

A close-up photograph of a soldier's arm and shoulder, showing a tattoo of a rose and the word 'LOVE'. The soldier is lifting a black dumbbell with '35 GRIP' printed on it. The background is a blurred gym setting.

# **DUTY** MARCH 2010 **FIRST!**

Unofficial 1st Infantry Division Magazine of Soldiers and Families | [www.riley.army.mil](http://www.riley.army.mil)

# **ARMY STRONGER**

Army program  
emphasizes five pillars  
of Soldiers' fitness

- ✓ **PHYSICAL**
- ✓ **SOCIAL**
- ✓ **EMOTIONAL**
- ✓ **FAMILY**
- ✓ **SPIRITUAL**

# THE BIG RED ONE CREED

**TEAMWORK** is the foundation of the Big Red One. I shall never fail my team, for I maintain the standard. My conduct and self-discipline set the example for others to follow.

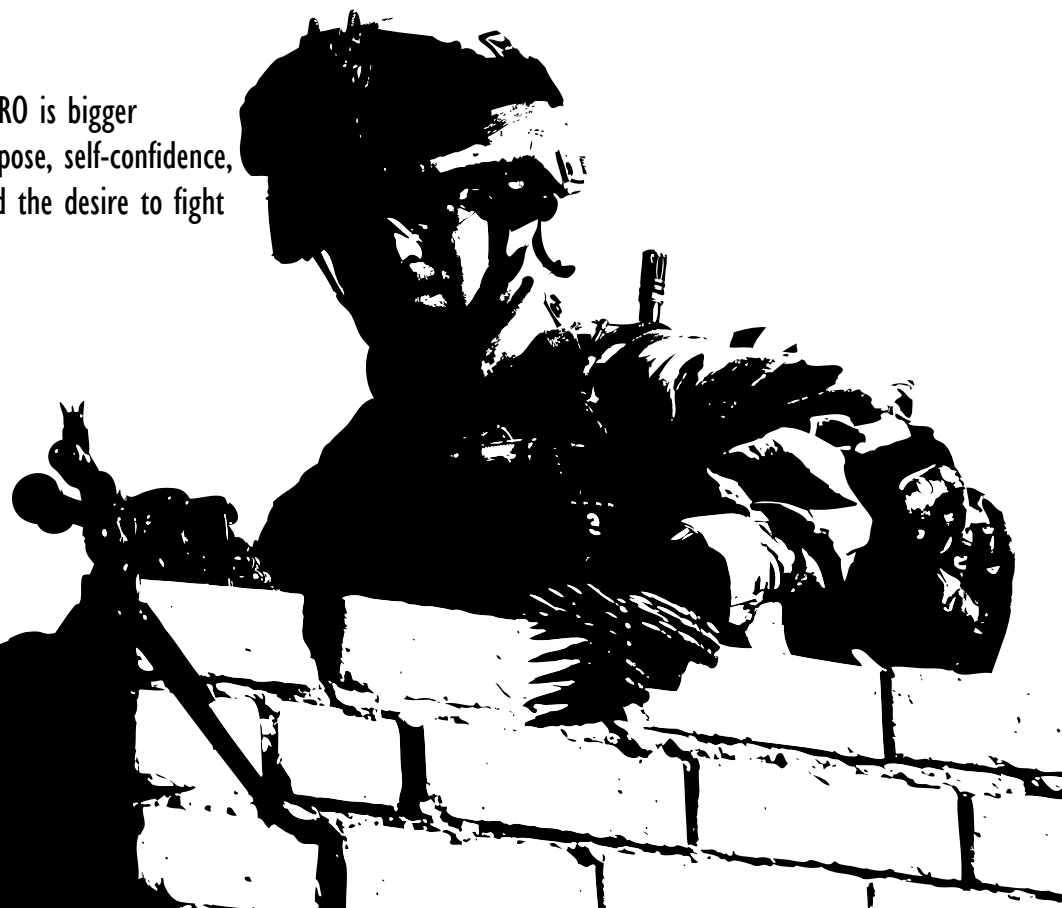
**HONOR** is what I stand for—an American Soldier on duty for my country. My loyalty is intense. I display care for my fellow Soldiers and my chain of command through courage, respect, integrity and compassion.

I have learned to **ENDURE**, to thrive in adversity. The harsh reality of combat gives me the enthusiasm for realistic training. I am physically and mentally strong to meet the demanding situations my unit encounters.

We are one in the Big Red One. Our **BROTHERHOOD** gives us strength to fight on to any objective and accomplish the mission as our veterans have done before us. I live the legacy of my division.

**READINESS** is my priority. To be ready for any mission, anytime, anywhere. My business is first-class training and living high standards of care and equipment, weaponry and tactical and technical competence.

My **ORGANIZATION** is my strength. The BRO is bigger than any one individual. It gives me purpose, self-confidence, competitive spirit, intestinal fortitude and the desire to fight with all my heart.



## Duty **1** First!

No Mission too Difficult. No Sacrifice too Great.

March 2010 | www.riley.army.mil

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**Cover:** Sgt. Abimael Carrasquillo, 601st Aviation Support Battalion, lifts weights Feb. 1 at King Field House.

PHOTO BY STEPHANIE HOFF, DUTY FIRST! MAGAZINE

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# Grasping CSF's importance

Maj. Gen. Vincent Brooks

**C**omprehensive Soldier Fitness. If you wear this uniform, you've no doubt heard this phrase and have probably even undergone some of the initial testing, especially if you've deployed. But many Soldiers may not understand what CSF is or why it's so important.

### What is it?

The Army Comprehensive Soldier Fitness program was established to increase the resilience of Soldiers and Families by developing their strengths in all important domains: emotional, social, spiritual and Family, in addition to physical. The CSF will ensure that all Soldiers undergo an assessment of their total fitness. The results of the assessment will direct individualized training, intervention or treatment programs, as needed. This program will begin at accession, and, like physical fitness, will include reassessment at appropriate intervals. The CSF office applies accepted methodology and scientific rigor to ensure that all training, interventions and treatments have demonstrated effectiveness.

### What has the Army done?

The Army established CSF on Oct. 1, 2008, as a directorate within the Army's G-3/5/7. The office is reviewing existing capabilities and needs and is conducting program assessments that are focused on measures of effectiveness, standardization, enhancement and enforcement. The CSF is actively working with experts in the civilian academic community to create a global assessment tool that will reliably measure status in all comprehensive fitness domains. Training modules and



programs have been, or are being, developed to assist Soldiers to improve knowledge and skill in each area.

