

THE **1**ST INFANTRY DIVISION POST

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Fort Riley, Kan.



Above: Col. John Reynolds III, commander, 1st ABCT, 1st Inf. Div., provides Kansas Sen. Pat Roberts an update on his brigade's post-deployment activities during an office call May 20 at the Hart Senate Building in Washington, D.C. **Below:** Col. Reynolds provides an overview of the "Devil" brigade's deployment to Kuwait and the support it provided during Operation Inherent Resolve to Senate Armed Services Committee staffers.



IN WASHINGTON

'Devil' Brigade Soldiers participate in Army Current Operations Engagement Tour

Story and photos by Maj. Fredrick Williams
1ST ABCT PUBLIC AFFAIRS

WASHINGTON – Seven "Devil" brigade Soldiers got an opportunity to share the 1st Armored Brigade Combat Team, 1st Infantry Division's accomplishments during their recent deployment as part of the Army Current Operations Engagement Tour from May 18 to 22 in the nation's capital.

The group, led by Col. John Reynolds III, 1st ABCT commander, shared

experiences gained during the brigade's deployment to Kuwait and Iraq with select members of Congress, congressional staffers, think tanks and members of the joint staff during several open and closed-door sessions.

The purpose of the tour was to help key audiences in the beltway better understand the Army's capabilities and provide a better understanding of Army contributions to national security.

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Fort Leavenworth guests explore equipment first-hand

Story and photo by J. Parker Roberts
1ST INF. DIV. PUBLIC AFFAIRS

Almost 40 documenters from the Army Force Management Support Agency Maneuver Division from Fort Leavenworth, Kansas, visited Fort Riley May 20 to see the vehicles and other equipment they keep track of on a daily basis and to meet the Soldiers who use those resources at home and abroad.

During their visit, the team got to hear about and explore Apache, Chinook and Kiowa helicopters at the 1st Combat Aviation Brigade, 1st Infantry Division. They climbed into tanks and other armored vehicles at a 1st Armored Brigade Combat Team motor pool and visited the U.S. Cavalry Museum.

"We have a number of people in our agency who have never really been to an Army unit to see what Soldiers do," said Robert Varney, a branch chief with USAFMMSA Maneuver Division at Fort Leavenworth.

Varney said the trip allowed those documenters an opportunity to familiarize themselves with the equipment they keep records on and gave those with previous military experience a chance to see what improvements have been made since their time in service.

"In the Army, if it exists, it has to exist on a document," the branch chief said. "Our folks in our agency do that documentation."

Almost every member of the office made the trip to Fort Riley, Varney said.

"This is the job today," he said, adding the excursion gave members of the team a new perspective on the equipment they track. "It's one thing to see pictures of something; it's another to be able to climb up inside."

Soldiers were on-hand at the various stops to speak with the documenters about the equipment and themselves.

"At the end of the day, it's all about the Soldiers," Varney said. "What we do supports what these guys and gals out here do."

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'Lifeline' spouses join their Soldiers for day of training

Story and photos By Capt. Andrew Cochran
2ND ABCT PUBLIC AFFAIRS

FORT RILEY, Kan. — The cool morning air slides across the pair struggling to cross the sand. Cries of encouragement are heard from the crowd. The most intense calls come from the one closest to her: "We're almost there, baby, we're almost there! Keep your head down and keep moving forward!"

With sides heaving and a final grunt, Tammie Martinez pulls herself out from under the barbed wire and to victory. Beaming, Sgt. Moises Martinez helps his wife to her feet.

"That was fun," Tammie shouts.

Spouses and their Soldiers continued to climb, crawl, run, cross and jump obstacles during the first John/Jane Wayne Spouses' Day May 8 for the 299th Brigade Support Battalion, 2nd Armored Brigade Combat Team, 1st Infantry Division.

Events included conquering Fort Riley's obstacle course and experiencing the post's Close Combat Tactical Trainer and Engagement Skills Trainer.

Lt. Col. C.J. King, commander of the "Lifeline" battalion, told spouses and Soldiers there wasn't any pressure to do anything they didn't want to do.

"You're going to have a lot of fun today, and the reason we are doing this is more than just having fun with your spouse," King said. "There is value in relationships between spouses being built horizontally across our organization."

"Six months from now, you might see someone you meet today in the store or the post office and say 'Hey, don't I know you from ...' Then you've already got a friend in the making."

That was the goal for Katie Guerra, a former service member who proposed the

See DAY, page 2

WRANGLING DOWNRANGE



Spc. Lakendra Stevens | COMBINED JOINT TASK FORCE-OPERATION INHERENT RESOLVE Maegan Ridley talks to 1st Infantry Division Soldiers, including Capt. Erik Anthes, left, during the Wrangler National Patriot Tour visit May 23 to Baghdad, Iraq. Ridley and her team performed music and instructed Soldiers on proper rope lassoing techniques during their visit.

Brighter futures begin at Combined Graduation Ceremony

By Andy Massanet
1ST INF. DIV. POST

The 55th Annual Combined College Graduation yielded more than 320 new beginnings as students picked up their diplomas during a ceremony at Riley's Conference Center May 21.

The commencement keynote speaker was Col. Andrew Cole, Jr., Fort Riley Garrison Commander.

Though not every graduate was present to walk the stage, 328 students graduated from the eight on-post colleges sponsored by Education Services: Central Michigan University, University of Mary, Upper Iowa University, Kansas State University, Southwestern University, Central Texas College, Hutchinson Community College and Barton Community College.

The graduates earned 245 associates degrees, 46 bachelors,

20 master's degrees and 17 certificates.

Fifty-three graduates were active duty Soldiers, 31 veterans or retirees, 152 family members, four Soldiers from National Guard and Reserve and five Department of the Army Civilians.

Graduating was the result of a great deal of hard work, Col. Cole said. "Being a Soldier is a

See CEREMONY, page 8



Col. Andrew Cole, Jr., Fort Riley Garrison Commander provides keynote remarks at the Combined Graduation Ceremony on May 21.

KayIn Curtis | 1st Inf. Div. Post

The next USAG Resilience Day Off will be:

June
12

SAFETY HOLIDAY

As of Thursday, June 4

149

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

HIGHLIGHTS



RUN FOR THE FALLEN HONORS THOSE WHO PAID THE ULTIMATE PRICE. SEE PAGE 13.

ALSO IN THIS ISSUE



FORT RILEY FAMILIES GAIN NEW HEALTHCARE OPTION SEE PAGE 2





Army Families have yet another option for health care

IACH PUBLIC AFFAIRS

Army healthcare is getting closer to Army Families outside the Fort Riley gates. In August, the Flint Hills Medical Home in Junction City will open to family beneficiaries as part of the Army’s commitment to improving access and continuity of care. “Access to care has been at the top of our priorities for improvement,” said Col. Risa Ware, Irwin Army Community Hospital Commander. The Flint Hills Medical Home is an extension of the hospital which serves about 42,000 beneficiaries.

“Primary care is the center of gravity at IACH. It makes continuity of care possible which leads to improved patient outcomes and a more efficient use of healthcare resources,” she said. At full capacity the medical home will provide care for 8,100 beneficiaries. The 12,500-square-foot facility will be outfitted with new equipment, feature lab and pharmacy services; and host up to seven medical providers, including behavioral health. Beneficiaries who live in the Junction City area or within a 30-minute drive will be eligible to

enroll, however any beneficiary who lives outside that radius can opt in as well. Junction City beneficiaries will be notified by mail of their new primary care team assignment. Fort Riley families who may wish to follow their primary care team to the Flint Hills Medical Home will also have the option to enroll. Active-duty Soldiers will continue to receive care at Fort Riley clinics to maintain continuity of care with their respective providers. Located at 623 Southwind Dr. in Junction City, the medical home is just one mile north off of Exit 295 Interstate 70.

DAY Continued from page 1

idea of a battalion spouses’ day. “I wanted the spouses to get together, get to know one another and build a better support system for each other,” Katie said. “I thought of the obstacle course as the original idea and it morphed into doing more team building exercises.” About 40 spouses and their Soldiers attended the event. Katie and her husband, Sgt. Jesus Guerra, liked the participation from Lifeline’s spouses as they tried all the obstacles. Katie’s favorite obstacle was “The Tough One,” a combination of rope climb, log walk, and cargo net climb and descent. “I’m impressed with what she went through,” Sgt. Guerra said. “She is afraid of heights, and for her to conquer that fear, it is great to see.” Other spouses chose different skills-builder obstacles for their own reasons. For Tammie, it was getting dirty beneath barbed wire. “My favorite obstacle was low crawling in the sand with my husband,” Tammie said. “I had fun doing all of the obstacles together with him.” With all the fun completing the obstacle course, both Martinezes said the fun was being out there together.

Summing up the completion of the obstacle course, Sgt. Martinez believed the whole event was great for showing the spouses something about the Army other than the normal work center. “This is a great thing to do for the spouses as they see what our Soldiers do during training rather than what we are working on in the motor pool or the office,” Sgt. Martinez said.



Above: Pvt. Amber Whitaker, a motor transport operator with Co. A, 299th BSB, 2nd ABCT, 1st Inf. Div., and her son go through the “Over/Under” at Fort Riley’s obstacle course during the John/Jane Wayne Spouses Day on May 8. At right: Tammie Martinez and her husband, Sgt. Moises Martinez, a motor transport operator, low crawl under barbed wire at Fort Riley’s obstacle course



TRAFFIC REPORT

ESTES ROAD

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

DICKMAN AVENUE

Road repairs on Dickman Avenue have begun and will continue until July 1. Dickman Avenue is closed at Pershing Avenue at the south end of the construction and just south of the AAFES gas station/Shoppette at Huebner and Dickman on the north end of the construction. Both entrances to the AAFES gas station/Shoppette will remain open.

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

TROOPER – MCCORMICK

Phase 2 of work on Trooper-McCormick has begun and will continue until April 30. The work closed the southbound side of Trooper, south of Fire Station Five to the intersection at Trooper and McCormick. All Trooper southbound traffic will detour at the roundabout at Trooper and Rifle Range Road to First Street. Phase 3 is scheduled to start April 30 and end May 7. This will close the northbound side of Trooper

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

HAMPTON PLACE

A portion of Hampton Place, from Jackson Avenue north to Ashby Drive, will be closed thru traffic through May. A pedestrian and bike detour is in place during this time. The closure is part of the demolition and construction project in the Warner Peterson Community. Access to Custer Hill Elementary School will be available from Ashby Avenue.

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

ACP HOURS OF OPERATION

Access control point hours are:
Four Corners/Trooper/Ogden: Open 24/7
Henry: Open 24/7
12th Street: Open from 4 a.m. to 7 p.m., Monday to Friday; closed on weekends and federal holidays.
Rifle Range: Open for construction vehicles only.
Grant: Open from 5 a.m. to 7 p.m., Monday to Friday; 8 a.m. to 5 p.m. Saturdays; closed Sundays and federal holidays.
Estes: Open from 5 a.m. to 7 p.m., Monday to Friday; closed weekends and federal holidays.

TORNADO SAFETY TIPS

PREPARING FOR A TORNADO

- Develop a plan of action.
- Pick a tornado safe room in your home.
- Have frequent drills.
- Have a NOAA Weather Radio with a warning alarm tone.
- Listen to radio and television for information.
- Sign up for Fort Riley AHHOText messaging alerts.
- If planning a trip outdoors, listen to forecasts.

SURVIVING A TORNADO

- Always remember “DUCK.”
 - DOWN TO THE LOWEST LEVEL
 - UNDER SOMETHING STURDY
 - COVER YOUR HEAD
 - KEEP IN THE SHELTER UNTIL THE STORM HAS PASSED
- Go to lowest level of the building, stay away from windows.
- If caught outdoors, seek shelter immediately.
- Get out of automobile and get into a sturdy structure or ditch. Or, buckle your seat belt and get below window level of your vehicle.

