

THE FIGHTING FIRST!

# THE 1ST INFANTRY DIVISION POST

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◀◀ FORT RILEY, KANSAS ▶▶

## WEST POINT TRIBUTE

Story and photos by Staff Sgt. Jerry Griffis  
1ST INF. DIV. PUBLIC AFFAIRS

The United States Military Academy recognized the 1st Infantry Division during a recent visit by the 1st Inf. Div. command team Sept. 8 through 11 at West Point, New York.

Maj. Gen. Wayne W. Grigsby Jr. and Command Sgt. Maj. Joseph C. Cornelison held leadership development classes for cadets, toured historic facilities, took part in

a pre-game parade and football game activities. Grigsby and Cornelison led the football team onto the field during the Sept. 10 game against the Rice Owls and the U.S. Army Golden Knights parachuted onto the field carrying the "Big Red One" flag. Elements of the 1st Inf. Div. Band and the Commanding General's Mounted Colored Guard also took part in the pre-game and half-time activities. West Point won the football game against the Rice Owls, 31-14.



Elements of the 1st Infantry Division Band perform with The West Point Band during a halftime show Sept. 10 at Michie Stadium in West Point, New York. The collaboration between West Point and 1st Inf. Div. was in part to honor the division during the Black Knights football game against the Rice Owls.



Maj. Gen. Wayne W. Grigsby Jr., center, 1st Infantry Division and Fort Riley commanding general, and Command Sgt. Maj. Joseph F. Cornelison, right, senior noncommissioned officer, 1st Inf. Div., lead the Army West Point football team onto the field Sept. 10 at Michie Stadium in West Point, New York. The command team was followed by Spc. Dylan Villers, 1st Combat Aviation Brigade, 1st Inf. Div., carrying the "Big Red One" flag.



Brig. Gen. Patrick D. Frank, deputy commanding general of Fort Riley and the 1st Infantry Division, and Command Sgt. Maj. John Stephens, 1st Infantry Division Artillery senior noncommissioned officer, salute during a 9/11 commemoration ceremony Sept 11.

## Fallen heroes remembered during 9/11 ceremony

Story and photo by Alix Kunkle  
SPECIAL TO THE POST

It has been 15 years since the Sept. 11, 2001, terrorist attacks in America, but for many on Fort Riley, those attacks still seem like they happened yesterday.

Soldiers, family members and community officials from throughout the Flint Hills region gathered at Fort Riley's Sept. 11 memorial Sunday to commemorate the 15th anniversary of the Sept. 11, 2001, attacks. Events included remarks from Brig. Gen. Patrick D. Frank, deputy commanding general of Fort Riley and the 1st Infantry Division, and a wreath-laying ceremony in front of the memorial.

**"It is really nice that they do that and acknowledge everybody who has paid the ultimate sacrifice."**

MELISSA STIFTER | GOLD STAR WIFE

Also part of the commemoration was the addition of the name of Sgt. Joseph Stifter to the list of names inscribed on the Global War on Terrorism Memorial at Fort Riley. Stifter was a 1st Infantry Division Soldier who was killed in Iraq in January was added. The memorial recognizes those Soldiers who have been killed in Iraq and Afghanistan since the Sept. 11 attacks. There are 214 names on the memorials, and Stifter's name was the first one added since 2013.

His wife, Melissa, and daughter, Olivia, were present for the ceremony. Melissa was thankful for everything Fort Riley has done for her family.

"It is really nice that they do that and acknowledge everybody who has paid the ultimate sacrifice," she said.

Melissa described her late husband as "very caring" and someone who loved to help people. Furthermore, he "really just wanted to fight for his country."

"He was a great man and that's what he wanted to do," she said. "He wanted to serve, so he did."

Staff Sgt. Tylor Enright, one of Stifter's former comrades, knows Stifter would be proud of everything Fort Riley has done for his family.

"We know he's smiling down on us right now and that he appreciates everything everyone's done for him and his family," he said.

For Frank, the keynote speaker during the event, the 1st Inf. Div. has played a key role in the war on terror since the attacks took place.

"Our 1st Infantry Division Soldiers and

See CEREMONY, page 10

Soldiers, family members and civilians participated in the annual Fall Apple Day Festival Sept. 10 at Artillery Parade Field. For full coverage of the event, see page 21.



SUICIDE PREVENTION PROGRAM MANAGERS RAISE AWARENESS WITH A CANDLELIGHT VIGIL HONORING THOSE LOST, SEE PAGE 13.



SOLDIERS FROM THE 258TH HUMAN RESOURCES COMPANY DEFEAT SOLDIERS FROM THE 41ST ENGINEER COMPANY IN FIRST INTRAMURAL FOOTBALL GAME OF SEASON, SEE PAGE 17.





THE FIGHTING FIRST!



## Aerial Wigfall Dandridge: A 'Big Red One' Soldier

By Phyllis Fitzgerald  
SPECIAL TO THE POST

Aerial Wigfall Dandridge, a native of Crockett, a small town in east Texas, served with the 1st Infantry Division from August 2010 to May 2014.

Dandridge entered the Army in April 2002, taking her basic training at Fort Jackson, South Carolina. She then attended Advanced Individual Training at Fort Meade, Maryland. Her military occupational specialty was 25M, multimedia illustrator.

Dandridge's first assignment took her to Fort Benning, Georgia, where she was assigned to Headquarters and Headquarters Company for the Western Hemisphere Institute for Security Cooperation.

"I worked in the Education Technology section," Dandridge said. "My duties evolved around graphic design, video-audio editing, building and maintaining computers. I was (at Fort Benning) from November 2002 until July 2005."

Her next assignment sent her to Okinawa, Japan, where she was assigned to Headquarters 10th

Army Support Group. Her duties included working on and maintaining the inter- and intranet sites for the organization. During this assignment, she reclassified to 25B, Information Systems Analyst. She was at Okinawa for 2 years.

Dandridge's next assignment took her to Naples, Italy — "my favorite assignment by far," Dandridge said — where she was assigned to Maintenance and Support Company for NATO.

"Our unit was a Rapid Deployment Unit and we trained and practiced setting up our communications," Dandridge said. "After serving three years in Italy, my 'Big Red One' story began."

In August 2010, she was assigned to 1st Armored Brigade Combat Team, the 1st Inf. Div., at Fort Riley.

"I was initially assigned to Bravo Company, 601st Brigade Special Troops Battalion, 1st ABCT, and attached to HHC, 1st ABCT," Dandridge said.

Dandridge did a tour in Iraq, during which time she served as the brigade's communications security custodian. She also

served in this capacity upon her return from Iraq.

"In 2012, I became the brigade's Sexual Harassment and Assault Response Program noncommissioned officer in charge," Dandridge said. "This position consisted of educating and training all Soldiers in the Brigade about SHARP as well as advocating for Soldiers who filed complaints. I worked in this position until I departed the Army in May 2014 after 12 years of active service."

Shortly after departing the Army, Dandridge became a certified life and veteran development coach, building her own coaching practice called Solution Centered Coaching. She also founded The Veteran Woman, LLC.

"I serve women veterans across the nation through coaching, mentoring, networking, and advocating on issues and topics such as: military sexual trauma, anxiety, depression, finding purpose and passion in life again, Post-Traumatic Stress Disorder, transitioning from the military to civilian sector and entrepreneurship," Dandridge said. "I am a member of the Junction City Area Chamber of Commerce and I have worked previously with the Court Appointed Special Advocate program."

Her involvement in the community and the connections she made helped Dandridge decide to stay in Junction City.

"(The community) grew on me," she said. "I decided to purchase a home and stay in the local area. By staying here, it was also one less transitional woe."

Dandridge's best memories of Fort Riley involve two people: her former brigade commander, Col. Pappal, and former supervisor, Chief Warrant Officer Rees.

"Both of these leaders are two of the most intelligent people I have ever met," Dandridge said. "Col. Pappal was very dedicated to the SHARP (Sexual Harassment/ Assault Response and Prevention) program. Chief Rees introduced me to the world of COMSEC (communications security) and I learned a lot from her. She always supported me no matter what. These are two people I am proud to have served and worked with during my time in the Big Red One."

*Editor's Note: To submit your Big Red One story, email fitzmiss@yahoo.com.*

# THEN & NOW



BEST PLACE TO LIVE BEST PLACE TO TRAIN BEST PLACE TO DEPLOY FROM BEST PLACE TO COME HOME TO

## Retired general brings wealth of combat leadership to Fort Riley Soldiers

By Staff Sgt. Heidi McClintock  
1ST INFANTRY DIVISION PUBLIC AFFAIRS

Soldiers of the 1st Infantry Division attended a Leader Professional Development presentation on combat leadership taught by Retired Gen. Barry R. McCaffrey Sept. 12 at Riley's Conference Center.

McCaffrey spoke on the importance of elite leadership in a combat environment.

According to McCaffrey, combat leadership is about three important objectives.

"First off, lead your subordinates," McCaffrey said. "Second, build the team horizontally. And third, reinforce your senior leaders."

This will help leaders know their squad, have good peer group strength and ultimately create positive and negative reinforcement, the general added.

In addition, McCaffrey spoke on the different types of power you should use in a combat leadership position.

The three powers include authority power, which includes reward and

punishment, expert power, where the commander knows what he or she doing and he or she will keep the team alive, and referent power, where the leader is one of character, trust and willingness to serve, but also to serve first.

"It's an honor for me to talk to the Army that has been at war for 15 years," McCaffrey said. "And to talk about the future, especially with what the next steps are. That is why I am so proud and happy to be around the 1st Infantry Division."

Maj. Gen. Wayne W. Grigsby Jr., 1st Inf. Div. and Fort Riley commanding general, thanked McCaffrey for speaking to the "Big Red One" Soldiers about combat leadership.

"Sir, you made us better in building future leaders for our Army," Grigsby said. "It's unbelievable what you have done with selfless service your entire life, from being a military child, to your service and continuing to serve by coming out to coach and teach us."

McCaffrey said he hoped everyone learned important

combat leadership skills from the presentation in addition to knowing how important each and every service member is to this great organization, Army and the nation.

"There are 315 million of us in the country and at the end of the day, it is a handful of Soldiers, Sailors, Airmen and Marines that will keep us safe," he said. "And there isn't many of you in the fighting force, so when you get up in the morning as a Big Red One Soldier, you got to understand how vital your rule is keeping your family and community safe."



Sgt. Dana Moen | 1ST INF. DIV. PUBLIC AFFAIRS

Retired Gen. Barry R. McCaffrey speaks to division leaders about their role in the future of combat during a professional development event held at Riley's Conference Center Sept. 12. McCaffrey was the guest speaker for a leader professional development session which seeks to inspire and broaden the capabilities of "Big Red One" leaders.



# 'Durable' brigade Soldiers conduct joint exercise at Fort Riley, Manhattan airport

Story and photos by Staff Sgt. Aaron P. Duncan  
1ST INF. DIV. SUST. BDE. PUBLIC AFFAIRS

The 1st Infantry Division Sustainment Brigade is conducting a joint exercise with the 621st Contingency Response Wing and the Air Force's 139th Airlift Wing Sept. 6 to 22 at various locations across Fort Riley and Manhattan Regional Airport.

The exercise allows the "Durable" brigade to refine systems. With a mindset of multi-echelon training, the brigade is incorporating much of its sustainment capabilities into the exercise. They will validate communication systems, certify their finance detachments, get experience deploying and receiving Emergency Deployment Readiness Exercise units, inspect and certify air loads and integrate and interface with the Air Force to perform joint inspections with the Arrival and Departure Airfield Control Group.

"This exercise gets after our goal of being expeditionary," said Lt. Col Terrance Newman, 1st Inf. Div. Sust. Bde. deputy commander. "Units from all across the brigade are participating in this to hone our skills."

Whether it was the 258th Human Resources Company, Special Troops Battalion, processing personnel into and out of Fort Riley, the 267th Signal Company, STB, providing communication capabilities to all the units participating, the 165th Movement Control Team, 541st Combat Sustainment Support Battalion, checking load plans, the 24th Composite Truck Company, 541st CSSB, moving equipment, or the 526th Quartermaster Composite Supply Company, 541st CSSB, providing fuel resupply support, the Durables were out in force providing sustainment capabilities.

"Through joint cooperation with the Air Force, we were able to facilitate movement in an expeditionary environment," said 2nd Lt. Mark Sox, the 165th MCT mobility officer. "This allowed us to give our Soldiers the edge for future deployments."

Also internal to the brigade, the 230th C and

D Financial Management Support Detachment, STB, used the larger training exercise to conduct an EDRE and a Financial Certification Exercise. The EDRE allowed the unit to test its ability to respond rapidly to an order to deploy while the CERTEX allowed them to verify their financial systems in a harsh environment. By incorporating it into the larger exercise, their training became more realistic and even included them boarding aircraft with their equipment simulating a real deployment.

"This exercise gives the unit experience with these types of operations," said 1st Lt. Romero Carlos, the C FMSD executive officer. "I have been talking to a lot of my Soldiers and this is a new experience for them."

The training for the Soldiers in the brigade was expanded further with the inclusion of Air Force personnel and equipment. The Airmen were part of almost every aspect of the training and this allowed their personnel to receive benefits from the experience as well.

"I have been with the 621st CRW for about a year and a half and this exercise is probably the most I have worked with the Army," said Air Force Master Sgt. Darrell Layne, the 621st CRW contingency response team chief. "It is neat to integrate with the Army. This allows us to work hand in hand with the Army to see how they train while they see how we train and learn something from each other."

In addition to the internal systems being utilized through the training, the Durable brigade is also using the opportunity to bring together several units from outside the formation to include the 116th Military Police Company, 97th MP Battalion, 89th MP Brigade, and 82nd Engineer Battalion, 2nd Armored Brigade Combat Team, 1st Inf. Div. Company F, 2nd General Support Aviation Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Inf. Div., provided air traffic control support for the exercise. By incorporating these units, the brigade was able to get practice at synchronizing efforts across different units and different levels of staff providing complimentary capabilities.



**LEFT:** Sgt. Martin Sibley, a driver and native of Bayamo, Puerto Rico assigned to 24th Composite Truck Company, 541st Combat Sustainment Support Battalion, 1st Infantry Division Sustainment Brigade, guides equipment onto his Oshkosh Palletized Load System Heavy High Mobility Truck Sept. 11 at the Manhattan Regional Airport during the 1st Inf. Div. Sust. Bde.'s joint exercise with the Air Force. The equipment belonged to 4th Infantry Division Sustainment Brigade personnel who were received by the brigade as part of the overall exercise to cross train on sustainment capabilities. **RIGHT:** A C-130 Hercules lands at the Flight Landing Strip on the northwest Fort Riley training area Sept. 9 during the joint exercise with the 1st Infantry Division Sustainment Brigade. The exercise included C-130 Hercules and C-17 Globemaster III Tactical Transport Aircraft landing both at the Flight Landing Strip on the northwest Fort Riley training area and the Manhattan Regional Airport.

