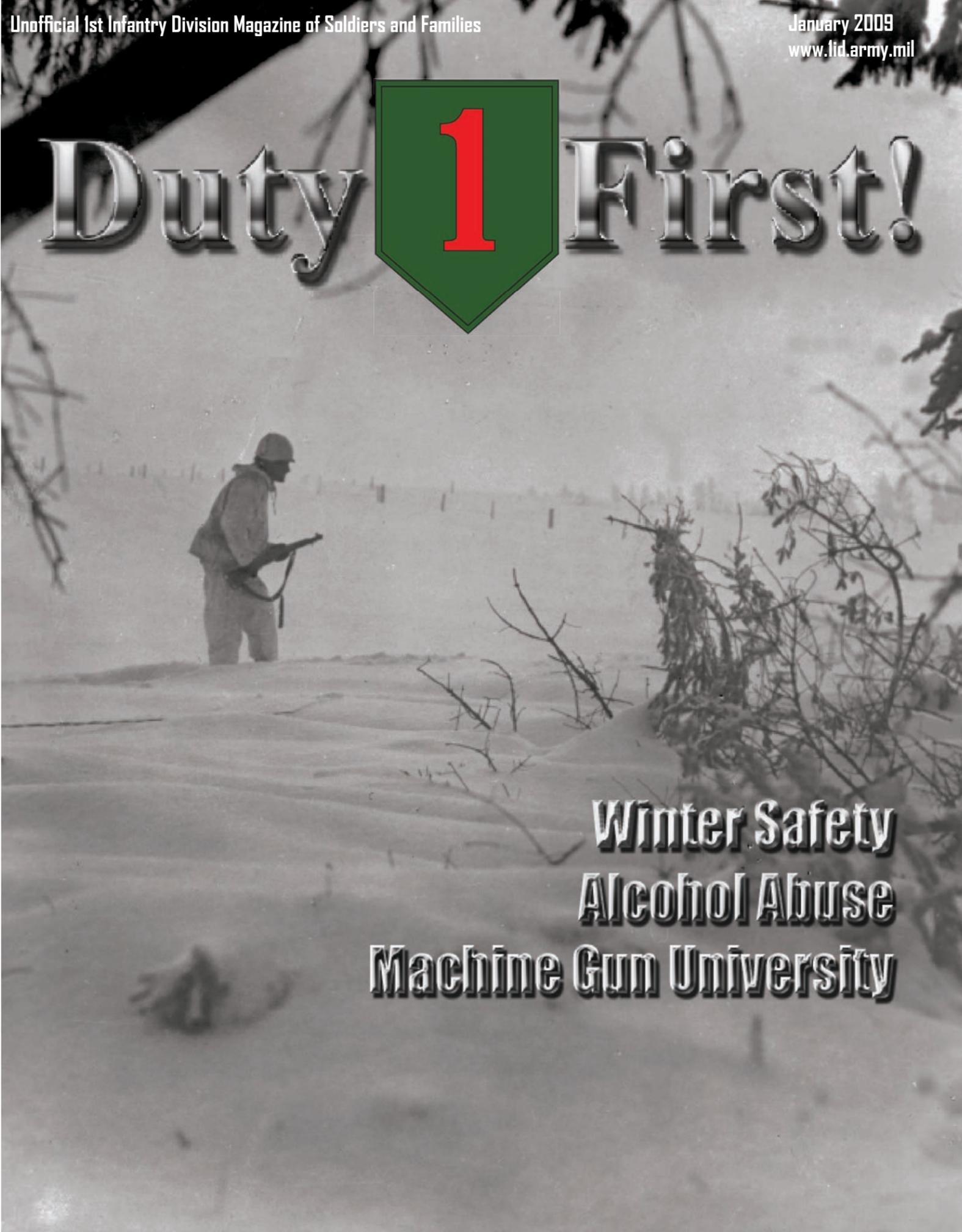


Duty First!



Winter Safety
Alcohol Abuse
Machine Gun University

The Big Red One

Creed

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

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

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

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

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

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



Duty **1** First!

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January 2009 www.1id.army.mil

**1st Infantry Division
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Cover Photo: Historical Photo provided by the 11D Library

An Infantryman, clad in protective snow suit, advances toward enemy positions as the 16th Infantry drives forward in the Butgenbach Sector of Belgium.

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Commanding General **Danger 6**

New Year...

Brig. Gen. Perry Wiggins

Happy New Year! I hope you all enjoyed the holiday break and spent much-needed time with family and loved ones. As we celebrate the passing of 2008 and ring in 2009, I'd like to reflect for a bit on some of the many changes and accomplishments of the Big Red One in the past year, and look ahead to some of the new challenges that the 1st Infantry Division will face this year.

It would be an understatement to say that the last 12 months have been a whirlwind for this division. We've deployed and redeployed thousands of Soldiers, completed or started over \$1 billion in construction projects, seen leadership changes from the company level all the way up to the division command, and all the while we've been working to improve the quality of life for our Soldiers and Families.

We've really focused efforts on working with our surrounding communities to help us make life better for the Soldiers and Families of Fort Riley. In February, we held the first monthly Community Partnership Conference with leaders from throughout the Central Flint Hills Region. The conferences have opened up a critical two-way dialogue between Army leaders and our counterparts in the communities.

In August, we solidified our community partnerships even more with the signing of the Army Community Covenant (ACC). By signing this covenant, our communities recognize the sacrifices made by our Soldiers and Families and commit themselves to helping us take care of them.

This covenant is an opportunity for us to celebrate and recognize communities that are proactively working on quality of life issues for our Soldiers.

A program highlighted at our ACC signing and now implemented nationwide thanks to the efforts of our local and state leaders was the Interstate Compact on Education Opportunity for Military Children. The compact was first signed by Kansas Governor Kathleen Sebelius and helps ease the stress on our military children who face frequent moves and multiple deployments.

One key quality of life issue that has affected us Army-wide is that of dealing with our wounded Soldiers. In an era of persistent conflict, casualties are a given. The Army has recognized that and revamped efforts to help our wounded warriors heal. In February, we unfurled the colors of the Warrior Transition Battalion.

We also launched the Warrior Internship Network – the first of its kind in the Army and yet another example of how our communities work to help us care for Soldiers. The WIN program allows our Soldiers to get real-world work experience and is meant to reduce the stress and uncertainty associated with exiting the

military. While we've placed a heavy emphasis on caring for Soldiers and Families and partnering with our communities, this division also has another critical task – training and deploying brigades to combat. We built up and sent our 3rd Infantry Brigade Combat Team to Afghanistan and the 2nd Heavy Brigade Combat Team to Iraq. We also welcomed home three brigades from Iraq – the 4th IBCT, 1st Combat Aviation Brigade and 1st Sustainment Brigade. The CAB and 1st SB just returned home last month and will begin their reset cycle later this month.

The 4th IBCT "Dragons" are currently training and have received deployment orders for late this summer or early fall. And our 1st Brigade trained, deployed and redeployed thousands of transition team members to train security forces in Iraq and Afghanistan. Later this year, that training mission will transfer to Fort Polk, La., and 1st Bde. will build to a heavy brigade combat team.

The building, deployment and subsequent redeployment of these brigades has caused an influx of thousands of Soldiers and Family members. To accommodate that growth, we've undertaken a massive construction effort at Fort Riley – to the tune of about \$1.7 billion. Our CAB Soldiers returned to a noticeably different – and more crowded – Marshall Army Airfield. We built an aircraft crash and rescue station;

an airfield base operations building; brigade, battalion and company administration facilities; aircraft maintenance facilities; a dining facility; and an unmanned aerial system. The CAB Soldiers are also housed in brand new barracks at Camp Whiteside. We've also constructed new barracks on Custer Hill and are working on a Battle Command Training Center that will house all of our simulators and serve as a model for other Army installations.

For our Families, we've nearly completed construction on two new child development centers, a new, much bigger Post Exchange, opened a new marina at Milford Lake, and we've seen hundreds of new homes go up in the Forsyth area.

As I said before, to say 2008 was a whirlwind is an understatement. But we're not slowing down. We're going to keep working at improving facilities and the quality of life for our Soldiers and Families. I'm looking forward to what the Big Red One will accomplish in 2009, and want to wish you and your Families a Happy New Year!



Command Sergeant Major **Danger 7**

Educational Opportunities...

Division Command Sgt. Maj. James Champagne

Noncommissioned officers are the backbone of the Army and the reason the 1st Infantry Division is one of the best trained, most professional and most respected divisions in the world. First line supervisors execute day-to-day operations with precision whenever and wherever duty calls. NCOs provide the leadership required to fulfill our non-negotiable contract with the American people – to fight and win our nation's wars decisively.

Don't stop with the NCO Education System or the great college education system offered to every Soldier in the Army, no matter where you're stationed or deployed. Continue your education by going to Airborne School, Air Assault School, the Pathfinder School, Ranger and Warrant Officer School. Any or all of these will make you a better Soldier and leader.

