

THE 1ST INFANTRY DIVISION POST

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←← FORT RILEY, KANSAS →→

Moon Lake site of annual 'Truckmasters' unit reunion

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

Past and present Soldiers of the 24th Transportation Company, 541st Combat Sustainment Support Battalion, 1st Infantry Division Sustainment Brigade, gathered July 11 at Fort Riley for their annual "Truckmaster" reunion.

During the reunion, the company's fifth, the Truckmasters were presented with a Somalia streamer for the unit's participation in the 1992-93 Operation Restore Hope. The humanitarian operation was a success in alleviating the mass starvation of the Somali people and constructing and improving 2,000 kilometers, or 1,243 miles, of road. The project also helped to open schools, hospitals and orphanages in the southern region of Somalia, according to information from Global Security.

"This is absolutely one of the highlights of the year for the entire battalion," said Lt. Col. Ronnie Anderson, 541st CSSB commander, who is deployed to Kuwait with the battalion headquarters. "I wish more units had the deep and rich pride in our organization, Army and heritage."

The battalion headquarters deployed in March for a nine-month rotation to Kuwait

See REUNION, page 3



Retired Staff Sgt. Ronald Dunlap, a 24th Trans. Co., and the committee chairman veteran who served during Desert Storm and Operation Restore Hope, reads July 11 from an award of appreciation before presenting them to alumni and family members who participated in planning and coordinating the fifth annual "Truckmasters" reunion at Fort Riley's Moon Lake.

RIGHT ON TIME



Pfc. Korvaris Harris, a native of Wesley Chapel, Florida, assigned to 21st ICTC, 541st CSSB, 1st Inf. Div. Sust. Bde., as a cargo specialist, guides a Rough Terrain Container Handler driver to ensure the safe pick up of a 20-foot cargo container from a Kuwaiti 18-wheeler July 8 at the Iraq/Kuwait border. Executing the mission safely is a top priority for the 21st ICTC.

'Durable' brigade ensures safe shipment of supplies to Iraq

Story and photos by Staff Sgt. Aaron P. Duncan
1ST INF. DIV. SUST. BDE. PUBLIC AFFAIRS

SOUTHWEST ASIA — Before sunrise, three Soldiers with the 140th Detachment, 419th Movement Control Battalion, are already at work. Vehicles await inspection and corresponding documentation before they can move. The three set about the task under the eye of their supervisor.

As the sun begins to rise, the 140th Det. Soldiers are on the way to meet others assigned to the 21st Inland Cargo Transfer Company on the border of Iraq and Kuwait. Soldiers from each unit plays a part to move supplies into Iraq to support Soldiers assigned there.

Supply movement is historically an essential function every army has to accomplish. Modern armies are no different, and each 1st Infantry Division Sustainment Brigade unit plays a role in accomplishing this task.



Pfc. Brandon Turner, a Newberg, Oregon, native assigned to 21st ICT, 541st CSSB, 1st Inf. Div. Sust. Bde., as a cargo specialist, guides a Rough Terrain Container Handler driver to ensure the safe placement of a 20-foot cargo container on an Iraq-bound 18-wheeler July 8 at the Iraq/Kuwait border.

"It gives me a lot of pride to know that I am doing something important for the mission," said Spc. Christian DeLeon, a Glenn Dale, Maryland, native assigned to 140th Movement Control

Team as a cargo specialist. "No army can function without supplies."

The 140th MCT and the 21st Inland Cargo Transfer Company are out of Joint Base

See SUPPLIES, page 3

Army Reserve chefs train at 'Big Red One' culinary lab

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

Soldier chefs from around Fort Riley regularly take time off from their duties at post dining facilities to take part in a two-week Food Service Refresher Training Course at the Fort Riley Food Service Lab. For the fourth course in 2015, the class saw the inclusion of six Soldiers from far outside Fort Riley's gates.

"Obviously we're doing something right," said Staff Sgt. Jeffrey Matthews, Division Headquarters and Headquarters Battalion, 1st Inf. Div., who led the refresher course. "We train Soldiers — Soldiers for life. So we aim to help any installation to better feed the troops."

Six Army Reserve Soldiers from the 1006th Quartermaster Company, 143rd Expeditionary Sustainment Command, based in Knightdale, North Carolina, attended the training, where the chefs received a refresher on the basics and were introduced to some advanced skills.

"I think they've gained quite a bit of knowledge," Matthews said. "We improve on the basics, but we show them some advanced skills — some individual plating, some stocks, sauces, etc." Matthews described the group as highly motivated and willing to learn.

"We were really fortunate," said Sgt. 1st Class John Evers, 1006th QM Co., culinary management noncommissioned officer. "We're very close to Fort Bragg (North Carolina), and we could have possibly gone there, but when this opportunity came up, we decided to go for it."

The 1006th QM Co. is on a Command and Control Chemical, Biological, Radiological, Nuclear Response Element mission, one which could call for the Soldiers to aid the Federal Emergency Management Agency in the case of an emergency.

"If there was ever a nuclear or biological attack, our unit would be called up somewhere

See CHEFS, page 8

'Daggers' welcome new team members with history, physical training

Story and photos by Capt. Ed Alvarado
2ND ABCT PUBLIC AFFAIRS

Reporting to a new unit is stressful for some Soldiers. To help ease this stress, leaders of the 2nd Armored Brigade Combat Team, 1st Infantry Division, conduct Newcomer's Historical Runs through parts of historic Fort Riley.

"Dagger" brigade officials welcome new members to the team by inviting Soldiers and leaders on a running route around Fort Riley, stopping at meaningful and historic sites while explaining their historical context and performing physical training exercises.

"The history here is rich," said Pfc. Eric Gorin, a newly assigned combat medic in the 299th Brigade Support Battalion, 2nd ABCT. "I didn't realize how much history was here at Fort Riley. It actually made me feel a part of the 'Big Red One' already, it being my first day here."

Stops included on the tour are Artillery Parade Field, Tuttle Park, Sturgis Stadium, the Old Trooper Monument, the Global War on Terrorism memorial and the Fort Riley

museums, where Soldiers take time to view the exhibits.

"I've never experienced anything like this," said 1st Sgt. Carlton Smith, senior noncommissioned officer of Company B, 299th BSB. "The historical run is outstanding. The camaraderie builds and it makes everyone feel a part of the team."

When the run concludes, while standing at the footsteps of the Duty Memorial, Col. Miles Brown, 2nd ABCT commander, stresses the importance of living up to the Big Red One's values: being brave, responsible and on point. "Having been in the Army going on 17 years, welcoming Soldiers and building a team from the get go starts a Soldier in the right path," Smith said. "I truly believe this run is in spirit of being a Big Red One Soldier."

After the run, newly arrived Soldiers, like Gorin, report to their respective battalions to meet their leaders.

"I'm ready to start," Gorin said. "I can't wait to start."

See WELCOME, page 8



Col. Miles Brown, commander of the 2nd ABCT, 1st Inf. Div., leads the brigade's Newcomer's Historical Run on June 30 through Fort Riley, Kansas. The newcomer's run includes stops at historical sites, at which battalion leaders talk about each site's significance and perform a physical fitness exercise with the group.

The next USAG Resilience Day Off will be:

August
7

SAFETY HOLIDAY

As of Thursday, July 23

198

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

HIGHLIGHTS



PRAIRIE RUN 10-5-2 SERVED AS ARMY 10-MILER QUALIFYING RUN. SEE PAGE 13.

ALSO IN THIS ISSUE



JUNCTION CITY RODEO, EXCEPTIONAL FAMILY MEMBER PROGRAM, COLLABORATE FOR SPECIAL-NEEDS CHILDREN. SEE PAGE 9

Garrison recognizes outstanding employees



Photo left: Shawn White, Directorate of Plans, Training, Mobilization and Security, second from the right, was named the Fort Riley Garrison Employee of the Month at an official ceremony at Ware Parade Field at Fort Riley, July 16. White was recognized for being a key member of the local range facility management support system work group in preparing 35 geospatial data layers for use in the Fort Riley Enhanced Fire Desk Program. **Photo right:** James Hogan, Directorate of Public Works, second from right, was named the Garrison Employee of Quarter. Hogan received the award for his role in the clean-up and containment of a flooded manhole in the lift station. Joining White and Hogan in these photos, left to right, are Master Sgt. Amber Eggers, Garrison Commander Andrew Cole, Jr., and Deputy Garrison Commander Tim Livsey.

Story and photos by
Tech. Sgt. Abigail Klein
1ST DIV. INF. PUBLIC AFFAIRS

Fort Riley garrison civilian employees were recognized for their commitment to the 1st Infantry Division motto and exemplification of the Army Civilian Corps Creed at the Garrison Quarterly Installation Awards Ceremony, July 16 at Ware Parade Field.

Garrison Commander Col. Andrew Cole, Jr., thanked all garrison employees for their ongoing contributions to improving Fort Riley.

Team and individual garrison employees received honorary and special awards for enhancing and impacting

the success of Fort Riley as an installation, said program narrator Casey Houghton, Operations Specialist.

The following individuals and teams of garrison employees were recognized at the ceremony:

JUNE EMPLOYEE OF THE MONTH

Shawn White, Directorate of Plans, Training, Mobilization and Security, was named the Garrison Employee of the Month for being a key member of the local range facility management support system work group in preparing 35 geospatial data layers for use in the Fort Riley

Enhanced Fire Desk Program.

Nominees for the Garrison Employee of the Month for June 2015 were White, Dawn Douglas, Garrison Safety Office, Eric Fleuter, Directorate of Human Resources, Hector Figueroa, Directorate of Public Works, Richard Watson and Clint Strutt.

EMPLOYEE OF THE QUARTER

James Hogan, Directorate of Public Works, was named the Garrison Employee of the Quarter for his role in the clean-up and containment of a flooded manhole in the lift station.

Nominees for the Garrison Employee of the Quarter for

June 2015 were Hogan, Mark Dombrowski and Shawn White.

INDIVIDUAL AWARDS

Angie Barnes, from Corvias Military Living, was recognized for her role in the development and management of all utility billing for Corvias in support of the Live Army Green Initiative.

Paul Davis, received a certificate of appreciation from the United States Army Garrison Safety Office for his outstanding support during the 1st Infantry Division and Fort Riley Leaders Rehearsal June 17.

The following individuals received a certificate of appreciation from the United

States Army Garrison Safety Office for their outstanding support during the 1st Infantry Division and Fort Riley, Safety Stand Down Campaign held June 19: Chris Bowman, Tuanna Jeffery, Will Hadley, Paul Davis, Travis Engle, Ward Phillips, Mike Houck, Danielle Neely, Carolyn Lee, Conny Lage, Jazmin Mosely and Alison Birney.

TEAM AWARDS

In recognition for their flawless execution of the May 30, 2015, "Run for the Fallen, at Fort Riley, the following garrison employees from the Directorate of Family, Morale, Welfare and Recreation were honored:

Vincent Spencer, Kim Wargo, Chris Mullins, Taylor Ferrain, Christina Gary and Jessica Richter.

COMMANDERS AWARD FOR CIVILIAN SERVICE MEDAL

In recognition for their Outstanding Civilian Service from October 2014 to April 2015, in their assignment as supervisory security to the Fort Riley garrison, directorate of emergency services, access control branch, the following civilians were honored: Will Paskow, Mark Dombrowski, Russell Blodgett, Henry Huguley, Michael Magar and William Wilson.

Soldiers have opportunity to weigh in on Army uniform changes

Responses from troops provide feedback for Army senior leadership

By Lora Strum
ARNEWS

WASHINGTON – Soldiers should check their emails in the coming weeks for the chance to provide input on possible revisions to aspects of the Army uniform and wear policy.

Senior Army leaders, including Sgt. Maj. of the Army Daniel A. Dailey and Army Chief of Staff Gen. Ray Odierno, have authorized an online survey across all major commands to receive feedback on several uniform topics.

"The Soldiers are the ones who actually wear these uniforms. The senior leaders like to be informed by as many Soldiers in the field as possible [on uniform changes,]" said Sgt. Maj. James H. Thomson of the Institute for Noncommissioned Officer Professional Development.

Survey questions include opinions on gender-specific headgear for drill sergeants. Since 1972, female drill sergeant campaign hats have featured a raised brim and, as of 1983, a deeper green color. The survey, designed to crosscut a large section of Soldiers, will ask if there



U.S. Army photo

Changes to the Army drill sergeant campaign hats include a possible switch to either the male aesthetic, left, the female aesthetic, right, or a possible redesign to be completely gender neutral.

should be a single campaign hat for both male and female drill sergeants.