"It was a great experience coordinating with Army units across echelons as well as the 1st Infantry Division

air mobility officer, Capt. Matthew Zahler," said Capt. Carmen Gann, the 1st Inf. Div. Sust. Bde. operations

officer and lead coordinator for the exercise. "Coordinating with the Air Force was a new challenge as we often had

to clarify terms between the services but this will allow me to better operate in a joint environment in the future."

## Don't wait in the Emergency Room if you don't have to

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Loss of vision	Rashes or skin irritations

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## TRAFFIC REPORT

### HOLBROOK AVENUE RECEIVING UPGRADE

Work on Holbrook Avenue began Sept. 14 and will continue for the next 43 days, barring poor weather or other unforeseen situations that could cause a delay.

According to David Hale of the Directorate of Public Works, the upgrades include changes on the edges of the road. The project area begins at Dickman and continues north on Holbrook to just before Godfrey.

A detour is in place to assist drivers through the area. Please exercise caution.

### ACCESS CONTROL POINT HOURS OF OPERATION

Until further notice, the Estes Access Control Point is closed every Saturday and Sunday but will remain open Monday through Friday for privately owned vehicles.

Also until further notice, 12th Street ACP is closed to privately owned vehicles Saturdays. The commercial side remains open Saturdays. The 12th Street ACP is closed to all traffic Sundays, but it is open to all traffic Monday through Friday. Grant Street ACP is closed every Saturday and Sunday, but remains open Monday through Friday to all privately owned vehicle traffic. Motorists wanting access to Fort Riley on Saturday or Sunday should use Ogden, Henry or Trooper gates.

The access control point hours are now as follows:

**Henry /Four Corners/ Trooper/Ogden:**  
Open 24/7  
**12th Street:**

Open from 5 a.m. to 7 p.m., Monday to Friday; closed to non-commercial traffic Saturdays; closed Sundays and federal holidays.

### Rifle Range:

Closed to all traffic.

### Grant:

Until further notice, open from 5 a.m. to 7 p.m., Monday to Friday; closed Saturdays, Sundays and federal holidays.

**Estes:** Until further notice, open from 5 a.m. to 7 p.m., Monday to Friday; closed Saturdays, Sundays and federal holidays.

### FORT RILEY ACCESS CONTROL POINT CHANGES

Several changes are scheduled to occur at certain Fort Riley access control points soon, pending the approval of an environmental assessment.

Starting Sept. 26, 12th Street Gate will only have commercial vehicle lanes. Personally owned vehicles will still be allowed access, but there will not be a designated POV lane. No outbound traffic will be authorized at 12th Street Gate.

Estes Gate will be open 24 hours a day beginning Sept. 30. Commercial traffic at Estes is required to have an access pass or badge prior to trying to access.

Four Corners Gate will be closed indefinitely to all vehicle traffic beginning Oct. 3.

### CONSTRUCTION ON RIFLE RANGE ROAD CONTINUES

Rifle Range Road

construction will not be complete prior to the start of the USD 475 2016/2017 school year as previously planned. The construction completion is estimated for mid-September.

New road closings and detours are required to complete the project. Rifle Range Road will be closed from 1st Street to Look Out Drive, and from West Drive to Seitz Elementary to Thunder Road/Dakota Drive.

School officials can offer guidance. There are detour and guidance signs posted, including detour routes along tank trail purple and through the Colyer Forsyth Housing area. Drivers are asked to follow all guidance posted on signs.

### CHANGES TO FORT RILEY ACCESS CONTROL POINTS

Traffic patterns have changed at several Fort Riley access control points. Estes Gate will reopen the commercial portion of the gate allowing full access. 12th Street Gate may experience limited staging for commercial vehicles due to construction. Trooper and Ogden access control points may experience traffic pattern changes during non-peak hours.

The changes are necessary to facilitate construction projects.

During these changes and beyond, drive attentively and safely.

For more information about Fort Riley access procedures, visit [www.riley.army.mil](http://www.riley.army.mil).

## With flu season looming, health professionals distribute vaccines

By Maria Childs  
1ST INF. DIV. POST

A season change is among us. It's almost flu season and the Department of Public Health at Fort Riley received its first shipment of the pre-filled syringes with flu vaccine Sept. 2. They began vaccinating immediately. Flu mist is not an option this year.

Maj. Kimberli Matthews, chief of Army Public Health nursing the Department of Public Health at Fort Riley, said the program will run through the end of the year for all Soldiers and beneficiaries. Once all active-duty military and people who work in healthcare facilities are vaccinated, the staff will begin with the rest of the population. Anyone who is considered high risk, including pregnant women and those with asthma, will be given priority for the vaccine.

"If they have an appointment at the hospital after the vaccine arrives, the likelihood they are going to get vaccinated while they are in our possession is pretty good," she said.

A community-based campaign event will begin once everyone with priority has received their vaccine. This is when the health professionals will be at a public location for all other beneficiaries to get their shot.

Matthews said a common misconception about the flu vaccine is that it makes people sick. There is no live flu virus in the vaccine; therefore, it cannot cause the flu.

"The virus and bacteria targets the respiratory system – that's why people die from the flu," she said. "This vaccine will cover Influenza Type A and B. This has nothing to do with the flu

where you throw up and you get diarrhea, that's a GI bug you picked up on a door handle."

According to the Centers for Disease Control and Prevention, the flu is caused by influenza viruses and is spread by coughing, sneezing and close contact. Symptoms include a combination of fever or chills, sore throat, muscle aches, fatigue, cough, headache and a runny or stuffy nose.

Matthews said the vaccine will not prevent getting the virus, but will reduce the severity of the symptoms.

"The purpose of the shot is so your body can build up antibodies so if you then become exposed to the bacteria or the virus your body will use its defense and beat it up and decrease the severity of the symptoms," Matthews said. "It will not keep you from getting it all together."

Matthews said infants and elderly are the two age groups most severely impacted by the flu. To prevent the spread of germs during this season, wash hands and don't go to work not feeling well.

"If you choose to stay home because you don't feel well, get plenty of rest and plenty of fluids," she said. "If a condition persists or worsens, contact your medical care provider."

Flu vaccinations also are available at no cost to beneficiaries from any Tricare authorized provider or at participating pharmacies. To find a participating pharmacy, call 1-877-363-1303 or go to [www.expresscripts.com/TRICARE/pharmacy/](http://www.expresscripts.com/TRICARE/pharmacy/).

For more information about the flu vaccine program at Fort Riley, call 785-240-4FLU (4358).



HOUSE FILL AD



## RILEY ROUNDTABLE

If you could be any cartoon character, who would you be and why?



"Daffy Duck. He's always getting beat up and blown up, getting his beak smashed and he has a lisp."

**DAN SCHLOCHTERMEIER**  
ELLINWOOD, KANSAS

Guest from Manhattan, Kansas, at Fall Apple Day Festival



"Tigger because he's always happy and upbeat and bouncy."

**AILEEN ROMAN**  
SLEEP EYE, MINNESOTA

Guest from Manhattan, Kansas, at Fall Apple Day Festival



"Wile E. Coyote because he always gets blown up and comes back alive."

**KYIA SHATSWELL**  
MARIANNA, ARKANSAS

Spouse of Sgt. Christopher Shatswell, 541st Combat Sustainment Support Battalion, 1st Infantry Division Sustainment Brigade, 1st Infantry Division



"Mickey Mouse because my kids love Mickey Mouse."

**SPC. TIMOTHY STEINZ**  
SPRING VALLEY, ILLINOIS

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



"Babs Bunny because she's cute, but doesn't take any stuff."

**TAMEKA POUGH**  
LAUREL, MISSISSIPPI

Spouse of Spc. Matthew Pough, 5th Squadron, 4th Cavalry Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division

## THE 1ST INFANTRY DIVISION POST

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### LETTERS TO THE EDITOR

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

### SAFETY HOLIDAY



As of Wednesday, Sept. 14, 68 days have passed since the last vehicular fatality at Fort Riley. Fifty more and the post will celebrate with a safety holiday to take place at each unit's discretion.

## COMMAND TEAM CORNER

# Suicide prevention means being there

September is Suicide Prevention Month for our Army, and the emphasis this year is "Be There."

Every member of our Army family – including Soldiers, civilians, spouses and children – are essential to our success at Fort Riley and the 1st Infantry Division.

Our programs are amazing, and our Army is working harder than ever to make sure no one succumbs to suicide.

But the best asset we have to accomplish this goal is you.

After 32 years of service, I know first-hand that Army



Maj. Gen.  
**Wayne W. Grigsby Jr.**

life isn't always easy. This is why we need to continue to

establish and enhance our lines of communication with one another based on mutual trust and understanding.

Danger 7 and I want you to join us as we pledge to continue to "Be There" for one another – not just in September, but every day.

It is vital for us to "Be There" on and off duty. Talking, listening and strengthening relationships builds resiliency and serves as a buffer to reduce the impact of stressors.

We must know our Soldiers and their families in order to see the full picture and take action

to enhance our overall readiness and reduce risk.

In addition, Danger 7 and I expect everyone, private to general, our civilians and family members, to embrace the open-door policy for anyone, at any time, to talk about personal and professional issues and work to address those issues together.

The 1st Inf. Div. wins in everything we do. We are the Fighting First, and together we can continue to fight for each other and stop suicide.

No Mission Too Difficult, No Sacrifice Too Great — Duty First!

## SAFETY CORNER

# Riding Trail upgrades means safer riding at Fort Riley

SPECIAL FROM THE GARRISON SAFETY OFFICE

The wind is in your face, the roar of the engine is in your ears and the dirt is flying. You have the freedom to ride.

What could be more exciting than off-roading on the open trails?

You don't have to go very far to experience the exhilaration of riding your off-highway vehicle since there are trails on the installation. Fort Riley has approximately 230 acres of land in Training Area 10 dedicated to those who wish to ride all-terrain vehicles and dirt bikes. For the past three years, the U.S. Army Garrison, Fort Riley Safety Office has been engaged in an innovative ATV trail improvement project in partnership with Yamaha Corporation, Directorate of Family, Morale, Welfare and Recreation staff and the Directorate of Public Works staff.

It has been the vision of the Garrison Safety Office to do its part in making Fort Riley a great place to live, train,

deploy from and come home to. Making a safe and accessible ATV and dirt bike riding area is an integral part of that effort.

It has long been noted by safety experts at Fort Riley that, when Soldiers are using the ATV's and dirt bikes at off-post locations, they are more likely to experience serious injuries. By providing Soldiers, family members, DOD civilian and military retirees a controlled and safe environment, the numbers of injuries can be reduced.

In fiscal 2104, the Garrison Safety Office, in conjunction with DFMWR, applied for a grant from the Yamaha Off-Highway Vehicle Initiative program. The funds were used to construct two ramps to off-load ATV vehicles safely at the entry of the course.

Yamaha Corporation awarded Fort Riley \$7,500 to construct two ramps and improve the signage in the ATV and dirt bike area. The ramp construction project began in August 2014 and was completed in September 2014.

Riders can now back their vehicles to a loading ramp and safely on or off load their recreational vehicles without danger of slipping or roll-over. To celebrate the awarding of the grant, the garrison commander hosted an award ceremony inviting key leaders, motorcycle mentors and the local and regional Yamaha representative.

As the ATV and dirt bike improvement project gained greater visibility, Soldiers and stakeholders offered additional ideas on how to improve the course and make it more accessible to the riding population. From their feedback, the Garrison Safety Office applied for a grant to Yamaha in FY15 to improve the interior trails, clear obstacles and improve access to the course.

Yamaha Corporation granted Fort Riley \$10,400 to assist in the trail improvement effort. Through the coordinating efforts of DPW staff, Soldiers from the 242nd Engineer Battalion from Coffeyville, Kansas were invited to conduct their annual training at Fort Riley. They were given

the experience of using their engineering expertise operating bucket loaders and other heavy equipment moving 235 tons of dirt to build a mini track, beginner trail, advanced trail and jump mounds. The soldiers of the 242nd Eng. Bn. did such an exceptional job, Garrison Command Sgt. Maj. Collins, presented them with safety coins to recognize their professionalism, hard work and dedication.

With Phase II of the ATV and dirt bike improvement project completed, the course is now open and the trails are waiting for Soldiers, Department of the Army civilians, family members and retirees who want the thrill of riding in a safe, accessible and environmentally friendly area.

For more information on accessing the trails, call Garrison Safety at 785-239-3391. At [fortriley.isportsman.net](http://fortriley.isportsman.net), you can obtain maps of open areas, check in or out, learn about on-going recreational activities and download informative brochures to ensure the most pleasurable recreation experience.

## RECENT RESULTS OF COURT-MARTIALS

*Editor's note: There were no General Courts-Martial in August.*

### RESULTS OF TRIAL, U.S. DISTRICT COURT, FORT RILEY, KANSAS

#### AUGUST 4, 2016

William M. Pollock Jr., Junction City, Kansas, pleaded guilty to driving while license is suspended or revoked. District Court sentence: \$100 fine and \$10 special assessment.

Savannah R. Laudemann, Woodbine, Kansas, pleaded guilty to criminal trespass. District Court sentence: \$100 fine and \$10 special assessment.

Melinda M. Pappaiani, Fort Riley, pleaded guilty to disorderly conduct. District Court sentence: \$50 fine and \$5 special assessment.

Vanessa D. Tanner, Fort Riley, pleaded guilty to disorderly conduct. District Court sentence: \$200 fine and \$5 special assessment.

Thomas A. Carter, Junction City, Kansas, pleaded guilty to theft of government property. District Court sentence: \$100 fine, \$25 special assessment and barred from entering the installation.

Alex B. Alexander, Brookshire, Texas, pleaded guilty to disorderly conduct.

District Court sentence: \$200 fine and \$10 special assessment.

William G. Tonn, Hutchinson, Kansas, pleaded guilty to reckless driving. District Court sentence: \$500 fine and \$10 special assessment.

Kameen G. Thornton, Junction City, Kansas, found in violation of terms of probation. District Court sentence: 6 months imprisonment and 4 months of supervised release.

#### AUGUST 18, 2016

Sincere D. Hurdle, Junction City, Kansas, pleaded guilty to criminal trespass. District Court sentence: \$100 fine and \$10 special assessment.

