



Brig. Gen. Patrick Frank, left, 1st Infantry Division and Fort Riley deputy commanding general, and Command Sgt. Maj. Jonathan D. Stephens, 1st Inf. Div. Artillery senior noncommissioned officer, salute while members of the Nebraska National Guard's 67th Battlefield Surveillance Brigade stand at attention during a wreath-laying ceremony at the Eisenhower Presidential Library, Museum and Boyhood Home in Abilene, Kansas. Frank and Stephens laid a wreath at the head of the former president's gravestone during the ceremony.

# 241 Years Strong

## Division leaders lay wreath at Eisenhower Museum in honor of the Army's birthday

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

ABILENE, Kansas — In honor of the Army's 241st birthday, leaders from the 1st Infantry Division laid a wreath June 14 at the final resting place of general and president Dwight D. Eisenhower.

Brig. Gen. Patrick Frank, 1st Infantry Division and Fort Riley deputy commanding general, and Command Sgt. Maj. Jonathan D. Stephens, 1st Infantry Division Artillery senior noncommissioned officer, led the ceremony at the Dwight D. Eisenhower Presidential Library, Museum and Boyhood Home.

"It was very important for the 1st Infantry Division to come

out here to Abilene today to the site of the Eisenhower museum and of course the memorial for the president," Frank said. "The commander in chief had asked the 1st Inf. Div. to come lay the wreath today to honor not only President Eisenhower's time here in Abilene and of course as our commander in chief, but also to celebrate the Army's birthday."

Frank and Stephens were joined by Chap. (Lt. Col.) Peter Johnson, the division's senior chaplain, and members of the Nebraska National Guard's 67th Battlefield Surveillance Brigade.

"They've been with us the past couple of weeks here at Fort Riley, just doing exceptional

See BIRTHDAY, page 8



On the occasion of the U.S. Army's 241st birthday, Command Sgt. Maj. Jonathan D. Stephens, left, 1st Infantry Division Artillery senior noncommissioned officer, and Brig. Gen. Patrick Frank, 1st Inf. Div. and Fort Riley deputy commanding general, laid a wreath June 14 at the final resting place of general and president Dwight D. Eisenhower in Abilene, Kansas.



Retired Lt. Gen. Ronald Watts, president of the Society of the 1st Infantry Division, signs the 100th Anniversary Committee charter June 11 in Atlanta, Georgia during the society's annual reunion. Watts commanded the "Big Red One" from June 1984 to April 1986. Maj. Gen. Wayne W. Grigsby Jr., right, 1st Inf. Div. and Fort Riley commanding general, unveiled the charter during Fort Riley's annual Victory Week in preparation for next year's 100th anniversary of the division.

## Reunion reunites 'Big Red One' veterans

Story and photo by Amanda Kim Stairrett  
1ST INF. DIV. PUBLIC AFFAIRS

ATLANTA — The same words kept coming up among the active duty Soldiers who attended the Society of the 1st Infantry Division's annual reunion last week: honor, privilege, humbling, heroes.

More than 500 "Big Red One" veterans from conflicts dating back to World War II gathered at the 98th annual event to share stories, reconnect and keep memories alive.

Sgt. 1st Class Craig Carroll summed up his experience like this: "I believe that it is important to go to events like this because it gives you a chance to see that you are a part of something bigger than yourself and your unit. You get a chance to truly see that the Big Red One is more than just the patch you wear on your shoulder."

Carroll led a five-man team from the 1st Infantry Division Artillery to the June 8 to 11 event. The Soldiers presented the colors during several events and spent their off-duty time interacting

See REUNION, page 8



Kathleen Celestin, who works at the Fort Riley Identification Card Center, Directorate of Human Resources, practices using a fire extinguisher during the annual Safety Day at Riley's Conference Center June 17. "We try to take one day annually to focus on safety," said Dawn Douglas, Garrison Safety Office.

## Garrison staff attends safety day

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

Employees from across the United States Army Garrison Fort Riley practiced safety of all kinds June 17 as they held their safety day to promote safety both on and off duty.

