

'Big Red One' to bid farewell to commanding general

1st Infantry Division will welcome new leader



Army photo

Maj. Gen. Paul E. Funk II, outgoing commanding general of the 1st Inf. Div. and Fort Riley, will next serve as assistant deputy chief of staff for operations and plans in Washington, D.C.

1ST INF. DIV. PUBLIC AFFAIRS

After two years of serving as the commanding general of the 1st Infantry Division and Fort Riley, Maj. Gen. Paul E. Funk II is set to hand over command in a ceremony at 10 a.m., Thursday, Aug. 6, at the post's Cavalry Parade Field.

Maj. Gen. Wayne W. Grigsby Jr. will assume command of the "Big Red One" at the event.

Funk served as the 1st Inf. Div.'s deputy commanding general for maneuver for two years before taking command in May 2013. During a nine-month deployment to Southwest Asia, Funk led the division headquarters, which

formed the core of Combined Joint Forces Land Component Command-Iraq. The command was responsible for advising and assisting Iraq's security forces and providing training to newly built Iraqi army units as part of Operation Inherent Resolve.

The "Big Red One" handed over command of CJFLCC-I to the 82nd Airborne Division in June in Baghdad, Iraq.

Funk will next serve as the U.S. Army's assistant deputy chief of staff for operations and plans in Washington, D.C. Grigsby last served as commander of Combined Joint Task Force-Horn of Africa, the singular enduring U.S. military presence on the continent of Africa.



Army photo

Maj. Gen. Wayne W. Grigsby Jr. assumes command of the 1st Inf. Div. and Fort Riley after serving as commander of Combined Joint Task Force-Horn of Africa.

Training campus bears name of late Lt. Gen. Seitz

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

The Fort Riley Regional Training Campus was memorialized in honor of the late Lt. Gen. Richard "Dick" Seitz during an official ceremony July 22 at the entrance to the training campus.

The ceremony included several family members who helped with the unveiling of the horse jump that displays the Seitz family name at the corner of Estes and Armistead Roads.

Brig. Gen. John S. Kolasheski, deputy commanding general for maneuver and speaker for the ceremony, said one of the first things he did upon being stationed at Fort Riley was visit the training campus, specifically the Mission Training Complex.

"Not only is it staffed with top-notch professionals, but its ability

See CAMPUS, page 6



Brigadier General John S. Kolasheski, deputy commanding general for maneuver, speaks at ceremony renaming the Fort Riley Regional Training Campus after the late Lt. Gen. Richard "Dick" Seitz.

Training the future



Cadet Myron Krider, University of North Carolina at Charlotte, speaks with fellow Cadet Triston W. Minick, New Mexico Military Institute, while pilots of a CH-47 Chinook assigned to the 2nd GSAB, 1st Avn. Regt., 1st CAB, conduct pre-flight checks. The battalion is just one of the many units at Fort Riley hosting the ROTC cadets during their Cadet Troop Leading Training experience, which typically takes place in the summer prior to their senior year of college and gives them a first look at life as a newly commissioned officer.

1st Combat Aviation Brigade staff hosts cadets for summer program

Story and photo by
Capt. Keith E. Thayer
1ST CAB PUBLIC AFFAIRS

Reserve Officers' Training Corps cadets joined aviators of the 2nd General Support Aviation Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division, as they supported a 2nd Armored Brigade Combat Team exercise July 16 at Fort Riley.

Six ROTC cadets observed and learned how aviation officers planned and conducted multiple air lifts supporting a squad live fire for the 1st Combined Arms Battalion, 18th Infantry Regiment, 2nd ABCB.

The cadets were at Fort Riley as part of the Cadet Troop Leading Training program, which provides them a glimpse at what life will be like as a newly commissioned officer. The cadets come

"Aviation was my first choice and it's what I want to branch. It's been a great experience."

CADET JOSEPH K. MILLER
WEST POINT

from colleges across the country, including the U.S. Military Academy at West Point. They will return to school in the fall for their senior year and then receive their branch designations.

Capt. Rachel B. Tax, Company C, 2nd GSAB, 1st Avn. Regt., commander and pilot in command for the day's training, conducted the air-mission brief for the visiting cadets.

"I was really excited to provide the opportunity for the Cadet Troop Leading Training

cadets to get a glimpse of the CH-47 capabilities and culture," Tax said. "Hopefully the experience will influence their future branch preferences while also giving them a solid taste of the CAB, 1st Inf. Div., reputation for professional support."

Cadet Joseph K. Miller, West Point, is interested in the aviation branch.

"Aviation was my first choice and it's what I want to branch,"

See CADETS, page 8

Molly Pitcher Day renews family ties

Event remembers folk hero from the American Revolution

Story and photos by Sgt. Dana Moen
2ND ABCT PUBLIC AFFAIRS

Family members got a glimpse into the daily lives of their 1st Battalion, 7th Field Artillery Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, Soldiers July 10 at Fort Riley, Kansas.

"My Soldiers have spent a lot of time in the field and returned recently from (the National Training Center)," said Lt. Col. James Collins, 1st Bn., 7th FA Regt., commander. "Taking a break and spending the day with their family is what the Molly Pitcher Day is all about."

Folk hero Molly Pitcher was "a patriot who carried pitchers of water to Soldiers and helped with cannon duty during the American Revolution's Battle of Monmouth," according to www.biography.com.

"Molly Pitcher is an important part of our lineage," Collins said. "The families and spouses are an important part of our group."

The day's activities began with Reveille and a one-mile battalion fun run with family members followed by physical readiness training exercises.

"We had beautiful weather and a really great turnout," said Renee Fletcher, spouse of Capt. Douglas Frazier. "Wives and kids and spouses and everybody ran together as a group."

In October of last year, the battalion reignited Molly Pitcher Day at Fort Riley. It was the first time in 10 years battalion families and Soldiers celebrated the event.

"Molly Pitcher Day used to be celebrated by artillery units every year to get the families and the family readiness groups involved," said 1st Lt. John Fridlington, a past fire artillery officer, 1st Bn., 7th FA Regt. "With the wars in Iraq and Afghanistan, we

See PITCHER, page 6

The next USAG Resilience Day Off will be:

August

7

SAFETY HOLIDAY

As of Thursday, July 30 days have passed since the last

205

vehicular fatality at Fort Riley. Twenty four more and the post will celebrate with a safety holiday to take place at each unit's discretion.

HIGHLIGHTS



CUB SCOUT'S BIKE RODEO AT SEITZ ELEMENTARY SCHOOL ACCELERATES SAFETY MESSAGE. SEE PAGE 9.

ALSO IN THIS ISSUE



FITNESS COORDINATOR PUSHES HIMSELF TO THE LIMIT IN CHALLENGING "SUMMER DEATH RACE." SEE PAGE 13

An Army farewell for senior leaders from a fellow service



Photo above: Soldiers from the 1st Battalion, 5th Field Artillery Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division fire a cannon salute during a July 20 retirement ceremony in honor of Air Force Lt. Gen. James M. Kowalski, U.S. Strategic Command deputy commander, at Offutt Air Force Base, Nebraska. The “Hamilton’s Own” Soldiers attended the event as part of a detail to support official military ceremonies within the region. USSTRATCOM is one of nine Department of Defense unified combatant commands charged with strategic deterrence; space operations; cyberspace operations; joint electronic warfare; global strike; missile defense; intelligence, surveillance and reconnaissance; combating weapons of mass destruction; and analysis and targeting.

Photo right: “Hamilton’s Own,” Soldiers present the first and last rounds fired during a cannon salute to retired Air Force Gen. William M. Fraser III (center), the presiding official, and Air Force Lt. Gen. Kowalski (right), U.S. Strategic Command deputy commander, respectively.

Photos by Air Force Staff Sgt. Jonathan Lovelady, USSTRATCOM



Possible troop cuts, access to post topped agenda at breakfast

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

This month’s guest speaker for the Junction City-Geary County Military Affairs Council Breakfast July 23 was Fort Riley Garrison Commander Col. Andrew Cole, Jr.

“It really is something special,” Cole said about the breakfast. “It really is an opportunity for us to get together and to share fellowship and food with each other as well as make some new connections that are often times enduring connections.”

Cole talked about a variety of Fort Riley-related topics which included recent troop cuts announced by the Army, access control procedures to gain access to the post and upcoming events for community participation.

On July 9, the Army announced Fort Riley would lose 615 troops, Cole said. It is still undecided what cuts the civilian workforce at Fort Riley will see, but the Army has

announced they should have a plan by September.

“There’s still the budget control act, there’s still sequestration and we can’t lose sight of that,” Cole said.

Cole said the community plays the biggest role in supporting the Soldiers at Fort Riley and in influencing these decisions. He encouraged the attendees to remain vigilant in sharing the Fort Riley story.

Upon recent changes when the installation began vetting 100 percent of visitors in April, Cole addressed the process and updated the community on how it is working. He said to date, staff at the Visitor Control Center have screened approximately 80,000 people and granted nearly 20,000 badges. Of the almost 80,000 people screened, 800 people have been found to have a reason for being denied access to the post.

“The process is there for a reason and it’s actually working,” Cole said. “Our desire is not to close down the installation.”



Cole reminded the community they can take part in upcoming events including the 1st Infantry Division Change of Command on August 6 and the Kellie Pickler USO concert August 18. He said to watch social media for more information about any upcoming events.

Retired Col. John Seitz, military affairs director, closed the breakfast reminding the community they have a say in the fate of Fort Riley. The council meets to learn more

about the Army and the community so a working relationship remains.

“The purpose of the MAC breakfast is to bring the community and the Army together so that we all get to know each other because the more we know about each other on a personal level, the better we solve problems when there are problems,” Seitz said.

Fort Riley Garrison Commander Col. Andrew Cole, Jr. discussed several topics at the Junction City-Geary County Military Affairs Council Breakfast July 23. They included the possibility of further troop reductions, and access to Fort Riley.



WELL-DESERVED RECOGNITION



Maria Childs | POST

Staff Sgt. Scott Cash and Staff Sgt. Daniel Sutterly, both of the 300th Military Police Company, 97th MP Battalion, 89th Military Police Brigade, Fort Hood, Texas, received an Impact Army Commendation Medal, brigade coin of excellence and a four day pass just before the Change of Responsibility ceremony for the 97th MP Bn at Cavalry Parade Field on July 10.