DEFINING A TORNADO

Tornadoes can occur at any time of day or night and at any time of year. A tornado is a violently rotating column of air extending from the base of a thunderstorm down to the ground. Tornadoes are capable of completely destroying well-made structures, uprooting trees and hurling objects through the air like deadly missiles.

• FORT RILEY EMERGENCY MANAGEMENT OFFICE (785) 240-0400

Managing ammunition requires close teamwork

By Kalyn Curtis
1ST INF. DIV. POST

Millions of bullets are used each year for training exercises at Fort Riley, Kansas. Tracking them is the job of the garrison ammunition manager.

Last year, he processed 902 ammunition requests, and received 15.7 million rounds of ammunition valued at about \$36 million.

On Fort Riley there is also an Ammunition manager at the 1st Infantry Division and she worked closely with George Scharff, the ammunition manager at the Garrison.

“He can’t work without me and I can’t work without him,” said Adrienne Watson, 1st Infantry Division Ammunition Manager. Watson worked directly with Scharff for nine years taking requests for ammunition and either approving or denying them.

Watson said both her and Scharff viewed ammunition accountability as critical because each unit is only given a certain amount of bullets to accomplish training in a fiscal year. "If they account for them as they should, they will subtract from that check-

ing account that they receive the amount of bullets that they received at the end of the year," Watson said. "And they should have that many bullets left at the end of the fiscal year."

She went on to say that Scharff believed accountability and forecasting ammunition is critical to ensuring training goes without a hitch. It was also a major factor in how much the department of the Army and Joint Munitions Command, are willing to ship ammunition to Fort Riley.

"If we don't accurately account for our bullets and forecast them correctly the Army and the JMC are paying a lot of money to ship bullets that are going to sit here and take a trip right back ...," Watson said. "... if you want it, forecast it, if you don't want it, don't use it and give it back to us, we will use it."

The ammunition supply point issues to the unit and the unit brings back what they do not use. The ammunition can be turned back in as live, which means it gets put back into the stockpile and can be issued to another unit. Ammunition can also be turned in

for recycling. Every transaction can be traced through computer accountability systems.

“[The] transaction is done in what is called SASMOD, it is a computer system that gives you a live feed on expenditures and turn-ins so that TAMIS, the system that we use, can accurately depict what they now have back in their account, or what has been used out of their account,” said Watson.

In addition to managing ammunition, George taught TAMIS, Total Ammunition Management Information System, to the National Guard, the Reserve and the Cadet Commands, bringing people from all over the United States to Fort Riley.

“His job was to train the sub ammunition managers,” said Clay Nauman Directorate of Plans, Training, Mobilization and Security Operations and Plans Chief. “So he would train the ammunition managers from the 1st Infantry Division, he would train anybody that came to Fort Riley for training. He would train people from other installations. They would actually come TDY (temporary duty) to Fort Riley to take a class on TAMIS.”

Another part of Scharff's job was to take accountability for blank rounds used during official events like Apple Days, an event Watson said Scharff was passionate about, along with other volunteer opportunities.

“That man should have been volunteer of the year,” said Watson. “He dedicated so much of his time toward volunteering. He would go around the office telling people what they could do to volunteer.”

Watson said George's motto and a phrase that he uttered as a closing statement to each person he talked to on the phone was "it's my pleasure to serve," a simple five worded phrase that Watson said she would remember forever.

George Schraff suffered a heart attack May 22, 2015 and passed away. George was fifty-nine years old.

After reminiscing about her friend and mentor of nine years, Watson shed a few tears. "He's my best friend," she said. "He still is. I don't know if I could ever have as much information as he did. I want to, but every day was a learning experience for me working with George."

AGENCY Continued from page 1

Pfc. Aaron Diaz, 2nd GSAB, 1st Avn. Regt., 1st CAB, 1st Inf. Div., talks to a group of documenters May 20 from the U.S. Army Force Management Support Agency Maneuver Division located at Fort Leavenworth, Kansas, as they prepare to explore a 1st CAB, 1st Inf. Div., Chinook helicopter at Fort Riley. Nearly 40 documenters visited the post to see the vehicles and other equipment they keep track of on a daily basis and to meet the Soldiers who use those resources at home and abroad.

The Fort Leavenworth USAFMSA builds the majority of the Tables of Organization and Equipment and Modified Tables of Organization and Equipment, documents that detail the organization, staff and equipment

of units for the 1st Inf. Div.
and Fort Riley.

"It was a different experience," said Luis Lopez, a management analyst with USAFM-SA at Fort Levenworth and a 29-year Army veteran who retired as a sergeant major at Fort

Riley in 2004. "The place has changed a lot, for the better."

Lopez said he was impressed to see more facilities on post for Soldiers.

"I've been around (the equipment), but technology has changed in 10 years," he

said. "It's new technology, new equipment, new guys that you talk to, the new Soldiers, who have plenty of knowledge."

Lopez said he would love to come back to Fort Riley every few years to see the continued changes.

Rally Point

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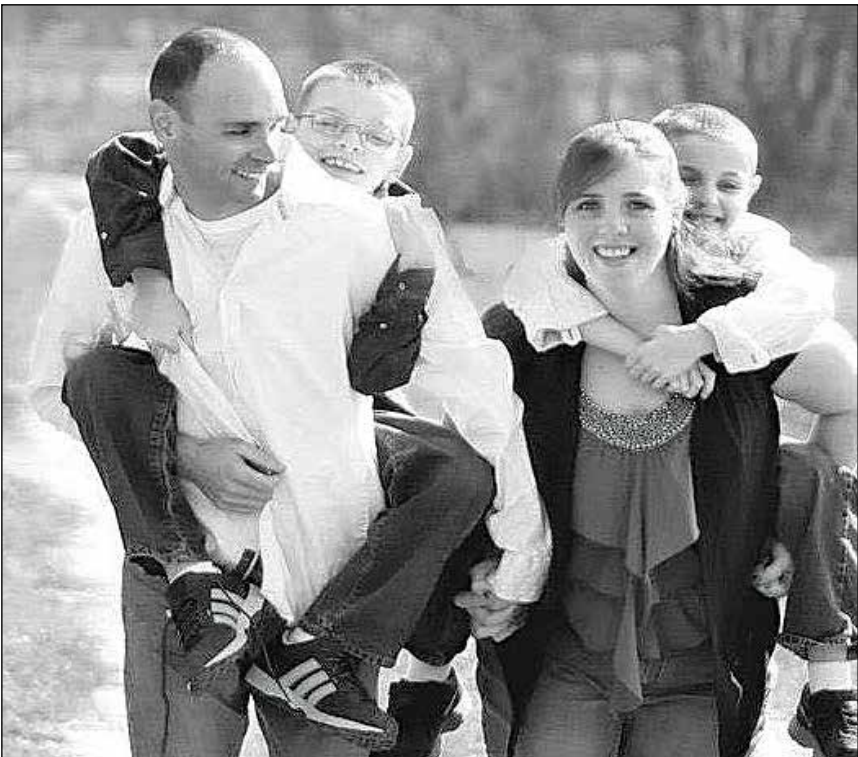
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TUESDAY TRIVIA CONTEST WINNER



The June 2 question:
“Regarding access control, what is the difference
between a Pass and a Badge?”

Sarah Caiafa correctly answered!
Her spouse, Sgt Paul Caiafa serves with Company B, 701st Brigade
Support Battalion, 4th Infantry Brigade Combat Team, 1st Infantry
Division - "Dragon" Brigade

In this photo:
Sgt Paul Caiafa, Sarah and their two sons.

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!**

Army researchers look for permanent end to Ebola virus

ECBC COMMUNICATIONS

MORE ON THIS STORY

ABERDEEN PROVING GROUND, Md. -- The U.S. Army Edgewood Chemical Biological Center, or ECBC, and the U.S. Army Medical Research Institute of Infectious Diseases are partnering to help expedite progress in the global fight against Ebola.

The Center is working with USAMRIID on two critical studies - a vaccine study and a biomarker study - that will advance the global fight against Ebola.

Ebola is a rare and deadly disease caused by infection with the Ebola virus. The largest Ebola outbreak in history, which began in December 2013, is ongoing. This disease has a high death rate - to date, there have been 22,000 cases and 9,000 deaths attributed to the recent outbreak - with no known cure or effective vaccine.

The USAMRIID, the Defense Department's lead laboratory for medical biological defense research, called upon the ECBC-US Army Medical Research Institute of Chemical Defense Mass Spectrometry Core Facility to assist with two ongoing Ebola research programs - characterizing a potential vaccine and identifying biomarkers of infection.

Gen. Daniel B. Allyn, vice chief of staff of the Army, commends Army researchers on their work combating the Ebola virus. SEE PAGE 5.

For the vaccine work, ECBC is analyzing several different vaccine preparations provided by USAMRIID to quantify VP40 and glycoprotein concentrations expressed in virus-like particles generated from Ebola (strains Zaire and Sudan). The aim is to monitor quality control of the vaccine production process and to determine if a correlation can be made between protective immunity and the amount of Ebola-specific structural proteins, GP and VP 40, present. This type of research is foundational in creating a long-term solution to a devastating disease.

“Our role was to quantitate the amount of protein present in each vaccine combination. With this information, we hope to better understand the varying degrees of protection observed during the vaccine study,” said Trevor Glaros, an ECBC mass spectrometry core facility manager leading the ECBC/USAMRIID Ebola collaboration.



Photo by ECBC Communications

Army Edgewood Chemical Biological Center and U.S. Army Medical Research Institute of Infectious Diseases researchers, with help from Thermo Fisher Scientific, are using the latest technology to help analyze biomarkers for a possible Ebola vaccine.

In addition to vaccine research, ECBC is supporting USAMRIID to discover Ebola-specific biomarkers in serum. The scientists will analyze Ebola-infected serum to discover a protein-based panel of biomarkers.

“The hope is that this panel of biomarkers will constitute a unique fingerprint for Ebola infection, which can be used to diagnose patients before symptoms develop,” stated Lisa Cazares, the USAMRIID researcher leading the project. A tool like

this would give first responders the ability to administer the appropriate care and the unprecedented ability to track the disease outbreak in real time.

“It is important for us to support our DOD partners with this kind of critical research,”

said Jennifer Sekowski, Ph.D., of ECBC. “Our goal in creating the Mass Spectrometry Core Facility in 2013 was to set up a collaborative resource for all of the DOD. We have what is necessary in place, so we are thrilled to be able to share it with our partners.”

WASHINGTON Continued from page 1

“The ACOET is great opportunity for the Army to bring in brigade leadership teams to provide members of Congress and joint staff with credible anecdotes from the unit’s recent deployment in an informal setting,” said Lt. Col. Chris Danbeck, an Army legislative liaison and former “Big Red One” Soldier. “We hope these engagements help our policy makers understand how current policies are impacting Soldiers in the fight.”

In addition to meeting with members of Congress and the joint staff, the group engaged the faculty and staff of three separate think tanks at the National Defense

University. They discussed deployment-related issues, primarily focusing on the brigade’s mission to build partner capacity.

They also talked about the advise and assist roles some of their Soldiers recently held in Iraq in support of Operation Inherent Resolve.

The National Defense University’s Near East South Asia Center and the College of International Security Affairs hosted the group May 21 to gain insights and to understand the complex issues associated with supporting multiple operations in both Kuwait and Iraq.

Reynolds used a series of slide presentations and short video clips to illustrate these issues, which spurred spirited discussions between the audience and the group.