Here are several courses to choose from:

Ranger School is an intense, nine-week-long, combat leadership course oriented to small-unit tactics, and conducted in three separate three-week long phases - at Fort Benning, Ga., at Camp Rogers and Camp Darby, Ga., the mountain phase at Camp Merrill, Ga., and the Florida phase at Camp Rudder, Eglin Air Force Base, Fla.

Airborne School is taught at Fort Benning, Ga., and is a course comprised of three weeks of training. You'll be introduced to your best friend - your parachute. You'll get to know everything about it. How to wear it, adjust it, use it, the works. You'll also learn all the techniques needed to accomplish your mission with absolute confidence.

Air Assault School is a 10-day school. It teaches

Soldiers about preparing combat loads for transportation by air as well as insertion techniques like fast-rope rappelling from helicopters.

Pathfinder School is a three-week course in which students navigate dismounted, establish and operate a day/night helicopter landing zone, conduct sling load operations, provide air traffic control and navigational assistance to rotary and fixed wing operations. Students participate in a three-day field training exercise as a member of a Pathfinder team.

Warrant Officers are highly specialized experts and trainers in their career fields. By gaining progressive levels of expertise and leadership, these leaders provide valuable guidance to commanders and organizations in their specialty. Warrant officers remain single-specialty officers whose career track is oriented toward progressing within their career field rather than focusing on increased levels of command and staff duty positions, like their commissioned-officer counterparts.

There was a sign on a high school bulletin board in Dallas a few years back. It said "Free every Monday through Friday – Knowledge. Bring your own containers." That's a pretty good way to put it. Use your heads, stay in school. If you're not signed up yet, see your schools NCO. Good leaders are ordinary Soldiers with extraordinary determination. Go to school. If you are in school, stay there, learn as much as possible. Be the best you possibly can in all aspects of your life and career. The United States Army depends on you, and the 1st Infantry Division depends on you.

Now ... Get after it!



1ST BDE PREPARING TO MODULARIZE

By Anna Staatz
Duty First! Magazine

Soldiers in 1st Brigade, 1st Infantry Division will spend most of 2009 meeting two demanding missions. The brigade has spent the past two years shouldering the mission of training transition teams for deployments to Iraq and Afghanistan. Now, the brigade will hand that mission off and begin the process of building into a modular brigade.

Transition Team Mission

Transition teams first began forming at Fort Riley in early 2006. The teams at that time were comprised of 11 to 16 Soldiers, Sailors or Airmen. They came to Fort Riley for 60 days of training prior to deploying to either Iraq or Afghanistan. Once deployed, the teams mentored National Security Forces in those countries, helping them build bigger, stronger militaries. As the mission grew, so did the teams and their detail. Some teams were completely focused on particular areas, such as medical, finance and administrative needs, and sometimes were larger than 16 service members.

This fall, the task of training transition teams will move from 1st Bde., 1st Inf. Div., to Fort Polk, La. About 150 Soldiers currently a part of the "Devil" Brigade will make the move to Fort Polk, allowing for some continuity as teams are trained.

"That way, they have a cadre who understands the mission and has tried and true methods of executing it," said Maj. David Snodderly, 1st Bde. plans officer.

Transition team training at Fort Riley will continue through September 2009. The final two classes to pass through the post will

be training at the same time the first two classes of teams begin at Fort Polk.

While 1st Bde. completes its mission of training transition teams, it is already beginning to take on the additional task of setting the groundwork for building a new, modular heavy brigade combat team.

New Soldiers have been arriving at the brigade, which will swell from its current size of about 1,000 Soldiers to more than 3,500 when at full strength. Snodderly said so far, about 80 Soldiers have been arriving monthly for the past few months. Those numbers will increase through the spring and summer months.

As the brigade builds, it will go through four phases, Snodderly said. The first phase is integration – new Soldiers in-processing to the brigade and participating in necessary Army and brigade-level classes. The second phase will be individual through company-level training. During the second phase, Snodderly said the brigade should begin receiving most of its equipment. The third phase is collective training, during which Soldiers will participate in larger-scale battalion through brigade-level exercises. The final phase is the pre-deployment phase – a brigade-level exercise at one of the Army's combat training centers. After that, the brigade will drop into the Army's pool of units ready for deployment.

Making It Happen

Right now, the efforts to hand off the transition team mission and begin building a brigade are mapped out in charts along Snodderly's wall. Members of the Fort Riley team have also met with a team from Fort Polk to prepare for the shift.

"Logistically, for everyone involved, it will be very busy," Snodderly said.

About 11,000 service members have trained and deployed from Fort Riley as part of a transition team since the post was given the training mission. 1st Bde. is tentatively scheduled for an official activation as a modular brigade in late 2009, prior to beginning the buildup and training process.

1ST BDE Local Group Learns About TT Mission

By Anna Staatz
Duty First! Magazine

Members of the Flint Hills Leadership Project walked the walk of a military transition team Soldier recently.

About 20 guests from the Flint Hills group visited Fort Riley in November. Guests listened in on a briefing by Lt. Col. Keith Casey, deputy commander, 1st Bde., before being divided into groups and sent to one of four stations. The stations included a medical scenario at the combat lifesaver course; a combat scenario at the Engagement Skills Trainer; a stop at a language and cultural lab where visitors were taught a few Arabic greetings; and a mounted combat patrol station, where guests learned about various improvised explosive devices and then suited up for a short patrol.

The visit was designed to help local community members learn a little more about the lives of Soldiers. Lauren Palmer, assistant city manager for the city of Manhattan, said she hadn't

been able to spend much time on post since moving to the area a few months ago, so the experience was something she looked forward to. "I have such an appreciation for the intensity of the training they go through," Palmer said. She added that she found the language lab the most interesting station she visited.

"It was really interesting to learn about another language and another culture," Palmer said.

Hank Nelson, from the Riley County Police Department, said he came expecting to learn more about what the Soldiers were doing in the Global War on Terrorism. The most interesting part of the visit was the IED station, he said.

"Actually seeing these types of devices, and watching the video of how they're used really brings home the challenges our Soldiers face on a day to day basis," Nelson said.

Military transition teams, trained by 1st Brigade, 1st Infantry Division, are sent to Fort Riley for 60 days of training before being sent to either Iraq or Afghanistan to mentor and advise those countries' security forces.



Lauren Palmer, Manhattan assistant city manager, puts on protective gear before participating in a mock convoy exercise at Camp Funston.

1ST SB

Happy Return Home For The Durables

By Anna Staatz
Duty First! Magazine

The moment was everything Linda Spain could have hoped for. Her daughter, Sgt. Summer Spain returned to Fort Riley Dec. 8 after a 15-month deployment to Iraq with members of the 1st Sustainment Brigade.

Summer didn't know her mom would be at the return ceremony, expecting only her sister, Sunshine Pille. As Soldiers filed into formation at the start of the ceremony, Pille excitedly pointed to her sister. Summer found Sunshine's face in the crowd quickly, her eyes widening in surprise, and then filling with tears as she spotted her mother.



Duty First!/Staatz
Sgt. Summer Spain embraces her mother, Linda Spain, after returning from Iraq.

"I love you," Summer mouthed to her family.

Twenty-five-year-old Summer joined the Army, not wanting to follow her sister into the Air Force.

"She knew the military was a good route to go, though," said Pille.

Summer was last together with her family about 18 months ago, after her niece was born. Linda traveled to Fort Riley from Hansville, Wash., to be present for the redeployment.

"It's been driving me crazy, because she's been sending texts and messages, and I can't answer," Linda said before the ceremony. "I

don't want her to know I'm here yet."

The "Durable" Brigade deployed from Fort Riley in September 2007 for a 15-month deployment. The headquarters detachment took command of more than seven battalions and about 4,000 Soldiers when it arrived in Iraq. During its deployment, Soldiers conducted support operations, providing food, water, fuel, ammunition, barriers and medical supplies to Soldiers and units in the Multi-National Division – Baghdad area. The unit also conducted maintenance, finance management, human resources, force protection and convoy security operations.

Along the way, Soldiers in 1st Sustainment Brigade racked up some impressive numbers. The brigade issued more than 200 million gallons of bulk fuel; 6.6 million rounds of ammunition; 170,000 meal cases and produced more than 12 million cases of bottled water.

Spc. Ryan Foltin joined the Army at the age of 30, something he'd always wanted to do. His wife and three children waited patiently for him at the return ceremony.

"We haven't really lived together for the three years he's been in the Army," explained Linda Foltin, noting that she had stayed in Pennsylvania to finish her master's degree before moving to Fort Riley. "This will be the first Christmas we just get to hang out and be together and not have to go anywhere."

About 370 Soldiers returned to Fort Riley with 1st Sustainment Brigade.



Duty First!/Staatz

Staff Sgt. Christopher Johnson talks with his daughter, Madison, following a redeployment ceremony Dec. 8 at Fort Riley for Soldiers in the 1st Sustainment Brigade.

