

THE **1ST INFANTRY DIVISION POST**

For Fall Apple Day Festival coverage, see pages 11-14.

★ 1DivPost.com

FRIDAY, OCTOBER 11, 2013

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FORT RILEY, KAN.

IN BRIEF

For traffic updates, please see the Traffic Report on page 2 or visit www.riley.army.mil and click on "Advisories."

For general information about events and services at Fort Riley, visit www.facebook.com/FortRiley or follow @FortRiley on Twitter. For information about ceremonies at Fort Riley, follow @USACCeremonies on Twitter.

Individuals wishing to submit a news brief for publication in the newspaper should email usarmy.riley.incom.mbx.post-newspaper@mail.mil with all pertinent information no later than one week prior to desired publication. Information required to print a news brief includes time, date, location and contact information for events.

The Office of the Staff Judge Advocate Legal Assistance Office hours would like to remind customers of its hours. Hours are 9 a.m. to 5 p.m. Monday to Thursday and 9 a.m. to 3 p.m. Friday. Walk-in appointments are available from 1 to 4 p.m. Monday to Thursday. All power of attorney and notary services are available from 8 a.m. to 5 p.m. Monday to Thursday and from 8 a.m. to 3 p.m. Friday.

Due to upgrades being completed at Army Emergency Relief Headquarters, Fort Riley AER will be unable to provide emergency financial assistance until after 8 a.m. Oct. 15. During this window, all requests for AER assistance are to be referred to the American Red Cross Call Center at 1-877-272-7337. AER also will be unable to clear Soldiers during this period. Fort Riley AER staff will still be available for advice and information regarding AER assistance during this time. For more information, call 785-239-5032.

The Fort Riley Emergency Management Office is teaming up with Barton Community College to host Community Emergency Response Team training. The training will educate people about disaster preparedness for hazards that may impact their area and will train them in basic disaster response skills. It will take place from 6 to 9 p.m. every Tuesday night between Oct. 15 and Dec. 10. Soldiers, Department of Defense civilians and government contractors are invited to attend. For more information or to register, call 785-239-6395.

Retiree Appreciation Day will be Oct. 18 at Fort Riley. The day serves to provide a venue where retirees, spouses of retirees and soon-to-be retirees can obtain information on benefits and programs. The event also will recognize and express Fort Riley's appreciation for retirees. Events will include a guest speaker, lunch and a health and benefits fair. For more information, call 785-239-3320.

A fall Hiring Fair will be from 2 to 6 p.m. Oct. 22 at Riley's Conference Center. For more information, call 785-239-9435.

SAFETY HOLIDAY

As of Thursday, Oct. 10,



days have passed since the last vehicular fatality on Fort Riley. Seventy-eight more and the post will celebrate with a safety holiday to take place at each unit's discretion.

The next USAG Resilience Day Off will be:

OCT.
25

Fort Riley civilian workers return to duty

FORT RILEY PUBLIC AFFAIRS

A majority of Fort Riley civilian employees returned to duty Oct. 7, following an Oct. 5 announcement by Secretary of Defense Chuck Hagel recalling most of the Department of Defense civilians. DoD civilians were placed on emergency furlough as a result of the federal government shut-

“The professionalism our civilian employees – those excepted and those furloughed – have shown despite personal hardships during this shutdown is admirable.”

COL. ANDREW COLE | FORT RILEY GARRISON COMMANDER

down that began Oct. 1.

“Fort Riley is very pleased with the news from the secretary of defense. It is the right thing to do – to bring

back our civilian workers who are a part of Team Riley and who serve our Soldiers, veterans, retirees and their Family members daily,” said Garrison

Commander Col. Andrew Cole.

The announcement comes after a DoD review of the Pay Our Military Act.

“Immediately after President (Barack) Obama signed the Pay Our Military Act into law (Sept. 30), I directed DoD's acting general counsel to determine whether we could reduce

See DUTY, page 10

READY TO ROLL



Maj. David Ward | 1ST BN, 5TH FA REGT.

Second Lt. Joseph Karl, 1st Pltn., Btry. A, 1st Bn., 5th FA Regt., center, communicates with his higher headquarters, while manning traffic control point operations during the battalion's emergency deployment readiness exercise Oct. 3 at Fort Riley.

'Hamilton's Own' tests rapid response

First Sgt. Artie Herald, senior NCO, Btry. A, 1st Bn., 5th FA Regt., communicates with his unit during an emergency deployment readiness exercise Oct. 3 at Fort Riley.

Maj. David Ward
1ST BN,
5TH FA REGT.By Capt. Chad Tierney
1ST BN, 5TH FA REGT.

Soldiers with the 1st Battalion, 5th Field Artillery Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division conducted an emergency deployment readiness exercise Oct. 3 at Fort Riley.

The readiness exercise tested the unit's ability to deploy under extremely short time constraints. The purpose of the event was to reinforce the battalion's readiness and

See RESPONSE, page 10

Hiring Fair to be Oct. 22 at Riley's

By Jessica Healey
1ST INF. DIV. POST

Job seekers in the Fort Riley community will have the opportunity to attend a fall Hiring Fair from 2 to 6 p.m. Oct. 22 at Riley's Conference Center, 446 Seitz Dr. on Main Post.

“This is a golden opportunity for somebody who is looking to make a face-to-face connection with an employer,” said Jeff Reade, program manager, Employment Readiness Program, Army Community Service, Directorate of Family and Morale, Welfare and Recreation.

See FAIR, page 10

Retiree day set for Oct. 18

By Jessica Healey
1ST INF. DIV. POST

Retiree Appreciation Day will be from 8 a.m. to 3:30 p.m. Oct. 18 at Riley's Conference Center, 446 Seitz Dr. on Main Post.

The annual event is open to all retirees and their families in a four-state area of Kansas, Nebraska, North Dakota and South Dakota.

Soldiers nearing or contemplating retirement and surviving retiree spouses are welcome as well.

“This event offers them the chance to keep up with what's affecting them. It's a good thing,” said Judy Highfill, retirement services officer, Directorate of Human Resources.

See RETIREES, page 10

'Dagger' breaks through mental health stigma

By Staff Sgt. Tamika Dillard
2ND ABCT PUBLIC AFFAIRS

One year ago today, a “Dagger” Soldier couldn't understand why he was constantly having thoughts of killing himself. On the outside, he had the perfect life, but on the inside, everything was falling apart.

“I went to work every day with this fake smile on my face,” said the Soldier, who wished to remain anonymous. “I was in so much pain, but I

just couldn't tell anyone about it. I was praying every day for someone at work to just pull me to the side and ask me what was going on in my life. I felt so hopeless. I just wanted to disappear.”

With all of the resources available for Soldiers within the brigade, the mental health stigma still seemed to stand in the way. The Soldier found himself justifying why he shouldn't seek help.

See STIGMA, page 10



The 2nd ABCT is asking Soldiers to just ask for help if they are considering suicide. Don't try to deal with problems alone.

2ND ABCT

New initiative: Post pilots Soldier for Life program

Retired Capt. Kyle Burns, emergency management coordinator, Overland Park, speaks to a group of Soldiers with the 97th MP Bn. about his job during a Soldier for Life seminar Sept. 30.

Jessica Healey
POSTBy Jessica Healey
1ST INF. DIV. POST

Fort Riley's Army Career and Alumni Program piloted a new initiative Sept. 30 called Soldier for Life. Soldier for Life is designed to partner local communities and employers with Soldiers separating from the Army.

The purpose of the program is for companies to provide job opportunities to transitioning Soldiers who already possess the necessary skill sets for those positions.

“It's really about getting the community involved with helping the Soldiers (who are) leaving the military and helping them have a smooth

transition back into the community into civilian life,” said Lt. Col. Kevin Comfort, commander, 97th Military Police Battalion. “The seminar right now is being structured around municipal government, city, county, local and regional partners who can come in and present job opportunities or job prospects or career fields that maybe the Soldier didn't realize were available out in the civilian world because their skills are easily transferable from the military to civilian life.”

Retired Capt. Kyle Burns, emergency management coordinator, City Manager's Office, Overland Park,

See INITIATIVE, page 10

Culinary whiz 'serves up' military tradition

By J. Parker Roberts
1ST INF. DIV. PUBLIC AFFAIRS

Spc. Corey Maxwell is no stranger to hard work. At age 14, the Orange County, Calif., native obtained a work permit from his high school so he could serve as a dishwasher at a local restaurant.

"It took me about six months to learn every station in the kitchen, on top of doing my normal duties," Maxwell said.

Having been the primary cook for his family since a young age, Maxwell told his executive chef he wanted to move up in the kitchen.

"I knew it was a passion and something I wanted to do," he said.

The chef started Maxwell in the pantry making salads and desserts, then on to pizzas, before being moved up to the main line, cooking pastas and other entrees. Maxwell was made the restaurant's lead cook while he was still in high school.

"My goal from childhood was to always be better than the other guy," he said, adding he regularly competed with his younger brother when grow-

ing up. "Whether it be weekly chores or spring cleaning, I always had to be the best."

He said that's followed him to the kitchen and beyond.

"I always try to be as close to the best as possible," he said. "Granted, there are a lot of talented and hard-working people, but I just always wanted to be right there above it."

Maxwell's drive to be the best served him well in the culinary world. The chef has worked in several kitchens across the country and has even opened restaurants both for others and himself.

That same drive finally led Maxwell to the Army and the 1st Infantry Division. He said he was looking for a change of pace and looking to the example several of his family members set, so he enlisted in 2010.

"I had an opportunity to step away from work and kind of be a little boy again," said Maxwell, who is assigned to Headquarters and Headquarters Company, 701st Brigade Support Battalion, 4th Infantry Brigade Combat Team, 1st Inf. Div. "I got to put on the uniform and got to go do obstacle



J. Parker Roberts, 1ST INF. DIV. Public Affairs, helps out Spc. 25 in the Cantigny Dining Facility on Custer Hill. Maxwell started climbing the ranks of the culinary world at 14, opening several restaurants before joining the Army in 2010.

courses, and go to the range and shoot guns and deploy. I like being a Soldier," Maxwell said. "I like being a part of America's military."

TRAFFIC REPORT

NOTICES

Beginning Oct. 24, asphalt repairs will be taking place on portions of Thomas Avenue, from Water Plant Road to Longstreet Drive. During this time, portions of the road will be reduced to one lane. Please drive with caution and follow flagmen direction during this work. Work times are from 8 a.m. to 6 p.m., as weather and other conditions permit. Repairs are expected to be completed in two days. Please direct all questions regarding these street repairs to Corvias Military Living at 785-717-2200.

With the growth of the Forsyth neighborhood, traffic has increased

at the intersection of Rifle Range Road and Trooper Drive. To improve traffic conditions, the intersection will be replaced with a new roundabout, and direct access to Venable Drive will be removed. The construction project is now to November and will be completed in three phases.

Phase One, which ran through June, included the removal of Venable Drive and the construction of a new two-lane bypass road that allows traffic to continue around the roundabout. A majority of this bypass road will remain as the northbound Trooper Drive bypass of the roundabout. By phasing the construction, the intent is to reduce or eliminate the impact to traffic during the construction of this project.

Longstreet Drive, from A.P. Hill south to Tuttle Avenue, and a portion of A.P. Hill west of Longstreet Drive is closed to thru traffic until summer 2014. This closure is part of the demolition and construction project in the Warner Peterson Neighborhood. Detour signs will be in place. For more information regarding this partial street closure, call Corvias Military Living at 785-717-2200.

Four Corners/Trooper/Ogden: 24/7, Henry: 24/7, 12th Street: Open from 4 a.m. to 7 p.m., Monday to Friday. Closed on weekends and federal holidays.

Rifle Range: Open from 5 to 9 a.m. and 4 to 7 p.m., Monday to Friday, closed on weekends and federal holidays. **Grant:** Open from 5 a.m. to 7 p.m., Monday to Friday; 8 a.m. to 5 p.m. Saturdays; closed on Sundays and federal holidays. **Estes:** Open from 5 a.m. to 7 p.m., Monday to Friday; closed weekends and federal holidays.

ACP HOURS OF OPERATION The Directorate of Emergency Services would like to bring

attention to the available access control points for normal and federal holiday hours.

Submit your comments to Fort Riley leaders through the Interactive Customer Evaluation system. Click on the ICE link at www.riley.army.mil.

RECENT RESULTS OF COURT-MARTIALS

On 16 July 16, a Fort Riley Soldier was tried at special court-martial and was found guilty of one specification of indecent exposure. A military judge sentenced the Soldier to be reduced from E5 to the grade of E1, to forfeit all pay and allowances, to be confined for six months.

On Aug. 1, a Fort Riley Soldier was tried at special court-martial and pursuant to his plea, was found guilty of two specifications of indecent exposure. A military judge sentenced the Soldier to be reduced from E6 to the grade of E4 and to be confined for 100 days.

On Aug. 2, a Fort Riley Soldier was tried at general court-martial and was found guilty of multiple specifications of sexual assault involving multiple children, one specification of producing child pornography, one specification of possessing child pornography and one specification of possessing child erotica. A military panel sentenced the Soldier to be reduced from E5 to the grade of E1, to forfeit all pay and allowances, to be confined for life without eligibility for parole and to be dishonorably discharged from the service.

On Sept. 17, a Fort Riley Soldier was tried at general court-martial and was found guilty of one specification of sexual abuse of a child and one specification of indecent exposure. A military panel sentenced the Soldier to be reduced from E5 to the grade of E1, to forfeit all pay and allowances, to be confined for life without eligibility for parole and to be dishonorably discharged from the service.

On Sept. 10, 2013, a Fort Riley Soldier was tried at general court-martial and was found guilty of one specification of premeditated murder, one specification of resisting apprehension, one specification of making a false official statement, five specifications of larceny and two specifications of wrongful appropriation. A military panel sentenced the Soldier to be reduced from E2 to the grade of E1, to be reprimanded, to forfeit all pay and allowances, to be confined for life without eligibility for parole and to be dishonorably discharged from the service.

On Sept. 17, a Fort Riley Soldier was tried at general court-martial and was found guilty of four specifications of child endangerment and four specifications of assault on a child 16 years and younger. A military judge sentenced the Soldier to be reduced from E4 to the grade of E1, to be confined for 32 months and to be dishonorably discharged from the service.

On Sept. 17, a Fort Riley Soldier was tried at general court-martial and was found guilty of one specification of sexual abuse of a child and one specification of indecent exposure. A military panel sentenced the Soldier to be reduced from E5 to the grade of E1, to forfeit all pay and allowances, to be confined for life without eligibility for parole and to be dishonorably discharged from the service.

On Sept. 17, a Fort Riley Soldier was tried at general court-martial and was found guilty of one specification of sexual abuse of a child and one specification of indecent exposure. A military panel sentenced the Soldier to be reduced from E5 to the grade of E1, to forfeit all pay and allowances, to be confined for life without eligibility for parole and to be dishonorably discharged from the service.



Submit your comments to Fort Riley leaders through the Interactive Customer Evaluation system.

Click on the ICE link at www.riley.army.mil.

Fort Riley Traffic Update 09 Oct 13

0500-0900:	
Vehicle Count 09 Oct 13:	12,745
Vehicle Count 08 Oct 13:	12,376
Henry: 2,465 vehicles, Vehicle Count 8 Oct 13: 2,493 vehicles. Traffic did not back up on I-70. Flash & Go implemented from 0500hrs thru 0700hrs.	
Rifle: 281 vehicles, Vehicle Count 8 Oct 13: 254 vehicles. Flash & Go NOT implemented.	
12th ST: 731 vehicles, Vehicle Count 8 Oct 13: 556 vehicles. Flash & Go NOT implemented.	
Ogden: 2,910 vehicles, Vehicle Count 8 Oct 13: 3,617 vehicles. Flash & Go NOT implemented.	
Trooper: 1,604 vehicles, Vehicle Count 8 Oct 13: 1,651 vehicles. Flash & Go NOT implemented.	
4 Corners: 320 vehicles, Vehicle Count 8 Oct 13: 353 vehicles. Flash & Go NOT implemented.	
Grant: 1,606 vehicles, 8 Oct 13: 1,574 vehicles. Flash & Go NOT implemented.	
Estes: 2,828 vehicles, 8 Oct 13: 1,678 vehicles. Flash & Go NOT implemented.	

Duty First



Sgt. Dana Moen | 1ST SUST. BDE.
Sgt. Randolph Clay, Nodal Network systems operator and maintainer with 267th Signal Co., 541st CSSB, begins the knowledge exam during the 1st Sustainment Bde.'s NCO and Soldier of the Quarter competition Sept. 26 at Fort Riley.

'Durable' Soldiers triumph as NCO, Soldier of Quarter

By Sgt. Dana Moen
1ST SUST. BDE. PUBLIC AFFAIRS

Five Soldiers competed in the 1st Sustainment Brigade Noncommissioned Officer and Soldier of the Quarter competition Sept. 24 to 27 at Fort Riley.

Sgt. Charles York, automated logistical specialist, 1st Support Maintenance Company, 541st Combat Sustainment Support Battalion, 1st Sustainment Bde., and Spc. Benjamin McPherson, explosive ordnance disposal specialist, 630th Explosive Ordnance Disposal Battalion, took the top spots as NCO and Soldier of the Quarter. They are now eligible to compete in the division competition Oct. 7 to 10 at Fort Riley.

"I think it was an eye-opening experience," said York, a West Plains, Mo., native. "It gives us an opportunity to learn some things we probably need to pass on during sergeant's time training."

Seven events were scored during the competition: An Army Physical Fitness Test, weapons qualification at the Engagement Skills Trainer, day-and-night land navigation, a



Sgt. Dana Moen | 1ST SUST. BDE.

Spc. Benjamin McPherson, EOD specialist, 630th EOD Co., 84th EOD Bn., poses in his ASUs before the evaluation board during the 1st Sustainment Bde.'s NCO and Soldier of the Quarter competition Sept. 27 at Fort Riley.

knowledge exam, written essay and an evaluation board.

The three runners up were Sgt. Raymond Baria, Stryker systems maintainer, 172nd Chemical Co., 84th EOD Bn.;

Sgt. Randolph Clay, Nodal Network systems operator,



Sgt. Charles York, 1ST SUST. BDE.

maintainer, 267th Signal Co., 541st CSSB; and Spc. Juvenston Marselle, motor transport operator, 24th Transportation Co., 541st CSSB.

"It was a great competition," Marselle said. "They kind of put me to the test."

THROUGH THE YEARS



"Old Trooper," a statue modeled after the drawing "Old Bill" by Frederick Remington, is hoisted from a truck at Fort Riley. The monument, which stands at the intersection of Sheridan and Forsyth avenues, was erected in the 1980s as a tribute to the U.S. Cavalry.

'Devil' Brigade Soldiers graduate from First Responder's Course

By Staff Sgt. Bernhard Lashleyldner
1ST ABCT PUBLIC AFFAIRS

About 68 Soldiers with the 1st Armored Brigade Combat Team, 1st Infantry Division graduated from the initial Devil First Responder's Course Sept. 20 at Fort Riley.

The Devil First Responder's Course was additional training for those who were already certified as Combat Life Savers. The purpose of the course was to enhance the medical capabilities of CLS Soldiers, reduce loss of life and increase medical proficiency among combat medics.

