

THE 1ST INFANTRY DIVISION POST

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Fort Riley, Kansas

Gray Eagle company's ribbon cutting shows off new nest

Story and photo by Sgt. Jarrett E. Allen
1ST CAB PUBLIC AFFAIRS

Soldiers and civilians from the local community gathered for a ribbon-cutting ceremony for a new unmanned aircraft system facility May 2 at Fort Riley's Marshall Army Airfield. The facility is home to Company F, 1st Attack Reconnaissance Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division. Col. John M. Cyrulik, commander of the 1st CAB, reflected on the first hangars built on Fort Riley more than 90 years ago. He said those original facilities housed canvas and plywood biplanes, which at the time were cutting-edge technology.

Cyrulik said the world-class aviation training and maintenance facility will support the latest in advanced aviation technologies; the MQ-1C Gray Eagle unmanned aircraft system and the "Phoenix" company Soldiers who are responsible for operating and maintaining the systems. "This is the result of years of effort by many dedicated men and women of our Fort Riley and 'Big Red One' team and continued support by local, state, federal officials and partners," Cyrulik said. Maj. Gen. Wayne W. Grigsby Jr., 1st Infantry Division and Fort Riley commanding general, agreed with Cyrulik.

"This is a historic event that took many people to pull off," Grigsby said. "This is just one more example of how our combined efforts make Fort Riley the best place to live, train, deploy from and come home to in the Army." Grigsby said Fort Riley has a surprising link to aviation history, in spite of being a cavalry post. Grigsby dove further into history, stating that in 1921, the Fort Riley Flying Field was selected as a cross-country refueling point and the home of the 16th Observation Squadron. The location and proximity to the Smokey Hill Flats and the Kansas River was ideal for both the Army and local residents. Once the facilities and hangars were



From Left to right: retired Lt. Gen. Michael L. Dodson; Steve Crusinberry, Directorate of Plans, Training, Mobilization and Security, director; Brig. Gen. Victor J. Braden, back, Army National Guard - Combined Arms Center, deputy commanding general; Col. John M. Cyrulik, 1st Combat Aviation Brigade, 1st Infantry Division, commander, Maj. Gen. Wayne W. Grigsby Jr., 1st Inf. Div. and Fort Riley commanding general; Command Sgt. Maj. Joseph Cornelison, 1st Inf. Div senior noncommissioned officer; cut the ribbon for the unmanned aircraft system hangar May 2 at Fort Riley's Marshall Army Airfield.

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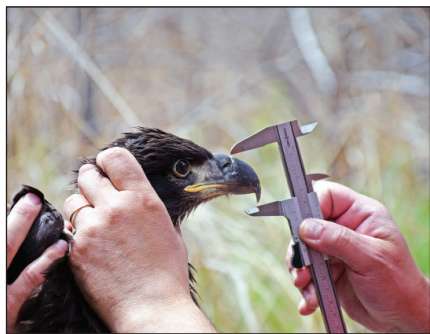
A bird's eye view: eaglet banding continues on, off Fort Riley

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

Ben Postlethwait, a voluntary climber with Westar Energy, climbed up the cottonwood tree near Milford Nature Center May 2 to his destination — the bald eagle's nest. Much to his surprise, when he reached the top and peeked in the nest, three eaglets were staring at him, eyes wide with wonder. He crawled in the nest and the banding began. Since the first documentation of a bald eagle's nest in Kansas, the Kansas Department of Wildlife and Parks has kept a database of banded eagles. Dan Mulhern, fish and wildlife biologist from the U.S. Fish and Wildlife Service, led the banding this year and said the banding is typically done when the eagle is about 6 weeks old. "You don't want to push it too much more than that because at that time frame, they don't have their flight feathers fully developed so they are less likely to jump whereas if you get into 8 or 9 weeks old, birds can get a little more jumpy," Mulhern said.

This year there are about 100 active eagle nests in Kansas, and after this banding, 11 eaglets had been banded. Each year, a team of biologists comes to Fort Riley to band eagles. Although Fort Riley is home to one successful nest this year, Mulhern and his team of biologists decided not to band the eaglet because of the risk associated with it. "It looked like it might be pushing the 8- to 9-week age limit," Mulhern said. "Every time a bird leaves the nest to escape us — thinking it can fly, but it can't fly yet — you have a high risk of injury. We want to minimize that as much as we can." Immature eaglets have brown plumage with some white blotches. They do not develop their characteristic white head and tail until they are about 5 years old. During banding, biologists measured the bill and

See BANDING, page 8



Gibran Suleiman, fish and wildlife biologist from the U.S. Fish and Wildlife, measures the bill of a 6 week old bald eagle May 2 at Milford Nature Center before banding it.

ONE PICKET AT A TIME



Pvt. Benjamin Jones, a combat engineer assigned to 1st Engineer Battalion, 1st Armored Brigade Combat Team, 1st Infantry Division, throws a grapnel hook, a three-pronged steel hook on the end of a 50-meter length of rope, while Pvt. Cody Correll provides cover during dismounted breaching operations April 26 at a Fort Riley training area. After throwing the grapnel, the Soldier reeled it attempt to set off any antipersonnel mines that may be in place around the obstacle.

First Engineer Battalion Soldiers conduct sapper qualifications

Story and photos by 2nd Lt. Jacob Stetson
1ST ENG. BN.

At the northeastern corner of Fort Riley's training area, the sound of metallic clanging could be heard over the plains. The Soldiers of Company A, 1st Engineer Battalion, 1st Armored Brigade Combat Team, 1st Infantry Division, were taking advantage of the spring weather April 14 to hone their combat engineer skills. The clanging came from a picket pounder — a hollow steel cylinder, closed on one end with handles on either side. The tool is used to drive pickets — steel rods about six feet long — into the ground to hold concertina wire in place. Hammering one picket is hard work, and the Soldiers of 2nd Platoon had to pound dozens before their mission was complete. The pickets driven were one piece of a puzzle intended to slow down an enemy force.



Soldiers from the 1st Engineer Battalion, 1st Armored Brigade Combat Team, 1st Infantry Division, detonate C4 plastic explosives placed next to simulated anti-tank mines during dismounted breaching training at the Fort Riley training area April 26. Once cleared, the unit's Bradley Fighting Vehicles had a clear path to move through the obstacle while another team of Soldiers followed on foot, placing bright orange flags to mark the breach for follow-on forces.

Sappers is a term for combat engineers, trained to perform a variety of engineering duties in addition to serving as infantry personnel in defensive and offensive operations.

Practicing ensures the sappers of the 1st Eng. Bn. are prepared 1st Lt. Paul O'Brien, 2nd Platoon leader, said. "Platoon certifications allowed us to see ourselves

See ENGINEER, page 7

Gold Star families get connected on helicopter tour

By Season Osterfeld
1ST INF. DIV. POST

Twelve Gold Star spouses saw Fort Riley and Manhattan, Kansas, from a new perspective May 7 while flying in two UH-60L Black Hawk helicopters. April 5 was Gold Star Spouses' Day. It is a day to recognize and honor the spouses whose Soldiers lost their lives on active duty. The U.S. Senate passed a resolution to create Gold Star Spouses' Day and it was first celebrated Dec. 18, 2010. Due to planning restrictions, Fort Riley hosted the recognition event May 7. This was the fifth year Fort Riley hosted an event. Staff from Survivor Outreach Services hosted the Gold Star Spouses' Day event. It is a program developed to provide surviving family members of Soldiers with a community they could relate to and let them know they are still a part of the Army family. "It was started because our families needed long-term support, they needed to still stay connected to the Army and that's exactly what this program does," said Christina Gary, survivor outreach specialist for Survivor Outreach Services. "We're here to keep those families connected because that's what they want. They want to feel like the Army still cares about them and they're not forgotten and that their Soldiers are not forgotten." Before taking a helicopter tour, Chap (Maj.) Christian Goze offered words of support and comfort to the spouses about the hardships they have faced. Goze praised the close community they had formed together and the Survivor Outreach Services program, a sentiment shared among the spouses in attendance. "It's great to be around people who are in the same situation," Kelsey Ablang, widow of Sgt. Edward Ablang, Headquarters and Headquarters Company, 601st Aviation Support Battalion, 1st Combat Aviation Brigade, 1st Infantry Division, said. "They know exactly what you're going through, so it's therapeutic. It's a community you didn't think

See GOLD STAR, page 8

FORT RILEY VOLUNTEER SPOTLIGHT



Ashlee Mastin, a resident of Junction City, Kansas, volunteers at the USO Fort Riley. She began managing the USO Operation: Happy Birthday when she started in May 2015. Each month, she joins a representative from Meritrust Credit Union, the event sponsor, and delivers a cupcake to Soldiers nominated to receive one for their birthday month. To learn more about volunteering opportunities, call Becky Willis at 785-239-4593.

HIGHLIGHTS



THE FORT RILEY COMMUNITY COMMEMORATES SOLDIERS WHO PAID THE ULTIMATE SACRIFICE DURING RUN FOR THE FALLEN MAY 7 AT RILEY'S CONFERENCE CENTER, SEE PAGE 11.

ALSO IN THIS ISSUE



NASCAR HOSTS 1ST INFANTRY DIVISION SOLDIERS FOR TROOPS TO TRACK, SEE PAGE 13.

Range Operations sets the table for Danger Focus

By Andy Massanet
1ST INF. DIV. POST

“An exercise of this scale is unique for Fort Riley and for that reason safety is paramount,” John Ison, range planner for Range Operations, Training Division, Directorate for Plans, Training, Mobilization and Security, said of the Danger Focus exercise that is underway.

The range operations team is responsible for preparing the ranges for training so the 1st Infantry Division elements can take the field and focus on refining their warfighting skills.

Well in advance of the beginning of Danger Focus in late April, all the pieces were coordinated and the ranges

were ready for Soldiers and equipment.

That includes two massive training areas, called “lanes,” on which units will conduct maneuvers. There are also two other lanes set up for situational training exercises. “They’ll do a walk-through,” Ison said, “followed by a blank-fire phase, then a live-fire phase. And through all those phases we want to make sure they stay out of each other’s way.”

Combined, these areas take up most of the nearly 70,000 acres that comprise the Fort Riley training area, said Tom Black, director of Range Operations. According to the Economic Impact Statement of 2015, that number is part of more than 90,000 acres of the total area devoted to training,

impact, aviation, maneuver and other military uses.

The total training acreage can handle both infantry and aviation, as well as heavy assets; tanks, artillery and so forth. All of those types of units are participating in Danger Focus.

The preparation for range operations ramped up in late fall 2015. Black worked with master gunners from various 1st Inf. Div. units.

“Those plans,” Black said, “tell us what they want to fire and how they want to train.”

Among his responsibilities, Black is required to establish Surface Danger Zones, which are areas that pose threats to Soldier safety. For Danger Focus, that included looking out for the welfare of approximately 4,000 Soldiers who are part of

brigade, support and aviation elements.

Black also drafts a barrier plan to prevent unauthorized entry into dangerous areas.

Another step is the construction and installation of targets, which is performed by William Brown, maintenance supervisor for range operations.

“We can build targets to do a variety of things,” Brown said. There are targets that resemble the human form, he said, and others that represent vehicles. The human targets are made of plastic, in either a small or a large size, and must be ordered. When installed in the field, they can be set to fall and pop back up, or remain stationary.

Plywood targets can be built to represent vehicles and equipment and all the

targets can be “thermalized,” Brown said. That is, they can be equipped to give off a heat signature so Soldiers can train at night.

“And we build a lot of targets out of plywood,” Brown said. He is a carpenter by trade and is responsible for ordering and maintaining the Range Operations’ stock of plywood and lumber, as well as the budget for that material.

Brown stays busy; only he and occasionally one other person are available to build targets.

Training in Danger Focus involves units of various sizes, with each being integrated and combined through directions from tactical operations center and tactical action center. Throughout

the Danger Focus exercise, which will last until early June, control from those centers will involve increasing numbers of units, integrated into coordinated movements.

Besides Danger Focus, there will be a Division Artillery Readiness Test, which will also bear watching by range operations staff.

“Our biggest role (during the live fire exercise) is to help them be sure they are firing into the impact area,” Ison said.

With all these moving parts, safety is of the highest concern; so much so that the risk assessment for Danger Focus was performed at the level of Maj. Gen. Wayne W. Grigsby Jr., 1st. Inf. Div. and Fort Riley commanding general, Black said.

Luncheon held to inform, educate Fort Riley community

Story and photo by Hannah Kleopfer
1ST INF. DIV. POST

The monthly Military Relations Committee luncheon brought together members of Fort Riley and Manhattan, Kansas May 4 at the Manhattan Country Club.

The guest speaker, Fort Riley Garrison Commander Col. Andrew Cole Jr., took time to discuss how partnerships between the post and surrounding communities such as Manhattan have a great impact for all.

Cole started his presentation with a video.

“We wanted to share with you what we are presenting to the rest of the Army and senior leadership about what we do here,” he said.

The video featured everything Fort Riley had to offer military families as well as what the communities of Manhattan and Junction City had for them.

Cole continued his presentation talking about what leadership, Soldiers and community members have been working on at Fort Riley and their future goals, and also the partnerships with the surrounding communities.

“It’s a great way for the community to find out what’s going on at Fort Riley,” Janet Nichols, Manhattan Chamber

of Commerce military community liaison, said. “We try to cover a wide variety of topics, not just Fort Riley specific. We try to do military-themed talks, so we’ve had Kansas Honor Flight come and talk about what they do and people from the Eisenhower Museum come and talk about the history. Basically, the main thing is that we want to be a great networking opportunity for our community and Fort Riley that’s mutually beneficial. It gets the people from Fort Riley to Manhattan and they can get to know different people.”

Before the end of the luncheon, USO Fort Riley director Jill Iwen and program manager Crystal Tinkey came up to say a few words to guests to continue the message of partnership.

“We are team USO for the state of Kansas and I just wanted to thank you for your support,” Iwen said. “Through your donations and support last year, we were able to help, comfort, care and connect almost 100,000 families through donations and outreach.”

The next MRC luncheon will take place during Victory Week in partnership with Junction City’s Military Affairs Council at Riley’s Conference Center with guest speaker Command Sgt. Major Joseph C. Cornelison, senior noncommissioned officer for the 1st Infantry Division.



Col. Andrew Cole Jr., garrison commander of Fort Riley, speaks about partnerships in the surrounding community during the Military Relations Committee Luncheon May 4 at the Manhattan Country Club.



Capt. Jonathan Camire | 1ST ABCT
Soldiers from 1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, conduct battle drills as a part of operation Danger Focus May 2 at the Fort Riley training area. Danger Focus is a division-led exercise to prepare the “Devil” brigade for its upcoming rotation to the Fort Irwin National Training Center at Fort Irwin, California.

DANGER FOCUS



Staff Sgt. Warren W. Wright Jr. | 1ST ABCT
LEFT: An M109A6 Paladin from 1st Battalion, 5th Field Artillery Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, fires a conventional 155mm round equipped with the XM1156 precision guidance kit during familiarization training April 30 at a Fort Riley training area. The PGK system allows for increased accuracy of conventional rounds, greatly reducing the possibility of collateral damage. RIGHT: A pair of M2 Bradley Fighting Vehicles from Company C, 1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, participate in a live-fire exercise May 6 at a Fort Riley Training Area as an AH-64 Apache from the 1st Combat Aviation Brigade, 1st Inf. Div., flies overhead. The event was a part of operation Danger Focus, a month-long exercise designed to prepare the “Devil” brigade for its upcoming rotation to the National Training Center at Fort Irwin, California.