Consideration of a gender neutral aesthetic is not limited to drill sergeant attire. The service cap is also being considered for conversion to a gender-neutral version. Today, the male service cap features a wide bill, while its female counterpart has a raised brim on either side. The survey asks Soldiers whether or not they see merit in continuing the distinction.

The survey additionally seeks input on prescribing the service cap as required headgear

for senior noncommissioned officers and above, in lieu of the black beret, when wearing the Army Service Uniform, or ASU. Since World War II, the beret has been a staple in the Army uniform, becoming force-wide in 2001.

Dailey has suggested an optional "Eisenhower jacket" to be added as a more appropriate indoor alternative to the black windbreaker jacket. Named for President Dwight D. Eisenhower and designed in the late-1930s, the jacket is waist-cropped, includes additional pockets and does not require

many adornments. The last modification of the shortened, British-inspired jacket was seen in 1965. The survey asks Soldiers' opinion of a version of it for all ranks.

Outside of formal dress, the survey also asks for Soldiers' thoughts on black socks with the physical training, or PT, uniform. The suggestion came up at several town hall meetings Dailey conducted, and is now being sent out

across various commands for evaluation.

"We're hearing from the force, and we want to hear a little bit more," Thomson said.

The cost environment for the latest potential uniform changes is unknown, but the fiscal impact on both the individual Soldier and the Army will be considered before any decisions are made. The results of the survey will provide Army senior leaders valuable information on what uniform changes should be considered.

As a joint effort of the U.S. Army Training and Doctrine Command, or TRADOC, and the Army Research Institute, the uniform survey will be conducted in the coming weeks with results expected in early August 2015.

"The one thing about Soldiers is that they all have their opinions and like to share them when it comes to the uniforms," Thomson said.

Soldiers, who are invited to participate in the survey, will get an email invitation with instructions on how to log in to the online questionnaire.

HOUSE
FILL AD

Retiring can be a challenge, but there is help

By Maria Childs
1ST INF. DIV. POST

Preparing to retire poses many challenges, but Fort Riley has staff prepared to help in the midst of the uncertainty.

Georgia Rucker works in the retirement services office in Building 210 on Custer Avenue. The retirement services office staff helps counsel Soldiers through the retirement process with the help of the Soldier for Life Transition Assistance Program.

"They are learning from the bottom up again," Rucker said about retirees starting a new life.

Rucker said the process of a retiring Soldier is typically started with a phone call questioning what needs to be done to complete the retirement process. This is usually as far out as 12 months from the scheduled retire date.

"We make sure they get credit for everything they have done in their career – whether it be educational, awards for deployments, whatever it is, all their service time is on that one document," Rucker said. "It's basically their history."

During a retirement pre-briefing, the Soldier and employee from retirement

services discusses if there are any gaps in the paperwork and if there are, how to fill them. Once the Soldier is retired and the paperwork is complete, the Soldier can be involved in the Soldier for Life program indefinitely.

"Soldier for life encompasses all Soldiers," Rucker said. "The retirement services office takes it beyond that because we are dealing with those who are at the end of their career. They are entitled to retirement pay and survivor's benefits. We take it even further and help them complete those obstacles, so that once they walk out the

door they've been working with the Soldier for Life and they are looking for jobs and they know what to do."

Glennwood Mclaurin, transition assistance manager for SFLTAP, said the program is designed to prepare them for the transition to civilian life – whether the Soldier is separating from the military or retiring.

"They can go through the Soldier For Life program for the rest of their life – even after they retire," Mclaurin said.

Mclaurin explained retirement services and SFLTAP work together. The

goal is to prepare Soldiers for retirement and connect them with employers and benefit providers.

"Our job is to inform them that retirement services is here to assist them and help them make sure all the paperwork is prepared," Mclaurin said. "Our job is to tell them what their benefits are and how to connect with the different agencies who will provide that benefit to them."

Rucker said SFLTAP can be useful to Soldiers no matter how long they have been retired because the benefits will be active.

"There may be education benefits they decide to utilize after they retired, and that's where they can go and get the information they need to be able to take advantage of the benefits they have," Rucker said. "Sometimes they go through it, they separate, and sometimes they will forget – and when they have those questions, they can go back to Soldier For Life."

For more information about Retirement Services or to make an appointment, call 785-239-3661 or 785-239-3320.

REUNION Continued from page 1



From left to right, retired Staff Sgt. Ronald Dunlap, retired 1st Sgt. Edward Stoneking, retired Maj. Renee Miller McDonald and Capt. Chad Scott, place a Somalia streamer on the 24th Trans. Co.'s guidon July 11 during the fifth annual "Truckmasters" reunion at Fort Riley's Moon Lake.

in support of Operation Spartan Shield and Operation Inherent Resolve.

Attending the reunion to help place the streamer on the unit's guidon was retired Maj. Renee Miller McDonald, who served as the 24th Trans. Co. commander during Operation Restore Hope.

"I feel so fortunate to be here to present the streamer 22 years after the fact," Miller said. "It symbolizes what we've done, where we've been and the challenges we faced."

Retired Staff Sgt. Ronald Dunlap, reunion committee chairman, Truckmaster

veteran and the committee chairman veteran, served during Desert Storm and Operation Restore Hope. He thanked and presented awards to alumni and families who helped coordinate, plan and set up the event.

Dunlap said he was thankful to be a part of yet another reunion and to have so many attend and participate in the festivities.

"The camaraderie between the current and past soldiers is what makes this reunion so special," Dunlap said "This unit has a special place in my heart."

More than 75 current and former Truckmaster Soldiers and their families turned out for the opportunity to catch up and exchange stories at this year's event. Capt. Chad Scott, 24th Trans. Co. commander, has attended two reunions, and said it was wonderful both current and former Truckmasters could come together with their families and share this moment every year.

"There's a lot of heritage and history in this unit, dating back to the 1940s, that we should be proud of and grateful to experience each year," Scott said.

SUPPLIES Continued from page 1

Lewis-McChord, Washington, under the 13th Combat Sustainment Support Battalion, 42nd Military Police Brigade, 593rd Expeditionary Sustainment Command. They deployed to Kuwait in June to attach to the 1st Inf. Div. Sust. Bde. for their nine-month tour in Kuwait.

The 541st CSSB left Fort Riley in March and is organic to the 1st Inf. Div. Sust. Bde.; however, the 419th MCT is an Army Reserve unit from Batonville, Illinois. Before deploying in April and being administratively assigned to the 1st Inf. Div. Sust. Bde., the 419th MCT

was assigned to the 206th Regional Support Group, 103rd Expeditionary Sustainment Command.

The 21st ICTC provides the muscle to move supplies between Kuwaiti trucks and Iraqi trucks.

When a massive Rough Terrain Container Handler looms over heavy 20-foot containers, precision is critical. A misstep could result in damage to the supplies, injury or death.

"Moving the containers is dangerous work, but our Soldiers are well trained and we make

sure that safety comes first," said Capt. Ashley Jackson, 21st ICTC commander.

The 140th MCT ensures Kuwaiti trucks reach their destination and the documentation is correct. With as many as 25 loaded 18-wheelers following, Soldiers provide escort through challenging Kuwaiti traffic. Along the way, they stop to conduct safety inspections.

The modular nature of the 1st Inf. Div. Sust. Bde. requires engaged leadership and thorough coordination.

"One of the things we focus on in 541st is expanding partner capacity, and the Kuwait border crossing missions are an excellent example of this," Jackson said. "It takes no less than three units, and sometimes as many as five or six, for a successful mission to happen."

With the equipment moving across the border through the deserted landscape, the Soldiers returned to their vehicles — mission complete. These two units will meet again when Soldiers need supplies. The continual business of moving those supplies will bring them together.

New Extended Care Clinic cuts wait times

IACH PUBLIC AFFAIRS

Army families now have an easier way to get urgent care on Fort Riley. A new Extended Care Clinic at Irwin Army Community Hospital will offer walk-in medical care for acute, non-emergency complaints starting July 31.

The ECC is designed to avoid potentially long wait times at the Emergency Room for non-emergency patients. The Urgent Care Clinic will permanently close.

Located at Medical Home 2 near the front entrance of the

hospital, the ECC will open Monday through Friday, 10 a.m. to 8 p.m.; and Saturday and Sunday, 10 a.m. to 6 p.m., and closes on federal holidays.

The new clinic will improve access for patients who are not necessarily an emergency but need to be seen that same day, said Department of Primary Care Chief Maj. Summer Bryant.

“The goal behind this is to have all of our beneficiaries seen in Primary Care, and that can be done faster than sharing space with the ER (Emergency Room),” Bryant said.

Under the old system, the UCC was located in the ER and patients experienced longer wait times due to its location.

“Before if you came in with an earache you have to go to urgent care, but were triaged through the ER system which slowed things down and overcrowded the ER,” she said.

Patients are now able to triage themselves and decide which option best fits their needs, Bryant said.

“If you are experiencing chest pains, the worst headache of your life or you’re in a car

crash, then you go to the ER. The Extended Care Clinic is for patients who have a cough, cold, earache, a potential broken bone or anything that is not necessarily an emergency but needs to be seen today.”

The ECC will be staffed with up to two providers daily depending on demand. Please note that the ECC does not replace the ER. Patients with an emergency such as chest pain, difficulty breathing, severe bleeding, loss of consciousness or vision should go to the ER immediately or call 911.

TRAFFIC REPORT

ALL SCHOOL ZONES IN EFFECT

School zones will be in effect beginning August 3. This is a precautionary warning period prior to school starting August 17. Tickets will not be issued during this time. Be vigilant. Some school zones have lights and others have posted times.

ESTES ROAD

The opening of Estes Rd. west of Normandy Dr. continues to be on hold. The opening will occur once new signage is in place.

ROAD STRIPING TO BEGIN

Road striping and crosswalk painting has begun. The work will begin on all major thoroughfares on Fort Riley then move onto secondary roads. In addition, stripes on parking lots at post schools are also slated to begin. Motorists may be re-directed to the road shoulders, but no roads are expected to close. All are asked to exercise extreme caution while driving in these areas.

DICKMAN AVENUE

The unusually wet weather recently has delayed the opening of Dickman Avenue. Estimates are now that Dickman Avenue will remain closed for work until the first week of August.

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.

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 5 a.m. to 7 p.m., Monday to Friday; 8 a.m. to 5 p.m., Saturday; closed on Sunday 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; 8 a.m. to 5 p.m., Saturday; closed on Sunday and federal holidays.

Stateside travel tips: on the go with TRICARE

TRICARE

Whether one is traveling for business or pleasure, it’s important to know that TRICARE is portable.

The traveler should receive all routine care and get prescriptions filled before embarking. If medication is taken regularly, get enough to last throughout the trip and be sure to pack medication in carry-on luggage.

With routine care complete, the only health care concern should be urgent or emergency care. The first line of defense when deciding what kind of care needed is TRICARE’s Nurse Advice Line (NAL) at 1-800-TRICARE (874-2273). A registered nurse can answer urgent care questions and schedule next-day appointments at military hospitals and clinics if necessary. Best of

all, the NAL is available 24 hours a day, 7 days a week, so there is no need to worry about availability between times zones.

In the event of an emergency, seek care at an emergency facility. If TRICARE Prime is used and emergency care is needed, be sure to notify the primary care manager or regional contractor within 24 hours or the next business day. If only urgent care is needed, get a referral from the primary care manager or call the NAL to get advice on when and how to seek care for an urgent problem.

Standard beneficiaries can visit any TRICARE-authorized, network or non-network provider; simply call the doctor to schedule an appointment. Referrals are not required, but prior authorization from your regional contractor may be needed for some services. If a non-network provider is used, users may have to file their own claim.

Patients may also have to pay up front for care, so look for a network provider for treatment and save receipts to file a claim later. Using a network provider exercises the TRICARE Extra option giving a five percent cost-share discount. Be sure to save all health care receipts.

IRWINFORMATION

Q: How long is my child eligible for TRICARE?

A: Your child’s eligibility ends at age 21, but may continue to age 23 if he or she is enrolled at an approved institution of higher

learning, unmarried and dependent on the sponsor for more than half of his or her financial support.

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

TUESDAY TRIVIA CONTEST WINNER

The July 21 question was: “Where do I find the current weather, security posture and area advisories?” Where can I learn the answer to this?

Answer: www.riley.army.mil/AboutUs/Advisories.aspx

The winner is Doc Badger.

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, DOC BADGER!

Don't wait in the Emergency Room if you don't have to

Knowing where to go ensures you get the most timely care.