James F. McLeod, Fort Riley, pleaded guilty to violation of security regulations, by possessing an unregistered weapon on the installation. District Court sentence: 6 months supervised probation, \$100 fine and \$25 special assessment.

Amanda N. Flach, Cookeville, Tennessee, pleaded guilty to disorderly conduct. District Court sentence: \$100 fine and \$5 special assessment.

### SPECIAL COURTS-MARTIAL

Aug. 22 at a special court-martial convened at Fort Riley, Spc. Aaron M. Yepezstash, Headquarters, 2nd Battalion,

70th Armor Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, pleaded guilty to three specifications of wrongful use of marijuana and three specifications of larceny of government property, in violation of Articles 112a and 121, Uniform Code of Military Justice. The military judge sentenced the accused to be reduced to the grade of E1, to be confined for 10 months, and to be discharged from the service with a bad-conduct discharge. A pre-trial agreement had no effect on the sentence

### SUMMARY COURTS-MARTIAL

Aug. 10, at a summary court-martial convened at Fort Riley, Spc. Tanahaka T. Campbell, Headquarters, 1st Armored Brigade Combat Team, pleaded guilty to two specifications of wrongful use of marijuana, in violation of Article 112a, UCMJ. The summary court-martial officer sentenced the accused to forfeit \$1044 pay, to be reduced to the grade of E1, and to be restricted for 30 days to the limits of the off-post residence, battalion area, dining/medical facility and place of worship.

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# International officers step into U.S. Soldiers shoes at Fort Riley

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

More than 100 officers from 86 different countries visited Fort Riley Sept. 7 to experience a day in a U.S. Army Soldier's life and interact with facilities, Soldiers and equipment of the 1st Infantry Division.

The foreign officers are attending the Command and General Staff Officer Course, International Military Student Division, at Fort Leavenworth, Kansas.

Through this course, the international officers are mixed into smaller classes with U.S. military personnel from different branches. The course is designed to train officers for taking greater roles in their militaries and prepare them to move from focusing on strategy alone and into looking at and understanding how the military works on an operational level.

Brandi Satre, project assistant with the International Military Student Division, said the course also serves to connect U.S. and international officers together so they may develop relationships and diplomatic ties. It also allows the officers to develop a greater understanding on other cultures and U.S. military operations.

"They're learning all of the things that they need to know in order to run their own commands at home and at the same time, they're making friends with (people from) countries (when) they probably would have never met anyone from that country ... and they're learning different cultures and they're learning that we're all people," Satre said.

Prior to their visit to Fort Riley, the officers spent a day in classes at Kansas State University studying different types of bacteria that have the potential to be weaponized, Satre said.

Their trip to K-State and Fort Riley are part of a field study requirement for their course to see practical application of the lessons they are being taught.

"Every class that comes through CGSC is part of the field studies program as well," Satre said. "Every class will end up doing a tour of K-State, where they go through all the different food bacteria and all the things that could potentially be used in war plague wise and then they do a tour here ... They're just learning all about the U.S. military and how we do things and hopefully they can take this back to their country and hopefully implement it someday, be able to train their Soldiers."

During their day at Fort Riley, the officers heard a speech by Maj. Gen. Wayne W. Grigsby Jr., 1st Inf. Div. and Fort Riley commanding general, interacted with U.S. Army officers and noncommissioned officers, dined at the Devil Dining Facility and observed static displays of artillery equipment and training by the 1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team, 1st Inf. Div., with Bradley Fighting Vehicles at Range 18.

Soldiers of the 1st Bn., 16th Inf. Regt, 1st ABC, 1st Inf. Div., were present to discuss and answer the officers' questions about the equipment at the static displays.

"Because I am an armor officer, this is my favorite thing to observe directly (the static displays and training) and learn about the Abrams tanks," said Maj. Ferdinasyah from Indonesia. "It's a great experience for me to know the 1st Division, they call it the 'Big Red One,' so I just observe how they maintain, they train the Soldiers for the next deployment and we



International officers a part of the Command and General Staff Officer Course, International Military Student Division at Fort Leavenworth, Kansas, investigate a M1A2 Abrams Sept. 7 at Range 18 on Fort Riley. The Abrams was part of four static displays for the international officers to observe and discuss with Soldiers of the 1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division.

just observed their simulations training rooms, their Humvees and then they just brought us here (Range 18)."

Lt. Col. Sebastian Bley from Germany said the visit to Fort Riley helped make sense of the operational information they were learning in their courses. It showed him the process, from planning to implementation, of how the U.S. Army operates. He added this course can teach him to develop diplomatic relations with members of other nations' militaries.

"My major thing to learn is about how the American Army actually, and the other Army services, think, how they operate, how they plan and how they appreciate and understand our challenges that we might face in the future and to have a better

understanding for the future cooperation with them," Bley said.

For others, seeing and speaking with Soldiers on an installation with actively training and deploying units provided better insight to how the U.S. Army operates than just observing the static displays and training.

"It's good to see active Army components here and we've noted everyone is very professional with their jobs, very confident and they have lots of supplies, which helps to maintain those activities on a daily basis," said Maj. Arsen Mangasarian from Armenia.

Mangasarian also said he was impressed by the noncommissioned officers of Fort Riley and the speech from Grigsby. He hopes to take their leadership style home with him to share with the Armenian Army.

Like Mangasarian, Ferdinasyah said he was also influenced by what Grigsby had to say. He added the CGSOC IMSD program and the field study component were important for understanding the strengths and weaknesses of his own nation's military and how he, the U.S. Soldiers and other international officers can connect with one another.

"Since we are international students here, also kind of a partner for the United States, we have learned what are the capabilities and the limitations, so we can understand," said Ferdinasyah. "Just like the general (Grigsby) told us, it's about our weaknesses and strengths and how we can support each other for future missions."



Maj. Michael Wellock, 1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, speaks to 109 foreign officers from 86 different countries about his experience in the Command and General Staff Officer Course Sept. 7 at Range 18 on Fort Riley. The international officers were visiting Fort Riley for the field study component of their course to better understand how militaries work at an operational level rather than just a strategic level.

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## Civil War drawings provide glimpse into Union Soldiers' lives

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

Officers of the 1st Infantry Division and staff of the Fort Riley Museum Division gathered for the opening of a Civil War era display at the Beach Museum of Art Sept. 9 at Kansas State University.

The display consists of a collection of drawings, uniforms, books and more from artists who were embedded with Union Soldiers during the Civil War. The pieces are being displayed jointly between the Beach Museum of Art and the U.S. Cavalry Museum at Fort Riley. The Cavalry Museum received 27 pieces to display and the Beach museum has 81 pieces.

"This is an exhibition of drawings created by artists who were embedded with the Union troops during the Civil War," said Liz Seaton, curator at the Beach Museum of Art. "It's about 12 artists and their drawings were then translated by artists into wooden engravings, which were printed into newspaper called 'Leslie's Illustrated Newspaper' and the process of translating the drawing to the print for the newspaper was just a couple of weeks, so they were reporting about events fairly quickly."

Many of the pieces featured in the Becker Collection of the exhibits at the Beach Museum and cavalry

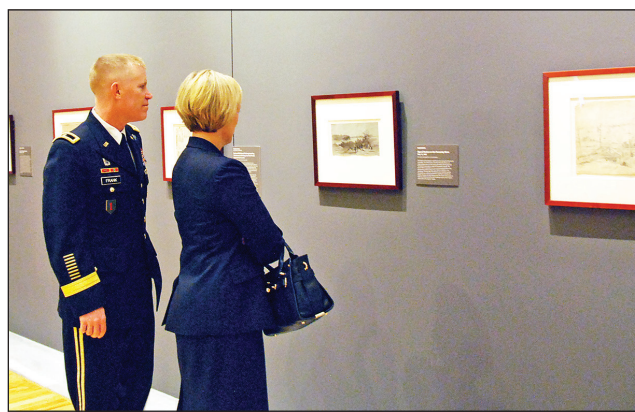
museum have only recently surfaced for public viewing, Seaton said.

"The Becker collection refers to Joseph Becker who worked for Leslie's and somehow managed to collect all this material that he and his fellow artists produced and it was in the family and only recently, since the anniversary of the Civil War, has come to light," Seaton said.

Due to the large size of the total collection, Robert Smith, supervisory curator for the Fort Riley Museum Division, said representatives from the Beach museum and K-State approached him about a year ago to discuss splitting the exhibit between the two museums. In exchange, he said he took a few pieces from the Cavalry museum's collection to be used in the Beach museum's exhibit.

"I believe the partnerships we have go out and tell the Army's story to other sister institutions," Smith said. "These outreach programs tell the Army's story to civilians who may not think they cannot get on post to see the Army's museum."

To complete this exchange of pieces, Smith said he worked with the Center of Military History to move the pieces of a military museum into a state funded museum, requiring several months of meetings and discussions. However, he said it was worth it



Brig. Gen. Patrick D. Frank, left, 1st Infantry Division deputy commanding general, and his wife Jennifer Frank admire a piece from the Civil War exhibit at the opening of the Civil War exhibit Sept. 9 at the Beach Museum of Art at Kansas State University. Pieces from the exhibit are being divided between the Beach museum and the U.S. Cavalry Museum on Fort Riley.

because the pieces selected for the cavalry museum portray the life of a Civil War Soldier.

"We sat down and we selected those pieces that were specifically germane to the cavalry, the Civil War Soldier, and his camp life," Smith said.

For Fort Riley as a whole, Brig. Gen. Patrick D. Frank, 1st Infantry Division deputy commanding general, said the exhibit can give visitors a better idea of the frontier era history of Fort Riley and other Civil War and frontier era installations.

"This is about the Civil War, but Fort Riley, being a frontier post, the military traditions that go along with Fort Riley, the cavalry, whether we were the institutional post as with the cavalry training area or a troop post like now with the 1st Infantry Division, this goes to the traditions and the training of a military post," Frank said.

The exhibits in the U.S. Cavalry Museum on Fort Riley will be available until Dec. 27.

For more information about Fort Riley museums, visit [www.riley.army.mil/About-Us/Museums](http://www.riley.army.mil/About-Us/Museums).

## BANK OF THE YEAR AWARD



Eric Zenk | GARRISON PUBLIC AFFAIRS  
1st Infantry Division and Fort Riley Community leaders cut the cake after Fort Riley's Armed Forces Bank received the Department of the Army's Bank of the Year award. Pictured from left to right are: Leisa Foster, Fort Riley/Junction City Banking Center Manager, Monique Amritt-Cothorn, Fort Riley General Exchange Banking Center Manager, Bill Brooks, Fort Riley General Banking Center Manager and Brig. Gen. Patrick Frank, Deputy Commanding General, 1st Infantry Division. For the full story on the award, see the July 8 edition of the 1st Infantry Division Post newspaper.

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## CELEBRATING A MILESTONE



COURTESY PHOTO

The 300th Military Police Company from the 97th MP Battalion celebrated its 74th birthday Aug. 26. Capt. Angelo Taylor, company commander, and 1st Sgt. Cameron Johnston, first sergeant for the company, discussed the history and lineage dating back to 1942. Taylor read letters from five previous company commanders who conveyed the storied distinction of the 300th Military Police Company from their perspective.

## Inform, plan, prepare before emergencies

By Season Osterfeld  
1ST INF. DIV. POST

Soldiers, families, retirees and civilians across Fort Riley are making sure they are prepared for a disaster, whether man-made or natural, for National Preparedness Month.

September was designated as National Preparedness Month as part of an awareness campaign by the Federal Emergency Management Agency to get individuals, families and organizations to prepare for and take action against an emergency at home, at work and on the go, according to the Ready.gov.

In response to National Preparedness Month, the Ready Army Proactive Awareness campaign was created for Soldiers, families and Army civilians. The website, [www.acsim.army.mil/readyarmy](http://www.acsim.army.mil/readyarmy), provides information and downloadable resources to educate and prepare visitors for an emergency in their area, should one occur.

“The biggest thing about preparedness is not only is it going to help the installation as a whole, but it’s also going to take that burden off the first responders because we know ‘okay, you’re taking care of yourself to a certain point,’” said Chris Hallenbeck, emergency management specialist.

Be informed, have a plan and build a kit — these are three of the four tenants listed by the Ready Army Proactive Awareness Campaign website to help prepare for an emergency or disaster.

An emergency can occur at any time — day or night, at home or away — so it’s necessary to know what sort of emergencies are most likely to impact a region or area. Whether the disaster is a flood, tornado, natural gas leak or severe weather, knowing what to prepare for can help keep one’s self, family and community safe.

In the Fort Riley area, some natural disasters include flash floods, tornados, ice storms and wildfires, according to the National Weather Service at [weather.gov](http://weather.gov). Additional emergencies, such as power outages and gas leaks may also occur, some may even happen in conjunction with a natural disaster.

Know which stations to tune into, what social media outlets to use and signing up for mass warning and alert systems like the Army Disaster Personnel Accountability and Assessment System at [adpaas.army.mil](http://adpaas.army.mil) can keep one informed on all the latest information during an emergency, Hallenbeck said.

“The AM and FMs are good because the information is good, the weather radios are great,” Hallenbeck said. “Nowadays, what we’re finding out is social media, Twitter, we’ve seen Twitter be really great because a lot of the first responders’ public information officers use Twitter. You get a lot of updated info from that.”

In the event on an emergency, it is essential to have a plan for where to meet others, where to shelter and where to travel to, if necessary, he said. Creating a plan requires determining the safest place inside one’s home to take shelter, finding shelters in the surrounding area or region and locating escape and emergency routes on roads. This same information should also be acquired for the workplace and schools of all family members.

During an emergency, if family members are separated, another plan should be in place with a designated meeting area. Include back-up meeting areas in the plan in case the original meeting area inaccessible or dangerous to get to.

Do not forget to create a plan for pets, as well, Hallenbeck said. Determine who will retrieve them if no one is home, where they will be sheltered and how they be transported.

“It’s good to have that plan,” Hallenbeck said. “If you’re not together, there’s a central point you’re going to meet. If the kids are at school and the house is affected, you need somewhere that’s outside of that place to meet. It could be your church.”

Within the plan, create a communication plan. Include all members of the family, schools, and workplace phone numbers. It may also be beneficial to have someone outside the family included to send out messages, he said.

“The communications plan is important because, up front,

your family knows how they can get in touch with each other, how they can communicate,” Hallenbeck said. “(And) having somebody outside of your immediate area, making them the communicator for your family, whether that’s another family member or friend, they can help you.”

Have at least one emergency kit at home and in all vehicles, as well as one for pets. Store the kits in a dry area to avoid damage and check them regularly to rotate out expired goods.