### What continued efforts does the Army have planned for the future?

With execution of the CSF plan, all Soldiers will undergo an assessment as they begin their military service, and periodically throughout their careers. The results of their assessment will be linked to a customized menu of training modules and services for areas that need strengthening. Additionally, CSF will evaluate the impacts of a resiliency training program in Basic Combat Training and build CSF instruction into all leadership curricula. Once a program's success is validated, it will be distributed to the entire training base. With recognition that strong, resilient families are essential to the Army, a parallel tool is being developed for spouses, who will be encouraged to undergo assessment and strengthening as well.

### Why is this important?

Enhanced resilience, achieved by a combination of specific training and improved fitness in the five domains of health, can decrease post-traumatic stress, decrease the incidence of undesirable and destructive behaviors, and lead to a greater likelihood for post-adversity growth and success. It ensures continuity of effort among the disparate organizations that currently provide education and training, intervention or treatment programs to Soldiers and their Families.

The CSF will ensure Soldiers and Family members have the opportunity to enhance their resilience throughout their careers. The CSF program will maximize available training time, by equipping Soldiers with the skills to become more self-aware, fit, balanced, confident, and competent. Soldiers with these attributes will be better prepared to meet ambiguous and unpredictable challenges and help restore balance to the Army.

Within the 1st Infantry Division and Fort Riley, we're taking Comprehensive Soldier Fitness to the next level. In fact, we've dropped "Soldier" from its name, instead focusing on Comprehensive Fitness for everyone – Family members and DA civilians included. We recognize that it takes everyone working together to succeed, and understand that it's important to build resiliency in not only our Soldiers, but Families and civilians as well. Recognizing and embracing this concept is a key part of working toward our goal of making Fort Riley the premier division-level installation in the Army.

Duty First! 

# Fit Soldiers master resiliency

Division Command Sgt. Maj. Jim Champagne

**A**s 1st Infantry Division Soldiers repeatedly deploy to serve their country, the importance of strength reaches even higher priorities than before. The term strength isn't just about physical power, however. Army strong Soldiers also must attain emotional, social, spiritual and Family strength.

The Army has chosen to focus a lot of attention on offering our Soldiers options in these areas that ultimately lead to a better, more adaptable fighting force. The more "in-shape" we are within these areas, the better we are able to bounce back from the stressors of combat and separation from our loved ones.

Physically, being strong is more than being able to pass a physical training test. A PT test is the bare minimum our Soldiers should achieve. Big Red One Soldiers who are physically fit push themselves to the limits, so that when their strength is needed – whether it is to carry a comrade from the combat area or haul equipment into a motorpool – they have the physical ability to perform above the standard under pressure.

Depression, stress, anger and frustration are all emotions Soldiers will experience at one time or another. It's important to know your weaknesses in this area and find techniques that help



you overcome such obstacles. Hobbies, recreational activities and music are all ways to positively channel emotions. And when help is needed, there's nothing wrong with taking the steps to seek more professional, organized support.


On a social level, it's important to develop friendships. It can be hard in the Army, with frequent moves and deployments, to maintain contact with your friends. However, those friendships are an important part of a person's overall well-being. It's also important to reach out when you get to a new duty station and develop new relationships. Having someone to go play ball with or have lunch with can go a long way toward helping you not

only make a new friend but also have someone who is close by to provide daily encouragement.

Spiritual fitness can be your personal faith and beliefs. It also can be the strength of your heart and willpower, and the ability to center yourself or to have peace of mind when it comes to dealing with life's problems. Being "fit" spiritually provides an inner guidepost on which to base your outward decisions and actions. In the toughest of situations, that inner mentality is what pulls a Soldier through.

Having a healthy Family life impacts every other area on this list. Talk and communicate with your Family. Knowing the expectations your spouse has during a deployment and in turn, communicating your own expectations can make or break your marriage. Having the ability to effectively communicate while dealing with changing schedules and moves is equally important.

Health in each of these areas produces a Soldier who is resilient—who has the elasticity to bounce back from tough times and emerge a stronger person. These areas are important qualities to develop and improve upon on your way to becoming the best America has to offer.

Now, get after it!  
Duty First! 





COURTESY OF THE 1ST INFANTRY DIVISION POST

**B**eing physically fit means more than just being able to pass an Army Physical Fitness Test twice a year. The Comprehensive Soldier Fitness Web site defines physical strength as, performing and excelling in physical activities that require aerobic fitness, endurance, strength, healthy body composition and flexibility derived through exercise, nutrition, and training.

“You can’t put a price on your health,” said Megan John, fitness coordinator for Family, Morale, Welfare and Recreation. “It’s an essential part of a Soldier’s job to be healthy and be as fit as possible. Functional fitness is most important with a Soldier.”

The on-post fitness centers offer a wide variety of equipment and classes to help Fort Riley Soldiers, Families and civilians maintain a healthy lifestyle.

“We have a lot of different services that a lot of different people can feel comfortable in, male and female,” John said. “There’s such a variety. If you’re not comfortable lifting free weights, we’ve got other machines available. We also offer a variety of different classes. A lot of them are not so gender-orientated, like spinning and interval boot-camp.”

Major renovations have already begun at several

on-post fitness centers, including Long Gym and King Field House to help assist Soldiers and Families maximize their workouts. Improvements to King Field House will include a new cross-fit and aerobics area as well as the addition of new fitness classes, John said. The staff is currently looking into adding fitness ballet and dance classes as well as rowing classes.

Current activities already scheduled to promote fitness and healthy lifestyles include Fort Riley’s Biggest Loser and Fit for Life. The programs are open to Soldiers, Family members and civilians and are designed to encourage participants to relieve stress and have fun while building and maintaining a healthy lifestyle.

Additionally, Irwin Army Community Hospital offers a wide variety of services and classes for its patrons to establish and uphold a healthy lifestyle.

“I think a diet can definitely impact an individual’s overall health and wellness and fuel their body, especially for the Soldier to carry out their duties,” said Beth Gallaher, dietician and diabetes educator for Irwin Army Community Hospital. “The nutrition piece is essential for them to carry out their duties and their mission.”

**(continued on page 6)**

# Making a pitch for functional fitness

*Soldiers learn you can’t put price on health | Story & photos by Stephanie Hoff*

**ABOVE:** Ashley Peterson pitches for the Lady Falcons on July 1 at Sacco Softball Complex. **RIGHT:** Sgt. Abimael Carrasquillo, 601st Aviation Support Battalion, lifts weights at King Field House on Feb. 1. **OPPOSITE:** Jeffrey Wilson, a Fort Riley contractor, attempts to shoot the basketball during an extracurricular game at King Field House on Feb. 1.





