

THE 1ST INFANTRY DIVISION POST

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

FRIDAY, DECEMBER 21, 2018

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FORT RILEY, KANSAS



ABOVE: More than 100 wreaths were placed on Soldiers' headstones at the Fort Riley Cemetery Dec. 15 during the 12th annual Wreaths Across America event. **LEFT:** Command Sgt. Maj. Andrew T. Bristow II, U.S. Army Garrison Fort Riley senior noncommissioned officer, salutes the wreath he placed for the 93,129 U.S. servicemen from all branches whose last known status was either prisoner of war or missing in action.

Amanda Ravenstein
1ST INF. DIV. POST

"Today, we are not simply here to decorate graves," said Col. Stephen Shrader, U.S. Army Garrison Fort Riley commander. "We're here to show our gratitude to those who have served, those who continue to serve and perhaps those who may pay the ultimate sacrifice in the future as they serve."

Those words rang through the Fort Riley Main Post Cemetery Dec.

15 during the annual Wreaths Across America event.

For the last 11 years, Fort Riley has honored the Soldiers buried at the cemetery with remembrance wreaths.

According to the Wreaths Across America website, www.wreathscrossamerica.org, the event started in 1992 when Morrill Worcester, the owner of Worcester Wreath Company, found there was a surplus of

See WREATHS, page 7

Entitlements vary based on location

Story by Téa Sambuco
1ST INF. DIV. POST

**Editor's note: Amounts below are subject to change. Always check with Military Pay or the financial counselors at Army Community Service for updates to financial regulations and how they affect deployment entitlements. See chart on Page 4.*

When Soldiers deploy, financial rules can vary based on where they go and if they leave family behind. There is help navigating those changes and understanding how they affect the bottom line. Sometimes added pay isn't what is expected when balanced with costs of living away from home.

It can be more expensive to have two households, even if one of those households is a tent in an austere environment.

"It's a hardship on them," said Ronald Aylor, Army Community Service Financial Readiness Program financial counselor. "They're being put in a situation that they're normally not in and they have extra expenses."

Aylor explained the entitlements Soldiers receive vary by location. These include Assignment Incentive Pay, Hardship Duty Pay and Family Separation Allowance.

Assignment Incentive Pay is for Soldiers who are in an austere environment such as field duty. They are given an additional \$195 a month if their status remains in a field duty position.

See ENTITLEMENTS, page 7

Army Combat Fitness Test trials take place



Fort Riley Soldiers pull a 90-pound sled as part of the sprint-drag-carry event of the Army Combat Fitness Test on Dec. 12. A team of instructors from Fort Jackson, South Carolina, gave three days of classroom and hands-on instruction on how to perform, grade and train others to evaluate the ACFT.

Story and photos By Gail Parsons
1ST INF. DIV. POST

The implementation of the Army Combat Fitness Test is in the field test stage. Master Fitness Trainers are learning what the new test entails and how to grade it.

A mobile training team from Fort Jackson, South Carolina, came to Fort Riley Dec. 10 through 13 to teach Soldiers how to conduct the ACFT at their units.

"They're training certain NCOs who can then go and train further people so we can continue to conduct this as people move on," said 1st Lt. Jason Beauregard, task force engineer and head of the Soldier Readiness Test and Training Program at the 1st Combined Arms Battalion, 18th Infantry Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division.

He said while there were Soldiers from all units on Fort Riley at the training, most of

them were from the 1st CAB, 18th Inf. Regt., 2nd ACT, 1st Inf. Div., and the 97th Military Police Battalion. They are two of the 62 battalions across the Army chosen to participate in the testing.

Capt. R.J. Carbone, ACFT Team Five leader from Fort Jackson, said on the first full day of training, his team trained the level-three trainers.

"For the most part they are the Master Fitness Trainers, so they've been to the Master Fitness Course," Carbone said. "We train them on how to administer the ACFT. They receive in-depth knowledge of the ACFT — how to set up the lanes, how to properly grade and also how to train the level twos."

On the second day of training, the level-three trainers graded the level-two trainers while ACFT Team Five observed to make sure they were grading properly. Level-threes

See TEST, page 7

Fort Riley recognized at 2018 Army Community Partnership Awards



Leroy Council | U.S. Army

Fort Riley partnered with the City of Manhattan, Kansas, on bulk purchasing of road salt are presented the Army Community Partnership award by the Assistant Chief of Staff for Installation Management, Lt. Gen. Gwen Bingham and Acting Assistant Secretary of the Army for Installations, Energy, and Environment, Mr. Jordan Gillis at the Pentagon, Washington D.C., Dec 4, 2018.

SPECIAL TO THE 1ST INF. DIV. POST

The Department of the Army announced the winners of the 2018 Army Community Partnership Awards, which were presented at the Army Community Partnership Recognition Ceremony Dec. 4, in the Hall of Heroes at the Pentagon in Washington, DC.

Fort Riley was one of seven U.S. Army installations who partnered with a neighboring community. Fort Riley and the City of Manhattan, Kansas, were selected for demonstrating partnerships that enhance Army readiness, modernize Army processes and improve business reform, while building stronger community relationships.

"We are always looking for innovative ways to decrease costs and enhance the delivery of services on our installations," said Jordan Gillis, acting Assistant Secretary of the Army (Installations, Energy and Environment). "These community partnerships are perfect collaborations that help accomplish that endeavor while building stronger community bonds."

The Army Community Partnership Recognition Ceremony seeks to highlight examples of exceptional cooperation and dil-

igence that will encourage continued collaboration to achieve the full potential of community partnerships. For example, Fort Riley partnered with the City of Manhattan on bulk purchasing of road salt. This agreement provides cost and storage benefits to Fort Riley and Manhattan, which experiences severe winter weather. The awardees represent partnerships that have improved readiness, driven modernization and contributed to reform initiatives throughout the Army.

All seven awardees included partnerships signed in fiscal years 2016 to 2018 by garrisons, reserve centers and armories. Eligible partnerships included memorandums of understanding, memorandums of agreement, cooperative agreements, educational agreements, leases or licenses, mutual aid agreements or intergovernmental support agreements. Submissions were evaluated using the following criteria:

- improves or enhances readiness
- supports reform initiatives
- modernizes a service, system or process
- expands capability
- improves soldier/family life or community relations.

WHAT'S IN THIS ISSUE?

A LOOK BACK AT 2018

AS 2018 COMES TO A CLOSE, TAKE A LOOK AT THE TOP STORIES THAT AFFECTED THE 1ST INFANTRY DIVISION AND FORT RILEY.

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ALSO IN THIS ISSUE



SANTA VISITS IRWIN ARMY COMMUNITY HOSPITAL FOR BREAKFAST.
SEE PAGE 13

ALSO IN THIS ISSUE



SPC. SHELL SHOWS OFF AT LOCAL AND REGIONAL ICE SKATING RINKS.

SEE PAGE 20



Division Artillery hosts fires course for Fort Riley maneuver commanders

1ST INF. DIV. STAFF REPORT

Col. Rory Crooks, 1st Infantry Division Artillery commander, hosted a fires orientation course for maneuver battalion commanders Nov. 27 to 29.

The three-day course, the first of its kind at Fort Riley, provided battalion commanders and fire support officers from the division's 1st Armored Brigade Combat Team, 2nd Armored Brigade Combat Team and 1st Combat Aviation Brigade an opportunity to learn how to better integrate fires and intelligence capabilities into their missions.

Field artillery and intelligence leaders facilitated discussions among participants using tactical vignettes to illustrate fire support considerations within combined arms maneuver. The course included simulations within the classroom and a hands-on demonstration of fire support equipment found within the brigade.

Maneuver commanders got a better idea of what tactical and technical conditions need to be met so they could provide their fire support officers with effective guidance, Crooks said.

The course began with a collection methodology class led by Lt. Col. Brendon Dever, 1st Inf. Div. intelligence officer, and Maj. Calvin Roe, DIVARTY intelligence officer. The class included brigade combat team to battalion battle handover, named area of interest or target area of in-

terest development, the brigade combat team targeting process and a fires or intelligence collection rehearsal.

Lt. Col. Iven Sugai, 1st Battalion, 5th Field Artillery Regiment, 1st ABCT, 1st Inf. Div. commander, and Lt. Col. Reggie White, 1st Battalion, 7th Field Artillery Regiment, 2nd ABCT, 1st Inf. Div. commander, led a discussion on fire support considerations in the offense and defense, including centralized observer plans and engagement area development.

Course participants visited the 1st Bn., 7th FA Regt., motor pool for target acquisition, fire support and firing battery equipment familiarization. Soldiers also demonstrated a sensor-to-shooter, digital indirect fire technical rehearsal.

The final block of discussion centered on executing a simulation-augmented tactical scenario at Fort Riley's Mission Training Center. All battalion commanders and their fire support officers refined a fires plan in support of a battalion-level operations order and provided feedback on example offensive and defensive combined-arms maneuver fires employment within scenarios employed by the National Training Center at Fort Irwin, California.

Leaders from 1st ABCT used their experience from a recent NTC rotation, and provided a platform to share successes and shortfalls with 2nd ABCT commanders, who are preparing for their own rotation there in the spring.



Amanda Kim Stairrett | 1st Inf. Div.
Col. Rory Crooks, 1st Infantry Division Artillery commander, speaks to Soldiers Nov. 29 during a three-day fires orientation course. The course, Nov. 27 through 29, was the first of its kind at Fort Riley, providing battalion commanders and fire support officers from 1st Armored Brigade Combat Team, 2nd Armored Brigade Combat Team and 1st Combat Aviation Brigade the opportunity to learn how to better integrate fires and intelligence capabilities into their missions.

United Arab Emirates armed forces officers tour Mission Training Complex



Col. Naser S. Al-Kalbani, War Game Training Center, United Arab Emirates armed forces, flies the Apache simulator at the Mission Training Complex at the Seitz Regional Training Center Dec. 11 as part of their tour of the facility. Al-Kalbani, Maj. Hazeem E. Al-Mesafri and Brig. Gen. Saeed J. Al-Suwaidi were at Fort Riley to learn how U.S. Soldiers integrate technology and virtual platforms into their training.

Story and photo by Patti Geistfeld
FORT RILEY PUBLIC AFFAIRS

Three officers from the United Arab Emirates armed forces visited Fort Riley Dec. 11 to learn how the U.S. Army trains Soldiers using the integration of technology and virtual platforms at the Seitz Regional Training Campus. During the tour, they visited the Mission Training Complex, Warrior Skills Trainer, Close Combat Technical Trainer and Training Support Center.

The Directorate of Plans, Training, Mobilization and Security Training Division Chief, Bill Raymann and his staff provided a training overview and a tour of the facility to Brig. Gen. Saeed J. Al-Suwaidi, UAE War Game Training Center commander and his staff, Col. Naser S. Al-Kalbani and Maj. Hazeem E. Al-Mesafri. After the overview they had the opportunity to see how Soldiers were trained in classrooms and simulated environments. They were shown how the training elements are networked to provide realistic virtual scenarios for simulated battle situations.

"They (the UAE officers) are very interested in how we train and prepare brigades at home station for the National Training

Center," Raymann said. "They want to understand how to train their brigades similar to what we do."

Raymann said when America's coalition partners train their forces using techniques similar to what U.S. Soldiers use — it makes the integration of coalition troops in real-world battle-field situations easier because they are all working from the same type and level of training.

"We are always happy when our coalition partners ask to come visit," he said. "These gentlemen are interested in being able to replicate some of our capabilities to be able to train their own brigades."

At the conclusion of the tour, Suwaidi said it was good to have seen the tools and simulations Fort Riley uses for training. "It was a really good experience," he said. "It was good to exchange ideas on how they can use the information to train Soldiers in the UAE."

During their trip, the UAE officers also visited the Training and Doctrine Command Combined Arms Center at Fort Leavenworth, Kansas, for information on how to develop and maintain scenarios, models and simulations.

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1-16 IN	785-239-8038	1-18 IN	785-239-4208	541 CSSB	785-240-3303
1-5 FA	785-240-3110	1-63 AR	785-240-4533	1st CAB	785-239-6565
1 EN BN	785-239-9420	299 BSB	785-240-2307	1-1 BN	785-239-0497
1-4 CAV	785-239-8603	2-70 AR	785-239-1174	2-1 BN	785-240-1196
2-34 AR	785-240-1334	5-4 CAV	785-240-2730	3-1 BN	785-239-5325
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Training gets physical between 75th Rangers, 1st Infantry Division



A Fort Riley Soldier practices his form during the Human Performance Course lead by the 75th Ranger Regiment on Fort Riley, Dec. 11 through 14.

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

Fort Riley Soldiers took part in a Human Performance course lead by Nicholas O’Brien, who is the Human Performance Program coordinator for the 75th Ranger Regiment.

“The goal of the course is to train Soldiers how to optimize their physical performance, reduce injuries, plan for and maintain proper nutrition and learn what effective return to duty after injury looks like,” O’Brien said.

The course is part of the Human Performance Program that provides a full staff of strength coaches, mental performance coaches, dietitians and athletic trainers within the 75th Ranger regiment.

“Mission and combat readiness is improved through education,” O’Brien said. “There is a lot of research to show that reduction of injury and improvement of performance is about the educational process, not just the nuts and bolts of the coaching.

“It’s about knowing and understanding what needs to be done and being instructed on how to execute that with individual- or group-level training,” O’Brien added.

The class was geared toward senior enlisted and junior officers to maximize its influence. Leaders can then disseminate the information and ensure this type of training is carried out within the ranks.

Second Lt. Joshua Ryan, assistant operations officer, 299th Brigade Support Battalion, 2nd Brigade Combat Team, 1st Infantry Division, said he took the class



First Infantry Division Soldiers hit the gym at Craig Fitness Center on Fort Riley, for a three-day Human Performance Course lead by the 75th Ranger Regiment, Dec. 11 to 14. The class provided education and training of the various facets of human performance, movement preparation, strength and power training, energy systems and recovery, reintegration, performance nutrition, mental performance, and injury prevention.

to better himself and to collect tools offered to share with his unit.

“The callisthenic workouts from the class are something we can take to the field,” Ryan said. “We can make the kettlebells a part of our load plan on the vehicles, tie them down and take them to the field and do a physical training session out there.”

Ryan found the class was beneficial in reinforcing and correcting proper form

for each exercise. He noted better form when bench-pressing, for example, carries over to other exercises.

“Being lethal, being fit is what we do as service members,” Ryan said. “It doesn’t matter what job you’re doing in the military, you need to be able to perform the exercises in the Army Combat Fitness Test and in the field — at your job — and that is why this knowledge and experience is important for all Soldiers.”

TRAFFIC REPORT

ACCESS CONTROL POINT HOURS

Those with a valid military ID card, or who have an access pass or badge, wanting access to Fort Riley on weekends should use Estes, Ogden, Henry or Trooper gates.

For more information about Fort Riley access procedures, visit <https://home.army.mil/riley/index.php/about/visitor-info>.

The Fort Riley Visitor’s Control Center is open Monday to Friday from 5 a.m. to 11 p.m., weekends and federal holidays from 8 a.m. to 4 p.m.

The access control point hours are:

Henry/Trooper/Ogden/Estes:

Open 24/7. Commercial traffic at Estes is required to have an access pass or badge prior to trying to access.

12th Street:

Open from 5 a.m. to 7 p.m., Monday to Friday, closed weekends and federal holidays. This gate will have inbound commercial vehicle lanes only.

Although personally owned vehicles will be allowed access, there is no designated POV lane.

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

Grant:

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

FUTURE PROJECTS - STAY INFORMED

Stay up to date on all road construction projects happening on Fort Riley, download the Fort Riley app from the iOS or Google Play store.