"The training was excellent," said Pfc. Timothy Kight, cavalry scout, Troop B, 4th Squadron, 4th Cavalry Regiment, 1st ABCT. "They should replace the CLS class with the Devil's First Responder's Course because we get more hands-on training, and it reinforces the information that you have already learned."

The ceremony began with a story from Col. John Reynolds II, 1st ABCT commander, reflecting on a first lieutenant wounded by a rocket-propelled grenade in the streets of Mogadishu in 1993.

"The first person the lieutenant saw when he opened his eyes was a Soldier with a (CLS) bag," Reynolds said.



Staff Sgt. Bernhard Lashleyldner | 1ST ABCT

Soldiers with the 1st ABCT simulate decontaminating themselves after a chemical and biological attack during the Devil First Responders Course Sept. 16 to 20. This portion of the course introduced Soldiers to hazards they may encounter on the battlefield as first responders.

"We do not know who the first responder will be, we do not know who will receive the life-saving skills, but what we do know is they will be critical to mission success."

What makes the training so different from standard CLS training is Soldiers receive more hands-on training and medical knowledge.

Initial training included a CLS test and refresher didactic skill training. It was followed with practical scenario training, where Soldiers had to control bleeding with and

without a tourniquet, open an airway, treat penetrating chest trauma and advance patient movement with a litter.

Candidates also learned emergency medical services lanes and completed a six-mile ruck march.

After the five-day training, 68 Soldiers graduated from the course.

"I am proud and encouraged by your commitment and desire to serve," Reynolds said. "(And) your ability to achieve something that no one else has done."

'Truckmasters' Soldiers conduct response validation exercise

By Sgt. V. Michelle Woods
1ST SUST. BDE. PUBLIC AFFAIRS

Severe tornadoes have struck large areas of Oklahoma, with destruction of local infrastructure being reported. Army and Oklahoma National Guard assets also have been damaged, resulting in limited state and internal support.

The secretary of defense has activated a designated response element and operational plans to handle the situation.

Destruction of logistical assets in the area has limited support to the local population, and national news outlets report widespread looting of supermarkets and supply activities because of insufficient police activity in major metropolitan areas. Civilians are reported armed with hunting rifles and pistols. The governor of Oklahoma has instituted martial law.

This type of fictional scenario is exactly what Soldiers with the 24th Transportation Company, 541st Combat Sustainment Support Battalion, 1st Sustainment Brigade, 1st Infantry Division prepared for during a validation exercise Sept. 16 to 20 at Fort Riley.



Capt. Samantha Smay | 24TH TRANS. CO.
Soldiers with the 24th Trans. Co. pull security during a validation exercise Sept. 16 to 20 at Fort Riley. Part of the exercise included establishing an area for tactical operations and to protect and defend resources.

Capt. Samantha Smay, commander, 24th Trans. Co., said the unit is expected to deploy and conduct operations in support of Defense Chemical, Biological, Radiological, Nuclear Response Force and Severe Weather missions within a 24-hour notice to anywhere within the U.S.

In the scenario the "Truck-

See VALIDATION, page 9

WWW.IDIVPOST.COM

HOUSE
FILL AD

IACH shop helps 'brace' community

By Pat Fisher
IACH

The Irwin Army Community Hospital has a recent addition that saves the hospital, and, ultimately the taxpayer, a lot of money, saves patients valuable time and is environmentally friendly as well.

It's a new state-of-the-art system that produces hundreds of foot orthotics each month. Orthotics is a branch of medicine that deals with the use of artificial or mechanical aids, like braces, to prevent or assist movement of weak or injured joints or muscles.

The system is located in the hospital's basement Brace Shop and includes a computer-controlled milling machine, which works in conjunction with a five-camera laser foot scanner to "map" out each individual's feet. Once a patient's feet are scanned, the information is then sent to a nearby milling machine, where a custom-made set of foot orthotics is made from a block of thermoplastic.

Ninety percent of all bracing required by IACH patients is available from its Brace Shop, according to Dave Funk, certified orthotist, IACH, and head of the Brace Shop.

"Some are off the shelf from outside vendors," Funk explained. "Others, like those for feet, get made here in-house."



Pat Fisher | IACH

Dave Funk, IACH orthotist, monitors the manufacturing process of a pair of foot orthotics at the hospital's new, state-of-the-art orthotic milling machine. Since the machine was installed in the Brace Shop, close to \$15,000 has been saved over the previous manufacturing process.

Funk said the new manufacturing process helps the entire Fort Riley community.

"We provide braces from head to toe for everyone who is eligible for care here at (IACH)," he said. "But because of our support of the infantry Soldier, those for the feet are most in demand here. Think of us as a sports injury clinic. We care for a lot of joint injuries."

Before the new machine arrived in July, the Brace Shop personnel had to make foot orthotics with a mold of the foot, and, then, an eventual plaster cast. Now, they take a three-dimensional picture of the foot with their five-camera scanner and send the data to the milling machine.

"Since July 4, we have made orthotics for 275 patients at a

savings of about \$15,000 over the old manufacturing process," Funk said.

Funk, a former National Guardsman, has a crew of two – Mike Kelly and Bill Maynor – to help with the service.

"Plus all the excess material that is milled away to make the foot orthotics gets recycled," Funk said.

FOR YOUR HEALTH

Which is better: Flu shot or nasal spray vaccine?

By Sgt. Terence Ellis
and Zachary McCormick
USAFPHC

Each year, the influenza or "flu" virus makes millions of people ill worldwide. Children, the elderly, pregnant women and those with weakened immune systems are at highest risk of developing flu-related complications that can lead to

hospitalization or even death.

The best way to prevent the flu is by receiving an annual influenza vaccination.

The Centers for Disease Control and Prevention recommends everyone over the age of 6 months get vaccinated against influenza.

There are two primary types of influenza vaccine – the flu shot and the nasal spray. The flu shot comes in

several different forms that target a variety of age groups, from 6 months and older. All forms of the flu shot contain inactivated or killed virus and are administered as an injection in the upper arm or in the thigh for infants. Your health care provider will determine which form is right for you based on age, allergies and health conditions.

The nasal spray vaccine, or

the live, attenuated influenza vaccine, is commonly known by its trade name, "FluMist," and offers protection to healthy people, from 2 to 49 years old, and adults who are not pregnant. The FluMist contains a live, but weakened flu virus that cannot cause flu illness.

Studies comparing the flu shot to the nasal vaccine have

See VACCINE, page 10

FACES OF IACH

Each week Irwin Army Community Hospital features one provider to introduce him or her to the community and highlight available services for patients.



Pfc.
Reyes

PFC. ALBERT REYES
MENTAL HEALTH SPECIALIST

Hometown: Oxnard, Calif.

Start date at IACH: Dec. 1, 2012

Years in area of specialty: Nine

What do you like about working at IACH? I like the friendly environment and my fellow coworkers.

What should patients know about you? I will do my best to provide patients the best possible care.

How are you dedicated to wellness and inspiring trust? I'm very dedicated to giving my all an inspiring wellness and trust.



IRWINFORMATION

I understand my same-sex spouse can now file past medical claims. How does he or she do this?

Once your spouse shows up as eligible for benefits in the Defense Enrollment Eligibility Reporting Systems, he or she can file claims

for care received on or after June 26, 2013, or back to the date of marriage, if married after June 26, 2013.

Go to Tricare's Medical Claims page to learn how to file a claim and how Tricare works with other health insurance.

If you have a question for IrwinInformation, send it to IACHInformation@amedd.army.mil or call 785-239-8414.



Cell phone use while driving is prohibited on post. Phone calls may be made only with a hands-free device. Texting is included in the ban. Failure to adhere to policy will result in a \$75 fine.

RILEY ROUNDTABLE

What is the greatest invention in your lifetime?



"The Internet. Everything got faster, and people got connected. Words got shorter."

PFC. JOHN ALVARADO | DALLAS
Cable installer - Maintenance Division
DHHB, 1st Inf. Div.



"I think 'Minecraft' because it's one of the best video games I've ever played."

JAZLYN HEALEY | BEL AIR, MD.
10 years old



"I think hybrid cars are the greatest invention of my lifetime because it's combining two different resources in one vehicle."

SGT. MATTHEW GRANT
SUNSHINE, ALASKA
Fueler - 5TB, 2nd ABCT



"Facebook because it makes it easier to keep in touch with my distant family and friends, and it makes me laugh."

PFC. JONATHAN CASTRO
SAN ANTONIO
Cavalry scout - 2nd Bn., 94th Armor Regt.



"Not in my lifetime, but the greatest modern invention is roller skates because I play roller derby, and roller derby is the greatest sport ever."

SGT. RACHAEL THOMPSON
SMITHTOWN, N.Y.
Medic - 1st Bn., 16th Inf. Regt.

THE 1ST INFANTRY DIVISION POST

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COMMANDING OFFICER AND PUBLISHER
Maj. Gen. Paul E. Funk II
PUBLIC AFFAIRS OFFICER
Lt. Col. Steve Ryan
PRINTER
John G. Montgomery
FORT RILEY EDITORIAL STAFF
EDITOR
Flavie Hulseby
ASSISTANT EDITOR
Dena O'Dell
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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 a fax 785-239-2592 or e-mail usarmy.riley.incom.mbx.post-newspaper@mil.mil

DOD LIVE BLOG

DoD affirms commitment to Family support

By Rosemary Freitas Williams
MILITARY COMMUNITY AND FAMILY POLICY

The government shutdown has affected a wide range of services, but we are doing all we can to maintain our covenant with the military community at the Department of Defense. This blog previously addressed the effect of a shutdown on these services, but I want to reiterate the key places our military community can turn to for assistance:

MILITARY ONESOURCE
The Military OneSource website and call center are fully operational. Military OneSource is a defensewide program that promotes the quality of life of service members and their families by delivering information, referrals, confidential counseling and other services in person, online and by telephone. The service is available worldwide 24/7 at no cost to the user and regardless of the service member's activation status. Visit their website or call 1-800-342-9647.

MILITARY FAMILY LIFE COUNSELOR PROGRAM
The MFCLP program is fully operational. These highly-trained professionals provide non-medical counseling to address issues requiring short-term attention, including everyday stressors, deployment and reintegration concerns, parenting, grief and loss, and marital issues. If an MFCLC is unable to access the installation during a shutdown, they will work off-site until they are able to access the installation.

JOINT FAMILY SUPPORT ASSISTANCE
The JFSAP program is fully operational. JFSAP serves members and Families from all components and collaborates with existing military and

Family support resources to augment their activities and fill gaps where they exist. JFSAP is tailored to the needs of geographically dispersed military Families, including National Guard and Reserve. The JFSAP program provides the following services and resources:

- Information and referrals to community services and support.
- Non-medical counseling and education to individuals, families and groups.
- Child and youth services, including assistance locating child care.
- Financial education and counseling.
- On-demand support for Yellow Ribbon Reintegration Program and other deployment events.

should be contacted directly for availability of services. Here at Military Community and Family Policy, we fully recognize the commitment and sacrifices made by our military Families.

The government shutdown has us operating within extraordinary constraints, but we will not waiver in our promise to support the needs of our service members, their Families and survivors.

For a complete list of Family support program availability and impacts during shutdown, read our previous post at www.dodlive.mil/index.php/2013/10/continuing-family-support-during-a-government-shutdown-2/.

Fort Riley's Victory Center, which provides many resiliency and wellness programs, remains open during the federal government shutdown.

DEFEATING ALZHEIMER'S DISEASE

Time to combat Alzheimer's disease is now

By U.S. Sen. Jerry Moran
SPECIAL TO THE POST

Every 68 seconds, someone in America develops Alzheimer's disease - a devastating and irreversible brain disease that slowly destroys an individual's cognitive functioning, including memory and thought.

Kansas City physician Dr. Richard Padula and his wife, Marta, had been married for 51 years, when he was diagnosed with Alzheimer's disease in 2006. It is difficult to imagine the anguish Dick, Marta and their family and friends experienced as he deteriorated from a leading heart surgeon, into someone unable to comprehend a newspaper article. Unfortunately, these heart-wrenching stories have become all too common. Alzheimer's affects 5.2 million people in the U.S. and more than 35.6 million worldwide. As the population ages, the number of people diagnosed with Alzheimer's after age 65 will double every five years, while the number of individuals 85 years and older with this disease will triple by 2050. Already, Alzheimer's is the sixth leading cause of death in the U.S., and there is no cure, no diagnostic test and no treatment for this terrible disease.

As a nation, we must commit to defeating one of the greatest threats to the health of Americans and the financial well-being of our country. In 1962, President John F. Kennedy called our nation to action to reach the moon by the end of that decade. We need to commit ourselves to a goal no more ambitious and just as imperative. We must strive to achieve not only an effective treatment, but a cure for Alzheimer's over the next decade. Kennedy's words still ring true today - we should choose this endeavor, "because that goal will serve to organize and measure the best of our energies and skills, because that challenge is one that we are willing to postpone, and one which we intend to win."

years, surpassing health care expenses for both heart disease and cancer. Without a way to prevent, cure or effectively treat Alzheimer's, it will be difficult - if not impossible - to rein in our nation's health care costs. Alzheimer's has become a disease to define a generation, but if we focus and prioritize our research capacity, it does not need to continue as an inevitable part of aging.

It is time to truly commit to defeating this disease in the next decade - a goal no more ambitious than the goal set forth for the Apollo space program. For every \$27 Medicare and Medicaid spends caring for individuals with Alzheimer's, the federal government spends only \$1 on Alzheimer's research. Yet, research suggests more progress could be made if given more support. One study found a breakthrough against Alzheimer's that delays the onset of the disease by five years that would mean an annual savings of \$362 billion by 2050. A sustained federal commitment to research for Alzheimer's will lower costs and improve health outcomes for people living with the disease today and in the future.

As a ranking member of the Senate Appropriations subcommittee that funds the National Institutes of Health, or NIH, the focal point for our nation's medical research

infrastructure, I am committed to prioritizing funding for Alzheimer's research.

This year, the Senate subcommittee increased funding for the National Institute on Aging - the lead institute for Alzheimer's research at the NIH - by \$84 million and supported the initial year of funding for the new presidential initiative to map the human brain. Both projects will increase our understanding of the underlying causes of Alzheimer's, unlock the mysteries of the brain and bring us closer to effective treatments, and one day, hopefully, a cure.

Alzheimer's is a defining challenge of our generation. We must commit to a national goal to defeat this devastating disease over the next decade by supporting the critical research carried out by the scientists and researchers across our nation supported by the NIH.

The health and financial future of our nation are at stake, and the U.S. cannot afford to ignore such a threat. Together, we can make a sustained commitment to Alzheimer's research that will benefit our nation and bring hope to Families like the Padulas, as well as future generations of Americans. The challenge is ours, and the moment to act is now.

EYE INJURY PREVENTION MONTH

Campaign encourages using protective eyewear

Editor's note: October is the American Academy of Ophthalmology's Eye Injury Prevention Month. The "Shields of Sight" campaign promotes preventative, injury response measures to protect service member's prime asset - their vision.

WALTER REED NATIONAL MILITARY MEDICAL CENTER

To encourage the use of appropriate protective eyewear and promote vision-saving, injury response practices, the Vision Center of Excellence, or VCE, launched the "Shields Save Sight" campaign in conjunction with the American Academy of Ophthalmology's, or AAO, observance of Eye Injury Prevention Month. "Many of the eye injuries sustained on- and off-duty are preventable," said Dr. Mary Lawrence, VCE interim executive director. "The Shields Save Sight campaign educates service members on the best

ways to prevent eye injuries and provides them with the information and resources necessary to safely respond to an eye injury. Up to 90 percent of eye injuries may be preventable with the use of eye protection. Our goal is to provide service members with the information necessary to make a lasting impact on their vision."

The Shields Save Sight campaign will promote vision protection by sharing information on the VCE website, as well as its new Facebook and Twitter pages. Activities launched Oct. 1.

TOP FIVE FACTS

- More than 1 million eye injuries occur in the U.S. every year, with about 2,000 eye injuries occurring every day.
- The second most common injury to service members serving in Iraq and Afghanistan is serious combat eye trauma.
- Shield your eyes - Ninety percent of eye injuries that

happen both on- and off-duty can be prevented by wearing Department of Defense-approved, eye protection listed on the Authorized Protective Eyewear List, or APEL. Gear on APEL are tested against ballistic fragmentation protection requirements. Only APEL eyewear is authorized for combat and training.

About 70 percent of eye injuries are caused by falling, flying or projectile objects, like dust, debris and rocks. Wearing eye protection as a shield when performing daily chores, like lawn care, cleaning and car maintenance, can shield you from potential injuries.

If an eye injury does occur, do not patch or put pressure on the eye. Putting the slightest pressure on the eye, like with a patch or pressure dressing, may compound the injury, causing permanent damage. Instead, shield the eye for protection with a protective hand covering, like a rigid eye shield, intact APEL eye-

wear or using the open side of a disposable cup, secured with tape away from the eye area.

For additional information about eye health and the Shields Save Sight campaign, visit vce.health.mil/eyeshields.

ABOUT VCE

The VCE is a leading advocate for improving vision care for service members and veterans. Working with the Military Health System, Veterans Health Administration and other Centers of Excellence, the VCE leads efforts to enhance collaboration between the DoD and the Department of Veterans Affairs in order to improve vision health, optimize readiness and enhance quality of life for service members and veterans through initiatives focused on the prevention, diagnosis, mitigation, treatment and rehabilitation of disorders of the visual system. For more information visit www.vce.health.mil.



Lead staff members from the U.S. Army Corps of Engineers, Kansas City District, speak to a group from the Kansas Energy Conference about the energy efficient features of the post's new hospital during an Oct. 2 visit to Fort Riley.

Jessica Healey
POST



Post shows off energy-efficient construction to Kansas group

Editor's note: This is the second installment of a four-part series about Energy Action Month.

By Jessica Healey
1ST INF. DIV. POST

Fort Riley is working on new projects to increase energy efficiency, which attracted a group of visitors Oct. 2 to the post.

"Fort Riley is a local leader in energy efficiency, not just during Energy Action Month, but all of the time. That attracted the attention of the Kansas Energy Conference, and they asked if we would host a tour to allow attendees to see some of our newest energy-efficient construction in action," said Norm Zuercher, energy branch chief, Engineering Division, Directorate of Public Works.

The group first visited the site of the new hospital being built at Fort Riley and talked with the U.S. Army Corps of Engineers about the project.

The hospital will boast a silver rating in Leadership in Energy and Environmental Design. The LEED certification system is a third party, green-building certification process. The distinction is partly because of the use of recycled materials.

Permanent shading devices and occupancy bases lighting controls also contribute toward the building's silver rating.

After visiting the hospital, the group visited the future home of the 2nd Armored Brigade Combat Team's headquarters, located off of Normandy Drive.



Jessica Healey | POST

Mark Horst, sales and installation for King Solar, right, and Kent Rowe, Ph.D., McConnell Air Force Base, Wichita, left, observe the solar panels atop the roof of the new 2nd ABCT headquarters building, while Eric Naege, project architect, U.S. Army Corp of Engineers, Kansas City District, center, explains their function and benefit during an Oct. 2 visit to Fort Riley.

Various members of the U.S. Army Corps of Engineers conducted a tour of the building for the group.

