

THE 1ST INFANTRY DIVISION POST

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★

FORT RILEY, KAN.

END OF NINE STELLAR YEARS



Sgt. Takita Lawery | 4TH IBCT

Above, Brig. Gen. Michael E. Kurilla, 1st Inf. Div. deputy commanding general for maneuver, pins the Legion of Merit on Sgt. Maj. Brad Kelley, STB, 4th IBCT, 1st Inf. Div. senior noncommissioned officer, May 12 at Cavalry Parade Field, Fort Riley, Kansas. The award ceremony was held prior to the casing and inactivation ceremony for the battalion. **Below,** Maj. Alex Young, STB, 4th IBCT, 1st Inf. Div. executive officer, salutes the official party during the ceremony.

As colors cased, medal presented

By 2nd Lt. Heather Dunham
STB, 4TH IBCT

The Special Troops Battalion, 4th Infantry Brigade Combat Team, 1st Infantry Division, cased its colors and inactivated in a ceremony May 12 at Cavalry Parade Field, Fort Riley, Kansas.

The occasion marked an end to the battalion's nine-year history, which included three deployments in support of Operation Iraqi Freedom from February 2007 to April 2008 and September 2009 to August 2010, and a May 2012 to February 2013 deployment to Afghanistan in support of Operation Enduring Freedom.

See **COLORS CASSED**, page 11



'Quarterhorse' scouts charge competition

Story and photos by
Staff Sgt. Aaron Duncan
4TH IBCT PUBLIC AFFAIRS

FORT BENNING, Georgia — Soldiers from Troop A, 1st Squadron, 4th Cavalry Regiment, 4th Infantry Brigade Combat Team, 1st Infantry Division, representing the division and Fort Riley, were among the 19 teams that competed in this year's Gainey Cup May 4 to 8.

The members of the "Quarterhorse" squad were Staff Sgt. Brian J. Heather, Sgt. Juan F. Rocha, Sgt. Timothy M. Yanez, Sgt. Dawonta R. Henderson, Spc. Joeland Garcia and Spc. Christopher Omara.

The Gainey Cup brought together the best cavalry squads from across the Army, along with one team from Canada, to test the troopers' knowledge and tactical competence in a physically and mentally challenging environment according to the competition website.

"What we tried to do in the 2015 Gainey Cup was to find the best scout squad in our Army and in this case with our partners in a competition that was based on fundamental scout skills," said Brig. Gen. Scott McKean, the armor school commandant.

The competition was named after the former first senior enlisted advisor to the Chairman of the Joint Chiefs of Staff, retired Command Sgt. Maj. William J. "Joe" Gainey. The inaugural competition was in 2013 and is held biannually. Instead of testing the ability of individual troopers must be able to perform as a team.

"If they come out here as individuals they are not going to win," Gainey said.

Immediately following the opening ceremony May 5, the troopers started a reconnaissance run of an unknown distance. Throughout the run, team members to pay attention to details for a test when they crossed the finish line. This

See **GAINERY**, page 2

Europe Region takes title in Best Warrior competition

By Joshua Ford
U.S. ARMY INSTALLATION MANAGEMENT COMMAND

SAN ANTONIO -- A pair of Military policemen from U.S. Army Garrison Benelux-Schinnen were named U.S. Army Installation Management Command Soldier and Noncommissioned Officer of the Year in the 2015 IMCOM Best Warrior competition at Camp Bullis May 4 to 8.

The competition included Sgt. Jaletta Paige, a chaplain assistant with Headquarters and Headquarters Company U.S. Army Garrison Fort Riley, Kansas. Sgt. Paige earned NCO of the Year honors for the Central Region.

Spc. Shane Sital and Staff Sgt. Jacob Kasarda, both with the garrison's Headquarters and Headquarters Company, took top honors among eight Soldiers and noncommissioned

officers from across the United States, Europe and South Korea, representing IMCOM's four regions.

Pfc. Larry Laufer from Anaheim, California, a paralegal specialist with Headquarters and Headquarters Company, U.S. Army Garrison Fort Hood, Texas, and Staff Sgt. John Williams, a Lebanon, Tennessee native with Headquarters and Headquarters Company, U.S. Army Garrison Camp Humphreys, South Korea, were runners-up.

"I'm ecstatic. It was great to compete with my fellow warriors from around the world and the other regional winners. To come out on top, it's indescribable," said Kasarda.

Kasarda and Sital, will represent IMCOM at the Army Best Warrior Competition later this year.

See **WARRIOR**, page 6

AN INTERNATIONAL EFFORT



Sgt. 1st Class Mark Albright | 1st Inf. Div

Maj. Gen. Paul E. Funk II, 1st Infantry Division and Coalition Joint Forces Land Component Command-Iraq commander, briefs Jeanine Hennis-Plasschaert, defense minister of the Netherlands, on coalition operations May 13 near Baghdad. The minister visited bases throughout Iraq to get current information on Operation Inherent Resolve and its support to the Iraqi military and its fight against the Islamic State of Iraq and the Levant.

The next USAG Resilience
Day Off will be:

JUNE

12

SAFETY HOLIDAY

As of Thursday, May 20

135

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

HIGHLIGHTS



SEVENTEEN DIVISION CULINARY SOLDIERS TOP OF THEIR GAME, SEE PAGE 8.

ALSO IN THIS ISSUE



CATCH THE 'CATBACKER' TOUR THIS SUMMER, SEE PAGE 12.



1DivPost.com



TUESDAY TRIVIA CONTEST WINNER

The winner of the Tuesday Trivia is Sarah Caiafa, the spouse of Sgt. Paul Caiafa, who serves with with Company B, 701st Brigade Support Battalion, 4th Infantry Brigade Combat Team, 1st Infantry Division.

Sarah correctly provided the link to answer the question, “What is the mission of The Commanding General’s Mounted Color Guard (“CGMCG”)?”

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

CONGRATULATIONS,
SARAH CAIAFA!

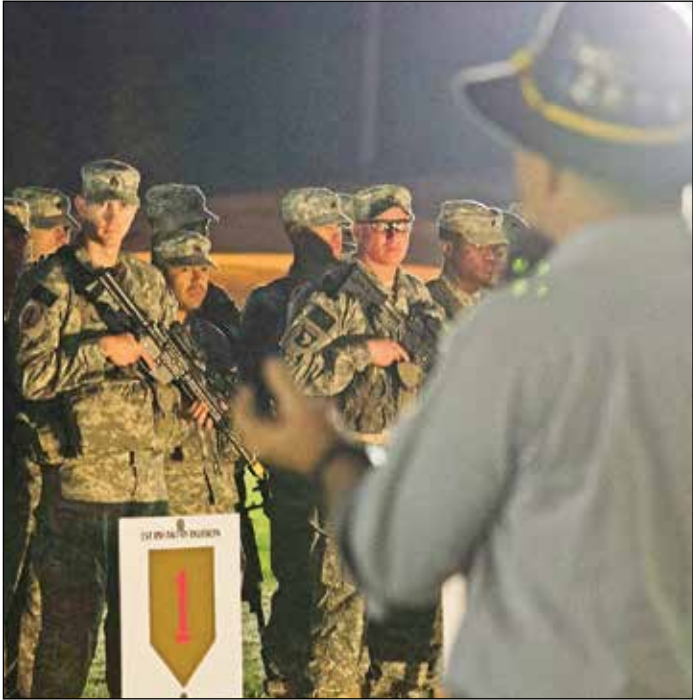


GAINEY Continued from page 1

would be the first event of many in the next 72 hours. “The competition was mentally and physically exhaustive,” Heather, a native of Aurora, Colorado, said. “It tested our ability to stay focused and perform, but we were able to come together and work as a team to overcome it and finish the competition.” In all, the competitors got get less than eight hours of sleep and traveled more than 30 kilometers. They went on to complete tasks like; area reconnaissance, route reconnaissance, observation post operations, land navigation, call for fire, weapon disassembly and re-assembly, medical skills, vehicle identification, chemical, biological, radiological and nuclear skills, communications, obstacle analy-

sis and a final test of team physical prowess called the final charge. “I definitely enjoyed the experience,” said Omara, a native of St. George, Utah.. “What I feel like I gained is knowledge. I will be able to pass it on to my future Soldiers and peers.” The 1st Inf. Div.’s team kept pace with the best cavalry squads in the Army, placing 10th. “It does not matter where you sit in life; that does not make you important,” Gainey said in his speech during the award ceremony. “That’s why number one is not important. All of you did well. Do not forget that. What’s important is you bring others to where you sit in life and make them feel important.”

Above, Spc. Joeland Garcia (right), provides security as his squad completes the chemical, biological, radiological and nuclear lane during the 2015 Gainey Cup. Below, Retired Command Sgt. Maj. William J. (Joe) Gainey speaks to the teams during the opening ceremony of the competition.



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 to 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.



Soldiers compete to be named Division’s best

Seven Soldiers competed at the Noncommissioned Officer and Soldier of the Year competition May 12 at the Fort Riley Combatives Institute. Each faced a battery of physical and mental challenges with the aim of being recognized as the finest the division has to offer. Winners of the competition are set to be announced in June.

Clockwise starting above:
Sgt. Joshua Guertin, right, of Company B, 1st Attack Reconnaissance Battalion, 1st Combat Aviation Brigade, 1st Infantry Division, demonstrates a dominant position in Modern Army Combatives.

From left, Sgt. Devin McClain, of 2nd Battalion, 70th Armor Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division; Sgt. Guertin; Pfc. Jonathan Munas, 4th Squadron, 4th Cavalry Regiment, 1st Armored Brigade Combat Team, 1st Inf. Div., wait to enter a room. They and four other Soldiers and NCOs in the competition were required to subdue an attacker at close quarters using combatives training.

Sgt. McClain, negotiates the over-under obstacle.

Staff Sgt. Allan Froa, of the 24th Transportation Company, 541st Combat Sustainment Support Battalion, 1st Sustainment Brigade, 1st Infantry Division, negotiates a hurdle obstacle.

Pfc. Munas, reassembles an M240L machine gun. Munas and his fellow competitors had to show their proficiency at a range of warrior tasks and drills, including first aid, weapons assembly, and land navigation.

Photos by Staff Sgt. Daniel Stoutamire | 1st Inf. Div.



TRICARE supports Mental Health Awareness Month

TRICARE

Mental health care is an important yearlong priority for the Military Health System, but during May, TRICARE and the MHS are recognizing Mental Health Awareness Month.

TRICARE’s mental health care services are available to beneficiaries during times of stress, depression, grief, or anxiety. If you need help at any time TRICARE has resources that can help you navigate your mental health concerns.

Counseling, psychotherapy, and family therapy are all covered benefits under TRICARE. The first eight appointments with a TRICARE-authorized provider do not require a Primary Care Manager referral, just your military identification card. Please keep in mind; you need prior authorization for the ninth appointment, and any more after that during the year. All appointments with pastoral counselors and supervised mental health counselors must have prior authorization. ADSMs must get mental health care in their military treatment facilities, but

can participate in family therapy sessions with TRICARE-authorized mental health providers. You can learn more about TRICARE’s mental health benefits on the covered treatments page in the Mental Health Care section of the TRICARE website.

Additionally, there are several crisis hotlines available to the military community when you or a loved one needs help right away. Military OneSource offers several resources including confidential, non-medical counseling, either face-to-face or by phone at 1-800-342-9647. The Real

Warriors program provides the Real Warrior Live Chat, where a trained health resource consultant is ready to talk, listen and provide guidance and resources. Reach them by phone at 1-866-966-1020, or you can log online 24/7.

Taking time to reflect on your mental health and making yourself aware of these valuable tools can make all the difference. Raising awareness of mental wellness is even more important today for our service members and their families who grapple with the stress of deployments and frequent moves.

DOD helps protect beneficiaries from deceptive pharmacy practices

By Cheryl Pellerin
DOD News, Defense Media Activity

WASHINGTON – In the face of recent deceptive marketing practices of some compounding pharmacies targeting TRICARE, the Defense Health Agency is taking action to help TRICARE beneficiaries, DHA’s chief of pharmacy operations said in a recent interview.