It is important to remember a kit for pets as shelters will not be prepared to care for every animal that comes in with its family, Hallenbeck said. To make sure a pet is properly cared for, include leashes, spare collars, food, water, any medications the pet takes and a crate or carrier in their kit.

“The biggest thing about the kit is, you’ve got a three-day supply of your necessities. The immediate reason for the kit is that you’ve consolidated not only your supply, you important documents are there, things that you would need to help your family for those first 24 to 36 hours,” Hallenbeck said.

Basic kits should include at least one gallon of water per person per day for a minimum of three days, at least three days of non-perishable food, first aid kit, a 90-day supply of any medications, AM/FM radio, tools, local maps, change of clothing and more. A full list is available at Ready Army’s website.

“We give those guidelines of what you should have in your kit, but you have to consider your medications and certain special needs you have in your family, the age of your children,” he said. “A family with a 6-year-old versus a family with a 6-month-old has very different needs.”

Being informed, having a plan and building and maintaining a kit can help keep an emergency from turning into a tragedy and relieve stress for oneself and first responders during a disaster.

For more information, visit the Ready Army website, [Ready.gov](http://Ready.gov), or contact the Fort Riley Emergency Management office at 785-240-0400.

## CEREMONY Continued from page 1

families stepped forward to be on point for our nation,” he said.

Frank said everyone involved saving peoples’ lives that morning truly demonstrated the 1st Inf. Div. motto.

“On the morning of Sept. 11, the selfless actions of police, firefighters and paramedics

demonstrated no mission too difficult, no sacrifice too great,” he said.

Fort Riley officials were more than eager to recognize their partners from throughout the Flint Hills region. Representatives from the Fort Riley Fire Department, Fort Riley Police Department, Junction

City Police Department, Geary County Sheriff’s Department, Riley County Police Department and the Kansas Highway Patrol were in attendance.

“We greatly appreciate what they do for our 1st Infantry Division families — for keeping us safe in the local communities,” Frank said.



Alix Kunkle | POST

Soldiers perform a three-round volley Sept. 11 during a commemoration ceremony at Fort Riley.

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# Experts say teamwork is the key to preventing suicides

By David Vergun  
ARMY NEWS SERVICE

WASHINGTON — Staff Sgt. Miguel Sierra vividly recalls himself and his staff handling logistical matters in the aftermath of a Sailor committing suicide.

As a behavioral specialist and the non-commissioned officer-in-charge of the U.S. Army Health Clinic at Schofield Barracks, Hawaii, Sierra said this and other instances stress the importance of teamwork — Soldiers monitoring for signs of distress in fellow Soldiers.

Nine years ago, Sierra said he recalls “after the fact training,” meaning that units provided suicide education only after a suicide.

“When that happened enough times, people realized the issue was more serious than it was,” he said. Now, commanders and NCOs are getting the word out about suicide prevention. They’re being more proactive and less reactive.

Commanders are now more respectful of doctors’ advice and there’s much less pushback from them toward behavioral health psychologists or psychiatrists and social workers, he said. These clinicians are trained to deal with symptoms of suicide as well as traumatic brain injury and post-traumatic stress disorder, which can some-

times be possible precursors to suicide.

One aspect of Sierra’s current job is meeting with Hawaii Soldiers who just returned from a deployment. During this “reintegration program,” he sits down with them and briefs them on the challenges they will face in returning to a peacetime environment and what opportunities and services are available should they feel depressed.

However, he added that just because a Soldier didn’t deploy doesn’t mean he or she is at less risk for a suicide.

There was a time when Soldiers felt too ashamed or embarrassed to seek help for suicide, depression, PTSD and other behavioral health issues, he said. “It is still not easy for Soldiers to come and see us but over the last five years, we’ve done a good job in telling them it’s not a sign of weakness to seek help.”

At one time, thinking about, attempting or committing suicide was considered a selfish act, he said. That only further alienated the person, and besides, it just isn’t true.

Now, commanders and first sergeants are even telling Soldiers about their own struggles with depression or PTSD, he added. “Their testimony is even more effective than what I do. The message is, it’s okay to seek help.”

## SUICIDE IDEATION SYMPTOMS

Some symptoms of suicide, Sierra said, are Soldiers not interacting with their children, spouses or co-workers and behaving in unusual ways.

Lt. Gen. Nadja Y. West, surgeon general of the U.S. Army and commander, U.S. Army Medical Command, spoke Aug. 18, at a Defense Writers Group meeting. She added to Sierra’s comments on symptoms.

Soldiers are the frontline people who can detect problems early, West said. “Who knows what a person is like better than the person you’re with every day. That person can sense a demeanor change.”

She said the first time a behavioral health specialist meets someone, he or she doesn’t know if that person is normally buoyant or normally really quiet, so it’s not known if that person is okay or not. On the other hand, a battle buddy or spouse can notice a change in someone who is usually quiet becoming boisterous and the other way around.

## BUDDY AIDE PROGRAM

Sierra said that the Army has been encouraging the “buddy

aide ACE” system for some time, with ACE standing for “ask, care, escort.”

The buddy aide, a fellow Soldier, “asks” if the buddy is doing okay and is trained to “care,” watching for outbursts, signs of depression, giving away possessions or talking about feelings of helplessness.

That buddy aide can then “escort,” or get that person to the chaplain or behavioral health expert for care and treatment, he said.

Buddy aides are also trained in ways to engage that person so they don’t fear “what if I mess up when I approach them,” he added.

West said the Army has seen a dramatic increase in behavioral health visits by Soldiers, from 900,000 patients two years ago to over 2 million within the past year. The increase doesn’t mean the problem is getting worse. It means the word is getting out that seeking help is okay, she added.

## EMBEDDED BEHAVIORAL HEALTH

West said another defense against suicides and other behavioral issues is the Army’s

# SUICIDE PREVENTION

## THE POWER OF 1

embedded behavioral health program.

Behavioral health providers are embedded in units so Soldiers don’t have to leave work to go to the clinic or hospital. Now they’re part of the team and so it’s easier to speak with them, she said.

There are 62 teams supporting 176 operational units now, she said. The goal is 65 in 197 units. She added that she’d like to get even more, but there are funding and manning restrictions that must be taken into account.

Of embedded behavioral health team effectiveness, she said, “I’ve been out to various areas and they were very well received. The line really appreciates it. We’ve found there’s a decrease in hospitalization rates as well for behavioral health issues,” West said.

She added that in the past, Soldiers weren’t sent to a hospital until “they were in such a dire position that they had to be hospitalized. (Such cases) decreased by 40 percent.”

These behavioral health teams, she said, are composed of psychologists and psychiatrists and social workers trained in behavioral health. There are a total of 1,700 of these providers embedded and in military treatment facilities, a number that’s doubled over the last several years.

If a unit doesn’t have an embedded behavioral health team, there is a virtual health program, she said. A Soldier can go into a room in complete privacy and speak with a provider by phone. They like that.

# Kansas State University staff offers help to veterans with PTSD

Story and photo by David Vergun  
ARMY NEWS SERVICE

WASHINGTON — Preliminary results from four-day therapeutic retreats indicate a reduction in post-traumatic stress symptoms in veterans and an improvement in relationship functioning for both veterans and caregivers, said Briana S. Nelson Goff.

Goff was referring to her institute’s involvement in providing healing retreats for veterans and their spouses, parents or battle buddies. She is director of the Institute for the Health and Security of Military Families and a professor at Kansas State University’s School of Family Studies and Human Services.

For her work in PTSD therapy and research, she will be presented with the Outstanding Civilian Service Award at the Chief of Staff of the Army Salute during a Twilight Tattoo ceremony at Joint Base Myer-Henderson Hall, Virginia, Sept. 15.

## VARIED APPROACH

What works for one person might not work for another, so an entire package of therapeutic activities is presented during the retreats, Goff said.

“We want them to be exposed to a lot of different

experiences,” she said, so they are provided with education about PTSD and complementary alternative medicines like acupuncture, yoga, art therapy, canine therapy and equine therapy. Also relaxation and enjoyable recreational types of activities are offered like kayaking, hiking, dance lessons and other group experiences.

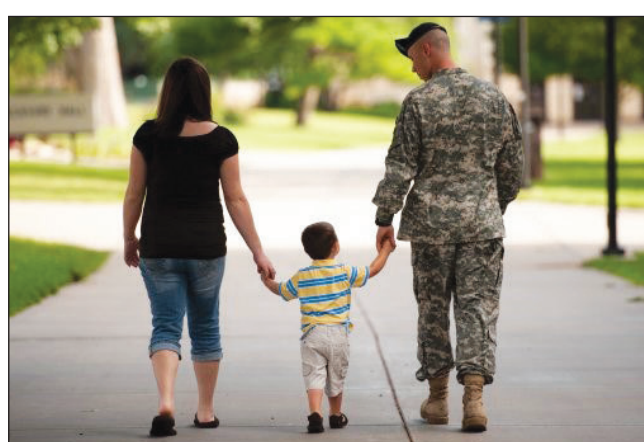
“The effect could be cumulative, rather than saying this or that intervention alone is most effective for reducing PTSD symptoms,” she added.

“We are here to supplement or assist with their treatment, not replace their treatment currently being offered,” she noted, adding that some of the veterans attending the retreat are currently not receiving any formal treatment.

## BRIDGING THE GAP

The retreats, known as Bridging the Gap, started in 2011, initially with Soldiers in nearby Fort Riley, Kansas, as well as veterans from Kansas City and Wichita, she said.

Over time, this particular retreat model has expanded to Chicago, Florida, Georgia, and Washington, D.C., she said. To date, 12 retreats have taken place and over 200 veterans and their caregivers have attended. So the group at each retreat is quite small. One of the things



Preliminary results from the four-day therapeutic retreats indicate a reduction in post-traumatic stress symptoms in veterans and an improvement in relationship functioning for both veterans and caregivers, said Briana S. Nelson Goff.

that makes this retreat unique is that it includes caregivers — each service member or veteran who participates must attend with a caregiver — a spouse, parent, sibling — anyone who will be there to support the person on their journey with PTSD.

The only cost to the attendees, she said, is transportation to the retreat. That’s why Bridging the Gap is branching further out so veterans don’t need to travel as far.

Since 2015, funding for the retreats has been provided through a grant from the Walter Reed Society, a non-profit

group which aims to benefit Walter Reed Army Medical Center and its educational, patient, treatment and research activities.

## PTSD RESEARCH

At the retreats, data are collected using standardized questionnaires and every day participants are administered non-invasive salivary cortisol testing. Cortisol is the stress hormone in the body, with higher elevations meaning more stress, she explained. Salivary means the cortisol is collected from saliva.

Goff said data from the salivary cortisol testing is

currently being analyzed and results could be available as early as this month. This additional data will provide unique information about whether the retreats are having a positive impact on the participants in their physical health. “Our data indicates that they are experiencing lower PTSD symptoms by the end of the retreat. This will allow us to learn whether there are any biological and physiological changes over the four days.”

## ABOUT PTSD

PTSD isn’t always combat-related, Goff said. Triggers could be domestic violence, sexual assault or child abuse, among others.

Goff offered her own thoughts about PTSD, after having worked in the field for 25 years:

“As a society and a profession, we approach PTSD as an acute problem. I firmly believe — and my thoughts have changed dramatically over the last few years — that PTSD is a chronic illness,” she said.

“Just like diabetes. It’s a chronic illness,” she continued. “You know there are things you need to do to manage that,” such as therapy and medication.

“It doesn’t mean you can’t have a full and productive

life. But you have to manage the symptoms for the rest of your life,” she said. “If we as a society and we as a profession change our perception, it would completely change the field.”

## MORE ABOUT DR. GOFF

Goff has been studying the effects of combat trauma and other similar traumatic experiences since she was a graduate student intern with the Department of Veterans Affairs in the early 1990s. She got her first experience working on a PTSD unit, providing family therapy with veterans and their caregivers.

Since 2009, she has served as the director of the Institute for the Health and Security of Military Families at Kansas State University, where she is in charge of developing collaborative educational, outreach and clinical services programs for military families in the state. She has led a number of research projects focused on combat trauma, including leading the research on the Bridging the Gap retreats.

*Editor’s note: to sign up for ARNEWS email subscription, visit: <https://public.govdelivery.com/accounts/USDO-DARNEWS/subscriber/new>.*

UNITED STATES ARMY

## SOLDIER FOR LIFE

“The willingness with which our young people are likely to serve in any war, no matter how justified, shall be directly proportional to how they perceive the Veterans of earlier wars were treated and appreciated by their nation.”

—General George Washington  
November 10<sup>th</sup>, 1781

HOUSE AD







The purpose for most candlelight vigils is to remember. That's what we hope to do tonight — to think back on those we have lost, those we have known and those who are still struggling with suicide.

DAVID EASTERLING | SUICIDE PREVENTION PROGRAM MANAGER



David Easterling, suicide prevention program manager, spoke before a group during a candlelight vigil Sept. 8. The vigil was scheduled at the beginning of Suicide Awareness Month.

## Shedding a light

### Candlelight vigil honors Soldiers lost to suicide, raises awareness

Story and photos by Maria Childs  
1ST INF. DIV. POST

As community members entered the Main Post Chapel Sept. 8, they were met with a ghostly formation: Four pairs of boots, representing Soldiers stationed at Fort Riley. The ghostly formation is a visual aid David Easterling and Ted Parks, suicide prevention program managers, remind members suicide does not discriminate.

"It represents (someone) we have lost in our community to suicide - each set of boots representing someone who could be on Fort Riley," Easterling said.

In honor of Suicide Awareness Month, Easterling and Parks hosted a candlelight vigil to honor Soldiers of Fort Riley and the 1st Infantry Division who were lost in the last year to suicide. The event also brought awareness to Soldiers, family members and civilians who may be struggling with severe depression.

"The purpose for most candlelight vigils is to remember," Easterling said at the beginning of the event. "That's what we hope to do tonight - to think back on those we have lost, those we have known and those who are still struggling with suicide."

Parks said it's easy for people to get distracted in everyday life and begin to feel unaware of trag-

See CANDLELIGHT, page 12



At the Main Post Chapel Sept. 8, four pairs of boots in formation represent all Fort Riley Soldiers and is a visual aid suicide prevention program managers use to remind people that suicide does not discriminate.

#### BEING THERE AND BEING PREPARED

• If anyone, whether on post or off, is in contact with someone verbalizing plans of suicide, call **911**.

Other resources are the **Suicide Prevention Crisis Line at 1-800-273-TALK (8255)** and the **Fort Riley 24-hour Chaplain Crisis Line at 239-HELP (4357)**.

