

THE 1ST INFANTRY DIVISION POST

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FORT RILEY, KANSAS

'Devil' Brigade medics train with cutting-edge equipment

1st Lt. Lauren Remlinger
1ST ABCT PUBLIC AFFAIRS

Medics from the 1st Armored Brigade Combat Team, 1st Infantry Division trained with the improved MARCH series individual first aid kits at the Medical Simulation Training Center here July 23.

The MARCH acronym, reminds users to evaluate injuries in order of precedence: massive hemorrhage, airway, respiratory, circulation, head and hypothermia. The kit includes a color-coded trauma treatment system to treat the five leading causes of preventable death on the battlefield. Additional features include easily identifiable tear tabs that improve reaction time in combat situations and an improved trauma badge.

The new kits were procured by 101st Brigade Sustainment Battalion, 1st ABCT, 1st Inf. Div. to provide 1st Brigade Soldiers the most effective lifesaving equipment.

"These are excellent products," said Maj. Thomas Drummond, senior brigade medical provider, 101st BSB, 1st ABCT, 1st Inf. Div. "With continued feedback and refinement from our Soldiers I am certain that the survivability of battlefield casualties will continue to increase."

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Senior Medic Cpl. Kayla Guevara from Blairsville, Georgia with 2nd Battalion, 34th Armored Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, inserts a Nasopharyngeal Airway with the massive hemorrhage, airway, respiratory, circulation, head and hypothermia individual first aid kit Nasal Trumpet.

Fitness, nutrition experts embedded into battalions

By Gail Parsons
1ST INF. DIV. POST

Soldiers from 30 select units, including two on Fort Riley, are learning the Army Combat Fitness Test exercises as the Army moves toward a new approach in measuring fitness. But fitness comprises more than just the ability to run or deadlift.

Developed alongside the ACFT is the Soldier Readiness Test and Training Program. The ACFT and the SRT2P are separate programs, but work in tandem, said Maj. Rachel Snell, Chief of Physical Therapy at Irwin Army Community Hospital.

"The ACFT and the SRT2P are like a Venn diagram," Snell said. "There is some overlap but they don't depend on each other to execute. They're like two different things running down the same road. If the ACFT crashes and burns the SRT2P is going to keep on rolling. If the SRT2P crashes and burns the ACFT will keep going."

The concepts behind both programs are the same — to provide the optimal and safest fitness program to Soldiers.

The two Fort Riley units chosen are the 97th Military Police Battalion and the 1st Combined Arms Battalion, 18th Infantry Regiment, 2nd Armored Brigade Combat

Team, 1st Infantry Division.

The units will have any combination of physical therapist, strength coach, dietitian, occupational therapist and mental skills expert embedded in the unit. Not all units are receiving the same combination of services.

"There's an expert from every dimension that impacts readiness," Boyer said. "Some are getting more behavioral health aspects, others are getting the human performance and occupational therapy. Here at Fort Riley, it's a combination of the strength coach, physical therapist, and eventually athletic trainer and dietitian."

The SRT2P initiative is looking at what happens when physical therapists are taken out of the hospital and put at the battalion level to augment Soldier readiness and performance. Then, add in other subject matter experts, putting them in direct contact with the units.

"We want to start treating Soldiers as athletes," said Capt. Chris Boyer, the MP Battalion Physical Therapist. "We want our Soldiers to be prepared to do very specific missions. Those missions require specific physical training so the strength coach and

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Medics learn prolonged field-care techniques



Pvt. Clayton Brinegar, medic, 1st Battalion, 5th Field Artillery Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, checks vital signs on his patient during a simulated, prolonged field-care scenario at the Medical Simulation Training Center Oct. 26.

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

On today's battlefield, Soldiers can be 10s to 100s of miles from a medical treatment facility. If injured, they rely on the ability of their medics to get them safely to higher-level care.

"The best way that it's been described as is: The

self-aid buys you seconds; Combat Life Saver buys you minutes; the medics buy you hours and the doctor can give you days," said Command Sgt. Maj. Uriah Popp, Womack Army Medical Center senior noncommissioned officer, Fort Bragg, North Carolina. "We have to be able to sustain life from the point of

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Fort Riley prepares for winter season with Snowburst exercise, guidance

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

Life. Health. Safety. These three words were mentioned by Fort Riley garrison commander Col. Stephen Shrader throughout the Snowburst tabletop exercise Oct. 26 at Riley's Conference Center. They are the priorities for the garrison procedures, which aim to mitigate harsh conditions created by snow and ice storms, keep people out of harm's way and operations running.

The exercise was attended by several 1st Infantry Division and U.S. Army Garrison directorate representatives, as well as those from the 2nd Weather Detachment, 3rd Weather Squadron U.S. Air Force weather forecast team at Marshall Army Airfield, the Irwin Army Community Hospital, United School District 475, which oversees the operation of Fort Riley schools, and others.

The exercise focused on several main topics:

- The safety of people on post, particularly school children.
- Maintaining the conduct of winter operations, including Directorate of Public Works and Corvias Military Housing road clearing efforts.
- Keeping military leaders informed so they can make decisions regarding training and Soldier welfare.
- Communication of timely and accurate information to the Fort Riley communities on and off post regarding closures, reporting delays



Will Pascow, second from the right, Deputy Director, the Directorate of Emergency Services, provides information to Fort Riley garrison commander Col. Stephen Shrader during the Snowburst table top exercise Oct. 26 at Riley's Conference Center. Snowburst procedures will remain in effect from Nov. 1 to April 30, and will allow garrison and 1st Infantry Division leaders to provide all resources so that Fort Riley can render support during harsh winter weather.

and minimal manning requirements during a storm. The key piece of this communication is the AtHoc notification system in place at Fort Riley.

Last winter featured five snow events and one freezing rain event with regional impacts and accumulations, said Clay Nauman, Directorate of Plans, Training, Mobility and Security, at a briefing earlier in October. In all, winter storms in 2017-18 resulted in one delayed arrival, two early releases, two limited services or minimal manning days and two weekends with events cancelled, Nauman said.

Snowburst procedures will remain in effect from Nov. 1 to April 30, planners say. The plan will use assets from garrison units including the Directorates of Emergency Services; Plans, Training, Mobilization and Security; Public Works; the Garrison Safety Office and the Garrison Public Affairs Office, as well as operations personnel from the 1st Inf. Div.

According to the Snowburst plan, all operational decisions in the face of an approaching storm will be made as soon as it is prudent, ideally beginning with a 4 a.m. weather briefing from the U.S. Air Force weather team.

"They are our subject matter experts," Nauman said. "We

don't use The Weather Channel or any of the local channels."

As the storm approaches and is tracked by U.S. Air Force weather, a determination will be made to hold a 3 p.m. briefing. Ideally, the decision will be made whether to conduct business as usual, delay report times, authorize early release times or go to a work schedule whereby only a limited number of people will be required to report for work. Limited manning work schedules typically include personnel from the DES, the DPW and IACH personnel, but each Department of the Army civilian employee should consult with a supervisor

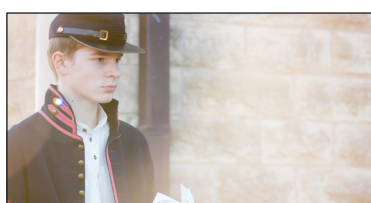
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Santa Claus plays his role in military readiness

Téa Sambuco | POST

By Gail Parsons
1ST INF. DIV. POST

Santa Claus knows the importance of Soldier readiness and he knows it means more than just making sure the tanks are in working order.

Many years ago, he learned the Christmas spirit was lacking on Fort Riley. He knew he had to do something about it. Without the spirit of Christmas, Soldier readiness was suffering.

“When I first got exposed to Fort Riley, I thought they could use a little more Christmas spirit,” he said. It was hard to have fun. Life was not fun for the Soldiers, it was very difficult. I tried to think of ways to make it a little more fun.”

At first, he wasn't sure just how to go about it so he started by volunteering. People got involved and the spirit meter starting going up, but it wasn't enough.

“The whole meaning of Christmas is giving,” he said. “Giving of your time, of your resources, giving of a gift, giving of love.”

As he thought about it, he realized what needed to be done. He talked to a few people and Operation Santa Claus was created.

“It was great,” he said with a laugh. “They named it after me.”

As people started getting involved, the Christmas spirit grew.

But, it can be difficult around a military post, Santa said. There are often times when it is hard for people to feel joyful — that's when he steps up his game.

Command Sgt. Maj. Andrew T. Bristow II, garrison senior noncommissioned officer, agreed with Santa about the importance of Christmas Spirit.

“It is a vital part of Soldier readiness,” Bristow said. “Here at Fort Riley, we are very appreciative of the work Mr. Claus does for our Soldiers and their families. By sharing the Christmas spirit through Operation Santa, not only do children receive gifts, but the joy of Christmas spreads across the post.”

Bristow said he is pleased to help Santa's elves who work tirelessly every holiday season to ensure Fort Riley's children are taken care of.

It's been a long time since Santa has seen a problem with Fort Riley's Christmas spirit and he hopes it never fades again. With the Nov. 5 start of Operation Santa Claus, he expects the Christmas joy meter to start moving up.

NAUGHTY AND NICE

One of Santa's greatest joys is visiting with the children of all ages. He said he always gets a kick out of reminding adults of when he visited their homes when they were little boys and girls. He especially likes seeing them grow up.

“(Maj.) Gen. Kolasheski loved playing with toy tanks and trucks when he was little and now he's playing with the big tanks and trucks,” Santa said with a laugh.

Maj. Gen. John S. Kolasheski, 1st Infantry Division and Fort Riley commanding general, and Garrison Commander Col. Stephen Shrader are both on the good list this year, which comes as no surprise to Santa.

“They have actually never been on the naughty list,” he said. “These guys, they don't become commanders if they were bad boys. Now Col. Shrader, I think he was trying to be naughty a few times, but his folks wouldn't let him be naughty. He has the Christmas spirit built into him all the way to 4th of July. And General Kolasheski, now he has always, always — always been a good boy.”

Santa did clarify that not being on the naughty list doesn't mean they didn't pull pranks and get into mischief, but there's a



difference between dipping a girl's ponytail in the ink well and actually being naughty. He also corrected one misconception many people have. There is not a naughty list and a nice list — it's all one list and next to each name is an N or a G.

Throughout the year the N and G can flip flop. But it's really easy to get on the good list, he said.

“The way to get off the naughty list is to be good,” he said. “Do service hours in your community. Make your bed every day. Brush your teeth every night. Help mom with the dishes. Feed the animals and pick up the dog poop from the yard.”

WRITE THAT LETTER TO SANTA

Santa said he loves to get letters from children.

“I tell children every time I see them ‘write me a letter,’” he said. “It clarifies that they are trying to be a good little boy or girl and that they are thinking about the Christmas spirit. If they are thinking about the Christmas spirit, they are usually acting with the Christmas spirit.”

If their writing is not so good, someone can help them. He remembers getting letters from some of their grandparents, even some great-grandparents who wanted nothing more than a new pair of coveralls.

“That was enough to bring them joy,” he said. “Today it might be a PlayStation or some kind of a high-end developed game.”

GETTING AROUND ON CHRISTMAS EVE

For many years, Santa only shared the sky with birds, but even most of them were asleep by the time he took off from the North Pole.

But now with restricted zones and airplanes, he has to be careful. Fortunately, the elves keep up with modern technology.

“I have special technology on the sleigh,” he said. “We check it all the time and NORAD has a beacon that tracks where I'm going. The kids can see right where I'm at on Christmas Eve and the military knows where I am at all times. I don't fly into military airspace I try to stay away from the airfield unless there's housing like there is at Fort Riley.”

Even with all of the technology, noradsanta.org and all of the communication systems he has, he always has to be on the lookout.

“I ran into problems in Chicago a long time ago,” he said recalling a scary night. “The grid wasn't the way it should have been and they saw me and ignored me. You can't ignore Santa Claus. An airplane can't run into Santa Claus. When they got notified not to ignore me then life was much better for everybody.”

Once he is on post, Santa can make quick work of delivering all the gifts.

He said he knows several children are worried their pets will bother him or he will be stopped by the police as a suspicious subject, but he said they should rest assure he gets along with all animals very well and the military police have never given him trouble.

“The MPs are usually not looking for me,” he said. “If they have the Christmas spirit they're just going to observe and end up with a candy cane. If they don't have the Christmas spirit they will be unable to see me. I can get in and out and they won't even know.”

Lt. Col. Joshua Campbell, Commander of the 97th Military Police Battalion, said he anticipates all of his Soldiers and Department of the Army police officers would end up with a candy cane.

“From what I have seen, they all have the Christmas spirit,” Campbell said.

While they are not generally permitted to accept gratuities, he will make an exception if Santa offers them a candy cane.

“That would be considered an acceptable gift,” he said. “It is given in the spirit of Christmas and as an appreciation for their hard work. It would not constitute a bribe.”