## RECREATIONAL RESOURCES

■ Nutrition Care Division — Irwin Army Community Hospital  
www.iach.amedd.army.mil  
785-239-7644

■ Fort Riley Family Morale, Welfare and Recreation  
www.rileymwr.com  
785-239-3467

■ Manhattan Running Company — Post Group Running Schedules  
www.manhattanrunningco.com  
785-320-6363

■ The Pathfinder — Post Bicycle Ride Schedules  
www.thepathfinder.net  
785-539-5639

■ Let's Go Run.com  
www.letsgorun.com

■ Little Apple Road Runners  
littleappleroadrunners@yahoo.com  
http://sports.groups.yahoo.com/group/littleappleroadrunners

■ Lake Adventures  
Milford, Kan.  
785-307-1901  
www.adventureracekansas.com  
extremekansas@yahoo.com

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The Nutrition Care Clinic at IACH attends to individuals of all ages and can assist Soldiers and Families with a wide variety of different nutritional needs. Supporting Family members with establishing a nutritional diet and healthy lifestyle is just as important as the Soldiers', Gallaher said.

"Military spouses are sometimes so busy taking care of the children, the household, everything around them that they neglect themselves," Gallaher said. "The Army wife wears so many hats and is taking care of so many things that they need to not forget to take care of themselves."

Individuals can self-refer themselves for several classes and services, offered through the clinic without a prior referral, she said. Prenatal nutrition, breastfeeding education and weight-control management are some of the classes offered through the clinic.



Megan John, front right, fitness coordinator, leads Soldiers during Power Mix on Feb. 9 at King House. "It's been really full lately, especially with the cold weather. The Soldiers just need something different to do," John said. Power Mix is from 6:30 to 7:30 a.m., on Tuesdays and Thursdays at KFH.

An additional benefit of the NCC is there are no requirements for individuals to first call the hospital's appointment line. They can contact the NCC directly for information about scheduled classes or to create an appointment. Gallaher noted some classes require a consultation before attending.

For the Fort Riley individuals looking to enjoy the great outdoors while establishing a fitness routine, they need to look no further than outside the post's gates to Milford Lake for numerous outdoor and vigorous activities such as Lake Adventure Races.

Adventure races are team endurance events that can include navigating, running or hiking, mountain biking, canoe or kayaking along with other activities. They can vary in distance from 12 to 50 miles, said Charmion Harris, chairman for Lake Adventure Races.

"A typical race will involve intense highs and possibly lows for all team members," Harris said. "The result being that every finisher will feel that they have redefined their limits."

The races provide an opportunity for Soldiers to use their fitness skills but strategies and assessments are also required throughout the race.

"The sport of adventure racing is the best match for Soldiers that I know of," Harris said. "It requires many skills, strategy and physical ability that they are already trained for."

Harris said Lake Adventure Races has appealed to Fort Riley Soldiers and Families because it's an event they can participate in together.

"These races provide an excellent opportunity for the Soldier to share knowledge with their Family members and work together toward a goal that is very rewarding for all racers," he said. "Of course the added bonus to all of this is seeing and experiencing the local Kansas outdoors in ways that many Soldiers and Families wouldn't get to otherwise."

Maintaining a healthy and physically fit lifestyle is important for all individuals and the benefits also will spill over into other areas of their lives, John said.

"If you're out of balance, it throws the other pillars of your life off, for example your emotions or family. It's kind of a cascading event. If one pillar is not at the same height as the other ones, you can't really live as you should live to your full potential," John said. "You can't be healthy if you don't have some realm of fitness." ■

# ARMY *resiliency*

## Fort Riley 2015 targets Soldier, Family resilience training

WITH THE RECENT ANNOUNCEMENT OF THE FORT RILEY 2015 CAMPAIGN PLAN, INDIVIDUALS ALL ACROSS THE INSTALLATION ARE BUSYING THEMSELVES WORKING TOWARD THE GOAL OF MAKING THE POST THE PREMIER DIVISION-LEVEL INSTALLATION IN THE ARMY.

And while efforts in force generation, sustainability and community will all be necessary to reach this goal, resiliency is the glue that holds them all together.

Resiliency, a main focus in the campaign plan, is the ability to grow and thrive in the face of challenges, as well as the ability to bounce back from adversity. Fostering resiliency in Soldiers and Family members prepares them for personal and professional growth.

With this in mind, the Fort Riley 2015 Campaign Plan calls for the creation of a Resiliency Campus on post, a world-class epicenter for the five pillars of Comprehensive Fitness—physical, emotional, social, family and spiritual strength.

Located on Custer Hill, the campus will provide Soldiers, Family members and civilians with facilities and services such as a physical fitness/wellness center, a mind fitness center and a child development center.

"I've been to Fort Hood and seen

their resiliency campus ... so we have a sense of what the goal is for the division," said Cheryl Erickson, director of Army Community Services, which will be one of the campus' main attractions. ACS' primary function is "assisting Soldiers and Family Members in developing skills that will allow them to thrive, and increasing mission readiness by doing it," Erickson explained.

"ACS is and has been about Soldier resilience," Erickson said. "I think we've reframed the discussion in terms of resilience, but we have always been about strengthening Families. That has always been ACS' mission."

On her Fort Hood visit, Erickson was able to tour the resiliency campus while it was still a work in progress.

"They gathered services for Soldiers and Family members from a wide variety of disciplines, everything from counselors to ... a physical wellness center," Erickson said of Fort Hood's campus.

"It's really kind of unprecedented. It's exciting.

"It really puts all the pieces in one place."

The Fort Hood campus was, in part, an inspiration for Fort Riley's. "I think General Brooks wants to not just recreate it, but improve upon it," Erickson said.

"It's a different way to frame services," said Nikki Crisman, assistant director for Family programs with Army Community Services. "The Army has the services, they're just trying to get the services so that they can share resources and are in a more centralized location for Soldiers and Families to use."

Erickson said the campus will help Soldiers, Family members and civilians realize and understand what services Fort Riley makes available. "What we're hearing from Soldiers and Families right now is that they're overwhelmed with the choices out there, and just my building's overwhelming," Erickson said. "And when you figure that every one of these programs is clamoring to get that Soldier's attention ... all these voices are competing in flyers and PSAs to the point where Families are overwhelmed."

"I think having a ... central concept, where Families know they can go somewhere and find what they need without all that noise is going to cut down on a lot of that competing effort and make it easier to find what they need when they need it." ■





# finding common

# GROUND

*BOSS program, Warrior Zone some of the many options allowing Soldiers to find healthy social outlets*

By *Stephanie Hoff*  
*Duty First! Magazine*

**S**itting behind a card table or in front of a television with a group of friends can be just as beneficial to one's health as burning away calories for an hour at the gym.

The United States Army acknowledges the need for Soldiers, Families and civilians to sustain valuable and healthy relationships in the Comprehensive Soldier Fitness program. Social strength is defined as: developing and maintaining trusted, valued relationships and friendships that are personally fulfilling and foster good communication including a comfortable exchange of ideas, views, and experiences, according to the CSF Web site.

