

THE **1**ST INFANTRY DIVISION POST

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FORT RILEY, KAN.

## 'Outlaws' training confirms worldwide deployability



Military vehicles halt on line before conducting a mine field breach March 23 at the National Training Center located in Fort Irwin, California. Soldiers operating the vehicles are with 515th Eng. Co., 5th Eng. Bn., 4th MEB, 1st Inf. Div., from Fort Leonard Wood, Missouri, and 82nd Eng. Bn., 2nd ABCT, 1st Inf. Div. based in Fort Riley, Kansas, and were at NTC to support training to acknowledge the capability of the 515th Eng. Co. to deploy anywhere in the world and properly conduct maneuver support operations.

Story and photo by  
Capt. Nick Perkinson  
515TH ENG. CO.

FORT LEONARD WOOD, Missouri – The 515th Engineer Company, 5th Engineering Battalion, 4th Maneuver Enhancement Brigade, 1st Infantry Division, recently completed a training stint at the National Training Center, located in Fort Irwin, California, supporting the Fort Riley-based 2nd Armored Brigade Combat Team, 1st Inf. Div., from March 14 to April 10.

The unit, known as the "Outlaws," wrapped up a series of training events during their NTC rotation to confirm their Soldiers can deploy anywhere in the world and properly conduct maneuver support operations.

Unlike recent engineer history of route clearance, for the

"It was very good training – going back to our engineer tasks – breaching minefields and maneuvering with tanks,"

SPC. AUSTIN HARASTI  
515TH ENG. CO.

past year the 515th Eng. Co. has focused on three main elements: providing mobility, counter mobility and survivability support to infantry and armor forces.

"It was nice to get out and do our job in support of maneuver forces," said Spc. Kevin Brown, a combat engineer with 515th Eng. Co. "It was a lot more involved actually working for them on real missions."

During the rotation, the 515th Eng. Co. was augmented with two horizontal equipment platoons, a pair of assault breach vehicles and K-9 teams which gave the company the expertise to perform a diverse mission set.

With the added resources the rotation drew to a close with an all-inclusive combined arms exercise where the participants shot live ammunition.

"It was very good training – going back to our engineer tasks – breaching minefields and maneuvering with tanks," said Spc. Austin Harasti, a combat engineer with 515th Eng. Co., who added that explosion caused by the mine-clearing line charge left an impression. "It was awesome!"

At the conclusion of the rotation, eight "Outlaw" Soldiers were recognized for their effort and performance.

## Two units case colors

## 'Proud Americans' celebrate 96 years of service

By Sgt. Takita Lawery  
4TH IBCT PUBLIC AFFAIRS

Leaders, Soldiers and families of 2nd Battalion, 32nd Field Artillery Regiment, 4th Infantry Brigade Combat Team, 1st Infantry Division, attended a colors casing ceremony April 10 at Cavalry Parade Field as the unit inactivated.

The lineage of the 2nd Bn., 32nd FA Regt., dates back to July 5, 1918, when it was first constituted and activated as Battery B, 32nd FA Regt., and will continue past this inactivation. The 2nd Battalion, 320th Field Artillery Regiment, will re-designate as 2nd Bn., 32nd FA Regt., 1st Brigade Combat Team, 101st Airborne Division, at Fort Campbell, Kentucky, effective June 16.

"It has been an honor to serve as the battalion commander for the final two years of its presence here at Fort Riley, and it is an honor and a

See AMERICANS, page 10



ABOVE: Lt. Col. Frederick J. Dente (left), commander of 1st Sqdn., 4th Cav. Regt., 4th IBCT, 1st Inf. Div., Maj. Jarrod D. Glasenapp (center), executive officer, 1st Sqdn., 4th Cav. Regt., and Col. Peter G. Minalga (right), commander of 4th IBCT, conduct inspection of the troops at the squadron's casing of the colors ceremony on Cavalry Parade Field at Fort Riley April 15. (Sgt. Takita Lawery, 4th IBCT)

RIGHT: Lt. Col. Timothy G. Blackwell (right), commander, and Command Sgt. Maj. Kenneth W. Hardy (left), senior non-commissioned officer of the 2nd Bn. 32nd FA Regt., case the battalion's colors during the ceremony at Cavalry Parade Field April 10 on Fort Riley. (Capt. Keith E. Thayer, 4th IBCT).



## 'Quarterhorse' squadron rides toward new horizons, challenges

By Staff Sgt. Aaron P. Duncan  
4TH IBCT PUBLIC AFFAIRS

The 1st Squadron, 4th Cavalry Regiment, 4th Infantry Brigade Combat Team, 1st Infantry Division, cased their colors April 15 in a ceremony on Fort Riley's Cavalry Parade Field.

While their colors are being cased and their personnel are dispersing, what is now 4th Squadron, 4th Cavalry Regiment, 1st Armored Brigade Combat Team, 1st Inf. Div., will reorganize into 1st Sqdn., 4th Cav. Regt., 1st ABCT, on June 16.

Befitting the "Quarterhorse" squadron, the ceremony took place on Cavalry Parade Field with the Honorary Colonel of the Regiment, Maj. Gen. (Retired) Leroy Goff III, and other distinguished members of the regiment.

Riding with the Commanding General's Mounted Color Guard, Lt. Col. J. Frederick Dente, the 1st

See QUARTERHORSE, page 10

## 'Big Red One' Soldier earns award for exemplary leadership

By Corey Schaad  
1ST INF. DIV. PUBLIC AFFAIRS.

One "Big Red One Soldier" said values espoused by Gen. Douglas MacArthur – duty, honor and country – were values by which every Soldier should endeavor to live. It's that belief, in part, that earned Capt. James A. Cerrone an award named for the famed general.

"Accomplish the mission no matter what, take care of your

Soldiers, honor those that have come before us and support the country that keeps us free," said Cerrone, commander of Headquarters and Headquarters Company, 2nd Battalion, 34th Armored Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division.

Cerrone will join the other 27 recipients of this year's General Douglas MacArthur Leadership Award – including Capt. Joseph Paolilli, the commander of Company A,

2nd Battalion, 16th Infantry Regiment, 4th Infantry Brigade Combat Team, 1st Inf. Div. – at a ceremony May 29 in Washington D.C.

The award "recognizes company grade officers who demonstrate the ideals for which General MacArthur stood" and "promotes and sustains effective junior leadership in the Army," according to information from the Army.

Cerrone "approaches every task with a cheerful demean-

or and gives it his very best, whether it's a simple task or the most disagreeable and unpleasant ... once he's been given a mission, I know I can count on him to get results," said Lt. Col. Scott Allen, commander, 2nd Bn., 34th Armor Regt. "He shares good ideas with his peers, helps others until it hurts and always considers the effects his actions will have on the whole battalion."

See CERRONE, page 10



Capt. James A. Cerrone, commander and Headquarters and Headquarters Company, 2nd Bn, 34th Armored Regt, 1st ABCT, 1st Inf. Div. will be awarded the General Douglas MacArthur Leadership Award at a ceremony May 29 in Washington D.C.

The next USAG Resilience Day Off will be:

May

8

## SAFETY HOLIDAY

As of Thursday, April 23

107

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

## HIGHLIGHTS



TRAP AND SKEET CAMP TEACHES GUN SAFETY, MARKSMANSHIP TO MILITARY SPOUSES OF DEPLOYED SOLDIERS, SEE PAGE 15.

## ALSO IN THIS ISSUE



BOY SCOUTS MAKE ADDITIONS, UPGRADES TO FORT RILEY DOG PARK, SEE PAGE 11.







Pfc. Gerald Perez, a driver from 82nd Eng. Bn., 2nd ABCT, 1st Inf. Div., installs chemical agent monitors on his M1135 Stryker Nuclear, Biological and Chemical Reconnaissance Vehicle March 26, at the National Training Center, Fort Irwin, California. “I feel safe in there in an enclosed environment,” Perez said, referring to the vehicle’s ability to create a self-sustained environment for up to 72 hours.

# Fort Riley recon platoon bonds, trains at National Training Center

Story and photo by  
Staff Sgt. Jerry Griffiths  
1ST INF. DIV. PUBLIC AFFAIRS

FORT IRWIN, California – As the sun began to set over the blowing sands of the National Training Center March 29, the brigade headquarters set up its tactical operations center once again after their position was compromised by the notional forces of Danovia.

It’s called jumping the TOC and it requires everything be dismantled, moved and set up again in a new secure location.

Every time the TOC jumps, one small unit begins their routine of scanning the area for chemical and biological agents the enemy may try to use against the headquarters of the 1st Infantry Division’s 2nd Armored Brigade Combat Team.

“Out here, our primary mission has been perimeter security for our brigade tactical operations center and convoy security every time we jump the TOC, with a continuing mission to do recon in the event of a chemical attack,” said 1st Lt. Matt Engle, Chemical, Biological, Radio-

logical, Nuclear and Explosives Reconnaissance platoon leader for 82nd Engineer Battalion, 2nd ABCT.

It’s the only unit of its kind in the 2nd ABCT and although it is small – only 11 Soldiers – its importance to the unit cannot be underestimated.

“Our goal is pretty much to confirm or deny the presence of chemical agents and if necessary, mark the full extent of it, said Sgt. Danian Larrabee, a squad leader/surveyor for the CBRNE recon platoon. “We then put the information out there so our maneuver units know what areas to avoid.”

Larrabee, a native of Farmington, New Mexico, said they can also detect for biological agents.

“As for biological, it is a detect-to-treat mission in order to say ‘Hey this (is) what we got hit with, be prepared,’” Larrabee said.

The platoon’s primary means of detection and reconnaissance are two M1135 Stryker nuclear, biological and chemical reconnaissance vehicles, also known as NBCRVs.

“I feel safe in there in an enclosed environment,” said

Pfc. Gerald Perez, a driver in the platoon and native of the Dominican Republic. “We can identify a chemical agent and alert everybody else about what is going on even when mobile.”

Larrabee said an NBCRV can create a self-sustaining environment for up to 72 hours.

Although the potential for a chemical threat was present during the training scenarios, the threat never materialized for the recon platoon to take advantage of it.

“The most difficult thing for my guys has been not doing chemical stuff,” Engle, a native of Tulsa, Oklahoma, said. “I think they are frustrated being gun-truck dudes, but beyond that it’s been pretty good.”

Still, the opportunity to learn from one another and to train in other areas did present itself.

“Day one we got murdered by a tank because we were silhouetted on a hill, so now you can see we are starting to dig in,” Engle said, pointing to his NBCRV’s defensive position. “We are starting to learn how to actually survive in an actual combat scenario.”

The tank that destroyed them was a variant of a Russian T-80 and being elimi-

nated so early in the training didn’t sit well with the crew.

“I learned that putting a big green Stryker on top of a hill is not a good idea and that being a casualty out here is a serious thing,” said Spc. Kayla Walz, a team leader in the platoon from Marengo, Illinois.

Larrabee said this was the first time the crew worked in the truck together.

“I think being out here as a new crew is a good learning experience and a good bonding experience for all of us,” Walz said.

Larrabee said the crew learned new things about one another every day.

“There have been some misfires, but every day it’s getting better and better,” Larrabee said.

“My driver turned out to be more of a gunner. I never would have guessed.”

Perez said he was learning new skills all the time and the training was valuable in helping him. “It’s my job to be ready all the time, whether it’s driving, working with the sensors or helping my crew with scanning up front,” Perez said. “I like how we work as a team and I like to get the mission done.”

## TRAFFIC REPORT

**ESTES ROAD**

The portion of Estes Road on the right side of Normandy is closed.

Traffic changeover will be conducted during a non-rush-hour time of day. Prior to the changeover, the Normandy left lane will be widened. No roads will be closed for the widening work on Normandy.