The building is projected to have a 44.2-percent reduction in energy costs, 47-percent reduction in water use and 176.4 percent of the energy used will be produced via renewable sources on site.

Solar panels and tubes adorn the roof of the building. The solar tubes are a type of skylight, which is able to completely light hallways of the building.

Other highlights include geothermal heat pumps, which are part of a heat system that pumps heat to or from the ground; chilled beams that use water to remove heat from a room or building; and vertical turbines, which

are a different type of windmill, to harness wind energy.

The building is expected to earn a gold LEED rating.

"Most people outside our gates don't realize all of the steps Fort Riley has taken to conserve energy. The public stereotype is that the Army just uses whatever energy it wants, with little regard to money or the environment. So, hosting public tours like this allows people to see first-hand that we really are leading the way in Kansas in energy efficiency," Zuercher said.

To learn more about the measures Fort Riley is taking to conserve energy, see the next installment of the Energy Action Month series in the Oct. 18 1st Infantry Division Post newspaper.

Canadian officers visit Fort Riley to tour Mission Training Complex

By Jessica Healey
1ST INF. DIV. POST

Officers with the Canadian Army Doctrine and Training Center visited and toured Fort Riley's Mission Training Complex, or MTC, Oct. 3.

Fort Riley's MTC offers state-of-the-art technology for training simulations, and Soldiers can use hundreds of computers with simulations that can be specifically tailored to their training needs.

"We're excited to be here because this is ground truth of how the U.S. Army is training its Soldiers," said Canadian Forces Lt. Col. John Reiffenstein, Canadian Forces liaison officer, U.S. Army Combined Arms Center, Fort Leavenworth, Kan.

The Canadian officers also visited the National Simulation Center, or NSC, at Fort Leavenworth.

The NSC provided the officers with information about how the U.S. Army is using technology to create real-world training simulations in conjunction with the Decisive Action Training Environment, or DATE, program already in place.

DATE is a program that allows Soldiers to use simulations to solve tactical problems in a wide range of real-world scenarios derived from actual threats, rather than past occurrences. Virtual simulations help create a wide variety of situations for more comprehensive training.



Jessica Healey | POST

Lt. Col. Brandon Kew, Canadian Forces, left, Capt. Wesley Hess, DHHB, center, and Lt. Col. John Reiffenstein, Canadian Forces liaison officer, right, listen to a staff member of the Mission Training Complex explain the tanker portion of artificial simulation training during an Oct. 3 tour of the MTC by Canadian Forces.

The Department of National Defense and Canadian Forces are interested in partnering with the U.S. Army on using the DATE in virtual training. The NSC provided specific information about DATE and the policies used in conjunction with it.

The officers then came to see the real-world practice of the program at Fort Riley's MTC.

As the staff responsible for simulations and training for Canadian Forces, the particular interest of the team was in the technical side of training simulation – the software the U.S. Army uses, according to Reiffenstein.

Besides meetings concerning DATE, a secondary objective for the visit was the

exchange of observations and best practices with U.S. Army simulation experts and authorities," he said. "Our visit to Fort Riley was brilliant because we were then able to observe how these policies, etc., were really being applied on the ground, using constructive and virtual simulations for both individual and collective training."

In addition to viewing the training simulations, the team also was given the opportunity to try them out as well.

"This is a world-class facility, even among its peers," said Lt. Col. Troy Newton, chief of staff, Army Training Authority,

Integration Simulation, Land Force Doctrine and Training System Headquarters, Canada.

HOUSE FILL AD

NAF employees face Marketplace Healthcare Exchange decisions

By Robert Dozier
IMCOM

JOINT BASE SAN ANTONIO – The benefits provider for about 20,000 non-appropriated fund employees around the world has prepared information to assist with decision making related to the Affordable Care Act.

The U.S. Army Installation Management Command NAF Employee Benefits Office wants civilian employees at garisons around the world to pay close attention because the marketplace health care exchanges became available in their states Oct. 1.

"This is a decision-making event that may affect some employees and their families," said Bob Ramsey, chief, NAF Benefits. "We want our NAF employees to be aware of how the marketplace exchanges will become available, and, more importantly, what decisions have to be made to comply with the new law."

The ACA, known as Obamacare, was signed into law in June 2010 by President Barack Obama. Some provisions of the law have already taken place, like the ability to allow children to stay on their parents' health insurance coverage until age 26.

"Oct. 1 is significant, as it is the first time that enrollments in Marketplace Healthcare Exchanges can start," said Anne Bright, NAF Employee Benefits operations manager. "Who qualifies and who can sign up

in the exchanges is the information we're trying to get out to our employees and retirees."

The marketplace was designed to help everyone find health insurance to meet their needs and fit within their budget. Additionally, some may qualify for a new tax credit that will help lower their premium.

NAF employees who are enrolled in the Department of Defense NAF Health Benefit Program do not need to do anything. The program meets the requirements of the ACA.

"In the DoD NAF HBP, the NAF employer pays 70 percent of the premium, and this is likely the employee's best option under the rules of ACA," said Gloria Mick, Medical Program manager. "Some NAF employees, such as FLEX employees, are not eligible for our DoD NAF HBP, so they will have to get coverage on another employer's plan, on their parent's plan, if eligible, or purchase health care from the Marketplace Healthcare Exchanges."

A tax penalty may apply for those who fail to or choose not to have health insurance. In 2014, the tax penalty starts at the higher of \$95 or 1 percent of income, but increases each year to 2.5 percent in 2016.

"The ACA offers premium tax credits to help pay for coverage," Mick said. "These premium tax credits will depend on the person's income, but only become available when insurance is purchased through the exchanges."

Citizens living abroad for at least 330 days of the year are treated as if they have the minimum coverage.

"Our OCONUS employees who are not enrolled in the DoD NAF HBP are not required by exception; however, this may be their best option," Mick said. "We want to encourage everyone to find the best insurance option that protects their family and saves them money."

Some retirees under 65 years old who are enrolled in the DoD NAF HBP will have the option of dropping coverage and seeking a better or more affordable plan on the marketplace exchanges.

"It will depend upon the balance between the employer paid percentage and the insurance premium tax credit," Mick said. "This will be a difficult decision for our under 65 retirees because it will depend on the individual's actual income stream. Once a retiree drops their NAF coverage, they are not allowed to re-enroll."

If an employee drops their NAF HBP and applies for coverage through the exchanges, they will be asked specific information about the employer plan. This information can be found on the NAFBenefits.com or the links provided below.

More detailed information and links to official information websites can be found at www.armymwr.org/hr/marketplace-exchanges.aspx.

299th BSB earns money recycling with Troop Incentive Program

By Jessica Healey
1ST INF. DIV. POST.

One unit on post is striving to take advantage of the Troop Incentive Program, or TIP, with the Fort Riley Recycling Center.

The 299th Brigade Support Battalion, 2nd Armored Brigade Combat Team, 1st Infantry Division has been recycling as much as possible for about a year now.

One Soldier, Sgt. Adrianna Lee, Company C, 299th BSB, joined the unit last year and said she realized there wasn't an involved recycling effort within the unit. Since Lee came from a unit that actively recycled, she said she decided to seize the opportunity to spark a recycling effort in her new unit.

"So I started to collect recycling bins, and I posted signs," she said. "I tried to get company individuals involved and went to (the) sergeant major to do it on a battalion level."

Fort Riley units can recycle with the center and receive a monetary incentive as part of TIP.

Under Lee's leadership, the 299th BSB recycling program has been in the top five in the Extra Large Unit cat-



1st Lt. Sarah Blake | 299TH BSB

Personnel and Administration Soldiers from Headquarters Co., 299th BSB participate in the unit's recycling program.

egory of TIP for three out of the four quarters.

Money earned for 299th BSB through TIP goes to unit events, like battalion balls and Family days.

"We do it mostly so the battalion can do fun stuff," Lee said.

The recycling effort is completely voluntary. Lee said, she averages about seven to 10 hours a week volunteering. She and the other Soldiers who volunteer usually take the recyclables to the center in the morning before work or during lunch.

Lee said they try to ensure recycling bins are placed in high-traffic areas, next to trash cans, so placing items in the recycling bin, rather than the trash, is effortless.

Although TIP is a competition between the units on post, Lee said she would recommend other units recycle, too.

"I'd recommend it because it counts as volunteer hours, it's easy, and you can make a difference, so I definitely recommend it," she said.

For more information about TIP or recycling at Fort Riley, call 785-239-2094/2385.

HOUSE FILL AD



Budget standoff forces Best Warrior comp to be postponed

By Patrick Buffett
USAG FORT LEE PUBLIC AFFAIRS

FORT LEE, Va. — The budget standoff in the nation's capital has stalled the Department of the Army Best Warrior Competition, which had been set to take place Oct. 15 to 17 at Fort Lee.

Sgt. Maj. of the Army Raymond F. Chandler III announced Oct. 8 that the event will be postponed until a yet-to-be-determined date due to the current constraints on spending for temporary duty trips.

"I appreciate the continued commitment and flexibility of all agencies and commands involved in Best Warrior," Chandler said in a message to the Army's most senior non-commissioned officers yesterday. "I've told many of you that this year's competition will test our agile and adaptive warriors with a compressed timeline and a few surprises, so this date change adds yet another unexpected level of challenge."

The first phase of the 12th annual Best Warrior Competition was set to begin Sunday, with the arrival of competitors from overseas locations. The remainder of those competing — 24 in all, representing 12 major commands — would have reported Monday.

Command Sgt. Maj. James K. Sims, Combined Arms Support Command, was appointed by Chandler to oversee all preparations for this year's competition. Sims said he was glad to hear that the government shutdown did not cancel the event.

"Every one of the competitors earned the right to make the trip to Best Warrior," he said. "Over the past year, they competed at company, battalion, brigade and major Army command levels to secure a spot in the competition. Their commands are basically saying 'these are the Soldiers we selected to represent us.' That's why

we refer to them as the 'best of the best.'"

What specific challenges the competitors will eventually face during this year's competition is a well-kept secret. Event planners from Fort Lee and the Pentagon have squelched that information, saying it "adds to the intensity of the competition and prevents any unfair advantages among participants."

They only say it will include an Army Physical Fitness Test, a written exam and graded essay on general military topics, weapons qualification, a land navigation course, warrior tasks and battle drills, a mystery event, and a Soldier and NCO selection board comprised of Chandler and six senior command sergeants major from across the Army.

"A big change this year is the timeline," Sims said. "It will be shorter in length, which reduced our overall cost by 70 percent compared to previous competitions. We also rearranged the traditional order of events. Aside from that, it will feature the same successive and unexpected challenges that make it a complex, real-world-oriented competition."

"Our strategy was to base all aspects of the competition on the challenges faced while deployed. That was the SMA's vision," Sims said. "In combat, our Soldiers face situations where there may not be a true right or wrong decision, as each option has its own set of consequences. Weighing those options and consequences takes well-developed critical thinking skills — skills that will be necessary to find success in this year's Army Best Warrior Competition."

The schedule for this year's event also includes an unprecedented end-of-event ceremony where the winning competitors will be announced at Fort Lee and through streaming video. In previous years, the

awards presentation took place in Washington.

"For us, it adds another level of excitement," Sims noted. "The place where they fought for the title is the same as where two will be crowned as the NCO and Soldier of the Year."

Speaking on behalf of the Fort Lee planning cell, Sims said his team is unfazed by the decision to postpone the competition. The mission has not changed, he said.

"Whether this happens a couple of weeks or a couple of months later, CASCOM and Fort Lee remain ready to support the event and its competitors just like it has done for the past 11 years," he said. "The Soldiers on our team are true game-changers in their level of commitment to excellence and getting the mission done whatever it takes. This competition has been under constant development and refinement since January, resulting in the intended world-class competition that will showcase the talents of the best warriors in the world."

Chandler echoed that same sentiment.

"My sincere thanks goes out to everyone who worked to plan this year's competition," he said.

"Whether you're assigned to Fort Lee or other nearby commands, I know you have studied, practiced and prepared to be part of the cadre and support staff that will make this event a success very soon. I appreciate your commitment — and your flexibility."

Although the competition date is not yet known, anyone who wants to learn more about the competitors or the event need wait only until Monday to visit the updated website at www.army.mil/bestwarrior. During the competition, photos and videos will be uploaded daily so family, friends and fellow Soldiers can root for their favorite competitors.

VALIDATION Continued from page 3

masters" trained on several aspects of a potential natural disaster. Troops were expected to establish an area for tactical operations and protect and defend resources.

"We executed security procedures when establishing an area of operations and manned security points," said Spc. Matthew Messengill, motor transport operator, 24th Trans. Co., 1st Sust. Bde.

"This was beneficial for us because we were able to grasp how security operations are supposed to work."

Additionally, Soldiers simulated providing humanitarian aid until National Guard and civilian assets were capable of providing self-sustained support and normal operations resumed.

"We performed rock drills, convoy lanes and driving in a CBRN environment," said Spc. Chad Tyficki, motor transport operator, 24th Trans. Co., 1st Sust. Bde. "The unit also rehearsed treating a mass casualty. We hadn't performed this training in a field environment prior to the exercise, so it allowed us to get hands-on experience."

Smay said the Soldiers also had to provide local and line-



Capt. Samantha Smay | 24TH TRANS. CO.

Soldiers with the 24th Trans. Co. provide local and line-haul logistical support to adjacent DCRF units using palletized load systems during a validation exercise Sept. 16 to 20 at Fort Riley.

our mission," said 2nd Lt. Michael Knight, platoon leader, 24th Trans. Co., 1st Sust. Bde.

After the Truckmasters completed the field exercise and conducted their after action review, Knight said he felt like the unit is now better prepared to successfully deploy in the event the company is called upon to execute a DCRF mission.

"We rehearsed a specific mission from the ground up, which gave the Soldiers a realistic view of how it might be if we were called to perform

HOUSE FILL AD

Unmanned systems conference to highlight opportunities for growth

K-STATE MEDIA RELATIONS

MANHATTAN — A three-day conference in October is highlighting opportunities for the state of Kansas resulting from the emerging unmanned systems industry. According to a recent national economic report, Kansas could see about \$3 billion channeled into its economy during the next decade with such an industry.

The Kansas Unmanned Systems Conference, Oct. 14 to 16, at the Hilton Garden Inn in Manhattan is a public event that focuses on unmanned systems and applications that include precision agriculture, energy, emergency response and the environment. It also will center on economic growth and job creation possibilities for the state. The conference features experts from participating universities in Kansas and representatives from state and national industries, who will share perspectives on current activities, challenges and opportunities.

"We're excited to highlight the potentials that this industry promises for Kansas," said Joel Anderson, development director, Kansas State University. "Kansas has a rich history of global leadership in the aviation industry, and we look forward to supporting opportunities for economic growth and job creation, as well as featuring the rich history of the state's highly skilled technical workforce in agriculture, energy, the environment, education and manufacturing."

Anderson and his colleagues in the emerging Consortium

for Kansas Unmanned Systems, or CKUS, helped organize the conference with a focus on the economic growth and job creation possibilities across the state. The ad hoc group is informally comprised of members of industry, government and academia, including K-State, the University of Kansas and Wichita State University.

The informal group formed in early 2013, following the release of the Association of Unmanned Vehicle Systems International report, "The Economic Impact of Unmanned Aircraft Systems Integration in the United States." The report evaluated all 50 U.S. states and ranked Kansas as the country's No. 7 state to gain the most from unmanned systems by 2015. It projected that such an industry could bring more than \$2.9 billion into the Kansas economy and create an estimated 3,716 jobs between 2015 and 2025.

Throughout its three-day schedule, the Kansas Unmanned Systems Conference will present and discuss topics that include airspace, policy, applications and industry-related considerations with the unmanned systems industry in Kansas. The topics will be recurring elements throughout the conference and will serve as focus areas for a series of discussion panels and round tables, Anderson said.

Some of the events for the Kansas Unmanned Systems Conference include:

• Oct. 14 — 5 to 8 p.m. — Registration, interactive exhibits, poster sessions and a social mixer.

• Oct. 15 — 7:30 a.m. — Check-in, welcoming remarks; 8:30 a.m. — A keynote by Mike Toscano, president and CEO, Association for Unmanned Vehicles Systems International; 9 a.m. — CKUS members will introduce their strategic plan to develop an unmanned systems industry in Kansas; 9:30 a.m. to 5 p.m. — Introductory presentations on precision agriculture, perspectives on international policy and standards, disaster management response and risk management. Following the introductory sessions will be a series of presentations focusing on airspace, policy and infrastructure, applications, design and development considerations, and industry-related applications and technologies. Panel discussions about these issues will follow. At 7 p.m. — Keynote by Randy Willis, air traffic control specialist, Federal Aviation Administration's unmanned aircraft systems integration office.

• Oct. 16 — 8 a.m. to noon — An industry keynote, followed by roundtable discussions about policy, airspace, opportunities for economic development and applications. It will conclude with presentations and outcomes from the roundtable discussions, as well as a discussion on next steps and possible ways to proceed.

Registration for the conference and a detailed agenda are available at www.k-state.edu/class/conference. More information about the CKUS is available at www.k-state.edu/ckus.

HOUSE FILL AD

DUTY Continued from page 1

the number of civilian personnel furloughed due to the shutdown," Hagel said in an Oct. 5 DoD press release.

In consultation with the Department of Justice, it was determined the law does permit the return of some civilians, although it does not necessarily permit for the blanket return of all civilians.

"However, DoD and DOJ attorneys concluded that the law does allow the (DoD) to eliminate furloughs for employees whose responsibilities contribute to the morale, well-being, capabilities and readiness of service members," Hagel said in the release.

Fort Riley employees in offices across the installation who have direct contact with Soldiers and Soldier services were among those to return Oct. 7. The Fort Riley Commissary also resumed regular

business hours Oct. 7. A few services remain affected by the emergency furloughs. Army Medicine functions are back to full operations across the Army, including elective medical and dental surgeries and those procedures that were temporarily discontinued during the brief furlough.

• Fort Riley Museums, including the Cavalry Museum, 1st Infantry Division Museum and Custer House, will be closed to the public. They will open for Soldier training only.

• Eyster Pool will operate under reduced hours: For lap swim: 6:30 to 9 a.m. Monday, Wednesday and Friday, and from 11 a.m. to 1 p.m., Monday to Friday; for open swim: 4 to 8 p.m., Tuesday and Thursday; closed weekends and Monday, Wednesday and Friday evenings.

• Some community support

activities have ceased.

"The professionalism our civilian employees – those accepted and those furloughed – have shown despite personal hardships during this shutdown is admirable," Cole said. "They have been on point for Fort Riley and the nation. Each member of Team Riley is crucial in ensuring our continued success. Most importantly, we appreciate the patience and understanding of our visitors and customers, as we continue to navigate through the federal government shutdown."

The defense secretary said in the news release the department has tried to "exempt as many DoD civilian personnel as possible" from emergency furloughs and will continue to try to bring all civilian employees back to work as soon as possible.

RESPONSE Continued from page 1

to prepare the unit for an emergency deployment response.

Since October 2012, the 1st Bn, 5th FA Regt. has been on call to rapidly mobilize in the event of a terrorist attack or any natural or manmade disaster in the U.S. Units throughout the Army share the duties on a rotational basis.

"Keys to success in a scenario like this are communication, site security, reconnaissance, integration with civil authorities, establishing control points and employing protective equipment to decontaminate any affected personnel," said Maj. David Ward, executive officer, 1st Bn, 5th FA Regt.