Reasons to go to the Emergency Room	Reasons to go to the Extended Care Clinic
Chest pain	Cough and sore throat
Difficulty breathing	Fever or flu-like symptoms
Severe bleeding	Sprains and strains
Loss of consciousness	Broken bones
Loss of vision	Rashes or skin irritations

Extended Care Clinic

Located at Medical Home 2
Near Front Entrance of Hospital

Monday - Friday 10 a.m. - 8 p.m.
Saturday - Sunday 10 a.m. - 6 p.m.

Irwin Army Community Hospital

WWW.FACEBOOK.COM/FORTRILEY

RILEY ROUNDTABLE

“What’s your favorite thing about PCSing?”



“A chance for a new experience, and a new location.”

SGT. 1ST CLASS NICHOLAS BARNUM
FORT WORTH, TEXAS

116th Military Police



“The training opportunities and getting to learn more about the mission.”

SPC. JENNIFER ORTIZ
KANSAS CITY, KANSAS

Kansas Army National Guard,
778th Transportation Company (HET)



“The time off and the ability to unwind.”

SPC. KEENAN PHILLIPS
BALTIMORE, MARYLAND

Delta Company, 1st Engineer Battalion, 1st
Armored Brigade Combat Team



“Being able to go somewhere and try something new, and knowing all the new experiences you will have.”

1ST LT. ERIC VARNEY
CARY, NORTH CAROLINA

Command Company Apache Troop, 1-4 Cavalry,
1st Armored Brigade Combat Team



“Seeing the world, and meeting new people.”

WENDY EVANS
GEORGETOWN, DELAWARE

Forsyth Child Development Center employee

CHAIRMAN OF THE JOINT CHIEFS OF STAFF

Dempsey, Ghani Discuss Transregional Effort Against ISIL

By Jim Garamone
DOD NEWS, DEFENSE MEDIA
ACTIVITY

KABUL, Afghanistan – Afghan President Ashraf Ghani and Army Gen. Martin E. Dempsey today discussed the possibility of forming a network to oppose the transregional threat posed by the Islamic State of Iraq and the Levant.

The chairman of the Joint Chiefs of Staff visited Ghani here this afternoon and said there is a clear need for a transregional strategy to address ISIL.

Terror groups in Afghanistan – most notably the Tehreek-i-Taliban – have rebranded themselves as ISIL, officials said, noting these are terrorists who believe the Taliban are not vicious enough.

ISIL is the latest and most successful manifestation of the terror threat they added, posing a military threat and promoting an ideology that appeals to disaffected youths around the world.

Dempsey has said for years the United States should address this transregional threat with a transregional strategy. ISIL began in Iraq and Syria but has spread to the Sinai, Libya and into Nigeria. Now the group is recruiting in Afghanistan and Pakistan.

“I think we’re all having an important discussion on how to address the transregional nature of what is clearly a persistent threat that has to be addressed at a sustainable level of effort over a period of time,” Dempsey said to reporters traveling with him.

EXPANDED ASSESSMENT SOUGHT

The chairman said he has asked Army Gen. John F. Campbell, the commander



U.S. Navy Petty Officer 1st Class Daniel Hinton | DOD PHOTO

Gen. Martin E. Dempsey, right, chairman of the Joint Chiefs of Staff, gives an interview to reporters after visiting with leaders and service members supporting the NATO led Resolute Support mission in Kabul, Afghanistan, July 19.

of NATO’s Resolute Support mission here, to expand his assessment of the current campaign in Afghanistan to include the changing nature of the threat and “to give us his insights into what he thinks we should do.”

Dempsey said Ghani told him in their meeting that Afghanistan should be a regional hub in a transregional network that includes the Levant, Iraq, North Africa and West Africa. “His view is, ‘Hey, look, I’m a willing partner in an area where you may not have willing partners,’” the chairman said. Ghani wants to have a conversation on what Afghanistan can do over time to form a network that will operate transregionally, he added.

The chairman said Ghani’s idea falls in line with his own thinking, but he would like a discussion among American leaders on what the objective would be. “Once we have a clear idea of what we would like to accomplish ... over

a 10 year period,” he said, “then we should discuss what authorities would be needed, ... as well as what resources can be applied.”

The long-term look is important, the general said, because this is a generational fight and the level of resources supplied must be sustainable over 10 years. “I don’t want to do this one year at a time,” he said.

Afghanistan could be a coalition counterterrorism partner and a South Asia hub. Ghani also pointed out to Dempsey other global actors – Russia, China and Iran – also are concerned about the rising ISIL movement and are looking to Afghanistan for help. Ghani believes Afghanistan could be an exporter of stability in this type of program, Dempsey said.

Afghanistan is a credible and willing partner in counterterrorism and could be one of the keys to addressing ISIL in all of South Asia, the chairman said, adding it could

also network with similar efforts elsewhere.

WINDOW OF OPPORTUNITY

This could be a window of opportunity for a strategy against ISIL, the chairman said, noting there are nine stages of development for an organization that, like ISIL, aspires to be a state.

“In Iraq and Syria, you might say they are in stage 6 or 7 or 8,” he said. “In Libya, they are in stage 3 or 4, and in Afghanistan they are in stage 1 or 2.” Therefore, he said, there is an opportunity in Afghanistan to deal with ISIL while it is still small there.

Any military effort against ISIL must have two components, the chairman said. The main effort should be by, with and through partners.

“But we also need to carve out for ourselves the ability to take actions unilaterally when we deem it to be a credible, real and imminent threat to our people, facilities or the homeland,” he said.

In Baghdad, Dempsey Speaks With Leaders, Troops About ISIL



USN Petty Officer 1st Class Daniel Hinton | DOD PHOTO
Gen. Martin E. Dempsey talks with service members deployed to Iraq during a town hall in Baghdad, July 18.

By Jim Garamone
DOD NEWS, DEFENSE MEDIA ACTIVITY

BAGHDAD – The chairman of the Joint Chiefs of Staff made an unannounced visit here, July 18 to discuss progress in the ongoing fight against the Islamic State of Iraq and the Levant.

Army Gen. Martin E. Dempsey spoke to leaders about the situation on the ground, and he spoke to service members about their experiences in the country.

“The most important thing was to interact with those who are doing the mission,” the chairman told reporters traveling with him. “I didn’t find that to be a challenge. They were actually quite incredible in understanding what we recommend they do.”

The chairman said he asked U.S. and coalition senior leaders point-blank if they needed more troops or if they needed troops embedded in Iraqi units, and they said, “Not now.”

“They are not telling me what I want to hear,” Dempsey said. “Most of them have been here before, and so they know what it is going to take to defeat ISIL militarily and also to ensure we don’t contribute to this ideology that is the foundation of this movement called ISIL.”

The chairman said he had good conversations about the transregional situation concerning ISIL, and about how to build the coalition. Iraqi security forces, Kurdish peshmerga fighters and Sunni tribes are taking up arms against the group. Sixty nations now contribute to the fight against the terror organization. Dempsey said ISIL has ambitions to be a state, but that is not going to happen.

“It is about building partners inside that can continually displace ISIL and who are in a much better place to displace the ideology than we are,” he said.

OPERATION IN RAMADI

The Ramadi operation is ongoing and has a number of phases, with the actual assault phase still sometime in the future, the general said. The objective now, he added, is to isolate Ramadi to deny ISIL the ability to either withdraw or reinforce. “The operation is moving at a pace that leaders feel is adequate,” he said.

Iraqi Defense Ministry spokesman Brig. Gen. Yahea Resool said through a translator that Iraqi forces could take Ramadi tomorrow, but they are holding back to protect the people trapped in the city and to save the infrastructure that ISIL terrorists have fortified.

Q & A WITH SERVICE MEMBERS

During a question-and-answer session with American service members near the Joint Operations Center, Dempsey asked how many had been in Iraq before. Fully three-quarters raised their hands. He then asked how many expected to be there in the years to come, and almost all raised their hands.

The chairman called the fight against ISIL a “generational” battle. U.S. and coalition troops could come into Iraq and put down ISIL quickly, he said, but it would only spring back to life under a different name, still spouting the same hatred.

Service members are worried about what they see as dangerous cuts to the military, and they asked the chairman about it.

“They are not war-weary a bit,” Dempsey said. “They do not shirk from multiple deployments, but they want it to be at a pace that actually allows them to manage their lives with their families.”

WORRIED ABOUT SAME COMMITMENTS, FEWER TROOPS

The military established the standard of one year deployed, two years at home, and that seems to work, the general said. “The fear is not multiple tours under a situation like that,” he said. “Rather, the fear is that if we continue to shrink the size of the force, service members are worried that leaders will shrink the dwell ratio, because the commitment won’t go down, but the force could.”

He noted the Army is on a path to shrink from 490,000 active duty soldiers to 450,000. “If we get pushed into sequestration, the plan is to further drop the number to 420,000,” he said. Sequestration is a sizeable cut in military spending that will take effect Oct. 1 unless Congress changes the budget law.

“What you’re hearing not only from the Army’s leadership, but the rank and file, is that they are concerned that we will do that – we won’t reduce commitments, and the bill payer will be them in terms of the frequency they are deployed,” Dempsey said.

“Sailors tell me the same thing, airmen the same, and Marines say the same thing,” he continued. “They say, ‘You’re going to put this on my back, aren’t you? I keep saying, ‘No, we’re not, but I’m here to tell you I am concerned.’”

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Army Community Service celebrates 50-year anniversary

By Jessica Ryan
U.S. ARMY INSTALLATION MANAGEMENT COMMAND

SAN ANTONIO – In 1967, Hester Ruth Francis was living with her parents in a dilapidated, three-room cabin in rural Kentucky while her husband, Pvt. Sterling R. Francis, was stationed in South Korea. The cabin did not even have indoor plumbing or central heat.

Money was clearly an issue for the Francis couple – especially with a newborn on the way. Hester already accrued out-of-pocket medical expenses and needed a military identification card to receive necessary health benefits. Unable to travel to obtain her card, she contacted the Army, specifically the Commander-in-Chief, to see what could be done.

Army Community Service at Fort Knox, Kentucky, stepped in. An emergency mission, dubbed “Operation Tomahawk,” after Hester’s town of Tomahawk, Kentucky, assigned Maj. Raymond M. Marsh, the ACS center chief, and a photographer to travel to her home – via 17th Air Cavalry helicopter. Bringing along a typewriter, laminating machine and a camera with instant film processing capabilities, Marsh produced and issued her an ID card in her kitchen.

Days later, she gave birth to a healthy baby boy.

This is one of the first publicized stories of ACS’s remarkable commitment and service to Soldiers and their Family members. This month, the program will celebrate its 50th birthday. While the military communities have evolved over the years, ACS is still dedicated to its motto: “Real-Life Solutions for Successful Army Living.”

“This is a great milestone because it represents 50 years of the Army’s concern and support for Army families,” Cheryl Erickson, Director of ACS, Fort Riley said. “There is no doubt since the Army began that if the family is not cared for the Soldier is compromised. ACS exists to help support that.” The staff of professionals at Fort Riley are dedicated to providing resources for military families.

The program’s formal conception started in the early 1960s. By then, services like Army Emergency Relief already existed. However, as the military entered into the Vietnam War, the needs of Soldiers and their family members changed.

Lt. Gen. J.L. Richardson, Army Deputy Chief of Staff Personnel, took action to establish an official “Family Assistance” program in 1963. He requested a qualified officer to

develop a plan for the program’s creation. Lt. Col. Emma Marie Baird, assigned to the AER and Personnel Affairs Office during World War II, was selected. She established a program addressing military families’ growing needs. The program’s philosophy, however, would be of evaluation, not revolution.

“Emerging needs can be met, and services no longer needed discarded, to ensure that each program is adapted to the requirements and resources of the specific Army community,” she said in her 1986 paper entitled, “Army Community Service History.”

Under the guidance of AR 608-1, the ACS Regulation, the Army developed programming based on military Families’ diverse needs. From 1965 to 1981, many programs such as the Handicapped Dependents Program, now the Exceptional Family Member Program, and the Child Advocacy Program, now the Family Advocacy Program, were created.

The 1980s was also a time where family care became important to Army leadership. In 1983, Gen. John A. Wickham, Jr., the Chief of Staff of the Army, wrote a white paper entitled “The Army Family” to address how family members’ support was important to the mission. His paper led to

Army Family Action Plan, a grass-roots initiative for identifying and prioritizing issues to enhance standards of living for Soldiers and their families. Other programs established in this decade were the Financial Readiness Program, the Volunteer Coordinator Program, now the Army Volunteer Corps, and the Relocation Assistance or Relocation Readiness Program. The following decade brought the development of Army Family Team Building, a program where Soldiers, Families and Civilian employees could learn about the Army culture, professional development and leadership skills.