**DICKMAN AVENUE**

Road repairs on Dickman Avenue have begun and will continue until July 1.

Dickman Avenue is closed at Pershing Avenue at the south end of the construction and just south of the AAFES gas station/Shoppette at Huebner and Dickman on the north end of the construction. Both entrances to the AAFES gas station/Shoppette will remain open.

The designated detour between Huebner Road and Dickman Avenue is Holbrook Avenue. Detour signage is posted. During the road closure, the GSA vehicle service facility, Bldg. 386, and the main post fuel point is only accessible via Carr Avenue from Pershing Avenue.

**TROOPER - MCCORMICK**

Phase 2 of work on Trooper-McCormick has begun and will continue until April 30. The work closed the southbound side of Trooper, south of Fire Station Five to the intersection at Trooper and McCormick. All Trooper southbound traffic will detour at the roundabout at Trooper and Rifle Range Road to First Street.

Phase 3 is scheduled to start April 30 and end May 7. This will close the northbound side of Trooper

for three days at the intersection of McCormick and Trooper. All northbound Trooper traffic will turn left onto First Street and use the roundabout at Trooper and Rifle Range Road. Drivers going eastbound on First Street to McCormick and Trooper will not be able to make a left turn onto northbound Trooper and should detour to the roundabout at Trooper and Rifle Range Road.

**HAMPTON PLACE**

A portion of Hampton Place, from Jackson Avenue north to Ashby Drive, will be closed thru traffic through May.

A pedestrian and bike detour is in place during this time. The closure is part of the demolition and construction project in the Warner Peterson Community.

Access to Custer Hill Elementary School will be available from Ashby Avenue.

For more information, contact Corvias Military Living at 785-717-2200.

**ACP HOURS OF OPERATION**

Access control point hours are:

**Four Corners/Trooper/Ogden:** Open 24/7

**Henry:** Open 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 for construction vehicles only.

**Grant:** Open from 5 a.m. to 7 p.m., Monday to Friday; 8 a.m. to 5 p.m. Saturdays; closed Sundays and federal holidays.

**Estes:** Open from 5 a.m. to 7 p.m., Monday to Friday; closed weekends and federal holidays.



# ‘Dreadnaughts’ Soldier receives new vehicle

Story and photos by  
Staff Sgt. Bernhard Lashleyleidner  
1ST ABCT PUBLIC AFFAIRS

JUNCTION CITY, Kansas – Wish For Our Heroes partnered with General Motors and the Junction City Chamber of Commerce to give one Soldier a brand new Chevrolet Colorado truck April 14 at Jim Clark Auto Center.

General Motors and Wish For Our Heroes, a non-profit organization that supports service members and their families through hardships, chose Staff Sgt. Jonathan Thompson, an armor crewman in Company C, 2nd Battalion, 34th Armor Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division.

Thompson and his family received the vehicle during the annual Army/Navy football game in December. His wife, Liz, and 4-year-old daughter, Reese, were invited on the field to receive the keys to the vehicle. Thompson then popped out in a surprise homecoming celebration. Thompson was returning from Kuwait with his unit.

Willie Thornberg, general manager of Jim Clark Chevrolet-Cadillac, said the Thompsons couldn’t drive the truck home that day because Chevrolet had not yet started producing that model of the Colorado. “We are very happy to be involved in today’s event because a member of our 2nd Bn., 34th Armor family has returned home safely from a deployment to Kuwait,” Thornberg said.

He thanked the Thompson family for their service.

“For all that you do, for all of the hardships that you and your family have endured, as well as (what) military families across the globe endure on a daily basis to keep us safe and free, we would like to present you with title and keys to your truck on behalf of GM, Wish For Our Heroes and JCCC,” he said.

Thompson, a native of Beauford, Oregon, said his family was grateful for such a wonderful gift.

“Nothing like this has ever happened to me before,” Thompson said. “I would like to thank my family, friends and especially 1st Sgts. McNeil and Mendez for submitting my name and bio to Wish For Our Heroes and GM who made everything possible.”

The Thompson family lost everything they owned in a late-night house fire a year ago. He said he was angry about losing everything, but realized those were only material things and the most important thing was no one in the family was injured.

“We didn’t have homeowners insurance and [I] wasn’t sure how we would recover from this event,” Thompson said. “Our neighbor Meghan Opfer immediately started collect donations to help us replace our furniture and clothing.”

Thompson said they had no family or friends in the area, and he was shocked at how the military community came to their aid.

“I was extremely humbled when I found out that my chain of command wanted to submit my name to receive a truck,” Thompson said. “I felt like there were other Soldiers that had suffered greater losses than we did.”

Jeff Wells, founder of Wish For Our Heroes, said he and his father, a retired Marine, were shocked at how many troops were struggling and they wanted to do something to help.

“We like helping military families,” Wells said.

Wells, a former Army captain, said he founded the organization in honor of his father who passed away in 2009. This was a way of helping not only wounded service members but all those struggling and in need of assistance.

“Our troops protect us and someone needs to have their backs, too,” Wells said.

Wish For Our Heroes has granted more than 1,725 wishes for service members and their families. To learn more about the organization visit [www.wishforourhereos.org](http://www.wishforourhereos.org).



**ABOVE:** Staff Sgt. Jonathan Thompson, armor crewman, Co. C, 2nd Bn., 34th Armor Regt., 1st ABCT, 1st Inf. Div., his wife Liz and their daughter Reese, receive the title and keys to a new Chevrolet Colorado from Willie Thornberg, general manager of Jim Clark Chevrolet-Cadillac on April 14 in Junction City, Kansas.



**LEFT:** Staff Sgt. Thompson, and his wife and daughter Reese leave the showroom floor with their new truck. The Thompson family learned they would receive the vehicle during the annual Army/Navy football game in December, but waited four months to have the truck built to their specifications.

## New gun law won’t affect Fort Riley

FORT RILEY SECURITY  
BRANCH OFFICE

Kansas Governor Sam Brownback signed Senate Bill No. 45 into law that allows individuals to carry concealed weapons without training or a permit.

This law gives Kansas residents a privilege supported by only 5 other states. DOD personnel stationed at Fort Riley are able to take advantage of these privileges -off the installation.

However, on the installation is a different matter.

Fort Riley Regulation 190-1 outlines the control of privately owned firearms, weapons and ammunition on

the installation. FR 190-1 is very specific in its intent and has not changed with the advent of the new Kansas law.

The concealed firearms carry on Fort Riley or at any Federal location is prohibited.

Open firearms carry is also prohibited except in authorized locations for specific purposes including hunting in designated recreation areas and at Range 4 when open to private firearm use.

Weapons must be registered and may only be transported on post for a specific purpose such as going to the range.

While the new law allows Kansas residents to conceal carry firearms without a per-

mit, none of the four surrounding states reciprocates. Nebraska, Missouri, Oklahoma and Colorado accept Kansas concealed permits but require documented proof of certification.

Kansas honors concealed carry permits from all states. Only 36 states honor Kansas permits.

For more information regarding firearms policies on Fort Riley individuals should contact the Fort Riley Security Branch Office at 785-239-2975.

For More information about Kansas gun laws visit [www.kansas.gov](http://www.kansas.gov) and use the search function for gun laws and permits.



# TRICARE beneficiaries targets for unsolicited prescriptions

TRICARE

The Defense Health Agency, Office of Program Integrity has received a significant number of complaints from TRICARE beneficiaries regarding unsolicited attempts by “call centers” to encourage them to provide personal identifying information and health information so that they can allegedly provide prescribed cream medications to the TRICARE beneficiary.

TRICARE and its contractors never call and ask for personal identifying information or health information.

Beneficiaries should be wary of unsolicited attempts by any entity asking them for personal or health information, either by phone or in person.

The “call centers” will normally cold-call and say, “I am a representative calling from XYZ, we are calling to tell you about a benefit TRICARE

will cover for you for a prescription pain cream you are eligible for. Do you have any of the following medical issues (list of issues) or pain? If so, TRICARE wants to get you taken care of, all we need are your doctor’s name and your TRICARE information and we will contact your doctor and get these medications or supplies out to you immediately and submit a claim.”

DHA PI advises against giving information to these types of unsolicited requests for personal health information and personal identifying information.

Often these “call centers” have identified what limited information they have through Google searches or through individuals who have approached you independently and obtained information directly from you.

If TRICARE beneficiaries receive a phone call requesting this information, they should decline, then submit a Fraudline report to the Pharmacy Benefits contractor Express Scripts, Inc. You can report the issue to ESI.

Call Express Scripts Fraud Tip Hotline at 1-866-759-6139 or email [TRICAREfraudtip@express-scripts.com](mailto:TRICAREfraudtip@express-scripts.com).

ESI can also flag your profile and reject attempts to bill for these medications. If you do receive unsolicited medication in the mail, you can refuse delivery.

## IRWINFORMATION

When it comes to prescriptions, what’s the difference between prior authorization and medical necessity?

Prior authorization is a set of criteria that must be met before you can get a medication. TRICARE requires prior authorization for some prescriptions because we want to ensure patient safety and we want you to get the most effective and reasonably-priced medications. TRICARE requires prior authorization for medications that have dangerous side effects or can be harmful when combined with other medications; should be used only for certain health conditions; are often misused or abused; or have less expensive options that may work better.

Prior authorization may also be used to get a brand-name medication instead of a generic. Your doctor must complete the Brand Name Request Form and Express Scripts must approve the request before you can get the brand-name medication.

For a list of medications that need prior authorization and prior authorization forms, visit the Prior Authorization page at <http://pec.ha.osd.mil/forms> or call Express Scripts at 1-877-363-1303.

Medical necessity, sometimes called clinical necessity, applies to non-formulary medications and determines if you can get a non-formulary medication for the formulary copay or at no cost if you’re an active duty service member. Express Scripts must approve the request. Visit the Medical Necessity and Prior Authorization Forms/ Criteria page at <http://pec.ha.osd.mil/forms> for medical necessity criteria and forms.

If you have a question for IrwINformation, send it to [IACHInformation@amedd.army.mil](mailto:IACHInformation@amedd.army.mil) or call 785-239-8414.

## Home wanted

Moo

Moo is a friendly two-year-old Labrador retriever-mix that was recently surrendered due to personal reasons. He is very timid and skittish at first, particularly toward tall men, but is housetrained and listens very well. Moo has had obedience classes and also knows a few tricks. He is also good with other dogs.

Moo’s adoption fee is \$82 and includes microchip, distemper and rabies vaccines, heartworm test and deworming.

If interested call 785-239-6183. If no one answers, leave a message or email [nicole.p.storm@us.army.mil](mailto:nicole.p.storm@us.army.mil). Other shelter animals can be seen on [www.facebook.com/fortrileypets](http://www.facebook.com/fortrileypets).

Stray animals on Fort Riley are picked up by the Military Police and brought to the Fort Riley Stray Facility. The animals are held for three business days to allow owners to claim their pets. After this, animals may be adopted out or euthanized. Animals are usually only euthanized in the cases of severe aggression or a life-threatening illness.

Animals must be registered, micro-chipped, and up to date on vaccines before being released to owners.

Fort Riley Stray Facility  
Building 226 Custer Ave., Main Post  
10 a.m. to noon and 1 p.m. to 4 p.m.  
Monday through Friday  
785-239-6183 or 785-239-3886



## TUESDAY TRIVIA CONTEST WINNER



The winner of the Tuesday Trivia is Sarah Caiafa, pictured with Blake, Nathan and husband, Cpl. Paul Caiafa with Company B, 701st Brigade Support Battalion, 4th Infantry Brigade Combat Team, 1st Infantry Division.

On April 21 Sarah correctly answered the question “Where can an incoming spouse visit to learn more about topics including Getting Settled; Kid’s Corner; Employment Readiness and Education; Recreation; and Deployment Readiness?”

