

THE **1**ST INFANTRY DIVISION POST

★ 1DivPost.com FRIDAY, JUNE 3, 2016 Vol. 8, No. 22 ★

Fort Riley, Kansas



Maj. Gen. Wayne W. Grigsby Jr., 1st Infantry Division and Fort Riley commanding general, left, and Command Sgt. Maj. Jonathan D. Stephens, 1st Infantry Division Artillery, right, salute the memorial wreath May 30 during the Memorial Day ceremony at Fort Riley. The wreath bears the inscription, "lest we forget."

Never Forget

Members of Fort Riley community honor fallen heroes during Memorial Day ceremony

Story and photo by Season Osterfeld
1ST INF. DIV. POST

Soldiers, families, friends and others traveled to Fort Riley May 30 to pay their respects and honor those who gave their lives for the United States of America during the Memorial Day ceremony at the Main Post Cemetery.

Seating filled quickly, but that did not deter countless others in attendance who perched themselves along the cemetery wall or sat beside the graves of loved ones. Many brought flowers, leaving them beside the graves of friends and relatives during the ceremony.

"Memorial Day is America's most solemn national holiday," said Maj. Gen. Wayne W. Grigsby Jr., 1st Infantry Division and Fort Riley commanding general.

Grigsby spoke during the ceremony, stressing the importance of remembering those who have fallen.

"It's the day that you use to remember everything about this country and the men and women who got us here."

MATTHEW EGAN | VISITOR FROM MONTANA

"They answered a call to arms during extraordinary times that required extraordinary measures that paid an extraordinary sacrifice to maintain our extraordinary way of life," Grigsby said. "Today we honor all who have given their life for our nation's freedom."

He also reminded those still here to move forward with their lives and make the most of the time and freedom given to them by that sacrifice.

"I believe it is my duty and the duty of all who mourn the fallen to continue on in their absence," Grigsby said. "Being men and

women of character and integrity. We cannot let the opportunities our lives present slip away. The only thing worse than a life lost is a life wasted."

Together with Command Sgt. Maj. Jonathan D. Stephens, 1st Infantry Division Artillery, Grigsby laid the wreath with the inscription, "lest we forget" upon it below the memorial monument in the cemetery.

Scott Percy, a former second lieutenant, who served from 1971 to 1978 in a field artillery unit, said he did not know anyone

See REMEMBER, page 7



Capt. Jonathan Camire | 1ST ABCT
Pfc. Joseph Pacheco, right, and 1st Sgt. Kevin Meade, left, both with the 1st Engineer Battalion, 1st Armored Brigade Combat Team, 1st Infantry Division, use an Army saber to ceremonially cut a cake during the battalion's birthday ceremony May 15. The ceremony marked the battalion's 170th birthday in which Pacheco, the youngest Soldier in attendance, represented the future of the battalion, and Meade, the oldest in attendance, represented the battalion's past.

'Diehard' Soldiers celebrate 170 years

By Staff Sgt. Warren W. Wright Jr.
1ST ABCT PUBLIC AFFAIRS

Soldiers from 1st Engineer Battalion, 1st Armored Brigade Combat Team, 1st Infantry Division, celebrated the "Diehard" battalion's 170th birthday during a cake cutting ceremony at the battalion's tactical operations center May 15.

The battalion was created in 1846 and its Soldiers have participated in almost every conflict from the Mexican-American War to Operation Spartan Shield.

"We're honoring our history, this unit, those passing before us, and we look to the bright future that we have," said Lt. Col. Scott Miller, the battalion's commander. "We are celebrating its storied history as the oldest and most decorated engineer battalion in this nation's Army."

During the ceremony, the oldest and youngest Soldiers at the event used a saber to cut the battalion's birthday cake. The oldest, 1st Sgt. Kevin Meade, the battalion's acting

See ENGINEER, page 8



Brig. Gen. John Kolasheski, former deputy commanding general for maneuver, 1st Infantry Division, knights retired 1st Sgt. Albert Curley, former Buffalo Soldier, as he is inducted into the Order of St. George May 23. The United States Armor Association established The Order of St. George in 1986 as a way to recognize the very best tankers and cavalrymen amongst its ranks for their outstanding performance.

Retired Buffalo Soldier knighted into Order of Saint George

Story and photo by Spc. Derrik Tribbey
1ST INF. DIV. PUBLIC AFFAIRS

Retired 1st Sgt. Albert Curley, a former Buffalo Soldier, was inducted into the Order of Saint George during a ceremony May 23 at 1st Infantry Division's headquarters at Fort Riley.

Curley, a Junction City resident, was selected for the honor based on his 28 years of service and time as a famed Buffalo Soldier.

"It's an honor and I appreciate being recognized," the 94-year-old veteran said about his induction.

Brig. Gen. John S. Kolasheski, the 1st Infantry Division's former deputy commanding general for maneuver, knighted Curley during the ceremony. He said the Order of Saint George was

the top award given to members of the Army's mounted force by the United States Armor Association of the United States Army to recognize outstanding performers in the cavalry and armor ranks.

Curley joined the Army in 1940 as a member of the 9th Cavalry Regiment at Fort Riley, one of the four regiments of the Buffalo Soldiers.

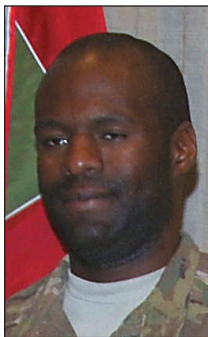
"We trained on horses," Curley said. "We left Fort Riley in World War II and fought the Germans in Italy. After the war

ended in Italy, they loaded us up and we went to Okinawa in the Pacific and fought the Japanese."

According to the U.S. Cavalry Museum, the formation of black regiments whose troops would be known as Buffalo Soldiers began with the Army Reorganization Bill of 1866. This bill activated two new regiments composed entirely of black enlisted troops with white officers. This was the

See BUFFALO SOLDIER, page 8

FORT RILEY VOLUNTEER SPOTLIGHT



Sgt. Norman Harrison, 300th Military Police Company, 97th MP Battalion, is a volunteer coach with Junction City Youth Wrestling Program in Junction City, Kansas. To learn more about volunteer opportunities, call Becky Willis, Army Volunteer Corps Program manager, at 785-239-4593.

ALSO IN THIS ISSUE



FORT RILEY SOLDIERS, FAMILY MEMBERS CELEBRATE USO FORT RILEY'S 6TH BIRTHDAY, SEE PAGE 11.

ALSO IN THIS ISSUE



SOLDIERS FROM THE 1ST INFANTRY DIVISION AND FORT RILEY VISIT KAUFFMAN STADIUM IN KANSAS CITY FOR ROYALS BASEBALL ARMED FORCES NIGHT, SEE PAGE 15.

‘Big Red One’ to honor 99th birthday with Victory Week

1ST INF. DIV. STAFF REPORTS

In celebration of the 99th birthday of the “Big Red One” and the 241st birthday of the Army, the 1st Infantry Division will host its annual Victory Week June 6 to 10. The public is invited to witness events of camaraderie and remembrance throughout the week.

The Victory Celebration on June 4 will function as a prelude to Victory Week. The 6 p.m. event will be at Rally Point Field on post and feature live music, including a performance by the 1st Inf. Div. Band, food, carnival games and fireworks. Victory Week officially begins with the Victory Run around Fort Riley’s Custer Hill at 6:30 a.m. June 6.

Members of the public are encouraged to attend Victory Week unit sporting events, which will begin on June 6 with basketball, bowling, softball, soccer, flag football, Danger’s Dash, skeet and trap shoot, arm wrestling, a biathlon, fishing and the Warrior Competition. Other sporting events include combatives, weightlifting, a tug of war, water polo and the Ten-Miler race.

The division will look to the future on June 6 with

the signing of the 100th Anniversary Committee Charter. The Big Red One will celebrate 100 years as the nation’s first division in 2017, and the signing will establish the 100th Anniversary committee and provide a framework from which the committee can plan events for the next three years. Also, that day, a D-Day Commemoration Ceremony will celebrate the 1st Inf. Div.’s role in World War II and honor those who died in the assault on Omaha Beach.

While Victory Week is a time for celebration, it is also a time to honor the sacrifices made by men and women who fell while serving with the division. Traditionally, the names of troops who died in the previous year while serving with the division are etched into stones that are unveiled in Victory Park. With no new stones to add this year, all those from the 1st Inf. Div. who have made the ultimate sacrifice will be remembered in a wreath-laying ceremony at 10:30 a.m. June 8 in Victory Park.

The 1st Inf. Div. and Fort Riley will honor all veterans of the Vietnam War with a welcome-home ceremony at 2:30 p.m. June 8. Vietnam veterans are

invited to attend and receive the well-earned welcome home and thank you they may not have received decades ago. Members of the public are encouraged to attend the ceremony on Marshall Army Airfield to extend their gratitude to these brave individuals. For more information, see www.riley.army.mil/vietnamveteranswelcome.

Victory Week will conclude June 10 with a Division Review and Victory Cup Ceremony, where the unit that earned the most points competing in qualifying sporting events throughout the week is named the winner.

Please note visitors to Fort Riley who do not have Department of Defense identification cards will need to obtain a Fort Riley access pass or badge at the Visitor Control Center, Building 885, located just outside the Henry Gate access control point. As wait times for passes can increase during periods of higher traffic, Fort Riley encourages visitors to apply for a temporary pass or badge early by stopping by the Visitor Control Center, calling 785-239-2982 or emailing usarmy.riley.imcom-central.mbx.des-vcc@mail.mil.

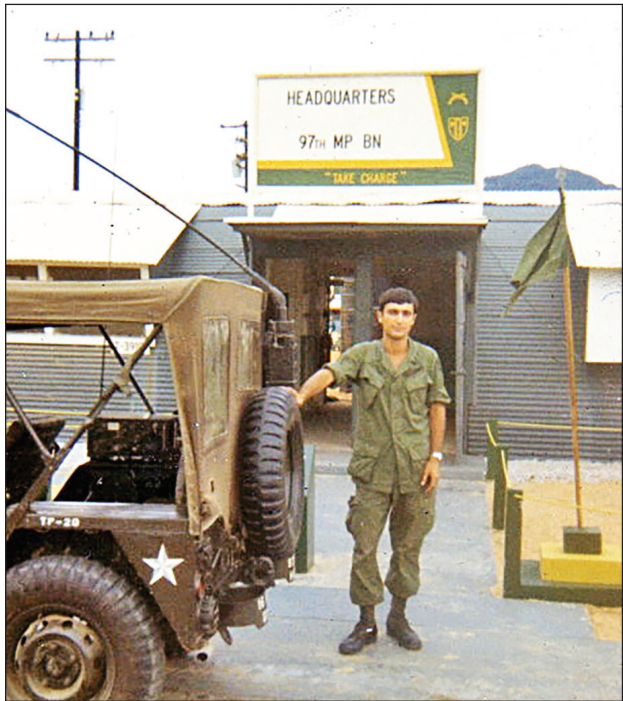
VICTORY WEEK 2016

5 THINGS YOU SHOULD KNOW

- **WHAT IS VICTORY WEEK?**
Victory Week is an annual celebration hosted by the 1st Infantry Division. It typically takes place the week of the division’s birthday (June 8) and the Army’s birthday (June 14).
- **WHERE IS VICTORY WEEK?**
Events take place across Fort Riley. Go to the division’s Facebook page to find out where to watch sporting and other events.
- **WHAT HAPPENS DURING VICTORY WEEK?**
Soldiers participate in athletic competitions with their units to win the Victory Cup. Events like soccer, flag football and the color guard competition earn units points toward the cup. While encouraging camaraderie and esprit de corps, Victory Week is also a time to remember those who died in service to the division during its proud history.
- **WHO CAN PARTICIPATE IN VICTORY WEEK?**
Victory Week is for Soldiers and Airmen stationed at Fort Riley. Families and friends are invited to support their favorite units by attending most of the events.
- **HOW LONG HAS THE COMMANDER’S CUP BEEN AWARDED?**
Since 2008, the battalion-sized unit that wins the most Victory Week events is awarded the Commander’s Cup. Last year, the cup went to the 1st Battalion, 16th Infantry Regiment.