AMERICA'S ARMY: THE STRENGTH OF THE NATION				
Army G-1				
Allowances / Entitlements	Combat Operations (Afghanistan/Iraq) TDY Deployed (Contingency)	Combat Support (Kuwait) TDY Deployed (Contingency)	Rotations of Forces (USAEUR-OAR/ERI) TDY Deployed (Non-Contingency)	Rotations of Forces (USARPAC-KRF) TDY Deployed (Non-Contingency)
Basic Allowance Housing (BAH) (1)	YES	YES	YES	YES
Basic Allowance Subsistence (BAS)	YES	YES	YES	YES
Hardship Duty Pay- I (HDP-I)	YES	YES	Depends on the location	YES
Imminent Danger Pay (IDP)	YES	NO	Depends on the location	NO
Family Separation Allowance (FSA)	YES	YES	YES	YES
Per Diem (lodging+meals+IE)				
Lodging	YES	YES	NO	NO
Meals	Gov't provided	Gov't provided	Essential Unit Messing (2)	Essential Unit Messing (2)
Incidental Expense	YES (\$3.50/day)	YES (\$3.50/day)	NO	NO
POV Storage	YES	YES	NO	NO
Special Storage of HHC (3)	YES	YES	YES	YES
Special Leave Accrual (SLA)	YES	YES	YES	YES
Rest and Recuperation (R&R) (165- days deployment required)	YES	NO	NO	NO

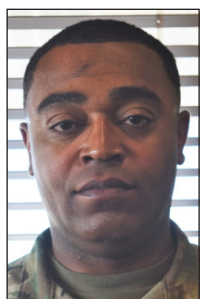
(1) Exception: members housed at government type quarters/UPH at PDS.

(2) Meals consumed at DFAC and meals payroll deduction (BAS)

(3) Limited

RILEY ROUNDTABLE

If you could ask Santa one question, what would it be?



"How do I get off the naughty list?"

CW3 CARLOS SPRUILL
GREENVILLE, NORTH CAROLINA

G-3, 1st Combat Aviation Brigade, 1st Infantry Division

SANTA'S ANSWERS



Carlos, knowing right from wrong helps in identifying behavior to be removed from the "Naughty" list. Not embracing the Christmas spirit will, without a doubt, keep you on the "Naughty" list.

Antoine, the APFT is essential. Knowing the standards and maintaining from Basic and AIT to the first duty station, where the standard is established is one of the things that keeps you on the "Good" list. I will try harder to provide fit Soldiers.

David, getting the presents is a part of the Christmas miracle and it may seem fast but, that's the miracle.

Brielle, the toys are in a supply chain of logistical requirements. For many millennia the right number of toys have always been available. This is also part of the Christmas miracle.

Guadalupe, the EIP is the Elf Intern Program. It is linked to keeping about 1,300 elves gainfully employed and 1,300 interns watching, learning and testing while they are waiting their chance to be promoted. This is very intense. Special Forces, Navy SEALs, U.S. Air Force Parajumpers, Capital Police, FBI, Delta Forces and Secret Service are cake walks compared to the rigors of EIP.



"I would ask Santa for new Soldiers to be able to meet the APFT standards when they get to their first duty station."

SGT. 1ST CLASS ANTOINE WEST
MIAMI, FLORIDA

1st Combined Arms Battalion, 63rd Armor Regiment, 2nd Armored Brigade Combat Team, 1st Inf. Div.



"How does he get to all of the kids, all over the world - so fast?"

SPC. DAVID JONES
SUFFOLK, VIRGINIA

Headquarters and Headquarters Battalion, 1st Inf. Div.



"Where do you get all the toys?"

CPL. BRIELLE LEE
BRUNSWICK, NEW JERSEY

1st Engineer Battalion, 1st Armored Brigade Combat Team, 1st Inf. Div.



"How do you recruit new elves?"

SPC. GUADALUPE PERRY
SAN DIEGO, CALIFORNIA

1st Engineer Battalion, 1st Armored Brigade Combat Team, 1st Inf. Div.

THE 1ST INFANTRY DIVISION POST

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SAFETY CORNER

Safe travel this holiday season

By Dawn J. Douglas
GARRISON SAFETY OFFICE

Team Riley, this is the time of the year where families take to the nation's airways and highways to visit friends and family. Unfortunately, holiday travel can be a nightmare with flight cancellations, unexpected weather, maintenance failures, etc... The wintery weather and extensive travel time can present certain safety hazards that you should be aware of before taking your trip. Here are tips for safe holiday travels to consider while planning your trip this year.

1. PREPARE YOUR HOME FOR OPTIMUM SAFETY WHILE YOU'RE AWAY

If you have a security system installed in your home, ensure it is working properly, including all alarms, motion detectors, cameras and other monitoring equipment. Check with your alarm monitoring company for any last-minute safety tips for your security system. Have someone check on your home periodically while you are away, especially if you are leaving on a long trip.

2. HAVE YOUR CAR INSPECTED AND SERVICED AND KEEP AN EMERGENCY KIT IN IT

One of the most common issues travelers experience during the holidays is car trouble. Being stuck on the side of the road in cold weather is the last thing you want to do on your vacation, but it can also be dangerous, such as if you happen to blow a tire while driving on a highway at high speeds. To help deter some of these incidents, bring your car in for an inspection and any necessary maintenance, particularly on your tires, which need to be winter ready and properly inflated for the long drive.

Check the ready.army.mil website for tips on how to prepare an emergency kit. Keep necessary tools, such as a spare tire, carjack and jumper cables, for car troubles you could experience on the road. Also, be prepared for first aid and other types of emergencies. Keep the emergency kit in your car as well.

3. KNOW HOW TO DRIVE SAFELY ON ICY ROADS

Regardless of your driving experience, you should study up to ensure you know how to maneuver on icy roads, which could be dangerous. Tips include; not driving until snow plows and sanding trucks have done their job, allowing extra time to get to your destination, decreasing your speed and leaving yourself plenty of room to stop.

4. PLAN THE DRIVE AHEAD OF TIME AND KNOW ALTERNATE ROUTES

As with travel at any other time of year, extensive planning ensures you are prepared for whatever might happen during your trip. If you're driving down a highway and hit construction, a road closing or severe traffic, it's important to not only know your route but to also know alternate routes so you feel confident in where

you're going at all times. Also, mobile apps like GasBuddy, iExit and Waze can help you plan rest stops, avoid traffic and save money on gas.

5. MAKE FREQUENT REST STOPS

Driving in the winter can tire you out much more than in the summer. Making frequent stops to rest or just stretch your legs is important for keeping your energy level high enough to be alert on the road. Even just stopping for a few minutes every few hours can do wonders for your energy level.

6. CARRY A CELL PHONE AND CHARGER

Along with your cell phone, you also need to carry a phone charger to keep the battery topped up. A wall charger is good when you're making a stop, but a car charger is better for being on the road.

If you have a smartphone, you may also be able to download certain apps that can help you in a time of need, such as when your car breaks down in the middle of nowhere.

Also, be sure to have contact information for roadside assistance on hand.

7. STAY HYDRATED

While you may not think of dehydration as a holiday travel safety hazard, not having enough water during a long drive could mean fatigue or decreased alertness, which can be dangerous on the road. Keep a few bottles of water handy, and sip often to keep yourself hydrated throughout the trip.

8. WASH YOUR HANDS FREQUENTLY WITH SOAP OR ANTIBACTERIAL HAND SANITIZER

This is especially important if you are flying or riding a train or bus. Everything you touch has been touched by someone else, including armrests and door handles. In addition to typical germs that can be on someone's hands, it is also flu season, which can be very contagious. Clean your hands frequently with either soap and water or antibacterial gel or wipes, particularly before touching your face.

9. GIVE SOMEONE CLOSE TO YOU A COPY OF YOUR TRIP ITINERARY AND PHOTOCOPIES OF IMPORTANT DOCUMENTS

Before you leave, give a copy of your itinerary and all necessary contact information to a relative or friend. This way, in case something happens, this person will have a way to find you in case of emergency, whether that is for you on your trip or back at home.

Also, leave photocopies of your passports, credit cards and any other types of identification with this person in case something happens to your real copies and you need a photocopy sent to you right away. Keep a separate set of photocopies in your own luggage as well.

The Garrison Safety Office wants to wish Team Riley a happy safe holiday season. If you need more safety trips, contact us at 785-240-0647.

ASK DR. JARGON

In the zone, on time

Dear Doc Jargon,

My mom is about to deploy. She's going to be in a completely different time zone than here at home. I was researching the time difference and found that there is one place where time zones begin, but there are several names being used for it. I've seen Zulu, Greenwich Mean and something called Coordinated Universal Time. All of them sort of sound the same — as in it's the same time for all three names. Do you happen to know why there are three names for the same thing?

Signed,

Time Out

Dear Time,

Telling time in this world is a complicated science and I hope you don't zone out before I get you an answer. For the longest time, Greenwich Mean, or GMT, was what we set our clocks by. It is the circle around the earth from the Royal Observatory in Greenwich, London. The line is called the Prime Meridian and serves as the starting point from where we begin counting time — sort of the beginning of time if you want to go that far. This line was chosen in 1884.

Then, in 1960, along came a worldwide coordinated effort to have the most accurate account of time. That effort birthed the start of Coordinated Universal Time, or UTC, which was formally adopted in 1967. When that happened, GMT became a time zone and the starting line remained the Prime Meridian.

Zulu is the name given to the first time zone and is used in aviation and by the military.

Unlike math, time isn't exact. It is based on two sources. Universal Time, also known as Astronomical Time, is aligned with the Earth's rotation. That rotation can vary from year to year and has a tendency to slow by fractions of a second. The second part of the time equation is International Atomic Time. That is kept using an atomic clock. Atomic clocks count the same interval of time exactly and will end up ahead of the Earth's rotation. To create the most accurate representation of time, the two are combined and as the difference between the clocks is predicted to exceed 0.9 seconds, a leap second is added. But you don't have to worry about what to do with that extra second this year. The next one isn't scheduled until sometime in 2020. So, your cell phone should have you right on time for wherever you need to be and you and your mom will be able to easily compute the difference in the time zones.

Once you figure out how many hours from Zulu, or UTC, your mom's deployed zone is, check out <https://www.time.gov/> to see what time it is there and to see where on the Earth, the sun is shining.

Sincerely,

Doc

Email your military lingo questions to Doctor Jargon at doctorjargon@gmail.com.

The next USAG Resilience Day Off is

Dec.

21

HAVE A STORY IDEA?

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

FIND YOURSELF
WWW.FLICKR.COM/PHOTOS/FIRSTINFANTRYDIVISION

Tax Center pilot program to speed up services

Soldiers can get tax filing extensions

By Gail Parsons
1ST INF. DIV. POST

The Tax Center on Fort Riley will pilot a program to help people get through the tax season quicker and easier than in the past.

Capt. Joshua Goetting, chief of legal assistance with the 1st Infantry Division and Fort Riley Office of the Staff Judge Advocate, said the program was prompted by the Legal Assistance Policy Division at the Pentagon. Fort Riley was chosen as one of three Army installations to pilot a new format to provide services.

When the center opens in January, clients with less complicated tax returns can sit at a kiosk and work on their own taxes.

“They’ll be able to complete their taxes by themselves,” he said. “But at the same time, have the expertise of tax preparers standing right there with them. If they have questions, or are confused by something or just aren’t sure what they’re supposed to be doing, we can help them out with that.”

The idea behind the plan is to offer the best of both worlds — the ease and convenience of an online platform and the expertise of people who have experience with the tax codes.

“We’ll have about a dozen computers set up and we’ll have basic instructions on here’s what you need to do, here’s how you do it,” he said. “Most of it is self-prompted. You just answer questions about whether you have certain types of deductions or credits or things like that. Then, they enter their W-2 information, their 1099 information and anything else that they have.”

People who have more complicated tax returns will still have the option of one-on-one assistance with a tax preparer.

TAX EXTENSIONS FOR DEPLOYED SOLDIERS

With the pending deployments and budget cuts, this is a good time to start a program like this, Goetting said.

“A lot of people will not have a lot of time between the time they get their tax forms and the time they get ready to deploy,” he said. “We are hoping this will be a quicker, more efficient way so we can get the maximum number of people in and get that issue taken care of before they head out.”

It is customary for people to receive their federal W-2 forms after mid-January. For many Soldiers who will deploy, it will be a quick turnaround.

“That’s why we’re hoping to do it this way,” he said. “Instead of saying you have to schedule a half-hour or an hour appointment as you are trying to get everything you need to do done before you go, you can stop in at the Tax Center at your convenience and hopefully take care of everything right there and then.”

Some Soldiers will find themselves in a position where they cannot get their taxes finished before they leave.

Goetting said Soldiers deploying to qualified hazardous duty areas, such as combat zones, will likely not need an extension to file their taxes. Those service members will have the same amount of time to file when they return as when they left, plus 180 days. For example, if a Soldier deploys on Feb. 1, there are 105 days before the April 15 filing deadline. When the Soldier returns to the United States, they will have that number of days plus 180 days to file.

Other Soldiers serving overseas can get an automatic two-month extension by attaching a copy of their orders showing they were serving outside of the continental U.S. in 2019.

Anyone can file an IRS Form 4868 to request a six-month extension.

The IRS has also set up a special program to allow Soldiers deploying from Fort Riley to Korea and Europe an extension until Dec. 15, 2019. To receive this extension, Soldiers need to stop by the Tax Center or Legal Assistance Office, Building 216 Custer Ave., and sign a roster to opt-in.

“It is important to note that these extensions for [outside the continental U.S.] Soldiers who are not serving in a combat zone are only an extension of time to file their return and not an extension of time to pay anything they owe the US Government,” Goetting said.

Soldiers who have questions about these extensions can stop by the Legal Assistance Office between now and the time the Tax Center opens on Jan. 22.

When standards aren't enforced or followed, that's when a mishap is likely to happen.

Whether handling an assigned or a privately owned weapon, remember to always **THINK** safety.

TREAT EVERY WEAPON AS IF IT IS LOADED.

HANDLE EVERY WEAPON WITH CARE.

IDENTIFY THE TARGET BEFORE YOU FIRE.

NEVER POINT THE MUZZLE AT ANYTHING YOU DON'T INTEND TO SHOOT.

KEEP THE WEAPON ON SAFE AND YOUR FINGER OFF THE TRIGGER UNTIL YOU INTEND TO FIRE.

YOUR LIFE. OUR LOSS

When a Soldier dies in a preventable mishap, it has a detrimental effect on the morale and welfare of the unit. That Soldier's absence, however, extends far beyond the Army because often they also leave behind a heartbroken family, friends and colleagues. Remember, **IT'S YOUR LIFE, BUT OUR LOSS.**

Visit our Range and Weapons Safety Toolbox at <https://safety.army.mil> for more information about safe weapons handling.