Marie Balocki, the executive director for the Department of Defense Office for Reintegration Programs, recalled AFTB’s early years. A military spouse and mother of three young children, she answered a newspaper ad for AFTB office manager at Fort Leavenworth, Kansas.

Her duties included logging the instructors’ hours, scheduling classes, and filling in when instructors are absent. To fully understand her volunteers’ needs, she signed up for instructor training. It sounded like a great opportunity except for one caveat: She was “scared to

death” to give presentations in front of people.

Looking back, Balocki remarked on how AFTB changed her life.

“The foundation that I got from AFTB is what gave me the confidence and skills needed for each step I have taken [in my professional career],” she said.

As the new millennium started, ACS programming evolved to meet the needs of a more technologically advanced and geographically dispersed society. Army OneSource, a web portal with program resources, launched in 2008. Other online resources such as Virtual Army Family Readiness Groups also became available.

The 2000s was also a time of major conflicts in Iraq and Afghanistan. This impacted military families as more wounded Soldiers came home.

Development of Soldier and Family Assistance Centers in 2007 provided support for the Medical Command’s Warrior Care and Transition Program and Warrior Transition Unit Soldiers and their families.

Sgt. Christopher Robbins and his wife Amy used the SFAC services at Fort Bragg, North Carolina, after Robbins sustained injuries

from his deployment. The SFAC staff members helped the family relieve stressors during recovery.

“The SFAC staff members set us up with childcare during my husband’s medical appointments. They also planned activities to make our family feel special,” Amy said. “We would still be lost in the dark if it wasn’t for their help and assistance.”

A decade of conflict increased the need to assist surviving family members. In 2008, Survivor Outreach Services was established to work alongside Casualty and Mortuary Affairs and Casualty Assistance Centers across the Army to provide long-term care for these family members.

Today, there are 75 ACS centers worldwide in addition to 25 SFACs and eight standalone SOS centers.

Fort Riley ACS staff offers a variety of assistance for Soldiers and families. “If a family needs something, they should call us,” Erickson said “If we can’t help them we will refer them to someone who can.” An anniversary celebration was held at the Fort Riley ACS Thursday, July 23.

Local information provided by Maria Childs, 1st Inf. Div. Post

High levels of blue-green algae forces closure of Fort Riley Marina



The Fort Riley Marina is closed due to high levels of toxic blue-green algae at the north end, Zone C, of Milford Lake. The closure will remain in effect until lake conditions change.

Due to high levels of toxic blue-green algae at the north end, Zone C, of Milford Lake, the Fort Riley marina is closed until lake conditions change.

The U.S. Army Corps of Engineers has barricaded the boat ramp to prevent people from using the north end of the lake; signs are posted to ensure the public is informed.

The south end of Milford Lake, Zones A and B, are still open, but are under a public health warning, meaning boating and fishing are allowed, but swimming is discouraged.

All beaches in Zone C were closed to swimmers after staff from the Kansas Department of Health and Environment added the area to their blue-green algae watch list last week. Fishing and boating in this area is also discouraged.

Some blue-green algae produce toxins that pose a health risk to people and animals. Negative health effects could happen when surface scums or water containing high levels of blue-green algal toxins are swallowed, through direct contact with the skin or when airborne droplets containing the toxins are inhaled or swallowed while swimming, boating or skiing.

Many people will report “allergic”-type reactions after exposure to blue-green algae, such as intestinal problems, respiratory problems or skin irritations.

For more information about the blue-green algae warning, visit <http://www.kdheks.gov/algae-illness/>.

To report an algal bloom, call 785-296-1664.

First robot-aided pediatric surgery achieved at Texas Army hospital

By Elaine Sanchez
BROOKE ARMY MEDICAL CENTER
PUBLIC AFFAIRS

JOINT BASE SAN ANTONIO-FORT SAM HOUSTON, Texas – A 2-year-old boy has a shot at a better quality of life, thanks to a robot and a few skilled surgeons.

Doctors here performed surgery on Jose Collado Jr., son of Maj. Jose Collado and his wife Alma, last month to remove a large cystic mass from behind his bladder. The procedure marks Brooke Army Medical Center's, or BAMC's, first robot-assisted pediatric surgery.

"The surgery was very successful," said Lt. Col. (Dr.) Thomas Novak, BAMC's chief of pediatric urology. "We were incredibly pleased at the outcome and at the impact we made on Jose's future quality of life."

The Collados first brought their infant son to Brooke Army Medical Center two years ago, hoping to pave a better future for Jose.

Jose had been diagnosed shortly after birth with Polymicrogyria, a rare malformation of the human brain that can cause problems with eyesight, seizures and developmental and motor delays. Along with these issues, which include legal blindness, Jose also had a cystic mass behind his bladder.

As a number of specialists addressed Jose's eyesight, seizures and development, Novak focused on his cystic mass. Due to the size, the mass was likely to cause bladder and bowel problems later in life, he explained. However, he was

hesitant to perform surgery while Jose was still an infant, particularly in the absence of symptoms. The doctor advised the concerned parents to hold off on surgery until their baby had an opportunity to grow.

From the beginning, the doctor thought a robotic approach would be ideal.

Robotic technology has been a surgery staple at BAMC for several years, but until now, was reserved solely for adults. Novak had long since noted the success of robot-aided pediatric surgery in other parts of the country, particularly for urological cases, and felt it could have a place at BAMC.

"It's definitely not mainstream," he said. "But there are a handful of people who have practices focused on pediatric robotic urology."

Robotic technology, he explained, offers numerous benefits: it's minimally invasive, more agile in small spaces, offers 3D high resolution magnification for better views of the surgical site, and typically involves a quicker recovery time.

"The robot has movements analogous to a hand," he said. "You can move with complete free range of motion and obtain a much better visual as you go deeper and into tighter spaces."

In Jose's case, Novak saw the potential to move toward the deep-seated mass with better visibility.

"The mass was in an area where open surgical incision would be difficult," he explained, "and risky with vital structures in the way."

Novak patiently followed Jose closely for two years.



Robert T. Shields | ARNEWS

Maj. (Dr.) George Kallingal showcases a robotic surgical system while Lt. Col. (Dr.) Thomas Novak, Brooke Army Medical Center's chief of pediatric urology, looks on at San Antonio Military Medical Center in San Antonio, July 6.

However, with a potential military move for the Family looming, the Collados asked Novak to perform the surgery before they left. Confident that Jose was ready, the doctor quickly enlisted the help of Maj. (Dr.) George Kallingal, a urologic oncologist and robot-assisted surgery expert, and Air Force Maj. (Dr.) Michelle Marino, a pediatric anesthesiologist.

"We took a team approach to gain experience and comfort for everyone involved," Novak said.

Since robot-assisted pediatric surgery had never been performed here, Novak garnered support at the highest echelons of his command. "Everyone was very supportive," he said. "I felt strongly Jose was the right candidate who could greatly benefit from the surgery."

Novak and his team performed the surgery, June 30. "It was highly successful," he said. "We removed the cyst without any complications."

Jose's father noted his son's quick recovery.

"We were home after two nights at the hospital and Jose was fine," Collado said. "He's up and about like nothing ever happened."

"We are ridiculously happy with the doctors here," he added, noting special gratitude for Jose's neurologist, Lt. Col. (Dr.) Richard Hussey, and for Novak. "It's one of the reasons we wanted to come here; the pediatric care was very well-known."

Collado was so pleased with the care, he volunteered for an assignment in South Korea

rather than move his Family away. "I wasn't comfortable with a break in care," he said. "Jose's progress here has been unbelievable."

Novak said he couldn't be more pleased with the outcome.

"Everything came together: the right patient, right Family, right problem, right team," he said. "We hope to do more surgeries of this type in the future, but in the meantime, it's just very rewarding to have made a difference in Jose's life."

Online database lists nutrition info for all Meals, Ready-to-Eat

By Bob Reinert
USAG-NATICK PUBLIC AFFAIRS

NATICK, Mass. – When Soldiers rip open Meals, Ready-to-Eat in a combat zone, most people probably are thinking more about flavor and filling their stomachs than about the nutrition.

However, that does not mean nutrition is not important. The new online combat rations database, or ComRaD, formally launched earlier this month by the Department of Defense's Human Performance Resource Center provides warfighters, military dietitians, food service officers and leaders the opportunity to learn more about the nutritional value of what is inside those packages.

ComRaD is the result of a collaborative effort between HPRC, the Natick Soldier Research, Development and Engineering Center and the U.S. Army Research Institute of Environmental Medicine at Natick Soldier Systems Center. The database contains nutrition information about the MRE, First Strike Ration, and the Meal, Cold Weather, and Food Packet, Long Range Patrol.

Before ComRaD, military customers needed to contact experts at NSRDEC's Combat Feeding Directorate to obtain accurate nutritional information. The lack of public access to this information has left customers to obtain nutritional information from alternate sources, which are sometimes unreliable and inaccurate.

Today's increased emphasis on performance nutrition in the military provided the boost needed to get the website up and running.

"Military dietitians expressed a need for publicly available nutrition information that could be used to help educate warfighters on how to properly fuel themselves before a mission, during a mission and post mission," said Julie Smith, senior food technologist with the CFD.

In the past, one had to rely on the nutrition fact labels provided on the food component packages to have any idea what was in them. Holly McClung, a research dietitian at USARIEM, said those labels are not always accurate.

"That's why the website's so important," McClung said. "That's where we want the warfighter and the dietitians to go to, because we know that the nutrition info is accurate and up to date."

How does McClung know?

"The nutrition information that feeds into the database comes from actual chemical analysis of the food component," McClung said. "That's where USARIEM came in. We funded the chemical analysis of food components in the 24-menu MRE and other ration lines, which is difficult, expensive and time consuming."

"This is why it's taken us so long to complete the process. At this website, the user will be able to get nutrition on

every individual component, the composition of complete ration lines, and individual MRE menus that are 100-percent chemically analyzed, so we feel confident in the nutritional data."

A quick look at the website would seem to reveal that warfighters are consuming too many calories and that their intake of ingredients, such as sodium, is too high. The numbers are deceiving, however.

"A civilian might look at what the energy needs are for a warfighter, or look at how much is provided in a ration, and think the rations are providing too many calories and/or fat, et cetera," McClung said. "What they have to realize is that the rations are constructed to meet the energy and nutritional needs of physically active warfighters. So, while there may be excessive energy available in the ration for a Soldier sitting at a desk, the ration may just meet the requirements of a physically active Soldier [who is] on [his or her] feet for a 12-hour patrol."

"That's why we hope the warfighter will use the website, as it will help them to figure out how many calories they need and guide them to make good decisions on what they should be choosing to eat," McClung said.

Combat Feeding developed the ComRaD website in collaboration with HPRC, but it is hosted by HPRC.

"Part of their mission is to educate the warfighter," said Smith of HPRC. "Their website provides warfighters and their Families with a one-stop clearinghouse for evidence-based information and key resources in all aspects of performance to achieve total fitness and, ultimately, human performance optimization."

The ComRaD website will change over time, Smith said.

"We're already working on ... additional features to the website that will provide ComRaD users with Unitized Group Ration nutrition information, as well as a cart feature that will allow users to track what they have eaten by adding and removing ration components in order to view their overall daily nutritional intake."



U.S. Army photo

The Meal, Ready-to-Eat, or MRE, is the primary individual ration of the U.S. Armed Forces. The balanced nutrition and low logistical burden of the MRE give U.S. warfighters the ability to fight and win in any environment.

THREE FEMALE SOLDIERS REMAIN IN RANGER COURSE



Staff Sgt. Scott Brooks | U.S. Army photo

Soldiers, including three female Soldiers, conduct mountaineering training during the Ranger Course on Mount Yonah in Cleveland, Ga., July 14. The three women are now in the second phase of Ranger training with 158 men. In April, 19 women were allowed to enter the rigorous training for the first time in Army history after meeting all requirements for the job. These women have met the same standards as every Soldier striving to become a Ranger.