The recognition was given by Col. Ross Guieb, the 89th MP Brigade commander. Cash was recognized for a heroic act that took place July 9. Cash was driving down Highway 77 that afternoon when he responded to an injury accident involving three victims. Cash rendered aid to the victims of the accident, while Staff Sgt. Sutterly directed traffic away from the accident. Once EMS arrived on scene, Cash provided EMS with a proper patient exchange, describing injuries sustained, interventions taken and what the patients' vital signs were. He then waited till all three patients were safely loaded before leaving the accident scene.

Chaplain Corps celebrates being Army Strong for 240 years

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

The park by Moon Lake at Fort Riley was the site of the 240th year anniversary of the Army Chaplain Corps July 24 and was attended by chaplains, chaplain assistants and their families to celebrate.

“It means a lot of great history and a lot of great heritage for our branch,” said Lt. Col. Paul Ramsey, Deputy Garrison Chaplain. “I have been a chaplain for 21 years now and it has been the best ministry that I have ever experienced in my life.”

Families were welcomed by chaplains. There was a bouncy castle and dunk tank set up to entertain the attendees and their children. Many of them used the dunk tank as a means to cool off as it was a hot afternoon. The rest of the attendees gathered underneath the covered shelter and drank plenty of water as they socialized.

Col. Andrew Cole, Garrison Commander, presented his congratulatory remarks before lunch commenced.

“The contributions that the Chaplain Corps makes and brings to the combined team is just invaluable,” said Cole.

Following Cole’s remarks, the history of the Chaplain Corps and the Chaplain Assistant was recited and the cake was cut by the youngest and oldest chaplains. After the cake was cut, a line formed to grab some catered-in sandwiches.

“It’s been a pleasure to be a part of what we do,” said Ramsey. “It is a call that is very noble and we certainly hope that our legacy speaks for itself as far as our service to Soldiers and families go.”

“Today, we mark 240 and, of course, we’re going to look forward to 241, 245 and 300,” said Cole.



Fort Riley Garrison Commander Col. Andrew Cole, Jr. socializes with guests at the 240th Anniversary of the Army Chaplain Corps at Moon Lake July 24.

Get answers to your medication questions

TRICARE

Users of the health care system are likely familiar with the following: They get home after picking up a prescription, only to find out they have a question.

For example a headache sufferer may wish to know how a particular pain reliever would work with another medication.

This is a common scenario. Dr. George Jones, Chief of the Defense Health Agency Pharmacy Division wants all to know that their safety is important.

“Don’t be afraid to call and ask your doctor or pharmacist to explain prescription direc-

tions again if you didn’t understand them the first time,” he said. “And it’s always a good idea to write down any additional or special instructions so you don’t forget them once you get home.”

The family pharmacist should be the first resource used to answer questions about drugs. If over-the-counter medication like acetaminophen, cough medicines, herbal supplements or aspirin are taken, those drugs can interfere with other medications. Because they were purchased OTC, there is no record in the pharmacy’s computer system to prevent harmful drug interactions. It is important that customers tell their pharmacist

about taking OTC products when prescriptions are filled.

The Food and Drug Administration is another good resource. The FDA’s Division of Drug Information will answer almost any drug question and are easy to reach. The DDI responds to an average of 4,432 telephone calls, 1,531 emails and 91 letters with drug questions every month. The top five questions DDI pharmacists receive are:

What are the possible side effects of a particular medicine, and where can the most current information about drugs be found?

How can users report a bad reaction to a medicine

or a medication error to the FDA?

Are generic drugs the same as brand name drugs?

How can users find out when a generic will be available for a particular prescribed medicine?

How are medicines discarded when they are no longer needed?

Users who get prescriptions from TRICARE Home Delivery, can have access to a pharmacist 24/7? Get answers to these and other questions by calling Express Scripts, Inc., the contractor who manages the TRICARE prescription benefit at 1-877-363-1303. Another resource is the FDA Division of Drug Information at 1-855-543-DRUG (3784).

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 first involve all major thoroughfares on Fort Riley, then move onto secondary roads. In addition, stripes on parking lots at post schools will also be painted. 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.

TUESDAY TRIVIA CONTEST WINNER



The July 28 question was: “Where can I learn more about Vacation Bible School 2015, which got started on Fort Riley which continues through Friday?”

Answer: <http://www.riley.army.mil/News/ArticleDisplay/tabid/98/Article/608220/vacation-bible-school-registration.aspx>

This site provides links to the flyer and registration form. The winner is SPC Michael Newton. Delta Company, 1-1 ARB, 1st CAB, IID

In this photo: SPC Michael Newton is joined by his spouse, Stephanie Newton.

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, SPC MICHAEL NEWTON!

Home wanted

This pet’s name is Oreo. She is already spayed and is in need of an experienced cat owner. She is up to date with all her shots. Oreo is about five months old and is very shy. She is a domestic medium hair cat. It appears that she has had very little to no human interaction. Oreo will warm up after a bit and loves to be petted and will start to purr as soon as she is comfortable with the situation. Oreo is looking for a calm, quiet home and an owner who will give her time to adjust. Her adoption fee is \$142, which includes Microchip, Vaccines: Distemper and Rabies, Leukemia test and deworming.

If you’re interested please call 785-239-6183. If no one answers then leave a message. You can also contact us via email at nicole.p.storm@us.army.mil

Other shelter animals can be seen on www.facebook.com/fortrileypets. All stray animals picked up by the Military Police on Fort Riley are brought to the Fort Riley Stray facility. The animals are held there for three business days to allow owners to claim their pets. After this time the animals may be adopted out or euthanized. Animals are usually only euthanized in the cases of severe aggression or life-threatening illness. Animals must be registered, microchipped and up to date on vaccines before released to owners. Fort Riley Stray Facility, Building 226 Custer Ave., Main Post, 10 am - noon and 1 p.m. - 4 p.m., Monday through Friday 785-239-6183 or 785-239-3886



WWW.1DIVPOST.COM

IRWININFORMATION

Q: What is my priority for care at Irwin Army Community Hospital?

A: Priority for access to care at a military treatment facility is:

1. Active duty service members.
2. Active duty family members and transitional survivors enrolled in Prime.
3. Retirees, their family members and survivors enrolled in Prime.
4. Active duty family members not enrolled in TRICARE Prime; transitional survivors, not

enrolled in Prime and TRICARE Reserve Select members.

5. Retirees, their family members, and survivors not enrolled in TRICARE Prime.

There are special provisions for certain NATO and other foreign force members, priority 1, and their families, priority 2, based on international agreements.

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

RILEY ROUNDTABLE

“July is National Ice Cream Month and it is a perfect treat for summer – what is your favorite flavor of ice cream?”



“Cookie Dough”

SGT LARRY PATTON
MEDORA, ILLINOIS

1st Replacement Company Fort Riley



“Japanese Melon”

SPC DANIEL JOHNSON-KING
FT. MEADE, MARYLAND

1st Combined Arms Battalion, 63rd Armor Regiment, 2nd Armored Brigade Combat Team



“Rocky Road”

KAYLA WILLIAMS
MUNCIE, INDIANA

Spouse of a Soldier for 1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team



“Butter Pecan”

SSG DENA COOK
OKMULGEE, OKLAHOMA

299th Brigade Support Battalion, 2nd Armored Brigade Combat Team



“Cookies and Cream”

PFC DAVID PEREIRA
SUMMERVILLE, SOUTH CAROLINA

2nd Battalion, 34th Armor Regiment, 1st Armored Brigade

THE NEW HAND GUN LAW IN KANSAS

Kansas concealed carry laws and their impact on Big Red One Soldiers

STAFF JUDGE ADVOCATE

Kansas Senate Bill 45, signed by Gov. Sam Brownback on April 2, 2015 and effective on July 1, 2015, allows residents in many instances to carry concealed firearm without a permit off-post. However, there are many exceptions, and Fort Riley installation policy remains in effect.

All members of the Fort Riley community should be aware of the recent changes to Kansas law affecting an individual's right to carry a concealed handgun in the State of Kansas.

Big Red One Soldiers, Civilians, and family members are reminded that Fort Riley is an exclusive federal jurisdiction installation, which means changes to Kansas law generally do not impact the Senior and/or Garrison Commander's policies concerning the installation. While Kansas allows people to carry concealed handguns, Fort Riley regulations remain in effect and strictly prohibit the concealed carry of handguns on the installation. Soldiers living or traveling off-post, however, are subject to all Kansas laws in addition to the provisions of the Uniform Code of Military Justice.

Kansas Senate Bill 45 generally allows eligible individuals to carry a concealed handgun without the need

for a government license or permit. Specifically, the new Kansas law prohibits cities and counties in Kansas from adopting or enforcing any regulation governing, among other things, the purchase, transfer, ownership, storage, carrying, or transportation of handguns.

Senate Bill 45 also rescinds any contradictory concealed-carry ordinance, resolution or regulation adopted prior to the effective date of the new law.

Prior to July 1, Kansas issued concealed-carry permits to individuals as a requirement to carry a concealed handgun in Kansas. Moving forward, Kansas will continue to issue permits to carry concealed handguns so that eligible individuals may carry in other states that accept Kansas concealed-carry permits.

Although Kansas Senate Bill 45 allows eligible individuals to carry a concealed handgun in Kansas without a permit or license, it does not abolish all restrictions on carrying concealed handguns in Kansas. Carrying a concealed handgun in Kansas remains illegal for any individual who is otherwise prohibited from possessing a firearm under either federal or state law. The following is a list of circumstances in which it remains a violation of either federal or Kansas law to carry a concealed handgun after July 1:

1. The Gun Control Act of 1968 is a federal law that made it illegal for felons to possess a firearm under any circumstances;

2. The Lautenberg Amendment is a federal law that made it unlawful for any person who has been convicted of a misdemeanor crime of domestic violence to possess firearms;

3. Knowingly possessing or carrying a loaded firearm while under the influence of alcohol or drugs to such a degree as to render a person incapable of safely operating a firearm is a violation of Kansas law;

4. Carrying any pistol, revolver or other firearm concealed on one's person if such person is under 21 years of age, subject to various exceptions, is a violation of Kansas law;

5. Possessing any firearm by any person, other than a law enforcement officer, in or on any school property or grounds is a violation of Kansas law;

6. Possessing any firearm by a person who is both addicted to, and an unlawful user of, a controlled substance is a violation of Kansas law;

7. Possessing any firearm by a person who is or has been a mentally ill person subject to involuntary commitment for care and treatment is a violation of Kansas law;

8. Possessing any firearm persons with an alcohol or substance abuse problem subject to involuntary commitment for care and treatment is a violation of Kansas law;

9. Carrying a concealed handgun in any building on which a prohibition is conspicuously posted in accordance with rules and regulations adopted by the Kansas attorney general is a violation of Kansas law.