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Friday, June 10th
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Robert ‘Bob’ Rector: a ‘Big Red One’ Soldier

By Phyllis Fitzgerald
SPECIAL TO THE POST

Robert ‘Bob’ Rector is a “Big Red One” Soldier

Rector, from Beatrice, Nebraska, was drafted into the Army in 1968 and completed his basic training at Fort Lewis, Washington, and Advanced Individual Training at Fort McClellan, Alabama.

His road to AIT was an interesting one. It started when he met a California Highway Patrolman named Jim. He was a couple of years older and more knowledgeable of the job opportunities in the Army. Jim said he wanted to fly helicopters and that spiked Rector’s interest. He met all the qualifications and volunteered for Warrant Officer Flight School, but at the end of basic training, he still hadn’t been informed if he was going to flight school. He received orders to attend clerk typist school at Fort McClellan, Alabama, the home of the Women’s Army Corps at the time.

Once AIT was complete, he received the orders he had been waiting on to attend flight school at Fort Wolters, Texas, for primary one and two, then on to Hunter Army Air Field, Savannah, Georgia, for advanced flight training. He graduated with his Army Aviator wings after 10 months of training and was selected to fly the AH-1G Cobra. He attended the qualification course en route to Vietnam.

After Vietnam and for the next 17 years, he was assigned to various posts in Alabama, Colorado and Germany. Finally, in 1985, he became a Big Red One Soldier when the Army sent him to Fort Riley, Kansas. He was a Chief Warrant Officer 4 and he was assigned to the 1st Aviation Battalion, 1st Infantry Division. This unit later became the 4th Aviation Brigade. His duties were to be the standardization officer and to pilot an AH-1 Cobra.

He remained at Fort Riley until 1988 and then had a short tour in Finthen Army Air Force, West Germany, but would return to Fort Riley in 1990 for an assignment to the 4th Avn. Bde, 1st Inf. Div., as the brigade standardization



THEN & NOW

officer just in time to deploy with the Division to Dessert Storm. He served in this assignment until 1993.

Prior to departure from Fort Riley, he learned he had been promoted to Chief Warrant Officer 5. He received one final assignment to Force Command Headquarters at Fort McPherson, Atlanta, Georgia. Rector said he sometimes felt like he was one of a cast of thousands there.

“When I first entered the Army, I always said that I was going to stay in as long as I continued to have a great time and experience great adventures,” Rector said. “After 26-and a-half years of having a great time, I felt that maybe it was time to get out and experience being a civilian.”

Rector said during his tours at Fort Riley, he met many dedicated and professional Soldiers. He is proud to say he served with the Big Red One. He has many memories of duty here to look back on — most of them were fond ones.

He said one that brings a smile occurred during a brigade change of command ceremony. The outgoing commander wanted something different. After the normal pass and review of the brigade’s staff and units came a final formation consisting of all the brigade warrant officers. They were wearing flight suits and had helmets on with chin straps fastened and dark visor down. It was difficult to hear cadence and keep a tight formation.

“As the senior warrant in the brigade, it was my dubious honor to lead the formation,” Rector said. “Leading gives the impression that I knew what was happening behind me — which I didn’t. We proceeded until I thought we were out of view, at which point we stopped, disbanded and spent the rest of the day ‘licking our wounds.’”

Rector retired from the Army in 1994 and said he honestly enjoyed his military service.

After retirement, he went to work for Rocky Mountain Helicopters in Colorado as a helicopter emergency management service pilot.

“I discovered that HEMS flying, besides being interesting and challenging, is very rewarding,” Rector said.

In 2003, he left this company and returned to Junction City for a job with Life Star of Kansas. He is currently the chief pilot for Life Star of Kansas, and performs pilot duties at the West Base in Junction City.

Besides his job, he supports his wife, Gabriele, behind the scenes in her community volunteer projects. He also tries to improve his golf score and says the easiest way is to use a pencil with an eraser when keeping score.

Editor’s Note: To submit your “Big Red One” story, email fitzmiss@yahoo.com



McMaster visits Fort Riley to discuss current, future threats

Story and photo by Sgt. 1st Class Mark Albright
1ST INF. DIV. PUBLIC AFFAIRS

Lt. Gen. H.R. McMaster, Army Capabilities Integration Center director, visited the 1st Infantry Division and Fort Riley to talk with leaders about maximizing their capabilities and exploiting enemy weaknesses April 28 at Riley’s Conference Center.

McMaster led a talk about the Army Operating Concept to continue the discussion about current and future threats and how the Army is preparing to take action in stopping them.

This event was conducted in support of the Army’s Leader Development Program. The ALDP is one of the processes for managing approved leader development initiatives, according to the Department of the Army. It’s designed to grow Soldiers and civilians into competent and confident leaders capable of directing teams and organizations and conduct operations against worldwide threats.

“We have to learn in a focused sustained and collaborative manner over time,” said McMaster. “We have



Lt. Gen. H.R. McMaster, Army Capabilities Integration Center Director, speaks to 1st Infantry Division and Fort Riley leaders April 28 at Riley’s Conference Center. McMaster conducted an Army Leader Development Program event to talk about the Army Operating Concept and to continue the discussion about current and future threats.

to analyze what we have learned and identify our capability gaps and also to aggressively look for opportunities to over match our enemies.”

The size of the Army and its ability to fight current threats while preparing for future ones has been a subject of public and political debate. McMaster believes the force should be bigger, but is realistic about

what the force has to do now to meet its expectations.

“The first thing is, the Army is too small. It is our job to do the best with what we’ve got,” McMaster said. “So we have to figure out a way to get more out of the force we’ve got.”

More future capabilities at brigade level is what he believes is needed to win in battle. McMaster stressed the need to

support, communicate and move better throughout the battlefield.

“What that means is that those forces have to operate more widely dispersed,” McMaster said. “We want mutual support between those organizations. They have to see and fight across wider areas, be able to pack a punch in battle and they have to be able to move quickly to important areas to win the fight.”

Homebuying seminar to educate Soldiers

By Hannah Kleopfer
1ST INF. DIV. POST

The thought of buying a home can be intimidating, but staff of the Housing Services Office is here to help. There will be a free Home Buying Seminar May 26 from 1 to 4 p.m. at Building 210 Custer Avenue Room 118.

“We want to eliminate the fear of buying a home,” Marvin Springer, HSO referral agent, said. “We’re here to educate them on all aspects of purchasing a home.”

Soldiers, family members and outside community members are welcome at the seminar. HSO staff bring in a Veterans Affairs representative, local real estate agents, lenders and developers who are the subject matter experts on buying a home. They are volunteers from the surrounding communities of Manhattan and Junction City who come on post to offer their help. This is all done in a classroom setting, so there is no marketplace pressure on those in attendance to buy something right there.

“They are not here to sell something,” Springer said. “It is not a sales pitch. They are there to strictly talk about the procedures and process of buying a home.”

The seminar guests discuss mortgage terminology and answer questions.

“We want people to be able to know what to ask when they start looking for a home,” Springer said. “There are realtors for buyers and sellers, and we want them to be able to get the best deal and know what and who to ask these questions to.”

The Home Buying Seminar is offered on quarterly, but, according to Springer, the event can happen once a month during the busy season when Soldiers are making a permanent change of station move. Staff request that those wanting to go call ahead so they can make sure they have a large enough space for the seminar, although walk-ins are welcome. For more information or a reservation, call HSO at 785-239-3525.

How to

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Sleep summit educates Fort Riley healthcare providers

Story and photo by Capt. Jonathan T. Camire
1ST ABCT PUBLIC AFFAIRS

Healthcare providers from the 1st Armored Brigade Combat Team, 1st Infantry Division, attended the 2016 Fort Riley Sleep Summit at the Farrelly Health Clinic April 14 to 15.

Leading the sleep summit was Maj. Joseph Dombrowsky, the chief of sleep medicine at the Fort Belvoir, Virginia, hospital, who helped attendees increase their knowledge of sleep disorders and other sleep-related issues.

“Sleep disorders have a significant impact on the warfighter to go out and accomplish their mission,” Dombrowsky said. “It is important that Soldiers, physicians and leaders appreciate sleep and it is just as important as water, shelter and ammunition.”

The 1st ABCT recently completed the Performance Triad, which focused on Soldier sleep, activity and nutrition. According to the Army Medicine’s website, sleep is paramount to Soldier health, performance and well-being.

The sleep summit gave medical providers the opportunity to discuss sleep disorders and discuss sleep’s

impact on readiness like nutrition and exercise.

“Mitigating risk is one of the benefits of the sleep summit,” said Capt. Brooke Adams, a nurse with 1st ABCT. “Sleep disorders can affect unit readiness, and identifying better ways to treat and identify sleep disorders is one of the focuses of the sleep summit.”

The facilitator for the 1st ABCT event was Maj. Amy Thompson, the brigade’s surgeon.

“Primary care providers are the first people that Soldiers discuss sleep issues with,” Thompson said. “The sleep summit helps us identify sleep issues sooner and correctly diagnose them and get them the right treatment.”

The sleep summit gave health care providers tools and education needed to provide Soldiers with the best treatment possible.

“We can’t afford to not pay attention to the science,” Thompson said.



Maj. Joseph Dombrowsky, chief of sleep medicine at the Fort Belvoir, Virginia, hospital, briefs Fort Riley healthcare providers April 14 at Farrelly Health Clinic during the 2016 Fort Riley Sleep Summit. Healthcare professionals attended the summit to increase their knowledge of sleep disorders and other sleep-related issues.

Discover summer safety with Irwin Army Community Hospital

By Tywana Sparks
IACH PUBLIC AFFAIRS

Irwin Army Community Hospital staff will host a community event focused on summer safety May 20 from 9 a.m. to 3 p.m. in the front entrance parking area.

The annual safety awareness campaign provides interactive involvement with informative tips and fun techniques to promote safety as a way of life, said Ron Knight, IACH’s safety officer.

“Safety is a primary component of every phase of mission accomplishment. It is always the standard to be met under all conditions when performing all tasks,” Knight said.

Accident reduction through prevention is this year’s safety day theme.

Knight started the IACH Safety Day 11 years ago to keep the

Fort Riley community well informed of the safety issues faced every day, said Renay Branfort, IACH safety specialist.

“I enjoy educating people in all areas of safety — from new parents receiving awareness information on newborn heat injury prevention to Soldiers and civilians learning how to maintain a safe working environment,” she said.

More than 30 agencies will be present to reinforce the accident prevention safety message, including Fort Riley’s fire and police departments; Kansas Department of Fish, Parks and Wildlife; and IACH primary care and specialty clinics.

“Where else would you have so many types of professionals in one place to answer any question you may have about motorcycle safety, wildlife, fire prevention, or hearing protection?” Knight said.



Jorge Gomez | IACH PAO

Hospital staff will host 11th annual Safety Day May 20 from 9 a.m. To 3 p.m., in the hospital’s front parking area. The event is open to the Fort Riley community.

The event is free and open to the public. There will be food and drinks available for purchase. For more information, contact the IACH Safety Office at 785-239-7473.

Mental health coverage improved

TRICARE

People in distress may hesitate to reach out for help due to perceived stigma associated with seeking mental health treatment. This perception and the belief that care may be hard to get, may prevent some people who need care from getting it. TRICARE has worked hard to eliminate potential barriers to mental health care by removing day limits for certain mental health services.

When a behavioral health condition requires more intensive treatment than outpatient care, partial or full-time hospitalization may be required. The in-patient psychiatric hospitalization benefit was limited to 30 days per benefit year for adults and 45 days for children or adolescents. You

could request a waiver for additional treatment days if needed. Now however, inpatient mental health hospital services, regardless of length or quantity, may be covered as long as the care is considered medically or psychologically necessary and appropriate. Likewise, the psychiatric partial hospitalization benefit previously had a 60-day per benefit year limitation that could be extended with a waiver. This 60-day limitation has been removed to ensure that beneficiaries receive care for as long as needed.

In addition, the 150-day limit on residential treatment care for beneficiaries under 21 has been removed. Although medical determination is still required, there is no day limit.

If you or someone you know requires mental health care, get help. If you believe emergency care is required, you can get emergency psychiatric care without pre-authorization. However, you must get authorization within 72 hours of admission and the 72 hours starts the day after admission.

Medical or surgical care does not and has not historically had day limits on care. Now, thanks to the federal mental health parity law, which requires that mental health benefits be equal to medical or surgical healthcare benefits, the same is also true for mental health care. For more information about mental health coverage, visit the TRICARE website, www.tricare.mil/CoveredServices/Mental/Treatments.aspx.

TUESDAY TRIVIA CONTEST



The question for the week of May 6 was: “What is phone number to request non-medical counseling through Fort Riley’s Military Family Life Consultant - MFLC - program?”

Answer: go to www.riley.army.mil/News/Article-Display/Article/470724/military-family-life-consultants-mflc/

This week’s winner is Heather Waters. Her spouse is Pfc. Landon Waters, 1st Attack Reconnaissance Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division. Waters is pictured with her husband, daughter Shayla and son Lincoln.

CONGRATULATIONS, HEATHER!

HAVE A STORY IDEA?
Send it to usarmy.riley.imcom.mbx.post-news-paper@mail.mil or call 785-239-8854/8135.

TRAFFIC REPORT

ACCESS CONTROL POINT HOURS OF OPERATION

Until further notice, the Estes Access Control Point is closed every Saturday and Sunday, but will remain open Monday through Friday for privately owned vehicles only.

Also until further notice, 12th Street ACP is closed to privately owned vehicles on Saturdays. The commercial side remains open Saturdays. The 12th Street ACP is closed to all traffic Sundays but it is open to all traffic Monday through Friday. Effective Dec. 12, Grant Street ACP closes permanently every Saturday and Sunday but remains open Monday through Friday to all privately owned vehicle traffic. Motorists wanting access to Fort Riley on Saturday or Sunday should use Ogden, Henry or Trooper gates.

The access control point hours are now as follows:

Henry /Four Corners/ Trooper/Ogden: Open 24/7
12th Street: Open from 5 a.m. to 7 p.m., Monday

to Friday; closed to non-commercial traffic Saturdays; closed Sundays and federal holidays.

Rifle Range: Closed to all traffic.

Grant: Until further notice, open from 5 a.m. to 7 p.m., Monday to Friday; closed Saturdays, Sundays and federal holidays.

Estes: Until further notice, open from 5 a.m. to 7 p.m., Monday to Friday; closed Saturdays, Sundays and federal holidays.

CONSTRUCTION ON RIFLE RANGE ROAD CONTINUES

Construction on Rifle Range Road will affect traffic flow. The work started in September 2015 and has been contracted for 374 days. As a result, the work will affect travel to the schools in the area. School officials have been briefed and can offer guidance. There are detour and guidance signs posted, including detour routes along tank trail purple and through the Forsyth Housing area.

Motorists are asked to follow all guidance posted on signs.

HENRY DRIVE-RAY ROAD ROUNDABOUT CONSTRUCTION TO SLOW TRAFFIC

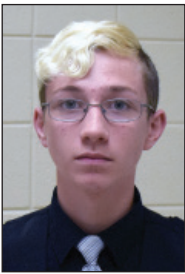
Traffic changes will be in effect until approximately May 15, vehicles will be required to slow to 20-miles per hour on both Ray Road and Henry Drive to accommodate the continuing work.

