shuffling the dirt around and such.”

The underground infrastructure like plumbing, will remain, Cheever said.

“We’ll cap in place,” he said. “We work with DPW (Directorate of Public Works) and design and engineer specific caps in certain spots. Those caps are for sewer and water lines. If we eventually rebuild then we’ll move it.”

The long term plans for the area are not known.

“Someday, there will probably be something built there,” Cheever said. “We don’t know what or when but someday there will be something built there.”

# Aviation company certified by Fort Rucker

By Will Ravenstein  
1ST INF. DIV. POST

Members of Company F, 2nd General Support Aviation Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division, were certified on their mobile radar system Aug. 16 after repairs were made to the unit.

“We had to change out what is called the inclinometer,” said Staff Sgt. Ashlar Olson, radar operator 2-1 GSAB, 1st CAB, 1st Inf. Div. “Basically it tells the altitude and helps narrow in to aircraft. We changed out one. That didn’t solve the problem, so we switched out the other one. When switching out two, we are mandated to do a flight check. This is where an aircraft does a precision approach.”

The Columbus, Ohio, native said a team from Fort Rucker, Alabama, assisted with the certification in a Cessna C-12.

“(The plane) has its own system installed to monitor us,” he said. “They do their own approach while we give them the approach and we coordinate the numbers. Their system is dead on and they are seeing how far off, or close, we are. By adding on a new inclinometer, the radar is pretty much (factory reset) and it has to be tuned to the system.”

Aug. 16 was the culminating event with the Fort Rucker team, said Fred Siebe, Douthit Gunnery Complex manager, Directorate of Plans, Training, Mobilization and Security.

“Last week they spent the time surveying out the runway, pinging it, flagging it for where the aircraft approach, landing and turnaround locations,” he said. “Overall, it’s a benefit to the Soldiers. They get a lot better training. That way when they come out and set up their equipment, it is set up correctly without having to second guessing it.”

Siebe said the unimproved airfield, south of Douthit Gunnery Complex on Highway 77 was created thanks to the efforts of former 1st Inf. Div. and Fort Riley commanding general Maj. Gen. Paul E. Funk II.

“Engineers from over at Fort Leonard Wood, Missouri, before they shut down their operations over there, built this with all troop labor,” Siebe said. “This landing strip is now Air Force and Army certified. The Air Force is who has been using this strip the most, now the Army is starting to see the benefit of actually having the landing strip. It’s overall beneficial to the Soldiers; they are getting hands on for the aircraft entire movements.”

With the opportunity to train and work in the field the aviation, Soldiers were able to get a feel for their job in a tactical sense, Olson said.

“It actually gets you a feel for your job tactical wise,” he said. “It’s kind of like a midway to Joint Readiness Training Center, (Fort Polk, Louisiana), in my opinion. You’re actually out doing your job in the field. It doesn’t have to be a whole company level or battalion level event. We can come out here for anybody.”

The recertification is also a chance for the aviation Soldiers to build readiness as it allows them to stay current on how many live aircraft they work with to obtain their personal qualification, Olson said.


“So, in order to maintain currency, every six calendar months we have to do 10 approaches per person,” he said. “Five can be simulated in a Federal Aviation Administration authorized simulator, we have one at our company that we can use. The remaining five, if we can’t come out to the field to get them, we go to Marshall and grab them.”

This can be completed with either fixed-wing aircraft — planes — or rotary-wing aircraft — helicopters.

Though the aviation battalion has a Letter of Agreement with Marshal Army Airfield to operate their tower to maintain readiness, the time in the field allows the operators the opportunity to complete more tasks, like recalibrating the radar after setup is complete.

“At an actual fixed base you don’t have to do recalibrations,” he said. “Every time I move this system I have to recalibrate the entire airfield — that’s usually a 2 ½ or three hour process. You go around with the Defense Advanced GPS Receiver and get grid coordinates, have to shoot azimuths and everything like that. At a fixed base, it’s already done for you. You just show up and control. It’s different but the job is basically the same.”

## FORT RILEY HOUSING RESIDENTS PET POLICY



Only cats, non-aggressive breeds of dogs, caged animals (such as birds, hamsters, guinea pigs, rabbits, etc.) and fish are allowed in on-post housing.

Authorized number of pets is per the Corvias Resident guide, pending Army policy revisions currently under consideration.

No pets are authorized in barracks.

For more information see the Corvias Resident Responsibility Guide:

<http://riley.corviasmilitaryliving.com/residents/resident-responsibilities>



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# Automated meal entitlement system, food trucks, to improve Soldier dining experience

Story and photo by Joe Lacdan  
ARMY NEWS

WASHINGTON — The Army is phasing out its manual meal card system after decades of use. Soldiers will be able to sit down to eat sooner at dining facilities across the Army as the service fully transitions to its new automated meal entitlement code system next month.

According to Henry Jackson, Food Program manager for Fort Riley's Logistic Readiness Center, "Soldiers will be able to use either cash or a new Common Access Card that has a special chip. The Card readers that can read that chip are set to be installed by mid-October, and we plan on going live about Nov. 1."

Soldiers who receive basic allowance for sustenance money will pay as usual; Soldiers who used to use the old meal cards, however, will benefit because they will be able to access dining facilities quicker, eat then move on with their duties, Jackson said.

The new system was developed by the Army's Software Engineering Center and is aimed at making it easier for Soldiers, especially those who served with large units, officials said.

"(The new system) will ultimately speed them through the line at the dining facility," said Jack Skelly, chief of the Food and Field Services Branch, Army G-4, at the Pentagon.

The Army actually began its pilot program in the fall of 2017 at three locations, including Joint Base Myer-Henderson Hall, Virginia; Fort Gordon, Georgia; and Fort Bragg, North Carolina. In January 2018, the Army began implementing the program at other installations as well.

The new automated meal entitlement management system will not just impact Soldiers living in the barracks and eating at the dining facility. Even Soldiers receiving basic allowance for subsistence who are on temporary duty, special missions, institutional training or deployments will have a code for meals placed on their CAC.

"It will impact every Soldier," said Larry Lock, chief of Military Compensation and Entitlements. "What we're trying to do ... is give commanders an efficient, effective system to account for a member's meal entitlements."

The Army's meal card system dates back to the World War II era, though tweaks have been made over the years, Skelly said.

The old system often caused delays DFAC lines and presented an obstacle for Soldiers participating in large training exercises. Soldiers would have to manually sign into a written log after entering a DFAC or get checked into a log upon leaving. The automated configuration will also reduce errors.

"That's a very antiquated and labor-intensive program," Skelly said.

A smoother dining experience will help Soldiers focus on missions and training, he said, adding it falls in line with guidance set by Secretary of the Army Mark Esper.

The automated meal system is part of a larger push to remove manual mandatory tasks to headquarters and below elements of the Army, so units can focus on readiness and training, Skelly said.

When National Guard and Army Reserve units are mobilized, Soldiers from those units will benefit from the convenience as well, Lock said. Commanders will also be able track whether Soldiers are receiving their due entitlements.

**MOBILE DFACS**

In addition to automation of dining facilities, the Army will also soon roll out a "culinary outpost" for Soldiers. Food trucks with menu items prepared at Army dining facilities will service some Soldiers in garrison.

"Soldiers can't always get back to their dining facility," Skelly said. "So we're taking (the dining facility) to them."

With the food trucks, Soldiers will enjoy a menu of healthy options. Healthy options might include an "Asian bowl," with an option to choose white or brown rice, for instance, Skelly said.



**Spc. Mary Calkin, a member of the Washington state National Guard, takes a plate of food at the Freedom Inn Dining Facility at Fort Meade, Maryland. The Army will transition from the old paper meal card system to an automated meal entitlement code system by Oct. 1.**

The menus will also feature sandwiches, wraps, salads, fruit and lean beef burgers.

"All menus are designed to be healthier," Skelly said. "It's extending our feeding options."

The food trucks will be manned by three to four Soldiers and will feature a standardized menu, Skelly said. The location of food trucks and their status will be updated on an installation's social media pages, and unit commanders will also have

the option to specially request mobilization of a food truck.

Skelly said the program is in the pilot stage and the Army has been testing food trucks at Fort Stewart, Georgia, and Fort Carson, Colorado. Also this month, food kiosks are scheduled to open at Fort Stewart's Marne reception station and at Fort Carson.

Skelly said more of the kiosks are expected to open in indoor, high-traffic ar-

as that have high concentrations of troops. These could include headquarters buildings, reception stations and locations that formerly housed dining facilities.

The kiosks will be manned by one to two Soldiers who will serve hot food and frozen entrees. The kiosks will also include a beverage station.

*Additional information about Fort Riley was provided by Andy Massanet, 1st Inf. Div. Post.*

## Fort Riley Commissary announces new hours

DECA

Starting Sept. 1, the Fort Riley Commissary will be adjusting its hours to better serve customers and operate more efficiently. The change will eliminate the Early Bird hours and maintain the regular operation: Monday through Saturday, 9 a.m. to 8 p.m.; and Sunday, 10 a.m. to 6 p.m.

"Resources used during the Early Bird hours will be redistributed during our main business hours to better serve the commissary patrons, associates and business partners respectively," said William Rasco, Fort Riley Commissary officer. "In addition, this change will align the commissary with the Main Exchange to streamline post traffic and present a more meaningful shopping experience."

Visit [www.commissaries.com/shopping/store-locations/fort-riley](http://www.commissaries.com/shopping/store-locations/fort-riley) for more information.

## Army to pay for law school for qualified officers

By Gail Parsons  
1ST INF. DIV. POST

The Office of the Staff Judge Advocate General is accepting applications for the Army's Funded Legal Education Program. On Fort Riley, the contacts are Capt. Simon Chung and Capt. Pace Jawarski, both of whom are lawyers today because of the program.

"This program gives opportunity for officers in different branches such as infantry, armor or engineering to go to law school on the Army's dime," Chung said. "After the conclusion of law school, they will take the bar in whatever state they want to go with. Then they will switch over to the JAG Corps and serve as judge advocates in the Army."

Applicants make a commitment to the Army for two years per one year of law school. Typically, law school is three years, which means following the school, Soldiers are required to serve an additional six years, Jawarski explained.

"The entire time through law school, you maintain your active-duty status; meaning you're getting paid essentially to go to school," Jawarski said.

When he made the decision to apply for FLEP he was serving as an armor officer and deployed as an S-3 Operations officer on a Security Force Assistance Team. Chung was also deployed when he went through the application process.

"I was deployed to Afghanistan when I did my Law School Admission Test," he said. "After I came back from Kandahar, for six months between acceptance and (when

law school (started), I was deployed to Korea."

When he applied, he came in barely under the cutoff for years in service.

Interested officers need to have more than two years in the Army, but less than six. Chung said he was just over five years.

Both officers said they know, through their own experience, it is possible to go through the entire application process when deployed.

"I took the LSAT, The Law School Admission Test, which is one of the requirements for your packet, in Kandahar in their Field Education Center," Chung said. "I had to pay a little bit more to get them certified as a testing site. They had a proctor there to administer it. I did my Staff Judge Advocate interview with the SJA that was deployed in Afghanistan."

**APPLICATION PROCESS**

Chung and Jawarski recommend the first step interested officers take is to review the Army Military Personnel Message 18-081 and Army Regulation 27-1 to determine if they are eligible for the program.

Once eligibility is established, seek out a SJA who went through FLEP and ask them about the program and the SJA Corps.

"This is a lot of dedication to the JAG program," Chung said. "You've already invested so much time in the Army and now you're transitioning to the JAG Corps to serve as a JAG. So make sure this really is the right program for you. If you want to just be a lawyer, there are other routes to go. Get out

of the Army and go to law school."

There is more to being an SJA than just being a lawyer, they said. People need to be fully prepared. As they research to see if it is something they truly want to do, they can also start learning about the Corps.

"Learn something about the JAG. Learn what we do," Jawarski said. "Know what the six disciplines are — the legal disciplines that we practice. You may be interested in law school. You may be interested in being a lawyer, but that may not coincide with being a JAG because there are different areas of law on the civilian side. Talk to lawyer. Figure out what law school is about. Figure out if you are going to be able to be successful in law school — if you can pass the bar exam."

As an officer started the process, they will need to take the LSAT and have an interview with an SJA, but meanwhile, they should continue to do their job to the best of their ability because they will need the full support of their chain of command — without it, they won't get far, Chung said.

"From what I've been told, they are looking for the whole package — good undergraduate, good GPA, good LSAT scores," Jawarski said. "It just has to be good, not necessarily great — good evaluations, good recommendations, good SJA recommendations from the interview."

**WHY CHOOSE FLEP**

Everyone will have their own reasons behind wanting to be an attorney. Chung and Jawarski both came at it from different angles.

Jawarski's father is retired Army and told him about the

program so it was in the back of his mind as a possibility.

"I've always been interested in law, going back to grade school, and we did a mock trial of Goldilocks and the Three Bears," he said. "I was the prosecutor. I made (Goldilocks) cry on the stand under cross examination."

Chung was in Afghanistan when he heard about FLEP from one of the lawyers who was over there with him.

"While I was deployed, my job was to look for improvised explosive devices," Chung said. "We were route clearance and while we were out there, we would see these (bombs) and we would ask the locals, 'Why are these bombs out here?' And they'd say, 'Oh, I'm just mad at my neighbors and I wanted to kill his donkey.' That was their justice system — no rules, no laws. I thought, 'This seems very wrong.'"