The above descriptions of Kansas law are meant to provide an introductory understanding of the concealed-carry laws in Kansas. Do not rely solely on this article, but instead consult with an attorney for specific legal advice for your particular situation.

Eligible Soldiers and family members are encouraged to call the Fort Riley Legal Assistance office at 785-239-3117 for an appointment with a Legal Assistance attorney to discuss your rights and obligations when carrying a concealed handgun in the State of Kansas. Remember, Fort Riley has many specific rules regarding firearms on post which are included in regulation FR 190-1 and can be found at <http://www.riley.army.mil/News/ArticleDisplay/tabid/98/Article/472159/fort-riley-publications.aspx>.

FROM THE INSPECTOR GENERAL

Flagging can affect your status, change of station award

Dear Inspector General: I will PCS in the next two months. My Squad Leader said that I would not be receiving a PCS award because I am flagged for being in the Army Body Composition Program (ABCP). My Squad Leader also stated that the flag would transfer with me to my new duty station.

Is my Squad Leader correct in telling me that I cannot receive a PCS award for being flagged and in the ABCP, and that my flag will follow me to my new duty station?

Respectfully, No PCS Award

Dear No PCS Award,
Your Squad Leader is correct on both questions.

There are two types of Flags: Transferable and Non-

transferable. Nontransferable Flags are circumstances such as commander's investigations, law enforcement investigations, involuntary separation or discharge and adverse actions. A Soldier may be reassigned with the initiation of a Transferable Flag. Some examples of a Transferable Flag are punishment phase of non-judicial action, punishment from a civil court, record Army Physical Fitness Test failure, and noncompliance with the Army Body Composition Program.

Since you are flagged for being in the ABCP, you are still allowed to PCS; however, the commander has a requirement to transfer the flag to the gaining unit.

In accordance with AR 600-8-2, chapter 2-8, “The losing command is responsible for providing the gaining command with Flag supporting documents for Soldiers with transferable Flags [DA Form 268 initiating Flag, weight control packet, DA Form 705 (Army Physical Fitness Test Scorecard), DA Form 4856 (Developmental Counseling Form), and so forth.]” This allows your gaining command the ability to prepare for your arrival. Remember, it is your responsibility to report to your unit ready to take an APFT and in accordance with the standards of the Army Body Composition Program.

As for a PCS award, chapter 2-1a(1) of AR 600-8-2

states that “The purpose of a Flag is to prevent and/or preclude execution of favorable actions to a Soldier who may be in an unfavorable status (not in good standing)”. Since you are flagged for being in the ABCP, you would be in an unfavorable status.

The only exception to receiving a personal decoration when in an unfavorable status, would be in the event that the award was based on valor and heroism, chapter 1-17b of AR 600-8-22.

If you have any additional questions, please call the Office of the Inspector General at 785-239-IGIG (4444).

Sincerely, Fort Riley Inspector General.

THE 1ST INFANTRY DIVISION POST

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Circulation 8,800 copies each week.

A licensed newspaper member of the Junction City and Manhattan chambers of commerce.

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Carter thanks troops in Iraq for helping nation's future

By John D. Banusiewicz
DOD NEWS
DEFENSE MEDIA ACTIVITY

WASHINGTON – Defense Secretary Ashton Carter met with service members in Baghdad yesterday, thanking them for their sacrifices and underscoring the role they play in the fight against Islamic State of Iraq and the Levant terrorists.

Carter noted that he was in the midst of a weeklong trip in the Middle East region and that he had been meeting with “important people” in several regional capitals.

“You’re the most important people to me,” he said, “and I just want you to know that. ... You are why I wake up every morning. You’re what I’m thinking about every day. It’s you — you [and] your families.”

The secretary told the service members that he appreciates them serving in Iraq while their families wait back home.

“I don’t take it for granted that it’s uncomfortable here, that you put yourself in harm’s way, and that you’re doing that for your fellow citizens of the United States,” he said. “Because our first job is to protect our people and our country, but also, because of who we are, we contribute to the

security of the wider world. And it is a big world out there, and we have responsibilities all over it.”

Because it is the world’s most powerful and influential power, Carter said, other nations want to work with the United States -- “because they like us, because they like who we are and what we stand for and the way we conduct ourselves.”

That’s a compliment, he added, but it’s also a big burden.

“The Middle East is an important place in the world,” he said. “It’s not the only important place in the world, but it’s a very important one to our country and to world security, and Iraq is an important part of the Middle East.”

The campaign against ISIL will succeed, Carter said, “because civilization always wins over barbarism.”

If beating ISIL once was all there was to it, he told the U.S. service members, they could do it. But that’s not the issue, he said.

“The defeat we need to give to [ISIL] is a lasting defeat -- a defeat that sticks,” he said. “And that can only be done if we’re supporting the people who live here. ... To keep them beaten requires the capable, motivated forces here



Sgt. 1st Class Clydell Kinchen | DOD photo
Defense Secretary Ashton Carter speaks to troops in Baghdad, July 23, during a weeklong trip to the Middle East.

in Iraq, and that requires the support of the Iraqi people.”

The United States can help, enable, train, equip and support the Iraqi security forces in beating ISIL, Carter said.

“But we can’t substitute for them. ... We can’t keep them beaten,” he added. “Only the people who live here can keep them beaten.”

The campaign is headed in the right direction, Carter said. “If it were only up to us, it would be more

straightforward, but it’s not,” he added. “We have to work with, by, and through them. And that’s what we’re doing. And that takes some time, and it takes some effort, but that’s what it takes to make victories stick when we have victory.”

The secretary told the troops he had spoken with Iraqi leaders earlier in the day, and they understand that and are committed to it.

“So we hope that they can deliver that,” Carter said.

DoD
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CAMPUS Continued from page 1

to train people in simulations so they enter into working live training on operational equipment,” Kolasheski said.

Kolasheski spoke about Lt. Gen. Seitz’s many accomplishments in both his Army career and retirement.

During his time in the Army, Seitz was a leader during some the country’s most unsettled times. In 1939, he accepted a commission as a second lieutenant and attended jump school, where he became one of the Army’s first paratroopers.

“I think it is safe to say that General Seitz was the epitome of an American Hero and the truest of Kansans,” Kolasheski said.

Seitz was born in Leavenworth, Kansas and attended Kansas State University.

At age 25, Seitz was promoted to major and was given command of the 2nd Battalion of the 517th Parachute Infantry Regimental Combat Team. Shortly thereafter, he was promoted to lieutenant colonel and served as the Army’s youngest battalion commander.

After 35 years of service, Seitz came home to Kansas and continued to serve in the Fort Riley community. He was a trustee of the St. John’s Military Academy, chairman of the Fort Riley National Bank among many other community events.

Seitz died June 8, 2013.

John Seitz, Seitz’s nephew, said this memorialization is personal for him.

“For me, it’s recognition that my uncle was the hero I always thought he was,” John said. “He was like my best friend, he was like my dad.”

John Seitz said his uncle never stopped caring for the community and taking care of Soldiers.

“After you retire from the Army, you can still be a part of it and make a contribution and help Soldiers and their families, and he did that every single day,” John said. “His legacy was taking care of Soldiers.”

John said when he drives past Seitz Elementary School, which was named after his uncle in 2012, it reminds him of what kind of person his uncle was.



The Seitz family stands with Steve Crusinberry, Director of the Directorate of Plans, Training, Mobilization and Security, far left, and Deputy Commanding General - Maneuver, Brigadier General John S. Kolasheski, second from the right, after the unveiling of the Seitz Regional Training Campus sign during a memorialization ceremony July 22 at the corner of Estes and Armistead Roads. Behind the group is a contingent from the Commanding General’s Mounted Color Guard.

“I feel like I’m supposed to bring a box of chocolates and an apple for the teachers there,” John said. “That’s what my uncle always did. He took the principal a box of chocolates.”

Patricia Seitz, Seitz’s daughter, said while the naming of Seitz Elementary School has had time to sink in, the memorialization of the training complex still seems to be a dream.

She said seeing her father’s name on post reminds her to follow in his footsteps.

“His measure of success was not himself, but what ‘have I done to make other

people successful?’” Patricia said. “It’s a reminder to me each time I see his name or see his picture, [to ask] what have you done today to follow in his footsteps.”

PITCHER Continued from page 1

were not able to do it that often, but with the drawdown, we are now able to continue on with traditions like this one.”

Following the run, families were escorted to the engagement skills trainer and the call-for-fire trainer, where they became familiar with weapons simulations.

“I think the weapons simulator was the best part,” said Lauren Roshek, fiancée of Capt. Joshua Herzog. “Everybody got to go in and sit behind a gun and see what it’s really like to pull the trigger.”

Additional activities included a military vehicles display, a bounce house and water balloons for the children. A barbecue lunch was provided by the batteries for family members and Soldiers.

The battalion brought the celebration to a close with a “First Lightning” football game. Soldiers and family members partnered up for some friendly competition and team building.

“I think a lot of military kids don’t always understand exactly what their moms and dads are doing,” Fletcher said. “Having an opportunity to come out and see the guns and the call for fire simulator and things like that is going to give them a really good understating of what their parents are doing.”



Photo above: Family members and Soldiers with 1st Bn., 7th FA Regt., 2nd ABCT, 1st Inf. Div., engage a simulated target at the call-for-fire trainer July 10 at Fort Riley. The trainer was one of the activities the unit hosted during its Molly Pitcher Day activities for families. Photo right: Family members enjoy the military equipment displays. Six military vehicles were on display for Molly Pitcher Day.



Fort Leavenworth students interact with current technology

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

Intermediate Learning Education interagency students from U.S. Army Command General Staff College visited Fort Riley on July 21 to tour the Mission Training Center and view the army's current training technology and systems. About 15 students attended.

The students consisted of Coast Guard, Marine Security Guard, FBI, Mobile Security, U.S. Marshall and Homeland Security.

CGSS offers the full 44-week course twice a year at Fort Leavenworth, KS, with broad choices among more than 170 elective courses and focused programs in Special, Joint or Space Operations. Courses start in July and February annually. The students came to Fort Riley from Fort Leavenworth because of the extensive training equipment and simulations that Fort Riley offers.