ESTES ACCESS CONTROL POINT CLOSED TO COMMERCIAL VEHICLES

Use of the Estes Access Control Point by commercial vehicles is prohibited. The closure is due to an upgrade project and will be in effect until the project is complete, a period of time that could be several months. During this time all commercial vehicles will need to enter the installation through 12th Street during duty hours and through Henry during non-duty hours.

RILEY ROUNDTABLE

What is your favorite summertime activity?



“Playing soccer because it’s very active and it’s something I’m good at.”

LOGAN LEISER, 15
CHAPMAN, KANSAS

Son of Staff Sgt. Paul Leiser, Division Headquarters and Headquarters Battalion, 1st Infantry Division



“Playing soccer because I’ve been doing it my whole life. My whole family plays soccer.”

GABRIELA MANOLIAS, 14
FAYETTEVILLE, NORTH CAROLINA

Daughter of Sgt. 1st Class Paul Namolias, 84th Ordnance Disposal, 1st Infantry Division Sustainment Brigade



“Going on walks and planting flowers. It’s time I get to spend with my family.”

LAUREN DELEONARDIS, 13
AUSTIN, TEXAS

Daughter of Chief Warrant Officer 3 Steven Deleonardis, 601st Aviation Support Battalion, 1st Combat Aviation Brigade, 1st Inf. Div.



“Soccer and running, I like being out and active.”

ISAIAH GALICIA, 13
CAMERON, NORTH CAROLINA

Son of Chief Warrant Officer 3 David Briggs, 1st CAB, 1st Inf. Div



“Hiking. I love going out walking. I also like camping, if I can. It’s getting outdoors to see this beautiful place with my family.”

CHAP. (CAPT.) CHRIS CAMPBELL
MADISONVILLE, TENNESSEE

97th Military Police Battalion

THE 1ST INFANTRY DIVISION POST

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LETTERS TO THE EDITOR

The Post welcomes letters to the editor. Letters should not contain any libelous statements or personal accusations. Letters accepted for publication must include the writer's full name and phone number. Letters may be edited for space, but never for content. Send a fax 785-239-2592 or e-mail usarmy.riley.imcom.mbx.post-newspaper@mail.mil

SAFETY HOLIDAY



As of Wednesday, May 10, 73 days have passed since the last vehicular fatality at Fort Riley. Thirty-eight more and the post will celebrate with a safety holiday to take place at each unit's discretion.

Vacation, travel scams, when free is not free

Story by Amy Bipes
LEGAL ASSISTANCE ATTORNEY

“You are a WINNER!” is a common pitch to a common vacation scam. But these too-good-to-be-true enticements are no vacation. In fact, a notice of winning a free trip is often the beginning of a nightmare. The first sign of a scam is that you have to pay fees for what you just won. The “free” claim about a special offer of a cruise, a “five star” resort accommodation or travel club membership is short lived.

Upon claiming the “prize,” you may be hit with taxes, booking fees, handling charges, membership, resort or maintenance fees. Worse, personal information is given or money is wired that can never be recovered. Never wire money to someone you don’t know — a legitimate business will never insist on payment by money wire. To avoid falling victim to vacation and travel scams, if you have to pay anything to collect something you won, just say no and walk away. If you are being told to wire money, run — don’t walk — away from the deal.

To avoid scams, follow “trip tips” for consumers at www.consumer.ftc.gov and do a little research on the travel or vacation package you are interested in before you commit. To prevent being taken advantage of, follow these few simple tips:

- Ask family and friends about companies they use.
- Look online at what other people are saying about a particular vacation app, package or travel company. For example, make sure the reviews indicate that an accommodation is really “five star” and not just sold that way.

- Get a copy of the company’s written cancellation and refund policies.
- Pay by credit card — that way, if you don’t get what you paid for, you may be able to dispute the charges.

Don’t give your account number or other personal information to make a reservation, until you have verified the reputation of the company. You should care about their information as much as they do about yours.

Have you invested in a timeshare or travel club membership that you no longer want? If so, it might be fiscally wise for you to sell the membership, but beware of the resale scams. They usually start with a verbal promise of a “hot” market, ready buyer or plan for a quick sale, followed by upfront fees to cover the deal. The company may have a name similar to another real estate firm or legitimate business. It may even have a website that looks genuine. But it may not have a legitimate business address or be registered to do business in any state, which is a red flag.

If you enter into a written agreement, it will likely contain none of their verbal promises, but it will bind you to pay money. Check with state consumer protection agencies if you question such resale tactics.

There is even a reported follow-on scam, of a separate business purporting to assist in recovering your money from the scamming resale business, for a fee of course. You might wonder how they knew you were scammed? As you can imagine, none of the resale fees will be recovered and your calls to the “recovery” business will go unanswered. Any money you wired will be lost. To be prudent, before entering into any written contracts

or paying any fees, have the agreement reviewed by an attorney.

Just because a company advertises a deal for those in the military, doesn’t mean it is a good deal. Watch out for companies that try to exploit your military connection. Compare the offer to other vacation and travel packages for the same type of get away, to be sure to maximize your vacation investment. To minimize your risk, use Morale, Welfare, and Recreation programs for discount lodging and other vacation fun.

Consumers who have been wronged by vacation and travel scams may file complaints with the United States Postal Service Office of Inspector General at www.uspsig.gov if a vacation offer was received by mail or with the Federal Trade Commission at www.ftc.gov if solicitations were by electronic or telephonic communication.

State consumer protection agencies, such as attorneys general, will take online or hotline complaints regarding businesses operating within their jurisdiction. In recent times, state Attorney General offices have filed legal actions on behalf of consumers against many different vacation and travel industry companies, including RCI, Vacation Ownership Group, Club ABC Tours, Millennium Travel and Promotions Inc., Global Connections, Inc., Sea to Ski Vacations, Sunbound Travels and Festiva.

The Legal Assistance Office of the Staff Judge Advocate assists with consumer protection matters for active duty service members, dependents and veteran retirees. Feel free to make an appointment by calling 785-239-3117 or come by 216 Custer Avenue to set up a legal consult regarding your individual consumer matter.

Local U.S. district court results for April

STAFF JUDGE ADVOCATE

APRIL 7

Brenda McCamury, Junction City, Kansas, pleaded guilty to disorderly conduct. District Court sentence: \$50 fine and \$5 special assessment.

Adrian M. Board, Junction City, Kansas, pleaded guilty to criminal trespass. District Court sentence: \$200 Fine and \$10 special assessment.

Jacob C. Vaughan, Junction City, Kansas, found guilty of violating probation. Original charge was possession of controlled substance. District court sentence: 6 months imprisonment.

A Fort Riley woman was found not guilty of cruelty to animals

APRIL 12

A Fort Riley man was found not guilty of sexual battery and criminal trespass.

APRIL 21

Philanyna Conkle, Junction City, Kansas, pleaded guilty to disorderly conduct. District Court sentence: \$50 fine and \$5 special assessment.

Keron Colbert, Junction City, Kansas, pleaded guilty to theft of government property. District Court sentence: \$200 fine and \$25 special assessment.

Bradley Lightner, Junction City, Kansas, pleaded guilty to driving in violation of restrictions. District Court sentence: \$100 fine and \$5 special assessment

Darlene Thornton, Junction City, Kansas, pleaded guilty to DUI. District Court sentence: 18 months’ probation, 100 hours community service and \$10 special assessment.

SUMMARY COURTS-MARTIAL RESULTS MARCH AND APRIL

March 23 at a special court-martial convened at Fort Riley, Pvt. Moriah H. Vermette, Company, H Forward Support Company, 2nd Battalion, 34 Armor Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, pleaded guilty to two specifications of wrongful appropriation and one specification of larceny, in violation of Article 121, Uniform Code of Military Justice. The military judge sentenced the accused to be confined for 60 days and to be discharged from the service with a bad conduct discharge. A pretrial agreement had no effect on the sentence.

April 5 at a summary court-martial convened at Fort Riley, Spc. Alexia D. Wyche, Company H, Forward Support Company, 101st Brigade Support Battalion, 1st ABCT, 1st Inf. Div., pleaded guilty to one specification of

wrongful use of marijuana, in violation of Article 112a, UCMJ. The summary court-martial officer sentenced the accused to be reduced to the grade of E1, to forfeit \$1,044.00 pay and to be restricted for two months.

April 11 at a summary court-martial convened at Fort Riley, Pvt. Joseph A. McDonald, Company B, 3rd Battalion, 66 Armor Regiment, 1st ABCT, 1st Inf. Div., pleaded guilty to two specifications of wrongful use of marijuana, in violation of Article 112a, UCMJ. The summary court-martial officer sentenced the accused to be reduced to the grade of E1 and to serve hard labor without confinement for 30 days. A pre-trial agreement had no effect on the sentence.

April 12 at a special court-martial convened at Fort Riley, Pvt. Keondrey V. Horace, Company G, Forward Support Company, 1st Battalion, 16th Infantry Regiment, 1st ABCT, 1st Inf. Div., was found guilty of one specification of wrongful use of marijuana, three specifications of absent without leave, and one specification of insubordinate conduct towards an NCO, in violation of Articles 112a, 86, and 91, UCMJ. The military judge sentenced the accused to be confined for 30 days and to be discharged from the service with a bad-conduct discharge.

April 15 at a general court-martial convened at Fort Riley, Spc. Eduardo Aguilar Jr., Company B, 601st Aviation Support Battalion, 1st Combat Aviation Brigade, 1st Inf. Div., pleaded guilty to two specifications of assault consummated by battery, in violation of Article 128, UCMJ. The military judge sentenced the accused to be confined for 60 days.

April 27 at a general court-martial convened at Fort Riley, Chief Warrant 2 Eric A. Leroy, Company B, 2nd General Support Aviation Battalion, 1st Aviation Regiment, 1st CAB, 1st Inf. Div., pleaded guilty to two specifications of abusive sexual contact in violation of Article 120, UCMJ. The military judge sentenced the accused to be confined for 18 months and dismissed from the service. A pre-trial agreement had no effect on the sentence.

April 28 at a summary court-martial convened at Fort Riley, Pvt. Kareem R. Robinson, Company A, 101st BSB, 1st ABCT, 1st Inf. Div., pleaded guilty to one specification of wrongful use of marijuana, in violation of Article 112a, UCMJ. The summary court-martial officer sentenced the accused to be confined for 10 days.

April 28 at a summary court-martial convened at Fort Riley, Pvt. Javonn M. Robinson, Company A, 101st BSB, 1st ABCT, 1st Inf. Div., pleaded guilty to one specification of wrongful use of marijuana,

in violation of Article 112a, UCMJ. The summary court-martial officer sentenced the accused to be confined for 10 days.

April 29 at a summary court-martial convened at Fort Riley, Pvt. Robert M. Solomon, Company A, 101st BSB, 1st ABCT, 1st Inf. Div., pleaded guilty to one specification of wrongful use of marijuana, in violation of Article 112a, UCMJ. The summary court-martial officer sentenced the accused to be confined for 10 days.

SUMMARY COURT MARTIAL DEFINED AND EXPLAINED

The function of the summary court-martial is to promptly adjudicate minor offenses under a simple procedure and thoroughly and impartially inquire into both sides of the matter, ensuring the interests of both the Government and the accused are safeguarded and justice is done. The summary court-martial can adjudicate minor offenses allegedly committed by enlisted service members.

Jurisdiction. Summary courts-martial have the power to try only enlisted members. A summary court-martial may not try a commissioned officer, warrant officer, cadet, aviation cadet or midshipmen. A summary court-martial may only consider noncapital offenses.

Punishments. A summary court-martial can adjudge maximum punishments of 30 days confinement; hard labor without confinement for 45 days; restriction to specified limits for 45 days; forfeiture of two-thirds’ pay per month for one month; and reduction to the lowest pay grade. In the case of enlisted members above the pay grade of E-4, the summary court-martial may not adjudge confinement or hard labor without confinement and can only reduce the service member to the next lower pay grade.

Composition. Summary courts-martial are composed of one commissioned officer who need not be a lawyer. The accused must consent to the proceedings. If an accused refuses to consent to a trial by summary court-martial, a trial may be ordered by special or general court-martial at the discretion of the convening authority.

Representation. If the accused consents, he or she normally is not entitled to a lawyer during the proceeding. However, if the accused elects to hire civilian counsel, he or she may be represented by such counsel as long as the representation would not unreasonably delay the proceedings and military exigencies do not preclude it.

The next USAG Resilience Day Off is

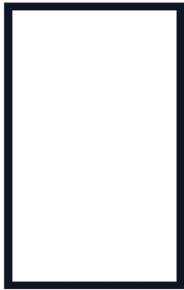
MAY
27

Irwin Army Community Hospital

Missed appointments are missed opportunities for others.



PROVIDER



NO-SHOW PATIENT



WOULD BE PATIENT



WOULD BE PATIENT



WOULD BE PATIENT

Volunteers recognized for service during ceremony

Story and photo by Hannah Kleopfer
1ST INF. DIV. POST

“Our volunteers, in spite of their busy lives, find time to take care of those around them,” said Maj. Gen. Wayne W. Grigsby Jr., 1st Infantry Division and Fort Riley commanding general. “These volunteers become the backbone of any community they are a part of.”

Volunteers of Fort Riley gathered together the evening of May 3 at Riley’s Conference Center for the Volunteer of the Quarter

ceremony. There were 68 volunteers recognized and five Soldiers received the Military Outstanding Volunteer Service Medal.

Volunteers were recognized by many organizations, including Girls Scouts, Cub Scouts, religious support office and more, for their integral work with agencies on and off the installation.

Volunteers who received the Military Outstanding Volunteer Service Medal included Staff Sgt. Sergio Toscanojara, 2nd General Support Battalion, 1st Aviation Regiment, 1st

Combat Aviation Brigade, 1st Inf. Div., Lt. Col. Robert Parish, Medical Department Activity, Spc. Christy Sudler, Dental Activity, Spc. Jonathan Casillas, 541st Combat Support Battalion, 1st Infantry Division Sustainment Brigade, and Staff Sgt. Thomas Miller, 541st CSSB, 1st Inf. Div. Sust. Bde.

Four Soldiers of 1st CAB, 1st Inf. Div., were recognized for volunteering with Child, Youth and School Services Sports. Spc. Duwan Jackson-Pickett, Spc. Edgyr Annilus, Spc.

Rafael Garcia and Spc. Ryan Gray assisted with coaching and refereeing youth sports.