Establishing successful relationships and friendships not only benefits a Soldier by simple things such as keeping their calendars booked on Saturday nights, but also can provide them with skills and strength to cope with adversity or the impact from a traumatic event.

Fort Riley leaders have allocated resources to improving the post's current social and recreational op-

tions and also for the addition of new facilities, such as the Warrior Zone, which celebrated its official grand opening Feb. 7, with a Super Bowl party.

"I think the Warrior Zone is a great addition to Fort Riley," said Spc. Desaree Molina, president of Fort Riley's Better Opportunities for Single Soldiers. "I and a lot of other Soldiers are there after work. It's a great way to meet other Soldiers."



COURTESY OF THE 1ST INFANTRY DIVISION POST

**ABOVE:** Fort Riley Soldiers enjoy a game of cards during Right Arm Night at Riley's Conference Center. **OPPOSITE:** Soldiers and Families enjoy the rides and activities at the 2009 Fort Riley Oktoberfest. The annual event is generally scheduled the beginning of October and is hosted by Family, Morale, Welfare and Recreation.

The BOSS program was created by the Department of the Army as a medium to allow single Soldiers an opportunity to enhance their quality of life, contribute through community service projects and take part in recreational and leisure activities.

Recreational events hosted by BOSS have included skiing and shopping trips, bowling parties and visits to comedy clubs.

"I initially thought the trips would be the most fun part of BOSS," Molina said. "I have since

learned the Soldiers really enjoy the community service projects."

BOSS traveled to Kansas City, Kan., in November for 'Project Warmth' and assisted with the delivery and **(continued on page 10)**





PHOTOS COURTESY OF FORT RILEY FMWR

**LEFT: Fort Riley Soldiers and Families ring in the New Year at Custer Hill Bowling Center. The bowling center hosts an annual New Year's Eve party in addition to numerous events and activities throughout the year. RIGHT: Participants enjoy face painting July 25, at Riley's Conference Center during the 3rd birthday celebration for Riley, the FMWR Bear.**



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unloading of donated clothes and coats for the Salvation Army.

"I was hoping to at least get 25 BOSS Soldiers to volunteer," Molina said. "We ended up with more than 30 coming and they had a great time. I think the Soldiers truly enjoyed assisting the less fortunate and being able to give back."

Soldiers with Family members are provided an array of different forums to aid in building successful social networks through their unit's Family Readiness Group and additional programs offered on Fort Riley.

"We try to keep the FRGs focused on communications and information distribution with the emphasis on the social aspect second," said Jan Clark, FRG co-leader and senior adviser for Division Headquarters and Headquarters Battalion. "We also support those of our spouses who have started their own social groups."

The FRG has served as a social medium for individuals with shared interests and experiences, she said. Lunch groups, children's play groups and gatherings for couples without children, have been some of the organizations formed by individuals who met through the FRG.


"I think it's up to each person to determine their level of involvement in the FRG," Clark said. "If you go to the FRG meetings, you get a lot of good information and it's the best way to meet other people who are going through the same exact things that you are."

Meeting other spouses and Family members, whether at meetings or simply viewing the FRG's Facebook page is beneficial for individuals, Clark said.

"I think building those relationships is important, not just during a deployment," she said. "I think it's important to do all the time, so if you do have a deployment or you do have something come up, you already have those connections made and you're not scrambling all of a sudden with your husband gone and you don't know anybody."

Fort Riley's Directorate of Family, Morale and Welfare offers a vast variety of programs for Soldiers and Families to enjoy and meet individuals with shared interests. Bowling, golfing and the continuously growing marina, located at Milford Lake, are some of the recreational opportunities provided.

FMWR additionally offers a wide variety of intramural sports programs, available to Soldiers, Family members and civilians. Sports from softball and basketball to the newly constructed boxing team are just a few of the teams offered for participants. Individuals without a team but wishing to participate in a sport are able to contact the Sports Office and receive assistance with joining a team.

Whether out on the field throwing a ball around or meeting up with friends for dinner, a positive social network is essential for creating a strong body and a strong mind. 

## FORT RILEY SOCIAL GROUPS

- Automotive Skills Center Car Club  
Building 7753, Fort Riley, KS 66442  
785-239-9764  
[www.rileymwr.com/web-content/pages/automotive.html](http://www.rileymwr.com/web-content/pages/automotive.html)
- Fort Riley Sports Office  
King Field House, Building 202,  
Fort Riley, KS 66442  
785-239-2172  
[www.rileymwr.com/web-content/pages/sports.html](http://www.rileymwr.com/web-content/pages/sports.html)
- Better Opportunities for Single Soldiers,  
Building 253, Fort Riley, KS 66442  
785-239-8147  
[www.rileymwr.com/web-content/pages/boss.html](http://www.rileymwr.com/web-content/pages/boss.html)
- Dorothy Bramlage Public Library  
230 W. Seventh St., Junction City, KS 66441  
785-238-4311  
[www.jclib.org](http://www.jclib.org)
- Fort Riley Outdoorsmen Group  
[www.fortrileyoutdoorsmengroup.com/index.html](http://www.fortrileyoutdoorsmengroup.com/index.html)  
[FROG@FortRileyOutdoorsmenGroup.com](mailto:FROG@FortRileyOutdoorsmenGroup.com)
- Fort Sill Rifle Pistol Club  
[www.sirinet.net/~echarles/lfsrpClub](http://www.sirinet.net/~echarles/lfsrpClub)  
P.O. Box 2402, Lawton, OK 73502
- Fort Sill Rugby Club  
Fort Sill Rugby Club on Facebook  
[tennesseearmy@gmail.com](mailto:tennesseearmy@gmail.com)
- Fort Knox Parachute Club  
270-723-3587  
[www.skydiveky.com](http://www.skydiveky.com)
- Fort Leonardwood Crafty Chicks  
[www.meetup.com/FLW-Crafty-Chicks/](http://www.meetup.com/FLW-Crafty-Chicks/)
- Fort Leonard Wood Rod & Gun Club  
P.O. Box 876, Fort Leonard Wood,  
MO 65473  
Phone: 573-596-0974

# staying sharp

*Mental, emotional health a top priority for today's Soldiers and their Families*

By Anna Staats | *Duty First! Magazine*

Sometimes, all it takes to de-stress is some time alone with a favorite hobby, laughing at friend's joke, or charting a new path out of a frustrating behavior or environment.

As Soldiers and Families are stretched by repeat deployments supporting two wars, the Army has rolled out a fitness plan that places priority on not just being physically fit, but being strong emotionally and mentally. Soldiers and Families who are strong mentally find ways to bounce back after being involved in traumatic events and cope more easily with the stress of deployment and separation.

"Being emotionally and mentally resilient absolutely helps individuals bounce back and helps speed physical recovery," said Brenda Cervantes, provider resiliency trainer at Irwin Army Community Hospital. Cervantes noted several activities that help build and strengthen emotional and mental capacities.