He then learned that some of the lawyers who were stationed there were actually trying to build a justice system for Afghanistan, which impressed him.

"They were trying to build a legal system," he said. "That's not a typical lawyer job, but as an Army JAG, you get to go to different countries and try to build up the system. I thought that was a very unique mission and I thought that would have way more impact than just driving around looking for bombs the whole year."

While their paths to the SJA Corps were different, they shared their appreciation for the position they are now in and realize some Soldiers may have a slightly skewed idea

See **LAWYERS**, page 6

## Our bad

The 1st Infantry Division Post recently reported incorrect times for the closure of the Trooper Access Control Point. The Trooper ACP will be closed Sept. 4 through 24. The times of closure each day will be 7 p.m. to 5:30 a.m. the next morning. The Post regrets the confusion.

**FORT RILEY ACCESS TRUSTED TRAVELER PILOT PROGRAM**

Valid DoD card holders can bring guests with a government issued photo identification card on post without stopping for visitors' passes.

**FOR DETAILS VISIT**  
[HTTP://WWW.RILEY.ARMY.MIL/UNITS/GARRISON-COMMAND/EMERGENCY-SERVICES/ACCESS-INFORMATION/](http://www.riley.army.mil/units/garrison-command/emergency-services/access-information/)

## SUMMER SAFETY tips

### HEAT SAFETY FOR FAMILIES

To avoid heat injuries this summer, the Kansas Division of Emergency Management advises following these safety tips:

- Stay out of the heat as much as possible. Limit outdoor activities until the cooler part of the day.
- Cover your skin with lightweight, light-colored clothing that reflects heat and sunlight.
- Pay attention to your hydration status and be sure to drink plenty of fluids.
- Sunburn reduces your body's ability to dissipate heat, so if you must work outside for an extended period, use sunscreen and drink plenty of water to avoid dehydration. Make sure there is someone available to check on you.
- Keep a close eye on children and check on elderly neighbors. Watch for signs of heat-related illness, such as sunburn, dehydration, heat cramps, heavy sweating, weakness, skin that is cold and pale or hot and dry and high body temperature.
- Call 911 for suspected heat-related emergencies.
- Heatwaves become more dangerous each day they continue. The cumulative effect of the excessive heat on the body leads to more cases of heat-related illness and death. You can save a life by getting someone into an air-conditioned room for just an hour or two.

KDEM officials suggest having a plan for where your family can go if there is a power outage. Many communities offer cooling centers, or consider a trip to the movies, a mall or the library if you know someone who does not have a working air conditioner in their home.

### HEAT SAFETY FOR PETS

To protect your pet from extreme heat:

- Ensure outside pets have water and plenty of shade. Bring pets inside for cooling breaks during the hottest part of the day.
- Check on pets frequently to ensure they aren't suffering from the heat. If you're gone during the day, ask a neighbor to check on them.
- Don't leave your pet in an enclosed vehicle. A car's internal temperature can reach dangerous levels in just a matter of minutes. A car's interior may go from 80 degrees to 99 degrees Fahrenheit in as little as 10 minutes. In 20 minutes, it can reach nearly 120 degrees. After an hour, it's at 123 degrees.

For more information, contact the Garrison Safety Office at 785-239-2514. To learn about safety across the installation, visit [www.riley.army.mil/units/garrison-command/safety/](http://www.riley.army.mil/units/garrison-command/safety/).

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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.

FUTURE PROJECTS

CHECK APP FOR MORE DETAILS

Caisson Hill Road Repair, 1st Division Road to Normandy Drive. Work is to be performed Aug. 20 to 30, during normal working hours.

Starting Aug. 20 the following will be closed from 7 p.m. to 5:30 a.m.

Trooper Drive from the Apennines roundabout to east of the roundabout at Normandy on Aug. 20 through Aug. 24.

Estes Road from Normandy Drive to Graves Street on Aug. 22 through Aug. 24.

The Trooper ACP will be closed Sept. 4 through 24 from 7 p.m. to 5:30 a.m.

South Korea rotations give Soldiers deployment, cultural experience

Story and photo by Sean Kimmons  
ARMY NEWS SERVICE

DAGMAR NORTH TRAINING AREA, South Korea — Not even a year in the Army, Pvt. Sadearious Purce was tasked to drive one of the world's most powerful vehicles in a foreign land.

Behind the controls of an M1 Abrams tank, the 18-year-old tanker and other Soldiers in his 3rd Infantry Division armored unit are learning vital skills within a semi-deployed setting.

In a recent exercise as part of his unit's nine-month training rotation, Purce breached a simulated minefield with the tank's plow, creating a safe passage for other tanks.

"Even if I make a mistake, I learn from that mistake," Purce, of Madisonville, Kentucky, said of the constant drills. "It gives me better driving experience."

As for how the 60-something-ton vehicle handles? "It's like driving a beast," he said, smiling.

Purce's unit — the 1st Armored Brigade Combat Team, which had completed a National Training Center rotation in the Californian desert before deploying here — currently serves as the lead rotational unit assigned to the 3rd Inf. Div.

As the Army's only permanently forward-stationed division, 3rd Inf. Div. has turned to rotational units since 2015 to strengthen its mission on the Korean Peninsula.

The rotations supplement its forces with an ongoing supply of well-trained Soldiers fresh out of combat training centers and home station training. It's also an opportunity to train up newer Soldiers, like Purce.

At any given time, there are about 4,000 U.S. Soldiers on a rotational basis that fall under 3rd Inf. Div. While the majority of its ground combat power comes from an armored brigade, the division also receives artillery, aviation and other assets through rotations.

"Every rotational unit that arrives is really at the cutting edge of readiness," said Col.



A pair of M1 Abrams tanks from 3rd Infantry Division's 1st Armored Brigade Combat Team roll along a dirt path after breaching an obstacle during an exercise at the Dagmar North Training Area, South Korea, June 1. As the Army's only permanently forward-stationed division, 2nd Infantry Division has turned to rotational units, such as the 1st ABCT, since 2015 to strengthen its mission on the Korean Peninsula

Andrew Morgado, the division's chief of staff. "Once they get on (the peninsula), we continue their training evolution and keep getting them better prepared for what our missions are here."

While talks of peace develop between the U.S. and North Korea, the division continues its work to deter aggression and maintain stability on the peninsula.

"It's a tremendous opportunity just to do basic Soldiering," Morgado said of the mission here. "You never have to really think about why you're here or what your purpose is — you understand that."

The pace of the training, which is often carried out in austere field conditions, also prepares Soldiers for what they may see one day on a battlefield.

"It's really benefitting them to see what it's like to come to work every single day and have a mission," said Capt. Ryan McCullough, one of the brigade's company commanders.

Being thousands of miles from their home at Fort Stewart, Georgia, has also made 1st ABCT Soldiers more focused on those missions.

"There's definitely the distraction of being away from your family, but there is an added benefit on the training

side of that," McCullough said. "We know we're here to train and we're here to support and strengthen the alliance."

That alliance is something the brigade's Soldiers see firsthand with the KATUSAS, who are assigned to their tank crews. KATUSAS, short for Korean Augmentation to the U.S. Army, are part of the South Korean army who work primarily with U.S. Soldiers.

For Pfc. Thomas Deegan, a 23-year-old loader in a tank crew, interacting with the KATUSAS has been a cultural learning experience. Originally from Chicago, Deegan has never traveled outside the U.S. until this mission.

"You form a bond with them outside of work, which is great," he said. "It only makes you stronger at the end of the day. It also increases the bond we currently have with South Korea."

The brigade's current rotation has also marked a historic return for the 3rd Inf. Div. It is the first time Soldiers with the 3rd Inf. Div., patch have served on the peninsula since the division fought there during the Korean War.

In that war, the "Rock of the Marne" division had 13 Medal of Honor recipi-

ents, received eight Battle Stars, and were awarded a Presidential Unit Citation by South Korea.

To be able to train near those former war sites where their brethren once fought was not lost on McCullough and his unit.

"It's really amazing to be here and so close to some historic places and battlefields," the captain said. "My Soldiers have had the opportunity to see where some of the biggest battles happened during the Korean War."

"We can add this experience to our unit's heritage," he said.

Now in his third time being stationed in South Korea, Morgado said he has found personal satisfaction in coming back to the peninsula and supporting the Korean people. He hopes all Soldiers in the rotational units will realize their impact on the mission.

"They are an important link in the chain of our alliance," the colonel said. "When their tour is done, whether they are here on a rotational basis or part of the standing forces here, they have made an active and positive contribution to the alliance — and that is pretty powerful stuff."

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Who can serve as a sponsor for visitors?	Active Duty military, dependents age 18+, retirees and DoD Civilian professionals - DoD ID card holder driving a vehicle	Eligible ID card holder riding as a passenger	Contractor with DoD ID card containing green stripe	Driver under the age of 17	Other passes such as installation passes or U.S. Dept of Veterans Affairs
	YES	NO	NO	NO	NO
How many visitors can I sponsor?	One Vehicle with 7 or fewer guests	One Vehicle with 8 or more guests	A 15-passenger Van full of guests		
	YES	NO	NO		
Where can my guests go?	Any non-restricted area when accompanied by the sponsor	Into restricted areas with or without escort	Any location unescorted by the sponsor		
	YES	NO	NO		
Who is required to show a government issued photo ID?	Anyone 16 years of age or older	Anyone under the age of 16			
	YES	NO			
What form of ID must guests provide?	Government issued photo ID cards for residents of states and territories	U.S. Passport	Foreign Passport	ID cards issued by non-government entities such as school, work, etc.	
	YES	YES	NO	NO	

For additional information on the Trusted Traveler Pilot Program — visit <http://www.riley.army.mil/> Click on the yellow "Accessing Fort Riley" button or call DES Security Branch at 785-240-0630.

Story by Mr. Mark Schauer  
ATEC

YUMA PROVING GROUND, Ariz. — If you blink a few times, you'll miss it.

In an arena somewhere in the Western United States, distant mountains on the horizon beyond the metal

fencing, a steer bolts out of a chute and bounds through tawny dirt.

On either side of the now-open chute are men on horses twirling lassos and sending their steeds pounding after the animal. When it's done with speed and precision, the rider on the outside of the steer — the header — casts their lasso around the animal's horns, head or neck and guides it with authority into a hard left turn, giving his teammate — the heeler — a clear shot to lasso the animal's rear legs as they leave the ground in a mighty gallop, immobilizing it.

The best roping teams accomplish it in mere seconds in front of cheering spectators, and a number of U.S. Army Yuma Proving Ground personnel, among them Dale McKay, Augie Olaiz, Reed Rider and Ever Castro, engage in the sport as a hobby — and a way of life.

"It's fun and you're in the moment," said Rider of YPG's Plans and Ops Division, who has won many competitions over the years. "A run might

last for seven to 10 seconds on average, and there's a lot of focus and energy put into those few seconds and getting it right."

YPG Commander Col. Ross Poppenberger is another devotee of the sport.

"It's teamwork," he said. "You have to have a good working relationship with your partner."

Team roping's unique handicapping system allows individuals of all skill levels to participate — headers are rated on a three through nine scale, and heelers on a three through 10 scale.

"Unlike golf, we're handicapped up," explained Rider. "The higher you are, the better you are, with nines and 10s being professionals."

It seems the bulk of the sport's most devoted participants have been around horses and steers for most of their lives, and those here at YPG are no different.

"My grandfather raised quarter horses and I grew up riding, but I didn't really start roping until I was 15 or 16," recalled Rider. "I wasn't very seri-

ous or into it until then."

Poppenberger, who spent his childhood on a farm in Minnesota, also took up riding early, starting with a pony when he was very young. Earlier in his Army career he was a contacting officer at Fort Carson, Colorado, and was sought out by that post's mounted color guard for advice on horse purchases and equestrian gear and services.

"I've been around it pretty much all my life, in one aspect or another," he said.

Prior to being active in the sport, a college-age Poppenberger purchased a practice dummy and poured over books and instructional videos on the subject to perfect his roping technique.

"When I came into the Army, I could afford it and bought some horses. I started team roping while I was at Fort Hood in 1995. I got very involved and serious with it."

He was an avid roper for more than a decade before a deployment to Iraq and subsequent permanent change of station to Washington, D.C.,

See COWBOYS, page 6

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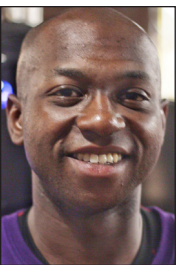
## What is your favorite part about fall and why?



"The cold. Because it's not hot."

**PFC. SKYLER RICHARDS**  
**CATSKILL, NEW YORK**

1st Squadron, 4th Cavalry Regiment,  
1st Armored Brigade Combat Team, 1st  
Infantry Division.



"The environmental changes, like tree leaves."

**PVT. BRYAN CHANCE**  
**ATLANTA, GEORGIA**

5th Squadron, 4th Cavalry Regiment,  
2nd Armored Brigade Combat Team, 1st  
Infantry Division.



"Sweatshirts and bonfires. Who doesn't like sitting around a bonfire and roasting marshmallows?"