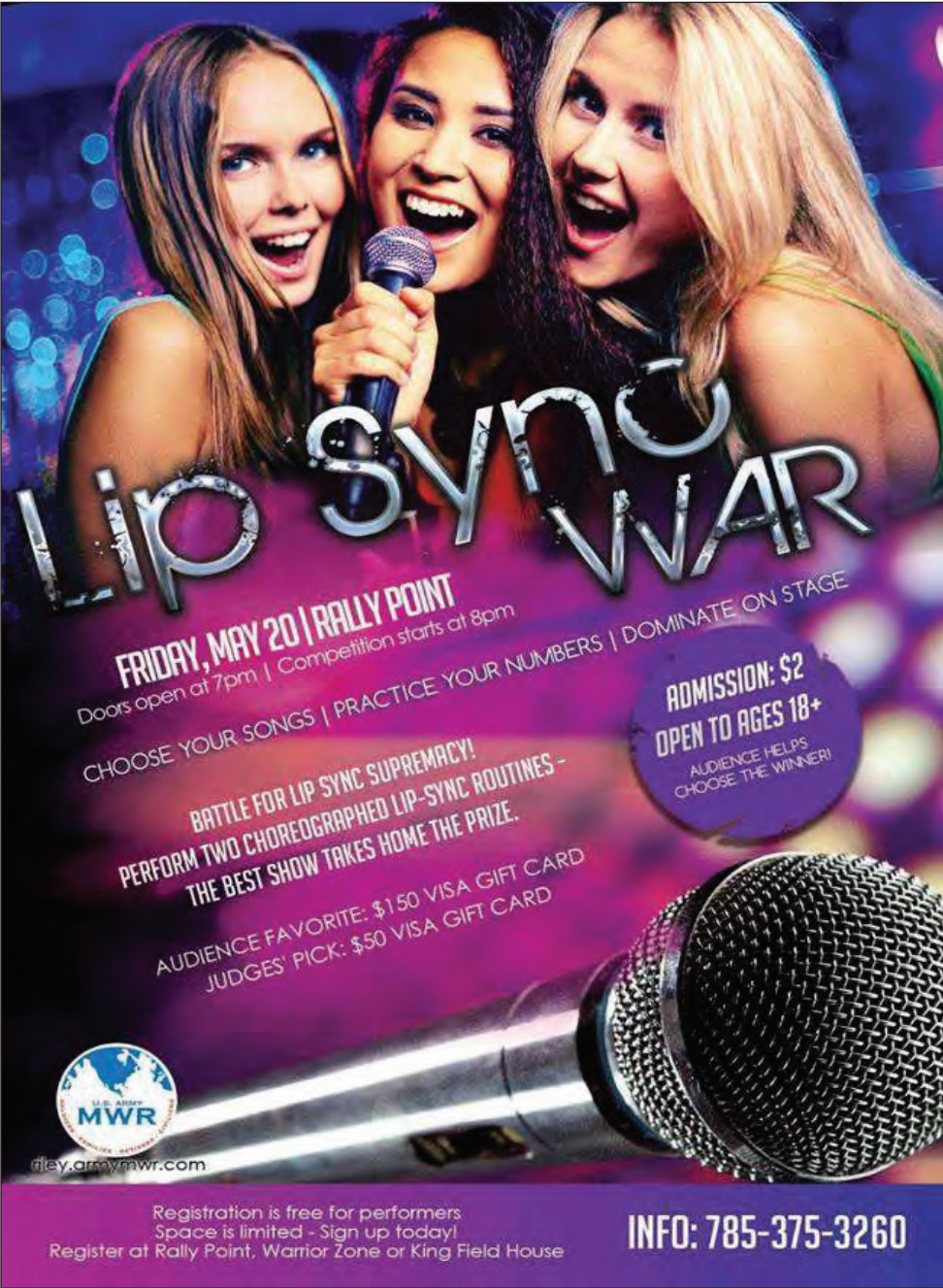
“These Soldiers have volunteered their off-duty time with coaching youth football and soccer,” Becky Willis, the installation volunteer coordinator, said.

Grigsby handed the awards to each of them and complimented them on their work with the youth of Fort Riley.

“All the stuff you do for the service of your country is unbelievable,” Grigsby said.



Spc. Christy Sudler, Dental Activity, receives the Military Outstanding Volunteer Service Medal from Maj. Gen. Wayne W. Grigsby Jr., 1st Infantry Division and Fort Riley commanding general during the Volunteer of the Quarter ceremony May 4 at Riley’s Conference Center.



LIP SYNC WAR


FRIDAY, MAY 20 | RALLY POINT
Doors open at 7pm | Competition starts at 8pm

CHOOSE YOUR SONGS | PRACTICE YOUR NUMBERS | DOMINATE ON STAGE

BATTLE FOR LIP SYNC SUPREMACY!
PERFORM TWO CHOREOGRAPHED LIP-SYNC ROUTINES -
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ADMISSION: \$2
OPEN TO AGES 18+
AUDIENCE HELPS CHOOSE THE WINNER!

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Registration is free for performers
Space is limited - Sign up today!
Register at Rally Point, Warrior Zone or King Field House

INFO: 785-375-3260

TORNADO SAFETY TIPS

PREPARING FOR A TORNADO

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



SURVIVING A TORNADO

- **Always remember "DUCK."**
 - **D**OWN TO THE LOWEST LEVEL
 - **U**NDER SOMETHING STURDY
 - **C**OVER YOUR HEAD
 - **K**EEP IN THE SHELTER UNTIL THE STORM HAS PASSED
- Go to lowest level of the building, stay away from windows.
- If caught outdoors, seek shelter immediately.
- Get out of automobile and get into a sturdy structure or ditch.
Or, buckle your seat belt and get below window level of your vehicle.

DEFINING A TORNADO


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

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READY AND RESILIENT

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ENGINEER Continued from page 1

and evaluate the platoon's effectiveness at emplacing various obstacles in a tactical environment," O'Brien said.

While engineer tasks can be specialized, O'Brien said the overall effect depends on teamwork with other branches.

"Emplacing obstacles is an important part of our counter mobility mission as engineers in order to develop an engagement area which gives us and our maneuver brothers the greatest opportunity to destroy the enemy," he said.

In addition to concertina wire, the sappers need something with a little more punch. Enter the Spider landmine.

The M7 Spider Networked Munition System is the latest in counter mobility weapons, and was acquired by the battalion last summer. The Spider is a cluster of six miniature grenade launchers aimed outward. When an enemy activates a sensor or trip wire, a Soldier operating it is notified. That Soldier then commands the Spider to fire. After launching, the grenades explode a few meters above ground causing damage over a wide area.

For this exercise, Soldiers used simulated Spiders without live charges painted blue in contrast to olive and black of live versions.

A few hours later and the end state was achieved. The obstacle group, composed of concertina wire and Spider mines, spanning a width of about 300 meters, would cause an enemy to slow down or stop, an effect known as fixing and making an enemy force as ideal targets for tanks and artillery.

A few miles away on Fort Riley, Soldiers from Company B, 1st Eng. Bn., practiced another combat engineering skill — the science of mobility and dismounted breaching.

From inside a Bradley Fighting Vehicle, a Soldier yanks the initiator on a series of demolition charges. Fifty meters away, a pair of Bangalore torpedoes explode, shredding concertina wire and throwing debris in all directions. The smoke clears and the desired result is revealed — a gap in a row of triple-strand concertina wire, allowing safe passage.

The exercise ensures the platoon's readiness, while providing a thrill for those involved, Pfc. Frederick Welch said.

"The feeling of getting to conduct training using live explosives is exhilarating," Welch said. "It is a lot of fun to do our job with the whole platoon."

Upon recognizing the forward edge of a minefield, the four Bradley Fighting Vehicles of the sapper platoon immediately stopped and took up security positions. Then, one Soldier dismounted and began clearing a dismount path to the minefield's



2nd Lt. Jacob Stetson | 1ST ENG. BN.
Pfc. Nathaniel Jacques, a combat engineer assigned to the 1st Engineer Battalion, 1st Armored Brigade Combat Team, 1st Infantry Division, prepares a simulated M7 Spider Networked Munition System while practicing counter mobility operations April 26 at a Fort Riley training area. The Spider is a cluster of six miniature grenade launchers aimed outward that can be remotely detonated when an enemy activates a sensor or trip wire.

edge with a grapnel hook. The three-pronged steel hook is fixed at the end of a 50-meter length of rope. The Soldier throws it as far as possible, hits the dirt in a prone position and pulls the grapnel back. The intent is to set off any antipersonnel mines on the approach to the obstacle. In a combat environment, this could be done under fire.

With a path cleared by the grapnel hook, three more Soldiers dismount and dash forward with wire cutters, detonation cord and blocks of C4 plastic explosive. Their task is to place the C4 next to simulated anti-tank mines

that are exposed on the ground. With the C4 in place, the team runs back to their Bradley and detonates the charges. The Bradleys roll through the gap while another team of Soldiers follows on foot, placing bright orange flags to mark the breach for follow-on forces.

When the mission is complete, Soldiers of companies A and B mount their Bradleys and return from the field. Any rest is short lived, as more training missions are planned to prepare them for a rotation at the National Training Center at Fort Irwin, California, later this year.



GOLD STAR

Continued from page 1

you were ever going to join, but you're grateful you have this kind of sisterhood."

The helicopter tour provided spouses with insight into what some of their Soldiers did in the Army. For Melissa Jarboe, widow of Staff Sgt. Jamie Jarboe, 4th Squadron, 4th Calvary Regiment, 1st Armored Brigade Combat Team, 1st Inf. Div., this was an experience she shared with her daughter, Celesteal Clark, 18, who accompanied her on the flight.

"This is something my husband did day in and day out," Jarboe said. "It was really nice to hear this is what your husband used to do, this is the helicopter. This is another keepsake I can hold onto and a memory I can make."

Gary said events such as the helicopter tour were important for the families of Soldiers who had passed. She emphasized these events

should be celebrations and allow the spouses to be a part of the world and not trapped in sorrow.

"We want our spouses to have a life, we want them to move forward, we want them to be happy and this is just something that brings them closer together," Gary said.

All of the spouses in attendance were mothers. As they listened to Goze speak and went on the helicopter tour, the children worked on a special art project to give to their mothers as a gift for Mother's Day.

"These women, they don't have the spouse here to give them flowers or take them out to lunch," Gary said. "Their kids will be able to give them something that they made and it brings our kids closer together."

The time spent painting and drawing provided the

kids an opportunity to bond and connect with one another. This event gave them an outlet and community as well, Gary said.

Following the helicopter tour, the spouses had dinner with Maj. Gen. Wayne W. Grigsby Jr., 1st Inf. Div. and commanding general Fort Riley

During Goze's speech and the tour, Brig. Gen. Patrick D. Frank, 1st Inf. Div. deputy commanding general for support, 1st Infantry Division, accompanied the spouses and offered his own words of support and unity to them.

"Whether you're a 1st Infantry Division spouse, a Fort Riley spouse or an Army spouse — any installation, any division — we consider you part of our team here at Fort Riley and the 1st Infantry Division," Frank said.



The children of twelve Gold Star spouses draw, paint and color to create Mother's Day gifts May 7 during the Gold Star Spouses' Day event hosted by the staff of Survivor Outreach Services. The activity gave them a chance to create something special for their mothers and allowed them to bond with other children who have shared and understood their situation.

HANGAR

Continued from page 1

completed in 1923, it was proclaimed Marshall Field after Brig. Gen. Francis C. Marshall, the assistant chief of the cavalry who died in a plane crash in 1922.

"Now, Marshall Army Airfield is the place where Army aviation will forge a foundation of training and tactics that will take advantage of the enhanced and modern technological advances in aviation," Grigsby said. "It

will extend the commander's battlefield, decrease the risk to air assets and improve aviators' situational awareness without compromising their attack positions."

Grigsby said this hangar and the entire Aviation Center of Excellence demonstrate the hard work leaders and the community have put into making sure Soldiers have the very best training before they go into combat.



Sgt. Jarrett E. Allen | 1ST CAB

Col. John M. Cyruulik, commander, 1st Combat Aviation Brigade, 1st Infantry Division, gives a speech at a ribbon cutting ceremony for the new Unmanned Aircraft Systems hangar at Marshall Army Airfield May 4. The state of the art facility will house Company F, 1st Attack Reconnaissance Battalion, 1st Aviation Regiment 1st Inf. Div.

BANDING

Continued from page 1

talons. This gives the biologists the gender of the eagle based on the measurements they ended up with. Females are larger than males.

"We're doing it so we can find out what's going on with these birds, sometimes where they come from or in the case of the ones we're banding, where they go to," Mulhern said. "We have returns (for their location) from all over the United States."

The bald eagle has been the nation's symbol since 1782. They were federally listed on an endangered species list in 1967 where it remained until the U.S. Department of the Interior removed it in 2007. It remains protected by several federal laws including the Bald and Golden Eagle Protection Act, the Migratory Bird Treaty Act and the Lacey Act. Anyone who disturbs or harms a bald eagle may be assessed

with a maximum penalty of a \$250,000 fine and/or given a two-year jail sentence.

Mike Houck, threatened and endangered species biologist, Fort Riley Directorate of Public Works Environmental Division, Conservation Branch, assisted with the local eagle banding this year.

"We're pretty much here for support," Houck said. "Sometimes we get lucky and hold the bird while they do all the measurements. The Fish and Wildlife Service biologists do all the measurements because it's their deal."

Bald eagles have been documented to live up to 50 years in captivity and more than 30 years in the wild. Eagles usually mate for life, and generally return to nest within 100 miles from where they were born. The banding is not harmful to the Eagles in any way.



Maria Childs | POST

Mike Houck, threaten and endangered species biologist, Fort Riley Directorate of Public Works Environmental Division, Conservation Branch, holds a 6-week-old bald eagle while Gibran Suleiman, fish and wildlife biologist from the U.S. Fish and Wildlife, measures the talons May 2 at Milford Nature Center before banding the eagle. The banding is not a requirement, but helps researchers track where the eagle came from and where it travels.

Color Guard attends mounted unit conference in New York

Story and photo by Staff Sgt. Jeffrey Fellin
CGMCG

Troopers, noncommissioned officers and leaders of the Commanding General's Mounted Color Guard attended the North American Mounted Unit Commander's Association conference April 22 to 24 in New York. The event was hosted by members of the prestigious New York City Police Department's Mounted Unit.

More than 130 people from mounted units throughout North America attended the ninth-annual conference. This is the second time representatives from the CGMCG attended the event.

"The distinctiveness of the CGMCG mission requires that we constantly seek out unique opportunities to learn about our craft as U.S. Army equestrians," said Capt. Casey Johnson, CGMCG commander. "The North American Mounted Unit Commander's Association annual conference provides units like ours with just such an opportunity. ... This venue provides us with an invaluable chance to learn

from prestigious mounted police and military units from around the world. We leverage this opportunity to share our best practices and to maintain an ongoing relationship with mounted units similar to our own."

During the visit, the CGMCG attendees met with leaders, trainers and officers from the NYPD's new Academy in Queens.

"A lot of things that were discussed during the classes brought up some great ideas for changes we could implement in our unit," said Sgt. Regina Thomas, CGMCG trooper. "They went over things that we never really thought of or have discussed before. The facility itself was very accommodating. The memorials were very moving and I am glad I was able to experience it. Their training

area was also very nice and I enjoyed meeting the mounted patrol officers as well as their mounts."

CGMCG troopers, noncommissioned officers and leaders attended classes about the daily operation of the NYPD's Mounted Patrol, starting with the history of their mounted units, which dated back to post-World War I and covered topics such as the application process and rigorous training program.

The training program consists of a 12-week progressive riding academy for each candidate. Topics included leather working, large animal rescue, funding, horse candidate selection, horse training and horse retirement.

Attendees later got a class on farrier work.

The history of the NYPD Mounted Unit can be traced

back to 1858 when former U.S. Army Cavalry Officers organized it, according to information from the association. The NYPD Mounted Unit maintains its cavalry heritage in various ways, to include organizing the mounted unit into troops, wearing uniforms modeled after those of the historic U.S. Cavalry and by maintaining red and white cavalry guidons.

Attendees also visited the NYPD's Remount School in the Bronx, and got a tour of the facilities, grounds and stables. Recently graduated mounted officers performed a musical ride, demonstrating the abilities they learned during their 12 weeks of training. They also conducted a class on the proper extraction of a horse from an overturned trailer.

"Not only did we learn new and exciting equestrian skills from our NYPD counterparts, but we have already begun to implement some of their training methods into our own program, from training new recruits to the proper care of horses and the professionalism that entails," said Sgt. Sven Kramer, CGMCG trooper.