2ND HBCT

Leaders Attend Bridge Opening

By Sgt. Brian Tierce
2nd HBCT PAO

BAGHDAD – Soldiers of the 1st Battalion, 18th Infantry Regiment, 2nd Heavy Brigade Combat Team, 1st Infantry Division, attended a bridge reopening ceremony recently in the Kadhamiyah district of northwest Baghdad.

The Al Aima Bridge has been closed since 2005 when a stampede caused the deaths of nearly 1,000 Shiite pilgrims.

The reopening was more than just a ribbon-cutting event, said Lt. Col. John Vermeesch, commander, 1st Bn., 18th Inf. Regt., who oversaw the ceremony.

"The opening of this bridge is symbolic of the unity in Baghdad," Vermeesch said. "Opening this bridge also indicates sectarian relations and security have improved due to the hard work of local leaders and coalition forces."

The ceremony marking the reopening of the bridge was a festive event and included an Iraqi Army band. The mayor of Baghdad, along with the major Iraqi Army and Iraqi Police commanders of the Karkh District, was in attendance for the ceremony. Before the ceremony, policemen from the 2nd National Police Division and Iraqi Army Soldiers from the 3rd, Battalion, 22nd Brigade, 6th Iraqi Army Division, cleared and secured the bridge.

"Iraqi security forces have played an instrumental role in not only making an event like this possible but also in helping the bridge reconstruction project run smoothly," said Maj. Koné Faulkner, spokesman, 2nd HBCT.

The event went off without incident and traffic began flowing across the bridge.

"The people were in a celebratory mood, waving Iraqi flags as they drove across the bridge," Vermeesch said. "This event, along with others scheduled for the future in the Kadhamiyah district of Northwest Baghdad, will continue to promote security and good sectarian relations in the area."



Baghdad Public Affairs./MND

The Al Aima Bridge in Baghdad, which has been closed since a deadly stampede in 2005, reopened Nov. 11 as a result of the combined efforts of local leaders and Iraqi Security and Coalition Forces. The bridge will allow for a free flow of traffic between the Kadhamiyah and Adhamiyah districts of Baghdad.



Baghdad Public Affairs./MND

Local leaders, along with Iraqi Army and Iraqi Police commanders, look on during a ribbon-cutting ceremony Nov. 11 that served to officially open the Al Aima Bridge in the Kadhamiyah district of northwest Baghdad.

3RD IBCT

Surgical Team Provides Needed Care

By Sgt. Casey Ware
3rd IBCT PAO

JALALABAD AIR FIELD, Afghanistan – Saving life and limb is all in a day's work for the 772nd Forward Surgical Team at Forward Operating Base Fenty, and they do it seven days a week.

A cramped plywood hut is known as the operating room and medical clinic to the medical team. It is where surgeons and their staff perform operations from life-saving amputations and bone grafts on Afghan civilians to life-sustaining treatment on injured coalition forces Soldiers, sometimes all in less than a 24-hour period.

Due to the poor economic state of the country, many Afghan civilians can't afford needed medical care.

Four days a week the FST staff runs a clinic and treats local Afghans referred to them by the Jalalabad Public Health Hospital. In this program, U.S. Forces and International Security Assistance Forces teamed up with the Nangahar Province Minister of Health to provide aid to those otherwise suffering due to economic circumstances.

"The care we give the local nationals is very important. The people can't afford it," Staff Sgt. Justin Steffans, Ward Master over Advanced Trauma Life Support and Intensive Care Recovery Clinic said. "Although at times it's very minimal, it's more than they could afford elsewhere."

Enaytullah is an Afghan national who has been receiving treatment for a bone infection.

Twice a month, Enaytullah journeys from his small village in Nuristan. He walks the hour and a half it takes over mountainous terrain on crutches and a metal brace screwed into his shin bone. He's received a bone graft and needs to have it checked.

"By providing help, it shows that we're not here to ruin their way of life," Steffans said.

"Our sole mission here is trauma support to the war, so when U.S. and Coalition Forces Soldiers, local nationals or detainees are injured, they come first and the program clinic stops. We'll see them again, but not today," Steffans said.

After six hours of surgery on clinic patients and an hour of stabilizing an ISAF Soldier injured by an improvised explosive device, the surgical crew can relax again.



3 IBCT PAO/Brice

Maj. Dirk Slade, a general surgeon with the 772nd Forward Support Team, prepares a local national's leg for bone graft surgery at Forward Operating Base Fenty, Afghanistan.



3 IBCT PAO/Brice

Capt. James Kesler and Spc. Peter Maze of the 772nd Forward Surgical team, prepare a local national for bone graft surgery at Forward Operating Base Fenty, Afghanistan.

USO visits troops in northeastern Afghanistan

3 IBCT Public Affairs

JALALABAD – A group of celebrities visited Soldiers of the 3rd Infantry Brigade Combat Team, 1st Infantry Division at Jalalabad Airfield in northeastern Afghanistan recently during a United Service Organizations - sponsored tour called Around the World in Eight Days.

The celebrities, consisting of the Ying Yang Twins and singer and model Mayra Veronica were hosted by Marine Gen. James Cartwright, vice chairman of the Joint Chiefs of Staff.

"I think it was a great thing for the celebrities to show their support for the Soldiers. It was a surprise for us that they spent a little while longer with us in spite of their time constraints," Spc. Francisco Rivera, supply specialist for 3rd IBCT said.

According to the USO, their entertainers are essential to fulfilling the USO's mission. The USO's long-standing tradition of sending entertainers overseas will carry on as long as service members are stationed far from home.



3IBCT PAO/Brice

The Ying Yang Twins and singer Mayra Veronica posed for photos with Soldiers of 3rd Brigade, 1st Infantry Division during a USO Tour in northeastern Afghanistan.

4TH IBCT

Home On The Range

By Anna Staats
Duty First! Magazine

There's only so much that can be learned at school or in small-group training. Eventually, Soldiers have to hone their skills out in the field – the closest they'll get to combat scenarios for a while.

Battalions in the 4th Infantry Brigade Combat Team, 1st Infantry Division, have spent the past several months working on the basics of field training with squad evaluations. Those basics begin a training process that will escalate in the next several months, ahead of an anticipated deployment in late summer.

2nd Battalion, 16th Infantry Regiment

The "Ranger" Battalion's Company A sent Soldiers through several training lanes in late November, all designed to improve on key skills and build teamwork within platoons.

"The key is versatility," said 1st Sgt. Phillip Mays. "We don't know for sure where we're going when we deploy. We think Iraq, but we don't know for sure. So we have to train on things we will need for either Iraq or Afghanistan."

The company's platoons rotated through several training scenarios, including battle drills in making and breaking contact, forming and reacting to an ambush; mounted convoy training; and battle drill six training – squad evaluations on door to door neighborhood patrols, gathering intelligence and information and performing a "raid" on an insurgent house. Mounted convoy training covered the skills needed to react to finding an improvised explosive device, recovering and extracting down vehicles and what to do if a gunner or driver is wounded. Gunners also worked on acquiring targets from the hatch of their Humvee.

Battle drill six training was a little more complicated, involving skills from land navigation and reconnaissance, to tactical questing and searching detainees.

The company's 1st Platoon left the unit's tactical operations

Sgt. Ryan Nhyus provides cover for other Soldiers in 2nd Battalion, 16th Infantry Regiment, during squad battle drills.

Duty First!/Staatz

center and worked their way toward a wooded ravine that ran along the edge of the mock village they were entering. Once the Soldiers began navigating the ravine, they were invisible.

"They're doing a good job, because I can't see where they put their guns," Mays said as he scanned the terrain, looking for signs of movement. "This is awesome training for these guys," he said. "It's all skills that are important for them to learn and be good at."

Finally, the Soldiers broke over the ridge and made their way to the village, where they found a weapons cache, controlled several detainees and used their tactical questioning skills to question an informant.

1st Battalion, 28th Infantry Regiment

Soldiers in 1st Battalion, 28th Infantry Regiment, spent time in October working through scenarios at a "shoothouse." The shoothouse allows Soldiers plenty of rooms and setups to simulate close-combat scenarios they will encounter in combat. It also allows upper noncommissioned officers and those grading the teams running scenarios to stand on a catwalk overhead for an eagle eye view of their troops.

Sgt. 1st Class Lucas Sagarin repeated the words "do it again," over and over as he watched four-man stacks work their



Duty First!/Staatz

Soldiers from 1st Plt., Co. A, 2nd Bn., 16th Inf. Regt., break over a ridge and head toward a mock village during Battle Drill and training.

way through three rooms. Every detail of clearing a room, from the flow into it to quickly attaining points of domination has to be right.

"This is the most important training infantrymen can do," said Spc. Irvin Myers. "It is the bread and butter of how we operate in combat."