#### FREE APP AVAILABLE

• The American Red Cross Hero Care App is available to download for free in app stores, by texting "GETHEROCARE" to 90999 or by going to <http://3cu.be/sharehc> on a mobile device.

## Red Cross launches free app

Emergency services now at fingertips of military, veterans

AMERICAN RED CROSS

The American Red Cross has unveiled the new Hero Care mobile application. This free app is designed to help members of the military, veterans and their families identify and access emergency and non-emergency Red Cross services from anywhere in the world.

"When an emergency happens, accurate information, easy access to services and time are of the essence, especially for military families," said Becky LaPolice, regional program manager. "That's why the Red Cross has designed the new Hero Care App - whether you're the parent of a child joining the military, a military member, a military spouse or a veteran, the Hero Care App will connect you to vital services and guide you to valuable resources that will help alleviate stress during emergencies and provide important information right at your fingertips."

Some of the important features of the app include:

- Request Red Cross emergency services, including an emergency message or assistance with emergency travel or emergency financial aid
- Securely and easily access information about their service member in the case of an emergency, including updated information as they move or change duty assignments
- Access nonemergency Red Cross behavioral health assistance including financial assistance and free local workshops for military kids and spouses
- Find local resources and information provided by trusted community partners like Tragedy Assistance Program for Survivors, Blue Star Families, Military Child Education Coalition, United Way, Goodwill, Easter Seals and others
- Locate information on key government resources such as MilitaryOneSource, Veterans Administration benefits and services, Department of Labor Veterans Employment and Training Service, the VA Caregiver Support Program and Substance Abuse and Mental Health Services Administration Community Health Support Services

Content in the Hero Care App is available in English and Spanish, and the call center is staffed 24/7 with multi-lingual translation services.

## Elementary school commemorates Sept. 11 with Freedom Walk

Fort Riley Elementary students participate in district-wide event

Story and photo by Alix Kunkle  
SPECIAL TO THE POST

Students at Fort Riley Elementary School took to the streets on the afternoon of Sept. 9 to celebrate the Sept. 11 Patriot Day observance with a Freedom Walk.

Schools throughout Unified School District 475 participated in Freedom Walks at the end of last week. The walks are designed to recognize the heroism shown, a nation united and the loved ones lost on Sept. 11,

"What I think is remarkable is how our country came together as one."

COMMAND SGT. MAJ. JOHN STEPHENS  
1ST INFANTRY DIVISION

2001, according to USD 475 officials.

Before embarking on their walk Friday afternoon, the students received a visit from Command Sgt. Maj. John Stephens, 1st Infantry Division Artillery senior noncommissioned officer.

"What I remember mostly is how our partner came together as a team," he told the students. "What I think is remarkable is how our country came together as one."

Stephens has several connections to Fort Riley Elementary School. His wife, Dawn, works at the school, and on Sept. 11, 2001, he was in another state, but with people he still knows today.

"I was with (Fort Riley Elementary School Special Education instructor) Mrs. (Jennifer) Garrison and her father at Fort Campbell, Kentucky," he said.

Before Stephens' speech was a presentation of colors by Cub Scout Pack 260 of Fort Riley as

well as several sing-alongs, including The Star-Spangled Banner and We Are One Nation.

After Stephen's speech, students, their parents, teachers and other community members, holding their American flags, their homemade signs and their red, white and blue clothing, left the gymnasium and marched behind the school, along the walking path behind the Colyer-Forsyth neighborhood to Roustabout Road, and then returned to the elementary school via Thunder Road, capping off the afternoon.

"Everything I've seen from the Fort Riley education system and the Geary County education system is that it's wonderful," Stephens said.



Aamirah Grantham (left) dances while waving her American flag Sept. 9, during Fort Riley Elementary School's Freedom Walk.



# FORT RILEY POST-ITS

## PARENT AND CHILD ART CLASS

Scheduled for 1 to 4 p.m., Sept. 18, at the Arts and Crafts Center, 6819 Trooper Drive, this event allows parents and children to work on a project together or on their own.

Classes are arranged by age. Call for the times of the age group you are interested in.

Advance payment and is registration required. Cost is \$8 to \$20 per project.

For more information, call 785-239-9205.

## JAMMIN' IN J.C. COMING FOR BLUES FANS

A free blues festival located just outside the Fort Riley gates, Jammin' in J.C. brings blues and barbecue to the historic Heritage Park in Junction City, Kansas. The event is scheduled for Thursday and Friday, Sept. 23-24.

Log onto [www.jammininj.com](http://www.jammininj.com) for more information.

## CO-ED SOFTBALL TOURNAMENT SCHEDULED

Softball enthusiasts who are already missing their summer passion can get in one last fling before winter.

A Co-Ed Softball Tournament is scheduled for 10 a.m., Oct. 1, at the Sacco Softball Complex at Fort Riley.

This is a double elimination format that will feature teams of not more than 14 players.

It is open to all Department of Defense cardholders over the age of 18. The fee is \$50 per team, with the exception of all active duty squads, which play for free.

There is a maximum of 16 teams allowed and registration ends Sept. 29. For more information call 785-239-2813.

## GARRISON COMMANDER'S COMMAND CLIMATE SURVEY

The Command Climate Survey will be available for Soldiers and Department of the Army civilian to complete Sept. 12 through Sept. 30.

The CCS identifies what is working well and what areas need improving at Fort Riley.

Your opinion matters — all eligible personnel are encouraged to complete the survey. A link and password will be sent by email when the survey is available.



## SOLDIER FOR LIFE EVENTS

On Oct. 3 from 1-2:30 p.m. an employer networking event is scheduled at room 201, 212 Custer Ave., Fort Riley, Kansas

On Oct. 3 to 6 from 9 a.m. to 5 p.m. a class on Occupational Safety and Health Administration Standards for General Industry will be held through Barton Community College. The event will be held at bldg 8388.

On Oct. 12 to 14 from 9 a.m. to 5 p.m., a class on Occupational Safety and Health Administration Fall Protection will be held through Barton Community College. The event will be held at bldg 8388.

On Nov. 1 and Nov. 2, the USO Fort Riley will host a Hire Heroes Workshop. The time for the Nov. 1 event is 8:30 a.m. to 5 p.m. The time of the Nov. 2 event is 8:30 a.m. to 3 p.m. The location is the Army Community Service main great room, 7264 Normandy Drive, Fort Riley.

## TEEN CONFERENCE GIVES YOUNG PEOPLE A CHANCE TO SPEAK OUT

Teens from military families face unique challenges. Professionals from the Army Family Action Plan are planning to host a teen conference so young people can speak out about the issues that concern them.

The conference will be held 9 a.m. to 3 p.m., Oct. 8, at the Teen Center 5800 Thomas Ave., Fort Riley. For more information, call 785-239-9974.



## SOLDIER FOR LIFE TRANSITION ASSISTANCE PROGRAM EVENTS

Sept. 19 to 30, 8 a.m. to 5 p.m. each day, 80-Hour Hazardous Waste Worker Training Program, 100 Continental Ave. Grandview Plaza, Kansas.

Sept. 21, 10 a.m.; to 3:30 p.m.

Veteran Career & Resource Fair, Kansas City Convention Center, 301 W. 13th Street. Kansas City, Missouri

## MURDER MYSTERY DINNER – 'THE GREAT AMERICAN GAME SHOW'

The upcoming Murder Mystery Theater will be held Sept. 23 and 24 at 6:30, Riley's Conference Center. Cost is \$25 per person and will include dinner and entertainment.

Here's your chance to be a star. Community volunteers are needed to participate as actors and actresses in the show.

For more information contact Kimberly Wargo at 785-238-8990 or [Kimberly.a.wargo.naf@mail.mil](mailto:Kimberly.a.wargo.naf@mail.mil).

## WARRIOR ZONE OKTOBERFEST

Oktoberfest at Warrior Zone will be held Sept. 30, 4 to 9 p.m. There will be German food, beer tasting, free funnel cakes and games. For more information call 785-240-6618.

## THREAT AWARENESS AND REPORTING PROGRAM TRAINING

All Department of the Army personnel must receive TARP training annually and within 30 days of assignment or employment at Fort Riley. Personnel must attend a live training session rather than the online training, unless deployed to locations where live training is not possible.

Training will be held at Barlow Theater at 10 a.m. on the following dates: Oct. 5, Nov. 9 and Dec. 7.

For more information contact Shawn Formanek, counterintelligence agent, Fort Riley Field Office.

## YOUTH DEER HUNT

Members of the Fort Riley Outdoorsmen Group, or FROG, will host a first time youth deer hunt on post Oct. 7 to 10. The hunt is open to youth ages 9 to 15.

Experienced deer hunters from the FROG group will guide the first time hunters. A range orientation will be held at Range 4, Oct. 7 at 5 p.m. Youths must have a deer permit for Unit 8 and are encouraged to bring their own firearms, shells and hunter orange cap or vest. A limited number of these items will be available for youth who don't have them. No hunting experience is necessary. For more information or to sign up, email the FROG at [fortrileyoutdoorsmengroup@yahoo.com](mailto:fortrileyoutdoorsmengroup@yahoo.com).

## NOW SHOWING AT BARLOW MOVIE THEATER

Friday, Sept. 16

Suicide Squad (PG-13) 7 p.m.

Saturday, Sept. 17

Star Trek Beyond (PG-13) 2 p.m. Studio advance screening

— FREE tickets available at Exchange Food Courts

Jason Bourne (PG-13) 7 p.m.

Sunday, Sept. 4

Nerve (PG-13) 5 p.m.

Tickets are \$6 for adults and \$3.50 for children. Children under 5 are free. Tickets for 3-D and first run movies cost extra.

For info, call 785-239-9574 or visit [www.shopmyexchange.com/reel-time-theatres/Ft-Riley-Barlow-1076313](http://www.shopmyexchange.com/reel-time-theatres/Ft-Riley-Barlow-1076313).

## VOCAL AUDITION – 1ST INFANTRY DIVISION BAND

Are you the next "Big Red One" vocalist? Auditions will be held Sept. 23 and 24.

This is a temporary assignment. It will not consist of a permanent transfer to the 1st Inf. Div. Band or the Army band. The auditions are open to enlisted personnel and they are looking for one male and one female with an emphasis on country and pop singing.

For more information or to schedule an audition Soldiers can call 785-239-4660 or email [lawrence.w.evans6@mail.mil](mailto:lawrence.w.evans6@mail.mil).

## HISPANIC HERITAGE MONTH

Hispanic Heritage Month for 2016 is Sept. 15 to Oct. 15. This year's theme is embracing, enriching and enabling

A celebration will be held at Riley's Conference Center Sept. 21 from 11:45 a.m. to 12:45 p.m.

## CHILD CAR SEAT CHECK LANE

Nationally certified child passenger seat technicians from the garrison safety office will hold a car seat check lane at Rally Point Sept. 24 from 9 a.m. to 1 p.m.

Technicians will be available to install seats, answer questions, provide instruction on seat removal and reinstallation and more. They will check to determine if the seat meets safety standards and if it is on the National Product Safety recall list. Seats will be available for one to one swapouts for qualifying Soldiers.

## GLOW BINGO

Staff will host Glow Bingo at Riley's Conference Center Sept. 24. The theme is football. It will also include minute to win it games and more. It is open to Department of Defense identification card holders and guests that are 14 or older. Admission is \$15 which includes a bingo package and glow novelties.



## USO NEWS

A Sip and Chat event for spouses is held every Wednesday at USO Fort Riley from 9 to 10:30 a.m.

**Operation Happy Birthday:** USO Fort Riley volunteers will deliver a cupcake to Soldiers during the month of their birthday. See the USO Fort Riley Facebook page to sign up.

There are also No Dough Dinner Nights and Family Game Nights held monthly. The date varies for these events.

For more details on USO events call 785-240-5326.

## COMMUNITY CORNER

# Hispanic Americans have long history of contributions to Army

By Col. John D. Lawrence  
FORT RILEY GARRISON COMMANDER

The theme for this year's National Hispanic Heritage Month — which runs Sept. 15 to Oct. 15 — is "Hispanic Americans: Embracing, Enriching and Enabling America." This is an excellent opportunity to take some time to think about the many contributions Hispanic-Americans have made throughout the history of our country and our Army.

Hispanic-Americans derive their heritage from Spain, Mexico, the Caribbean, Central America or South America. No matter where their ancestry originated, they have a long and valued history of service in our military, and specifically in the Army. They have defended our country in wars and conflicts around the world — and many have given their lives in service, or came home wounded. Today, Hispanic-Americans make up 17 percent of our active-duty force.

There are 27 Soldiers with Hispanic backgrounds who have received the Medal of Honor. One, Sgt. Candelario Garcia, received the honor for his distinguished service with the 1st Infantry Division during combat operations Dec. 8, 1968, against the enemy in Vietnam. While conducting reconnaissance, Garcia and his platoon discovered signs of

an enemy base camp. Garcia placed himself in the line of fire to fight the enemy and rescue fellow Soldiers. His citation describes his heroism: "Sgt. Garcia jammed two hand grenades into the gun port and then placed the muzzle of his weapon inside, killing all four occupants. Sgt. Garcia raced 15 meters to another bunker and killed its three defenders with hand grenades and rifle fire. After again braving the enemies' barrage in order to rescue two casualties, he joined his company in an assault which overran the remaining enemy positions."

During Hispanic Heritage Month, please join me in reflecting on the contributions Hispanic Americans like Sgt. Garcia have made — and continue to make every day — toward enabling freedom. The Army is a mix of diverse cultures, backgrounds and heritage; combined, they create the most professional team of war fighters the world has ever seen. I'm honored to serve with you all.

— *Editor's note: The 2016 Hispanic Heritage Month observance is Sept. 21 from 11:45 a.m. to 12:45 p.m. at Riley's Conference Center. The guest speaker will be Sgt. Maj. Francisco Gonzalez, 1st Infantry Division chief medical noncommissioned officer.*

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



Colonel Lawrence

## CANDLELIGHT Continued from page 13

edies that are going on around them, but when the tragedy strikes it personally raises awareness.

"You're here this evening because of your awareness, because of your connection with the problem," Parks said.

Parks then reminded the crowd to never forget the importance of human life. He encouraged those in attendance to help raise awareness year round, not just when September comes around. He said it could make the difference in someone's life.

"If we can keep that awareness in the front of our minds, we can make ourselves available to them, we could be the

"We get so busy in our lives; we forget to check on people."

CAPT. JENNIFER MARTIN  
1ST INFANTRY DIVISION

resource so they can get help and we can save lives," he said.