A BUSY TIME FOR THE ELVES AND REINDEER

At last count, Santa said there are 1,300 elves and 1,300 interns working at the North Pole.

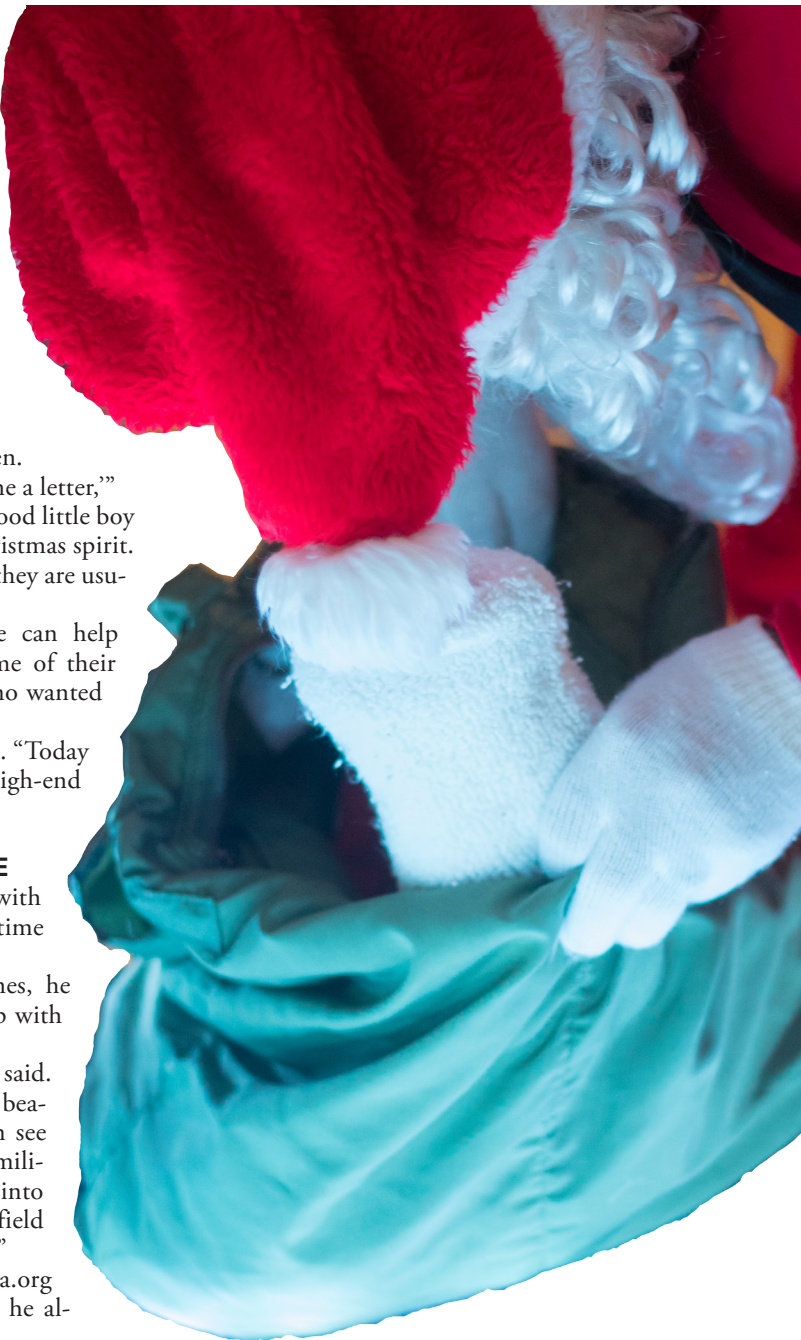
“Right now, they are gathering resources,” he said. “They are taking polls to see what the real popular requests are and they're getting the logistics put together.”

Just like Fort Riley's Soldiers, his elves are committed to their mission. They are the backbone, “the NCO's if you will,” of the North Pole Command, Santa said.

The great thing is, they all have a wide variety of skills and massive talent.

“They do everything from uploading and downloading and cleanup and fixing and repairing and building and inventing,” he said. “If they see something that needs to be better, they make it better. They don't need approval, they know what is expected of them and they do what is expected of them.”

But they also tend to get into mischief. Santa said the North Pole has been going through a lot of shampoo lately because the elves think it is so funny to put peppermint sticks in each other's hair.



While the elves are busy, the reindeer are also prepping for Christmas Eve. While Santa loves all his reindeer, he admits he does have a favorite — Vixen.

“She is the sweetest one,” he said. “She's on my left side and she's in the front. A lot of people think it takes a male up front, but the female is a leader and she knows she's the leader. We may have Rudolph out in front when his light is needed, but Vixen is the leader.”

Her natural loving personality makes her a role model for the other reindeer as well.

“They all try to emulate her,” he said. “She is friendly with all the Christmas spirit you can have in a reindeer.”

SANTA CLAUS IS COMING TO TOWN

Pretty soon Santa will be back at Fort Riley. He'll be watching and listening and making sure the Soldiers and their families have the Christmas spirit because this post holds a special place in Santa's heart for a good reason.

“I have always had an affinity for the ‘Big Red One,’ ever since the early 1910s,” Santa said. “You see, they might be the ‘Big Red One’ but I am also a big red one — **I am a bigger big red one.**”



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Service members, veterans rodeo championship returns to Kansas



The Commanding General's Mounted Color Guard present the colors Oct. 25 at Domer Livestock Arena at the Kansas Expocentre in Topeka, Kansas, during the opening ceremony of the Professional Armed Forces Rodeo Association World Championship Rodeo.

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

The Professional Armed Forces Rodeo Association held their World Championship Rodeo Oct. 25 through 27 at the Domer Livestock Arena at

the Kansas Expocentre in Topeka, Kansas.

This is the second-straight year PAFRA has hosted the championship in Topeka, with U.S. Army Fort Riley Garrison Commander Col. Stephen Shrader welcoming the participants and spectators.



Participants in the Professional Armed Forces Rodeo Association World Championship Rodeo honor the riderless horse during the opening ceremony Oct. 25 at Domer Livestock Arena at the Kansas Expocentre in Topeka, Kansas.

"It's truly a great honor," Shrader said. "On behalf of Fort Riley, I can't tell you how happy I am that this event has returned to our home state for the second year."

The Professional Armed Forces Rodeo Association is an organization that supports the veteran community by providing an outlet to come together through a shared love of the sport of rodeo, Shrader said.

"Having the opportunity to participate in such an organization is an invaluable experience for our veterans, not only because they get to do what they love, but also because it provides an opportunity to build a sense of community between individuals with shared values, interests and experiences," Shrader said.

After Shrader's welcome, the Commanding General's Mounted Color Guard entered the arena to present the colors. The rodeo participants then entered representing their respective branches.

Army veteran and Spencer, Oklahoma, native Lonnie Guyton, PAFRA vice president and bull rider said he was thrilled to be back in Topeka.

"It's awesome, last year on the first night it didn't go so well," he said. "But they stuck with us, welcomed us with open arms and we couldn't have asked for a better deal."

Guyton served at Fort Riley from 2008 to 2009 and is proud of the partnership established between PAFRA and the installation.

"The 'Big Red One' is home to me," he said.

Both Shrader and Guyton spoke on the history of Fort Riley, the CGMCG and rodeos.

"The Fort Riley community also has pride in our traditions and historical ties to this way of life as the historic home of the Cavalry, and as the location of the U.S. Cavalry School, which trained America's Army on tactical cavalry horses for 60 years," Shrader said. "So, thank you for letting us and the 1st Infantry Division Commanding General's Mounted Color Guard join in to share our collective history together and be a part of this amazing event."

Guyton said the PAFRA World Championship featured many of the events seen at standard rodeos to include: steer roping, calf wrestling, bareback riding and bull

riding. The contest also featured two other events; the cowboy mounted shooting and chute dogging.

"They come out of the bucking chutes and try to wrestle down a 600- to 800-pound steer," Guyton said as he explained chute dogging.

Shrader closed his remarks by wishing each of the competitors well and a safe time while in Topeka.

"I can't wait to see our veterans and our service men and women compete over the next few days at sports for which they have such passion," he said. "Every time our Soldiers get a chance to show their skills, display their talents and take part in something they love, we take pride in standing beside them and offering our support and encouragement."

Military police get back to Soldiering tasks



Soldiers from the 977th Military Police Company, 97th Military Police Battalion, move toward the combat lifesaver lane Oct. 23 as part of their team certification process. The Soldiers were tested on combat casualty care, communications, reaction to improvised explosive device, how to set up a tactical control point and how to react to contact.

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

Fort Riley's military police serve two functions according to 2nd Lt. Micheal Trauffer, 1st Platoon Leader, 977th Military Police Company, 97th Military Police Battalion: on the road in a law enforcement role and in a combat support role.

On Oct. 23, the Soldiers in his platoon were tested on the essential skills needed to certify teams at the Improvised Explosive Device Lane to prepare for platoon certification to be held at a later date.

"We have six tasks we have identified that the teams should be able to do in order to move forward with training," Trauffer said. "For those six lanes we have: a react to IEDs, a [communications] lane, we have a medical lane, weapons lane — disassemble and reassemble; we've got a traffic control point and a react to contact with a land [navigation] thrown into it."

The skill-level one tasks are important for all Soldiers to be proficient on, but for the Soldiers of the 977th MP Co., it is something they have not had the time to work on recently, Trauffer said.

"The company, as a whole, has been on the road for quite some time," he said. "A lot of this, if you will, is re-Soldiering. A lot of them haven't done the MP combat support role of things. They have been working in the law enforcement side of things."

Sgt. Brandon Uzzel, team leader, 2nd platoon, 977th MP Co., 97th MP Bn., who was acting as an opposing force on one of the lanes,

said the training is important for not only his Soldiers, but for him as well.

"Part of the year I might be doing this, but the other half I work the roads," he said. "So, I have to push the tactical stuff to the back of my head and bring forward how to be a police officer and how to do the other stuff. As time moves forward I have to reverse that. We are constantly going back-and-forth. I know I need a refresher now-and-then. I'm sure a lot of the individuals need it too."

Trauffer said the methods of training for the law enforcement side and the combat support side are different because the tasks are not the same. It all comes down to the team leaders' ability to train their Soldiers and how well they communicate their knowledge.

"The big focus, while it is team certifications, is that the team leaders can operate in the team," Trauffer said. "Giving commands and that the actual Soldiers in the teams are able to listen to the commands given to them by their team leader."

Each station evaluator gave the teams a small operations order that listed the tasks, conditions and standards to receive a go or no-go — pass or fail at the individual station — before proceeding onto the next event.

"You need to have this to get to skill level two," Uzzel said. "That way when they get to my rank, or a higher rank, they know what to do on that level. If they don't know how to do this, how can we expect them to fill in my shoes if I were to go down, break a leg, get shot or something like that. This is very important for them."

October retirements

Eight military members were recognized for their service during the monthly Fort Riley Retirement Ceremony Oct. 26.

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FORT RILEY

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Chief Warrant Officer 3 Matthew Brandt	24 years of service
Chief Warrant Officer 3 Michael McGann	22 years of service
First Sgt. Gunther Lardizabal	27 years of service
Sgt. 1st Class Daniel Donez	25 years of service
Sgt. 1st Class Jonathan Kunkleman	20 years of service
Staff Sgt. Marcus Mitchell	20 years of service
Staff Sgt. David Bryant	20 years of service
Staff Sgt. Gerardo Quijano	20 years of service

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

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LAUREN

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I have been teaching yoga for four years and studying Yoga for most of my life. I hold degrees/certificates in Psychology and Plant Based Nutrition. I enjoy teaching about sustainability, reading tarot cards, dancing, volunteering in the community and spending time with my husband, Johnny.

- Lauren

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Top Staff Judge Advocate leader visits Fort Riley

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

A two-day visit to Fort Riley by leadership of the Staff Judge Advocate for an Article Six Inspection began Oct. 23 with a State of the Corps address by Brig. Gen. Joseph B. Berger III, Commander, United States Army Legal Services Agency and Chief Judge, U.S. Army Court of Criminal Appeals.

In his opening remarks to a room of civilian and military members of the Staff Judge Advocate General, he spoke about what an Article Six Inspection is and why they are conducted.

“First and foremost, there is a statutory reason that says ‘we got to do this,’” he said. “What it tells us is that the leadership has to make frequent inspections in the field. It originally focused on military justice, certainly we know in our practice, every single day, everyone in this room ... we do a whole lot more than military justice. When we come out, we leverage that statute to take a broader look at our practice.”

During the visits to the installations the inspection teams look at the criminal law, the administrative and civil law, contract and fiscal law, national security law, legal assistance and claims practices of the SJA unit.

Additionally, the teams look at competency in areas like leadership and management, training and professional development, paralegal utilization, and compliance with JAG policies and procedures.

After explaining a little about the visit, Berger spoke about the Army vision, changes in the Army and how those changes relate to the JAG Corps.