At 3 a.m. Oct. 3, the battalion alerted its key leaders, who initiated the exercise and were informed to conduct a deployment training scenario, and

to provide port security for a simulated hazardous chemical spill at Millard Lake Marina.

Prior to departure, Ward provided a situation brief outlining the training event. He explained a serious hazardous material spill had taken place and Hazardous Material teams were already on site to mitigate the effects.

Upon arriving at Millard Lake Marina, Capt. William Ivins, commander, Battery A, 1st Bn, 5th FA Regt., met with Federal Emergency Management Agency officials. He gathered a situational report from the advance reconnaissance element and augmented local police forces by setting up traffic control points.

"The (emergency deployment readiness exercise) was a great chance to exercise the sys-

tems our battery developed over the last year," Ivins said. "Leaders at every level came together as a team to rapidly deploy and provide civil support during the chemical spill scenario."

The exercise's success relied on providing FEMA and civil authorities the freedom to operate within a contaminated area, eradicating potential terrorist threats and preventing the further spread of contamination to civilians.

"Hamilton's Own Soldiers showcased incredible flexibility, initiative and excellence in the execution of the (emergency deployment readiness exercise)," said Lt. Col. Scott Nolan, commander, 1st Bn, 5th FA Regt. "I am very proud of where our training is currently at for this mission."

RETIREES Continued from page 1

Highlights during the event will include a county fair, where local community and military agencies will have informational booths, and a health fair, where retirees will be able to get flu vaccinations and many other health concerns will be addressed.

The Fort Riley Retiree Council, which provides support for the event, also will be available for questions from the retirees.

"If they have any important issues, then this is their op-

portunity to take it to a council member, since they may not have interaction with that council member," said James Hicks, chief, personnel processing center, DHR. "That council member is the retiree's representation in (Washington) on any retiree issues they have. So, if they are having problems with their money or pay or health care or any benefits, the retiree council represents the retirees and can help them out."

A luncheon will be provided, and Maj. Gen. Paul E. Funk

II, commanding general, 1st Infantry Division and Fort Riley, will speak.

Goody bags and door prizes will be given away.

"There's a lot of support, though, that comes from the community and from the entities on post," Highfill said. "This is the retirees' way of catching up with each other once a year."

For more information about retiree services or Retiree Appreciation Day, call 785-239-3320.

VACCINE Continued from page 4

shown the shot or inactivated vaccine to be more effective in protecting against influenza A in healthy adults. Both vaccinations were more effective in preventing influenza than those receiving no vaccine. However, studies conducted in children have found the nasal spray or attenuated vaccine more effective in preventing influenza than the shot.

The influenza vaccination for the 2013 to 2014 influenza season protects against the strains of the virus influenza experts believe are most likely to circulate during the season.

Before any influenza cases develop, get the flu vaccine. It may take up to two weeks to develop complete protection against influenza after vaccination. Vaccinating

people at high-risk for serious flu-related health complications and their close contacts is especially important.

A person should talk to a health care provider to see if he or she fits into the high-risk category or if he or she has any questions regarding which flu vaccine options are best for them and their family.

STIGMA Continued from page 1

"About 10 months ago, my wife noticed I had further distanced myself from my family and friends," he said. "She looked me square in my eyes and told me to get help, talk to someone. I found myself giving in to the stigma ... explaining to her that because I am a Soldier, I had to put the mission first. I then told her that I couldn't appear weak in front of my leadership or my peers. I had a great reputation, and I couldn't risk losing it or be seen walking into the chaplain's office or mental health."

A few days after talking with his wife, a battle buddy recognized a drastic change in his behavior and pulled him to the side.

"I was having a bad day at work, (and I) was under a lot of pressure," he said. "I didn't want to be there anymore – I just wanted to get in my car, run into something, so that I could just leave this place. Luckily for me that day, everyone took notice of the signs. My battle buddy immediately came to my side and asked the magic question, 'What is going on with you?'"

After explaining his situation to his friend, his battle

buddy immediately directed him to the battalion chaplain's office.

"When I first talked to this Soldier, he was very emotional," said Chap. (Capt.) Neil Huenefeld, 1st Battalion, 7th Field Artillery Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division. "As he continued to tell me what was going on in his life, it was apparent the Soldier was at his lowest point. He looked at me and said he just didn't think he could do this anymore."

Huenefeld then pulled out his ACE card that refers to the Army's Ask, Care and Escort Suicide Intervention Program. The training helps Soldiers and others who have taken it to be aware of warning signs exhibited by a battle buddy who is hurting and intervene before a crisis occurs.

"I asked the Soldier if he felt suicide was an immediate option for him, and, initially, he couldn't answer it," Huenefeld said. "The Soldier said that if he answered it, the Army would have him put in a mental institution or his unit will look at him funny."

As he was saying these things, Huenefeld noticed

the Soldier's level of comfort change. He could see the Soldier had become stressed and nervous all at once about being in his office and talking to him. He knew he had to calm the Soldier down.

"I informed the Soldier that his conversation with me would not leave my office," Huenefeld said. "From that point on, we were able to focus on where the Soldier was at emotionally and how he was feeling."

Since talking to the chaplain, the Soldier has sought additional counseling from a behavioral health specialist and a therapist.

"In my mind, I was thinking that if I told anyone about what I was going through, I would be called weak or a coward or crazy," he said. "Now, I know that I was wrong for thinking that way."

As the Soldier continues to seek help for his mental health issues, he has some encouraging words for those out there contemplating suicide: "Just ask for help," he said. "Don't try to deal with a problem alone. The resources are here for you."

FAIR Continued from page 1

More than 50 employers are expected to be available during the event, Reade said, including several of which will be prepared to conduct on-site interviews and possibly hire the right candidate on the spot.

Big Lakes Developmental Center Inc., CenturyLink, Wildcat Construction Co. Inc., Central Power Systems and Services, Kansas Army National Guard, Travel Centers of America LLC, TSI Kansas Inc., and Great Plains Manufacturing are among some of the potential employers prepared to conduct interviews and on-the-spot hiring.

Reade recommended attendees dress in business casual attire and bring many versions of their resume with them to

the hiring fair.

"The wise (hiring) fair attendee is going to preview the list of who will be there, visit their websites, perhaps target or tweak their resume to showcase how their skills are a match to a particular opening or company and have that version of their resume ready for that particular employer," he said. "Job seekers should plan on spending some time networking. The Department of Labor reports that 80 percent of people who land jobs have done some sort of networking."

Reade emphasized how important preparation is in the job-seeking process and recommended that hopeful candidates research potential

employers as thoroughly as possible.

"If there is a table you know you will be visiting, research the company, talk to other people you might know that work for them," Reade said. "If you go there prepared and knowledgeable about the company, immediately, you have a connection, and you're making a much better first impression. You never get a second chance to make a first impression."

To view the complete list of employers for the fall Hiring Fair, visit www.riley.army.mil/DocumentList.aspx?lib=ACS_employ/ Documents.

For more information about the fall Hiring Fair or the Employment Readiness Program, call 785-239-9455.

INITIATIVE Continued from page 1

Kan., presented his job and career field overview to Soldiers with the 97th MP Bn.

"The Army prepares you for the outside," Burns said. Burns used a wheel chart as a visual aid, while describing some of the skills used in his position.

"Is there anything listed here that you don't do every day?" Burns asked the Soldiers.

The group of Soldiers shook their heads "No."

In addition to Burns ex-

plaining how his experience as a Soldier transferred easily into his job, he also said part of the Soldier for Life program was about making connections in the civilian career market.

"It's about knowing others and being able to call on them if you need help," he said.

Jamie May, technical criminal analyst, Overland Park Police Department, also presented an overview of her career and other related careers in criminal analysis.

"The skills you have as Soldiers are skills we are interested in here at civilian police departments," May said. "Don't sell yourselves short."

Soldier for life is still in the pilot stage. The program will expand to include more hiring partners and progress with time, Comfort said.

For more information about Soldier for Life seminars and schedules, call the Fort Riley ACAP office at 785-239-2278.

 WWW.TWITTER.COM/FORTRILEY





Flavia Hulsey | POST



John Singler | POST

TOP: Joshua Ace, Co. A, 1st Bn., 28th Inf. Regt., right, helps Cole Smith, 2, left, stabilize a weapon before shooting at the Laser Range at Sturgis Stadium during the Oct. 5 FADF. Smith is the son of Capt. Charles Smith, 2nd Bn., 32nd FA Regt. ABOVE: Spc. Juvenson Marseille, 1st Supt. Bde., right, rappels down the climbing wall at FADF Oct. 5 at Artillery Parade Field.

Apple Day is here again Festival features fall fun for all

By Flavia Hulsey
1ST INF. DIV. POST

A crisp and chilly fall day could not keep visitors away from Fort Riley's Fall Apple Day Festival Oct. 5. About 7,500 visitors bundled up to see the sites at Artillery Parade Field.

"Overall, the event went very well, and we have heard many positive remarks about the event, even though it was a bit chilly," said Cate Kendrick, recreation program manager, Special Events, Directorate of Family and Morale, Welfare and Recreation.

One spectator who braved the breezy afternoon was Allie Helm, Glendale, Ariz., mother of Jared Boice, a 1st Infantry Division Soldier stationed at Fort Riley.

"Yippee," Helm exclaimed after shooting an automatic weapon at the Laser Range, located at Sturgis Stadium.

"I liked looking at the equipment that my son used in Iraq and Afghanistan," she said of the weapons and static vehicle displays. "You actually see, instead of just hear, what he is telling you. So, I like going through that to understand where he's actually at."

Although Helm had visited her son at Fort Riley before, this was her first visit to the festival.

"This is great for the community," she said. "I hope more people come out to see what our Soldiers do."

Helm said she is very proud of her son's service — her phone ringer even belted out "American Soldier" by Toby Keith, shortly after she fired weapons. "We're a big service Family, so I love this," she said.

Across the parade field, a veteran festival attendee and participant also said she enjoyed the day's events.

"It is Fort Riley's only open

house and opportunity to showcase its equipment and organizations that make up the 'Big Red One' to the community," said Brenda Werner, military spouse, and president of the Historical and Archaeological Society of Fort Riley. "It is important to allow the community to learn about the Soldiers and Families of Fort Riley and continue to develop that unique relationship found nowhere else on earth."

Werner has been attending the festival for the last five years and has volunteered with HASFR for the last four.

"Well, truth be known, our pies and the museum's re-enactors are the reason for Apple Days to begin with. For 28 years now, HASFR has been making apple pies. (The festival) started with a lot smaller numbers, and the re-enactors were on the (Cavalry) Parade Field," she said. "Now, it is big-

ger, and the focus is on all the other things available, which is great, but HASFR knows how it all began."

Among other attractions available at this year's festival were demonstrations by the Commanding General's Mounted Color Guard, military working dogs and Explosive Ordnance Battalion. Additionally, Family readiness groups sold food and drinks; inflatables, rides and a petting zoo entertained children; and the Fort Riley Army Spouses Choir and the band, Invisible Bike, rocked the main stage.

"As usual, the favorites included the CGMCG demonstrations and the laser range, but the human spheres were my favorite new attraction," Kendrick said. "It was great to see all the Families out enjoying the attractions, the great food and learning about the history and operations of Fort Riley."

More than 2,000 homemade pies on menu at HASFR tent

By Jessica Healey
1ST INF. DIV. POST



tributed toward making the apple pies.

About 16,000 apples were used to make the Historical and Archaeological Society of Fort Riley's famous apples pies that were sold at the Fall Apple Day Festival Oct. 5 at Artillery Parade Field.

"Those apples made about 2,100 pies. Pre-sales for the pies were at about 800, and the rest were sold at the festival. "We have always sold out," said Jane White, co-pie queen, HASFR.

An estimated 1,600 pounds of flour and 360 pounds of butter were used for the pies as well.

It took what seemed to be an Army of volunteers to make so many pies.

About 600 volunteers from Fort Riley and the local community outside the gates con-

The recipe used for the pies is said to be from Libbie Custer, Gen. George Custer's wife. The couple was stationed at Fort Riley in the late 1860s. "The recipe is a secret; it's from Libbie Custer, and we can't give it away," White said. "If you want to be pie queen, then you can learn it."

A pie queen also has the opportunity to wear a beautiful historical dress.

"They started making apple pies because there were so many apple trees on Fort Riley, and they didn't know what to do with all the apples. So legend says, Libbie Custer started making apple pies, and she's passed down the recipe over the years," said Monique Frawley, co-pie queen, HASFR.

Funds raised from the sales of apple pies go toward various



Jessica Healey | POST
Pie Queens Jane White, left, and Monique Frawley, right, smile in their historical dresses in front of the HASFR apple pie sign at the FADF Oct. 5 at Artillery Parade Field.

projects HASFR contributes to at Fort Riley, including the preservation of historical buildings and monuments.

Main stage performances feature choir, band, SKIES

By Julie Fiedler
1ST INF. DIV. POST

From a choir to a rock band, martial arts to gymnastics and dance, the performances Oct. 5 on the main stage during Fall Apple Day Festival at Artillery Parade Field seemed as diverse as apple varieties themselves.

SPOUSES CHOIR

Dressed in vintage-style duds, performers with the Fort Riley Army Spouses Choir chimed right in on the main stage during the festival.

"(Our program) came out of the Apple Day theme. We wanted to sing something apple-y," said Heather Blackthorn, board chair, Fort Riley Army Spouses Choir. "The first song I thought of was 'Don't Sit under the Apple Tree.'"

Inspired by the song,

Blackthorn and her fellow choir members decided to create a performance based on the World War II era — with every detail from hairstyles, all the way down to their shoes, enhancing the historical song selection.

"All these songs were rehearsed and performed specifically for here," Blackthorn said.

The choir, a continuation of a group that performed for the nationally televised program "It Takes a Choir" on USA Network, has been performing since the recording session and welcomes new members, Blackthorn said.

"You don't have to have any musical ability to join. We really focus on people who have musical enthusiasm, rather

than ability," she said.

The choir performs a mix of genres and will be expanding its repertoire for the holidays.

"It's nice to have something that's ours — a project — that we can work toward together," she added.

For more information, visit www.facebook.com/FortRileyArmySpousesChoir.



See MAIN STAGE, page 14



Julie Fiedler | POST



Taking a leap

MWDs showcase agility, detection, protection

By Julie Fiedler
1ST INF. DIV. POST

Having recently redeployed from Afghanistan, Sgt. Nicholas Milbank and his military working dog, Yoko, 523rd Military Police Detachment, 97th Military Police Battalion, shifted their focus from the front lines to the home front, during a military working dog demonstration Oct. 5 at Fall Apple Day Festival at Artillery Parade Field.

Three MWD teams showcased the dogs' abilities for the public during the demonstration, which included an agility course, explosive detection and controlled aggression demonstration. "We like to focus on the

obedience training that we implement in these dogs," said Sgt. 1st Class Pablo Perez, kennel master, 523rd MP Det., 97th MP Bn. "We also like to let the community know what the capabilities of the dogs are — searching for explosives, narcotics and patrol work."

The event provided an opportunity for the public to see how disciplined the dogs are, as well as the bond between dog and handler.

"We all train very rigorously with our dogs," Milbank said. "A lot of people have the impression that our dogs are pieces of equipment that we use, much like an infantryman will use a rifle, but it becomes a lot more than that. You build a very strong bond

with your dog, and (they) become a part of the family."

Community members also got to see the passion the Soldiers — both human and canine — have for their work.

"Every one of us (handlers) loves our job," Milbank said. "We couldn't be luckier to come to work every day and get to do this."

Ears up and tongue out as he leapt over jumps, Yoko, a Czech shepherd, seemed to enjoy the work as well.

"(Yoko) works best when he feels like he's getting love and satisfaction from the handler," Milbank said. "The happier he feels like he's making his handler, the more he wants to work."

Milbank ran Yoko through

the agility course and an explosive detection demonstration during the event.

Teams Pfc. David Rammel and GGI Joe, and Pvt. Austin Bertrand and Max, 523rd MP Det., 97th MP Bn., also ran through the agility course and demonstrated controlled aggression, or what handlers commonly call "bite work."

Bite work is used as a deterrent to wrongdoing and not an attack, something the MWDs demonstrated by quickly subduing role players antagonizing the handlers. Role players were clad in bite sleeves and full-body protective gear for the demonstration.

Soldiers conducted three MWD demonstrations during the festival.



Photos by Julie Fiedler | POST
TOP: MWD Joe jumps an obstacle as Pfc. David Rammel, 523rd MP Det., 97th MP Bn., guides him through an agility course during a MWD demonstration at FADF Oct. 5. ABOVE: Pfc. Austin Bertrand, 523rd MP Co., 97th MP Bn., puts MWD Max on alert to demonstrate controlled aggression.

Allie Helm, Glendale, Ariz., left, gets instructions from Joshua Ace, Co. A, 1st Bn., 28th Inf. Regt., right, prior to shooting at the Laser Range at Sturgis Stadium Oct. 5 during FADF.

Flavia Hulsey
POST



Julie Fiedler | POST
Bill Griffin, 7, concentrates before doing a cartwheel during a SKIES show on the main stage of FADF Oct. 5 at Artillery Parade Field. Bill is a member of Artillery Parade Field. Cats and dogs were available for adoption at FADF.



Julie Fiedler | POST
Brenda Mann, military spouse and lead caregiver, Forsyth CDC, cuddles with Willow at the Fort Riley Stray Facility's Adopt-a-Pet tent at FADF Oct. 5 at Artillery Parade Field. Cats and dogs were available for adoption at FADF.



Flavia Hulsey | POST
Tabari Johnson, 11, Shawnee, Kan., runs through an inflatable obstacle at the obstacle course at Tuttle Park during the Oct. 5 FADF. The festival also featured rides, static displays, apple pies and more.



Pfc. Andrew Kessel, 1st Bn., 16th Inf. Regt., left, buys a T-shirt in support of BOSS from Sgt. Eric Blackmon, president, BOSS, right, during FADF Oct. 5.

Jessica Healey
POST



Kymah Gummow, 3, hangs onto the mechanical bull ride during the Fall Apple Day Festival Oct. 5.

Jessica Healey
POST



Flavia Hulsey | POST
 Alex Deeds, 9, Manhattan, slides out of the human sphere after successfully navigating a course in the inflatable ball at Tuttle Park during the Oct. 5 FADF. The human sphere was a new attraction at this year's festival.



Julie Fiedler | POST
 General Custer, portrayed by Rick Williams, left, escorts fellow historic re-enactor Marlene Rice around the historic displays at FADF Oct. 5 at Artillery Parade Field. Performers dressed in period garb manned display tents and made appearances throughout the day.



Julie Fiedler | POST
 An M109A6 Paladin Howitzer is on display at FADF Oct. 5 at Artillery Parade Field.

TASTY TREATS



LEFT: Lauren Lemus, FRG volunteer, 2nd Bn., 32nd FA Regt., 4th IBCT, smiles as she serves a funnel cake at the food tent during FADF Oct. 5 at Artillery Parade Field. FRGs sold food to festival-goers to help raise funds during the event.
 BELOW: Soldiers and FRG volunteers with the 1st Eng. Bn., 1st ABCT, smile as they serve an ice cream cone to Jessica Clement, D.C. Despite temperatures in the 40s, the unit's FRG still managed to raise money by selling ice cream.