"The focus of today's visit was to show interagency students from Fort Leavenworth the usage of current technology and highlighting the technological advances to train U.S. army units," said Maj. Mark Ayson, Division Simulation Officer.

The training simulations include vehicle, aircraft, ground combat and medical training.

The vehicle training simulations consisted of seating four people inside of a wooden model of a Humvee. One was the gunner, one was the driver, and the other two assisted with model m4 rifles that were connected to the simulation like a first-person shooter video game. The other vehicle training simulation uses a gaming steering wheel connected to a computer monitor to control the vehicle.

"The vehicle simulations also provide dismounted or infantry capability," said Ayson.

The aircraft training simulations consisted of one person seated in front of a large 3-panel monitor and controlling the virtual aircraft with a joystick or an Xbox 360 controller. The staff at the MTC found that training with a standard computer keyboard made their virtual movements awkward and hindered the player's scores. So, they opted to use a console controller instead.

The ground combat training simulations are similar to the aircraft simulation. The major difference is that the player is on the ground and use only an Xbox 360 controller. The simulation also incorporates the player's stamina. The player is able to input their physical training score and the virtual character will act accordingly. If they have a low PT score, the character will pant, vision will blur and the weapon will shake. If they have a high PT



Photo above: Interagency students from Fort Leavenworth tested out the vehicle simulation in the Mission Training Center at Fort Riley. Photo right: Randy Curry, Mission Training Center Director, speaks to the group of interagency students who visited the MTC to view the army's current training simulations.

score, the character will be able to run longer and faster.

Lastly, a few buildings down from the MTC, staff have METIman simulators to help train Soldiers what to do in a medical emergency. The METIman is a human patient simulator created by medics to replicate trauma and teach initial assessment and treatment to first responders.

"1st Inf. Div. and Fort Riley are at the forefront of executing the Army's Integrated Training

Environment," said Bill Raymann, Chief, Training Division, Directorate of Plans, Training, Mobilization and Security. "Our success in combining the live, virtual, constructive and gaming training domains, and the close relationship we have with the Fort Leavenworth Combined Arms Center, makes us a great location to demonstrate state of the art training capabilities to our joint and interagency partners."



ACS celebrates 50 years of service with open house

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

Army Community Service at Fort Riley celebrated 50 years of service with an open house where they had booths set up to teach Soldiers and families about programs they offer as well as a lunch and cake.

Cheryl Erickson, director of Fort Riley ACS, said the goal is to provide assistance to military families.

“We are here to service Soldiers and families and help them thrive in a military life-style,” Erickson said.

Erickson said Fort Riley ACS staff offers programs such as survivor outreach services, financial counseling, outreach information and referral, deployment readiness, exceptional family member program and many more. She said the most popular programs include the new parent support program, exceptional family member program and financial readiness. ACS offers many more programs in addition to these popular ones, said Erickson.

Erickson said it surprises many families to learn that Fort Riley ACS has a lending locker where Soldiers and families can borrow common household goods when they first arrive to the post. This allows the family to have a place to sleep and pots and pans to cook while they wait for their personal items to arrive.

“The Soldier doesn’t just move a Soldier, they move a family,” Erickson said. “We have a loan locker where you can check out cots, card tables, chairs, pots and pans, a coffee pot, common household goods that people would need to use until their household goods arrive. We are limited only by what we have on hand.”

Erickson said for new



Photo left: Patrons of Army Community Service get lunch during the celebration of 50 years of service at ACS. **Photo right:** Left to right: Jane Brookshire, Army Family Team Building, Army Family Action Plan and Resilient Spouse Academy program manager, provides guidance Amanda Buike, a new Fort Riley spouse and Red Cross volunteer, about programs offered at Army Community Service at the luncheon July 24.

families to the area, ACS has a spouse employment service. The staff can help military spouses find jobs in the area. She said ACS is designed to help everyone.

“There are people who think we are just here for the family or just here for the Soldier,” Erickson said. “We have programs for everyone.”

Erickson said Soldiers and families at Fort Riley should not hesitate to call or stop by 7264 Normandy Drive and ask whatever questions they may like.

“Even if you don’t know if we have a program, call us because one program we have is information and referral,” Erickson said. “We have a program that is designed to help you connect with it. There is no wrong question at ACS. If we don’t have it we will find someone who will.”

“We may not have a program for that, but we will find out – that’s our job,” Erickson said.



CADETS Continued from page 1

he said. “It’s been a great experience.”

Miller was assigned to Troop A, 1st Squadron, 6th Cavalry Regiment. Crews were in the process of flying their Kiowa Warrior helicopters to Davis-Monthan Air Force Base in Arizona to turn in the aircraft, part of the Army’s aviation restructuring initiative. That meant Miller got to see not only the last flights, but all of the planning it took to make them happen.

As the July 16 training mission got underway, the CH-47 Chinook’s pilot turned toward Milford Lake headed toward the landing zone in the Custer Hill training area.

“I love to fly, and the weather for today’s training only made it that much better,” said Capt. Brent Vann, pilot, 2nd GSAB, 1st Avn. Regt.

“For me, it’s a tremendous opportunity to further demonstrate what we do as aviators in a realistic training scenario,” Vann said about what it meant for him and his fellow aviators to host the cadets. “We’re just excited to be part of growing the next generation of Army leadership.”

Maj. Jacob E. Roper, executive officer, 2nd GSAB, 1st Avn. Regt., spoke to the cadets before their day ended at the airfield.

“After college, it’s not going to get any easier as Army aviators,” Roper, a 13-year Kiowa pilot, said.

Cadet Myron Krider, who attends University of North Carolina at Charlotte and hopes to commission as a medical officer, said he learned a lot. “Fort Riley and the 1st Inf. Div. are definitely as advertised,” he added.

Member Assistance Day

Saturday, August 8 • 7am-noon
Custer Hill Golf Course

Your assistance is needed for the following:
Reworking Bunkers • Tree Trimming • Pond Maintenance

Tools and supplies will be provided*

*Additional tools may be needed, please call for more information 785.226.5306

Barbecue starting at noon.

IN BRIEF

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 Dinner is slated for 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.imcom-central.mbx.des-vcc@mail.mil

Please note there are longer wait times for passes during periods of higher traffic-especially weekday mornings and weekday afternoons-when Soldiers and civilian employees are traveling to work and physical fitness activities.

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

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

SPOUSES' SIP AND CHAT

Spouses of active duty service members are welcome to join USO Fort Riley for coffee, snacks, friends and fellowship from 9:30 to 11 a.m. on the 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/readymilitary/Power_Outage_Fact_Sheet.pdf.



Mateo Fuentes, son of Sgt. Adrian Fuentes, 977th Military Police Company, 97th MP Battalion focuses on weaving through the cones during the obstacle course at the Cub Scout bike rodeo July 25 at Seitz Elementary School.

SAFETY GOALS

- The July 25 bike rodeo at Seitz Elementary School was one of three summer events that counts toward the cub scouts summertime pack award.

Pedaling safety

Cub Scout's bike rodeo accelerates safety message

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

Fort Riley Cub Scout Pack No. 660 facilitated a bike rodeo July 25 at Seitz Elementary School where children, both in the pack and out, learned the importance of proper bicycle safety.

A staff member from the Pathfinder store in downtown Manhattan was there to inspect the kids' bikes. There was also an obstacle course for children to learn different things about their bike such as braking, accelerating and weaving through cones. Then after the safety was fresh in their minds, the kids enjoyed about 10 minutes of free riding.

See RODEO, page 12



Cub Scouts from Fort Riley's pack 660 listen to James Kirkendall before the free ride that concluded the Cub Scout bike rodeo at Seitz Elementary School July 25. Officials said almost 20 children attended the summer event.

"Summer activities are to keep the pack going. It gives the kids something to look forward to. They can also earn the summertime pack award if they attend all the events throughout the summer."

JAMES KIRKENDALL | WOLF DEN LEADER, FORT RILEY CUB SCOUT PACK NO. 660



Brittany Valdez, wife of Sgt. Juan Valdez, 1st Armored Brigade Combat Team, 1st Inf. Div., right helped her son, Noah, left glue down pieces of blue paper a part of the water below the pirate ship waterslide from Disney World masterpiece they were recreated at the Mommy and Me Masterpiece class July 26 at Rally Point.

Instructor uses art to tighten family bond

Participants at Mommy and Me class create mosaic from shared experience

Story and photos by Jakki Forester
1ST INF. DIV. POST

Children brainstormed ideas with their mothers about the memory they wanted to create into a paper mosaic. Conversation continued as paper ripped then was glued onto cardstock at the Mommy and Me Masterpiece class July 26 at Rally Point.

"We wanted to do something we don't usually do," said Lynlee Shutka, wife of Sgt. Kyle Brown, 1st Battalion, 5th Field Artillery, 1st Armored Brigade Combat Team, 1st Infantry Division. "We don't usually do these types of Mommy and Me classes. Often, Avery (her daughter) does artwork at school when I am not with her. But we wanted to keep busy while Kyle is at training and to just do something fun."

Lynlee and Avery created a mosaic fireworks scene from their experience at the Wamego Fourth of July fireworks display they all saw earlier this year. They chose this because Brown missed the 2014 Fourth of July celebration, but this year they were all together as a family.

Nicole Clanton, wife of Sgt. Kyle Clanton, formerly a part of 701st Brigade Support Battalion, 4th Infantry Brigade Combat Team, 1st Inf. Div., and her daughter Taylor created a mosaic of the Commanding General's Mounted Color Guard's horses.

"We see them every time we go off post near the Ogden gate," Nicole said. "She loves them every time we go out of the gate. When we don't see them, it's like the end of the world."

Taylor said she likes animals and really likes the horses. Gluing the paper was Taylor's favorite part, she said.

"Just seeing her be able to make a mess and have fun is my favorite part," Nicole said. "She does a lot of projects at day care, which means I miss them. And yeah, we do projects at home. But it's good to go out, do projects with a group of people and have fun."

See MOMMY, page 12

Riley's food truck finds home on Custer Avenue

Location perfect spot to serve hungry Soldiers, civilians convenient meals

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

Though there are several options for food at Fort Riley, some areas on post are without facilities that serve food; that's where Riley's food truck comes in. Monday through Friday, 11 a.m. to 1 p.m., Riley's food truck operates on Custer Avenue and serves meals to Soldiers and civilians. The truck is in its second year of full time operation and it typically runs March through November, depending on the weather.