Dr. George Jones described compounding as a way that some pharmacies prepare medications for patients who need different kinds or strengths of medications than are available in commercially available products.

“Pediatrics, for example, is a big area for compounding, where [infants or toddlers] may not be able to take tablets or capsules or need a particular strength, so a compounding pharmacy ... can make exactly what that patient needs,” Jones told DOD News this week.

Some pharmacies have the expertise and equipment to compound medications and others specialize only in compounding, the clinical pharmacist added. Specialty compounding pharmacies create creams, ointments, capsules and liquids to make specific products and doses.

“Compounding pharmacies definitely have a role in medical care – a very important role,” Jones said.

But a phenomenon that’s arisen over the past five or six months involves compounding pharmacies “that are charging unsupportable costs for some of these products, and expanding into areas where there is not good evidence to support the products’ safety,” he added.

According to DHA, DOD costs for compound drugs have skyrocketed from \$5 million in fiscal year 2004 to \$514 million in fiscal 2014. In the first six months of fiscal 2015, DOD costs already exceed \$1 billion.

The normal compounding process begins when a doctor writes a prescription for a compounded product for a patient – in this case a TRICARE beneficiary.

The patient takes the prescription to a compounding pharmacy, which then makes the product and bills TRICARE for the medicine, typically using the average wholesale prices of the medications they use in the compounded product.

Now, Jones said, a new breed of compounding pharmacy is distorting some of the elements of this traditional process.

Some compound pharmacies are using aggressive outreach programs to target TRICARE beneficiaries and collect their personal information. Once they have the information, they use it to bill TRICARE as high as \$15,000 for a single compound prescription. These prescriptions may not be tailored to the beneficiary’s needs, and sometimes the beneficiary never meets or



Airman 1st Class Alystria Maurer U.S. Air Force
A pharmacy technician counts pills to fill a prescription at Ellsworth Air Force Base, S.D., May 22. DOD works to protect TRICARE beneficiaries from deception.

speaks to a doctor before the pharmacy sends the drug. Not only that, but there is little or no evidence these products are safe or effective, Jones said.

Such aggressive pharmacies “put these combinations [of ingredients] together and then put them on the market. They’re supposed to be on a prescription for an individual patient, but it seems nowadays they’re trying to do a one-size-fits-all with a lot of pain and scar creams,” Jones said.

The pharmacies combine ingredients, he added, “where you think they might work but there’s no study, no evidence, nobody has looked carefully” to make sure it will not do harm and that it will benefit the patient.”

See TRICARE, page 11

Home wanted

Fireball

Fireball is a very shy guy and was half feral when he came to the shelter. After two months, he does enjoy being pet and loving on people.

Fireball is looking for a very calm household that understands he will probably hide the first couple of weeks and does not like to be picked up

He is a very handsome guy with a shiny coat.

Fireball’s Adoption Fee is \$92, which includes: microchip, vaccines (distemper and rabies), leukemia test and deworming. If interested call 785-239-6183. If no one answers, leave a message or email nicole.p.storm@us.army.mil. Other shelter animals can be seen on 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

IRWINFORMATION

My daughter is pregnant. Will TRICARE cover her maternity care?

Yes, but only if she’s TRICARE-eligible. TRICARE covers prenatal, labor and delivery, and postpartum care through the sixth week after delivery and treatment of pregnancy complications. Your grandchild will not be covered unless his or her father is a sponsor who is TRICARE-eligible.

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

RILEY ROUNDTABLE

National Police Week was May 10 – 16. What do you appreciate most about law enforcement?



"The fact that they are able to keep their heads high even though they have negative criticism surrounding them from the very people they're trying to protect."

PVT. HOYSSE ENCALADA
MIRAMAR, FLORIDA
Company B, 601st Aviation Support Battalion,
1st Combat Aviation Brigade



"They keep our community safe."

PFC. ALEX KUHL
HAVELOCK, NORTH CAROLINA
1st Battalion, 7th Field Artillery Regiment, 2nd
Armored Brigade Combat Team



"They try to protect us from harm. When there's an accident they are right there helping people and making sure they are OK."

VICTORIA SHAFER
JUNCTION CITY, KANSAS
Military Spouse



"I appreciate them getting drunk people off the road because they are unsafe."

PFC. MICHAEL GARST
SACRAMENTO, CALIFORNIA
Company A, 1st Combined Arms Battalion,
18th Infantry Regiment, 2nd Armored Brigade
Combat Team



"When someone is hurt they respond appropriately. They take their job seriously."

PFC. STEVEN DIFFIE
PHOENIX, ARIZONA
701st Brigade Support Battalion, 4th Infantry
Brigade Combat Team

Pentagon: Ramadi will be retaken

By Terri Moon Cronk
DOD NEWS DEFENSE
MEDIA ACTIVITY

WASHINGTON – Iraqi security forces and coalition partners will retake the Iraqi city of Ramadi, now “largely under control” of Islamic State of Iraq and the Levant extremists since May 17, Pentagon spokesman Army Col. Steve Warren told reporters Monday.

The colonel said it’s important to not over interpret ISIL’s gain in a single city when Iraqi forces are engaged in offensive operations across the “breadth and depth” of a large nation.

“To read too much into this is a mistake,” Warren said. “This is one fight, one episode, in which Iraqi Security Forces were not able to prevail — today.”

While ISIL was able to gain the upper hand in Ramadi, “what this means for our strategy is simply that we -- the coalition and Iraqi partners -- now have to go back and retake Ramadi,” Warren said.

Defense Department officials have always said there would be ebbs and flows in Iraq’s fight against ISIL, he said, adding that “it’s a difficult, complex, bloody fight, and there will be victories and setbacks.”

Iraq and coalition forces will retake Ramadi, Warren said, “In the same way we are slowly but surely retaking others parts of Iraq with Iraqi ground forces, combined with coalition air power.”

While noting that it is too soon to determine how ISIL gained control over Ramadi, ISIL forces apparently generated

enough combat power to cause Iraqi security forces to reposition out of Ramadi, he said.

“Ramadi is an urban environment, one of the toughest to fight in,” Warren said. “It is an environment that limits the ability of air power, so that creates unique challenges.”

Because the ISF have cleared areas of ISIL forces, he noted that Iraq’s capabilities are “slowly but surely” improving.

Some 7,000 ISF members are trained and another 3,000 to 4,000 are in the training pipeline, which will make a difference, the colonel said.

The strategy to defeat ISIL is working, Warren said.

He added, “We believe the Iraqi Security forces, along with coalition air power, will defeat ISIL.”

Allyn: Readiness, leader development top priorities

By J.D. Leipold
ARNEWS

WASHINGTON – Readiness and leader development are equal priorities as the Army drives to create globally responsive forces in a continually uncertain world, said Army Vice Chief of Staff Gen. Daniel B. Allyn, May 12.

Addressing readiness specifically, Allyn brought up the impact of the last sequestration on the Army, saying that within six months of the cuts, the service had less than 10 percent of its brigades ready for global deployment.

“Today, in our Army, we’ve got about 31 percent readiness ... and that’s after 18 months of rigorous work at every echelon of command across our Army ... and that’s not enough ... that’s just not enough as we get smaller,” he said during the Association of the U.S. Army Institute of Land Warfare breakfast.

The goal is to have two-thirds of the Army’s formations ready at any time, Allyn said. “But we’ve got a long way to go to get from 31 percent to two-thirds, so we’ll stay after it and work diligently, particularly in the personnel realm to ensure we have available forces to fill every crew, squad, team and platoon across our total force,” he said.

Allyn said the bill payer in the past two years, to maintain the appropriate balance of having a ready force at a moment’s notice, has been the modernization program. He said the Army staff and major commands have been identifying

candidates for divestiture so focus could be on the limited modernization dollars and how they are used to the greatest effect.

The vice chief said the Army equipment modernization strategy identifies where capability gaps are so the service would continue

looking across its portfolios, tackling mid- and long-term objectives and starting with the combat vehicle modernization effort to ensure, “we get the most important capability the fastest.”

“Now clearly all of this effort, all of this focus on leader development and modernization is put at risk in October if sequestration returns to the force, and while we are cautiously op-

timistic of work-arounds being discussed in Congress to tackle this problem, the bottom line is the president’s budget is the minimum that is going to get us through the next year with sufficiently ready forces that are equipped properly for the global missions out there,” he said.

Allyn said every time the Army takes funds from one entity to lift another, the action creates a gap for which overseas contingency operations, or OCO, funding is insufficiently flexible to meet the requirements for multi-year challenges.

“The current restrictions on the employment of OCO will not allow it to be a gap-filler that is currently being proffered to offset the reduction in our base budget that is driven by the current proposals that are before Congress,” he said. “In order to meet the



Courtesy photo

Army Vice Chief of Staff Gen. Daniel B. Allyn, discussed readiness and the impact of sequestration during the Association of the U.S. Army Institute of Land Warfare breakfast May 12.

needs of our Army, it must have greater flexibility... it must be less restrictive and it must enable us to sustain and modernize as we go forward.”

Turning to the next generation of leadership, in both the officer and noncommissioned officer ranks, Allyn expressed solid optimism and excitement by what he has been seeing in his travels.

“I see thirst and hunger in our leaders at all levels ... their ability to take very uncertain situations at the combat training centers and develop innovative solutions... that is

exactly what has described the American Soldier throughout our history,” he said.

“Our young leaders today, not only have to maintain the mastery of tactical-level proficiency, they must be equally adept at transitioning into the operational and strategic level of contributions to national security and that puts huge demands on us as we develop these leaders to be masters in all of those areas,” he said. “It’s an exciting time to be a leader in the Army ... it’s an exciting time to be a leader at every level.”

Combat Aviation Brigade Soldiers master control of drones

By Sgt. Alexander Neely
ARNEWS

FORT BLISS, Texas – Unmanned aircraft is one of the fastest growing sectors in civilian and military aviation.

From close air support, to surveillance, to climate data gathering, unmanned aerial vehicles, or UAVs, are now a staple within Army aviation units. This growing demand is rapidly requiring units to train more personnel to operate drones.

Training is especially paramount in the case of 3rd Squadron, 6th Cavalry Regiment, Combat Aviation Brigade, or CAB, 1st Armored Division, because it is the Army’s first heavy-attack reconnaissance squadron, which pairs AH-64 Apache helicopters with the RQ-7B Shadow drones.

In January, 3rd Squadron, known as “Heavy Cav,”

received 12 of the version 2 Shadows and has been training with them at McGregor Range in New Mexico.

“The fielding of our Shadows has gone extremely well,” said Lt. Col. R.J. Garcia, commander. “The Soldiers are motivated and the leadership has been aggressive in ensuring we build a strong foundation in the basics.”

The six-month training program is a tiered-skill approach, allowing newly trained Soldiers to teach untrained Soldiers.

“For the first few months, we focused the different readiness-level progressions for the new models,” said Spc. Michael Grant, standardization operator. “There are three readiness-level progressions ... and after proving certain proficiencies, the Soldiers move from one up to three.”

The new user-friendly computer programming of the Version 2 model, Grant

said, has allowed the unit to increase its abilities in range, altitude and payload packages.

“Day-to-day, we try to get as many flights out as possible,” Grant said. “The high-tempo mission training has allowed us to get a real idea of how it will be during our upcoming deployment.”

Third Squadron is scheduled to replace its sister Apache unit - 4th Battalion, 501st Aviation Regiment - in Kuwait this summer to perform a security mission in the Arabian Gulf region.

The Heavy Cav is now performing manned- and unmanned-team training exercises, dubbed Operation Heavy Shadow - pairing its Apaches for the first time with the Shadows.

“The exercise requires a team effort to accomplish a mission or destroy a target,” said Staff Sgt. Timothy Fry, mission operator for the train-

ing exercise. “The Shadows are the eyes that will tell the Apache, where and when the enemy is present.”

