

THE 1ST INFANTRY DIVISION POST

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◀◀ FORT RILEY, KANSAS ▶▶

Exercise features first responders' life-saving skills

Story and photos by Sarah Falcon
1ST INF. DIV. POST

An ear piercing scream rang through the empty roads of Camp Funston startling role players and observers alike. The shriek came from a distraught female Soldier running toward a nearby military police officer. She breathlessly told the MP, as she held her wounded shoulder, there had been an explosion in the Hell's Kitchen Dining Facility and she had heard gun shots. The MP immediately focused on the situation at hand and started calling it in. This is how the annual full scale protection exercise began.

Once the first casualty was taken care of, the MP headed inside the DFAC and inspected the other victims. The room was covered in piled up broken furniture and the sounds of cries and moans filled the air. The voice of a woman crying for help for her unborn baby rose above the others.

"First responders need interaction to know if the actions they're taking are helping," said Ward Phillips, chief of Plans and Protection Branch, Directorate of Plans, Training, Mobilization and Security. "If you've got a manikin just lying there, you don't have that interaction."

The fire department and emergency medical services personnel were dispatched and arrived to the scene shortly after the call was made. There was no hesitation as they performed triage and treatment to the several casualties.

While officials were distracted with the explosion incident, the first active shooter committed suicide and a second active shooter moved to the barracks a few streets down. They found out the shooter had a hostage in the barracks and was threatening to kill them. Officials worked to negotiate with the shooter and save the hostage.

See EXERCISE, page 8



Fire department professionals practice getting shooting victims to safety, triage and treatment in accordance to their simulated wounds.

HAPPY RETURN



Above: Maj. Gen. Paul E. Funk II, 1st Inf. Div. commander, and Command Sgt. Maj. Michael A. Grinston, 1st Inf. Div. senior noncommissioned officer, take a brief pause right after uncasing the "Big Red One" colors June 29 at Fort Riley. They were among a small group of Soldiers from Division Headquarters and Headquarters Battalion, 1st Inf. Div., who returned home from a nine-month deployment to Iraq. **Right:** Command Sgt. Maj. Michael A. Grinston, 1st Inf. Div. senior noncommissioned officer, gets a big hug from one of his daughters soon after they were reunited.



Amanda Stairrett | 1st Inf. Div.

National Guard unit trains on new tanks at Fort Riley

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

Soldiers from the 2nd Combined Arms Battalion, 137th Infantry Regiment with the Kansas National Guard conducted a live-fire qualification operation at the Digital Multi-Purpose Range Complex at Fort Riley June 26. This included a visit from Lieutenant Governor Jeff Colyer and the Adjutant General.

"Fort Riley provides a unique set of ranges and capabilities that we can do here locally and that doesn't exist in a lot of other places," said The Adjutant General Maj. Gen. Lee Tafanelli. "It's special for us."

The purpose of the training was to fire the new M1 Abrams Tanks the unit received within the last year. The tanks are the latest version in the Army inventory.

Command Sgt. Maj. Dwane Clifford, 2nd Bn., 137th Inf. Regt., said the tank companies from the battalion were at Fort Riley for a total of 14 days and the Bradley vehicles were there for a monthly drill.

"It's nice to see someone come out and see what we have on hand and get hands-on experience," Clifford said.

Next month, the Bradley companies will be back at Fort Riley for annual training. The two most frequent training centers for this battalion are Fort Riley and the Great Plains Joint Training Center in Salina, Kansas.

"They are important to us because of what the facilities offer and the ranges," Clifford said. "[They have] flexible staff that helps facilitate any training we need to do."

Clifford said Fort Riley is an ideal training facility because it is large enough to house the entire organization, which consists of nearly 1,000 Soldiers. The relationship the National Guard has with the 1st Infantry Division also is a catalyst for the unit training here.

"We go by the same doctrine and we train at the same standard so it's important

See GUARD, page 8

A FAREWELL FIT FOR A LEADER



Col. Matthew Lewis, commander of the 1st Combat Aviation Brigade, 1st Inf. Div., concluded his final flight, followed by a traditional soak down. The 'fini flight' tradition dates back to World War II when military aviators reach a career milestone, particularly when a commander departs or retires and has his or her final flight.

Amanda Stairrett | 1ST INF. DIV.

Logistics Readiness Center earns Deployment Excellence Award

By Gail Parsons
1ST INF. DIV. POST

Maj. Gen. Kevin G. O'Connell, commanding general of the United States Army Sustainment Command, visited with the staff of the Logistic Readiness Center at Fort Riley June 25 to congratulate and present staff with coins for earning the army-wide Deployment Excellence Award.

"Congratulations – we are proud of you," O'Connell told the staff before congratulating each of them personally.

Logistic Readiness Center-Fort Riley's Installation Transportation Officer, Scot Bird, explained what the award

means to him and his personnel.

"It demonstrates our capabilities as a power projection platform and tells us that we are doing things effectively and efficiently in accordance with the Senior Commanders guidance for deployment operations," he said. "It shows me that we have the commitment and dedication to excellence not only from our civilian workforce but the soldiers as well supporting the deployment operations of the First Infantry Division."

This award is no stranger to the walls of LRC-Fort Riley. Since the first time they competed in 2008, they received the prestigious award

in 2008, 2011, 2012, were a runner-up in 2013, and won it again for their work in 2014.

"It means a lot to me and it means a lot to the LRC-Riley personnel who work here that we were recognized for what we have been doing," Bird said.

What they have been doing is moving thousands of soldiers and tons of equipment all over the world.

From Dec. 1, 2013 through Nov. 30, 2014 the LRC-Riley staff deployed and redeployed more than 23,000 personnel. This involved planning, coordinating and scheduling more than 500 commercial buses, 70 commercial and

See AWARD, page 2



Gail Parsons | POST

The staff of the Logistic Readiness Center earned the Army-wide the Deployment Excellence Award. From left to right, John Reardon, Phil Melton, Mitch Hogan, Scott Arcuri, Scot Bird, Matthew Holloway, Wayne Inman, Richard Jamerison, Benjamin Ward, Livia Gonzalez not shown was Brian Stanley, Cleveland Smith, and Randy Brooks.

The next USAG Resilience Day Off will be:

July
6

SAFETY HOLIDAY

As of Thursday, July 2

177

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

HIGHLIGHTS



SOLDIER STRIVES FOR POST-ARMY CAREER AS A SONGWRITER. SEE PAGE 9.

ALSO IN THIS ISSUE



FAMILIES FIND FUN AT A VARIETY OF EVENTS DURING THE OUTDOOR ADVENTURE DAY JUNE 27. SEE PAGE 13

CHAIRMAN OF THE JOINT CHIEFS OF STAFF

Dempsey discusses threats facing U.S. at town hall

By Jim Garamone
DOD NEWS, DEFENSE MEDIA
ACTIVITY

WASHINGTON – The chairman of the Joint Chiefs of Staff discussed the threats facing the United States and its allies during his fifth Facebook town hall this morning.

Army Gen. Martin E. Dempsey received many questions about the U.S. strategy to combat the Islamic State of Iraq and the Levant.

He wrote that the United States is serious about confronting the ISIL threat, and that the strategy is about working through a network of partners in the region.

“As I’ve said before, western military forces will not be the decisive factor in defeating ISIL within Arab countries,” Dempsey said. “We can and will help our partners, but lasting success will only come when the Sunni populations of the region reject ISIL’s corrupt, extremist and brutal ideology.”

The chairman said he’s spent much of the last 25 years in the Middle East, beginning with service in Operation Desert Storm, continuing through duty in Saudi Arabia, command of the 1st Armored Division in Iraq, command of the Multinational Security Transition Command-Iraq and culminating as the acting commander of U.S. Central Command.

“My experience leads me to believe that it will take at least a generation to overcome

the many challenges there,” he said. “It’s unfortunate, and many in the region suffer as a result of the internal conflict between moderate and radical Muslims.”

Arab Partners Must ‘Own the Fight’ Against ISIL

Arab partners must “own the fight,” the chairman said.

The chairman also responded to a question about whether the U.S. military has a contingency plan in case Iraq breaks up.

“In the military, we don’t embark on a weekend picnic without a plan and a backup plan,” Dempsey wrote.

“Our current plan contributes to an outcome in which Iraq will be able to achieve a government that represents all sects of the Iraqi people,” he added.

The central government in Iraq must act in the best interests of all Iraqis and not just one portion, the chairman said.

If this does not occur, he said, “then we will adapt, with the cooperation of our coalition and network of ground partners, to protect our security interests.”

Dempsey added, “For now, we remain clear-eyed about the nature of the threat and continue to impose heavy costs on ISIL.”

CONCERNS ABOUT RUSSIA

Questioners were also concerned about a resurgent Russia. Russia’s illegal annexation of Crimea and



U.S. Navy Petty Officer 1st Class Daniel Hinton | DOD photo
Army Gen. Martin E. Dempsey, chairman of the Joint Chiefs of Staff, sits at his desk in the Pentagon preparing for a Facebook town hall, June 24, 2015. The chairman holds periodic chats with the military world at large via social media. His first was in December 2013.

continued support for separatists in eastern Ukraine has raised concern globally.

“Make no mistake,” Dempsey wrote. “We will not give up even an inch of NATO soil.”

The U.S. commitments under NATO Article 5 – an attack on one member is an attack on all – are firm, Dempsey said.

NATO’s 28 member-nations “are in this together,” he added.

Dempsey said the United States will work with other NATO members and other allies to reassure countries on the frontline with Russia -- the Baltic Republics, Poland, Hungary, Bulgaria and Romania. U.S. assets, he added,

will also assist in the new NATO Response Force, including the very high readiness joint task force. The JTF will be able to deploy within 48 hours of being ordered.

American service members will provide force-specific, unique capabilities, including intra-theater airlift, air-to-air refueling, intelligence, surveillance and reconnaissance assets, naval support ships and strategic airlift, the chairman said.

“If a crisis exceeds the capability of the VJTF, the U.S. is prepared and has committed to provide additional military forces – including land forces – to NATO efforts,” Dempsey said.



A safety stand-down day was conducted June 19 with the support of the Directorate of Emergency Services. In photos at top and above, members of the Fort Riley Fire Department exercise their skills at a mock accident scene.

Safety fair shows Soldiers the do's and don'ts of off-duty safety

Story and Photos
by Sarah Falcon
1ST INF. DIV. POST

The staff from the Fort Riley Garrison and 1st Infantry Division safety offices observed a safety stand-down day and conducted a safety fair June 19 with the support of the Directorate of Emergency Services. Twenty-six booths representing seventeen organizations showed Soldiers multiple safety topics. The exhibits gave Soldiers information on how to stay properly hydrated, the benefits of wearing seatbelts, what to expect if caught in a vehicle rollover and several other subjects.

“We focus on areas where soldiers are getting hurt,” said Dawn Douglas, Safety and Occupational Health Specialist. “Off duty safety is a key area that we’re focusing on. No one expects to come home and die from a kitchen fire.”

Even though the numerous booths handed out free items and information, the big hit of the fair was the car extraction in the Long Fitness Center parking lot.

The car extraction consisted of Fort Riley fire fighters and military police participating in a simulated drunk driver car accident between two vehicles. The ‘drunk driver’ was apprehended by a military police officer and asked to perform a field sobriety test. As the driver struggled to walk in a straight line on one side of the parking lot, a fire truck and an ambulance entered the space from the other side.

The fire fighters worked quickly to cover the victims in the second vehicle with a red tarp to prevent them from getting glass in their eyes as they broke the windshield. They first extracted the child from the back seat, laid him on a stretcher and carried him away. But they still couldn’t reach the mother.

In order to reach the second victim, they had to use the ‘Jaws of Life’. This is the tool used to pry the roof of the vehicle open and bend it back toward the trunk.

Once the woman was extracted from the car, the driver was arrested for driving under the influence and evidence was gathered by the Sheriff and the MPs.

A hush fell over the gathered Soldiers as the simulation came to a close, and the crowd began to disperse. A few Soldiers stayed behind to talk about their thoughts on the simulation.