ARMY COMBAT FITNESS TEST

Field Test Period (Oct 2018 to Oct 2019)

EVENT 1 : 3 Repetition Maximum Deadlift

Deadlift the maximum weight possible three times

- Fitness Components: muscular strength, balance, and flexibility
- Application to Common Soldier Tasks: lifting heavy loads from the ground; extracting a casualty
- Top three PRT activities: Sumo Squat, Alternate Staggered Squat Jump, Forward Lunge
- Field Test 60 and 100 point scores: 140lbs and 340lbs

EVENT 2 : Standing Power Throw

Throw a 10lb medicine ball backward and overhead for distance

- Fitness Component: explosive power, balance, and flexibility
- Application to Common Soldier Tasks: lifting Soldiers up; jumping across and over obstacles
- Top three PRT activities: Power Jump, Overhead Push Press, Tuck Jump
- Field Test 60 and 100 point scores: 4 and 13 meters

EVENT 3 : Hand-Release Push-Up

Complete as many Hand-Release Push-ups as possible in two minutes

- Fitness Component: muscular endurance
- Application to Common Soldier Tasks: moving obstacles; hand-to-hand combat; pushing loads and vehicles; getting to and from the ground
- Top three PRT activities: Supine Chest Press, Incline Bench Press, 8-Count Push-up
- Field Test 60 and 100 point scores: 10 and 70 reps

EVENT 4 : Sprint-Drag-Carry

Conduct 5 x 50 meter shuttles for time - sprint, drag, lateral, carry and sprint

- Fitness Component: agility, anaerobic endurance, muscular endurance and muscular strength
- Application to Common Soldier Tasks: moving quickly under load, extracting a casualty, moving supplies
- Top three PRT activities: Straight-Leg Deadlift, Bent Over Row, 300M Shuttle Run
- Field Test 60 and 100 point scores: 3:35 and 1:40 minutes

EVENT 5 : Leg Tuck

Complete as many leg tucks as possible in two minutes

- Fitness Component: muscular endurance
- Application to Common Soldier Tasks: surmounting obstacles and walls; rope traverse and rope climb
- Top three PRT activities: Bent Leg Raise, Leg Tuck and Twist, Alternating Grip Pull-up
- Field Test 60 and 100 point scores: 1 and 20 reps

EVENT 6 : 2 Mile Run

Run two miles for time on a measured, generally flat outdoor course

- Fitness Component: aerobic endurance
- Application to Common Soldier Tasks: dismounted movement; ruck march; infiltration
- Top three PRT activities: Sprint Intervals (30:60s, 60:120s), Release Run, Hill Repeats
- Field test 60 and 100 point scores: 21:00 and 12:45 minutes

For Top Three PRT Activities see:
Field Manual 7-22, Army Physical Readiness Training, OCT 2012
Army Physical Readiness Training application available for iOS and Android devices
ACFT Training Guide, DA EXORD 219-18, ANNEX C

'BIG RED ONE' SPOTLIGHT

SGT. BENJAMIN POROD

2ND BN., 70TH ARMOR REGT., 2ND ABCT, 1ST INF. DIV.

Sgt. Benjamin Porod conducted 100 percent technical inspections on his battalion's wheeled vehicle fleet while managing the distribution of parts for them. Porod displayed a sense of ownership of his battalion's readiness and mobility in preparation for "Dagger" brigade's battalion field training exercise, fire coordination exercise and brigade field training exercise — Gauntlet — prior to a National Training Center, Fort Irwin, California, rotation.

Porod directly contributed to the brigade's ability to maximize its upcoming training leading to NTC, but also to be ready now to fight and win when called upon.

GARRISON SPOTLIGHT

LT. CODY SIMS

FORT RILEY FIRE DEPARTMENT DIRECTORATE OF EMERGENCY SERVICES

Fort Riley Fire Department Lt. Cody Sims, Directorate of Emergency Services, worked on two vehicle upgrade proposals with senior leaders and vendors in support of firefighting operations. Sims coordinated for a new vehicle to use in support of wildfire incidents and prescribed burn operations which will reduce downtime, maintenance costs and improve reliability.

Sims simultaneously worked on upgrading fire pumps on two other vehicles and personally installed one of the two pumps. Additionally, Sims identified changes in structural firefighting personal protective equipment requirements and coordinated for its fielding.

Sims initiative, research and personal labor efforts have improved operational readiness and firefighter safety — indirectly supporting the safety of our Soldiers and families on Fort Riley.

HTTPS://HOME.ARMY.MIL/RILEY

When Dressing for the COLD Remember

CLEAN

Keep your clothes clean

OVERHEATING

Do not overdress

LOOSE and in LAYERS

Loose layers trap body heat

DRY

Wet clothing causes rapid heat loss

For more information read the USAPHC Fact vs. Fiction Cold Weather Injuries Fact Sheet: <http://go.usa.gov/3v2pd>

TEST

Continued from page 1



ABOVE: Fort Riley Soldiers perform the leg tuck, one of six events in the Army Combat Fitness Test. A team of instructors from Fort Jackson, South Carolina, gave three days of classroom and hands-on instruction on how to perform, grade and train others to grade the ACFT, Dec. 11 through 13. RIGHT: Fort Riley Soldiers perform the standing power throw while learning how to perform and grade the Army Combat Fitness Test.

also gave a block of instruction to the level-tuos — again under the watchful eye of the Team Five members.

On the third day the level-one trainers came in; level-two trainers graded them as they took the ACFT while the level-threes ran the test.

Beauregard said training Team Five gave was “extremely important.”

“It teaches the proper form as well as standardizes the grading criteria,” he said. “Originally, when they were putting everything out it was small amounts information, but now, they have the actual complete manual. Now, it’s cut and dried.”

The training also allowed the Soldiers to do the ACFT,

some for the first time, and gauge their individual ability. Beauregard said overall they had “relative success.”

“I think it’s one of those things that you have to take it several times to really, fully understand what the best methods and practices are for it,” he said.

Access to the equipment needed for the test will present a challenge for individuals and units. The old Army Physical Fitness Test doesn’t require additional equipment.

“This new PT program comes with weights and medicine balls and all that kind of stuff,” Beauregard said. “That adds a whole new requirement and criteria, financial burden, as well as the supporting per-

sonnel that’s going to be provided along with it,”

In addition to training Soldiers on the test, as Team Five and other training teams visit the 62 test battalions, they are also gathering data.

“Some of the data — MOS, age, gender, ... what unit they came from, where they took the test, whether it was on grass or turf, all that will be compiled and reviewed,” Carbone said.

As it stands now, a passing score on any of the events in the ACFT is dependent on the Soldier’s Military Occupation Specialty. However, Carbone said even that is subject to change.

“It’s still in the testing phase and that’s why we’re

out here conducting all this,” he said. “All this data that we’re collecting is getting sent up to [Center for Initial Military Training] and they’re the people that decipher all the information.”

Despite the work going into changing from the APFT to the ACFT, Carbone said it will benefit the Soldiers and the Army.

“The ACFT has the ability to predict 80 percent of the Soldier’s warrior tasks and battle drill performance whereas the current APFT only has the ability to predict 30 percent,” he said. “That’s the reason why the Army is changing their tests of record.”

WREATHS

Continued from page 1



Fort Riley and area community members place wreaths at headstones at the Fort Riley Cemetary after the Wreaths Across America ceremony Dec. 15. Individuals were asked by Veterans of Foreign Wars Fourth District Auxiliary President, Marsha LaRosh, to say the name of the Soldier for whom they placed the wreath as a way of remembering the fallen.

wreaths close to the end of the holiday season and remembered a boyhood trip to Arlington National Cemetery, Virginia. He decided he wanted to honor the nation’s veterans in a special way. That year, arrangements were made to place the wreaths in an older part of Arlington, an area that received fewer and fewer visitors each year.

This tribute went on quietly until 2005, when a photo of the headstones at Arlington, covered in snow and adorned with wreaths, began circulating on the internet. With the sudden attention garnered for the project, thousands of requests came from all over the country from people wanting to help with Arlington, to start the project at their national

and state cemeteries or to share their stories and thank Worcester for honoring the nation’s heroes.

The wreath-laying is held annually, on the second or third Saturday of December, according to the website. The annual pilgrimage from Harrington, Maine, to Arlington National Cemetery, has become known as the world’s largest veterans’ parade, stopping at schools, monuments, veterans’ homes and communities along the way to remind people how important it is to remember, honor and teach.

Eight remembrance wreaths were placed by representatives of Fort Riley and area veteran organizations. The eight wreaths represented Army, Marine Corps, Navy, Air Force,

Coast Guard, Merchant Marines, Gold Star families and the prisoners of war and missing in action.

Following the wreath presentation, a 3-round volley was fired before Taps was played by trumpeter, Sgt. Matthew Foster, 1st Infantry Division Band.

Volunteers and guests were invited by Veterans of Foreign Wars Fourth District Auxiliary President, Marsha LaRosh, to pick up a wreath and place it against a veteran’s headstone, say that name out loud and take a moment to thank them for their service to our country.

The volunteers and community members were there for many different reasons.

Christine Matheny, wife of veteran Paul Matheny, attended with her children and

placed a wreath honoring a Soldier at the cemetery. She also symbolically honored her brother-in-law who was killed-in-action.

At the same time, Donna Worthy and her husband Chap. (Maj.) Shay Worthy, command chaplain, 1st Combat Aviation Brigade, 1st Infantry Division, honored Soldiers on this day, on what was also their special day — their anniversary.

“We wouldn’t have a special day if it wasn’t for the veterans who gave everything for our country,” she said. “My father served in the Air Force and his dad in the Navy and so for us it’s just a continuation of honoring those who have given everything.”

SAFETY

Continued from page 2

between the ages of 8 to 12 years of age, they must be tall enough to sit without slouching and be able to keep their back against the seat, have their legs naturally bent over the edge of the seat and have their feet flat on the floor of the vehicle. Additionally, the lap belt must lie across the upper thighs, not the stomach. The shoulder belt should lie snug against the shoulder and chest, not the face or neck or behind the back. And of course, the back seat is the safest place for a child.

For infants and toddlers, the various car seats and booster seats can be confusing. The NHTSA has an article at www.nhtsa.gov/equipment/car-seats-and-booster-seats that can help with determining the best seat for the child’s age and size.

The Garrison Safety Office routinely conducts free car seat safety check points where Fort Riley families can stop and have their car seat inspected for proper installation.

STAY SAFE, WEAR THE BELT

The following are seat belt safety tips:

1. Wear a seatbelt, regardless of what the weather conditions may be.
2. Seat belts are only functional if used and worn properly.
3. Always check seat belts for any sign of wear and tear and mechanical issues.
4. Never double up or share a seat belt. They are specifically made to protect one person only.
5. Airbags are more useful in car crashes when wearing a seat belt.
6. Infants should be placed in rear-facing car safety seats while toddlers should be in forward-facing child safety seats. Children age 4 to 8 years can use seat belts with booster seats.
7. Be sure seat belt is properly secured and locked to its base before starting the engine.

Source: <http://www.thesupercars.org/car-tips/seat-belt-safety-tips/>

ENTITLEMENTS

Continued from page 1

Hardship Duty Pay also depends on duty location. If a Soldier in Atlantic Resolve goes to a place such as Latvia, Hungary, Bulgaria or Romania, they are given up to an extra \$50 a month based on quality of life. Those in Atlantic Resolve going to Poland do not receive Hardship Duty Pay. Soldiers going to areas within the U.S. Central Command area of responsibility also receive Hardship Duty Pay.

Family Separation Allowance is for Soldiers who lived with dependents prior to deploying. The amount for Separation Pay is \$250 per month or a prorated amount of \$8.33 a day.

A quality review technician for the Defense Military Pay Office, Roger Vanderlinde, said deploying Soldiers are also authorized special leave accrual. This means they won’t lose leave in excess of 60 days and can carry it over into the next fiscal year.

The 1st Armored Brigade Combat Team and 1st Combat Aviation Brigade are part of Atlantic Resolve. 1st Infantry Division Sustainment Brigade is headed to CENTCOM.

The 1st Armored Brigade Combat Team, Vanderlinde said, is in essential unit messing because they have no other access to meals than those provided. This means they will receive Basic Allowance for Subsistence, but the reduced rate for meals will be deducted from each Soldier and reflected on their Leave and Earning Statement. They will also receive AIP and, if applicable, Family Separation Allowance. Hardship Duty Pay depends on location.

Soldiers from the 1st Combat Aviation Brigade are also going to a location with essential unit messing. Depending on the location, Soldiers may also receive Hardship Duty Pay. They will receive AIP. Soldiers with dependents will receive Family Separation Pay after the first 30 days.

Soldiers from the 1st Infantry Division Sustainment Brigade will keep BAS and receive Hardship Duty Pay, Imminent Danger Pay, Family Separation Allowance — if applicable — and they will be in a tax-exempt status. They will not receive AIP.

Vanderlinde said there are resources for Soldiers and spouses to gain more information on entitlements.

“Most every organization deploying has town hall meetings in the evening,” he said.

During these meetings, members of the 9th Financial Management Support Unit give information on entitlements specific to their tour of duty.

In addition to the briefings, 9th FMSU commander, Col. Frank Tortella, said he is willing talk to any family readiness group about entitlements.

Additional Information on entitlements includes:

The rates for essential unit messing as of Oct. 1 can be found at https://comptroller.defense.gov/Portals/45/documents/rates/fy2019/2019_g.pdf

Financial counselors are available through Army Community Service at 785-239-9435.

The Fort Riley Military Pay Office is also available to answer specifics about entitlements. They can be reached by calling 785-239-6104.

First Presbyterian Church
of Junction City
invites you to attend the

Christmas Eve
Service

Monday, December 24, 2018
6:30 pm - Music starts
7:00pm - Children’s candlelighting
followed by the worship service

*“You will have joy and gladness, and
many will rejoice at his birth.” Luke 1:14*

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All are Welcome

Award ceremony highlights employees, safety

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

Firefighter Ross Lyons, Directorate of Emergency Services, was named U.S. Army Garrison Fort Riley Employee of the Month for the month of November during a ceremony Dec. 14 at Garrison Headquarters.

Lyons, as a fill-in driver-operator for the heavy rescue and structural firefighting apparatus, trained two new personnel on District 4's response area, tools and equipment assigned to the station and apparatus, his nomination read. Lyons also researched, designed and constructed a training prop for hazardous materials response training using an old water resupply trailer, which was no longer needed on the range.

Lyons researched leaking training props and found hardware required to refurbish the trailer into a trainer to simulate an 18-wheeler fuel tanker that was involved in an accident and was leaking hazardous chemicals for responders to assess, stop and contain the spill.

"Firefighter Lyons' efforts are indicative of what all of the fire service members embody," said Will Paskow, deputy director, DES. "They find solutions to problems to help the community. In this case, he found a solution ahead of time to ensure they are trained and ready. We appreciate his efforts."

VOLUNTEER AWARD

The garrison also recognized an "outstanding individual nominated by the American Red Cross for her dedication to service."

Vera Reese was presented a garrison certificate of appreciation for her support as a valued volunteer with the American Red Cross.

Her tireless work ethic and overall commitment to the well-being of all Soldiers and their families has been an invaluable contribution to the development of community partnerships in support of the Red Cross mission the nomination said.

SAFETY

Two Army-level safety awards and four local safety awards were presented to Fort Riley directorates for their continued efforts to promote safety of employees, Soldiers and families.

Ron Clasberry, Garrison Safety Office, was presented the Director of the Army Safety Risk Management Award for exceptional performance and contributions to the U.S. Army Safety and Occupational Health Program.

Clasberry has continued to demonstrate outstanding leadership and has made significant contribution to Army Readiness through his proactive approach using risk management process and risk assessments with his office according to the citation. His emphasis in keeping nearly 14,000 active-duty service members, 16,800 family members and ore than 5,500 civilian employees safe demonstrates his dedication to their health, morale, welfare and safety.

Steve Crusinberry and Ron Stewart, Directorate of Plans, Training, Mobilization and Security, were presented the Director of the Army Safety Risk Management Award for exceptional performance and contributions to the U.S. Army Safety and Occupational Health Program.

According to the award, Cruisinberry and Stewart demonstrated outstanding leadership and made a significant contribution to Army Readiness through a proactive approach using the risk management process and risk assessments within your directorate.

"Your emphasis in keeping nearly 25,000 Soldiers, Marines and ROTC Cadets safe while training demonstrates your dedication to their health, morale, welfare and safety," the award stated.