“The general conception is that the nature of warfare has been unchanging since the beginning of mankind,” he said. “Warfare at its most basic level is brutish and nasty and it is the crucible of ground combat ... but the character of war, how we fight that war, changes over time.”

As the Army changes, the legal community has to understand what the clients are experiencing so they can be prepared to support them in all of the areas of justice.

He spoke about how every person in the corps, regardless of rank or position, shares a responsibility to ensure the corps gives principled legal counsel in every case, which comes before them.

“Everyone in this room is a check on everybody else’s work,” he said. “Whether it is research, whether it is court reporting to build that record ... whether it is paralegal work that feeds the information that that captain is going to take in to talk about with that commander. Regardless of where you sit in this room, in that formation, everyone plays a part in principled legal counsel.”

More than anything, legal counsel is what they have to get right he said. They have to get the law right when they talk to their clients.

He brought his presentation to the personal level,

speaking to them about their individual responsibility in their chosen field.

“If you are waking up in the morning thinking about what you will get done for you today, your mindset is already in the wrong place,” he said. “Your mindset has got to be ‘what am I going to do for my Soldiers, my civilians?’ ‘What am I going to do for my client?’ ‘How am I going to move the ball forward today?’

At the core of the corps is the dual role of its members being part of the legal team while simultaneously serving as a professional Soldier.

“People come up and thank you for your service,” he said. “My response is always ‘no, thank you. Because it is my privilege to be able to serve.’ We are spending taxpayer dollars to accomplish our mission and take care of our clients. That’s being entrusted with a lot.”

Being in the legal profession and being a Soldier carries a responsibility for lifelong learning, he said. Anyone who wants to grow in their profession needs to educate themselves.

He pointed them in the direction of where to find more information to help them grow and gave them book suggestions.

“You can’t just read the good stuff,” he said. “You’ve got to read some of the ugly stuff from our history too. In February we had the 50th anniversary of the massacre at My Lai in Vietnam.”

He was part of a panel discussion recently to discuss



Brig. Gen. Joseph B. Berger III, Commander, U.S. Army Legal Services Agency and Chief Judge, U.S. Army Court of Criminal Appeals, addresses a group of Soldiers and civilians at the start of a two-day visit to Fort Riley by leadership of the Staff Judge Advocate to conduct an Article Six Inspection Oct. 23.

what the Army learned and how it codified those lessons into military doctrine and training to ensure those mistakes don’t happen again.

He encouraged the Soldiers to read history and learn so they improve themselves and have more insight into the jobs they do.

“While I think we have fixed some of the systemic stuff, we still are a business that deals with humans undergoing some of the worse stressors of their lives,” he said. “And that causes people to do bad things. We have to figure out how to deal with that, but we have a framework for dealing with it, if we have read about it, if we studied our own collective history.”

Berger switched gears to bring the presentation back to corps level and spoke about what he called one of the biggest initiatives in the JAG — the new eDiscovery division.

The division was created because the practice of law has fundamentally changed and the corps lacked a comprehensive approach to discovery.

“What we discovered was that we did not have a program, we had a software tool we were using that was incomplete at best and only addressed a small piece of it,” he said. “What we also found was the courts are telling us ‘a failure to do complete discovery is an ethical failure’ and

could lead to negative ruling from the bench.”

Before turning the floor over to other members of the Article Six team, who each spoke briefly, Berger reminded everyone of the role they play and the importance of what they do.

“Although Russia might be the pacing item for the Army in terms of threat,” he said, “our stock and trade as lawyers, as para-professionals, is what is between our ears. Our pacing item as a regiment, as a corps, is each and every one of you in this room today; it is our people, it is taking care of ourselves, it is taking care of each other and it’s taking care of our subordinates.”

TRAFFIC REPORT

ACCESS CONTROL POINT HOURS

Those with a valid DOD 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 home.army.mil/riley/.

The access control point hours are: Monday to Friday from 5 a.m. to 11 p.m. and weekends and federal holidays from 8 a.m. to 4 p.m.

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

The Trooper ACP will be closed Sept. 4 through Nov. 6 from 7 p.m. to 5:30 a.m. Trooper ACP will only be open from 5:30 a.m. to 7 p.m., Monday through Friday during this time.

THOMAS AVENUE

Sections of Thomas Avenue from Trooper Dr. to Longstreet Dr. will be reduced to one lane Oct. 25 through Nov. 5 for repaving and repairs. The section in front of Ware Elementary will be completed on a weekend. Please use caution and follow all traffic signals when travelling these areas. Drivers should expect delays and may want to utilize other routes if possible.



ART BY SPC. ANTHONY VACCA, A MECHANIC WITH 2ND ARMORED BRIGADE COMBAT TEAM, 1ST INFANTRY DIVISION

This artwork is meant to remind us we are not alone within the Big Red One. When times are hard and life feels desperate, remember the BRO standard and hang on to those values. Hang on and know you are important and you are not alone during tough times.

I am a BIG RED ONE Soldier, proudly serving in our nation’s First Division.

I am BRAVE. I have the courage to do what is right, even when no one is looking, and to face my enemies, whoever they are and wherever they hide.

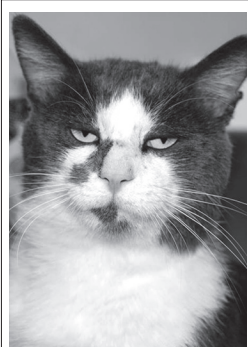
I am RESPONSIBLE. I am accountable to myself, my family and my unit, both on and off duty. It is my obligation to exercise my mind and my body to ensure I am physically, mentally and spiritually fit for the fight.

I am ON POINT for the Nation. My contributions as a teammate matter – to my family, unit, community and to my nation.

I am a BIG RED ONE Soldier!

Pets of the Week

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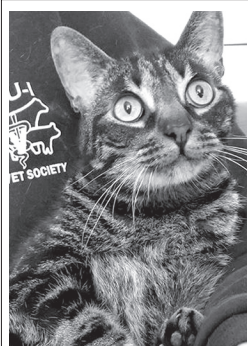
JOHNNY



OREO



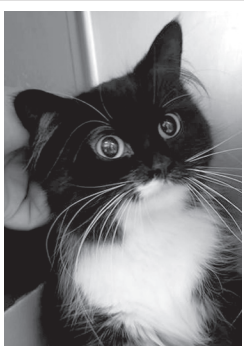
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November 8
10am-2pm

OPPORTUNITIES FOR ALL
Employment and Education

Schools from around the United States, regional employers, Child and Youth Services, Veterans Affairs, KansasWorks, education counselors, financial aid advisors, Soldier for Life transition counselors and many more will be on site.

Open to ALL! Soldiers, Family members, DOD ID holders, Veterans, Retirees, and the Flint Hills community



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Education Services: (785) 239-6481
ACS Employment Readiness: (785) 239-9435



RILEY ROUNDTABLE

If you were to run for office, what would your campaign slogan be?



"A vote for Andy would be dandy."

ANDY MASSANET
DENVER, COLORADO

Assistant Chief Internal Information
Public Affairs Office



"Keep moving forward."

SPC. CARLOS RODRIGUEZ
ARECIBO, PUERTO RICO

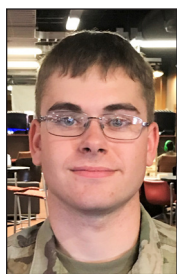
24th Composite Truck Company, 541st
Combat Sustainment Support Battalion,
1st Infantry Division Sustainment Brigade



"Free beer Fridays."

PVT. QUINTON WITT
ATHENS, TENNESSEE

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



"Step to a greater tomorrow."

PFC. RHETT GERKEN
PORTLAND, OREGON

Company B, 1st Bn., 16th Inf. Regt., 1st
ABCT, 1st Inf. Div.



"A vote for Jade would have it made."

JADE MCELHANEY
RILEY, KANSAS

Business Operations Division, Warrior Zone.

THE 1ST INFANTRY DIVISION POST

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

SAFETY CORNER

Why it matters: Slips, trips and falls prevention

By Dawn Douglas
GARRISON SAFETY OFFICE

Slips, trips and falls. Walking seems like a simple enough task. We learn to walk when we are toddlers and continue to perfect the craft throughout the rest of our lives. Yet, according to the National Safety Council, over nine million slip, trip and fall accidents occur every year and a whopping cost of \$70 to \$100 billion in lost production, medical, legal and insurance costs. Walking may be a simple task, but slipping, tripping and/or falling is an expensive endeavor that can affect anyone, anywhere at any time.

According to the Department of Labor, slips, trips and falls accounted for over 20 percent of workplace accidents and 15 percent of all accidental deaths. Additionally, more than 60 percent of all elevated falls that caused injury or death were from heights of less than 10 feet. Slips, trips and falls can result in broken bones and fractures, long-term medical complications, head trauma and spinal cord injuries. Slips, trips and falls are the most common cause of traumatic brain injuries.

During a fall gravity causes acceleration toward the earth, which can result in large forces being applied to the body on impact. Impact forces can be directly related to the height from which the fall occurs. Did you know that due to gravity, the impact force of a fall increases by 30 times for every foot of the height in the fall?

Consider when a 150-pound person falls from a standing position onto his knees. A simple accident. The science of this fall is not as simple. The force of this fall will result in 40 times the body weight or 6,000 pounds of force.

Cartoons often show a funny situation of someone slipping on a banana peel which causes them to fall backwards onto their bottoms. It's great for laughs — in cartoons. In real life the banana peel fall will generate 13,500-pounds

of force on impact — that's 90 times the body weight.

Although this force may appear extremely high, the human body has the ability to absorb a certain amount of force without significant or permanent injury. However, there are several factors to take into account such as body part, impact area, force direction, obstruction and surface. All these variables can contribute to the probability and severity of an injury and should be considered when accessing and evaluation and possible fall hazard.

BODY PART

Different body parts absorb falls differently. A fall on your arm or shoulder may result in a broken arm or dislocation. However, a fall on the lower back, neck or head could be paralyzing, even fatal.

IMPACT AREA

The fall impact force being absorbed by your body is spread over the body surface area that receives the impact. The greater the body surface area, which hits the ground, the less force per square inch is applied, and the lesser the injury. This is why a fall on your rear end may be painful, but is less likely to cause a broken bone than a fall on your elbow.

FORCE DIRECTION

Bones and ligaments can absorb strong forces received in specific directions allowing you to perform strenuous physical activities without injuries. However, a fall resulting in force directions not in line with the skeletal system's natural strengths will likely cause injury.

OBSTRUCTION

Anything that slows your fall and absorbs force will affect the injury. If your hand, a cushion or anything else breaks your fall the final impact forces will be lower.

SURFACE

What you fall on will either absorb some of the impact force or reflect it. Surfaces such as dirt or wood will

give or sink a small amount, creating reduction and reducing the impact force. Harder surfaces will do the opposite. Using rugs and mats on harder surfaces can help with impact absorption, but eliminating some of the external factors that can cause falls goes a long way as well to help minimize impact.

A simple trip can cause a serious fall. Survey your work or home area and see if any of these obstacles are present in walking paths that could potentially interrupt or redirect motion:

- Electrical cords, power tools, cable, irons, lamps, chargers, network cables, fans, telephone, coffee pots, etc.
- Tools, hand/work tools in use around work areas that could be stored
- Trash, food containers, old newspapers/magazines, shredder bags, garbage bags
- Empty pallets, not stacked, recently used, piled up for disposal
- Packing materials, blocking, banding, bracing, Styrofoam, bubble wrap, shrink wrap, shredded paper
- Work materials, books, binders, tools, files, kits
- Furniture edges, that limit traverse space
- Open files drawers, cabinets, desk etc.

A slight change in elevation or an obstacle as little as 3/8ths of an inch can increase trip and fall:

- Broken floor tiles
- Rolled carpet
- Non-slip resistant floor mats
- Door thresholds
- Protruding obstacles (nails, tacks, hidden items underneath rugs/carpet)
- Sidewalk cracks
- Door jams

WHAT DOES OSHA SAY

The Occupational Safety and Health Administration addresses slip, trip and fall prevention in the general industry by a number of standards. These standards are most com-

monly referred to as "House-keeping Standards." OSHA recognizes that many slip, trip and fall accidents are preventable and employers or employees can mitigate the potential for injury simply by maintaining clean, orderly and sanitary work conditions.

WORK PRACTICES

In keeping with OSHA standards, good housekeeping procedures and work planning to prevent trips in the work place should be implemented:

- Route hoses and electrical cords away from walkways
- Hang hoses, cords and air lines on hooks when not in use
- Keep tools stored in boxes or in workbelts
- Cone or tape off work areas where placement of materials on the ground is necessary
- Keep work items stored in designated areas such as shelves, closets, bins or in marked areas
- Keep file drawers closed when not in use
- Place trash in receptacles
- Replace defective lighting
- Replace rolled or torn carpet
- Implement maintenance program, missing bolts, protruding nails, cracked tiles, snow/ice removal, parking lot repair, painting/markings

FOOTWEAR

Wearing appropriate footwear is another simple method of trip prevention. The safest type of shoe is closed-toe, closed-back and low-heeled shoe.