This dual-asset training will validate the strength of Heavy Cav and enhance the combat presence of the CAB, Garcia said.

“Most importantly, we are very excited about sharing our lessons learned so that the [U.S. Army] Aviation Branch as a whole can collectively improve this capability,” Garcia said.

This was the first time the Army paired drones with Apaches within a single unit. The restructuring was part of an Army-wide plan intended to enhance reconnaissance abilities as the Army transitions from the OH-58 Kiowa scout helicopter.

Nine more aviation units across the Army, are scheduled to make the same transition over the next four and one-half years.

THE 1ST INFANTRY DIVISION POST



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BENCHMARK SET AT BEST SAPPER COMPETITION



U.S. Army photo

Staff Sgt. Armando Sandoval, right center, and 1st Lt. Christopher Bartenhagen, both with 509th Engineer Company, 5th Engineer Battalion, 4th Maneuver Enhancement Brigade, 1st Infantry Division, traveled 50 miles in as many hours to capture the third-place spot in this year's Best Sapper Competition from April 21-23 at Fort Leonard Wood, Missouri. This was the best finish for the 5th Eng. Bn. since the competition's inception, Lt. Col. Sebastien Joly, battalion commander, said. The team is holding plaques presented by Brig. Gen. Anthony C. Funkhouser, far left, engineer regimental commandant, and Command Sgt. Maj. Butler Kendrick Jr., engineer regimental senior noncommissioned officer.

WARRIOR Continued from page 1

Also competing were:

- Pvt. Leonard Castro, an aviation operations specialist with Headquarters and Headquarters Company, U.S. Army Garrison Camp Humphreys, South Korea, Pacific Region Soldier of the Year;
- Pfc. Joshua Gillman, a chaplain assistant with Headquarters and Headquarters Company, U.S. Army Garrison Fort Gordon, Georgia, Atlantic Region Soldier of the Year;
- Staff Sgt. Christopher Baker, a chaplains assistant with Headquarters and Headquarters

Company U.S. Army Garrison Fort Knox, Kentucky, Atlantic Region NCO of the Year; and

The IMCOM competition took place in cooperation with the Best Warrior events of other Army commands headquartered at Joint Base San Antonio: U.S. Army North, U.S. Army South and the U.S. Army Medical Command. Soldiers competed together through every event, but were graded by their own commands.

A combined team of NCOs tested the competitors physically and mentally on a variety of Sol-

dier tasks, including marksmanship, land navigation, physical fitness and first aid.

"All of our competitors did a fantastic job, but we are extremely proud of our warriors that represent IMCOM Europe," said Command Sgt. Maj. Romeo Montes III, IMCOM Europe's command sergeant major. "These [Soldiers] are fine examples of a resiliency platform that enables Europe to be strong, to deter, to defend and to win."

Mobile, Alabama, native Gillman won an award for best

marksmanship among all Soldiers in the combined competition.

Williams took home the combined NCO marksmanship award and Laufer was honored for the fastest time among all Soldiers that competed in the 12-mile foot march.

Both Sital and Kasarda, who entered the IMCOM event as Soldier and NCO of the Year for the Europe region, move on to the Army Best Warrior Competition later this year.

In preparation for the competition at the Army level, Sital said he would "Train, train, train, and

keep training. As the IMCOM winner I'm going to keep training hard day after day after day. I'm going to give it my best and leave everything out on the table."

"As much work that you put in is what you are going to get out," said Sital.

Kasarda said he is determined to win it all.

"I can't wait to compete at the Army level," he said. "I'm not going to be stopped by my own fatigue, my own muscle failure or exhaustion. I'm going to push through it, I'm going to advance and I'm going to overcome."

Vets Climb Mount McKinley to ‘Take Back Memorial Day’

By Katie Lange
DOD NEWS DEFENSE
MEDIA ACTIVITY

While many spend Memorial Day at cookouts, the beach and checking out sales at the mall, four veterans will be pushing their strength to scale the tallest mountain in North America, all in an effort to bring awareness back to what the holiday really means.

Josh Jespersen, Margaux Mange, Nick Colgin and Brian McPherson all served in Iraq and Afghanistan. They'll soon begin what they call Mission Memorial Day — an effort to transition Americans away from retail and back to remembering those who gave the ultimate sacrifice.

“We want Memorial Day to be Memorial Day again instead of mattress sales and spring fashion shows,” Jespersen, a former Navy SEAL and the expedition's leader, said while training in Colorado. “We want people who were lost to actually be remembered on Memorial Day. We feel like the meaning has gotten lost, and we'd like to get it back.”

The former service members are set to fly to Alaska's Denali National Park where they'll attempt to reach the summit of Mount McKinley. At 20,237 feet above sea level, it's the tallest peak in North America.

They won't be alone. The group is carrying two American flags covered with names of military members who were lost in war.

One flag has nearly 80 names on it, while the other is covered in the names of every Navy SEAL killed since 9/11.

The climbers — three of whom suffered life-changing injuries during combat — plan to fly those flags at the top of Mount McKinley to remind everyone in North America of those who made the ultimate sacrifice.

But they say the names they have aren't enough. The group wants Americans to submit more names via their website, MissionMemorialDay.com, to be added to more flags before they being their ascent.

“Anyone they know who was lost – their close friends, relatives, a friend's friend – just

any names. We want to take as many names to the top and remember and honor as many people as we can,” Jespersen said.

The veterans' goal is to reach the top of Mount McKinley on May 25 — Memorial Day — 17 days after their mission begins. Although when it comes to mountain climbing, anything goes.

“With these mountains and high altitudes, the summit day is never set in stone. We're trying to make it on the 25th, but if we have a weather window before, we have to take it, and weather may push us back,” Jespersen said.

The former SEAL said the average time it takes climbers to reach the summit is 12 days. This particular group has done “a bunch of 14-ers,” as Jespersen said, referring to 14,000-foot climbs. Hopefully that training will give them the strength they need to get to the top.

People can follow the Memorial Day conversation through the #HonorThem hashtag.



Courtesy photo

Iraq and Afghanistan veterans will tackle Mount McKinley. all in an effort to bring awareness back to what the Memorial Day holiday really means Top from left: Brian McPherson, Margaux Mange. Bottom from left: Nick Colgin, Josh Jespersen

May is Clean Air Month: What’s the state of your outdoor air?

By Karla Simon
INDUSTRIAL HYGIENIST, U.S. ARMY PUBLIC
HEALTH COMMAND

Before you store your winter gear and take a few days off this spring to bask in the sun, start a new habit of checking the air quality. May is “Clean Air Month.” As part of your transition into spending more time outdoors, check the state of your air first.

Air pollutants are gases and tiny particles released into the air that cause serious health effects such as cancer or that are harmful to our environment. Ozone, or smog, and greenhouse gases like carbon dioxide, methane, nitrous oxide and fluorinated gases, are the better-known air pollutants. Other toxic pollutants include lead, nitrogen dioxide and sulfur dioxide. Then there are the

allergens, pollen and mold that also contribute to so-called “bad air.”

Air pollution can cause respiratory symptoms including shortness of breath and chest tightness. Other symptoms are chest pain, palpitations and unusual fatigue. Individuals with pre-existing lung conditions or with heart conditions such as coronary artery disease and congestive heart failure are more susceptible to the effects of air pollution.

There are ways to reduce your risk when air pollution reaches levels that are in the unhealthy range.

- Stay indoors on days that the air pollutions levels are high.
- Run the air conditioner to help stay cool and filter the air.
- Take your medicine, whether it's for allergies, asthma or any other chronic illness that may be triggered by the poor air quality.

- Delay using gasoline-powered lawn and garden equipment until air quality is healthy again.
- Refuel vehicles after dusk, when emissions are less likely to produce ozone.

Readers can go onto the AirNow website www.airnow.gov, put in their zip code or state and get a grade for the air quality for the region they live.



Photos by J. Parker Roberts, 1st Infantry Division Public Affairs

Seventeen Soldiers spent the past two weeks refreshing their food preparation and service skills, a course of instruction that culminated in a Food Service Refresher Training End of Course Luncheon May 15. The group was reintroduced to craft skills from basic to advanced levels. Training included sanitation, nutrition, soups, sauces, vegetables and pastries

Clockwise from top, Staff Sgt. Jeffrey Matthews (right), Division Headquarters and Headquarters Brigade, 1st Infantry Division, instructs Spc. Tonnica Battiste (left), 82nd Engineer Battalion, 2nd Armored Brigade Combat Team, 1st Inf. Div., and Pfc. Shaklia Singleton, 1st Combined Arms Battalion, 63rd Armor Regiment, 2nd ABCT, 1st Inf. Div., on making Bananas Fosters. For the luncheon, the Soldier chefs prepared seared bass, a spring salad, panko-stuffed chicken breast and the Bananas Fosters, served with pound cake and vanilla bean ice cream.

Class leader Spc. Toni Lewis, 24th Transportation Company, 541st Combat Sustainment Support Battalion, 1st Sustainment Brigade, 1st Infantry Division, salutes during the Food Service Refresher Training End of Course Luncheon May 15 at Fort Riley's Food Service Lab.

Sgt. Maj. Terrence Scarborough, 1st Infantry Division transportation office, served as the guest speaker for the End of Course Luncheon.

Remaining at the top of their game



Two World War I Soldiers to receive Medal of Honor

By Ms. Lisa Ferdinando
ARNEWS

WASHINGTON -- President Barack Obama announced May 13 that he will award Medals of Honor to two World War I Soldiers, who were previously overlooked for the nation's highest military award for valor.

Then-Pvt. William Henry Johnson, of the 369th Infantry Regiment, known as the Harlem Hellfighters, and Sgt. William Shemin, of the 4th Infantry Division, will receive the award posthumously at a White House ceremony, June 2.

Johnson, who was African-American, was awarded France's top military honor for valor after fighting off a German raiding party using his bowie knife. It was eight decades later before he was awarded a Purple Heart and Distinguished Service Cross.

Shemin, who was Jewish, repeatedly exposed himself to enemy fire to rescue wounded troops during combat operations during the Aisne-Marne Offensive in France, Aug. 7 to 9, 1918. After platoon leaders had become casualties, Shemin took command and displayed initiative under fire, until he was wounded by shrapnel and a machine-gun bullet.

Johnson was born in Winston-Salem, North Caro-

lina, and moved to New York as a teenager. He enlisted in the Army, June 5, 1917, and was assigned to Company C, 15th New York (Colored) Infantry Regiment - an all-black National Guard unit, which would later become the 369th Infantry Regiment.

Known as the Harlem Hellfighters, the 369th Infantry Regiment, 93rd Division, was ordered to the front lines in 1918. Johnson and his unit were attached to a French army command in the vicinity of the Tourbe and Aisne Rivers, northwest of Saint Menchoul, France.

While on night sentry duty, May 15, 1918, Johnson and a fellow Soldier, Pvt. Needham Roberts, received a surprise attack by a German raiding party of at least 12 enemy soldiers.

While under intense fire and despite his own wounds, Johnson kept an injured Needham from being taken prisoner. He came forward from his position to engage an enemy soldier in hand-to-hand combat. Wielding only a knife and gravely wounded, Johnson continued fighting until the enemy retreated.

For his valor, Johnson became one of the first Americans to be awarded the French Croix de Guerre avec Palme, France's highest award for valor.



Courtesy photos

Pvt. William Henry Johnson, left, of the 369th Infantry Regiment, known as the Harlem Hellfighters, and Sgt. William Shemin, right, of the 4th Infantry Division, will receive the Medal of Honor posthumously at a White House ceremony, June 2.

Johnson was posthumously awarded the Purple Heart in 1996. He was awarded the Distinguished Service Cross in 2002, with the official ceremony taking place in 2003.

Johnson died in 1929 and is buried at Arlington National Cemetery, Virginia. He will be the second black Soldier to receive the Medal of Honor for actions in World War I. The first was Cpl. Freddie Stowers.

Johnson has no next of kin. Command Sgt. Maj. Louis Wilson, of the New York National Guard, is to attend the ceremony and accept the Medal of Honor on Johnson's behalf.