“Soldiers can see why laws are put in place,” said Sgt. Megan Campbell, The Division Headquarters and Headquarters Battalion, 1st Inf. Div. “The fair provides a lot of knowledge about situations that people don’t think about.”

But despite the amount of knowledge given or how much one prepares, accidents still happen. Mitigating risk where possible was the event mission.

“We have trained Soldiers to be courageous and to do battle, but we need to help them transition from the battle field to the home front,” said Douglas. “Whatever we can do to prevent any unnecessary risks, we will do it.”

AWARD Continued from page 1

military aircraft, all of which played a major role in the deployment process of personnel and equipment to and from Joint Readiness Training Center, National Training Center and several theaters of operations.

“It’s not just us that won this award,” said Freight Chief Scott Arcuri. “It is a team effort that kicked out over 1,500 railcars during the timeframe, ‘primarily over a two month span’, more than 800 commercial trucks delivered and redelivered cargo and equipment, and more than 1,000 deployment containers on and off the installation to support the war fighter.”

Bird said, it is Arcuri and Unit Movement Supervisor Matthew Holloway, and their personnel who pull the operations together. When the initial plan about moving troops starts, Holloway and his team start the backward planning, then the information is passed on to Arcuri and his team.

It’s like a fine tuned orchestra “and I’m the maestro,” Bird said. “We have deployed stuff out of here in less 72 hours – with no notice. It goes back to the people working for Scott and Matt.”

At one point last year, they had rail cars coming in, loading outgoing railcars, and had a unit returning simultaneously.

“It was like revolving door,” Bird said.

While they have the logistics figured out, they don’t always have Mother Nature on

board with their plans. They all agree the biggest challenge to the job is the weather.

“Especially for our rail or truck operations,” Arcuri said. “If it’s all snowed in or lightning and thundering that puts a damper on things.”

Such was the case as they were trying to get troops to the JRTC in Fort Polk, LA., which was happening at the same time as NTC in California.

“We flew the soldiers to NTC and we bused them to JRTC and during this is when the snow storm and the ice storm hit to the south of us,” Bird recalled.

Their job doesn’t end when the troops get on the bus and pull out; they have to track them 24/7 until they arrive at their destination. For the JRTC trip, 400 railcars loaded with unit equipment headed south, at the same time 3,500 soldiers were loaded onto 72 commercial buses – every three hours six buses with 300 soldiers departed Fort Riley.

Heading the opposite direction were 3,400 personnel loaded onto 28 aircraft and 600 railcars loaded with unit equipment and cargo were sent to NTC.

Their professionalism and ability is what earned them the award – but Bird, Holloway and Arcuri have their sights set a little higher.

“The Deployment Excellence Award is the holy grail, but there is one more



Logistic Readiness Center-Fort Riley's Installation Transportation Officer Scot Bird explains to Major General Kevin G. O'Connell, commanding general of the United States Army, Army Sustainment Command the capabilities Fort Riley has for deployment.

plateau we need to achieve – and that is becoming the Best of the Best in deployments,” Bird said.

He offered his congratulations to the people at the Air Defense Artillery unit at Fort Bliss, Texas, who earned it this year, but said he has his sights set on the top award, which has so far barely eluded them. Twice they came within grasp, losing only by .25 of a point one time and .35 the next.

“We have not yet figured out how to crack the code – but we’ll try again next year,” Bird said.

The bottom line for the LRC-Fort Riley “is the professionalism and dedication of my personnel to mission accomplished. Couple that with the dedication of the Soldiers on Fort Riley, it has been a team effort to accomplish this mission for deployment, which stands for excellence,” Bird said.

WWW.1DIVPOST.COM

A WARM WELCOME HOME



Photos by J. Parker Robert | 1ST INF. Div. POST

Photo left: Lt. Col. Jim Tenpenny, 1st Infantry Division operations chief, talks to about 100 Soldiers from Division Headquarters and Headquarters Battalion, 1st Inf. Div., on June 26 soon after they returned to Fort Riley from a nine-month deployment to Iraq. The headquarters, led by Maj. Gen. Paul E. Funk II, formed the core of the Combined Joint Land Component Command-Iraq, which was responsible for the advising and assisting Iraq's security forces and providing training to newly built Iraqi army units as part of Operation Inherent Resolve.

Photo right: Five-year-old Nathaniel Hoffmann couldn't wait for the formation to be dismissed and ran to his mother, Staff Sgt. Dianne Hoffman, late June 26 at the start of a welcome-home ceremony. All DHHB Soldiers are expected to be back at Fort Riley this month. The "Big Red One" handed over command of Combined Joint Forces Land Component Command-Iraq to the 82nd Airborne Division on June 28 in Baghdad Iraq. The ceremony marked the end of the division's nine-month mission in support of Operation Inherent Resolve. In that time, DHHB troops were responsible for advising and assisting Iraq's security forces and providing training to newly built Iraqi army units.

'Durables' conduct change of command, casing ceremony

Story and photos by
Sgt. Takita Lawery
1ST SUST. BDE. PUBLIC AFFAIRS

"I am Col. Law, and I am a 'Big Red One' Soldier."

Col. Robert A. Law III first spoke those when he took command of the 1st Infantry Division Sustainment Brigade two years ago, and he recited them again to conclude his command June 10.

After numerous assignments with the 1st Inf. Div., Law, along with Command Sgt. Maj. Tomeka N. O'Neal, relinquished their duties during a change of command and responsibility ceremony at Cavalry Parade Field on Fort Riley.

The "Durable" brigade welcomed Col. Allen T. Cassell and Command Sgt. Maj. Stephen M. Harris to its ranks.

Cassell's last assignment was attending the U.S. Army

War College in Carlisle Barracks, Pennsylvania. Harris' most recent assignment was as the senior noncommissioned officer of the 188th Brigade Support Battalion, 18th Fires Brigade at Fort Bragg, North Carolina.

In conjunction with the change of command and responsibility, Cassell and Harris cased the brigade's colors ahead of the Durable brigade's nine-month deployment to Kuwait in support of Operation Spartan Shield and Operation Inherent Resolve.

Cassell said with Law leaving a legacy of professional leadership and strong ties to the community, he would uphold all standards to strengthen the legacy of the brigade.

Brig. Gen. Eric J. Wesley, the 1st Inf. Div. acting senior mission commander and

deputy commanding general for support, praised Law's command philosophy.

"Anyone that knows Col. Law knows that he brings a style of command that is unique, impeccable, solid and not flamboyant," Wesley said. "He is humble, honest and to the point."

During his tenure, Law led the brigade in multiple successful training events, including a Joint Readiness Training Center rotation to Fort Polk, Louisiana.

At Fort Riley, he led the brigade during many support operations assisting Big Red One units as they deployed to contingency operations around the world while also maintaining command and control over Durable units deployed to Romania and Kuwait. Law also worked

See DURABLES, page 8



Col. Robert A. Law III, outgoing commander of 1st Sus. Bde., 1st Inf. Div., and the 'Durable' brigade salutes while the national anthem is played during the change of command and responsibility ceremony June 10 at Fort Riley's Cavalry Parade Field.

Fort Riley police department donates more than 100 pounds of game meat

By Maria Childs
1ST INF. DIV. POST

The Fort Riley Police Department recently donated nearly 100 pounds of game meat after seizing it and multiple hunting items ranging from firearms and archery equipment to ratchet straps and bone saws.

The meat was then donated to the Geary County Fish and Game Association, which provides many opportunities for the Fort Riley community.

Adam Hastert, game warden, said in situations where illegally harvested fish or

game meat was processed and stored properly, it is usually donated to a person in need or non-profit organization.

"Fish and game meat is donated as a way to give back to the community and to ensure that edible meat does not go to waste," Hastert said.

Hastert said the association helps with youth hunts, highway cleanup and numerous instructional courses at Fort Riley. The association was selected based on their ability to store a large quantity of perishable food and their need for the meat. They were also selected

because they incorporate the proper processing, storage and preparation of wild game meat into some of their instructional courses.

Fines and punishments are issued when fish and game meat are illegally harvested on post. The severity of the punishment and fine depends entirely on the severity of the violator's actions.

"I have been involved in cases ranging from a \$200 fine for not having a hunting license all the way up to state and federal violations where the violator faced jail time and close to \$20,000 in fines," Hastert said.

WWW.TWITTER.COM/FORTRILEY

TRICARE SAFETY TIP

Enjoy the summer but beware of the sun

Spring is here and temperatures are rising. As you and your loved ones spend more time in the sun, be sure to practice sun safety and protect yourself from harmful ultraviolet, or UV, protection.

The sun's UV rays are an invisible form of radiation that can pass through skin and damage skin cells. Although they can cause skin damage during any season or at any temperature, you are at higher risk in the summer when temperatures are warmer and you show more skin. Suntans and sunburns are both signs of skin damage. They appear after the sun has already killed some

skin cells and damaged others. The National Institutes of Health reports that long term skin damage can cause eye problems, wrinkles, skin spots and skin cancer. You can protect yourself from sun damage by adhering to the following tips:

- Avoid the sun when it's strongest between 10 a.m. and 2 p.m.
- Use sunscreen with a sun protection factor, or SPF, of 15 or higher
- Wear protective clothing
- Avoid sunlamps and tanning beds
- Wear wrap-around sunglasses that provide 100 percent UV ray protection.

If you've been in the sun, be sure to check your skin for changes in the size, shape, color or feel of birthmarks, moles and spots.

Be sure to discuss your concerns with your health care provider. TRICARE covers skin cancer exams for individuals with a family history of skin cancer; with an increased exposure to sunlight or clinical evidence of precursor lesions, the red, scaly areas on skin as a result of sun damage.

For more information, read Sun and Skin: The Dark Side of Sun Exposure or visit the U.S. National Library of Medicine's web page on sun exposure.

TUESDAY TRIVIA CONTEST WINNER

The June 29th question: "Where can I learn more about Military Schools, Building 8388, and the Fort Riley Distance Learning Facility?" was correctly answered by Jenny Dennis. The correct answer is <http://www.riley.army.mil/Services/SoldierServices/MilitarySchools.aspx>

Jenny is the spouse of Staff Sgt. James Dennis, 1st Combined Arms Battalion, 18th Infantry Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division

In this photo from left: son, Hunter; husband, Staff Sgt. James Dennis; and Jenny Dennis.

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, JENNY DENNIS!



Home wanted



Wilma is an 11-month-old Bassett Mix that came to us with a bad case of demodectic mange. She has been treated for more than 1 month and her fur is already starting to grow back. Wilma has another 45 days of treatment ahead of her with medication to be administered every other day. Wilma is good with children, dogs, cats ... you name it - she loves it. Wilma's Adoption Fee is \$82, which includes: microchip, vaccines for distemper and rabies, heart worm test and deworming. If you're interested please call (785)239-6183. If no one answers then leave a message.

You can also contact us via email at nicole.p.storm@us.army.mil Other shelter animals can be seen on www.facebook.com/fortrileypets.

All stray animals picked up by the Military Police on Fort Riley are brought to the Fort Riley Stray facility. The animals are held there for three (3) business days to allow owners to claim their pets.

After this time the animals may be adopted out or euthanized. Animals are usually only euthanized in the cases of severe aggression or life-threatening illness. Animals must be registered, microchipped and up to date on vaccines before released to owners.

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

RECENT RESULTS OF COURTS-MARTIAL

On 16 June 2015, Staff Sgt Edmourd Touchette, 300th MP Co, 97th MP BN, USAG was tried at a general court-martial and was found guilty of one specification of sexual assault, one specification of failing to obey a lawful general regulation, and one specification of making a false official statement. A military judge sentenced him to

be reduced to the grade of E1, to be confined for nine years, and to be discharged from the service with a Dishonorable Discharge.

On 23 June 2015, Spc Alrid Reid, B Btry, 2-32 FA, 41BCT was tried at a general court-martial and was found guilty of one specification of absent without leave terminated by apprehension,

six specifications of attempted bank fraud, one specification of possessing 15 or more unauthorized access devices, and one specification of obstruction of justice. A military judge sentenced him to be reduced to the grade of E1, to be confined for two years, and to be discharged from the service with a Bad-Conduct Discharge.