Carol Fittro, Directorate of Plans, Analysis and Integration Office; Charlie Myers and Rick Bommia, DPTMS; Christopher Taylor, Corey Van Zlike, Melody Hardesty, Cheryl Greathouse, Alicia Doriot, Danitra Brantley and Sandra Johnson, Directorate of



Ron Clasberry, Garrison Safety Office, center, holds his Director of the Army Safety Risk Management Award for exceptional performance during the Garrison Awards Ceremony Dec. 14. Tim Livsey, left, U.S. Army Garrison Fort Riley deputy commander and Command Sgt. Maj. Andrew T. Bristow II, garrison senior noncommissioned officer, presented awards for Employee of the Month for November and several safety awards to garrison employees.



Christopher Taylor, Corey Van Zlike, Melody Hardesty, Cheryl Greathouse, Alicia Doriot, Danitta Brantley and Sandra Johnson, Direcorate of Family and Morale, Welfare and Recreation, were presented certificates of achievement for exceptional performance of their duties in the area of safety and risk management.

Family and Morale, Welfare and Recreation; Lloyd Lamb, Robert Trevorrow, Jeffery Riffel, Thomas Gillen and Nathan Osborn, Directorate of Public

Works, were all presented local safety awards for their actions within their directorates to keep Fort Riley Soldiers, families and civilians safe during 2018.

'Big Red One' senior chaplain lights White House menorah

By Amanda Kim Stairrett
1ST INF. DIV. PUBLIC AFFAIRS

The "Big Red One's" senior chaplain participated in the White House's Hanukkah reception Dec. 6.

Col. Schmuel Felzenberg was a guest of President Donald J. Trump and First Lady Melania Trump for the annual ceremony, which took place in the East Room.

Felzenberg is the senior-most, active-duty Jewish chaplain in the Department of Defense, and gave introductory remarks, recited the menorah lighting blessings in English and in Hebrew and lit the menorah during the ceremony.

Hanukkah celebrations this year began Dec. 2 and ended the evening of Dec. 10.

"We are gathered together this evening to commemo-

rate the triumph of the Jewish people in the face of terrible oppression," Trump said. "Hanukkah is the story of Jewish patriots who fought to reclaim their freedom."

More than 2,000 years ago, the Maccabees defeated a tyrant and his massive army and restored the Holy Temple, Trump said. After their victory, the Jewish congregation there found just enough oil to light the temple lamp for one night, but the light burned for eight nights.

"This year, we light the menorah, we reflect upon the extraordinary resilience of the Jewish people in the face of centuries of oppression," he said.

Felzenberg, in Washington, D.C. for U.S. Forces Command readiness training, said it's a "huge honor" to represent his branch and the 1st Infantry Division.

"It (the White House) is a magical place," Felzenberg

said. "Surreal in a completely good way, and the seat of power for the leader of the free world. To directly support POTUS/his office and do so on his turf is a memory not to be forgotten."

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Songs of the Season

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JOIN US ON CHRISTMAS EVE
Do you Hear What I Hear?
The Christmas songs and message of Christ.
4:30 pm Contemporary worship
6:30 pm Traditional worship
10:30 pm Music of the Season
11:00 pm Traditional worship with Holy Communion

Every worship service will include the lighting of the individual candles



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ALCOHOL AND ACCIDENTS
WHEN F IS NOT A FAILING GRADE



HALF OF ALL OFF-DUTY VEHICLE FATALITIES ARE ATTRIBUTED TO INDISCIPLINE.
While driving or riding, you should never drink alcohol. This one act of indiscipline can be the difference between living and dying. In school, getting an A was always great, and an F meant failure. Sometimes, however, if we prepare for the F, we can survive. Three Fs you should always think about before drinking are Family, Friends and Future.

<https://safety.army.mil>

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TOP FIVE COMMUNITY LIFE STORIES OF 2018



1: Fort Riley opened its doors Sept. 22 and welcomed thousands of folks to get an up close look at their Army and have some fun too at the Fall Apple Day Festival. **RIGHT:** Caleigh Mallett; the 10-year-old daughter of Sgt. 1st Class Kyle Mallett; Headquarters and Headquarters Company; 1st Combat Aviation Brigade; 1st Infantry Division; emerges from the hatch of a tank which belongs to Company B; 2nd Battalion; 70th Armor Regiment; 1st Infantry Division. She was just one of thousands to enjoy the day.

APPLE OF THE COMMUNITY'S EYE

With more than 13,000 friends and neighbors in attendance, the Fall Apple day festival was the top community life story of 2018



Stories by 1st Infantry Division and Fort Riley Garrison Public Affairs Offices staff

Life at Fort Riley is about more than training and work. It's about family and community, both on post and in the region.

The 1st Infantry Division Post's Community Life section charted the lives of military families and Kansas citizens throughout the year.

The annual open house known as Fall Apple Day was the main event for 2018, but there were other noteworthy happenings, including a group of Soldiers visiting the Kansas City Chiefs to discuss organizational dynamics. And, as always, military children did their part in helping their parents and the nation.

Here are the top five Community Life stories from 2018.

1. FALL APPLE DAY FESTIVAL

The main community engagement event of the year for the 1st Infantry Division and Fort Riley, Fall Apple Day

Festival 2018, was Sept. 22. The event was a showcase for friends, family and the surrounding communities of what Fort Riley, the 1st Infantry Division and the Army unique partners in the region.

About 13,500 people came to Fort Riley's Artillery Parade Field to meet with and talk with Soldiers, see equipment, participate in a activities and enjoy entertainment, food and drinks.

The Historical and Archaeological Society of Fort Riley members were on hand and sold thousands of pies created using Libbie Custer's famous apple pie recipe.

Spc. Thomas Kempf, Company B, 2nd General Support Aviation Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Inf. Div., talked with guests before and after visiting his CH-47 Chinook helicopter.

See 2018, page 11




2: Rakeem Nunez-Roches, defensive end for the Kansas City Chiefs, talked to Soldiers from Fort Riley about teamwork March 9 during their visit to Arrowhead Stadium in Kansas City, Missouri.


TOP FIVE STORIES FROM THE 1ST INFANTRY DIVISION POST COMMUNITY LIFE PAGES IN 2018

1. Fall Apple Day Festival draws more than 13,500.
2. Kansas City Chiefs welcome 'Big Red One' Soldiers for behind-the-scenes look at organizational dynamics.
3. Seitz Elementary students recognize 100th birthday, legacy, of the late Lt. Gen. Richard Seitz.
4. One military child gives without expecting a return; bone disease doesn't stop daughter from organizing toy drive.
5. Hearts Apart program allows loved ones to fill, send care packages to deployed Soldiers.

FORT RILEY POST-ITS

 **Exchange Fort Riley**


There is an Advance Appreciation Screening of ‘The Upside,’ Dec. 22 at 2 p.m. at the Barlow Theater. Tickets available at your local Exchange Food Courts. Seating open to non-ticket holders 30 minutes prior to show time if available. Arrive early to get the best seats.

 **American Red Cross**

A Fort Riley Blood Drive, is scheduled for Dec. 21 from 11 a.m. to 5 p.m. at the Colyer Forsyth Community Center gym. Appointments are required. Register at www.redcrossblood.org

 **Main Post Fort Riley Chapel**

On Dec. 24 Fort Riley’s annual Commanding General’s Mounted Color Guard Sleigh Rides begin at 4:30 p.m. followed by the Christmas Eve Candlelight Service at 6 p.m. at the Main Post Chapel on Barry Avenue. This is a free family event. There will be hot cocoa and snacks for the kids.

 **Fort Riley MWR**

There is a Winter Bounce Party, Dec. 28 from 10 a.m. to 2 p.m. at 1806 Buffalo Soldier Rd. \$2 per child 2 and older. Adults are free. Enjoy games, popcorn and drinks. For more information call 785-239-2363.

Like – Comment – Share

189

73

115

 **USO Fort Riley**

New Year’s Day Hike — Tuttle Creek First Day Hike is a great way to get outdoors, exercise and welcome in the New Year with friends and family. Transportation from Fort Riley is provided for this free event. Meet at 9:45 a.m. at the Outdoor Adventur Center, 5202 Normandy Drive. Reservations are required. The last day to register is Dec. 28 so reserve your seat before time runs out. For more information and to register call Outdoor Recreation at 785-239-2363

Lets go to the movies @ Barlow Theater
December 21


Friday, Dec 21. - The Grinch (PG) 7 p.m.
Saturday, Dec. 22 - The Upside (PG-13) 2 p.m. and Widows (R) 7 p.m.
Sunday, Dec. 23 - Creed (PG-13) 5 p.m.
Friday, Dec 28. - Green Book (PG-13) 7 p.m.
Saturday, Dec. 29 - Ralph Breaks the Internet (PG) 2 p.m. and The Possession of Hannah Grace (R) 7 p.m.
Sunday, Dec. 30 - Robin Hood (PG-13) 5 p.m.
Theater opens 30 minutes before first showing For more information, call 785-239-9574. Regular Showing: \$6, children are \$3.50, children 5 and under are admitted free. 3D Showing: \$8 First Run: \$8.25, 3D; First Run: \$10.25

Like – Comment – Share


16

13

5

 **Fort Riley MWR**

Christmas Break Swim, Dec. 22, 23 and 27 through 31 and Jan. 2 through 6 at Long Pool. Admission is \$3 for ages 13 and older, \$1.50 for ages three to 12 and \$5 for guests. Call 785-239-4684 for more information.

 **BOSS & Warrior Zone**

There is a free New Year’s Eve Party, Dec. 31, 6 p.m. to 1 a.m. at Warrior Zone. Ring in the New Year, Warrior Zone style. The event is for guests 18 and older. For more information call 785-240-6618.

COMMUNITY CORNER

Holiday wishes to all, big thanks for a successful, memorable ’18

By Col. Stephen Shrader
FORT RILEY GARRISON COMMANDER

The holiday season has arrived. As I look back over this year, we have done a lot of things, and we’ve done them extremely well. Each of you — Soldiers, families, the civilian workforce and our community partners played a role in making this a successful year. This special year-end edition of the newspaper shows just a portion of the hard work it takes to make this garrison run day after day — and it is all of you who make that happen. The dedication and support of our leaders, Soldiers



Colonel Shrader

and staff make me proud to be the garrison commander. You should be proud of your accomplishments. I want to thank our Fort Riley civilian workforce. You are dedicated professionals who support Soldiers and families in every capacity. Because of you, we have state-of-the-art training facilities and programs, safety, recreation, public works, resource management, security, personnel and much more. To demonstrate this hard work and dedication, some of our employees won impressive awards this year. Although we don’t know the final outcome yet, Fort Riley is in final consideration for the 2019 Army Communities of Excellence Award. This program is a Chief of Staff of the Army sponsored initiative that promotes continuous process improvement and fosters excellence in installation manage-

ment. The ACOE program recognizes that communities support people best by combining excellent services and facilities in a quality environment. We do that well and it is something we can take pride in here at Fort Riley. Professionals from the Plans, Analysis and Integration Office were instrumental in putting the package together, and team members from every directorate assisted with the virtual on-site visit. Several of our directorates won team awards and some of our workforce won significant Army-wide individual awards — so many in fact, that I don’t have space here to mention them all. But it goes to show the quality of the team we have here at Fort Riley. From 2016 until September of 2018, the Civilian Personnel Advisory Center coordinated with the Resource Management Office to meet the required

restructuring of the manning levels at Fort Riley. Due to the hard work of the individuals in those offices, the actions were completed with no employee losing their job involuntarily. The success of the Fall Apple Day Festival held in September would not be possible without the civilian workforce and Soldiers working as a team. The festival allows us to open our doors to the community and show them their Army and the pride we have in the mission and operation of our post. Next, I would like to say how proud I am of our 1st Infantry Division and Fort Riley Soldiers. You all train hard and deploy around the world in support of the mission and our national defense. We ask a lot of you — and you meet the challenge. We’ll be just as committed to taking care of your families as you are to taking care of this nation’s interests.

Then we have the family members who make significant sacrifices and are very much a part of the support for the mission and national defense. We often call on them to fill the role of both parents, move often and meet the challenges of making the home and family work during long hours of training and deployments. That takes courage and strength and I appreciate all you do. Last, but far from least, I am proud of the community partnership efforts between Fort Riley and the surrounding communities. In August, Fort Riley and the city of Manhattan, Kansas, signed an Intergovernmental Support Agreement for the bulk purchase of road salt, saving approximately \$450,000 over five years. As a result of the strong relationships we have with our surrounding communities,

Fort Riley was the recipient of the 2019 Army Community Partnership award. Our work isn’t going to slow down or get easier. Our mission isn’t going to stop. We have to keep getting smarter about what we do while finding ways to economize. We will have to continue to evaluate our processes and leverage technology. I know you all can do this. I’ve seen it every day since I got here. It’s how you think. As we come to the end of this year, I want to take this time to wish all of our team — Soldiers, families, civilian workforce and our Fort Riley community partners — a time of peace and rest. Thanks for a great year. Happy holidays and be safe. — To comment on this article or to suggest a topic for Community Corner, email usarmy.riley.imcom.mbx.post-newspaper@mail.mil.

 **Fort Riley Mass Warning and Notification System Smartphone App**

The Fort Riley Mass Warning and Notification system now includes a mobile notification smartphone application. The Atlasx Notifier is a smartphone app which displays as a purple globe on your main mobile phone screen. It is available for iOS and Android smartphones. This app is not currently approved for government mobile devices.

Be Army ready - Stay informed

For more information and installation instructions visit www.riley.army.mil/Community/Ready-Army/

BAG THE BAG

100 BILLION NUMBER OF SINGLE USE PLASTIC BAGS USED IN THE U.S. IN ONE YEAR

AVERAGE TIME THAT SHOPPERS USE ONE SINGLE USE PLASTIC BAG 12 MINUTES

FOUR BILLION DOLLARS MONEY THAT RETAILERS SPEND ON PLASTIC BAGS EACH YEAR

PERCENTAGE OF SINGLE USE PLASTIC BAGS THAT ARE RECYCLED <5%

AMOUNT OF TIME IN WHICH A PLASTIC BAG WILL PHOTODEGRADE 1000 YEARS

- CHOOSE REUSABLE BAGS INSTEAD OF SINGLE USE BAGS -
- RECYCLE PLASTIC BAGS, SEPARATELY FROM OTHER PLASTICS, AT YOUR LOCAL RETAILER -

Worship Opportunities

Protestant Services

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

Catholic Services

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

Jewish Service

For worship and holiday observance information please contact the Senior Chaplain at 240-6268/910-273-0767.

Pagan/Wiccan Service

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

Family Night

Weekly Wednesday classes from 1830-1930 at Victory Chapel. 785-239-0875. Childcare 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 St. Mary’s Chapel. Childcare provided.
For more information email fortrileycwoc@gmail.com or Facebook “Fort Riley CWOC”

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

2018

Continued from page 9



Richard M. Seitz, second from left, son of late Lt. Gen. Richard “Dick” Seitz speaks to one of the classes at Seitz Elementary School Feb. 16 before presenting the school principal, Jodi Testa, left, a certificate of appreciation and admiration from the 517th Parachute Regimental Combat Team Association for protecting the general’s legacy during the general’s 100th birthday celebration.

“Everyone went straight to the M240s and that’s the hot topic today,” he said speaking about the pair of machine guns toward the front of the aircraft that crews use for defensive engagements.

The long line, to Kempf, meant that people respect the largest helicopter despite its age.

“It’s the biggest and best,” he said. “They (visitors) know that, by how long the line is.”

2. KANSAS CITY CHIEFS WELCOME ‘BIG RED ONE’ SOLDIERS FOR BEHIND-THE-SCENES LOOK AT ORGANIZATIONAL DYNAMICS

More than 30 Soldiers from Fort Riley visited the

Kansas City Chiefs’ offices at 1 Arrowhead Dr. March 9 to learn about organizational dynamics.