Shemin was born in Bayonne, New Jersey, Oct. 14, 1896. He graduated from the New York State Ranger School in 1914, and went on to work as a forester in Bayonne.

Shemin enlisted in the Army, Oct. 2, 1917. Upon completion of basic training at Camp Greene, North Carolina, he was assigned as a rifleman to Company G, 47th Infantry Regiment, 4th Infantry Division, American Expeditionary Forces, in France.

While serving as a rifleman during the Aisne-Marne

Offensive, Aug. 7-9, 1918, he left the cover of his platoon's trench and crossed open space, repeatedly exposing himself to heavy machine gun and rifle fire to rescue the wounded.

After officers and senior noncommissioned officers had become casualties, Shemin took command of the platoon until he was wounded by shrapnel and a machine-gun bullet, which pierced his helmet and lodged behind his left ear.

He was hospitalized for three months and then received light duty as part of the Army occupation in Germany and Belgium.

For his injuries, he received the Purple Heart and he was awarded the Distinguished Service Cross, Dec. 29, 1919.

Shemin was honorably discharged in August 1919, and went on to receive a degree from the New York State College of Forestry at Syracuse University. After graduation, he started a greenhouse and landscaping business in Bronx, New York, where he raised three children.

He died in 1973. His eldest daughter, Elsie Shemin-Roth of Webster Grove, Missouri, will receive the Medal of Honor on his behalf.

Nano-satellites may soon communicate with Soldiers

By David Vergun
ARNEWS

WASHINGTON -- Tiny Army satellites may someday provide Soldiers with voice, data and visual communications in remote areas. Already some of that technology has been successfully tested, Dr. Travis Taylor said. Taylor is the senior scientist for Space Division, U.S. Army Space and Missile Defense Command - Tech Center, or SMDC, at Redstone Arsenal, Alabama.

He spoke during Lab Day at the Pentagon, May 14.

In many remote areas, where Soldiers operate today, Army radio over-the-horizon communication from the field to higher headquarters like the brigade is nonexistent, Taylor said.

To address this gap in coverage, Army scientists and researchers built the SMDC-ONE nanosatellite, he said, the ONE standing for Orbital Nanosatellite Effect.

"It's basically a cellphone tower in space, except it's not

for cellphones, it's for Army radios," Taylor said.

SMDC-ONE is a technology demonstration, he said, adding that one has been successfully tested. It is up in space right now communicating. Three more are scheduled to go up this year and an undetermined number will go up next year as well.

"Hopefully, we're at a point in the process where the technology is proven and they're wanted, perhaps three to five years" from now, Taylor said.

"If we put five to 12 of these small satellites in orbit, it will cover most areas Soldiers are operating, providing them real-time, all the time" communications, he said. Once it has been proven it can be done, it will be time to start to deploy a "real constellation" the warfighters can use.

What if a Soldier not only wants to communicate, but wants to see if there is a threat or something of interest over the next hill or the other side of a city, Taylor asked rhetorically.

The answer is an imaging satellite, which is several times larger than SMDC-ONE, but still considered nano, he said.

This satellite, which is still unnamed, will be given a space test-flight in February, launched from the International Space Station.

The imaging satellite will produce a ground resolution of two to three meters, he said. That is high enough resolution to inform a Soldier if he is looking at a

tank or a truck. Or, if there is smoke in an urban area, the Soldier could see which building it's coming from. "This is capability the Army doesn't have right now."

Once the technology is successfully demonstrated, the next step will be to establish the process for how it works and provide training to the Soldiers.

"The first step is proving we can collect [the data] and the next step is disseminating it," he said.



COLORS CASÉD

Continued from page 1

At the casing ceremony, Brig. Gen. Michael E. Kurilla, 1st Inf. Div. deputy commanding general for maneuver, presented Sgt. Maj. Brad Kelley, the battalion's senior noncommissioned officer, with the Legion of Merit.

Col. Peter G. Minalga, 4th IBC T commander, delivered his remarks after Lt. Col. Dana T. Stowell, battalion commander, and Maj. Alex Young, battalion executive officer, completed the traditional review of the troops mounted on horses provided by the Commanding General's Mounted Color Guard.

"I have been proud to serve by your side and see your daily exploits," Minalga said. "I know I share Lt. Col. Stowell and Sgt. Maj. Kelley's pride when I say I am proud to have commanded such a fine set of warriors."

The battalion's missions covered everything from route clearance, signal operations, and full spectrum intelligence to unmanned aerial vehicle operations and wide area security.

In the last two years following its redeployment, the Wolverines Battalion focused on preparing Soldiers for support of the regionally aligned force mission with which the 4th IBC T was tasked.

A four-Soldier intelligence team in support of Operation

United Assistance in response to the Ebola crisis — the only 1st Inf. Div. Soldiers to deploy for that mission. The battalion also provided military police and medics for the nine-month mission to Djibouti, Africa, supporting Task Force Ranger; supported numerous Theater Security Cooperation missions in Burkina Faso, Cameroon, Ethiopia and Mozambique; and helped lead exercise Southern Accord in Malawi.

"Wolverines, the preparation and hard work that has led to your success and to your excellence is evident in the record of your unit," Minalga said.

During its final year, the battalion focused on fostering the competencies of its Soldiers across the battalion's mission critical disciplines such as engineering, intelligence, communications, medical, chemical, ordnance and military police.

"My name is Dana Stowell and I am a 'Big Red One' Soldier," Stowell said during his remarks. "I am brave, responsible and on point for our nation. But just as important to the Soldiers in formation and across the battalion, I am a Wolverine Soldier. I am disciplined, empowered, a member of many teams, a warrior expert grounded in the profession of arms."

TRICARE

Continued from page 4

Some pharmacies reach out to beneficiaries, calling them and requesting personal information to use to create prescriptions, Jones said.

Using aggressive marketing efforts, pharmacies are trying to give compounding creams away, almost like door prizes, he added.

"There's a lot of internet and social media use as well as trucks advertising free lunches out in front of bases," Jones explained. "They say, come and get a free lunch, and then they get people to sign up for some of these compounds whether they really need them or not ... and then really raise the prices when they sell them."

When the pharmacies get a beneficiary's personal information, they can create a file, create a prescription, then submit the prescription to TRICARE for payment — sometimes \$10,000 to \$15,000 for a prescription, Jones said — and if TRICARE pays, the pharmacy sends the beneficiary the medication.

Several websites have been created to look like TRICARE websites, Jones said, "they look like something for you as a TRICARE beneficiary but they're not. They suck you in and get your information and then start sending you these prescriptions and billing the government."

Patients are being exploited with these marketing efforts, he said, so beneficiaries should be very careful if someone calls asking for patient information, social security number or TRICARE number.

"TRICARE will almost never call you and ask you for personal information, so if someone does and tells you they're going to give you a prescription, be very wary of that kind of call," he added.

Jones said that on May 1 TRICARE began extra screening of compound prescriptions to "look at the ingredients to see if there's evidence of safety, to see if it's something that can be marketed in the United States, to make sure it's in the best interest of that patient and that it's cost effective," Jones said.

TRICARE has been monitoring compound activity for the past couple of years, Jones said, but only over the last four or five months has the aggressive marketing outreach and exorbitant prices become a factor.

The commercial insurance industry has been a little faster to begin restricting the compounds, Jones said, "but we have been careful to be sure that we don't create problems for those who need legitimate compounds and compound prescriptions."

For the last six months, Jones said DHA has been working to make beneficiaries aware of some of the nefarious practices and outreach efforts being made to try to get their personal health information and scam the government.

"There are a lot of tools available on the TRICARE.mil and health.mil websites. There's also a fraud line if you get one of these calls or you run across someone who's trying to give you a free lunch or something for nothing," he said.

Jones said that when beneficiaries call, DHA follows up to see if the situation is legitimate or if they should turn it over to investigators.

"TRICARE sent around 30,000 letters to patients who receive compounds to let them know that we were starting a new screening process, but [told them] if theirs was a legitimate compound they needed, it should go through with no problem," Jones said, adding that the letter let patients know what to do if they had questions.

Jones said that very preliminary data for May indicate that this screening is having an impact. DHA will continue to closely monitor and assess the effects of these new policies.

"It will be an ongoing process," Jones said, "and we'll continue to make adjustments to ensure that we can provide access to legitimate compounds and still be good stewards of taxpayer dollars, and do what we can to help protect patients from some of these bad actors."

Vietnam War MIA Soldier buried at Arlington

Story and photo by
Lisa Ferdinando
ARNEWS

ARLINGTON, Va. — With full military honors, Master Sgt. James W. Holt, who was missing and presumed killed in action during the Vietnam War, was laid to rest at Arlington National Cemetery, Virginia, May 14.

The flag-draped casket was carried on a caisson and escorted by Soldiers, from the 3rd U.S. Infantry Regiment, also known as "The Old Guard." The solemn procession moved past neat rows of white headstones before stopping at the burial site on a grassy hill overlooking the nation's capital.

Holt, 26, was assigned to Company C, 5th Special Forces Group. He was last seen, Feb. 7, 1968, when his



Soldiers, with the 3rd U.S. Infantry Regiment, carry the casket of Army Master Sgt. James W. Holt, who went missing and was presumed killed in action during the Vietnam War. Holt was buried with full military honors at Arlington National Cemetery, Va., May 14, unit was attacked by enemy forces near Quang Tri Province, Republic of Vietnam.

He was reported as missing in action following the battle. A military review board later amended his status to presumed killed in action. His remains were recently identified and re-

turned to his family for burial. Holt, who was from Hope, Arkansas, was interred in Section 57

The tribute to Holt included a colors team, the U.S. Army Band "Pershing's Own" and a firing party, which shot three rifle volleys.

Sgt. Maj. Jeffrey Lewis presented flags to Holt's former wife, Linda Winslow, and daughters, Rebecca Holt and Jessica Holt. Chaplain (Capt.) John Scott presided over the funeral.

Vietnam turned over remains believed to be those of a U.S. Service member, June 21, 1989. Due to the technology at that time, the remains could not be identified.

Scientists, from the Department of Defense POW/MIA Accounting Agency and the Armed Forces DNA Identification Laboratory, used circumstantial evidence and forensic identification tools, including two forms of DNA analysis, in the identification of Holt's remains.

According to the Department of Defense, 1,627 U.S. Service members remain unaccounted for from the Vietnam War.



IN BRIEF

TRAFFIC UPDATES

For traffic updates, see the Traffic Report on page 2 or visit 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 or follow @FortRiley on Twitter.

CEREMONIES

For U.S. Army Garrison Fort Riley ceremony information, visit twitter.com/usagceremonies.

FORT RILEY SPOUSE CHOIR

The Fort Riley Spouse choir is accepting new members. If you love to sing and want to spend time with other Army spouses, then this group is definitely for you. Practices are at the band rehearsal hall at 8630 Sustainment Drive at 6:30 p.m. Thursday nights.

NO DOUGH DINNER

The USO is helping to bring families together with free dinners. The next USO No Dough Dinner is scheduled for 5 p.m. to 6:30 p.m. May 28 at Fort Riley USO building 251 on Cameron Ave. Be sure to bring your ID. For more information, call 785-240-5326 or email usofortriley@uso.org.

CENTRAL ISSUE FACILITY

The Central Issue Facility will be closed at noon May 20 and reopen 7:30 a.m. May 26 for a monthly 10 percent inventory.

POOLS OPEN MAY 23

Four Corvias community pools open for the season on May 23. Pool hours are Monday through Saturday 10 a.m. to 8 p.m. and Sunday 1 p.m. to 6 p.m. For more information, visit <http://riley.corviasmilitaryliving.com/pools>.

FAMILY BINGO

Family Bingo is scheduled for 2 p.m. May 24 at Rally Point. Doors open at 1 p.m. Admission for adults is \$10 and children are \$5. For more information, call 785-784-5434.