CHEFS Continued from page 1



Top Photo: Staff Sgt. Jeffrey Matthews (center), DHHB, 1st Inf. Div., demonstrates a technique for preparing a chicken for Pvt. Andrea Pearson (right) while Spc. Jalessa Staton works on her own chicken July 15 at the Fort Riley Food Service Lab. Staton and Pearson were among six Army Reserve Soldiers from the 1006th QM, 143rd Expeditionary Sust. Command, who took part in a two-week refresher training on Fort Riley. **Bottom photo:** Sgt. 1st Class John Evers (left) observes as Staff Sgt. Jeffrey Matthews (right), DHHB, 1st Inf. Div., demonstrates a technique for preparing a whole chicken to Pvt. Tyshala Joyner July 15 at the Fort Riley Food Service Lab. Evers and Joyner were among six Army Reserve Soldiers from the 1006th QM Co., 143rd Expeditionary Sust. Command, who learned from Matthews and other 1st Inf. Div. Soldier chefs during a two-week refresher course.

in the states, and we would go support feeding and watering families or whatever the case may be," Evers said, adding the training at Fort Riley would help in that mission. "This will definitely help the cooks. Any training the cooks can get in the reserve is helpful."

The refresher course began July 13 and concludes with the End-of-Course Luncheon July 23.

"I'm really happily surprised with how things are going," the culinary management NCO said. "The instructors are very skilled and made us feel very welcome."

Evers said his Soldiers were rising to the challenge presented by the course.

"I don't see any difference between the reserve and the active-duty Soldiers in the participation and skill level," he said. "I've been cooking for

20-something years, and its stuff that I haven't seen before. It intensifies the idea of looking at the food in a different way."

Lessons about food presentation and sanitation, Evers said, reinforced what is taught back in Knightdale.

"I was excited to work with active-duty Soldiers, since they do it every day," said Sgt. Amethyst Davis, 1006th QM Co. "I hope to walk away with more confidence."

WELCOME Continued from page 1



"Dagger" brigade Soldiers do pushups June 30 after learning about the history of Fort Riley's Artillery Parade Field. Soldiers each completed 17 pushups to signify the 1st Bn., 7th Field Artillery Regt., 2nd ABCT, 1st Inf. Div.

Unit leaders within the 2nd ABCT such as those from Co. C, 299th BSB took the concept of the history run and used it as a way of providing leadership development to their formations.

"Platoon leaders shared responsibilities as they briefed the historic significance of the various sites, hence development for the platoon leaders as well as the company," said Capt. David Draper, Co. C commander. "Additionally, Soldiers were able to see that not all PT has to be according to a manual.

It is acceptable, in fact, encouraged, to step away from the norm and experience new things."

Part of the leader development was the total unit cohesion in doing the run: NCO's led the cadences, officers gave the historical briefs at each stop and Soldiers left their comfort zones from regular PT at Custer Hill, Draper said.

The Dagger Brigade Newcomer's Historical Run occurs every Tuesday, and starts next to King Field House.

"Tornado Safety Tips"



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

<p>Before the Storm:</p> <ul style="list-style-type: none"> ❖ Develop a plan of action ❖ Pick a Tornado safe room in your home ❖ Have frequent drills ❖ Have a NOAA Weather Radio with a warning alarm tone ❖ Listen to radio and television for information ❖ Sign up for Fort Riley AtHOC text messaging alerts ❖ If planning a trip outdoors, listen to forecasts 	<p>If a tornado warning is issued or threatening weather approaches:</p> <ul style="list-style-type: none"> ➤ Always remember "DUCK"  ➤ Go to lowest level of the building, stay away from windows ➤ If caught outdoors seek shelter immediately. ➤ Get out of automobile and get into a sturdy structure or ditch. OR, buckle your seat belt and get below window level of your vehicle.
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"DUCK"
Down to the lowest level
Under something sturdy
Cover your head
Keep in the shelter until the storm has passed

Fort Riley Emergency Management Office (785) 240-0400

WWW.1DIVPOST.COM

IN BRIEF

BIKE RODEO 25 JULY

Pack 660 of Fort Riley Boy Scouts of America would like to invite all children to a Bike Rodeo. The event will take place 10 a.m., 25 JULY at the Seitz Elementary parking lot.

During the event we will teach bike safety, conduct helmet and bike check, and cycling skill enhancement.

TRAFFIC UPDATES

For traffic updates, see the Traffic Report on page 4 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 Dinners are scheduled for July 13 at McCormick Park from 5 to 6:30 p.m., then on July 31 at Moon Lake 6 to 7:30 p.m. in conjunction with the Directorate of Family and Morale, Welfare and Recreation's Night at Moon Lake. For more information, call 785-240-5326 or email usofortriley@uso.org

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.incom-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 third 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.

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 <http://riley.corviasmilitaryliving.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.

Five area military youth secure scholarships

Students will use Fisher House Foundation awards for higher education

By Tech. Sgt. Abigail Klein
1ST INF. DIV. PUBLIC AFFAIRS

Four high school students and one college student from the local community were officially recognized as recipients of the Scholarship for Military Children during a ceremony at the Fort Riley Commissary July 15.

According to the SFMC official website, recipients are selected based on the following criteria: academic achievement, participation in school, community and volunteer activities, work experience and an essay. The SFMC is a Fisher House Foundation program.

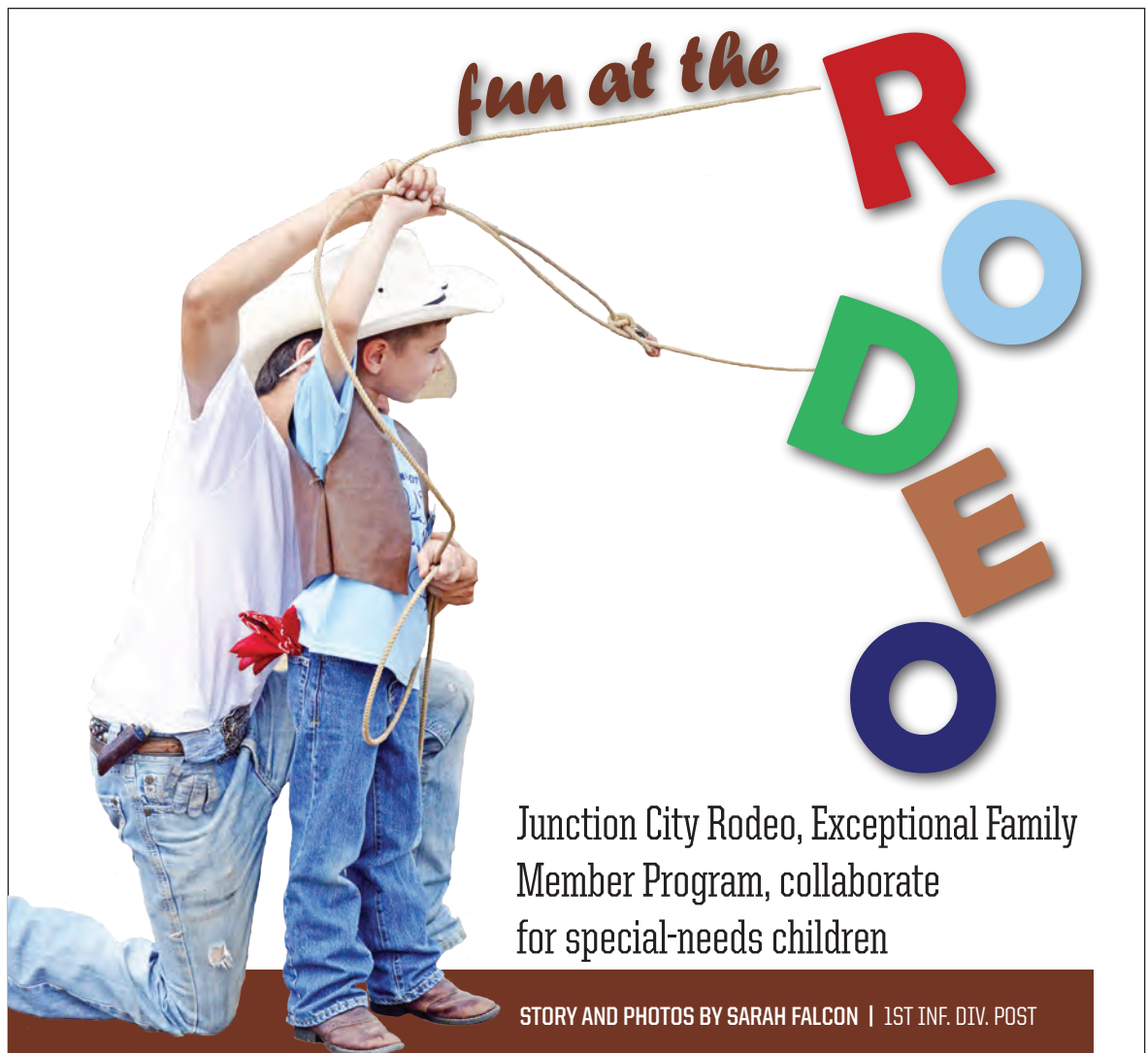
Three of the five students were able to attend the ceremony headed by Peter Howell, Fort Riley Commissary Director. Howell discussed the importance of recognizing the students' accomplishments.

The attending recipients included Daniel Rivera and Caitlyn Hartung, both 17 years old and from Junction City, Kansas, and Katherine Dixon, 17 years old, from Manhattan Kansas. Megan Ochoa, 18 years old, also from Manhattan, was unable to attend as her family just completed a permanent change of station to North Carolina. Samara Cook, 19, was also

unable to attend, but her father, Sgt. 1st Class Samuel Cook, 1st Infantry Division Artillery Brigade, Hold Up Battery, 1st Infantry Division, and her brother Samad, 7, accepted the plaque on her behalf.

While attending the ceremony, Cook said he was proud of Samara, who missed the ceremony due to a summer internship at Hampton University in Hampton, Virginia.

See SCHOLARSHIPS, page 12



Junction City Rodeo, Exceptional Family Member Program, collaborate for special-needs children

STORY AND PHOTOS BY SARAH FALCON | 1ST INF. DIV. POST

Zaniel Constable, son of Staff Sgt. John Constable, 1st Combined Arms Battalion, 18th Infantry Regiment, 2nd Armored Brigade Combat Team, learns how to lasso a bull from one of the Junction City Rodeo staff.

The drawing of Elvis Presley hits resounded throughout the Junction City Saddle Club arena behind the 4-H Senior Citizens Building as attendees mingled and took part in the many activities at the Special Needs Rodeo July 18. The event was put on by the staff of the Fort Riley Exceptional Family Member Program and the Junction City Rodeo association and they celebrated its 18th year. The event ran from 10 a.m. to 12 p.m. and the staff provided children with a cowboy hat, bandana and T-shirt once they checked-in at the entrance.

Once inside, families had a plethora of options for activities. There was a lasso-learning area, a horse-drawn carriage, two horses, a bull and a tiny Australian Shepherd puppy to pet.

There were two rough stock events for the participants — stuffed animal rides that served as substitutes for an animatronic bull and bucking bronco. Staff from the Junction City Rodeo association stood behind, grabbed onto the plank the stuffed animal was mounted on and rocked it for the riders.

"This is a collaboration between Junction City Rodeo Committee and EFMP," said Laurie McCauley. "It gives families an opportunity to

See RODEO, page 12



TOP: Zaniel smiles as he gets the experience of riding a bull July 18 at the Special Needs Rodeo at the Junction City Saddle Club Arena. ABOVE: Jason Dent, also known as Whistle-Nut the rodeo clown, grins as he helps child after child get on the bull, Ole.

Horse consultant shares expertise

Equestrian trainer integrates right Soldier with right animal

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

Some people dream of riding and being around horses, but for Ron Roller, civilian equestrian trainer for the Commanding General's Mounted Color Guard, it's a lifestyle. For 40 years of his adult life, Roller has been training and working with horses, and for the past 17 years, he's been working at the Fort Riley CGMCG at Building 275 on Stuart Ave. He trains Soldiers how to work with horses.

"We integrate the Soldiers into riding the horses we have," Roller said. "Not every Soldier is capable of being on every horse because of their training ability."

Riding bareback for 40 hours on different horses is the first training



Ron Roller, civilian equestrian trainer, poses for a picture by one of the Commanding General's Color Guard's hitch wagons.

Soldiers receive when reporting to the Color Guard. According to Roller, the first goal is to have the Soldier develop a good seat before they become proficient using their hands to guide and control and being in the mouth of a horse. The rider controls the horse with the reins that are attached to a bit in the horse's mouth.

"We're dealing with something that's got a mind of its own, and we've got to channel it to do what we

"We're dealing with something that's got a mind of its own, and we've got to channel it to do what we want it to do."

RON ROLLER
CIVILIAN EQUESTRIAN TRAINER

want it to do," Roller said. "We all have different personalities. So, we try to match the personality up to the horse."

The horses have to be acclimated and trained continuously by the Soldiers, because a horse's brain is smaller than most mammals. This causes them to not retain information well.