Capt. Jennifer Martin, Headquarters and Headquarters Company, 1st CAB, 1st Inf. Div., is the resiliency counselor in her unit. She works with Soldiers who are at a higher risk for suicide.

"I think we have to have an opportunity to talk about this

issue," she said. "People have a hard time talking about it because it is so emotional, but I also think it is an important thing because it touches everyone in our communities, in our homes and our families." Spc. Haley Vollmer, Headquarters and Headquarters Company, 1st Combat Aviation Brigade, 1st Infantry Division, works alongside Martin as a behavioral health technician. The two chose to come to the vigil to support the cause.

"We go to all these trainings, but the majority of the time they are checking a block and you're there because you're required to be," she said.

"Stuff like this isn't mandatory and it's good because a lot of the time Soldiers are afraid to talk about it."

Martin said she walked away with a main goal of remembering to check on her peers.

"We get so busy in our lives; we forget to check on people," Martin said.

If anyone, whether on post or off, is in contact with someone verbalizing plans of suicide, call 911.

Other resources are the Suicide Prevention Crisis Line at 1-800-273-TALK (8255) and the Fort Riley 24-hour Chaplain Crisis Line at 239-HELP (4357).



## HOUSE FILL AD





Members of the Catholic Women of the Chapel pray before having breakfast together at their first meeting Sept. 7 at St. Mary's Chapel. "It's a place to socialize and grow in our faith and build up relationships and just have time as women, military spouses and Catholic women together," said Jennifer Deppa, president of CWOC and wife of Capt. Robert Deppa, commander of 1st Replacement Company.

## Members start fall season of Catholic Women of the Chapel

This session members will read, discuss 'Jesus: A Pilgrimage'

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

Members of the Catholic Women of the Chapel gathered for the start of another season of friendship and fellowship Sept. 7 at St. Mary's Chapel.

Women attending CWOC meetings can expect a morning of prayer, breakfast, companionship and studies, said Jennifer Deppa, president of CWOC and wife of Capt. Robert Deppa, commander of 1st Replacement Company.

"Catholic Women of the Chapel is an organization for military spouses," Deppa said. "It's a place to socialize and grow in our faith and build up relationships and just have time as women, military spouses and Catholic women together."

This season, members will read and discuss the book "Jesus: A Pilgrimage" by Father James Martin.

"We do some really great studies during the season," said Monique Millanez, a member of CWOC since 2014 and

wife of Staff Sgt. David Millanez, 1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division. "I learn a lot through those. The focuses are always very different, but Catholic related."

Millanez said she looks forward to the group's studies because of the variance in books, passages and videos they use throughout the seasons. She added many of the books have spoken and resonated with her. "One of the biggest things that changes is our studies," Millanez said. "They go from very specific to broad."

Anyone may join CWOC regardless of denomination. Deppa said several of the members are not Catholic or are interested in learning more about the Catholic faith. Deppa herself did not become a Catholic until after she joined. Some other members, like Millanez, had lapsed in their faith and found it again through CWOC.

"When I first started coming, I was raised a Catholic, but I wasn't a practicing Catholic and I was welcomed in by women who were already attending and then it just really gave me a support group when I needed it," Millanez said.

Chaplain (Maj.) Anthony Kazarnowicz, priest at St. Mary's Chapel, who has been a part of the CWOC for six years, said the members of CWOC provide each other with support and spiritual enrichment to help them through times of strength and weakness.

"They leave spiritually enriched," Kazarnowicz said. "They make new friends. They share common concerns with each other, so they provide personal and family support to each other."

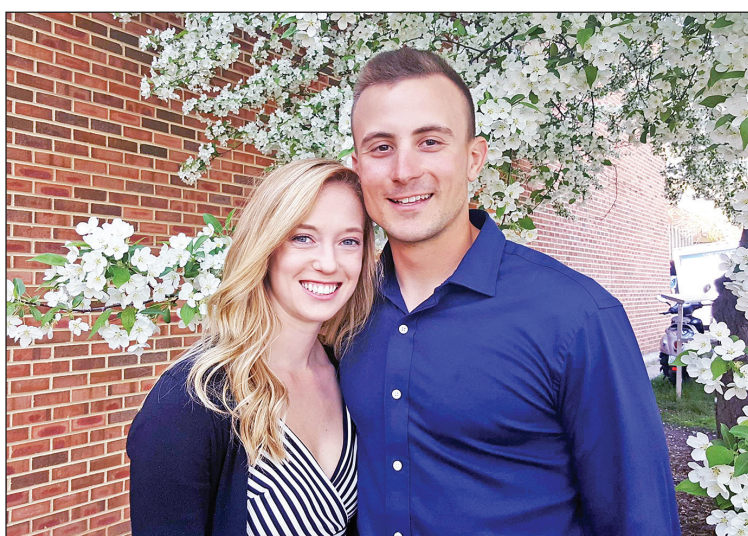
Both Deppa and Millanez encourage others to join CWOC because of the friendships they can make and the fellowship from the organization.

"Every group I've been in, whether here at Fort Riley, overseas duty stations or other states, the Catholic Women of the Chapel groups have always been very welcoming regardless of denomination," Millanez said.

Catholic Women of the Chapel meet every Wednesday from 9 to 11:30 a.m. at St. Mary's Chapel. Free childcare and breakfast are provided.

For more information, email [fortrileycwoc@gmail.com](mailto:fortrileycwoc@gmail.com).

## TUESDAY TRIVIA CONTEST



The question for the week of Sept. 12 was: Where do I find information about the Logistics Readiness Center's recent recognition with Spearhead of Logistics / Best of the Best Deployment Award?

Answer: go to [www.riley.army.mil/News/Article-Display/Article/939797/fort-riley-logistics-readiness-center-earns-national-honor/](http://www.riley.army.mil/News/Article-Display/Article/939797/fort-riley-logistics-readiness-center-earns-national-honor/)

This week's winner is Ali Widder. Her spouse is 2nd Lt. Adam Widder, 300th MP Company, 97th MP Battalion.

Pictured are Ali Widder and 2nd Lt. Adam Widder.

**CONGRATULATIONS, ALI!**

[WWW.FACEBOOK.COM/FORTTRILEY](http://WWW.FACEBOOK.COM/FORTTRILEY)

### WORSHIP

#### Protestant Services

<b>Victory Chapel</b>	239-0834
Contemporary Protestant Service	
Sunday School [K-12 & Adult]	0915-1015
Sunday Worship	1045
<b>Morris Hill Chapel</b>	239-4815
Gospel Protestant Service	
Sunday School	0930
Sunday Worship	1100
<b>Main Post Chapel</b>	239-6597
Traditional Protestant Service	
Sunday Worship	1030

#### Catholic Services

<b>Victory Chapel</b>	239-0834
Sunday Mass	0900
Sunday Catechism	1040
<b>Saint Mary's Chapel</b>	239-6597
Saturday's Vigil Mass	1630
Sunday Mass	1200
Mid-day Mass - Mon, Wed, & Fri	1200
Tuesday & Thursday Mass	1800
<b>IACH Chapel</b>	239-7872
Mid-day Mass - Tue. & Thur	1200

#### Wiccan Service

<b>Kapaun Chapel</b>	239-4818
Fort Riley Open Circle - SWC	
1st & 3rd Wednesday monthly	1800

## Fort Riley Religious Services

### Off-Post Services

**LDS Religious Services**  
Church of Jesus Christ of LDS  
• 1705 McFarland Rd., Junction City, KS  
785-238-8720  
• 2812 Marlatt Ave., Manhattan, KS  
785-539-5445/3357

**Muslim Religious Service**  
Islamic Center - 785-340-7053  
1224 Hyton Heights Rd., Manhattan, KS  
[icmanhattan.org](http://icmanhattan.org)

**Jewish Religious Service**  
Manhattan Jewish Congregation - 785-539-8462  
4509 Wreath Ave., Manhattan, KS  
[manhattanjewishcong.org](http://manhattanjewishcong.org)

#### Chapel Youth Program (SNAC)

Meets Sundays, see calendar  
MS Youth- 1530-1700 at Morris Hill Chapel  
HS Youth- 1830-2000 at Victory Chapel  
785-240-6499

#### AWANA

Meets Sundays, see calendar  
1530-1700 Victory Chapel  
785-239-9513

#### Protestant Women of the Chapel (PWOC)

Weekly Tuesday Meetings at Victory Chapel  
0900-1130 & 1830-2030  
Morning Childcare Provided.  
For more information email [rileycwoc@gmail.com](mailto:rileycwoc@gmail.com)  
or Facebook "Fort Riley PWOC"

#### Catholic Women of the Chapel (CWOC)

Weekly Wednesday Meeting at St. Mary's Chapel  
0900-1130  
Childcare provided.  
For more information email [fortrileycwoc@gmail.com](mailto:fortrileycwoc@gmail.com)  
or Facebook "Fort Riley CWOC"

## TRIVIA QUEST



COURTESY PHOTO

Soldiers and spouses answer questions to win \$10,000 in prizes Sept. 12 during the Armed Forces Trivia Quest, a live military game show, at Barlow Theater. Contestants participated in the first of its kind traveling military game show to win electronics and gift cards by testing their trivia knowledge on topics including sports, celebrities, movies, geography, pop culture and Fort Riley history. For full coverage, see the Sept. 23 edition of the 1st Infantry Division Post.

**BOSS WARRIOR ZONE**

# Oktoberfest

Friday, September 30 • 4-9pm  
Warrior Zone • 7867 Normandy Drive

AUTHENTIC GERMAN FOOD • BEER TASTING  
FUNNEL CAKES • OKTOBERFEST GAMES

**BEER TASTING!**

**SPECIAL MENU!**

Schnitzel + Spaetzle : \$7  
Monster Brat + Fries: \$7.50

**FUN GAMES!**

Keg Toss • Stein Holding  
Stein Race • And More Fun!

**FREE FUNNEL CAKE!**

**Information: 785.240.6618**  
Find us on Facebook at BOSS and the Warrior Zone

Sponsored by **ARMEDFORCESBANK**

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SIGHTS FROM FALL APPLE DAY FESTIVAL, SEPT. 10, 2016



Collen McGee | POST

In the co-pilot seat of an Apache Helicopter, Cooper Johnson of Junction City, 8, got to feel what it was like to be a Combat Aviation Soldier.



Photos by Collen McGee | POST

**ABOVE:** Patty Minge, of Hanover, Kansas, demonstrates how she makes pine needle baskets by coiling them around and stitching them together. **ABOVE MIDDLE:** Nathan Roberts and his 2-year-old, Liam, check out the cab of a military fuel tanker on Artillery Parade Field at Fort Riley, Kansas. **ABOVE RIGHT:** Tricia Verschage, a volunteer with the Historical and Archaeological Society of Fort Riley poses in her 1800s costume. **RIGHT:** Captain Megan Arroyo, an intelligence officer with the 1st Infantry Division, and her son, Enloe, 4-months-old, are set to sample a slice of history. Lt. Col. George Armstrong Custer's wife is said to have created the apple pie recipe still being served at Fort Riley.



# Post safety office technicians hosting car seat checkpoint

Personnel available to install seats and answer questions

By Maria Childs  
1ST INF. DIV. POST

Certified child passenger seat technicians from the Garrison Safety Office at Fort Riley are scheduled to host a car seat checkpoint lane from 9 a.m. to 1 p.m. Sept. 24 at Rally Point.

Technicians will be available during this time to install seats, answer questions and provide instruction on seat removal and reinstallation. They will check to make sure the seat meets safety requirements and if it is on the National Product Safety recall list.

Dawn Douglas, safety and occupational specialist at the Garrison Safety Office, said this event is about educating the community about the hazards of an improperly installed or defective car seat.

"If you have your own car seat, we will install it for you, or we will check your car seat to make sure it is installed correctly," she said.

Technicians are certified every year through Kansas SafeKids. Through this program, the Garrison Safety Office at Fort Riley has a grant that allows them to swap a defective car seat with a new one at no cost to qualifying Soldiers. This is done on a case-by-case basis.

"We will take your defective car seat and swap it out with a brand new one," Douglas said.

Douglas said Fort Riley is a certified car seat checkpoint; therefore, anyone off post can also come on the installation to visit this event. Due to increased security measures, visitors who don't have a Department of Defense ID card will have to visit

**DID YOU KNOW?**

• According to Kansas law, children ages 4 through 7 years old should be secured in a booster seat unless they weigh more than 80 pounds, are taller than 4 feet 9 inches or are traveling in a vehicle where only a lap belt is available.

the Visitor's Control Center at Exit 301 off Interstate 70.

Anyone wishing to re-certify as a technician can do so at the checkpoint. Rod Cruz, safety and occupational specialist at the Garrison Safety Office, will be on site as an instructor for the certification.

Along with doing the previously mentioned services, technicians will visit the hospital once a baby is born to assist the parents in the installation of the car seat. Before leaving the hospital, the car seat must be installed properly.

"Technicians will go to the hospital to install the car seat for you," Douglas said.

According to Kansas law, children ages 4 through 7 years old should be secured in a booster seat unless they weigh more than 80 pounds, are taller than 4 feet 9 inches or are traveling in a vehicle where only a lap belt is available. Children older than 8 years old should be wearing a seatbelt whenever the vehicle is in motion. Children under 1 year old should be in a rear-facing car seat, and children under 4 years old should be kept rear facing as long as possible.

For more information about the car seat program or to set up an appointment to get your car seat checked, call 785-240-0647.



# Sports & Recreation

## Flag football season kicks off with win for 258th Human Resources Company



**ABOVE:** Sgt. Hubert White, 258th Adjutant General Human Resources Company, 1st Infantry Division Sustainment Brigade, runs with the ball during a Sept. 6 flag football game at Long Fitness Center. **RIGHT:** Sgt. Anthony Basile, 41st Engineer Company, looks to throw the ball down the field during the game.

Early season action let's teams find out what works, what doesn't

Story and photos by Maria Childs  
1ST INF. DIV. POST

Although fall is still looming, there is no doubt it is football season every night at Long Fitness Center. The season began Sept. 6 with a game between Soldiers from the 258th Human Resources Company from Special Troops Battalion under the 1st Infantry Division Sustainment Brigade and the 41st Engineer Company, a tenant unit on the installation.

The team from 258th HRC defeated the 41st Eng. Co. squad, 14-7.

Spc. Dalen Lettley, 258th HR Company, STB, 1st Inf. Div. Sust. Bde., said his favorite part of the sport is being about the display his love for the game and put on a show for whoever is watching.

"There's nothing like being on the field and being able to compete against others," he said.