Myers said the training helped Soldiers learn how to capitalize on the element of surprise while clearing areas as well as become more efficient at dominating the battle space.

"You need to know your team," Myers said. "You need to know their jobs as well as yours because this will be much more intense over there."

Black Lion Soldiers also went to the field in October to work through urban clusters – a simulated Iraqi town – and other range certifications.

1st Squadron, 4th Cavalry Regiment

Soldiers in the 1st Squadron, 4th Cavalry Regiment, headed to Kirwin, Kan., in early October to earn their spurs, a tradition dating back to the days of knights, when being awarded spurs meant entry into the ranks of mounted warriors. Soldiers who participated in the spur run survived five rigorous checkpoints to test their physical and mental strength and went more than two days without sleep.

"We used physical stress and ambiguity to induce psychological stress," said Lt. Col. John Nelson, squadron commander. "This allows me to build the team. It allows every squadron leader to know each other. It allows me and the command sergeant major to assess their ability to lead under stress and deal with physical hardships. So far it's delivered the effect I want on my leaders."

Soldiers in the 1st Sdn., 4th Cav. Regt. also spent field time working on close-quarters marksmanship training and spotting mortars at a training site.

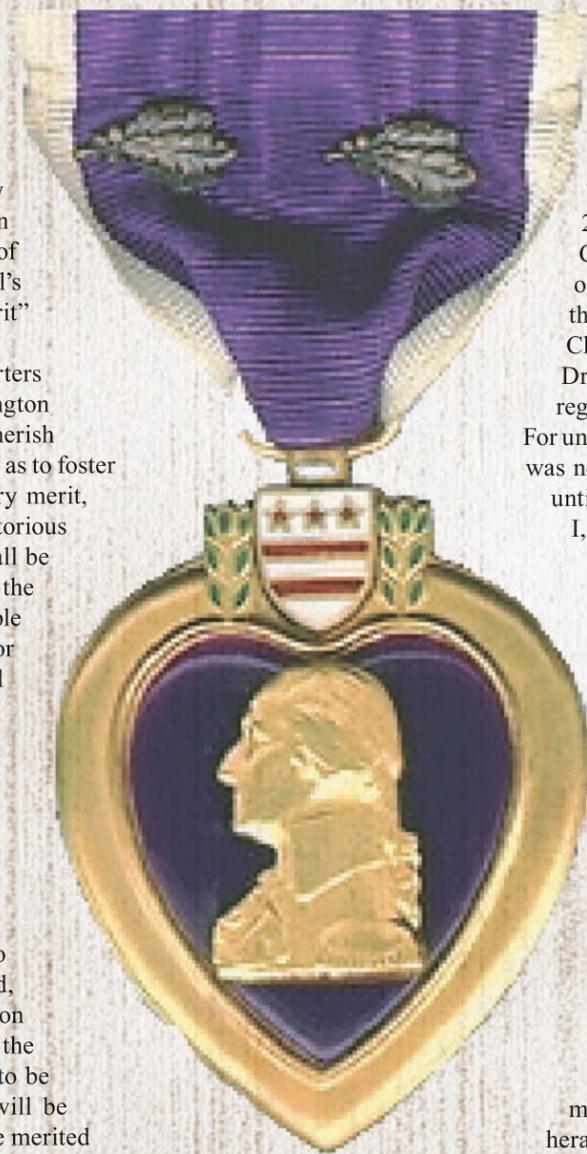
Fourth IBCT returned from a 15-month deployment to Baghdad in April. The brigade received orders from the Department of Defense in September to deploy again in late summer 2009. The brigade's Soldiers will build on basic field scenarios in the coming months, culminating with an anticipated month-long exercise at the National Training Center, Fort Irwin, ahead of deploying in support of the Global War on Terrorism.

History Of The Big Red One

The Purple Heart

It is one of the most recognized and respected medals awarded to members of the U.S. Armed Forces. Introduced as the "Badge of Military Merit" by General George Washington in 1782, the Purple Heart is also the nation's oldest military award. In military terms, the award had "broken service," as it was ignored for nearly 150 years until it was re-introduced on Feb. 22, 1932, on the 200th anniversary of George Washington's birth. The medal's plain inscription "For Military Merit" barely expresses its significance.

On Aug. 7, 1782, from his headquarters in Newburgh, NY, Gen. George Washington wrote: "The General ever desirous to cherish virtuous ambition in his soldiers, as well as to foster and encourage every species of Military merit, directs that whenever any singularly meritorious action is performed, the author of it shall be permitted to wear on his facings over the left breast, the figure of a heart in purple cloth, or silk, edged with narrow lace or binding. Not only instances of unusual gallantry, but also of extraordinary fidelity and essential service in any way shall meet with a due reward. Before this favor can be conferred on any man, the particular fact, or facts, on which it is to be grounded must be set forth to the commander in chief accompanied with certificates from the commanding officers of the regiment and brigade to which the candidate for reward belonged, or other incontestable proofs, and upon granting it, the name and regiment of the person with the action so certified are to be enrolled in the book of merit which will be kept at the orderly office. Men who have merited this last distinction to be suffered to pass all guards and sentinels which officers are permitted to do.



The road to glory in a patriot army and a free country is thus open to all. This order is also to have retrospect to the earliest stages of the war, and to be considered as a permanent one."

Only three soldiers are known to have received the original honor badge: Sgt. Daniel Bissell of the 2nd Connecticut Regiment of the Continental Line; Sgt. William Brown of the 5th Connecticut Regiment of the Continental Line, and Sgt. Elijah Churchill of the 2nd Continental Dragoons, also a Connecticut regiment.

For unknown reasons, the medal apparently was not awarded again. In fact, it was not until October 1927, after World War I, that General Charles Summerall proposed that a bill be submitted to Congress to revive the "Badge of Military Merit." In January, 1928, the Army's Office of The Adjutant General was instructed to file the materials concerning the proposed medal. Among those materials was a rough drawing of a circular medal disc with a concave center on which a raised heart was visible. Engraved on the back of the medal was "For Military Merit."

In January 1931, Gen. Douglas MacArthur, Summerall's successor as Army Chief of Staff, resurrected the idea for the medal. Miss Elizabeth Will, an Army heraldic specialist in the Office of the Quartermaster General, was assigned the task of designing the medal according to some general guidelines provided to her. The Commission

of Fine Arts obtained plaster models from three sculptors and, in May 1931, selected the model produced by John Sinnock of the Philadelphia Mint.

On Feb. 22, 1932-the 200th anniversary of George Washington's birth-the War Department (predecessor to the Department of Defense) announced the establishment of the Purple Heart award in General Order No. 3:

Until Executive Order 9277 by President Franklin D. Roosevelt in December 1942 authorized award of the Purple Heart to personnel from all of the military services (retroactive to Dec. 7, 1941), the medal was exclusively an Army award. The Executive Order also stated that the Purple Heart was to be awarded to persons who "are wounded in action against an enemy of the United States, or as a result of an act of such enemy, provided such would necessitate treatment by a medical officer."

In November 1952, President Harry S. Truman issued an Executive Order extending eligibility for the award to April 5, 1917, to coincide with the eligibility dates for Army personnel.

President John F. Kennedy issued Executive Order 11016 in April 1962 that further extended eligibility to "any civilian national of the United States, who while serving under competent authority in any capacity with an armed force... has been, or may hereafter be, wounded" and authorized posthumous award of the medal.

Executive Order 12464 signed by President Ronald Reagan in February 1984, authorized award of the Purple Heart as a result of terrorist attacks or while serving as part of a peacekeeping force subsequent to March 28, 1973. The 1998 National Defense Authorization Act removed civilians from the list of personnel eligible for the medal.

The Purple Heart is ranked immediately behind the bronze star and ahead of the Defense Meritorious Service Medal in order of precedence.

Possession of the Purple Heart medal does not by itself qualify veterans for Department of Veterans Affairs disability compensation. However, since November 1999, Purple Heart recipients have been placed in VA's enrollment priority group 3, unless eligible for the higher priority groups (1 or 2) based on service-connected disabilities. Recipients are also exempt from co-payments for VA hospital care and medical outpatient care, but not from pharmacy co-payments for medications prescribed for non-service connected conditions. 

Sources: *The U.S. National Archives and Records Administration; U.S. Army Center of Military History*



75TH FIRES

Iraqi Educators key To Reconciliation At Camp Bucca

By 1st Lt. Udall Brigham
3rd Bn., 13th Field Artillery Bde.

CAMP BUCCA, Iraq - More than 150 Iraqi national teachers, clerics and social workers gathered together at Camp Bucca's Iraqi Correctional Officer dining facility Oct. 5, to celebrate Eid ul-Fitr, the three-day celebration that marks the end of Ramadan, the Islamic holy month of fasting.

They were joined by Soldiers who support them in their efforts to teach and help thousands of the detainees at Camp Bucca reintegrate into Iraqi society.

