



Col. Jeff Johnson, IACH commander, discusses health care with community members during the Community Partnership Conference July 8 at Riley's Conference Center.

## New health care buildings discussed at conference

By **Lynseye Born**  
STAFF WRITER

Leaders from the Central Flint Hills Region met July 8 at Riley's Conference Center during the Community Partnership Conference to discuss health care on Fort Riley.

The conference focused on changes that are happening on Fort Riley in the health care area including three new buildings – the new Irwin Army Community Hospital, the Warrior Transition Battalion and the Soldier Family Care Clinic. A building renovation for the Traumatic Brain Injury Clinic also was discussed during the conference. The building being renovated will house the TBI Clinic until the new hospital is finished in 2013.

The new IACH will be located where Sacco Softball Complex is located. The new building will be 550,000 square feet, which is a larger than the current 380,000 square foot building. The hospital will include inpatient behavioral health and is scheduled to be finished in 2013 at a cost of \$404 million.

The new hospital will include 44 inpatient beds, four operating theaters, 21 emergency rooms with urgent care capability, refractive eye center and a TBI center. The design will incorporate limestone, and people will be able to see the new facility from Interstate 70.

Integrated with IACH is the Warrior Transition Battalion Complex, which is being 20 percent finished, said Col. Jeff Johnson, IACH commander.

Fort Riley's WTB Complex will be

the first in the Army. The \$54 million project broke ground Jan. 9 and will include 156 barracks and consolidated facilities.

Other medical-related construction on Fort Riley includes the Soldier Family Care Clinic that will be located on Custer Hill amongst the Soldiers and Family members, Johnson said.

The Soldier Family Care Clinic will integrate non-Medical Activity health care professionals into the clinic and will be a unified clinic for both Family members and Soldiers.

Johnson also discussed concerns about a shortage of primary care in the Fort Riley community. Solutions discussed were to increase and maintain primary care member access at IACH. The time standards for receiving care are 24 hours for acute care, seven days for routine care and within 28 days for specialty care.

Another issues Johnson discussed was the lack of behavioral health services in the local area. The goal is to be able to provide behavioral health services in a local setting. The solutions discussed were to increase the behavioral health providers at the hospital and to increase space for behavioral health services.

Other concerns discussed at the conference were the difficulty in recruiting, hiring, training and retaining contract and GS providers and support staff.

With the growth of Fort Riley, IACH is hiring more than 300 staff members to help with the demand. Johnson said the hospital is recruiting from outside of the Central Flint Hills Region.

### COMMUNITY CORNER

# Everyone can help Fort Riley to 'go green'

By **Col. Kevin Brown**  
GARRISON COMMANDER

What can each do our part to create a sustainable Army. From changing the light bulbs in on-post homes to encouraging vanpooling, Fort Riley has initiatives at all levels to "go green." Whether you live off post or on post, there are a number of things you can do to save money and energy in the home.

#### AT HOME

Recently a portion of homes on Fort Riley began participating in the Department of Defense's Resident Responsibility Utility Program. This program was designed to help service members become more aware of the amount of energy they consume at home. Additionally, it holds residents responsible for excessive energy use. By creating awareness and accountability the program will ensure wise energy use and increase energy conservation awareness.

Again, whether on post or off, you can save money and energy by taking some simple time-proven measures. When in the kitchen, minimize the amount of time you keep the refrigerator door open. The cold air that escapes when the door is opened is replaced by warm air that must be cooled all over again, requiring more energy. Check to make sure you have the temperature set so your refrigerator is keeping your food cold without being set too low – 38 degrees is generally accepted as cool enough. When using the dishwasher, let the dishes air dry instead of using the heat drying function, and always run the dishwasher with a full load. If you're cooking smaller meals, use the microwave instead of heating up the oven or grill outside.

In the laundry room, use the proper load size when washing clothes. Also, keep your lint trap clean. This not only helps clothes dry faster, but it



Col. **Brown**

suggest this method instead of using a dryer.

Throughout your home, keep curtains closed during the day to keep the air inside from heating up. Use ceiling and floor fans to help keep the air circulating when you're in the room. When you aren't home, turn up your thermostat to cut down on air conditioning costs. Replace incandescent bulbs with compact fluorescent bulbs, and turn off computers and unplug cell phone chargers when you aren't using them.

For more information on saving money and energy at home, visit [www.energy.gov/energysavingstips.htm](http://www.energy.gov/energysavingstips.htm).