Sgt. Regina Thomas and Trooper Breahna Maimone, members of the Commanding General's Mounted Color Guard, discuss saddles with members of the New York City Police Department's Mounted Unit on April 23 at the NYPD Academy in Queens, New York. Troopers, noncommissioned officers and leaders of the CGMCG attended the North American Mounted Unit Commander's Association's conference April 22-24 in New York. More than 130 people from mounted units throughout North America attended the ninth-annual conference.

A 'BIG RED ONE' DINNER

Former and current commanders from across the history of the 1st Infantry Division come together, April 30, during the 97th annual dinner of the officers of the First Division in Alexandria, Virginia. This year's dinner was dedicated to the 25th anniversary of Operations Desert Shield and Desert Storm.

Staff Sgt. Jerry Griffis | 1ST INF. DIV.

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Mark Gungor

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Runs: Friday and Saturday

1 Bldg 7003	2200	2330	0304
2 Bldg 7485 Bowling Center	2203	2333	0301
3 Bldg 7867 Warrior Zone	2205	2335	0259
4 Bldg 7000F	2210	2340	0254
5 Bldg 7000G	2212	2342	0252
6 Bldg 7000A	2215	2345	0248
7 Bldg 210	2225	2355	0245
8 WTB Parking Lot	2232	2402	0238
9 Bldg 694	2237	2407	0233
Aggieville: 10 12th & Bleumont	2300	0030	0200 (15 min wait)

For more information, call 785-239-5614.

Prince Harry, former president stress importance of healing hidden wounds

By Shannon Collins
DOD NEWS, DEFENSE MEDIA
ACTIVITY

ORLANDO, Fla. — Great Britain’s Prince Harry, former President George W. Bush, and service members from each of their nations led a discussion at the 2016 Invictus Games Symposium on Invisible Wounds presented May 8 by the George W. Bush Institute.

Former First Lady Laura Bush said she and the Bush Institute leadership were grateful the symposium was addressing an issue that affects so many veterans, as well as their family members, many of whom become their caregivers.

“George and I are committed to caring for our veterans and their families through the Bush Institute,” she said. “We celebrate the service and sacrifice of our veterans at the 100-kilometer bike ride we host at our ranch and at the Warrior Open, a competitive golf tournament held in Dallas. We listen to the warriors tell their stories — their triumphs and their struggles. Through these testimonies, we’ve recognized that the invisible wounds are not treated in the same way as the visible wounds, and that’s why we’re here today, to educate more people about those invisible wounds.”

Prince Harry said the Invictus Games in 2014 in London smashed the stigma around physical injuries, and he hopes this year’s Invictus Games can do the same for invisible injuries.

INVISIBLE WOUNDS

The event, hosted by Prince Harry and President George W. Bush, sought to destigmatize the victims of post traumatic stress and other injuries.

The prince, who served in Afghanistan as a combat helicopter pilot, recently acknowledged he has post-traumatic stress to bring light to the importance of recognizing invisible injuries. He said the key to fixing the problem is speaking out and using the resources available.

“I’ve spoken to everybody who has severe PTSD, through to minor depression, anxiety, whatever it may be, and everybody says the same thing: if you can deal with it soon enough, if you deal with it quick enough and actually have the ability and platform to be able to speak about it openly, then you can fix these problems,” the prince said. “If you can’t fix them, you can at least find coping mechanisms. There’s no reason why people should be hiding in shame after they’ve served their country.”

SPECIAL FORCES USING SUPPORT NETWORK

Air Force Master Sgt. Israel Del Toro, known as “DT,” was severely burned over 80 percent of his body during an improvised explosion device explosion in Afghanistan, and he said many people would just focus on his physical injury when he needed to admit he needed help with his invisible injuries as well. He said he comes from a career field, Air Force tactical control party, in which service members don’t want people to know they’re hurt mentally.

“We want to show we can still do the fight and can still go out there and do what we want to do so we hide it,” he said, “but luckily I had some good family support and friends and teammates who were there.”

Royal Marines Lance Cpl. John-James Chalmers, a commando who goes by the nickname “JJ,” was caught in the center of a blast in Afghanistan, and half of his team was killed or injured.

“I was taken out by a helicopter and woke up in a hospital bed and received the care I needed, and these guys went on with their job that day,” he said. “Things only got worse in many respects. I consider myself extremely lucky I came back from Afghanistan broken physically, but mentally. I was still the same person who went to Afghanistan and came back, and this was probably because I had a great support network

from my family, my wife now and a few people along the way that if I hadn’t had some casual conversations, there’s a good chance I wouldn’t be sitting here doing this now.”

NOT ALL WILL ADMIT THEY NEED HELP

Prince Harry said not all commandos will admit they need help.

“Commandos and paras are very strong minded, and they’re probably the last people to come forward if they had a mental health issue,” he said. “The first step is admitting you need to seek help. Just being able to talk about it early on is a huge, huge deal.”

Chalmers said service members are trained to block away their emotions and get on with the job, but that at the end of the day, we’re just human beings.

“I consider myself extremely lucky, I came back in one piece but this has been a struggle, and I’ve had my friends beside me throughout this process,” he said.

BETTER AWARENESS

Both the prince and the former president said people with invisible wounds need better education of resources available for them and better access to care. They also said symposiums like this offer a chance for leadership and athletes from different countries to share knowledge.

Del Toro said the Invictus Games also gives the athletes a chance to showcase how the athletes can overcome their invisible wounds and hopefully inspire others who may still be battling their injuries.

“I want the opportunity to give everybody a voice and be able to change the narrative because our stories albeit some elements have tragedy within them but they are stories of triumph at the end of the day,” he said.

Bush said he’s pleased 13 other nations are participating in the Games, because invisible injuries relates to everyone.

“This is an issue that relates to every vet, not just American vets,” he said.

Prince Harry said he encourages business leaders to hire service members who leave the service.

“If I ran a business, I would want individuals like them, for the training they’ve had and for the values they stand up for,” he said.

PERSONAL STORY

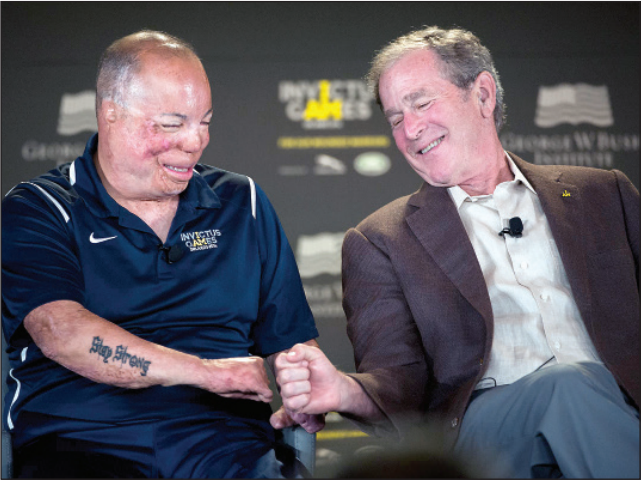
Medically retired Army Staff Sgt. Randi Gavell, who will compete in track and field and swimming, shared her personal story at the symposium.

“Events like this really bring awareness to things that other people may overlook or just don’t understand so being able to, although shaking like a leaf, being able to go up there and speak about who I am and show people that this is who I am now, who I was and where I’m coming from and who I still am is great,” she said. “It’s still a big part of my life. It’s an opportunity for me to speak for other people and to hopefully give them a piece of hope at the same time.”

Gavell said the panel was phenomenal.

“It was fun to hear them, with DT and JJ kind of (going) back and forth, and see their humor come out a little bit and embrace the seriousness of the issue, but also know that we military members still find the humor in our everyday lives,” she said. “It was pretty fantastic”

Del Toro said he enjoyed it as well, and that Bush always “busts my chops.” He said he was honored to be on the panel



COURTESY PHOTO

President George W. Bush fist bumps U.S. Air Force Master Sgt. Israel Del Toro during the 2016 Invictus Games Symposium on Invisible Wounds in Orlando, Florida May 8. The symposium hosted by Prince Harry and President George W. Bush sought to destigmatize the victims of post-traumatic stress and other injuries that are not regularly visible.

and to spread the word about invisible injuries.

“We really need to fix this,” he said. “If you keep saying everything’s great, it’s never going to change. As long as you stay vocal, that’s when things start changing. If you have the opportunity to talk to somebody, especially somebody who can make a difference, be vocal.”

VETERANS CAN MAKE HUGE CONTRIBUTIONS

Bush said many U.S. citizens say they have a miserable life, but do not have nearly the comeback stories as disabled veterans like the ones competing at Invictus.

“Our vets want help, but they don’t want pity,” the former

president said. “Our vets can make huge contributions. Our vets set such an incredibly good example for people.”

Prince Harry said veterans deserve more than just thanks you for their service.

“You lead by example, which is incredibly important in today’s world, and it’s an amazing foundation to start with but now we’ve gotten to where it needs to be more than that,” he said. “We need to open our doors to these amazing individuals because we value these people. They’re the ones who’ve put their lives on the line. Their families have sacrificed everything. They deserve so much more than a shake of the hand and a thank you.”

Portal management switching to Defense Enterprise Portal Service

By Hannah Kleopfer
1ST INF. DIV. POST

Starting in June 2016, there will be a change in how the 1st Infantry Division SharePoint portal is managed. While the portal website has been maintained through the Network Enterprise Center, it will now be under control of the Defense Enterprise Portal Service.

According to Capt. Frederick Do, network management officer, 1st Inf. Div., the change is partially due to keeping all division portal websites in a centralized location. All divisions of the Department of Defense will run their sites through DEPS.

“This is a greater Army effort to transition to a cloud-based objective to reduce our ownership, operation and sustainment of hardware,” Do

said. “There will be an upgrade to Microsoft Windows in June that our current NEC server can’t support. So DEPS will be doing the upgrades.”

The 1st Inf. Div. will be migrating its SharePoint services from the Fort Riley Regional Network Center to DEPS, an enterprise SharePoint solution to every unit’s defensive cyber posture, enabling greater functionality and reducing DOD sustainment costs.

“A SharePoint site is a website that provides a central storage and collaboration space for documents, information and ideas,” Do said. “A SharePoint site is a tool for collaboration, just like a telephone is a tool for communication, or a meeting is a tool for decision making.”

Each unit will have an appointed and trained unit knowledge management

officer who will support section knowledge management representatives who will review all data on the Fort Riley NEC and prepare to move only pertinent data to DEPS, starting June 1.

“A SharePoint site helps groups of people, whether work teams or social groups, share information and work together,” Do said. “For example, a SharePoint site can help you coordinate projects, calendars and schedules, discuss ideas and review documents or proposals, or share information and keep in touch with other people.”

Units on post have access to DEPS now and can start the migration immediately if they have gone through Maj. Michael Barnett, knowledge management officer, 1st Inf. Div.



IN BRIEF

TRAFFIC UPDATES

For traffic updates, see the Traffic Report on page 4 or visit www.riley.army.mil and click on "Advisories."

POST-WIDE YARD SALE

Fort Riley's spring post-wide yard sale is scheduled for 8 a.m. - noon, Saturday, May 14. Residents of Fort Riley will be selling various personal items.

Shopping at the yard sale is open to the public. Those without post access are encouraged to obtain a pass prior to the event. Learn more about access to Fort Riley at www.riley.army.mil/Units/GarrisonCommand/EmergencyServices/AccessInformation.aspx.

To obtain your pass, go to the Visitor's Center by the Henry Gate off exit 301, I-70. Visitors should expect a bit of a delay getting on the post on May 14.

SOLDIER FOR LIFE TRANSITION ASSISTANCE PROGRAM EVENTS

May 13 beginning at 8:30 a.m., Agricultural Orientation Day, Prairie Lavender Farm, K-State Drone Lab, at the Soldier and Family Assistance Center, 674 Warrior Road.

May 17, 10 a.m. to 12 p.m., and May 18, 6 to 8 p.m. Military Caregiver Peer Forum. Both events will be held at the Soldier and Family Assistance Center, 674 Warrior Road. People wishing to speak with a military family life counselor or make an appointment can call 760-499-4260.

May 20, beginning at 8:30 a.m., Agricultural Orientation Day, Sheep and Horse Farm, Blueville Nursery, at the Soldier and Family Assistance Center, 674 Warrior Road.

May 20, Kansas State University Tour, Salina Campus Unmanned Aerial Systems and Professional Pilot program. Those attending will meet at 8 a.m. at the Welcome Center, just outside Fort Riley's Henry Access Control Point. Return time is 3 p.m. People interested may RSVP to Dominic Barnes at 785-313-7820, or through email at dombarnes@ksu.edu.

THREAT AWARENESS AND REPORTING PROGRAM TRAINING

Threat Awareness and Reporting Program training will be offered for Soldiers, Department of the Army civilians and contractors at Barlow Theater May 11 and June 1, 10 to 11 a.m. For information or to schedule training call 785-240-3097.

RECYCLING CENTER CHANGES

A state-of-the-art materials sorting system will be installed at Fort Riley's Recycling Center in building 1980, Camp Funston.

The new system will allow the facility to recycle larger quantities of materials, more waste being diverted from local landfills and more revenue being produced for unit funds and other Family, Morale, Welfare and Recreation activities across the installation. Construction began April 4 and is projected to take up to 12 months.

During that time, recycling activities will be temporarily in building 1630, at the corner of I and 7th Streets in Camp Funston. Hours of operation will remain unchanged. They are 6 a.m. to 4:30 p.m. Monday through Friday, except holidays and Garrison Resiliency Days Off when the Recycling Center is closed.

For more information, call the Recycle Center, 785-239-2094 or 785-239-8686.

USO EVENTS ANNOUNCED

- A Sip and Chat event for spouses is held every Wednesday from 9 to 10:30 a.m.
- Operation Happy Birthday: USO Fort Riley volunteers will deliver a cupcake to Soldiers during the month of their birthday. See USO Fort Riley Facebook page to sign up.
- USO staff are planning to hold a family game night the 3rd Friday of every month. Family game night for this month is scheduled for 5:30 p.m., May 20.

"Here at Fort Riley, we are dedicated to remembering those who made the final sacrifice."

MAJ. GEN. WAYNE W. GRIGSBY JR.
1ST INFANTRY DIVISION
AND FORT RILEY
COMMANDING GENERAL



Maj. Gen. Wayne W. Grigsby Jr., 1st Infantry Division and Fort Riley commanding general, places 39 American flags during Run for the Fallen May 7 at Riley's Conference Center to honor the Soldiers he lost during Operation Iraqi Freedom. "I know the heartache of losing a Soldier in combat; I know the impact it has on the Soldiers and families left behind. I do not know what it's like to lose a son, a husband, an uncle or aunt – I can't imagine that feeling," Grigsby said.

Honoring fallen heroes

Fort Riley community participates in Run for the Fallen

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

Maj. Gen. Wayne W. Grigsby Jr., 1st Infantry Division and Fort Riley commanding general, knelt down near the sign that read "In memory of our nation's heroes" on the corner of Huebner Road and Carpenter Avenue. He then placed 39 American flags to honor the Soldiers he lost during Operation Iraqi Freedom.

"This is also a personal number, I lost 39 Soldiers when I was a brigade commander during the surge," Grigsby said. "I know the heartache of losing a Soldier in combat; I know the impact it has on the Soldiers and families left behind. I do not know what it's like to lose a son, a husband, an uncle or aunt — I can't imagine that feeling."

More than 350 Fort Riley community members participated in Run for the Fallen May 7 at Riley's Conference Center. Toward the end of the race, participants could place flags in remembrance of those who made the ultimate sacrifice.