“One of the marks of a great team is to foster organizational learning,” said Emmet Gariepy, the Chiefs’ Military Liaison. “It is a great thing for these warrant officers to see how the Chiefs and the civilian sector prepares their team.”

The visit encompassed a full day, providing the Soldiers with a thorough tour of Arrowhead Stadium and The University of Kansas Heath System Training Complex all the while meeting Chairman and CEO Clark Hunt, Head Coach Andy Reid, General Manager Brett Veach, Strength and Conditioning Coach

Barry Rubin and a handful of players along the way.

“Our battalion wanted to do a professional development with warrant officers, so we decided to give the local professional football team a call,” said Chief Warrant Officer 2 Seneca Newkirk. “The biggest thing is just learning about teamwork. We have to have a pretty cohesive team in the military, and it’s the same thing here for a professional football team.”

3. SEITZ ELEMENTARY RECOGNIZES 100TH BIRTHDAY, LEGACY, OF LT. GEN. RICHARD SEITZ

Seitz Elementary students and faculty recognized the 100th birthday and legacy

of the late Lt. Gen. Richard Seitz, namesake for the school Feb. 16.

All smiled, laughed and swayed as they sang “You’ve got a Friend in Me” during an assembly.

Seitz’s birthday falls on Feb. 18 and it has been a tradition for the school that was near and dear to his heart to celebrate his birthday every year. For his last birthday, in 2013, Seitz celebrated his 95th and he did so at the school. He passed away later that year.

“What would Gen. Seitz do? We always default to Gen. Seitz,” said Jodi Testa, Seitz Elementary School principal. “We have taken those character traits and divided them into CARES: cooperation, assertion, responsibility, em-

pathy and self-control. And we feel like if our kiddos can leave elementary school with those five qualities, which mimic the way (Lt.) Gen. Seitz held himself accountable to society, we know we will be doing great things for kids — he is a wonderful model for our kids.”

4. ONE MILITARY CHILD GIVES WITHOUT EXPECTING A RETURN; BONE DISEASE DOESN’T STOP DAUGHTER FROM ORGANIZING TOY DRIVE

Courage and a generous spirit characterized 8-year-old Sienna Maynard as she continued to organize a toy drive while battling illness.

She was diagnosed with a rare bone disease three years

ago yet, in spite of that, her thoughts were with the children undergoing treatment at Children’s Mercy Hospital in Kansas City, Missouri, the recipients of the toys. She had multiple surgeries and spent many nights there.

The annual toy drive recognized National Rare Disease Day, Feb. 28, with the help of her mom, Jessica, wife of Spc. Andrew Maynard, Warrior Transition Battalion.

The drive concluded March 15. The Maynard family planned to partner with Sienna’s second-grade teacher, Natasha Goodman, to bring the toy drive to Morris Hill Elementary.

See 2018, page 12

Hiring fair yields quick results for child centers



Prospective employees go through all the required steps for consideration of employment at Child and Youth Services Dec. 10. What used to take several weeks to accomplish has been streamlined to one day. After the hiring fair, 36 job offers were accepted.

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

At the conclusion of its hiring fair, Fort Riley’s Child and Youth Services had 36 tentative job offers accepted the 37 available child and youth program assistant positions.

The Dec. 10 event was the first since the Civilian Human Resources Agency was recognized in September for the way it had streamlined the hiring process for childcare workers.

By the following day nearly all of the background checks had been submitted.

At the job fair, if people did not already have a USA Jobs account, they could create it there; apply for the job and get help uploading all the documents they need. Qualified applicants were interviewed and selected on the spot. After being selected, they visited Occupational Health for their first appointment and set up their second and they could get their fingerprints done — right there also.

What the applicants did in a few hours used to take five to six weeks.

“We are actually already setting a start date for some of them today,” Jenny Jinks, human resource specialist, said the day after the hiring fair. “They’ll start on Dec. 20. We have a provisional childcare

hiring that allows us to bring them on board provisionally. It doesn’t put them in the classroom just yet, but allows them to start their training.”

One of the 36 was veteran Shawn Runnell, who had spent 10 years in the Army.

“I can’t really do the heavy lifting, active jobs that I’m use to doing,” he said. “The next job that I actually have experience in is child youth programs. I’m just resorting to my background, hoping I can continue that path.”

Before he was a Soldier, Runnell worked for a YMCA creating programs and helping with youth sports. It was a position he said he enjoyed.

“Children — they open your eyes to see things differently,” he said. “I like seeing their creativeness and the surprise when they actually learn something new and pick up on something they’ve been wanting to do.”

Jinks said the new employees will work in the child development centers, the school age centers and the classrooms.

“These people will be working with all age groups, anywhere from six weeks old to 18,” she said.

Although a date has not been set, she anticipates another hiring fair sometime after February.

More than 200 people attended the USO Fort Riley December No Dough Dinner at the Marshall Army Air Field Combat Aviation Brigade Dining Facility. The menu boasted chili and cornbread with all of the traditional fixin’s. Tracy Taylor, USO Fort Riley program manager, said the dining facility will be the new home for all indoor No Dough dinners in the future. The dinners are scheduled for the last Tuesday of every month.

Amanda Ravenstein | POST



Pets of the Week

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2018

Continued from page 11



Morris Hill Elementary second-grade teacher Natasha Goodman, left, Sienna Maynard, center, and Jessica Maynard, wife of Spc. Andrew Maynard, Warrior Transition Battalion, organized a Rare Disease Toy Drive at the elementary school Feb. 28 to accept toys until March 15.

“That is the coolest thing about Sienna, her whole attitude. She is just going with the flow and rocking it like it’s just another day for her.”

Natasha Goodman | Second grade teacher, Morris Hill Elementary School

“I just want to give back,” Sienna said with a smile.
“That is the coolest thing about Sienna, her whole attitude,” said Natasha Goodman, second grade teacher at Morris Hill Elementary. “She is just going with the flow and rocking it like it’s just another day for her.”

5. HEARTS APART PROGRAM ALLOWS LOVED ONES TO FILL, SEND CARE PACKAGES TO DEPLOYED SOLDIERS

Family members of deployed Soldiers created Valentine’s Day themed care packages part of the Hearts Apart services program at the Custer Hill Bowling Center Jan. 25.
The primary attendees were spouses of deployed Soldiers or those who were separated from their Soldier for 30 days or more due to mission requirements like training or temporary duty.
During the event, spouses were seen mingling with each other and catching up since the last time they met.
“This gives them a place to come out of the house, meet up with other spouses, be introduced to other spouses and maybe make a spouse connection where they’ll have a buddy, if you will, that they’ll have something in common: it may be children, might be sports, maybe they might go to another (Directorate of Family and Morale,Welfare and Recreation) event together — like Cocktails and Canvases,” said Sonya Brown, outreach coordinator for Army Community Service.
A table was filled with ribbons, stickers, foam letters, colored paper, stencils and acrylic paint. Most supplies were Valentine’s Day theme.



Alisha Salisbury and daughter Calysta make a red acrylic paint hand-print for dad's care package. Family members of created Valentine's Day themed care packages for their deployed Soldier as part of the Hearts Apart services at Custer Hill Bowling Center Jan. 25.

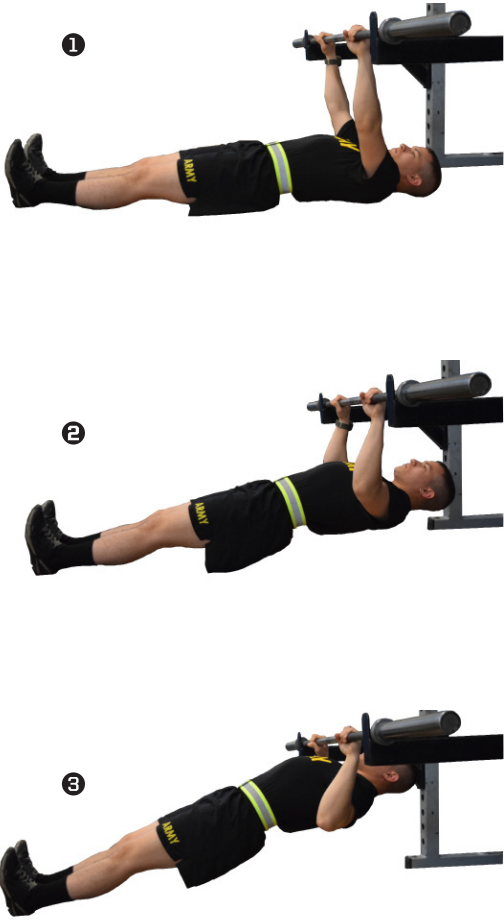
FORM MATTERS

Inverted Row

By Gail Parsons
1ST INF. DIV. POST

The hand release pushup is the third event on the Army Combat Fitness Test. It measures upper body strength and power.
Capt. Chris Boyer, 97th Military Police Battalion physical therapist, said there are several exercises to help strengthen the muscles and increase the power one needs to successfully execute the hand release push up including the inverted row. This exercise works the trapezius and the latissimus dorsi, which is the large, flat muscle on the back. It stretches to the sides, behind the arm.

“In order for you to generate power from your shoulder it needs to be pretty stable,” Boyer said. “The muscles that hold your shoulder blade, the scapula, against the body need to be very strong in order for you to be powerful in any movement of the arm. The inverted row strengthens those muscles. It’s a foundation. Just like you need a solid foundation for a house, you need a solid foundation for your shoulder.
Pfc. Austin Miller, 300th Military Police Company, 97th MP Bn., demonstrates the proper form for an inverted row:



INVERTED ROW

- 1. Position a bar about waist height. Lie under it, placing the hands wider than shoulder width apart. The body should be straight with the heels on the ground and the arms fully extended.
- 2. Begin bending at the elbow, pulling the chest toward the bar. Pull the shoulder blades together as the body rises.
- 3. Pause at the top of the motion before lowering back to the start position.

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

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Enjoying breakfast with Santa

Families dine with Claus at Irwin Army Community Hospital

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

The sounds of Christmas echoed through Irwin Army Community Hospital as more than 150 people arrived for breakfast with Santa Dec. 15.

"We do this for the families," said Capt. Joshua Moser, medical company commander, IACH. "So, they have a fun area to actually come and see Santa Claus, eat breakfast and ... do arts and crafts. It's something that obviously they enjoy because they keep coming back."

Many of the children told Santa what they wanted for Christmas including 9-year-old Athena Sexton, daughter of Lt. Col. Donald Sexton, IACH deputy commander for administration. She asked for a puppy.

"I think this is awesome," said Darlene Sexton, wife of Lt. Col. Sexton. "It brings us all together as a family because (as an organization) we're so huge. Then we have a mixture of civilian families and the Soldiers as well. So, it's nice that we can come together and do things like this."



Cameron, 6, son of Warrant Officer 1 David Wardosky, Headquarters and Headquarters Battery, 1st Battalion, 5th Field Artillery Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, poses for a picture with Santa Claus after giving him the Christmas tree he made.

"I think this is awesome. It brings us all together as a family because we're so huge. Then we have a mixture of civilian families and the Soldiers as well."

DARLENE SEXTON | MILITARY SPOUSE

The menu included Santa pancakes.

"They do look like me," Santa said before talking to the next child.

Tables were also set up with everything needed to make various arts and crafts projects and children were busy at the ornament table to give to

Santa to put on the tree next to his chair.

"This is fun," Moser said. "I think a lot of times you lose sight of the family aspect. We get so busy in our day-to-day thing, so this is all about the family and our kids. It doesn't get better than that."



Jeremy Lohman, kitchen supervisor, Irwin Army Community Hospital, assembles a Santa pancake during the Breakfast with Santa event at the hospital Dec. 15.

Wounded warriors



Josie Koenig, 1, daughter of Staff Sgt. Christian Koenig, 1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, reaches out to take a candy cane from Santa on Dec. 14 at the community offices of Corvias housing.

By Will Ravenstein
1ST INF. DIV. POST

Four Soldiers from the Warrior Transition Battalion, Irwin Army Community Hospital, took part in the 2018 Pacific Regional Warrior Trials in Hawaii, Nov. 6 through 16.

The Fort Riley competitors Staff Sgt. Joel England, Staff Sgt. Rodney Gilmore, Staff Sgt. Jeffery Keith and Sgt. Jonathan Custodio.

The multi-sport event featured more than 100 wounded warrior athletes representing 12 WTB's from across the Central, Pacific and Atlantic regions according to an Army.mil article. Athletes participated in their choice of 11 events: archery, cycling, shooting, swimming, track and field, wheelchair basketball, sitting volleyball, wheelchair tennis, indoor rowing, pow-

erlifting and golf.

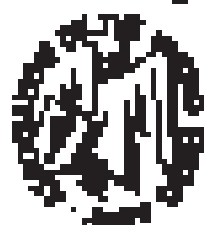
"Overall it was a good experience," England said. "I got to go to new places, meet new people. All the events we did were individual, so a lot of times I felt like I was representing myself. I forgot I was representing (Fort) Riley ... But it felt good. Doing the event was sort of as an individual (thing); (but) toward the end, when they were handing out medals. We were looking at everybody as groups and (thought Fort) Riley did really well. We were thinking of ourselves as a team."

Each had a reason why they enjoyed representing Fort Riley and Kansas.

"It was a nice experience," Keith said. "Representing Fort Riley, not only as the active-duty compo-

See ATHLETES, page 17

Fort Riley - Central Kansas Chapter



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Winter weather can bring on blues, gloom

Learn symptoms, causes of Seasonal Affective Disorder

By Gail Parsons
1ST INF. DIV. POST

Seasonal Affective Disorder is a form of depression. While it can occur in summer, it is often associated with winter. Joseph Carmona, Deputy Director for the Department of Behavioral Health at Irwin Army Community Hospital, said it manifests this time of year and remits around spring.

CAUSE

Research into the cause of SAD points to a disruption with certain neurotransmitters and chemicals involved in brain regulation for mood; in particular — serotonin.

“Melatonin, which is produced with light, plays a role in metabolizing serotonin,” he said. “The conjecture is that if serotonin is regulated because the melatonin, that we produce naturally, is not being produced to the same degree as in other parts of the year.”

Darkness increases production of melatonin, which regulates sleep. As winter days become shorter, melatonin production increases.

According to the National Institute of Mental Health, one study found people with SAD have five percent more serotonin transporter protein in winter months than summer.

Studies also indicate Vitamin D deficiency contributes to SAD, Carmona said.

From a military standpoint, additional factors can play a role in how SAD might manifest. There is the operational tempo, the changing of training schedules and deployments, which can add to a depressive state. For family members, depression can be a confluence of many things.

“It’s not just the change of seasons and the dysregulation of the melatonin and Vitamin D and the serotonin,” he said. “But also, because they’re isolated and they’re having to take care of the household by themselves, take care of children by themselves and so it is all an interplay. It may not just be one factor.”

SYMPTOMS

People affected by SAD find themselves feeling sleepier and more lethargic during the win-

“In significant cases, some people even have morbid thoughts. They have thoughts about suicide.”

JOSEPH CARMONA | DEPUTY DIRECTOR
FOR THE DEPARTMENT OF BEHAVIORAL HEALTH,
IRWIN ARMY COMMUNITY HOSPITAL

ter months. They will exhibit many of the normal symptoms of depression including reduced motivation and a loss of interest in activities they usually enjoy

“They tend to feel like they run out of energy earlier in the day,” he said. “Conversely with the summertime version of that, what we see is that people tend to have insomnia — they have a hard time getting to sleep.”

Other symptoms, he said, are changes in appetite as well as feeling as though situations are hopeless and will never get better.

“In significant cases, some people even have morbid thoughts,” he said. “They have thoughts about suicide.”