**SPC. BRIAN VANPELT**  
**ST. CHARLES, MISSOURI**

1st Combined Arms Battalion, 63rd  
Armored Regiment, 2nd Armored Brigade  
Combat Team, 1st Infantry Division.



"The leaf changes. I just like how they look."

**PFC. NICHOLAS KUDWELL**  
**WALDORF, MARYLAND**

101st Brigade Support Battalion, 1st Armored  
Brigade Combat Team, 1st Infantry Division.



"Knowing that Halloween is right around the corner. It's the only time of year that you can dress up however you want without being judged for it."

**RYAN LEANORD**  
**RIO RANCHO, NEW MEXICO**

Recreational Aide, Warrior Zone

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# Commentary

## SAFETY CORNER

# Canning is traditional fun but can be dangerous

By Dawn Douglas  
GARRISON SAFETY OFFICE

I'll never forget the smell of the kitchen when my grandmother made her famous peach cobbler. Butter, sugar, cinnamon and peaches baking and bubbling while we kids helped my grandfather make old-fashioned, hand-churned vanilla ice cream.

Although we hated picking and preparing peaches, pears, tomatoes and other vegetables for cobblers, jams, jellies, soups and sauces as summer transitioned into fall, we forgot about all the work when we took that first bite of hot peach cobbler and velvety smooth vanilla ice cream. Those were the good old days.

### HISTORY

I'm sure my grandmother didn't know, or care, that in the late 1700s Napoleon Bonaparte offered a fortune to anyone who developed a method of preserving food on a large scale to better feed his armies. Nicholas Appert claimed the prize years later in 1810 and almost 50 years later, John Mason brought the process to the average family with the invention of the iconic, reusable "Mason jar." Like a lot of Americans, canning has been a tradition in my family, past down from generation to generation.

### POPULARITY

In the U.S., probably 1 in 5 households use canning to preserve food. It is a safe, effective, inexpensive and relatively sim-

ple process. Most people can to save money, preserve a harvest, or in many cases, prepare for bad economic times. Probably the best reason that many people still can today is because of the taste. Homemade food just tastes better and it's a lot cheaper!

### DANGERS

However, canning is not without risks. In fact, canning can be deadly.

According to the National Center for Home Food Preservation, many still learn how to can through friends and family and are not aware that some of those methods carry a higher risk for foodborne botulism, a rare but potentially fatal form of food poisoning that has been linked to improperly canned food. The bacteria that causes botulism, Clostridium botulinum, are found in soil and can survive and grow and produce a toxin in sealed jars of food. This toxin can affect your nerves, paralyze you and even cause death. Even taking a small taste of food containing this toxin can be deadly.

### SYMPTOMS

Since botulism is a medical emergency, it is important to know the symptoms. Some symptoms of botulism include double or blurred vision, drooping eyelids, slurred speech, difficulty swallowing, dry mouth, muscle weakness and a thick-feeling tongue.

### STATISTICS

In 2016, the Center for Disease Control and Prevention confirmed 205 cases of botulism. The CDC categorizes botulism for surveillance purposes, as foodborne, wound born, infant and other. Twenty-nine food borne botulism cases were confirmed. Eighteen of the cases occurred in a federal correctional facility in Mississippi from inmates consuming "pruno" or "hooch." The rest of the cases are suspected to be the result of home-canned products.

### SAFETY

According to the CDC, the only protection against botulism food poisoning in low-acid home-canned foods is the heat applied during canning. Using methods that were handed down over generations or using the wrong method can be deadly.

Canning low-acid vegetables like green beans, corn, meat, fish and poultry requires the use of a pressure canner. These types of foods are the most common sources of home-canning related botulism.

Clostridium botulinum grows well and can produce toxin inside closed jars of low-acid foods at room temperature, and you can't always tell by looking. Jars of improperly canned vegetables and meats can contain the deadly botulism toxin without showing signs of spoilage. You can't taste it or smell it, so you don't even know it's there, and it can

kill you. The bacteria must be killed during the canning process for safe storage.

One rule of thumb is, "when in doubt, throw it out." If there is any doubt of safe canning, don't risk eating it.

- If the container is leaking, bulging or swollen, throw it out!
  - If the containers looks damaged, cracked or abnormal, throw it out!
  - If the container spurts liquid when opened, throw it out!
  - If the food is discolored, moldy or smells bad, throw it out!
  - Never taste food to determine if it's safe to eat!
  - Check your pressure canner to make sure it's safe:
  - Ensure the gauges are working properly.
  - Use a recommended pressure canner that holds at least four one-quart jars sitting upright on a rack.
  - Clean lid gaskets and other parts according to the manufacturer's directions.
  - Vent the pressure canner before pressurizing and following recommended cooling steps.
  - Use up-to-date process times and pressures for the kind of food, the size of jar and other methods of packing food in the jar.
- Resources for food preservation can be found at [https://nchfp.uga.edu/publications/publications\\_usda.html](https://nchfp.uga.edu/publications/publications_usda.html).
- For more information, contact the USAG Safety Office at 785-240-0647.

## ASK DR. JARGON

# Staying on top of addressing the first sergeant

### Hello Doc Jargon:

I'm brand new to the Army and I hate to admit this to the other Soldiers in my formation because I don't want to admit that I'm such a newb. If I'm honest, I guess I am a newbie, but I still hate to admit it. Anyway, my question is about the way some of the guys address our first sergeant. They call her "Top."

I'm worried that it might be something disrespectful – except that she seems to take it all in stride like it's normal. Can you tell me what it means

and why our first sergeant is called this?

**Signed,**

### Newbie in formation

#### Dear Newb,

First, never feel bad about not knowing something. Even your first sergeant was a newbie to the Army at one time.

The term, though informal, has some history and is a form of respect. It comes from the acronym for trainer of troops a position that dates back to the Civil War. That same sort of military role can also be traced back to the 17th

century Prussian army. The trainer was traditionally the top enlisted person in the unit.

The term has evolved since the Civil War to one of admiration. You wouldn't use it at a board, but you might use it around the unit or if you see them in the Exchange. It is used only for a Soldier's own first sergeant and only when they have earned great respect from their team.

Today, the first sergeant is the one who looks after the training, equipping and sometimes feeding of the Soldiers in the unit

and the one who solves problems. They make sure needs are met and the Soldiers in their care have everything they need to complete the mission given to the unit. A good one is also looking out for the career progression of their Soldiers and is often a source of wise advice for planning life beyond the Army.

It sounds like your unit must have a good one if she has earned the unofficial title as their TOP.

**Sincerely,**

**Doc**

# The four golden rules of social media operational security

Recently, there has been considerable media coverage about the congressional testimony of Mark Zuckerberg, co-founder and CEO of the social media company Facebook. Zuckerberg testified about Facebook's policies regarding the privacy of their users and how data was shared with a third party during the 2016 election cycle.

While it is important to debate how and what information social media companies share, what has been lost in the discussion is what steps the individual can take to limit the risk they are exposed to when they use social media platforms.

Social media is your billboard to the world and you should contemplate how and what you say. To help you in your efforts here are some golden rules for social media and operational security, or OPSEC.

What follows are the four golden rules of social media OPSEC:

### MAKE IT REAL

The December 2009 Robin Sage experiment that deals with cyber threats revealed how a fake profile can be used to gather personal and sensitive information. It centered on a "white hat hacker" establishing a fake social media profile on several sites using the photo of young woman and fictitious name and then using that profile to establish contacts with DOD and Congressional personnel.

The hacker noted there were intended

victims who attempted to verify Robin Sage's identity by attempting to contact her. Their inability to verify she was a real person and establish contact resulted in the intended victims breaking off cyber contact.

### BE AMBIGUOUS

It is important to limit the details in your social media posts. As an example do not post you were born in Chicago Illinois but post you are from the Midwest. The adversary who is reading your page will not gain any useful information when you limit details. Just remember if you are not comfortable with placing the same information on a sign in your front yard do not put it online.

### TRUST BUT VERIFY

Research the privacy setting associated with the social media platforms you are using. Adjust the setting so just your close friends and family can see your social media profiles. Trust the social media provider to leave your privacy settings alone but verify your setting are where you want them when you log in and log out of your social media accounts.

### ALWAYS ASSUME

Even though you take all the precautions you can it is good to assume that at some point some information is going to leak through the protections you put in place. Keep in mind the Army, Fort Riley

and you have many adversaries who are looking to gain information to facilitate their nefarious activities and they are constantly scanning social media sites for information. Think before you post and always ask yourself if the information would help them and harm the Army, Fort Riley or yourself.

In closing if you every see anyone post information to a social media site indicating they intend to harm you or other do not hesitate to report it to law enforcement immediately. You may even see a person post messages or materials from terrorist or extremist groups and you are also encourage to report this to law enforcement as well.

The Installation Antiterrorism Officer, Installation law enforcement, and the 902ND Military Intelligence detachment, need your help in identifying suspicious behavior to prevent a terrorist attack from occurring on our installation. Remain Vigilant and remember No Mission Too Difficult, No Sacrifice Too Great. Duty First.

If you see any of the above activities call the Fort Riley iWATCH Hotline at 785-239-6767. If you feel it is an emergency, call 911. If you wish to report anonymously use the following link: <http://www.riley.army.mil/Community/iWATCH/Suspicious-Activity-Report/>. All iWATCH reports will be reviewed by installation law enforcement a security personnel.

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# COWBOYS

Continued from page 3

prevented him from keeping active in the sport.

Shortly after taking command at YPG in the summer of 2017, he casually checked out local arenas without discussing his years of experience. He felt that, given his new position, the time wasn't right to purchase horses and re-enter the roping world in earnest. It was a chance encounter with Rider while representing YPG at Yuma's annual Silver Spurs Rodeo Parade earlier this year that finally prompted him to devote more time to his longstanding passion.

"Reconnecting with Reed and these guys, I feel alive again," Poppenberger said. "For me, it's not about money, it's about the camaraderie and the community. It's yet another aspect that I love about being in Arizona."

Castro has seen a great deal of success as an amateur and still dreams of being able to rope professionally.

"I started roping here in town in a little backyard arena with my dad and his buddies and just got hooked," the Yuma native explained. "Everyone starts doing it for fun, but you have to do it every day to get good. We're the crazy guys who rope year-round, even when it is 120 degrees outside."

Castro has won as much as \$80,000 in a single competition, competing against 600 teams from all over the world, and in excess of \$100,000 in a single year. His fastest time ever was under five seconds. So why hasn't he quit his day job to pursue roping on the professional circuit?

"You can't win all the time," he said with a smile. "That's the hard part."

Also, he adds, it takes a lot of overhead to be able to sustain the hobby — hay alone for his 10 horses runs \$100 a week, unless he is able to barter work for hay. Shodding the animals averaged out to another \$100 a week until he learned how to do the job himself.

There is also the risk of injury — several years ago Castro broke his foot when a horse fell on him and was laid up for months.

Regardless of the skill level, number of competition wins, or amount of money won, the sport's true believers can't imagine themselves not participating.

"Some people are crazy about fishing or golf or some other activity that drives them," Poppenberger said. "For me, it's team roping. I could do that over almost anything."

# EMPLOYEE

Continued from page 1

recognized with all three Employee of the Month recipients called up.

Ryan Hall, Directorate of Public Works was named Employee of the Quarter for his work at the water treatment plant.

His nomination read, "In December, Ryan willingly stepped up to meet the need of the installation, which was faced with a shortage of water treatment plant operators due to the extended leave of an operator. Ryan quickly learned the gull complement of plant operations to provide the Soldiers and families, quality drinking water. Without Ryan's help, Fort Riley would not have been able to maintain water treatment operations. During this time, Ryan worked 28 consecutive days to meet the needs of the Installation."

"All I can tell you is, that is the kind of work ethic that we promote," said Jeff Williamson, DPW. "I am amazed at what you did for us, for the water treatment plant. When you turn on that water, you know that you have safe and reliable water."

Five garrison employees were recognized as Employee of the Month nominees for the month of July.

David Easterling, Directorate of Human Resources was awarded the title.

"Easterling has been running the suicide prevention shop for over 18 months unassisted," the nomination read. "He was recently invited to showcase our program at a suicide prevention program managers course at Installation Management Command."

Comments made by the IMCOM coordinator about Easterlings contributions to the course were the reason for his nomination.

"He's put in a lot of effort to get the Fort Riley program recognized Army wide," Aaron Harrop, Army Substance Abuse Program manager said. "Surely, what they did by inviting him to the Suicide Task Force meeting and again this month — he is heading for the same thing — means they think a lot of our program and a lot of him. I can't say enough of nice things about him."

Easterling is now eligible for the Employee of the Quarter award which will be handed out in several months to close out the fiscal year.

Other awards presented included Kelley Paskow, Plans, Analysis and Integration, who was presented a letter of appreciation for hosting the Army Stationing and Installation planning training March 6 through 8.

Heather Wilburn, DFMWR, for her performance while serving as the DFMWR chief of marketing, Fort Riley, received an Achievement for Civilian Service award.

Chap. (Maj.) Kent Coffey received the Army Commendation Medal.

"This guy right here was wearing the hat of about six different people at one time, doing duties around Fort Riley," Col. Stephen Shrader, Fort Riley Garrison Commander, said. "The fact that he was wearing six hats and doing the job he was, this is well deserved. If I could give you more than that I would and I look forward to seeing all the great things you're getting ready to do for the installation."