– No Mission Too Difficult, No Sacrifice Too Great – Duty First!



97th Military Police Battalion remembers 50th anniversary of deployment to Vietnam

By **Spc. Scott McCroskey**
97TH MP BATTALION

June 1 marked the 50th Anniversary of the 97th Military Police Battalion’s deployment to Vietnam. The battalion was based at Cam Ranh Bay from June 1966 to April 1972, when it performed law and order operations, convoy escort and route security. At the time, the

97th MP Bn. was composed of the 178th MP Detachment, the 218th MP Company, the 630th MP Co., and the 981st MP Co. During the almost six years of service in Vietnam the battalion distinguished itself by successfully securing a 450-mile convoy route for supplies and logistics, the longest of the war, as well as for outstanding performance during the 1968 Tet Offensive and

Counter-Offensive. The Battalion was awarded both the Vietnam Cross for Gallantry with Palm Leaf, and the Meritorious Unit Commendation, for its service. Today, the battalion continues the traditions of excellence as the “Guardians” of the Big Red One and Fort Riley, providing law enforcement and combat military police support at home and abroad. Guardians Take Charge!

COURTESY PHOTOS

ABOVE: A Soldier from the 97th Military Police Battalion stands outside the Headquarters building during the Vietnam War era. **BELOW:** Soldiers of the 97th Military Police Battalion at Fort Riley stand outside the Battalion Headquarters on Apennines Road.



WWW.FACEBOOK.COM/FORTRILEY

Robert Flores: a ‘Big Red One’ Soldier

THEN



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

By Phyllis Fitzgerald
SPECIAL TO THE POST

Robert Flores grew up in Davenport, Iowa. He joined the National Guard in 1968 and later transitioned from that to active duty. His recruiter told him the only option for a duty station was Fort Riley, Kansas. But had to go to basic training at Fort Leonard Wood, Missouri, then Advanced Individual Training as a 31K combat signaler at Fort Gordon, Georgia.

In 1986, Flores became a “Big Red One” Soldier. He was assigned to Headquarters and Headquarters Battery, 3rd Battalion, 6th Field Artillery, 1st Infantry Division. The unit was deactivated during this assignment and Flores was transferred into Headquarters and Headquarters, Division Artillery, 1st Inf. Div.

Flores was at Fort Riley for only one year before being reassigned to Hawaii. He spent the next 12 years at various installations in the U.S. and Korea.

In 1999, Flores returned to Fort Riley for a second tour. When he returned to Fort Riley he was with the 24th Infantry Division which was inactivated in 2006. While a part of the 24th Inf. Div., Flores served as a battalion communications chief and brigade communications chief. He was also sent to Landstuhl Regional Medical in Germany for nine months to serve as the 24 Inf. Div. wounded in action liaison officer.

In 2006, 1st Infantry Division returned to Fort Riley after a decade in Wuerzburg, Germany.



& NOW

Flores was assigned to Headquarters and headquarters Company, 1st Armored Brigade Combat Team, 1st Inf. Div., the “Devil’s Brigade,” as the senior communications system instructor for transition teams. During this tour he was deployed to Southwest Asia three times, twice to Iraq and once to Kuwait.

In 2008, Flores retired from the Army as a sergeant first class after 22 years of service. He and his family decided to stay in Junction City, Kansas, as they liked the community, the school district and he especially liked the fishing at Milford Lake.

Flores says his best memories are the wonderful ceremonies such as changes of command that were held on the various parade fields at Fort Riley.

“Whether I was a member of one of the units in the parade or a spectator on the side, I really enjoyed them,” Flores said. “I also enjoyed volunteering

numerous hours to assist my units’ family support groups.”

Today, he works at the Mission Training Complex as a computer based instructor. He trains Soldiers on how to use programs for their jobs.

“I try to attend as many community events as possible,” Flores said. “I also enjoy going to plays and after school events that support the school and improve the morale of the students. I like the parades in Junction City, especially the 4th of July and Christmas parades. Sundown Salute is also an excellent event for families, which I attend every year with family and friends. I also attend the Biplane Show and the Run for the Wall event to honor Vietnam veterans. I attend all events held at Milford Lake such as at the local fishing tournaments and I like to stay at the Acorns Resort or state park cabins if they are available.”

Self-help school trains Soldiers to assist with mechanical tasks

By Hannah Kleopfer
1ST INF. DIV. POST

The self-help school of Fort Riley helps train Soldiers so they can become more self-sufficient to assist their unit with mechanical tasks to keep their buildings up to date on maintenance.

“Every unit on post has to have their personnel to take care of their buildings, so they come here and we teach them everything from how to turn in service orders, how to repair holes in the sheet rock, make screens,” said Russel Werth, self-help instructor for the Department of Public Works. “We go through a little bit of everything, plumbing, electrical, all the maintenance on their buildings.”

These classes are more for the Soldiers, and they go through a 40-hour course that lasts for one week. Civilians can also use the school, but they go through a two-hour course.

The 40-hour class is offered once a month, but Werth explained that more could be offered due to deployments.

“The main thing that is really important for us is that they are helping (DPW) out a ton by coming and taking care of some of the minor stuff within the buildings, and we can focus on outside bigger stuff like downed powerlines, water leaks and mains breaking,” Werth said.

Soldiers are required to handle maintenance in their buildings up to 10 feet above ground. Every company is required to have one non-commissioned officer and three

Soldiers trained with the self-help school.

Inside the school, Werth has set up hands-on training stations for Soldiers to practice fixing screens and patching up holes in sheet rock. He said he tries to keep his classes as interesting as possible.

“It’s a pretty good deal,” Werth said. “They learn not only stuff to take care of their buildings, but a lot of it they really like because they can put this towards their houses that they buy and take care of their own stuff at home.”

Werth, in addition to three Barton Community College instructors, teaches classes and anyone who takes the 40-hour course earns two college credits at no cost.

For more information, call 785-239-3757.

HAVE A STORY IDEA?

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

Hospitalization for mental health disorders lowest in 7 years

ARMED FORCES HEALTH SURVEILLANCE BRANCH

A new study shows the number of hospitalizations for active duty service members suffering from mental health disorders dropped to the lowest level in seven years. The report published in the April issue of the Medical Surveillance Monthly Report by the Defense Health Agency's Armed Forces Health Surveillance Branch says just more than 15,000 warfighters in 2015 were hospitalized for treatment of mental disorders. The analysis examined several health care burdens that quantify the impacts of various illnesses and injuries among the U.S. Armed Forces and beneficiaries of the Military Health System.



COURTESY PHOTO

A new study shows the number of hospitalizations for active duty service members suffering from mental health disorders dropped to the lowest level in seven years.

Since 2008, hospitalizations for mental disorders among service members increased by more than 50 percent. Since 2013, those numbers have been decreasing. The reason for this downturn could be attributed to several factors that include a decline in the impact of combat and peacekeeping operations since the withdrawal of U.S. forces from Iraq and the steady decline in the size of the forces and combat engagement in Afghanistan. In addition, the Department of Defense has developed a myriad of mental health programs to break the stigma associated with the diseases and encourage service members to seek treatment. In addition, the DOD has hired more mental health professionals to provide treatment to service members to remove barriers and enhance access to mental health care that may forestall the need to hospitalize many service members because of early intervention.

Four major diagnostic categories — including mental disorders — accounted for just under 70

percent of all illness- and injury-related ambulatory visits among active component service members in 2015. Ambulatory visits for mental disorders ranked second at 18 percent followed by musculoskeletal/connective tissue disorders at nearly 31 percent. In 2015, active component service members had nearly 1.88 million ambulatory visits for mental disorders, a number remaining since 2011.

Mental disorders ranked fifth for the most frequent diagnoses during ambulatory visits for male and female service members. The top conditions for males were for adjustment reaction, 395,065 visits; anxiety, 158,678; alcohol dependence syndrome, 148,762; episodic mood disorders, 110,987 and nondependent abuse of drugs, 78,369.

For females, the top conditions were adjustment reaction, 133,117 visits; anxiety, 59,973; episodic mood disorder, 52,292; depressive disorder not elsewhere classified, 32,110 and alcohol dependence syndrome, 18,481.

TUESDAY TRIVIA CONTEST



The question for the week of June 3 was: “Which June 4 event functions as a prelude to Victory Week / #VictoryWeek2016? ”

Answer: go to www.riley.army.mil/About-Us/Calendar/ModuleID/634/ItemID/359/mctl/EventDetails/

This week’s winner is Nikki Garnett, wife of Sgt. Mike Garnett, Troop D, 1st Battalion, 4th Cavalry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division. Nikki is pictured with Jacob Garnett.

CONGRATULATIONS, NIKKI!

Transferring prime enrollment is just a phone call away

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Now, whether stateside or overseas, one phone call can transfer enrollment to a new location. Orders are not needed, and there are no waiting lists or forms to complete. Upon arrival at a new duty station, customers can call their contractor.

Moving Made Easy makes sure beneficiaries with special medical needs and complex medical conditions are identified as soon as possible to ensure a smooth transition and continuing care.

If a family uses the Extended Health Care Option Program, their

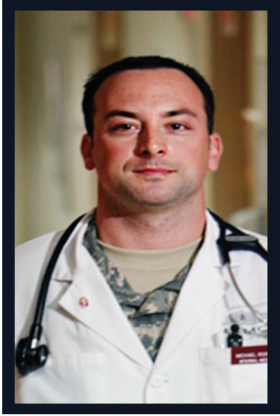
current contractor will notify the new contractor of all civilian care, establish a new case manager or point of contact and coordinate all transfer requests. The current contractor will also provide ECHO eligibility and get clinical information from the customer’s providers. They will also share your Exceptional Family Member Program enrollment, cap amounts paid and current authorizations.

Upon arrival at the new duty station, the new contractor should have all of the customer’s information. If the sponsor or family member needs care within 30 days of arriving at the new location, the former contractor will work with the local military hospital

for care, including arranging network care if required.

If care is needed while traveling, customers use urgent care without an authorization. The Urgent Care Pilot program allows Prime beneficiaries two visits to a network or TRICARE-authorized provider. An authorized provider is any individual, institution/organization, or supplier that is licensed by a state, accredited by national organization, or meets other standards of the medical community, and is certified to provide benefits under TRICARE. There are two types of TRICARE-authorized providers: Network and Non-Network. For a list of all eligible providers, visit TRICARE.mil.

Irwin Army Community Hospital



PROVIDER



NO-SHOW PATIENT



WOULD BE PATIENT



WOULD BE PATIENT



WOULD BE PATIENT

Missed appointments are missed opportunities for others.

Long Journey Ahead?

Head-on collisions are more likely on two-lane roads.

Stay Vigilant!

Ensure your safety and the safety of others while driving on a long distance trip.

RILEY ROUNDTABLE

What does Memorial Day mean to you?



"For me, it's a time to reflect and look back on the brave Soldiers all the way back to World War I and the Civil War, and the sacrifices they made that an enable us to grow as a country."

SPC. RYAN HERNANDEZ
CULVER CITY, CALIFORNIA

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



"Memorial Day is a time to look back and honor those who have fallen to give us our freedoms."

SARAH MOFFETT
STOCKTON, MISSOURI

Wife of Spc. Jeremiah Moffett, 1st Battalion, 7th Field Artillery Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division



"It's to remember sacrifices by the fallen and those who have previously served."

STAFF SGT. MIGUEL CARDOZA
SILVER CITY, NEW MEXICO

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



"It means a lot to me. It's a time to remember the Soldiers as well as their families."

SPC. JAMIE FARR
KOROR, PALAU

601st Aviation Support Battalion, 1st Combat Aviation Brigade, 1st Infantry Division



"It's for paying respect to fallen Soldiers."