In some cases it is the people around the person suffering from SAD who notice it first. When people become depressed they may lack some of the self-awareness and forethought to recognize there is a problem.

“People may start spiraling into a depression and not realize that they are becoming depressed before it’s too late,” he said. “If you see somebody who has started to deteriorate, I will encourage them to work with that person to reach out to a professional that could help them.”

It may take a few years before people begin to recognize a pattern within themselves. With SAD it is something that will come to an end — the weather will improve and the sun will shine again, he said.

REMEDY

One of the conventional forms of treatment for this type of depression is psychotherapy to address the negative mood cognition people have.

Treatment could also be psychotropic and the regular Selective Serotonin Reuptake Inhibitors, which keep the serotonin flowing in the system, he said.

“Also, light therapy is showing some positive benefits,” he said. “People report having an hour of light therapy a day improves their mood.”

According to the NIMH the idea behind light therapy is to “replace the diminished

sunshine of the fall and winter months using daily exposure to bright, artificial light. Symptoms of SAD may be relieved by sitting in front of a light box first thing in the morning, on a daily basis, from the early fall until spring. Most typically, light boxes filter out the ultraviolet rays and require 20 to 60 minutes of exposure to 10,000 lux of cool-white fluorescent light, an amount that is about 20 times greater than ordinary indoor lighting.”

Carmona said the light therapy is a treatment people can do at home. He encourages sufferers of SAD to use a combination of all forms of treatment.

“I think the biggest emphasis is that if you notice this pattern and recognize the pattern, please come and seek out assistance,” he said. “There are treatments there. You don’t have to suffer in silence — there is hope.”

RISK FACTORS

According to the NIMH, attributes that may increase your risk of SAD include:

- Living far from the equator: SAD is more frequent in people who live far north or south of the equator. For example, one percent of those who live in Florida and nine percent of those who live in New England or Alaska suffer from SAD.
- Family history: People with a family history of other types of depression are more likely to develop SAD than people who do not have a family history of depression.
- Having depression or bipolar disorder: The symptoms of depression may worsen with the seasons if you have one of these conditions; but SAD is diagnosed only if seasonal depressions are the most common.
- Younger Age: Younger adults have a higher risk of SAD than older adults. SAD has been reported even in children and teens.



Families on Historic Main Post come out of their homes to listen to carolers Dec. 16.

Caroling rings across post

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

The command staff braved the cold on Dec. 16 during their annual caroling event. Some Soldiers rode on horseback, while the band members and others stayed on horse-drawn wagons as they went from house to house to spread Christmas cheer.

Sgt. Joseph Hines, Commanding General’s Mounted Color Guard, Headquarters and Headquarters Battalion, 1st Infantry Division, said it was great for team building and raising morale among the Soldiers.

“It has been a rough year for everybody, so this is just a lighthearted have-fun get-together,” he said.

Often, people only see the Army side of their Soldiers. Caroling made it easy to show the fun, family orientated side of them.

“I always have fun,” he said. “Everybody seemed like they enjoyed it.”



The command staff caroled throughout historic main post housing Dec 16.

According to Hines, even the horses found pleasure in caroling.

“Our mule and draft teams, for them to actually enjoy doing what they’re doing, they need something to do,” he said. “It keeps them from getting bored, from feeling useless. It’s good for them, I would say they enjoyed it.”

He said the mounted color guard were appreciative toward the commanding general and division sergeant major for coming out and bringing their families.

The group left the CGM-CG area and made a loop through historic main post housing before returning.

Lt. Col. Iven Sugai, commander, 1st Battalion, 5th Field Artillery, said his children were very excited to sing and see the horses when the Command Staff stopped at their home.

“It’s all about the memories you make,” he said. “This is absolutely one of those that we’re going to look back on when we leave Fort Riley some-day ... and say ‘wow, what an awesome moment.’”

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INFO: ACS Outreach 785.239.9435

Snowglobe making and movies were two of the activities families could do at the Post Library winter party Dec. 15. On top of the craft activities, the library staff provided snacks for the children to enjoy. The library's next event will be the Winter Reading Award Ceremony on Jan. 19.



Fort Riley Library lets it snow

Children making snow globes part of family event on post

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

The Post Library staff hosted the winter party Dec. 15. Families participated in events, from pictures with Santa to snow globe decorating.

"We are doing a family event where kids can come down and meet Santa, his reindeer and then make snow globes that they can put on the Christmas tree," said Marie Celeste-Beekman, Post Library clerk. "We're providing hot chocolate, apple cider, cookies and we're playing movies."

She said they were showing the classics, including 'Rudolph the Red Nosed Reindeer,' 'Frosty the Snowman' and 'The Little Drummer Boy.'

The library provided snacks for the children to enjoy, and even thought to include marshmallows for children who did not like cookies to eat with their cocoa.



The Post Library parties, like the winter party shown above, are a great way to bring Fort Riley families together.

The snow globes were made of laminate paper, and kids could paint whatever they wanted on the inside, such as snow. Their photo, which was taken at the library, would be placed in the middle and then laminated. They could then choose whether or not they wanted to punch a hole in it and hang it on their tree, or they could attach a base and make it into a snow globe.

She said the parties they host are a great way to let people know that Fort Riley does have a library.

"Not many people know that we have a library here," she said. "I say you never judge a book by its cover. It might be small on the outside, but it's big on the inside."

Not only do the parties bring awareness to the library, but she believes they are just good family events in general.

"(The) military is one big family, so we bring everybody together and support one another," she said.

Milca Rios, wife of Spc. Gilberto Rios, Irwin Army Community Hospital, said her family has been here for over a year and they try to make it to every one of the library's events.

Their daughter, Alexandria, enjoyed the cookies and Milca enjoyed having somewhere to go on post instead of making the drive to Manhattan to find something to do.

The library's next event will be Jan. 19, when they will host their Winter Reading Award Ceremony.

Corvias holds winter event

Santa visit highlights free event open to Fort Riley residents

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

Corvias housing staff hosted its annual winter event by inviting Santa Claus to visit each of the community offices on Dec. 14. The free event was open to all Fort Riley residents.

Corvias program office administrator, Jasmine Crosby, said they always host a winter event, but the event varies in style from year to year.

"This is the first year we've done it this way," she said. "We do a lot of events in Colyer Forsyth and we wanted to try to make sure he had a chance to visit each office this year."

All Corvias locations participated in 'Tis the Season; but it was up to each installation on how they wish to interpret it.

Crosby said when they think of the name of the event, they think of Christmas and Santa. From that, they decided



Josie Koenig, 1, daughter of Staff Sgt. Christian Koenig, 1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, reaches out to take a candy cane from Santa on Dec. 14 at the community offices of Corvias housing.

to invite Santa, serve cookies and cocoa.

Many of the children, she noticed, were overjoyed to see him.

"They look very excited to see him," she said. "The first stop was the leasing office and there weren't quite as many people there. I think once we let them know he's here, more people began to show up."

Among them was family childcare provider Olga Sunkins, wife of Staff Sgt. Michael Sunkins, 2nd Battalion, 70th

Armor Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division.

Sunkins said she enjoyed letting the kids have fun and see something different. The fact that it was a nice day and the playground was right outside the facility was a bonus.

She said she often comes to the events Corvias hosts, and has liked them because they provide a way to get out of the house, and somewhere to bring the kids and meet new people.

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FORT RILEY MIDDLE SCHOOL WINTER CONCERT

Will Ravenstein | POST

Fort Riley Middle School Orchestra members under the direction of Amanda Conrade perform during their winter concert Dec. 13 in the school auditorium. Three Orchestra groups; Red, White and Blue, performed seven pieces for family and friends.

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1: Sgt. Ike Horn, 97th Military Police Battalion, announces the Kansas City Chiefs final draft pick during a draft party hosted by the 1st Infantry Division in coordination with the KC Chiefs April 28 at Marshall Army Airfield. The announcements were aired live on national television as part of the NFL's coverage of the 2018 draft. **BELOW RIGHT:** Cole Nelson, son of Maj. Pat Nelson, 1st Inf. Div. deputy finance officer, announces a Kansas City Chiefs draft pick during the sixth round of the NFL Draft. Cole represented the Fort Riley Child and Youth Services program in making the selection live on national television.

1

Time to have fun

Sporting life helps Fort Riley Soldiers relax, recharge

Soldiers cannot train all the time; they also need recreation, and the sports scene at Fort Riley helped provide relaxation for Soldiers and family members throughout 2018.

Not only that, the professional sports teams that call the region home reached out to Big Red One Soldiers and their families to embrace them. The result was a vibrant scene that helped Soldiers recreate and participate at a variety of competitive levels.

The following are the top five Sports stories in the 1st Infantry Division Post for 2018:

1. CHIEFS HOLD DRAFT PARTY AT FORT RILEY

For nearly five hours April 28, organizations from Fort Riley made the post, a pure professional football heaven for occasional and die-hard fans alike. The post was the locale for a Kansas City Chiefs Draft Day Party.

Fans were treated to a production by the NFL Channel and the Kansas City Chiefs. Entertainment was provided by the 1st Infantry Division Band and K.C. Wolf, the team's mascot.

Mitch Holtis, radio voice of the Chiefs, made announcements from the podium, which were aired live on national television as part of the NFL's coverage of the 2018 draft.

"I love the relationship the Chiefs Kingdom has with the military and specifically with Fort Riley," Holtis said moments before the event got underway. "What I try to tell our fans all the time is that some of the most important military posts in the world are located right here in Chiefs Kingdom. And Fort Riley is one of those. The Big Red One is the longest, continuous military unit in our military's history, going all the way to World War I. So the Big Red One has an incredible history and it's right here in the footprint of Chiefs Kingdom, so it's thrilling to be here today."

2. ROYALS TAKE FORT RILEY SOLDIERS 'OUT TO THE BALLGAME'

The Kansas City Royals hosted several 1st Infantry Division and Fort Riley Soldiers at pre-game activities before the Royals faced the Chicago

White Sox on Armed Forces Night at Kauffman Stadium Sept. 11.

Spc. Zachary Cockrill, 97th Military Police Battalion, Fort Riley, was one of 10 military service members to announce the Royals starting lineup.

"I was actually very nervous," Cockrill said. "I am not very good at public speaking so it was nerve-wracking."

Staff Sgt. Samuel Kimani, 1st Infantry Division Artillery, chemical, biological, radiological, nuclear specialist, participated in a hat exchange with Ryan O'Hearn of the Royals before the first pitch.

"It gave me the opportunity to savor the moment — to realize what I have done and what I have been doing in the Army for the past 10 years — and what I am representing on this field today," Kimani said.

3. 'BIG RED ONE' SOLDIER RUNS HISTORIC MARATHON

Harrison Fletcher, a captain with the Army National Guard stationed at Fort Riley, but deployed to Poland, competed in the Athens Authentic Marathon Nov. 11 in Athens, Greece.

The historical marathon covered the same 26.2-miles that Pheidippides ran in 490 B.C. when he brought news of victory from the battlefield of Marathon to Athens. This historical event birthed the distance for all marathons.

"This has been a life-long dream to compete in this marathon," said Fletcher, a native of Valdeese, North Carolina. He is a part of the 1st Inf. Div. Mission Control Element.

4. FORT RILEY BASKETBALL TEAM FINISHES TOURNEY IN FINAL FOUR

The Fort Riley basketball team closed out the Central United States Military Basketball League postseason tournament April 22 at Wichita State University's Charles Koch Arena in Wichita, Kansas.

The Fort Riley squad defeated the team from Barksdale Air Force Base, Louisiana, 85-73, then

See YEAR IN SPORTS, page 17



TOP FIVE 2018 SPORTS AND RECREATION STORIES

1. Chiefs hold draft party at Fort Riley
2. Royals take Fort Riley Soldiers 'out to the ballgame'
3. 'Big Red One' Soldier runs historic marathon
4. Fort Riley basketball team finishes tourney in Final Four
5. Annual 10-5-2 Prairie Run held, served as qualifier for Fort Riley Army 10-Miler team

YEAR IN SPORTS

Continued from page 16

fell to the team from Fort Sam Houston, Texas, 81-69.

In qualifying for the final four, Fort Riley also defeated the team from Fort Hood, Texas, 100-67.

5. ANNUAL 10-5-2 PRAIRIE RUN HELD, SERVED AS QUALIFIER FOR FORT RILEY ARMY 10-MILER TEAM

More than 125 people ran in the 33rd annual 10-5-2 Prairie Run July 21 on Fort Riley. The first race began in the

morning at King Field House, proceeded to the Ogden Gate and finished back at King Field House. Runners of all ages and abilities chose one of three races to run; a 10-mile, a five-mile or a two-mile.

The 10-5-2 Prairie Run served as the qualifier for the Fort Riley Army 10-Miler team, with qualifiers going on to train for the Army 10-Miler competition the following October in Washington D.C., an event that would feature more than 10,000 athletes from across the Army.

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

2: Staff Sgt. Samuel Kimani, 1st Infantry Division Artillery, chemical, biological, radiological, nuclear specialist, participated in a hat exchange with Ryan O'Hearn of the Royals before the first pitch of Armed Forces Night at Kauffman Stadium as the Royals hosted the Chicago White Sox, Sept. 11.



Jarmani Elzy throws down a dunk during Fort Riley's matchup against Fort Sam Houston in Charles Koch Arena, in Wichita, Kansas. The "Big Red One" would fall in the contest 81-69 to finish in the top four of the Central U.S. Military Basketball League postseason tournament.



Téa Sambuco | 1ST INF. DIV. POST

Runners start the 10-mile portion of the 10-5-2 Prairie Run July 21 from King Field House. The 10-mile race served as the qualifier for the Fort Riley 10-Miler team that competed in Washington, D.C, in October.



ATHLETES

Continued from page 13

"As much as people don't want to talk about it, when you're hurt in active duty you lose the motivation to be a part of the team," Custodio said. "You feel like you're hindering your unit. But here, we all work together and adjust for that. We don't feel any less than when we were up on the hill. (We're) focusing less on combat, focusing more on each other trying to get better."

Though each was familiar with the events they competed in, there was still a learning curve. The event also allowed the Soldiers to know they weren't the only ones going through injuries — some athletes had more severe injuries to overcome.

"For me, I was able to see other people with worse conditions," Gilmore said. "Like a guy shooting (recurve bow) with his teeth. I was like, what? That just blows

"As much as people don't want to talk about it, when you're hurt in active duty you lose the motivation to be a part of the team. You feel like you're hindering your unit. But here, we all work together and adjust for that. We don't feel any less than when we were up on the hill. (We're) focusing less on combat, focusing more on each other trying to get better."

SGT. JONATHAN CUSTODIO | WARRIOR TRANSITION BATTALION, IRWIN ARMY COMMUNITY HOSPITAL

my mind that he can still shoot archery."

Some competitors were familiar with other athletes — competing against them in other events. Still, surprises happened.

"There was a kid that I competed with again in air pistol," Keith said referring to a competitor he faced during the archery event. "He ended up getting tied for second,

somehow. He was the one I beat out in archery, he had all the fancy stuff, and I beat him out in air pistol. When I beat him in that — (with) our old, busted ... air pistol. He ended up getting an alibi fire and moved to tie for second."

The Fort Riley athletes admitted they wished they had more time to practice their individual events to perfect them.

Each member of the Fort Riley team was chosen by WTB cadre and staff based on their character, integrity and how well each would represent the WTB according to recreation therapist Kersey Henderson.

"Part of it was volunteerism, but part of it was character, integrity some of these guys had and knowing they could represent us well," she said. "I worked with Custodio

before in some of our events. He worked very hard at what he did and what he came to. I know Keith, and he is interested in a lot of the stuff he was in. The same with Gilmore, the first time he stepped onto the (archery) range he split an arrow. So, it was really interesting to see that he didn't realize he was good — but as he worked towards it.