#### ON THE ROAD

One of the ways you can save money on your way to work is by joining a vanpool. Fort Riley recently began this program and so far has 10 vanpools on the road. Riders can receive vouchers from the government to pay for their share of the vanpool. Besides saving gas money, riders get a chance to meet other post employees and save wear and tear on their vehicles. To find out more about the vanpool program, call Nick Sands with VPSI Inc., the company that runs the vanpool program, at 1-800-VAN-RIDE.

The Directorate of Logistics also has some other initiatives helping to save Fort Riley money on the road. Recently DOL received 15 hybrid cars, which get about 44 miles per gallon.

Overall, the Army received more than 500 hybrids to add to its fleet. Besides the hybrids, Fort Riley has 330 vehicles that run on E85 gasoline. E85 is made up of 85 percent ethanol, a corn-based renewable fuel that is cheaper than regular gasoline. A 12,000 gallon E85 tank also is being installed on post so the vehicles will be able to fuel up without leaving the installation.

If joining a vanpool isn't feasible for you, there are still ways to improve your fuel efficiency. Even if you don't invest in a new car that gets 40 miles per gallon, you can increase the fuel efficiency of your old vehicle just by changing the way you drive.

First, drive sensibly. Speeding decreases the fuel efficiency of your car. Slowing down is a great way to save money. For every five miles per hour over 60 you drive, you're adding about \$0.24 to each gallon of gas. Put another way, that extra speed of five miles per hour will only gain you about four minutes on a trip to Topeka, or eight minutes on a trip to Kansas City, but it will cost you a full gallon of gas. Air conditioner use also consumes extra fuel. A rule of thumb to consider is if you're taking a short trip at under 40 miles per hour, consider rolling down your windows as opposed to using the air conditioner.

Reduce excess weight in your car by removing unneeded items from your trunk. You'll see your gas mileage increase by up to 2 percent for every 100 pounds of weight you remove. And while a luggage carrier might not weigh much, it causes drag on your car and can reduce your mileage. Take it off and store it until you need it for your next long trip.

Take care of your car. Whether you take your car off post, use the new car care center at the Main Post Shopette, or do it yourself at the Auto Skills Center, changing your oil and filters, properly inflating and aligning your tires, and getting regular tune ups can all help you get the most out of your

car. For more information on fuel economy and how you can save money at the pump, visit [www.fueleconomy.gov](http://www.fueleconomy.gov).

#### AT WORK

You can help save Army energy at work. Fort Riley's annual energy bill is in the millions of dollars, and saving energy saves money. Just like at home, lights that are not being used should be turned off. If you have windows with blinds in your office, open them to let in natural light. Open blinds on west-facing windows in the morning and on east-facing windows in the afternoon. That lets in light, but blocks the brightest rays that can heat up your workspace. Close the opposite blinds, by angling them upward to send any light that comes in to the ceiling, where the warm air already is collecting. You can ask my staff – I never turn the lights on in my office, and there is no air conditioning – we are working on fixing the second one however!

Make sure the thermostat is properly set on your heating and air conditioning system. Army standards for heating and cooling are 72 degrees in winter and 74 degrees in summer (plus or minus two degrees). Use floor fans to help move the air and keep you cool on the hottest days.

Finally, do what you can to keep the heated or cooled air inside your building. Keep exterior doors and windows closed. If you have badly leaking doors or windows, call the Public Works Service Order desk at 239-0900 to get them fixed.

We can all do our part to help conserve energy and money on post and at home. Implement some of these tips and see what a difference we can make.

*If you would like to comment on this column or suggest a topic for the Community Corner, e-mail [rick.post.newspaper@omms.army.mil](mailto:rick.post.newspaper@omms.army.mil).*

HOUSE FILL  
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HOUSE FILL AD

#### AT THE MOVIES

Doors open at 6:30 p.m. Shows start at 7 p.m. unless otherwise noted. Tickets cost \$4 for adults and \$2 for children 11 and under. Children under the age of 5 are free except during children's matinees or expected sell-outs.

July 17 - Imagine That, PG	July 25 - Year One, PG-13
July 18 - My Life in Ruins, PG-13	July 26 - The Taking of Pelham 1, 2, 3, R
July 19 - Imagine That, PG	July 30 - Year One, PG-13
July 23 - The Hangover, R	
July 24 - The Taking of Pelham 1, 2, 3, R	

For more information, call Barlow Theater at 239-9574.