"They forget," Roller said. "You constantly have to be working and training the animals. They're never finished."

See TRAINER, page 11

'Concrete' future for Forsyth playground

Trike path new recreational addition for kids at child development center

By Tech. Sgt. Abigail Klein
1ST INF. DIV. POST

As the construction workers poured the wet cement down the chute, they were scrutinized by 15 of their clients — the children of the Forsyth Child Development Center.

The cement was poured by Mark Kizzia, and his team of contracted construction workers July 14 at Fort Riley. When it dries, it will become a trike path for the children, another addition to the preschool's growing playground. The construction, which began late last month, is an opportunity to improve the quality of care for the children who attend the center daily.

Peggy Hopkins, Forsyth CDC assistant, has worked at the center for more than two years and said the much awaited construction is providing more than a bigger playground, it's a learning opportunity for the more than 130 preschool children who attend the CDC.

"When you have a small playground, you're limited on the amount of children that can be out there," Hopkins said. "Now we will be able to open it up, giving them space to run, and new things to do."

See CONCRETE, page 10

MORE INFORMATION

• For more information on upcoming events, contact MWR via Facebook, or call 785-239-2179 or 785-239-4983.

Tropical bingo bash a boost for morale

Games, prizes, costumes and karaoke round out night of fun at Rally Point

Story by Sarah Falcon
1ST INF. DIV. POST

The staff of Rally Point opened their doors to the public at 6 p.m. for their Morale, Welfare and Recreation Cosmic Bingo Tropic Bingo event July 18. The event ran from 7 p.m. to 9:30 p.m. and the \$15 entrance fee included a bingo package and a luau lei necklace. The event was open to all DOD ID card holders and their guests at least 16 years old and older. There were cash prizes, drink specials, Minute to Win It games, costumes were encouraged and karaoke after bingo.

The staff of Rally Point's snack bar served nachos, hotdogs, chips, soft pretzels and other items to keep the players satisfied as they prepared for the real reason they came to the event — to win.

There were 10 bingo games with a Minute to Win It game between each

See BINGO, page 10



COMMUNITY CORNER

50 years of Army Community Service achieved

By Col. Andrew Cole
GARRISON COMMANDER

Happy anniversary to the Army Community Service Center. I am pleased to honor the staff of ACS as they celebrate 50 years of support to our Soldiers and families. They provided services and improved the lifestyle of many people. Concern for our fellow Soldiers and their family members is a modern Army foundation. As we relocate we often find ourselves far away from familiar people and places. This can lead to feeling isolated and overwhelmed. Before ACS, Army families unofficially helped each other in times of need. But sometimes the support could disappear and relocate with the giver. While Army families still help each other, ACS provides an official support group and remains constant no matter who moves.

As you relocate to a new duty station you might feel alone. I want you to know ACS is the place to find services to meet your needs.

Or perhaps a new life event presents a situation, and you don't know what assistance is available. The knowledgeable Fort Riley ACS staff provides information and social services to Soldiers, families, retirees and eligible civilians. There is something there for everyone including financial, relocation, employment, deployment and mobilization, exceptional family members, new parents, and other programs. If a program is not listed, ACS has access to information and resources that can help with any of life's challenges.

There is no question the demands of military life can be difficult on both the Soldier and family members but you don't have to try to find the solutions yourself. There are resources available and the ACS staff knows how to match the need with the resource. Also, you don't have to experi-



Colonel Cole

ence problems to find an ACS program that could improve your life. For example, if you are new to the Army family, I recommend the Army Family Team Building program. This is where Soldiers, families, and civilian employees can learn about Army culture, professional development and leadership skills. This can make life and lingo at Fort Riley easier to understand.

The ACS staff provides an important benefit to Soldiers with exceptional family members. This may include physical, emotional, developmental or intellectual disorders that require special treatment, therapy, education, training or counseling. The ACS staff works with the family members to provide the necessary services and with the assignment manager to assign the Soldier to an installation where medical and educational needs are met.

As a new parent, I wish babies came with instruction manuals. Since they don't, the ACS staff built a program for new parents. If you transferred and your spouse needs a local

job, they have a program for that also.

The services our Army family requires has changed during the 50 years that ACS has existed and they have identified and improved their services to meet those needs. I feel confident they will continue to rise to the challenges and to support a better quality of life for our Soldiers, family members, retirees and civilian employees.

If you have not been by ACS yet, let the 50th anniversary be your reason to check out the services available. If you don't have a need for any of those services now, stop in anyway. You might find an opportunity to serve others through the Army Volunteer Corps or just stop by and tell them thanks for being there for us and wish them a happy 50th.

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

BINGO Continued from page 9

and a 15 minute intermission at the halfway point. Each game had different shapes to qualify for a bingo. For example, the first game was a single line, but the tenth game was a starfish. The first game with the easiest shape held a cash prize of \$25 and the last game, the hardest, held a cash prize of \$200.

Although, Bingo wasn't the only way to win a prize throughout the night. The Minute to Win It games consisted of the disc jockey drawing three raffle tickets from a bowl and making them play a silly game. One of the games was called Sticky Situation where the participants had to throw a ping pong ball into a plate of peanut butter from across a table. The person that launched their ball into the peanut butter the fastest won.

Other than the games and prizes, the real color of the event came from the attendees.



Sarah Falcon | POST

(From left) Ericka Lewis, spouse of Sgt. Daniel Lewis, 1st Squadron, 6th Cavalry Regiment, 1st Combat Aviation Brigade, Angela Segura, spouse of Sgt. David Segura, 1st Squadron, 6th Cavalry Regiment, 1st Combat Aviation Brigade, and Britney Bowen, spouse of Sgt. Stephen Bowen, 1st Squadron, 6th Cavalry Regiment, 1st Combat Aviation Brigade, attended the MWR Tropic Bingo July 18 at Rally Point and dressed for the occasion.

Britney Bowen, spouse of Sgt. Stephen Bowen, 1st Squadron, 6th Cavalry Regiment, 1st

Combat Aviation Brigade, Angela Segura, spouse of Sgt. David Segura, 1st Squadron, 6th

Cavalry Regiment, 1st Combat Aviation Brigade, and Ericka Lewis, spouse of Sgt. Daniel Lewis, 1st Squadron, 6th Cavalry Regiment, 1st Combat Aviation Brigade, all came to Tropic Bingo in costume.

"It's a great to have a place to go when your spouse is gone due to deployment," said Bowen, holding an inflatable bird who was lovingly named Mr. Parrot.

"It's perfect for a girl's night out," said Segura, sport a plastic pineapple cup.

"I think it's important for the MWR to provide these types of events for military families because it ups morale," said Quinton Williams, Assistant Business Manager at Rally Point.

The staff of the Fort Riley MWR is constantly planning events for the post community. For more information on upcoming events, contact MWR via Facebook, or call 785-239-2179 or 785-239-4983.

CONCRETE Continued from page 9

Hopkins also said the larger playground also will improve the quality of developmental care for the children. In addition to the trike path, the playground will feature more interactive equipment including a "gas station," a sun shade to rest in and more grassy areas. To accomplish this, the construction team had to do more than increase the size of the area.

After working construction in Afghanistan, pouring concrete walkways in the plains of Kansas may seem dull, but for Mark Kizzia, Flintco Constructive Solutions Project Manager, it's what he enjoys the most as a part of giving back to the soldiers and their families first hand.

"The aesthetics of the playground are the key to this project," Kizzia said.

But not all of the aesthetics are for looks. The new trike path uses design for learning.

"There are several radius curves that will give the children a feeling of being on a small race track and improve their motor skills," he said.

To involve the children with the construction, Kizzia often contacts Hopkins before they begin work on the playground, including this cement pour.

"It's a teaching moment for the children," Kizzia said. "They play with toy concrete trucks and dump trucks, and now they can see the real thing and make that association."

While the larger playground promises more space and equipment, Kizzia and Hopkins both agree safety is another part of why this construction has been so important. To ensure this, the concrete used was made with a soft texture material, to help prevent hard landings.

To speed up the construction, Hopkins said the center closed the Forsyth CDC playground and began using one at a nearby facility. This allowed the team to complete their work ahead of schedule. Instead of early August, Kizzia says the construction may be completed next week.

"I can't wait to see the (kids) faces when they see on this playground," Hopkins said. "They are going to be so excited."



Photo by Air Force Tech. Sgt. Abigail Klein

Children from the Forsyth Child Development Center look on as construction workers pour cement for a raceway at the preschool's playground, July 14.

TRAINER Continued from page 9

The Fort Riley CGMCG has 160 acres of land on the installation and 19 horses. The Mounted Color Guard can have as many as 35 horses at a time. The CGMCG keep its animals until they no longer are able to do their mission. The Mounted Color Guard staff trains horses by using simulations, improvising an event situation and pulling equipment, like wagons, for rehearsal before an event.

The CGMCG has attended complicated events, like the Professional Bull Riders association event in Las Vegas. This event consisted of an audience in a pitch black auditorium with strobe lights shining above, loud noise of choppers flying, several men rappelling from the ceiling, and a cavalry charge sounding as the men and horses run out into the arena.

They also have done several less challenging events, like walking down the street in Junction City during the Sundown Salute parade.

It's important to note that if things go badly with a horse, the trained riders look for a way to get out fast to keep a horse from hurting anybody.

"The number one thing that we talk about around here is safety and the well-being of each Soldier," Roller said. "We don't want people hurt."

The horses receive training on how to stand still, not shy away and jump around, not be afraid of objects, trust their handler, and jump. They're trained cavalry tactics including shooting and saber drills. The animals are also trained to give into pressure to prevent



Sarah Falcon | POST

Ron Roller, civilian equestrian trainer, looks on as many of the Color Guard's horses gather around to eat on the blazing hot afternoon July 13.

DID YOU KNOW?

• The Fort Riley CGMCG has 160 acres of land on the installation and 19 horses. The Mounted Color Guard can have as many as 35 horses at a time. The CGMCG keeps its animals until they no longer are able to do their mission. The Mounted Color Guard trains its horses by using simulators, improvising an event situation and pulling equipment, like wagons, for rehearsal before an event.

them from harming themselves in a situation where they could become stuck; such as, being caught in a rolled over trailer or tangled wire.

"We use a training device to lay the horse over and acclimate him to being restrained on the ground and to relax, chill out and then to wait for us to come to his aid," Roller said.

The Mounted Color Guard acquired the few mustangs they have from the penitentiary in Hutchinson. At the penitentiary they have 300 to 400 head of horses. According

to Roller, it is relatively easy to obtain mustangs and integrate them into the system. A problem the CGMCG encountered was that mustangs were sometimes hard to get acclimated into the training.

"The inmates in Hutchinson spend hundreds and hundreds of hours getting these guys settled down," Roller said. "Then we bring them in for a Training in Progress or TIP program. Meaning they've been handled and saddled, we polish them off, then they can be bought for nominal amount of dollars,

compared to going out into the real world and trying to buy horses."

The CGMCG also decided to purchase colts instead of fully grown adult horses, because they are often jumpy and rambunctious and this provides a training opportunity. This prevents them from having unseen problems when placed with an older horse.

"We try to make sure that we can accomplish our mission in the most economical way we can without jeopardizing quality," Roller said.

Furthermore, they tend to use quarter horses instead of thoroughbreds, because quarter horses are much more forgiving and less finicky according to Roller.

"There's many hours of blood, sweat and tears that go into making what happens happen," said Roller.

Healthy animals no longer capable of the mission go to the Defense Reutilization and Marketing Office. They fall under the same guidelines as military working dogs that reach the end of their working life where they are available for adoption or live out their life in the care of the military. DRMO tries to laterally transfer the animals to other installations or donate them to non-profit organizations. Kansas State University's Health Center euthanizes and cremates horses that are too sick to recover. K-State returns the ashes to the Mounted Color Guard and they perform a ceremony for the horse. A display case in the CGMCG barn holds the ashes in memory of the horse.

CONFIDENTIAL ALCOHOL AND TREATMENT EDUCATION PROGRAM

785-239-5047/785-240-5127 | catep@conus.army.mil

NOW SHOWING

Barlow Theater is now in digital!

Tickets cost \$6.00 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 24

• Inside Out (PG) 7 P.M.

SATURDAY, JULY 25

• Inside Out (PG) 2 P.M.

• Max (PG) 7 P.M.

SUNDAY, JULY 26

• Inside Out (PG) 5 P.M.