TRAFFIC REPORT

ESTES ROAD

The work on Estes Road is complete.

DICKMAN AVENUE

The unusually wet weather recently has delayed the opening of Dickman Avenue. The goal is still to open on July 1, but estimates are now that Dickman Avenue may remain closed for work until July 10.

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 is complete.

HAMPTON PLACE

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

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.

Add to your "to do list!"

Date: Thurs.
23 July 2015

FREE

Stress Management One-Hour Workshop "Get Ready for Change"

Time:
11:00am-12:30pm

Session will include a
Body Movement and Proper Stretching Demonstration

Got Stress?

- Occasional tense muscles in neck and back?
- Sleeplessness?
- High B/P?
- Financial problems?
- Poor concentration?
- Forgetfulness?
- Relationship problems?
- Changing Jobs; ETS or PCS Or...
- Learn to identify your stressors before it controls your life!
- Learn simple techniques to reduce your stressors
- Learn how to live with healthy stressors

This One-Hour and Half interactive workshop will give you tools and a better understanding of how to cope with life changes!

Fun and Learning!

*Childcare provided with advance registration. Children MUST be registered with CYSS

WHERE: Army Community Service Family Advocacy Program Bldg 7264 Normandy Drive

CALL: Phone: 239-9435 For more information and registration

RILEY ROUNDTABLE

What's your favorite 4th of July tradition?



"Being with family and having a good time. I think it's important because I don't get to see them a whole lot."

PVT. JAMES BURNETT

COOKVILLE, TENNESSEE

101 Brigade Support Battalion, 1st Armored Brigade Combat Team, 1st Infantry Division



"Seeing relatives you don't get to see all the time. It's fun to get together and have a big barbecue."

PVT. MICAH BOWLUS

JACKSONVILLE, FLORIDA

101 Brigade Support Battalion, 1st Armored Brigade Combat Team, 1st Infantry Division



"Grilling. Always did it with my family and now that I have a family of my own, we do it too. If we at least do that, it'll feel like the 4th of July."

CAPT. SARAH BEASLEY

ABILENE, KANSAS

1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division



"It's a tie between barbecuing and fireworks. I would say fireworks. I like watching things explode."

PVT. MEL LONCARIC

MODESTO, CALIFORNIA

1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division



"Fireworks, because they look like explosions and those are generally exciting."

SPC. LUKE HELPPI

MINNEAPOLIS, MINNESOTA

1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division

IN HONOR OF D-DAY

Division Soldiers Participate in Commemorative Ceremonies

By Maj. Stephen Shank
DEPUTY DIVISION ENGINEER
EMERITUS, 1ST INF. DIV.

I recently had the honor of leading a delegation of 14 of our fine 1st Infantry Division Soldiers to Normandy, France, to participate in D-Day commemorative ceremonies. We represented the the 1st Inf. Div. during nine ceremonies and events throughout that week.

It was our group — along with approximately 300 other Soldiers and members of the Navy and Air Force.

For most of the Soldiers with me, it was a sort of reward for doing great things for their unit. For many it was to be an adventure. It was a chance to participate in something meaningful that was bigger than ourselves. I know all of us felt honored to be representing our division.

But it was also more. Most were too young to have heard first-hand accounts of World War II from relatives. Some may have distant relations who participated, as was the case of one Soldier whose great uncle was a bomber pilot on D-Day.

For me it was especially meaningful as it felt like I was in some small way paying tribute to my deceased father, a WW II and Korean War Veteran, along with several of my uncles who also served during the war.

The Soldier whose great uncle was a bomber pilot had his own tribute. He brought that uncle's identification tags to Omaha Beach at the request of his family.

We all met some living WW II veterans. Two were former 1st Inf. Div. Soldiers. It was great to watch these young Soldiers as they met those veterans — to see growth in their pride and appreciation of the 'giants whose shoulders we stand upon.'

At one event an old 1st Inf. Div. veteran by the name of 'Andy' Andersen met up with us at Pointe du Hoc, France, and rode a short distance on our bus to get back to where his family parked. All the 1st Inf. Div. Soldiers on the bus broke out in a rendition of our division song in his honor. He was as happy to have met up with us as we were to have met up with him.

With each event, I saw the pride in our Soldiers swell. Their chests seemed to stick out a little further. I heard several of them say they felt extremely fortunate to be a part of this.

When the day came for us to participate in the commemorative ceremony at the 1st Inf. Div. Memorial on Omaha Beach, our Soldiers stood in solemn formation while our honor guard posted the colors with perfect dignity. They joined forces with the



Courtesy Photo

A delegation of 14 Big Red One Soldiers attended a recent wreath laying ceremony at the 1st Infantry Division Memorial on Omaha Beach.

Mayor of Colleville sur Mer, France, French Organizational Representatives and a former 1st Inf. Div. veteran who participated in the landings. Local citizens paid tribute to the fallen Soldiers of the First Inf. Div. and rejoiced in the long-standing friendship between our unit and the people there.

There are 627 1st Inf. Div. Soldiers' names inscribed upon that memorial.

sacrifices young Soldiers from a faraway land made on their behalf.

This visit and these events helped me see and understand the monumental task undertaken back then.

As I stood on Omaha beach and looked at the terrain, I got a sense of the hell the Soldiers landing there 71 years ago went through. With open beaches and no cover, they were completely exposed to enemy

conversations throughout the evening. We discussed families, careers, their elderly American veteran friend, the European economy, wine and even how they manage the family garden. Their two granddaughters joined in to practice their English speaking skills. Before we realized, it was going on midnight and we'd consumed hors d'oeuvres, the main course of beef, potatoes and vegetables; followed by a cheese selection and a cake with fresh strawberries and crème. The delicious homemade meal was partnered with Bordeaux wine and topped off with a shot of an old family recipe of distilled apple cider. Prior to leaving, everyone exchanged contact information in hopes of meeting again. On the way home the conversation sort of trailed off as we asked ourselves how we could repay such generous hospitality.

This and other opportunities for us to interact with local citizens and Soldiers from other units gave us a personable and memorable experience that will last a lifetime. We saw many WW II memorials, museums and the hallowed American Cemetery on Omaha Beach. We marched in parades, assisted in an Airborne Operation, stood with pride at commemorative ceremonies, made friends, gave uniform patches to the small children looking up to us like rock stars, and promoted one of our own on Omaha Beach.

I think we all felt a renewed pride in this profession of arms and a profound respect for the 1st Inf. Div. Soldiers who lived the motto 'No Mission too Difficult, No Sacrifice too Great. Duty First'.

"With open beaches and no cover, they were completely exposed to enemy fire from the bluffs. I could imagine the initial anguish of those Soldiers who realized their only choice was to decide whether to die fighting or die trying to find cover."

MAJ. STEPHEN SHANK
DEPUTY DIVISION ENGINEER EMERITUS,
1ST INFANTRY DIVISION

The mayor expressed his community's appreciation for everything the 1st Inf. Div. Soldiers did to help secure the liberation of their community 71 years ago.

As part of the appreciation shown by the French people, and born from a desire to never forget or let future generations forget these sacrifices, school children from communities near and far participated in the D-Day remembrance ceremonies with us. I saw how members of the Normandy communities imbue their children with the history of those dark WW II era days and the knowledge of

fire from the bluffs. I could imagine the initial anguish of those Soldiers who realized their only choice was to decide whether to die fighting or die trying to find cover.

One of the other many memorable experiences we participated in was a dinner hosted by a local family. We were divided into small groups of two or three and spent the evening at the house of participating citizens in Carentan, France. We were treated to excellent French cooking, wine and desserts. Our host family had one member who could speak English well. This allowed us to carry on great

THE 1ST INFANTRY DIVISION POST

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The data breach: A step-by-step approach to protecting yourself

By Lisa Weintraub Schifferle
ATTORNEY, FTC DIVISION OF
CONSUMER AND BUSINESS
EDUCATION

A data breach at the Office of Personnel Management, or OPM — and you're a current or former federal employee whose personal information may have been exposed. What should you do?

Take a deep breath. Here are the steps to take.

FIRST STEPS

- Check your credit report at annualcreditreport.com. Look for accounts or charges you don't recognize. Even if the breach didn't involve credit card information, thieves may use your Social Security number, address and date of birth to open accounts in your name.
- OPM announced that it plans to offer credit report

access, credit monitoring, and identity theft insurance and recovery services to potentially affected individuals. Take advantage of this offer.

- Place a fraud alert on your credit reports. With a fraud alert, businesses must verify your identity before providing new credit. An initial fraud alert lasts 90 days but you can renew it.

NEXT STEPS

If your information was exposed, then OPM will send you a letter explaining what information was involved. Your next steps depend on the type of information exposed:

Social Security number

- Consider placing a credit freeze. Why? Thieves can use your Social Security number to open new accounts. With a credit freeze, no one can open

a new account in your name until you lift the freeze.

- Next year, try to file your taxes early — before a scammer can. Once your Social Security number is exposed, a thief can use it to get your tax refund.

Bank account, credit card, or debit card information

- Contact your bank or credit card company to cancel your card or close your bank account. Request a new account number.

- If you have automatic payments, update them with your new account number.
- Review your transactions regularly to make sure no one has misused the account.

Online login or password

- Log into the account to change your username or password. If you can't login, then ask to shut down the account.

- If you use the same password elsewhere, change that too.

For updates about the breach, check OPM's website. For more information about what to do after a data breach, and a handy checklist of steps, visit Identitytheft.gov/databreach.

Remember to continue checking your credit report at annualcreditreport.com, in case information is misused in the future. You can order a free report from each of the three credit reporting agencies once a year.

If you discover that someone is misusing your information, you'll need to take additional steps, including filing a complaint with the FTC. IdentityTheft.gov walks you through those steps — because recovering from identity theft is easier with a plan.

Sticking to the law: Public health program battles underage drinking

By Jorge Gomez
IACH PUBLIC AFFAIRS

Although it's illegal to purchase or provide alcohol to a minor, underage drinking remains a national public health problem. Communities like Manhattan and Fort Riley are no exception.

Col. Paul Benne, Irwin Army Community Hospital's Department of Public Health Chief, teamed up with Melissa Rickel-Morrill of the Manhattan Area Risk Prevention Coalition to raise awareness of this public health issue on Fort Riley June 27.

The information campaign targets customers with a stop-sign-shaped sticker affixed to beer bottles, cartons and cases. Even the popular solo party cups are stuck with bright reminders of the law.

An estimated 3,000 stickers were affixed to alcoholic beverages at a Fort Riley Exchange Shoppette. Members of the IACH Department of Public Health, their family members, and Fort Riley military police volunteered an hour on a Saturday morning.

Last year the coalition affixed 6,800 stickers among eight locally owned liquor



Jorge Gomez | IACH PUBLIC AFFAIRS

Emily volunteers with her father Jesse Nicholas to affix stop-sign-shaped stickers to alcoholic beverages at the Exchange Shoppette off Normandy and Trooper Drive June 27. The informational campaign is part of the Manhattan Area Risk Prevention Coalition whose goal is to reduce the incidence of underage drinking. Nicholas is an epidemiological technician with the IACH Department of Public Health.

stores in Manhattan. None of the major retailers participated. This is the first year that Fort Riley participated in the campaign.

"The fact that Fort Riley got involved this year is huge," said Rickel-Morrill. "This lends credibility to the effort as we rely on the state for a grant."

Getting Rickel-Morrill through Fort Riley's gates at a

time of heightened security was no easy task, but Col. Benne said they were committed to making this happen.

The timing of this Fort Riley activation was designed to raise awareness during the Country Stampede weekend and before the Fourth of July rush to ramp up on alcoholic beverages.

The Manhattan campaign won't begin until August but

Rickel-Morrill said she hopes Fort Riley's participation will encourage all 12 locally owned liquor businesses to cooperate.