PFC. ALEX SMITH
SIOUX FALLS, SOUTH DAKOTA

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

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 an e-mail usarmy.riley.imcom.mbx.post-newspaper@mail.mil

SAFETY CORNER

Safety must be a priority when playing sports

By Rod Cruz

GARRISON SAFETY OFFICE

As warmer weather approaches the opportunities to engage in sports and sports related activity increases. Baseball, football, basketball, soccer and swimming are some of the most popular sports during the spring and summer months. While enjoying sports activities builds the positive values of teamwork, body conditioning and fun, there are also opportunities for soft tissue injuries from sprain and broken bones to overuse, especially in younger athletes. You should be informed and prepared to get the optimal enjoyment out of your sports activities by knowing and understanding the risks.

According to the U.S. Consumer Product Safety Commission, more than 3.5 million sport-related injuries for children less than 15 years of age, are treated in hospitals and physician's offices each year. This accounts for more than one-quarter of all emergency department injuries for children. As a result sports injuries have been shown to cause an estimated health care cost — indirect and direct — of 1.3 billion dollars.

Ask Kobe Bryant, LeBron James, Michael Jordan or Stephen Curry what their most valuable asset is in their National Basketball Association game and their overwhelming answer will be conditioning of their body! Before an NBA player hit the courts, they spend countless hours in the gym conditioning and strengthening their body. Professional athletes, as well as amateurs who enjoy an

DID YOU KNOW?

It is estimated up to 50 percent of injuries seen in pediatric sports medicine are related to overuse. For 2001 through 2009, it is estimated there were more than 1.7 million emergency room visits among children 14 and under for injuries related to sports of recreation. Six percent of these were traumatic brain injuries

occasional afternoon of recreational sports, cannot overlook the need for preparation and training to reduce accident risks. Knowing your own capabilities, as well as proper stretching, hydration and training techniques can prevent serious injury.

You don't have to be a professional athlete to prevent common injuries that can occur during recreational activities. Here are a few helpful tips to help athletes of all ages have a safe, healthy and injury-free summer of recreational sports:

- Get a physical: Make sure you are healthy before you start playing your sport.
- Warm Up: Don't rush into any sport or exercise without warming up first — muscles that haven't been properly prepared tend to be injured more easily.
- Drink Up: Stay hydrated by drinking plenty of water before, during, and after working out or playing the game.
- Feel the burn, not the pain: Pain may indicate there is an injury that could be made worse by continuing to play.

- Cool down: Ending a training session with a cool-down period reduces the risk of muscle cramps, soreness, stiffness, fainting, and dizziness.
- Protect your skin: Sunlight contains harmful ultra violet rays that can cause sunburn and lead to skin cancer. Limit exposure to direct sunlight, and wear sunscreen with a sun-protection factor. The American Academy of Dermatology states, "Whichever SPF you choose, wearing sunscreen should not provide a false sense of security about protection from UVB exposure. No sunscreen can provide 100 percent UVB protection. Using a higher SPF provides greater UVB protection than a lower SPF, but it does not mean you should stay out in the sun longer."
- Watch out for the dangerous "Too's": Too tired, too thirsty, too much sun, too much strenuous activity.
- Use the right equipment: Always wear appropriate gear for your sport, such as the right shoes, helmets, pads, guard, protective eyewear, etc.

If you have already hurt yourself playing a sport, make sure you recover completely before you start up again. If possible, protect the injured part of your body with padding, a brace or special equipment. When you do start playing again, start slowly. Buddy up with a friend, who can monitor your activity and provide advice when you are starting to lag or look fatigued. For more information on staying safe during the spring or summer, contact the USAG, Safety Office 785-240-0647.

Notice of availability: Fort Riley drinking water consumer confidence report

FORT RILEY DIRECTORATE OF PUBLIC WORKS

The Environmental Division, Directorate of Public Works posted the annual Consumer Confidence Report on the internet. Fort Riley, like other public water suppliers, is required to provide this information based on Safe Drinking Water Act requirements. The CCR provides information on the type and name of the water source; information on contaminants including a mandatory monitoring list; information on detected regulated and/or unregulated contaminants; any violations associated with monitoring and

reporting and additional health information for immunocompromised individuals. Information about CCRs can be obtained from the Environmental Protection Agency's Safe Drinking Water Hotline 1-800-426-4791. Copies also can be obtained by contacting the Water Quality Protection Regulations Manager at 785-239-8491. The direct link is: riley.army.mil/Portals/0/Docs/Services/RileyServices/Environmental/2016%20CCR.pdf.

A link to the CCR is also posted on Fort Riley Environmental Division Facebook page: [facebook.com/FortRileyEnvironmentalOffice](https://www.facebook.com/FortRileyEnvironmentalOffice).

TRAFFIC REPORT

TEMPORARY PARKING LOT CLOSURE FOR VICTORY WEEK

Patrons using offices on the Main Post should be advised the parking lot in front of buildings 219 and 221 will be coned off and unavailable from 8 p.m. June 8 to 1 p.m., June 10, to accommodate Victory Week festivities.

This directive concerns the large parking lot bounded by Cavalry Parade Field and Custer Ave.

CUSTER HILL CLOSURE TIME EXTENDED FOR VICTORY RUN

Custer Hill will have extended closure times on Monday, June 6, in support of the Victory Run. It will be closed from 6:15 a.m. to approximately 8:15 a.m.

The hill will open as soon as it is safe for traffic.

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 can offer guidance. There are detour and guidance signs posted, including detour routes along tank trail purple and through the Colyer-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 mid-October, 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.

The next USAG Resilience Day Off is

JUNE
10

SAFETY HOLIDAY



As of Wednesday, June 1, 94 days have passed since the last vehicular fatality at Fort Riley. Seventeen more and the post will celebrate with a safety holiday to take place at each unit's discretion.

IMCOM VOLUNTARY PLACEMENT PROGRAM **ACCEPTING APPLICATIONS**

JOBS POSTED EVERY TUESDAY ON ARMY KNOWLEDGE ONLINE (AKO)



Get smart when it comes to motorcycles

CID PUBLIC AFFAIRS

Quantico, Va., — May 24 is the first anniversary of a biker shoot-out that made national headlines and killed nine at a restaurant in Waco, Texas. The U.S. Army Criminal Investigation Command encourages Soldiers and family members to educate themselves on motorcycle culture and clubs — especially if they are contemplating becoming a member.

According to the U.S. Army Combat Readiness Center’s “Motorcycle Safety Guide,” more than 33,000 motorcycles are currently registered on Army installations. The popularity of the low-cost mode of transportation heightens the need for motorcycle owners and their families to be aware, both on and off the road, of the motorcycle culture that brings riders together.

Riders often come together in a “club-type atmosphere” where they want to socialize, support each other and ride together. These clubs have their own patches, rules and protocol and can become an extension of one’s family. It is said 99 percent of those who ride and belong to motorcycle clubs are law-abiding enthusiasts.

The other one percent of riders, however, makes up the lawless subculture made popular by television shows such as the “Sons of Anarchy.” That one percent, called Outlaw Motorcycle Gangs, or OMGs, may be using motorcycle events or functions as a criminal enterprise and as an opportunity to recruit law-abiding members of the military.

Soldiers and their families, especially those who ride, need to be aware of the OMGs in their area.

“Many service members, civilian employees and family members attend functions that are designed for motorcycle riders and the brotherhood of the biker subculture,” said Joe Ethridge, chief of CID’s Criminal Intelligence Division.

“Outlaw Motorcycle Gang members will attend these functions as well. It is well documented that OMGs and support clubs recruit military members into their ranks,” Ethridge added.

To understand if motorcycle enthusiasts are OMG members, Soldiers, civilian employees and family members should do their research and be aware of the patches and logos they wear.

“An OMG member, while wearing his garb, can be easily identified to the trained eye,” Ethridge said.

The most recognizable symbol of OMGs are a “1%” diamond patch, or ring that is worn. Often, OMG members have this tattoo as well. OMG members also identify by wearing vests or “cuts,” other OMG-related tattoos, white supremacist or Nazi symbols, and other symbols that are specific to their gang.

Additionally, Ethridge said, OMG members will sell supporter t-shirts and other paraphernalia to help support criminal legal defense funds when a member is in need.

“The best thing service members and their families can do is watch and read the news and be aware of OMG actions in their area,” Ethridge said.

He stressed that Soldiers should not consider membership or acquaint themselves with OMG members.

In fact, as stated in Department of Defense Instruction 1325.06, “military personnel must reject active participation in criminal gangs and other organizations that advocate supremacist, extremist, or criminal gang doctrine, ideology, or causes.”

Further, Army Regulation 600-20 states that commanders may prohibit military personnel from engaging in or participating in any activities the commander determines will adversely affect good order and discipline or morale within the command. Commanders have the authority to use the Uniform Code of Military Justice action, involuntary separation, reclassification actions, bar reenlistment actions and other administrative or disciplinary actions, if necessary.

In a case of apparent Soldier involvement with or in gangs or extremist organizations or activities, whether or not they violate the prohibitions in AR 600-20, commanders must take positive actions to educate Soldiers, putting them on notice of the potential adverse effects.

“To avoid potential adverse effects, Soldiers looking for a club to join should consider one of the Army’s Motorcycle Mentorship clubs, which brings together Soldiers across the country,” Ethridge said.

The Army’s Motorcycle Mentorship Program was

established in 2005 to create installation-level motorcycle clubs for less-experienced and seasoned riders. For more information, or to find a club, visit the U.S. Army Combat Readiness Center’s at safety.army.mil.

Service members can find OMG and other gang-related information from the National Gang Center website www.nationalgangcenter.gov. The news articles section, Gang-Related-News, allows users to search by state.

Soldiers, civilian employees and family member should also consider the following recommendations:

- Do not associate with the OMG clubs or support clubs.
- It is against Department of Defense and Army Regulations to associate with a known criminal gang or club.
- Do not become an unwitting supporter by purchasing shirts or other gear.
- Do not frequent establishments that support OMG clubs or members.
- Do not participate in OMG sanctioned functions such as poker runs, rallies or cook-offs and related activities.
- Educate yourself, your troops, friends and family.
- Briefings on OMGs, street gangs and extremist can be provided upon request. To find the CID office nearest you, visit www.cid.army.mil.

Safety day set for June 17

By Maria Childs
1ST INF. DIV. POST

The Garrison Safety Office in partnership with all the directorates across the installation will host a Garrison Safety Day from 8 a.m. to 3 p.m. June 17 at Riley’s Conference Center.

About 19 organizations will have booths with educational opportunities for the people of the Fort Riley community.

“It’s just to emphasize safety for the workforce prior to going into the 104 days of summer, which starts on May 26 and runs to Sept. 4,” said Rick Hearron, installation safety manager, GSO. “We’re kind of hitting it in the middle to emphasis the safety campaign.”

Although the event is geared toward the civilian workforce, the event is open to the public. Hearron said this event educates people in the Fort Riley

community about activities that typically cause more accidents during the summer months. There will be grease fire demonstrations, hazards of alcohol and emergency preparedness information.

“We have a really good program, and we just want to keep it going,” Hearron said. “We emphasize both on and off duty activities that we generally see an uptake in injuries during the summer period.”

This event is mandatory for garrison employees. Typically, the safety day includes all units across the 1st Infantry Division, but because of the mission readiness of the Soldiers the schedules did not line up for this year’s event.

For more information on summer safety, call 785-239-2514 or visit www.riley.army.mil/Units/Garrison-Command/Safety/.



REMEMBER

Continued from page 1

at the ceremony, but came to pay his respects to his fallen brothers.

“It just means a time when we have to stop our daily routine and remember those who fought for us to give us what we have here,” Percy said.

For Paulette Gozman, the ceremony held an important place in her life. She sat with her family beside her father’s grave, Command Sgt. Maj. Steve Garman Jr. Gozman said she has been attending the Memorial Day ceremony since she was 3 years old. First with her parents, then with just her mother and now with her children.

“Memorial Day is to honor the people past and present who served our country. Now that my mom and dad have passed, we’re still here,” Gozman said.

Those in attendance traveled from nearby cities and across the nation to honor the fallen at the ceremony.