See FALLEN, page 14



Retired Sgt. 1st Class Jim Jones, a resident of Ogden, Kansas, places his flag in remembrance of those who paid the ultimate sacrifice during Run for the Fallen May 7, which began and ended at Riley's Conference Center.

Herpetological survey tracks threatened species

Environmental unit on post annually tracks reptile, amphibian numbers

Story and photo by Margaret Ziffer
FORT RILEY PUBLIC AFFAIRS

Reptile and amphibian species that call Fort Riley home were tracked and documented during the 15th annual herpetological survey conducted by the Environmental Division of the Directorate of Public Works April 25.

Wildlife Biological Technician Brett Parsons said the survey, a part of Fort Riley's natural resource program, documents what reptile and amphibian species reside on the installation. Additionally, the survey keeps the post in compliance with the Threatened and Endangered Species Act.



Volunteers discover an eastern copperhead hiding under a rock during Fort Riley's Environmental Division's annual herpetological survey April 25.

"Some of the reptiles and amphibians in Kansas might be considered threatened or endangered, so we survey to see if we find any of those," Parsons said.

"We haven't found any species yet that have caused us to have to change the way the Army trains. For the most part, since none of the things

DID YOU KNOW?

• **Herpetology** is the study of amphibians and reptiles.

we find are endangered or threatened, we just note that we have them and put them on the federal survey list and keep monitoring them. In the future, if they did become endangered or if their range was reduced, we might then have to change the way we do things out here to try to preserve them."

Herpetology is the study of amphibians such as frogs, toads, salamanders, newts and reptiles like snakes, lizards, turtles, alligators and crocodiles. The survey attracts a wide range of herpetological enthusiasts from organizations like the Kansas

See SPECIES, page 14



Pvt. Ryan Sanders, 1st Maintenance Company, 1st Combat Sustainment Support Battalion, 1st Infantry Division Sustainment Brigade, receives a cupcake May 4 from Ashlee Mastin, USO volunteer, as part of the USO Fort Riley Operation Happy Birthday program. Service members are nominated by friends or family to receive a treat during their birthday month.

Cupcake deliveries lift spirits of active-duty Soldiers at Fort Riley

By Maria Childs
1ST INF. DIV. POST

As part of USO Fort Riley's Operation Happy Birthday Misty Vinduska, from the Merittrust Credit Union and Ashlee Mastin, USO Fort Riley volunteer, delivered cupcakes to Fort Riley service members May 4. Each month, the duo delivers cupcakes to service members who have been nominated.

LIFT A SOLDIER'S SPIRITS

• To nominate a service member for **USO Operation: Happy Birthday**, visit the USO Fort Riley's Facebook page at www.facebook.com/USOFtRiley/.

The monthly program is designed to lift the spirits of active-duty Soldiers during the month of their birthday. Family members can nominate their Soldier by contacting the USO Fort Riley.

"The service member is nominated by a friend or family member to receive a special treat the first week of their birthday month, which is deliv-

ered to him or her in person by a USO volunteer and a representative from our sponsor, Merittrust," Mastin said. "We have partnered with 4Cakes, a local gourmet cupcake artist, to provide up to 100 tasty birthday treats to troops each month. This program is about showing service members someone is thinking about them on their birthday and appreciates their service and sacrifice."

Mastin began volunteering with USO Fort Riley in May 2015 when they were in need of a volunteer to manage the program. So she began her mission of delivering cupcakes and smiles to Soldiers of Fort Riley.

See BIRTHDAY, page 14

Planting a seed of appreciation

Military Spouse Appreciation Day down to earth

Story and photo
by Hannah Kleopfer
1ST INF. DIV. POST

Spouses of Fort Riley gathered together for a day of appreciation May 6 at Rally Point. The morning festivities, hosted by staff and volunteers of the USO Fort Riley and Army Community Services, celebrated the spouses with numerous booths, prizes and giveaways. “Between ACS and USO, we realized there was not a Military Spouse Appreciation Day event scheduled,” said Crystal Tinkey, USO Fort Riley program director. “So we decided to pull our resources, and come together and put on an event for our spouses. It has been an incredible turnout. We are so happy to see so many spouses attend, and in addition, for those who aren’t able to attend, we’re going to be running online prizes throughout the month. So those who couldn’t be here today have the opportunity to partake in winning prizes for the rest of the month.” Rally Point was filled with spouses and kids and a



Spouses pot plants during the Spouse Appreciation Day at Rally Point May 6.

line went out the door for the first Spouse Appreciation Day event. The head of the event who called vendors and helped organize everything was USO Fort Riley volunteer Mary Post, wife of Chief Warrant Officer 2 Daniel Post, 3rd Assault Helicopter Battalion, 1st Aviation Regi-

ment, 1st Combat Aviation Brigade, 1st Infantry Division. “For the last two months, we’ve been contacting different businesses and community members, asking if they would be interested in participating to support our spouses,” Post

DATE TO REMEMBER

• **National Military Spouse Appreciation Day** is celebrated on the Friday before Mother’s Day in May. This year it was celebrated Friday, May 6.

said. “Part of our core values is inspiring others to serve our troops and families, so we reached out to them. They responded beyond anything we ever expected. I was not sure what to expect, but I think it’s definitely going really, really well and we’re happy with our ability to express our gratitude toward our spouses.”

Agencies from all over the Flint Hills came together for the event, to help show appreciation to military spouses.

“We’re about Soldiers and their families,” said Jeff Reade, outreach branch manager, Army Community Services. “ACS should be involved in this, and we partnered up with the USO to have this event here at Rally Point, and we had an outstanding USO volunteer. This is an awesome turnout. Military Spouse Appreciation Day is something that we hope can maintain this level of interest, enthusiasm and support.”

Kansas State honors military spouses

K-State shows support for Military Spouses

By Hannah Kleopfer
1ST INF. DIV. POST

MANHATTAN, Kan. – Kansas State University’s staff of the Institute for the Health and Security of Military Families showed appreciation to military spouses May 6 in honor of Military Spouse Appreciation Day.

A luncheon was held at the Marianna Kistler Beach Museum of Art, where speaker Sharon Gerdes talked about her path to resiliency as a military spouse.

“I was one of the fortunate ones,” Gerdes said. “I realized that a lot of times Army wives in the last 10 or 15 years, you have had tremendous sacrifices. It takes a strong woman to be a military wife.”

Gerdes fought with postpartum psychosis after the birth of her second child. Her experience was the inspiration for her novel “Back In Six Weeks.” She is now the Vice President and Public Rela-

MILITARY SPOUSES RECEIVE RECOGNITION

• During a May 6 luncheon at the Marinna Kistler Beach Museum of Art in Manhattan, Kansas, spouses **Sara Devine** and **Carolyn Tolliver-Lee**, a Family Advocacy Program Specialist of Fort Riley, were presented with the Resilience Award.



Sara Devine



Carolyn Tolliver-Lee

tions Chair for Postpartum Support International.

“There’s a time to be strong and independent, and there’s a time to reach out to your family and community for help,” Gerdes said. “Sometimes the difference in the two is best seen through 20/20 hindsight.”

During the luncheon, Institute Director Briana Nelson Goff recognized two spouses with the Resilience Award.

“I know we hear that word ‘resilience’ all the time in the Army, so I tried to find another word to use,” Nelson Goff said. “But then I discovered

there was really no better word to describe these women.”

Sara Devine was recognized by Nelson Goff for her work with her husband, John, who started to show symptoms of post-traumatic stress disorder while stationed in Korea. She is now a constant source of support for her husband and his primary caregiver.

Nelson Goff then introduced Carolyn Tolliver-Lee, Family Advocacy Program Specialist of Fort Riley, and presented her with the second Resilience Award. Her husband received a sustained traumatic brain injury, and

“There’s a time to be strong and independent, and there’s a time to reach out to your family and community for help.”

SHARON GERDES
MILITARY SPOUSE

received a medical discharge under honorable conditions. Tolliver-Lee cared for her husband at home until 2004, when he suffered another brain injury. He now receives full-time care at the Topeka Department of Veterans Affairs. Today, Tolliver-Lee is involved in the Fort Riley community, working as a bronze level instructor for the Suicide Prevention Program. She also received the Garrison Commander’s Award for Excellence for her work with the Child Abuse Prevention Campaign.

“I think you can see why these women received this award,” Nelson Goff said.

Nikitina representing Fort Riley in pageant

Contestant to use experiences from living in military community

By Hannah Kleopfer
1ST INF. DIV. POST

As many teenagers prepare for their finals and summer break plans, Alina Nikitina is preparing for even more.

Nikitina, daughter of Olga Nikitina and Sgt. Kenneth St. John, 5th Squadron, 4th Cavalry Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, will be representing Fort Riley at the National American Miss Teen pageant in Wichita this summer.

“I wanted to do something that was outside of my comfort zone,” she said of her initial thoughts of participating in the pageant.

Nikitina, 17, is finishing her junior year at Junction City High School. As part of her participation in the school, she joined the Junior Reserve Officers’ Training Corps. She plans to use skills she learned from JROTC in the pageant.

“For talent, I will be doing a rifle spin. When I told the representative from the pageant, she was like, ‘Oh, we have never had anyone do that before.’”

ALINA NIKITINA
NATIONAL AMERICAN
MISS TEEN CONTESTANT

“For talent I will be doing a rifle spin,” Nikitina said. “When I told the representative from the pageant, she was like ‘Oh, we have never had anyone do that before.’”

Nikitina’s mother, Olga, knew it would be unique.

“I think that’s one of the things that got her picked to be in the pageant,” Olga said.

Nikitina believes her experience growing up in the military community will help her throughout the pageant.

“I’ve learned to be able to keep calm in situations like that and keep my self-control,” Nikitina said.



COURTESY PHOTO

Alina Nikitina, 17, and a student at Junction City High School, will be representing Fort Riley at the National American Miss Teen pageant in Wichita this July.

She wants to do something in the military for a career in the future.

Along with talent, there are other categories girls can participate in, including photogenic, public speaking, modeling and more. Nikitina plans to participate in the talent and photogenic categories.

The pageant also has required categories such as personal introduction, inter-

MORE INFORMATION

• For more information about the **National American Miss Teen** pageant in Wichita this summer, visit www.namiss.com/findyourstate/KS/#.VzN9zjZf1aQ, or you can call the pageant director, Sandy Palmgren, at 972-335-0635.

view, formal wear and community involvement.

“I like that this pageant is not like others,” Olga said. “They aren’t expected to be super skinny and wear a ton of makeup.”

To prepare, Nikitina said she is practicing her walk, finding dresses and outfits and working out. She has also been in contact with former participants to learn more about how the pageant works.

Nikitina will be representing Fort Riley at the three-day long pageant starting July 22 at the Hyatt Regency-Wichita.

The Miss Teen Kansas portion of the pageant will include girls from the ages of 16 to 18.

COMMUNITY CORNER

May a time to honor culture of Asian-Pacific Islander Americans

By Col. Andrew Cole Jr.
FORT RILEY GARRISON COMMANDER

May is the month to celebrate the culture and heritage of Asian-Pacific Islander Americans.

Asian-Pacific encompasses all of the Asian continent and the Pacific islands of Melanesia, Micronesia and Polynesia.

People who celebrate this heritage have a diversity of languages, history, cultures and geographic areas. Like other immigrants, they brought their customs to America and contributed to the history and culture of this country.

The theme for 2016 is “walk together, embrace differences, build legacies.” This theme encourages Soldiers, family members and Department of the Army civilians to promote equality and remove barriers in the development of diverse leaders and team members. Asian-Pacific Islander Americans have a history of proud service to the nation, the Army and Fort Riley.

Each month, the Equal Opportunity office celebrates a monthly observance. All observances are held from 11:45 a.m. to 12:45 p.m. at Riley’s Conference Center and are

free and open to everyone. This month’s observance is set for May 18.

The month of May was chosen to memorialize the immigration of the first Japanese to the United States on May 7, 1843, and to mark the anniversary of the completion of the transcontinental railroad by a majority of Chinese immigrants May 10, 1869.

In June 1978, Representative Frank Horton of New York introduced House Joint Resolution 1007. This resolution proposed the President “proclaim a week, which is to include the seventh and tenth of the month, during the first ten days in May of 1979 as ‘Asian/Pacific American Heritage Week.’” It was passed in the House and Senate, and signed by President Jimmy Carter on October 5, 1978 to become Public Law 95-419. During the next decade, presidents pass annual proclamations until 1990 when Congress passed Public Law 101-283 which made the observance specific to a month. In 1992, Congress passed Public Law 102-450 which annually designated May as Asian-Pacific Islander American Heritage Month.

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



Colonel Cole

WWW.1DIVPOST.COM

Family BINGO

Passport to Fun
Sunday, May 22 | Rally Point
Doors open at 12:30pm | Bingo starts at 2pm

Adults \$12 | Kids \$7
Adults win cash, kids win great prizes
... everybody had fun!

RallyPoint Info: 785-375-3260

NOW SHOWING

Barlow Theater is now in digital!
Tickets cost \$6.00 for adults and \$3.50 for children
Tickets for 3-D and first-run movies cost extra.
Children younger than 5 are admitted free.



FRIDAY, MAY 13

- Batman v. Superman: Dawn of Justice (PG-13) 7 P.M.

SATURDAY, MAY 14

- My Big Fat Greek Wedding 2 (PG-13) 2 P.M.
- The Boss (R) 7 P.M.

SUNDAY, MAY 15

- The Boss (R) 5 P.M.

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

Fort Riley spouses, kids get scholarships

Eighteen receive Combined Scholarship Fund of Greater Fort Riley awards

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

The Combined Scholarship Fund of Greater Fort Riley awarded 18 recipients with scholarships for the 2016-17 school year during a ceremony May 2 at Cavalry Parade Field. Organizations on post and in the surrounding communities provide the money for the scholarship fund to award eligible recipients.

Maj. Gen. Wayne W. Grigsby Jr., 1st Infantry Division and Fort Riley commanding general, opened the ceremony with remarks.

“This is pretty neat because last time I checked, the strength of our country is the youth, and the way you transform the country is through their minds and by rewarding these great kids with scholarships — it’s pretty neat — it’s all about education,” Grigsby said. “It does my heart good to be here tonight and be part of this.”

Jamie Roper, chair of the Combined Scholarship Fund, said the intent is to reach as many military-connected college students as possible with scholarship money. Applicants completed a form with all their information as well as an essay about what makes a Soldier a hero.

“Life as a military family member can be challenging, yet these scholars have proven through academic and civic service to be our future leaders,” Roper said.

The private organization was founded in 1988. In 2015, USAA awarded



Eighteen recipients were awarded scholarships from the Combined Scholarship Fund of the Greater Fort Riley May 2 at Cavalry Parade Field. Organizations and individuals both on Fort Riley and in surrounding communities provide the scholarships through this private organization.



Maj. Gen. Wayne W. Grigsby Jr., 1st Infantry Division and Fort Riley commanding general, attended the Combined Scholarship Fund of the Greater Fort Riley Awards Ceremony May 5 at Cavalry Parade Field.

an endowment on behalf of Maj. Gen. Josue Robles Jr., former commanding general of the 1st Infantry Division and Fort Riley. Roper said the endowment funds most of the awards, but generous support from the Fort Riley Spouses Club and other com-

munity donations are key to their success.