Ultimately, Reynolds emphasized professionalism and trust was essential to the success of his brigade throughout the deployment.

“To hear how it’s done and to hear about the challenges was my biggest take away from today,” said Roger Kangas, academic dean and professor with the Near East South Asia Center for Strategic Studies. “How you can take a large organization like an armored brigade combat team, move it into the region to dif-

ferent locations in the range of countries this unit has worked with, is quite impressive.”

Reynolds, whose family lives in Hawaii, was also afforded the opportunity to meet briefly with U.S. Rep. Tulsi Gabbard of Hawaii and Kansas Sen. Pat Roberts as part of the week-long program.

Reynolds presented Roberts with a list of the brigade’s accomplishments and the two discussed the importance of remaining ready for the “next mission.”

“Successes don’t always make the news,” Roberts said. “I am proud of what your brigade and the division have accomplished.”

RILEY ROUNDTABLE

“What event are you most looking forward to during Victory Week and why?”



“Basketball because it is my favorite sport. I love everything about it.”

SPC. LABARRON SIMMONS
ALBANY, GEORGIA
HHB 1-5 Field Artillery,
1st Armored Brigade Combat Team



“We are not a part of Victory Week this year. But last year, we did sports. I loved basketball. We went against other batteries. It was always fun winning for bragging rights.”

SGT. KIMMONO WEST
ORLANDO, FLORIDA
HHB 1-5 Field Artillery,
1st Armored Brigade Combat Team



“This year, I’m doing the tug of war. We’ve competed in other events in the past, but I’ve been here for almost three years, and I’m getting ready to leave.”

SPC. JIM SMITH
STATESBORO, GEORGIA
1-5 FA, 1st Armored Brigade Combat Team



“I’m going to be on leave this year. But last year, I competed in volleyball. I played volleyball, and I love it.”

SPC. ANNA WILLIAMS
LUBBOCK, TEXAS
299 C company,
2nd Armored Brigade Combat Team



“I’m most looking to Victory Week as a whole because it builds camaraderie between me and my peers.”

SPC. STEPHAN RYCKMAN
LANSING, MICHIGAN
1-7 Batteries, C Company,
2nd Armored Brigade Combat Team

THE 1ST INFANTRY DIVISION POST

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Commentary

A LOOK TO THE FUTURE

Odierno: End-strength issue still unsettled

By C. Todd Lopez
ARNEWS

WASHINGTON – When the Army’s chief of staff retires this August, he said one thing he will be leaving for his successor is the unfinished business of how big the Army will be and how it will be appropriated. “I thought by now we would have had that resolved,” said Odierno, adding that uncertainty about the final size of the Army has brought “angst to our Soldiers.”

Odierno spoke May 28, during a media roundtable with the Defense Writers Group in Washington, D.C.

The final end strength of the Army – the total number of Soldiers that will be allowed to serve – is still “up in the air,” Odierno said. It is “based on what happens with the Congress and the president as they continue to wrestle what the budget would be.”

He predicts the issue will still be a concern for the new chief of staff for two to three years to come.

The general said that while popular consensus might hold that the Army is now at rest because it is largely out of Iraq and Afghanistan, the opposite is true. The Army has 143,000 Soldiers forward-stationed and deployed throughout the world today, he said.

Continued cuts to defense must stop, he said. “With the world the way it is today ... this is not the right time. We’ve taken enough out of defense. Let’s stop and move forward.”

Continued cuts will damage the Army’s modernization efforts and readiness into the next decade, the general said. “If we don’t get the dollars and continue down the road of sequestration, it’s going to affect readiness,” he said. “It’s going to put us in a readiness hole for five years. It’s going to put us in a modernization hole for 10 years. And our ability to continue to meet the current mission is going to be challenged.”

IRAQ

Security issues, such as the city of Ramadi being taken last week by the Islamic State - and Iraqi security forces fleeing instead of fighting - persist in Iraq. Just five years ago, the general had been optimistic about the future of the country.

“The violence in Iraq was at the lowest levels it had ever been. We saw the economies were starting to grow.



Staff Sgt. Steve Cortez | ARNEWS

Army Chief of Staff Gen. Ray Odierno speaks to Soldiers, assigned to Task Force 2-10th Assault Helicopter Battalion, 10th Mountain Division, at the Joint Readiness Training Center, La., April 22, 2015.

Oil was being exported at a higher rate. I felt very good. I thought we were on the right track. But then again, the political piece of it has not taken. They have not been able to overcome the mistrust they have between sects.”

The general said that mistrust and conflict between Sunni and Shia, for instance, represents the kind of fractures in Iraqi society that demand a leader strong enough to pull them together to create a stable country.

“It is incredibly disappointing to me, personally, what I have watched happen,” he said. “I felt in, September 2010, when I left, that we were on the right track. And I really believed at that time, that in five years, that Iraq would be doing very well. But frankly they have fallen apart.”

The general said he does not support sending combat formations to provide security to the country - a task he said the Iraqis themselves are best suited for. He did say additional advisors would be okay.

“Right now they feel we are okay with the numbers we have,” he said. “If they felt we need to increase that, I’d be supportive.”

Odierno also said that he believes that “embedded advisors,” which means U.S. Soldiers embedded with Iraqi combat units, could increase the effectiveness of those units.

“That puts us at much more risk,” he said. “We have not made that decision yet, and I don’t think that Gen. Austin [Gen. Lloyd Austin,

commander of U.S. Central Command] has asked for that capability.”

JOINT LIGHT TACTICAL VEHICLE

The Army has said it plans to purchase 49,099 joint light tactical vehicles, or JLTVs, and Odierno said the Army has “not walked away” from that commitment.

He said the JLTV is a vehicle the Army absolutely needs.

“I feel really good about what we’ve done with the JLTV,” he said. “I think the way we’ve developed the requirements, the way it is moving forward, is a really important step for us. I think as we move forward it will be a central piece of the Army.”

Odierno also said the Army might be looking for an ultra-light vehicle that will help move airborne Soldiers, who land as part of forcible entry operations. The Army might also be looking for a light reconnaissance vehicle, as well as “mobile-protected fire power” in light, medium and heavy versions. He also mentioned vertical lift, an infantry fighting vehicle, and “a lighter, tank-like vehicle.”

Using the Army Operating Concept, or AOC, as a guide, the general said, the Army has been reviewing 20 warfighting challenges and has identified “where the gaps and seams are” in terms of capability.

The effort is more holistic than it has been in the past, he said. The Army is looking

across all branches and centers of excellence, rather than at functional “stovepipes.”

“I think we are coming up with much better solutions. I think what you are going to see here, one of the things I am proud of is, we have established this AOC, we’ve looked at these 20 warfighting challenges, and I think now we can ease the way forward on how we start identifying near-team, mid-term and long-term gaps that we can now invest in.

In terms of future modernization and acquisition, Odierno criticized the Army’s previous concepts of acquisition, saying that the service had always looked for the best right up front.

“I think one of the problems we’ve had in the past is that we tried to build a perfect vehicle,” he said. “The requirements are so high, and they were difficult to meet, and it ended up being over budget and sometimes we found we couldn’t meet them.”

Now, he said, he believes that program development might “leave room for improvement” in new systems and that the Army tries to “become iterative in development of a program.”

He suggested a new system, where the first iteration of a new system might meet 80 percent of what the Army wants. Later iterations would reach a goal of 90 percent, and then 100 percent.

“That 80 percent is much better than what we have today,” he said. “And it’s easier to attain.”

ARMY MEDICINE

Allyn: Ebola work of Army medical researchers saved lives

By Ms. Lisa Ferdinando
ARNEWS

SILVER SPRING, Md. – Army medical researchers have made remarkable strides in protecting Soldiers and populations around the globe, said the Army’s vice chief of staff, citing a promising vaccine under development for Ebola.

“The rapid development of a promising vaccine illuminates the incredible ability and capacity of this team,” Gen. Daniel B. Allyn told researchers after touring the Walter Reed Army Institute of Research May 20.

A clinical trial at WRAIR of VSV-EBOV, a promising Ebola vaccine, preceded large-scale vaccine trials in Africa now. New vaccines like this one may help stave off future Ebola epidemics, Army researchers said.

The work of Army Medical Command, WRAIR and the US Army Medical Research Institute of Infectious Disease helped get the Ebola outbreak in West Africa under control, saving hundreds of thousands of lives, Allyn said.

The Ebola outbreak in West Africa was projected to

reach 1 million cases, Allyn said.

“This team ... helped stop it at 11,000 – that’s 989,000 lives saved,” he said. “What the Medical Command, specifically this team of professionals, achieved is absolutely remarkable.”

Ebola diagnostics and research in Liberia by the Army Medical Command led to rapid identification of infected individuals and helped get a handle on the epidemic according to MEDCOM officials. This Army Ebola response made managing a deadly infection successful, they said.

Allyn and the Army surgeon general, Lt. Gen. Patricia D. Horoho, spoke with researchers about biosecurity, vaccine development and manufacturing capability, and research on HIV, behavioral health, traumatic brain injury, Post-Traumatic Stress Disorder, and Ebola support.

“Army medical research plays a foundational role in the success of our all-volunteer force,” Allyn said. “The success of our Army relies on trust -- trust between Soldiers and the military institution, and trust

between the military and the American public.”

Allyn said the trust relies on a promise the Army will never send Soldiers on a mission unprepared. “And that we will do everything in our power to avoid a fair fight with our adversaries -- be it an enemy with tanks and mortars, a deadly disease like Ebola, or an invisible injury like post-traumatic stress.”

The research and medical advances, Horoho said, allow the Army and the armed forces to have a posture that allows for deployments around the globe.

“You all bring that dedication each and every day,” she said.

Researchers focus on futuristic capabilities, Horoho said, and answer the tough questions and have the persistence of not to give up because many trials fail.

“It’s the persistence and expertise that we show every day that allows us to get to success,” she said, noting those traits were displayed during the Ebola response and elsewhere around the world, allowing service members to deploy with confidence.

The role of researchers is more important than ever, Allyn said.

“Today we have just over 140,000 Soldiers forward-stationed and deployed globally across nearly 150 countries, so we will remain diligent as we posture our force to remain ready and protected from the diseases that exist around the globe,” he said.

In addition, Allyn said, researchers have done groundbreaking work for treating traumatic brain injury and Post-Traumatic Stress Disorder.

“Our understanding of how to treat these invisible injuries is directly attributable to the research done here,” Allyn said.

Col. Steven E. Braverman, commander of WRAIR – the largest and most diverse biomedical research laboratory in the Department of Defense – said the work of researchers makes a difference around the world.

“I think we’re all proud to say that we had a hand in Liberia being announced last week as being Ebola free,” Braverman said.

Army values key in detoxifying workplace

Story and photo by David Vergun
ARNEWS

WASHINGTON – Among the most effective strategies for dealing with workplace bullies and building effective teams and organizations is reinforcing values, Col. Kenneth Williams said.

Williams, who is with the Pentagon Chaplain's Office, spoke at a seminar: "The Toxic Workplace: Dealing with a Bully," here, May 27.

The Army Values, he pointed out, consists of loyalty, duty, respect, selfless service, honor, integrity and personal courage. Fostering an atmosphere of respect is paramount.

The other military services and many organizations have codes that are remarkably similar to the Army Values, he said, since those in attendance, included civilians and personnel from the other services.

Before showing how values can be used to detoxify the workplace, Williams went over the symptoms of bullying and let everyone share their own experiences.