Julie Fiedler | POST

CGMCG showcases new demonstration

Saber, pistol exercises among drills

By Jessica Healey
 1ST INF. DIV. POST



Photos by Jessica Healey | POST

The Commanding General's Mounted Colored Guard performed a new demonstration three times Oct. 5 during Fall Apple Day Festival at Artillery Parade Field.

The demonstration consisted of formation movements and drills, saber exercises and pistol exercises.

The saber and pistol portions involved the riders taking aim at balloons while the horses jumped obstacles. Another saber exercise involved the riders catching a ring hanging from a wooden post on their blades.

The group was led by Spc. Katie Strayer, CGMCG. It was her first time leading a demonstration.

"A lot of people were doing things for the first time," Strayer said. "I think we had four people who had never even performed a demonstration before."

The CGMCG demonstration seemed to go off without a hitch, though.

"It's always kind of scary when you're getting out there, and it's your first time

doing it. You're nervous and it throws you off balance to have to swing something and try to hit what you're swinging at, so they did really good," Strayer said.

The CGMCG takes their moves directly from a guide that was used back when horses were common place on the battlefield.

The particular demonstration performed for the

festival was a mix of classic tactics and new ideas, Strayer said.

Historically, a mounted color guard trained for accuracy and could spend an entire day training on one discipline, like sabers alone. The CGMCG tries to incorporate portions of various exercises throughout its demonstrations.



Children explore a tank that was on display Oct. 5 at FADF at Artillery Parade Field. Units showcased military vehicles and equipment for attendees to explore and learn about during the festival.

Jessica Healey | POST



Flavia Hulseay | POST

ABOVE: Spc. Hannah Norris, STB, 2nd ABCT, right, signs the Guardians of the Ribbon Inc. Wichita Area Chapter of the Pink Heals Tour truck Oct. 5 that was at Artillery Parade Field for FADF. Norris is a two-time skin cancer survivor and both of her grandmothers had breast cancer. **BELOW:** The pink fire truck named Nicki, belonging to the Guardians of the Ribbon, Wichita Chapter, sits parked at FADF in support of women battling all types of cancer.

'Nicki' helps raise cancer awareness

By Flavia Hulseay
Jessi Healey
IST INF. DIV. POST

A color not usually associated with fall was prominent Oct. 5 on the west side of Artillery Parade Field: Pink – pink fire trucks, pink T-shirts and even pink eyeliner.

Skin cancer survivor Spc. Hannah Norris, Special Troops Battalion, 2nd Armored Brigade Combat Team, 1st Infantry Division, was sporting pink eyeliner and accessories, as she visited the Fall Apple Day Festival. There, she was among hundreds who signed a pink fire truck, as part of the Guardians of the Ribbon Inc. Wichita Area Chapter of the Pink Heals Tour, an organization dedicated to the support of women across the country by wearing their color – pink – and supporting all types of cancer-relief efforts.

"Today, that's me signing for both of my skin cancers – and both of my grandmas who had breast cancer," Norris said. "It's a Family thing. I wanted to sign for that."

Norris' maternal grandmother died cancer free, but from complications with treatment. Her paternal grandmother, who is still alive today, had a double mastectomy in her early 40s from breast cancer.

But Norris' story of cancer survival is perhaps more surprising. At the age of 28, the Soldier has fought and beaten skin cancer twice.

"I had malignant melanoma at the age of 20," she said. "And then, I was a week away from being five years cancer free, when we were in Iraq for Operation

New Dawn (in May 2011), and I went and had a skin check and had some biopsies done, and found out that I had squamous cell carcinoma, which is the second worst form."

Norris was medically evacuated to Germany to have the cancer excised.

"You learn to live everyday to its fullest because you never know – you never know what could happen," she said. "It makes me enjoy the smaller things in life that people don't think about. I can't go out on the lake and go swimming all weekend or be out in the sun all day."

"People don't think of skin cancer like other cancers, and it is actually a lot worse because most people don't realize they have it until it is too late."

Norris was lucky, she said, she caught both of her cancers at Stage 1.

Now in remission, Norris said she is in an "ongoing battle" to stay cancer free and to do her duty as a Soldier.

"I wouldn't trade (serving) for anything in the world," she said. "You do what you need to do. It's our job. That's what we do."

And with aspirations of one day being a motivational speaker and telling her story, she said she likes to remind people that cancer takes many forms in many people.

"People have a misconception that cancer is for older people ... It's not about age. It can happen to anybody," Norris said.

The Guardians of the Ribbon Inc. has a similar message and a mission to better women as a whole in whatever form of cancer they battle. Although their truck may be pink, Richard Janne, president and founder, Wichita Area Chapter, was quick to point out the organization supports women fighting all cancers, not just breast cancer.

"Pink is a color, not a

disease," Janne said, adding the color pink was chosen because it is the international color for women.

The organization takes its fire truck, named Nicki, across communities to help raise awareness about cancer and help others raise funds for cancer research. They want to show how others can raise those funds to benefit their local community, specifically, Janne said, by either donating directly to local hospitals and cancer centers or doing things to support patients outside of a treatment room, like hiring lawn crews, helping with groceries or providing child care.

The organization aims to help support women fighting against cancer in any way, not just through treatments, Janne said.

Also sporting pink to show their support for cancer awareness were local Fort Riley Fire and Emergency Services personnel. For the third year in a row, firefighters will wear specially designed pink T-shirts in October to support breast cancer awareness. The firefighters wore them at the festival.

Stanley Withers, firefighter, Station 2, Main Post, is the designer of the T-shirts.

"We basically wear them as an awareness-type of T-Shirt," he said. "The first year I did it, I just mentioned it in passing. It got bigger than I expected."

Now, Withers said, he ordered more than 300 shirts this year, only 60 of which were for FES. He credits their friends and colleagues in other directorates around Fort Riley for supporting the effort.

"My mom was a breast cancer survivor, and I lost my father to (lung) cancer," he said, adding this is a way to remember them.

And for the foreseeable future, Withers said he plans to continue to make the pink T-shirts.



Jessica Healey | POST

MAIN STAGE Continued from page 11

INVISIBLE BIKE

The vibe of Invisible Bike, a Topeka, Kan.-based rock band, was decidedly edgier as they took to the stage.

Described as "garage rock – melodic with a little bit of rough edges on it" by the band's guitarist/vocalist Austen Bunyar, Invisible Bike returned to Fort Riley after playing at the Warrior Zone's Oktoberfest a week prior.

"We love playing for the Soldiers and the Families," Bunyar said.

The band had several festival-goers jamming out to classic rock covers and also performed original songs in their set.

To learn more about the band, visit www.facebook.com/InvisibleBike.

SKIES UNLIMITED

Students enrolled in classes under the Schools of Knowledge, Inspiration, Exploration, and Skills took to the stage to

showcase what they've learned in classes like tae kwon do, ballet and gymnastics.

"I just want people to know what we're doing," said Erin Ganuelas, 12, who has a black belt and did a performance with the double nunchucks.

"If they really like it, then maybe they can come to our school and maybe learn some new tricks."

Erin credits tae kwon do for helping her come out of her shell.

"It helps me with my confidence," she said. "I'm a very shy person."

Erin has taken tae kwon do for more than two years and found a

passion she

started going to competitions and moving up in belts. Now she teaches younger children as well.

"I just really love tae kwon do," she said. "I love teaching kids, and I love seeing them do great."

Several other classes, including the Gymnastics Brats, an invitation-only advanced class, performed as students squared off on mats to do synchronized tumblers, flips and more all set to a driving beat.

For more information on SKIES, visit http://rileymwr.com/main/?page_id=302.



Julie Fiedler | POST



Flavia Hulseay | POST

James McClung, 11, Shawnee, Kan., gives a quick high five to a Soldier as he runs to the next obstacle on the obstacle course at Tuttle Park during the Oct. 5 FADF.

EXPLOSIVE ORDNANCE DISPOSAL



Photos by Julie Fiedler | POST

LEFT: Matthew Hartle, 11, right, smiles as he struggles to get to his feet while wearing EOD protective gear, as Cpl. Kenneth McPherson, 830th Explosive Ordnance Disposal Company, 84th Explosive Ordnance Disposal Battalion, 1st Sustainment Brigade, left, looks on at the EOD display during FADF Oct. 5 at Artillery Parade Field. RIGHT: Attendees operate a Talon robot at the EOD display during FADF Oct. 5 at Artillery Parade Field.

TO THE CORE



Jessica Healey | POST

LEFT: Fort Riley Garrison Commander, Col. Andrew Cole, smiles as he cuts apples in support of the Historical and Archeological Society of Fort Riley's apple pie making event Oct. 1. The pies were sold at the Fall Apple Day Festival Oct. 5. RIGHT: Cole, right, slices apples with a group of HASFR volunteers Oct. 1. The pies were sold at FADF Oct. 5.

Community Life

OCTOBER 11, 2013

HOME OF THE BIG RED ONE

PAGE 15

IN BRIEF

The Fort Riley chapel community is in need of qualified watch care contractors to provide watch care during chapel services and other auxiliary events. For more information, contact Staff Sgt. Tamara Hornbaker or Spc. Alexis Skibinski at 785-239-2799/8088.

Fort Riley Boy Scouts, Troop 60, will meet weekly at 6:30 p.m. Tuesdays at the Scout Hut, Building 9011 at Forsyth. The troop is open to boys ages 11 to 17. Ten-year-olds can join if they have completed the fifth grade. For more information, visit www.facebook.com/#!/Troop60FortRileyKS.

Corvias Military Living invites on-post Families to round up their "little monsters" for Fallapalooza from 3 to 7 p.m. Oct. 18 at the Forsyth Community Center, 22900 Hitching Post Road. Stroll through the Community Center and marvel at its transformation into a friendly Monster Factory full of surprises and treats. The event also will feature games, activities, face painting and more. Complimentary food and drinks will be available throughout the event. The event is free and open to all Corvias Military Living residents. Residents are encouraged to come dressed in costume. Children must be accompanied by an adult at all times. No pets are allowed. For more information, visit www.riley.corviasmilitaryliving.com or a community office.

Mega Bingo will begin at 2 p.m. Oct. 19 at Rally Point Bingo. Doors will open at noon, and a free pasta buffet will be available until bingo play begins at 2 p.m. Tickets are \$100 in advance and \$125 at the door. Tickets are available at Rally Point Bingo, Leisure Travel Center, Warrior Zone, Riley's Conference Center and Custer Hill Golf Course. For more information, call 785-784-5434.

Trunk or Treat will be from 6 to 8 p.m. Oct. 26 at the Fort Riley Post Library. Bring out the little ones for an evening of trunk or treating. For more information, call 785-239-9582.

Family Bingo will be at 2 p.m. Oct. 27 at Rally Point Bingo. Play Bingo with the whole Family and win great merchandise. For more information, call 785-784-5434.

A BOSS Trunk or Treat will begin at 5:30 p.m. Oct. 31 in the parking lot of the Fort Riley Commissary. Bring out the little ones for an evening of trunk or treat. All candy will be provided by Better Opportunity for Single Soldiers. For more information, call 785-239-2677.

October is Domestic Violence Awareness Month. The following activities are among those planned at Fort Riley:

- Dance Against Domestic Violence – 10 a.m. Oct. 21, 6 p.m. Oct. 22 and 6 p.m. Oct. 24 at King Field House. Learn Zumba and a few things about domestic violence prevention at the same time. First 300 participants at each one-hour class are free. Cost is \$2 thereafter.
- The Intersection of Intimate Partner Violence and Combat-Related Issues presented by Glenna Tinney – 9 a.m. to noon Oct. 30 at Building 6620. Tinney, who is a retired Navy captain, social worker and former deputy executive director for the congressionally mandated Defense Task Force on Domestic Violence, will speak about the complicated co-existence of domestic violence and combat trauma.

For more information on any of the events listed above or to learn more about domestic violence, call Army Community Services at 785-239-9435.

Trick-or-treating hours at Fort Riley will be from 5:30 to 7:30 Oct. 31 across post.

Online registration is available for Directorate of Family and Morale, Welfare and Recreation classes. Online registration is located at <https://webtrac.mwr.army.mil/webtrac/rileyecctrac.html>. For more information, call ACS at 785-239-9435.

Forsyth East CDC earns NAEYC accreditation

National recognition serves as mark of excellence in early childhood education

By Julie Fiedler
1ST INF. DIV. POST

Forsyth East Child Development Center has some new decor on its door – specifically a sticker bearing the logo of the National Association for the Education of Young Children, or NAEYC. That sticker represents Forsyth East's recent NAEYC accreditation, which serves as a mark of quality in early childhood education.

For military Families, that accreditation means parents can feel confident their children are in a choice program, according to Rosalind Wesley, administrator, Child, Youth and School Services.

"That sets the bar high for us, as far as quality and making sure that our children not only have fun in a learning environment, but are equipped for those early years," Wesley said. "We're very proud of that."

Katie Cruz, a military spouse whose son is in his first year at the CDC, said she has been pleased with the overall care and thinks the teachers provide good learning opportunities for children.

"I like that they have two teachers to one classroom," Cruz said. "(My son) loves it. He wants to come every day."

For Kelly Baker, military spouse, being able to place her children in hourly care at the CDC helps her with appointments, she said, as well as provides her with the opportunity to recharge during her husband's deployments.

"It helps tremendously with appointments," she said. "And, the deployment hours during deployments are fabulous ... The hourly care for appointments is just awesome to have."

See FORSYTH, page 19



Julie Fiedler | POST
Courtney Johnson, lead pre-K teacher, Forsyth East CDC, right, paints a pink Superman symbol on the face of Megan Baker, 4, left, during a fall Festival Oct. 4 at Forsyth East CDC.

FALL CARNIVAL 2013

"It's a great opportunity for our Families to enjoy the beautiful fall weather and the thrill of the carnival rides right here on Fort Riley."

BRAD CARLTON | RECREATION PROGRAMMER, DFWMR



Photos by Julie Fiedler | POST

Rides light up at night during the Fall Carnival Oct. 5 at Rally Point Field. The carnival will be open through Oct. 13 before closing out the season at Fort Riley. Attendees can buy tickets for single rides or purchase all-access wristbands during select times.

CARNIVAL Atmosphere

Fall fair offers games, rides, more to Fort Riley Families

By Julie Fiedler
1ST INF. DIV. POST

In the mood for rides, games, food and fun? There's still time to check out the Fall Carnival from Oct. 10 to 13 at Rally Point Field.

The carnival opened Oct. 3 and runs for one more weekend. Go for a spin on the Tilt-a-Whirl, go head to head in bumper cars or take a leisurely turn around the swings. Rides for younger Family members include a carousel, dragon swing and smaller merry-go-round.

"We're having fun," said Rachelle Wolford, military

See CARNIVAL, page 19



Taylor Patterson, 6, throws her arms up while riding a child-friendly merry-go-round at the Fall Carnival Oct. 5 at Rally Point Field. Attendees can enjoy rides, food and games at the event, which will be open through Oct. 13.

MORE INFORMATION

• For more information about the Mega Bingo event Oct. 19 at Rally Point Bingo, call 785-784-5434.

Mega Bingo provides opportunity to win big

Second consecutive year top prize will be new car

By Julie Fiedler
1ST INF. DIV. POST

One small letter and number is all it could take to win a big jackpot during Mega Bingo Oct. 19 at Rally Point Bingo.

"We're giving away a car," said Mike Steffens, business manager, Rally Point, Directorate of Family and Morale, Welfare and Recreation. "We're going to be giving over \$8,000 in cash that day, too."

For the second year in a row, the Mega Bingo grand prize will be a car. This year, one lucky player will get to drive home in a 2013 Chevy Spark.

Twenty games will be called during the event, and each one will have a jackpot of \$300 or more, Steffens said. "We're also doing a free buffet," he added.

Doors will open at noon, and a free pasta buffet will be available until bingo play begins at 2 p.m.

Tickets can be purchased in advance for \$100 at Rally Point, Warrior Zone, Leisure Travel Center, Riley's Conference Center, Custer Hill Golf Course and Custer Hill Bowling Center.

Tickets purchased at the door will be \$125.

"Get your tickets early, so we can get a head count," Steffens said.

At least 50 people must participate, otherwise the event will be cancelled. If the event is cancelled, refunds will be given to those who bought tickets in advance.

Additional packs also can be purchased at the event. One pack is \$35, two packs are \$50 and three additional packs are \$60.

The event is open to Department of Defense ID cardholders. Each cardholder can bring up to five guests, provided they are at least 16 years old, Steffens said.

Last year, the event drew more than 250 players.

Domestic violence survivor shares her story

Ex-wife of D.C. sniper talks of living with emotional, psychological abuse

By Julie Fiedler
1ST INF. DIV. POST

"One shot. One kill. To the head. Leave no enemy behind."

Mildred Muhammad knew her ex-husband's motto well. She had to. Because it was directed at her.

"You have become my enemy," her ex-husband told her. "And as my enemy, I will kill you."

Muhammad is the ex-wife of D.C. sniper John Muhammad. She shared her story of survival with a riveted audience Oct. 3 at Riley's Conference Center.

"You don't have to have physical scars to be a victim or a survivor of domestic violence ... We have to work together in order to solve this problem."

MILDRED MUHAMMAD
DOMESTIC ABUSE SURVIVOR

"When John Muhammad threatened to kill me and kidnap our children, and emptied our bank account, then I had to go into hiding. I

See ABUSE, page 19



Julie Fiedler | POST
Mildred Muhammad, domestic abuse survivor, left, signs a copy of her book, "Scared Silent," for Sgt. 1st Class Kathleen Sipes, SARC representative, 1st ABCT, right, following a presentation of Muhammad's survival story Oct. 3 at Riley's Conference Center.



Staff Sgt. Gene Arnold | 4th IBCT Spc. Hugo Perez, 1st Sgdn., 4th Cav. Regt., right, describes the instruments used on a convoy during mobile combat operations to help maneuver troops from one location to another Sept. 28 at Clay Center's Piotique Festival. Perez's Humvee was part of the static display the squadron set up at the festival.

'Quarterhorse' Troopers participate in Piotique

By Staff Sgt. Gene Arnold
4TH IBCT PUBLIC AFFAIRS

CLAY CENTER, Kan. —

Troopers with the 4th Infantry Brigade Combat Team participated in the 77th Piotique Festival Sept. 28 in Clay Center.

Soldiers with the 1st Squadron, 4th Cavalry Regiment, 4th IBCT, 1st Infantry Division marched in the city's parade. They also gave insight into the lives of Soldiers, by displaying weapons systems and uniforms used in combat and allowing hands-on learning experiences.

Piotique has humble beginnings. During one of the hottest record summers in Kansas history in 1936, and despite a thriving national economy, the town's agricultural means were suffering. So, town officials decided to add one more festival to the docket because they needed something to celebrate.

Needing a unique name for the festival, a competition to come up with the best name was commissioned. The winner, Ed Cody, earned a cash prize of \$10 by combining the words "pioneer" and "antique."

Although the partnership between the 1st Sgdn., 4th Cav.

Regt., and Clay Center isn't new, troopers who just arrived to the squadron seemed pleasantly surprised.