For movie titles and showtimes, call

785-239-9574



Tech. Sgt. Abigail Klein | IST INF. DIV. POST

(From left) Peter Howell, Fort Riley Commissary Director, Daniel Rivera, 17, from Junction City, Katherine Dixon, 17, from Manhattan, and Caitlyn Hartung, 17, from Junction City, Sgt. 1st Class Samuel Cook, 1st Infantry Division Artillery Brigade, Hold Up Battery, 1st Infantry Division, and her brother Samad, 7 years old, and Brian Roucky, former Fort Riley Commissary Director, pose with plaques for the recipients of the Scholarships for Military Children during a ceremony at the Commissary, July 15, at Fort Riley. Four high school students and one college student from the local area received \$2,000 check made payable to the college or university selected by the scholarship recipient. (Not pictured, Samara Cook and Megan Ochoa)

SCHOLARSHIPS Continued from page 9

Before the ceremony, Hartung said she was excited when she learned she earned the \$2,000 scholarship two months ago.

"I thought the scholarship was only for \$500, so when I found out it was for \$2,000, my mom and I just started crying," she said.

Hartung's father, Capt. Allan Hartung, was unable to attend the ceremony as he is currently at the Captains Career Course at Fort Lee, Virginia. Hartung will use the scholar-

ship money to attend Brigham Young University in Provo, Utah, in the fall. She hopes to become an English teacher.

Howell used the ceremony as an opportunity to reemphasize the importance of community involvement.

"Community involvement is what the Fort Riley Commissary is all about and SFCM is one way to show we care," he said. "The commissary system has long supported promotions with a focus on education," he said.

Though the scholarships are part of the Fisher House Foundation Scholarship program, the SFMC is independently administered by Scholarship Managers, a nonprofit scholarship service organization which has no connection to the Defense Commissary Agency or the Fisher House Foundation.

Scholarship Managers will mail a check to the recipients. The check is then made payable to the college or university selected by the scholarship recipient.

18 YEARS AND GOING

• **The Special Needs Rodeo**, an event put on by the staff of the Fort Riley Exceptional Family Member Program and the Junction City Rodeo association, celebrated its 18th year July 18.

RODEO Continued from page 9

join together and have a new, cultural experience that they possibly haven't had before."

Another attraction was the horses children could ride around the arena and a big, gentle bull named Ole. Children lined up to talk to Whistle-nut the Junction City Rodeo clown and to get on the bull.

"I really enjoy helping these kids out and making them smile," said Jason Dent, also known as Whistle-nut.

Riding and petting animals weren't the only things at the rodeo. Cowboys also taught children how to lasso an animal.

Staff Sgt. John Constable, 1st Combined Arms Battalion, 18th Infantry Regiment,



Sarah Falcon | POST

The Special Needs Rodeo at the Junction City Saddle Club Arena behind the 4-H Senior Citizens Building July 18 started at 10 a.m. and went on until noon.

2nd Armored Brigade Combat Team, looked on as his son, Zaniel Constable, was helped by staff to lasso his mock bull.

"It's great that they're thinking about the children with special needs," said Constable. "It's good to be involved."

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.

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.

ISPORTSMAN SYSTEM

Fort Riley has an automated check-in-out system, iSportsman. Individuals can register at the Fort Riley iSportsman webpage at www.fortriley.isportsman.net.

Everyone recreating in a Fort Riley training area must use the iSportsman website. Check-in and Check-out may be done with any personal device with Internet access or visit the iSportsman Kiosk at 1st Division and Vinton School roads or the Environmental Division Office, Building 407, during normal business hours.

For more information, contact the Environmental Division at 785-239-6211.

Drill Sergeant's double duty as Taekwondo coach

Instructor prepares military members and athletes for the fight

By Robert Timmons
ARNEWS

FORT JACKSON, S.C. – Watching a group of Navy personnel train for deployment overseas wouldn't seem the ideal place to witness the head coach of the All-Military Taekwondo team in action, but it is.

For the coach, Staff Sgt. Jonathan Fennell – also a drill sergeant with Task Force Marshall – preparing others to fight is an everyday occurrence.

"One of the things we can do is get them as close to the real thing

"I put athletes into realistic scenarios and have them fight each other every single day, so that when they get on the mat they start to get comfortable – it's just another fight"

Staff Sgt. Jonathan Fennell
Task Force Marshall

as possible," Fennell said of merging Taekwondo and training others for deployment. "If the team only trains on shield and paddles [and

See TAEKWONDO, page 14



Sgt. 1st Class Thomas Wheeler | ARNEWS

All-Army Taekwondo team head coach Staff Sgt. Jonathan Fennell, a drill sergeant with Task Force Marshall, gives advice to 2015 All-Army Taekwondo team member, 1st Lt. Joshua Fletcher, U.S. Army Garrison Hawaii, before a recent match at the USA Taekwondo National Championships in Texas.

PRAIRIE RUN 10-5-2



Jakki Forester | POST

Minutes before the 6 a.m. start, runners stretched, finalized their race preparations and prepared to reach their running goal on the 5 mile and 10 mile courses for the 30th annual Prairie Run 10-5-2 July 18 at King Field House. The run allowed families and Soldiers to participate and strive for their own personal best.

Run together

Making strides for varied goals

By Jakki Forester
1ST INF. DIV. POST

About 200 runners took to the start line around 6 a.m. to run the 2 mile, 5 mile or 10 mile courses for the 30th annual Prairie Run 10-5-2 July 18 at 6 a.m. starting at King Field House. The event was sponsored by the Fort Riley Directorate of Family and Morale, Welfare and Recreation.

Some of those who participated in the 10-mile section were running to qualifying for the Fort Riley Army 10-Miler team and others were earning points for their unit toward the next Victory Week Commander's Cup.

1st Infantry Division Command Sgt. Major Michael Grinston, said he used this event to prepare for the Fort Riley Army 10-Miler team. Last year, Fort Riley had a sergeant major team that competed nationally and won first place. He hopes to do that again this year.

"We just got back from Iraq, and we hope to get a team together and win," Grinston said. "I just wanted to come out and



Jakki Forester | POST

Runners took their positions and reached for their timers as the 30th Annual Prairie Run 10-5-2 was about to start. Times were important to several as this race served as a qualifier for Fort Riley's Army 10-miler team. The team will compete October 11 in Washington D.C.

enjoy a good 10-mile run after deployment."

Some participants came out as a battalion to build cohesion among the companies. One of those was 299th BSB. Many of their 30 participants competed in

the 10-mile route toward points for the Commander's Cup.

"I've never ran a 10-Miler before, but I did my part to get points toward the Commander's

See RUN, page 14

Mission Essential Fitness program

Coaches help Soldiers improve fitness scores, technique, strength, prevent injury

By Jakki Forester
1ST INF. DIV. POST

On most Monday, Wednesday and Friday mornings, units gather at Craig Fitness Center to the right of the main doors waiting for directions. Soldiers will talk among themselves until the clock strikes 6:30 a.m. Then Vince Spencer, fitness coordinator and strength coach for Fort Riley's Directorate of Family and Morale, Welfare and Recreation will command attention near the whiteboard and outline the workouts for the morning.

The purpose of Mission Essential Fitness is to compliment physical readiness training required from the Army. The instructors aim to add balance to the required training by emphasizing muscular balance, injury prevention and do day-to-day activities.

"We really want to find a balance with Soldiers' PRT," Spencer said. "We really want to find exercises to work back movements to better train the back. We also want to work on side-to-side movements and do agility training. We work to train the whole body."

The strength coaches who assist with the program check for technique while Soldiers are working out. Proper technique is critical to the success of injury prevention, and Spencer will remind program participants of this often.

"When these Soldiers are doing years and years of sit ups and push ups and squats, they need to know how to do them right," Spencer said. "Injuries don't happen just like that; it's years and years of bad technique. When they are done in the military and retired, we want to make sure they are still in one piece."

He said the exercises are being done well, but there is always room for improvement.

Of the almost seven years Spencer has worked at Fort Riley, he spent the last five and a half building up the Mission Essential Fitness program.

"Mission Essential Fitness is actually my pride and joy," Spencer said. "I was given the opportunity to bring the program up from the ground around 2010."

It started out small with only a few platforms, limiting the number of Soldiers the program could accommodate. Now, the program has about 14 platforms in Craig Fitness Center that can accommodate up to 100 Soldiers at a time.

"Vince believes in this program," said Matt Enoch, community program coordinator for DFMWR. "It's an alternate way to be fit and ready to fight outside of what is learned in PRT. He runs the fitness program and classes and the personal training program. And he still is passionate about this program; he has even printed a research paper about it."

Enoch said the leadership at Fort Riley believes and supports the Mis-

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All-Army triathlete on road to pro

By John Budnik
ARNEWS

JOINT BASE ELMENDORF-RICHARDSON, Alaska – Under his quiet, cool demeanor, 1st Lt. Marcus Farris is ready to be unleashed. A disciplined athlete, he trained to compete as part of the All-Army Triathlon team.

Farris, a quality assurance representative in the U.S. Army Corps of Engineers, Alaska District's Construction Division, said he realized his passion for running in his high school Junior ROTC days in Huntsville, Alabama. Preparing for physical training tests introduced him to the sport. Once his engineering studies began at Auburn University, he started running in ultra-marathons – distances longer than 26.2 miles.

Now, his life consists of individual athletics and racing for groups, such as the All-Army Triathlon and U.S. Military All-Endurance Sports teams, he said.

"There are some days that feel like workouts and some that feel like I am playing outside," Farris, 25, said. "It is good to see that your training pays off now and again."

He competed for the first time with the All-Army Triathlon team during the 2015 U.S. Armed Forces Championships, hosted by the Leon's World Fastest Triathlon at Hammond, Indiana, June 7. According to the race results, he finished 17th out of 40 male competitors from all four branches, including members from the Canadian military. Farris completed the Olympic standard triathlon distances



Courtesy photo

First Lt. Marcus Farris, in the blue and white, is shown, participating in a local triathlon in Fairbanks, Alaska. He is a quality assurance representative in the U.S. Army Corps of Engineers - Alaska District's Construction Division.

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sion Essential Fitness program, which is one reason it expanded. But this program is not specific to Fort Riley. Installations including Fort Bliss, Texas, and Fort Carson, Colorado, offer the program too.

Because of other contractual obligations, he cannot focus exclusively on the program for it to grow as large as those at Fort Bliss and Fort Carson.

“Those other installations have full time crews from 5 a.m. to 5 p.m.,” Spencer said. “Every hour on the hour, they have units in there training.”

But as the Fort Riley program has continued to expand, Jocelyn Heminitz, fitness specialist for DFMWR, was brought in about a month ago.

“I am very passionate about working with the military,” Heminitz said. “It has been great working with this program and so inspirational. There is a whole different dynamic working with Soldiers than working in a civilian gym.”

Heminitz said she loves to push Soldiers’ limits further than they thought they could be pushed in this program.

“Mission Essential Fitness brings a different dynamic

to working out,” Heminitz said. “It helps keep the ideas fresh. It brings a different style of training both in and out of the gym.”

Staff members are well-versed in training Soldiers. They have a four-year degree and are a certified strength and conditioning specialist among other certifications.

“Once I get to the point to be able to expand the impact of the program, it will be like others at Fort Bliss and Fort Carson,” Spencer said. “Everything else is already there.”

Soldiers of some units come regularly or three times a week. Some come once a week while others only come once or twice just to mix up



Jakki Forester | POST

Vince Spencer, fitness coordinator and strength coach for the Fort Riley Directorate of Family and Morale, Welfare and Recreation, center, helps a Soldier find proper TRX chest press technique during a Mission Essential Fitness circuit July 20 at Craig Fitness Center.

PRT. For more information about the Mission Essential Fitness Program, example circuits and to find out how to sign up visit www.rileymwr.com/sports/?page_id=4.

“My job is not to make these Soldiers into bad asses,” Spencer said. “That’s what their unit is for. I’m just there to balance it all out and make it a little more fun.”

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Cup for my battalion,” said Sgt. Michael Case, Company C, 299th Brigade Support Battalion, 2nd Armored Brigade Combat Team, 1st Infantry Division.

First Sgt. Gerald Sydnor, Company A, 299th BSB, said he had read about the event a while ago and got about 12 soldiers from his company to participate in the event.

“I did something I’ve never done before, which was run a 10-Miler,” Sydnor said. “I’ve done a few 5Ks before and one 10K, but never this.”

Building unit cohesion was the main goal for both Sydnor and Case when it came to why they wanted to participate in the Prairie Run 10-5-2.

Others ran with their family members. Sgt. Angelina Sampson, Headquarters and Headquarters Company, 101st Brigade Support Battalion, 1st Armored Brigade Combat Team, 1st Inf. Div., said she participated in the 2-mile event.