Bullies are easily identifiable by some or most of the following characteristics, Williams said: public humiliation, name-calling, gossiping, teasing, withholding information, ignoring someone, preventing access to opportunities, imposing impossible standards or deadlines, failure to give credit, repeated reminders of



Col. Kenneth Williams, a Pentagon chaplain, speaks at a seminar titled: "The Toxic Workplace: Dealing with a Bully," at the Pentagon, May 27.

mistakes, manipulation, denial of wrongdoing, pitting folks against each other, arrogance and verbal abuse.

Williams asked the audience if they have ever encountered such a person. Everyone indicated that they had.

The chaplain then asked each to describe the effects this had on themselves and their organizations. Responses included stress, intimidation, feelings of

being devalued, decreased productivity, avoiding the bully and a stifling of communications.

Williams then cited research backing up some of these effects from Drs. Mitch Kusy and Elizabeth Holloway, who authored a study in the *Leader to Leader Journal*, titled "Cultivating a Culture of Respectful Engagement," in 2010.

They found that 68 percent of those surveyed, who

worked for bullies were less productive, 78 percent were less committed, 27 percent discouraged others from taking jobs with their employers and, "this is telling," 13 percent refused to use their employer's products.

Williams then asked attendees to share their own experiences.

A Soldier described dealing with a bully, who created a physically-hazardous workplace.

A female related dealing with a female toxic boss. She said many quit and "others tried to make her look good so she'd get promoted up and outside the organization, which is what happened. That's horrible to do that, but it was the only way out from underneath her."

The chaplain then made a revelation, saying he "worked for and with some very toxic people," one was a chaplain.

The chaplain, who was a bully, had "volumes of meetings that focused almost solely on himself," Williams said. He sent out "a lot of emails questioning status, behavior, decisions, public criticism and humiliation of other chaplains. When things went good, he said, 'look what I did.' When things went bad, he said, 'look at what you did.'"

First, showing what not to do, Williams said, is research from Dr. Barbara Broome, author of "Dealing with Sharks and Bullies in the Workplace," published in the *Association of Black Nursing Faculty Journal*, in 2008.

Broome equated bullies with sharks, since sharks usually have an exploratory look around to size up their prey. If the prey looks tasty and vulnerable, they go in for the kill.

In the same way as this, bullies size up their victims, Broome said. If the victims cry, go on the defensive or try to explain themselves, this incites more bullying. "The shark knows it's inflicted injury" and goes on a feeding frenzy, he said.

Also to be avoided, according to Broome, is ingratiating or befriending behaviors. This may work for a while, he said, but the shark can turn on you at any moment.

Williams summed up the research for dealing with bullies.

See VALUES, page 8

Operational Camouflage Pattern Army Combat Uniforms available July 1

ARNEWS

WASHINGTON – The Army announced today the release of the Operational Camouflage Pattern in Soldier uniforms. The Operational Camouflage Pattern will be available for purchase in select military clothing sales stores beginning, July 1.

Stores will receive the uniforms over a period of six months from July to November, and new Soldiers will receive Operational Camouflage Pattern Army Combat Uniforms, or ACUs, beginning in January 2016. The Operational Camouflage Pattern was selected following the most comprehensive uniform camou-

flage testing effort ever undertaken by the Army, reflecting the Army's paramount commitment to force protection.

Sgt. Maj. of the Army Daniel A. Dailey encouraged enlisted Soldiers to purchase new uniforms with their annual clothing allowance.

"All enlisted Soldiers," Dailey said, "receive an annual stipend for the purchase of uniforms and accessories. I myself will wait until I am issued my clothing allowance before purchasing a uniform with the Operational Camouflage Pattern. I encourage all Soldiers and leaders to do the same by budgeting for a new uniform, belt, boots, and T-shirts as you receive your

clothing allowance over the next 2-3 years."

The cost of the uniform in the Operational Camouflage Pattern will be similar to the cost of the uniform in the Universal Camouflage Pattern. Enlisted Soldiers will continue to receive a clothing allowance to replace their worn uniforms.

Uniforms and equipment in the Operational Camouflage Pattern will be available for U.S. Army National Guard, U.S. Army Reserve, and Senior Reserve Officer Training Corps during summer 2016.

Soldiers are authorized to mix and match T-shirts, belts, and

boots with either the Operation Enduring Freedom Camouflage Pattern or the Operational Camouflage Pattern during the transition period - expected to run through Oct. 1, 2019.

To further ease the change, Soldiers, who already have Flame Resistant ACUs in the Operational Enduring Freedom Camouflage Pattern, will be authorized to wear them during the transition.

"I have asked noncommissioned officers to ensure their Soldiers understand that during this transition period, several uniforms and variations will be authorized in our formations," Dailey said. "Presenting

a professional appearance is very important to Soldiers. But, we will not inconvenience or burden our troops. We will still be the most lethal fighting force the world has even known even if our belts don't match for the next few years."

In addition to the camouflage change, the Operational Camouflage Pattern ACUs will incorporate minor design changes. These include redesigned shoulder sleeve pockets with a zipper opening, no trouser drawstring, a button on the lower calf pocket, two pen pockets on the sleeve instead of three, and the elimination of the elbow and knee patch hook and loop.

Army computer scientist streamlines network science

By Jenna Brady
ARL PUBLIC AFFAIRS

ADELPHI, Md. (May 26, 2015) – Through the efforts of scientists at the Army Research Laboratory, the way to network science experimentation environments is designed, deployed and executed was streamlined.

Scientists can create virtual experimentation environments, automatically configured, from a web browser.

The system at the forefront of this innovation is the Dynamically Allocated Virtual Clustering Management System, or DAVC.

DAVC is an experimentation infrastructure that provides a means to create, deploy and manage virtual clusters of heterogeneous nodes within a cloud environment based on resource use like central processing unit load, available random-access memory, hard disk space and network use.

An experiment should be replicable, runnable and available to all research team members working on the project. Researchers should also be able to duplicate, modify and build upon existing experiment applications.

DAVC makes this possible and provides a controlled, repeatable research emulation environment, development and evaluation of network and information assurance algorithms for tactical networks.

Use of DAVC also means a reduction in cost and time when conducting network experiments.



Army Photo

Kelvin Marcus, Army Research Laboratory computer scientist and lead of the Dynamically Allocated Virtual Clustering Management System project is shown using the Dynamically Allocated Virtual Clustering Management System.

“Think of DAVC as a way for a researcher to create his or her personal sandbox, where he or she can build personalized network science experiments with experiment-specific features including the computing systems, networks, applications, hard disk space and RAM,” said Kelvin Marcus, ARL computer scientist and project lead.

“Instead of having to manually configure multiple physical machines individually for an experiment, researchers can request a virtual experimentation

cluster with the machines they need, and the capabilities they need the machines to have, through DAVC from their web browser,” Marcus said.

DAVC’s core virtualization service is composed from several components including the controller, the virtual machine repository, the host servers and the node provisioning client.

The controller is a web application that provides researchers with a simple web

See NETWORK, page 8

A collage of images related to Victory Week 2015. The top left shows a group of soldiers in blue t-shirts running on a track. The middle left shows a soldier in a black jersey playing flag football. The bottom left shows a soldier in a blue jersey holding a trophy. The right side of the collage features text boxes with information about Victory Week.

5 things you should know about VICTORY WEEK 2015

WHAT IS VICTORY WEEK?

Victory Week is an annual celebration hosted by the 1st Infantry Division. It typically takes place the week of the division's birthday (June 8) and the Army's birthday (June 14).

WHERE IS VICTORY WEEK?

Events take place across Fort Riley. Go to the division's Facebook page to find out where to watch sporting and other events.

WHAT HAPPENS DURING VICTORY WEEK?

Soldiers participate in athletic competitions with their units to win the Victory Cup. Events like soccer, flag football and the color guard competition earn units points toward the cup. While encouraging camaraderie and esprit de corps, Victory Week is also a time to remember those who died in service to the division during its proud history.

WHO CAN PARTICIPATE IN VICTORY WEEK?

Victory Week is for Soldiers and Airmen stationed at Fort Riley and Fort Leonard Wood, Missouri. Families and friends are invited to support their favorite units by attending most of the events.

HOW LONG HAS THE COMMANDER'S CUP BEEN AWARDED?

Since 2008, the battalion-sized unit that wins the most Victory Week events is awarded the Commander's Cup. Last year, the cup went to the Special Troops Battalion, 4th Infantry Brigade Combat Team.

#VictoryWeek2015 #VictoryWeek2015

VALUES Continued from page 6

• Keep a detailed log of observed toxic behaviors.

• Ensure your organization has strong policies against bullying and against retaliation for confronting bullies.

• Raise awareness about bullying and its deleterious affects.

• Conduct training on workplace policies on abuse and harassment.

While most people would probably try to avoid confronting bullies, this is a strategy that can actually work if done right, Williams said.

A tactful way to do this is to appeal to the bully’s sense of personal ambition and competitiveness with data-driven feedback. This is best done in private in a one-on-one talk, he said.

The Soldier, who earlier shared his experience about the hazardous workplace, vouched for this technique. He said he and his team collected data and facts on the hazards and presented it to him in a professional and non-

confrontational manner. When the bully could not refute the facts, he backed down.

Another tactic is to focus on your own internalized values, such as trust to guide your behavior, Williams said. In study after study, the organizations that have been shown to be the most effective, employ values-based leadership where it is used to evaluate performance.

People do what they are supposed to do in a trusting relationship that does not rely solely on rules for enforcement, he said. “Our behaviors either instill trust or detract from trust.”

It may be appropriate to confront the bully and remind him or her that certain behaviors detract from the organization’s trust and other values, he suggested.

Lastly, the “opposite of bullying is empowering,” he said. In a healthy organization, leaders “give people the power to act and make decisions. It’s all about trust.”



NETWORK Continued from page 7

interface for creating and managing their virtual clusters.

The web interface provides a way to access all of the machines within a researcher’s virtual cluster, and is used to upload and register researcher’s custom virtual machines with DAVC.

The researcher’s customized virtual machines are stored in DAVC’s repository.

Researchers can choose any combination of virtual machines stored in repository when creating a cluster, and it is the DAVC controller’s job to allocate copies of the selected virtual machines onto the DAVC host server hardware resources.

The DAVC controller is responsible for dynamically generating and auto-configuring the network settings and services.

This includes configuring virtual local area network settings, a step that ensures each researcher’s cluster is private and does not interfere with others operating within DAVC.

The node provisioning client runs within each virtual machine and completes DAVC’s configuration process by formatting the virtual machine hard drives and configuring network interfaces and services.

The researcher can use the DAVC controller’s web interface to log in to each virtual machine once this process completes.

Lastly, the DAVC controller exposes a powerful web service, which enables its interoperability with other applications requiring automated virtualization capabilities. Therefore, as an alternative to using DAVC directly, users can take advantage of DAVC’s rich feature set by integrating it in to his or her own application as a virtualization service layer.

Andrew Toth, computer scientist and lead for ARL’s secure mobile networking team, said Kelvin’s accomplishments with DAVC are potentially revolutionary in enabling collaborative experimentation in the network science domain.

“Kelvin’s achievement has resulted in virtualization capabilities tailored for network science typically not available in products such as Amazon Web Services or OpenStack. DAVC is tailored for the network science research community with emphasis on experimentation, stability and sharing,” Toth said. “DAVC will reduce the total network science experimentation cycle time by automating many of the tasks routinely performed by the researcher. Responses from our collaborators have been positive, and we are looking forward to making DAVC available on the ARL public website,” Toth said.



KayIn Curtis | 1st Inf. Div. Post
Graduates earned 245 associates degrees, 46 bachelors, 20 master’ degrees and 17 certificates at the Combined Graduation Ceremony May 21

CEREMONY Continued from page 1

full-time job. It takes a special person to say yes to serve our country ... then endure a rigorous college curriculum. That requires an extra-special amount of dedication and motivation. I admire you for your integrity and commitment you’ve exhibited to make it here today.”