"It's different coming out and interacting with everyone," said Pvt. Demetry Walker, infantryman, Troop C, 1st Sgdn., 4th Cav. Regt. "The looks on their faces and their reactions to us is something new. It's fun."

Walker said before the Army, he never thought he would be out in the community interacting with people in this capacity.

The squadron manned a static display with several weapons systems, including M240B, M4 rifles, a MK-19, M107 and protective armor. Visitors got to try on protective equipment used by Soldiers.

One Soldier said he never knew what encounters like these could mean to a community's residents until now.

"It's very cool," said Spc. Joseph Rogers, cavalry scout, Troop B, 4th Sgdn., 4th Cav. Regt. "I like seeing the kids being excited about things like this. We had a kid say we made his dream come true today because he was hanging out with us all day learning about this stuff."

COMMUNITY CORNER

By Col. Andrew Cole
GARRISON COMMANDER

Fort Riley has made great strides to be good stewards of our public funds and of our environment.

You've likely noticed LED lights, solar panels and controlled temperatures in buildings.

These are all examples of small efforts to lower our energy consumption that can add up for an installation as large as Fort Riley. Some larger efforts include our Leadership in Energy and Environmental Design standards, the Resident Responsibility Utility Program, Intergovernmental Support Partnerships and Net-Zero Water Installation.

LEED

Fort Riley ensures all newly constructed buildings at Fort Riley are required to meet strict LEED standards and obtain a minimum rating of silver through the accreditation system. The LEED certification system is a third party, green-building certification process.

RRUP

Our on-post housing contractor, Corvias Military Living, participates in the Department of Defense Resident Responsibility Utility Program. The program monitors resident utility usage and compares it to the usage in

similar homes. Those homes that use more than the baseline set each month receive a bill for the extra usage. Those residents who are under the baseline receive a rebate.

ISP

A new alliance is in the beginning stages between Fort Riley and surrounding communities: Intergovernmental Support Partnerships. Six working groups were initiated, including public works, emergency services, recreation, business operations/finance/procurement, transit and human capital.

The public works group likely will identify areas where Fort Riley and surrounding communities can work together to lower energy usage.

NET-ZERO

Fort Riley was designated a Net-Zero water installation in 2011. A Net-Zero Water installation is defined as one that limits the consumption of fresh water and returns water back to the same watershed, so as not to deplete the groundwater and surface water resources of that region in quantity or quality.

The Army also has made great strides in energy initiatives. The Army is collaborating across installations, implementing Net-Zero initiatives and large-scale renewable energy projects through the Energy Initiatives Task Force, and increasing efficiencies across the enterprise, to include Operational Energy initiatives at forward operating bases, while sharing lessons learned.

The Army also is le-

veraging corporate, industrial, private and public core competencies in developing renewable energy sources, creating new energy efficiencies, and securing third-party funding to drive efficiencies.

Through partnering efforts, the Army will continue to reduce energy demands and improve operational capabilities to enhance mission effectiveness. It will continue to reduce its dependence on traditional energy sources.

The Army will continue to expand the use of renewable energy sources on its installations and increase efficiency and reduce costs.

Fort Riley and the Army are doing their parts, so during October, Energy Action Month, I ask that you take a moment to think about what you are doing to reduce energy consumption in your homes and workplaces.

WHAT CAN YOU DO?

The above are just a few examples of Fort Riley's efforts in reducing our energy consumption. But Fort Riley also needs your help. One of the biggest ways you can help, in general, is to reduce your own energy usage.

In your homes and places of work, think of ways you can make a small difference that, when added together, may mean significant savings in our energy bills. When we all work together, we can accomplish our goals.

The Department of Energy offers a few examples of ways to conserve energy

- Turning off lights in unoccupied rooms or when

sufficient daylight is coming in through windows.

- Turn items off when you are not in the room, like televisions, entertainment systems, computers, monitors, printers and copiers.

- Plug electronics, like televisions and DVD players, into power strips; turn the power strips off when the equipment is not in use.

- In your offices, unplug personal refrigerators, coffee makers and other appliances, and use community appliances in a break room instead.

- Replace incandescent bulbs with compact fluorescent bulbs.

- Install a programmable thermostat, if permitted, to lower utility bills and manage your heating and cooling systems efficiently.

- Check to see that windows and doors are closed when heating or cooling your home.

- Lower the thermostat on your water heater to 120°F.
- Air dry dishes instead of using your dishwasher's drying cycle.

- Take short showers, instead of baths, and use low-flow showerheads for additional energy savings.

- Wash only full loads of dishes and clothes.

- Air dry clothes.

For more energy-saving ideas, visit www.energysavers.gov.

If you would like to comment on this article, or suggest a topic for a future Community Corner, email usarmy.riley.imcom.mbx.post-newspaper@mail.mil.

HAVE A STORY IDEA?

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



'Hamilton's Own' ladies go back in time

Group of spouses experience 'A Little Coffee on the Prairie'

By Maj. David Ward
1ST BN, 5TH FA REGT.

Spouses with 1st Battalion, 5th Field Artillery Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division went back in time Sept. 22 to experience the traditions, food and transportation of Fort Riley in 1865.

Heather Anne Ward organized the event for the battalions coffee group to provide the members a peek into the history of an Army spouse living on a frontier post during the 19th century.

The event also explored why Army spouses began the tradition of gathering over a cup of coffee or tea.

"I love traditions and history, and I enjoy knowing and teaching about the foundations of our treasured Army traditions," Ward said. "Therefore, I believe it is important to revisit the past and remember the reasons we continue certain traditions today. Even with technological advances and modern conveniences, the desire for making a comforting home for our troopers remain the same."

The coffee group began the meeting with a horse-drawn wagon tour of historic Main Post provided by the Commanding General's Mounted Color Guard. Members parked at the U.S. Cavalry Museum and got a personal tour by the CGMCG troopers of buildings and monuments throughout Main Post.

The troopers added a personal touch to the tour as they explained the historical significance of several buildings.



Maj. David Ward | 1ST BN, 5TH FA REGT.

Heather Anne Ward, Vanessa Espinosa and Tiffani Nolan pose with the CGMCG after getting a tour of historic Main Post via horse-drawn wagon as part of the 1st Bn., 5th FA Regt.'s spouses' coffee group Sept. 22. Sgt. James George and Sgt. Lionel Bailey led the tour of Main Post and offered facts about the buildings and grounds.

The tour concluded in front of the Custer House, where the ladies stepped inside and back in time for some refreshments: brown sugar angel food cake; 19th century fruit cake, also known as wedding cake, Christmas cake and election day cake, and 1896 one pound-pound cake with fresh whipped cream, berries and lemon curd.

Ward read a poem, "How to Cook a Husband," written by Elizabeth Worthington in the 1800s. Reading poetry or other written work and listening to someone sing, play piano or another musical instrument were types of entertainment during the 19th century. Each participant was given a copy of the poem tied in a scroll with a wooden utensil attached.

A brief presentation by Ward depicted frontier life for an Army wife. The challenging and often perilous journey consisted of travel to the post via train, stagecoach or wagon while withstanding harsh

conditions, the possibility of living in a tent until quarters were available and managing feelings of isolation and loneliness.

Despite all the challenges, frontier Army wives desired to follow their husbands based on their love for them. They used their creativity to establish a home, whether in a tent or house, that provided a refuge and a comfort for their husbands and children. They tried their best to make the most of whatever circumstance in which they found themselves, and they made it their goals to be good Army wives.

Special guest of the 1st Bn., 5th FA Regt., coffee group, Beth Funk, wife of Maj. Gen. Paul E. Funk II, commanding general, 1st Inf. Div. and Fort Riley, shared her 26 years of experience as an Army spouse. She talked about how she worked to make her family's life fulfilling and their home a place of refuge and comfort.



Jessica Reed | 1ST BN, 5TH FA REGT.

Cathy Cooley, Patricia Kiefer, Andrea Reynolds and Tiffani Nolan listen as Beth Funk, center, talks about her experiences as a 26-year Army spouse Sept. 22 at Fort Riley's Custer House.

Funk also talked about what makes the giant redwood trees so strong, and how they represent the way Army spouses are able to stand strong, even amidst the storms of life.

The giant redwood trees have shallow root systems, which must attach themselves to other trees' root systems. This unique trait is what helps those giant trees to stand strong through the storms. This proves true for Army spouses everywhere, Funk said. It's through the network of the Army community where spouses find their connections with each other and stand strong.

The coffee group concluded when Tiffani Nolan, 1st Bn., 5th FA, coffee group leader, presented Ward, Funk and Andrea Reynolds, the brigade's senior spouse adviser, with gifts for their contributions and insight to the coffee group.

"This coffee was special because we focused on the timeless traditions of the Army wife that have paved a way for all of us today," Nolan said.

Shoplifting at Fort Riley Exchange can ruin career

AAFES

CRACKING DOWN

A young, up-and-coming Soldier stops by the Fort Riley Exchange to pick up his weekly necessities. While browsing through the store, he stops to admire the assortment of wallets. With money tight, he decides to slip one into his pocket while no one else is around. What he may not realize is the Exchange is equipped with closed circuit televisions with DVR technology and high-tech electronic article surveillance. As a result, the Soldier is apprehended by Exchange Loss Prevention professionals and turned over to the military police.

With one, split-second poor decision, the young Soldier's promising career took a drastic turn. Consequences of being caught shoplifting for active-duty members can include a reduction in rank, an other-than-honorable discharge, forfeiture of pay and allowances, and possible confinement. In addition to possible disciplinary action and/or criminal prosecution, the Federal Claims Collection Act allows the Exchange to enact a flat, administrative cost or civil recovery of \$200. There may be further fees, in addition to the Civil Recovery Program, depending on the condition of the stolen merchandise.

"The bottom line is that it's just not worth it," said Anthony Ventura, Fort Riley Exchange's general manager. "Throwing away your future to try and save a few bucks is a tremendous price to pay."

In addition to the repercussions to individuals who shoplift, the military community as a whole suffers as a result of those stealing from the Exchange.

As a result of an aggressive shoplifting deterrence program, the Fort Riley Exchange saw shoplifting cases decrease by 49 percent.

With a dual mission to provide quality goods and services at competitively low prices and generate earnings to support Morale, Welfare and Recreation installation programs for its shareholders, the Exchange has contributed more than \$2.4 billion to military quality-of-life programs in the past 10 years.

Shoplifting at the Fort Riley Exchange results in a reduced return on investment to our primary shareholders – the military community," Ventura said. "Because the Exchange is a command with a mission to return earnings to quality-of-life programs, people who steal from the Exchange don't only harm themselves, but (they) negatively impact FMWR and Service programs."

As a result of an aggressive shoplifting deterrence program, the Fort Riley Exchange saw shoplifting cases decrease by 49 percent, from 116 in 2011 to 59. The value of merchandise involved in these incidents also decreased from \$17,622 to \$12,630 in 2012.

While no dollar amount can be placed on the human cost of a career lost by one poor decision, according to Ventura, it is the Exchange's hope that educating shoppers on the safe-guards in place and the results for those caught shoplifting will result in fewer incidences, and, in turn, fewer careers derailed by a moment of poor judgment.

K-State College of Ed goes online

Offering web course for teachers, paraprofessionals

K-STATE MEDIA RELATIONS

MANHATTAN — Promoting effective Kindergarten through 12th-grade teaching is the focus of new online courses offered by the College of Education at Kansas State University.

This collection of courses, called Effective Practice: Teaching in Today's World, will provide K-12 teachers and paraprofessionals with the knowledge and skills needed to increase their teaching effectiveness while also preparing them to renew their teaching license or paraprofessional credentials.

"In support of K-State's mis-

MORE ONLINE

For more information about the program and application process, visit www.dce.k-state.edu/education/effective-practice.

sion as a land-grant university, this course series provides an opportunity to expand course offerings to teachers, paraprofessionals and others across the state of Kansas," said Lotta Larson, course developer and instructor. "This work also supports the vision of the College of Education in preparing knowledgeable, ethical, caring decision-makers who can impact learning in K-12 schools."

The program meets requirements for local- and state-mandated credentialing and li-

ensing, and it can be used for graduate credit hours toward a master's degree, such as the Master of Science in curriculum and instruction from K-State. The courses also can be taken for continuing education units at a noncredit rate.

Larson, a former classroom teacher, is an associate professor of curriculum and instruction at the university. She teaches a wide range of graduate and undergraduate courses. She also is a frequent speaker at conferences and professional development events across the country, particularly in the areas of literacy instruction and innovative teaching strategies.

For more information about the program and the application process, visit www.dce.k-state.edu/education/effective-practice.

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Julie Fiedler | POST

Participants listen to a presentation about transitions and coping with change by Briana Nelson Goff at the Developmental, Delays, Autism and Behavioral Learning Conference Sept. 24 at Riley's Conference Center. Nelson Goff also shared information about family dynamics in Families with special-needs members.

Family members bond, learn at EFMP seminar

By Julie Fiedler
1ST INF. DIV. POST

"We're not alone."
"Encourage each other."
"It's a blessing, not a curse."

As a microphone was passed around, parents and professionals shared their experiences and tips coping with special needs children during a luncheon panel of the Developmental Delays, Autism and Behavioral Learning Conference Sept. 24 at Riley's Conference Center.

The panel discussion was open and frank, as attendees shared pearls of wisdom and messages of hope, despite the pain often felt when dealing with family members with special needs.

"Making connections is a big thing. You always need resources, and here they have the resources available, and it's also good to make connections with other parents in the same boat that you're in, or in a similar boat, that are in the same ocean as you because it is a little bit different journey when you have special needs," said military spouse Patsy Roseman, whose 7-year-old son has Down syndrome.

Roseman said she tries to attend as many Exceptional Family Member Program, or EFMP, conferences as she can to make connections and get new information.

"There's always new information," she said. "But also your situation changes. Last year, we didn't have the same issues that we had this year. We're changing, (so we get) new information or the information relates to us more at different times."

That ongoing change is something Maj. Tom Lafleur, Advanced Strategic Plans and Policy Program student, and his wife, Madeline, are familiar with. The couple has faced a number of adjustments and challenges, he said, as their 17-year-old son, who was diagnosed with autism, has grown over the years.

"When you have a conference like this, and you have exposure to ... different kinds of things, some will resonate and some can be applied," Tom said. "I think it's a great opportunity for people to get together and see these different types of educational processes that you can apply then to your situation with your kids."

Madeline said she was grate-

ful for the opportunity to attend the conference as a couple.

"If (an expert) says it, and we both see it together, it gets us much more on the same page because she's a professional, and she can explain it," Madeline said.

Experts led breakout sessions throughout the day on a variety of topics, like behavior management, sensory processing, Bal-A-Vis-X, transitions and language.

"Language is, and should be, a core component in anyone's life because it gives them access to the world around them — foundationally to get their wants and needs met, also to build social relationships and build a connection with their family, with their teachers, with their peers," said Stephanie Sheridan, clinical director, Trumpet Behavioral Health, who led a session called Increasing Language Skills. "My goal for today was to first talk about language, why it is important and give the Families usable tools to increase learning opportunities across their home routine."

The Lafleurs found helpful tips on communication, as well as their own relaxation through Bal-A-Vis-X, they said. More importantly, they found a chance to bond with other Families, and hopefully help others dealing with special needs on their own journeys.

"It's really neat for the Families, the community to start to coalesce a little bit," Tom said. "You can share ideas, and those ideas are really important ... Then (newer Families) don't have to walk that thousand-mile road with that big rucksack. They can maybe learn from your experiences."

Self-care was another prevalent theme during the panel, as panelists and attendees alike encouraged one another to take care of themselves and to reach out for help.

"There are supports and resources out there," said Leia Holley, technology specialist, Families Together, Inc., who facilitated the luncheon panel discussion. "There are other people you can turn to."

Representatives from various organizations, including the Army Wellness Center, also had information on display for parents to learn about resources and self-care services.

For more information about programs and resources, contact EFMP at 785-239-9435.

Spotlight shines on 'Sandhogs' at MRC

Community gets look at firepower, Airmen behind it

By Julie Fiedler
1ST INF. DIV. POST

MANHATTAN — To know, theoretically what it means to have air power is one thing. To see the precision and power of calculated strikes in action is another.

"I knew (there was) fire support, but ... I had never seen anything like that, other than maybe in a movie," said Janet Nichols, military community liaison, Manhattan Area Chamber of Commerce. "I had a vague idea, but honestly, seeing it ... was pretty interesting."

Nichols and a host of other community members had the opportunity not only to see the effects of firepower, but also to learn about the men and women behind it — the Airmen with the 10th Air Support Operations Squadron, U.S. Air Force — when the unit's commander, Lt. Col. Sean Monteiro, spoke during a Military Relations Committee luncheon Oct. 2 in Manhattan.

Monteiro opened his presentation with footage of target after target exploding, as strike after strike found their marks during a live-fire exercise in May at Hill Air Force Base, Utah.

"We bring global vigilance, global reach and global power," Monteiro explained of his unit's capabilities.

The mission of the 10th ASOS, a tenant unit at Fort Riley, is to integrate with its joint partners at the 1st Infantry Division, advocate for expert air capability and execute their mission flawlessly, Monteiro said.

"There is a close cooperation between the Air Force and the Army at Fort Riley," observed attendee Linda Weis, member, Governor's



Julie Fiedler | POST

From left: Lt. Col. Sean Monteiro, commander, 10th ASOS, USAF, speaks with Rich Jankovich, executive vice president, Commerce Bank; Janet Nichols, military community liaison, Manhattan Area Chamber of Commerce; and Trent Ambrust, existing business manager, Manhattan Area Chamber of Commerce; following an Oct. 2 presentation during an MRC luncheon in Manhattan.

Military Council. "It's very important, and it's good to see cooperation."

Translating the Air Force's core values of integrity, service and excellence into the "BRO" model — brave, responsible and on point — Monteiro walked the audience through the "Sandhogs" decorated achievements in combat and highlighted their spirit of service within the community.

"Sandhogs, we set the standard. We are the ones who raise the bar out there, and we do it for the 'Big Red One,' we do it for our Families, and we do it for the communities in which we live," Monteiro said.

With multiple deployments to Iraq and Afghanistan, about 3,500 volunteer hours contributed this fiscal year, and numerous honors and decorations, Monteiro painted a picture of the Sandhogs as complete Airmen focused on country, family and community.

With about 175 members, 10th ASOS is "an island of blue in a sea of green," Monteiro joked. But his hope, he said, is that their small unit — and the

"I was delighted with the kind of quality community interaction in which they're engaged. They're giving back. They're volunteering their time, and I was very, very pleased."

LINDA WEIS | MEMBER, GOVERNOR'S MILITARY COUNCIL

military community at large — will make a big difference in the broader Flint Hills region.

"I was delighted with the number of family-friendly outdoor activities, the topography of the region and the community members."

"I've lived pretty much in just about every portion of the U.S. I have to admit that this is probably the friendliest set of people, the most down-to-earth set of people that you could find," he said.

The audience members seemed to feel similarly.

"He's really interested in being a member of the community, and he's really done that. He's pretty impressive," Nichols said.

Mindfulness process may help children focus

K/STATE MEDIA RELATIONS

MANHATTAN — A Kansas State University child and adolescent counselor said a process used to help adults with anxiety disorders also may have a place in the classroom, helping children keep their focus on the subject at hand.