MEMORIAL DAY CEREMONY SLATED FOR MAY 25

The annual 1st Infantry Division/Central Flint Hills Region Memorial Day ceremony is set to take place 11:40 a.m., Monday, May 25, at the Fort Riley Post Cemetery.

Scheduled to speak is Garrison Commander Col. Andrew Cole, Jr.

Also scheduled to perform is the 1st Infantry Division Band, which will play pre-ceremonial music as well as renditions of "Amazing Grace" and "God Bless America."

Also included will be flag and firing detail, bugler in place, wreath-laying by Col Cole and Garrison Command Sgt. Maj. Jason Schmidt, 21-gun salute, and invocation and benediction by Chaplain (COL) Keith Croom.

This is an event that will honor the fallen Men and Women who died while serving in our country's armed forces, and will emphasize positive traditions by rendering due respect to those Soldiers from past to current wars.

All are invited to attend.

AN IMPORTANT REMINDER

Visitors to Fort Riley are reminded that a temporary Fort Riley Access Badge or Pass is required for anyone without a Department of Defense ID card. If you know the exact date of your visit, it is highly recommend to get a temporary badge or pass early by stopping by the Visitor Control Center, calling (785) 239-2982 or emailing

usarmy.riley.imcom-central.mbx.des-vcc@mail.mil

<<mailto:usarmy.riley.imcom-central.mbx.des-vcc@mail.mil>>. Please note there are longer wait times for passes during periods of higher traffic-especially weekday mornings and weekday afternoons-when Soldiers and civilian employees are traveling to work and physical fitness activities.

If you're unable to get a pass early, make sure to allow extra time the day of your visit to get through processing at the Visitor Control Center.

Please visit our website at <http://www.riley.army.mil/Units/GarrisonCommand/EmergencyServices/AccessInformation>.

OPERATION LIVE WELL

Recognizing benefits of Mental Health Awareness Month

Tools, resources exist to aid defense community's overall mental wellness

By Karen S. Guice, M.D., M.P.P.
DEFENSE FOR HEALTH AFFAIRS

For more than 60 years, May has been nationally recognized as Mental Health Awareness Month. Mental wellness is essential for peak

cognitive and physical performance and contributes to the readiness of our service members. This month, the Military Health System focuses on the mental wellness of service members, family members, retirees and DOD civilians. We will highlight some tools and resources



Karen S. GUICE

FOCUS AREAS FOR MENTAL HEALTH AWARENESS MONTH

- Integrative Wellness
- Mental Wellness
- Nutrition
- Physical Activity
- Sleep
- Tobacco-free Living

available for the improvement of the Defense community's overall mental wellness.

I particularly want our service members to know that a healthy mind and body are essential to individual and unit readiness. If you are struggling with symptoms of depression, anxiety, social withdrawal or changes in mood – get help.

Seeking care for mental wellness is no different than seeking other types of health care.

See MENTAL, page 16



K-STATE SPORTS

The Kansas State athletic department kick off its annual four-month Catbacker Tour of the state May 18 in Dodge City.

Backing the 'Cats

Summer Catbacker Tour to make more than 25 stops across state, covering 8,000 miles

K-STATE SPORTS

MANHATTAN, Kan. – K-State Athletics is heading to a town nearby as the department kicks off its annual four-month Catbacker Tour of the state of Kansas Monday in Dodge City.

The department will make a total of 28 stops and travel more than 8,000 miles from now until August 22 as representatives from the administration and coaching staffs make visits to K-State fans across the state.

The tour, a joint partnership between the athletics department and K-State Alumni Association, will make consecutive stops in Dodge City, Garden City, Scott City, Colby and Hays over five days beginning May 18 before wrapping up in August with events in Wichita and Junction City.

The annual tour is unlike any other across the country as Wildcat fans from across the state turn out in support of K-State's 450-plus student-athletes. Golf tournaments, social gatherings, dinner, live auctions and a program that features Wildcat coaches and athletics staff highlight each stop as the K-State Nation relives a memorable season while also preparing for an exciting 2015-16 year.

For information on each of the events or to follow the tour, visit AhearnFund.com. Those interested in joining the Ahearn Fund, K-State's National Fund for Student-Athlete Excellence, can do so for \$50 per year by calling 1.888.232.9074 or visiting www.AhearnFund.com.

TOUR STOPS

• Monday, May 18 Dodge City	• Tuesday, June 9 Hutchinson
• Tuesday, May 19 Garden City	• Wednesday, June 10 Wichita
• Wednesday, May 20 Scott City	• Thursday, June 11 Wellington
• Thursday, May 21 Colby	• Friday, June 12 Marysville
• Friday, May 22 Hays	• Saturday, June 13 Junction City
• Wednesday, May 27 Topeka	• Monday, June 15 Manhattan
• Thursday, May 28 Belleville	• Tuesday, June 16 Salina
• Friday, May 29 Seneca	• Thursday, June 18 Lawrence
• Monday, June 1 Beloit	• Tuesday, June 23 Independence
• Tuesday, June 2 Great Bend	• Wednesday, June 24 Atchison
• Wednesday, June 3 Winfield	• Thursday, June 25 Emporia
• Thursday, June 4 KC Northland	• Monday, Aug. 3 Wichita
• Tuesday, June 9 McPherson	• Saturday, Aug. 22 Junction City

K-State Salina to add UAS cybersecurity emphasis

School's first online class accompanying master's program to begin June 8

K-STATE SALINA NEWS

SALINA — In today's technological era, protecting information has become paramount. And with processing, storing and transporting communication an extensive component of unmanned aircraft systems, or UAS, Kansas State University Salina is expanding its curriculum offerings to provide solutions for this type of security.

K-State Salina is adding an unmanned aircraft systems cybersecurity concentration to its Professional Master of Technology and is currently enrolling students for the inaugural class beginning Monday, June 8. This new academic emphasis is online-based and gives interested students the flexibility of either working toward a mas-

INSIDE

• **Kansas State University and Wichita State University** have been selected to be part of a consortium of research universities to help the FAA safely integrate unmanned aerial vehicles into the national airspace – **PAGE 16.**

ter's degree or taking individual courses to help advance their knowledge and specialize in a niche within the unmanned aircraft systems industry.

"I'm pleased that we're moving toward educating students on the cybersecurity issues that affect unmanned aircraft systems," said Kurt Barnhart, K-State Salina's associate dean of research and engagement. "We've had a strength in the area of UAS research and education for many years now, and as this technology proliferates, it will become increasingly important

See CYBERSECURITY, page 15



K-STATE SALINA NEWS

K-State has a large and diverse fleet of unmanned aircraft systems, or UAS. There are more than 20 aircraft. The fleet consists of fixed-wing and rotary-wing aircraft (both single rotor and multi-rotors).

IF YOU GO

Second annual Topeka Community Conversation on Poverty

» 8 a.m. to 5 p.m. June 16
» Washburn University Memorial Union 1700 SW College Ave., Topeka
» Registration is free to those who have financial need and \$20 for all others.

To register online, visit www.washburn.edu/tccop or call 785-670-2286 or 620-253-0343.

Talk will turn to poverty during event in Topeka

Washburn site of annual daylong gathering seeking to improve community

WASHBURN NEWS

Registration is open for the second annual Topeka Community Conversation on Poverty to be held at Washburn University June 16.

Organized by the AmeriCorps VISTA office at the Washburn's Center for Community and Civic Engagement and by a group of committed Topeka residents, the event celebrates the 50th Anniversary of the VISTA program.

The VISTA 50th Anniversary TC-COP will be a daylong un-conference session, from 8 a.m. to 5 p.m. in the Washburn University Memorial Union. The un-conference model allows participants to set the agenda through a democratic brainstorming and voting process. Throughout the day, participants share ideas, get ideas and have conversation that can move the greater Topeka community forward in efforts to alleviate poverty.

Registration is free to those who have financial need and \$20 for all others. Register online by visiting <http://www.washburn.edu/tccop>. Individuals also can donate scholarships from that page. Lunch will be provided.

"We want to gather as many people in the poverty arena as possible, put them in the same room and get them to talk to one another," said Mikki Burcher, a lead TC-COP organizer. "We need to keep this going."

Last year's conversation brought together more than 150 people from

See POVERTY, page 16

COMMUNITY CORNER

Memorial Day a time to honor fallen, protect yourself and your family

By Col. Andrew Cole
GARRISON COMMANDER

The calendar points us to a day of remembrance. So, May 25th we remember those who've died in service to our nation. Maybe you'll get to pay your respects through a formal ceremony, a few flowers on a headstone or through a moment of reflection

about those who've gone before you and paid the ultimate sacrifice. In some cases, the Memorial Day weekend also means we get a little extra time off to spend with loved ones or



Colonel Cole

to spend celebrating life. I ask you to please celebrate responsibly. Don't drink and drive and don't let anyone in your unit do so either. Plan ahead, know your safe ride home options or designate a driver. If travel is in your plans and you drive, schedule time to rest. Don't drive impaired and that also means by fatigue. To put it in perspective, we lose more

people to fatigued driving than we do to enemy combatants or to drunk drivers. Sure you could press on and be there in a few hours – maybe. But you can pull over, rest a little and have a much better chance of arriving at your destination. Something else started this weekend. Those 111 days of summer began and with it you will hear at least as many safety

messages. Yes, we have to say it. Yes, someone really did that. Yes, we care that you don't end up in the statistics of the next safety briefing. Don't let Memorial Day 2016 be the day your friends and family spend memorializing you because of a risk you didn't have to take. Before you go boating, camping, barbecuing or any other summer fun activity - check

your gear. You'd check it before you deploy – so check it before you enjoy.

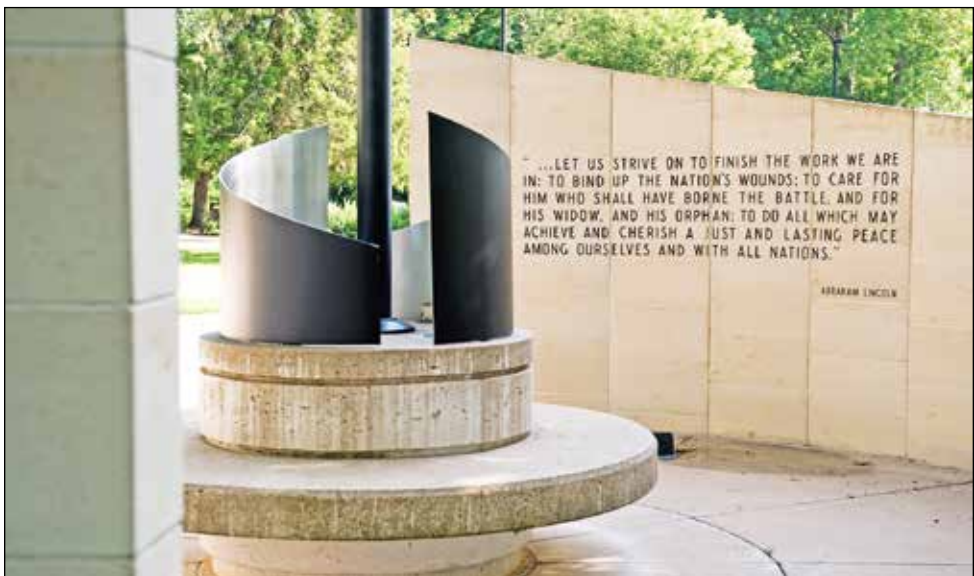
– To comment on this article or to suggest a topic for Community Corner, email usarmy.riley.imcom.mbx.post-newspaper@mail.mil or visit my Facebook page at www.facebook.com/fortrilejgc.