Every Tuesday, check out Fort Riley’s Facebook page for the Fort Riley Tuesday Trivia question of the week at [www.facebook.com/FortRiley](http://www.facebook.com/FortRiley). Every answer will be available somewhere on the official Fort Riley website at [www.riley.army.mil](http://www.riley.army.mil).

CONGRATULATIONS, SARAH!

Dinner is served:  
5:00 - 6:30 p.m.

Fort Riley

251 Cameron Ave.  
(Next to MWR Office)  
\*Location Subject to Change

# NO DOUGH DINNERS!

## FREE DINNER!

USO is helping to bring Families together by providing:

RSVPs are requested but not required to help us plan quantities accordingly. To RSVP, or for further details & event updates (such as date, time and location changes), please visit our Facebook page at [www.facebook.com/usoftriley](http://www.facebook.com/usoftriley) or scan the QR Code and click 'Events'.

Dates & location subject to change

**2015 No Dough Dinner Dates**  
May 13 and 28  
June 10 at Moon Lake  
June 29  
July 13 and 29  
Aug. 12 and 28  
Sept. 11 and 29  
Oct. 13 and 28  
Nov. 11  
Dec. 11

Be sure to bring your ID!

**Contact:**  
**By phone:**  
785-240-5326  
**By email:**  
[usofortriley@uso.org](mailto:usofortriley@uso.org)

For up to 300 Troops and Families just before payday!

As of 10 January 2015



## RILEY ROUNDTABLE

### What is the best conservation technique you have seen used?



“Recycling because it turns waste into new products and prevents useful materials from being wasted, as well as reducing energy use and pollution.”

**JANET SCHAAD**  
**MILFORD, KANSAS**  
Administrative support assistant  
Fort Riley Recycle Center



“Be smart about cleaning things. Conserving water by using a paper towel to clean out a reusable or recyclable container instead of using more water than necessary.”

**BERTO GONZALEZ**  
**WATERBURY, CONNECTICUT**  
Material handler/ motor vehicle operator at  
Environment Waste Materials Center



“Recycling – we get to reuse materials such as paper plastic and cardboard and help the community and the environment.”

**SPC. TERANCE WEBB**  
**CAPE CORAL, FLORIDA**  
2nd Battalion, 32nd Field Artillery Regiment,  
4th IBCT, 1st Inf. Div.



“The free issue program here at Fort Riley where people can bring excess or outdated materials and then we re-issue them. It helps reduce cost of disposal.”

**KEVIN POYSER**  
**MANHATTAN, KANSAS**  
Environmental protection specialist at Environ-  
ment Waste Materials Center



“I try to use less paper. I drive my wife’s car when I can because it’s better on gas mileage than my truck.”

**SGT. MIKE ELMORE**  
**SAN ANTONIO, TEXAS**  
Company F, 701st Brigade Support Battalion,  
4th IBCT, 1st Inf. Div.

## THE 1ST INFANTRY DIVISION POST

This civilian enterprise newspaper is an authorized publication for members of the Department of Defense. Contents of The 1st Infantry Division Post are not necessarily the official views of, or endorsed by, the U.S. Government, or the Department of the Army. The editorial content of this publication is the responsibility of the 1st Infantry Division and Fort Riley PA Officer and printed by Montgomery Communications, Inc., a private firm in no way connected with the U.S. Government under exclusive written contract with Fort Riley.

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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.imcom.mbx.post-newspaper@mail.mil](mailto:usarmy.riley.imcom.mbx.post-newspaper@mail.mil)

## New program supports child development needs

By Amaani Lyle  
DOD NEWS, DEFENSE  
MEDIA ACTIVITY

WASHINGTON – For many new or expecting parents, the stress of navigating the needs and developmental milestones of an infant or toddler can rival that of deployments.

But a well-established program not only provides many resources to help untangle the parental requirements of understanding the critical first three years of a child’s life, but also brings child-care experts right into military families’ homes, Barbara Thompson, director of DOD’s Office of Family Readiness Policy, said in a recent DOD News interview. April is the Month of the Military Child.

Sponsored by the Family Advocacy Program, the New Parent Support Program is DOD’s secondary prevention resource designed for Army, Air Force and Navy parents who have a child under age 3 and Marine Corp parents with a child under age 5.

### EXPERT HOME VISITORS

The program, Thompson explained, sheds light on fostering healthy child development through scheduled home visitation by licensed, trained child care professionals.

“It’s a special program for military families, because for the most part, they’re away from their extended family and bringing a new child into the world can be scary,” she said. “We want to make sure they have all the information and resources available to them to make that smooth transition into parenthood and support the child in his or her growth and development.”

The program aims to ensure children have the opportunity for safe and healthy relationship building with their parents.

“We know that attachment is a critical piece of the first year of a child’s development,” Thompson said. “We want to make sure that’s firmly formed ... because it has a huge impact on how they build trust with other people.”

Similarly, the program also helps to ensure that parents can leverage its resources on behalf of their children as they prepare them for school, Thompson said.

Qualified nurses and social workers use their extensive understanding of babies and parenting to create stronger relationships between parents and their young children. Word of mouth has helped to increase the program’s popularity, Thompson said.

“Parents who have the support of that home visitor share

that opportunity and how that person has [facilitated] their attempts to learn how to read their baby’s cues and to respond to their baby in a positive way,” she added.

### THE FIRST THREE YEARS

Research has indicated that protective factors are critical in a child’s early development, particularly in the first three years of life, she said.

“We want to make sure that parents are equipped with those skills [and have] the opportunity for a strong attachment,” Thompson said, “and that [they’re] aware of child and youth development and the different stages and temperaments that children go through.”

Homes visitors service all components both on and off installations, as long as they’re in a status with access to a military treatment facility, Thompson said. Parents also can seek assistance from family support centers, which facilitate support groups, playgroups, prenatal classes and peer-to-peer exchanges related to children’s growth and development.

Home visitors pledge confidentiality, Thompson noted, unless there’s cause for concern pertaining to reportable incidents of abuse, neglect or domestic violence. She

acknowledged the range of emotions associated with new parenthood and the virtues of having access to experts who can provide invaluable and preventative advice.

“[They can] listen to your needs, reinforce what’s normal and know that it’s OK to feel certain things,” she said.

### A SUPPORTIVE PARTNERSHIP

The home visitor program, Thompson said, is a supportive partnership, with appointments parents can schedule at their convenience.

“They’re not there to judge or inspect to make sure your dishes are washed. ... They’re there to help you learn about your baby,” she said.

The New Parent Support Program, the Military One-Source online resource, family support centers and family advocacy programs are fundamental Defense Department investments in enriching the growth of both parents and children, Thompson said.

“Parents are children’s most important teachers,” she added, “so if they’re modeling the right vocabulary, reading to their children and providing healthy snacks for their child – those things are going to be ingrained in that child for their future.”

## Hemp seed content nixes popular health bar, Army regs say

By Rachael Tolliver  
FORT KNOX PUBLIC AFFAIRS

For anyone who relies on protein bars as an afternoon or after workout snack, they should be warned about nonmilitary friendly ingredients in their all-natural selections.

“Strong & Kind” bars which include Hickory Smoked, Roasted Jalapeno, Honey Mustard, Thai Sweet Chili, and Honey Smoked BBQ, contain hemp seeds in their ingredients. These seeds may contain low levels of tetrahydrocannabinol, a chemical found in marijuana, which the Army believes may be detectable in drug screening tests.

This ingredient is not included the Kind fruit and nut bars and a complete list can be found at [www.kindsnacks.com](http://www.kindsnacks.com).

The Army’s position on the consumption of hemp seeds, or its derivatives, is similar to its sister services and follows laws and guidelines set forth by U.S. law enforcement agencies.

Army Regulation 600-85 para 4-2, (p) states that, “...Soldiers are prohibited from using Hemp or products containing Hemp oil.” And the “...Violations of paragraph 4-2 (p) may subject offenders to punishment under the Uniform Code of Military Justice and or administrative action.”

DOD regulations are based on several considerations, some of which are U.S. laws. In this case, the U.S. Drug Enforcement Agency categorized hemp seeds, “if they contain THC...” as an illegal product.

Additionally, the Department of Justice issued a ruling on what products that contained THC were exempt from being treated as an illegal drug under the Controlled Substances Act.

In part, the ruling reads: “Specifically, the interim rule exempted THC- containing industrial products, processed plant materials used to make such products, and animal feed mixtures, provided they are not used, or intended for use, for human consumption and therefore cannot cause THC to enter the human body.”

As such, the Army has written its policy to adhere to and to enforce these laws. The bottom line-Soldiers may not consume hemp seeds or hemp oil.

So how can a product designed for consumption legally contain hemp seeds?

In 2004 the Ninth Circuit Court of Appeals issued a unanimous decision, which DEA did not appeal to the U.S.



Businesses dealing with DOD must be aware of requirements like AR 600-85 para 4-2, (p). Because of this regulation, AAFES does not carry “Strong and Kind” bars, said Chris Ward, a public relations specialist for AAFES, but they do carry the basic “Kind Bars.” And DeCA public affairs specialist Rick Brink added that while, commissaries carry Kind Bars, they have also chosen not to carry Kind & Strong bars because of the hemp seed content.

“We strive to ensure products do not conflict with published DOD guidance,” Ward explained.

Kind snack bars were created out of a “Kind need,” after the president and CEO, Daniel Lubetzky, was tired of working long days and not being able to eat healthy during those times. In his new book, Lubetzky said he wanted something that was, “a wholesome snack option that could travel well, fill me up, and that tasted good,” and whose ingredients he understood.

In keeping with the goal of including only ingredients that someone could understand and that were good for the body, when the company came out with its Strong & Kind bars, it added hemp seeds.

Joe Cohen, a spokesman for the Kind Company, said in correspondence with this office that the reason hemp seeds are included in the those particular bars is for nutritional benefits.

“Hemp seeds contribute protein, fiber and other important nutrients such as potassium and phosphorus to our Strong & KIND bars,” he explained. “Hemp, when combined with the protein from almonds, peas and pumpkin seeds, provide all nine essential amino acids.”

Even though the DEA and DOJ have published final rules on the consumption of THC-containing hemp, there is a small window provided by the USDA at less than one percent for THC content.

“Our Strong & KIND bars adhere to USDA testing and have a THC level of .001 percent. As referenced by the Congressional Research Service, a level of about 1 percent THC is considered the threshold for cannabis to have a psychotropic effect or an intoxicating potential,” Cohen said.

However, the bottom line is – military guidance says the consumption of hemp products is off limits, and as such military personnel and DOD civilians are prohibited from eating such foods.

Report Suspicious Activity or Behavior

**iWATCH ARMY**

**iREPORT** **iKEEP US SAFE**

**See Something Say Something**

**ARMY ANTITERRORISM**

**Fort Riley Tip Line/Hotline**  
**240-WARN (9276)**



# What to do when unexploded ordnance found

By Andy Massanet  
1ST INF. DIV. POST

The discovery of unexploded ordnance, or UXO, March 29 in the vicinity of Backstop Ridge, north of the school construction on Rifle Range Road by a Fort Riley resident led to the precautionary, temporary evacuation of residents, according to Capt. Laura Profitt of the Directorate of Emergency Services.

Elements of DES, including 13 Military Police and more than 30 firefighters, specialists from the 1st Infantry Division's 84th Explosive Ordnance Disposal Battalion and personnel from the Directorate of Public Works and Corvias Military Housing, teamed up to dispose of 259 rockets, 21 mortars and 12 warheads.

In the following days, prescribed burns revealed other forms of UXOs. In addition, Capt. Profitt said, a UXO disposal operation in the Forsyth Housing took place April 22 with fire, police, EOD and Public Works professionals on

scene. Why are all these UXO being found?