"Those who don't cooperate may resist out of a fear of losing business," Rickel-Morrill said, "but it also raises a red flag to the police department to keep a closer eye on those who don't wish to follow the law."

INSTALLATION MANAGEMENT COMMAND SAFETY MESSAGE

Don't let holiday spirit get in the way of sound judgment

July Fourth is a great occasion in our country and a day to celebrate with patriotism.

John Adams, the first vice president and second president of the United States, helped write the Declaration of Independence. He said, "I am apt to believe that it will be celebrated by succeeding generations as the great anniversary festival. It ought to be solemnized with pomp and parade, with shows, games, sports, guns, bells, bonfires and illuminations from one end of this continent to the other."

Independence Day remains a national celebration just as President Adams predicted. We encourage you to celebrate in the spirit of independence and patriotism that has endured for 239 years. As Army professionals who protect our freedom, we must remain aware of the risks present at July Fourth festivities.

Outdoor activities are a source of sunburn and heat injuries. Drink plenty

of water and take frequent breaks when working or playing in hot weather.

Water activities are also popular during the July Fourth weekend. Wear life jackets while boating, swim only in supervised areas and obey posted signs.

Pay attention to weather conditions and get out of the water at the first sign of bad weather.

Alcohol doesn't mix with boating, swimming or driving. Watch your consumption and don't drink if you will operate any type of vehicle. Give a responsible person details on where you will be and how long you will be gone for added safety.

Enjoy Independence Day as you celebrate with family and friends. Please be safe because our nation needs each one of us to support and defend this great country.

Once a Soldier, Always a Soldier. Soldier for Life!

*Lt. Gen. David Halverson
and Command Sgt. Maj. Jeff Hartless*

New traumatic brain injury assessment device cleared

By Crystal Maynard
ARNEWS

FORT SAM HOUSTON, Texas – A new handheld medical device for analyzing brain injuries has been cleared by the U.S. Food and Drug Administration. In May 2015, the Ahead 200 was cleared by the FDA to help clinicians assess mildly-presenting head trauma patients.

The device, developed by the U.S. Army Medical Research and Materiel

Command's Combat Casualty Care Research Program and the BrainScope Company, Inc., uses commercial smartphone technology to analyze a patient's brain activity for signs of a traumatic brain injury within 24 hours of the injury.

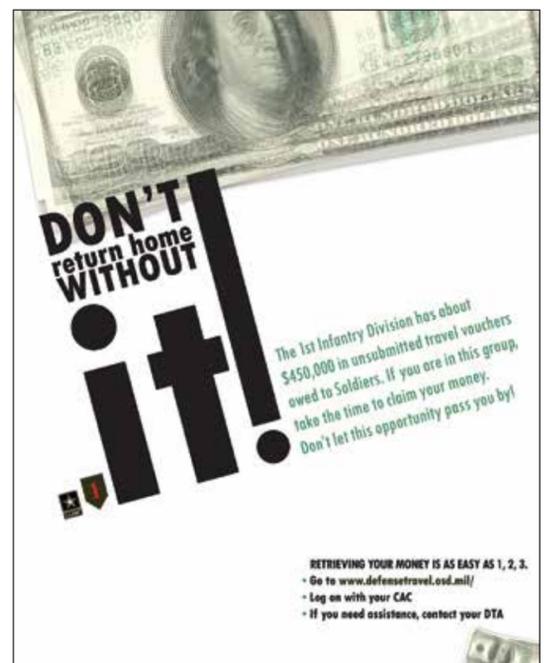
"Traumatic brain injuries have been one of the signature injuries in Iraq and Afghanistan," said Lt. Col. Chessley Atchison, program manager for the Technology Enabled Capability

Demonstration: Brain in Combat portfolio of the CCCRP. "There is a great need for a tool like this in theater. A normal [electroencephalogram] machine is a big piece of machinery and can't be used in the field."

The device works by measuring the brain's electrical activity via a disposable headset that is placed on the forehead. Once recorded, the Ahead 200 uses

algorithms, which quantify and characterize activity associated with traumatic brain injuries. Used in conjunction with other tools, the Ahead 200 medical device will help assist clinicians in the real-time screening and care of warfighters with head injuries.

"The size and ease of use of the Ahead 200 allows medics to triage wounded warfighters quickly," Atchison said.



Army opens 20,563 engineering positions to female Soldiers

By David Vergun
ARNEWS

WASHINGTON – Military Occupational Specialty, or MOS 12B, Combat Engineer is now open to all female enlisted Soldiers of all components, according to Army Directive 2015-27. The June 16 directive from Army Secretary John

M. McHugh makes available 20,563 additional positions for women and opens the last of the 16 engineer MOSs, which were closed to women. The only positions not open to women in engineering are in certain special operations units.

Female officers were previously assigned as combat engineers to provide a support network for junior female

Soldiers and to offer advice to the unit's male leadership," said McHugh, who signed Army Directive 2014-16, June 17, 2014, making that happen.

Col. Linda Sheimo, chief of the Command Programs and Policy Division at the Directorate of Military Personnel Management, Army G-1, said the decision to open these positions to female Soldiers

was made after U.S. Army Training and Doctrine Command completed extensive validation studies.

"The Army remains on the cutting edge of determining scientifically-based occupational accessions standards for all military occupational specialties," Sheimo said. "Validating these physical standards enhances our ability to

predict an applicant's ability to perform the critical, physically demanding tasks of MOSs."

Women, as well as men, who do not meet the standards, will not be allowed into MOS 12B, or, for that matter, any other MOS, she emphasized. She explained that the standards are, and will remain, fair and transparent.

National Post-Traumatic Stress Disorder Awareness Month observed

It is never too late to raise awareness about PTSD.

Staff Report
1ST INF. DIV. POST

June was recognized federally as National Post Traumatic Stress Disorder Awareness month. Kansas governor, Sam Brownback signed a proclamation also designed the month of June 2015 as Post-Traumatic Stress Awareness Month for the state of Kansas.

With Fort Riley located near the center of the state, the federal and state proclamations are conducive for raising awareness about how Soldiers are affected by PTSD. Resources and information are available through Military OneSource, TriCare, www.health.mil and U.S. Department of Veterans Affairs.

The symptoms of PTSD occur sometimes, but not always, after a traumatic experience. According to the National Center for

PTSD housed within the U.S. Department of Veterans Affairs, about 60 percent of men and 50 percent of women will go through at least one trauma in their lives, and 4 percent of men and 10 percent of women will acquire PTSD from those experiences.

The rate of PTSD is much higher and more common among Soldiers compared to the rest of the U.S. general population. According to the PTSD Foundation of America, one in three troops return from war with PTSD and less than 40 percent seek help. On average, five active-duty Soldiers attempt suicide every day, and 1,100 troops have taken their own lives since 2006.

There are four types of PTSD symptoms according to the National Center for PTSD. First is reliving or re-experiencing the event, which can cause nightmares, flashbacks or be triggered by things seen, heard or smelled. Another symptom is avoiding situations that trigger memories of the event including avoiding crowds

because they feel dangerous or avoiding seeking help because it will force direct confrontation with the traumatic event. Negative changes in long-held beliefs and feelings are another symptom. Finally, feeling keyed up or hyper aroused is the fourth and most common symptom. This includes having a hard time sleeping, feeling jittery, always alert, trouble concentrating, startled by loud sounds or always wanting to have a chair with its back against the wall in a room.

There are different ways families and friends of those with PTSD can help. According to Operation We Are Here, friends and family should help, but don't be offended if they don't feel like talking. Be supportive and nonjudgmental. Do not say, "I understand," unless the experience is a shared or identical. Always be patient.

Even though June has come and gone this year, it is never too late to seek help for PTSD or continue to raise awareness about it. There are many resources available federally and statewide. Sources are



Courtesy photo

Gov. Sam Brownback signed a proclamation June 18 proclaiming June "Post Traumatic Stress Awareness Month" in Kansas. The proclamation signing took place in the governor's ceremonial office, in the Kansas Capitol.

available online and in-person. Additionally, there are many resources online both to help those who are suffering from PTSD and families and friends of those who are suffering. Locally through, Irwin Army Community Hospital's Behavioral Health clinic staff offers resources for Soldiers

and their families who are or have been affected by PTSD.

Staff report assembled by Jakki Forester using the following sources: National Center for PTSD from V.A.: <http://www.ptsd.va.gov/public/PTSD-overview/basics/how-common-is-ptsd.asp>

PTSD Foundation of America: <http://ptsdusa.org/>

[what-is-ptsd/the-statistics/](http://www.ptsd.va.gov/public/PTSD-overview/basics/symptoms_of_ptsd.asp)

National Center for PTSD from V.A. – symptoms: http://www.ptsd.va.gov/public/PTSD-overview/basics/symptoms_of_ptsd.asp

Operation We Are Here: <http://www.operationwearehere.com/CaringInsightsPTSDTBI.html>

DURABLES

Continued from page 3



Staff Sgt. Jessica Maya, human resource specialist assigned to HHC, 1st Sust. Bde., 1st Inf. Div., hugs her husband goodbye before departing for a nine-month deployment to Kuwait June 8 at Ware Elementary School on Fort Riley. The "Durable" brigade's colors were cased in a June 10 ceremony ahead of its deployment in support of Operation Spartan Shield and Operation Inherent Resolve.

to improve community relationships in the Flint Hills region by strengthening the unit's relationship with partners in Wabaunsee County, Topeka, Manhattan and the Kansas State University women's basketball and golf teams.

Law expressed how fortunate and grateful he was to have served with the great men and women of Fort Riley and surrounding communities.

"It has been my honor and privilege to command the great

1st Sust. Bde. over the past two years," Law said. "I leave command proud of all that the Soldiers of this brigade have accomplished in sustaining the Big Red One and Fort Riley as well as the numerous deployments, training exercises and community partnerships."

Law will go on to serve in the office of the Secretary of Defense at the Pentagon. O'Neal will go on to serve at the Sergeants Major Academy at Fort Bliss, Texas.

EXERCISE

Continued from page 1



Emergency Medical Services prepare victims to be flown out by Blackhawk medical evacuation helicopters and Life Star during a full scale protection exercise June 24.

"This exercise allows us to inject a scenario that is maybe a little different from the routine. A more significant scenario that they hopefully will never see," said Philips.

While this new incident was taking place, the wounded from the explosion were taken to a landing zone on the far side of Camp Funston. Blackhawk medical evacuation, or MEDEVAC, helicopters and Life Star flew in for pick up as EMS

prepared casualties in separate stretchers.

Once the victims were flown out and the hostage situation was taken care of, a hot wash debriefing session was scheduled for 3:45 p.m. where officials discussed what worked and what didn't during the annual exercise.

"It's an ongoing continual process, year after year, and we're always looking for ways to get better, build relationships, and continue to grow," said Philips.

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GUARD

Continued from page 1



Jeff Colyer, Lieutenant Governor of Kansas, is greeted by the command team from the 2nd Combined Arms Battalion, 137th Infantry Regiment with the Kansas National Guard to view a live-fire qualification operation at the Digital Multi-Purpose Range Complex at Fort Riley June 26.

that we as a whole keep the communication lanes and the training lanes open so we can train together," Clifford said.

Tafanelli said Soldiers are blessed to have a training area like Fort Riley in their backyard.

"This really allows us to maximize our time in a cost effective manner to do the training at Fort Riley," Tafanelli said.

Jeff Colyer, Lieutenant Governor of Kansas, said Fort

Riley is important to more than just the Soldiers who are stationed here.

"Fort Riley and the assets we have put together at Fort Riley are so important to our overall capability,"

Colyer said. "This is centered in the Heart of America. It spreads out in a whole variety of different areas and touches our entire economy from top to bottom."

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.

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 Fort Riley 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. July 31 at Moon Lake. Be sure to bring your ID. For more information, call 785-240-5326 or email usofortriley@uso.org

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 recommended 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.

ALCOHOL SALE POLICY

All Army and Air Force Exchange Service locations at Fort Riley are no longer selling alcohol from 11 p.m. to 7 a.m. daily. The 1st Infantry Division and Fort Riley policy was implemented to reduce alcohol-related incidents.