Karrie Swan, assistant professor of special education, counseling and student affairs, College of Education, K-State, said a growing trend in mental health practice and research today is mindfulness. Swan said the mindfulness process is one showing promise with children.

"Mindfulness is a present-centered process, where one observes and focuses on the present moment," she said.

"The goal of mindfulness is to become aware of your thoughts and feelings and to stop the

flow of habitual thoughts, inattention and unconsciousness."

Researchers have traditionally been interested in using mindfulness practices with adult clients who have anxiety disorders, but there is a growing interest in examining effects of mindfulness for children and adolescents, Swan said.

"Mindfulness has been shown to be effective for all students, but those with anxiety, depression, attention problems and externalizing problems seem to benefit best from this form of treatment," she said.

Swan used the mindfulness process in private practice when she worked as a mental health clinician. A registered play therapist, she has presented on the topic at state and regional conferences, and has written an article about mindful-

ness practices in conducting dream therapy for children that was published in the July issue of the International Journal of Play Therapy. An abstract is available at <http://bit.ly/16uy4rx>.

"Currently, there are a few schools in California that are using mindfulness and collecting data," Swan said.

Studies to date have shown mindfulness-based practices seem to reduce stress, anxiety and emotional reactivity among youth, and that mindfulness-based stress reduction practices improve adjustment among chronically stressed adolescents. A study also found mindfulness was beneficial to teachers as well, linking the practice to a reduction in teacher-reported stress, depression and anxiety.

"Overall, research indicates that mindfulness enhances

health, improves attention problems and impulse control, increases self-awareness, decreases stress, and increases empathic responses and conflict resolution skills," Swan said.

Swan also said brain research shows mindfulness practices engage the right hemisphere of the brain that enables one to have greater feelings, experiences and creativity.

"Because many child and adolescent mental health scholars believe that growth and learning in therapy occur through the process of expression, rather than logical analysis, mindfulness may prove to be a modality that integrates the right and left hemispheres, thereby improving therapeutic outcomes," she said.

WWW.1DIVPOST.COM



Julie Fiedler | POST

Sgt. 1st Class Kathleen Sipes, SARC representative, 1st ABCT, looks at a domestic violence awareness display table prior to Mildred Muhammad's "A Survivor's Story" presentation Oct. 3 at Riley's Conference Center. In the foreground, a card bearing the story of a woman murdered by her ex-boyfriend served as a reminder of the victims of domestic abuse. October is Domestic Violence Awareness Month.

ABUSE Continued from page 15

had to change my name, go into a shelter, learn to protect myself and stay alive long enough to find my children," Muhammad said. "I learned some of this military training, too, and applied that to stay two steps ahead of him, so that I could keep myself alive."

Muhammad and her ex-husband had been married for 12 years, had three children and even owned a small business together. After discovering infidelities, Muhammad ordered him out of the house. But he sought to control and intimidate her through psychological and emotional abuse, she said, by sneaking into her home at night and sabotaging locks on the doors. Then the death threats came.

"How did I get here?" she wondered.

As she sought help, Muhammad met red tape and tied hands at nearly every turn. She turned to her faith and her own sense of self to find the strength and resources to push on, she said, despite fearing for her life and the fate of her missing children.

"I didn't wait for other people to do it for me. I found the means to do it myself," she said.

While hiding in a shelter after fleeing a hospital under an assumed name, Muhammad said she took a correspondence course to learn about the legal system. She compiled her paperwork, she said, hoping that when she tracked her children down at last, she would have a case for custody.

That chance came after 18 months.

The first time Muhammad heard her children's voices on the phone again, she recalled feeling a jolt of energy.

"I felt like I was living again," she said.

But the horror did not end. A year later, as random people were attacked in the metropolitan D.C. area, Muhammad never considered the sniper could be her ex-husband, until an agent from the FBI came knocking at her door.

Her ex-husband's story soon became national news. The theory was that her ex-husband attacked random strangers, before coming after her in an effort to disguise that she was the ultimate target, Muhammad said.

In an effort to shield her children from the ensuing media circus, Muhammad did her best to stay out of the spotlight. For four years, she focused on counseling her children and tuning out the judgment of those around her.

"Those who are victims that feel they have nowhere to go, they do have a place to go. They can go to the Family Advocacy (Program), get the help that they need."

MILDRED MUHAMMAD
DOMESTIC ABUSE SURVIVOR

MORE ONLINE

To learn more about Mildred Muhammad's story, visit www.mildredmuhammad.com.

Then Muhammad started sharing her story in hopes that it would bring awareness to domestic violence, she said, and inspire victims to seek help and provide others insight on how to help.

"A lot of people believe that if you don't have scars, that you're not a victim. Verbal, mental, psychological, economic, spiritual — are all abuses that lead up to a physical assault ... You don't have to have physical scars to be a victim or a survivor of domestic violence," she said. "We have to work together in order to solve this problem. No one person can deal with all of this, but if we work collectively, then we can see the abusive relationships decrease and healthy relationships increase."

Domestic violence and sexual assault are on the rise, Muhammad said, and are independent of gender, race, creed, culture and economic status.

"No one is exempt," she said.

But, Muhammad said she believes there is hope. She is a huge proponent of the Family Advocacy Program.

"Many times (victims) don't know where to go or how to get help in understanding what has happened to their relationship," she said. "Those who are victims that feel they have nowhere to go, they do have a place to go. They can go to the (FAP) to get the help that they need."

To learn more about Muhammad's story, visit www.mildredmuhammad.com.

October is Domestic Violence Awareness Month.



Julie Fiedler | POST

A food vendor and carnival ride are open for business during the Fall Carnival Oct. 5 at Rally Point field. The carnival will be open through Oct. 13 before closing out the season at Fort Riley.

CARNIVAL Continued from page 15

spouse, who came to the carnival with her extended family.

Wolford, who recently arrived at Fort Riley, said she "just wanted to get out and do something fun with the Family."

In addition to rides and festive food, like corn dogs, tater twists and funnel cakes, the carnival also features classic games, like Skee-ball, a coin toss and shooting, plus shark tank and fish bowl games.

"It's a great opportunity for our families to enjoy the

beautiful fall weather and the thrill of the carnival rides right here on Fort Riley," said Brad Carlton, recreation programmer, Directorate of Family and Morale, Welfare and Recreation.

The hours for the coming weekend are from 4 to 10 p.m. Oct. 11, from noon to 10 p.m. Oct. 12 and from noon to 8 p.m. Oct. 13.

Admission for children's rides is one ticket. Admission for larger rides is two tickets.

Tickets cost \$2 each, 10 tickets for \$18 or 25 tickets for \$40.

Wristbands also are available for purchase for \$20. Wristband hours are from 6 to 10 p.m. Oct. 11, from 1 to 5 p.m. and 6 to 10 p.m. Oct. 12 and from 1 to 5 p.m. Oct. 13.

With temperatures starting to cool down, the carnival is closing out the season.

"We were pretty lucky to get them," Carlton said.

For more information, visit rileymwr.com.

HOUSE FILL AD

FORSYTH Continued from page 15

Baker also has been impressed by the teachers, she said, and likes that her daughter has an opportunity to play and have fun.

"Megan enjoys every single bit of it," she said.

To celebrate the accreditation, Forsyth East CDC hosted a fall festival and open house Oct. 4.

"We wanted to celebrate big," Wesley said.

The festival featured arts and crafts, fall-themed activities, like spooning for apples and feeling the inside of pumpkins, plus face painting, photo booth, snacks and more.

"I like the face painting," said Megan Baker, 4.



Julie Fiedler | POST

Johnathan Bell, 4, left, smiles as he holds up his pumpkin at an arts-and-crafts station while his grandmother, Linda Bell, right, helps in the background during a fall festival Oct. 4 at Forsyth East CDC. The festival served as an open house for Families to celebrate the CDC's recent NAEYC accreditation.

ACCREDITATION PROCESS

Forsyth East CDC began the accreditation process two years ago and completed the four-step process, which included self-study, application, submission for candidacy and meeting the standards, earlier this summer.

"Passing through accreditation is a big thing. We're all proud of everybody who worked hard," said Brittany Toombs, primary pre-K teacher, Forsyth East CDC. "It was just a joy to pass accreditation. We had to work and work and work hard."

"We have a really good team here at Forsyth East," Wesley

added. "The teachers are committed. They're very committed for what they do for the children and the Families."

That commitment will be ongoing because the goal now is to maintain that quality care, Wesley added.

"To maintain those standards, we have to work hard as a team," she said. "We do a lot of training with our staff, a lot of coaching, a lot of mentoring, so that we are able to maintain the standards."

Fort Riley CDCs are now 100-percent accredited, according to Wesley, who added it is a huge accomplishment.

Opera House 2x7



Sports & Recreation

IN BRIEF

The Fort Riley Outdoorsmen Group will host a Youth Mentorship Deer Hunt Oct. 11 to 14 at Fort Riley. Experienced deer hunters from the group will guide the youth, ages of 9 to 15 years — which may be waived based on experience, disabled or first-time hunters. Youth must have a state of Kansas deer permit for Unit 8 and are encouraged to bring their own firearms and shells. A limited number of firearms, shells and hunter orange will be available for those who have none. No hunting experience is needed. Guides will mentor youth by teaching safety and ethics at the range. Guides will be provided for youth with a deployed parent, and transportation will be arranged for transportation to and from the hunting area. If not deployed, parents may accompany their child on the hunt, if experienced. Select areas will be open for the hunt, and prior scouting would be highly recommended. Each hunting area will be designated for youth only. For more information, to register or to volunteer, email frog@fortrileyoutdoorsmengroup.com.

A Customer Appreciation Golf Tournament will be Oct. 11 at Custer Hill Golf Course. For more information, call 785-784-6000.

Outdoor Recreation will host a Konza Prairie Hike Oct. 12. Take a stroll through nature's highways and hike along the Flint Hills' Konza Prairie trails. Immerse yourself in this protected, natural setting. Pre-registration is required. Cost to participate is \$5. For more information, call Outdoor Recreation at 785-239-2363.

A Family Fun Night will be from 7 to 9 p.m. Oct. 19 at Eyster Pool. Hot dogs or pizza, chips, juice and cookies will be served. For more information, call 785-239-4854.

The second annual Night Flyer Shoot will be Oct. 19. Participants will shoot white targets with the occasional orange "prize clay" mixed in. The competition will consist of four rounds of skeet. Cost to participate is \$25 per person and does not include ammunition. For more information, call Outdoor Recreation at 785-239-2363.

An Salina Sports Car Club of America Autocross event will be Oct. 20 at Marshall Army Airfield. Soldiers can drive their cars in an adrenaline-pounding solo competition, hosted by the Salina SCCA. Learn how to drive at or near the limit, and gain skills that translate directly to accident avoidance on the road. Those planning to participate must pre-register at www.salinascca.org. Registration fee is \$30. Car inspections and registration on the day of the event begin at 8 a.m., and the competition begins at 10:30 a.m. For more information, call 785-239-6398.

The Zombie Paradise Paintball Shootout will be Oct. 26. Dress up and get painted for Halloween — Themed games and scenarios will be on the agenda for this second annual Halloween paintball shootout. All equipment and supplies are provided — or utilize your own equipment. Sign up a three-person team or sign up individually. Ages 13 and up may participate, but minors 13-17 years old must have a parent present to participate. For more information, call Outdoor Recreation at 785-239-2363.

A Kids' Halloween Bowling Party will be from 5 to 9 p.m. Oct. 26 at the Custer Hill Bowling Center. For more information, call 785-236-4366.

The Butterball Blast will be Nov. 9. The fourth annual event allows participants to play skeet and trap with the chance to take home a turkey for Thanksgiving. The event uses paper targets and requires the use of range guns and ammunition. After a round, the participant will pick his or her best target and submit it for entry to win a turkey. Each attempt and entry is \$5. One in 10 will win, guaranteed. For more information, call Outdoor Recreation at 785-239-2363.

Soldier's story of resilience

4th MEB specialist goes from local ballpark player to All-Army champion

By Staff Sgt. Heather A. Denby
4TH MEB PUBLIC AFFAIRS

It didn't take long for one 4th Maneuver Enhancement Brigade Soldier to elevate her softball game from playing at the local park to helping the 2013 All-Army Women's Softball team successfully defend their Armed

Forces softball championship title. Spc. Tonya Martin, military police Soldier, 92nd Military Police Battalion, and her fellow team members beat the U.S. Air Force with a score of 6-3 in their final game of the Armed Forces Softball Tournament Sept. 18 at Fort Sill, Okla.

Going into the championship game, the team was undefeated with a record of 8-0, playing against the best players from the Army, Navy, Air Force and Marine Corps during the five-day, round-robin annual event. This was the first time the All-Army

my team won gold back-to-back since the 1996 to 1997 seasons.

"I'm a natural athlete; I play basketball, volleyball, anything really," Martin said. "But softball is just what I love to do; I could play it year-round."

Martin, a three-year Army veteran and native of West Plains, Mo., joined Headquarters and Headquarters Detachment, 92nd MP Bn. in May.

She said when she first came to the unit, she felt like she needed to prove



Staff Sgt. Heather Denby | 4TH MEB Spc. Tonya Martin, MP, HHD, 92nd MP Bn., poses with her 2013 Armed Forces Softball Tournament gold medal.

See RESILIENCE, page 23

JUNCTION CITY HIGH SCHOOL HOMECOMING GAME



Jerma'l Campbell runs to the endzone for a touchdown against Highland Park Oct. 4 at Al Simpler Stadium, Junction City. Campbell and the Blue Jays won their 2013 homecoming game 56-0.

Ethan Padway | THE DAILY UNION

Blue Jays rout Highland Park

JCHS scores 5 TDs in first quarter on way to homecoming win

By Ethan Padway
DAILY UNION

JUNCTION CITY — With a cold front moving in, the threat of lightning loomed over Al Simpler Stadium Oct. 4, ahead of the Junction City High School football team's game against Highland Park High School.

What no one seemed to know was that lightning would strike over and over again on the field. The Blue Jays scored five touchdowns in the first quarter — and on each of their first eight possessions — on the way to a dominating 56-0 win in the homecoming game.

JCHS opened with a fast-paced offense leaning heavily on the pass in order to break the Scots' defense early.

"People have had a hard time running against these guys — they really have," said JCHS coach Randall Zimmerman, minutes

after the victory. "We felt like we needed to loosen up the outside linebackers a little bit, get them out of the eight-man front, and we felt like we had the short stuff going on, and we were able to execute that a little bit." Junior quarterback Tanner Lueker opened the game throwing four times during the five-

broken a lot of tackles." RANDALL ZIMMERMAN
JCHS COACH

play opening drive.

He capped it off with a short toss to senior running back Jerma'l Campbell, who then broke a tackle to find some running room in the middle of the Highland Park defense. Campbell burst down the field and powered past two awaiting Scots' defenders at the goal line for the 16-yard touchdown.

Campbell said he was simply trying to run hard.

It was the first of four touchdowns he scored in the game.

Zimmerman called Campbell his vertical guy and the running back the Blue Jays give the ball to when they need to get the ball up the field fast.

"(Campbell's) strong," Zimmerman said. "He hits the squat bar. He's only about 160 pounds, he's not that big, but it's not about how much they weigh, but how strong they are from the hips down, and it shows. He's broken a lot of tackles."

Campbell finished the day with three receptions for 57 yards and five carries for 64 yards.

See JAYS, page 23

MORE INFORMATION

For more information about the Fort Riley Wrestling Academy, email McClanahan@fortrileywrestling@gmail.com.

Fort Riley offers Youth Wrestling program

Director says academy an opportunity to give back to community's youth

SPECIAL TO THE POST

Youth wrestling is one of the fastest growing youth sports in the nation, and Fort Riley now has a program on post. With the recent headlines in the news about wrestling being removed from the Olympics and recently being voted back in, this new program is an opportunity for Fort Riley youth to try their hand in the sport.

As a retired Soldier, Chris McClanahan started the program as a way to help give back to the community and Fort Riley youth.

Starting any program from scratch can take a lot of work and patience to build a strong program, he said.

"We are off to a great start with a good group of kids that are eager to learn," McClanahan said. "We are building a coaching staff that mirrors the kids in the program."

Youth clubs are generally feeder clubs for middle and high schools, he said, and can help build talent early for schools looking to win championships.

"Hopefully, we can start to draw more interest of the youth of Fort Riley and look to help the Fort Riley Middle School Wrestling Program for the near future," McClanahan said. "The bigger picture is to expose the youth to as many different activities as possible and let them decide which ones they like and want to pursue."

With about 10,000 youth wrestlers from across Kansas for the 2012 to 2013 wrestling season, the Fort Riley Wrestling Academy is looking to help grow the sport in becoming a permanent organization for Fort Riley youth.

The academy is chartered through USA Wrestling, which is the largest wrestling organization in the U.S. and is recognized worldwide as a wrestling leader. The wrestling academy is practicing from 6 to 8 p.m. on Wednesdays at the Fort Riley Middle School. The program is for boys and girls, ranging from kindergarten to eighth grade. Middle school athletes are eligible to participate in the program before and after the middle school season, but not during, following the KSHAA rules.

Rubber to meet road at SCCA Autocross event

For \$30, Soldiers can register to compete

By Julie Fiedler
LIST INE DIV. POST

The rubber will meet the road at Fort Riley during a Sports Car Club of America Autocross Oct. 20 at Marshall Army Airfield.

The event will provide an opportunity for Soldiers to experience a high-adrenaline driving competition in a safe and structured environment, according to Brad Carlton, recreation

programmer, Directorate of Family and Morale, Welfare and Recreation.

"Soldiers like to run fast," Carlton said. "This is a way to do it in a safe environment... It also introduces them to the sport of racing."

During the event, drivers race against the clock during several heats. Each driver will be allowed multiple runs through the course and can use their best time overall.

"You hear all the engines rumbling... It makes you want to get out there," Carlton said.

For \$30, Soldiers can register to compete in the event. Registration

includes a weekend membership to SCCA. Participants also must sign a waiver to drive in the event.

"The idea is to negotiate the course in the quickest time possible without knocking pylons over... to have a quick run, but a clean run," Carlton said.

The course is designed by the Salina Region SCCA.

"They love to come to Fort Riley," Carlton said. "At Fort Riley, the sky's the limit. They can do all these cool loops and turns, and straight-aways and camel backs."

Drivers supply their own cars and

the range is unbelievable, Carlton said, however, trucks and SUVs are not permitted in the competition. All cars will be inspected by an SCCA representative prior to the event.

Because Soldiers will be competing against experienced SCCA drivers, a training session will be at 1 p.m. Oct. 19. The Saturday training is not mandatory, but will help give Soldiers a leg up in their driving capabilities, Carlton said.

Spectators also can get a thrill by doing a ride-along.

See AUTOCROSS, page 23



Squad leaders passing word about Performance Triad

By David Vergun
ANS

WASHINGTON — Soldiers from the first Performance Triad pilot course are now teaching their own Soldiers how to improve their health and performance through proper nutrition, sleep and activity — the three legs of the triad.

Last week, eleven squad leaders completed the two-week classroom portion of the Performance Triad pilot course. Over the next 24 months, they will impart their knowledge on other Soldiers.

Those squad leaders are from 3rd Squadron, 38th Cavalry Regiment, 201st Battlefield Surveillance Brigade, 7th Infantry Division, at Joint Base Lewis-McChord, Wash.