Team Riley preventing slip, trip and fall accidents keeps Soldiers, DA Civilians, Contractors and Volunteers in vital position that support our nation's defense. Every fall injury that results in lost work days or job restrictions or transfers degrades both our warfighting and service capabilities. Maintaining situational awareness, good housekeeping and work practices are simple ways to prevent accidents and injuries. For more information, contact the Garrison Safety Office, 785-240-0647.

Struggles are real – first step in self-improvement

By Andy Massanet
1ST INF. DIV. POST

I'm overweight. It's not a secret. Anyone can see it. If someone saw me walking down the street they'd say to themselves "dang, that dude's overweight."

It came down hard on me last July at a medical check-up. My doctor weighed me and sighed.

The scales said 275 pounds; and, at 5-feet 8-inches tall, 275 shows. Some years ago I heard someone talk about comfort food: fried chicken, pork chops, cookies, mashed potatoes, pumpkin pie, ice cream and such.

Shouldn't have told me that. I got real comfortable. Pizza was my kryptonite. I could eat a whole pie.

My doctor has been looking after my family for a while now: my brother and his kids, my mother and my wife. We've reached a point in the doctor-patient relationship where frank honesty has been achieved.

"Well, Andy" she said, "I'm not telling you what you don't already know. You are way too heavy and your bloodwork is not encouraging. You're pre-diabetic. If you

don't exercise and eat better, you will eventually be diabetic. I guarantee it."

But finally, after years of comfort food, I got it.

Enter the U.S. Army dining facilities at Fort Riley. I'd eaten at all of them at one time or another and gradually came to notice the little signs for each dish: green signs, yellow signs, red signs. Green signs mean "eat hearty," yellow signs mean "careful," red signs mean "perhaps another choice is better for you today."

I'm not a nutritionist so I won't try to be one here. But the Army does have nutritionists, and keeping Soldiers lean and fit is their business. I decided to rely on them.

I started paying attention to those signs. For my first meal after that doctor's appointment, I went to the Demon Diner dining facility. I looked for the green signs.

"I'll have the baked fish please. Let's check out the lima beans. Those collar greens look tasty."

Went to the salad bar: spinach, tomatoes, cauliflower, olives and low-cal vinaigrette.

Dessert? Uh, no thanks. That pizza looks good, but I'll have to pass.

Don't get me wrong, I don't begrudge anybody noshing on a burger and fries for lunch. I looked around me at the DFAC and saw plenty of Soldiers eating chili-dogs, pizza and such. But they also have a physically demanding profession and burn calories hand over fist. And besides, they're grown-ups. They know what they can and can't eat.

I, on the other hand, sit at a desk for much of the day. I'm participating in the Performance Triad program U.S. Army Garrison Fort Riley offered and that gets me into the gym for a while, but from there it's back to the desk.

Nevertheless, at a follow-up medical appointment in early October, a found I had lost about eight pounds and my blood tests showed marked improvement. My doctor was pleased. Hey, this works, I thought.

I've still got a long way to go, but I'm on my way now, I think. Heck, I might even take up jogging after I drop a bit more weight. Is 240 pounds possible? I don't know. But I can dream, can't I?

In the meantime, I'll take another helping of those lima beans.

The new home of the 1st Infantry Division and Fort Riley

<https://home.army.mil/riley>

The next USAG Resilience Day Off is

Nov.

9

HAVE A STORY IDEA?

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

Who was enlisted prior to being president?

Dear Doc Jargon,

Settle a friendly bet for me: My grandfather said an enlisted Army man eventually became President of the U.S. I say that's not true. What say you? A dinner is riding on this.

Signed,

Know-It-All Grandson

Dear Know-It-All,

You better pony up with the dinner, because your grandfather is correct.

President James Buchanan, the 15th President of the United States, 1857 to 1861, indeed served as a private in the Army, enlisting as a young man in 1812 after the outbreak of war between the United States and Great Britain. He served near Baltimore, Maryland. Buchanan was one of 24 Presidents who served in the Army, to include the various state militias, which supported the Army during the American Revolution and the Civil War.

It was not a good time for anyone to be in office when Buchanan was in Washington; he presided over a nation beset by divisions that would eventually lead to the American Civil War from 1861 to 1865.

The remaining 23 presidents were former officers, including Theodore Roosevelt, who, aside from Washington, might have had the most auspicious military career, being the only president to have been awarded the Medal of Honor, albeit posthumously.

Sadly, Roosevelt's son Quentin, a pilot, was shot down and killed during World War I on July 14, 1918 just four months before the signing of the armistice.

Another interesting fact: If all of the presidents who served in the military came back to life and were in uniform, George Washington would be the highest-ranking member of the armed forces, having been posthumously promoted to General of the Armies of the United States in 1976. His second-in-command would be General of the Army Dwight D. Eisenhower.

George W. Bush served in the Air National Guard.

Finally, six presidents served in the U.S. Navy: John F. Kennedy, Lyndon B. Johnson, Richard M. Nixon, Gerald R. Ford, James Earl Carter, and George H.W. Bush.

Enjoy that dinner with your grandfather, and thank you for the question.

I wish you well,


Doc Jargon

Send your questions to Dr. Jargon at doctorjargon@gmail.com

KANSAS COMMUNITY LEADERS GIVE COMBAT A TRY



Amanda Ravenstein | POST
Members of the Leadership Kansas class of 2018 participate in simulations intended to prepare Soldiers for combat situations during their tour of the Fort Riley Mission Training Complex Oct. 24.



HISTORIC CHAT

SCHILLING MANOR

TIME: 1730-1900
DATE: NOVEMBER 5th
Fort Riley Conference Center
\$5 Admission
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GUEST SPEAKER
BILL MEDINA

Shilling Manor Salina, Kansas - Home of the Waiting Wives of the Vietnam War. Hear the history of this unique military base and first-hand stories from prior resident Bill Medina and his wife Peggy

FOR MORE DETAILS CONTACT HASFR.RESEARCH@GMAIL.COM

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OPEN TRAP & SKEET SHOOTING

Fort Riley Trap & Skeet Range is open to the public for anyone interested in shooting at the range.

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OCT 27 12-3PM
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MEDICS

Continued from page 1

“I have never been thoroughly impressed by any single piece of medical equipment until I saw the MARCH kit,” said Cpl. Kayla Guevara, senior medic, 2nd Battalion, 34th Armored Regiment, 1st ABCT, 1st Inf. Div. “I was completely amazed, and I am so ecstatic to start training and utilizing the equipment.”

The training gave Soldiers like Guevara an opportunity to conduct hands-on training with state-of-the-art training aids including which simulate breathing and bleeding. Fielding the best equipment and conducting realistic training keeps 1st ABCT a highly trained and lethal force, composed of Soldiers who are ready to fight and win anywhere, anytime.

FITNESS

Continued from page 1

the athletic trainer work to build that training program with the unit leadership.”

The SRT2P is patterned in many ways after what professional sports teams do with their athletes, which measures several components of fitness.

Fitness comprises everything from how strong a person is, how they can move weight, and how quickly they can move the weight, and how much endurance and agility they have.

“These are very relevant tasks when you think about what we have to do as Soldiers,” Boyer said.

To prevent injury, a physical therapist will be on site to show how to execute the exercises with proper form.

“We will come in and look at ‘how do we prevent those injuries? How do we start identifying people who are at risk for injury?’” he said. “Then we’ll do additional conditioning to bring those folks up to speed so when a unit goes down range that commander can be very confident that his unit is fit to fight and that there are not a couple of folks who may be kind of pushing through some pain, pushing through some lingering injuries; people that are going to get exposed if the physical stress is enough.”

The number one reason most Soldiers have had to be evacuated from theater has been non-battle related injuries, mostly muscular skeletal. Snell said.

The other piece to the puzzle is to make sure Soldiers have access to physical therapists right away to prevent exacerbating a minor injury.

“A chronic injury is a bear to treat and it takes a lot of time to come back from one,” Boyer said. “Someone who has a chronic injury — the likelihood of them being non-deployable is pretty significant.”

Having a physical therapist embedded in the unit can also help them identify injury trends and trace them back to a particular event.

For example, Boyer said, if they see a lot of stress fractures and a unit is doing a considerable amount of ruck marching they might need to look at the way the training for the road march is being done.

“We need to make sure that we build these physical capacities for your mission,” he said. “Whether you are a track vehicle mechanic or a tanker, you need to have a certain level of physical proficiency. What we’re doing now is very well thought out. It’s taking the sport science you see at the collegiate and professional levels and bringing it to the military.”

SAVE THE DATE

**Warrior Fun Run**
Nov. 3, 10 a.m.
Registration Begins 8:30 a.m.
Linear Trail on Anderson Ave.
Manhattan, Kansas
5K Run
2-Mile Walk/Run
1-Mile Family Walk
No Cost to Participate

Run with us as we launch our awareness activities for Warrior Care Month in November.

This project is hosted by the Fort Riley Warrior Transition Battalion and its multiple community partners.

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MILITARY Family MONTH

Staying Ready Together





Fort Riley - Central Kansas Chapter

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WINTER Continued from page 1

to make sure what they are to do when inclement weather hits.

STAY INFORMED

The guidance from Snow-burst planners states the AtHoc notification system is the key communication method to message Soldiers, families and civilian employees at Fort Riley. All are encouraged to use it.

SCHOOLS

As pointed out by Nauman at a briefing in early October, USD 475 makes decisions that are independent of Fort Riley. Therefore, as David Wild, USD 475 operations chief, said, parents must pay attention to civilian news outlets and the AtHoc weather messaging system so they can find out what the school district's actions will be.

Wild added that parents should take steps to make sure their children are protected from the elements.

"They should make sure their children are dressed appropriately for bad weather," Wild said. "This is especially true if it is very cold and windy."

DIVISION ASSETS

At no time does the Fort Riley garrison tell what training the 1st Inf. Div., units can or cannot do. Decisions to continue training during times of bad weather are made by commanders only. However, according to Steve Crusinberry, Director of DPTMS, garrison authorities will be prepared to make recommendations.

"They're not going to stop training (because of poor weather)," he said. "But we'll make sure they are informed."

Meanwhile, John Ball, 1st Inf. Div. Civilian Deputy G3/5/7, said 1st Inf. Div., units should plan on making sure all Soldiers are accounted for and to monitor the conditions of military families.

In addition, 1st Inf. Div., assets could be used if the garrison needed support.

"We may need additional equipment and labor over and above what the garrison can provide," Ball said.

SNOW REMOVAL EFFORTS

Corvias Military Housing and DPW team up to make sure roads are passable. Drivers on post can help by making sure they are not parking on streets, yet to be cleared.

POWER OUTAGES, EMERGENCY SHELTERS

Families on post who have experienced an interruption in power are welcome to any of a number of emergency shelters which will be set up during a storm. Both garrison and Corvias officials have plans in place to set up those shelters and pets will be cared for through Veterinarian Services.

A FINAL WORD FROM THE GARRISON COMMANDER

"We've made sure that we have the systems and processes in place to be able to respond to any kind of crisis Kansas and Mother

INSTALL THE ATHOC SYSTEM ON YOUR PHONE FOR THE LATEST NEWS ON APPROACHING WEATHER

The AtHoc Notifier can be installed in just a few easy steps. Required: Before you download and install, you must have an active email set up in the Fort Riley Mass Warning and Notification system. **Step 1.** Search for and Download the Blackberry AtHOC (AtHOC Notifier) app from the Apple App or Google Play stores. **Step 2.** When the download is complete, open application and enter your active email address associated with your Fort Riley MWN system account when prompted. **Step 3.** AtHoc Notifier will send a verification email to confirm your address. From the email, click "Verify Now" **Step 4.** Return to the application on your mobile device and add the Fort Riley MWN organization code (usa-riley) as prompted. You have completed the installation.

For more information, log on to <https://home.army.mil/riley/index.php/about/directorates-staff/DPTMS-1/advisories>

Nature may throw at us," Shrader said. "By doing these tabletop exercises we are able to actually sit down, lay out worst-case scenarios and actually talk through what is needed to make sure the Soldiers, families and civilians who work here are able to carry on with what they need to do safely and securely."

However, Shrader also said families have their own piece when it comes to getting through a wintertime weather event unscathed.

"Each family has to have a plan for what happens if my power goes out," he said. "What happens if I lose my power for several days? Because Mother Nature does get a vote, and we try our darnedest to ensure that the systems are in place so that we can respond to that, but there's still a responsibility on each of us as individuals that we are doing our own mental checklists."

Another thing concerning Shrader is the welfare of people new to the area who haven't ex-

perienced a winter in Kansas, or sometimes, haven't experienced harsh winter weather at all.

"My biggest concern are those folks ... the ones who are wondering, 'hey how do I move around in winter weather?'" he said. "What roads are safe and available for me to drive on, especially if I'm not experienced on snow or icy conditions?"