# LAWYERS

Continued from page 3

about the role of an SJA officer, including some who may be considering FLEP.

"People see lawyers in JAG and they think we don't do the normal Soldier activity," Chung said. "Don't think you're going to stop doing PT. And expect to fill roles as needed, just like the Army. You're not going to come in and demand a job that you want. Be a flex player."

Jawarski agreed, adding SJA officers take great pride in being dual professionals — Soldiers and lawyers.

"Our office PT average is a 263 or 273," he said. "Which is higher than most line units. We don't just take off at 2 p.m. every day like some folks may think. I think if someone is looking for an easy street route, this program is not for them."

Despite the workload, Chung and Jawarski said they are glad they put forward the effort because of the personal rewards they get from it.

"I am challenged every day," Jawarski said. "I am constantly

learning that in the role of a lawyer you are like a sponge — constantly picking up ... I'm challenged every day to be a better advocate and have a much stronger knowledge base. Every day I am learning something and that may not be true in your basic branch."

For Chung, the reward is being able to help Soldiers or the Department of Army civilians with whatever legal issues they have.

"They can turn to this office with whatever it may be," Chung said. "Some loans (have) gone bad, a landlord-tenant issue — just knowing that we are helping out the Soldiers, and for me right now as a prosecutor, advising commanders and first sergeant and leaders who are taking care of these Soldiers. They'll call me up any hour of the day, 'My Soldier got a DUI what do I do?' Being able to advise and knowing that they can rely on me, I think that is a satisfaction for me."



Courtesy photo  
U.S. Army Yuma Proving Ground employee Ever Castro prepares to heel a steer in the 2015 World Series tournament that netted him a cool \$80,000. Castro has roped in small local tournaments since he was 12 years old, and aspires to rope professionally

## GARRISON AWARDS CEREMONY

1: Ryan Hall, Directorate of Public Works, accepts his Department of the Army Certificate of Commendation after being named Garrison Employee of the Quarter Aug. 17 from Col. Stephen Shrader, garrison commander, and Command Sgt. Maj. Andrew Bristow II, senior noncommissioned officer.

2: David Easterling, Directorate of Human Resources, was named Employee of the Month for July.

3: June's Employee of the Month was Melody Hardesty, Directorate of Family and Morale, Welfare and Recreation.

4: Kelley Paskow, Plans, Analysis and Integrations Office, received a Installation Management Command letter of appreciation from the director of IMCOM's G3/5/7.

5: Heather Wilburn, DFMWR, received an Achievement Medal for Civilian Service.

Will Ravenstein | POST

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## CONFERENCE

Continued from page 1

complicated training virtually, before an evaluation or costly live-fire exercise, is important for many reasons, said Patrick Lynch. Fort Riley’s MTC computer-based training expert and gaming lead.

Lynch is responsible for guiding Soldiers through game-based training experiences such as collective tasks like driving a Bradley or flying a Black Hawk, or in individual tasks like land navigation. He sees first-hand the importance of focusing on duty specific skills in a controlled environment before releasing Soldiers into the field.

“The best way to look at this is: there are procedures that need to take place when you do complicated tasks,” Lynch said. “This type of training environment, a synthetic training environment, allows you to rehearse those procedures at little to no cost over and over and over so the procedural part is understood. When you go out into the field you’re not rehearsing the procedural part. You’ll understand that. So you’re able to execute more efficiently and therefore get further in training.”

The further training is beneficial to individual Soldiers and their units, but also to the Army and Department of Defense.

According to Ruhl, the Army’s mission has been changing over the last several years from a counterinsurgency focus to decisive action which Ruhl described as maneuvering across large open spaces or fighting mobile warfare; retraining Army forces in MTCs is critical for a strong national defense.

Aside from the National Training Center at Fort Irwin, California, The Joint Readiness Training Center, Fort Polk, Louisiana, and Fort Riley, there are no military training facility for U.S. forces capable of supporting brigade-level, live-fire exercises anywhere in the world and for units located overseas, preparing for, coordinating with and getting to NTC is an immense undertaking both physically and financially, said Joe Jurkovic, military analyst at the National Simulation Center at Fort Leavenworth.

“One thing that the MTC does that you can’t do in the field, because there is no piece of ground big enough, is when you do your division and above exercises — division, corps, Army or your bigger joint exercises with other services or even other countries. Because there isn’t a training area big enough to put an entire division out on the ground, turn on the radios and do a division size mission,” he said. “The only way that you can train the division, corps, Army staffs and the joint staffs is to bring them into a mission training complex and then use computers and simulations to simulate a pretend battle or a pretend fight somewhere else in the world.”

Lynch said reliable and effective communication has always been a struggle to coordinate, especially when combining ground forces with air support. By training pilots side-by-side with tankers and forward observers in a simulation, many of the technical barriers are overcome allowing the eventual live exercises to be more productive.



Kimberly Green | POST

**Sgt. Dykota Lynch, Headquarters and Headquarters Company, 1st Attack Reconnaissance Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division, runs through real-world convoy scenarios with his 1st CAB Soldiers in the Warrior Skill Trainer at the Mission Training Complex Aug. 15.**

“Nine times out of 10, the problem is communication,” he said. “I think that’s true in everything that we do ... that can’t be any more true than in the military.”

Mary Kathryn Barbier writes in her article, “George C. Marshall and the 1940 Louisiana Maneuvers,” that, in 1941, the U.S. was preparing to enter World War II, and the largest military exercise in U.S. history was being planned. Barbier writes that during the months of August and September, more than 450,000 troops were sent to Louisiana. The objective of the exercise was to create a realistic war environment that challenged commanders to communicate with one another and organize their troops to react to air attacks while also fighting an opposing ground force. The exercise exposed a U.S. military not ready for battle. Communication was a barrier to effective maneuvering of so many troops and artillery at one time and the Army recognized the need to continue to improve their warfighting games and Soldier skills, according to Barbier.

Although the Army’s training methods have changed since the Louisiana Maneuvers, the intent hasn’t. Mission training complexes now allow the Army to engage in virtual, full-scale exercises that involve multiple units from anywhere in the world in real time, Jurkovic said.

### BETTER TRAINING THROUGH VIRTUAL

Benefits of virtual training to Soldiers and units goes beyond creating large scale drills. Being able to train Soldiers in a virtual environment allows commanders to build the simulation to meet the needs of their Soldiers and adjust them to represent changing threats.

“Another big advantage of a synthetic training environment that we create is the complexity of the scenarios,” Lynch said. “Short of the Joint Readiness Training Center, Joint Modernization Command and National Training Center, and even to be honest those can’t create, without the assistance of simulation, as complex an environment as you can in simulations. We can just create more. If you go out into a live environment, you couldn’t afford to bring in the amount of people to have a whole city of people interacting with movement. So, if we want to do convoy training and they’re rolling through a congested city, that’s a complicated task. Rolling a con-

voy through a city that has no restriction on travel except for its local civilians is very complicated. You can’t replicate that. And nobody wants to go to downtown Junction City and replicate that. You couldn’t do it.”

### WHY USER CONFERENCE IS IMPORTANT

Joel Williams, director Joint Base San Antonio Training Complex, was one of the attendees this year. His MTC is different from others in that it is the only MTC dedicated to the U.S. Army Medical Command. Williams said the chance to visit Fort Riley affords him the opportunity to understand how the 1st Infantry Division, one of the Army’s fastest deploying divisions, works.

“I get to cohort with my peers,” he said. “I get a chance to understand how they do business, they get a chance to understand how I do business.”

The transparency among MTCs is an important component because as Williams explains, “For example, Fort Campbell — Bill Robins says, ‘Joel, I’ve got a brand-new medical unit and I don’t know anything about the Army’s Medical Communications for Combat Casualty Care. MC4 is medical command and communications for the medical community that is not considered to be a mission command system but still has to be able to interact within the same war fight. That’s my excellence. Now, I share with him scenario, architecture, database and give him an understanding of how to support medical units in his area, and so that kind of relationship works.”

Williams said that meetings like the user conference are essential pieces instructors and directors need to develop and maintain effective, relevant training centers Army wide. He said the most beneficial part of this year’s conference was sharing each of their best practices.

“When I come here, I understand how you would build training directly for the warfighter, and then that best practice has to come to those of us who are in the sustainment community who say, ‘How do I support that warfighter who is going to war with my medics, with my defense support to civil authorities, with my Army — because it is one team, one fight always,’ he said, “I cannot support any differently if I don’t know how my warfighters are fighting. And so, I have to roll with the same best practice that all the other MTCs are using.”

## SPECIAL RECOGNITION

Chap. (Maj.) Kent Coffey receives the Army Commendation Medal from Col. Stephen Shrader, U.S. Army Garrison Fort Riley commander, Aug. 17 in front of the garrison headquarters building. Shrader said, “This guy right here was wearing the hat of about six different people at one time, doing duties around Fort Riley ... If I could give you more than that I would and I look forward to seeing all the great things you’re getting ready to do for the installation.”



## MEDIC

Continued from page 1



Sgt. Elizabeth Jones | 19th PAD

**Sgt. Kaleb Richardson and Sgt. Blaire Ring of Reynolds Army Health Clinic, Fort Sill, Oklahoma, complete the 12-mile ruck march Aug. 17 at the Regional Health Command-Central Best Medic Competition, held at Fort Riley. Richardson and Ring won the RHC-C Best Medic Competition and will move on to compete in the Army Best Medic Competition at Fort Sam Houston, Texas, and Camp Bullis, Texas, Sept. 15 to 20.**

medical field, they have got to be ready for anything at any point in time.”

Sgt. Blaire Ring, Reynolds Army Health Clinic, Fort Sill, Oklahoma, a medic originally from Midwest City, Oklahoma, competed for the first time in this year’s event. He expressed how realistic mili-

tary training and this competition are invaluable experiences for Soldiers.

“You learn how you react under stressful situations and lack of sleep, lack of food, lack of energy and lack of hydration,” Ring said. “It is a good way to gauge where you are in those types of situations.”

Ring and his teammate, Sgt. Kaleb Richardson, a native of Murrells Inlet, South Carolina, and also from Reynolds Army Health Clinic, were the winners of the RHC-C Best Medic Competition. The two will compete for the title of Army Best Medic at Fort Sam Houston, Texas.

## COMPETITION

Continued from page 1

winner will move on through the FORSCOM competition, Gadberry said.

“Once they leave here, the regional health command teams, will then compete on the MEDCOM level,” he said. “That will then move onto the Army level. For the 1st Infantry Division, they will move on to the FORSCOM level then of course move up. The two teams that win here can theoretically see each other again at the overall Army competition.”

To add additional stress to the competitors, the scores were withheld from the teams, Snell said.

“We are not giving the competitors any information as far as their scores,” she said. “They do not know who is winning or losing. If they know, it starts to impact

how they do the competition. They know if they are toward the end of the pack it could affect their effort level. It also adds an element of surprise and mental stress.”

Gadberry stated the observers-controllers did not have any knowledge of the scores either to avoid unintentional influencing of Fort Riley and IACH teams.

The teams and individual Soldiers had to zero and qualify their M4 or M9, take a written exam, participate in an obstacle course, conduct land navigation — day and night, and more.

At the end of the competition, the IACH personnel hope that the competitors learned from their time on Fort Riley and had fun.

“First and foremost, I

hope they had fun,” Gadberry said. “It’s been a very fun and challenging event for them, so I hope they take that back and say, ‘We went as competitors. We lost but we had an absolute blast doing it.’ That will encourage others in the future to want to do this.”

For Snell, she hopes they take back lessons learned about themselves and the medical field to train Soldiers at their duty station.

“They can take it back and show their Soldiers that they can push themselves harder than they realize,” Snell said. “They can also take back the skills that they gained here and teach those to their Soldiers as well.”

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Command Sgt. Maj. Ricardo Gutierrez, Irwin Army Community Hospital, pushes a 10-pound weight bag through the mud Aug. 18 during the Custer Challenge. The event featured six obstacles spread over a 2½-mile course at the Outdoor Adventure and Travel Center.

## ONE ‘TOUGH MUDDER’

Nearly 60 competitors test abilities during first Custer’s Challenge at Outdoor Adventure

Story and photos by Will Ravenstein  
1ST INF. DIV. POST

Fort Riley’s Directorate of Family and Morale, Welfare and Recreation staff hosted the first-ever Custer’s Challenge Aug. 18 at the Outdoor Adventure and Travel Center.

The 2 ½-mile course followed the walking path around the facility while featuring six obstacles that tested competitors strength, endurance and ability to adjust.

“For MWR, this is the first time we hosted a true ‘Tough Mudder’ type event,”

### CHALLENGING COURSE

- **Custer’s Challenge** at the Outdoor Adventure and Travel Center was a 2 ½-mile course following the walking path around the facility. It featured six obstacles, including a hatchet throw, a javelin throw, two walls and two mud pits.

said Craig Fitness Center facility manager Mark Bacon. “They actually did something similar to this a couple of years ago, which the military had a little

bit more input in. For the MWR, this is the first true ‘Tough Mudder’ event we’ve hosted.”

The course featured challenges like a hatchet throw, javelin throw, two walls and two mud pits — one of which the racers had to low crawl through — all while holding on to a weighted medicine ball or bag.