Two other pilots are planned using the same schedule and instruction. The first is at Fort Bliss, Texas, and will involve Soldiers of 4th Battalion, 6th Infantry. They begin Sept. 30. The other pilot is at Fort Bragg, N.C., with Soldiers of the 189th Combat Sustainment Support Battalion. They begin Oct. 28.

Once all the data and feedback is collected and reviewed, consolidated program recommendations for Army-wide implementation of Performance Triad will be delivered to the Army chief of staff and vice chief of staff in the fourth quarter of fiscal year 2014, said Barbara Ryan, a registered nurse with the Army surgeon general's office. She is the lead for Performance Triad training, education and communications.

Squad leaders were specifically chosen to become Performance Triad mentors because "the squad leader is the one who knows their Soldiers best," said Lt. Gen. Patricia D. Horoho, the Army's surgeon general. "They can have the most impact on their Soldiers' mental, physical, emotional and spiritual health," Horoho said.

Three squad leaders who participated in the first pilot provided initial feedback Sept. 27, after the two-week classroom portion ended.

"I learned quite a bit from the course," said Staff Sgt. Anthony Oakley, adding that the training he received "reinforced" some of what he'd already learned from Madigan Army Medical Center's "Fit and Ready" — a two-year research program on weight loss through proper nutrition.

He said he's already lost 15 pounds in three months by adhering to the Fit and Ready plan. With Performance Triad's additional emphasis on sleep and activity, he said he feels well-equipped to improve both his health and that of his Soldiers.



David Vergun | ANS

Maj. Gen. Dean G. Sienko, commander, USAPHC, works out on a wellness center treadmill to determine his exercise metabolic rate and assess his cardio-respiratory fitness level during his initial ramp-up to Performance Triad.

Although Performance Triad was his second course involving nutrition, Oakley said he would have liked to have received even more in-depth information on supplements and special fitness diets. He said there is a lot of advertising for those products, and it's hard to separate truth from hype.

Everyone in the squadron received a "Fitbit Flex" wristband, which measures activity, nutrition, and sleep. The device provides feedback to the user about their progress in achieving a fitness goal. After uploading data from the device to a user's on-line Fitbit account, users can see daily, weekly, or monthly information about their fitness progress over time.

Oakley said he likes the device for activity and sleep but prefers to use an app called MyFitnessPal to measure calories for weight loss.

Now that he's got his weight under control, Oakley said he needs to improve on his sleep. But that could prove difficult because he said he has three young children, including a 2-year-old, who keep him awake at night.

Oakley, 32, has had two deployments to Iraq. He said he loves the Army and hopes to make it a career.

As with Oakley, Sgt. John Riley said he could use some improvements with sleep.

Army duties often contribute to sleep loss, the 27-year-old said, noting that the operations tempo in his unit is high now as they gear up for exercises at the National Training Center at Fort Irwin, Calif.

The Fitbit is useful in counting how far you walk each day and the number of calories burned, he said.

Counting calories is especially important, he continued, because along with nutritious food, there's also "a lot of unhealthy food in the dining facilities."

The Performance Triad classroom training was useful, he said, and he can't think of any needed improvements.

Riley has been deployed to Iraq once and twice to Afghanistan. He hoped to make the Army a career because "I like the Army life and the discipline and regimentation."

Staff Sgt. Jonathan Silva-Mateo, now 37 years old, said he is relatively old compared to other Soldiers in his unit. He said that despite being physically fit, he sometimes feels the effects of aging — aches in his knee and sometimes feelings of being tired and exhausted.

It's part of Army life, he added. "Your body takes hits when you're out doing missions."

He said the training he received in Performance Triad will help him better balance his physical training and periods of relaxation and recovery.

All of the Soldiers in his squad are under age 24 and he said they are often up late at night playing video games and going to the short-order line in the dining facility where hot dogs and burgers are served.

While it doesn't seem to affect their performance now, he said that as they get older it will catch up to them. Some of it already has, he added, as he can see they look tired during early-morning physical fitness training.

Silva-Mateo said he hopes to empower his Soldiers with the knowledge he learned from Performance Triad. Like the others, he plans to make the Army a career. He's been deployed to Iraq three times.

LEADERSHIP KEY

For Performance Triad to work, all Army leaders, not just the squad leaders, must embrace the program, said Maj. Gen. Dean G. Sienko, commander, U.S. Army Public Health Command. He added that he thinks they are.

Sienko, a medical doctor, said he has personally benefited from Performance Triad and even learned some things he didn't know, particularly about sleep research.

"This is an exciting journey," he said. Performance Triad "is a new approach. I hope the Army can set an example for the nation to follow."

FRANKLIN LEADS WORKSHOP



Photos by Sgt. Michael Leverton | 1ST INF. DIV.

Rich Franklin, former UFC Middleweight Champion, grapples with Sgt. Justin Overton, Division Headquarters and Headquarters Battalion, 1st Infantry Division Sept. 30 at the Fort Riley Combatives facility. Franklin led a fitness workshop and signed autographs during his visit to Fort Riley, which was part of the 2013 UFC FIT Experience. For more photos from the event, go to www.flickr.com/firstinfantrydiv/sets.

Rich Franklin gets in a workout Sept. 30 at the Fort Riley Combatives facility. Franklin was on post as part of the UFC FIT Experience, and took the time to instruct and battle members of the Fort Riley Combatives Team.



RECOGNIZING HEROES



Sgt. Keven Parry | CAB

Spec. Robert Richardson, avionics mechanic, 1st Attack Reconnaissance Battalion, 1st Aviation Regiment, Combat Aviation Brigade, 1st Infantry Division, right, attends the Kansas City Royals' final home game with his guests, from left to right, Christen Taylor, her daughter, Dixie, and Taylor Rothe Sept. 22 at Kauffman Stadium, Kansas City, Mo. Richardson was recognized by the Royals' Dur Heroes program, which honors outstanding current and former military members, for his intervention that saved the life of a young child during an airplane flight last year.

BOSS OKTOBERFEST CONCERT



Jessica Healey | POST

The band, Invisible Bike, performs on stage during the BOSS Oktoberfest event Sept. 28 at the Warrior Zone. The event consisted of many Oktoberfest-themed games and contests. Prizes were awarded for games and contest winners, and there were opportunity drawings. The event also featured a German food buffet and live music.



JAYS Continued from page 20

Dequan Davis and Ladarius Shuford each added rushing touchdowns.

The breaking point came near the end of the first quarter. After forcing Highland Park to punt after a short drive, JCHS dropped back into its two-deep return.

Sophomore defensive back Raye Wilson, who moved to the punt return team mid-season, fiddled the kick.

Davis shouted for Wilson to get outside of him as he laid out a Highland Park player for the block. Sophomore Christian Ozores opened a hole by moving two Scotts' players out of the way.

After that, Wilson said the only thing running through his mind was getting to the end zone for a 68-yard punt return to extend the Blue Jays lead to 35-0.

Wilson also had one of the

Blue Jays' three interceptions. Seniors Jeffrey Dorval and Andrew Nitkiewicz swiped the other two out of the air, away from Highland Park's receivers.

It was part of a JCHS defensive effort that didn't allow its visitors to cross midfield until the second half.

"Our discipline was better, our eyes were better, our alignment was better," Zimmerman said. "We struggled with that last week. We had a lot of receivers running through the secondary because their eyes were wrong, and, tonight, we didn't have lazy eyes, I didn't think. Defensively, it's all about effort, alignment and your eyes, and we were a lot better in all phases."

Offensively, Luecker showed his growth in the game as the field general, making adjustments at the line of scrimmage. He completed 7 of 11

passes for 100 yards and two touchdowns, including a 25-yard touchdown to junior Tate Zimmerman.

"That was a call from our quarterback," Coach Zimmerman said. "He audibled to that because it ended up being a rolled-up corner, and he understood that with the down and distance situation, just stuff we've been working on. Tanner audibled to it, and they executed it well."

JCHS (3-2) travels to Topeka West next Thursday for its last game before district play starts.

After the lopsided win, the Blue Jays are ready to get back to work and extend their winning streak.

"We can't have arrogance," Campbell said. "Yeah, we got a big win, but we have to come out hard next week like we did today."

HOUSE FILL AD**RESILIENCE** Continued from page 20

herself at the workplace before pursuing an extracurricular activity like softball.

But her performance at the local park left one senior enlisted Soldier thoroughly impressed, helping Martin take her game to a bigger stage in less than 40 days.

"I often visit the parks to watch the local softball teams play," said Sgt. 1st Class Rob Bailey, instructor, U.S. Army Military Police School, and previous coach of three national championship All-Army Women's Softball teams. "A friend of mine came up to me and said that I really needed to see her play, and I'm glad that I did because she's one hell of a player."

Bailey said Martin was more than just an athlete, and she has a Soldiers' drive to excel.

"As a coach, there are three things I tell my team that they should strive to represent — yourself, the unit and the Black and Gold," Bailey said. "With Tonya, it's really apparent that she represents three for three. She is just the ideal Soldier-athlete."

After speaking with Martin, Bailey went to the 92nd MP Bn. leadership to gain approval for Martin to try out for the team.

"Sgt. 1st Class Bailey approached me about the talent level that Spc. Martin possessed," said Command Sgt. Maj. James Schultz, senior enlisted adviser, 92nd MP Bn. "He said that she stood a great chance of making the team ... and he speaks from experience."

"I think that it is important to allow Soldiers to embrace an opportunity to showcase their skills, especially when it represents not only the unit, but the Army very well," Schultz said.

With her unit's approval, Martin submitted her application to the All-Army Women's Softball team and was selected for a 24-Soldier squad. She left for camp Aug. 20. Three tournaments and several rounds of cuts later, she was still standing alongside 14 other Soldiers selected to advance. She and her team members practiced for up to eight hours a day, in addition to playing doubleheader games and scrimmages.

After the first week of camp, the coaches called me

and said that they were surprised at the dedication and determination that she had shown on the field," Bailey said. "She not only wanted to perform better, but she wanted to represent the team in the best way possible."

The team earned the U.S. Specialty Sports Association Women's North Atlantic National Championship All Tournament Team with All American's Honors and went on to play in the joint service round-robin tournament for best record wins.

After each tournament, the players were counseled on their performance and told whether or not they would continue through selection.

The day Martin was told she had made the team, she also received a message informing her that her grandfather was about to pass away.

"It was the happiest moment for me, and yet, it was very upsetting to hear that my time to spend with my grandfather was running out," Martin said.

Martin decided to go home.

"I told her that if she left she would have to be prepared to walk away for good or to come back with her game face on, prepared to win, because I knew she could do it," Bailey said.

And she did.

Two days later, Martin returned to the team as they prepared to defend their championship title. The day the team won the championship game, Martin's grandfather passed away.

"I know that he would have wanted me at that game; he would have wanted me to be right where I was on that day ... doing what I love," Martin said.

Although her victory was bittersweet, Martin said she plans to go back to camp next year and play among the veterans on the 2014 All-Army Women's Softball team.

She also decided to reenlist in the Army, where she will continue to serve as an MP for the next three years ... when she's not at the local park playing ball.

"Audience members can ride in the cars during the competition. You feel the acceleration and the braking. It's a tremendous experience to do a ride-along."

BRAD CARLTON | DFMWR

AUTOCROSS Continued from page 20

"The thing I really like as an audience member ... is the audience members can ride in the cars during the competition," he said. "You feel the acceleration and the braking. It's a tremendous experience to do a ride-along."

To do a ride-along, participants must get permission from the driver and sign a waiver.

Even watching from the stands is entertaining, Carlton added.

"You can watch the pit areas and the autocross areas," he said. "It's fun to watch what's going on in the pits."

Participants can pre-register online and pay at the event. Car inspections and registration on the day of the event begin at 8 a.m., and the competition begins at 10:30 a.m.

To pre-register or get more information, visit www.salt-nascca.org.



Travel & Fun in Kansas

IN BRIEF

For links to attractions and events in the Central Flint Hills Region, visit www.rileymur.com and click on the Fort Riley and Central Flint Hills Region Calendar.

JUNCTION CITY

Event: A Wonderful Life
When: 7:30 p.m. Dec. 6-7; 2 p.m. Dec. 8
Where: C.L. Hoover Opera House, 135 West 7th St.
Cost: Call 785-238-3906 for tickets or visit www.jcooperhouse.org.

MANHATTAN

Event: The Wedding Singer
When: 7:30 p.m. Nov. 7 to 9
Where: McCain Auditorium, Kansas State University
Cost: For ticket information, call 785-532-6428 or visit www.k-state.edu/mccain.

OGDEN

Event: Sunday Night Bingo
When: Early bird special - 6 p.m.; Regular game - 7 p.m.
Where: Ogden American Legion Post No. 207, Ogden
Cost: Varies

SALINA

Event: ZZ Top
When: 8 p.m. Oct. 20
Where: Steifel Theatre, 151 S. Santa Fe
ZZ Top - The American blues-rock trio from Texas consists of Billy Gibbons, Dusty Hill and Frank Beard. They formed in 1970. The original members are still aboard after three decades. They play music that is recognizable, powerful, soulful and 100-percent American in derivation.
Cost: Tickets are \$89.50 or \$99.50. Call 785-827-1998 or www.stiefeltheatre.org.

Great Plains Theatre opening musical 'Clue'

Abilene production to offer BOGO program for furloughed employees

GREAT PLAINS THEATRE

ABILENE, Kan. - Piece together whether Colonel Mustard used a pistol to murder Mr. Boddy in the Conservatory or if instead Miss Scarlet did the deed with a candlestick in the dining room during "Clue: The Musical," running Oct. 11 to 20 at the Great Plains Theatre, 500 N. Mulberry.

The interactive musical brings to life the internationally popular board

MORE INFORMATION

For more information, contact the Theatre at 785-653-4574 or visit www.greatplains theatre.com.

game "Clue" and its best-known suspects in a murder mystery. An audience member chooses cards representing the potential murderers, weapons and rooms, resulting in 216 possible solutions and a different ending for each show, said Michael Hernandez, the Theatre's interim executive director. To solve the crime, each audience member receives a form to help deduce the solution from clues given throughout the musical.

The cast includes Mr. Boddy, suspects Mrs. Peacock, Professor Plum, Mrs. White, Mr. Green, Miss Scarlet and Colonel Mustard, and one hard-nosed female detective qualified to unravel the merry mayhem.

"Comic antics and witty lyrics entertain the audience as the mystery unfolds as each room is investigated. Even after the culprit confesses, a surprise twist delights the audience," said Hernandez, who added the show is for the entire Family to enjoy.

Bring a federal employee ID or call Great Plains Theatre at 785-263-4574 to take advantage of the BOGO ticket offer. The offer is good from Oct. 11 to 20 for any performance of "Clue: The Musical."

The program is only available by calling the box office or stopping by the theatre to order tickets. Current patrons also can purchase a ticket for a federally furloughed friend as a gift. Show times are at 7:30 p.m. Oct. 11, 12, 15, 17, 18 and 19 and at 2 p.m. Oct. 13, 16 and 20.

Following Clue: The Musical, two productions remain in the Great Plains Theatre season: "Tina Does Vegas" Nov. 8 to 17, and Nuncrackers running Dec. 6 to 22.

K-State Theatre taps 'Columbinus'

Group's season opener explores school tragedy, dark side of teenagers

K-STATE MEDIA RELATIONS

MANHATTAN - Kansas State University's 2013 to 2014 K-State Theatre season will open with "Columbinus," a hard-hitting play by Stephen Karam and PJ Paparelli. Performances are at 7:30 p.m. Oct. 11 to 12 and 17 to 19 and at 2:30 p.m. Oct. 20 in the newly named Mark A. Chapman Theatre in Nichols Hall.

More than 14 years have passed since the tragic events of the Columbine High School shooting, but the aftershock still resonates today. "Columbinus" explores the dark recesses of American adolescence, including bullying, alienation, hostility and social pressure in high schools.

Jennifer Vellenga, assistant professor of theatre, will direct "Columbinus." Set design is by

Kathy Voeks, associate professor of theatre; costume design is by Dana Pinkston, associate professor of theatre and head of costume design; and lighting and projection design is by Greg Purnell, guest artist.

"In such tragedies, we turn inward to protect our own or we turn outward to rally and debate differing sides of political issues, hoping to change the future," Vellenga said. "Theatre provides a place for communal consideration, allowing strangers to exist quietly in the same space without the pressure to respond to political and philosophical questions."

Tickets are \$14 for the general public, \$12 for seniors and military, and \$9 for students, plus applicable taxes and fees. Tickets can be purchased in person from 11:30 a.m. to 4:30 p.m., Monday to Friday, at the McCain Auditorium box office or by calling 785-532-6428. Tickets also may be purchased online at www.k-state.edu/theatre. Fees will apply to phone and online orders. Groups of 10 or more may receive a discount rate. For more informa-

tion or assistance in planning a theatre party, contact Marci Maulaur at 785-532-6878.

Students in the cast and crew for "Columbinus" include: Eric Lutz, senior in kinesiology, Derby, Kan., as Jock; Hannah Miller, junior in theatre performance, Gardner, Kan., as Faith; and David Burdett, senior in theatre, Larned, Kan., as Dylan Klebold/Lones.

From Manhattan: Isabella Alonso, senior in theatre, as Perfect; Chelsey Eimer, master's student in public administration, sound design; and Diana Watts, senior in theatre, voice-overs.

Joey Boos, senior in theater performance, Salina, Kan., as Prep; Tyler Hamilton, senior in theatre, Topeka, Kan., stage manager; and Clay Masingill, freshman in theatre, Wamego, Kan., as Eric Harris/Freak.

From out of state: Joshua Turay, senior in philosophy, Carrollton, Texas, as AP; and Nicole Casonhua, sophomore in theatre, Southlake, Texas, as Rebel.

Grammy-winner to appear with ACS at McCain

MCCAIN AUDITORIUM

MANHATTAN - The contemporary jazz group, "ACS," will perform at 7:30 p.m. Oct. 15 at McCain Auditorium at the K-State campus. The performance is part of the McCain Performance Series.

ACS consists of pianist Geri Allen, drummer Terri Lyne Carrington and bassist/vocalist Esperanza Spalding.

Allen is an internationally renowned composer and pianist. Since 1982, she has recorded, performed or collaborated with entertainers like Ravi Coltrane, Dianne Reeves, and Bill Cosby, among others.

Carrington has been a major figure in the music industry for about 25 years.

Spalding, the newcomer of the group, was named Best New Jazz Artist at the 2011 Grammy Awards.

Tickets for ACS are \$14.50 to \$55, plus applicable taxes and fees, and can be purchased at the McCain Auditorium box office, by phone at 785-532-6428 or online at www.k-state.edu/mccain.



For more information or to register contact:

Operation Military Kids (OMK), Kansas State University
Jackie Lynn Cox
cox1@ksu.edu
(785)532-1947

- Space is limited to 30 campers
- Retreat fee is \$15/camper and is due by October 7

Sponsored by:




Express Yourself!
Oct. 12-13, 2013
(Saturday, 10am - Sunday, 2pm)

Weekend retreat of fun, health and learning for military-connected girls (ages 11-13), sisters, and their moms at Rock Springs 4-H Center, K-157 Hwy, Junction City, www.rocksprings.net/



House AD