"This is my third opportunity to serve in Iraq, and this Ramadan - unlike the previous two when I was here - has been much different. Iraq is a much safer place; growing and rebuilding itself because of the hard work of Iraqis like you and those who you are teaching every day," Lt. Col. Andrew Weatherstone, commander of the 3rd Battalion, 13th Field Artillery Regiment said.

He praised Camp Bucca's Theater Internment Facility Reconciliation Center workers and reminded them of the hope they bring to Iraq.

"As the teachers and clerics who interact daily with the Iraqi population, you are the citizens of Iraq who are sowing the first seeds; those seeds that will become the roots of change for this great country," said Weatherstone.

Weatherstone oversees TIFRC services at Camp Bucca. His battalion manages various programs contributing to detainees' reconciliation with Iraqi society. The programs and services are wide-ranging.

The crown jewel is the Bucca Enrichment School, an education complex complete with a school, carpentry and agriculture vocational-technical programs, and a recreation center.

Other TIFRC programs include the Islamic Discussion Program, civics classes, and arts and crafts programs - all located in various parts of the Bucca Theater Internment Facility. There are also intra-compound schools, where detainees are taught basic studies at the compounds where they live.

Another highlight is a new \$3.5 million brick factory set to open for operations in the near future. There the detainees will gain additional work experience.

"All the TIFRC programs are geared toward giving the detainees education and real-world skills that will help them find jobs to support their families and contribute positively to

the rebuilding of a new Iraq" said Capt. Cameron Trudell, 3-13th FAR's operations officer who directly oversees the management of the TIFRC programs.

Patience is certainly a trait many of the Iraqi nationals working at Camp Bucca have developed. One of them is Max, a local resident of nearby Umm Qasr. He is the principal of the "Freedom School" located in the Vigilance TIF.

Max has been working at Camp Bucca for more than three years and has seen the results of the slow, but ultimately positive changes that have taken place in the program.

"In 2005, when I first worked here, there were only 45 total graduates from all the TIFRC programs. Now, in 2008, there are over 2,000," he said.

Max attributes the positive changes to greater support from the military leadership over the past few years. More service members were allocated to the programs, both the schedule and curriculum were revamped and the quantity and quality of classes have increased. The result - more detainees are able to and actually want to participate.

"The detainees in my carpentry classes tell me they want to stay there all day," said Pvt. Robert Sublett, of the 66th Forward Support Company, who runs one of the Enrichment School's wood shops.

"They are really excited about it and enjoy learning skills while they are here," he added.

Even more exciting for Sublett and the detainees is the expansion of the carpentry program, which increases the number of detainees who can attend.

Plans are in the works to improve and increase other TIFRC programs available to the detainees.

Max has a dream that one day all the different schools and auxiliary programs will be located in one central location - or as he calls it, an "education town."

"We are working for our country and risking our lives," said Delon, an intra-compound school teacher. "Things are still difficult, but they are improving, and we are happy to help."

As an intra-compound school instructor, he supervises basic English, Arabic and mathematics instruction to detainees at their respective compounds.

According to Delon, the intra-compound school concept is one of the innovations that allow more detainees to receive education during their detention. Not all detainees can attend the Enrichment School or Freedom School. Still, the detainees' responses to education opportunities are mixed.

"Some appreciate it and others refuse because they don't want to participate in what they believe to be American programs," said Delon.

The results of sacrifice by Iraqis who work at TIFRC are seen by the Soldiers who support them.

"We provide security and safety to over 150 local national teachers, clerics, and social workers," said Spc. Charles Putzer, 66th Forward Support Company, a member of the security force tasked with escorting various TIFRC workers around the base.

A mechanic for a Multiple Launch Rocket System battalion, Putzer never expected to support programs that help rehabilitate detainees.

He really enjoys his job because he gets to interact with Iraqi nationals, learn about their culture and see the good things about Iraq instead of just watching detainees in the compounds from a distance.

"I can't see the other side when the detainees leave Camp Bucca, but the Iraqi nationals working with us believe it makes a difference, so it must," Putzer added.

For all the successes the TIFRC program has seen in the last few years, there are still goals to be met in making Camp Bucca a place of reconciliation rather than only a place of internment for its thousands of detainees.

This is the reason Weatherstone and his unit are working hard to improve and expand the programs.

Looking back on the last month of Ramadan, some TIFRC employees might reflect on the lessons learned from their fast.

Looking forward, they can use those lessons of patience, sacrifice, and humility as they press forward in the continued effort to rebuild Iraq.

Perhaps, the most important lesson to remember is the one conveyed by Weatherstone that night during Eid ul-Fitr, that hope is the key to their success.

"Although you cannot often see the end or final outcome of your hard and diligent work, you must understand you are making an incredible difference in the lives of the detainees here at Bucca," Weatherstone told the TIFRC workers. "You should be proud of your part in the rebuilding and rebirth of your country." 



A young boy enjoys the safety of the streets in Iraq.

13th FA BDE PAO/Brigham

BRO Family Day At K-State

By Ty Abney
Duty First! Magazine

Over the years, Fort Riley and Kansas State University have enjoyed a partnership in which both parties come together to benefit one another. The case was no different Nov. 1, as K-State celebrated the first Big Red One Family Day at Ahearn Field House during the K-State women's volleyball match against the University of Kansas.

Every fall, K-State honors Soldiers by hosting Fort Riley Day at the Bill Snyder Family Stadium. Joni Smoller, assistant director of marketing and promotions for K-State Athletics said they want the sporting event to be a fun outing for families.

In the past, as the case during football games, K-State required Soldiers be in uniform and tasked the fort to have a specific number of Soldiers attend the event.

"We don't want to make anyone be here who would rather be at home with their family or wherever they want to be on a weekend, said Smoller. "This is more free tickets for the people who want them," she said.

The local chapter of the Association of the United States Army and the K-State athletic department donated the tickets and more than 100 Soldiers or Family members attended the match.

"Our partnership with Fort Riley has really expanded in the past two years," Smoller said. "We've given free tickets to Fort Riley for other events like baseball and women's basketball, but this year were doing a bigger marketing effort to make sure those tickets get to people who want to come.

During the match, service members were asked to stand and be recognized and were involved with promotional events, such as a trivia contest.

Maj. Pat Proctor, Headquarters, 1st Infantry Division brought his family to the match and was asked to participate in the trivia question – which he answered correctly with some help from the K-State student section.

"We're just here to enjoy the volleyball," Proctor said. "My daughter plays volleyball in high school so we thought we'd take in a game. We've only been here since July so this is our first KSU event and we're pretty excited."

Maj. Michael Cobb, also from Headquarters, 1st Inf. Div., brought his family to the match and shared the same enthusiasm as Proctor.

"I think it's a great thing they are giving the Soldiers something to do," Cobb said.

Cobb also said this was his family's first experience at a K-State sporting event.

At the end of the night, both the Wildcats and Fort Riley Soldiers and Families came out on top.

"One of the really great things about being at Fort Riley is the university is right here so I can go to school and my family can go to school," Proctor said. "This is a great part of being at Fort Riley and being in Manhattan."

"The overall goal is to make sure the Soldiers feel connected to the community and can become K-State fans," Smoller said. "We realize they come from all over the nation, so they're UCLA fans or Georgia fans, but while they're here at Fort Riley we want them to bleed purple and cheer for the Cats and welcome them to athletic events like this so they can have some entertainment on their off-days."

for the Cats and welcome them to athletic events like this so they can have some entertainment on their off-days."



Duty First! Magazine/Abney

Maj. Pat Proctor, Headquarters, 1st Inf. Div., holds up the correct answer to a trivia question Nov. 1, at the K-State volleyball victory over KU. Proctor watched the game with his Family as part of Big Red One Family Day at Ahearn Field House on the K-State campus in Manhattan.

1st Vocalist By Military Occupational Specialty

By Sgt. Nathaniel Smith
1st Inf. Div. Public Affairs

The 1st Infantry Division is a division of firsts: it fired the first American artillery shell of World War I, was the first infantry division to enter Vietnam, and the first to breach Iraqi defenses in Desert Storm.

Now, the Big Red One has one more first to claim as Staff Sgt. Renatta Draper, formerly of the 1st Inf. Div. Band, is set to become the first vocalist in the U.S. Army.

Draper, who joined the Army 15 years ago as a fueler, will be the first vocalist by military occupational specialty.

The Bemidji, Minn., native described receiving the MOS not only as an honor but as a relief as well.

"It's awesome because I've been with five different bands for the last 12 years, and I pretty much thought I was running out of time," Draper said. "I was going to have to go back to my old MOS which would have been quite scary after 12 years."

First Sgt. David Fallin, the senior enlisted member of the 1st Inf. Div. Band, said Draper being the first to officially receive the title was fitting.

"She did this herself. It's one of those things she's worked hard for, and this is something she's wanted to achieve," Fallin said.

"She's been very persistent at this, and I'm glad it happened here at the 1st Inf. Div., but she did this on her own."