Cole recognized the students’ hard work.

“As members of the Army

family, you know all too well the importance of freedom and justice,” said Cole. “And you know the importance of education. Many of you burned the midnight oil studying, completing your homework and taking exams after a long day’s work ... and some of you completed your courses while serving thousands of miles away on assignments and deployments.”

RECENT RESULTS OF COURTS-MARTIAL

May 18, 2015, Pvt Randy Reyes, HHC, 2-16 IN (R) (P), 4IBCT was tried at a general court-martial, pled and was found guilty of three specifications of sexual abuse of a child. A military judge sentenced him to be reduced to the grade of E-1, to be confined for 120 days, and to be discharged from the service with a Bad-Conduct Discharge.

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

DELAYED WORK CALL FOR GARRISON WORK FORCE

Due to closure of Huebner Rd between Lower Brick Row and Ogden Gate from 6:15 - 8:45 a.m., Wed., June 10, the Garrison Commander has authorized a 9 a.m. work call for the US Army Garrison civilian workforce. Consult your supervisor for details. Temporary road closure provides safety for participants in the 10-Miler run, part of 1st Infantry Division and Fort Riley Victory Week.

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 . 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>

SPOUSES' SIP AND CHAT

Spouses of active duty service members are welcome to join USO Fort Riley for coffee, snacks, friends and fellowship from 9:30 to 11 a.m. on the fourth Wednesday each month. USO Fort Riley is located at 6918 Trooper Drive. For more information, call 785-240-5326.

RILEY RIDE

Heading to Aggieville for drinks? Get home to Fort Riley safely with Riley Ride. The transportation service is open to all Department of Defense ID cardholders and runs Friday and Saturday evenings. For more information, call 785-239-5614.

COSMIC BINGO MUSTACHE BASH

Enjoy some cash prizes, drink specials, minute to win it games, and karaoke at Rally Point on June 20. Doors open at 6 p.m. event starts at 7 p.m. Admission is \$15, which includes a bingo package and mustache swag. The event is open to all DOD ID card holders and their guests ages 16 and older.

For more information, call 785-784-5733.

Resources available to potential home buyers

Home buying seminars address credit approval process, closings and more

By Kalyn Curtis
1ST INF. DIV. POST

"For a first-time home buyer, this is the biggest purchase you're going to make in your life and a thirty-year

SEMINAR IN JULY

• The Fort Riley Housing Office's next home buying seminar will be in the first week of July. For more information about how to register for the class, call the Fort Riley Housing Office at (785) 239-3525.

mortgage can be pretty scary," said Elbert Newman, Chief of Housing Services.

The Fort Riley Housing Office offers monthly home buying seminars during PCS season and quarterly free

home buying seminars throughout the year, designed to help Soldiers and family members with knowledge on procedures for selecting a qualified real estate agent and applying for a loan.

"Our Home buying seminar is a basic home buying 101 presentation," Newman said. "It is geared towards the first-time home buyer. Through these seminars, it is not our intent to

See HOME BUYERS, page 12



go with the

FLOW

ABOVE AND BELOW: Staff Sgt. Corey Jackson, a former Fort Riley Soldier and now mechanic with the U.S. Army Reserve's 450th Movement Control Battalion out of Manhattan, Kansas, takes part in a relaxation exercise after a yoga session May 7 at USO Fort Riley. Jackson and his wife Stephanie both practiced yoga as part of the USO's Flow: A Yoga Experience, three weeks of free classes for beginners.

USO offers yoga for beginners

Story and photos by Amanda Kim Stairrett
1ST INF. DIV. PUBLIC AFFAIRS OFFICE


It didn't take a whole lot of convincing to get Staff Sgt. Corey Jackson on a yoga mat. His wife, Stephanie, took advantage of a free class offered by USO Fort Riley and instructor Beth Funk.

"I liked it so much, I signed up for the second," Stephanie said May 7.

She convinced Corey, who has a minor back injury, to attend with her and "he ended up doing very well," she said.

The couple spent their Mondays and Thursdays for the next few weeks in the USO Fort Riley yoga studio – converted from the organization's regular library and computer lab – with other beginners for Flow: A Yoga Experience. The free class was so popular, the organization and instructor began a third round of classes May 28 that are scheduled through mid-June.

See YOGA, page 12



"For me, it's putting it all together — all the different ways to identify the trigger and handling it appropriately."

REBEKAH SIMMONS
MILITARY SPOUSE

Training increases spouse resiliency

Latest class addresses building self-awareness, strength of character

By Maria Childs
1ST INF. DIV. POST

The concept of spouse resiliency is part of the Army system of values. Families are behind Soldiers day-in and day-out supporting their mission. Leaders at Fort Riley ensure resources are made available to those family members.

Army Community Service staff and volunteers offer several kinds of resiliency training events such as the Spouse Resiliency Training that took place May 26 through 29 in Building 7264. The training was designed to focus on increasing self-awareness, self-regulation, mental agility and strength of character.

Danielle Corenchuk, an Army Community Service volunteer instructor, is a military spouse herself. She was part of the 2009 training pilot group and then she started teaching the class.

She said she hopes each spouse walks away with a better understanding of themselves and the challenges they face as military spouses every day.

"Even if we don't look into the world of deployment, which comes with its own set of challenges, on a day to day basis they experience irregular schedules, planning around unit's schedules and other things that come up on very short notice," Corenchuk said of Army spouses.

Corenchuk, who works as a life coach, uses some of her professional techniques when volunteering as a resiliency trainer. The session includes relaxation activities such as crafts, eating snacks and networking with other spouses.

"They need to know what they are thinking and the tools that are available," Corenchuk said.

Learning about their own thought processes and how to remain in control when stress is high is the main point of the class.

Spouse Rebekah Simmons volunteers at ACS, so she had two reasons to attend this training. She said she wanted to better help those she works with at ACS as well as add tools to her

See RESILIENCY, page 12



Siblings Wesley Vaughn, 6, and Roslyn Vaughn, 9, read their books after checking them out at the Fort Riley Post Library's Summer Reading Program Kick-off Party May 30. The readers can read chapter books or picture books depending on their age group and must gain 35 points to complete the program.

Library party gets summer rolling

Event allows children opportunity to learn about summer reading program

Story and photos by Maria Childs
1ST INF. DIV. POST

The Fort Riley Post Library started the summer with a party to increase enthusiasm about the summer reading program. The party was held May 30 at the library and there was a variety of activities to help kids become more involved this summer.

MORE INFORMATION

• For more information about the **summer reading program**, call the Fort Riley post Library at 785-239-5305.

Erin Hardie, military spouse, enrolled her daughter, 7-year-old Maggie, and her friend Maliah Balancier in the program. Although this is the first time she participated in the reading program, Hardie said she is happy programs like this are available to balance out summer activities.

She's not alone. Scholastic, a publisher of books and educational materials, conducted a survey exploring family attitudes about reading. Three quarters of parents with children between the ages of 6 and 17 said they wish their child read more books and did more things that did not involve screen time and electronics.

Erin said there will be plenty of entertaining opportunities for Maggie, but she wants the summer to include some educational fun as well.

"As it goes on, I'm happy to know (Maggie) is motivated to do it," Hardie

See READING, page 11

COMMUNITY CORNER

Recall the significance of June: the birthday of the Army

By Col. Andrew Cole
GARRISON COMMANDER

It should not be a secret the reason Soldiers of the 1st Infantry Division celebrate Victory Week in June is the significance of the month in Army history. Along with the D-Day anniversary – 71 years ago as of June 6 this year– Soldiers also observe the Army birthday.

The Army turns 240-years-old June 14. Born in 1775, it is the nation’s oldest military service – several months older than the Marine Corps and the Navy. As such it has worked with the other branches to

serve as the major guarantor of the Republic.

According to John R. Maass, a historian for the Army Center of Military History, when the American Revolution broke out, the rebellious colonies did not possess an army in the modern sense. Rather, revolutionaries fielded an amateur force brought together from various New England militia companies.



Colonel Cole

The American volunteers were led, equipped, armed, paid for and supported by the colonies from which they were raised.In the spring of 1775, this army was about to confront British troops near Boston.

Recognizing the need to enlist the support of all of the American seaboard colonies, the Massachusetts Provincial Congress appealed to the Second Continental Congress in Philadelphia to assume authority for the New England army.

Again, according to Maass, at John Adams’ request, Congress voted to “adopt” the

Boston troops on June 14, although there is no written record of this decision. Also on this day, Congress resolved to form a committee “to bring in a draft of rules and regulations for the government of the Army,” and voted \$2 million to support the forces around Boston, and those at New York City.

Moreover, Congress authorized the formation of ten companies of expert riflemen from Pennsylvania, Maryland and Virginia, which were directed to march to Boston to support the New England militia. These were the first troops Congress agreed to pay

from its own funds and later became the 1st Continental Regiment.George Washington received his appointment as commander-in-chief of the Continental Army the next day and formally took command at Boston July 3, 1775.

For 240 years, Soldiers and civilians like those at Fort Riley today, have helped the Army become the strategic land power of the American military, and as such we are called upon to prevent, shape and win against our adversaries.

We celebrate 240 Years of Our Profession. As a professional Army, Soldiers continue

to demonstrate competence, commitment and character in defense of our nation. America’s Army professionals conduct themselves consistently with the Army ethic; worthy of our profession.

An Army professional strives to adhere to five essential characteristics of trust, military expertise, honorable service, esprit de corps and stewardship.

– *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/fortrilegy.*

Fort Riley scholars earn scholarships

Corvias Foundation presents \$50K awards to two area graduates

By Andy Massanet
1ST INF. DIV. POST

Two high school graduates from Fort Riley earned \$50,000 college scholarships from the Corvias Foundation.

The recipients were Samantha Gameros, a graduate of Manhattan High School, and Benedikt Reynolds, a graduate of Junction City High School.

Gameros’s achievements include involvement with the National Honor Society, Medical Explorers and choir. She also volunteered in her community. She plans to pursue her interests in biochemistry and biology at Kansas State University.

Her father is Sgt. 1st Class Santos Gameros of the 601st Combat Aviation Battalion, 1st Infantry Division.

“It’s really awesome,” said Samantha’s mother Rebecca Gameros. “She wants to be a doctor so this money will make it possible for her to study and not have to worry about finding a job.”

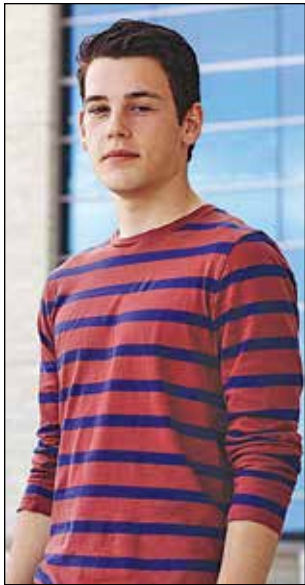
Rebecca said Samantha, who graduated with a 4.38 grade-point average on a five-point scale, may wish to eventually specialize in orthopedic surgery.

Benedikt Reynolds’s achievements include participation in jazz band, photography, filmmaking and swimming. His grade-point average was 3.7 on a four-point scale. He also completed an internship at the Massachusetts Institute of Technology.

He plans to attend Brandeis University in Massachusetts to study human factors psychology and industrial design.

His father is Col. John Reynolds who is assigned to the 1st Infantry Division.

“We are extremely proud,” said Benedikt’s mother Andrea Reynolds, “You know, there are



COURTESY PHOTOS

The Corvias Foundation presented Samantha Gameros, left, a graduate Manhattan High School, and Benedikt Reynolds, a graduate of Junction City High School, \$50,000 college scholarships. Gameros plans to pursue her interests in biochemistry and biology at Kansas State University. Reynolds plans to attend Brandeis University in Massachusetts to study human factors psychology and industrial design.