According to the U.S. Army Environmental Command, for decades, Soldiers and weapons developers went to ranges and training areas to practice with and test bombs, projectiles, grenades and other munitions. A portion of these munitions did not function as designed and were left behind becoming UXO.

These items are potentially dangerous not only in the U.S. but across the globe from Europe to Asia. They continue to be found on battlefields as leftovers from battles during World Wars I and II, Korea, Southeast Asia and other locales, with sometimes deadly consequences.

But there are ways to avoid becoming a UXO casualty. According to guidance provided by the USAEC the following keeps residents safe when finding a UXO.

First the basics: Unexploded ordnance is defined as military munitions that have been:

- Primed, fused, armed or otherwise prepared for action.
  - Fired, dropped, launched, projected or placed where they are hazards to operations, installations, personnel or material.
  - Remain unexploded either by malfunction, design or any other reason.
- These UXOs come in many shapes and sizes. Some look new and others old and rusty. Some look like bullets or bombs. Some look like pointed metal pipes, soda cans, small balls or an old car muffler.
- They can be found on top of the ground, partially or completely buried in the ground or by vegetation. They could be covered with sand, snow, high grass, bushes, lakes, streams or the ocean. They may be easy or virtually impossible to recognize as a military munition.
- If disturbed, The danger of UXOs is the risk of exploding without warning. That unpredictability makes them hazardous at training sites and installations.



Monte Volk | USAG PAO

On March 29, elements of DES, including 13 Military Police and more than 30 firefighters, specialists from the 1st Infantry Division's 84th EOD Battalion and personnel from the Directorate of Public Works and Corvias Military Housing, teamed up to dispose of 259 rockets, 21 mortars and 12 warheads. If found, follow the provided guidance to avoid becoming a casualty.

## IF YOU FIND A UXO, USE THE FOLLOWING GUIDANCE

Avoid an incident and remember the 3Rs:

- Recognize
- Retreat
- Report

If you encounter or think you have encountered a munition, do not approach, touch or disturb it, call 911.

Upon identification of a UXO, retire to a safe distance and enforce evacuation measures when evacuation is possible. Leave the area the same way from which you came. Evacuate and use available cover to an initial distance of

- 300 feet for munitions smaller than 5 inches in diameter
- 500 feet for munitions 5 to 10 inches in diameter
- 1,000 feet for munitions 10 to 20 inches in diameter
- 1,500 feet for munitions greater than 20 inches

Do not remain in the immediate danger area any longer than necessary.

Report the location and any identifying features, such as size, shape, color and condition to authorities. Check the immediate area for other UXOs.

Clearing any UXO without proper training, tools and information could be lethal. Do not attempt to move or disturb these items.

For more information about UXO safety, visit <http://aec.army.mil/portals/3/technology/uxo00.html>.

## III Corps commanding general visits 'Big Red One'



Corey Schaadt | 1ST INF. DIV.

Lt. Gen. Sean B. MacFarland, commanding general of III Corps and Fort Hood, attended a semi-annual training brief April 15 at Fort Riley. MacFarland was briefed by Brig. Gen. Eric J. Wesley, senior mission commander, 1st Inf. Div., and other "Big Red One" leaders.



# Phoenix forges leaders with development program

Story and photo by Staff Sgt. Kelly S. Malone  
4TH MEB PUBLIC AFFAIRS

FORT LEONARD WOOD, Missouri – Some leaders with the 92nd Military Police “Phoenix” Battalion, part of the 4th Maneuver Enhancement Brigade, 1st Infantry Division, conducted a unit leader development program April 9.

The event, dubbed Phoenix Forge, was designed to provide a holistic approach to challenging Soldiers and included tasks such as a 12-mile foot march, providing medical aid, communication challenges, written exams, engaging enemy forces while recovering a downed unmanned aerial vehicle and a range.

The participating troops were evaluated during Phoenix Forge as they executed diverse scenario-based missions.

“During Phoenix Forge, we certified platoon leaders and platoon sergeants on individual shoot, move and communicate tasks, as well as lead, train and maintain tasks,” said Capt. Piper Reeve, 92nd MP Bn. training officer.

While “Be, Know and Do” is a leadership phrase heard often in Army formations, Staff Sgt. Joshua Roberts, a platoon sergeant with the 92nd MP Bn.’s 988th MP Company, said it was important to put it into practice.

“If we expect our Soldiers to do something, we should know how to do it,” Roberts said. “Today was mostly reinforcing those skills already learned because a lot of them are perishable.”

Reeve said the training events were designed to be physically, technically and tactically challenging for those involved.

While event organizers touted the diverse tasks and challenges to the participating troops, Roberts summed up Phoenix Forge.

“It lets the battalion command team know they have competent and capable leaders,” Roberts said.



While being evaluated by Spc. Daniel Barrow, a medic with the 13th MP Co., during a combat lifesaving assessment at their unit leader development exercise Phoenix Forge, Staff Sgt. Jeremy Kines (right), first platoon sergeant, and Staff Sgt. Joshua Roberts, third platoon sergeant, both with 988th MP Co., 92nd MP Bn., 4th MEB, 1st Inf. Div., apply bandages to 1st Lt. John Horner, executive officer, 512th Military Police Company, 92nd MP Bn., who was found “wounded” on a patrol April 9. The battalion spent the entire day training in the woods of Fort Leonard Wood, Missouri, where they focused on development to provide their Soldiers great leaders.

## DOD News broadcast channel transitions to on-demand

DOD NEWS  
DEFENSE MEDIA ACTIVITY

WASHINGTON – The DOD News broadcast channel, formerly known as the Pentagon Channel, discontinued service as an independent broadcast channel April 17.

DOD News will continue producing and airing current military news and informa-

tion for distribution on the American Forces Network and through the Internet at Defense.gov, both live and on demand.

The transition to these delivery methods will provide more opportunities for the military community, stationed around the world and at sea, to keep up with Defense Department news and events.

The new service will provide military members and their families the opportunity to watch live events on AFN or as a video stream on Defense.gov 24/7.

Defense.gov will archive the programs to allow for on-demand viewing.

The channel operated as a separate broadcast channel for more than 10 years.

AFN overseas and many commercial cable companies in the United States have used the service.

As technology improved and audience-viewing habits changed, Internet-based distribution became a more economical and efficient way to reach the military’s geographically dispersed audiences.

### BLUE BELL ICE CREAM RECALL

Blue Bell ice cream issued a voluntary recall on all products. Customers who purchased the products at the commissary and AAFES stores may return them to the respective customer service counters for a full refund.

For more information about the Blue Bell product recall, visit <http://cdn.bluebell.com/>.

For information on all food alerts and recalls issued for products sold at your commissary, visit [http://www.commissaries.com/press\\_room/press\\_release/breaking\\_news\\_07/index.cfm](http://www.commissaries.com/press_room/press_release/breaking_news_07/index.cfm).





# 16th Infantry Regiment Association to dedicate memorial

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

A new monument will be unveiled on the grounds of Fort Riley’s U.S. Cavalry Museum commemorating the 16th Infantry Regiment’s arrival and participation in the Vietnam War May 1, according to the 16th Infantry Regiment Association.

The 9:15 a.m. dedication ceremony is part of the Department of Defense’s Vietnam

War 50th Anniversary Commemoration program. The dedication party will include Brig. Gen. Eric J. Wesley, 1st Infantry Division and Fort Riley senior mission commander, retired Col. Ralph Kauzlarich, honorary colonel of the 16th Infantry Regiment, and retired Lt. Col. Steven Clay, president of the 16th Infantry Regiment Association.

“For 2015, because it was the 50th anniversary of the regiment’s participation in the

Vietnam conflict, we decided we would put up a monument there at Fort Riley to commemorate the participation of the first and second battalions of the regiment in that particular war,” Clay said. “This is probably the largest, most-expensive monument we’ve done so far.”

The president said the majority of the association’s current members are from the Vietnam era. “We wanted to make it special for those guys

because, as we all know, the Vietnam veteran was slighted by much of American society during and in the immediate post-war period,” Clay said. “We wanted to make it special to commemorate the things the 16th Infantry Regiment accomplished in Vietnam on behalf of the nation.”

Soldiers from the 2nd Battalion, 16th Infantry Regiment, will case their colors in a ceremony immediately following the memorial dedication

on Cavalry Parade Field. Along with the other four battalions and one squadron assigned to the 4th Infantry Brigade Combat Team, 1st Inf. Div., the “Iron Rangers” are casing their colors ahead of the brigade’s June inactivation. The battalion will reorganize and be assigned to the 3rd Brigade Combat Team, 3rd Infantry Division, at Fort Benning, Georgia.

“The Museum Division is honored to have a 16th

Infantry Regiment monument placed on the museum grounds,” said Bob Smith, director of Fort Riley museums, of the black granite memorial. “The 16th has a long and illustrious history and is one of the original units assigned to the 1st Inf. Div. in 1917. It is truly fitting that the monument in on the ground where the 16th paraded in the 1870s and has served continuously with the ‘Big Red One’ for nearly 100 years.”



Jackson Katz prepared sexual assault awareness programs for the National Football League and brought a program to Fort Riley geared toward changing the way men perceive sexual harassment.

## Prevention expert: Men must speak out against sexual assault

Story and photo by Kalyn Curtis  
1ST INF. DIV. POST

Jackson Katz, who has prepared sexual assault awareness programs for the National Football League, brought a program to Fort Riley geared toward changing the way sexual harassment prevention is looked at by men.

Soldiers at Riley Conference Center April 16 heard Katz why the program is focused toward men.

“We need more men,” Katz said, “who, instead of walking away, or saying ‘I don’t abuse my girlfriend so it’s not my problem,’ are willing to say ‘it is my problem, it’s all my problem, and I have a role to play as a friend, a battle buddy, a family member.’ We need more men who are willing to say that, and start changing the conversation among men, as well as among and between women, and among and between men and women.”

Katz’s program talks about ten things men can do to prevent gender violence. One of the ten things includes seeking help if you or anyone you know are being ‘emotionally, psychologically, physically, or sexually abusive to women, seek help now.’

Soldiers should also report any kind of sexual abuse to a sexual response coordinator and victim advocate.

Lt. Col. Andrew Turner, the 1st infantry Division’s senior equal opportunity and Sexual Harassment/Assault Response and Prevention advisor, said within each one of the brigades is assigned a sexual response coordinator and a victim advocate. Lt. Col. Turner said soldiers within the division typically go through one or two trainings per quarter every three months.

“It really is to talk about prevention strategies,” said Lt. Col. Turner. “How to not be a bystander when something like

this does happen and also to inform them on the processes and services that the SHARP program provides.”

Kathleen Brussard, victim advocate for the 1st Armored Brigade Combat Team, said there are two ways of reporting sexual assault. The military offers either an unrestricted report of sexual assault or a restricted report. A restricted report includes a victim advocate who can keep information confidential.

“So it’s restricted because there is no information kept of yourself as the reporter,” Brussard said. “It still alerts the leadership on the installation that something has occurred, so we can track trends or numbers and know what’s going on at Fort Riley.”

However, there is no investigation initiated with a restricted report. With a restricted report, the victim still gets access to resources, including meeting with legal if they would like to take legal action. The victim also has access to all of the medical and behavioral care.

Brussard said an unrestricted report requires that the victim be comfortable with disclosing all of the information for an investigation.

“Because they’re able to provide information and because they give their personal information, then their command can take action and show support for them,” said Brussard. “So if that person needs to be moved from the unit to be safer, then that command team can help remove that person from the unit and place them somewhere else.”

If you or someone you know has been a victim of sexual assault, contact the Sexual Harassment Assault Response and Prevention program at (785) 307-9338, or visit: [www.riley.army.mil/sexualharassmentassaultresponseandprevention](http://www.riley.army.mil/sexualharassmentassaultresponseandprevention) for more information.