K-State to hold Memorial Day ceremony

Monday event to honor Vietnam War's 50th anniversary

K-STATE NEWS

MANHATTAN — Kansas State University will host a special on-campus ceremony to commemorate Memorial Day and the 50th anniversary of the Vietnam War. The ceremony starts at 2 p.m. Monday, May 25, in front of the university's Vietnam Veterans Memorial. Media and members of the community are invited to attend the ceremony, which will include motorcycle riders and remarks from campus and community veterans. The memorial is on the south-east side of campus, directly east of All Faiths Chapel. The university is among the academic institutions selected to partner with the Department of Defense to commemorate the Vietnam War's 50th anniversary with events from 2015 to 2017. "We are bound by duty and humbled by our responsibility to remember the 42 fallen Kansas State University students who committed their lives to serving our nation during the Vietnam War," said retired Army Lt. Col. Art DeGroat, the university's executive di-



K-STATE NEWS

Kansas State University will host a May 25 ceremony to commemorate Memorial Day and the 50th anniversary of the Vietnam War.

rector of military and veterans affairs. "While our K-State Vietnam Memorial stands in honor to these fallen students every day on our campus, we as a grateful people need to assemble to hear their names be spoken in memorial so that we shall never forget them." For the Memorial Day ceremony, motorcycle riders will leave the Manhattan Town Center parking lot at 1:30 p.m. and arrive by 2 p.m. in the parking lot adjacent to the university's Vietnam Veteran's Memorial. The ceremony will include an introduction from retired

IF YOU GO

On-campus ceremony
» 2 p.m. Monday, May 25
» University's Vietnam Veterans Memorial Southeast side of campus, east of All Faiths Chapel, Manhattan
» Media and members of the community are invited to attend the event.

Col. Mike McDermott, the university's Vietnam commemoration chairman, and remarks from Ron Trewyn, the university's National Bio and Agro Defense Facility liaison and a Vietnam veteran.

Vietnam veteran Tom Fryer will read the names of the 42 Vietnam veterans inscribed on the university's memorial and Vietnam veteran Chuck Tannehill will play taps.

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FRIDAY, MAY 22
• CLOSED

SATURDAY, MAY 23
Studio Appreciation Advance Screening - Free Admission - Rated PG-13 at 1400. Tickets available starting 11 May at both Exchange Food Courts. Seating open to non-ticket holders 30 minutes prior to show time.

SUNDAY, MAY 24
• CLOSED

For movie titles and showtimes, call
785-239-9574

Forty-four student-athletes earn degrees

Total of 82 students graduated in fall and spring combined

K-STATE SPORTS

MANHATTAN, Kan. – Kansas State University held its spring commencement exercises on Saturday and among those receiving degrees were 44 current or former Wildcat student-athletes.

Highlighting the 44 graduates on the weekend were 13 members of the football team, nine members of the rowing squad, six women’s basketball student-athletes, six from track and field, five from the equestrian team, three from baseball, and two men’s basketball.

“It has been another great year for all of our student-athletes with the success they have achieved and these 44 student-athletes now have degrees to add to their accomplishments,” said Jill Shields, Senior Associate Athletics Director for Stu-



Photo courtesy Kenny Lannou | K-STATE SPORTS

Marquel Bryant, a member of the Kansas State University football team, received his degree in social sciences during a graduation ceremony over the weekend at Kansas State.

dent Services. “Each of these student-athletes has displayed a tremendous amount of commitment and determination during their time at K-State, and we are proud to now call them K-State graduates.”

K-State had another outstanding academic year in 2014-15 as a total of 82

current or former student-athletes earned degrees in the fall and spring. Also, a total of 125 student-athletes earned Academic All-Big 12 recognition this year, while 269 student-athletes were named to the Fall 2014 Big 12 Commissioner’s Honor Roll, the most since 2008.

“Earning a degree is one

of the best and most fulfilling accomplishments I’ve ever earned,” said K-State women’s basketball graduate Ashia Woods. “It was a long commitment that required discipline, intelligence and hard work, and I now feel like I’m well equipped to take on the real world.”

CYBERSECURITY Continued from page 13

that we teach students to have a better grasp of the vulnerabilities of these systems and how to protect them to prevent misuse.”

Unmanned aircraft systems use computer networking for critical control systems, communication, navigation, payload delivery and intelligence coordination from various land, sea, air and satellite platforms. One of the biggest cybersecurity threats is that as the applications of UAS grow, the potential of an organization interfering or taking command of the information control system also increases.

In the first UAS cybersecurity-focused class, students will learn basic principles of information security, or InfoSec, and risk analysis and assessment. They will study UAS information sources and components that examine the identification of cyberthreats and vulnerabilities to systems. In addition, students will create a taxonomy of risks and required countermeasures to mitigate the danger to UAS

MORE INFORMATION

• For more information on enrollment in the **Professional Master of Technology program** or to sign up for the first class, contact program director Raju Dandu at 785-826-2629 or rdandu@k-state.edu.

systems as well as investigate the drone crash database to identify potential threat exposure and correlate incidents to supervisory control and data acquisition, or SCADA, or cyberattack vectors.

Two more special topics courses for the UAS cybersecurity concentration will be offered in the fall and then a final two in spring 2016. For more information on enrollment in the Professional Master of Technology program or to sign up exclusively for the first class, contact program director Raju Dandu at 785-826-2629 or rdandu@k-state.edu.



Play a round at Custer Hill Golf Course.

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What skills are focused on?

- Self-awareness
- Self-regulation
- Optimism
- Mental Agility
- Strength of Character
- Connection

K-State part of research consortium

Group to help integrate unmanned aerial craft into national airspace

K-STATE NEWS

Kansas State University and Wichita State University have been selected to be part of a consortium of research universities to help the FAA safely integrate unmanned aerial vehicles into the national airspace.

K-State will work with the coalition that includes teams from Mississippi State University, Drexel University, Embry-Riddle Aeronautical University, Montana State University, New Mexico State University, Ohio State University, Oregon State University, University of Alabama-Huntsville, University of Alaska-Fairbanks, University of California, Davis, University of Kansas and the University of North Dakota.

Associate members include Auburn University, Concordia, Indiana State University, Louisiana Tech University, Tuskegee University, and University of Southampton.

Also part of the coalition is a team from North Carolina State, the home of the NextGen Air Transportation program.

North Carolina State's NextGen Air Transportation program is a core member of the Alliance for System Safety of UAS through Research Excellence team and will lead all University of North Carolina system research about the safe integration of UAS into the national airspace.

The ASSURE coalition was built to provide a balance of skills, knowledge, resources



J. Parker Roberts | 1ST INF. DIV.

A Raven unmanned aerial system takes flight Nov. 18 at Fort Riley's Training Area 75, launched by Soldiers of the 1st Inf. Div. during their 10-day training on the system. It was recently announced that K-State will work with a coalition to help the FAA safely integrate unmanned aerial vehicles into the national airspace.

GIVING THE FAA A HELPING HAND

• **Kansas State** will work with the coalition that includes teams from Mississippi State University, Drexel University, Embry-Riddle Aeronautical University, Montana State University, New Mexico State University, Ohio State University, Oregon State University, University of Alabama-Huntsville, University of Alaska-Fairbanks, University of California, Davis, University of Kansas and the University of North Dakota.

and experience that will be critical to the FAA's UAS research activities. NextGen has led the State of North Carolina's UAS efforts for the last three years and will be the national team's lead for Command and Control Communications research.

Command and Control Communications research is the development of an appropriate link between the unmanned aircraft and the control station

to support the required performance of the unmanned aircraft and to ensure that the pilot always maintains a threshold level of control of the aircraft.

Research activities support the safe integration of UAS through testing and development of secure, reliable and robust data links. These links ensure connectivity between aircraft and control stations, aircraft and air traffic control, and other users of the Nation-

al Airspace System. ASSURE will develop communications protocols and standards for evaluating the performance of links in nominal, contingency and emergency flight operation scenarios.

NextGen was established in 2012 under the North Carolina Department of Transportation's Division of Aviation; it has approval from the State of North Carolina and the FAA to conduct research operations for purposes such as agricultural research, emergency response, and surveying and mapping. In more than two years of flying, NextGen has more than 300 flights and 100 flight hours at 6 locations across the state. NextGen is continuing to develop the statewide infrastructure for research and operational UAS integration.

MENTAL Continued from page 13

You can help maintain good mental health by getting enough sleep, eating nutritious foods, exercising regularly, staying socially connected, practicing healthy behaviors and managing your daily stressors. Operation Live Well offers tips on ways to manage your mental health such as taking care of basic physical and emotional needs, staying connected and periodically assessing how things are go-

MORE ONLINE

• **Military Health System:** www.health.mil/Military-Health-Topics/Operation-Live-Well

ing in life. You can also find information on recognizing signs of trouble including excessive drinking, poor life choices, agitation or anger and withdrawing from family and friends.

Everyone should care about mental wellness. We

need to educate ourselves to recognize signs that something may be wrong in family members, friends, and colleagues. Sometimes the last person to recognize symptoms is the one who needs help, so keep an eye on loved ones. Mentally

healthy individuals are better able to cope with daily stress and overcome adversity resulting from long term stressors. As we highlight this observance and focus on mental wellness, we also can celebrate that most mental illnesses are both treatable and curable.

— *Karen S. Guice is principal deputy assistant secretary of Defense for Health Affairs*

POVERTY Continued from page 13

Last year's conversation brought together more than 150 people from all walks of life and identified more than 20 priorities. Some participants continued to collaborate throughout the year.

To encourage that continued effort, time will be allocated at the end of the day for action planning.

Judy Nickelson, VISTA coordinator at Washburn and organizer of the TCCOP

“We want to gather as many people in the poverty arena as possible, put them in the same room, and get them to talk to one another.”

MIKKI BURCHER | TCCOP ORAGANIZER

said goal is to “provide an opportunity for Topekans to make connections and build collaborations around poverty issues, to discuss what

is working and what isn't, to talk about their dreams and

visions for the Topeka community.”

For more information, contact Mikki Burcher at 620-253-0343 or Judy Nickelson at 785-670-2286 or email tcop@washburn.edu. Visit www.washburn.edu/tccop for more information, to register or to donate a scholarship.

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Sports & Recreation

IN BRIEF

BOWLING SPECIALS
Monday to Friday: From 11 a.m. to 1 p.m., pizza and salad buffet, \$6.99
Monday to Friday afternoon specials: From 11 a.m. to 1:30 p.m., \$2 games and \$2 shoes.
Wednesday to Friday: From 1 to 6 p.m., \$2.50 games and \$2 shoes.
Saturdays: From 11 a.m. to 6 p.m., \$2.50 games and \$2 shoes.
Sundays: From noon to 6 p.m., family fun, \$35 per lane, which includes two hours of bowling, one large two-topping pizza, two pitchers of soda and shoes for up to six people.
Evening specials:
Wednesday – Dollar Night: From 6 to 9 p.m., \$1 games and \$1 shoes.
Thursday – Quarter Mania: From 6 to 9 p.m., \$5 cover, which includes shoes and 50¢ games.
Friday – Red Pin: From 6 to 9 p.m., \$10 for 3 games with shoes and prizes
Extreme: From 9 p.m. to midnight. Cost is \$9, which includes shoes and up to three hours of bowling. Cost is \$7 for children.
Saturday – Extreme: From 6 p.m. to midnight. Cost is \$9, which includes shoes and up to three hours of bowling.

RUN FOR THE FALLEN
Honor the memory of our nation’s fallen heroes during Run for the Fallen, a 2-mile remembrance run set for Saturday, May 30 at Riley’s Conference Center.
Registration for Run for the Fallen is free and open to the public. On-site registration will begin at 7 a.m. and the run begins at 9 a.m. T-shirts will be available for advance purchase; more information will follow soon.
For more information, visit rileymwr.com/sports or call 785-240-2664.

OUTDOOR CLIMB TIME
Are you craving family fun? Outdoor Recreation offers you an exciting escape from your regular routine with Outdoor Climb Time, set for 10 a.m.-5 p.m. Saturday, May 30.
Trained staff will belay while you, your family, and your friends climb on the wall. Climbing costs \$5 per person and is open to climbers ages 10 and older.
Reserve your block of climbing time today! Pre-registration and payment are required. The Outdoor Recreation Center is located at 1806 Buffalo Soldier Drive. For more information about climb time, call Outdoor Rec at 785-239-2363 or visit rileymwr.com/odr.

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 information, visit 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.