Matthew Egan traveled from Montana to attend the Memorial Day ceremony. His son is currently deployed from Fort Riley, but Egan came anyway, determined to pay his respects. Egan said Memorial Day has always been an important part of being an American to him and he has taken the time in the past to help restore a memorial monument in Helena, Montana.

“It’s the day that you use to remember everything about this country and the men and women who got us here,” Egan said.

The ceremony concluded with respects paid to the flag as cannons fired, followed by the 1st Infantry Division Band playing Amazing Grace. Afterward,



Season Osterfeld | POST

Maj. Gen. Wayne W. Grigsby Jr., 1st Infantry Division and Fort Riley commanding general, speaks to those honoring fallen heroes May 30 at the Memorial Day ceremony at Fort Riley. Grigsby emphasized remembering those who gave their lives, but also reminding everyone to make the most of the opportunities given to them because of that sacrifice.

many lingered, taking the time to talk with others and view the headstones of the Soldiers buried there and reading the inscriptions on the monuments and plaques.

“In my mind, Memorial Day actually serves two purposes,” Grigsby said.

“One: To pause and honor those who paid the ultimate sacrifice for freedom’s sake, for what we enjoy today, and two: it’s a moment to really unify our nation each year. It brings us together because as a nation we come together on one accord, for a singular and righteous purpose.”

IN REMEMBRANCE OF THE FALLEN



Photos by Master Sgt. Mike Lavigne | 1ST INF. DIV.

ABOVE: Command Sgt. Maj. Joseph C. Cornelison, the 1st Infantry Division’s senior noncommissioned officer, places a wreath in front of the Navarro County War Memorial in Corsicana, Texas, May 30. Cornelison represented the 1st Inf. Div. during a ceremony honoring Sgt. Candelario Garcia Jr., a Vietnam-era Medal of Honor recipient, where the community unveiled a bronze statue of Garcia. Garcia was a “Big Red One” Soldier assigned to the 1st Bn., 2nd Inf. Regt. also known as the “Black Scarves,” at the time of his heroism. **BELOW:** Leslie Cotton, a U.S. Army veteran, unveils a bronze statue of Sgt. Candelario Garcia Jr., a Medal of Honor recipient and native of Corsicana, Texas, during a Memorial Day ceremony in front of the Navarro County Courthouse in Corsicana May 30. Garcia, a Vietnam veteran, originally received the Distinguished Service Cross for his heroic actions near Lai Khê, Vietnam, in December 1968, but the award was upgraded to the nation’s highest in 2014 as a result of the defense authorization act which reviewed medals for heroism that were denied due to racial and religious prejudice. Garcia was a “Big Red One” Soldier assigned to the 1st Bn., 2nd Inf. Regt., also known as the “Black Scarves,” at the time of his heroism.



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FORTRILEY

ENGINEER

Continued from page 1

senior noncommissioned officer, represented the Soldiers of the past while the youngest represented the Soldiers of the future.

Pfc. Joseph Pacheco, a native of Port St. Lucie, Florida, and the youngest Soldier in attendance, has been in the Army for eight months.

Being able to cut the cake in front of his peers made him feel like he was a part of the team, Pacheco said.

For the Soldiers of the 1st Eng. Bn., remembering their history is an important aspect of being a part of the unit.

“Being the oldest and most decorated engineer battalion in the history of the Army is something to celebrate and I think we need to enjoy that with the rest of the Soldiers in the battalion,” Meade said. “It’s a long history of dedicated men and women that have fought for this country and have put their lives on the line.”

During the ceremony, Miller recognized the Soldiers the battalion has lost in past conflicts.

“We also take this time to honor our fallen,” he told the attendees. “They paid the ultimate sacrifice for this unit. We are here because of them.”

Miller reminded his Soldiers they were the ones to carry the battalion forward.

“We also look to the future and to the legacy that we will build,” Miller said.



Capt. Jonathan Camire, IABCT

Soldiers with the 1st Engineer Battalion, 1st Armored Brigade Combat Team, 1st Infantry Division, enjoy a piece of cake during the battalion's birthday celebration May 15. The battalion celebrated its 170th year and has been involved in nearly every major conflict from the Mexican-American War to Operation Spartan Shield.

“I am surrounded by men and women with such talent, unlimited potential and drive to serve our country.”

Meade said the battalion could credit its long existence and success in its ability to adapt to the changing times.

“One of the biggest accomplishments is the ability to move forward, to change with the way the Army has changed from the time that it has formed until now,” he said.

The personnel and the training have superseded so much and jumped light years ahead of its time, Meade added.

The celebration took place in the middle of Operation Danger Focus, a month-long exercise designed to prepare the battalion and the rest of the 1st ABCT for its upcoming rotation to the National Training Center at Fort Irwin, California.

“I think it’s a huge morale booster,” Meade said. “We have been going nonstop for nearly three weeks now and we have another couple of weeks to go. It’s not going to slow down. This is just a small piece that allows the Soldiers to know that it is important to remember your lineage.”

BUFFALO SOLDIER

Continued from page 1

first time blacks were allowed to enlist in the regular Army.

The Buffalo Soldiers received their nickname from Native Americans because of how tough they were, just like the buffaloes, Kolasheski said. The Buffalo Soldiers protected Americans on the plains and across the Southwest in the late 1800s and continued to serve the United States until the desegregation of the armed forces in the 1950s, according to information from the museum.

Curley’s son, Albert Curley II, a retired senior foreign service officer with the Department of State, wrote a letter to the Order of Saint George to nominate his father for the honor. He said he did not want his father’s story to go untold.

“My father is a very proud man,” Curley II said. “Under the circumstances for him to leave school, join the Army, become one of the first black combat troops to serve overseas, be wounded and continue on to place country over all, I am extraordinarily proud of him. When I was brought up, being better than the best was instilled in us, because my parents always wanted better for us.”

Curley’s wife, Consuelo Curley, was a great inspiration to him as well. Her father and grandfather were also Buffalo Soldiers. Curley and Consuelo met in Junction City when he enlisted in 1940 and they have been married for 75 years.

Retired Command Sgt. Maj. Curtis Shanklin, chief



Spc. Derrik Tribbey | 1ST INF. DIV.

Maj. Gen. Wayne Grigsby Jr., 1st Infantry Division and Fort Riley commanding general, presents a coin to retired 1st Sgt. Albert Curley, former Buffalo Soldier, as he is inducted into the Order of St. George May 23 at Fort Riley, Kansas. Curley completed tours in Germany, Italy, Japan, Korea, and Vietnam.

of training with 1st Inf. Div., has known Curley since he arrived at Fort Riley in 2001 and checks on him daily.

“Curley is an awesome person,” Shanklin said. “He is remarkable — it’s what he stands for. He is willing to sit down and share his experience and his knowledge. With all of his contributions to the service, I am sure all branches, if they had the opportunity, would award him their medallion.”

Shanklin said he was interested in the history of the Buffalo Soldiers and seized the opportunity to speak with the acclaimed Soldier when he came to Fort Riley.

“As a ‘Big Red One’ Soldier and future 50th chief of armor, it is an honor and a privilege to be able to bestow the order of Saint George to such a fine cavalry trooper and former Buffalo Soldier,” Kolasheski said about the veteran mentor.

Curley spoke with Big Red One Soldiers during his visit to Fort Riley and he continues to share his experience as a Buffalo Soldier in hopes others will seize opportunities to better themselves.

“Stick with it,” Curley said to every Soldier who shook his hand.

SOLDIER, NCO OF THE QUARTER



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

ABOVE: Staff Sgt. Kelly Greenidge, 1st Infantry Division Artillery, 1st Inf. Div., fires at targets during a stress shoot event May 24 at Fort Riley. The event is one of many that soldiers assigned to units across Fort Riley were competing in for the title of 2016 Fort Riley and 1st Inf. Div. Soldier and noncommissioned officer of the year. BELOW: Staff Sgt. Bryan Teneyck, 287th Military Police Company, 97th Military police Battalion, applies a tourniquet to a simulated casualty during a medical evaluation station May 24 at Fort Riley. The station is one of many that Soldiers from units across Fort Riley were competing in for 2016 Fort Riley and 1st Infantry Division Soldier and noncommissioned officer of the year.



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IN BRIEF

TRAFFIC UPDATES

For traffic updates, see the Traffic Report on page 5 or visit www.riley.army.mil and click on "Advisories."

INSTALLATION SAFETY FAIR/SAFETY STAND-DOWN DAY

Garrison staff will hold the event at Riley's Conference Center June 17 from 8:30 a.m. to 3 p.m. It will include several activities including a demonstration of kitchen fire awareness, fire extinguisher and the Danger of Power Take Off mannequin demonstration and others. See page 6 for more information.

SOLDIER FOR LIFE TRANSITION ASSISTANCE PROGRAM EVENTS

June 4, Bee Fun Day, 8 a.m. to 5 p.m., Douglas County Fairgrounds, 2110 Harper, Lawrence, Kansas, Cost \$40 www.nekba.org.

June 6-17, 8 a.m. to 5 p.m., 80-Hour Hazardous Waste Worker Training Program, 8388 Armistead Road. Contact Terri Mebane at Barton Community College, 785-240-5379, or mebanet@bartonccc.edu.

June 7-8, 10-hour Occupational Safety and Health Administration course. This is an industry-recognized course to be held 8:30 a.m. to 4 p.m., in room 12 of the Fort Riley garrison headquarters building, 500 Huebner Road, Fort Riley.

June 8, 11 a.m. to noon, Basic Bee-Keeping Class, at trailer 609C, behind Irvin Army Community Hospital, Fort Riley.

June 9, 2 to 4 p.m., Aetna Virtual Career Fair. Register online at veteranrecruiting.com/.

June 10, Trucking Industry Day, Joplin MO, Job Fair, Entrepreneur class, Joplin, Missouri. An all-day event is planned for approximately 6 a.m. to 9 p.m. For more information, or to RSVP, contact Sgt. 1st Class Jason Snell at 785-239-0245 or jason.o.snell.mil@mail.mil.

June 10, 8:30 a.m., Agricultural Orientation Day, Farm Equip Manufacturer Landoll, Caterpillar. Event takes place at Soldier and Family Assistance Center, 674 Warrior Road, Fort Riley.

THREAT AWARENESS AND REPORTING PROGRAM TRAINING

Threat Awareness and Reporting Program training is available for Soldiers, Department of the Army civilians and contractors. For information or to schedule training call 785-240-3097.

CENTRAL ISSUE FACILITY CLOSING FOR INVENTORY

The Central Issue Facility is closing at noon, June 10 for an inventory. It will reopen 7:30 a.m., June 15.

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.

DEPARTMENT OF THE ARMY RESIDENT SATISFACTION SURVEY

The survey was sent to all Soldiers residing on post May 5 and will run through June 6. Fort Riley is looking to have the largest survey completion in the Army. The information from these surveys will help gauge the satisfaction of projects and identify areas of improvement. Residents who complete the survey have an opportunity to win a \$250 weekly prize and a grand prize of \$1,500.

2016 LAW ENFORCEMENT TORCH RUN

Soldiers from the 97th MP and staff with the Directorate of Emergency Services will participate in the torch run to support the Kansas Special Olympics on June 2. On post the run will take place from Ogden Gate along Huebner Road to Grant Gate from noon to 1:30 p.m. At the end of the run there will be a ceremony and presentation of the donation check.

Fort Riley community receives update on hospital

Hospital commander tells breakfast audience new facility will open in 2016

By Maria Childs
1ST INF. DIV. POST

The Fort Riley community convened at the monthly breakfast hosted by members of the Military Affairs Council from the Junction City Chamber of Commerce May 26; this time, with an announcement that the new Fort Riley hospital will open its doors in 2016.

The guest speaker for the event was Col. Risa Ware, commander of the Irwin Army Community Hospital. She spoke about medical readiness, improving pa-

"I will tell you I am 100 percent certain — you've never heard me use that much certainty before — that it is going to open in 2016."