While DPW work crews are ready to spend long hours to clear post roads – they can sustain work around the clock for up to 64 straight hours before being required to stand down for rest – Shrader advises people, especially those unaccustomed to slick roads, not to tempt fate by driving on them before they've been cleared and made safer.

"That usually doesn't work out great for folks, even if they consider themselves experienced drivers," Shrader said. "That's usually when we wind up increasing the work load for the garrison emergency response forces."

Radio Station	City	Frequency
KJCK-AM	Junction City	1420
KJCK-FM	Junction City	97.5
KQLA-FM	Junction City	103.5
KMAN-AM	Manhattan	1350
KMKF-FM	Manhattan	101.5
KHCA-FM	Manhattan	95.3
KXBZ-FM	Manhattan	104.7
KACZ-FM	Manhattan	96.3
KFRM-AM	Clay Center	550
KCLY-FM	Clay Center	100.9
KSAL-AM	Salina	1150
KANI-AM	Abilene	1560
KSAJ-FM	Abilene	98.5
KBLS-FM	Abilene	102.5
WIBW-AM	Topeka	580

TV Station	City	Channel
WIBW-TV	Topeka	Channel 13
KSNT-TV	Topeka	Channel 27
KTMJ-TV	Topeka	Channel 43
KTKA-TV	Topeka	Channel 49

TRAINING Continued from page 1

entry through evacuation or delayed evacuation to get you to a surgeon to be able to have the patient survive the situation or the wounds to get them surgical intervention."

Popp was present as the first course of Prolonged Field Care worked their culminating event Oct. 26 at Fort Riley's Medical Simulation Training Center.

The week-long program enhanced the knowledge already learned from Advanced Individual Training at Fort Sam Houston, Texas, to provide medics with the ability to use equipment found in an aid station like ventilators, suction and whole blood drawing equipment, said Sgt. 1st Class Anthony Denning, noncommissioned officer in charge, MSTC, U.S. Army Medical Department Activity.

"A lot of the concepts they receive here will help them in any scenario that they are in," Denning said. "A lot of it's based on the type of equipment they will have. But out in the field, they understand the lethal triad and how they need to set up and prepare their casualty to be received by an aid station."

The priority for the medics to learn was controlling patients from entering what they refer to as the lethal triad.

"(The) lethal triad is a combination of coagulopathy, acidosis and hypothermia," Denning said. "That's going to lead to a quick fatality, which we are trying to prevent."

Popp said there was an Army identified gap for prolonged field care due to a loss of air superiority or evacuation platforms.

"A lot of the work for this course was done through Special Operations Prolonged Field Care working group," Popp said. "So, essentially what we did was take some components of the Special Operation Medic Course combined with the research and recommended protocols, procedures from the Prolonged Field Care working group and then current clinical practice guidelines for prolonged field care through whole blood administration ... One of the things that we are working to, the goals of the Military Health System, is to decrease morbidity and mortality on the battlefield."

Popp said the Operation Enduring Freedom and Operation Iraqi Freedom deaths through 2011, nearly 25 percent were deemed potentially survivable.

"So, it's like 964 patients deaths could have been prevented through proper intervention at either point of entry through the medic level," Popp said.

Since inception in 2015 the program has been implemented at most of the direct reporting units of I Corps, the 18th Airborne Corps and currently it is expanding through III Corps, Popp said.

"Prolonged field care, by definition, is holding a patient past the doctrinal timeline of two to four hours for priority patients," Popp said. "What it really gets after is mitigating the lethal triad. That's what's important, that's what's going to kill the patient. If you don't mitigate that it, decreases the prognosis of the patient."

TIP OF THE SPEAR

Fort Riley is one of the first locations within III Corps to receive this training according to Denning.

"We are one of the facilities, one of the duty stations, who are getting a jump on it," he said. "We are trying to provide the 1st [Infantry Division] Sol-



Will Ravenstein | POST

First Infantry Division medics assess a casualty during the Prolonged Field Care Procedure class at the Medical Simulation Training Center Oct. 26. The week-long course taught medics how to treat a casualty for an extended period of time due to lack of air support to evacuate the casualty.

diers with the knowledge they need when they get ready to deploy. I'm very proud and happy to be a part of it."

First Inf. Div. Artillery physician assistant, Capt. Donnie Hawk, was on hand to witness the culminating event and said he is amazed at the training being offered to the Soldiers of the 1st Inf. Div.

"I just got back from Poland and the geographic spread of forces that we are potentially protecting or maybe even fighting (is great)," Hawk said. "To be able to get these guys up to speed to be able to hold a casualty even longer definitely increases the warfighting functions and capabilities of the maneuver units. But also sustains the fighting force a little longer to allow these guys to one — train more and two — to save some lives."

Hawk said this level of training is usually reserved for senior NCOs or medics. He was pleased to see the lower enlisted getting the opportunity to increase their knowledge base with the training.

"It's great that we can get it to the lowest levels and prepare them for what may or may not happen in the future," he said. "As you can see here, we have three or four E-2s that are doing it, and doing well at it."

For 3rd Battalion, 66th Armor Regiment, 1st Armored Brigade Combat Team, 1st Inf. Div., medic Pvt. Joshua Railsback this was an opportunity to expand what he learned at AIT.

"I know during AIT we would learn how to take care of a casualty immediately, but afterwards if evacuation was delayed we essentially reevaluated vitals," Railsback said. "This helped elaborate what we needed to do after and kind of give us a baseline of what we need to do."

Railsback said the training made him feel more confident in his abilities to handle this type of situation.

"I know before I felt like I could do it if I had to, but I wasn't the most confident," he said.

Included in the training was giving the medics the ability to transfuse whole blood into a patient, what Denning referred to as "a walking blood bank."

"If they have a casualty for an extended length of time, they can find a match," he said. "A donor that has the same blood type as the casualty and they can do a walking blood bank where they draw the blood and then can provide that to the casualty. Instead of just pushing fluids that may dilute the blood that is already in them, they will have blood to push back into the casualty."

CULMINATING EVENT

The medics entered the room with a mannequin on a litter as if the patient just arrived to the aid station. From there they reevaluated the patient's condition and moved forward with treatment.

"It will already have some treatment done, they are going to have to reassess interventions already done, vital signs and maybe if they are not satisfied with interventions already done — correct the interventions and make sure any life threats are addressed," Denning said. "And then they will start documentation of vital signs to make sure they are tracking trends."

"The difference between this and the normal scenarios we do is that the normal combat scenarios are hard and fast," he added. "We try to stress them. With this, it's more of an extended period-of-time. It might be hard and fast at the beginning, but they get into a routine, checking vitals and tracking trends."

The mannequin used for training is hooked up to a laptop from which an evaluator can control everything from breathing, to making sound effects as if the patient were coughing or moaning in pain.

As the evaluation went on, the medics were only able to get the vitals of the patient from the evaluator at the computer as they are unreadable by their equipment.

If treatment procedures were missed or went unchecked for too long the evaluator was able to simulate different conditions to make the patient worse, like collapsing a lung or having the patient's heart-rate start to slow down.

As treatments were administered, whole blood transferred and medications given the patient responded positively.

For Hawk the training aids were better than what he used when he first entered the Army, a fact that impressed him.

"I've been in for 13 years and in the day we had the Rescue Randy's," he said. "Those were the big dummies that weighed 180-pounds. So you had to ask the instructor, 'do I see equal rise and chest fall, do I hear breath sounds,' those sort of things. To provide that feedback directly to the end user is amazing. The technology is insane."

Hawk, Denning and Popp all said they hoped the medics all left the training with greater confidence in their ability to perform the procedures to extend the patients' chances of survival.



Veterans Day Celebration

“Commemorating a Century of Service”

Monday, November 12, 2018

7:00-9:00 a.m. Veterans Day Breakfast sponsored by Briggs Motors
Cost is \$5.00
Veterans and Active Duty Personnel Free
American Legion Post 17, 114 McCall Road, Manhattan, Kansas

9:30 a.m. Veterans Day Honor Parade
Manhattan Town Center to City Park
Includes soldiers from the 1st Infantry Division, the 1st Infantry Division Band, the Kansas State University Band, the Manhattan High Band and many other area school bands.
There will be about 2,000 children from area schools, and many other units.
Grand Marshals—SFC James A. Reeves, 450th TC BN HHD (MC), USAR and SPC John Cancelada, 130th Field Artillery Brigade, KSARNG

11:00 a.m. Commemorative Program—
Peace Memorial Auditorium, City Hall
Keynote Speaker—Jed Dunham, Writer/Editor,
Division of Communications and Marketing, Kansas State University

6:00 p.m. Veterans Day Recognition Banquet
All Veterans Welcome
American Legion Post 17, 114 McCall Road, Manhattan, Kansas
Dinner will be catered by Diecks Catering, Clay Center, Kansas.
\$12.00 per person. Reservations Appreciated, 785-776-4556
Guest of honor and Keynote Speaker—Major General (retired) Michael W. Ryan.

Flint Hills Veterans Coalition, Inc. www.flinthillsveteransday.org



The Fort Riley Ghost Tours Oct. 27 took participants through historic housing next to Artillery Parade Field. At each stop, a guide would tell a story of the ghost who resides in each house.

That's the Spirit

Participants walk among old souls of Fort Riley

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

Each year on the weekend before Halloween, volunteers with the Historical and Archaeological Society of Fort Riley host the Fort Riley Ghost Tours. This year, the tours took place over the span of two days with Oct. 27 being geared toward the adult crowd and Oct. 28 being a kid-friendly tour.

Shauna Laauwe, a HASFR Ghostess, said the event was free with the exception of a fast pass purchase. The Oct. 27 tour began at Artillery Parade Field and took participants through the surrounding haunted homes and buildings.

"Every year is different," Laauwe said. "Many of the houses have several ghostly entities, so they will ask the inhabitants which story they would like to tell each year."

"We let the residents know by Oct. 1 that we've picked their home to be on the tour, and they would have two weeks to say 'no I don't want to be on the tour,'" she added. "Most of these homes, maybe it's just creaky doors as the homes are 100 years old, but there are a lot of stories to be told."

Ken Schuler, from Haviland, Kansas, and Joleen Ross, from Halstead, Kansas, are long-time friends who heard about the Ghost Tours four to



Building 500 is considered to be an especially haunted location on Fort Riley. Visitors view the above photo of the morgue Oct. 27. People say they can see the ghost of a morgue attendant.

"I don't really believe in ghosts. But some of these stories, how else do you explain them?"

JOLEEN ROSS | GHOST TOUR PARTICIPANT

See SOULS, page 12

IF YOU GO ...

WHAT: Sixth annual Slingin' Ink Competition
WHEN: 6 p.m., Nov. 3; registration 5 to 6 p.m.
WHERE: Warrior Zone
NOTE: Only Soldiers are eligible to win contest.

Contest sure to get under one's skin

Slingin' Ink event puts tattoo work, artists on display

By Will Ravenstein
1ST INF. DIV. POST

Soldiers and tattoos have gone together since the first tattoo artist traveled with Soldiers during the Civil War according to www.vfw.org/media-and-events/latest-releases/archives/2016/8/a-short-history-of-military-tattoos.

On Nov. 3, Fort Riley Soldiers, National Guard and Reservists can showcase their best, and worst, pieces at the sixth annual Slingin' Ink Competition at Warrior Zone.

Registration will take place from 5 to 6 p.m. with the competition beginning at 6 p.m., Quinton Williams, manager Warrior Zone, said.

"What's the point in having all these tattoos if you can't show them off," Williams said.

Contestants will be judged in best color, best black-and-white for both single tattoos and completed sleeves. There will also be a winner of the worst tattoo competition for both black-and-white and color.

"I think the popular one is the worst or biggest mistake tattoo (competition)," he said.

Along with the competition, contestants and guests can visit with local tattoo shops to see their work on display.

See INK, page 11

Library party rings in winter

Annual Halloween event thrills attendees inside, outside

By Téa Sambuco
1ST INF. DIV. POST

In anticipation of the winter months, the Fort Riley Library staff hosted their annual Halloween Party on Oct. 27.

"It's our way of finalizing the end of the season," said Terri Seaman, the civilian contractor in charge of the library. "We're having a 'punch the pumpkin' and 'throw the toss ring on a witch's hat' game outside along with a snack. Inside we're doing a craft and introducing kids to the library."

Seaman said the party gave children one more chance to go out, have fun and wear their costumes. The staff was also encouraged to dress up in Halloween costumes.

"Everyone has a really good time," she said. "We've had several T-Rex's, a couple kangaroos and some Cookie Monsters."

By mid-afternoon there were 375 people at the party, Seaman said.

See LIBRARY, page 13

Hocus Pocus: Fallapalooza delivers

Annual event allows Fort Riley families chance to extend Halloween spirit

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

Family and friends of Fort Riley came together Oct. 26 during the annual Fallapalooza held at Colyer Forsyth Community Center, which was open to all Corvias residents.