Strengthening mental resilience can include things such as relaxation techniques — meditation, yoga, music, finding a hobby or leisure activity you enjoy and setting goals to improve behaviors or mindsets. Emotional resilience is strengthened through things such as

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Lt. Col. Greg Gadson shares a moment with actor, Robert Duvall. Gadson lost both of his legs as the result of the blast from an improvised explosive device while he was deployed with 2nd Bn., 32nd Field Artillery Regt., 4th Infantry Brigade Combat Team in 2007.



COURTESY PHOTO

## FORT RILEY RESOURCES

- Fort Riley Arts and Crafts Center  
785-239-9205
- Fort Riley Conservation Office  
785-239-8574
- Fort Riley Outdoor Recreation  
785-239-2363
- Fort Riley Army Community Services  
785-239-9435
- Irwin Army Community Hospital Behavioral Health
- Fort Riley Stress Management Support Group

## FOR THOSE NOT STATIONED AT FORT RILEY

- Fort Sill FMWR  
[www.sillmwr.com](http://www.sillmwr.com)
- Fort Sill ACS  
580-442-4916
- Fort Leonard Wood FMWR  
[www.fortleonardwoodmwr.com](http://www.fortleonardwoodmwr.com)
- Fort Leonard Wood ACS  
573-596-0212
- Fort Knox FMWR  
[www.knoxmwr.com](http://www.knoxmwr.com)
- Fort Knox ACS  
502-624-6291S

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journal writing, alone time, accepting difficult situations or finding time for humor.

“The idea behind having a hobby is to do something that you enjoy and get your mind off of stress,” Cervantes said. “Journal writing is an avenue to express your thoughts and feelings. People also use this technique to problem solve. A solution may become clear after expressing it thoroughly.”

At Fort Riley, Soldiers and Family members have a wide range of hobbies or leisure activities they can take advantage of. At the Arts and Crafts center, opportunities in a wide range of activities are available. Past classes and activities have included woodworking, matting and framing, crocheting and knitting, scrapbooking, stained glass work and pottery.

Other leisure options include the post’s new Warrior Zone. The Warrior Zone, a 4,200 square-foot facility, offers Soldiers games, movies, wireless internet and a snack bar. Those interested in sports can view games on one of multiple televisions.

Big Red One Soldiers stationed at Fort Riley also will find the post and

surrounding area rich in hunting, fishing and outdoor recreation opportunities. Information on hunting and fishing permits can be obtained through the Conservation Office. The post also has a marina on Milford Lake, where Outdoor Recreation offers boat and Jet Ski rentals.

When hobbies and relaxation aren’t enough, there are more focused options. Irwin Army Community Hospital offers support groups and counseling services. Support groups in the areas of anger management and combat stress are offered by referral only—either through an individual’s unit or health care provider. A third support group in stress management is offered for Soldiers, Family members and Department of Army civilian employees. No referral is needed for this group.

Military and Family Life consultants are also available through Army Community Services. The consultants meet with Soldiers and Family members to provide counseling or just someone to talk to. No records are kept of sessions, in an effort to make Soldiers feel freer to talk without the worry of command involvement. ■



ANNA STAATZ

A view of one of the gardens at the 1st Division Museum at Cantigny in Wheaton, Ill. The museum complex showcases the division’s history, in addition to housing garden areas and a golf course.





**LEFT:** The Family of Brig. Gen. Randal Dragon laugh while together, gathered in support of their husband, father, brother and Family hero before the start of his promotional ceremony Oct. 23. **RIGHT:** Sgt. 1st Class Andre Bryant, Special Troops Battalion, 1st Heavy Brigade Combat Team, and Master Sgt. Rhonda Bryant, S-1 NCOIC in the Combat Aviation Brigade, pose for a photo at home. The couple met and were married at Fort Riley almost 15 years ago.



COURTESY PHOTOS

# all in the Family

## Effective management plays key role in creating healthy family unit

By Jordan Chapman  
Duty First! Magazine

Whether single or married, behind every Soldier is a Family encompassing a wide variety of individuals including brothers, sisters, mothers and fathers as well as friends and distant relatives who support, listen and encourage every military man and woman to make them the strongest and most resilient leader they can be. Just ask the Bryants.

Sgt. 1st Class Andre Bryant, Special Troops Battalion, 1st Heavy Brigade Combat Team, and Master Sgt. Rhonda Bryant, S-1 NCOIC in the 1st Combat Aviation Brigade, met at Fort Riley on the physical training track, dated for about a year before marrying and later giving Andre's son, Pfc. Nicco Bryant, 18, two more brothers, Xavier, 13, and Brandon, 7. The road they took created a strong atmosphere of Family Fitness, one of five pillars making up the Army Comprehensive Soldier fitness Program.

"We have always had a good support system and great friends along the way. So if we ever did get into that crunch when we needed to call out for help, we had it ... we have been pretty lucky along the way," Rhonda said.

A strong Family needs attention, though.

"For us it's just about being together ... a fun day for us is just getting out, riding bikes, playing basketball, hanging out," Andre said, noting that his boys are looking most forward to coming on post and taking part in the summer program through Youth Services as well as taking advantage of how open the area is.

"We bought a dune buggy, so we will have to get out in it and see some things in the area," Andre said excitedly, mentioning Tuttle Creek and other

areas on Fort Riley as explorable "buggy" terrain.

"Their plan was to leave me at the house, pack sandwiches in the back and just go out in it, come home all muddy and I'll take care of the rest," Rhonda said, laughing, while her husband smiled, agreeing.

It's not all fun and games, though. They may be parents but they also are both Soldiers, which can present challenges of having enough time at home during certain Army functions and figuring out ways to get their kids where they need to be on time.

As CAB also prepares for deployment, both Bryants will have to figure out a way to deal with single parenthood while Rhonda does her duty overseas. "We'll work it out. Time management is our biggest concern," Andre said, adding that if such challenges are presented to younger Soldiers he could see where difficulties could arise, which is why Rhonda explained Family can extend out to friends as people to be relied on and leaned upon in times of need.

"Whether it be blood relative or not, it's important," she emphasized.