“The Foundation has been providing scholarships for almost a decade, and I’m still amazed each year by the impressive backgrounds and professional goals we read in the submissions. This is yet another wonderful class of scholars we’re adding to our family.”

MARIA MONTALVO | CORVIAS FOUNDATION

so many scholarship opportunities out there and you just never know which ones will work out, so we just told him ‘apply, apply, apply.’ So we are just very happy.”

This year, the Corvias Foundation awarded 11 college scholarships of as much as \$50,000 to outstanding high school students, marking the 10th class of scholarship recipients.

Since 2006, the Corvias Foundation has awarded nearly \$6 million through more than 300 scholarships and educational grants to military children and spouses.

The foundation awarded \$550,000 this year. Among this year’s scholarship recipients are aspiring anthropologists, biologists, neuroscientists, pharmacists and teachers.

The scholarships provide reliable, recurring financial assistance over each student’s four years of study, as well as a support network committed to academic and professional growth.

Students receive up to \$12,500 per year for a maximum of four years to pursue a secondary education at any college or university around the country.

WANT TO APPLY?

• Online scholarship applications are available each November at www.corviasfoundation.org. For more information, call 401-228-2836.

“Every year we’re excited to reward hard-working and ambitious scholars with these scholarships,” said Maria Montalvo, Foundation Executive Director. “The Foundation has been providing scholarships for almost a decade, and I’m still amazed each year by the impressive backgrounds and professional goals we read in the submissions. This is yet another wonderful class of scholars we’re adding to our family.”

The Corvias Foundation awarded the scholarships based on merit and need. Each student was required to respond to four questions that highlighted different aspects of their lives as students and as members of an active-duty military family.

“A person’s college experience is about much more than just the academic component,” said John Picerne. “While the knowledge and professional skills one attains are extremely important, this is also a critical time for personal development. The scholarships will help these young scholars live out that true college experience and get the most out of the opportunity.”

The Corvias Foundation is the charitable arm of the Corvias Group, a privately-owned company that works through a network of through trusted partnerships.

Corvias Military Living, which manages Fort Riley’s on-post housing areas, is a division of the Corvias Group.

Online scholarship applications are available each November at www.corviasfoundation.org.

For more information, call 401-228-2836.

K-State alum gives gift of lab space to College of Veterinary Medicine

Annual gift for use by new vector-borne disease center

K-STATE NEWS

MANHATTAN — Kelly Lechtenberg, Oakland, Nebraska, CEO of Midwest Veterinary Services and Central States Research Centre of Oakland, has provided a sustaining annual gift of biosecurity level-2 laboratory space for use by the new Center of Excellence for Vector-Borne Diseases in the College of Veterinary Medicine at K-State.

The interdisciplinary research center has a mission to combat vector-borne diseases with a focus on pathogenesis, surveillance and disease prevention.

A K-State alumnus, Lechtenberg earned a Doctor of Veterinary Medicine from the College of Veterinary Medicine in 1987 and a doctorate in 1988.

“Dr. Lechtenberg is a wonderful person who is making a big difference in supporting the center,” said Roman Ganta, professor and director of the center. “We will use this facility to maintain a sustainable K-State Tick Rearing Facility, which is part of the new center. This facility is already in progress and its goals include supporting K-State faculty research focused on ticks. It also will serve as a one-of-a-kind resource for tick researchers at other academic institutions and industry.”

“We are pleased to assist Dr. Ganta and his team in

continuing their very important work with vector-borne diseases,” Lechtenberg said. “Roman and the rest of the Center of Excellence for Vector-Borne Diseases team are passionate about their work and have an urgency of mission that makes this project bound for success. I am confident that we will see this team contribute greatly to our knowledge of disease transmission and be instrumental in developing interventions that make outdoor life safer for people, their pets and the livestock entrusted to their care.”

“Dr. Lechtenberg has a long history of generously supporting programs and facilities in the college,” said Ralph Richardson, dean of the College of Veterinary Medicine. “He truly understands the research mission and what it takes to succeed in achieving long-term goals. This gift relieves a huge burden on the college and university in trying to secure the necessary space to help our programs to grow. We cannot thank him enough for helping to make this happen.”

The center is active in developing a network to build research programs focused on tick and other vector-borne diseases of importance to human and animal diseases, including foreign animal diseases, to promote strong collaborations among Kansas State University faculty who have shared interests, as well as faculty and researchers at other academic institutions and industry in the U.S. and abroad.

Department of Defense works to combat childhood obesity

Agency suggests multiple strategies, programs in campaign

DOO

The Let's Move! campaign, initiated by First Lady Michelle Obama, is an inclusive, wide-ranging program designed to help battle the problem of childhood obesity by embracing a number of different approaches. Guidelines within the program are directed toward not only parents and caregivers, but also towards schools, community leaders, elected officials, health care providers and private sector companies, outlining roles that each can play to improve the health and future well-being of the nation's youth. The campaign provides helpful tips and strategies that:

- Encourage parents to set a good example for their children by modeling a healthy diet and participating in regular physical activity
- Encourage schools to create a healthy learning environment for children and youth, and to incorporate nutrition and physical education into the school day
- Urge community leaders to initiate and coordinate activities that promote healthy living
- Aim directives at elected officials, health care providers and food prep professionals that address the roles that they can play in reducing childhood obesity

"5-2-1-0" STRATEGY

Strategies such as 5-2-1-0, based on existing guidelines (for example, ChooseMyPlate, physical activity guidelines, and sedentary behavior guidelines), support the ideas, philosophies and goals within the Let's Move! campaign. Such strategies establish guidelines for specific evidence-based practices that help to reduce the prevalence of childhood obesity, including healthy eating, physical activity, and reducing 'screen time.' Specifically, the 5-2-1-0 strategy promotes the following daily goals for youth:

- Greater than five servings of fruits and vegetables
- Less than two hours of screen time

DID YOU KNOW?

• **Department of Defense Youth Polls in 2010** reported that approximately 25 to 35 percent of military youth intend to enlist in military service as adults. Therefore, raising healthy and fit children to become healthy and fit adults is essential to building a strong nation and a strong military.

- More than one hour of moderate-to-vigorous physical activity
 - Zero sugar-sweetened drinks each day
- Among civilian communities across the nation that have put the 5-2-1-0 strategy into practice, children have reported adopting healthier lifestyle habits.
- Department of Defense Youth Polls in 2010 reported that approximately 25 to 35 percent of military youth intend to enlist in military service as adults. Therefore, raising healthy and fit children to become healthy and fit adults is essential to building a strong nation and a strong military.

I AM MOVING, I AM LEARNING PROGRAM

In addition, the I Am Moving, I Am Learning program is a proactive approach used among Head Start pre-school aged children, and comprised of the 5-2-1-0 strategies. This program is gaining momentum in reaching a broader contingent of early childhood professionals. The program goals are to:

- Increase the quantity of time spent in moderate-to-vigorous physical activity during daily routines to meet the national guidelines for physical activity
- Improve the quality of structured movement experiences intentionally facilitated by adults
- Promote everyday healthy nutrition choices

A collaborative effort between the military services, the DoD, and its land grant university partner, the University of Nebraska-Lincoln, brings together a cadre of early care and education professionals to a regional I Am Moving, I Am Learning 'Train the Trainers' workshop. This joint approach will increase the cadre of trainers available to child care providers within military child development programs.

workshop. This joint approach will increase the cadre of trainers available to child care providers within military child development programs.

CLEARINGHOUSE FOR MILITARY FAMILY READINESS

Further, the DoD, and specifically, the Office of the Deputy Assistant Secretary of Defense for Military Community and Family Policy, has partnered with The Pennsylvania State University to develop the Clearinghouse for Military Family Readiness. Within the Clearinghouse, the Resource Center for the Prevention of Military Child Obesity was developed as part of the strategic plan to support the DoD's commitment to addressing the obesity epidemic in America.

The DoD's Child Obesity Work Group tasked the Clearinghouse's resource center with identifying evidence-based programs and services that employ strategies like those described above within 5-2-1-0. Through this research, the Clearinghouse is infusing empirical evidence into the military's efforts to prevent childhood obesity. Further, the resource center is an interactive, searchable, web-based platform developed for professionals to more effectively address child obesity as well as obesity among the military families they serve.

The Clearinghouse's resource center team has reviewed the evidence from more than 220 programs and services related to the prevention or treatment of obesity in children and adults. Staff members review program materials, including websites, curricula and both peer-reviewed and non-peer reviewed research evaluating its effectiveness. Using only peer-reviewed, published data, programs are placed in the appropriate category on the Clearinghouse's continuum of evidence. Fact sheets are also developed for each program and can be found on the Clearinghouse website.

The Clearinghouse's resource center staff will continue to expand its database in the coming months and will serve as a resource for those working to prevent and treat childhood obesity in military families.

Kansas extends in-state tuition rates

Benefits go to current members of armed forces and veterans

K-STATE NEWS

Kansas Gov. Sam Brownback signed bill HB 2154 into law Friday, May 29. The new

law allows for all veterans with federal education benefits and current members of the armed forces to receive in-state tuition regardless of time spent in the state.

"This generous act by our leaders continues the legacy of Kansas being a military-inclusive state that genuinely cares for service members, their

families and veterans," said Art DeGroat, Kansas State University director of military affairs. "This new act will allow all veterans to realize the amazing value of Kansas public education, workforce opportunity and well-being.

Read the Kansas Board of Regents news release for more information.

READING Continued from page 9

said. "She's interested. I mentioned it to her, and she was enthusiastic about it."

Maggie said she loves reading chapter books. "They are interesting," Maggie said.

Balancier agreed with Maggie saying her favorite book was Harry Potter because she really liked the school the characters attend. She loves the imagination behind the books, and that is what motivates her to read.

The summer reading program gives children a reading chart to fill out every time they complete a book. They include the book's title and

MORE INFORMATION

- To successfully complete the library's **summer reading program**, children must have 35 points.

how many pages the book was, and the children earn points based on that information. The chart must be turned in once a week during regular business hours at the library.

To successfully complete the program, children must have 35 points. In addition to reading, children also can gain

points by attending story time at the library or by completing special assignments when at the library.

Maggie's mother knows second grade will be more of a challenge on the reading scale. She said teachers have told her there are more book reports and assignments based around reading.

"I just don't want her to let go of the reading skill throughout the summer," Hardie said.

For more information about the summer reading program, call the library at 785-239-5305.

1ST INFANTRY DIVISION

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June 8-12



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Children younger than 5 are admitted free.



FRIDAY, JUNE 5

- Paul Blart: Mall Cop 2 (PG) 7 P.M.

SATURDAY, JUNE 6

- Little Boy (PG-13) 2 P.M.
- The Age Of Adaline (PG-13) 7 P.M.

SUNDAY, JUNE 7

- Unfriended (R) 5 P.M.

For movie titles and showtimes, call

785-239-9574

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YOGA Continued from page 9

Flow: A Yoga Experience is “designed for individuals new to yoga who have a desire to explore the art of yoga in a safe, warm, comfortable setting,” according to information from USO Fort Riley.

“It’s been wonderful,” Corey said May 7. “That’s about it. One word.”

He said his back is feeling much better and yoga has allowed him to move a little bit better than before. Though the Jacksons have completed the three-week session, they both said they planned to continue practicing.

Funk was in a similar situation as Corey when she began yoga. After suffering from a back injury that was significantly impacting her life, she turned to yoga after attempting other remedies.