“I started a group for moms who have recently had children and are having trouble getting back into shape,” Sampson said. “I bring my son to pretty much every event.”

While Sampson ran the 2-mile course, she pushed her son in his stroller in front of her. She also participated in the event to support her husband, who ran the 10-mile course.

“I do 5Ks and other races to show I can do them, even with a child,” Sampson said.

Awards were presented to the top three male and female finishers of all three races.

Vince Spencer, fitness coordinator for DFMWR and coordinator of the event, said his favorite part was watching people cross the finish line.

“These participants have trained for this race,” Spencer said. “It was good to see them meet their goals, whether it was to run it in a certain time or to simply finish. It’s good to see that sense of achievement they have when they cross the finish line.”

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not man-to-man], they will never be ready for an actual fight.

“The same thing goes here: If they don’t drop down and put that tourniquet on fast enough, or they don’t put that gas mask on fast enough, they won’t be ready for that one time they will actually have to do it.”

Fennell found Taekwondo when he met Korean exchange students in high school. They took him to watch them train, and he was hooked. He dropped all other sports to concentrate solely on Taekwondo, a Korean martial art, which emphasizes kicking and punching. It is one of the oldest martial arts.

After high school, Fennell joined the Army and kept competing. In 2001, he competed with the Army team for the first time and went on to become a nine-time Army champion, four-time Armed Forces champion and a bronze-medalist welterweight in the world military games.

For Fennell, Taekwondo is more specialized than mixed martial arts or modern combatives.

“Taekwondo is a full-contact sport,” he said. “A lot of times, people focus on MMA [mixed martial arts] and the combatives programs but don’t realize that if you focus on one skill set, it becomes extremely strong.”

Taekwondo, he said, is highly skilled – “like boxers who are extremely good at punching and wrestlers who are well versed on the ground.”

In Taekwondo competitions, fighters can compete in multiple rounds. Fennell said they win points by an “abrupt displacement of the body - so you have to hit someone with enough force to move their entire body.”

Being kicked by some of the better fighters is like being “hit by a baseball bat,” he said.

That’s where proper training comes in.

“I put athletes into realistic scenarios and have them fight each other every single day, so

that when they get on the mat they start to get comfortable – it’s just another fight,” said Fennell about the similarities in training troops to fight and training for a martial-arts match. “Same thing goes here. If we have them put the mask on every day, if we have them carrying the weapon the right way, they already know how to do it, they are in a rhythm.”

Task Force Marshall colleague Staff Sgt. James Holston characterized Fennell as a good friend and excellent Soldier.

“He is a good guy all around,” Holston said. “He is resilient and can handle all different situations. He is not hot or cold – he is even keel. “Having him in our unit [brings] a sense of pride. He sets a good standard.”

Without the backing of his unit, Fennell never would have been able to serve as head coach of the Taekwondo team.

“I’m very fortunate my command was willing to lose me for the 24 days that I was coaching and preparing the team for a spot in the national championships in Austin, Texas [earlier this month],” he said.

His battalion commander, Lt. Col. Timothy Forrest, said Fennell was a good drill sergeant and an excellent trainer.

“I can’t say enough good things about him,” Forrest said. “The whole unit is behind him. “He volunteers to take leadership when it is needed. He brings a lot of credit upon himself. He is a great guy.”

As for Fennell, he characterizes his success as wanting his 7-year-old son, Gabriel, to see him “continuing to learn and grow.”

“I want to help him understand there are no limits to where you can go if you work hard for it,” he said.

Fennell and his fiancée, Elizabeth, will welcome another son, Michael, into their Family later this month.

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of a 1.5 km swim, 40 km bike ride and 10 km run just under two hours. He trailed by nine minutes.

As part of the Army’s Family and Morale, Welfare and Recreation program, All-Army sports are available to active-duty, Reserve and National Guard Soldiers. Soldier-athletes must complete an application process to be considered for each activity, and to compete at national and international levels. Some of the teams include basketball, boxing, bowling, golf, rugby, soccer, softball, triathlon, volleyball and wrestling.

Making it on a team can be as competitive as a race, Farris said. Specifically for triathletes, men

must have a confirmed time of less than two hours, seven minutes, and two hours, 35 minutes for women in Olympic distances. Previous experience as an armed forces team member or previous collegiate racing is a bonus.

Additionally, Farris keeps his skills sharp while contending for triathlons with the U.S. Military All-Endurance Sports Team, a non-Department of Defense sponsored entity. The program is a division of the nonprofit organization American Service Members Amateur Sports, Inc. Its purpose is to support amateur athletes while teaching endurance sports and activities for active-duty, retired and veteran military members, he said.

“This was a team created by service members for service members,” Farris said.

Along with athletic ability, Farris’ willingness to apply exercise physiology principles sets him apart, said Graham Wilson, triathlon coach for the endurance sports team.

“He is a focused individual,” Wilson said. “Once he sets his mind on a goal or mission, he will do everything in his power to achieve it.”

Farris broke a seven-year record in the men’s 50-mile time trial at the 13th annual Fireweed 400, July 11. Preparing for the World Triathlon, he will run the Olympic-distance Alaska State Triathlon near Wasilla, Aug. 2.



Travel & Fun in Kansas

Head south down rural route 77 to start your trip to Wichita, the largest city in Kansas and the “Air Capital of the World.” It’s a one-time cattle town on the Arkansas River where the spirit of the Old West lives on, but it is now a booming city with something for everyone.

Historic records reveal it was likely a trading center and meeting place for 11,000 years for nomadic people, but the first permanent settlement of Wichita Indians was in 1863. Shortly after that J.R. Meade became the first white settler when he opened a trading post. He established the area as a base for the Chisolm Trail.

The incorporation of Wichita was in 1870 and it became a destination for cattle drives from Texas. This is how it got the nickname “Cowtown”. The city fell on hard times once rail lines were available and cattle drives moved farther west. But the city bounced back in the 1890s to become a trade and milling center as grain began to provide more income than had cattle sales.

With the discovery of oil in 1918 Wichita became a boomtown. The oil money provided resources for investment in the up and coming airplane industry. Wichita still produces 70 percent of the aircraft in the United States today. Other notable entrepreneurial industries that got their start in Wichita include business such as Coleman, White Castle, Pizza Hut, Big Dog Motorcycles and Koch Industries.

Today, Wichita has become an eclectic city with great art and entertainment attractions. There are more than 1,000 restaurants in the city representing all types of cuisine. Shopping choices include small boutique shops, antique stores and malls. It is home to many museums and attractions where visitors can explore aviation history, art, hands-on exhibits, botanical gardens, the Old West and Indian artifacts. Old town Wichita has an exciting night life with theater performances, live music, dancing and a dine-while-you-watch movie theater.

If you enjoy the history and lifestyle of the American west of yesterday, plan a visit to Prairie Rose Chuckwagon Supper for four hours of entertainment and an all-you-can-eat chuckwagon dinner. It is only 15 minutes northeast of Wichita in Benton. There is a lively stage show with the Prairie Rose Rangers, wagons rides, free movies, popcorn and much more. In addition to the regular show there are often special entertainers and gospel shows. The shows have family-friendly entertainment for all ages. The all-inclusive tickets are \$30 for adults, children 6 to 12 are \$10, 3-5 are \$5 and little ones are free. It is open year-round on Thursdays, Fridays and Saturdays except Thanksgiving and December 23 through 30. They also have facilities for group events. For more information visit www.prairierosechuckwagon.com.

Another location where you can get in touch with Old West history is the Old Cowtown Museum. It is a unique 23-acre open-air living history museum that recreates a typical Great Plains



town from the latter part of the 19th century. You can see the history of Wichita as it is transformed from a frontier settlement to a cattle town to an agricultural and manufacturing area. Costumed staff portraying real life from the past roam freely around the museum and include buffalo hunters, traders, cowboys, blacksmiths, carpenters, and farmers. Located at 1865 Museum Boulevard and during the summer and early fall it is open Tuesday through Saturday 10 a.m. to 5 p.m. and Sunday noon to 5 p.m. with reduced hours in winter months. Admission ranges from \$5.50 for young children up to \$7.75 for adults. Children 4 and under are free. For more information visit www.oldcowtown.org.

There are music and art events available for all interests including classical, Broadway and entertainers of all genres and a variety of art styles.

Check the schedules of these venues for current offerings: The Music Theater of Wichita – mtwichita.org, Wichita Grand Opera – www.wichitagrandopera.org, the Wichita Symphony Society – wichitasymphony.org, and The Intrust Bank Arena – intrustbankarena.com.

There are a many street sculptures in downtown Wichita. If you want to see an internationally-renowned collection of American art visit the Wichita Art Museum – wichitaartmuseum.org. There are also many smaller art museums around the city.

The Sedgwick County Zoo is one of the country’s top zoos with 2,500 animals of nearly 500 species. It is an accredited wildlife park founded in 1971. It supports conversation programs and successful breeding of rare and endangered species. Check their calendar for activities and special events. Located at 5555 Zoo Boulevard, prices range from \$8.95 for young children up to \$13.95 for adults and parking is free. Summer hours March through November are daily 8:30 a.m. to 5 p.m. and it is open 364 days per year. The zoo closes Sept. 12 to prepare for the annual fundraiser. For more information visit scz.org.

Exploration Place is a hands-on science museum for all ages located on a 20-acre site along the Arkansas River in Wichita’s downtown area. They sponsor traveling exhibits so check the schedule to see what is available. There is a Kid’s explore area with a three-story castle and the “Tots’ Spot” play area for toddlers. It is located at 300 North Mclean Boulevard and is open Monday through Saturday 10 a.m. to 5 p.m. and Sunday Noon through 5 p.m. Ages 12 to 64 are \$9.50 and includes general admission and most traveling exhibits. Some special events may have an additional charge. For more information visit www.exploration.org.

For the outdoor experience visit the fragrant gardens of Botanica, The Wichita Gardens – www.botanica.org. It is 17.6 acres of botanical gardens located at 701 North Amidon. The gardens are open Monday through Saturday, year-round from 9 a.m. to 5 p.m.

You can explore the rich aviation history with a visit to the Kansas Aviation Museum (kansasaviationmuseum.org). Located next to McConnell Air Force Base at 3350 South

George Washington Boulevard. Prices are \$7.50 for children 4-12 and \$9.50 for adults, children under 3 are free. Military discounts are available. It is open Monday to Saturday 10 a.m. to 5 p.m. and Sunday 12 p.m. to 5 p.m.

Experience a trip through time at The Museum of World Treasures. It includes dinosaurs, Egyptian mummies, a section of the Berlin Wall, the Scarecrow’s pitchfork from the Wizard of Oz as well as many other surprising treasures. It is at 835 E. 1st St. S. in Old Town They are open Monday through Saturday 10 a.m. to 5 p.m. and Sunday Noon to 5 p.m. Children three and under are free, children up to 12 are \$6.95 and adults are \$8.95. For more information visit www.worldtreasures.org.

Mid-American All-Indian Center is the cultural center and museum dedicated to educating people about and preserving the heritage of the American Indian. The museum has changing themes and contains a 3,000 piece artifact collection. There are scheduled special events including powwows and classes. The outdoor exhibit is the 44-foot Cor-Ten steel Keeper of the Plains plaza and is the city’s symbol. It is at 650 N. Seneca and the museum is open 10 a.m. to 4 p.m. Tuesday through Saturday year round. Admission ranges from \$3.00 to \$7.00 and children under 6 are free. There is a military discount available. The outdoors exhibit, Keeper of the Plains is free and open to the public year-round. There is a “Ring of Fire” ceremony nightly at 9 p.m. during daylight savings time and 7 p.m. nightly during standard time as weather and river conditions permit.

There is a large variety of bars, sports clubs, night clubs, dance clubs, restaurants and breweries available for dining and nightlife.

Head to Old Town where the parking is free, the entertainment is fun and there are many entertainment locations to choose from within easy walking distance.

A popular location is Ernie Biggs Dueling Piano Bar at 550 North Rock Road Open Wednesday through Saturday 7 p.m. to 2 a.m. Dueling pianos start at 9 p.m.

Considering the many things available to do in the Wichita area, you may want to plan a longer visit. There are many hotels available, but for a great accommodation at an affordable rate check out the Air Capital Inn at McConnell Air Force Base. Availability is limited on weekends and during the summer. You can contact them for rates and reservations by calling 316-759-6999.



The Keeper of the Plains statue and plaza is by the Arkansas River in downtown Wichita and serves as the symbol of the city.