“Most of my accomplishments can’t be measured with victories on the mat - most of them are measured in my heart and my mind: growing as a person, growing as a Soldier, growing as an adult, making that jump from boyhood to manhood.”
Shon Lewis | U.S. Army World Class Athlete Program



Two-time U.S. Open champion Sgt. Sharon Jacobson of the U.S. Army World Class Athlete Program won her first national title in 2006, took some time off, turned to mixed martial arts, and returned to the mat to win her first wrestling tournament in three years at the 2015 U.S. Open Wrestling Championships in Las Vegas, May 9.

Pinned, Matted

Army wrestlers grapple for team crown

By Tim Hipps
U.S. ARMY INSTALLATION MANAGEMENT COMMAND

LAS VEGAS – Army wrestlers won their first overall team title and 13th Greco-Roman team crown during the 2015 U.S. Open Wrestling Championships at the South Point Arena here, May 8 to 9.
Seven Soldiers won individual crowns to help the Black and Gold claim the team title for combined men’s Greco-Roman, men’s freestyle and women’s freestyle. Eleven of 29 Army competitors reached the finals of the national championships for Olympic-style wrestling.
“This started some years ago,” said Shon Lewis, head coach of the U.S. Army World Class Athlete Program, or WCAP, wrestlers stationed on Fort Carson, Colorado. “We started building a tradition and expectations and raising the bar, and I’ve just been fortunate enough to get a group of guys and gals that’s been able to say,

U.S. Army World Class Athlete Program

The program provides Soldier-athletes with support and training to compete and succeed in national and international competitions leading to Olympic and Paralympic Games, while maintaining a professional military career and promoting the U.S. Army to the world.



Tim Hipps | ARMY INSTALLATION MANAGEMENT COMMAND
U.S. Army World Class Athlete Program Capt. Jon Anderson throws Cesar Catalan en route to a quarterfinal victory in the Greco-Roman 85-kilogram division of the 2015 U.S. Open Wrestling Championships at the South Point Hotel Arena in Las Vegas, May 8.

See WRESTLING, page 18

Softball summer season starts



Maria Childs | POST
Spec. Chatham Williams, Company B, 299th Brigade Support Battalion, 1st Infantry Division, the softball during a May 12 game. Williams’ team won the game with a final score of 14-2. The season start was delayed by rain and is now in full swing.

By Maria Childs
1ST INF. DIV. POST

After the first week, the league was canceled due to flooded fields. The summer softball leagues scheduled to begin May 4 began May 11 at the Sacco Complex once field conditions improved.
The leagues include the community life men’s and women’s league as well as the annual summer intramural league.
With 15 games each night, intramural teams have their hands full.
Staff Sgt. Daniel Coelho, battalion master gunner, 1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, said he expects the season to be fun, long and at times painful. The shortstop has had three shoulder surgeries so he always plays through some pain.
“The enjoyment definitely outweighs the pain,” he said.
Coelho said he always dreamt of playing shortstop for the New York Yankees. Intramurals here keep that

dream alive while he’s pursuing other life goals.
“Obviously, my life choices turned out a little different being that I’m in the Army, but at least this allows me to live a little bit of my childhood and college dream,” Coelho said.
He said softball teaches his unit how to be more cohesive and to rely on each other more, just like in war.
“War, in my opinion, is just like a sport,” he said. “You have two teams fighting for a common goal, which is overall victory. You can’t win the game, or the war, all by yourself. It takes the whole team working together.”
Softball, like other intramural sports, increases resiliency by combining a team building activity with time to play.
Staff Sgt. Wayne McTeer, 299th Brigade Support Battalion, 2nd Armored Brigade Combat Team, 1st Infantry Division, said softball takes Soldiers away from stress at work and allows them to connect in different ways. He’s the coach for his unit team.
“With that connection it helps you to be able to bounce back and show resiliency that you may have never shown before,” McTeer said.
McTeer said he expects the season to go well because a lot of players from last year returned. He said those not returning were replaced with athletes who know how to place the ball when hitting.
“I really wasn’t sold on the team that I have, but I really am now,” he said. “We looked great out there.”

Sprinting into the Warrior Games



Sgt. 1st Class Sam Goldstein

EL PASO, Texas – A Soldier placed her right foot in the block and prepped for the energy she would need to sprint her way to a medal win during the Army Trials for the DoD Warrior Games.
Sgt. 1st Class Sam Goldenstein, a radiology technician with the 325th Combat Support Hospital in Independence, Missouri, took a gold medal in the women’s 400-meter and a silver medal in the women’s 1500-meter, 200-meter and 100-meter. She also took a silver medal in women’s upright cycling during trials at Fort Bliss, Texas, March 29 to April 2. For her, adaptive sports give her a chance to transition from being a distance runner to being both sprinter and cyclist.

“I used to be a distance runner,” she said. “I used to love to do half marathons. The Army Ten-Miler was one of my favorite races. The doctors told me to quit running. I always identified as being a runner. I would always go running. I miss it, but the Warrior Transition Unit, or WTU, pointed me to cycling, and now I absolutely love it now, and I honestly wouldn’t have tried it. Cycling is great exercise and keeps my pain down.”
Over her 12 years in the Reserve, Goldenstein has developed a hip impingement and has grade-four arthritis. She requires hip replacements. She said it can be challenging, but she is more focused on being competitive.
“I’m a 33-year-old female,” she said. “I thought my competition days were over, but when I found out about Warrior Games and the Army Trials, I was like, ‘Wow, I can actually be competitive again.’ When I ran, I never ran for personal records. I never thought I could be competitive again after I lost the running and especially after picking up a new sport at my age. Now I’ve actually hired a coach. I’m going into my first racing season this year and will see how that goes. It’s shown me that I can still do this, no matter what my disability is. It’s never over.”
Goldenstein is also the adaptive sports site coordinator at Fort Leonard Wood and encourages other wounded warriors to participate in adaptive sports and to try out for future Army Trials and the Veteran Affairs’ Valor Games. She uses one of her own teammates at the Army Trials as an example.

Staff Sgt. Cory Davis, an avionics mechanic who served for 21 years, after six weeks of training with Goldenstein, went to the Valor Games in October with a team from Fort Leonard Wood and medaled in shooting. He also did well in archery, though he had never shot a bow before.
“It gave him the confidence and excitement to come back and continue that sport,” she said. “He won a gold medal here at the Army Trials in shooting.”
Davis said Goldenstein helped him in his recovery.
“Sam’s great,” he said. “When I first got to the WTU, the adaptive sports program was pretty much non-existent. When my wife came to visit, she lit into the staff because most of my days, I spent in my room doing nothing. I was getting pretty depressed. Next thing I know, Sam comes in and says, ‘Cory, what do you want to do?’ She suggested archery and shooting. She just motivated me and right off the bat, we had Valor Games. She’s been great. She’s really inspired me to do more. She listens to us and gets us involved. She tries hard to make it as much fun as she can. Every time I see her, I smile.”
Goldenstein said she joined the Army because it was a family tradition.
“My dad was in the Army, and my sister was in the Reserves, and at 21, I thought, ‘The Army could be very beneficial for me, and I could help serve my country.’ With everything stirring up in Iraq at the time, I really wanted to go do something for these guys. I may not be on the front line, but I can help them in the hospital,” she said.
Goldenstein will continue to train for the 2015 Department of Defense Warrior Games on Marine

See Sprint, page 18

WRESTLING

Continued from page 17

“OK, coach, how high do you want me to go? I’ll go that high and a little bit higher.”

Two-time Olympian Sgt. Spenser Mango won his seventh U.S. Open crown with a 5-0 victory over 2013 World Team member Jesse Thielke in the finals of the 59-kilogram/130-pound Greco-Roman division.

“The coaches told me they really needed this win, and that was a first for me,” said Mango, 28, who recently moved up one weight division. “I’ve never been in that position because I always usually go first, being in the smallest weight class. But coach said, ‘Hey, this team race is close. We need you to pull this one out.’ He told me, ‘Hey, champ, bring it home for us.’ I had that hanging over my head, and one person you don’t want to let down is coach Lewis.

“So I went out there and gave it my all - got out, got an early lead, and stayed on them. If it was a different situation, maybe I would have tried a big throw or something, but I played it safe to-night. I went out there and scored my sure points, wrestled smart, and picked up the W.”

Lewis laughed when told what Mango said about being called upon to keep the Army in the championship hunt.

“He made his mind up a long time ago, before he got to Las Vegas, that he was going to get it done,” Lewis said.

Mango’s performance followed impressive runner-up finishes at the Hungarian Grand Prix and Pan American Championships.

“We have the World Championships in [Las] Vegas this year, so I’m just taking it one tournament at a time, trying to knock all these tournaments out, and that paves the road to Rio,” Mango said. “I’m grateful for this Army WCAP opportunity. I honestly don’t know what I’d be doing without it. I might be a Soldier for life.”

Sgt. Justin “Harry” Lester, an Olympian and two-time world bronze medalist, won his sixth U.S. Open title with a 7-2 victory over Pat Smith in the Greco-Roman 71-kilogram/156-pound weight class.

“I’m really feeling good this tournament; no major injuries; not hurting at all; weight cut went excellent,” Lester continued. “I didn’t get that many matches, but the matches I did get, I made them count. I got some moves in that I wanted to try, so it was a good tournament for me.”

Lester competed in the 2009 and 2014 World Championships. His goals are to compete at the 2015 World Championships in Las Vegas, and the 2016 Olympic Games in Rio de Janeiro, before assessing his military future.

“Joining the Army was a second wind for me,” said Lester, 31. “I got around a good group of people with the coaches and the athletes, and it was kind of like a revival for me and made me want to wrestle. I’ve got one more match to make this world team. I’ve got to get on top of that medal stand this year, and we’ll take it from there.”

“I’m very grateful for the opportunity IMCOM [U.S. Army Installation Management Command] and WCAP has given me, so it’s probably going to be time to give back to the Army. I have to figure out a way to serve my country in the best way that I can.”

Two-time U.S. World Team member WCAP Sgt. Caylor Williams, 24, cruised to a 13-1 technical fall victory over Kevin Beazley, at 98 kilograms/216 pounds, for his third consecutive U.S. Open Greco-Roman crown.

“Most of my accomplishments can’t be measured with victories on the mat - most of them are measured in my heart and my mind: growing as a person, growing as a Soldier, growing as an adult, making that jump from boyhood to manhood,” Williams said. “Before I joined the Army, I didn’t know what I was fighting for. I was just out there fighting. ... Now, like my drill sergeant told me, if you need motivation to figure out what you’re doing, look to your left and look to your right. Remember what you represent. That gives me strength. It’s everything. The way I feel about it right now, I feel like I’d want to be a Soldier for Life.”

Although Williams has three national crowns and two world championship appearances on his resume, Lewis expects him to improve immensely.

“He’s still green,” Lewis said. “He’s still got a high, high ceiling. He’s not even halfway there, I don’t think. If he’s able to stay healthy, and stays focused and determined, I think he’s going to do some great things.”

Two-time U.S. Open champion Sgt. Sharon Jacobson, 31, won her first national title in 2006, took some time off, turned to mixed martial arts, and returned to the mat to win her first wrestling tournament in three years. She prevailed with an action-packed, 12-9 victory over Jacarra Winchester in the 55-kilogram/121-pound finale.



Tim Hips | ARMY INSTALLATION MANAGEMENT COMMAND

U.S. Army World Class Athlete Program wrestling head coach Shon Lewis likes what he sees at the 2015 U.S. Open Wrestling Championships in Las Vegas, where Soldiers won their first overall team title and 13th consecutive Greco-Roman team crown at the South Point Arena in Las Vegas, May 8-9.

Two weeks earlier, Jacobson got punched in the eye during an Invicta Fighting Championships 12-mixed martial arts bout in Kansas City, but that did not deter her from wrestling in Las Vegas.

“I had a fight two weeks ago and my eye blew up,” Jacobson said. “They thought my orbital was broken, but it was good, so I was excited that I would still be able to compete here.”