“That was a facet that we did not advertise,” Bacon said. “We wanted it to be a surprise and make a true ‘Tough Mudder.’ So, we left that facet out, just to in-



Staff Sgt. Roco Verde, Headquarters and Headquarters Company, 1st Infantry Division Sustainment Brigade, carries a 20-pound weighted bag out of the low-crawl station at the Custer Challenge Aug. 18.

crease the personal challenge of the entire course.”

With nearly 60 competitors, the DFM-WR staff was excited to see the turnout despite the relative short notice for the event, said Mike Uden, facility director at Robinson Fitness Center.

“(We’re) very excited, this is way more than we thought would sign up,” he said.

“This is part of our life fitness — fitness is a lifestyle. It is something that will give me training for Best Ranger or Best Medic next year. I figured that once I’m in the bottom of the pack, it’s time to retire. I’m still up here, so I have a couple more years left.”

**COMMAND SGT. MAJ. RICARDO GUTIERREZ**  
IRWIN ARMY COMMUNITY HOSPITAL

“This is amazing that we’ve had this kind of turnout. Especially for something this challenging; we were worried that we would have very few. We actually have twice the number we thought.”

Sgt. 1st Class Jeremy Morris, 1st Infantry Division Band, said that he was happy to see an event like this on Fort Riley.

“It’s pretty cool; I’m glad they are doing stuff to bring people in to see the new Adventure Park they put in last year and just stoked to see something like this on Fort Riley,” he said. “I’ve done ‘Tough Mudder,’ ‘Spartan Race’ and one other kind of local thing in Phoenix and the Marine Corps Mud Run in Dallas. I’m kind of an aficionado.”

Morris said he doesn’t necessarily train for events like this but admits that his six-days-a-week workouts help him for whatever challenges await but he also expected it to be fun.

See TOUGH, page 13

## Program to target civilians’ wellness

Performance Triad offers people ways to follow good habits

By Gail Parsons  
1ST INF. DIV. POST

Tranche Seven of the Performance Triad started Aug. 20 with a full class and a few people on a waiting list.

Fitness Coordinator Ken Roynon said two of those on the waiting list are from Irwin Army Community Hospital, which soon may have its own P3 program.

He said IACH used to have one, but changes in personnel resulted in the program falling by the wayside. However, with people showing interest in it now, they are working to reinstate it.

The program is an opportunity for civilian employees to have three hours of admin time per week to devote to a trio of health and wellness topics — sleep, exercise and nutrition.

The six-month program starts with a Bod Pod body analysis. Bod Pod is a machine that takes measurements including weight, height, body mass and cholesterol. The analysis is repeated halfway through the program and again at the end as a measurement of one’s progress.

For the first five weeks, participants go to Whitside Fitness Center to attend classes over their lunch break on Mondays, Wednesdays and Thursdays. After those five weeks, they will have a 30-day pass to attend any of the classes offered at the gyms for free.

“The goal with the fitness portion of it is to try to get folks to see that exercise is not as bad as they might think it is,” Roynon said. “Lots of people think that you just have to run 5 miles or lift a hundred pounds and that’s not necessary.”

Exercise class can be dance, yoga, Bodypump — there are many options. The idea is to get them going to the gym enough so that when the six months are over, they have experienced the benefits and want to continue.

### A GOAL IN MIND

Each person has their own reasons for attending and their own personal goals to meet. The first hurdle for some was simply signing up.

Andrew Massanet, public affairs specialist garrison Fort Riley, had considered signing up last time P3 was offered, but succeeded in talking himself out of it.

“This time when I got the opportunity I jumped at it,” he said. “It’s free. We’re going to get professional advice for free and there’s no reason not to take advantage of that.”

See TRIAD, page 13



Cycling instructor Sarah Ruhle changes the movements to a standing position as she leads a class Aug. 14 at Whitside Gym. The class has several tempos throughout the hour to keep the muscles activated.

## Cycling classes one method to healthier body

Instructor: Making people comfortable helps class succeed

Story and photo by Gail Parsons  
1ST INF. DIV. POST

Someone looking to burn calories, increase cardio and build muscle tone might be interested in checking out one of the cycling classes offered on Fort Riley.

These classes are especially good for people who need a high-intensity, low-impact workout, said cycling instructor Sarah Ruhle.

“It is very low impact to no impact,” she said. “When we’re seated, there is no impact and when we are up out of the sad-

“You want to make sure you always have a nice neutral spine, that you are always nice and light on the handlebars — if you start gripping on the handlebars, you take power away from your legs.”

**SARAH RUHLE** | CYCLING INSTRUCTOR

dle, the impact is very minimal because you are going with a nice fluid motion.”

Like any exercise, proper form is paramount to prevent injury. Ruhle said the first order of business when starting a cycling class is to set the bike up properly for the individual. Once the class starts she watches each student to ensure their form remains correct throughout the class.

“You want to make sure you always have a nice neutral spine, that you are always nice and light on the handlebars — if you start gripping on the handlebars, you take power away from your legs,” she said. “The big thing is good alignment between hips, knees and toes — just nice straight lines. I’m constantly telling them throughout the class ‘watch

your feet.’ You’ve got to have nice flat feet and not point your toes.”

Sometimes, she’ll give a blanket statement to the entire class to remind them about form. Other times, she will make eye contact and use discrete hand gestures to tell them to straighten the feet or sit up straight.

“I don’t like to point somebody out directly,” she said. “I feel like that is intimidating to people.”

Ruhle said she understands that part of getting people into the class and having them return is to make sure they don’t feel intimidated or uncomfortable. After having been in the classes for six years, three of those as an instructor, she has some idea about what it takes

for an individual to get the most out of an hour of cycling.

At first she was interested in attending a cycling class.

“I had a personal trainer who told me every Tuesday and Thursday was going to be my cardio,” she said. “I very begrudgingly did it and fell in love with it.”

She tells new members to give it three to five tries, because after the first class, people are likely to be sore.

“Things are going to feel weird,” she said. “A lot of people come in with the misconception that it’s just like riding an outdoor bike and it is nothing like that. You’re asking your body to do something it hasn’t done before.”

See CYCLING, page 10



# FORT RILEY POST-ITS

## BETTER OPPORTUNITIES FOR SINGLE SOLDIERS

**BOSS and Warrior Zone Barbecue** — Come to the Warrior Zone very Friday throughout the summer for mouth-watering barbecue. Begins at 11 a.m. and lasts until the food is gone, so don't be late.

**Warrior discipleship Bible study** — Second and fourth Wednesday, 7 p.m. at the Warrior Zone conference room.

**Your BOSS needs representatives!** To continue the great activities planned and to plan more.

In addition to the fun stuff, BOSS has your back for your career too. Several times each month the group gathers to prep you for your next board.



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Check out the disc golf course, the foot golf course, the climbing wall or zip across the air on the zip line.

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Wednesday — Closed

Thursday through Saturday, 10 a.m. to 7 p.m.

Visit the food truck from 11 a.m. to 1:30 p.m. weekdays and 11 a.m. to 2 p.m. weekends. The snack bar will also be available after the food truck leaves.

Book the family obstacle course and zipline tower online at [webtrac.mwr.army.mil/webtrac/rileycyms.html](http://webtrac.mwr.army.mil/webtrac/rileycyms.html).



## BLUE STAR PROGRAM

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



## DADS MAKE A DIFFERENCE MONTH

Dad's Tea Party gives Fathers the opportunity to engage with daughters and families to build self-esteem. ACS will host a tea party with a dance, arts and crafts and story time.

See you at Riley's Conference Center at 10 a.m. Aug. 25.

## TACO TUESDAY AND PASTA WEDNESDAY

Stop by Riley's Conference Center for lunch 11 a.m. to 2 p.m.

Taco Tuesday features an all-you-can-eat meal with a choice of meat, hard and soft shell tacos, salsa bar, rice, beans, salad bar and dessert.

Pasta Wednesday features pasta main dish, green beans, focaccia and Greek salad.

The buffet costs \$9.95, which includes a drinks. A salad bar only is available for \$5.95. For more information 785-784-1000.

## FORT RILEY REEL TIME THEATER SCHEDULE

**Friday, Aug. 24**  
Mamma Mia! Here We Go Again (PG-13) 7 p.m.

**Saturday, Aug. 25**  
Peppermint (R) 2 p.m. — **Studio Appreciation Advance Screening**  
Blindsporting (R) 7 p.m.

**Sunday, Aug. 26**  
Skyscraper (PG-13) 5 p.m.  
Theater opens 30 minutes before first showing.

For more information, call 785-239-9574.  
Regular Showing: \$6, children are \$3.50, children 5 and under are admitted free.  
3D Showing: \$8  
First Run: \$8.25, 3D; First Run: \$10.25



## MONEY MANAGEMENT CLASSES

Army Community Services staff host a wide selection of classes that can help Soldiers and families alike. Popular are the money management classes will guide you through the world of personal finance. Classes are Wednesday's 9 a.m. and 1 p.m.

Call 785-239-9435 for more information and to register.

## FORT RILEY LEISURE TRAVEL

Discount tickets are available for events in the surrounding area as well as major theme park destinations.

**Great Wolf Lodge — Kansas City Hotel:** Blackout dates apply. Water park 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.

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This service is open to all veterans, service members and their families residing in Kansas.

For more information, visit [www.Kansas.3LeafGroup.com](http://www.Kansas.3LeafGroup.com).

## CYCLING Continued from page 9

Cycling instructor Sarah Ruhle leads a class Aug. 14 at Whitside Gym. The classes are one hour of intense cardio activity, but individuals can modify as needed to meet their needs. Ruhle said making the class fun was a key to success.



Gail Parsons | POST

Kala Blankenship attended her first cycling class Aug. 14 after a couple of friends went to one and told her how great it was. Afterward, as she cooled down, she said she felt like she was ready to tackle the day and definitely plans on going back, even though it was not what she was expecting.

"It was a lot more fun than I thought it would be," she said. "I thought I would be scared or something, but it was a really good workout."

Making the class fun is key to keeping people returning.

Ruhle said she sees cycling as a multi-sensory activity. Although the room is dim, it is not as dark as she would like it, but she has no control over that. She can control the music in the room, which is not a random pick.

She builds her own music profiles for the classes aligning the tone and tempo with the speed and in-

tensity of the cycling movements the class is doing.

She also keeps it cranked up.

"I prefer to keep it loud so you can zen into the music," she said. "I want people to hear that beat and get into it. I have found that once people zen into the music and don't worry about who's next to them, they get the beat and they start to hear it. They start having more fun with it."

They forget about the muscles. They don't hear them-

selves breathing hard or the person next to them — they just zone out and concentrate only on themselves.

When the hour is over, the music goes off and they head back into their lives.

"It's such a great workout," Ruhle said. "It pushes your limits every time you get on that bike. You know you can push yourself harder and harder if you want to, or if you're not having a great day, you can take it a little easier."

## WORSHIP

Protestant Services	
<b>Victory Chapel</b>	239-0834
ChapelneXt 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
Sunday Mass.....	1200
Mid-day Mass— Mon., Wed., & Fri.....	1200
<b>IACH Chapel</b>	239-7872
Mid-day Mass— Tue. & Thur. ....	1200
Jewish Service	
For Sabbath Services please contact the Division Chaplain at 240-6268/910-273-0767.	
Open Circle Service	
<b>Kapaun Chapel</b>	239-0834
Fort Riley Open Circle— SWC	
1st & 3rd Wednesday monthly.....	1800

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\*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**  
785-239-0875

Resumes in Fall

**Protestant Women of the Chapel (PWOC)**  
For more information email [rileypwoc@gmail.com](mailto:rileypwoc@gmail.com) or Facebook "Fort Riley PWOC"  
For more information email [riley@pwoc.org](mailto:riley@pwoc.org)

Resumes in Fall  
Check for Summer Gatherings

**Catholic Women of the Chapel (CWOC)**  
For more information email [fortrileycwoc@gmail.com](mailto:fortrileycwoc@gmail.com) or Facebook "Fort Riley CWOC"

Resumes in Fall  
Check for Summer Gatherings

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

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**PASTA Wednesday**  
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Green Beans  
Focaccia  
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[riley.carmymwr.com](http://riley.carmymwr.com)

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Aug. 25 - 9 am - Noon  
Junction City  
818 N. Washington  
Aug. 26 - 2 pm - 4 pm  
Sept. 9 - 2 pm - 4 pm  
Enroll online:  
[www.batesdancestudios.com](http://www.batesdancestudios.com)





Moms participate in BOGA Yoga during the Kids at School, Moms at the Pool event Aug. 17 at the Custer Hill Aquatic Center. The day was meant to reward hard-working moms with a relaxing spa day.

# Moms spend stress-free day

Pool event lets moms relax to massages, snacks, beverages

Story and photos by Téa Sambuco  
1ST INF. DIV. POST

Fort Riley moms enjoyed the Kids at School, Moms at the Pool event held at the Custer Hill Aquatic Center Aug. 17. The event, lasting from 11 a.m. until 2 p.m., included a variety of stress-free activities for moms, including BOGA Yoga and a relaxing massage offered by Bellus Academy. There also were snacks, hors d'oeuvres and adult beverages for the moms to enjoy poolside.

The day was meant to reward hard-working moms with a relaxing spa day to say, "Thank you," said Hedy Noveroske, aquatics program manager for Directorate of Family and Morale, Welfare and Recreation.