MORE INFORMATION

- For more information on Riley's food truck and the services it offers, contact Riley's Conference Center by calling 785-784-1000.

According to Chris Down, manager of Riley's Conference center they tried other locations but Custer Avenue was the most successful.

Riley's food truck serves a variety of foods ranging anywhere from five to eight dollars.

"We have a burger of the week," said Jayme Dubbs, spouse of Specialist Kyle Dubbs, 89th Military Police Brigade,

See FOOD TRUCK, page 12



Jayme Dubbs, Riley's cook, leans down to take a Soldier's order as Tom McGee, Riley's kitchen lead, cooks the food in Riley's Food Truck on Custer Avenue.



MORE ONLINE

• **Kansas Department of Health and Environment report on electronic cigarettes:** www.kdheks.gov/testimony/download/2014_testimony/HHS_e_cigs2.pdf
• **U.S. Fire Administration report:** https://firemarshal.ks.gov/docs/default-source/default-document-library/2-11-2015-electronic_cigarettes.pdf?sfvrsn=2

E-cigarette regulations defined

By Maria Childs
1ST INF. DIV. POST

More than 2.5 million Americans are using electronic vapor cigarettes. These devices have become as popular as their tobacco filled cousin, but sometimes people misunderstand or are unsure of the regulations behind these devices and why they are in place.

Compared to a traditional tobacco cigarette, e-cigarettes and vapor cigarettes are initiated by a small battery operated device that contains no tobacco but may provide the sensation of a regular cigarette.

Lars Vesper, Assistant Fire Chief of Prevention for the Fort Riley Fire Department, said at the June Garrison Safety Fair inspectors from the prevention branch surveyed people in the crowd to find out what they knew about e-cigarettes. Many people thought it acceptable and within regulations to smoke electronic and vapor cigarettes inside government vehicles and facilities.

In April 2011, the Food and Drug Administration announced the intent to regulate e-cigarettes as tobacco products; however, the FDA has not asserted any authority over the products.

Although there are no FDA rules, Fort Riley has addressed this issue.

The use of any brand electronic or vapor cigarette is not authorized in any Army facilities. This is outlined in Army Regulation 600-63 and Fort Riley Regulation 420-4.

Violation of army regulations is punishable by Article 92 of the Uniform Code of Military Justice which could result in separation, non-judicial punishment, judicial punishment and or arrest.

He said people gave a variety of reasons why they thought it was acceptable to smoke these devices indoors, including the device giving off a clean vapor. Vesper said despite the misconception the vapor is clean, it does give off a scent and the vapor has a texture that activates smoke detectors.

“It interrupts the function of the detector, the detector will sound and we respond,” Vesper said.

Vesper said the Fort Riley Fire Department has had numerous false alarm responses because of electronic or vapor cigarettes, and we need to get the word out to the community; it’s unsafe and against regulations.

When a false alarm occurs, the individual is briefed on smoking practices and policy guidance concerning both tobacco and electronic or vapor cigarettes. Repeat responses to the same facility, for the same reason, warrants a visit from the Fire Prevention Branch, where they share educational viewpoints to the facility Fire Warden and occupants involved.

Vesper said the Fort Riley Fire Department must respond to any building on post that has a smoke detector going off. This is to protect the surrounding community and continue to keep it safe.

According to the Kansas State Fire Marshal, 25 separate incidents of explosion and fire related to e-cigarette and vapor cigarettes were reported in the United States between 2009 and 2014.

“We just want to help educate the people on post,” Vesper said.

Vesper said he wants to emphasize that these regulations are in place to keep the community protected.

“I don’t want the community at Fort Riley being injured because of a vapor cigarette,” Vesper said.



COMMUNITY CORNER

National Night Out August 4 offers partnership, camaraderie

By Col. Andrew Cole
GARRISON COMMANDER

The Directorate of Emergency Services will host the 1st Infantry Divisions National Night Out August 4 at 5 p.m. at Jefferson Elementary School parking lot. I encourage all to participate.

NNO promotes police-community partnerships and neighborhood camaraderie that helps make our neighborhoods safer. NNO is sponsored by the National Association of Town Watch and co-sponsored locally by DES.

Fort Riley will be joining over 38 million neighborhoods

and over 16 thousand communities from all 50 states, U.S. territories, Canadian cities and military bases around the world.

In all, over 34 million people are expected to participate in “America’s Night Out Against Crime”.

Community members are welcome to participate in the activities. There will be free food, music and static displays



Colonel Cole

that demonstrate the equipment and capabilities of the Fort Riley Emergency Services. There will be booths by the fire department, the civil liaison children’s Drug Abuse Resistance & Education program and McGruff the crime dog, Child ID, Special Reaction Team, game warden section, Traffic Accident Investigations section, and a K-9 demonstration. Stop by and have a hot dog or hamburger courtesy of the USO and enjoy the fun evening of activities with something for all ages. More importantly take the opportunity to see what you can do to

partner together with our team of dedicated DES members to make Fort Riley a safer place to live.

In addition to the activities at Jefferson Elementary, get to know your neighbors. Summer is a time of transfer for many military families and you might have neighbors you haven’t met yet. We spend more time indoors than we did in the past. When we get together for outdoor activities we often choose teams, organizations, or groups that are outside of our neighborhood. Take this opportunity to introduce and

rediscover your neighbors and community. Law enforcement is much more effective with community partnership and people watching out for each other in neighborhoods.

Our Emergency Services staff is here to keep you safe – take the opportunity on August 4 to thank them for the dedicated service they provide.

– *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/*

LIFE IN THE FAST LANE



Photos by Maria Childs | POST
Clockwise from above, Joy Beavers, 6, Alexis Bowen, 6, and Arianna Harbottle, 6, participate in summer camp at Fort Riley during bowling at Custer Hill Bowling Center July 24. Children at summer camp take fieldtrips to stay busy and out of the heat during the summer.

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 31
• Magic Mike XXL (R) 7 P.M.

SATURDAY, AUGUST 1
• Max (PG) 2 P.M.
• Magic Mike XXL (R) 7 P.M.

SUNDAY, AUGUST 3
• Insidious Chapter 3 (PG-13) 5 P.M.

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

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Fort Riley Red Cross welcomes two new professionals to staff

By Gail Parsons
1ST INF. DIV. POST

The office is a little hard to find and it's one most people aren't going to want to visit, but the American Red Cross on Fort Riley provides an essential service to service members and their families.

"We provide a service we hope you never need to use," said Becky LaPolice, the new Red Cross Service to the Armed Forces regional manager.

She came on board in April, two months later the only other paid staff member in the Fort Riley office, Leslie Jones, started her position as Regional Program Specialist.

Both women have histories with the American Red Cross, but come at it from very different directions. Jones was introduced to the humanitarian side of the Red Cross as a teenager when her home in New Orleans was devastated by Hurricane Katrina.

"My family was displaced from all the damage and my high school was destroyed. Red Cross was a big presence at the time and offered disaster services," she said.

Later, she married and when her husband joined the Army they ended up at Fort Riley, which has been home since 2012. She said when she saw an advertisement for the job opening she recalled seeing firsthand how important the Red Cross was, and she had a passion for helping the soldiers and their families.

LaPolice on the other hand came from a decade of working with the Red Cross where she started as a volunteer at Schofield Barracks in Hawaii. As a veteran and the wife of a retired service member she was familiar with the Red Cross, but got involved with their work through her volunteer work with the Girl Scouts.

Girl Scouts leaders are required to have CPR/First Aid training. She felt the easiest way to ensure all the leaders had the right training was to become an instructor. From there she started learning more about the five areas of service the Red Cross provides, including Services to the Armed Forces.

"SAF is one of the oldest it goes back to the days of Clara Barton on the Civil War battlefield, so we take great pride in carrying on that tradition of providing service to all of our service members and their families," she said.

When she started with the organization the structure was different than it is today. The Red Cross initiated the implementation of a new organizational structure in November resulting in the merging of several locations in favor of regional offices. The Kansas native moved back to the area and took the job it was a little different than what she was used to.



The Red Cross on Fort Riley has two new personnel who are dedicated to the agency's mission to "prevent and alleviate human suffering in the face of emergencies by mobilizing the power of volunteers and the generosity of donors." Becky LaPolice, the new Red Cross Service to the Armed Forces regional manager, left, and the new Regional Program Specialist Leslie Jones, right, are looking for volunteers to help across the state and at Fort Riley.

RED CROSS NEEDS VOLUNTEERS

The Red Cross on Fort Riley needs volunteers. With an expanded region to cover and only two paid staff the need for volunteers to work on a variety of tasks is great.

To help that direction, Jones has organized a Volunteer Leadership Session from 9 to 11 a.m. Aug. 25 at in the Red Cross Building. The Red Cross is located in Grimes Hall next to the former Headquarters Building. While the front of the building faces Huebner one must turn onto Reed Ave., which is the unmarked street next to the building.

LaPolice said the difficulty in finding the Red Cross is a challenge they are working through simply by getting the word out more about their existence, which in itself has been a challenge.

"A lot of people don't know we're even here," she said.

The structural changes of the organization on a national level resulted in the loss of some volunteers, but LaPolice and Jones believe there are many people in the community who would sign up to volunteer if they knew about the opportunities available to them.

"We are building a new volunteer base," Jones said. "We rely on the manpower of our volunteers to carry out the mission, we need them."

Volunteers are needed to work at the hospital, to help in the office, to work with the community events, to touch on all of the lines of service the Red Cross covers, and much more. They could also use someone who could serve as a volunteer coordinator to help recruit and manage the volunteer corps.

Anyone interested in learning more about what they can do should call Jones or LaPolice at 785-239-1887.

The regional office headquartered out of Fort Riley is now responsible for all of the SAF activities for all of Kansas with the exception of five counties in the north east portion of the state.

"We cover not only Fort Riley now, but also McConnell Air Force Base; two VAs, one in Topeka and the Robert Dole Center in Wichita; as well as the National Guard and Reserve units," LaPolice said. "Now that we are regional we have the opportunity to travel all around the state and provide service to our military members and their families outside of the gates of Fort Riley."

She is also interested in making sure the veterans in the area are aware of their services. LaPolice said the installation takes care of the service members but veterans, National Guard and Reserves are not always aware of what they offer. With the increase of National Guard and Reserves

being deployed, it is important for them to know the Red Cross is there in case of an emergency.

"You don't know you need us until you need us," she said.