(continued on page 16)



## FAMILY HELP CONTACTS ON POST

- Army Community Service – 785-239-9435  
Programs include:  
Parent Education  
Spouse Abuse Prevention and Education  
Safety Education  
Education for Professionals  
Respite Care Program and Services  
Parenting Classes  
Stress Management Workshop  
New Parent Support Program  
Family Extension Program  
Victim Advocate Program and Services  
Sexual Assault Program and Response
- Strong Bonds, a Chaplain-based program which tries to develop relationship resiliency – 785-239-5313.
- Family Life Ministries Center – 239-3436

### Other Helpful numbers:

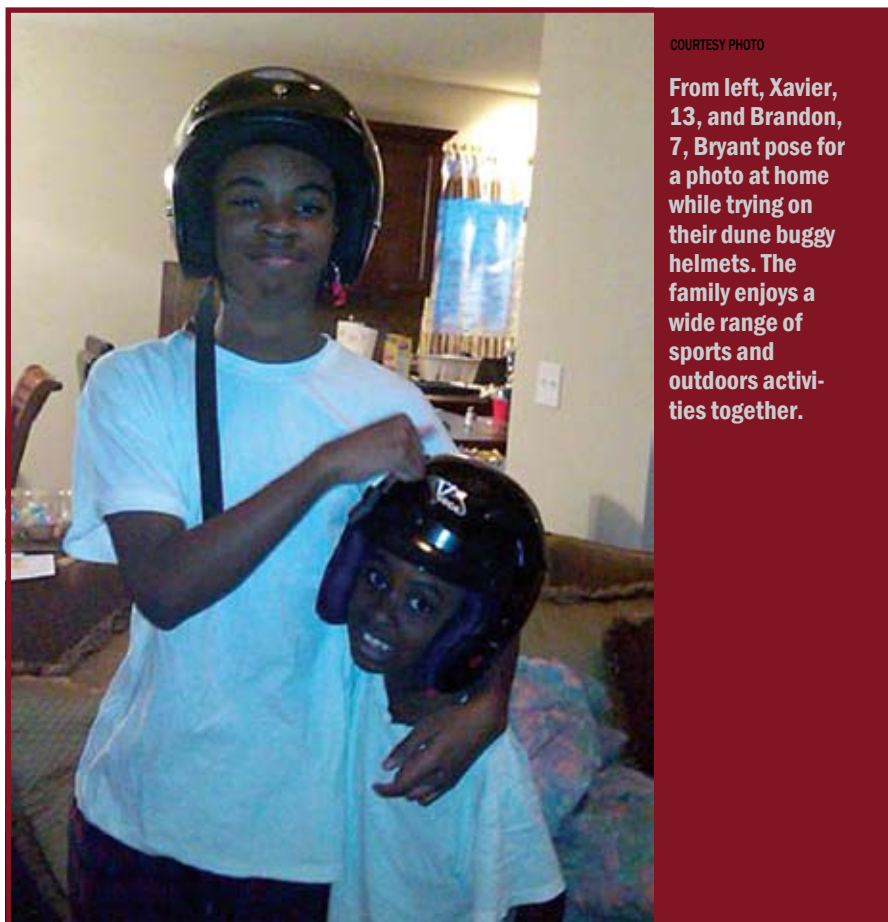
- Chaplain (after hours) – 239-3359
- IACH Emergency Room – 239-7777
- Family Advocacy Program – 239-9435
- Legal Assistance – 239-3117
- Report abuse – 239-6767
- Victim Advocate Program and Sexual Assault Response Program 24 hour Hotline – 785-307-1373.

### Helpful Web sites

- [www.militaryonesource.com](http://www.militaryonesource.com)
- [www.armywell-being.org](http://www.armywell-being.org)

## FAMILY HELP CONTACTS OFF POST

- Kansas Legal Services – 1-800-723-6953
- Domestic Violence Sexual Assault Hotline – 1-888-363-2287
- Kansas Coalition Against Sexual and Domestic Violence – 785-232-9784
- National Domestic Violence Hotline – 1-800-799-7233
- National Sexual Assault Hotline – 1-800-656-4673
- Fort Riley Military Police Department – 911 or 239-6767 (business)
- Junction City Police Department – 911 or 762-5912 (business)



COURTESY PHOTO

From left, Xavier, 13, and Brandon, 7, Bryant pose for a photo at home while trying on their dune buggy helmets. The family enjoys a wide range of sports and outdoors activities together.

(continued from page 15)

“Being ‘Army Strong’ is more than just being physical fit,” said Carolyn Tolliver-Lee, ACS Family Advocacy Program Specialist. Tolliver-Lee said anyone in need simply needs to call and set up an appointment for any program and can get started whenever they like. “We’re very flexible,” she said, also noting that if an individual does not want to come straight to ACS they can always seek advice and referrals from unit or Family Readiness Group leaders that are willing to help.

Other areas include classes for money management and marriage strengthening classes for Soldiers just returning from deployments. “If they want it, we will be more than happy to put it together for them,” said Marvin Springer, ACS outreach coordinator. “We’re always willing to talk and we always want to promote a proactive lifestyle,” Tolliver-Lee said.

“We do education. All of our

education is centered around Family life and enrichment,” said Carolyn Tolliver-Lee, ACS Family Advocacy Program Specialist. Tolliver-Lee said anyone in need simply needs to call and set up an appointment for any program and can get started whenever they like. “We’re very flexible,” she said, also noting that if an individual does not want to come straight to ACS they can always seek advice and referrals from unit or Family Readiness Group leaders that are willing to help.

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WHETHER IT’S PUMPING IRON, WATCHING MILES PASS BENEATH JOGGING FEET OR ACTIVELY PROTECTING FREEDOM WHILE OVERSEAS, U.S. ARMY SOLDIERS CAN’T SUSTAIN THEIR STRENGTH WITH MUSCLE ALONE.

FINDING YOUR

# CROSS

TO BEAR

Soldiers discuss rewards gained through strengthening their spiritual resolve

By Jordan Chapman  
Duty First! Magazine

According to Chief Warrant Officer 4 Brian Mucci, 1st Attack Reconnaissance Battalion, 1st Aviation Regiment and his wife, Amanda, Soldiers who fuel their resilience through spirituality are stronger at heart, at peace in their mind and can handle themselves better while deployed.

“If you don’t have those certain values (Soldiers) tend to stress a lot about if their wives are spending all of the money, what she is doing on her free time, is she going out and partying and drinking,” Brian said, explaining such thoughts to be counterproductive to a Soldier.

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## CHAPELS

- **Morris Hill Chapel, 5315 Jackson St.**  
785-239-4685  
Morris hill chapel is home to the gospel congregation as well as a Catholic Mass.
  - **Kapaun Chapel, 7086 Normandy Drive**  
785-239-4818  
Named after Korean War Medal of Honor awardee Ch (Capt.) Emil Kapaun, the chapel serves the Fort Riley community with a contemporary Protestant congregation.
  - **Normandy Chapel, 7865 Normandy Drive**  
785-239-5711  
Home to the Jewish service, an Evangelical Protestant congregation and the Protestant Lutheran congregation.
  - **Saint Mary's Chapel, 3 Barry Ave.**  
785-239-6597  
The oldest chapel on the installation with the cornerstone laid in 1855.
  - **Main Post Chapel, 6 Barry Ave.**  
785-239-6597  
Constructed in 1897, serves the general Protestant community on Fort Riley with a traditional Protestant congregation.
  - **Irwin Army Community Hospital Chapel, 600 Huebner Road 785-239-7871 or 785-239-7872**  
Located on the second floor of Irwin Army Community Hospital.
- \*For a complete list of Fort Riley chapel services, visit <http://143.84.68.5/View/article.aspx?Articleid=686-2002-04-30-37333-53>
- \* Special religious needs or questions about religious support should be directed to the installation chaplain's office at 785-239-3359.