## CERRONE

Continued from page 1

The 28-year-old from Lawton, Oklahoma, the grandson of both a World War II veteran and a Korean War veteran, is the son of James A. Cerrone, a retired brigadier general.

In 2007 he married his wife, Jamie, and the two have five young children.

Cerrone began attending Cameron University in Lawton, Oklahoma, in 2004 and was two years into the ROTC program when his older brother, Michael, was killed in action in Iraq. Cerrone said the death of his brother inspired him to finish ROTC so

he could commission and “get into the fight being the best leader possible.”

He graduated in 2008 and commissioned, subsequently deploying to Afghanistan with 3rd Brigade, 101st Airborne Division. Since arriving at Fort Riley, Cerrone has deployed to Iraq and Kuwait.

Cerrone said he was surprised when he first heard he was chosen to receive the award and he humbly gave credit to those around him.

“Without a supportive wife and family at home and good Soldiers to work with,

I wouldn’t be able to do my job,” Cerrone said. “The Army is a team sport and the biggest family in the world.”

The captain further praised the men and women of his company, saying he has “been blessed to have great Soldiers and noncommissioned officers to work with.”

Cerrone said he felt he should not be recognized individually for the efforts of his company, but is still greatly appreciative of the award and happy to accept it “to draw recognition to my battalion, brigade and the 1st Infantry Division.”

## QUARTERHORSE

Continued from page 1

Sqdn., 4th Cav. Regt., commander, conducted his last inspection of troops and cased the squadron colors with the help of Command Sgt. Maj. Wendell J. Franklin.

“You have borne the brunt of the most difficult and dangerous missions here on the home front and across the globe, proudly and professionally representing America and all that she stands for,” said Col. Peter G. Minalga, commander of the 4th IBCT.

During the course of the squadron’s tenure under the 4th IBCT, the Soldiers placed an emphasis on training and mission readiness. In order to maximize their warfighting capabilities, the Quarterhorse squadron has taken part in scout section competitions, spur rides, gunneries, TOW and Javelin missile shoots and a

rotation to the Joint Readiness Training Center in Fort Polk, Louisiana.

The commitment to training in the Quarterhorse squadron was highlighted by their victory during the 1st Inf. Div.’s Best Squad Competition and Gainey Cup.

The squad, from 3rd Platoon, Apache Troop, 1st Sqdn., 4th Cav. Regt., competed against the best scout and infantry squads on Fort Riley and earned the right to compete against teams from all over the Army at Fort Benning, Georgia in May.

Lt. Col. Frederick J. Dente stressed the fact that it was because of his troopers, every mission was completed without fail. “It was always the selfless service and courage of our troopers that made this squadron great,” Dente said.

Their dedication to readiness was once again tested when the squadron was called on to plan and execute multiple training missions to Africa during the brigade’s regionally aligned forces mission. The nine-month RAF mission found Quarterhorse troopers leading and executing impactful training in countries all across the continent of Africa.

The Quarterhorse squadron will continue to build upon the history and legacy that its past commanders have built when the squadron transitions over to 1st ABCT.

“I have no doubt those incredible standards and pride of the cavalry trooper will endure and prosper as the 1st Sqdn., 4th Cav. Regt. settles into its new home literally just down the street,” Minalga said.

## AMERICANS

Continued from page 1

privilege to have our names cemented in the legacy that is the ‘Proud Americans,’” said Lt. Col. Timothy G. Blackwell, commander of the 2nd Bn., 32nd FA Regt.

Activated and assigned to 4th IBCT Jan. 16, 2006, and dubbed the Proud Americans, the unit participated in World War II, Vietnam and the Global War on Terrorism. Recently, the battalion participated in live-fire exercises, sling-load operations, a Joint Readiness Training Center rotation at Fort Polk, Louisiana, and many other joint training opportunities within the brigade and across the division. Those training events provided Proud Americans Soldiers with experience to take to their new units.

The 2nd Bn., 32nd FA Regt., Soldiers benefited from partnerships with local com-

munities including the Wakefield community and schools along with Bluemont Elementary and Woodrow Wilson Elementary. They also allied with the Kansas State University woman’s golf team, providing the battalion with interaction with tomorrow’s leaders and a way to build relationships between Fort Riley and the school.

“Your commitment to this unit and its mission over the years proves you are truly on point, not just for the ‘Big Red One’ or the Dragon brigade, but for our nation,” said Col. Peter Minalga, commander of 4th IBCT, to the Proud Americans Soldiers. “Each of you should be proud of the fact that you belong to an organization that serves to make a positive difference for something bigger than yourself, as

generations of Soldiers have before you.”

The Proud Americans were the second of Dragon brigade’s five battalions and one squadron to case their colors, an act the unit has performed multiple times over the course of its existence. This time it is a result of the Budget Control Act and the Army’s restructuring of divisional units.

Many Soldiers will be leaving the Proud Americans battalion and move to other brigades in the division. Others will tackle new experiences within the Army.

“You truly represent the best and brightest that our nation has to offer, and even though your battalion colors are cased and your 105mm howitzers have grown silent, the work you have done for this battalion will not be forgotten,” Minalga said.


Sexual Assault Awareness and Prevention Month

ELIMINATE

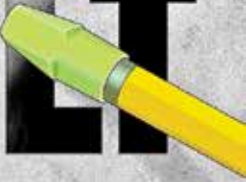
SEXUAL ASSAULT

KNOW YOUR PART DO YOUR PART

For additional information: [sapr.mil](http://sapr.mil) [safehelpline.org](http://safehelpline.org)



April 2015





WWW.FACEBOOK.COM/FORTRILEY



## IN BRIEF

### TRAFFIC UPDATES

For traffic updates, see the Traffic Report on page 2 or visit [www.riley.army.mil](http://www.riley.army.mil) and click on "Advisories."

### GENERAL INFORMATION

For general information about events and services at Fort Riley, visit [www.facebook.com/FortRiley](http://www.facebook.com/FortRiley) or follow @FortRiley on Twitter.

### CEREMONIES

For U.S. Army Garrison Fort Riley ceremony information, visit [twitter.com/usagceremonies](http://twitter.com/usagceremonies).

### OUTDOOR KIDS MONTH

Fort Riley youth are invited to set aside the video games and experience the wonders of the natural world until April 30 during Fort Riley Outdoor Kids Month.

Participants will pick up their passports at the Outdoor Recreation Center, choose five or more activities from those listed, and accomplish those activities as a family.

Completed passports are turned in for a chance to win prizes – including a prize for the youth with the most completed passport activities. Prizes will be awarded at the Fort Riley Marina's Fun in the Sun event May 16.

The Outdoor Recreation Center is located at 1806 Buffalo Soldier Drive. For more information, visit [rileymwr.com/odr](http://rileymwr.com/odr) or call 785-239-2363.

### RIGHT ARM NIGHT

Head to Rally Point to celebrate a new spin on an old Army tradition – it's time for Right Arm Night from 4 to 6 p.m. May 1 at Rally Point.

Held the first Friday of each month, Right Arm Night features fun competitions that challenge both brain and brawn. Past events included sumo suit wrestling and a trivia challenge.

Military units, garrison directorates and other organizations are invited to compete for bragging rights ... or just come enjoy the fun. The event also offers free food, while supplies last, and great drink specials.

Rally Point is located at 2600 Trooper Drive. For more information, visit [rileymwr.com/rallypoint](http://rileymwr.com/rallypoint) or call 785-784-5733.

### COMEDY NIGHT

Don't miss a chance to be in on the joke ... Comedy Night is back at Rally Point May 2. Doors open at 6 p.m. and the show starts at 8 p.m. The show features comedian Tim Gaither who has performed at the Improv, Laugh Factory and Comedy Store, and has been heard on the Bob and Tom Show and much more.

Tickets cost \$10 in advance and \$12 at the door and are available at Rally Point, cash only. Guests must be age 18 or older. Shows take place on the first Saturday of each month. Rally Point is located at 2600 Trooper Drive. For more information, visit [rileymwr.com/rallypoint](http://rileymwr.com/rallypoint) or call 785-784-5733.

### MOTHER'S DAY BRUNCH

This year, celebrate Mom with a brunch at Riley's Conference Center.

Mother's Day Brunch is set for May 10. Seatings run from 10 a.m. to 1 p.m.

Brunch costs \$14.95 for adults and \$7.95 for children ages 5 to 11, and is free for children 4 and younger. Reservations are strongly recommended.

Riley's Conference Center is located at 446 Seitz Drive. For information, visit [rileymwr.com/rileys](http://rileymwr.com/rileys) or call 785-784-1000.

### SUMMER READING PARTY

Stop the summer bummers early. Sign up for the 2015 Summer Reading Program during the library's Summer Reading Party from 1 to 3 p.m. May 30.

Enjoy hot dogs, dancing, a dunk tank and a bounce house and then stick around for movie night.

During the Summer Reading Program, youth read for points and prizes, but most of all read for fun. This year's theme is Read to the Rhythm.

The Fort Riley Post Library is located at 5306 Hood Drive. For more information, call 785-239-5305 or visit [rileymwr.com/library](http://rileymwr.com/library).

# Volunteer of year knows no limits

Since September, staff sergeant, family volunteer 800 hours across state

By Kalyn Curtis  
1ST INF. DIV. POST

Eight hundred. That's how many hours Staff Sgt. Odum Smith and his family volunteered since September. That effort earned Smith, of 4th Squadron, 4th Cavalry Regiment, 1st Armored Brigade Combat team, 1st Infantry Division, the volunteer of the year award in a ceremony April 14.

The award included a \$300 Army and Air Force Exchange Service gift card and Briggs Automotive, a local car dealership, gave the use of a car for 30 days or one-thousand miles.

The Smith family members volunteered across the state and for more than one organization.

From Kansas City to Wichita and everywhere in between, Staff Sgt. Smith said there is hardly a place he won't go to offer his help.

"I even did an event when I was in school in Mississippi," said Smith. "We also volunteer at events like Spartan races, Tough Mudder, whatever we can, as long as we can get approval

for it from my command. We go there and we do what is needed."

Three key players in Smith's volunteering team include his wife and children, ages 1 and 3. Smith said teaching his children to volunteer at a young age instills good morals and ethics.

"I think it inspires them and gives them an overall view on the world when you start them young," he said. "It gives them some morals and ethics to go off of that are inspirational to everyone around them and the environment that they are in."

See VOLUNTEER, page 13

## VOLUNTEER OF THE YEAR

**Staff Sergeant Smith**, 4th Squadron, 4th Cavalry Regiment, 1st Armored Brigade Combat team, 1st Infantry Division, and his family have volunteered 800 hours across the state since September. Smith was presented with the volunteer of the year award in a ceremony April 14.



Troop members and volunteers of Fort Riley's Boy Scouts of America Troop 60 assemble a fence post that will separate dogs lighter than 25 pounds from larger dogs at the Fort Riley dog park.

# Every dog has its day

Boy Scouts make additions, upgrades to Fort Riley dog park

Story and photos by Kalyn Curtis  
1ST INF. DIV. POST

Because of members of Fort Riley's Boy Scouts of America, Troop 60, the dogs on post will have more to look forward to at the dog park.

The Fort Riley Directorate of Public Works does provide water to the park, but the rest of the park is maintained by the community of users and volunteers like the Scouts of Troop 60, said Matthew Forristal, volunteer of Troop 60. However, this project was about building something new inside the park.

When the troop is finished, the dog park will have a new agility course equipped with a ramp the Scouts built themselves, a

## KNOWING YOUR BOY SCOUTS

The purpose of the **Boy Scouts of America** – incorporated on Feb. 8, 1910, and chartered by Congress in 1916 – is to provide an educational program for boys and young adults to build character, to train in the responsibilities of participating citizenship, and to develop personal fitness.