COL. RISA WARE
COMMANDER, IRWIN ARMY COMMUNITY HOSPITAL

tient access to care, tobacco free living, performance triad and the new hospital.

"If you're here hoping I'll tell you when it will open, you're not going to get that answer," Ware said at the beginning of her speech.

She said the hospital has made many strides to provide better care for Soldiers and family members of

Fort Riley. While providing that care, the Soldiers who work at the hospital must remain mission ready.

"Readiness for our Soldiers is important and it is our number one priority," Ware said. "Part of that priority is making sure I have medical professionals who are ready to go to war and take care of our Soldiers downrange.

How do they get ready? By taking care of patients. We want to keep embracing our family members because they keep us trained."

Ware said the hospital staff has worked hard to improved access to care in the last two years. This can be seen in many ways including rolling out a secure messaging service to communicate with patients via email and providing evening appointment times.

Another way the staff is giving better care is by providing an extended care clinic for enrolled beneficiaries for primary care.

"It has really taken some of the burden off the local emergency

See UPDATE, page 12



Volunteers of the USO Fort Riley hosted a No Dough Dinner at Fire Station 5 on Trooper Drive May 25 in honor of the organization's 6th birthday. The organization and its volunteers host these dinners regularly.

BIRTHDAY DISHES!

USO Fort Riley celebrates 6 years of success with No Dough Dinner

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

More than 500 people stood in line outside Fire station 5 on Trooper Drive May 25. They were waiting to celebrate USO Fort Riley's birthday with a traditional No Dough Dinner — hamburgers and hotdogs.

"This event marked six years since our Fort Riley volunteer organization began lifting the spirits and connecting our service members to family, home and country," said Jill Iwen, director of USO Fort Riley.

The organization and its volunteers host these dinners regularly. The event began as a way to feed military families on the week between pay periods. This dinner was special to USO Fort Riley



USO Fort Riley and its volunteers capped off a No Dough Dinner May 25 with a birthday dessert. At least 500 people attended the event at Fire Station No. 5 to mark the organization's birthday celebration.

See BIRTHDAY, page 12

Social caters to incoming, outgoing families

Wednesday evenings at hotel on post offer free meals, meet and greets

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

A permanent change of station can be a trying time for families as they search for new homes, new schools and new jobs. But staff across Fort Riley are here to ease the stress and anxiety of changing locations.

Every Wednesday evening, families staying at the InterContinental Hotels Group, Candlewood Suites of Fort Riley can treat themselves to a free meal and meet with staff of Army Community Service and other on-post agencies.

"The manager of the hotel and I got together when I first started working in this position a year ago," said Bryan Bartlett, relocation program



Lily, 7, and her dad Maj. Nick Falsetto, 1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, enjoy the free meal at the weekly social May 25 at the InterContinental Hotels Group, Candlewood Suites. Every Wednesday incoming and outgoing families can enjoy a free meal and get information from staff of the agencies across Fort Riley.

manager, ACS. "He talked about how the hotel chain does the free meal, and as we're talking I realize from my time

working in the garrison here, spouses do not get the information. This would be a perfect way to offer them

"We've enjoyed getting to come down here to eat every Wednesday. It's nice they have people here to help you, and you get a lot of information."

ROSIE MOODY
MILITARY SPOUSE

a free meal, and get them the message of all the incoming stuff that spouses need to know about like schools and jobs and everything ACS and Fort Riley have to offer."

Families began gathering together in the hotel lobby to have a meal together. Many of the families who were

See SOCIAL, page 12



Families enjoy games and free meals during the Summer Reading Program party hosted by staff of the Fort Riley Library May 29.

Library’s summer reading program begins

Library staff throws party to get children on post signed up and excited for program’s start

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

Summer break finally has begun for kids across post, and there are programs being offered to keep kids active for the break, including the summer reading program offered by staff of the Fort Riley library. Staff served food and children spent a sunny afternoon playing games outside and searching for books to read over the summer.

“We’re doing our kick-off party where everyone signs up, gets a backpack,” said Terri Seaman, project manager of the library. “It gives kids an incentive to read over the summertime.”

The library staff of hosted a party to get kids and parents into the library to get them signed up and excited to begin the program.

“It goes until August where we have our awards ceremony for our top three kids in each age bracket,” Seaman said. “We have three different parties that we’re going to be doing. We have an ice cream party next.”



Kids and parents sign up for the Summer Reading Program during the kick-off party at the Fort Riley Library May 29.

The summer reading program is for all ages. Danielle Davis, wife of Staff Sgt. Kyle Davis, 5th Squadron, 4th Cavalry Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, was there with their one-year-old

MORE INFORMATION

• For more information on the **summer reading program**, call the post library at 785-239-5305.

son Aiden, who she signed up for the program.

“My friends told me, and I like to join (Aiden) in reading programs,” Davis said. “I think summer reading programs need to be done. It’s good to encourage kids to keep on reading.”

Library staff getting kids ready for summer reading were not alone: members of Better Opportunities for Single Soldiers were there to help sign up kids and pass out goodie bags and T-shirts.

“I think it’s awesome,” said Staff Sgt. Joseph Stroud, BOSS president. “I remember participating in something like this when I was a kid. It’s nice to be able to crack a book open and learn a little something over the summer.”

Kids have a goal set by staff of the library to earn 35 points over the summer. Each book they read, or is read to them by a parent, counts for one point. By achieving certain goals and points, kids will receive prizes at the end of the summer party.

For more information, call the post library at 785-239-5305.

COMMUNITY CORNER

Victory Week offers little bit of everything for all who take part

By Col. Andrew Cole Jr.
FORT RILEY GARRISON COMMANDER

The 1st Infantry Division and Fort Riley will hold a Victory Week celebration June 4 to 10. The event is hosted by the division and usually takes place during the week of the 1st Infantry Division’s birthday, June 8 and the Army’s birthday, June 14. Recreation and sporting events as well as ceremonies for Soldiers and families will be held throughout the week.



Colonel Cole

The celebration will begin with the Victory celebration at Rally Point June 4. The Festival grounds open at 6 p.m. Live music starts at 7 p.m. and will feature the 1st Inf. Div. Band as well as Lucas Maddy and The Kansas Cartel. Fireworks will start at dusk. There also will be food, carnival games and inflatables. Lawn chairs, blankets and coolers are welcome; glass containers, alcoholic beverages and pets are prohibited. This is a family event, admission is free and it is open to the public.

For those who served in Vietnam, there will be a Vietnam veteran’s welcome home

ceremony. The ceremony at 2:30 p.m., June 8, will recognize the efforts and sacrifices of all Vietnam veterans.

It is also a time for units to enhance teamwork and build esprit de corps. Soldiers will participate in athletic competitions such as soccer and flag football with their unit. Results from the competitions will be tallied and the unit with the most points will win the Victory Cup trophy. Family and friends are encouraged to attend these events and support their favorite unit. The trophy will be awarded at the Victory Cup celebration at Cavalry Parade Field June 10 at 10 a.m.

For families, there is a USO Strong Dads fishing tournament at Moon Lake Saturday, June 4, and Boot Camp for Heroes Tuesday, June 7, where kids dress up in uniforms like mom or dad and compete in an obstacle course. The USO will host a No-Dough dinner at Moon Lake June 7 at 5 p.m.

Victory week has something for everyone. Come out and enjoy the week with the Fort Riley and Big Red One family.

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

WWW.1DIVPOST.COM

Official: Be wary of fraudulent contractors

Recent storm damage in state puts residents in danger of scams

KANSAS ATTORNEY GENERAL'S OFFICE

TOPEKA, Kan – As Kansans begin to cleanup and make repairs from the widespread storm damage, Attorney General Derek Schmidt reminded homeowners to be on the lookout for fraudulent contractors.

“Springtime in Kansas means the threat of severe weather is ongoing,” Schmidt said. “When the roofs of homes or businesses are damaged by these storms, it is important that consumers make sure their roofing contractor is properly registered before signing any contract or having any work done. Consumers should request a copy of their roofer’s registration certificate and then should check our consumer protection website to confirm that the registration remains active.”

The requirement to register with the attorney general’s office is in addition to any other

WHEN DEALING WITH TRANSIENT CONTRACTORS

The attorney general’s office also recommends the following tips in dealing with any transient contractors, including roofers:

- Get recommendations and references
- Get at least three written estimates from different contractors
- Check contractor complaint records with the Better Business Bureau
- Understand your payment options and right to cancel

FOR MORE INFORMATION

Any Kansans who have problems with roofing contractors or other companies that follow storms may file a request for the attorney general’s Consumer Protection Division to investigate at 800-432-2310 or InYourCornerKansas.org.

local requirements that may be imposed by cities or counties. The online directory of registrations is available at InYourCornerKansas.org.

The Kansas Roofing Contractor Registration Act passed during the 2013 legislative session and took effect July 1, 2013. With few exceptions, the law requires roofing contractors to obtain a registration certificate from the Kansas Attorney General to provide legal commercial

or residential roofing services for a fee in Kansas. It is designed to ensure that legitimate roofing contractors are complying with state requirements, such as carrying appropriate insurance, and to help prevent fly-by-night operators from taking advantage of Kansas consumers.

Working with a roofer that is registered is a bare minimum to help prevent problems.

Any Kansans who have problems with roofing contrac-

“When the roofs of homes or businesses are damaged by these storms, it is important that consumers make sure their roofing contractor is properly registered before signing any contract or having any work done.”

DEREK SCHMIDT
KANSAS ATTORNEY GENERAL

tors or other companies that follow storms may file a request for the attorney general’s Consumer Protection Division to investigate at 800-432-2310 or InYourCornerKansas.org. The attorney general asks Kansans to promptly report any unregistered person or company attempting to sell roofing services by calling his office or using the online reporting form.

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, JUNE 3

- The Huntsman: Winter’s War (PG-13) 7 P.M.

SATURDAY, JUNE 4

- The Jungle Book (PG) 2 P.M.
- Keanu (R) 7 P.M.

SUNDAY, JUNE 5

- The Huntsman: Winter’s War (PG-13) 5 P.M.



For movie titles and showtimes, call

785-239-9574

Burning prairie proves a cleansing act

Ecologists advise more grassland burnings to maintain ecosystem

By Stephanie Jacques
K-STATE NEWS
AND COMMUNICATION SERVICES

MANHATTAN — Kansas State University researchers have found a three-year absence of fire is the tipping point for the tallgrass prairie ecosystem and advise an increase in burning.

A collaborative study, recently publish in Elsevier's journal, Rangeland Ecology and Management, suggests many land managers in the Flint Hills need to increase burning frequency to more than once every three years to keep the tallgrass prairie ecosystem from transitioning to woodland. The study applied 40 years of data collected at Konza Prairie Biological Station, an 8,600-acre native tallgrass prairie jointly owned by Kansas State University and The Nature Conservancy, to satellite fire maps of the Flint Hills from 2000 to 2010.

The satellite data used in the study — “Assessing the Potential for Transitions from Tallgrass Prairie to Woodland: Are We Operating Beyond Critical Fire Thresholds?” — indicated at least 50 percent of the tallgrass prairie in the Flint Hills is burned every three to four years or less frequently and is susceptible to becoming shrubland. Fire intervals greater than 10 years apart or complete fire suppression have drastic effects — particularly in the absence of grazing.

“In this area, if we completely exclude fire, the landscape



KANSAS STATE UNIVERSITY
A blue wild indigo flower is rooted at the edge of an annual prescribed burn on Kansas State University's Konza Prairie Biological Station, where ecologists are advising an increase in burning.

can go from tallgrass prairie to a cedar forest in as little as 30-40 years,” said John Briggs, director of Konza Prairie and one of the authors of the study. “Once it gets to that point, we are not confident that fire alone is going to bring that back.”

According to Briggs, also a professor of biology, the tallgrass prairie is one of the most altered ecosystems in North America with only 4 percent remaining. The grasslands are conducive to cattle ranching and provide economic stability for the area. Native grasses filter freshwater, prevent soil erosion, provide wildlife habitat for grassland birds like the prairie chicken, and mitigate nutrient loading. Briggs also said that if woody vegetation increases near human settlements, so will the chances of dangerous wildfire.