Lettley said the game allowed the team to figure out who was going to play what position, and they walked away with a better understanding of their game plan. This is the first company-level football team for the company.

"Our main goal is to keep working and building," he said. "We will continue to focus on one game at a time.

Renee Satterlee, intramural sports coordinator, Fort Riley's Directorate of Family and Morale, Welfare and Recreation, said this football league is open to all Soldiers at the company level. Spectators are always welcome.

"Intramural sports are very important to our Soldiers stationed at Fort Riley because it is a unit level league and it helps build morale and wellness in a safe environment," she said.

As for Lettley and his team, the sport is all about teamwork.

"Being a part of this team means everything," Lettley said. "I'm looking forward to growing and playing with my team."



Sgt. Hubert White, 258th Adjutant General Human Resources Company, 1st Sustainment Brigade, evades a defender while running the ball during a Sept. 6 flag football game at Long Fitness Center. White's team won the game 14-7.



# Hitting the spiritual bullseye



COURTESY PHOTOS

Twenty-six Soldiers of the 97th Military Police Battalion spent the duty day on Friday, Sept. 9, nurturing their spiritual strength as well as their physical well-being. The message that Chap. (Capt.) Christopher Campbell communicated to the Soldiers concerned the difficulty in trying to live a spiritually fulfilling life. His theme was "Missing the Mark," which was demonstrated by the inevitable missing of the clay pigeon as they flew by regardless of the efforts to hit them. Campbell said a need for an instructor becomes apparent to teach us how to hit the mark and attain a perfect score card, something that once seemed impossible. Campbell's message was that life is as fast and unpredictable as the clay pigeon and our efforts to connect with it sometimes as fruitless. This event is another of a series of voluntary events developed by 97th MP Bn. chaplains as a means to offer Soldiers an opportunity to combine physical and spiritual vitality in order to maintain resiliency.



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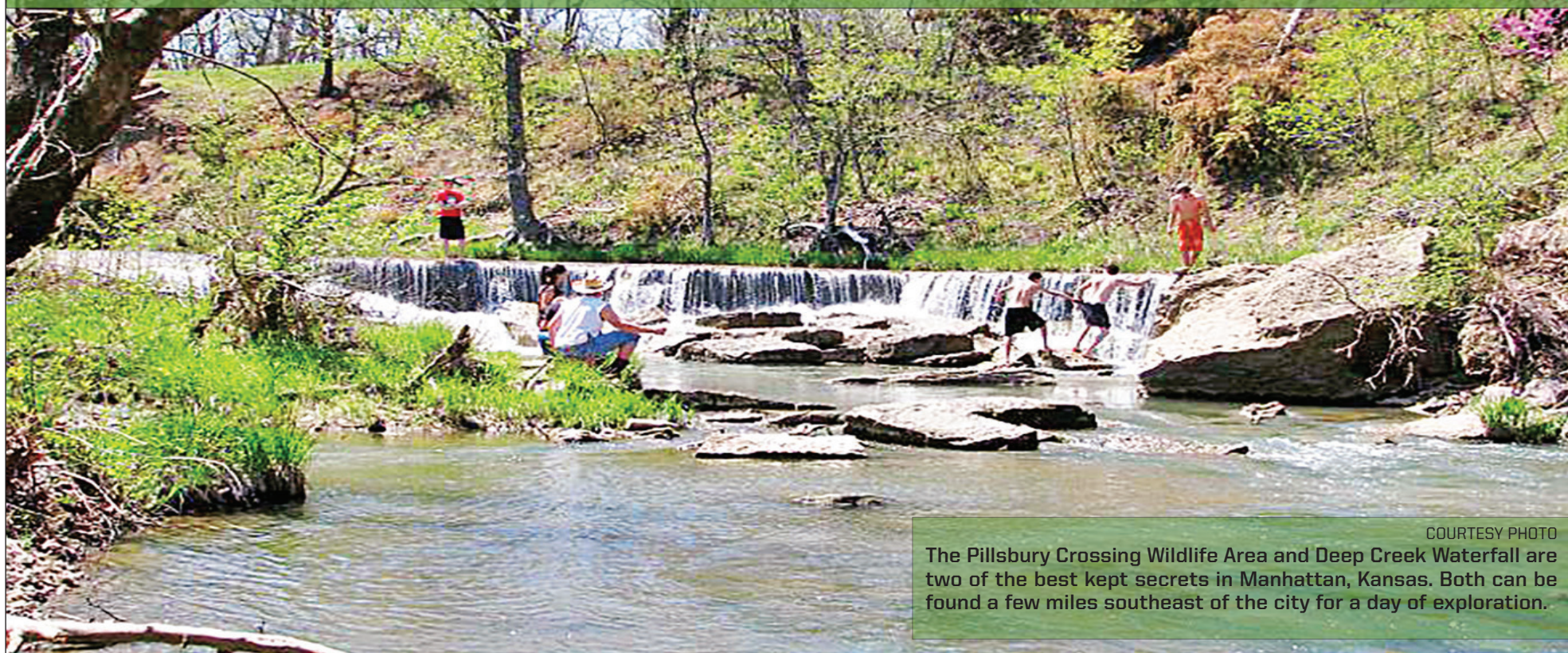






# Travel & Fun in Kansas

## Pillsbury Crossing in Manhattan, Kansas



COURTESY PHOTO  
The Pillsbury Crossing Wildlife Area and Deep Creek Waterfall are two of the best kept secrets in Manhattan, Kansas. Both can be found a few miles southeast of the city for a day of exploration.

By Maria Childs  
1ST INF. DIV. POST

One of the best kept secrets of Manhattan, Kansas, is the Pillsbury Crossing Wildlife Area and Deep Creek Waterfall, both of which can be found a few miles southeast of the city.

Pillsbury Crossing is a low-water river crossing where vehicles can drive a 100-foot stretch through a few inches of running water, as long as no significant rainfall has occurred. The falls are just a few dozen feet down river from the crossing, but can be reached from parking spots on the east side.

Deep Creek Falls can be reached from the north side where you must climb down about a 30-foot rock face. The climb is just enough to add a sense of adventure to the visit, but wear solid shoes for comfort and safety. The falls are about 60 feet high during high water.

The Pillsbury Crossing Wildlife Area was donated to the Kansas Department of Wildlife, Parks and Tourism in 1967. Located 7 miles southeast of Manhattan, the natural flat rock crossing was named for pioneer J.H. Pillsbury, who settled in the area in 1855.

There is a short hiking trail along the river. This provides premier fishing spots for channel catfish, spotted bass, largemouth bass, bullhead catfish and carp. During normal stream flow, canoeing, kayaking or small boats are allowed, and can travel upstream for about half a mile. Swimming is prohibited.

To get to the Pillsbury Crossing Wildlife Area from I-70, take exit 316 and go north on Deep Creek Road for 5 miles then turn right on Pillsbury Crossing Road for about 2 miles to Pillsbury Crossing Lane. These are all dirt roads.

Coming north from I-70, visitors will pass the 1892 Deep Creek Schoolhouse. It still serves as a community meeting place and is a reminder of the settlers who came to the Deep Creek Area.

To get to Pillsbury Crossing and Deep Creek Waterfall from Manhattan, drive south for 2 miles on Highway 177 to Deep Creek Road then turn left and drive 3 miles to Pillsbury Crossing Road. Follow Pillsbury Crossing Road for 2 miles.

For more information about Pillsbury Crossing, visit [www.kansastravel.org/pillsburycrossing.htm](http://www.kansastravel.org/pillsburycrossing.htm).



COURTESY PHOTO

As visitors approach Pillsbury Crossing in Manhattan, Kansas, from I-70, they will pass the 1892 Deep Creek Schoolhouse. It still serves a community meeting place and is a reminder of the settlers who came to the Deep Creek Area.



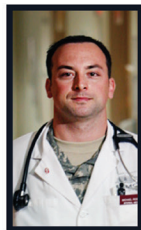
COURTESY PHOTOS

**Above:** Pillsbury Crossing in Manhattan, Kansas, is a low water river crossing where vehicles can drive a 100 foot stretch through a few inches of running water, as long as no significant rainfall has occurred. **Below:** Deep Creek Falls can be reached from the north side where you must climb down about a 30-foot rock face. The climb is just enough to add a sense of adventure to the visit, but wear solid shoes for comfort and safety. The falls are about 60 feet high during high water.



### Irwin Army Community Hospital

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SEPTEMBER IS NATIONAL PREPAREDNESS MONTH!





Christina Cannon | POST

## Festival attracts visitors from across the state to learn about military culture

By Andy Massanet  
1ST INF. DIV. POST

More than 12,000 neighbors, friends and supporters of the 1st Infantry Division at Fort Riley visited the post on a sunny and mild Sept. 10 for the annual Fall Apple Day Festival.

This year's event was the third consecutive year for Ron Stewart, program manager for the Directorate of Plans, Training, Mobilization and Security, as well as the event coordinator for the Fall Apple Day Festival, and

it may be getting easier for him, though such a thought is a bit unsettling.

"This one was a little scary because everything seemed easier," Stewart said. "And when it seems easy I get very nervous."

Going through the steps this year with the ease he mentioned gave Stewart pause: Did he forget something or not?

Judging from the results, much of which is pictured on this special section, Stewart need not have worried. Fort Riley's Artillery Parade Field was filled with activities for youngsters of all ages.

The events included pie eating contests, a variety of performances on stage, wagon rides and cavalry demonstrations by the Commanding General's Mounted Color Guard, Military Working Dog Team demonstrations by a team from the 523rd Military Working Dog Detachment, the 97th Military Police Battalion, Bungee tramps and a rock climbing wall for the stout of heart and food and beverages at unbeatable prices.

Most important, this year's Fall Apple day event was marked by pride in

the nation's 1st Infantry Division, "The Big Red One," which is celebrating its 100th birthday in 2017.

That was also a pride that Brig. Gen. Patrick Frank, deputy commanding general of the 1st Infantry Division, aimed to instill in the days leading up to the festival.

"(Brig. Gen.) Frank did an awesome, awesome walk-through," Stewart said. "He talked to everybody. He talked to Soldiers who were involved and made them understand the importance of interacting with the public and telling

their own personal stories. That they (today's Big Red One Soldiers) — like the Soldiers of World War II, Vietnam and other conflicts — are part of the history of this division. And we could tell that they were getting what Brig. Gen. Frank was saying."

Meanwhile, just outside the pie tent, pie queen Jane MacDougall, spouse of Col. Mark MacDougall, Chief of Nursing Officer at Irwin Army Community Hospital, was not able at that time to determine how many pies had been sold up to that point.

"The sales seem to be good as of now," MacDougall said. "But we came in with 1,504 pies."

Before the day was done, all the pies sold out.

But MacDougall was overjoyed about the level of volunteer support from the volunteers of Historical and Archeological Society of Fort Riley, and members of Junction City High School's Junior Reserve Officer Training Corps class of 2016.

"They were so helpful, especially during the evening hours when we really needed them the most," MacDougall said.



Maria Childs | POST

Garrison Command Sgt. Maj. James Collins peels apples during his volunteer shift at the Culinary Lab Sept. 7. Each year, volunteers from the community help make about 1,500 apple pies for the annual Fall Apple Day Festival.



Maria Childs | POST

Col. John Lawrence, garrison commander, places the topping on apple pies during his volunteer shift at the Culinary Lab Sept. 7. This year, volunteers made about 1,500 pies out of more than 12,000 apples donated by HyVee in Manhattan, Kansas.

## A day in the life of a Soldier



Photos by Andy Massanet | POST

**ABOVE:** Sgt. Kenneth Posey helps Josh Clark with his equipment at the static display of the M109A6 Paladin. Posey is assigned to 1st Battalion, 7th Field Artillery Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division. Clark is a member of the Boy Scout Troop 351 from Platte City, Missouri. He was part of the contingent of Boy Scouts staying at Moon Lake.

**BELOW:** A Bradley Fighting Vehicle drew a good number of visitors at the Fall Apple Day Festival at Fort Riley's Artillery Parade Field Sept. 10. Staff Sgt. Alex Schifflbein, left, and Spc. Deryk Payton, atop the vehicle at right, both of the 1st Combined Arms Battalion, 18th Infantry Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, look after 9 year-old Ty Battison, middle left, and his 6-year-old sister Alyssa. Both children belong to Capt. Terry Battison, Division Headquarters and Headquarters Battalion, 1st Inf. Div.





## Children conquer hay bale obstacles, inflatable slide



**LEFT:** Spc. Ryan Parks, left, Company D, 1st Attack Reconnaissance Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division, paints the face of Kaden Howard, 5, son of Sgt. Andrew Howard, 299th Brigade Support Battalion, 2nd Armored Brigade Combat Team, 1st Inf. Div., before Howard entered the obstacle course at the Fall Apple Day Festival Sept. 10. **RIGHT:** Colton Collins, son of Command Sgt. Maj. James Collins, senior noncommissioned officer for the U.S. Army Garrison Fort Riley, low crawls through the first of many barriers in the obstacle course at the Fall Apple Day Festival Sept. 10.

Story and photos by Maria Childs  
1ST INF. DIV. POST

Zeke Stephens, 12, son of Sgt. William Stephens, 101st Brigade Support Battalion, 1st Armored Brigade Combat Team, 1st Infantry Division, low crawled under wire, climbed over hay bales and crawled through tunnels. But he finished the obstacle course at the Fall Apple Day Festival Sept. 10.

"It was hard," he said. "You had to stay low on the ground the whole time while crawling."

He wasn't alone. He was one of many children who visited the event at the festival.

Spc. Ryan Parks, Company D, 1st Attack Reconnaissance Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Inf. Div., was one of the

volunteers at the event. His job was to paint the faces of the participants and get them excited about the course.

"It's a great, fun and light event trying to get families out here and have a good time," he said.

This is Parks third year volunteering at the festival. He said he enjoys getting to interact with fellow Soldiers and community members while helping put on the event.

"I'm kind of jealous of these kids," he admitted.

Colton Collins, son of Garrison Command Sgt. Maj. James Collins, said he enjoyed jumping over the obstacles. He runs cross country, which he thinks helped him complete the course in a timely manner. But he admitted that couldn't help him with the low crawling portions, which he thought was the hardest part.

"I'm short, but I'm not that short," he joked.

Sgt 1st Class Tyrone Harvey, 1st CAB, 1st Inf. Div., also helped design the obstacles throughout the course. They changed it up from last year to include more low crawling obstacles and a taller hay bale pile to climb over.

"I love getting a chance to see the kids smile," he said. "Some of them are excited to get their face painted, some of them not so much. They get out there and get to compete against other people. They get tired, but they don't quit."