## SERVICES

- **Chaplain's Emergency Help Line - 785-239-4357**
- **Children and Youth Programs**  
Spiritual Ranger Program for male teenagers - 785-239-0979  
Good News Club - 785-239-0979  
Club Beyond - 785-539-0312 or 785-239-0979
- **More Spirituality Services**  
Family Life Counseling Services,  
Pre-Marital Seminars and Marriage  
Enrichment Classes - 785-239-3436

(continued from page 17)

"When you have that spiritual fitness, especially with your spouse, it makes it a lot easier to handle all of that. You have that trust and you have that relief to know with those values, comes a lot less worries," he said. Brian emphasized that all religions are similar nature and with those similarities comes the same belief set that will help a Soldier stay strong.

Patience is one such quality the couple has gained by growing together in spirituality, a quality Amanda, a sergeant in the Army before she completed her service, said she and her husband will both use when he deploys this month.

It's a deployment both admit will be the largest hurdle their Family has had to face because Brian will have to leave all care of their 9-month-old, Kristina, to Amanda. She won't be without help, though.

"I had started searching for a book that tells me how to do this and how to act, but I realized I have a book for that. I have the Bible. The Lord has been there for everyone before me and he's going to be there for me too during our separation," Amanda said, mentioning a Bible study she is a part of that helps women with deployed spouses.

"We learn how to embrace God and how to grow our relationship as we're divided with the Lord as a foundation and building up our marriage and trusting each other," she said.

"If we are having a hard time and I'm not sure how to deal with it, being a new mother or Army spouse, whatever we are dealing with, there is always some else there (at Bible study) who has dealt with it before me," she continued. "It is easy to get caught up watching TV and reacting harshly to certain things, but by going to that Bible study, it reminds you to be patient and calm. To take a deep breath and trust God," she explained, comfortable knowing that because Brian knows she will be OK, he can attain a greater focus for his job while deployed.

Spiritual fitness isn't just knowing God, though.

To the Mucci family, having a good spiritual fitness also includes having a trust and love that will help them feel together



COURTESY PHOTO

**Chief Warrant Officer 4 Brian Mucci, 1st Attack Reconnaissance Battalion, 1st Aviation Regiment and wife, Amanda, take a portrait with 9-month-old, Katrina.**

while apart. One method they have chosen is by way budgeting and finances.

"We have been taking a course on budget; we'll work that together while deployed. I think a lot of Soldiers don't have that and their spouses are back here without having set up a plan. Our plan is focuses around our spiritual beliefs," the couple said. "It's something for us both to be working toward while we're separated."

Spouses are not the only Soldiers able to attain spirituality. Amanda said she wished she had connected with her own spirituality more while serving her years in the Army, explaining that a good noncommissioned officer can pull tremendous strength and make better decisions when that NCO has a strong connection with their God.

"The closer I get to the Lord the more patient I am, and that is something I really needed (while serving) ... I think the more spiritual you are the better leader you can be. Your slower to speak and slower to anger," she said, a statement her husband could agree with.

"When I'm not feeling depressed or angry, when I'm in a good place, I'm in a good place all the way around," he said, explaining that he felt the spiritual pillar to be a support that feeds into the other four pillars of emotional, social, family and physical fitness.

"I've never felt this good as a Soldier before," he said. ▀



1ST INFANTRY DIVISION PUBLIC AFFAIRS  
**Soldiers from 1st Sqdn., 4th Cav. Regt., 4th Infantry Brigade Combat Team, pause while their chaplain prays before they deploy from Fort Riley to Baghdad, Iraq, in Feb. 2007.**



SFC SAMUEL SOZA



Maj. Gen. Vincent Brooks, commander, 1st Infantry Division, and Command Sgt. Maj. Jim Champagne, division command sergeant major, unfurl the 1st Inf. Div. flag Feb. 2 during the Transfer of Authority ceremony at Contingency Operating Base Basra.

# Big Red One returns to Iraq

## Soldiers to help secure national elections

1st Infantry Division Public Affairs Office

**BASRA, Iraq** — The 1st Infantry Division's return to Iraq was marked Feb. 2 with a Transfer of Authority ceremony at Contingency Operating Base Basra.

The Division Headquarters and Headquarters Battalion assumed responsibility of United States Division – South from the 34th Inf. Div.

"It's an honor for the 1st Infantry Division to return to Iraq to serve again," said Maj. Gen. Vincent Brooks, commanding general of the 1st Infantry Division.

One of the first responsibilities Big Red One Soldiers will have is to facilitate the national elections on March 7 and the seating of the Council of Representatives, which Brooks said is a "positive indication of a sovereign country on the path to democratic success."

The 34th Inf. Div., led by Maj. Gen. Rick Nash, took control of the nine provinces that make up U.S. Div.-South about 10 months ago.

Nash recounted the accomplishments of the 34th Inf. Div. and the Iraqi Forces with which they worked, including the Department of Border Enforcement.

"Inland waterways, once a reliable route for smugglers, criminals and terrorists have been superbly controlled

by Coast Border Guard patrols," Nash said.

He also remarked on the role of the Iraqi Police in disposing of explosive ordinance and responding to improvised explosive devices while "advancing the Rule of Law."

"The IP across southern Iraq have done an outstanding job," he said.

Lastly, Nash praised the Iraqi army's 8th, 10th, and 14th divisions for their work and interaction with the Iraqi Air Force and other units in the area, commending their "unit readiness, tactical proficiency and logistical improvements."

The 1st Inf. Div. deployed from Fort Riley in January and is slated for a 12-month deployment. ▀

## Iraqi contingent thanks outgoing commanders, meets new division leadership

By Staff Sgt. Christopher Carney  
367th MPAD

**COB BASRA** — A group of leading Iraqi religious, civilian and military leaders met Jan. 28 with the incoming and outgoing commanders of United States Division – South at Contingency Operating Base Basra.

The event allowed leaders from local provinces a chance to thank Maj. Gen. Rick Nash, commander, 34th Infantry Division, for the work done and the relationships built during the past 10 months, while also meeting Maj. Gen. Vincent Brooks, 1st Inf. Div. commander and incoming U.S. Div.–South commander.

The event was informal and provided the participants time for talking, enjoying tea and partaking in a traditional meal together.