The new mission of the Red Cross sums up what they do "The American Red Cross prevents and alleviates human suffering in the face of emergencies by mobilizing the power of volunteers and the generosity of donors."

In advance of an emergency they give workshops to help with deployments, reconnection, and how to deal with crisis and disaster. When family members are empowered with the information it can give the service member a little peace of mind knowing when they leave their spouse will be prepared to handle emergencies.

Sometimes the emergency is of a nature that will require the service member to come home. The Red Cross can step in and facilitate the coordination of the emergency leave.

Kids celebrate cyber awareness day

CYSS-staffed event also teaches children about stopping bullying

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

Children at Child, Youth and School Services jumped over the firewall then shot down the data stream during the obstacle course then went on to the next station where they decorated cyber cookies. The goal was to learn more about cyber safety.

CYSS staff hosted the event to teach children about cyber awareness and bullying prevention. The event included four primary stations – a cyber-safety obstacle course, a video demonstration, cyber-cookie decorating and a photo booth.

Zachary Hart, director of the Fort Riley Teen Center, said CYSS and SAS make a strong push annually to increase cyber safety awareness because children and youth are growing up with more access to technology now than ever before.

"All of that technology is a great asset, but there are certain risks inherent to digital technology," Hart said. "Our goal



Children from Child Youth and School Services participate in the photo booth at the cyber-safety awareness day July 23 at the Fort Riley Teen Center.

is raise awareness of potential risks as the best first step toward mitigating them."

Hart said the older youth came in the week before the event to help design props and posters. This gave them the opportunity to talk with teachers about safety and hazards on the Internet. "Younger children are less exposed to hazards, so it's all about creating awareness of what the hazards are," Hart said.

Hart said this was the second year running the event with a Boys and Girls Club of America grant. They offer the

grant annually, and Fort Riley's participation is contingent upon receiving the grant.

Seven-year-old Kevin Barnes was one of the many kids who participated in the event. He said his favorite part was eating cookies.

"I put frosting on it and that's it," Barnes said.

He added the cyber-safety obstacle course was more difficult to get through than he initially thought.

"It had wires around it and stuff and I couldn't get through," Barnes said.



A SPLASH AT THE LIBRARY



Maria Childs | POST
Kellen McGuire, son of 1st Lt. Anthony McGuire, 1st Battalion, 5th Field Artillery Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, slides through the tunnel that sprays water while on his way down the water slide at the post library July 25.

MOMMY Continued from page 9

Although this particular event did not feature painting, Nicole said she still had fun.

A goal for Quinton Williams, assistant business manager of Rally Point, was to provide more family friendly events. The Mommy and Me Masterpiece classes are hosted the last Sunday of every month. This is the second one hosted at Rally Point. Williams said this event was three to four times better than the first one based on the number of people in attendance.

“I think people enjoyed themselves even if there wasn’t painting,” Williams said.

Deanna Sanchez, wife of Sgt. Eduardo Sanchez, 977th Military Police Company, 97th Military Police Battalion, 42nd Military Police Brigade, and instructor of the event, said this was her first event like this. She is by trade a preschool teacher at Washington Elementary School in Junction City, Kansas.

“I just wanted to facilitate creativity not a by-the-numbers activity,” Deanna said. “I think that by-the-numbers actually killed creativity. I just wanted the mom and child to facilitate the creativity and bond while doing that.”

Brittany Valdez, wife of Sgt. Juan Valdez, Headquarters and Headquarters Company, 1st Engineer Battalion, 1st Armored Brigade Combat Team, 1st Inf. Div., said brainstorming an idea for the artwork was her favorite part because she got to reminisce on memories she and her son, Noah, had together.

She said she would recommend this event for other families with younger children.

“It’s great quality time with your child or children,” Brittany said. “They offer such a different perspective on an event that you were also a part of.”



Jakki Forester | POST
Lynlee Shutka, wife of Sgt. Kyle Brown, 1st Battalion, 5th Field Artillery, 1st Armored Brigade Combat Team, 1st Inf. Div., assists her daughter, Avery, July 26 at Rally Point.

RODEO Continued from page 9

James Kirkendall, wolf den leader and outdoor activity chair for the pack, said the event was held to help teach children about proper bicycle safety.

“The main reason was to get the kids to understand bicycle safety and to work on their reaction skills,” Kirkendall said.

There were three parts – the slow race, weaving through cones and the speed stop. He said the slow race teaches bal-

ance, the cones teach how to avoid obstacles and the speed stop teaches them to have a quick reaction time.

The bike rodeo was one of three summer events that counts toward the cub scouts summertime pack award. The pack holds one event per month during the summer to encourage camaraderie. In June, it was a scavenger hunt. July’s event was the bike rodeo and the pack has a campout planned for August.

The pack also participates in fundraisers throughout the summer.

“Summer activities are to keep the pack going,” Kirkendall said. “It gives the kids something to look forward to. They can also earn the summertime pack award if they attend all the events throughout the summer.”

Aiden Sullivan was one of the almost 20 children at the event. He said his favorite part

was balancing his bike during the slow race, which he added he did well. Riding his bike is nothing new.

“It feels comfortable,” he said about his passion for riding bicycles.

Sullivan has participated in the June and July summer activity in hopes of receiving the summertime pack award. He has received it in years past. He is looking forward to the campout in August.

FOOD TRUCK Continued from page 9

97th Military Police Battalion, and Riley’s cook. “This past week it was a Bermuda Triangle and it had pineapple and marinara sauce with jalapenos, feta cheese and provolone. Our burger of the week changes weekly obviously. And we have our Cuban, which is a daily thing, and it’s our best seller on the truck.”

“Chris Downs, the manager, established all the menu items,” said Thomas McGee, Riley’s kitchen lead. “The weekly special burgers are decided between me and the chef, though Chris gets final approval. We only got so much space in the truck to operate in.”

However, its success isn’t the only thing that is important about the food truck.

“Out there by Custer Avenue, there’s nothing for anybody,” Dubbs said. “All the in-processing Soldiers and ci-

vilians over there have nothing to go to for their lunch time. So, I like being there because we’re a center for everyone.”

The Riley’s food truck is quick and convenient as well.

“It gives them an opportunity to get some lunch in a reasonable amount of time because most of them only have 30 minutes,” McGee said. “I’m the closest they’ve got. Everybody else is far away. Plus, there’s essentially no place for them to go other than a vending machine.”

Soldiers are not the only users of the food truck but they are the major users.

“Since April the bulk of business have been guys at replacement,” McGee said. “I can remember a time in the Army, the places I’ve been stationed at, where things like the MWR program, food trucks, Warrior Zone, Habaneros,

bowling center and the golf course, didn’t exist.”

Though no matter how successful the truck is, its workers sometimes need a break due to the weather.

“There’s no AC in the truck,” Dubbs said. “It’s rough but luckily we’re constantly moving so it just kind of makes it easier and time goes faster.”

“We run about anywhere between 10 to 20 degrees hotter inside than it is outside with the fryer and grill and everything,” McGee said. “It’s a food safety issue as well, because if I can’t keep all the cold stuff within tolerable temperatures, it’d be unsafe for the customers.”

Regardless of the rough times, McGee thinks that it is a job to be proud of.

“One of the big draws to me about working for the MWR has been supporting Soldiers,” McGee said. “I mean, I’ve done it for 20 years in the army, my wife who runs Habaneros, she did it for darn near 20 years as a spouse and before that in the army. So coming from a time where you didn’t have these sort of things, being able to provide it to them is kind of satisfying.”

For more information of Riley’s food truck and the services it offers, contact Riley’s Conference Center by calling 785-784-1000.



Sarah Falcon | POST
Soldiers on Custer Avenue gather around Riley's food truck to order and wait on their sandwiches.

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.

SKEET AND TRAP

An introductory clinic is offered by appointment covering basics of sport of shooting. Gun rental, ammo and protective equipment are provided.

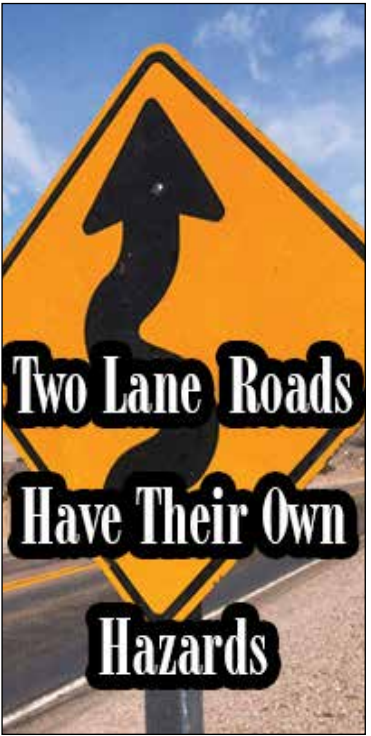
Cost is \$11.25 per round and \$6.25 for ammunition. For more information, call Outdoor Recreation at 785-239-2363.

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.



EYE ON THE PRIZE

“He took his own time to participate in this event. He trained on his own time to prove something to himself. I’m really proud of Vince for completing this race.”

MATT ENOCH
COMMUNITY PROGRAM COORDINATOR FOR DFMWR



Courtesy Photo | WWW.PEAK.COM

Vince Spencer, fitness coordinator and strength coach for the Fort Riley Directorate of Family and Morale, Welfare, and Recreation, sat in the front with his legs stretched out listening to the morning briefing for the 2014 Peak Races' Summer Death Race. Although Spencer did not finish in 2014, he completed the 70-hour competition in 2015.

Fitness coordinator one of about 30 finishers in final ‘Summer Death Race’

By Jakki Forester
1ST INF. DIV. POST

After two days and multiple physical and mental obstacles, Vince Spencer, fitness coordinator and strength coach for the Fort Riley Directorate of Family and Morale, Welfare, and Recreation, had to collect rocks – 30 percent of his body weight. By this time, everything felt heavier. He collected the rocks and weighed-in. His weight fell short by about 20 pounds.

As a punishment, he performed 250 burpees. For each one he stood, jumped, crouched then threw his legs back into the push up position, did a push up, jumped to a crouch and stood again. When he finished, he once again tried to find enough rocks to account for 30 percent of his body weight before moving on to one of the last segments of Peak Races' Death Race.

Spencer participated in the Peak Races' Summer Death Race June 26 through 28,

a three-day event in Pittsfield, Vermont. Completely outdoors, the race's goal is to push racers' endurance further than they thought possible. With the theme of life, Spencer was one of about 30 finishers and 200 participants.