"Corvias likes to do things to bring our community together and take care of our families and our Soldiers," said Angela Ohlinger, operations director for Corvias Housing. "Fallapalooza is just a way for us to give back and have a free event where all the families can come together and meet their neighbors, hang out together, enjoy time with their kids, and just have a great family fun time."

Children were encouraged to come to the event dressed in their favorite costumes. Fallapalooza gave

"Fallapalooza is just a way for us to give back and have a free event where all the families can come together and meet their neighbors, hang out together, enjoy time with their kids, and just have a great family fun time."

ANGELA OHLINGER | OPERATIONS DIRECTOR, CORVIAS HOUSING

them a place for them to wear their costumes more than just on Halloween and have the opportunity to show off their personality, Ohlinger said.

"I can remember when I was a little kid," she said. "You go ... pick out your costume and it's the coolest thing ever and you can't wait to wear it. At the end of the day, they all represent something that's important to them, one of their favorite things. It's great to see all the different choices that kids make."

The event was "Hocus Pocus" themed, with a showing of the movie "Hocus Pocus" at 7 p.m. and

a witch hunt, Ohlinger said. Participants had to search for one of three photos of the Sanderson Sisters the three witches in the movie "Hocus Pocus" hidden throughout the event area. When one was found, the winner received a gift basket containing the "Hocus Pocus" movie, gift cards, and various family friendly goodies.

Other events catering to all ages included bounce houses, free food, homemade games, photo opportunities, and a pumpkin giveaway.

See FALLAPALOOZA, page 10




Fort Riley families were able to play a variety of homemade games – including washer plinko shown above – at the annual Fallapalooza event, which was held Oct. 26 at Colyer Forsyth Community Center.

FORT RILEY POST-ITS


**Irwin Army Community Hospital**
November 1 12: 31 p.m.

Saturday, Nov. 3 beginning at 10 a.m. run on Manhattan’s Linear Trail starting at Anderson Avenue. Run to help raise awareness for local wounded, ill and injured veterans and Soldiers. Registration begins at 8:30 a.m. Options available: 5K, 2-mile walk or run, or 1-mile family walk. The event is free.

**BOSS and the Warrior Zone**
November 1 2:17 p.m.

Slingin’ Ink is the Warrior Zone’s annual Tattoo display for Fort Riley’s finest Soldiers and the ID card holders. The tattoo competition is Free to enter. There are amazing prizes provided by sponsors and local tattoo shops for the best and worst ink.

Nov. 3 from 6 to 9 p.m.
For more information call 785-240-6618.

**Operation Santa Claus — Fort Riley, KS**
November 1 10:42 a.m.

Join Santa, his elves and 1st Infantry Division and Fort Riley leaders for the ribbon cutting ceremony to mark the start of another season of providing gifts for children. The event is Nov. 5 at 3 p.m. at Santa’s Workshop, 1828 1st Street in Camp Funston. Operation Santa Claus is a program to collect toys for military children. Donations of new, safe children’s toys, can be dropped off at Santa’s Workshop or at any Operation Santa Claus drop box.

Let’s go to the movies @Barlow Theater
November 1

Friday - Venom (PG-13) 7 p.m.
Saturday - Venom (PG-13) 2 p.m. and A Star is Born (R) 7 p.m.
Sunday - The Old Man and The Gun (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 younger are free. 3D Showing: \$8 First Run: \$8.25, 3D; First Run: \$10.25

Like - Comment - Share


16 13 5

Fort Riley- Soldier for Life - Transition Assistance Program
November 1


Fort Riley Hiring & Education Fair
10 to 2 p.m. Nov. 8 at Riley’s Conference Center, 446 Seitz Drive.

Like - Comment - Share

189 73 115

**Fort Riley MWR**
November 1 11 14 a.m.


Head out to the Outdoor Adventure and Travel Center Nov. 3 for Pumpkin Fest. Starting at 1 p.m. teams will launch pumpkins from their homemade catapults. Catapults must be constructed prior to the event. Contact the Outdoor Adventure and Travel Center for a complete list of rules. The cost is \$25 per team, no more than five per team. Family teams consisting of adults and youth are \$15 and individuals are \$10. Guests 21, and older are invited to the Pumpkin Fest tasting from 6 to 8 p.m. The \$25 per person price includes 10 samples of your choice of available alcoholic beverages and one cigar.

**Harvey**
November 1


I really enjoyed the last historic chat that was done at the First Territorial Capitol. Does anyone know if there is going to be another one?

115 3 Comments


Like Comment Share

**Spc. Shell** Absolutely. The Historical and Archaeological Society of Fort Riley will host the next Historic Chat at 5:30 p.m. on Nov. 5 at Riley’s Conference Center. They will be talking about Salina’s Historic Shilling Manor and will have a guest speaker.

Like Reply

**Harvey** Oh cool! Does it cost anything to attend?

Like Reply

**Spc. Shell** Yes, it does. There is a \$5 admission for the general public and you have to register before Nov. 2. HASFR members are free.

Like Reply

FALLAPALOOZA Continued from page 9



Téa Sambuco | POST

Fort Riley families play with a variety of homemade games at Fallapalooza on Oct. 26 at Colyer Forsyth Community Center.

Oliver Briel, 4, and Jordan Briel, 7, sons of Staff Sgt. Jason Briel, 1st Battalion, 5th Field Artillery Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, said the pumpkin giveaway was their favorite.

Oliver said “It’s good” and his pumpkin’s “got a big stem.”

Both boys dressed up as their favorite characters. Oliver portrayed the benevolent Ghecko from the kids TV show, “PJ Masks,” and Jordan assumed the embodiment of Marvel Superhero, The Black Panther.

Amelia Tortonesi, 2, daughter of Staff Sgt. Timothy Tortonesi, Headquarters and

Headquarters Battalion, 1st Inf. Div., picked out a pumpkin as well.

Timothy Tortonesi said the event was good for his family and helped to alleviate stress.

“It’s great,” he said. “It gives all the families something good to do. You don’t have to travel far, it’s something to do at home.”

TEAM-BUILDING WITH FREDDY’S



Amanda Ravenstein | POST

Alyssa Miller, assistant general manager of the Junction City Freddy's, steps off of the platform to cross one of the obstacles while other team members look on during the teambuilding activities at the Outdoor Adventure and Travel Center Oct. 23. Team members from Freddy's in Lawrence, Kansas, Junction City and the Wichita, corporate office were included in the event. Freddy's is named after a WWII Army Infantryman.

Worship Opportunities

Protestant Services

Victory Chapel ChapelneXt Protestant Service Sunday Worship..... Children’s Church.....	239-0834 1100 1105-1200
Morris Hill Chapel Gospel Protestant Service Sunday School..... Sunday Worship.....	239-2799 0900 1100
Main Post Chapel Traditional Protestant Service Sunday Worship..... Children’s Church.....	239-0834 1030 1045-1130

Catholic Services

Victory Chapel Sunday Mass..... Sunday Catechism.....	239-0834 0845 1000
Saint Mary’s Chapel Confession (or by appointment)..... Sunday Mass..... Mid-day Mass— Mon., Wed., & Fri.....	239-0834 1100 1130 1200
IACH Chapel Mid-day Mass— Tue. & Thur.	239-7872 1200

Jewish Service

For Sabbath Services please contact the Senior Chaplain at 240-6268/910-273-0767.

Pagan/Wiccan Service

Kapaun Chapel Fort Riley Open Circle— SWC 1st & 3rd Wednesday monthly.....	239-0834 1800
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Family Night

Weekly Wednesday classes from 1830-1930 at Victory Chapel. 785-239-0875. Watchcare provided for birth-4yrs.

Club Beyond - Faith Based Youth Program

Grades 6th - 12th, Meets Sundays
Combined MS/HS Youth 1830-2015 at Victory Chapel
785-370-5542
Club Beyond is a Non-Federal Entity and is not part of the DoD or any of it’s components and it has no government status.

AWANA

Meets Sundays, 1400-1600 at Victory Chapel
785-239-0875.

Protestant Women of the Chapel (PWOC)

Weekly Tuesday Meeting 0900-1130 & Evenings at 1830-2000 at Victory Chapel.
Childcare provided.
For more information email rileypwoc@gmail.com or Facebook “Fort Riley PWOC”

Catholic Women of the Chapel (CWOC)

Weekly Wednesday Meeting 0900-1130 at Victory Chapel.
Childcare provided.
For more information email fortrileycwoc@gmail.com or Facebook “Fort Riley CWOC”

Check for schedule over Training Holiday weekends

RECOGNIZE

Sergeant Woof sees old ammo!



RETREAT

Don't touch it!
Sergeant Woof turns and follows his tracks away from the danger.



REPORT

Sergeant Woof, with help from an adult, calls 911 and describes what he found and where he found it.



Recognize

- Realize when you may have found ammo

Retreat

- Do not touch, move, or disturb ammo—carefully leave the area, but do not run

Report

- Tell a parent or other adult to call 911

For more information, visit 3Rs.mil

13th Annual

Gathering in the Grove

Fine Art Show & Sale



Carnegie Building - 303 W Main Street, Council Grove
Friday, Nov. 2, 5:00 - 9:00 p.m.
Saturday, Nov. 3, 9:00 a.m. - 9:00 p.m.
Sunday, Nov. 4, 1:00 - 4:00 p.m.

BOWLING THUNDER FOR HALLOWEEN

Families participate in the Bowl Spooktacular event held at the Custer Hill Bowling Center Oct. 27. Bowlers in costume took part in the costume contests for children or adults.

Amanda Ravenstein
POST



Army unveils digital crime-tips system

Officials: System gives users safe, anonymous reporting method

By CID Public Affairs Office

QUANTICO, Va. – The Army community and American public can use their computers and smartphones to submit tips about crimes, suspicious activity or threats to the U.S. Army’s Criminal Investigation Command via a digital crime tips system.

The CID crime tips submission system is a web-based or smartphone app submission method. The public can access the system via any Internet-connected device by visiting, <http://www.cid.army.mil/>.

In addition to the web interface, the app is for submission of tips and is available for free download from the Apple Store and Google Play at <http://www.p3tips.com/app.aspx?ID=325>.

The CID Crime Tips app is also approved for download on Government smartphones

“This new system is the ideal solution for ‘tipsters’ to report criminal activities or suspicious activity anonymously. Tips received will be seamlessly assigned to various units for further investigation.”

CHRISTOPHER L. ADAMS | IMPLEMENTATION PROJECT
MANAGER, U.S. ARMY’S CRIMINAL INVESTIGATION COMMAND

and smart-devices. Apple users can access the app through the DOD Enterprise Mobility Personal Use Mobile Apps and DOD Apps icons on their device. Android users can access the app using the Mobile@Work icon on their device.

According to CID’s implementation project manager, Special Agent Christopher L. Adams, the system provides users a safe, secure and anonymous method to report criminal activity and security threats without concerns of retaliation or fear. He explained whenever a person submits a tip online, the completed form is securely transferred directly to Army CID through a Secure Sockets

Layer connection, which means the tips are encrypted, entirely confidential and completely anonymous. Users can also attach images, videos and documents with their tips.

“This new system is the ideal solution for ‘tipsters’ to report criminal activities or suspicious activity anonymously. Tips received will be seamlessly assigned to various units for further investigation. Additionally, persons providing anonymous tips will have the ability to communicate with the CID Agents,” Adams said. “After submitting a tip, a tip reference/ID number is created that allows the tipster to create a password to check the status

of the submitted tip or check on the status of a reward – if applicable. So do not misplace your ID number, as it will be needed to check on the status of your tip.”

There is also the multi-language feature for global use that allows tips to be auto-converted into English on the backend regardless of what language they were submitted. Tips will be responded to in English and auto-translated back to their source language during the two-way dialog process.

According to Christopher Grey, CID’s spokesman, individuals can report a crime through the CID Crime Tips app or by contacting your local CID office.

“It is critical for people to say something when they see something and it literally can mean the difference between life and death or someone receiving the justice they deserve or victimizing another innocent person,” Grey said. “If you haven’t already done so, download the app today or bookmark CID’s Report a Crime webpage.”

TUESDAY TRIVIA CONTEST



The question for the week of Oct. 30 was:
What page on our new website should Soldiers and dependents visit to learn more about the Blended Retirement System, enroll in a money management class or receive financial counseling to help them prepare for their retirement?

Answer: <https://home.army.mil/riley/index.php/about/directorates-staff/directorate-family-morale-welfare-and-recreation/army-community-service/financial-readiness-program>

This week’s winner is Dana Stewart, wife of 1st Lt. Terrance Stewart, 9th Financial Management Support Unit, Special Troops Battalion, 1st Sustainment Brigade, 1st Infantry Division.

Pictured above are Dana and Terrance Stewart.

CONGRATULATIONS DANA!