"We've got Bellus Academy out here and they're giving free massages, complimentary services and we've got Riley's Conference Center with all of the hors d'oeuvres and alcoholic beverages," she said.

This is the first year DFMWR has put on a Kids at School, Moms at the Pool event.

"This is the first year, not just for this type of program, but also for serving alcohol in the facility," she said. "This is definitely something we're going to build off of. It's a fantastic idea, and I think that the people that are experiencing it today — they're going look forward to next year."

"The ticket is \$15, and that gets them entry into the pool, a free drink, the hors d'oeuvres, the snacks and everything else," Noveroske said.

She broke down the cost of admission by saying, "A drink is \$5. Daily entry to the pool is \$5 and then the hors d'oeuvres are \$5. Plus, you get the free services that Bellus provides."

Noveroske said that the idea for a mom day initially came about when her assistant, Judy Gardner, and the previous Fort Riley Garrison Commander, Col. John D. Lawrence, brought it to her attention.

"We wanted to really specialize it toward our moms," she added, "to give them a day



The Fort Riley Conference Center provided hors d'oeuvres during the Kids at School, Moms at the Pool event on Aug. 17. Included, was a spinach artichoke dip and refreshing fruits and vegetables.

"I think it's a good thing that moms get to come and relax and spend a day by themselves."

LORA LUNSFORD | MILITARY SPOUSE

without kids, (filled with) appreciation, relaxation (and) just enjoying the day."

Diane Bruce, Bellus Academy, explained the services Bellus Academy offered. Each woman received two cards — one for her and one for a friend. With the card, they could choose either a haircut, a deep conditioning and blow dry, a spa manicure or pedicure, a brow or lip wax, an aromatherapy facial or a back-stress reduction.

Her recommendation was the aromatherapy facial.

"That is a treat," Bruce said. "If someone wants to spoil themselves that is what you get. It's about an hour and 15 minutes long, and it not only includes the facial and mask, but also a neck, shoulder and arm massage. It's wonderful."

Bellus Academy also provided their salon menu for the moms to go home and review.

Bruce said it's "everything that you would find in a full-service salon or spa but at the fraction of a cost because it is done by students. We are ranked the number one beauty academy in all of North America and we're here in Kansas, not Chicago or New York."

While the free massages were a huge hit and helped the moms relax, the hors d'oeuvres also contributed to a peaceful mood.

"We have light appetizers: spinach artichoke, refreshing fruits and veggies, quesadillas and then a cucumber and watermelon water," said Christian Bishop, Riley's Conference Center business manager. "For our bar we are offering piña coladas, mimosas and a couple of other drinks. We're pretty excited as we just started selling the local Liquid Arts cider and we're highlighting the fact that we are bringing the local beer and things to Fort Riley."

"We do catering off site," she said. "Our biggest things we offer are Taco Tuesday and Pasta Wednesday for lunch from 11 a.m. to 2 p.m., and then we do dinner to go on Thursdays. This is a great benefit for working parents; they can call in their order by Thursday at noon and then from 4 p.m. to 7 p.m., on Thursday they can actually pick up their dinner. It's hot and we've got plates and dishes."

Lora Lunsford, wife of Pfc. Trent Lunsford, 1st Squadron,



Moms enjoy a relaxing massage at the Custer Hill Aquatic Center, during the "Kids at School, Moms at the Pool" event held on Aug. 17. The massages were included with the purchase of a ticket and were provided by Bellus Academy.

4th Cavalry Regiment, First Armored Brigade Combat Team, 1st Infantry Division, was a fan of the massages and joked about ending up in the water the whole time during BOGA Yoga.

"I think it's a good thing that moms get to come and relax and spend a day by themselves," she said.

Lunsford said that once word gets out about how fun Kids in School, Moms at the Pool is, more people will come year after year.

## TUESDAY TRIVIA CONTEST



The question for the week of Aug. 21 was:  
Where's my one-stop shop for education services information?

Answer: [www.riley.army.mil/Services/Education-and-Training/](http://www.riley.army.mil/Services/Education-and-Training/)

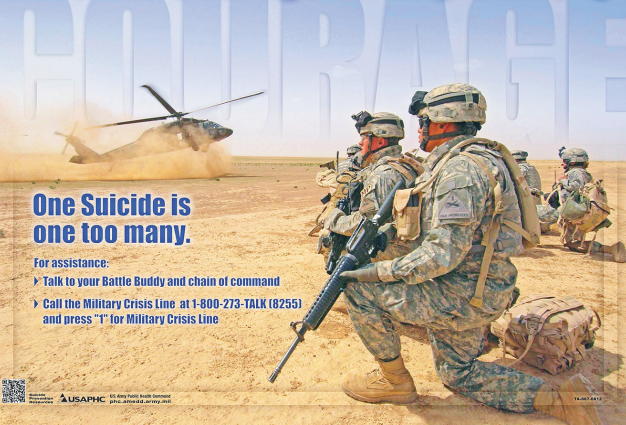
This week's winner is Sgt. J.J. Rader, 1st Squadron, 4th Cavalry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division.

Pictured above are Sgt. Rader, his wife, Valerie, and their son, EJ.

CONGRATULATIONS J.J.!

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# General: Women vital to Army

Annual summit pays homage to women's efforts then, now

By David Vergun  
ARMY NEWS SERVICE

WASHINGTON — History is replete with inspiring examples of female Soldiers who served, said the Army's vice chief of staff.

"Today, women are a vital part of the strength of our Army," said Gen. James C. McConville, who spoke Monday on Capitol Hill as part of the 10th Annual U.S. Army Women's Summit.

The general said a female inspired him very early on in his own career. That woman, Gale O'Sullivan Dwyer, was his classmate during high school in Braintree, Massachusetts. Coincidentally, McConville and Dwyer both entered the same class at the U.S. Military Academy at West Point, New York, he said.

At the time, McConville acknowledged that he had some challenges going through the academy. It was Dwyer who inspired him to persevere, he said, describing her as a little over five feet tall and about 100 pounds but "tough as nails."

"She had tremendous character and resilience, was extremely smart and super physically fit," he said. "She motivated me every day by her presence."

Dwyer later wrote a book with the fitting title: "Tough As Nails: One Woman's Journey Through West Point."

Throughout his career, McConville said he's seen "hundreds of formations with women, motivating Soldiers left and right."

The vice chief of staff provided another account of a female Soldier who inspired him. When he was a brigade commander in the 1st Cavalry Division in Iraq in April 2004, he said he got a call from the 1st Armored Division, saying that enemy fighters were on the verge of overrunning a small outpost in Najaf.

Fortunately, McConville said he had a team of Apache helicopters available, led by Chief Warrant Officer 2 Cindy Rozelle, outside of Baghdad. The helicopter team launched, arrived at Najaf in about 35 minutes, and came in shooting, he related.

"I don't recall any of those Soldiers whose lives were saved talking about her gender," McConville said. "They were just happy to be alive."



Photo Courtesy of U.S. Army  
**Gen. James C. McConville, vice chief of staff of the Army, spoke about the contributions of women to the Army at the 10th annual U.S. Army Women's Summit, themed "Army Women: Lead, Network, Grow," March 12, on Capitol Hill, in celebration of Women's History Month.**

## HALL OF FAME INDUCTEES

The 10th Annual Hall of Fame induction ceremony followed. The U.S. Army Women's Foundation recognized women who distinguished themselves in service to America. Inductees included:

- **Brig. Gen. (Ret.) Anna Mae Hays** (posthumous), served as an Army nurse overseas during World War II and led the Army Nurse Corps at the height of the Vietnam War. In 1970 she became the first woman in the U.S. armed forces to attain the rank of brigadier general.
- **Maj. Lisa Jaster; Capt. Kristen Griest; and 1st Lt. Shaye Haver**, are the first women ever to successfully complete the U.S. Army's Ranger School.
- **Sgt. Heather L. Johnsen** (1996); **Sgt. Danyell E. Wilson** (1997); **Staff Sgt. Tonya D. Bell** (1998); and **Sgt. Ruth Hanks** (2017), all served as Army Sentinels at the Tomb of Unknowns.
- **Maj. Gen. (Ret.) Pat Hickerson**, who paved the way for women serving in the U.S. Army and in ways that had previously been unheard of.
- **Brig. Gen. (Ret.) Malinda Dunn**, an Army judge advocate.
- **Command Sgt. Maj. (Ret.) Evelyn Hollis**, the first African-American female command sergeant major of a combat arms unit.
- **Col. (Ret.) Pat Jernigan**, an Army women's advocate who aided in the preservation of the history and stories of Army women.
- **Chief Warrant Officer 4 (Ret.) Petrice McKey-Reese**, who served for 30-year as a parachute rigger, and the first African-American female to ever be designated a rigger warrant.
- **Barbara Scroggin**, the first female All-Army Women's Boxing champion.
- **Chief Warrant Officer 5 (Ret.) Mary Cara Smalley** (posthumous), a pioneer for women aviation officers, and the first female regular Army warrant officer and aviator to achieve the rank of chief warrant officer 5 in 1995.
- **Lt. Col. (Ret.) Yvonne Doll and Ruth VanDyke**, co-authors of the "Guardians of Peace" series.

## RECENT MILESTONES

McConville listed some recent achievements made by women in the Army:

- Last year, Simone Askew became the first African-American woman to hold the position of First Captain of the U.S. Military Academy's Corps of Cadets. Askew

was also selected as a Rhodes Scholar.

- Last fall, six women earned Expert Infantry Badges during testing at Fort Bragg.
- By the end of 2017, more than 600 female Soldiers were in infantry, armor and artillery positions that were only recently opened up to women.

"Today, women are a vital part of the strength of our Army."

**GEN. JAMES C. MCCONVILLE**  
U.S. ARMY  
VICE CHIEF OF STAFF

- Today, every infantry, armor and artillery battalion in every active-duty brigade combat team has women assigned — up to hundreds in some BCTs.
- 10 women graduated from Ranger School.
- 17 percent of the Army or 174,000 Soldiers, consists of women. That number approaches the active-duty end strength of the Marine Corps.

## TALENT MANAGEMENT

Now that all military occupational specialties are open to women, it's more important than ever that the Army knows how best to identify and use the talent it has in its workforce.

McConville said that talent management is about putting the right person in the right job at the right time. Another part of talent management, he said, is "leveraging the strength of diversity." Women are an important part of that diversity, he said.

Unfortunately, the Army's current personnel management system focuses on just two factors: rank and military occupational specialty. That's a very incomplete picture of Soldiers, each of whom has a unique set of knowledge, skills, abilities and aspirations, McConville said.

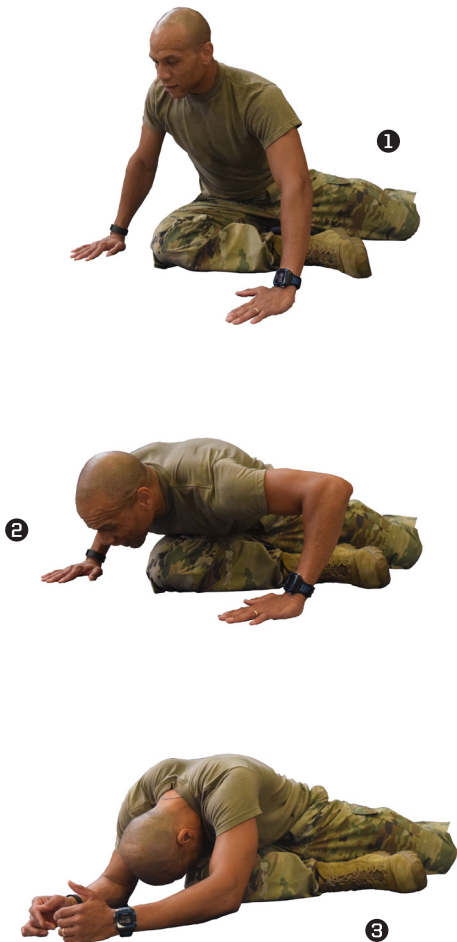
He added that the Army wants to manage Soldier talent using as many as 25 variables. Examples of those variables include language skills and foreign experience.

The Army is now getting ready to field the Integrated Personnel and Pay System - Army, which will, among other things, allow the Army to document a much wider array of talent than what it currently does. A pilot program in one of the captain's career courses used this talent management approach, McConville said.

The first phase of IPPS-A will be fielded by the Guard this fall and in the active and Reserve components next year, he said.

Getting this done right is important, he emphasized. "The Army is about people, its most important weapon system." He added that when done right, a talent management system that works will encourage good people to stay in the Army.

## FORM MATTERS



## HURDLER STRETCHES

After a good lower body work out, it is important to take time to stretch all the muscle groups that were worked.

Public Health Nurse Capt. Eddie Murray said the hurdler stretch is effective for the hamstring.

1. Start with one leg extended behind you and one leg folded at the knee so the foot comes in toward the opposite thigh
2. With palms flat on the floor reach your torso over the bent knee
3. Lower you head as lay your forearms on the ground, hold this pose for 30 seconds, repeat on the opposite side.

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- ✓ Vaccines will help keep you healthy.
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- ✓ Vaccines are as important to your overall health as diet and exercise.
- ✓ Vaccine-preventable diseases are expensive.
- ✓ Vaccination can mean the difference between life and death.
- ✓ When you get sick, your children, grandchildren and parents are at risk, too.
- ✓ Vaccines are safe and effective.
- ✓ Your family and coworkers need you.