For Funk, practicing yoga went beyond finding relief from the pain.

“Learning to control my breath and find stillness on my mat taught me how to do the same thing in my life off the mat,” she said. “The more I practiced, the better I felt, inside and out.”

Funk said she hoped to share that with as many people as possible.

“Our military families need it and they deserve it,” she said. “Our families are incredibly resilient, but the more tools we have at our fingertips the stronger we can become. ... I want them to see that despite the day-to-day challenges they face, they are amazing and strong just as they are. Everything they need is already inside them. As people learn how to step away from chaos and pain and find peace in the present moment, they will develop the strength and courage to overcome any obstacle.”



Amanda Kim Stairrett | 1ST INF. DIV.
Beth Funk leads a yoga class May 7 at USO Fort Riley. Funk, who has practiced yoga for two and a half years and taught for six months, teamed with USO Fort Riley to offer classes two days a week for beginners. Flow: A Yoga Experience, was so popular a third three-week session began recently.

“We know how important resilience is and we know our military families are resilient,” Funk said. “The more tools we have under our belt, the better off we’re going to be. Our families, our spouses, they go through a lot and being able to provide something like this for them is very important.”

Corey, a former Fort Riley Soldier, is now a mechanic in the U.S. Army Reserve’s 450th Movement Control Battalion out of Manhattan, Kansas. Stephanie said she liked staying involved at Fort Riley through organizations like USO and Morale, Welfare and Recreation.

“We’re just very thankful for the USO,” Stephanie said. “Very thankful.”

Opportunities like the free yoga class gave Army spouses

another way to bond than just through the on-post neighborhood community. It allowed spouses to see that there was more on post than the bad stories they might hear, she added.

“This is a safe place,” she said. “This is where you’re going to meet people like Mrs. Beth Funk and get to be friends and understand how things work here on post. It’s just a whole different lifestyle. ... It’s how I choose to be an Army wife at this point.”

Funk has been an Army spouse for almost 30 years and has been teaching yoga for about six months.

“I feel so fortunate to have this opportunity to support our amazing Fort Riley USO,” Funk said. “The mission of the USO is to raise the spirits of our troops and families, and I think yoga is a wonderful vehicle to do just that.”

The Jacksons are vocal about their support for not only the USO, but yoga. Corey said Soldiers would benefit from units incorporating yoga into their physical training as it helps heal the injuries Soldiers encounter in their daily jobs. He even had a message for yoga critics: “They’ve got to come try it one time. They have to come try it one time and they will feel a big difference.”

Though the second round of Flow: A Yoga Experience is already underway at USO Fort Riley, those interested in future or other programs can find the organization in Building 6918 on Trooper Drive next to the Burger King on Custer Hill. USO Fort Riley is also on Facebook at www.facebook.com/USOFtRiley.

Kalyn Curtis of the 1st Inf. Div. Post contributed to this story.

RESILIENCY Continued from page 9

personal life to handle situations better.

“For me, it’s putting it all together – all the different ways to identify the trigger and handling it appropriately,” Simmons said. “When I think of those things, I think more about my personal life than my professional life.”

Her colleague, Courtney Neill, who is also a military spouse, said her greatest take away from the training is stress management.

“I think for me it’s been thinking less emotionally and more rationally,” Neill said. “I feel like my mind is always spinning. So just learning how to slow down my thoughts...”

Simmons and Neill agreed carrying the tools from training to their interaction with clients at ACS is a benefit on the job.

Attendees were mostly spouses, but members of the community also joined the group to learn more about military families. Molly Schuckman is a teacher at



Maria Childs | POST
Kathleen Witcher, military spouse, (left) and Molly Schuckman, teacher at Freshman Success Academy in Junction City, Kansas (right), react to the teacher’s comments during Resiliency Spouse Training May 28 at Army Community Service. The training is one of the many programs offered to military families and the community.

Freshman Success Academy in Junction City, Kansas. She said she came to the training to become better acquainted with the parents’ military language so that she could better understand what the children are hearing from their parents.

“I want to make sure the kids are getting the same language as the parents,” Schuckman said.

Another session of spouse resiliency training is scheduled for August 17 through 20. For more information about spouse programs, call ACS at 785-239-9435.

HOME BUYERS Continued from page 9

discourage a soldier from buying a house or to encourage them to buy a house, but to educate them so they can make a decision based on their wants and needs and where they are at right now.”

During the seminar, lending professionals from outside agencies walk the potential homebuyers through the credit approval process, explaining to them the escrow procedures and closing costs.

Some of the advice that realtor Krysten Ross, Remax Real Estate in Junction City, gave the attendees included doing some research before homebuyers go to their first showing.

The first step is the pre-approval process, but before talking to a bank, homebuyers are encouraged to:

- Talk with your bank or other desired banking institutions
- Set a budget
- Discuss loan options
- Determine VA certificate eligibility.

“Soldiers need to be cautious of what websites they are using and be careful of the information they give those websites.”

ELBERT NEWMAN | CHIEF, HOUSING SERVICES

DID YOU KNOW?

• The first step to a successful home buying experience is the **pre-approval process.**

- Determine how much money are you willing to put down
- Find out he closing costs.

The next step would be to discuss what the homebuyer is looking for, this creates a mutual understanding if there are multiple homebuyers involved.

- How many bedrooms?
- How large of a garage?
- Is a basement desired?
- Square footage desired.

- Number of bathrooms.

Newman cautions first-time homebuyers from using sources that are not well known and trusted sources. He said to refrain from submitting your information to uncredited websites that could be after personal information.

“There’s a wealth of information on the internet some valid and some not,” Newman said. “Soldiers need to be cautious of what websites they are using and be careful of the information they give those websites.”

The next home buying seminar will be in the first week of July. For more information about how to register for the class, call the Fort Riley Housing Office at (785) 239-3525.

A colorful poster for "101 Days of Summer" from June 1 to September 10. The poster features a large sun with the number "101" inside it. Below the sun, it says "Days of Summer" in a bubbly font. There are cartoon characters of children playing golf and bowling. A banner in the middle says "GET YOUR CARD - GO BOWLING - PLAY GOLF - WIN PRIZES!" and "THE MORE YOU PLAY, THE BETTER YOUR CHANCES OF WINNING!". Below this, there are two boxes for "Custer Hill Golf Course" and "Custer Hill Bowling Center" with details for kids 16 and under. At the bottom, there are two prize boxes: "Golf Grand Prize: Set of kids' clubs with rounds of golf" and "Bowling Grand Prize: Bowling ball and bag with games of bowling". A central box says "A VALUE OF OVER \$100 EACH!".

Sports & Recreation

★ MAY 29, 2015

HOME OF THE BIG RED ONE

PAGE 13 ★

IN BRIEF

BOWLING SPECIALS

Monday to Friday, 11 a.m. to 1:30 p.m. \$2 games, \$2 shoes
Wednesday to Friday, 1 to 6 p.m. \$2.50 games, \$2 shoes
Saturday, 11 a.m. to 6 p.m. \$2.50 games, \$2 shoes
Evening Specials
Wednesday, 6 to 9 p.m. Dollar Night, \$1 games, \$1 shoes
Thursday, 6 to 9 p.m. Red Pin, \$10 for 3 games, includes shoes and prizes
Friday, 6 to 9 p.m. Quarter Mania, \$7.50 cover, includes shoes, 25¢ games
Friday, 9 p.m. to midnight. Extreme Bowling, \$9, includes shoes and up to 3 hours of bowling, \$7 for children.
Saturday, 6 p.m. to midnight. Extreme Bowling, \$9, includes shoes and up to 3 hours of bowling, \$7 for children
Sunday, noon to 6 p.m. Family Fun Day, \$35 per lane, includes two hours of bowling, one large two-topping pizza, two pitchers of any soft drink and shoes for up to six bowlers.

FUN IN THE SUN

The weather is warming up, days are getting longer, and it's time for some Fun in the Sun! Join the Fort Riley Marina for Fun in the Sun from 10 a.m.-3 p.m. Saturday, June 13 and check out all the marina has to offer.
Take advantage of free water craft rides, free canoe and kayak usage, inflatable play stations and even free food, too! The Fort Riley Marina is located at 7112 Highway 82 on Milford Lake.
For more information, visit rileymwr.com/odr or call 785-239-2363.

ANNUAL CAR SHOW

The Fort Riley annual car show is scheduled for 9 a.m. to 3:30 p.m. June 20 at McCormick Park. Registration takes place from 9 a.m. to noon. Registration is \$20 the day of the event.
Advance registration is \$15 and begins June 1 at Auto Skills.
The event is free and open to all. For more information, call 785-239-9764.

PT GOLF

PT Golf runs through Aug. 27 on Thursdays at 6:30 a.m. at Custer Hill Golf Course. PT Golf is open to platoon-level four-person teams. It is a nine-hole alternate shot format and players run from shot to shot. Teams get the following four clubs: driver, seven-iron, wedge and a putter. Teams may use their own clubs but must stick to those four.
For more information, call 785-784-6000.

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.



Maria Childs | 1ST INF. DIV. POST

Soldiers with the Better Opportunities for Single Soldiers group run toward the finish at Run for the Fallen May 30 at Riley's Conference Center. More than 700 Soldiers and family members participated in the event. The run began and ended at the Center, but took place throughout the post.

Run for the Fallen

By Maria Childs
1ST INF. DIV. POST

The back of Sgt. Adam Stroik's shirt read "Never Leave a Fallen Comrade."

The sign attached to the Savage, Minnesota native's backpack displayed the total number of deaths of all service members killed in action in the Global War on Terrorism.

The backside of the sign showcased a memorial for his buddy and mentor, Staff Sgt. Mark Stets, Jr.

In these ways, the meaning of which transcends the act itself, Stroik, maintenance supervisor from the 526th Quartermaster Composite Supply Company, 541st Combat Sustainment Support Battalion, 1st Infantry Division, gave tribute to his Fallen Comrades.

He was one of more than 700 Soldiers and family members who participated in Run for the Fallen May 30 at Riley's Conference Center. The run began and ended at the Center, but took place throughout the post.

Stroik deployed to Iraq twice. During one of those deployments, in 2010, Stets was killed in action.

Stroik said for that reason, the run was very personal to him, and he wanted to help raise awareness about those who paid the ultimate sacrifice.

"I just hope to get more people involved," Stroik said. "When people see me they ask

me questions. I want them to ask me questions because I want them to want to know the story."

Stroik was running with the Better Opportunities for Single Soldiers group. Stroik travels around the United States to participate in events that bring awareness to Soldiers who gave their life while serving their country. This included a run last month in Virginia Beach, Virginia.

"I think it is very important to raise awareness to our Gold Star Families and all the families of the fallen and their friends," Stroik said.

Although most were there to help raise awareness. For others, the run was personal in a different way.

Sara Smith, military spouse, ran with her son. Her husband was currently at drill school, and couldn't make the run, so she said it was the least she could do.

"I haven't personally known someone who has passed," Smith said. "My husband lost a Soldier in Afghanistan a few years ago and I have seen the effect it has had on him and his friends ... It's so simple yet it means so much."

Smith said during the run, she was trying to help her son understand the appreciation their family has for those who gave their lives.

"It's a nice way to honor someone's memory," Smith said.