SUICIDE PREVENTION

THE POWER OF 1

INK Continued from page 9

“They come in, showcase their artwork and styles,” Williams said. “People walk around and see one they like and schedule an appointment with the shop right there and then. They will bring their reservations book in with them.”

Everyone 18 and older is welcome to compete but unlike previous years, there is a stipulation on who can win any of the prizes donated by the sponsors.

“The only big kicker about it this year, you have

DID YOU KNOW?

- Everyone, 18 and older, is welcomed to compete, but only **Soldiers** are able to win prizes.

to be a Soldier to win,” Williams said. “If a civilian walks in here without the Army regulation tattoos, of course they are going to have a better chance of winning.”

Williams said he likes to promote the local businesses with functions like this.

“I invite them all the time so people get awareness of them,” he said. “It generates business in the local area.”

After the competition, all are welcome to stay for the Ultimate Fighting Championship pay-per-view event. The UFC Heavyweight Championship will be contested as Daniel Cormier, 21-1-0, defends his title against the No. 1 contender, Derrick Lewis, 21-5-0.

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NOVEMBER 3

1 Construct a catapult prior to event to launch a pumpkin. Medals will be awarded to the top 3 teams for launch distance, costume & theme. Contact Outdoor Adventure & Travel Center for a complete list of rules.

LAUNCHING 1-4PM

\$25 PER TEAM, no more than 5 per team

\$15 FAMILY (adult & youth)

\$10 INDIVIDUAL

2 Taste the season later on with Pumpkin Fest Tasting! Additional tickets and non-alcoholic beverages will also be for purchase.

TASTING 6-8PM

\$25 PER PERSON

Includes 10 samples of your choice of either wine, beer, bourbon, hard cider, scotch and one cigar.

Outdoor Adventure & Travel Center 785-239-2363

2018

GOBBLE WOBBLE FUN RUN

NOVEMBER 17 • 12:30PM

RILEY'S CONFERENCE CENTER

Advance registration: \$12

Register online at riley.armymwr.com

On-site registration: \$15 • Begins at 11:30am

Kids 17 and under are free (does not include food or medal)

Take the Gobble Challenge!

Devour a Thanksgiving meal on the go: Over the course of this 2-mile run, you'll stop for turkey and gravy, green bean casserole, mashed potatoes, dinner rolls and pumpkin pie.

CYS activities will be available at each station for kids including agility ladders, hurdles and other active events.

Run will not be timed • Strollers are welcome • Open to the public

NO PETS ALLOWED!

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FORM MATTERS

Standing Power Throw

By Gail Parsons
1ST INF. DIV. POST

The standing power throw is the second event in the Army Combat Fitness Test. In this event, the Solider will throw a 10-pound medicine ball behind them and over their head.

- The minimum distance Soldiers in a moderate unit must throw it is 4.6 meters
- The minimum distance Soldiers in a significant unit must throw it is 6.5 meters
- The minimum distance Soldiers in a heavy unit must throw it is 8.5 meters
- To max this event the ball must be thrown 13.5 meters

Unlike several other exercises, this one is power oriented rather than strength based, said Stafford Gosser, project lead for Fit Nation and project lead for the Physical Resiliency Working Group at Irwin Army Community Hospital.

“There are strength components to this, but definitely if you want to do well on this event — power is what you want to train for,” he said. “When you train for power, you are trying to maximize the speed of the movement so it’s all about quality as opposed to quantity.”

Power is the combination of speed and strength, which has a high degree of carry over to functions Soldiers may be required to perform, said Capt. Chris Boyer, physical therapist for the 97th Military Police Battalion.

“Think about combat tasks like loading a tank, like hastily loading up a truck with ammunition,” Boyer said. “You’re going to have to generate force in a very quick amount of time when you are sprinting from point A to point B and have to do a quick cut to avoid direct machine gun fire, you need to have power to make those quick movements.

Balance is another component of the standing power throw. Gosser said this move develops dynamic stability and explosive strength of the legs.

When executing the move, the Soldier must not go over the line. If they lose their balance when they release the ball, there is a higher likelihood they’ll cross the line.

“One of the big features of the ACFT versus the [Army Physical Fitness Test] is that it engages a lot more muscles throughout the body, especially ones on the back side,” said Maj. Rachel Snell, chief of physical therapy, IACH. “Push-ups, sit-ups and running they are all forward motions that engage muscles typically on the front of your body, but you need a good balance in order to be fit to fight.”

In the standing power throw, because the ball is being thrown over head, it engages muscles on the back.

“But it’s not just the back side of your body because you cannot throw that ball far without engaging the power of the hips and legs,” Snell said.

The standing power throw touches on all the muscle groups.

As the knees are straightened, the quads are worked; pushing the hips forward works the glutes; driving the arms up and overhead uses everything from the biceps to the lats.

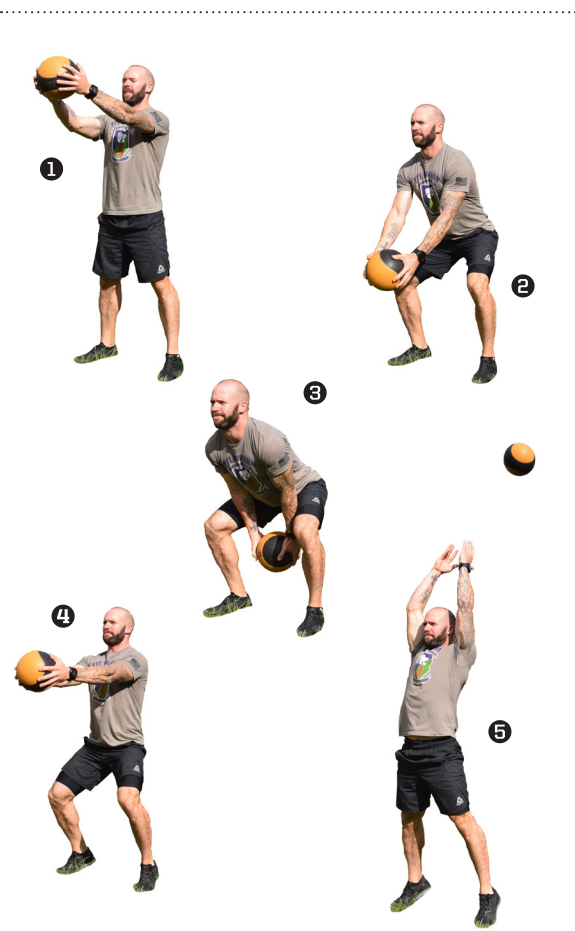
“It’s a whole-body coordinated movement,” Boyer said. “I think that’s the more consequential part it’s more than just one muscle group. When you are doing a tactical movement, you are using the whole body all the time, especially when you are carrying all your gear. You can’t just hang out on strong triceps, you need to be solid from top to bottom.”

As Soldiers train for the standing power throw, Gosser said there are measures they should take to prevent injury.

“You can get yourself into a little bit of trouble when you are maximizing your movement speed,” he said. “Number one, if you’re not properly warmed up and number two, if your body muscles aren’t familiar with what the movement feels like, it may be easy to overextend.”

He said to negate the potential of injury people should make use of the preparatory movement.

Here he demonstrates the proper way to execute the standing power throw:



1. Stand with heels close to the line, but not so close there is a risk of crossing it. Grasp the medicine ball on both sides, hold it at shoulder height.
2. Begin the preparatory, or counter, movement by flexing at the knees and hips.
3. Lower the ball almost to the ground.
4. Raise back to the starting position and repeat the preparatory movement. Gosser recommends repeating this movement at least once.
5. Use the preparatory movement to prime the throw. When ready, on the upward motion throw the ball overhead and behind. The heels, toes or the feet can leave the ground as long as they do not cross the line.

Form Matters is a weekly column designed to demonstrate the proper form to use when executing different exercises to minimize the risk of injury.

Pool event gets glowing review

Glow Swim at Eyster Pool sheds light on domestic violence

Story and photo
by Amanda Ravenstein
1ST INF. DIV. POST

The dark swimming area at Eyster Pool was lit by glow bracelets, necklaces and beach balls Oct. 27 during the Directorate of Family, Morale, Welfare and Recreation’s Glow Swim. In addition to being an opportunity for families to get out and enjoy the pool, staff from Army Community Service was there to hand out the glowing items to promote Domestic Violence Awareness month for October. School Aged Services, Child and Youth Services staff was also there with a glow-in-the-dark photo booth loaded with props.

“The whole thing with getting ACS and School Aged Services involved is we’ve got all of these MWR programs throughout the installation that are trying to provide ser-



Families helped “glow up” Eyster Pool during the Glow Swim event Oct. 27. The Directorate of Family, Morale, Welfare and Recreation partnered with Army Community Services again this year and also invited Child and Youth Services School Aged Services to participate, giving families many activities to enjoy during the event.

vices to our Soldiers and our family members,” said Hedy Noveroske, aquatics program manager. “So, we are building a special event with numerous programs (involved). That’s this event.”

Within the first hour there were more than 100 swimmers in the pool and more families were lining up to go in.

“The attendance looks great” said Caroline Tolliver-

Lee, Family Advocacy Program. “It’s a constant influx of people with their children. So, they are coming in as we had hoped with their families which makes it a great outreach for awareness.”

Drug take-back program nets 18 pounds

Keeping prescriptions from un-prescribed hands, teens a priority

By Will Ravenstein
1ST INF. DIV. POST

Brandon French, substance abuse prevention coordinator, Army Substance Abuse Program, and members of the 97th Military Police Battalion sat at the entrance inside the main Exchange Oct. 25 and 26 collecting unwanted or expired prescription medications.

“We are here as part of the Drug Enforcement Administration’s prescription drug take-back event,” French said. “Where we are taking back prescription medications that are expired, unused or unwanted at a collection site so they can be taken in and don’t end up in the wrong hands.

The main focus behind the take back is preventing the

medications from ending up in teenagers’ or un-prescribed hands which could lead to other issues,” French said.

“It would be easy for someone who has medications they haven’t used in a while that are just sitting, to not notice if a few were missing,” French said. “This provides the best opportunity. Maybe someone with an elderly parent that passed away, they have a lot of medications and they are trying to figure out what to do with them ... We really don’t want them flushing all that medication down the toilet or just throwing them away in the garbage.”

After collecting about five pounds on the first day, French was uncertain of what the two days would gather collectively.

“A good total turn in this time around is kind of questionable because we are really trying to promote the collection site that is at the pharmacy at Irwin Army Community

Hospital,” he said. “That collection site has been there for about a year now.”

In April, the collection point secured nearly 60-pounds of prescription medications, French said.

“We are seeing it taper off a little more. We think it’s because of the education we are giving out about the bin that’s at the pharmacy,” he said.

This time French and the military police secured about 18-pounds of medication which will be shipped to the DEA where it will be incinerated.

Spc. Angela Turner, 300th MP Co., 97th MP Bn., was one of two law enforcement officers securing the location with French. She said the turn in is important to keep medications from “getting into the wrong hands.”

For those who were unable to make the two-day turn-in event at the Exchange, the IACH pharmacy has a bin

available to dispose of unwanted or unused medication. It is available Monday through Friday, 7:30 a.m. to 6 p.m., and Saturday from 10 a.m. to 2 p.m.

This bin is able to collect unused drugs including legally held controlled drugs and narcotics.

The flyer French was handing out about the bin tells participants to leave the drugs in original containers when possible and to remove personal information, if desired.

The flyer also mentions not to dispose of needles, syringes, injection pens, chemotherapy waste or other medical waste or trash in the bin.

Also, illegal or illicit drugs such as marijuana, cocaine, heroin or methamphetamines are not to be disposed of there either.

“That is for normal turn ins that we do,” French said. “However, is someone has some bulk things they want to turn in they can contact the pharmacy to do a bulk turn in.”

SOULS

Continued from page 9

five years ago, and were finally able to participate.

“I don’t really believe in ghosts,” Ross said. “But some of these stories, how else do you explain them?”

Among the famous ghost stories told by the guides on the tour were:

THE BUCKSKIN GHOST,
85 SCHOFIELD CIRCLE

The Buckskin ghost was regaled as a man wearing buckskin clothes. The apparition appeared to be middle aged, and would sift through the TV channels and apps on a smart TV when it was installed. The ghost also hid toothbrushes, but would return them when asked.

THE ASSISTANT CHIEF,
FORT RILEY FIRE
STATION # 2

The spirit of an old assistant chief is said to reside in the Fort



Téa Sambuco | POST

Legend has it that one of the ghosts in the Triangle House carries a pipe

Riley Fire Department Station #2. He is vigilant and has been known to awaken firefighters out of their sleep by saying, “it’s time.” Doors will open without any force applied and flashlights will malfunction at dusk.

THE LITTLE GIRL WHO
LOVED DOLLS, 432C
CARPENTER

This little girl ghost, reported to be four-foot tall with a round, baby face and long dark brown hair, first

appeared to a young girl whose family had recently moved in.

The ghost fully materialized after the human girl received a doll with red hair.

The ghost was seen nightly after that.