"England," she said to him. "Your platoon Sgt. actually sent you my way. It's really the personalities and behaviors I saw — I knew they would work hard and get a lot from it."

Each walked away with a better understanding of their sport and with hopes of qualifying to become members of Team Army at the 2019 Department of Defense Warrior Games in Tampa, Florida, June 21 to 30.

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		Mon-Fri HAPPY HOUR 2 pm -5 pm 1/2 price drinks & slushes; \$1.00 Tacos							
The Cove at Acorns Resort		Bloody Mary & Mimosa Bar 12-4 pm Open 11:00am-8:00pm	1/2 Price Appetizers Open 4:00pm-9:00pm	MERRY CHRISTMAS Closed	Kids Eat Free w/ purchase of Adult Meal Open 4:00pm-9:00pm	Fajita Night Chicken \$12 Steak \$15 Trivia Night Long Island Ice Tea \$5 Open 4:00pm-9:00pm	Crab Legs \$22 Open 11:00am-10:00pm	Prime Rib Special \$20 for 10-oz cut \$25 for 14-oz cut Open 11:00am-10:00pm	
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Help Wanted

370

District Manager

The Junction City Daily Union is currently looking for a District Manager in the Circulation Department. Duties include working with carriers of all ages, delivering routes as needed, increasing circulation through sales and promotions, and assisting customers. Must be able to work independently and have strong people and communication skills. Reliable transportation required. Afternoon, Evening and Sunday hours.

This is a full-time salaried position with a competitive benefits package.

Applications accepted at:
222 W 6th St
Junction City

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.

Help Wanted

370

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

Steel Cargo/Storage Containers available In Kansas City & Solomon Ks. 20s' 40s' 45s' 48s' & 53s' Call 785 655 9430 or go online to Chuckhenry.com for pricing, availability & Freight.

Farm Equipment

580

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Help Wanted

370

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@jedailyunion.com (put reporter position in the subject line)

su | do | ku

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

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

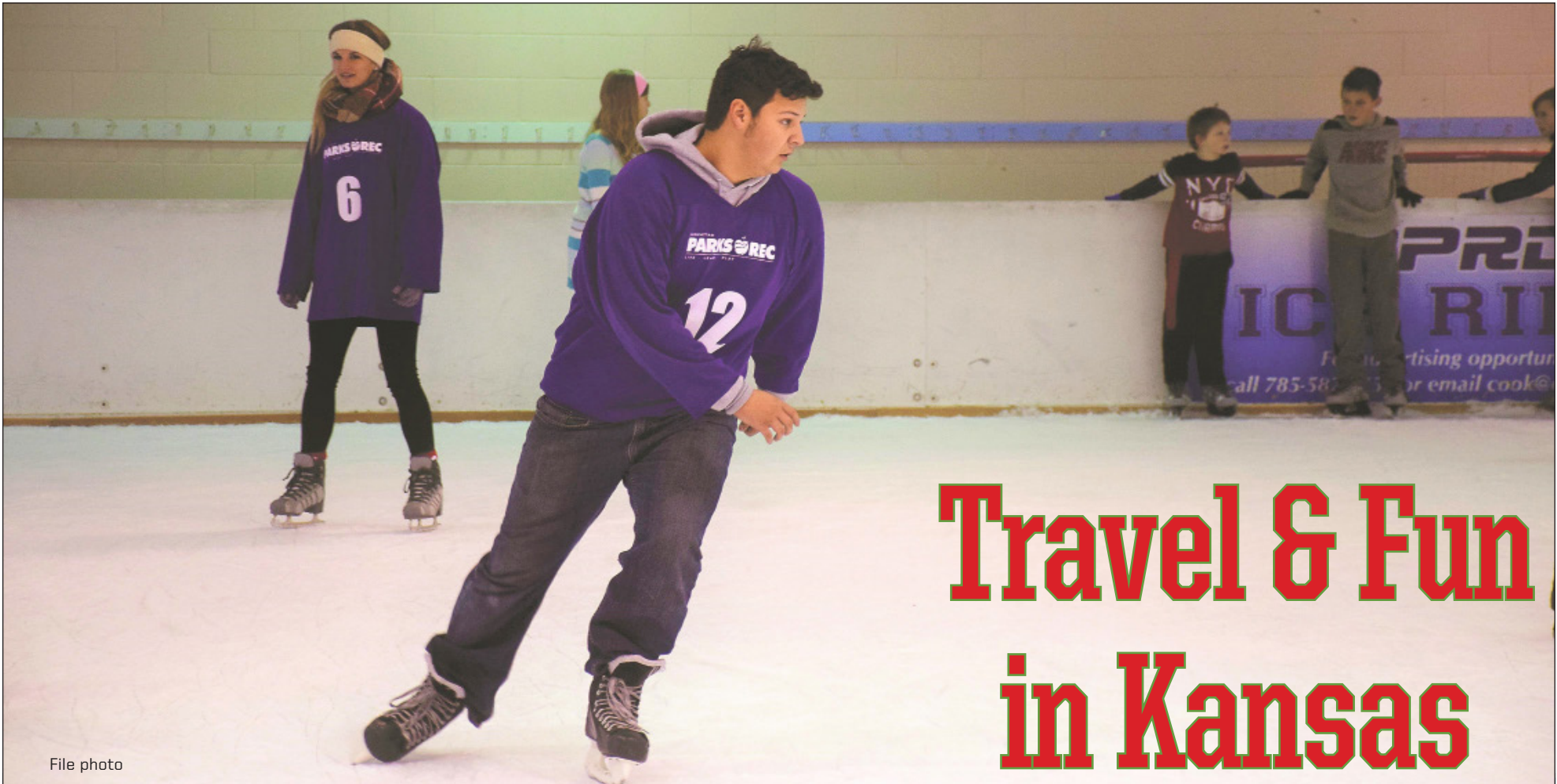
Last Sudoku's Answers

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

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THE 1ST INFANTRY DIVISION POST



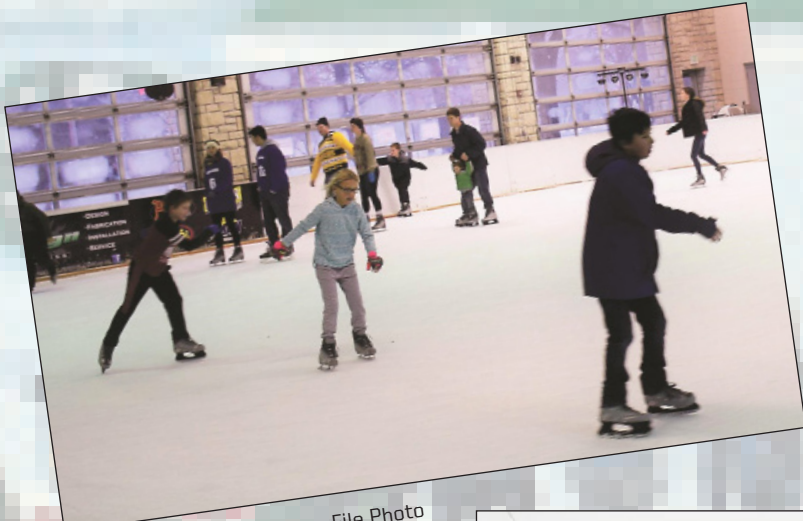
File photo

Travel & Fun in Kansas

Ice Skating fun



Spc. Shell will be checking out Fine Arts Galleries in the area in the next edition.



File Photo
Ice skating lessons are offered at the Jon and Ruth Ann Wefald Pavilion in Manhattan for children ages 4 through 12.



File Photo

ABOVE: The ice rink at the Jon and Ruth Ann Wefald Pavilion in Manhattan is available for party rentals. For information on rental prices call Manhattan Parks and Recreation at 785-587-2757.



Courtesy Photo
The Crown Center Ice Terrace in Kansas City, is open from November to March Admission is \$7 per person.



Amanda Ravenstein
1ST INF. DIV. POST

Ice skating rinks can be found almost anywhere in the country. Locally, ice rinks are found close by, or for a day trip, a couple hours away. Read on for a selection of ice rinks in this area.

MANHATTAN

The ice rink at the Jon and Ruth Ann Wefald Pavilion in Manhattan is open from Nov. 12 to Feb. 22. Admission price is \$3 per person, and skate rental is \$3. The hours of operation are 3 to 7 p.m. weekdays and 1 to 7 p.m. on the weekends. It is closed on Christmas and New Year's Day and closes at 5 p.m. on Christmas Eve. Skating lessons are offered for children 4 to 12 years old. Renting the facility for a party is an option for holiday get-togethers with rental fees dependent on how many people will attend. For rink reservations or more information, contact the City of Manhattan Parks and Recreation at 785-587-2757 or visit their web site at www.mhkpri.com/194/Ice-Rink.

KANSAS CITY

Kansas City has ice skating at the Crown Center Ice Terrace. Open from November to March, the Ice Terrace regular admission for skating is \$7 per person between the ages of four to 60. Guests under the age of four and over the age of 60, skate free. Skate

rental is \$3 per pair. Two-for-one Tuesdays means buy one full price admission and get one free after 5 p.m. Group rates are also available Monday through Thursday for groups of 20 or more and reservations are required. The November through January hours of operation are Sunday through Thursday 10 a.m. to 9 p.m. and Friday to Saturday, 10 a.m. to 11 p.m. From February to March hours are Sunday 10 a.m. 9 p.m., Monday through Thursday, 11 a.m. to 11 p.m., Friday 11 a.m. to 10 p.m. and Saturday 10 a.m. to 10 p.m. On Christmas Eve, the hours are 10 a.m. to 6 p.m. The facility will be closed on Christmas day. On New Year's Eve, Crown Center Ice Terrace will be open from 10 a.m. to 6 p.m. and New Year's Day they will be open from noon to 9 p.m. Ice skating lessons are available for \$100 per skater for a 7-week session. Classes are held on Saturday mornings before open skating. For more information on lessons, group rates and more call 816-274-8411.

WICHITA

Travel two hours from Fort Riley to Wichita and the Wichita Ice Center for year-round ice skating. Skate Rentals are \$3 per pair. Regular admission is \$7 per person. Hours vary each day so visit the website at www.wichitaicecenter.maxgalaxy.net/Schedule.aspx. Skating lessons are offered on Tuesdays and Saturdays for five or six-week sessions. Five-week sessions are \$68 and six-week sessions are \$80 per person. To sign up for classes, call 316-337-9199 or visit the website.



File Photo
The ice rink at the Jon and Ruth Ann Wefald Pavilion in Manhattan is open from Nov. 12 to Feb. 22.



File Photo

Open from 3 to 7 p.m. on weekdays and 1 to 7 p.m. on weekends families have the chance to enjoy ice skating at the Jon and Ruth Ann Wefald Pavilion in Manhattan.



A U.S. Army armored element from 2nd Armored Brigade Combat Team, 1st Infantry Division, Fort Riley, performs a strategic convoy maneuver during Combined Resolve X at the Hohenfels Training Area, Germany, May 2. Exercise Combined Resolve is an U.S. Army Europe exercise series held twice a year in southeastern Germany and provided the Joint Modernization Command an opportunity to assess multiple concepts and capabilities.

Spc. Andrew McNeill | 22nd Mobile Public Affairs Detachment

'The Big Red One': Ever ready for global mission

Stories by staff of the 1st Infantry Division Post, 1st Infantry Division and Fort Riley Garrison Public Affairs Offices

One thing above all else characterized the Big Red One's mission in 2018: the global reach and mission of the 1st Infantry Division.

The communities of Grafenwöhr and Hohenfels, Germany; the communities of Poznań, Żagań and Rzepin, Poland; Tapa, Estonia; Kazanlak, Bulgaria — all were datelines in the pages of the 1st Inf. Div. Post in 2018.

Yet the success of the BRO this year would not have been possible without the high level of readiness achieved through a robust schedule of training. Over the course of the year, the Post ran stories under the banner "Building Readiness," each providing a look at the ongoing efforts of our Soldiers and their families to maintain the high level of mental fitness, physical strength and professional skill needed to serve and protect the nation's interests.

And when they went abroad, along with their rucksacks and thoughts of home, Soldiers took with them the Army's core values — Loyalty, Duty, Respect, Selfless Service, Honor, Integrity and Personal Courage — the foundation of everything the 1st Inf. Div., seeks to accomplish.

Meanwhile, behind the scenes, were Department of the Army civilians and senior leadership of the U.S. Army Garrison Fort Riley. Even amid the continuing challenges of an austere budget, when Soldiers and their families needed support, the garrison was there. Soldiers from myriad units elsewhere also found Fort Riley the proper venue with the technical support for training that prepared them for demanding missions.

The following are the top stories of 2018:

1. WET GAP OPERATION OVER MILFORD

The 1st Infantry Division and Fort Riley, played host to an expansive floating bridge crossing at Milford Lake June 18 as part of training exercise Gauntlet.

Soldiers from 1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team, 1st Inf. Div., drove more than 40 armored vehicles, including Bradley Fighting Vehicles and M1A2 Abrams tanks, over the nearly 2,000-foot span as part of their training.

"It is pretty awesome," said Maj. James Wiltse, 1st Bn., 16th Inf. Regt., 1st ABCT, executive officer. "I didn't ever think I would have an opportunity to do this unless it was in real combat or during a deployment."

"We got to do it right here at our home station training area," he said. "It is pretty amazing for me, the Soldiers in the battalion and the brigade. This is something that we don't get to do very often, but you are seeing that it came together very well."

The bridge was assembled by Soldiers from several Total Army partner units, including the 5th Engineer Battalion and 50th Multi-Role Bridge Company, Fort Leonard Wood, Missouri; 502nd MRBC, Fort Knox, Kentucky; 74th MRBC, Fort Hood, Texas; and the 2225th MRBC of the Louisiana National Guard, two days prior to the "Iron Rangers" crossing. The entire process took 14 hours.

See TOP 10, page 22



Chad Simon | 1st Inf. Div. Public Affairs
1: M1A2 Abrams tanks with 1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, cross a temporary, floating bridge at Milford Lake, June 15 during training exercise Gauntlet. The 600-meter bridge was constructed by three active-duty Mobile-Role Bridge Companies from throughout the U.S. and a National Guard MRBC from Louisiana. The 600-meter wet gap training was referred to as "Once in a lifetime" for some Soldiers. At the time this crossing was built it was called the longest wet gap crossing the units constructed to date. The next Gauntlet is scheduled for February 2019.

2018 TOP 10 NEWS STORIES

- 1 Wet Gap Operation over Milford
- 2 Victory week: 1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, takes home the 2018 Commander's Cup
- 3 'Big Red One' deploys; becomes U.S. Army Europe's Atlantic Resolve division-level HQ
- 4 New Chinooks arrive at Marshall Army Airfield
- 5 1st Infantry Division change of command brings in Maj. Gen. John S. Kolasheski as senior leader
- 6 Fort Riley Garrison welcomes new commander
- 7 Irwin Army Community Hospital receives new commander
- 8 Secretary of the Army Esper visits with 1st Infantry Division
- 9 Military Police company returns after nine months overseas
- 10 Department of the Army announces upcoming 1st Infantry Division units' rotation

TOP COMMUNITY AND SPORTS STORIES FROM '18



– FALL APPLE DAY FESTIVAL, COMMUNITY




– CHIEFS DRAFT DAY PARTY, SPORTS

JANUARY


FEBRUARY

MARCH


YEAR IN REVIEW




Brig. Gen. Richard R. Coffman, 1st Infantry Division deputy commanding general for maneuver, attained the rank of brigadier general Jan. 5. Coffman led 1st Inf. Div. troops during a deployment to Europe from late 2017 to early 2018



Command Sgt. Maj. Andrew T. Bristow II, became the senior noncommissioned officer for the Fort Riley garrison Feb. 8, taking the place of Command Sgt. Maj. James Collins.