For more information on Fort Riley's Boy Scouts of America, **Troop 60**, please visit:  
• [www.coronadoscout.org/Troop60/](http://www.coronadoscout.org/Troop60/)  
• [www.facebook.com/Troop60FortRileyKS](http://www.facebook.com/Troop60FortRileyKS)

See SCOUTS, page 14

# Operation Gift the Gown fits just right

More than 200 gowns given to fourth annual USO Fort Riley event

Story and photos by Kalyn Curtis  
1ST INF. DIV. POST

Long lines followed by longer receipts, that's the scene for many spouses searching for the perfect military ball gown.

With military balls and high school proms coming up in May, many women are looking for the perfect gown. However, shopping at retail stores can be costly. The USO

## MORE INFORMATION

• For more information on **Operation Gift the Gown**, visit their Facebook page at [www.facebook.com/giftthegown](http://www.facebook.com/giftthegown)

Fort Riley: Operation Gift the Gown offers a chance to skip the long lines and shop for a gown free of cost.

More than 200 gowns were donated to the fourth annual USO Fort Riley: Operation Gift the Gown event on April 18.

Christy Scripture, previous assistant coordinator, saw a need in the community for not only ball gowns but high school prom dresses as well.

So, she and two friends founded Operation Gift the Gown.

"Basically, my first one I just came and volunteered," said Scripture. "From there on, the mutual friend moved away and I kind of stepped up in her spot, so to speak, just helping with donations and asking the community and everyone surrounding if they could donate their old ball gowns. So we had all kinds of donations, shoes, jewelry, [the people at] Bellus Academy donated their time the first couple of events that we did."

In previous years, Scripture and two of her friends kept Operation

See GOWN, page 14



Tia Case browses through a rack of donated dresses during the USO's Operation Gift the Gown event, where more than 200 dresses were donated.

# Wellness Fair introduces healthy lifestyles to kids

Fort Riley Middle School students get crash course on fitness on every level

By Kalyn Curtis  
1ST INF. DIV. POST

Students of Fort Riley Middle School learned that wellness is more

than just physical. The Wellness Fair at Fort Riley Middle School April 16 introduced children to representatives from organizations promoting physical wellness, financial wellness and mental wellness. The event exposed them to healthy habits and healthy hobbies.

Students sampled healthier food and lifestyles. Some booths offered games and demonstrations to teach kids the value of wellness.

Students also learned about financial wellness.

Dennis Proietti, retail market consultant with Central National Bank, said if there was one thing he wanted students to take from his booth, it was knowing how much they have to live on and spend and being able to make wise choices with that information.

"We're here just trying to get across to the kids that saving is a good way

to become financially healthy," said Proietti. "[We're trying] to get them thinking about budgeting and things like that – to make good choices with the money that they earn instead of just squandering it on unnecessary things."

Proietti said a key factor in financial success is resisting the urge to rely

See WELLNESS, page 14



COMMUNITY CORNER

Resources there for families dealing with autism

By Col. Andrew Cole  
GARRISON COMMANDER

This month we’ve observed the Month of the Military Child. For this final April column I want to focus on another child-related awareness issue. Autism. The Centers for Disease Control and Prevention estimates 1 in every 68 children is diagnosed with some level of autism spectrum disorder. We learned in our observance of MOMC that there are about 2 million military children younger than 18. With those numbers, it statistically may mean we have about 30,000 kids in military families

with some level of autism. Though my numbers are purely a broad statistical estimate about autism spectrum disorder, what I do know is about 16 percent of Army families today have members with special needs. The trick to that knowledge is learning how to support those of our military families who have kids with special needs. It’s easy to imagine how overwhelming it would be to



Colonel Cole

be a parent who must balance the unpredictability that comes with special needs with being a Soldier. The idea of balancing the next training exercise beside the search for the best education, care or programs for a child with autism sounds almost unmanageable. As battle buddy – it is our responsibility to help that overwhelmed fellow Soldier when life’s load gets that full. That doesn’t mean we have to sweep in and save the day – it does mean we get them pointed in the direction of available resources. Our people at Army Community Service have dedicated programs designed to help

Soldiers and families walk through the maze of paperwork and resource qualification steps to get them plugged into everything available through TRICARE, services on post and in the surrounding communities. The best thing we can do to help our families with special needs: walk beside them and get them to Army Community Service. That’s the starting point. *If you would like to comment on this article or suggest a topic for Community Corner, email [usarmy.riley.imcom.mbx.post-newspaper@mail.mil](mailto:usarmy.riley.imcom.mbx.post-newspaper@mail.mil) or visit my Facebook page at [www.facebook.com/fortrileygc](http://www.facebook.com/fortrileygc).*

One man’s fight against sexual assault

Story and photo by  
Staff Sgt. Bryan Dominique  
USARCENT PUBLIC AFFAIRS

CAMP ARIFJAN, Kuwait – The U.S. Army Military Police School’s behavioral sciences education and training division leader equated the culture surrounding sexual assault as “giving aid and comfort to the enemy,” in a sexual assault awareness briefing on Camp Arifjan, April 15. “Sex offenders target those that are vulnerable. Most criminals go to the vulnerable as much as they can, (and) the vulnerable ones are ones we don’t listen to,” said Russell Strand. “We’re giving aid and comfort to the enemy by not listening to the vulnerable; we’re part of the problem.” Nearly every seat in Camp Arifjan’s spacious zone one auditorium was filled, with many Soldiers opting to stand so they could hear what Strand had to say during a seminar about sexual assault in the military. Strand is a retired special agent with the Army’s criminal investigation division and has an excess of 39 years of law enforcement experience. He’s been an advocate for a change in culture to combat sexual assault. “It has to be leader led, peer driven. That’s why the (sergeant major of the Army) is rolling out a new initiative called ‘not in my squad,’” he said. Strand was featured as a subject matter expert in “The Invisible War” – an investigative documentary about the defense department’s handling and treatment of sexual assault victims – in January 2012. Sexual assault in the military caught national attention with the release of the documentary, prompting the DOD to launch an information campaign to raise awareness of its reporting procedures, as well as mobi-



Russell Strand, the U.S. Army Military Police School’s behavioral sciences education and training division leader, speaks with Soldiers and civilians about the need for a change in culture to combat sexual assault in the armed services on Camp Arifjan, Kuwait, April 15. Strand is a retired special agent with the Army’s criminal investigation division and has an excess of 39 years of law enforcement experience.

lize troops to intervene when they see sexual harassment or assault taking place. According to a DOD report, it seems to be working. In a 2014 provisional statistics report on sexual assault, the DOD said there was an 8 percent increase in overall reporting in fiscal 2014, as compared to those in fiscal 2013, which is attributed to more victims coming forward, and not necessarily an increase in overall assaults. However, it’s not all good news. While the prevalence of sexual assault did in fact decrease for women in 2014, the numbers of assaults remained constant for men. “I’m sick and tired of hearing from all-male units that this is not a problem for them. It is,” said Strand. He said that about 1 percent of all sexual assaults in the Army are male-on-male, and, “while that may not sound like much, when you consider that the vast majority of the force is made up of men, 1 percent is a lot.” The problem the defense department faces now is men are less likely to come forward to report sexual assault. “We train warriors how to fight, but when have we ever trained them on how and why real warriors seek help,” Strand said. He used an example from World War I, when men would storm ‘over the top’ of the trench and face almost certain death, to drive home just how serious this problem is. “Why did men go over the top in World War I,” Strand asked the audience during his brief. “Because they would rather die than be labeled as something less than a man. They would rather die than be told they weren’t a man.” Despite the need for change, however, Strand maintains the problem isn’t the military. “The problem isn’t leadership. The major problem is we have people that choose to sexually assault us.”

Expert provides three pillars of job hunting

Self-confidence, persistence and intelligence top list

By Bryan Tharpe  
FORT RUCKER SOLDIER FOR LIFE CENTER

FORT RUCKER, Ala. – When it comes to job hunting, it takes intelligence, self-confidence and persistence. • **Intelligence** – Prospective job seekers have to use their intelligence to find the right job, in the right location, at the right time, in order for them to be successful. Intelligent job seekers will find out as much as they can about the job climate and the job market before they ever begin to search for a job. They will also give some thought to what they want to do in their next job or career. Furthermore, they will need to figure out if they have the skills and experience necessary to do something different, or determine if they want to continue on with what they are experienced at doing. It will take a certain amount of intelligence and skill to figure out these details and assimilate them, so they can be beneficial to the job seekers. Once they figure out these details, intelligent prospective job seekers will make a job search plan, and implement it to perfection, in order to be successful. Most successful job seekers don’t just use a haphazard approach to job searching – they are more intelligent than that. • **Self-confidence** – Job seekers should not construe

self-confidence as being cocky. However, job seekers must believe in themselves and their abilities in order to market themselves effectively and efficiently to employers. Therefore, job seekers need self-confidence to effectively communicate their experience and skills to employers. When it comes to marketing yourself, silence is not golden. You have to be ready to explain details and give examples of your past successful accomplishments, without being prompted to do so. Furthermore, you have to relate to employers how you can use your skills and experience to benefit them. • **Persistence** – Only a handful of job seekers ever get the first job they apply for. In fact, it may be more beneficial for job seekers to get more employment offers before they determine which one is right for them. After all, their future earnings are based upon the salary they negotiate from the employer initially. If job seekers only have one job offer, they don’t have anything concrete to compare it to. Job seekers need to understand they won’t get a job offer from every employer. They probably will hear the word “no” more than “yes” – better yet, in most cases, they will probably hear nothing at all. They will need to learn not to let this rejection bother them or hamper their job search. After all, until job seekers get a job, searching for the right job is their job.

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• The Divergent Series:  
Insurgent Two (PG-13) 5 P.M.

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FAMILY FASHION SHOW



Kalyn Curtis | POST

Models pose at the end of the Family Fashion Show held at the Main Post Exchange on Trooper Drive April 18. Fort Riley family members modeled in the fashion show, showcasing clothing and accessories from the Exchange.



# Communication key in raising kids

K-State scholar offers tips to build language, listening skills

K-STATE NEWS

MANHATTAN – Learning communication skills begins the day a baby is born.

“At all stages of early communication development, children can understand more language than they can produce so it’s important they are hearing speech and language,” said Debra Burnett, assistant professor and licensed speech-language pathologist at Kansas State University.

Communication involves language, listening and conversation. A child learns all three skills from personal interaction, said Burnett, whose research and teaching focus on child language development and disorders.

To bolster all three Burnett suggests a parent try to set aside time during each day when communicating with the child is the only thing going on, Burnett said. No multitasking. No electronics.

“Face-to-face communication is important for both you and your child. It is a time when you have each other’s full attention,” she said.

She also recommends reading together.

“Books are a great tool for sharing language,” the professor said. “Start early by looking at books and labeling pictures and move on to simple, repetitive stories that a child can learn and predict.”

“Shared book reading should be very interactive,” she said. “The child should not just sit quietly and listen.”

“Face-to-face communication is important for both you and your child. It is a time when you have each other’s full attention.”

DEBRA BURNETT | KANSAS STATE UNIVERSITY

**USE YOUR WORDS**

Vocabulary is a predictor of later reading and academic skills, Burnett said.

“Research dating back to the mid-1990s has shown us that children who heard more meaningful vocabulary and more praise in the first year used many more vocabulary words by age 3,” she said. “The children who heard more than 2,000 words an hour on average from their parents had a vocabulary of about 1,100 words at age 3, while children who heard just over 600 words per hour had a vocabulary of about 500 words.”

**WHAT SHOULD A PARENT TALK ABOUT?**

“What’s coming out of your mouth should be connected with what is happening in the child’s environment and experience,” Burnett said, suggesting daily routines such as feeding and bath time, trips to the store, key objects and actions.