PUBLIC WORKS SERVICE

In emergency utility service situations like power outages, contact the Fort Riley Public Works Service Desk at 785-239-0900 to report the problem. You also may call your neighborhood office, and the staff will report the outage for you. For your neighborhood office phone number, visit www.rileypicerne.com, click on "Residents" and "About Our Neighborhoods."

For tips on how to prepare and cope with a power outage, visit www.acsim.army.mil/readyarmy/Power_Outage_Fact_Sheet.pdf.

Military vehicle restoration buffs see progress

Attendees learned about museum restoration projects and current Army vehicles

By Gail Parsons
1ST INF. DIV. POST

Fort Riley hosted several attendees of the International Military Vehicle Preservation Association's annual convention, which was held in Topeka

"It is unbelievably different – like day and night."

John Reed | Vietnam veteran and restoration buff

this week.

Robert J. Smith, Ph.D, director of the Cavalry Museum along with Lt. Josh Johnston organized the daylong trip giving people from Canada, Ireland and all over the United States a look into today's modern Army.

Most of the attendees were

veterans who were intrigued by how different the Army and the equipment are today as compared to when they served.

"I was really impressed with how digital everything is – I feel like I was in during the Stone Age," said Vietnam veteran John Reed from

Cape Girardeau, Missouri, who served in the 4th Infantry Division. "It is unbelievably different – like day and night. Everything then was analog, now it's digital."

The tour was hosted by the Fort Riley chapter of the MVPA, which is an international group of military buffs whose interest lies in preserving the history of military vehicles. The tour to Fort Riley was in the middle of the three-

See RESTORATION, page 12



Spc. Nick Rucker's tune has changed a little since his days in 2012 competing for the title of Sharana Idol with a Goo Goo Dolls cover tune in the Paktika Province of Afghanistan in this courtesy photo to the left. These days Rucker plays his own music for stakes much higher than a retail gift card. During the recent Country Stampede in Manhattan, Kansas, Rucker was pitted against other hopefuls for a slot to open for a headliner during the annual country music festival. Rucker came in second and performed during a workshop for contest sponsor, Nashville Songwriters Association International, in the photo on the right by Maria Childs of the 1st. Inf. Div. Post.

Soldier stampedes into new career

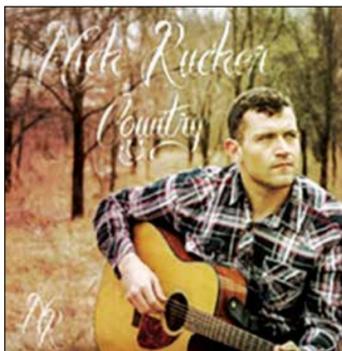
Singing a new song, Soldier strives for post-Army fame

By Maria Childs
1ST INF. DIV. POST

With his family sitting in the front row to the left of the stage, the Hopkins, Missouri native, Spc. Nick Rucker picked up his guitar, put it the strap around his neck and began to sing.

As the 2nd place winner of the Nashville Songwriters Association International's, 2015 Kicker Country Stampede Songwriters Contest, Spc. Nick Rucker, Company B, 701st Brigade Support Battalion, 4th Infantry Brigade Combat Team, 1st Infantry Division, Rucker was given the opportunity to play on stage during a workshop in the association's tent on the final day of Country Stampede.

"Most of my songs are break up songs or love songs," Rucker said. "It's just on a



Courtesy Photo

Spc. Nick Rucker self-published a six-song album as a part of his efforts to build a following and transition into music after his service with the Army is complete. Rucker plans to transition into a full-time music career after seven years of military service.

whim. Nothing really triggers it. I just hear a catchy phrase and find a way to turn it into a song."

Rucker's commitment to the military will be complete August 1, and he is looking to increase his fan base and begin a career in country music.

Rucker said he grew up listening to Garth Brooks and George Strait, but he wasn't always the country singer he is today. He started performing music when he was 13 years old. He was in a rock band before joining the military, after which his music career took a backseat to his military one.

"I went from having no music six or seven months ago to competing against these guys who have been writing for years," Rucker said.

Rucker's father, Jeff, drove from Bedford, Iowa to see him perform.

"He makes me proud because he's been working at this for so long," Jeff said. "It

See STAMPEDE, page 12

Pets need heat protection too

Hot weather plays havoc with pets who cannot cool as well as people do

By Sarah Falcon
1ST INF. DIV. POST

Cats, dogs, birds, bunnies and more. Animals have been in the hearts and homes of many Soldiers and are considered part of the family. Now that summer is in full swing, it is important to keep furry family members safe from the heat.

"Knowing the signs of heat injury is important because early intervention may save your pet's life," said Capt. Cole Wenzel of Veterinary Services.

Signs of heat stress or injury are panting, excessive thick drooling,

collapsing, vomiting, diarrhea, weakness and bright red membranes of the mouth, tongue, eyes and skin in lighter-colored animals.

"Heat injury can progress rapidly and getting early treatment can prevent life-threatening symptoms or even permanent damage," said Wenzel. "If your pet shows signs of heat injury please contact your veterinarian as soon as possible."

However, knowing the signs is not enough. It's essential to know how to prevent heat injury.

"Knowing preventative measures of heat injury is critical," said Wenzel. "Most cases of heat injury are preventable

"Most cases of heat injury are preventable if appropriate steps are taken."

Capt. Cole Wenzel | Veterinary Services

if appropriate steps are taken."

Some ways to prevent heat injury include never leaving an

animal unattended in a car and limiting activity in high heat. Bring water and ice cubes on a walk when temperatures are over 80 degrees Fahrenheit. Obese animals are more vulnerable to overheating. If dogs must be outside, provide them with a shallow kiddie pool full of cool water, a bowl of water to drink and toys frozen in a mixture water and chicken stock.

Wenzel also said if someone finds a dog locked inside a car on a hot day on post, they should contact the military police station.



Photo by Julie Fiedler | POST

Watch pets carefully for signs of heat distress. Recognition and swift treatment can avert tragedy. Last autumn, post K-9 residents had one day to beat the heat by playing in a pool at Fort Riley.



COMMUNITY CORNER

Liberty, responsibility intertwined

By Col. Andrew Cole
GARRISON COMMANDER



Colonel Cole

Independence. We celebrate our liberty and we understand that liberty comes at a price. For us, that price could be paid in a currency the rest of the people of this nation never have to spend. We spend birthdays and anniversaries away from those we love. We spend sweat, tears and sometimes blood to ensure that liberty is maintained. And for some, they spend their last breath.

This weekend is not a time to morn or even count the full cost of liberty – it is a time to revel that we live in a nation founded on freedom. July 2, 1776, the vote to become an independent nation was cast. July 4, saw the adoption of the Declaration of Independence and charted our new nation's course. Five days later thousands of Continental Army Soldiers, dispatched from Boston, met at the parade grounds of lower Manhattan and heard the Declaration read publicly for the first time. Then they took responsibility for that declaration and stood against an army of Red Coats and Hessian mercenaries to defend New York.

From birth to superpower status, the United States has come a long way. We got this far by taking responsibility for ourselves and for the cause of freedom. Paired with liberty is

always responsibility. Like brothers they resemble one another and depend on each other when times are tough.

For the long holiday weekend, I'm asking you to take responsibility while you observe your liberties. Each of you is needed to complete a mission here at Fort Riley. If you get the time to celebrate the founding of this free nation, I ask that you do so in a way that honors our tradition of liberty mingled with responsibility.

Shoot your fireworks, eat hot dogs and apple pie, but if you imbibe – don't drive. If you are traveling, don't drive fatigued. If you are a supervisor – know what your people have planned and ensure those plans include adequate rest breaks and protective gear, depending on the activities they have planned.

If you are driving try to keep it during daylight hours and to keep your rest, awake cycle as close to normal. That way you arrive refreshed and ready to enjoy family festivities.

Remember, our forefathers built a nation that guarantees certain freedoms. Go that extra step, as they did, and take responsibility for safeguarding that liberty.

If you would like to comment on this article or suggest a topic for Community Corner, e-mail usarmy.riley.imcom.mbx.postnewspaper@mail.mil.

Manhattan summit focuses on animal health and food safety

MANHATTAN — On June 23-24, 150 key leaders met in Manhattan, Kansas, to discuss the future research activities and operations of the National Bio and Agro-defense Facility, or NBAF.

"Pioneering Partnerships with NBAF: A summit with livestock producers and the animal health industry about science, synergy and security" was an industry-focused, invitation-only summit. It provided a centralized location for livestock producers, animal health industry leaders, researchers and policymakers to start discussions about how NBAF will work with the community and develop a strong working relationship between government and industry before the federal laboratory begins its operations.

Participants shared their ideas, recommendations and needs for research and development, collaborations, communications and policy during the summit. Virtual tours of the NBAF site and Kansas State University's Biosecurity Research Institute at Pat Roberts Hall also were given.

As a way to expand the conversation, the U.S. Department of Homeland Security added NBAF to its Science and Technology National Conversation series. The bio and agro security-focused topic is designed to build on the dialog begun at the summit. The series is available at <http://scitech.ideascale.com/a/oagesibioagro>.

The summit included keynote speeches by Catherine

Woteki, undersecretary for the U.S. Department of Agriculture's Research, Education and Economics mission area and the department's chief scientist, and Christina Murata, chief of staff for the Science and Technology Directorate of the Department of Homeland Security.

In her keynote, Woteki said many health, food and natural resource-related issues are coming together to create a perfect storm for agriculture, so NBAF will be a frontline in animal health and food safety.

"According to the Centers for Disease Control and Prevention, about three-quarters of recently emerging infectious diseases that are affecting people are diseases of animal origin, and approximately 60 percent of all human pathogens are zoonotic," Woteki said. "Animals and foods of animal origin can be vectors for the transmission of these diseases, so there are implications for food safety."

Murata spoke about the importance of having partners at the federal, state and local government levels as well as at the academia, industry and international levels to ensure NBAF fully addresses the nation's needs in animal health and food safety.

"The pace of technology and the pace of new threats have changed," Murata said. "On the threat side, globalization, climate change and deforestation are leading to increasing numbers of new diseases at rates never seen

before that impact both human and animal health."

The summit also introduced a system for the diagnosis, treatment and prevention of infectious diseases. The Bio/Agro Security Innovation System, or BASIS, is designed to enhance public and private sector collaboration by leveraging the capabilities of government, industry and academic partners in the network. Through the network, vaccines and other technologies can be introduced more quickly into the marketplace, a skilled animal health workforce can be trained, and the regional economy can be stimulated.

"There was a clear consensus that it cannot be business as usual if BASIS is going to succeed with government and industry working together effectively to solve animal health problems," said Ron Trewyn, Kansas State University's NBAF liaison. "To do so, current processes must be streamlined and communications must improve, but fortunately everyone at the summit wants it to work, and significant assets are in place in Manhattan and in the region to allow this effort to flourish."

NBAF is the Department of Homeland Security's foremost animal disease research facility. The \$1.25 billion facility is a biosafety level-4 laboratory that will research emerging, high-consequence livestock diseases. NBAF is expected to be fully operational by 2022 or 2023.

Vacation Bible School registration

By Maria Childs
1ST INF. DIV. POST



Post file photo

Each year Vacation Bible School has a different theme and adult volunteers take the kids through the themed adventure with stories and activities.

Vacation Bible School is scheduled to begin July 28 at Victory Chapel and registration is under way.

Roxanne Martinez, director of religious education at Fort Riley, said children age 5 through 10 are invited to participate. It is scheduled to begin at 9 a.m. each day and end at noon.

"It's very interactive," Martinez said. "Kids remember VBS."

Registration will remain open until all the spaces are filled. About 50 children have been registered for the event, but the annual average attendance is around 150, Martinez said. All military families are welcome whether they have previously been involved in chapel programs or not. There is an emphasis on inviting new families to become involved in the community because the children meet others.

"The kids meet new friends," Martinez said. "They are encouraged to invite their friends too."