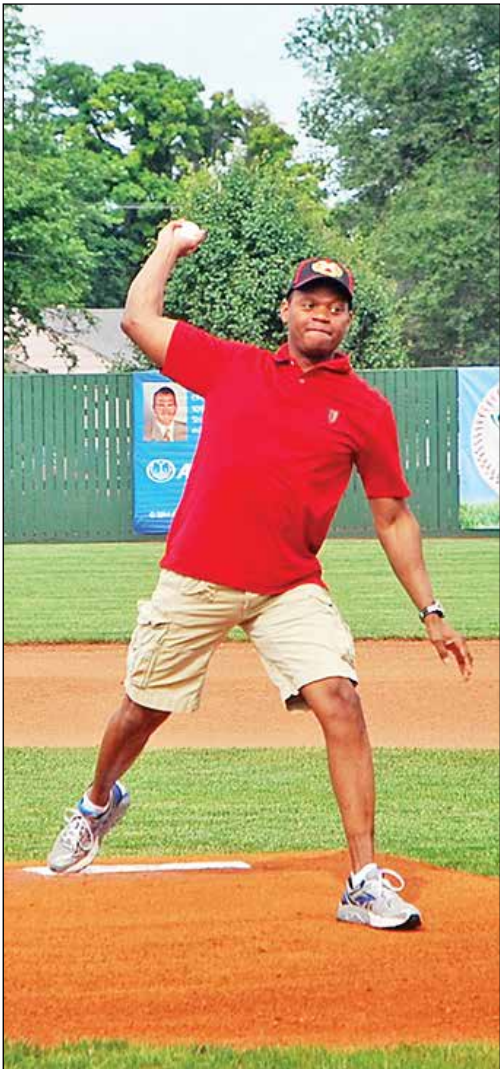
The 1st Infantry Division and Fort Riley did not lose a Soldier in action during the past 12 months.



Maria Childs | POST

Sgt. Adam Stroik, maintenance supervisor from the 526th Quartermaster Composite Supply Company, 541st Combat Sustainment Support Battalion, 1st Infantry Division, paces himself during the 4-mile Run for the Fallen May 30, which began at Riley's Conference Center. Stroik is displaying a sign that shows a memorial for his buddy and mentor Staff Sgt. Mark Stets, Jr.

THE WIND UP



Derek Smith | SPECIAL TO THE POST

Fort Riley Garrison Commander Col. Andrew Cole, Jr. throws a pitch before the 5 p.m. Junction City Brigade baseball game at Rathert Stadium in Junction City, Kansas May 31. First pitches are a ceremonial honor given to people the home team chooses to honor. This game was dedicated as a military appreciation event.

2015 Membership Packages

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Southall wants another gold at Warrior Games

By Shannon Collins
DOD NEWS DEFENSE MEDIA ACTIVITY

FORT MEADE, Md. – Monica Southall hopes to continue her gold-medal winning streak at the Army Trials for the 2015 Department of Defense Warrior Games, scheduled for June 19-28. So far she has placed first in both the shot put and discus.

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 on Quantico Marine Corps Base, Virginia.

Medically retired as an Army sergeant, Southall served 12 years in the Army National Guard as an automated logistics specialist. She earned her first gold medal at the Warrior Games in seated shot put in 2010. In 2012, she won gold in standing shot put, and her team won gold in sitting volleyball.

In 2013, Southall won gold in standing shot put and discus and her team took silver in sitting volleyball. In 2014, she took gold in standing shot put and discus and her team took the bronze medal in sitting volleyball.

At the Army Trials, on Fort Bliss, Texas, March 29-April 2, her sitting volleyball team also finished third.

Growing up in Suffolk, Virginia, Southall has always been an athlete.

“I was a big athlete in high school,” she said. “I did basketball, volleyball and track and field. In college, I did basketball, volleyball, track and field and softball. And then, I played three years of recreational sports at Walter Reed Army Medical Center such as basketball, volleyball and softball.”

During a deployment to Afghanistan from 2008 to 2009, Southall was conducting inventory on top of a mine-resistant, ambush-protected vehicle, or MRAP, near Forward Operating Base Shank, when ordnance from an airstrike landed too close.

She injured her knees, shoulders and spinal cord and has post-traumatic stress. She has undergone 14 surgeries with two more pending. She said adaptive sports and events, like the DOD Warrior Games, help her with her recovery process.

“I found out about the Warrior Games in 2010 at the last minute,” she said. “Somebody came to me and said, ‘I heard you were an athlete at one time? I think this might interest you.’ I was only sitting in my room; I didn’t want to be bothered. I could barely walk because of my injuries and having problems with noise. I was very anxious when I first came home from Afghanistan.

“Warrior Games helped me be that athlete and to be competitive all over again. It helps me find that new normal.”

She said she deals with physical pain on a daily basis but she does not let it get her down.

“Sometimes it’s really hard to even get out of bed, that first step, but you have to



U.S. Army Photo

Retired Army Sgt. Monica Southall throws shot put during the Army Trials on Fort Bliss, Texas, April 1, 2015. Athletes were competing for spots on the Army’s team during the upcoming 2015 Department of Defense Warrior Games, which will be held on Marine Corps Base Quantico, Virginia.

keep going and you have to keep living,” she said.

Mentally, she said training for the games keeps her active and focused.

“When you know you’re going to try to compete again, it makes you want to get out of bed,” Southall said. “It makes you want to train and go practice, because you want to be at your highest level. I’m getting out and doing more, all because I want to perform at my highest level when it comes to Warrior Games. It keeps me focused, wanting to do more, and it keeps me motivated.”

Southall said adaptive sports keep her from becoming a couch potato and give her a reason to work out.

“I’m at home and not working right now, so adaptive sports have been a big part of my life for the last couple of years,” she said with a smile. “They’ve really helped me to become like myself. I’m not completely there, but I’m almost the way I was prior to becoming injured.”

She encourages others, who may be considering adaptive sports to give it a shot.

“I encourage anyone that I see that if you haven’t tried it, give it a try,” she said. See what it can do for you. This is something you can do. It may be fun; it may be your new normal. Maybe you never thought about archery, but now you see it at the Warrior Games, and you’re considering it. You have to keep living; you have to

keep going. If this is your outlet, give it a try. Maybe it will help you the same way it’s helped me.”

She also encourages people to try out for the regional Army trials next year and for other events, such as the Veterans Affairs’ Valor Games.

“It doesn’t matter if you’re a novice, if you’re a semi-pro or a professional. Don’t be intimidated because at the end of the day, this is about having fun, and this is about reaching whatever goals you are trying to accomplish,” Southall said. “Whatever goal you have set, if it was just to come out here, and say shot put, if you threw it two feet and last year only threw it one foot, you have accomplished your goal, and you should be proud of it.”

She said her fellow athletes at the Warrior Games inspire her.

“We have amputees here. We have people who may have limited function, but they’re here, and they’re competing,” Southall said.

She encourages others to compete as well.

“No matter what your limitation, no matter what’s going against you, you can still do things. You can still be competitive, and you can still keep going. This is just breathtaking sometimes,” she said passionately. “People should be very proud to see exactly what people can do regardless of their limitations or disabilities.”

Safety considerations when working out

U.S. ARMY RECRUITING SERVICE

Safety first is an important Army standard.

The first rule of physical fitness is to make sure the programs or exercises in which you are involved are safe. Safety is always a concern when exercising.

By following proper instructions, watching out for others, drinking plenty of fluids, and working out with a friend you can eliminate most safety risks. Additional considerations include:

Always perform the prescribed warm-up and cool-down exercises before and after the training activity.

Perform only the prescribed number of sets and repetitions on your training program. Proper form is more important than the sloppy execution of more repetitions.

Perform all the exercises in the order listed for each exercise in your program. If you miss a day of training, pick up with the next day of your training schedule.

Exercise with a training partner whenever possible.

Although a little muscle soreness is to be expected when

beginning a new physical training program, do not aggravate injuries by continuing to exercise when you are feeling pain or discomfort.

Do not begin a physical exercise program before talking to a physician, and passing a routine physical examination.

Injury Control

Injuries are not uncommon during intense physical training, however most injuries can be prevented. Many common injuries are caused by overuse—exercising too much and too often, with too rapid an increase in the workload. Most overuse injuries can be treated with rest, ice, compression, and elevation.

The most common running injuries occur in the feet, ankles, knees, and legs. Although such injuries are hard to eliminate, there are ways to keep them to a minimum. Preventive measures include proper warm-up, cool-down and stretching exercises, and allowing enough recovery time between hard bouts of exercising.

For example, several days of hard running without rest between each session can also be a major cause of injuries. Another



U.S. Army Photo

The first rule of physical fitness is to make sure the programs or exercises in which you are involved are safe. Safety is always a concern when exercising.

er preventative measure is to buy proper running shoes with good arch supports for the type of foot you have. Stores with properly trained footwear employees can help you select the

right shoe for you.

For further information about Army Fitness Standards and safety measures, please refer to the Army Physical Training Pocket PT Guide.



Travel & Fun in Kansas



Story and Photos by Colleen McGee
USAG PUBLIC AFFAIRS

Three-and-a-half-hours south of Fort Riley, out on the prairie near Independence, Kansas, stands a one-room, wood cabin. It is a replica of one like the Charles Ingalls family occupied during their two years in Kansas. And it is not as spacious or refined as the television series depicted.

Charles was reported to be a dreamer and a hard worker. He moved his family looking for a better life. Their homestead, contrary to what they and other settlers in the area were told, was on Osage territory and without a treaty, they had no legal claim to it.

The Ingalls eventually did settle in De Smet, South Dakota. Historic records indicate two months after the family left, Osage leaders settled with government representatives and the land where the little house stood was in the territory ceded to the U.S. Government. According to museum information, even though the stay was short, the prairie influenced the family and impacted children's literature.

The site where the Ingalls family lived and where the youngest daughter, Carrie, was born, is now a privately owned museum depicting the typical buildings and tools of life from the era. Laura Ingalls was the middle daughter and her time in Kansas is the subject of her second work titled "The Little House on the Prairie."

Laura wrote series stories from childhood for several audiences from children to adults.

The Little House on the Prairie



A simple construction of available materials created the home Laura Ingalls Wilder and her family lived near Independence, Kansas. Today the site is a museum. Guests are welcome to walk through the buildings and learn about the history of the area during the time between 1869 and 1871. The Ingalls planned to build a home and farm but insecurity over the treaty coordination between the government and the Osage people prompted Charles to move his family once again. However, the time spent on the Kansas Prairie was the inspiration behind Laura's second book, "Little House on the Prairie."



1. "Hardtack" was a travelers' staple as it didn't spoil.
2. The Sunnyside school was organized in 1871, closed in 1948 and moved to the site in 1976.
3. The school was heated by this "potbelly" coal stove.
4. The area doctor was Dr. George A. Tann, an African American man who treated settlers and Osage alike. These were tools from his medical era.
5. Not all the artifacts sit still. This mini donkey is in the paddock with horses, ponies, a mule and other minis.
6. The Wayside, Kansas, Post office was work and home for the postmaster.



IN BRIEF

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

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 sixth 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.cowcreekbluegrassfestival.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 activities include a fishing derby with a biggest fish contest, a free hot dog feed, deer shed hunt, a class in Geocaching, trap shooting, shotgun safety and basic shooting instructions, laser gun simulator and a pheasant dart craft.
It will be a day designed to get the entire family outside to participate in this free event. Bring your fishing poles and smart phone or GPS. Worms will be provided, or bring your own secret or family magic bait.
Cost: Free for the whole family.

SPOUSES' SIP AND CHAT

Spouses of active-duty service members are invited to join the USO Fort Riley for coffee, snacks, friends and fellowship from 9:30 to 11 a.m. on the fourth Wednesday of each month.
The USO Fort Riley is at 6918 Trooper Drive.
For more info, call 785-240-5326.

RILEY RIDE

Heading into Manhattan's eclectic area of Aggieville for dinner and a few drinks? Get home to Fort Riley safely with Riley Ride.
The transportation service is open to Department of Defense ID cardholders and runs Friday and Saturday evenings.
For more info, call 785-239-5614.