Toddlers use simple phrases. Provide clear, simple language to listen to. A toddler will imitate key words and learn to make longer sentences.

Preschoolers use simple sentences, always building on what they are learning and doing.

However, language isn’t always words.

Infants make noises and play with vowel and consonant sounds. Imitate the noises and pause to allow your child to respond, she suggests.

**LISTENING IS LEARNED**

To help a child build good listening skills, Burnett’s suggestions:

- Use good speech that is clear and simple. A child will model that speech and be encouraged to listen if he understands. For example, with an infant to 1-year-old, keep it simple and keep it interactive. Make directions easy to follow — one step, “in here and now.” When older, give two-step directions that can be outside here and now. Such as “Take your tractor to your sister in the living room.”
- Provide information. For example, a preschooler is having rich experiences as he explores the world. If you are the source of information for this exploration, he is going to listen to you.
- Stay positive, praise and respond to the child’s sounds and gestures. She will listen to you because you are the bearer of good things. Even in directives such as safety rules, be positive. Instead of saying, “Don’t run away from me,” say, “Hold my hand and stay with me.” Tell the child what she should do instead of what she can’t do.

**MAKING CONVERSATIONS**

A child learns that communications is a two-way street when a parent pays attention to her expressions or babbles or words and reacts.

Infants are learning how to communicate with you. So respond to all attempts with eye contact, smiles and imitation back to them, Burnett advised.

Toddlers are learning boundaries and need praise for what they are doing right as they “talk.” Imitate their language and expand on it. Reply.

When a child starts a conversation, give him your full attention.

“If you have concerns about your child’s speech or language, trust your instincts,” Burnett said.

**SEE TO YOUR CHILD’S HEALTH**

Ear infections can affect a child’s ability to hear and listen because of fluid in the ear. Nearly 75 percent of children have an ear infection before age 3. Almost 50 percent of those have three or more.

She recommends county Tiny K infant toddler services that provides evaluation and, if needed, treatment. Resources are listed at [tiny-k.org](http://tiny-k.org).

She also recommends the Centers for Disease Control and Prevention parent site, <http://www.cdc.gov/parents/index.html>, for information and videos for learning and practicing communication skills, and the American Speech-Language-Hearing Association site, <http://www.asha.org/public/speech/development/parent-stim-activities>, which offers more activities that encourage speech and language development from birth to age 6.

# Raising a military child: Know your resources

By Katie Lange  
DOD NEWS, SOCIAL MEDIA

Members of the armed forces make sacrifices for their country every day, but the sacrifices often overlooked are those of their families.

April is the Month of the Military Child – a time to recognize the contributions and sacrifices made by nearly two million military kids and teens. There are fairs, parades and other special events scheduled for all military installations to celebrate and show support.

The month is also an opportunity to let parents know about the Family Readiness System, a collaborative network of agencies, programs, services and individuals working to promote the readiness and quality of life of service members and their families. As part of the Family Readiness System, there is a variety of resources for parents that help with anything from child care and behavior management to thriving during deployments and frequent moves.

Military OneSource has several resources:

**CHILD CARE PROGRAMS**

One of the most valuable resources available to military parents is quality, affordable child care for children as young as four weeks old.

Shifting schedules, extended hours, weekend duty: They’re all things military parents deal with, which can make finding child care difficult. Each military installation has programs that include development centers for basic daytime care and extracurricular activities, as well as a family child care program that can accommodate children who may need care during nights, weekends and before and after school.

Do you live off your installation or need child care immediately, even though you’re wait-listed?

**RESOURCES FOR PARENTING YOUNG, INFANT CHILDREN**

Infants and small children require constant care, and it’s not

an easy task when your military duties are calling. Newsletters, organizations and mobile texting services can help you through the tougher times, as well as groups like the New Parent Support Program, specialty consultations and online resources catering to small children.

Special-needs families have support, too. The Exceptional Family Member program helps to access educational services and training and determines what resources meet a family’s special needs. Non-medical case management, financial help and new parent support is also available.

For a special-needs consultant, click here or call 800-342-9647.

**BEHAVIOR MANAGEMENT**

Teaching acceptable behavior to children takes patience and cooperation. Positive techniques are often the best approach to keeping children safe while cultivating self-esteem and self-control. Whether your child is 2 months or 12 years old, Military OneSource breaks down the best advice for discipline for varying age groups.

**PICKING CHILD CARE BEFORE DEPLOYMENT**

Finding child care when you’re a deploying single parent or military couple can be stressful. Your kids will have to live with someone else, and you’ll have to decide who they’ll be safe with.

Family might be your first choice for your children to live with, but what if they’re far away? Moving your children means changing pediatricians, schooling and other activities, and they might struggle to stay in touch with people at home who they need to lean on the most.

Friends, neighbors and current caregivers might provide good living arrangements, too, as well as state foster care if needed.

Parenting style, values and safety are just some of the things you need to consider when choosing who your child will live with while you’re away.

## VOLUNTEER Continued from page 11

Smith said they try to do the best they can with the time they have available. He includes his free time on weekends and holidays but credits his command for letting him have extra time for volunteer activities.

“They back me with everything; it’s all a team effort,” said Smith.

Of all the places and events Smith has volunteered, Mercy Hospital is his favorite.

He said they never know what illness the children suffer but that isn’t important. What matters is just helping them be kids.

“... we know what the hospital is for,” said Smith. “It’s

**MORE INFORMATION**

- For more information on how to find **volunteer opportunities**, call 785-239-4593.

for sick kids – some of them terminal, some of them have severe injuries ... We just go there and we have a good time with the kids. We play with them. We make parachute launchers for them. It’s pretty inspirational.”

For information on volunteer opportunities at Fort Riley, call the installation volunteer coordinator at 785-239-4593 or 785-239-9435.



Kalyn Curtis | POST

**Winner of the 2014 Volunteer of the Year Award, Staff Sgt. Odum Smith (center), 4th Squadron, 4th Cavalry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, accepts his award April 14 during a ceremony at Fort Riley.**





Kalyn Curtis | POST  
**Ryan Westfall, 12, learns about the sugar content of soda versus the health benefits of drinking water during the Wellness Fair held at Fort Riley Middle School April 15.**

**WELLNESS**  
Continued from page 11

on credit cards as well as formulating a budget and sticking to it.

Another key component in the wellness fair was physical wellness.

Joanie Hayden, physical education teacher at Fort Riley Middle School, said research supports mental agility increases for those physically active.

“In fact, we are a part of the Kansas State Department of Education Kansas Fitness Information Tracking Project,” said Hayden. “They compare the kids’ reading and math scores with their fitness scores and the research shows that fitter kids learn better and do better, not only on tests but they’re just more alert in school.”

The Kansas Fitness Information Tracking Project, also known as K-FIT, is a program funded by the Kansas Health Foundation. Participating schools use fitness testing in physical education curriculum and report the information to the Kansas State Department of Education.

One incentive for participating schools includes a \$200 stipend for the first year participating in K-FIT. The stipend is for use in physical education programs.

For more information on K-FIT, visit [www.kshealthykids.org](http://www.kshealthykids.org) <http://www.kshealthykids.org>.



Photos by Kalyn Curtis | POST  
**Volunteers from Boy Scout Troop 60 cut wood to assemble a fence for the newly developed small dog park at Fort Riley.**

**SCOUTS** Continued from page 11

**DOG PARK RULES**

- Dogs must be at least 6 months old and registered on post with a microchip.
- Accompanying owners must be older than 12.
- Dogs must not display aggressive behavior.
- Owners must clean up after their dogs.

few more trash receptacles, along with a new fenced section for dogs who fit in the under 25-pound category.

Forristal said this is the biggest project they’ve attempted, and he hopes it teaches the boys to give back to the community, something he said being a part of the Scouts is all about.

For those who use the park, this project represents a large improvement in safety of their pets.

“I have a dog, and I’ve brought him here before,” said Nate Kamper, 13, Troop 60’s senior leader. “I’ve seen dogs get pretty rowdy – big dogs on small dogs. By doing this, it will help that problem.”



**Robert Phillipson, 13, one of the Boy Scouts from Troop 60, recently helped put together a new dog agility course.**

The labor to solve the problem was donated by the Scouts but the materials were resources by Master Sgt. Timothy Morgan from the Directorate of Public Works who collected surplus materials from other installation agencies.

“I just went around to different agencies and got stuff that was either old or repurposed,” said Morgan. “We had to go around and see what we had and repurpose what we could use for this project here,

so for this stuff that probably would have gotten recycled we just repurposed it and used it for the fence for the little dogs.”

Morgan said his plans include a shed inside the small dog area to house collapsible tunnels and other play items the dogs can enjoy. He also said with the added pleasure of having these amenities, it is up to

“I’ve seen dogs get pretty rowdy, big dogs on small dogs. By doing this (creating under 25-pound area), it will help that problem.”

**NATE KEMPER**  
BOY SCOUT TROOP 60

the community to take care of each item. Morgan encouraged park users to aid in the upkeep by cleaning up after their pets.

For those interested in bringing dogs to the park, there are a few rules. Dogs must be at least six months old and registered on post with a microchip. Accompanying owners must be older than 12. Dogs must not display aggressive behavior, and owners must clean up after their dogs.



**Traci Madron finds a dress that she likes during the USO: Operation Gift the Gown event on April 18, where more than 200 dresses were donated.**

“I think it’s a great opportunity for the spouses or women to find a ball gown.”

**JESSICA WESSON | USO**

**GOWN**  
Continued from page 11

Gift the Gown within their brigade; but it grew and this is the first year USO Fort Riley has hosted the event and opened it to the entire post.

Jessica Wesson, USO volunteer, said the majority of these dresses came from donations made here on post; however, the USO did reach out to people with the Red Cross in Topeka, who collected dresses for the event.

“I think it’s a great opportunity for the spouses or women to find a ball gown,” Wesson said. “I know myself, I have a hard time finding my size in the dress that I’m looking for, so I think it’s great that we can get all of these different dresses together that people can look at.”

For more information on Operation Gift the Gown, visit their Facebook page at [www.facebook.com/giftthegown](http://www.facebook.com/giftthegown).



# Sports & Recreation

## IN BRIEF

**SOFTBALL LEAGUE**  
The Intramural Softball League runs from May 4 to Aug. 13 at the Sacco Softball Complex. Registration is free and open to company-level teams of Soldiers only, with at least 18 players per team. The registration deadline is April 24. Participation qualifies team members for competition in the Commander's Cup. For more information, call 785-239-2813.

**FLAG FOOTBALL**  
Hit the gridiron with Fort Riley Sports, Fitness and Aquatics. The Flag Football Tournament is coming to Long Fitness Center at 9 a.m. April 25. The tournament is open to all DOD ID holders ages 18 and older. Registration costs \$150 per team and closes April 22. For more information, call 785-239-2813 or visit [rileymwr.com/sports](http://rileymwr.com/sports).

**CINCO DE BOWLING**  
Celebrate Cinco de Mayo at Custer Hill Bowling Center's Cinco de Bowling from 6 p.m. to midnight May 2. For just \$9 per person, guests get three hours of bowling with shoes included, along with games and contests, door prize drawings and a festive atmosphere. Custer Hill Bowling Center is located at 7485 Normandy Drive. For more information, visit [rileymwr.com/bowling](http://rileymwr.com/bowling) or call 785-239-4366.

**SOFTBALL TOURNAMENT**  
It's time to register for the Spring Fling Softball Tournament, presented by Fort Riley Sports, Fitness and Aquatics. This year's tournament will take place May 9 at Sacco Softball Complex, with the first game at 8 a.m. Registration is open to all DOD ID card holders ages 18 and older and costs \$50 per team. Registration is free for company-level teams of active-duty Soldiers. The deadline to sign up is May 6. Team slots are limited, so sign up soon. For more information, visit [rileymwr.com/sports](http://rileymwr.com/sports) or call 785-239-2813.