“We knew some areas around the Flint Hills were beyond these fire thresholds but we were still surprised how much of the region is susceptible to shrub and tree

expansion,” said Zak Ratajczak, the study's lead author and Kansas State University doctoral alumnus.

Ratajczak, now a National Science postdoctoral fellow at the University of Virginia, started comparing the results from the Konza Prairie fire experiments with the fire maps from K-State's geography researchers as part of his doctoral studies at Kansas State University. Assisting with the study were Doug Goodin, professor of geography, Lei Luo, master's student in geography, and Jesse Nippert, associate professor of biology, all from Kansas State University; Rhett Mohler, Kansas State University alumnus and assistant professor of geography at Saginaw Valley State University; and Brian Obermeyer, director of The Nature Conservancy's Flint Hills Initiative.

“Prescribed fire is the most effective tool owners have to manage their land,” Briggs said. “Other means, such as mechanically removing woody veg-

etation or using herbicides, are very expensive and very harmful. Fire is pennies per acre to implement; the other methods can be dollars per acre. That can really add up.”

Managed by the university's Division of Biology, Konza Prairie has more than 50 sections of land called watersheds — because they are partitioned based on water flow — that are burned at varying frequencies — from annually to every 20 years — since the land was donated in 1971. The areas of the station with one- and two-year fire intervals have minimal large shrubs compared to a nearby watershed that is burned at three-and-a-half-year intervals and that has lost 40 percent of its area to shrub expansion.

This comparison, combined with the satellite data of the region, is one reason the researchers are advising an increase in burning in many areas, even though they realize this might stimulate discussion locally and for communities downwind.

“This comes at a time where people are really concerned about smoke and our suggestion to increase burning comes with a trade-off,” Briggs said. “We are going to have more fire and more smoke, which can affect the air quality in the region and other parts of North America.”

To find solutions for this problem, Briggs said land managers are working with fire co-operatives and the Kansas Flint Hills Smoke Management to find best practices and compromise. Briggs said a tour of Konza can give land managers access to research data and might help them establish collaborative practices to reduce the abundance of smoke.

WARRIORS ON THE WATER



COURTESY PHOTOS

Nearly a thousand veterans were honored for their service and treated with a day of relaxation as part of the 10th annual Warriors Weekend charity fishing trip. Soldiers from Fort Riley traveled to Texas, via flights from Kansas City to Houston, then Motor Coach to the port May 19 to 22. Ron Kocian, founder and organizer, has provided this event for injured, ill and wounded Soldiers and veterans for 10 years. Thousands of volunteers and private citizens welcomed the group, greeted them with flags and 'thank you' in the airport and along the convoyed ride through small cities in Texas. It was a relaxing and beneficial recuperation event for those who attended. TOP: Spc. Precious Green, WTB, proudly displays the stingray she caught during Warriors Weekend. ABOVE: Spc. Jacinta Dorsey, WTB, displays the 22-inch Red Fish caught during Warriors Weekend.

Swimmer asks favor of British prince

Wants Harry to give medal to hospital that saved her life

By Shannon Collins
DOD NEWS

ORLANDO, Fla. — After Britain's Prince Harry presented Army Staff Sgt. Elizabeth Marks with the four gold medals she had earned in swimming at the 2016 Invictus Games, May 11, Marks asked him to present one to the Papworth Hospital in London, where the staff saved her life two years ago while she was there to compete in the inaugural games.

“It was my chance to thank everybody. They ultimately saved my life,” said Marks, who earned gold medals in the 50-meter backstroke, 50-meter breaststroke, 50-meter freestyle and 100-meter freestyle.

During the closing ceremony for the Invictus Games, Prince Harry said he was inspired by athletes like Marks who showed courage to make it to the starting line and give it their all.

“The competition has been fierce, with performances at the highest international standard across a number of events, but what inspired me was the courage to make it to the starting line, to take to the field or to dive into that pool, motivated by the goal of giving your all, medal or no medal,” he said to the athletes. “You showed your families, your friends and yourselves just how far you've come regardless of the results. I know by your nature you all want to win, but these games are so much more than that. Invictus is so much more than that.

“What is the force that drives Elizabeth Marks to return to these games after nearly dying two years ago to compete now at the highest level in a sport that renders her blind and faint, Invictus,” he continued. “You are all Invictus. You are all now ambassadors of the spirit of these games. Never stop fighting, and do everything you can to lift everyone around you.”

SERIOUS HEALTH ISSUE

When Marks had landed in London for the 2014 inaugural Invictus Games, she had gone into respiratory failure and had been put on life support. She was put on



Staff Sgt. Carlin Leslie | U.S. AIR FORCE
Prince Harry presents the gold medal to U.S. Army Staff Sgt. Elizabeth Marks, member of Team U.S. at the swimming finals for the Invictus Games 2016 in Orlando, Fla., May 11, 2016.

a machine known as ECMO — extracorporeal membrane oxygenation, which works as an external lung — for 10 days. She was put into an induced coma.

Her older brother, Jacob Marks, was there by her side.

“It was terrifying,” he said. “I felt very lucky to be there, though, to be there by her side. I will be forever grateful. There was a huge team around her, and she received great care at Papworth. I don't know anywhere else where she would've gotten that kind of care. I feel very lucky she was where she was and got the care she got. She may not have made it in a lot of other places.”

Marks said she was so grateful for the care she received that she wanted the hospital to have one of her gold medals.

“It's the only way I could really thank them for saving my life,” she said. “These gold medals are a direct reflection of all the love and support I've had. It's not so much that I've earned them, but that the Invictus team has earned them as a whole.”

Marks said getting to compete in Invictus this time was a chance for her to thank her friends and family for the love and support they've shown her throughout her recovery.

“When I was on life support, they took the time to send me pictures and to send me love,” she said. “When I woke up off life support and out of my coma, it meant everything to me, and I cried like a baby. It felt like I wasn't absent from it. It felt like a part of me was there, because I was there with my friends and the people I love. I consider them my family. It means everything to me to be able to do that again.”

Marks said athletes from many nations have supported her on her journey.

“Athletes from every country have supported me. The French have been super supportive, the Netherlands, the (United Kingdom), they've all reached out and shared love with me on my whole athletic journey and my journey through recovery,” she said. “There's no country or service branch barrier. It's just, ‘You're a Soldier, and we love you. We hope you're Okay,’ and that's meant the world to me.”

FAMILY SUPPORT

Marks' sister, Maggie Cook, said it was a treat to see her sister compete professionally for the first time. “It was indescribable,” she said. “It's a huge treat, and with the Invictus spirit in the air, she's just really incredible.”

Cook said she's proud of how far Marks has come since London. “She's really pushed hard and done a good job.”

Marks said she was happy to have her family in the stands, cheering her on. “At the last Invictus Games, my brother had to watch me in [the intensive care unit] on life support, so this was nice for him to get to see that I'm Okay,” she said. “And it's wonderful because my sister is pregnant, so my beautiful baby niece got to come and see her aunt swim. It's really nice I got to share what I actually do for a living now.”

Jacob Marks said he's proud of his baby sister, and that sometimes it feels like she's the older sister. “I look up to her like she's my older sister — she's a great mentor,” he said. “She's always working so hard and stays positive. It makes me want to be a better person.”

ROAD TO RIO

Marks originally injured her hips during a deployment to Iraq in 2010, while serving as a medical assistant. She's had three hip surgeries, and due to decreased mobility in her legs, she is Paralympic-eligible.

Since London, Marks broke her own American record in the 200-meter breaststroke and won four gold medals and two silver medals at the California Classic meet. In addition to setting the world record in the 50-meter breaststroke in January, she also broke the American and Pan American records in the 200-meter breaststroke with a time of 3:17.89. She broke Jessica Long's SB7 world record in the 50-meter breaststroke with a time of 41.21 seconds.

She was also the first swimmer and first woman in the Army's World Class Athlete Program.

In September, Marks said, she hopes to represent the Army and her country at the 2016 Paralympic Games in Rio de Janeiro, which has been her goal since the very start of her Paralympic swimming career.

“I have the trials at the end of June, and I'm very nervous,” she said. “Hopefully, I'll be able to earn a slot. I've been training very hard and trying very hard to get to Rio.”

Marks said she encourages all disabled service members and veterans to give adaptive sports a try. She said she continues to swim as a way to thank her fellow service members for their service.

“There's not a second I get into that pool or under the block that you guys aren't on my mind,” she said. “Every time I swim, it's quite painful, but the pain is nothing compared to the sacrifice that my brothers and sisters make every day, so it's my way to carry them with me. You guys push me and drive me and make me believe in what I'm doing. It's not for a medal or a time. It's for a lot more than that.”

Marks said she thanks everyone who has supported her and continues to support her on her journey.

“I'd just like to thank Prince Harry for the Invictus Games,” she said. “I'd like to thank the U.S. Army for standing behind every second of every recovery I put you through, and for all of the veterans who maybe haven't come out yet. I want to thank you for your service, for your dedication, for your country. I love you and care about you, and I hope you can come join me.”





Maria Childs | POST

Dick Young, Briggs Auto military affairs, and Joe Bowers, general manager of the Manhattan, Kansas Briggs Auto location, presented Jill Iwen, director of USO Fort Riley, and Crystal Tinkey, program manager of USO Fort Riley, with a van before the No Dough Dinner at Fire Station 5 on Trooper Drive May 25. “This is the second van that Briggsauto.com has donated to the USO Fort Riley to assist us in delivering our mission,” Iwen said. “Having the ability to provide the goodness of the USO would be greatly hampered without the addition of these vehicles as they allow us to safely travel the state in support of our service and family members.”

BIRTHDAY Continued from page 9

volunteers because Dick Young, Briggs Auto military affairs, and Joe Bowers, general manager of the Manhattan, Kansas Briggs Auto location, presented Iwen and Crystal Tinkey, program manager of USO Fort Riley, with a van.

Tinkey said the vehicle is a huge blessing for the duo at the USO.

“From towing grills, food and other supplies to No Dough Dinners, delivering cookies around the installation, visiting our troops in the field or at the gates to boost morale by delivering ice cream on a hot day or cocoa in the bitter cold winter, serving our Airmen in Wichita, or delivering deployment resources to our Guardsmen and women and Reservists, to having the ability to support our service

members anywhere in the state allows us to truly fulfill the USO Mission,” Tinkey said.

Iwen said the only way the USO Fort Riley is able to continue their mission is through their volunteers and donors like Briggs Auto.

“This is the second van that Briggsauto.com has donated to the USO Fort Riley to assist us in delivering our mission,” Iwen said. “Having the ability to provide the goodness of the USO would be greatly hampered without the addition of these vehicles as they allow us to safely travel the state in support of our service and family members.”

Rachel Ledoux, wife of Sgt. Andrew Ledoux, 1st Squadron, 4th Cavalry Regiment, 4th Infantry Brigade Combat Team, 1st Infantry Division, came to

enjoy the meal. She and her three children rode their bikes to the fire station from the Colyer Forsyth neighborhood.

“It’s always good food,” Ledoux said. “The kids enjoy the music and we get to bike ride to it. We like how they are close to the neighborhoods.”

One of her children, Annie, was turning 5-years-old on the same day.

“It was the USO’s sixth birthday and her fifth,” Ledoux said. “She saw the cake and said ‘they got me cake.’”

Since USO Fort Riley opened its doors six years ago, more than half a million Fort Riley, McConnell Air Force Base and Fort Leavenworth troops and their families have been served.

“From hosting events out of the trunk of our director’s car before the Center was open

to serving over 1,200 attendees at our Victory Week No Dough Dinner the USO Fort Riley has been proud to be the representation of our grateful nation in the State of Kansas,” Iwen said.

“Each year we are fortunate to team with our amazing community partners and selfless volunteers to add to our mission of comforting, connecting and caring for our troops.”