• To reach the Allergy/Immunology Clinic at Fort Riley's Irwin Army Community Hospital, call 785.239.7613  
• For more information about National Immunization Awareness Month, visit [www.cdc.gov/vaccines/events/niam.html](http://www.cdc.gov/vaccines/events/niam.html)



**2018**

**DADS MAKE A DIFFERENCE MONTH**  
**STRONG DADS Challenge**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Step 1: Take a photo of Dad & Kids doing ANY activity together Step 2: Send photos to: <a href="mailto:dads@rileymwr.com">dads@rileymwr.com</a> or tag the Fort Riley Parenting Facebook page or hashtag #10MDM Step 3: Win cool prizes and fun family time! Submit photos NLT Sept. 5	1 Tell your child how much you love them	2 Star gaze with your child	3 Show Mom respect by helping around the house	4 Go for a hike	5 Play a game of catch	6 Build a fort with blankets
7 Bake your favorite cookie	8 Check out a book at the library	9 Do a science project together	10 Play hide and seek	11 Free food & fun! Dad's Outdoor Adventure: 10am-2pm Adventure Park	12 Create an obstacle course	13 Start a rock collection
14 Do an art project together	15 Learn a skill together	16 Read a classic book together	17 Do something your child enjoys	18 Be spontaneous - have a water balloon fight	19 Be artistic together	20 Plant something together
21 Create a family tree	22 Share your favorite childhood memory	23 Share with your child a difficult obstacle you overcame while growing up	24 Play dress up	25 Dad's Tea Party: 10am-noon, Riley's Conference Center	26 Go fishing	27 Tell your child how much you love them
28 Silly/serious interviews (Take turns asking questions)	29 Write an encouraging letter to your child	30 Teach your child about charity	31 Teach your child values (inner/outer beauty, integrity, money)			

**August is Dads Make a Difference Month. The Family Advocacy Program is encouraging fathers to build stronger relationships with their children.**  
  
To do so, we are giving away a grand prize, the **Fort Riley's Strong Dad of the Month Grill Package** which will include a grill, chairs, coolers and utensils.  
  
**TO ENTER**  
**1. Take and submit a photo of you and your children doing any activity together. Need an idea? Check out the calendar above or any local community activity or event!**  
**2. Send the photo to [dads@rileymwr.com](mailto:dads@rileymwr.com), tag the Fort Riley Parenting Facebook page or hashtag #10MDM. The more photos you submit increases your chances at winning!**  
  
Photos must be posted/received by September 5 in order to qualify for the Fort Riley's Strong Dad of the Month grand prize.

**Featured Events**  
**OUTDOOR ADVENTURE DAY**  
**August 11, 10am-2pm • Outdoor Adventure Park**  
Opportunity for fathers to engage with children and families doing outdoor activities, such as: paintball, archery, and family ropes course. Free food and giveaways provided.  
  
**DAD'S TEA PARTY** "Every Princess Needs a Superhero"  
**August 25, 10am-Noon • Riley's Conference Center**  
Opportunity for Fathers to engage with daughter's and families to build self-esteem. ACS will host a tea party with a dance, story time and arts and crafts activities.

**INFO: 785-239-9435**



TRIAD

Continued from page 9

He hopes as he goes through the program he will get help changing the way he thinks about exercise and nutrition — and subsequently lose a few pounds.

Massanet knows where his problem lies and what caused it.

“I started gaining weight when my wife passed away 3 1/2-years ago,” he said. “I consoled myself with food and I shot up from about 240 all the way up to 275 pounds. I need to manage my weight. I need to eat better.”

Having made this realization, he started working on the nutrition component and said he’s already feeling better for it.

“I’ve been eating more protein and cutting back on carbohydrates, especially the simple carbohydrates like rice and bread,” he said. “But I love bread. I love bread, rolls, bagels — you name it. I love it. That’s the toughest part. I just can’t eat that kind of stuff anymore.”

He has also found that the vegetables aren’t the “bland, yucky thing that we think they are.”

If they are seasoned correctly, they can be quite good. He also shared one trick.

“I eat them first,” he said. “I put two vegetables on my plate and I eat them before the meat.”

Although he is now learning how to prepare healthy meals, he had a foundation for it from his marriage. Elise, he said, did most of the cooking. But as a Type I diabetic she had to watch her food intake carefully. “She had very restrictive dietary needs,” he said.

While he expects to learn more about nutrition, he be-

lieves that portion of P3 will be much easier than the exercise component.

“I am in terrible physical shape,” he said. “The hardest thing I see coming up is the fact that I am so far out of condition that it’s going to be a struggle getting back to even a minimum level of conditioning where I can do certain things.”

“The cardiovascular conditioning — yeah that’s going to be a challenge — where I’m going to have to ramp up my heartbeat, ramp up my breathing and get that kind of conditioning. That’s going to be the toughest.”

His goal is to lose at least 25 pounds and feel better.

“If I can be 250 pounds or less, it will have been worth it,” he said. “That’s my goal right now. If I can meet that goal and I’m still in P3 and I’m still going forward that would be great.”

He knows, in order to lose the weight and keep it off, he needs to change his health and wellness lifestyle and reverse some of the bad habits he has taken on over the past few years.

“My job keeps me at my desk. So I need to make sure I get more exercise,” he said. “I have also learned that you’ve got to treat food as fuel. I was using it to comfort myself, but you can’t do that with food. You have to do that with other means, whether that’s being with friends, getting out and exercising or maybe seeing a therapist, you can’t comfort yourself with food and that’s the thing I was doing for a long time.”

TOUGH

Continued from page 9

“I train six days a week, probably three or four days at the gym, then go and do sprints,” he said. “I don’t actually do these functional movements. I figured I would come out here, try it and have fun, and try not to hurt myself. That’s really all I’m going for.”

Command Sgt. Maj. Ricardo Gutierrez, Irwin Army Community Hospital, finished first overall in the event and at 43 years “young” he feels he still has more he can do.

“This is part of our life fitness — fitness is a lifestyle,” he said. “It is something that will give me training for Best Ranger or Best Medic next year. I figured that once I’m in the bottom of the pack, it’s time to retire. I’m still up here, so I have a couple more years left.”

He admitted the course was challenging in it’s own way, but wished there had been a more technical section to challenge him.

“It was challenging. I wish there was maybe another obstacle that you could use technical skills on it,” he said. “Instead of muscling your way through it, which is fine for me, but I think I would have struggled with something more technical.”

For husband-and-wife duo Jessica and Capt. John Graham, 1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team, 1st Inf. Div., it was about having fun together.



Will Ravenstein | POST  
**Members of 1st Battalion, 7th Field Artillery Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, post for a team photo after completing the Custers Challenge Aug. 18 at the Outdoor Adventure and Travel Center.**

“It was so much fun,” Jessica said. “I’ve done a couple of half marathons this year but this was so much fun. It was a lot shorter so I had to adjust on that end. They (the obstacles) were fun, especially crawling through the mud and having my husband put his (muddy) hand on my face.”



Jessica Graham

Jessica was smiling as she finished with her husband proudly wearing the mud on her face.

For John, the obstacles provided just enough chal-

lenge to make the event fun.

“I think they were just right,” he said. “There was a lot of variation and things we could do. It was just a blast all the way around. It’s a really great event. Overall, really well put together event.”

With the large turnout the coordinator said they will look at adding more challenges and obstacles next year when the Custer’s Challenge returns.

“I love the amount of people that showed up for this. If we can tweak a few of the obstacles then it

would be even better,” Unden said. “It came together really nice. I think we have just the right amount of obstacles with the medicine ball. I think that it will make it very challenging. Then we will get feedback once everyone is done and get an idea if it was too hard or not hard enough to tweak it for next year.”

Bacon summed the event up when he said, “I think it’s the perfect opportunity to challenge yourself. In all the events we do there really isn’t that facet. This is going to test your speed, willpower, agility and your heart.”

Fort Riley - Central Kansas Chapter



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# Social media in military community can risk overall security

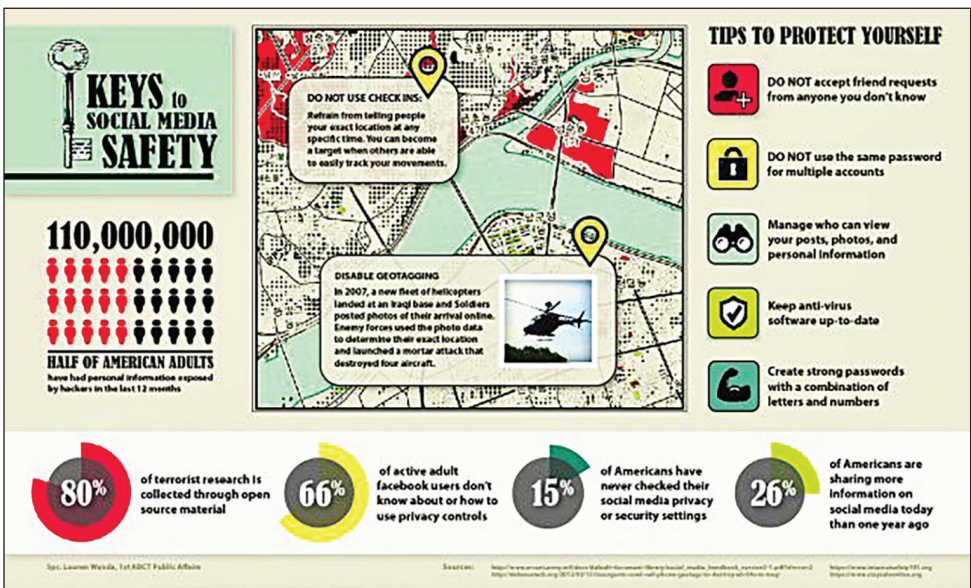
Stay safe on social media to avoid operational security issues

By Abigail Kelly  
ARMY NEWS SERVICE

Social media plays a significant role in everyday life, especially for military families. It helps them learn information about their next duty station and stay connected to the family and friends they leave. At the same time, the tool is also used by terrorists to seek out individuals and information.

Therefore, it is essential to follow Army regulations on social media use and protect operational security because if members of the military community put too much information online, and violate operational security, the safety of service members and their families can be at risk.

According to the Army's webpage detailing information regarding social media use, operations security is "the process by which (individuals) protect unclassified information that



Graphic Courtesy of U.S. Army

Vihn Cayton said it is not necessarily service members who are the problem. It is usually their loved ones.

"Our biggest violators are actually family members," he said. "They are putting stuff on there that they shouldn't be putting on social media. The majority of the Soldiers are trained. It is just them taking it to explain to the family."

Cayton explained that family members violate operational se-

curity on social media when they give out too much information on topics such as major events and deployments such as the date, time, location and mission.

"(For example, a family member will post) 'hey he's coming on this date, this is the flight he is on, I am going to meet him at the airport,' or 'my husband/wife is getting ready to deploy with the unit and they going to wherever doing this,'" Cayton described.

Following these rules is essential for the military community because even when one believes their security settings are private, and only friends can see their posts, that is not always the case, especially when other people start to share content.

"Once information is posted or uploaded onto a social networking site, it should no longer be considered private," stated the Army's Antiterrorism Awareness for Social Media Pocket Guide.

The Criminal Investigation Command also noted that when things are posted online, they never really go away.

"Once something is posted on a social networking website it can spread quickly, and no amount of effort can delete it," Criminal Investigative Detachment stated in a 2014 release.

Cayton said for service members and families, he works to help reduce the risk and challenges from social media.

"We can't say (to family members) what you can and what you can't (post online)," he said. "It is what you should and shouldn't (post). One of my responsibilities (is to) try to get you to that proper training, so you know what you are doing."

**VOLUNTEER-VOLUNTEER-VOLUNTEER-VOLUNTEER-VOLUNTEER**

Volunteers are a vital part of any community, especially at Fort Riley, KS. There are many places to work and a wide variety of positions available. Some of the following organizations have limited childcare reimbursement available. Please feel free to use these contact numbers as a point of reference when you are ready to make a difference in the Fort Riley Community, or call, Jane Brookshire, AVCC at 785-239-9974/9435 for more details.

Army Community Service	Jane Brookshire	239-9974
Army Family Team Building	Jane Brookshire	239-9974
American Red Cross (All Medical/Dental/Vet)	Jane Brookshire	239-1887

**DEMWR ACTIVITIES**

** Adventure Park		239-2363
** Arts & Crafts Bldg 6918	Marilyn Paras	239-9328
**Auto Skills Shop Bldg 7753		239-9205
**BOSS Program 7867 Normandy		239-2677
**Custer Hill Bowling Center Bldg 7485	Nicole Fountain	240-3591
**Child & Youth Services Bldg 6620	Danitta Brantley	239-4759
**Teen Center 5800 Thomas Dr	Danitta Brantley	239-4759
** Youth Sports Bldg 6620	Brittany Glascock	239-9223
**Gyms		239-2573
** Ft. Riley Library 5306 Hood Dr		239-5305
**Outdoor Recreation	Travis Engle	239-2271
**Warrior Zone Bldg 7867		240-6618

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Habitat for Humanity	811 N. Washington St. Junction City	238-3126
	727 Poyntz Ave. Manhattan	537-7545
Salvation Army	308 Poyntz Ave. Manhattan,	539-9399

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Jefferson Elementary	717-4550
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Directors of Religious Education	Roxanne Martinez	240-1443

To volunteer at Chapels listed below contact Directors of Religious Education  
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Victory Chapel Normandy Chapel Hospital Chapel Chapel Watchcare  
Protestant Women of the Chapel (PWOC)  
Catholic Women of the Chapel (CWOC)

[rileypwoc@gmail.com](mailto:rileypwoc@gmail.com)  
[fortrilevcwoc@gmail.com](mailto:fortrilevcwoc@gmail.com)

Please contact your Battalion for Family Readiness Group volunteer opportunities.