“I just had my eye on the prize,” Spencer said. “I was just trying to take it bit by bit. I wasn't trying to look at the whole race. I just kept telling myself, ‘I just have to make it another hour; I just have to make it another hour.’”

Spencer tried the Summer Death Race in 2014, but withdrew after the first day. He hadn't prepared for the rigor and intensity because he didn't know how to prepare for it. No competitor does.

Although Spencer left the 2014 event prematurely, his goal was set.

“He took his own time to participate in this event,” said Matt Enoch, community program coordinator for DFMWR. “He trained on his own time to prove some-

thing to himself. I'm really proud of Vince for completing this race.”

Spencer's training, he said, was surprisingly less on specific things. He said the event was a lot more mental, although the physical challenges were present. He emphasized full body conditioning, kettle bell training and barbell work.

“I did a lot of exercises to support a ruck for distance,” Spencer said. “I was able to train my body to maintain under load.”

He only rucked three times before the race, all 17-mile distances in a set time limit.

His full body conditioning and ruck training came into play sooner than expected. At the event briefing the evening before the race, the start time changed to 2 a.m. from 9 a.m. June 26.

“That first morning, I had got three hours of sleep at that point,” Spencer said.

See RACE, page 14

Young athlete to compete at Junior Olympic Games

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

“Big Red One” values have a way of affecting not just 1st Infantry Division Soldiers, but their family members and loved ones as well.

That's the case in the home of Sgt. Carla Parker, Division Headquarters and Headquarters Battalion, 1st Infantry Division, whose 9-year-old daughter, Makiah, has spent the past year training for the Amateur Athletic Union Junior Olympic Games 2015, held Aug. 1-8 at Norfolk State University in Norfolk, Virginia.

“Track is my favorite sport,” Makiah said. “What keeps me going is I want to try to hit a time, like a better time, each time when I'm running.”

Makiah will compete Aug. 5 and 6 in the 800- and 1,500-meter races.

“I'm proud of her, and at the same time I'm shocked and awed,” Carla said. “Seeing her run, seeing what she's able to do and the hard work that she does, I'm very proud of her.”

Carla said growing up in a military family has instilled those Army values in her daughter, whom she said is already a leader among her peers.

“Respect in our household, it goes a long way,” Carla said. “We always treat each other with respect, and that's a leadership quality, to respect others.”

Carla said she and her husband, Michael, have taught Makiah to not follow the crowd and be an example for others, something she's expressed through her athletic efforts.

“Being in the Army, sometimes you're faced with challenges you know you can't quit,” Carla said. “And that's what we have instilled in her. You don't quit – you keep going.”

Michael, who participated in track and field in high school, coaches Makiah and others on the Manhattan Track Club.

“She started progressing really quickly,” Michael said of his daughter's early involvement in the sport. “She ran the 400 (meters) and a couple of sprint events. I noticed that she had a lot of endurance, so we moved her up to the 800, and that's what she runs now.”

He said succeeding in the sport takes a lot of hard work and commitment.

“Her times have her ranked pretty high nationally,” Michael said. “That's why we've got her training now for the Junior Olympics.”

Makiah said she is excited to compete in the games.

“I think it's a really good sport,” she said, adding that running has taught her to work hard to achieve her goals.

“She's going to be well equipped for anything that she may face that may be a challenge,” Carla said. “She's not going to give up. She's going to demand it of herself to push forward and to accept those challenges.”

The athlete's future goals include competing in the Olympics and coaching her own track team, as well as opening her own restaurant.



J. Parker Roberts | 1ST INF. DIV. PUBLIC AFFAIRS
Nine-year-old Makiah Parker, daughter of Sgt. Carla Parker, DHHB, 1st Inf. Div., trains at a Manhattan, Kansas, track July 16. Makiah has been training to compete in the 800 and 1,500 meter races in the Amateur Athletic Union Junior Olympic Games 2015, held Aug. 1 to 8 at Norfolk State University in Norfolk, Virginia. Sgt. Parker said growing up in a military family has instilled those Army values in her daughter, whom she said is already a leader among her peers.

RACE

Continued from page 13

“I had traveled all day the day before the event. So I got back up and went to the meeting location, which isn’t actually the start of the race because they start the race later on but you still have to do stuff before then.”

THE DEATH RACE: JULY 26 A.M.

It was raining at the start time. Everyone was standing in the rain with their rucks. Each ruck weighed about 50 to 100 pounds. Rucks included the minimum required gear, but participants had to guess what else they might need

Participants loaded into busses. While waiting, everyone was expected to do crawls with their gear on until the last competitor boarded the bus that took them partway up a mountain, where they did 150 burpees, rucked up another part of the mountain and built a path out of rocks while wearing all of their gear.

Next, around 9 a.m., participants were required to get into a river with all of their gear. Once submerged, they were told to remove their gear and clothing except underwear and shoes. Participants were also told to wear life vests and the jersey with their race number on it.

Seven hours in, almost all participants were still in the race.

With a theme of life, once they stripped down, they were told to get into their sleeping bags, jump in the river, submerge and resurface. This was to symbolize birth.

THE DEATH RACE: JULY 26 P.M.

“Then, they tied us all together,” Spencer said. “We’re in the woods, and it’s a gravel road at this point. We have to walk up this mountain, which took forever because you can imagine someone having to use the restroom and you have to stop the whole train. But they’re trying to speed everyone up. That took a few hours. Then, we get to the top and we’re like, ‘we’re going to be done, right?’ — No.”

At the top, they split into groups of about 10 people and each small group is tied together with the 100 feet of rope participants were required to bring. Each group walked in the woods for the next 20 hours — through the night and into Saturday morning.

Spencer said this part wore people down. About half of the participants have left voluntarily or because of injury. Spencer’s small group became five.

They arrive at a staging area where their rucks, already covered in duct tape to distinguish each one, were in the center of a pond. Each had to swim out and

find their ruck. Everything was saturated including the food.

THE DEATH RACE: JULY 27 A.M.

Up to this point, the events were to test the endurance and resiliency of the athletes competing. From this point forward, as individuals, each competitor began the actual race vying for a winning position.

Following the ruck, manual labor was required. Participants had to chop logs, jog with one in each hand on a half-mile route, jog back and do it again for about nine hours.

“This is when you were actually going against one another,” Spencer said. “Before now, we were like teams.”

“I lost like five to eight pounds during that three days. There were times to eat and hydrate, but nothing substantial. I’ve been trying to eat a ton to gain some of it back. I took it easy for the week I got back and have been slowly getting back into my routine.”

VINCE SPENCER | FITNESS
COORDINATOR AND STRENGTH
COACH FOR DFMWR

How participant teams completed the 20-hour hike determined the starting order of the next segment, which was to symbolize school.

Spencer said his group came in third so they ran out together.

For each grade, participants rolled or bear crawled to an orange cone and memorized what was on the sheet of paper attached to the cone. Then do the exercise back to a race official and recite what was on the sheet. If incorrect, the participant had to do that grade over.

THE DEATH RACE: JULY 27 P.M.

Spencer said they then had to weigh themselves and find enough rocks to weigh about 30 percent of their total body weight. He missed the first time and was punished by having to do 250 burpees and had to try again.

Once the walk weight was correct, they walked through a 30-foot mud pit and up a steep incline. Participants did this nine times before 6 a.m.

THE DEATH RACE: JULY 28 A.M.

Spencer finished around 4 a.m. Around 6 a.m., the participants left begin to dig graves and build coffins for the seven who finished before midnight.

“By this point, they said we were all official finishers,” Spencer said. “But we had to start digging graves for the seven people who finished before the new mark. And the rest of us were pallbearers essentially.”

Before the event, each participant had a family member or close friend write a eulogy. Those were read aloud, adding another mental component to the event.

After this, the facilitators said they were done.

Spencer said they put everyone on busses and dropped them off at their cars. Spencer had been awake for almost 70 hours. He said he slept in his car for five hours before waking up and finding a hotel room.

“I lost like five to eight pounds during that three days,” Spencer said. “There were times to eat and hydrate, but nothing substantial. I’ve been trying to eat a ton to gain some of it back. I took it easy for the week I got back and have been slowly getting back into my routine.”

Spencer said it was just as much of a mental game as it was a physical one. He said he doesn’t plan to compete in anything like this anytime soon, but he isn’t ruling it out.

“The mental was just as intense as the physical in this race,” Enoch said. “That’s resilience. Vince is a living example of resilience and fitness.”

Enoch said he has shown pictures of Spencer and the Summer Death Race to others. He said pictures and stories tell people everything they need to know about Spencer and his capacity to endure and be resilient.

“He’s a quiet guy,” Enoch said. “When he comes to work, he’s about the Soldiers. I had to pry to get more information about it. He’s just not a self-promoting person.”

Enoch and Spencer have worked together for about two years. Enoch said he is proud of Spencer for all he’s done inside and outside of work to continue to promote fitness and wellness.

“His star is very bright,” Enoch said.

Lockett named Big 12 Athlete of the Year

BY K-STATE SPORTS

MANHATTAN, Kansas – Tyler Lockett, one of the greatest wide receivers and return specialists in Kansas State history, was named the Big 12 Male Athlete of the Year on Monday, the conference office announced.

Lockett is the second Wildcat in the last three years to be tabbed the best among all male athletes in the conference, joining former Wildcat quarterback Collin Klein following the 2012-13 season.

A product of Tulsa, Oklahoma, Lockett became the 10th Consensus All-American in school history in addition to winning the 2014 Johnny “Jet” Rodgers National College Football Return Specialist Award. As a senior, he led the nation in punt return average (19.1) and ranking third in total receiving yards (1,515), all-purpose yards (2,296) and punt returns for touchdowns (2) and seventh in receptions (106). He topped the Big 12 in receiving yards and all-purpose yards, bettering the player in second place by 26.6 yards per game in the latter category.

Lockett also led the conference in punt-return average, while finishing second in receptions per game and ninth in kickoff return average. Lockett had eight 100-yard receiving games to tie the school record, including finishing the season with a school-record five straight 100-yard games.

Lockett became Kansas State’s first four-year All-American following the 2014 season and is one of just three players in school history to earn four straight all-conference designations. Lockett, who tied the Big 12 record for kickoff-return average and ranks third in conference history in all-purpose yards and kickoff-return touchdowns, was a two-time Big 12 Special Teams Player of the Year honoree, just the sixth player

in league history to earn two conference player of the year awards on either offense, defense or special teams.