The USO’s next No Dough Dinner will begin at 5 p.m. June 7 at Moon Lake to celebrate Victory Week. The menu includes ribs, hot dogs, deli salads, beans, fresh fruit and vegetable trays, watermelon and cookies. The event is free and open to all service members and their families.

For more information of other USO Fort Riley events, visit www.facebook.com/USOFtRiley.

SAFETY STAND DOWN DAY



COURTESY PHOTO

Soldiers of the 97th Military Police Battalion held an annual Safety Stand Down day May 26. It helped the Soldiers of the battalion learn about boat safety, Army Substance Abuse Program training, motorcycle safety, camping safety and a variety of other topics. Food and drinks were provided by the Family Readiness Group from the 97th MP Company.



Hannah Kleopfer | POST

Families and staff of Fort Riley enjoy a free meal and discussion at the weekly Social May 25 at the InterContinental Hotels Group Candlewood Suites. Incoming and outgoing families are able to get information from staff of different agencies of Fort Riley about housing, jobs, schools and more.

SOCIAL Continued from page 9

staying at the hotel were preparing to leave Fort Riley. Rosie Moody, wife of Chief Warrant Officer 2 Damien Moody, and her two daughters had been staying at the hotel for three months and preparing to join Damien in Germany in two days.

“This is pretty cool,” Rosie said. “We’ve enjoyed getting to come down here to eat every Wednesday. It’s nice they have people here to help you, and you get a lot of information.”

Her daughters Evonna, 15, and Inara, 10, said they enjoyed their time here at Fort Riley.

“I’m excited to go to Germany,” Evonna said. “When we first moved to Fort Riley I wasn’t really excited about it, but it’s a really nice base so I’ll miss it.”

Evonna and Rosie spoke highly of their time here and talked about their opportunities to travel to other places in

the area, and how helpful the people were.

Shirley Ferguson, educational services officer, was one of the representatives attending to help incoming and outgoing families with information.

“For me, when I first moved here, this was not available,” Ferguson said. “I think this is the best thing, because I wish someone had been here for us when we first came here, and it’s valuable and vast information. It makes you more relaxed because it’s one-on-one, and some of the family members don’t get a chance to get that information. Their Soldier does maybe, but not the family members. I think we should continue this and not stop it at all. It’s very beneficial.”

These socials are held every Wednesday at 5:30 p.m. in the lobby of IHG Candlewood Suites.

UPDATE Continued from page 9

rooms,” Ware said. “People who aren’t sick enough to go to the emergency room but need to be seen ... that’s what the extended care is for instead of going to the emergency room.”

Ware also provided an update about the hospital campus being tobacco free, and this will also be true of the new campus. She also said hospital staff and Soldiers of the 1st Infantry Division participated in the performance triad for the last couple of months. This is a study done by Medical Command looking at sleep, nutrition and activity levels of all participants. One of the things they found was soldiers of the 1st Armored Brigade Combat Team improved their sleep habits and by improving their sleep habits, their performance in the field also improved.



Jorge Gomez | IACH

Guest speaker Col. Risa Ware, commander of the Irwin Army Community Hospital, addresses the Fort Riley community that convened at the monthly breakfast hosted by members of the Military Affairs Council from the Junction City Chamber of Commerce May 26.

Ware revealed that MEDCOM is trying a new thing, which is giving the public access

to patient satisfaction scores. They are available on the IACH website.

“It’s a little bit scary because nobody’s perfect,” Ware said. “I think we do a fantastic job, but we are human beings and we do make mistakes.”

Ware finished her presentation with giving the public her stamp of approval on when the hospital would officially be open for business.

“I was hoping I was going to tell you when it was going to open,” Ware said. “I will tell you I am 100 percent certain — you’ve never heard me use that much certainty before — that it is going to open in 2016.”

Once the beneficial occupancy date is set, there will be a 120 day transition and outfitting period where the staff will move in and train on getting patients from one area of the building to another.

WWW.1DIVPOST.COM

Trucking Industry Day

Shell Rotella SuperRigs



**Entrepreneur
Transition Assistance Class**

By Shell Rotella

Friday, June 10th
Joplin, MO

*Trucking Job Fair
Truck Parade
Lights Contest & Fireworks*

Transportation Provided

RSVP to SFC Jason Snell at Jason.o.snell.mil@mail.mil
Or 785-239-0245



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.

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

CUSTER HILL POOL CLOSING EARLY

Custer Hill Pool's last day of operation will be Aug. 13. Pool passes purchased between May 28 and June 30 will be valid until Sept. 30 at Directorate of Family and Morale, Welfare and Recreation aquatics facilities.

For more information, call the aquatics program manager at 785-239-9441.

EYSTER POOL WILL REMAIN CLOSED UNTIL FURTHER NOTICE

Eyster Pool is closed. No reopening 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 <https://fortriley.sportsman.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.



ABOVE: Spc. Cody Harnish, a cavalry scout with Headquarters and Headquarters Company 2nd Armored Brigade Combat Team, 1st Infantry Division exits the field after the pre-game ceremony at Kauffman Stadium in Kansas City, Missouri. The Kansas City Royals hosted “Big Red One” Soldiers for Armed Forces Night. Soldiers participated in the National Anthem, player announcements, honoring of Vietnam veterans and a commemoration of the 25th anniversary of Desert Storm.

KANSAS CITY, Mo. — The Kansas City Royals hosted “Big Red One” Soldiers for Armed Forces Night on Memorial Day May 30 at Kauffman Stadium.

This Memorial Day service further strengthens relationships between the Royals and the 1st Infantry Division of Fort Riley.

“Community relationships are important,” said Spc. Cody Harnish, a cavalry scout with Headquarters and Headquarters Company, 2nd Armored Brigade Combat Team, 1st Inf. Div. “When you feel apart of the community you feel like you belong, you interact more and feel

at home because making new areas home is important to the military.”

A special ceremony honored service members prior to the game against the Tampa Bay Rays.

Soldiers participated in the National Anthem, starting lineups, honoring of Vietnam veterans and a commemoration of the 25th anniversary of Operation Desert Storm.

“Tonight we wanted to show our appreciation for the fallen and those who serve now,” said Pfc. Kakia Ashley, 116th Military Police Company, 97th MP Battalion. “We wanted to show that we support them and stand by them.”

Ashley said it was an honor to stand on the field of a Major League Baseball stadium for the first time and to be recognized by the returning World Series champions.

“You know we are all champions,” said Maj. Gen. Wayne W. Grigsby Jr., 1st Inf. Div. and Fort Riley commanding general, said. “The Royals are a championship baseball team and the Soldiers of the ‘Big Red One’ are champions too, especially on this day when we think about those that laid down their lives so we can live in the greatest country in the world.”



Service members honor the flag during the National Anthem May 30 at Kauffman Stadium in Kansas City, Missouri. They participated in various pre-game festivities honoring military past, present and future.

Soldier from Fort Riley Warrior Transition Battalion takes Invictus Games silver

After excelling in shot put, swimming, it's on to West Point for Warrior Games

By Hannah Kleopfer
1ST INF. DIV. POST

An injury can be life-altering for some, but Staff Sgt. Ashley Anderson, Warrior Transition Battalion, isn't letting hers slow her down.

Anderson recently brought home the silver medal in shot put and discus from the Invictus Games in Orlando, Florida, an international wounded warrior competition started by Prince Henry of Wales, also known as the games as Prince Harry, in 2014.

To train she practiced shot put and discus and lifted weights on a regular basis. Anderson also qualified for swimming and placed sixth, seventh and eighth in the three heats she swam in during the games.

“I had made the preliminaries for swimming in the top eight, so that had been an honor as well,” she said.

Anderson became involved in the Invictus Games after participating in the Warrior Games at Fort Bliss last year.

“I had made the team and competed in those three sports and did pretty well,” she said. “I made the Army team in Quantico, Virginia and competed out there. I got a silver medal in shot put, and in swimming I got one silver, three bronze and one gold.”

Anderson made the Army team again this year and will be competing in the Warrior Games at the U.S. Military Academy in West Point, New York, June 14-22.

During the Invictus Games, Anderson was a part of a team of 120 representing the United States, and they competed against 15 other countries with their wounded warrior athletes.

Anderson had not always been an athlete, but became involved in sports and athletics after becoming part of the WTB as a way of healing.

“My squad leader ... had noticed I was pretty athletic,” she said. “He knew



COURTESY PHOTO

Staff Sgt. Ashley Anderson, a Soldier at Fort Riley's Warrior Transition Battalion, stands with Prince Harry at the Invictus games in Orlando, Florida. Anderson earned several medals, including silver in shot put and swimming events.

See INVICTUS, page 14

Third Army Marksmanship Soldier headed to 2016 Olympics

Story and photo
by Brenda Rolin
ARNEWS

TILLAR, Ark. — After seven months of speculation and uncertainty, Sgt. 1st Class Josh Richmond, U.S. Army Marksmanship Unit double trap competitor and shooter-instructor, is now headed to the Olympic Games in Rio de Janeiro.

Richmond earned the last double trap seat on the U.S. Olympic Shooting Team, May 19, during the 2016 Shotgun Olympic Trials.

Richmond, of Hillsgrove, Pennsylvania, won the gold medal in the 2015 Fall Selection match in Tucson, Arizona, last October. That match was one of two Olympic trials for shotgun, and he has been in a waiting game since then to finish what he started.

Richmond said it was hard to describe the level of competition he faced at Tillar.

“I just kept trying to stay in the present, stay in the moment and continue my routine and just hit more targets than the rest of them,” he said.

Richmond’s win in Tucson last October also put him in direct competition with two of his USAMU teammates — Sgt. Derek Haldeman of Pendleton, Oregon, and Sgt. 1st Class Jeffrey Holguin of Yorba



Mark Staffen, U.S. Army Marksmanship Unit, aims at a clay during the 2016 Shotgun Olympic Trials Part II in Tillar, Arkansas, May 20. Staffen won the gold in the event, but didn't have enough points from the 2015 Fall Selection Match, the first of the two Olympic trials, to earn the final skeet position on the U.S. Olympic Shooting Team, losing out to U.S. Team member Frank Thompson.

Linda, California — who won the silver and gold, respectively.

Although each one of them planned to win the nomination to the Olympic Team, Richmond, who also participated in the 2012 Olympic Games, said the three continued to train and prepare for this day together.

“We are only as strong as the weakest member of the team,” he said. “We have a strong bond and sharing this brotherhood of

the Army takes it to another level. We are all happy to see each other succeed.”

Four-time Olympian and U.S. Olympic Shotgun Team coach Todd Graves said natural talent and the opportunity for Olympians to train together often gives them an edge. For the USAMU double trap team, he said this is especially true.

“As a group, being able to train together when you’ve got

two or three of the top double trap shooters in the world, it helps when you get to train with them,” he said.

As for whether Graves had a favorite, he said this was a win-win situation.

“With these guys, you could have put their pictures up on a board and thrown darts at them, and I would have been happy with any of them,” he said.

Despite high hopes for skeet shooter Spc. Hayden

Stewart, who is also assigned to USAMU and tied for the gold during the 2015 Fall Selection Match, none of the USAMU skeet team members won enough points during competition to secure the final skeet position on the 2016 U.S. Olympic Shooting Team.

While Stewart, of Columbia, Tennessee, was one of the favorites to win the remaining skeet position after tying with U.S. Team member Frank Thompson in the Fall Selection Match in Tucson, Thompson ended up winning the coveted seat on the Olympic Team. Stewart finished 3rd overall.

Three other USAMU skeet team members also competed: Spc. Mark Staffen, Spc. Dustan Taylor and Pvt. Christian Elliott.

Staffen was in top form and won the gold in the skeet competition at the Shotgun Olympic Trials in Tillar.

However, Staffen didn’t have enough points from the Fall Selection Match to earn the skeet position on the Olympic Team and ended up in 5th place overall. Taylor, Shawnee, Oklahoma, and Elliott, Bedford, Indiana, finished 11th and 12th respectively.

Staffen, from Lewis Center, Ohio, said he was very happy to win the Tillar event, and he would not be shooting

in the Olympic trials without the Army behind him.