Christa Grider, wife of Chief Warrant Officer 4 Richard Grider, 1st Squadron, 6th Cavalry Regiment, 1st Combat Aviation Brigade, 1st Inf. Div., received the Fort Riley Spouses Club scholarship. She is gradu-

ating from Barton Community College this month. It will allow her to further her education at Kansas State University in the fall majoring in elementary education.

“It is an absolute honor,” Grider said. “It’s very complimenting to be recognized for putting on paper what I feel about my husband and his fellow Soldiers who serve.”

Christina Chappell, daughter of retired Sgt. 1st Class Thomas Chappell, received the K-State Foundation scholarship which is given during the ceremony although it is funded entirely by K-State.

“It means my entire future,” Chappell said. “Without this scholarship I wouldn’t be able to continue my education and then move on to grad school.”

To learn more about the Combined Scholarship Fund, visit www.combinedscholarshipfund.org/.

MOTHER’S DAY BRUNCH



Photos by Season Osterfeld | POST

TOP: Dominique Woods, wife of Sgt. Montanize Woods, 1st Battalion, 5th Field Artillery Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, helps her daughter Meela Woods, 4, pick fruit from the buffet for Mother's Day brunch May 8 at Riley's Conference Center. Despite the traditions of mothers getting Mother's Day off or at least the morning, Dominique had her hands full with Meela as she eagerly rushed back to the table to eat her fruit before Dominique could finish with her own selections. **ABOVE:** Genevieve Cespedes, wife of Staff Sgt. Mario Cespedes, 2nd Battalion, 70th Armor Regiment, 2nd Armored Brigade Combat Team, 1st Inf. Div., enjoys Mother's Day brunch with her children and friends. Cespedes was still able to celebrate the day with her children and husband even though he was deployed through a video call on her cellphone.

Exchange’s grade program rewards military students

Kids in first through 12th grades eligible for books with discounts

By Jean Fletcher
FORT RILEY POST EXCHANGE

For military students, making multiple moves with their active-duty parents is a part of life. In fact, military children typically move six to nine times by the time they’ve completed 12th grade, according to the Military Child Education Coalition.

The Army & Air Force Exchange Service appreci-

MORE INFORMATION

- Students can send **You Made the Grade** sweepstakes entry forms, which are included in the coupon booklets, to:
You Made the Grade
P.O. Box 227398
Dallas, TX 75222-7398

ates the sacrifices military students make and is rewarding young scholars who excel in the classroom with its You Made the Grade program, now in its 16th year. Students in first through 12th grades who maintain a B average or better are eligible to receive a coupon book filled with free offers and

discounts from the Fort Riley Exchange.

“Military students face greater challenges than their civilian counterparts, including coping with separation from parents who are deployed and switching schools during moves to new duty stations,” said General Man-

ager Robin Ayling. “These students deserve to be rewarded for their hard work, and for 16 years, the You Made the Grade program has been a favorite among military families.”

The You Made the Grade booklet includes coupons for free food such as a Burrito Supreme or Taco Supreme from Taco Bell; a small chicken Philly sandwich at Charley’s; a Chicken Po’ Boy at Popeye’s; and a bacon double cheeseburger and small fry from Burger King.

Students who make the grade also score Snack Avenue coupons for a free fountain

drink, including the Yeti frozen carbonated beverage, and a complimentary hot dog or roller grill item. Other offers include discounts on backpacks, shoes and more. Offers are valid through July 30.

The booklet also includes an entry form for the You Made the Grade semiannual sweepstakes. Scholars can enter to win Exchange gift cards worth \$2,000, \$1,500 or \$500. Entries can be submitted twice a year, with drawings typically held in June and December. The most recent sweepstakes winners were students from Wright-Patterson

Air Force Base, Ohio; Camp Casey, South Korea; and Joint Base Andrews, Maryland.

Students, including those who are home schooled, can receive a You Made the Grade coupon booklet by presenting a valid military I.D. and proof of an overall B average at the Fort Riley Exchange customer service area. Eligible students can pick up one booklet for each qualifying report card.

Students and guardians can check with the Fort Riley Exchange store manager for more information about the Exchange’s You Made the Grade program.



MOM ROCKS!

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SATURDAY, MAY 21 | 2-5PM
RILEY'S CONFERENCE CENTER

Moms, wear your favorite band T-shirts
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Rockin' costumes welcome! DJ and dancing

Buy tickets online at riley.armymwr.com

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\$15 PER MOTHER-SON PAIR
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INCLUDES LIGHT REFRESHMENTS AND DESSERTS



Summer Reading Program

Read for the WIN

Kickoff Party

May 28, 1-3pm
Fort Riley Post Library

Get ready for the 2016 Summer Olympics and Read for the Win!
Sign up for the Summer Reading Program
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Information: **785.239.5305** Sponsored by: **Briggs AUTO.COM**
Sponsorship does not imply endorsement.



More than 350 Fort Riley community members participated in Run for the Fallen May 7 at Riley's Conference Center. Toward the end of the race, participants could place flags in remembrance of those who paid the ultimate sacrifice.

FALLEN Continued from page 11

“Here at Fort Riley, we are dedicated to remembering those who made the final sacrifice,” Grigsby said. “We will not forget what our brave ‘Big Red One’ Soldiers did for our nation and we will always take care of our families left behind — they are always part of the ‘Big Red One’ family.”

Kim Wargo, lead recreation programmer, said this event is to commemorate those who have paid the ultimate price for our nation’s freedom.

“It doesn’t necessarily have to be a somber event; we want to celebrate their life,” Wargo said. “It’s very important so family and community members get the recognition they need when a loved one has passed away. They need to know people care.”

Survivor Outreach Services staff was handing out dog tags of fallen “Big Red One” Soldiers and participants also wrote names for who they were running for on their race bibs.

“It doesn’t necessarily have to be a somber event; we want to celebrate their life.”

KIM WARGO
RECREATION PROGRAMMER

“It’s a selection of our fallen,” said Michael Schack, from SOS. “It’s something that everyone likes to carry. It’s to remember them, just like the run, the whole purpose of the run is to remember.”

This is the fourth year the Run for the Fallen has taken place at Fort Riley.

Grigsby reminded participants before the run why it is important to remember those who have fallen.

“War is never without a cost,” Grigsby said.



Maj. Gen. Wayne W. Grigsby Jr., 1st Infantry Division and Fort Riley commanding general, speaks to the gathering at Run for the Fallen May 7 at Riley's Conference Center. Joining him is Command Sgt. Maj. Joseph Cornelison, 1st Inf. Div. senior noncommissioned officer.



Photos by Margaret Ziffer | FORT RILEY PUBLIC AFFAIRS
A volunteer holds up an eastern collard lizard during the annual Fort Riley's Environmental Division's annual herpetological survey April 25.

SPECIES Continued from page 11

State University Wildlife Society, Kansas Herpetological Society, Kansas Department of Wildlife and Parks, and U.S. Fish and Wildlife Service.

Individuals and families, like David Pool and his 11 year-old son Kelton, from Manhattan, Kansas, also like to attend. David and Kelton have participated in the survey together for the past several years. This year, the pair began their hunt with the goal of locating an elusive gopher snake.

Tom and Tricia Becker from Kansas City, Missouri, and their three teenage boys, have also made the survey an annual family event.

“The first year I didn’t want to come, but I really enjoyed it,” Tricia said.

Tom said his sons have been interested in snakes and reptiles for just about as long as he can remember.

“There are two passions that they have: four-wheel drive trucks and herpetology,” Tom said and laughed.

Although his sons, Kyle, 19, Ryan, 17 and Alex, 15, are the resident experts, Tom also knew quite a bit about when it came to identifying different snake species.

“I’m not ashamed to tell you, I’ve learned everything



Kyle Becker shows off a western milk snake during the annual Fort Riley's Environmental Division's annual herpetological survey April 25.

from my boys,” Tom said. “What keeps us all coming back is that it’s kind of like an Easter egg hunt: you flip rocks over and you never know what’s underneath them. Then all of a sudden, you get a surprise.”

Some of the species found on this year’s survey include the eastern copperhead, eastern collard lizard, Great Plains skink, six-lined racerunner lizard, ring-necked snake, western milk snake, and the eastern yellow-bellied racer snake.

BIRTHDAY Continued from page 11

“To see the faces of the service members receiving a birthday cupcake to acknowledge their birthday is the best feeling in the world, to know we made their day by making them feel special,” Mastin said.

Mastin said she has made many memories while delivering cupcakes.

“Just being able to talk and joke around with the service members and to add a little joy to their day is the best,” Mastin said. “It is also fun when they take the time to pose for funny pictures with us and their special treat. Quite often, we find out we are the first or only person that is aware that they have an upcoming

birthday and the fact that we took the time to wish them happy birthday means a lot to them as well as knowing a friend or family member cared enough to nominate them.”

A few of the places Mastin sees on a regular basis include the 10th Air Support Operations Squadron, where she and Vin-duska are known as the “cupcake ladies.”

“They all perk up and smile when we arrive, they all love seeing who is getting a delivery this month,” Mastin said. “Most do not know they were nominated and it is fun to see their faces when they realize what is going on.”

Capt. James Banta, 10th ASOS, was one of the lucky ones receiving a birthday cupcake this month.

“I see them go around every month handing out cupcakes to all the guys in our unit,” Banta said. “They are always welcome in our squadron and everyone enjoys receiving a free cupcake for their birthday.”

In his opinion, the USO at Fort Riley is the best at showing their appreciation for service members stationed here.

“I think it’s nice that there are organizations out there like the USO where they are taking care of our men and women in uniform and just paying back what

“They are always welcome in our squadron ...”

CAPT. JAMES BANTA
10TH ASOS

we give to our community,” Banta said. “I really like the USO here because compared to other bases I’ve been at they are more active and there seems to be more activities that everyone can benefit from here at Fort Riley.”

To nominate a service member, visit the USO Fort Riley’s Facebook page at www.facebook.com/USOFtRiley/.



Maria Childs | POST
As part of USO Operation: Happy Birthday Lt. Col. Grubaugh, 10th Air Support Operations Center, receives a birthday cupcake from Ashlee Mastin, USO Fort Riley volunteer, May 4.

Fort Riley families unplug gadgets to bond at monthly game night

USO Fort Riley uses unplugged evening to help families reconnect

Story and photo by Hannah Kleopfer
1ST INF. DIV. POST

Round up the family and bring them out to USO Unplugged: Family Game Night. The event is held the third Friday of every month by staff and volunteers at USO Fort Riley. The next event is scheduled May 20 from 5:30 to 7:30 p.m. Visit the USO Fort Riley Facebook page to sign up by commenting on or “liking” the event.

“USO Unplugged: Family Game Night includes the collaboration of several volunteers,” Jessica Wesson, USO volunteer, said. “We typically provide a meal that is sponsored by a local restaurant or company, beverages and board games. We make sure that every RSVP has an assigned table and rearrange the USO Center to accommodate, at most, 104 guests. We have volunteers on hand to serve food, seat guests and answer any game-related questions the families may have.”

The game night includes board and card games for a wide variety of ages.



A large variety of board games are available to be played at USO Family Game Night at the Fort Riley United Service Organizations. The event provides friends and families a fun way to get out of the house and spend time together without electronics and the needs of everyday life interfering.

MORE INFORMATION

- Keep up with **USO Unplugged: Family Game Night** and other events by following their Facebook page, or calling the center at 785-240-5326.

“USO Unplugged: Family Game Night is a great program to bring the families together without the distraction of electronics like video games and television,” Wesson said. “We feel it is important to bring the families together to connect or reconnect, away from the crazy day-to-day military life.”

Game night began more than a year ago.

“It started with one of our volunteers and a few friends but has now come to be a ... monthly event,” Wesson said.

While the USO staff and volunteers plan for the game nights to happen the third Friday of every month, they are sometimes switched to different dates depending on holidays, training holidays and other events so they can accommodate more families.

Keep up with USO Unplugged: Family Game Night and other events by following their Facebook page, or calling the center at 785-240-5326.

TORNADO SAFETY

BEFORE TORNADO

- During any thunderstorm, listen to local news or a NOAA Weather Radio to stay informed about tornado watches and warnings and check the Weather-Ready Nation tips.
- Know how your community sends warnings. Some communities in tornado-prone areas have sirens. Others depend on media and smart phones to alert residents to severe storms.
- Pick a tornado-safe room in your home, such as a basement, storm cellar or an interior room on the lowest floor with no windows. Make sure all members of your family know to go there. Don't forget pets if time allows.
- Conduct a family tornado drill regularly so everyone knows what to do if a tornado is approaching.

DURING TORNADO

- The safest place to be is in an underground shelter, basement or safe room.
- If no underground shelter or safe room is available, move to a small, windowless interior room or hallway on the lowest level of a sturdy building. This will be the safest alternative.
- Mobile homes are not safe during tornadoes or other severe winds.
- If you are caught outdoors, seek shelter in a basement, shelter or sturdy building.
- If you cannot quickly walk to a shelter, immediately get into a vehicle, buckle your seat belt and try to drive to the closest sturdy shelter. If you see large objects flying past while you are driving, pull over and park. Stay in the car with the seat belt on or put your head down below the windows, covering with your hands and a blanket, if possible.
- If you can safely get noticeably lower than the level of the roadway, exit your car and lie in that area, covering your head with your hands.

For more information, contact the Fort Riley Emergency Management Office at (785) 240.0400.
To receive severe weather alerts at Fort Riley, visit www.riley.army.mil/Community/ReadyArmy.

Sports & Recreation

IN BRIEF

CUSTER HILL BOWLING SPECIALS

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

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

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

Friday: From 6 to 9 p.m., \$15 for unlimited bowling for up to six people, shoes not included.

Saturday: Extreme bowling from 6 p.m. to midnight, \$9 for shoes and up to three hours of bowling.

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.

OFFERINGS FOR FITNESS-MINDED INDIVIDUALS

The Directorate of Family and Morale, Welfare and Recreation has a comprehensive offering of options for health- and fitness-minded individuals on post. Choose between the following:

- One person, one-hour training session – \$25.
- Two people, one-hour training session – \$40.
- Three people, one-hour training session – \$48.

Personal training sessions can be purchased at Whitside Fitness Center Monday to Friday, 9 a.m. to 6:30 p.m., and Saturday, 9 to 11 a.m.

You can also purchase a session of massage therapy:

- 30-minute session – \$30
- 60-minute session – \$60
- 90-minute session – \$90

For more information, contact the Whitside Fitness Center at 785-239-2573.

EYSTER POOL WILL REMAIN CLOSED UNTIL FURTHER NOTICE

Eyster Pool is closed. No re-opening date has been determined.

During this time, all programs — including physical therapy supported by both Irwin Army Community Hospital and Warrior Transition Battalion, pregnancy Physical Therapy, lap swim and recreational swim — will be held at Long Pool, inside Long Fitness Center. Because this pool is not equipped with a computer point-of-sale system, all daily entry fees and pool passes will need to be paid using cash or check.

Unit physical training requests for Thursdays only will be accepted during this time; this is to decrease maximum occupancy with the early-morning lap swim program.

The Aquatics Office at Eyster Pool will be open from 8 a.m. to 4 p.m. Monday to Friday. For more information, call the aquatics program manager at 785-239-9441.

YOUTH SPORTS OFFICIALS

The Child, Youth and School Services staff is looking for officials for youth outdoor and indoor soccer, flag football, basketball, baseball and softball.

Volunteer and paid positions are available. Training is 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.

ISPORTSMAN SYSTEM

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

To access Fort Riley training area, use the iSportsman website. Check-in and check-out may be done with any personal device with Internet access, 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.