The Soldiers running the event kept the record time, and let children know when they finished if they beat it.

Harvey said it is important for community members to realize Soldiers can have fun while also defending the country.

"Being a Soldier is a 24 hour job, but that's not all we do," he said. "We work with our communities too."

## Children paint the apples red, blue, purple at Fall Apple Day

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

Children created masterpieces out of apples with googly eyes, sprinkles and paint at the USO Fort Riley apple painting booth Sept. 10 during Fall Apple Day.

In previous years, staff and volunteers of the USO Fort Riley have held a pumpkin patch, but due to the earlier scheduling of Fall Apple Day this year, they came up with a new idea.

"Historically, we do a kids pumpkin painting patch, but this year with this being a little earlier in the year, we were unable to get pumpkins, so we went with the Apple Day theme and we're decorating apples," said Jill Iwen, USO Fort Riley director. "This is our fourth year participating with an apple day event and what we're trying to do is incorporate a no-cost family-fun activity for the kids and add a bunch of color to the event."

Jennifer Gibson, former active-duty military member



Aiden, 6, left, and Cassandra Madison, 2, right, children of Alizabeth Madison, Irwin Army Community Hospital, paint apples at the USO apple painting booth Sept. 10 at Fall Apple Day. Children were able to attach googly eyes, glitter, sprinkles and more onto the apples they painted.

and resident of Manhattan, Kansas, said she and her daughters were looking for something fun to do when she spotted the apple painting. She added it was an interesting activity she hadn't seen before.

"It's new," Gibson said. "My daughter absolutely loves it."

Maj. Joseph Gilbert, Division Headquarters and Headquarters Battalion, 1st

Infantry Division, brought his two-year-old daughter to the booth. He said she loves to paint and enjoyed the activity.

"It's interactive and it's fun," Gilbert said.

While several parents said they were unsure how to display the apples after the children were done decorating them, they all agreed it was a great activity their kids liked.

## Surgical tools on display

Story and photos by Chris Cannon  
1ST INF. DIV. POST

Soldiers in the 1800s, along with the supplies and food, could expect medical tents with surgeons who waited for the wounded close to the ongoing battle.

Among those kinds of surgery units was the 8th Kansas Volunteer Infantry, Frontier Brigade, Frontier Battalion. On Sept 10 during Fall Apple Day, Dr. Joe Schlageck, of Kansas City, Missouri, portrayed a 1800s first lieutenant and surgeon who was accompanied by his steward, played by Paul Anderson, acting as a period staff sergeant. The two men explained to visitors the tools used in military surgeries in the 1800s. For instance, they explained how medications used in surgeries and treatments were numbered on the corks instead of having written labels, because stewards typically could not read letters.

"Amputations from battlefield injuries were not a typical occurrence," Anderson said. "The only time amputations were performed was when the injury involved a joint,



Dr. Joe Schlageck, left, of Kansas City, Missouri, and Paul Anderson, right, stand in front of a display of surgical instruments used during the Civil War, at the Fall Apple Day Festival Sept. 10. The display is an exhibit done by the 8th Kansas, Frontier Brigade, Frontier Battalion out of Kansas City, Missouri.

such as in the elbow, knee, shoulder, hip or ankle. The most common cause of death during the war was childhood disease, such as chicken pox, measles, mumps, etc. as opposed to Hollywood's portrayal of men slain on the field by artillery."

"Chloroform replaced the use of ether as an anesthetic in surgery," Schlageck said, "the reason is because surgeries were typically performed at night by lantern-light, and surgeons smoked to combat the smell of the ether. Ether was

highly flammable, so they preferred Chloroform to put the soldiers out when they had to operate on them."

Anderson and Schlageck have been coming to Fall Apple Day as a part of the 8th Kansas Volunteer Infantry for the last eight years. They said their favorite memory from past Apple Day events is when they camped out on Artillery parade field next to where the cannon monument is on the north end. They bonded with the artist who sculpted the statue over a dinner and campfire under the stars.



Season Osterfeld | POST  
A reenactor dressed as Lt. Col. George Armstrong Custer, left, stands with Pie Queens Jane MacDougall, second from the left, wife of Col. Mark MacDougall, chief of nursing officer at Irwin Army Community Hospital, and Lauren Bolen, second from the right, wife of Col. Thomas Bolen, commander of 1st Infantry Division Artillery, and a reenactor acting as Custer's aide, right, Sept. 10 at Fall Apple Day. Reenactors were scattered throughout the event to pose for pictures with visitors.

## King of the mountain



Maria Childs | POST

Children of the Fort Riley community jumped and played on the King of the Mountain inflatable at the Fall Apple Day Festival Sept. 10. This was one of many events for community members to enjoy the Kansas weather and learn about military culture. Other events included static displays of military vehicles as well as Military Working Dog and Commanding General's Mounted Color Guard demonstrations.





BELOW: Simon Bates from a Navy JROTC battalion in Willard, Missouri, shoots an M4 Carbine at the Laser Range at Sturgis Stadium during the Fall Apple Day Festival Sept. 10.

# Laser Range

Photos by Maria Childs



ABOVE: Cooper Scott, 6, son of Capt. Russell Scott, who is stationed in Honduras, learns to shoot an M4 Carbine alongside Spc. Curtis Kiernan, Company A, 2nd Battalion, 70th Armor Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, at the Laser Range at Sturgis Stadium during the Fall Apple Day Festival Sept. 10.

## From farms to wilds, animals at petting zoo bring excitement

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

From kangaroos to miniature goats, children and adults alike got to pet and feed a variety of traditional farm animals and exotic animals at the A to Z Animal Adventure petting zoo Sept. 10 during Fall Apple Day.

Pens with a camel, miniature cow and even a monkey were available for visitors to view and learn about from the petting zoo owner, Jerry Aswegan.

Aswegan said his petting zoo is always a hit with visitors at events because of the experience of petting different animals and

getting to see exotic animals up close, some of which may not be in local zoos.

"Where can you pet a camel?" he said. "The antelope, you know, it's something different ... What we tell everybody is that a petting zoo is good for (people, age) three to 80."

One-year-old Cecelia Udermann, daughter of 1st Lt. Matthew Udermann, Headquarters and Headquarters Company, 1st Combat Aviation Brigade, 1st Infantry Division, had never seen farm animals in person before, her mother Sonja Udermann said.

She said she and her daughter were both excited to see the animals and the petting zoo was specifically why she came to Fall Apple Day.

"She likes to feed them," Udermann said. "I don't think she realizes it's a cow or goat, but she's excited to see them."

Udermann added that she thought this petting zoo was a good opportunity for her daughter to learn a little bit more about the animals she has only seen in books and on toys.

"It's a good learning experience because she doesn't go to a farm ever, so it's just a good experience for her to know what the animal is, not just looking at a picture," Udermann said.

1st Lt. Elliott Newton, 2-70, agreed with Udermann's sentiment.



Kaylee, 3, front, and Hayden Coughlin, 7, back, daughters of Staff Sgt. Christopher Hayden, 1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, feed and admire animals at the petting zoo Sept. 10 at Fall Apple Day. The sisters talked to each animal they visited at the petting zoo.

He said that while his son does not completely understand what the animals are, he still recognizes them and the noises they make from his books at home.

"I think it's good for the kids," Newton said. "My son right here, Ivan, he laughs when he sees the animals. We read a lot of books at home. He's nearly two years old, so he doesn't understand a lot of the words, but he knows the animal sounds and what they look like."

For Aswegan, he is happy to see everyone enjoying the animals he raises and cares for. He said the attention that he puts forward in seeing to the health and welfare of the animals was most important of all.

"Since they are all well maintained and they're all healthy, that makes a real big difference," he said. "If you have a petting that isn't, that gives other petting zoos a bad name ... We bottle raise all our exotics so they are super tame."



Charity Geoffroy, wife of Sgt. Clark Geoffroy, 1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, feeds miniature goats at the petting zoo Sept. 10 at Fall Apple Day. Families observed and talked about the different animals, from camels to sheep, at the petting zoo.

## FUN AT THE FESTIVAL



Andy Massanet | POST

Isaiah Esiel, the 9 year old son of Staff Sgt. Katie Murillo of the Division Headquarters and Headquarters Battalion, 1st Infantry Division, soars skyward and does his best to perform a back flip on the Bungee Tramp during the Fall Apple Day Festival at Fort Riley's Artillery Parade Field Sept. 10. When Isaiah was back on the ground, his mother asked "Did you see all of the Apple Fest?" "A little bit!!" Isaiah said. The Bungee Tramp was supplied by the Inflato-O-Fun company.

"This is my favorite event of the year. The best day ever. I got to wear my fall boots - it sort of announces it's fall and it's not too hot."

ASHLEY COUGHLIN | WIFE OF SGT. CHRISTOPHER COUGHLIN, 1ST INFANTRY DIVISION



Maria Childs | POST

Yexiel Rosado, son of Chief Warrant Officer 2 Angel Rosado, 1st Combat Aviation Brigade, 1st Infantry Division, weaves through the third obstruction in the obstacle course at the Fall Apple Day Festival Sept. 10.



Christina Cannon | POST

Sgt. Kevin Lee, left, and Spc. Matthew Jordan, right, from the Commanding General's Mounted Color Guard represent the Civil War Cavalry experience as members of the Union Army. The Mounted Color Guard is a non-deployable permanent duty assignment that Soldiers can apply for if they are interested. The group performs for large groups such as Fall Apple Day and take part in parades and period demonstrations to show spectators what the mounted cavalry did.

"They are all local vendors and everybody's supporting each other out here."

MELISSA FRANZEN | WIFE OF SGT. 1ST CLASS PATRICK FRANZEN, 1ST INFANTRY DIVISION



# Last surviving D-Day veteran visits Fort Riley with family members

By Chris Cannon  
1ST INF. DIV. POST

Every war has survivors, and every year there are fewer World War II survivors.

One of those survivors traveled from Bixby, Oklahoma, Sept. 10 to attend Fall Apple Day with his daughter and great grandson. Retired Lt. Col. Barran Tucker was at the festival with his daughter, Brenda Gabriel, and her grandson, Spencer Lovelace.

Tucker is a survivor of the D-Day invasion of Omaha Beach and the last surviving member of Company G, 175th Infantry Regiment, 29th Infantry Division.

During his career, Tucker was never stationed at Fort Riley; however, Gabriel's nephew once was, and the family would come visit post



Retired Lt. Col. Barran Tucker

at the Vire River and the second time after escaping a POW camp and hiding in a barn. He escaped one last time from the Zite Camp which was an annex of the Buchenwald Concentration Camp and was picked up by American forces on their way to liberate the concentration camps.

When he returned home, Gabriel said he weighed just 77 pounds and was emotionally scarred. But, he finished high school at the Oklahoma Military Academy and then completed the ROTC program at Oklahoma State University before returning to active-duty status with the United States Army. After his 34-year career, Tucker retired and returned to Oklahoma to be with his family.

often. Tucker and his family visited the living history exhibits and took the time to talk to the reenactors about his experiences in the time period they were portraying.

Drafted during his junior year of high school, Tucker went to war in 1943. He was taken prisoner twice by the German army, the first time



**Military Working Dogs demonstrate skills**

Andy Massanet | POST

Military Working Dog Chico attempts to secure an "aggressor" played by Spc. Araceli Clark during one of the the military working dog demonstrations at the Fall Apple Day Festival at Fort Riley's Artillery Parade Field Sept. 10. Chico's handler is Cpl. Sean Davis from the 97th Military Police Battalion was there to put Chico through his paces. Also performing at the demonstrations were Pfc. Ryan Wolfe, 97th MP Bn. and handler of Military Working Dog Todd, both of whom performed the obedience portions of the demonstrations.

# All-terrain vehicle rides expose kids, adults to beginner's course



Photos by Maria Childs | POST

**LEFT:** Gillian Lesondak, daughter of Chief Warrant Officer 2 Ben Lesondak, 2nd General Support Aviation Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division, cruises through the ATV course with Pfc. Johnnie Brown, Headquarters and Headquarters Company, 1st Combat Aviation Brigade, 1st Inf. Div., at the Fall Apple Day Festival Sept. 10. **RIGHT:** Alex Rowe, from a Navy JROTC battalion in Willard, Missouri, listens as Sgt. Adam Bradley, Headquarters and Headquarters Company, 1st Combat Aviation Brigade, 1st Inf. Div., points him to the path of the ATV course at the Fall Apple Day Festival Sept. 10.



Season Osterfeld | POST

Firefighters from the Fort Riley Fire Department Headquarters hand out firefighter hats, pencils and other goodies to children Sept. 10 at Fall Apple Day. Firefighters used the goodies and time interacting with the children to teach them and their families the basics of fire safety.



Season Osterfeld | POST

Luca Drake, 5, left, son of Sgt. William Drake, out processing from Fort Riley, battles against Evan Wiser, son of Sgt. Nathan Wiser, 3rd Assault Helicopter Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division, in an inflatable arena Sept. 10 at Fall Apple Day. Many inflatable obstacle courses and bounce houses were available for children to climb and play all day.

# World War II history center staff bring history to life with reenactors

Story and photo by Chris Cannon  
1ST INF. DIV. POST

The World War II History Center staff brought living history to Artillery Parade Field on Fort Riley Sept. 10. Among those who represented the museum were Erik Runge, the executive director and foundation president, Neil Suter, who acts as either an American or German soldier for living history exhibits, Retired Sgt. 1st Class Brendan Cordero; Sgt. Christopher Smith, 2nd Armored Brigade Combat Team, 1st Combined Arms Battalion, 63rd Armor Regiment, 1st Infantry Division; Jordan Weaver of El Dorado, Kansas; and Josh Norris of Blue Springs, Nebraska.

Among the items displayed were Thompson sub-machine guns, standard Army issue combat gear, a Jeep, which found its way



Retired Sgt. 1st Class Brendan Cordero stands next to Sgt. Christopher Smith, 1st Combined Arms Battalion, 63rd Armor Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, reenacted the roles of World War II soldiers at Fall Apple Day Festival Sept. 10. The unit is from the World War II museum in El Dorado, Kansas.

onto the battle field during the latter half of the war and an original tent. Many reenactors either use original artifacts or reproductions and they create a character for themselves based on the time period. There is space available for re-enactors at the World War II museum in El Dorado. The El Dorado museum focuses on the European theatre only and not the Pacific.



Andy Massanet | POST

A group of youngsters take aim at the paintball booth with the help of their parents during the Fall Apple Day Festival at Fort Riley's Artillery Parade Field Sept. 10.