“The Army has helped me a lot with getting my skill level up and providing resources to shoot at this level,” he said.

Richmond is the third Soldier from USAMU to make the U.S. Olympic Shooting Team.

He will join teammates Sgt. 1st Class Michael McPhail and Sgt. 1st Class Glenn Eller at the Games this August. McPhail, an International rifle competitor, won an automatic berth for 50-meter prone rifle Sept. 3, 2015. Eller, won an automatic berth for double trap Sept. 14, 2015.

McPhail, Darlington, Wisconsin, and Eller, Katy, Texas, earned their automatic berths on the U.S. Olympic Shooting Team through high finishes in international world shooting sport events in the year prior to the Games.

Soldiers competing on the world stage in international shooting competitions and the Olympic Games are a testament to the skills and training American Soldiers receive and develop.

USAMU Soldiers translate their shooting skills and lessons learned from competitions into training for other Soldiers in preparation for missions across the globe in defense of the Nation and the American way of life.

K-State athletic trainer to support Olympic track and field athletes

By Anne Ruback
K-STATE NEWS AND COMMUNICATIONS SERVICES

MANHATTAN — Phillip Vardiman, Kansas State University’s athletic training program and an associate professor in the College of Human Ecology, has been selected as an athletic trainer for the medical team that will support the U.S. track and field athletes in Rio de Janeiro, Brazil, for the 2016 Games. Vardiman is one of six athletic trainers on the medical team, which also includes two doctors, two chiropractors, two sports psychologists and three massage therapists.

USA Track and Field, the national governing body for the sport, accepts applications for medical staff members, who then must be approved by the U.S. Olympic Committee. All medical staff members are volunteers.

Vardiman has been working as an athletic trainer with USA Track and Field since 2008. He has provided medical care for athletes both in the U.S. and internationally. Each time he travels with a team, he is prepared for long hours with early mornings and late nights. Some competition days begin before the sun comes up and end long after the sun goes down.

“Being selected as an athletic trainer for the Olympics is an honor and a privilege,” Vardiman said. “It has been a professional goal since becoming a certified athletic trainer. The level of skill and the amount of experience that other medical team members bring to the team is amazing — everyone is at the top of their game and we learn so much from each other while treating the best athletes in the world.”

The U.S. Olympic track and field team has 120-130 athletes. The athletes and



COURTESY PHOTO

Phillip Vardiman, director of Kansas State University’s athletic training program, will be an athletic trainer for the medical team that supports the U.S. track and field athletes in Rio de Janeiro, Brazil, for the 2016 Olympic Games.

medical team will leave July 23 for a training camp in Texas and then head to Brazil.

“Everybody works together so the athletes can perform at their optimal level on a world stage,” Vardiman said of the medical team’s role at the Olympic Games. “There is an increased level of camaraderie and respect between medical team members, and I have made lifelong friends among them.”

Vardiman is one of two educators on the medical team. He earned his athletic training certification right after finishing his undergraduate degree at Park University and has taken both an academic and practitioner path since. He received a master’s degree from Oklahoma State University and a doctorate in kinesiology from the University of Arkansas while working as an athletic trainer at both schools.

“We take pride in Dr. Vardiman and his repeated contribution to the athletic training profession at the international level as well as at

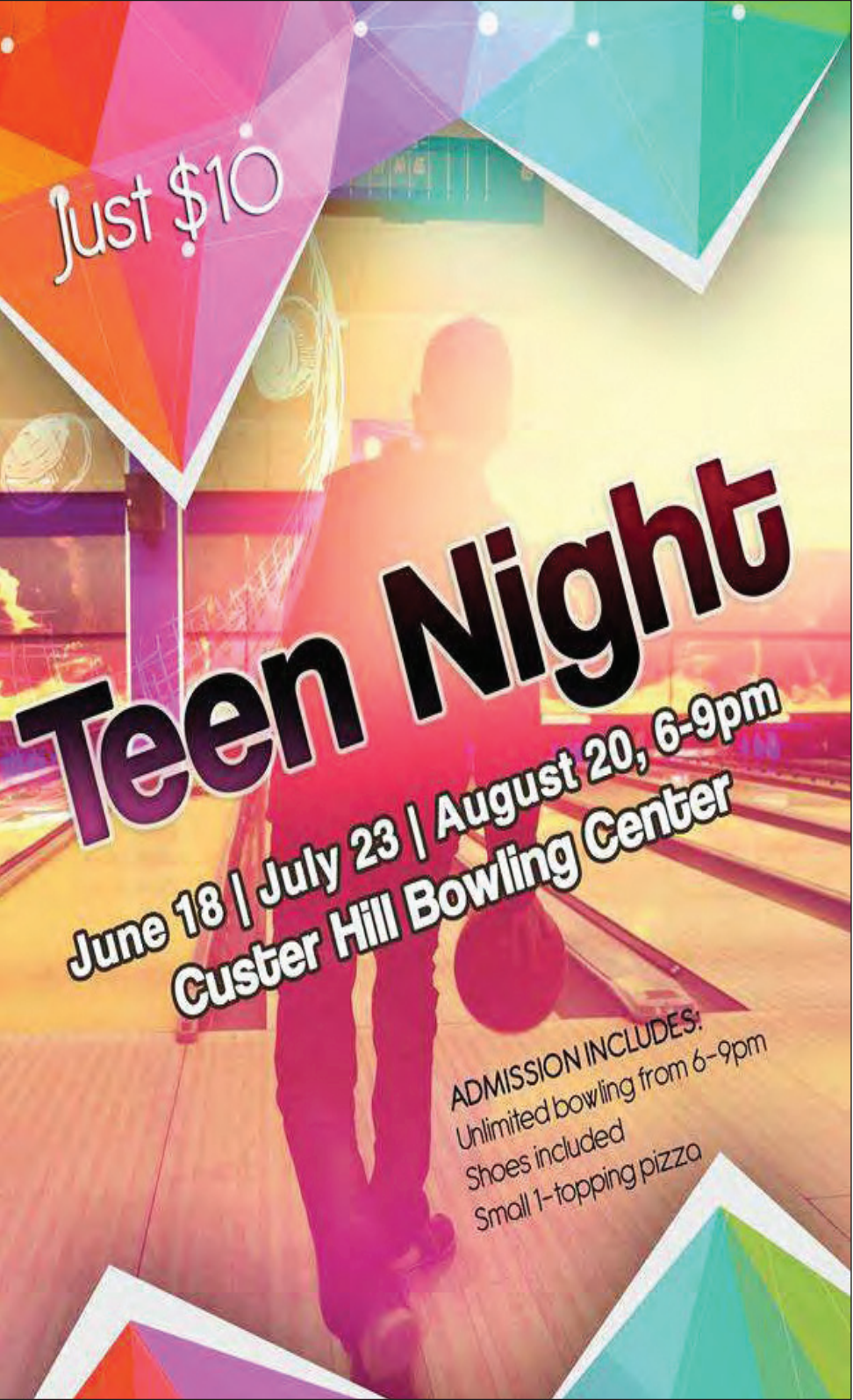
the upcoming Rio Olympics,” said John Buckwalter, dean of the college of human ecology. “His service to the U.S. Olympic Team equips him with exceptional professional experiences at the highest level to better instruct athletic training students in the College of Human Ecology about their future careers.”

Vardiman hopes his national and international involvement pique his students’ interest in volunteering with U.S. Olympic Committee, USA Track and Field or the national governing body of another Olympic sport.

“Having a faculty member asked to represent the nation is a good reflection of the quality of work we do here at K-State. He will be able to engage students in the classroom about different methods of prevention, diagnosis and treatment of real athletic injuries,” said Mark Haub, head of the food, nutrition, dietetics and health department.

“This trip would not be possible without the support and encouragement of the College of Human Ecology and its administrators, colleagues and my friends and family,” Vardiman said.

Along with the Summer Olympics, Vardiman’s service to USA Track and Field includes being head athletic trainer at the 2008 World Cup Race Walk in Russia, the 2009 Americas Cup Race Walk in El Salvador and the 2009 Five Nations Match in Scotland. In 2011, he was an athletic trainer at the Pan American Games in Mexico. He served as an athletic trainer at the International Association of Athletics Federations’ World Championships in 2013 and 2015, and at the federations’ Junior World Championships in 2014. Earlier this year, he served as head athletic trainer at the Half-Marathon World Championships in the United Kingdom.



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about these (Warrior Game) trials, and I had only found out a week before the trials, and he said he would talk to the people out there to get me to go and that’s how I started competing.”

Last year at the Warrior Games Anderson also made the seated volleyball team, and went to the Pentagon to compete in a seated volleyball tournament against other military forces teams.

“This has been an amazing opportunity for me to go and meet other wounded warriors and hear their stories,”

Anderson said. “It’s amazing and inspirational and it helps me with my recovery.”

By meeting other wounded warriors, she has created a network for herself.

“It’s boosted my confidence in myself,” she said. “By meeting other people, even in the other branches, we’ve become a family. I can’t explain it in words. I can just call them up if I’m having a bad day and they call and check up on me. It’s been an opportunity of a lifetime.”

Anderson plans to continue with her athletic career as

a veteran after she transitions out of the Army in July.

“I would tell people to go out and challenge yourself,” Anderson said. “Take every opportunity to live life to the fullest. That’s what I’ve done since joining the WTB. You are so much more than your injury.”

Anderson said she hopes to inspire other wounded warriors and veterans as she continues her journey.

“There’s so much more out there in the world to experience and there’s so much more to life,” she said.



Travel & Fun in Kansas



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

Take a step back in time and visit the Amish community of Yoder, Kansas. With new businesses, Yoder has prospered. The town has a mixture of past and present, as horse buggies and cars enter the city simultaneously.

In 1906, A.M. Switzer plotted the small town as a central point for the surrounding Amish communities. Today, Yoder remains the same size despite businesses and homes that have moved in around it.

Yoder is located in south central Kansas, about two hours from Fort Riley near Hutchinson.

As you enter from the west, the first thing you'll notice is the Yoder Meats and Kansas Station as well as Carriage Crossing Restaurant and Bakery. The meat shop provides custom butchering and processing

with a retail showroom. Carriage Crossing has restaurant, catering and bakery menus. Reservations for large parties are encouraged.

In downtown Yoder, a variety of shops can be found including the EtCetera Shop and Treasure Time Shop. Most of the businesses are family owned and operated.

It is normal to see signs on the side of the road directing you to farm fresh foods. Members of the community have farm-fresh eggs and home-grown produce ready to sell.

Every Saturday from 10 a.m. to 4 p.m. carriage rides are given on Main Street. They give a tour of the town while offering a small bit of heritage.

The Farm at Yoder just one mile south of Yoder offers a petting zoo, wagon rides and a picnic area. This give visitors an opportunity to tour an Amish farm. It is open Wednesday, Thursday, Friday and Saturday by reservation only. To make a reservation, call 620-465-2604.

The Parade of Quilts is an annual event in town that happens throughout March. Visitors can tour participating businesses and see dozens of handcrafted creations of every color and pattern imaginable.

Every Friday, beginning when the strawberries ripen — around mid-May — through the summer until Yoder Heritage Day, a farmer's market offers fresh produce at the Main Street Community Pavilion.

If you're looking for a bigger event like a festival, schedule a drive to Yoder in August. Yoder Heritage Day is always the fourth Saturday in August. Save the date – Aug. 27. Each year, thousands of people flock to the small community to celebrate. Visitors and locals are entertained with tractor pulls, horse drawn events and the annual parade down Main Street.

To learn more about Yoder or see a schedule of events for Yoder Heritage Day, Kansas visit yoderkansas.com.



Fresh strawberries from a family farm in Yoder, Kansas are not an uncommon sight in the town. Members of the community have farm-fresh eggs and home-grown produce ready to sell almost every weekend.



ABOVE AND BELOW: A variety of homemade goods are sold in the retail showroom of Yoder Meats and Kansas Station in Yoder, Kansas. The meat shop offers custom butchering and processing, while giving visitors a chance to explore the Amish heritage of the town.