Draper, who has been an unofficial vocalist since returning from deployment to Bosnia with the 181st Transportation Battalion, has served in that capacity with five bands at U.S. Army Europe in Heidelberg, Germany; the 1st Cavalry Division in Fort Hood, Texas; the 8th Army in Seoul, Korea, and with Forces Command in Fort McPherson, Ga. She served at Fort Riley for almost two years.

Over the course of nearly 12 years singing for the Army, Draper has performed at a variety of events, ranging from sporting venues to change of command ceremonies to high schools for recruiting purposes.

Now Draper has returned to Fort Hood, where she will serve in the same capacity for the 1st Cavalry Division Band.

Draper was excited to return to the post.

As for the 1st Inf. Div. Band, Fallin said his Soldiers are ready to fill in until a replacement is found.

"Right now, we do have a flute player that sings, and the division plans on having auditions for a IID chorus," Fallin said. "The plan is for us to have four or five folks in that chorus to begin with. We will utilize them in the same way we utilized Staff Sgt. Draper."



U.S. Army photo

Staff Sgt. Renatta Draper, former 1st Inf. Div. Band vocalist, sings at the 2007 Sundown Salute in Junction City. Draper is scheduled to become the first Soldier to receive the military occupational specialty of vocalist.

Soldier Gets A Helping Hand

By Dena O'Dell
The Fort Riley Post

“Good morning Tutwiler Family!” Those words along with cheers echoed throughout the Burnside Heights neighborhood Nov. 11 on Fort Riley. But the announcement wasn't just a wake up call for Patrick Tutwiler, a Warrior Transition Battalion Soldier, his wife, Crystal, their four children and nephew. The voice was that of Ty Pennington, the host and team leader from the ABC reality television series, “Extreme Makeover: Home Edition.” To say that the voice, as well as a staff and crew of 70 people rolling up in the neighborhood got attention was an understatement.

As the cast and crew began filming, neighbors peeked their heads out of doors with cameras in tow, trying to get a glimpse and a photograph of the show's famous designers.

The Family's plight began several years ago, when Crystal was diagnosed, first with cervical cancer and then with choriocarcinoma. She was told at that time she would never be able to have children again. Then, in June 2007 while serving in Iraq, Patrick was injured when he was shot in the neck by a sniper. But the Family's troubles did not end there.

Just one short year after Patrick's return from Iraq, the Family narrowly escaped injury when their home, as well as the rest of the town of Chapman, Kan., took a direct hit from an EF-3 tornado in June 2008.

The Family was selected after the show's producers heard about the Family's plight.

“This Family has been through a lot,” said Diane Korman, the show's senior producer of marketing and public relations. “First, dad getting shot (in Iraq) and getting the Purple Heart, and they didn't think he was going to make it. Then him coming home and their house gets hit by a tornado. He saved his Family covering them up with his own body. He was getting ready to get

discharged from the Army, and he didn't know where he would go. They are heroes in every sense of the word.”

“I never really expected anything out of it. I enlisted in the Army, I knew the risk. She had cancer. We just thought we had bad luck. We never expected anything out of this,” Patrick said.

The Tutwilers were temporarily living in post housing with their four children, Jacob, 9, Hailey, 6, Alyssa, 1, and Gabriel, 5 months, and nephew, Jesus, 15, until Patrick's discharge.

The Family's concern grew upon the realization that Patrick's medical discharge would come soon, and they would have nowhere to go.

“It has been hard,” Crystal said. “It has been the uncertainty of not knowing what's coming up, if he was getting medically discharged. There has been lots of anxiety and uncertainty of not knowing where we're going to go, what we're going to do and how we are going to survive after he gets out. Then they came and now everything's all better.”

When asked what the reaction of the Family was when they got the knock on the door, designer Ed Sanders described the scene as one of relief for the Family.

“Nine times out of 10, they come out screaming and waving, so excited. With this Family, they were excited, but it was more like someone had released a pressure valve. It was like, ‘Thank God you guys are here.’ A parent's job is to tell your kids that

everything is going to be alright. What do you tell your kids when you don't know the answer?”

That relief in knowing everything is going to be okay still seemed like a fairytale for Crystal.

“It doesn't feel real at all. It hasn't sunk in with any of us. It doesn't even feel like we are going to go on vacation, let alone coming home to a real house,” she said. “It feels so good just to see the community come together for us. It means a lot to us.”

During the seven days it took for volunteers and the Extreme Makeover crew to complete the house, the Tutwilers enjoyed a Disney Cruise to the Bahamas, courtesy of the show. Once they arrived back home they were given a tour of their new home.

When asked what he wanted in his new room, the Tutwiler's 9-year-old son Jacob was overcome with emotion.

“I don't care as long as I have a home,” he said. 

Extreme MAKEOVER Home Edition



All photos by The Daily Union/Cruz



1st Infantry Division at War

1st Infantry Division

Oldest continuously serving division in the United States Army. Over 8,000 Soldiers in three brigades and multiple subordinate units deployed.

Primarily located in Fort Riley, Kan.; training responsibility extends to three other states: Kentucky, Oklahoma and Texas.

The Division modularized in fall 2008.

1st Brigade, Fort Riley

Trains transition teams. So far more than 11,000 servicemembers have trained and deployed to Iraq and Afghanistan and more than 1,200 have redeployed. Transition Teams live and work with Iraqi Security Forces (ISF) and the Afghan National Army (ANA).

Scheduled to modularize FY09.



3rd Sustainment Command (Expeditionary), Iraq

Provides theater logistics command and control for the theater commander supporting the Army Forces (ARFOR) and Combined Joint Task Force (CJTF) mission. Deployed in support of Operation Iraqi Freedom May 2008.



75th Fires Brigade, Fort Sill

Integrates attached ground and air maneuver forces and on order functions as a maneuver headquarters in support of full spectrum operations. Separate battalions currently deployed in support of Operation Iraqi Freedom.



4th Infantry Brigade Combat Team, Fort Riley

Currently resetting at Fort Riley, Kan., the brigade is training for a second deployment to Iraq. The Department of Defense recently issued deployment orders for 2009.

2nd Heavy Brigade Combat Team, Iraq

The brigade departed Fort Riley, Kan., in October 2008 on a scheduled 12-month deployment in support of Operation Iraqi Freedom.

1st Combat Aviation Brigade Combat Team, Iraq

Finished a 15 month deployment to Iraq, the brigade's 2,500 Soldiers have re-deployed to Fort Riley, Kan.



1st Sustainment Brigade, Iraq

Recently provided logistic, human resource and financial management for 80,000 Soldiers and 20,000 civilians and contractors throughout Multi-National Division-Baghdad and area support for Multi-National Division-Central. The brigade re-deployed to Fort Riley, Kan., in December 2008.



3rd Infantry Brigade Combat Team, Afghanistan

Deployed in support of Operation Enduring Freedom in June 2008. The deployment is scheduled to last 12 months, during which Soldiers will conduct counterinsurgency and stability operations.

4th Maneuver Enhancement Brigade, Fort Leonard Wood

The MEB is a new concept in area operations and stability operations. The 4th MEB unique staff is composed of engineer, military police, chemical, civil and organically has a brigade support battalion and a signal company. The brigade was activated at Fort Leonard Wood, Mo., in October 2008.



Machine Gun University

By Spc. Shantelle J. Campbell
4th IBCT PAO

At the bottom of Range 18's three-story command tower, one machine-gun team patiently waits for their chance to execute what they have learned. Their gear is almost perfectly aligned and their helmets are lying contently on top of their flack vests.

Green and black cotton hats, brown neck gaiters, black ninja suits and gloves help the Soldiers combat the cold that slices through the air. Cold that feels like ice water has found its way into the fingertips and is working its way throughout the vulnerable extensions of the body.