The meeting was intended to ensure that the various close and personal relationships built with local leaders and the community during the 34th Inf. Div.'s tour continue under the 1st Inf. Div.'s watch.

"We in the 1st Infantry Division are honored to be able to come to Basra and become partners with each of the guests and organizations represented today," Brooks said.

"This division is committed to the continuing partnership that was established by the 34th Division," Brooks added. "We all have great respect for what the Red Bulls have done during their time here, and we wish them all the best as they go into the future."

Nash welcomed Brooks and guaranteed the guests that they are in great hands with 1st Inf. Div. and that things would only improve under their guidance.

"The last 10 months have brought positive progress to southern Iraq," Nash said. "The advances in civil capacity and economic improvement are solid, coupled with the tremendous work of the Iraqi Security Forces."

"I am confident that the future of Iraq is bright," Nash added. "I will return in the future to see a land of peace and prosperity." ▀



SFC JASON KEMP

Women's basketball teams representing the 34th and 1st Infantry Divisions met on the court Jan. 24 to put a different spin on the usual transition between incoming and outgoing units at Contingency Operating Base Basra.

## Hoops game ushers in division changeover

By Sfc. Samuel Soza  
367th MPAD

**BASRA, Iraq** — As the 1st Infantry Division arrives and the 34th Inf. Div. prepares to depart, the torch of responsibility is passed on many levels, but never quite as literally as when women's basketball teams representing each division faced off Jan. 24 in a game at Contingency Operating Base Basra.

The game continued a tradition of friendly rivalry between incoming and outgoing units at COB Basra.

The 34th Inf. Div. initiated the challenge, said Maj. Michelle Isenhour, of Jackson, Mich., 1st Inf. Div. signal operations chief.

"First ID is definitely going to win," Isenhour, the team's unofficial captain said before the game.

Soldiers normally experience the transfer of authority while standing in formation during a ceremony, but this tradition sought to bring them together on a more personal level, said Lt. Col. Stefanie Horvath, a 34th Inf. Div. communications officer acting as the team's captain.

"It's a tradition we set with units on COB Basra, and it turned into a different way to exchange with people," Horvath said.

In 2009, the 34th Inf. Div. played a game against the 2nd Brigade Combat Team, 4th Inf. Div., which was preparing to leave Iraq. The 34th Inf. Div., looking to claim a win after their loss when they arrived in Iraq, turned up empty handed as they lost the match with the 1st Inf. Div., 7-10.

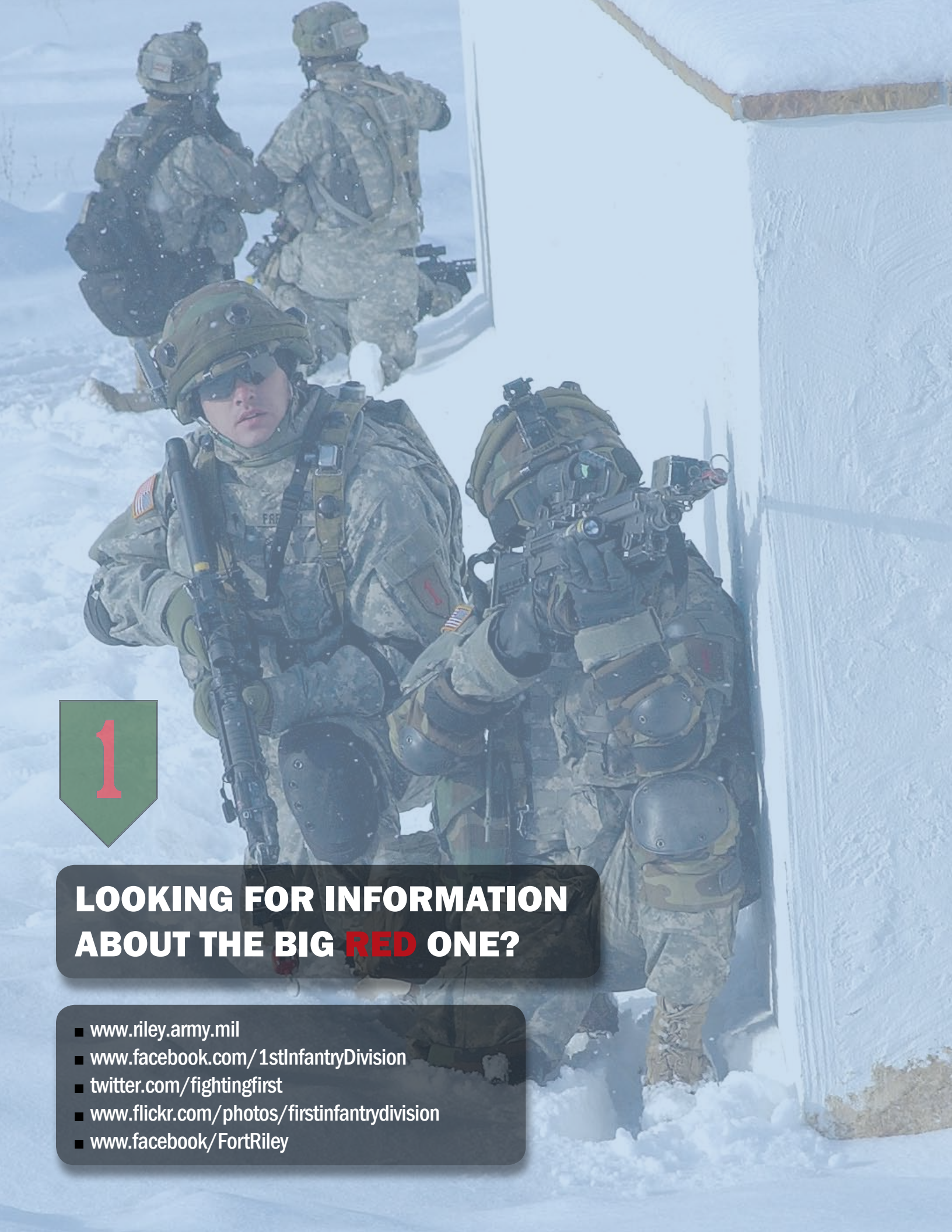
Isenhour said that this early interaction with the 34th Inf. Div. will be beneficial for the incoming 1st Inf. Div. players.

"It's important because they've been through the experience of 'the year,'" she said. "It shows that you can make it the year and still maintain a positive attitude."

Despite the loss, the game was valuable for the "Red Bulls" because it helped their players slow down during the busy period of preparing for the return home, Horvath said.

"Everybody knows the best part about the Army is the people," she said. ▀





1

## LOOKING FOR INFORMATION ABOUT THE BIG **RED** ONE?

- [www.riley.army.mil](http://www.riley.army.mil)
- [www.facebook.com/1stInfantryDivision](https://www.facebook.com/1stInfantryDivision)
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