**FUN IN THE SUN**  
Join the Fort Riley Marina for Fun in the Sun from 10 a.m. to 3 p.m. May 16 and check out all the marina has to offer. Take advantage of free water craft rides, free canoe and kayak usage, inflatable playstations and even free food. The Fort Riley Marina opens for the season April 24 and offers more than 20 rental water crafts, primitive camping and more. The Fort Riley Marina is located at 7112 Highway 82 on Milford Lake. For more information, visit [rileymwr.com/odr](http://rileymwr.com/odr) or call 785-239-2363.

**YOUTH SPORTS OFFICIALS**  
Child, Youth and School Services is looking for officials for youth outdoor and indoor soccer, flag football, basketball, baseball and softball. Volunteer and paid positions available. Training provided and experience is not necessary. A background check is required. For more information, call CYSS Sports at 785-239-9223 or 785-240-5207.

**LOOKING FOR A WAY TO SERVE VETERANS?**  
Team Red, White and Blue is a national veterans outreach organization enriches lives of America's veterans by connecting them to their community through physical and social activity. For more info, visit [www.teamrwb.org](http://www.teamrwb.org). For Team RWB local chapter events, see "Team RWB Fort Riley" on Facebook.

**SKEET AND TRAP**  
An introductory clinic is offered by appointment covering basics of sport of shooting. Gun rental, ammo and protective equipment are provided. Cost is \$11.25 per round and \$6.25 for ammunition. For more information, call Outdoor Recreation at 785-239-2363.

## Run to never forget

### Fort Rucker honors fallen heroes, survivors with 5K

Story and photo by Nathan Pfau  
ARMY FLIER STAFF WRITER

FORT RUCKER, Ala. – The rain held out as hundreds of runners, family members and friends of fallen Soldiers and surviving family members gathered to run and remember those who paid the ultimate sacrifice in service to the nation.

Fort Rucker, and the Directorate of Family, Morale, Welfare and Recreation hosted the Survivors and Fallen Heroes 5K run behind the Fort Rucker Physical Fitness Center April 11 to remember those who gave their lives in service to the nation. Maj. Gen. Michael D. Lundy, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, as well as other senior leaders, participated in the run and spoke

See RUN, page 16



Runners don gold stars and carry American flags to honor fallen Soldiers and survivors during the Survivors and Fallen Heroes 5K run at Fort Rucker April 11.

“I wasn’t only teaching the ladies trap and skeet, I was teaching them what their children get exposed to when they go through my camps and what they should be exposing them to at home.”

OLLIE HUNTER | FROG volunteer instructor

## Gun-wielding wives Ready, Aim, Fire

Story and photo by Kalyn Curtis  
1ST INF. DIV. POST

Five women, each with their own reason for attending the Homefront Trap and Skeet Camp April 11 and 12 at Fort Riley, learned about gun safety, operation and marksmanship. The Fort Riley Outdoorsman Group sponsored its first Homefront Trap and Skeet Camp for spouses of deployed Soldiers and Airmen in two small camps this month. The camp focused on the same material taught during the youth program, the importance of the ten commandments of gun safety. American Trapshooting involves one machine shooting the clay pigeon away from the shooter. American Skeet shooting involves two machines adjacent from one another causing the clay pigeons to cross paths in front of the shooter. While learning about gun safety was important to Stacy Hipskind, she said the overall knowledge about guns will help her connect with her husband when he returns. “In my own situation, we are a hunting and fish-

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Tiffany Kelsay takes aim at a skeet during a Homefront Trap and Skeet Camp instructional clinic for spouses of deployed Soldiers April 11 and 12. This clinic, taught by Ollie Hunter, covered weapon safety and the sport of trap and skeet shooting.

## Intellectual turned athlete takes gold at Army trials



EJ Hersom | DOD NEWS  
Sgt. Zedrick Pitts rides to victory during the men's upright bicycle event at the Army Trials for the 2015 Department of Defense's Warrior Games on Fort Bliss in El Paso, Texas, March 29.

By Shannon Collins  
ARNEWS

EL PASO, Texas – Adaptive sports helped one Army Reservist trade in his high school image of being an intellectual for a new image – that of athlete. Sgt. Zed Pitts, a heavy equipment operator with the 465th Engineering Company in Birmingham, Alabama, competed in the Army Trials, March 28 through April 3 on Fort Bliss, Texas. The trials helped determine who will compete as part of the Army team during the 2015 Department of Defense's Warrior Games, June 19 to 28, on Marine Corps Base Quantico, Virginia. Pitts took gold in upright cycling, his team took gold in the 4x100 meter relay in track, he took silver in the 400-meter in track, and he took bronze in both 100-meter and 200-meter in track. His goal is to make the Army team for the 2015 Department of Defense's Warrior Games and then to make the Paralympics team.

“Military adaptive sports helped me push beyond. I was an introvert and now I’m more social. I no longer focus on my disability. I capitalize on my abilities.”

SGT. ZED PITTS  
465TH ENGINEERING  
COMPANY

Throughout the 2015 Department of Defense's Warrior Games, wounded, ill and injured Service members and veterans from the Army, Marine Corps, Air Force, Navy and Coast Guard will compete in track and field, shooting, swimming, cycling, archery, wheelchair basketball and sitting volleyball. Also participating in the games will be competitors from U.S. Spe-

cial Operations Command and a team from the British military. Now a full-time international studies student at the University of Alabama in Tuscaloosa, Pitts said he was not an athlete in high school. “I was a brainiac. I was the president of the robotics team and a band geek. I played the saxophone,” he said, with a quick smile. He speaks fluent Japanese and Chinese. He also speaks conversational German. Pitts joined the Army Reserve nine years ago, following his father into service. His dad still serves, he said. During a mobilization for Operation Enduring Freedom in December 2013, Pitts was diagnosed with Graves' disease. According to the Mayo Clinic, Graves' disease is an immune system disorder that results in the overproduction of thyroid hormones. Pitts said the most challenging part about his illness is that

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# GIMME THAT



Photos by Maria Betzold | POST

A member of 299th Brigade Support Battalion's football team, Lifeline, tries to get away as a Soldier from the 97th Military Police Battalion grabs his flag during an April 13 flag football game at Fort Riley. The 97th MP's team won the game with a score of 21-6.

## Military police take flag football win



**ABOVE:** A Soldier from the 97th Military Police Battalion grabs his opponent's flag during a flag football game April 13 at Fort Riley.

**LEFT:** A Soldier from the 97th Military Police Battalion catches the ball during an April 13 flag football game at Fort Riley. The MP's team won with a score of 21-6.

### CAMP

Continued from page 15

ing family, so this is always something that I've wanted to do to kind of hang with my husband. So this is something that I can do with my husband and we can make it a family or team event," Hipskind said.

Ollie Hunter, F.R.O.G. volunteer instructor, said there was an underlying reason to the camp's instructions.

The focus of the weekend was teaching about gun safety not only for the wives but for their households as well.

Understanding safety is important because many households have firearms and although some homes may not have firearms, children sometimes visit other children's homes whose families do have firearms, Hunter said.

"So I wasn't only teaching the ladies trap and skeet," he said. "I was teaching them what their children get exposed to when they go through my camps and what they should be exposing them to at home."

For more information about Fort Riley outdoor recreation activities, gun safety and registration procedures, visit <https://fortriley.isportsman.net>.

### RUN

Continued from page 15

briefly on the sacrifices that fallen Soldiers and family members have made and how it's important to recognize those sacrifices.

"We've got a number of those family members (of fallen Soldiers) out here today and we're really proud to have you here today as a part of our team, so we really appreciate everybody coming out to support this run," he said.

There are 523 fallen service members from the Alabama and northwest Florida area, according to Rick Kohl, Survivor Outreach Services support coordinator. Runners had the chance to honor a fallen service member by donning gold stars with the name of a fallen Soldier on it.

Kenyatta Petty, military spouse, said it felt like her duty to come out and honor the sacrifices made for her freedoms.

"I feel like these guys and girls have given their lives for us and worked really hard for the freedoms we share. I've always wanted to do something like this to give back," said Petty, who has a daughter in the Air Force. "It's my

first time and I'm really excited to do this for all that they've sacrificed."

Carla Newsome, Army spouse, agreed, and said the support that events like the 5K provide is necessary to help Gold Star Families heal.

"I just feel like the fallen Soldiers and the survivors have given so much, and this is my way to give back – by showing them this respect," said Newsome, who's spent 25 years as a military family member. "You see and hear so many stories of families who have been through so much, so it's important to show them the support that they deserve – I'm doing this for them."

The Patriot Guard Riders lined the start and finish of the course, which was also lined with American flags, to show respect for those who have sacrificed.

Kohl said it's events like the 5K that honor the Gold Star Families and the fallen Soldiers by making sure they're not forgotten.

"Gold Star Families have a unique perspective on the price of freedom," he said. "They always express grati-

tude for the outreach and on-going connection to the Army family."

Trophies were given out in various categories for the run, but rather than focusing on the competition, the event focused on remembering, and Tammy Lance, military family member, said the amount of support she saw for the survivors and fallen was overwhelming.

"I grew up in a military family and two of my brothers are in the military, so I understand the sacrifices that are made every day," she said. "Thankfully, my family has never had to experience losing one of our own, but there are hundreds, thousands of families out there who have. We have to show them that we care about them because I would want that support from others if I was in that situation."

"I can't imagine what it's like to lose a loved one like that, but knowing that people are here to support and remember those who have fallen would not just make it easier for me, but make me so proud," Lance said.

### ATHLETE

Continued from page 15

he had suffered compound hernias in his left arm. Additionally, his endurance took a dive, his sleep was affected and his resting heart rate was 119 beats per minute.

With help from doctors at the Fort Bliss Warrior Transition Battalion, Pitts was able to increase his endurance and improve his sleep. He also found the adaptive sports program.

"My endurance really took off so I was able to participate in the Army Warrior Trials," he said. "Military adaptive sports helped me push beyond. I was an introvert and now I'm more social. I no longer focus on my disability. I capitalize on my abilities."

He said illnesses like his can improve resilience. At one point, he said, he was 50 pounds underweight and depressed. But when he surrounded himself with other Soldiers in the adaptive sports program, he said it lifted his spirits.

"Resilience means to overcome, push past the word 'can't,'" he said. "For anybody, who is still in that dark place, you're not alone. There are other Soldiers going through similar or worse circumstances, so you can look to them for ... guidance and advice on how to overcome whatever you're going through."

Pitts encourages anyone eligible to give adaptive sports a try. He said he didn't even know he was an athlete until he found adaptive sports.

"I was talking to my family the other day," he said. "I was wondering where all these athletic superpowers came from. I could've gotten scholarships or something. I guess I had to save it to inspire Soldiers to participate in the adaptive sports program and in the Army Trials – maybe even to try out for the Paralympics."

Pitts also encourages disabled veterans to reach out to people in their community. He said that based on his own experience, communities want to help their disabled veterans achieve their goals.

"People are becoming more sensitive to veterans," he said. "Don't limit yourself. Just say I want to do this. I want to participate. I guarantee they'll open their arms."







★ APRIL 24, 2015 <<< HOME OF THE BIG RED ONE >>> PAGE 18 ★

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The 18th Annual Sunflower Balloon Fest is the backdrop for a great event featuring the Kansas CosmoSphere Rocket Launch activities for kids; Show and Shine Car Show; Walk Pink, Walk Proud, Walk Kansas Fun Run; F-4 Flight Simulator; Scouts Dutch Oven feed; Walk-A-Round Magic Show; parade; helicopter rides; powered parachutes; arts and craft vendors; Lewellen Amusement Carnival; fireworks and the main feature, hot air balloons.

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