Tobacco



Stay Away or Quit Today

Trash It!

Kansas Motor Speedway site of tribute to 1st Infantry Division Soldiers

Photos by Sgt. 1st Class Mark Albright | 1ST INF. DIV.



ABOVE: Davis Shaefer of Chip Ganassi Racing talks with Soldiers of the 1st Combat Aviation Brigade, 1st Infantry Division, before the Go Bowling 400 Sprint Cup Race in support of the NASCAR Troops to the Track program at the Kansas Speedway May 7 in Kansas City, Kansas. The Soldiers were guests of NASCAR and participated in prerace activities, the starting lineup and the national anthem. **RIGHT:** Soldiers from the 1st CAB, 1st Inf. Div., render a salute during the national anthem before the Go Bowling 400 Sprint Cup Race. The Soldiers were guests of NASCAR and participated in the national anthem, toured the track facilities, attended the prerace driver's meeting and received tickets to the race.



Fort Riley the place to be for fishing enthusiasts

By Maria Childs
1ST INF. DIV. POST

Although Fort Riley's primary mission is to be the premiere training center in the Midwest, it also provides an area where a variety of outdoor recreation activities can be pursued including fishing.

In March and April, staff of the Directorate of Public Works, Conservation Division, Environmental Branch stocked many lakes and ponds on the installation with fish from the Kansas Department of Wildlife, Parks and Tourism's urban stocking program.

"We get the trout over the winter months and the catfish in the summer months," said Shawn Stratton, supervisory fish and wildlife biologist.

The rainbow trout stocked here are not native to Kansas, but most Kansas streams and lakes can only support trout in the colder months of the year.

To fish on post, individuals must possess a valid Kansas Fishing License. In addition, individuals fishing for trout must possess a valid Kansas Trout Stamp as required by the state of Kansas. These and other Kansas hunting and fishing licenses are available at any state designated license vendor including the Fort Riley Conservation Office.

The staff of DPW will also only stock lakes and ponds with an adequate level of water. Stratton said out of 29 lakes and ponds on the installation, the

See FISH, page 16



COURTESY PHOTO

Staff of the Fort Riley Directorate of Public Works, Conservation Division, Environmental Branch, partner with the Kansas Department of Wildlife, Parks and Tourism to participate in the urban fish stocking program offered in the state of Kansas. This includes rainbow trout and channel catfish.



Spc. Jason Lacharite, 526th Quartermaster Composite Supply Company, 541st Combat Sustainment Support Battalion, 1st Infantry Division Sustainment Brigade, prepares to swing during the intramural softball games May 4 at Sacco Softball Complex.

Community Life men's, women's softball teams begin play

Story and photo by Hannah Kleopfer
1ST INF. DIV. POST

The Community Life men's and women's softball teams played their first games May 4. The beginning of the season was originally slated for May 2, but was postponed due to rain.

The wait made players anxious to play for the first time this season.

Teams from the 526th Quartermaster Composite Supply Company, 541st Combat Sustainment Support Battalion, 1st Infantry Division Sustainment Brigade, and a combined team of members of Dental Activity and Warrior Transition Battalion faced off at Sacco Softball Complex.

The 526th Quartermaster team won decisively, 27-5 with

power at the plate and strong arms in the field.

Despite having limited practice, Staff Sgt. Samuel Gonzalez, of the 526th Quartermaster team was pleased with his team's performance.

"I think we're going to go further than we did last year," he said.

Meanwhile, the DENTAC-WTB team was trying to stem the tide. They were able to hold off some runs from 526th Quartermaster team, and Pfc. Landis Johnson from DENTAC hit a two-run home run.

But it wasn't enough. With 526th Quartermaster team ahead by more than 20 runs at the end of the third inning which, according to the mercy rules, ended the game.

See SOFTBALL, page 16

United Enforcers sweep 14-team field

Spring Fling Softball Tournament attracts diverse group for weekend competition



ABOVE: Staff Sgt. Rene Hernandez, Warrior Transition Battalion at Fort Riley, hits during the Spring Fling Softball Tournament May 7 at Sacco Softball Complex. Hernandez's team, the United Enforcers, won the tournament undefeated. **RIGHT:** The United Enforcers are, top row left to right: Chief Warrant Officer 3 Edwin Reyes, Division Headquarters and Headquarters Battalion, 1st Infantry Division; Pfc. Cody Johnson, DHHB, 1st Inf. Div.; retired Sgt. 1st Class Shawn Glass; Sgt. 1st Class Todd Mattila, Warrior Transition Battalion, 2nd Lt. Deen Coleman, Sgt. Duran Ngiraidong, WTB. Bottom Row from left to right: Spc. Akeem Williams, Dental Activity; Staff Sgt. David Villarreal, WTB; Staff Sgt. Rene Hernandez, WTB, retired Sgt. 1st Class Corey Amerine, and Spc. Trace Bethune, Division Artillery.

By Maria Childs
1ST INF. DIV. POST

Staff Sgt. Rene Hernandez, from the Warrior Transition Battalion at Fort Riley, could find nothing wrong with his team's performance at the Spring Fling Softball Tournament on May 7. The United Enforcers, came in first out a 14-team field of competitors.

"My team did very well," Hernandez said. "Winning the tournament undefeated is always a good thing."

Hernandez is also the United Enforcers' coach. He added that he enjoys the people he interacts with while playing the sport.

"I love the people that come out," Hernandez said. "The competitiveness of everyone and

the brotherhood of a team is great."

Aside from this team, members can play intramural softball for other teams in other leagues, both on-post and off-post. In fact, Hernandez said that experience helped them be successful in the tournament on May 7.

"All my guys play softball off post as well," Hernandez said. "So we play Monday through Thursday whether it's off-post or on-post."

Renee Satterlee, intramural sports coordinator, said tournaments like this build camaraderie among the Soldiers and allow the community to see the Soldiers in a realm other than the Army. The tournament was open to all Department of Defense cardholders including

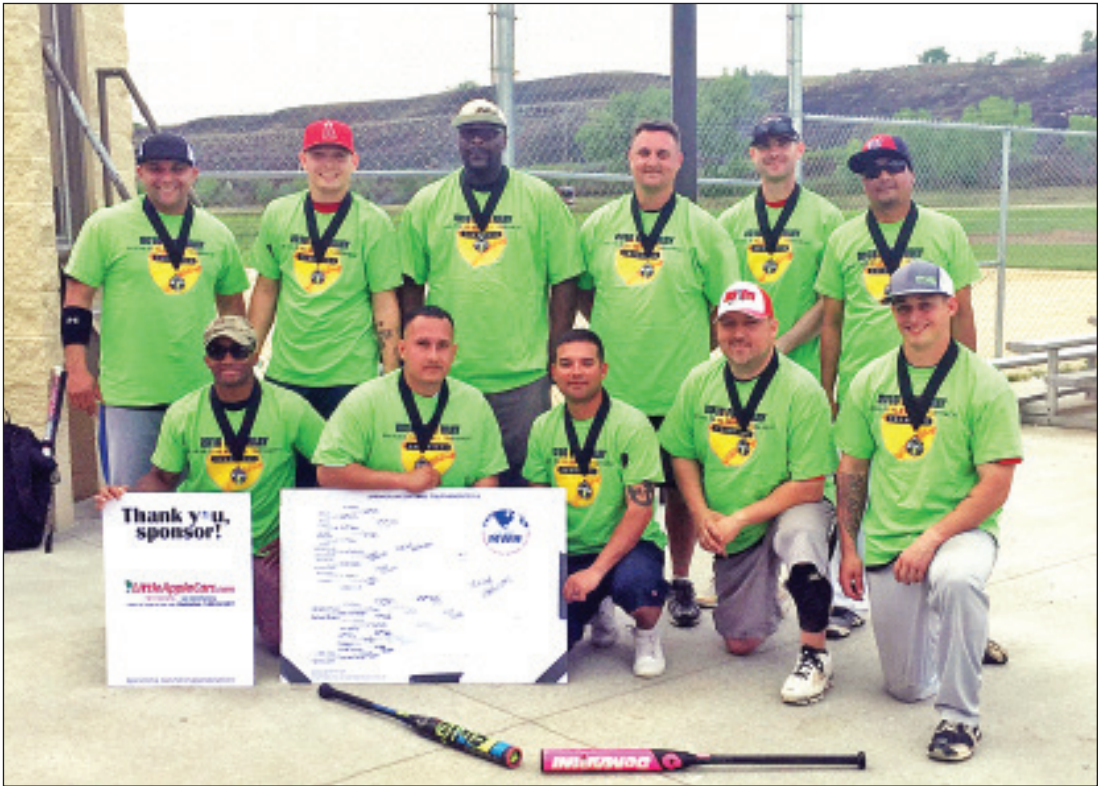
military, spouses, civilians and contractors.

"The tournament is special because it is the kickoff to softball season, which is very popular on Fort Riley," Satterlee said. "It is important to our Soldiers because it helps build unit morale and unit togetherness."

Hernandez said he is now focusing on his intramural team during the ongoing softball season on post. They practice every Monday in preparation for their games on Wednesday nights.

"It feels great every one of my guys were happy and had a great time playing in the Spring Fling," Hernandez said.

For more information about intramural sports, visit riley.armymwr.com and click on Facilities and Programs, or call 785-239-2813.



FISH Continued from page 15

most actively fished ponds include Cameron Springs, Moon Lake, Breakneck Lake and Funston Lake. To check in and out of training areas on the installation, visit fortriley.sportsman.net/.

"The difference between Moon Lake and Cameron Springs and the other lakes is on the others people need to check in and out on the iSportsman," Stratton said. "We encourage people that fish and Moon and Cameron Lakes to do that for record-keeping for us, but it is not a requirement."

For anglers who may not be familiar with the ponds and lakes at Fort Riley, the iSportsman website has an outdoor recreation map with all the lakes and the training areas listed for cross-reference

with the list of training areas closed for recreation on iSportsman. There is also a brochure listing what ponds and lakes are managed for a specific kind of fish.

"Some people like to fish for trout or catfish, but we have a lot of bass anglers too," Stratton said. "The brochure tells you if you are a bass fisherman, you can see what ponds we manage for bass."

In addition to state laws, anglers should stay attentive to Fort Riley specific rules and regulations. Stratton said these are posted at each pond, and could be different from pond to pond. For example, at Breakneck Lake they have a special bass initiative taking place so it is now a catch and release only lake for largemouth bass. This

initiative is taking place to increase the size and number of bass and improve the overall fishing experience on Fort Riley.

"We post a regulation board at each pond and it tells you specifically what the regulations for Fort Riley's ponds, which occasionally differs from the state," Stratton said. "We have to do the same thing as the state, but we can be more specific."

For more information, visit the conservation office or call 785-239-6211. Interested people can also visit the conservation office website at www.riley.army.mil/Recreation/Outdoor/Fishing/.

To find out more about fishing elsewhere off-post, see this edition's Travel and Recreation section on page 18.

SOFTBALL Continued from page 15

"I got here a little late and I saw all the runs and noticed we weren't catching any balls," Johnson said. "It was fun for me, though. Some people come out and play a little more serious, but for me it was fun."

The members of the quartermaster team are hoping to take the season by storm.

"Last year we had a team and we ended up getting third in the entire season and we wanted to get a team together to try to take first this year," Gonzalez said.

While members from the 526th Quartermaster team and other units are

focused on team success at the end of the year, other players are participating in the intramural league out of fun.

"It's just something extra to do and to be involved," Johnson said. "Otherwise, I go home and sit there all day, so I'm down for doing anything productive."

Community Life softball games are played every Monday and Wednesday starting at 6 p.m.

For more information go to riley.armymwr.com and click on Facilities and Programs, or call 785-239-2813.



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A RESOURCE PROVIDED BY HPRC

Caterpillar Facility Tour

By Ft Riley SFL-TAP



Tuesday, May 24th

0930-1100

Caterpillar Work Tools, Inc.

400 Work Tool Dr.

Wamego, KS

Company Introduction

Tour of Facility

Employment Opportunities:

Quality Control Technician

Welding

Accounting

Transportation Provided

Meet Outside Building 212 Custer Avenue at 0830

RSVP to MAJ Hans J. Lokodi at hans.j.lokodi.mil@mail.mil or 913-213-4287



WHAT'S LURING YOU OFF-POST?

FISHING OPPORTUNITIES ABOUND FOR THOSE VENTURING BEYOND FORT RILEY'S GATES

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

While Fort Riley has multiple fishing opportunities on post, many can venture off-post for a different fishing experience.

There are city lakes near Herington and Council Grove, and lakes in Pottawatomie and Geary Counties.

The Kansas Department of Wildlife, Parks and Tourism's website gives rules and regulations of fishing in Kansas. Fishermen 16 through 74 years of age must possess a valid Kansas fishing license.

To improve fishing opportunities where the demand for fish exceeds the supply, KDWPT created an urban fish stocking program. About 77 lakes in Kansas are stocked with 3/4- to 1 1/2-pound channel catfish, hybrid sunfish

and wipers as often as every two weeks from April through September, according to the website. The counties served by the program are Atchison, Butler, Douglas, Johnson, Leavenworth, Lyon, Ottawa, Pottawatomie, Reno, Riley, Saline, Sedgewick, Shawnee and Wyandotte.

The biggest lake in Kansas is about a 20-minute drive from Fort Riley — Milford Lake. Fishing season on Milford Lake runs from mid-April through November. One of the premiere fishing spots for bass and crappies, the KDWPT also stocks Milford Lake with blue catfish, wipers and walleye.

"One thing that makes Milford a good fishing spot is the variety of fish," said Mike Miller, chief of information, Kansas Wildlife, Parks and Tourism. "There are a lot of really nice fish there, but anglers are

having great success right now catching blue catfish up to 80 pounds. This is due to stocking that took place in the 90s and resource management that allowed them to become a self-sustaining population. Also the reservoir provided a good environment for them to thrive and the population has flourished."

Elsewhere, Tuttle Creek Lake, located in Manhattan, is the second largest lake in Kansas and is well-known for its summer fishing. The KDWP enhances crappies, catfish, saugeyes and white bass populations at Tuttle Creek Lake.

Willow Lake, located in River Pond State Park within Tuttle Creek Park, is stocked with rainbow trout — unusual for Kansas. A special trout stamp is required.

Additionally, a closer destination than the reservoirs is the Riverwalk trail

outside the Grant Access Control Point of Fort Riley. The trail winds along the Republican River and becomes the Old River Bluff trail at the Corps of Engineers Outlet Park and then connects to the Milford State Park trail system.

Through the KDWPT, fishermen can also find a list of public fishing areas including Fishing Impoundment and Stream Habitats areas. FISH areas are leased from private landowners and are typically open to the public from March 1 through October 21, but some of them are open year-round. The list can be found in the FISH atlas at ksoutdoors.com/KDWPT-Info/Locations/Hunting-Fishing-Atlas/Fishing-Atlas.

For other information about fishing in Kansas, visit ksoutdoors.com/Fishing.



ABOVE: Sgt. Kenneth St. John II, 5th Squadron, 4th Cavalry Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, and his son, Kenneth St. John III, fish Moon Lake April 23. For those not lured to off-post fishing, see the on-post fishing story on page 15. **BELOW:** The Council Grove Dam on the Neosho River is about 1.5 miles northwest of Council Grove. The lake is operated by the U.S. Army Corps of Engineers. Fishing opportunities are plentiful in the region surrounding Fort Riley, including the Milford Lake, the biggest lake in Kansas, which is about a 20-minute drive from Fort Riley.