Children’s footsteps in the attic would be heard by other families, with no access to the attic.

THE STAIRWELL PEOPLE,
QUARTERS 99

Families have been known to hear music from the back stairwell of the house, with no one else present.

The basement door, which lead to the laundry room, would often open for the lady of the house when her hands were full. She eventually would just say “Thank you.”

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Training the trainers: TRX Fitness begins

Five civilians receive training; Soldiers can expect November class

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

Five civilians received training from Tanya Henigman, branch chief of Sports Fitness and Aquatics with the Directorate of Family and Moral, Welfare and Recreation, on how to instruct TRX fitness classes Oct. 19 at Robinson Fitness Center.

Her intention is to have a similar class for Soldiers sometime in November. Once the trainees become fully certified, they can start offering TRX classes.

TRX, which stands for Total-body Resistance Exercise, was devised in 1997 by Navy SEAL Squadron Commander Randy Hetrick while on deployment, according to the TRX website. The first version of TRX used only a Jiu jitsu belt and parachute webbing.

The idea behind the exercise program is to use a combination of suspension training and body weight to maximize the effects of the movements.

"This concept is absolutely different from a traditional workout conducted on exercise machines focused on sole, isolated muscles," according



Tanya Henigman, branch chief of Sports Fitness and Aquatics with the Directorate of Family and Moral, Welfare and Recreation demonstrates a move on the TRX fitness system. She was teaching a class for people interested in becoming TRX instructors Oct. 19 at Robinson Fitness Center.

to information provided by Henigman. "It is based on a combined approach that includes balance, coordination and flexibility."

Henigman started doing TRX in 2008 and was certified in level three in 2011 and has been teaching the fitness program since then.

"I have been all around the world and taught TRX to

all branches of the military — Army, Air Force, Marines, Navy, even Coast Guard," she said. "I did a lot of training with wounded warriors — people who have lost limbs, we've done TRX training."

What she likes about TRX is its mobility.

"You can set the strap up anywhere," she said. "You can put it in your dorm room, you

can put it in your barracks, you can hang it off the back of a Humvee, you can hang it on a locker or a connex box."

Another aspect of TRX is that it's good for all fitness levels or body types, which is what attracted Karin Penn, a fitness instructor who works at Leonard Fitness Center as a recreation aid.

It is a great workout for beginners who can start with some of the easier moves and work their way up, and it can be done without weights, Penn said.

"I like that is it for everyone," she said. "You don't have to have a lot of experience with fitness to be able to do it. And, it doesn't discriminate — anyone and everyone can do TRX."

Even though she considers herself to be pretty fit, it was obvious during the training there are some muscle groups, especially in the core, that are not as strong as she thought.

"I work out differently," she said. "I work out mostly in power lifting and body building, so certain things are definitely more challenging because it is a different workout style."

Penn said she took the training for personal and professional development reasons and plans to take the level two training, after which time she can start teaching.

A HAPPY HAUNT



Amanda Ravenstein | POST

Cayden Hudson, 5, son of Staff Sgt. Casey Hudson, 1st Battalion, 5th Field Artillery Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, plays one of the games at Happy Haunt dressed as Jack Skellington from Tim Burton's "The Nightmare before Christmas" Oct 26.

LIBRARY Continued from page 9

"We have so many people who support us so wholeheartedly and they come to every one of our events," she said. "It gives families here on Fort Riley a chance to interact with each other on a non-military basis. They get to come in and do the civilian thing for a few hours."

Seaman said most on-post activities align with adults, but library staff tries to provide activities for the younger crowds.

"We gear all of our events to the children," she said.

"This way, they have their own safe space here on post. The library is a fun, safe, place. (They) can come there, (they) can have a good time. (They) can run through the hall as long as (they're) safe about it. (They) can scream at the top of (their) lungs out in the yard and have a great time and that's what the library should be. A safe, fun place for kids to come, to learn, but also to have a good time."

She said often libraries focus so much on learning they tend to forget that if a



LEFT: Snacks and drinks were provided at the annual Post Library Halloween Party on Oct. 27. RIGHT: Ahkiem Naylor, left, and Ahmar Naylor, right, sons of Specialist Markeise Naylor, 1st Battalion, 5th Field Artillery Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, dressed up as Ninjas for the Library Halloween Party.

library is not a fun place to be, children are not going to come.

The library did not always have monthly parties, Seaman mentioned. Its beginning was a monthly story time. From there, it evolved into story time every week, with a movie night and a library party once a month.

Spc. Markeise Naylor, 1st Battalion, 5th Field Artillery Regiment, 1st Armored Brigade Combat Team, said he and his family have come to two of the three annual Halloween parties the library hosted during their time here.

"I think my kids had a really good time," he said.



Photos by Téa Sambuco | POST

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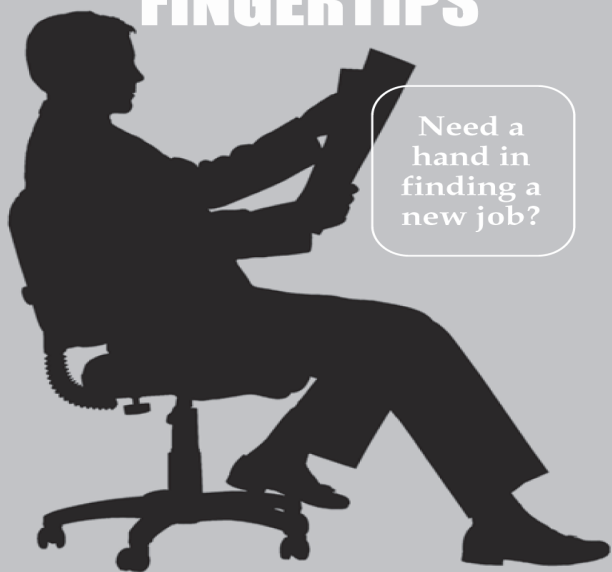
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The Junction City Daily Union is looking for an independent contractor for newspaper delivery in the Chapman area. Reliable transportation, valid driver's license and insurance, and a phone number are required. Contact Bonnie at (785) 776-8808, ext 260 for more information.

The Junction City Daily Union is looking for an independent contractor for newspaper delivery in the southwest side of Junction City. Reliable transportation, valid driver's license and insurance, and a phone number are required. Contact Bonnie at (785) 776-8808, ext 260 for more information.

Misc For Sale 530

40' Grade A Steel Cargo Containers \$2550.00 in Solomon Ks. 20s' 45s' 48s' & 53s' also available Call 785 655 9430 or go online to Chuckhenry.com for pricing, availability & Freight estimates

Sporting Goods 610

WORLD'S LARGEST GUN SHOW - November 10 & 11 - Tulsa, OK Fairgrounds. Saturday 8-6, Sunday 8-4. WANNEMACHER'S TULSA ARMS SHOW. Free appraisals. Bring your guns! www.TulsaArmsShow.com

Houses For Rent 770

3BR/2.5BA Townhouse available now One car Garage, fenced in yard. New Carpet through out Located at 1813 Commanche Ct. \$1000/mo. If interested, call 319-390-2959.

Small furnished house, Utilities are on, one person \$175.00 plus \$150 deposit. Clay Center. 785-632-0338.

NOTICE RENTER

Tired of paying 8000- to 9000 For rent Per Year, for nothing: Looking to Buy? Looking to Rent? To Buy? We can help. We have Financial tools. Private Contact. We have several houses to look at. Like New! Call 785-238-7941 Or 785-761-3379

Help Wanted 370

Help Wanted

370

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MONDAY-FRIDAY DURING BUSINESS HOURS! (8 AM - 5 PM)

DO YOU HAVE:

- An outgoing personality?
- Desire to succeed?
- Self-motivation?
- Good communication skills? (written & verbal)

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

WE PROVIDE:

- Salary plus commission
- Benefits include: medical insurance, 401K, paid vacation/holidays

Send resume and cover letter to:

sales@jcdailyunion.com

No Phone Calls Please

Junction City
THE DAILY UNION.

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

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 (put reporter position in the subject line)

su | do | ku

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

Level: Advanced

What Is su | do | ku?

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

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

Last Sudoku's Answers

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

SPORTS

No matter what team you root for, look to your
DAILY UNION. for local and national
sports results and behind-the-scenes features.

"I always turn to the sports page first, which records people's accomplishments. The front page has nothing, but man's failures."

Earl Warren,
Chief Justice of the U.S. Supreme Court
(1953-1969)

THE DAILY UNION.

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Story and photos by Téa Sambuco

★ NOVEMBER 2, 2018

HOME OF THE BIG RED ONE

PAGE 16 ★

Explore the Little Apple – Manhattan, Kansas

Founded in the mid-1800s and known as the “Little Apple,” Manhattan rests at the intersection of the Big Blue and Kansas rivers, “nestled in the heart of scenic Flint Hills,” said the website www.cbmanhattan.com.

It is a thriving center for trade, education, government, health care and entertainment.

THE SUNSET ZOO

With exhibits including the Amur leopard, the maned wolf and the red footed tortoise, the Sunset Zoo is for families and animal lovers. According to the website, www.sunsetzoo.com, the zoo is home to more than 200 animals and “is committed to the highest level of animal care and guest experience.”

The zoo is open seven days a week, 360 days a year. Daily admission for adults age 13 and over is \$5, with children ages 3 to 12 \$3 per person. Children 2 and younger are free. The zoo hosts events throughout the year, including the upcoming Military Appreciation Day and Holiday Luminary Walk events.



Manhattan Town Center is the only indoor mall in Manhattan.

FLINT HILLS DISCOVERY CENTER

According to the www.flinthillsdiscovery.org website, “the Flint Hills Discovery Center inspires people to celebrate, explore, and care for the Flint Hills.” The Flint Hills Discovery Center contains educational exhibits and programs for all ages. The website encourages guests to “uncover the magnificence and mystery of the Flint Hills, the last major stand of the tallgrass prairie.” The entire first floor is dedicated to permanent exhibits of the Flint Hills, such as “Voices of the Flint Hills,” and “Winds of the Past.” The Horizon Ranch Flint Hills Immersive Experience Theater is also located in the Flint Hills Discovery Center. Guests will feel wind rushing through their hair and see smoke from a prairie fire roll across the floor while learning about the Flint Hills. According to the website, younger children can enjoy the Discovery Center with spaces specifically designed for them. They can explore the Prairie Playscape, an indoor play structure where children can tunnel underground and pop up on the other side. Kids are also able to play on the prairie organ and check out interactive play stations.

TUTTLE CREEK STATE PARK

The avid outdoorsman would find interest in all that Tuttle Creek State Park has to offer. According to www.ksoutdoors.com, Tuttle Creek State Park provides opportunities for camping, hiking, biking, trail riding, archery, shooting, golfing, swimming and fishing as well as boating. The website lists 159 water/electric campsites, eight electric/water/sewer campsites, 24 electric only campsites, and 500 primitive sites at Tuttle Creek. Swimming beaches, boat ramps and dump stations are also available.

MARIANNA KISTLER BEACH MUSEUM OF ART

According to www.k-state.edu, “The Marianna Kistler Beach Museum of Art celebrates regional art and



Tuttle Creek State Park contains many outdoor experiences, such as fishing and camping. Numerous nature trails, a mountain biking trail, and a scenic equestrian trail offer explorers a variety of routes to experience the aesthetic Flint Hills environment.

brings art and artists from around the world to the heart of Kansas.” Admission to the Beach Museum of Art is free. With current exhibitions including Picturing Kansas, Culture Mixmatcher Zhang Hongtu and Chipping the Block, Painting the Skill: The prints of Norma Bassett Hall. The website mentioned the Beach Museum of Art also offers programs and workshops for all ages. Young children can enjoy ARTSmart, a monthly class for preschool aged children. The Summer Young Artist Program takes place in June, with workshops taught by Kansas State and Manhattan High School fine arts and art education students.



Harry's is an elegant themed restaurant located in a historic hotel.

LOCAL DINING

While Manhattan is home to many chain restaurants, it also contains unique, standalone dining experiences for any palate. For the elegant eater, Harry's is a good choice. www.harrysmanhattan.com said the restaurant is in the historic Wareham Hotel. “The restaurant is best known for its classic-contemporary cuisine and gracious service. The American menu features hand-cut steaks and fresh seafood, along with a nice selection of from-scratch specialty menu items.” Pizza lovers can be found at AJ's NY Pizzeria. According to www.ajsnypizza.com, AJ's uses an authentic New York Italian recipe to make their pizzas. The Keltic Star Public House, according to www.kelticstarmanhattan-tanks.com, is in the heart of the Aggieville district. The Keltic menu items are made from family recipes that were brought from Wales and many of the drinks offered are authentic British selections.

MORE INFORMATION ABOUT MANHATTAN

www.manhattan.org
cotyofmhk.org
www.rileycountys.gov/929/Visitors
www.manhattancvb.org



The Flint Hills Discovery Center provides visitors an opportunity to learn about the Flint Hills.