This year the theme is "Conquering Challenges with God's Mighty Power." Each day VBS will have a different theme about God's power and how it relates to their life. The games and activities provided will then reinforce the lesson taught. Each family will receive a disc with the songs from VBS on it at the end of the week.

"Everything reinforces the key verse, including their snacks," Martinez said.

Martinez also said volunteer opportunities are still available for VBS. Pre-school VBS will be available for the children of volunteers who are 5 years old or younger.

"As long as the kids have a Fort Riley relation – they are invited," Martinez said.

To register or volunteer for VBS, email Martinez at roxanne.g.martinez.civ@mail.mil or call 785-240-1443 or 785-375-4730.

NOW SHOWING

Barlow Theater is now in digital!
Tickets cost \$5.50 for adults and \$3 for children
Tickets for 3-D and first-run movies cost extra.
Children younger than 5 are admitted free.



FRIDAY, July 3
• Closed

SATURDAY, July 4
• Closed

SUNDAY, MAY 17
• San Andreas 3D (PG-13) 5 P.M.

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

You can't smell it,
but everyone else can.

If you smoke, you must be
50 feet away from building
entrances on post.

Experts offer little tips to make big changes

K-STATE

MANHATTAN, Kan. — When it comes to taking a physical activity break at work, it's more about the frequency than duration. That's advice Kansas State University experts in human nutrition and kinesiology are offering employees working in a sedentary environment who are looking to improve their health.

"When people sit for a long period of time, our body turns off an enzyme called lipoprotein lipase, which helps take in fat and use it for energy," said Sara Rosenkranz, research assistant professor of human nutrition. "Essentially what happens is that enzyme goes away and stops allowing us to uptake the fat that's circulating in our blood and use it for fuel. We also know physiologically that sitting for long periods of time will actually reduce insulin sensitivity and increase circulating triglycerides. These are two things we know are very highly associated with poor chronic health in the long term."

But Rosenkranz said lots of little changes in a daily work routine can add up to a big change.

Get up and stand or take a walk at least once an hour, suggests Emily Mailey, assistant professor of kinesiology and director of the Physical Activity Intervention Research Lab.

"When it comes to sitting time, frequent interruptions is what's really important. We want to break up those long, prolonged



U.S. Army Photo

Experts in human nutrition and kinesiology recommend small activity breaks throughout the day for desk workers

bouts of sitting and get people up and moving more throughout the day," she said.

Mailey recommends setting a prompt on your computer to remind you to get up and move. Other ways she suggests to incorporate movement into your work activities:

- Send work to a remote printer.
 - Use a restroom on another floor.
 - Visit a co-worker's office instead of sending an email.
 - Park further away.
 - Take a walk with co-workers.
- "Sometimes I think it takes a cultural

change because it's really easy to maintain what we all do," Rosenkranz said. "It's also important to remember that it is not just about increasing physical activity. The research is unequivocal that both physical activity and diet are essential in terms of energy balance and health outcomes. Watching what you eat is actually a way that people can make a bigger difference in terms of an energy balance equation. It's a lot easier for some people to cut out calories as opposed to expending more energy through physical activity."



One Dog, one Soldier: building bonds with patience

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

Spc. Armando Zarate, 97th Military Police Battalion, stood to the right of his Dutch Shepard, Santa, in the heat of a summer day in Afghanistan. Temperatures can reach up to 120 degrees Fahrenheit. Santa sat with his tongue hanging out of his mouth looking, waiting for a drink of water.

The city Zarate was in did not have running water making it challenging to quench Santa's

thirst. Zarate searched for a plastic water bottle in his gear. Poking holes in the bottom of the plastic bottle, Zarate was able to provide the water Santa so desperately needed and wanted.

Lapping up the water faster than it could come out, Santa began to cool off before the next mission began.

Zarate and Santa are one of the many dog and handler partnerships in the Department of Defense Military Working Dog Program. The kennel master of the 523rd Military

Working Dog Detachment at Fort Riley pairs handlers with working dogs who are well-matched.

"He'll kind of talk to you and see your work ethic – how you are as a person and as a Soldier – that's when he'll make a decision about what dog is good for you," Zarate said.

Zarate said although Santa and him get along well now, there was a long road to get to where they are.

"When I first picked up Santa, we had no bond," Zarate said. "I had to kind of force my way into gaining that relationship with him. He didn't want to cooperate. Eventually as time went on, we developed a good bond. Ever since then, we were meant to be together."

According to Bob Rubio, chief of public affairs for the 37th Training Wing at Lackland Air Force Base, Texas, and home of the DOD Military Working Dog Program, there are about 1,800 working dogs in the DOD inventory and fewer than 100 are deployed.

Fort Riley has more than 10 military working

dogs, or MWDs.

Zarate said the kennel master tries to match dogs, but depending on availability sometimes that match takes a while to build.

Pfc. Jourdan Trevino, 97th MP Bn., was paired with Bak two months ago. He said every day is a battle of trying to gain trust in his relationship with his dog.

"It's a lot more work than I thought it was going to be," Trevino said. "But it's a lot more rewarding because you're working with a dog every day. It's not like a regular battle buddy. It's a reflection of each other."

Coming from a military police unit, Trevino said he used to worry about the person in front of him, but now he has a dog beside him he has to take care of.

"You really have to slow down and see what is in front of you," Trevino said.

Trevino and Zarate agreed training a dog takes a lot of patience and resiliency. Zarate said even though Santa has been his dog for four years, there is still a lot of room for growth. Zarate wouldn't trade Santa for anything.

"A dog is more reliable than a battle buddy," Zarate said. "Once you gain that bond with your dog, that dog is going to back you up no matter what.



Pfc. Jourdan Trevino, 97th Military Police Battalion, takes his K-9 partner, Bak, through the agility course. Once paired, the dog and handler duo spend time covering the basics to earn certification. Even when certified they must continue training and practicing team skills.



Pfc. Jourdan Trevino, 97th Military Police Battalion, and his K-9 partner, Bak, are working toward a relationship of trust that will carry them through any obstacle. Trevino and Bak were paired about two months ago. Trevino admits the bonding process takes work and patience. Trevino will depend on his partner much more than he would a human battle buddy and Bak must rely on Trevino for care.

Army, Air Force take bomb disposal to new level with lasers

By Carlotta Maneice
AMRDEC PUBLIC AFFAIRS

REDSTONE ARSENAL, Ala. – The U.S. Army and Air Force are working together to develop mine-resistant, ambush-protected, or MRAP, vehicles with laser technology.

Before, when they wanted to disable a bomb, highly-trained bomb disposal specialists wore body armor, protective suits or used robots.

With lasers, operators can negate the threat of improvised explosive devices, makeshift bombs, mines and other unexploded ordnance from a safe distance.

The U.S. Army Aviation and Missile Research Development and Engineering Center, or AMRDEC, Prototype Integration Facility, or PIF, U.S. Air Force

Air Combat Command and the Redstone Test Center developed the technology.

The AMRDEC PIF will integrate the U.S. Air Force's laser, interrogator arm, console and other features into the Category I Cougar MRAP.

"Building the [Recovery of Airbase Denied by Ordinance, or RADBO] prototype was right in the wheelhouse of what the PIF is set up to do," said Steven Colvin, PIF project manager. "We were able to assemble a strong team of mechanical, electrical and design engineers to solve the problems, fabricators and integrators to build the prototype and technical writers to document the installation, operation and maintenance of the system."

"We may see hundreds to thousands of small unexploded ordnance items on

a runaway or airfield but the RADBO will allow us to reduce the time it takes to get an airfield operational," said Marshall "Doc" Dutton, Air Force explosive ordnance disposal modernization program manager of the Air Force Civil Engineer Center on Tyndall Air Force Base, Florida. "Currently, if a runway gets hit it can take days to weeks to get cleared. With the RADBO, runways can be cleared and operational at a much quicker pace."

RADBO's laser can detonate bombs up to 300 meters and the Army's integrated interrogator arm and manipulator claw, can pull 50 pounds of debris from cracks and underneath rubble. Infrared cameras, driver vehicle enhanced capabilities and two alternators were installed to provide more than 1,100 amps of power.

"The biggest challenge for the PIF was the integration and mechanical maneuvering of adding a second alternator," Colvin said. "The stock alternator was only 570 amps and we needed more to power the laser. After modifying the nose of the Cougar MRAP and shifting the fan and radiator forward we were able to install an additional alternator and double our power."

Another non-combat use of the RADBO is the ability for immediate range clearance allowing fighter pilots to use the range immediately after a live-ordnance drop training exercise. Since ranges can be cleared immediately for repeated use, this capability has the potential to save lives on the battlefield.

"The PIF and the test center support have been superb," Dutton said. "We

anticipate producing 14 more RADBO after the developmental testing phase to support the AFCENT command. We look forward to partnering with the PIF in the future."

Current testing on the RADBO includes munitions testing, hot and cold storage and electromagnetic interference. Developmental testing will conclude in July at RTC but additional tests will continue with airmen on Tyndall Air Force Base in September 2015.

The PIF is subordinate to the Engineering Directorate, which plans, develops, manages and conducts Aviation and Missile Life Cycle Management Command programs in total lifecycle systems engineering, product assurance, test and evaluation.

RESTORATION Continued from page 9



Photo by Gail Parsons | POST

Joe Allison of Center Ridge, Arkansas was among the members of the Military Vehicle Preservation Association who visited Fort Riley June 26. Part of the tour included a look at vehicles in Fort Riley's Cavalry Museum storage that are awaiting restoration.

day convention at the Topeka Expo Center. Lowell May, president of the Fort Riley chapter, nicknamed 'Rough Riders' after Theodore Roosevelt Jr., said the visit to Fort Riley exceeded expectations and the success of the convention will play into the likelihood of the convention returning to Kansas.

"I told them - 'this is your Army, you need to see your Army,'" he said.

Part of the tour was a visit to Fort Riley's simulation center, which Johnston, who served as the commissioned officer to escort them, described as large video games. Several of the participants found the simulation center to be the most exciting and interesting.

Peter Farfaras from Lexington, Massachusetts, who appeared to be the youngest attendee, said it was fun to participate in the simulated training and see what the soldiers go through. Although he has no direct military connection, he is involved with MVPA because of his father who has restored vehicles for many years and bought him his first military jeep a few years ago.

His M31 A1 Jeep is in good shape, but not restored authentically. His intention is to eventually buy his own vehicle for restoration. He likes driving and working on vehicles used during war time.

"It's part of history," he said.

As the group toured different areas of Fort

Riley, the post impressed some of the visitors. Driving through the Flint Hills of Kansas was an experience for many of them, but seeing how well kept the post was made an impact.

"I had heard a lot (of good) about this post," said Joe Allison from Center Ridge, Arkansas. "It was even better than I expected."

As an Army National Guard veteran who served from 1956 to 1978 he was also impressed by the sophistication of today's vehicles and equipment.

He mentioned the tanks as one of the highlights of the visit. Several of the participants were there with their husbands, the women seemed most interested in the tanks, May said.

"They were getting into the Abrahms and the Bradleys, they went up in the turrets," he said.

The day ended with a trip to the museum's storage area where several vehicles waiting restoration sit collecting dust.

Among those who toured the warehouse were Tom and Jan Townsend who own Toyland Combat Vehicles in Rusk, Texas. They are familiar with many military vehicles. The trip gave them the opportunity to see vehicles they don't usually get to see, Tom said.

As the day wound down, the MVPA members climbed over dusty vehicles, admiring what was still intact and talking about what it would take to restore some of the artifacts.

Members of the Military Vehicle Preservation Association visited Fort Riley June 26. Several were veterans and compared today's military vehicles to those they operated in Vietnam or other military eras. The group visit was part of an annual conference on the preservation of military vehicles held in Topeka, Kansas

Courtesy photo



Blue Star Museums free to military families

By Gail Parsons
1ST. INF. DIV. POST

From Memorial Day through Labor Day, Blue Star Museums are offering free admission for military families to more than 2,000 museums across the country.

Blue Star Museums are a collaboration of the National Endowment for the Arts, Blue Star Families, the Department

of Defense and those museums.