"We try to take one day annually to focus on safety," said Dawn Douglas, Safety and Occupational Health Specialist with the Garrison Safety Office. "We bring all of our partner agencies together and they can present all of their things that pertain to employee safety, off-

"We try to take one day annually to focus on safety. We bring all our partner agencies together and they can present all their things that pertain to employee safety, off-duty safety, safe operation and things they would encounter in this community, and we bring them all together in one place."

DAWN DOUGLAS | SAFETY AND OCCUPATIONAL HEALTH SPECIALIST

duty safety, safe operation and things they would encounter in this community, and we bring them all together in one place."

Informational booths were set up both inside and outside Riley's Conference Center

talking about a variety of safety topics. Topics included hazards of alcohol, drunk and distracted driving, motorcycle and personally owned vehicle safety, severe weather safety and many other areas of concern.

Richard Watson, Fort Riley Fire Department assistant chief of health and safety and the safety officer for the Directorate of Emergency Services, said their

See SAFETY, page 8

### FORT RILEY VOLUNTEER SPOTLIGHT



Spc. Rafael Garcia, Company E, 2nd General Aviation Support Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division, volunteers his time coaching soccer at Child, Youth and School Services at Fort Riley. To learn more about volunteer opportunities, call Becky Willis, Army Volunteer Corps Program manager, at 785-239-4593.

### ALSO IN THIS ISSUE



PURINA PRO-PLAN PERFORMANCE TEAM VISITED FORT RILEY COMMUNITY JUNE 18 AT THE MAIN POST EXCHANGE, SEE PAGE 9.

### ALSO IN THIS ISSUE



1ST INFANTRY DIVISION AND FORT RILEY SOLDIERS JOIN KANSAS STATE FOOTBALL TEAM IN PHYSICAL READINESS EVENT, SEE PAGE 11.



# Civilian fitness program focuses on sleep, nutrition, activity levels

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

Jeff Williamson, director of the Directorate of Public Works, flexed his newfound muscles as he made his way up to the podium during the Performance Triad graduation ceremony June 15 at Ware Parade Field.

Fort Riley garrison employees have been taking part in the first Army civilian Performance Triad program to improve the readiness and resilience of civilian employees.

The P3 program is a comprehensive health and fitness plan based around the pillars of sleep, activity and nutrition.

The three-phase program includes an initial phase consisting of a complete health assessment at the Army Wellness Center and beginner 30-minute fitness classes offered by the Directorate of Family, Morale, Welfare and Recreation. There were also health-focused mentor sessions at the Wellness Center including sleep, nutrition and activity. Although classes are not mandated, participants make the commitment to participate in the majority of offerings.

“Even though people are in different places with health and fitness, there is encouragement to do the best you can and keep going,” said Jill Glasenapp, garrison executive officer and Performance Triad coordinator. “This program is designed to provide awareness and is the first step to a lifestyle culture change”

Phase 2 and 3 of the program help civilians to establish a personalized plan, choosing fitness classes and Army Wellness courses on their own schedule — with the goal of creating sustainable habits. Support from coaches and AWC continue during this phase.

“We are here to recognize the first group of graduates, roughly 30 of us, who have been participating in this voluntary program,” said Garrison Commander Col. Andrew Cole Jr. “I believe our civilian workforce is instrumental in facilitating the mission readiness of our program.”

Cole said he was proud of the things the civilian workforce had done in piloting this program for civilian employees.

“When you think about our Soldiers being ‘Army strong’ and you think about our Army families helping them be ‘Army

strong,’ then where is our role in that process?” Cole asked. “That role is that we help facilitate the resiliency and those families being strong ... The more resilient, and the more efficient that our civilian workforce is, the better that we can enable the mission readiness of our Soldiers.”

Collen McGee, chief of internal communication, Fort Riley Public Affairs Office, had a special reason to be thankful for joining the program in the wake of destruction.

“On the 26th (of May), the tornado hit our little farm,” McGee said. “You guys remember the ‘drop and pull,’ right? We had insulation in every 2x4 inch piece of welded wire fence, and my goats were trying to eat it. So ‘drop and pull’ and pulling insulation out of that fence saved my back, but it was four days of drop and pull. And I wouldn’t have been able to do that, and take care of the things I care about in my life, my family, my farm, if I hadn’t had the chance to do this.”

She is now a coach for the program and helping others find success, as she continues to take part in the workout classes.