07/26/2018

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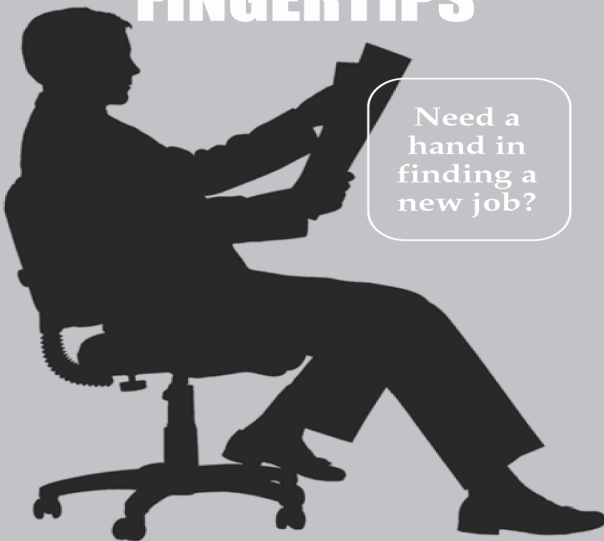
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2	7	4						3
					4			8
	9		3					7
		2				1		
8			1	6				
7		3	5					2
6								4
	2	9	8					
	8				3			9

Level: Advanced

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Last Sudoku's Answers

9	5	2	8	7	4	3	6	1
8	1	3	5	6	9	2	7	4
6	4	7	2	3	1	8	5	9
2	3	9	7	1	6	4	8	5
4	7	1	3	5	8	6	9	2
5	8	6	4	9	2	1	3	7
1	6	4	9	8	7	5	2	3
3	9	8	1	2	5	7	4	6
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### Help Wanted 370

The City of Ogden, Kansas is accepting applications for the full-time position of Maintenance Worker I. Responsible for assisting in the overall maintenance of the city. Benefits include vacation/sick leave, health/dental insurance, KPERs. Pre-employment drug screen will be conducted along with background check. Must possess and maintain valid Class B Kansas Commercial Drivers License within 60 days of hire. Must possess and maintain valid Class II Water License within 30 days of hire and Wastewater License Class I within 21 months of hire. Job description available upon request. Applications are available at City Hall, 222 Riley Avenue, Ogden, KS 66517. Position open until filled.

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Applications are available from Clerk of the District Court, Geary County Courthouse, 138 E. 8th St., Junction City, KS OR may be obtained off the internet by going to www.kscourts.org/Court-Administration/Jon-Opportunities/default.asp and clicking on the "Application for Employment" link under Human Resources. Deadline: Friday, September 7 by 4:00 p.m. The Kansas Judicial Branch does not discriminate on the basis of race, religion, color, sex, age, national origin or disability, EEO/AA

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### Help Wanted 370

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### Help Wanted 370

### NEWSPAPER & ONLINE

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### DO YOU HAVE:

- An outgoing personality?
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- Self-motivation?
- Good communication skills? (written & verbal)
- Media Sales Experience? (not required)
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- Successful Sales Track Record?
- Time Management Skills?
- The ability to multi-task?

Our organization publishes newspapers in Junction City, Wamego, and Manhattan. We also publish the *1st Infantry Division Post* on Ft. Riley. Additionally, we publish two annual magazines and three websites providing news and information to the area.

### WE PROVIDE:

- Salary plus commission
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Send resume and cover letter to:

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**THE DAILY UNION.**

222 W 6th Street • Junction City, KS 66441  
EOE

No Phone Calls Please

## REPORTER NEEDED



The Junction City Daily Union has an immediate opening for a reporter who can build sources and dive into local issues. Duties include general assignment, feature writing, coverage of local government boards and copy editing.

The successful candidate will have sharp reporting instincts, outstanding news judgment, an ability to report and write quickly in a fast-moving atmosphere. A curiosity about the community and its people is vital.

This person must have the ability to work productively in a team setting.

The person must be aggressive and adept at setting priorities and reordering them as needed, particularly under deadline pressure or as circumstances change. The person should have strong writing and editing skills, and experience with Multimedia journalism is a must. We use video and social media to tell our stories.

Send resume with references and writing samples to Editor Shane Ersland by email at [editor@jcdailyunion.com](mailto:editor@jcdailyunion.com) (put reporter position in the subject line)





# Travel & Fun in Kansas



Spc. Shell heads to Hutchinson next week to check out all the activities happen as they get ready for the Kansas State Fair.



A popular spot to stop when coming onto or leaving Fort Riley is Engine 6072 next to the Exchange Shoppette on Huebner Road.

Photos by Kimberly Green and Tea Sambuco | POST

★ AUG. 24, 2018

HOME OF THE BIG RED ONE

PAGE 16 ★



A family hangs out on the ropes course at Outdoor Adventure Park and Travel Center.



A Sherman tank is one of many armored vehicles outside the Cavalry Museum next to the Cavalry Parade Field.



Sometimes it just best to relax poolside at the Custer Hill Aquatic Center

## STAFF REPORT

Vacationing and day trips doesn't have to mean doling out lots of money and traveling long distances. Right here on Fort Riley, Soldiers, families and visitors have many opportunities to get out of the house for several hours of fun. Before booking a hotel room or pulling out onto the highway, take a look at what Fort Riley has to offer. Visiting Fort Riley is great for those unexpected days off or as a mini escape over lunchtime.

### THE OUTDOOR ADVENTURE AND TRAVEL CENTER

Fort Riley's Outdoor Adventure and Travel Center on Custer Hill offers challenges for everyone from single Soldiers to entire families. The park opened in 2017 and has been creating days full of adventure ever since.

The park has a zipline, an Odyssey high ropes course, a disc golf course, batting cages, a family ropes course, a rock wall, paintball, a footgolf course, archery lanes, yard games, a putting green and fitness paths.

One-day passes are \$5 and admission includes access to footgolf, disc golf, archery, putting green, climbing wall, fitness paths, 15 minutes in the batting cages and paintball, according to the Directorate of Family and Morale, Welfare and Recreation's website.

The park is open every day of the week from 10 a.m. to 7 p.m., except for Wednesdays. It is also available for private parties.

For more detailed information on age and height restrictions, as well as pricing for individual events visit [riley.armymwr.com/programs/outdoor-recreation](http://riley.armymwr.com/programs/outdoor-recreation).

### CUSTER HILL AQUATIC PARK

When looking for fun in the sun, look no further than Fort Riley's very own water park. The Custer Hill Aquatic Park next to the Custer Hill Bowling Center opened in 2017 with a 15-foot water climbing wall, a three-meter high dive, a fast-moving water channel, 30-foot double slides and a water basketball goal. For the serious swimmers, three lanes remain open for lap swimming.

Custer Hill offers many activities for the younger or less experienced swimmers. The zero-depth

entry zone into the 50-meter swimming pool is ideal for young children and new swimmers as it allows for a gradual entrance into the pool and provides a safe place to splash. A spacious, separate baby pool, fenced off from the main pool area, offers a shaded wading pool with a toddler-friendly sized yellow duckie slide. The park also has a large splash pad area with water cannons and a bucket dump.

Cabanas can be rented for parties and outside food and drink are allowed. Lifejackets are always available to visitors free of charge. Entrance fees are \$5 for a day pass. Season pass costs range from \$50 for an individual to \$150 for a family.

For additional info visit [riley.armymwr.com/programs/aquatics](http://riley.armymwr.com/programs/aquatics)

### CUSTER HILL BOWLING CENTER

Fort Riley has its own bowling alley with "24 lanes of fun," according to [riley.armymwr.com/programs/bowling](http://riley.armymwr.com/programs/bowling). The alley is open Wednesdays through Sundays and has a full-service snack bar offering pizza, chicken wings, sandwiches, salads, ice cream, sodas and more.

Pricing is \$2.75 per game and \$2.50 for shoe rental. On Wednesdays, games are \$1 and on Fridays and Saturdays, from 6 p.m. until midnight, the rates are \$17 per lane for up to six bowlers.

### PARKS

Fort Riley has several parks that are perfect for a day outside barbecuing and watching the kids play. Wyman Park and McCormick Park are both prime locations to entertain and enjoy time outside with friends and family.

Wyman Park is at the intersection of Huebner and Dickman Roads, and according to staff at the Directorate of Family and Morale, Welfare and Recreation, the "centerpiece of the park is an authentic 100-year-old locomotive" that the family will love.

McCormick Park, on McCormick Road, near the Grant Gate, has basketball courts, pavilions and

playgrounds shaded by enormous old trees.

Moon Lake Park is an option for the Soldier who just wants to spend time near home, away from work or the daily stressors. Moon Lake Park is centered around Moon Lake, a fishing pond that is stocked regularly with fish, according to the DFMWR website.

"Enjoy an afternoon of fishing with the kids, family gatherings, birthdays and small unit functions," the website said.

The park features three covered pavilions, three playgrounds, a stocked fishing pond, disc golf and public restrooms.

### FORT RILEY MARINA

The Fort Riley Marina located on Milford Lake is nine miles northeast of the Estes access control point on Highway 77. According to [www.junctioncity.org](http://www.junctioncity.org), Milford lake is the largest man-made lake in Kansas with 163 miles of shoreline. Wipers, Walleye, Crappie, Largemouth, Smallmouth and Spotted bass, Blue and Channel catfish and Whitebass that anglers can hope to reel in while fishing Milford Lake.

"Bring your tents and spend a night under the stars," says the DFMWR's website. The Fort Riley Marina rents primitive, water-front campsites to adventurers who would like to unplug and enjoy the great outdoors. There is no water or electricity provided and sites cost \$7 per night. Reservations are required.

No camping equipment? No problem. Equipment rental is available at the Outdoor Recreation Center. For pricing visit [riley.armymwr.com/programs/outdoor-recreation](http://riley.armymwr.com/programs/outdoor-recreation).

Kayaks, pontoon boats, fishing boats, water skis and other watercraft are available for rental through the marina Monday through Friday on a first-come, first-served basis.



The Fort Riley Marina on Milford Lake offers water getaways.

## MUSEUMS

If the history tours weren't enough of a walk through Fort Riley history, the post also has three museums, two currently under construction for updates.

The Custer House is described by the HASFR website as the home on Fort Riley that "most closely represents the architecture and style of a home that General Custer and his wife Libby would have stayed in at Fort Riley."

After a fire burned down the original home, the house that is now the location of the museum was decorated with "correct time period furnishings" from the 1870s and 1880s. The Custer House is located at 24A Sheridan Avenue and is open Memorial Day through Labor Day, Saturdays from 10 a.m. to 4 p.m., and Sundays from 1 p.m. to 4 p.m. Admission is free.

The 1st Infantry Division Museum is in building 207 on Custer Avenue. According to the museum's website, "The museum highlights the creation and subsequent involvement of the 1st Infantry Division in conflicts from World War I in 1917 to Operation Enduring Freedom in present day."

The United States Cavalry Museum is located in building 205 on Henry Avenue and it tells of "the extensive history of the Cavalry Regiment from the Revolutionary War through inactivation in 1950," according to the website.

Both the 1st Infantry Division Museum and U.S. Cavalry Museum are closed with temporary exhibits opening soon.

Visit [www.fortrileyhistorical-society.org](http://www.fortrileyhistorical-society.org) for more information.

The marina has covered pavilions with grills, restrooms, an Americans with Disabilities Act approved playground, sandy beaches, hiking trails and an abundance of wildlife.

For detailed information on the many opportunities available at the Fort Riley Marina visit [riley.armymwr.com/programs/marina](http://riley.armymwr.com/programs/marina).

### HISTORY TOURS

History buffs can feed their interest in all things old with a Fort Riley Walking Tour offered by the Historical and Archeological Society of Fort Riley. The HASFR docents guide visitors through time beginning with the post's beginnings in the 1850s by visiting King Field House, Custer House, Cavalry Parade Field, Old Trooper Monument, Trolley Station, St. Mary's Chapel, Tuttle Park and Sturgis Field.

Both the 1st Infantry Division Museum and the United States Cavalry Museum are closed for renovations. Temporary exhibits will be open soon, visit the Fort Riley app for updates when available.

If a guided tour doesn't seem like a good fit, the entire tour can be done independently by using the HASFR's online self-guided tour information.

For the history lover who can't participate in the walk, a driving tour of historical Fort Riley is also available.

Both tours are offered at no cost and can be scheduled by emailing the HASFR docent coordinator at [hasfrdocent@gmail.com](mailto:hasfrdocent@gmail.com).

To get the self-guided tour route and further information about the tours visit [www.fortrileyhistorical-society.org](http://www.fortrileyhistorical-society.org)