Those eligible for free admission include active-duty, Guard and Reserve service members and their family members. Retirees and veterans are not eligible for the program designed to reach children of military families facing the challenges of military life.

There is no limit to the number of museums a family

can visit through the Blue Star program.

The following are local Blue Star Museums:

Manhattan: Marianna Kistler Beach Museum of Art, Kansas State University

Salina: Smoky Hill Museum

Topeka: Museum of the Kansas National Guard

For a full list of participating museums visit www.arts.gov/national/blue-star-museums

Army moves forward, installs modernized cryptographics

By Nancy Jones-Bonbrest
ARNEWS

ABERDEEN PROVING GROUND, Md. — Emphasizing modernization, standardization and ease of use, Army leaders continue to replace aging cryptographic devices with upgraded equipment.

Known as the Army-Wide Cryptographic Network Standardization, or ACNS, initiative, the effort is bringing commonality and simplification to cryptographic equipment, replacing it with modern, user-friendly devices to help streamline protection of the information, which resides on the tactical network. Started in 2012, the effort began at bases in the continental United States, followed by Army accounts throughout the Pacific, with the focus now in Europe.

"There are mandates out there from the Army and the National Security Agency that call for the replacement of these legacy devices," said James Hayden, the total package fielding manager and ACNS lead for Product Director Communications Security, or COMSEC, Cryptographic Systems. "This effort will clean up the battlefield by standardizing what we use to protect information on the Army's network."

Replacing the existing "hard-coded" equipment with new software programmable devices will also enable efficiency for future upgrades, which will

no longer require a complete overhaul of hardware.

"Now, as we move forward with standardized equipment, we'll be able to reprogram algorithms from the field," Hayden said. "So in theory, if the hardware box can survive 30 years without breaking, we would only need to do software upgrades instead of what we're doing today, which includes totally replacing hardware and software."

As cryptographic equipment comes out of compliance, it could result in an inability to communicate at secret and top secret levels. Additionally, the legacy equipment will not be compatible with the Army's data network as the Army migrates toward Internet Protocol Version 6, or IPV6, Hayden said.

The ACNS effort is focused on replacing the legacy end cryptographic units, or ECUs, through an accelerated fielding process. The PdD COMSEC cryptographic systems identified 30,000 ECUs at almost 70 geographical sites, which had aging algorithms needing to be replaced. Of those, only 15 sites remain before moving on to National Guard and Reserve units later this year.

"As the network and mission command systems continue to evolve, so too must our cryptographic devices," said Robert Vik, product director for COMSEC Cryptographic

Systems. "This initiative ensures Soldiers have the most modern equipment possible. Without it, it would could compromise secret-and-above information being transported."

The process includes identifying the equipment to be replaced, filling orders, training and integration and disposal of legacy equipment. To date, more than 6,000 pieces of legacy equipment have been removed from the field and are in the process of being disposed of. The goal is to be as non-intrusive to daily operations as possible.

The effort is a partnership with the Communications-Electronic Research and Engineering Center, or CERDEC, Communications Security Logistics Agency, or CSLA, Network Enterprise Technology Command, or NETCOM, and Tobyhanna Army Depot, or TYAD. The program is managed within project director network enablers by the PdD COMSEC Cryptographic Solutions Product Office.

The holistic Army effort is critical to the full lifecycle fielding. Experts are onsite to help Soldiers with the process and perform administrative tasks while CSLA logistics experts help with the paperwork and Tobyhanna experts work to ship legacy equipment back to TYAD. The documentation is completed by the team - allowing Army units to focus on their mission.



U.S. Army photo

The Army-Wide Cryptographic Network Standardization initiative is bringing commonality and simplification to cryptographic equipment, which resides on the tactical network.

STAMPEDE Continued from page 9

makes my day to see him up on stage."

Jeff said country music fits Rucker's personality because of where he grew up and the military has helped him focus his musical goals.

"I think it fine-tuned him," Jeff said.

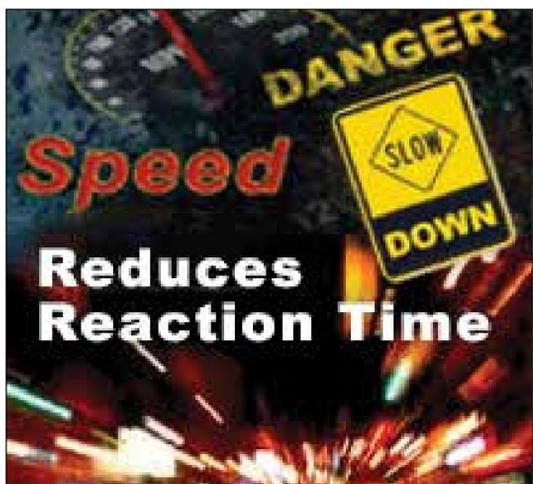
Rucker said although the military has helped him grow, he faced many obstacles while in the military. While he was deployed in Afghanistan, he won Sharana idol, an installation, Morale, Welfare and Recreation sponsored singing competition patterned after the television show 'American Idol.'

"There were times when I would try to book a show

and then I would have staff duty," Rucker said.

After seven years in the military, Rucker will be staying in the Fort Riley area, playing music and writing more songs. He said the area has shown great appreciation for his music and there is a solid country fan base here.

"I had never done something like this around this area before," Rucker said. "You just have to put yourself out there. You can't let being afraid of what's going to happen stop you from that. I put myself in the most uncomfortable situations I could find until everything was fluent."



Sports & Recreation

IN BRIEF

BOWLING SPECIALS

Monday to Friday: From 11 a.m. to 1 p.m., pizza and salad buffet, \$6.99

Monday to Friday afternoon specials: From 11 a.m. to 1:30 p.m., \$2 games and \$2 shoes.

Wednesday to Friday: From 1 to 6 p.m., \$2.50 games and \$2 shoes.

Saturdays: From 11 a.m. to 6 p.m., \$2.50 games and \$2 shoes.

Sundays: From noon to 6 p.m., family fun, \$35 per lane, which includes two hours of bowling, one large two-topping pizza, two pitchers of soda and shoes for up to six people.

Wednesday – Dollar Night: From 6 to 9 p.m., \$1 games and \$1 shoes.

Thursday – Quarter Mania: From 6 to 9 p.m., \$5 cover, which includes shoes and 50¢ games.

Friday – Red Pin: From 6 to 9 p.m., \$10 for 3 games with shoes and prizes

Extreme: From 9 p.m. to midnight. Cost is \$9, which includes shoes and up to three hours of bowling. Cost is \$7 for children.

Saturday – Extreme: From 6 p.m. to midnight. Cost is \$9, which includes shoes and up to three hours of bowling.

WATERMELON CRAWL

Summer fun for all ages! The Watermelon Crawl is scheduled from 1 p.m. to 8 p.m. July 11 at Custer Hill Pool. There will be watermelon eating contests, seed spitting, watermelon smashing and greased watermelon relays.

Entry fees for children 5 and older are \$3 and ages 2 through 5 are \$1.50. Children 2 and under are free. Pool Passes will not be accepted for this event.

For more information call 785-239-6398.

10-5-2 PRAIRIE RUN

The 10-5-2 Prairie Run is scheduled to take place at 7 a.m. July 18 at King Field House. The 10-mile course is a qualifier for Fort Riley's Army 10-miler team. No pets, strollers or headsets are allowed.

Registration is online at <https://register.chronotrack.com/r/14309>.

For more information, call 785-239-3146.

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 are 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.

SKREET 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.



Ten-year-old Joleana Moore, daughter of Sgt. Stephen Northcut, 1st Brigade Engineer Battalion, 1st Armored Brigade Combat Team, 1st Infantry Division, looks to find the next rock as she climbs up the 21-foot rock-climbing wall at Outdoor Adventure Day at Outdoor Recreation June 27. The annual event attracted more than 400 people.

FUN IN THE SUN

Families find fun at Outdoor Adventure Day

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

Fourteen-year-old Evonna Moody, daughter of Chief Warrant Officer 2 Damien Moody, Special Troops Battalion, 1st Sustainment Brigade, 1st Infantry Division, crouched at the end of the line of military dependents who were aiming paintball guns at the same target – plastic fruit and figurines on a card table.

Directorate of Family and Morale, Welfare and Recreation staff offered families a chance to get outside and enjoy the Kansas weather June 27 at Outdoor Recreation. The event included a paintball course, rock-climbing wall and bouncy houses.

Evonna attended the event with her mother, Rose, and her 9-year-old sister, Inara. Evonna said the paintball course seemed more difficult to her because she was the tallest participant in her group and had to lower herself to be able to aim correctly in the paintball gallery. She said her favorite part was what the group was



Evonna Moody, daughter of Chief Warrant Officer 2 Damien Moody, Special Troops Battalion, 1st Sustainment Brigade, 1st Infantry Division, aims her paintball gun at the plastic fruit and figures that sat on a table during Outdoor Adventure Day at Outdoor Recreation June 27.

aiming at.

"I think it was cool to see people knock off the fruit and I think there was even a cow on there," Evonna said.

Inara participated in the rock-climbing wall and paintball. Although she only made it halfway up the wall, she said she was proud of

See ADVENTURE, page 14

2015 Warrior Games athletes set to impress

Story and photo by Lisa Ferdinando ARNEWS

QUANTICO, Va. — It is "our solemn, moral responsibility" to care for wounded, ill and injured service members who have already given so much to the nation, Army Secretary John M. McHugh said.

McHugh visited with Army athletes competing in the Department of Defense Warrior Games on Marine Corps Base Quantico, June 23.

The versatility of the athletes and their ability to excel is "awe-inspiring," he said.

"We owe them the very best in both initial medical care and transition assistance as they go forward into the next phase of their lives," he said.

The Warrior Games, which run from June 19-28, go far beyond competition, he said.

"It's a quality of life issue, it's a pride of service issue as we see the competition across all the services, but most of all, it's about meeting other similarly positioned athletes about going forward and competing in great spirits," McHugh said.

The games provide a "very positive output for competition and for learning more about yourself and exactly what additional you do that you didn't think you could," he said.

An impressive thing, he said, is that service members reach out to athletes from other services to help them and cheer them on, which, McHugh said, "really underscores the true nature of this event."

ADAPTIVE SPORTS HELP HEALING

Retired Sgt. Sean Hook loves the support he gets from friends, family and the Army. He competes in archery, field and sitting volleyball and won gold in archery June 22.

"To have the support from my teammates and my wife and children and everybody — it's huge," he said.

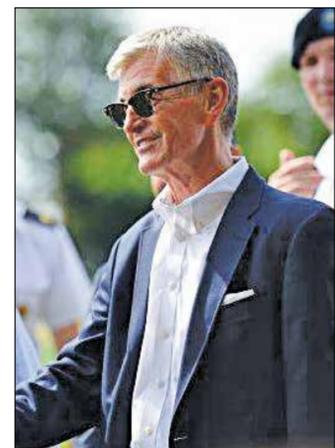
The comradery among the services is great to see, he said.

"We all realize that we're all different but the same in sorts," Hook said. "it's a good time. It's helped me through my journey. It's exciting to be here again."

For a lot of the athletes, it's not about their disability, but their ability, he said. "It's the new you. You learn how to deal with it."

Retired Sgt. Monica Southall competed in the standing shotput and standing discus, June 23. Southall, who was an athlete all through high school and college, said it is an honor to be at the games.

"I remember one time I wasn't able to hardly stand or walk, so to be able to do both and not only that but compete at a high level again is very exciting to me," she said.



Army Secretary John M. McHugh described the Warrior Games athletes as "awe-inspiring," during his recent visit to Quantico, Virginia.

Fort Riley adolescent 'shoots' high in trap, skeet

By Jakki Forester
1ST INF. DIV. POST

He stands with his feet at a 90-degree angle behind a white line at the Fort Riley Trap and Skeet Range. Standing at full attention with his right leg slightly bent, he holds his rifle toward the field beyond. He moves from left to right and left again scanning the horizon line.