An M109A, self-propelled howitzer from 1st Battalion, 7th Field Artillery Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, Fort Riley, fires a round toward simulated enemy targets during Dynamic Front 18 at Grafenwöhr Training Area, Germany, March 5.



Command Sgt. Maj. Joseph C. Cornelison, right, 1st Infantry Division, is awarded the Legion of Merit by Maj. Gen. Joseph M. Martin, 1st Inf. Div. and Fort Riley commanding general, during the 1st Inf. Div., Change of Responsibility Ceremony March 21.

20



2: Lt. Col. Drew Conover, center left, and Command Sgt. Maj. Eric Jefferson, center right, 1st Battalion 16th Infantry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, hold the Victory Week Commander's Cup after it was presented by Maj. Gen. John Kolasheski, left, 1st Inf. Div. and Fort Riley, commanding general, and Command Sgt. Maj. Craig Bishop, 1st Inf. Div., senior noncommissioned officer, prior to the Division Review Aug. 10 on the Cavalry Parade Field.



3: Soldiers from the 1st Infantry Division salute during the playing of the U.S. national anthem during a transfer of authority ceremony held in Poznan, Poland Feb. 28. The BRO became responsible for mission command of U.S. forces deployed in support of Atlantic Resolve. **INSET:** Brig. Gen. Richard R. Coffman, the incoming Mission Command Element commander, addresses Soldiers of 1st Inf. Div. and 4th Inf. Div. during the transfer of authority ceremony.



4: Soldiers of the 2nd General Support Aviation Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division took possession of new CH-47 MY2 Chinook helicopters at Marshall Army Airfield Jan. 25. The additional Chinooks will allow the aircraft to be more readily available to the ground force commander while also saving the Army money on maintenance costs.

TOP 10

Continued from page 21

2. VICTORY WEEK: 1ST BATTALION, 16TH INFANTRY REGIMENT, 1ST ARMORED BRIGADE COMBAT TEAM, 1ST INFANTRY DIVISION, TAKES HOME THE 2018 COMMANDER'S CUP.

Celebrating the start of the 1st Infantry Division's second century of service, the "Big Red One" hosted its annual Victory Week Aug. 6 to 10. Featuring a variety of sporting events, when the week ended the coveted Victory Week Commander's Cup went to 1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team. The award was presented by Maj. Gen. John Kolasheski, 1st Inf. Div. and Fort Riley, commanding general, and Command Sgt. Maj. Craig Bishop, 1st Inf. Div., senior noncommissioned officer, prior to the Division Review Aug. 10 on the Cavalry Parade Field.

"I'm extremely proud," said Lt. Col. Drew Conover, commander of the 1st Bn., 16th Inf. Regt., of his team of Iron Rangers. "Our battalion has a really proud history ... they have a history of success, and I think it's very, very important to continue to succeed wherever we can. So whenever there's a

"I am very pleased that the 'Big Red One' was selected to replace the 4th Inf. Div. for this critical mission. We are constantly building readiness so that we can support missions like this and many others across the globe."

MAJ. GEN. JOSEPH M. MARTIN, 1ST INF. DIV. AND FORT RILEY COMMANDING GENERAL WHO OVERSAW THE DEPLOYMENT OF THE BIG RED ONE AS HQ OF U.S. ARMY EUROPE'S ATLANTIC RESOLVE

competition, we're competing as hard as we can to succeed as a battalion."

3. 'BIG RED ONE' DEPLOYS AS U.S. ARMY EUROPE'S ATLANTIC RESOLVE DIVISION-LEVEL HQ

The 1st Infantry Division replaced the 4th Infantry Division Feb. 28 at a transfer of authority ceremony in Poznań, Poland, and became the U.S. Army Europe's division-level headquarters. As such, the BRO was responsible for mission command of U.S. forces deployed in support of Atlantic Resolve. The first Atlantic Resolve Mission Command Element was formed in 2015 in response to increased regional tensions.

"I am very pleased that the 'Big Red One' was selected to replace the 4th Inf. Div., for this critical mission," said Maj. Gen. Joseph M. Martin,

then the 1st Inf. Div. and Fort Riley commanding general. "We are constantly building readiness so that we can support missions like this and many others across the globe. We look forward to building upon the successes of the mighty 4th Inf. Div."

The Atlantic Resolve Mission Command Element serves as the intermediate headquarters between U.S. Army Europe and U.S. regionally allocated forces deployed throughout the eight eastern European Atlantic Resolve countries of Bulgaria, Estonia, Hungary, Latvia, Lithuania, Poland, Romania and Slovakia.

4. NEW CHINOOKS ARRIVE AT MARSHALL ARMY AIRFIELD

In late January, the 1st Combat Aviation Brigade and the 1st Infantry Division took a step forward in the effort to replace their older CH-47 Chi-

nook aircraft with newer, advanced models that will save the Army time and money while also making it easier to build readiness.

The 2nd General Support Aviation Battalion, 1st Aviation Regiment, 1st CAB, 1st Inf. Div., is the recipient of the 12 new aircraft at Fort Riley. A new radio communications system is a major change in the CH-47 Model Year 2 compared to previous Chinook helicopters. The Fighting Eagles also received a software upgrade as the MY2s arrived.

The new radio system will make communication between pilot and another aircraft or person on the ground faster.

"We have upgraded radios that have any frequency we use all in one radio, and have multiple of those," said 1st Lt. Tyler Westrick, 2nd GSAB, 1st Avn. Regt., 1st CAB, 1st Inf. Div., pilot. "Before you would be limited on who you could talk to on

specific frequencies. It opens up more options for us in how we want to use our radios.

5. 1ST INFANTRY DIVISION CHANGE OF COMMAND BRINGS IN MAJ. GEN. JOHN KOLASHESKI AS SENIOR LEADER.


On the 101st birthday of the 1st Infantry Division, Maj. Gen. Joseph M. Martin, 1st Inf. Div. and Fort Riley, commanding general, relinquished command of the oldest division in the Army to Maj. Gen. John S. Kolasheski on Fort Riley's Cavalry Parade Field June 8.

"The Army has blessed me with the opportunity to command three times at Fort Riley," Martin said. "Each of those times I have had the honor to deploy with my Soldiers to combat. Each time the destination was Iraq, and each time the dedication of the Soldiers made that part of the world safer."


One week later, in his first published column in the 1st Infantry Division Post, Kolasheski said: "I'm honored to be a part of (the 'Big Red One') team. The Big Red One Soldiers have trained hard and remain

See TOP 10, page 23


YEAR IN REVIEW



On July 11 the Fort Riley Directorate of Emergency Services in conjunction with community partners from Junction City, Manhattan, Riley County, Geary County, Kansas Highway Patrol, Pottawatomie County and the Federal Bureau of Investigations participated in Fort Riley's annual full-scale exercise.



On July 11 the Fort Riley Directorate of Emergency Services in conjunction with community partners from Junction City, Manhattan, Riley County, Geary County, Kansas Highway Patrol, Pottawatomie County and the Federal Bureau of Investigations participated in Fort Riley's annual full-scale exercise. Soldiers from the 1st Inf. Div. and Fort Riley were guests of the Chiefs to attend after practice during a military appreciation day.



Staff Sgt. Samuel Kimani, 1st Infantry Division Artillery, chemical, biological, radiological, nuclear specialist, participated in a hat exchange with Ryan O'Hearn of the Royals before the first pitch of Armed Forces Night at Kauffman Stadium

20

APRIL

MAY

JUNE

18



Soldiers and staff from the Demon Diner were awarded a golden plate by Philip A. Connelly Awards Program judges March 30. The diner was chosen as one of the six best dining facilities in the Army.



Master Sgt. Jason Poulin, center, of the 1st Engineer Battalion, 1st Armored Brigade Combat Team, 1st Infantry Division, embraces Sgt. Gary Coggins, a combat engineer also with 1st Eng. Bn., 1st ABCT, 1st Inf. Div., as he crosses the finish line during the 2018 Lt. Gen. Robert B. Flowers Best Sapper Competition, April 18.



The Commanding General's Mounted Color Guard rides in the Chicago Memorial Day Parade May 26.

YEAR IN REVIEW

New leadership on board



5



6



7

Chad Simon | 1ST INF. DIV.

Three of the top ten news stories for 2018 involved new senior leadership for three major organizations on Fort Riley. **5:** On June 8, Maj. Gen. John S. Kolasheski took the reins as 1st Infantry Division and Fort Riley, commanding general, taking the place of Maj. Gen. Joseph M. Martin. **6:** Col. Stephen Shrader accepted the U.S. Army Garrison Fort Riley colors from Brenda Lee McCullough, director, Installation Management Command-Readiness, taking over as garrison commander from the departing Col. John D. Lawrence. **7:** Earlier in the year, Col. Theodore Brown became commander of Irwin Army Community Hospital. Brown accepts the IACH colors from Maj. Gen. Thomas R. Tempel Jr., commanding general, Regional Health Command-Central.

TOP 10 Continued from page 22

ready to meet any challenge in any operating environment, and in any place in the world when required.”

6. FORT RILEY GARRISON WELCOMES NEW COMMANDER

Col. Stephen Shrader became the new commander of the U.S. Army Garrison Fort Riley on July 13, taking over from Col. John D. Lawrence. At the podium, Shrader expressed his thanks for a smooth transition that Lawrence made possible and gave his commitment to following the example that was set before him.

“I am falling in on the great footprint of John Lawrence and what the garrison has already established over the last few years,” he said.

7. IRWIN ARMY COMMUNITY HOSPITAL GETS NEW COMMANDER

Members of Irwin Army Community Hospital, 1st Infantry Division and the Central Flint Hills region welcomed Col. Theodore Brown, who took the helm of IACH at an assumption of command ceremony Jan. 18. Maj. Gen. Thomas R. Tempel Jr., commanding general, Regional Health Command – Central, presided over the ceremony. During the ceremony,

“We are now focused on strategic competitors such as Russia and China. The 1st Infantry Division has a storied history. It is one of our great units and, if called upon in the future, I am confident that it will prevail once again. The 1st Infantry Division needs to continue to build its readiness and enhance the lethality of the force as we move ahead.”

SECRETARY OF THE ARMY MARK ESPER DURING A VISIT TO THE 1ST INFANTRY DIVISION MAY 4

Tempel praised the IACH team for a smooth transition from Col. John Melton, IACH’s previous commander. Brown expressed his enthusiasm for this next chapter of his career.

“I and my family have been blessed not simply to command, but to do so at this great installation, with a tremendous team and a very welcoming community,” he said.

8. SECRETARY OF THE ARMY VISITS BIG RED ONE

Secretary of the Army Dr. Mark T. Esper spoke on the vital role that Soldiers from the 1st Infantry Division play as they protect and reassure allies in the face of strategic competitors during his first visit to Fort Riley May 4.

“We are now focused on strategic competitors such as Russia and

China,” Esper said. “The 1st Infantry Division has a storied history. It is one of our great units and, if called upon in the future, I am confident that it will prevail once again. The 1st Infantry Division needs to continue to build its readiness and enhance the lethality of the force as we move ahead.”

The secretary said training with international allies — something the 2nd Armored Brigade Combat Team, 1st Inf. Div., performed in Europe — was critical to long-term security around the globe.

“The fact that the ‘Big Red One’ can be over in Europe training with our allies not only builds that interoperability and partnership with our allies, but also provides reassurance to them that the United States will be there as a NATO treaty party should a conflict come,” he said.

9. MILITARY POLICE COMPANY RETURNS AFTER NINE MONTHS OVERSEAS

The Soldiers of the 287th Military Police Company, 97th Military Police Battalion, were welcomed home by their friends and families Sept. 6, from a nine-month deployment to Germany.

“Our mission was support to Operation Atlantic Resolve,” said Capt. Gabriel Moriega, 287th MP Co., commander. “The basic concept is, we provide military police support to the infantry, armor and any other forces that go to attack and destroy the enemy. We give them support throughout Europe in an effort to deter any aggression from other hostile countries, in conjunction with our allies both in NATO and multinational partners.”

10. UPCOMING BRO UNITS’ ROTATION ANNOUNCED

In late October, the Department of the Army announced the winter 2018-2019 rotation of three 1st Infantry Division units stationed at Fort Riley to Europe and Afghanistan.

The 1st Brigade Combat Team, 1st Infantry Division will replace the 1st Armored Brigade Combat Team, 1st Cavalry Division from Fort Hood, Texas, as part of a regular rotation of forces to Europe in support of Operation Atlantic Resolve.

The 1st Infantry Division Combat Aviation Brigade, will replace the 4th Infantry Division, from Fort Carson, Colorado, as part of a regular rotation of forces to Europe in support of Operation Atlantic Resolve.

The 1st Attack Reconnaissance Battalion, 1st Aviation Regiment, 1st CAB, will deploy as a part of a regular rotation of forces to Afghanistan in support of Operation Freedom’s Sentinel. The 1st Infantry Division Sustainment Brigade, will replace the 101st Airborne Division Sustainment Brigade of Fort Campbell, Kentucky, as a part of a regular rotation of forces to Afghanistan in support of Operation Freedom’s Sentinel.

18



Lt. Col. Joshua Campbell took command of the 97th Military Police Battalion at a ceremony Oct. 4 at Cavalry Parade Field. Campbell replaced Lt. Col. Ann Meredith who was assigned to Fort Campbell, Kentucky.



Pvt. Cole Evans, Sgt. Michael Lewallen and Pvt. Michael Pascual of 1st Battalion, 7th Field Artillery Regiment., 2nd Armored Brigade Combat Team, 1st Infantry Division, participate in a technical rehearsal Nov. 29 as part of the Fires Orientation Course for field artillery leaders. The course gave leaders the opportunity to share best practices during training center rotations, deployments and, to prepare for upcoming missions.



Santa joins Col. Stephen Shrader, U.S. Army Garrison Fort Riley commander and Command Sgt. Maj. Andrew T. Bristow II, U.S. Army Garrison Fort Riley senior non-commissioned officer, as they lead the audience in a ‘Go Army, beat Navy’ chant at the garrison’s annual tree lighting ceremony Dec. 6.

YEAR IN REVIEW

OCTOBER

NOVEMBER

DECEMBER



8



9: At a Sept. 6 welcome home ceremony for the 287th Military Police Company, 97th Military Police Battalion, Staff Sgt. Adebowale Olawoye embraces his son. The 287th MP Co., 97th MP Bn., returned home from Europe after a nine-month deployment in support of Operation Atlantic Resolve. **ABOVE RIGHT:** A young boy clutches his teddy bear as he waits for his father, a 287th MP Co., 97th MP Bn. Soldier.

10: The might and worldwide reach of the 1st Infantry Division will again be brought to bear, as three 'Big Red One' units will deploy in the near future: The 1st Armored Brigade Combat Team, 1st Inf. Div. will replace the 1st ABCT, 1st Cavalry Division from Fort Hood, Texas, as part of a regular rotation of forces to Europe in support of Operation Atlantic Resolve. The 1st Inf. Div. Combat Aviation Brigade, will replace the 4th Inf. Div., from Fort Carson, Colorado, also as part of a regular rotation of forces to Europe in support of Operation Atlantic Resolve. The 1st Attack Reconnaissance Battalion, 1st Aviation Regiment, 1st CAB, will deploy as a part of a regular rotation of forces to Afghanistan in support of Operation Freedom's Sentinel; and, last but not least, The 1st Inf. Div. Sustainment Brigade, will replace the 101st Airborne Div., Sust. Bde., of Fort Campbell, Kentucky, as a part of a regular rotation of forces to Afghanistan in support of Operation Freedom's Sentinel.



9



10

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