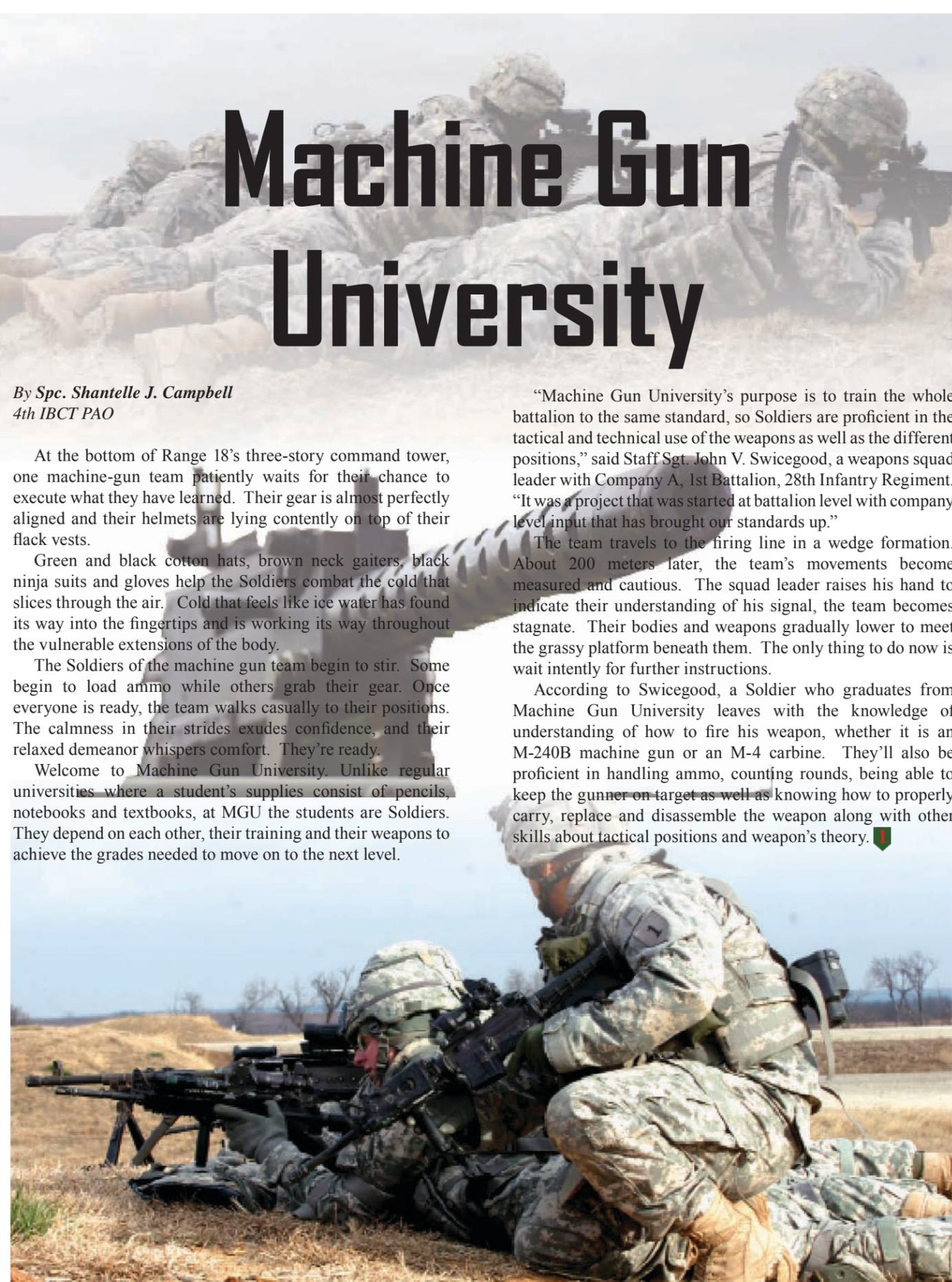
The Soldiers of the machine gun team begin to stir. Some begin to load ammo while others grab their gear. Once everyone is ready, the team walks casually to their positions. The calmness in their strides exudes confidence, and their relaxed demeanor whispers comfort. They're ready.

Welcome to Machine Gun University. Unlike regular universities where a student's supplies consist of pencils, notebooks and textbooks, at MGU the students are Soldiers. They depend on each other, their training and their weapons to achieve the grades needed to move on to the next level.

"Machine Gun University's purpose is to train the whole battalion to the same standard, so Soldiers are proficient in the tactical and technical use of the weapons as well as the different positions," said Staff Sgt. John V. Swicegood, a weapons squad leader with Company A, 1st Battalion, 28th Infantry Regiment. "It was a project that was started at battalion level with company level input that has brought our standards up."

The team travels to the firing line in a wedge formation. About 200 meters later, the team's movements become measured and cautious. The squad leader raises his hand to indicate their understanding of his signal, the team becomes stagnate. Their bodies and weapons gradually lower to meet the grassy platform beneath them. The only thing to do now is wait intently for further instructions.

According to Swicegood, a Soldier who graduates from Machine Gun University leaves with the knowledge of understanding of how to fire his weapon, whether it is an M-240B machine gun or an M-4 carbine. They'll also be proficient in handling ammo, counting rounds, being able to keep the gunner on target as well as knowing how to properly carry, replace and disassemble the weapon along with other skills about tactical positions and weapon's theory.



A machine gun team prepares to leave the firing line after completing a training exercise Nov. 20.

4th IBCT/ Campbell

Alcohol Abuse

By Ty Abney
Duty First! Magazine

Each year, hundreds of thousands of people die because of it. Parents lose their children, children lose parents, families are broken and torn apart because of it and yet, the problem remains.

"It is the nation's number one health hazard – kills more people than most wars and harms not only the user but everyone around them physically and emotionally," said Ted Freeman, Director of Army Substance Abuse Program on Fort Riley.

The hazard Freeman refers to is alcohol abuse, and it's everywhere, including the U.S. Army and Fort Riley. It doesn't see color, race, gender or nationality. It sees only the opportunity for bad decisions and for people to get hurt.

"Alcoholism and drug addiction are the most brutal and deadly enemies our Soldiers will ever face," Freeman said. "This enemy will cause more casualties than all the wars we have fought. It is an enemy that is so cunning and powerful with a camouflage that makes it almost stealth. It has the ability to turn a Soldier against himself and to deteriorate a unit from the inside out. It's an enemy that allows Soldiers to become their own worst enemies, killing themselves so slowly they never see it coming."

Alcohol abuse can have an effect on everything a person does and anyone they know. Freeman said an alcoholic may feel as if the problem is only affecting him or her, but in actuality, it affects on average, 57 others.

Although some individuals may not seem like they have a problem, there are signs which may indicate a person is using alcohol at an excessive level.

Changes in behavior and attitudes are things Freeman said could indicate someone has a drinking problem. He also said ignoring basic hygiene and finding themselves in financial



Courtesy photo

trouble may be the result of alcohol abuse.

Drinking does have a direct influence on decision-making. If it didn't, people wouldn't get behind the wheel and drive.

In 2007, the National Highway Traffic Safety Administration reported approximately 41,000 people were killed in traffic-related accidents. Of those, approximately 13,000 were alcohol related.

The alcohol problem affects everyone. In the 2008 fiscal year, 278 Fort Riley Soldiers and employees were charged for driving under the influence.

"One of the things we're trying to sell is, 'don't drink period,'" Freeman said. "Even if you drink a swallow, don't get behind the wheel. Not if you've had two or three in an hour, if you drink anything, do not get behind the wheel."

In terms of numbers, Freeman said Fort Riley has totaled about the same number of DUIs as in 2007, but has seen numbers steadily increase in the past seven years – a trend he says is Army wide.

Another decision-making factor is that alcoholism rears its head in domestic violence cases.

Family Advocacy Program Manager Joe Kulbiski said while alcohol abuse can play a role in domestic violence, it is not always the deciding factor.

"It contributes to domestic violence in the sense that alcohol is a depressant," Kulbiski said. "It acts on the brain and initially acts on the frontal lobes of the brain, which is where the

impulse control mechanisms are located. So if you're drinking alcohol and you're involved in an argument, you're much more likely to react emotionally or physically." Kulbiski also said a number of military police reports on post involve one or both parties and alcohol. For the Soldiers on Fort Riley who drink alcohol in excess, there is a means to an end.



Fort Riley offers several programs dedicated to helping Soldiers.

One such program every Soldier on the installation participates in was developed by Freeman in the 1990s while working in Korea. Freeman came up with the SABER (Sober Armies Bravely Expedite Readiness) Awards Program, which is incentive-based, to assist in the reduction of alcohol and drug related incidents.

Freeman said in compliance with Army regulations, every Soldier in the United States Army must receive four hours of substance abuse training annually. SABER's purpose is to reward commands which follow the Army Substance Abuse Program regulation.

"If they [units] go a quarter and meet all the requirements, they get a red streamer to put on their guidon," Freeman said. "If the units maintain the standard for another quarter, they receive a gold streamer. The gold units are then eligible to compete for a saber itself."

For a unit to compete for the saber, it must not only complete the annual training, but also an array of other requirements. Some of which include: passing the commanding general's random urinalysis test of 50 percent or higher per quarter, providing documentation stating Soldiers have completed the four hours of training and have no alcohol or drug related events on the MP blotter.

There are other programs on post for Soldiers to seek help. Aside from graphic Power Point lectures which show Soldiers the effects of alcohol abuse, Freeman said Alcoholics Anonymous is available on post. ASAP also provides DUI education classes along with other events such as the Save a Life Tour, which gives Soldiers an idea of what it would be like to drive impaired. Along with prevention programs run by ASAP, Freeman said the senior leadership plays a large role in the prevention of substance abuse.

"Every one of the commands is supportive, and a lot of them are giving out their telephone numbers to call if Soldiers need a ride or assistance," Freeman said. "There's a perception among

the Soldiers that the commands would be the last ones to get a hold of, but the commander and the first sergeant are a real good support mechanism, if they are utilized."