"Pull!"
A clay pigeon was released into the air as 16-year-old R.J. Hatt, son of Sgt. 1st Class Richard Hatt, Company B, 701st Brigade Support Battalion, 4th Infantry Brigade Combat Team, 1st Inf. Div., fired his rifle shattering the clay pigeon and watched as the pieces fell to the

ground after providing a four-point safety check and lowering his rifle.

R.J. has been shooting guns, since he was a child. Before getting involved in the Fort Riley Outdoorsmen Group Trap and Skeet Youth Camps three years ago, his interaction with guns was through the Boy Scouts of America.

"Shooting is enjoyable," R.J. said. "Shooting itself is fun, and it's a relaxing thing to do."

Although he has been praised at FROG Youth

"Shooting is enjoyable. Shooting itself is fun, and it's a relaxing thing to do."

R.J. HATT | SON OF SGT. 1ST CLASS RICH-ARD HATT, 701st BSB, 4th IBCT

Trap and Skeet camps from the facilitator, Ollie Hunter, senior readiness manager, division headquarters and headquarters battalion, for this style of shooting, R.J. originally got into

shooting sports through archery.

R.J. said when he was in the cub scouts, there were belt loops those in the troop tried to achieve. One of the activities he was able to do

See TRAP AND SKREET, page 14

TRAP AND SKEET Continued from page 13

was archery. Then, with that experience, he was able to move to BB, pellet then rifle shooting.

“As soon as I was old enough to get into rifle shooting, I did,” R.J. said. “I just like to have fun with it rather than for competition.”

Hunter said R.J. participated in the camp four times — more than any other participant.

Although he participated in the camp three years in a row, twice the first year, he said he does not regularly go to the Trap and Skeet Range unless other family members invite him.

“Shooting is something he has enjoyed doing,” said Lisa Hatt, mother of R.J. and wife of Richard. “As long as he is continuing to enjoy it, we want to continue to support him.”

Lisa said she has gone to female-specific Trap and Skeet events at the range, and they will occasionally shoot as a family, but it is not a weekly or monthly occurrence.

As R.J. is about to become an eagle scout, he has spent many years within the Boy Scouts with multiple shooting events in order to earn more merit toward that title. But once the Hatt family moved here and joined the Fort Riley Boy Scout troop, R.J. has taken a back seat toward his own goal in order to help younger scouts.

“I have set my project aside to help other Boy Scouts move up and get more merit badges since I am almost there,” R.J. said.

Richard and Lisa have also noticed R.J.’s willingness to help others in the Scouts.

“He likes to help when he can,” Richard said. “He is willing to help the younger boys in the troop. But he is the quiet helper in the background.”

As a high school student and active in the Boy Scouts, R.J. is still able to find time to participate in the youth trap and skeet camps.

“We go to the ranges when we can,” Lisa said. “But the camps provide really great training. Safety is first. Then they can have fun while being safe.”

The camps are for young adults ages 12 to 16. Lisa said this is one of the last times R.J. will be able to participate. But if he got the opportunity to participate again, he would take it.

R.J. said shooting is enjoyable for him and encourages others who are interested in trap and skeet shootings to participate in the FROG Youth Trap and Skeet Camps. The remaining sessions this season are July 10 and 11, July 17 and 18 and July 24 and 25 at the Trap and Skeet Range from 8 a.m. to 11 a.m. each day.

“Since this (camp) is free, you don’t have to worry about ammunition consumption or clay pigeons, there is no real reason



Jakki Forester | POST

R.J. Hatt, son of Sgt. 1st Class Richard Hatt, Bravo Company, 701st Brigade Support Battalion, 4th Infantry Brigade Combat Team, 1st Inf. Div., aims a rifle at a trap and skeet camp June 20 at the Fort Riley Trap and Skeet Range.

not to go,” R.J. said. “There are many reasons to go on top of all of those including shooting, relaxing and learning from your mistakes.”

Any military-affiliated person is welcome to use the Trap and Skeet Range at 99373 Vinton School Rd. The range is open Fridays from 11 a.m. to 6 p.m. and Saturday and Sunday from 10 a.m. to 5 p.m. Young adults age 12 to 18 can use the range with an accompanied parent or guardian. Prices vary per round, but a round consists of 25 shots. There is no cost for use of range guns, vests or eye and ear protection. All personal firearms used at the range must be registered on post.

Infantryman shoots gold-winning shot put during Warrior Games

By Shannon Collins
ARNEWS

QUANTICO, Va. — During his inaugural competition at the Department of Defense Warrior Games track and field events, veteran Army infantryman Spc. Haywood Range III earned the gold in men’s standing shot put, June 23.

“It feels great,” Range said. “I just went to [the] U.S. Nationals Paralympics and didn’t do as well as I wanted to do and came back here to [the] Warrior Games and it really all just came together for me. I’ve only been to a couple of meets, so trying to get the nerves out of me each meet I go, finally this one, it’s all starting to click and it worked for me.”

The Team Army athlete said he out-ranged his opponents in the shot put competition by, according to his estimates, nearly 3 meters. That’s what got him the first-place win and the gold medal.

“I shot 11.77 meters, and that’s my personal record,” he said. “It was amazing, I won it. I wanted to shoot for that. I was trying to shoot for 12; I believe I hit that on the second throw. My competitors were hitting around 8 and 9 meters.”

Range said he hasn’t competed at this level before. Early in the day of the track and field competition he said he was anxious about how he’d do - but he steeled his resolve and went in for the kill.

“I was a little tired, but once we got going that competitive nature just comes out - you don’t even feel the pain anymore and you just go,” he said. “The adrenaline starts to go and you just go.”

In addition to his gold-winning performance at the shot put, the medically-retired Range competed in the men’s classified 100-meter, 200-meter, 400-meter and 1,500 meter track events, as well as in the discus event.

He will compete in the men’s classified 50-meter freestyle and 50-meter backstroke as well, June 27.

During the Army Trials, March 29 through April 2, the Army chose who would compete in the 2015 DOD Warrior Games as part of Team Army. Range made the cut. During the Army Trials, Range earned gold medals in the men’s classified track

100-meter, 200-meter and 400-meter.

This is Range’s first year competing at the Army Trials and at the Warrior Games. During the trials, in El Paso, Texas, Range was already feeling good about his prospects at the Warrior Games.

“I feel confident,” he said. “I trained my butt off back home in Jupiter, Florida. I’ve been running at least three to six miles every other day. I got some weights and started lifting. I got a shot put and discus at home and started putting in some time.”

Range was injured during a combat training exercise Sept. 2, 2012, when his Humvee rolled and pinned his arm. He said he can’t remember how many surgeries he’s had.

“I just know when I woke up, my arm wasn’t there,” he said.

Range said adaptive sports gave him a new purpose.

“After the accident, I was laying in my hospital bed, wondering what I was going to do with the rest of my life,” he said. “When I got to Fort Sam Houston [in Texas], they introduced me to adaptive sports, and I was like, ‘Gosh, I can compete again.’ I got involved with rowing, with shot put and discus, track, and swimming. I just fell in love with it. It’s amazing. God is so good to

ADVENTURE Continued from page 13

herself for the attempt.

“It was pretty hard, but fun,” Inara said.

Cadence Stabler, 8, and daughter of Sgt. Michael Stabler, 1st Combined Arms Battalion, 18th Infantry Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division also climbed the wall.

“That was really scary,” she said.

Despite the rock wall being the center of attention, parents thought the event was a hit.

Heather Northcut, wife of Sgt. Stephen Northcut, 1st Brigade Engineer Battalion, 1st ABC, 1st Inf. Div., said her kids enjoyed the rock wall the most.

“It’s nice for the kids to do the rock wall,” Northcut said. “My kids love outdoor activities.”

Evonna’s mother, Rose, said the event allowed her children to experience the things Fort Riley has to offer.

“I think this is a cool thing for them to have for the kids,” Rose said. The Outdoor Recreation Center is located at 1801 Buffalo Soldier Drive in Camp Funston. For more information about the paintball course or other Outdoor Recreation opportunities, call 785-239-2363.



Military family members aim paint ball guns during Outdoor Adventure Day at Outdoor Recreation June 27.



Travel & Fun in Kansas

Surrounding cities, counties prepare for fireworks, family

It's that time of the year again. The Fourth of July when families bring out fireworks and fun.

It is important for those who are planning to light fireworks to know state laws and city ordinances which limit the use of fireworks.

Except for banned fireworks, the state of Kansas allows individuals to shoot fireworks from June 27 through July 5 within the time constraints set by individual communities.

The sale and use of fireworks classified as rockets, like bottle rockets, are illegal as is the mounting of fireworks on a stick or wire to convert them into projectiles. Public fireworks displays require a special permit.

Fireworks may only be discharged in residential areas on private property, not public rights-of-way including streets. Fireworks may not be discharged on business, commercial or industrial property. Neither may they be used on public property.

An officer observing reckless discharge of fireworks, or fireworks in use in a prohibited space can confiscate them.

It is important for those shooting fireworks to check the current weather conditions to ensure no bans or changes have taken effect. Contact local authorities for current information.

As always, have your safety plan and any protective equipment nearby. Keep a bucket of water or sand and a fire extinguisher nearby.



Photo by Jakki Forester

- Always read and follow the directions on the fireworks labels
- Keep water handy
- Never experiment with homemade fireworks
- Never throw or point fireworks at other people
- Never shoot fireworks in metal or glass containers
- Only ignite fireworks outdoors, never indoors
- Store unused fireworks in a cool, dry place
- Never stand over a firework when igniting it
- Follow the laws and use safety sense



Photo by Jakki Forester

IN BRIEF

FORT RILEY

No fireworks are allowed to be used on the installation.

ABILENE

The City of Abilene Fireworks show is scheduled to take place at 9:45 p.m. from the community center near Eisenhower Park July 4. The city's "Old Fashioned Fourth of July Celebration" with food and games is scheduled in the park during the day.

Fireworks may be discharged July 3 and 4 from 8 a.m. to midnight.

MANHATTAN

Discharge of legal fireworks within the city is allowed 8 a.m. to midnight July 1 through July 4. Sales are allowed starting July 1 at noon through midnight July 4.

WAMEGO

The 144th Wamego's Independence Day Parade will begin at 6 p.m. on Lincoln Street. Lincoln Street will be closed from 3 to 8 p.m. on July 4 for this event.

The 1st Infantry Division Band Concert is scheduled for 8 p.m. and fireworks beginning at 10 p.m. at the Wamego Rec Complex.

JUNCTION CITY

The Sundown Salute began July 1 and runs through July 4. The fireworks extravaganza is scheduled to begin at 10:30 p.m. on July 4 at Heritage Park.

TOPEKA

Fireworks can be discharged July 1, 2 and 3 between the hours of 8:00 a.m. to 10:00 p.m. and July 4 between the hours of 8:00 a.m. to midnight.

SALINA

A Fourth of July concert is scheduled from 7 to 9 p.m. at the East Crawford Recreation Center, 841 Markley Road. Afterward, the Salina Post of the American Legion Riders will play Taps and there will be a lowering of the colors from the newly dedicated 30 foot flagpole at East Crawford Recreation Area. The fireworks show will start at 10 p.m. with music played over KSAL 1150am.

For more information, contact Salina Parks & Recreation at 785-309-5765.

RILEY COUNTY

Discharge is allowed July 1 through July 4, 8 a.m. to midnight each day.

Sales are allowed starting July 1 at 12 p.m. through July 4 at midnight.

DOUGLAS COUNTY

Fireworks can be discharged during the following times and dates:

July 1 – 7 a.m. to 10 p.m.

July 2 – 7 a.m. to 10 p.m.

July 3 – 7 a.m. to midnight

July 4 – 7 a.m. to midnight

SHAWNEE COUNTY

Fireworks may only be sold June 27 to July 5, between hours of 8 a.m. to midnight.

Discharge, explosion, or use of any fireworks is prohibited except from June 27 to July 4, between the hours of 8 a.m. to midnight.

GEARY COUNTY

Fireworks may only be sold June 27 to July 4, between hours of 8 a.m. to midnight. They can be discharged until July 4 at midnight.