Lockett broke 17 school records, including career marks for receptions, receiving yards and receiving touchdowns that were previously held by his father, Kevin. A third round draft pick by the Seattle Seahawks in May, Lockett left K-State with 249 career catches for 3,710 yards and 29 touchdowns. He also broke the school record for career 100-yard games with 17, seven more than the previous record held by current Green Bay Packer receiver Jordy Nelson.

In addition to his accolades on the field, Lockett was just as dynamic off the field as he was named the Big 12 Scholar-Athlete of the Year for football and was an Academic All-Big 12 performer. He was a finalist for the Campbell Trophy and the Senior CLASS Award while also being named a National Football Foundation Scholar-Athlete.

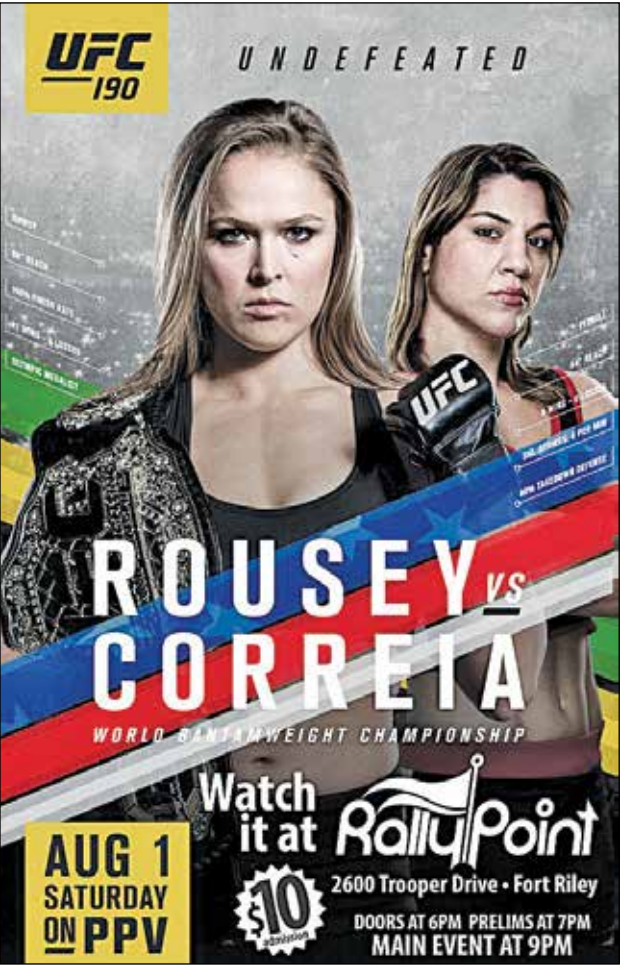
In addition to Lockett, Oklahoma softball infielder Lauren Chamberlain earned top female honors from the Big 12. Other male nominees were Trayvon Bromell (Baylor), Kyven Gadsen (Iowa State), Michael Stigler (Kansas), Buddy Hield (Oklahoma), Michael Freeman (Oklahoma State), Preston Morrison (TCU), Will Licon (Texas), JaCorian Duffield (Texas Tech) and Juwan Staten (West Virginia).

Other female candidates included Nina Davis (Baylor), Christina Hillman (Iowa State), Chelsie Miller (Kansas), Akela Jones (K-State), Natalja Piliusina (Oklahoma State), Chelsea Prince (TCU), Haley Eckerman (Texas), Janine Beckie (Texas Tech) and Kadeisha Buchanan (West Virginia).

Nominees are submitted by each Big 12 institution and selected, based on athletic performance, academic achievement and citizenship, by a media panel as well as fan voting conducted through the Big 12’s social media platforms.

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BASKETBALL

POST BASKETBALL

TEAM TRYOUTS

2015-16 Varsity Basketball Tryouts to be held at King Field House:

AUGUST 7, 5:30 PM - 7:30 PM

AUGUST 8, 11 AM - 1:30 PM

AUGUST 9, 11 AM - 1:30 PM

AUGUST 10, 6 PM - 8:30 PM



For More Information: (785)239-2813





Travel & Fun in Kansas

★ JULY 31, 2015

HOME OF THE BIG RED ONE

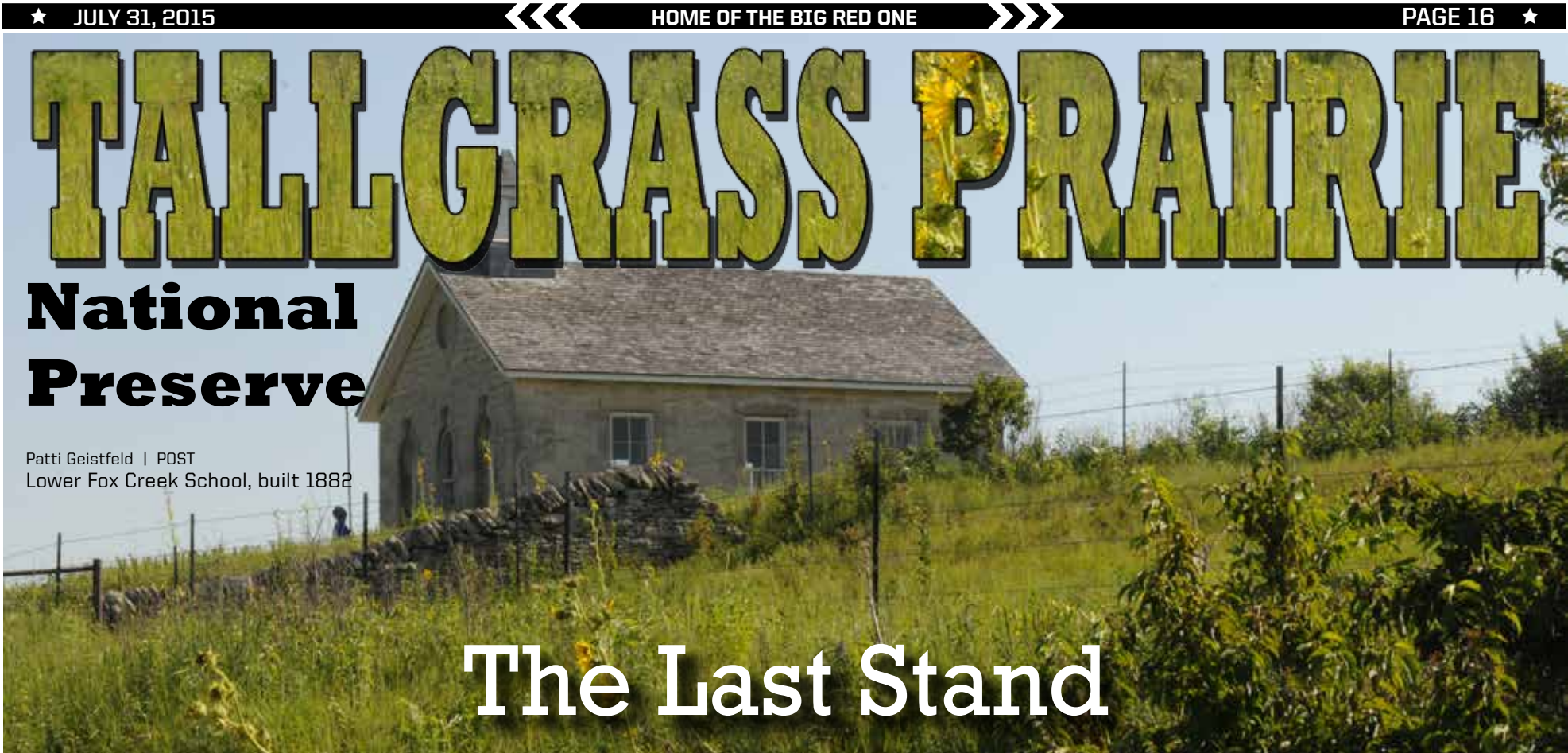
PAGE 16 ★

TALLGRASS PRAIRIE

National Preserve

Patti Geistfeld | POST
Lower Fox Creek School, built 1882

The Last Stand



Heather Brown | National Preserve Service
Bison herd grazing in Windmill Pasture on Scenic Overlook Trail.

Patti Geistfeld | POST
Spring Hill / Z Bar Ranch built in 1881 as a cattle feeding station.

Patti Geistfeld | POST
Butterfly on wildflowers Southwind Nature Trail

Patti Geistfeld | POST
Prairie view with wildflowers Southwind Nature Trail.

You can experience the land much the way it would have looked when American Indians hunted bison on the prairies. Approximately an hour south of Fort Riley is the Tallgrass Prairie National Preserve near Strong City, Kansas. The tallgrass prairie once covered approximately 170 million acres of North America. Now less than 4 percent remains and most of this lies in the Flint Hills of Kansas.

American Indians understood the importance of these grasslands. The land provided rich hunting land where millions of bison roamed. The demand for farms increased as European settlers moved farther west. Indians were moved onto reservations and bison were slaughtered almost to extinction. The land was then plowed for agriculture and town settlements. These factors all contributed to changing the culture and landscape of the prairies forever.

The location that is now Tallgrass Prairie National Preserve became a ranch in 1878 when Stephen and Louisa Jones came here to build a cattle feeding station for their family's Colorado cattle operation. They built a home, farm buildings and donated land for a school. Over the years the ranch changed hands, but many of the original buildings of the Jones family are preserved and can be toured at the park. On certain weekends, special natural and cultural events and activities take place. Visit the website at www.nps.gov/tapr for the most recent schedule of events. The preserve also has an hour-long daily bus tour at 11 a.m., with more availability on the weekend.

The Nature Conservancy owns most of the land and it is co-managed between the National Park Service and The Nature Conservancy. The admission is free and there are many scenic

trails to hike. There are park rangers who can assist with trail conditions and suggested trails. The most popular trail is the Southwind Nature Trail just north of the historic ranch house. It is convenient for visitors wanting a short hike or those with limited time. It includes an overlook, several exposed limestone formations, a riparian area and some of the tallest grass.

The second most popular trail is the Scenic Overlook Trail. This trail winds through the 1,100 acre Windmill Pasture which is home to the bison herd and climbs up into Big Pasture about 1,500 feet above sea level. This vantage point provides a wide view of surrounding areas on a clear day.

So lace up those hiking boots, get some fresh air and exercise as you take a trip back into the scenic view of the prairies and bison from the past. There is truly something for everyone to do at the preserve.