Jacobson, too, is all aboard the Army train, although she may continue as a massage therapist instead of a wrestler.

“WCAP has been huge,” Jacobson said. “It’s such a blessing; it’s like a family. Everyone is supportive of everyone. If you’re fighting for your dream, they’re right behind you. I love WCAP and I love the Army. They really support dreams and bring good things and good attention to the military with WCAP. I’m so grateful for them that I do plan to stay in the 20.”

WCAP Sgt. Whitney Conder, 27, rallied to her third U.S. Open title with a 5-3 victory over Carlene Sluberski in the women’s 53-kilogram/116.5-pound division.

“She’s intense. She’s a fighter, and she’s going to lay it on the line,” Lewis said. “Our girls were just dynamite tonight.”

Two-time U.S. World Team member Capt. Leigh Provisor, 34, prevailed 6-1 over 2014 World Team member Jenna Burkert in the women’s 60-kilogram/132-pound finale for her second U.S. Open crown.

“My husband is an Olympian and he definitely gives me the insight on how to win,” said Provisor, the former Leigh Jaynes, who married Olympic wrestler Ben Provisor. “He gives me tips on the game plans and mentally what your opponents may be going through. He sees things that I don’t see, so I feel like I have a really great coach and a really great partner on my side.

“Along with the Army program, it’s really hard to lose with such a strong family and team unit. I thought at times, I was meeting a lot of obstacles in particular programs I was training in, where they didn’t believe in me like the team that believes in me now. Coach [Aaron] Sieracki told me how great I was today, and he’s been telling everybody he feels like I’m going to win nationals and how my training has been going well and how I look awesome in practice.

“I’ve never had that type of support system, unfortunately, throughout my career, and I really feel like that makes a big difference when you have people on your side. My home is with the black and gold.”

Provisor also exemplifies Soldier for Life qualities.

“I take it one match, one minute at a time,” she said. “I do

have my eyes set on Rio, but that’s a long-term goal, and I’m an officer so I plan in long-term, near-term, short-term. I work as a Soldier. For the past four or five years I’ve been in my Reserve unit and just doing my job over there.

“I love the Army. I love putting my uniform on. I love representing the United States, whether it’s on the mat or whether it’s in my uniform. I’ve already got 14 years in, you can’t get much more life than that, and I’m going to go all the way through as long as I can, and I’ll do something specific once I’m done wrestling, and I’ll continue my career doing something that’s important to the Army.”

In a battle of Soldiers, Pfc. Patrick Martinez earned his first U.S. Open crown with a 3-1 victory over Sgt. C.J. Myers in the 80-kilogram/176-pound Greco-Roman finale.

“We know each other’s style and all that,” said Martinez, 25. “He’s been around for awhile and I’m an up-and-comer, so I have to play catch-up. This [victory] means a lot.”

Olympic bronze medalist and two-time U.S. open champion WCAP Sgt. Randi Miller, 31, dropped a 4-3 decision in the 69-kilogram/152-pound women’s finale to seven-time U.S. Open champ Elena Pirozhkova, a 2012 World champion.

“I definitely don’t feel like ‘2008 Randi’ just yet, but I’m getting closer and closer,” said Miller, who during the summer of 2008, won an Olympic bronze medal in Beijing. “The Army WCAP teaches you a lot. It’s based on discipline and staying straight with day-to-day actions, and that helps a lot with controlling my diet - and just remembering the Army ways: discipline, motivated, dedicated.”

Capt. Jon Anderson, 30, finished runner-up in the 85-kilogram/187-pound Greco-Roman division after losing a technical fall 9-0 decision to four-time U.S. Open champ Jordan Holm, a two-time World Team member, who was named Outstanding Greco-Roman Wrestler of the tournament.

Army Pvt. Dillon Cowan lost by technical fall to three-time U.S. World Team member Andy Bisek in the 75-kilogram/165-pound Greco final.

The top two Greco-Roman finishers at the U.S. Open will advance to the U.S. Greco-Roman World Team Trials in Ithaca, New York, June 4. The U.S. Open champion will enter the trials with a 1-0 match lead over the runner-up in a best-of-three match series.

The U.S. Open men’s and women’s freestyle champions advance to the best-of-three finals at the U.S. World Team Freestyle Trials in Madison, Wisconsin, June 11-12. The top seven women and top five men in each weight class at the U.S. Open will compete in a challenge tournament for the right to earn a shot at the champs at the U.S. Freestyle World Team Trials.

Runners meet Custer’s Challenge, rain, mud

By Kalyn Curtis
1ST INF. DIV. POST

About 230 people participated in Custer’s Challenge, a non-competitive collaborative effort with the Directorate of Family and Morale, Welfare and Recreation sports and fitness department that took four months to plan twelve obstacles that spanned three miles dotted along a 5k course on Fort Riley’s famous Water Buffalo hill.

Some participants said the course was a nice challenge, but could have been harder. Others said it was just the right amount of difficulty. “Some people may have ran [up the hills], I climbed,” said Tammy Strassembert, participant in the Custer Challenge. Strassembert was visiting Fort Riley for mother’s day when her daughter signed her up for the Custer Challenge as a part of Strassembert’s mother’s day gift.

It wasn’t Stassembert’s first time in a challenge like this one.

“It was fun, I’ve done a few,” Strassembert said. “I’m older than the other kids here. The obstacles were tough toward the end, terrain was really hard. There were a lot of hills.”

Strassembert said the most challenging obstacle was the belly crawl, but she felt as if she

had accomplished the goal of completing the obstacle. Strassembert said the encouragement of Soldiers along the way did help out a bit.

Vincent Spencer, Fitness Coordinator with DFMWR, said the event was a success and had one of the biggest turnouts for a running event.

“It was good, we had 231 people,” Spencer said. “So it was a good turnout as far as our running events go, that was on the high end. We usually run around 200 for the “10-5-2,” so this was the higher event.”

Spencer said DFMWR plan to carry on the Custer’s Challenge next year, taking any feedback that was offered by participants at the end of this year’s race.

Later this summer, the 10-5-2 Prairie Run will be held on July 18th at King Field House. The event allows runners to choose if they want to run 10 miles, 5 miles, or 2 miles.

The 10 mile race is one of two qualifiers for the Army ten-miler in Washington D.C. The other qualifier is scheduled during Victory Week, June 8 to 12.

Registration for the 10-5-2 Prairie Run opens June 1 at www.rileymwr.com. The entry fee is \$12 per person through June 30, and \$15 per person after July 1.

SPRINT

Continued from page 1

Corps Base Quantico, Virginia, June 19 to 28.

Last year, she took a silver medal in women’s upright cycling, a silver in the women’s 1500- and 400-meter and a

bronze in the 200-meter at the Warrior Games.

Throughout the 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. Gold-stein said the most important aspect of the 2015 DOD Warrior Games is the camaraderie.

“We forge friendships, and we use each other to help us with our disabilities and because of camaraderie, it helps us heal,” she said.”



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Travel & Fun in Kansas

Drive the quilt trail, Reveal more Kansas

On barns, sheds, fences, homes, business buildings and mail boxes in 22 counties surrounding Fort Riley are blocks of colorful art called barn quilts. The designs are created the same way as those for a fabric quilt block but are painted on sheets of plywood and mounted outdoors for display. Like the fabric counterpart, size and color are set by the imagination of the designer.

The pattern for a particular barn quilt may be chosen for several reasons. It could be a replica of a fabric quilt within the household, tells a family or area story or it honors a loved one.

Quilt blocks could be a symbol rumored to be in use while the underground railroad was still active in the area. An internet search reveals names of quilt patterns said to provide instruction for those traveling along that freedom path. If a quilt sewn in the “flying geese” pattern was hanging on the line, then the traveler was to follow the direction of the birds and fly north if winter or south in summer to reach the next stop or signal on the railroad. But the facts of this story are clouded in unrecorded oral history and there are as many voices decrying the quilt symbology as there are explaining it. A little internet research reveals several theories.



Sometimes established quilt block patters are chosen because of their name. According to the American Barn Quilt website; the Corn and Beans pattern is popular among farmers. Sometimes, the barn quilt is simply one whose pattern is appealing to its creators or owners.

Barn quilts can be found in small communities and rural areas. Parts of the Kansas Barn Quilt Trail may include stops at galleries, farm stands, wineries, local restaurants and other points of interest that turn the journey into an individually tailored day trip.

Another visual between barn quilt sightings is the wildlife. Turkeys, deer, rabbits, hawks and foxes are found in all 22 counties making up this trail. Travelers can plan a trip around other roadside attractions and then check off as many quilt sightings as possible.

For information and maps to the Kansas Barn Quilt Trail, visit <http://www.ksflinthillsquilttrail.blogspot.com/p/home.html>. Registered quilts feature information about the places they are displayed and the people who erected them.



Courtesy photo

Not every building displaying a Kansas Quilt Trail block is a historic home or barn. This variation of the “Flying Geese” pattern is on a shed owned by Sue and Galen Hageman. Though most are on private property, they can be seen from a public road. When slowing or stopping to photograph these unique art forms, be careful not to block traffic. Pull completely off the road if possible and stop only where safe.



Courtesy photo

This “Corn ‘N Beans” quilt block is a traditional quilt pattern and a favorite of farmers along the Kansas Quilt Trail. The block is displayed at the Leuthold family farm near Manhattan, Kansas, and is dedicated to, “farmers and ranchers who put food on our tables every day,” according to information on the Kansas Quilt Trail website. It also represents two major crops grown in the area. Mark Leuthold picked the colors - John Deere green and yellow - the brand of tractors that have been a long family tradition. The block was presented to his Mother, Erma, who is well versed on the history of the community and encourages visitors to see the block on display.

IN BRIEF

For links to attractions and events in the Central Flint Hills Region, visit www.rileymnr.com and click on the Fort Riley and Central Flint Hills Region Calendar.

ABILENE

Event: Memorial Day events

When: The Ceremony is at 10:30 a.m., other events continue throughout the day.

Where: Eisenhower Presidential Library, Museum and Boyhood Home, 200 S.E. Fourth St.

Events throughout the day include a Memorial ceremony sponsored by the local Veterans of Foreign Wars and a concert by the Abilene Community Band.

Throughout the city other events include steam train rides at 10 a.m. and 2 p.m., Old Town Abilene re-enactments and carriage rides.

Cost: For admission prices to the museum, call 785-263-6700 or email eisenhower.library@nara.gov. Other events are either free or tickets are available on site.

JUNCTION CITY

Event: Arts in the Park

When: June 13

Where: Heritage Park

Events for the day start with the 3 kilometer Sunrise Run at 8 a.m. followed by a full day of art, history, music and shopping. Register for the run to ensure you get your goody bag (t-shirt, color powder, number, and miscellaneous items from some of our donors). the fee is \$25.00 per person, \$20.00 for students and military, and

\$30.00 for procrastinators who sign up after 1 June.

Kids events include a LEGO™ Contest and for older kids check out the car show at 6th and Washington. The art displays will be set up in Heritage Park at 6th and Washington and sie streets will feature area merchants and vendors.

PITTSBURG

Event: 2nd Annual Cow Creek Bluegrass Festival

When: June 13

Where: Lincoln Park

Cow Creek Bluegrass Festival hosts several bands to promote, the style of bluegrass, gospel, folk, old-time music.

For more information visit www.cowcreek-bluegrassfestival.com/ or call 620-231-8310.

ELLIS

Event: Cedar Bluff OK Kids Day

When: June 13 9 a.m. to 4 p.m.

Where: Cedar Bluff Reservoir State Park and Wildlife Area, 32001 147 Hwy, Ellis, KS 67637

Family fun includes a fishing derby with biggest fish contest, free hot dog feed, deer shed hunt, Geocache class, trap shooting, shot gun safety and shooting instructions, laser gun simulator, pheasant dart craft.

It will be a great day to get the family outside and enjoy this free event! Bring your fishing pole and smart phone or GPS. Worms will be provided, or bring your own magic bait!

Cost: Free for the whole family.