Freeman said kicking alcohol abuse starts with early identification and can prevent problems down the road. "The sooner you can identify a Soldier who has inappropriate behaviors or drinking styles and get them education and help is much better than waiting until they're older and the problem becomes serious," Freeman said.

"It doesn't make any difference how old you are, what ethnic group you're from or what rank you have."

Freeman also said encouragements from peers and a willingness to attend the treatment program together can also help a Soldier get on the right track.

"If they know there are people in their unit who are using and could have a problem, now is the time to get them help. We tell them, the life you might save could be your own. If you have a kid drinking too much in garrison, when he gets ready to roll out for combat, he's not going to leave his problem in garrison; he's going to take it with him. And if he can't take care of business here, how is he going to take care of business when the lead's flying around?"

*Additional facts found at
<http://www.gdcada.org/statistics/alcohol.htm> and
<http://www-nrd.nhtsa.dot.gov/>

Sexual Assault

By Dena O'Dell
The Fort Riley Post

Since 2005, the number of reported sexual assault cases has more than tripled on Fort Riley. Sexual assault prevention and response coordinators believe this increase has to do with more victims reporting sexual assaults because they have more options, understand help is available and they are not alone.

The Army's Sexual Assault Prevention and Response Program - Army Regulation 600-20, Chapter 8 - was established in 2005 to provide response to and prevention of sexual assault," said Melody McDowall, sexual assault prevention and response coordinator.

"Victims were coming forward saying the Army didn't help them or their services didn't help them. So there was a task force created by Secretary of Defense (Donald Rumsfeld in 2004 to take a look at how the services were handling sexual assault, and they created this program," she explained.

Prior to the policy's implementation, McDowall said, sexual assault cases in the Army were handled in a variety of ways. The command would either try to fix it and work with the victim without any notification, or they would automatically make the victim, if he was a Soldier, cooperate and have evidence collected from their body.

"The victim had no control over their information or how they wanted to decide what would happen with the case," McDowall said. "So this gives victims a choice and it gives them power back."

Now victims of sexual assault can either report the assault as a "restricted" or "un-restricted" report. A restricted report means they can tell a sexual assault response coordinator, a civilian or unit victim advocate, health care provider or a chaplain that they've been a victim of sexual assault. They can get counseling, advocacy, spiritual services and medical care without their chain of command or law enforcement being notified, McDowall said.

In addition to the sexual assault program already in place, the Army took it one step further this past September by launching the "I A.M. Strong," campaign. The campaign is aimed at putting an end to sexual assault Army-wide within the next five years and making the Army's sexual assault prevention program a model for the rest of the nation.

The acronym I A.M. stands for intervene, act and motivate, said Lt. Col. Maria Bentinck, sexual assault program manager.

"The Army had more sexual assault cases than any of the other services combined per capita. We are a band of brothers and sisters. We should not have this repugnant crime in our Army," Bentinck said. "Before, the focus was more on response and support activities, and now our focus is on prevention."

Starting in January, Fort Riley will begin hosting national subject matter experts to provide sexual assault awareness and prevention training to Soldiers.

"Part of the prevention piece we have been doing for awhile, but this is really going to be focusing in on bystander intervention so that other people will intervene to stop and get involved at the beginning of a potential sexual assault," McDowall said. "It's about having battle buddies, co-workers, brothers and sisters standing up and saying, 'It's not okay to be feeding a girl drinks. What are your intentions?'"

In addition to coordinating the new campaign, McDowall serves as an advocate for sexual assault victims; Dana Van Ness,

Fort Riley sexual assault trainer, provides unit, pre-deployment,

post-deployment, in-processing, bi-annual, annual, emergency response and community sexual assault training. Each battalion has a minimum of two Soldiers appointed on orders by the chain of command to be trained as unit victim advocates, as well as one deployable sexual assault response coordinator per brigade.

Stay Safe This Winter

As Old Man Winter begins to bear down on Fort Riley and the 1st Infantry Division, Soldiers should fight the frigid conditions by following basic winter health and safety tips.

Exposure to cold can cause injury or serious illnesses such as frostbite or hypothermia. The likelihood of injury or illness depends on factors such as physical activity, clothing, wind, humidity, working and living conditions and a person's age and state of health. Follow these tips to stay safe in cold weather:

Dress in layers so you can adjust to changing conditions. Avoid overdressing or overexertion that can lead to heat illness.

Most of your body heat is lost through your head so wear a hat, preferably one that covers your ears.

Wear waterproof, insulated boots to help avoid hypothermia or frostbite by keeping your feet warm and dry and to maintain your footing in ice and snow.

Get out of wet clothes immediately and warm the core body temperature with a blanket or warm fluids like hot cider or soup.

Types of cold casualties and injuries.

Chilblains are localized skin changes such as redness, swelling, and itching. The skin may feel tender and burning. The most common areas to be affected are the backs of hands, toes and feet, the nose, and ears. This occurs in cold temperatures from 20 to 60 degrees Fahrenheit where there is very high humidity.

Treatment involves warming the affected areas with warm air. Keep exposed areas, such as hands and feet, covered and dry, to prevent chilblains. The face, especially around the mouth and nose, which has a tendency to become wet, should be kept as dry as possible, and covered.

Trench/immersion foot. Immersion foot or trench foot is an injury that results from fairly long exposure of the feet to wet conditions at temperatures from approximately 32 degrees to 50 degrees. Inactive feet in wet socks and boots, or tightly laced boots, impair circulation and are even more susceptible to injury. Prolonged exposure can cause the feet to swell. Signs of trench foot can include not only reddish colored feet, but can also be pale, blue or black (depending on degree of injury).

Individuals with immersion injury should elevate and warm their feet gradually by exposing them to warm air. Trench foot treatment can also include direct body-to-body contact. If trench foot is diagnosed early, maintaining warm, dry feet is an effective treatment. Do not moisten, massage, or apply heat or ice to feet with immersion injuries. Covering the patient with several layers of warm coverings is preferable to using extreme heat.

Frostbite. Frostbite is injury to tissue caused from exposure to below freezing temperatures. Severe frostbite can result in loss of affected body parts such as fingers, toes, hands or feet. Frostbite starts with a discoloration of the skin of the nose, ears, cheeks, fingers, or toes. This is followed by a tingling sensation for a short time and then numbness. The skin may briefly appear red for light skinned individuals, or grayish for dark skinned individuals, and then become pale or

waxy white. Upon thawing, the signs vary with the degree of injury. Mild to moderate frostbite injury appear red and swollen, with blisters, and is painful. Severe frostbite injuries have blue-black discoloration, blood-filled blisters, and an absence of pain.

Remove tight clothing or boots from the injured area. Warm the frozen body part by placing it next to the skin of another person. Keep the victim warm and covered to prevent further injury. Do not massage, expose to open fire, rub with snow, or soak injuries in cold water. Frozen tissue should only be thawed if there is no chance that it will refreeze. Thaw and freeze cycles cause significantly greater damage. Evacuate the victim to a medical treatment facility ASAP.

Hypothermia. Hypothermia is a state in which the core temperature is below normal because an individual is losing heat faster than they can produce it. The body cools to a temperature below 95 degrees during continued exposure to low or rapidly dropping temperatures, rain, snow, or ice. Hypothermia can also occur in seemingly mild conditions (e.g., 60°F air with heavily falling rain, as the rain degrades the clothing insulation and increases cooling). As the body cools, the following progressive stages of discomfort and impairment occur: shivering; faint pulse; mental confusion; slurred speech; glossy eyes; slow, shallow breathing; uncoordinated movements; unconsciousness; and irregular heart beat.

Hypothermia is a medical emergency and prompt medical treatment is necessary. Shivering is an effective means of raising body temperature. Heating just the skin with an external heat device can blunt both shivering and warming, so heating should be applied to armpits and groin. Immediate treatment for all casualties must include calling for MEDEVAC or ambulance, rapidly removing wet garments, applying blankets and available insulating equipment, maintaining the horizontal position, and avoiding rough movement and excess activity. Responsiveness, breathing, and pulse must be assessed. Pulse and breathing can be difficult to detect. However, if casualty is not breathing, rescue breathing must be started immediately without hesitation.

Information provided by 1st Inf. Div. Safety Office.

To keep warm, remember the word C-O-L-D

C-Cleanliness and Care - Socks and clothing work more effectively when clean. Socks should be changed two to three times daily.

O-Overheating - Wearing too much clothing can cause overheating and excessive sweating, which makes clothes wet, and decreases insulation.

L-Layers and Looseness - Loose layers of clothing assure air spaces to prevent heat loss. Adjust the number of layers to both the environment and activity. Loose-fitting clothing insures circulation and insulation.

D-Dry - A wet garment is a cold garment. Wear the a jacket as a windbreaker and to repel water.

For more information on the
I A.M. Strong campaign, visit
www.preventsexualassault.army.mil.

Still looking for Information
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