Williamson came forward to share about finding success with the program and getting into shape. He lost 29 pounds using the program.

“I’ll be back to my college wrestling weight pretty soon,” Williamson said.

He also mentioned seeing the difference in the average amount of steps he did every day and the change in his sleep and resting heart rate.

“This has really changed my life for the better,” Williamson said. “My dad is 96, his mother lived to 105, my aunt is about to turn 98. There is longevity in my life. Moving has made my life healthier.”

To help P3 take off, key partners included staff of Irwin Army Community Hospital, Civilian Personnel Advisor Center, Directorate of Family and Morale, Welfare and Recreation, Army Wellness Center and the Garrison Public Affairs Office.

“I have been inspired, motivated and simply proud of the dedication demonstrated by our participants,” Cole said.

For more information about P3, contact Jill Glasenapp at jill.m.glasenapp.civ@mail.mil.



Jeff Williamson, director of the Department of Public Works, speaks about his experience during the Performance Triad graduation ceremony June 15 at Ware Parade Field.

# Soldiers are nation’s best ambassadors, Fanning says at welcome ceremony

Story and photo by C. Todd Lopez  
ARMY NEWS SERVICE

WASHINGTON — Lawmakers, leaders from across the Department of Defense, and personal guests welcomed Eric K. Fanning to his new role as the 22nd secretary of the Army, during a full-honor arrival ceremony, June 20, at Summerall Field on Joint Base Myer-Henderson Hall.

“Secretary Fanning served as my chief of staff when I first became secretary of Defense,” said Ashton B. Carter, Secretary of Defense. “I looked to him to help me recruit and attract a talented and innovative team of civilian and military leaders, many of whom are with us today.”

Carter said Fanning brings with him a breadth of experience at the helm of other military departments, including time as undersecretary of the Air Force, acting secretary of the Air Force, and as deputy undersecretary of the Navy.

“That gives him a unique perspective on the pivotal connections that bind our joint force,” Carter said.

At a time where the U.S. is concerned about ISIL, Russian aggression, a rising and aggressive China, North Korea, and Iran, Carter said he is confident that Fanning and Chief of Staff of the Army Gen. Mark A. Milley are right to lead the Army.

“Secretary Fanning and Gen. Milley understand all this, understand what must be done to ensure the readiness and strength of the Army to confront the challenges of today’s security environment,” Carter said. “They’re working together to strengthen the Army’s unparalleled ability, forged over the last 15 years and much longer, to carry out its core mission, which is to seize, to hold, and to dominate physical and human terrain.”

He said that in line with the Army’s No. 1 priority of readiness, both Fanning and Milley will work to strengthen the Army’s ability to fight in an array of conflicts — not just what it has been doing in Iraq and Afghanistan.

“They aren’t resting on the current excellence of our Army,” Carter said. “They’re doubling down on it, ensuring that our ground forces are agile, unrivaled in posture, ready for full-spectrum operations, and always prepared to defend America’s interests and values.

“So it is an honor to formally welcome Secretary Fanning as Secretary of the Army,” Carter said. “And I want to thank him for everything he is doing on behalf of all of the Soldiers and military families who serve today, from the mountains of Afghanistan, to the plains of Eastern Europe, to the Korean peninsula, to enabling our partners on the ground in Iraq and Syria.”

Fanning was initially nominated by President Obama as secretary of the Army in November 2015. He had been serving at the time as undersecretary of the Army. His confirmation to the position was delayed, however, and he left the secretary of the Army position in January 2016 without having been confirmed. He was later sworn in as secretary in May 2016, after having been confirmed by the Senate.

Despite the long delay in advance of his actually taking the helm, Milley said he’s known Fanning for quite some time, from back when the two were both being considered for their current positions, and says he’s grown confident with Fanning’s ability to lead.

“We are absolutely thrilled to have you finally aboard — there is much work to be done,” Milley said. “It’s no surprise to any of you who know him, but Eric Fanning is an incredible professional. He’s completely committed to our Army, both the Soldiers and their families, and he is first class in every way imaginable. As an Army, we could not be luckier and more proud of our new secretary ... I can tell you he is extraordinarily talented, he is thoughtful, he is calm, and a man of immense personal courage and integrity. Eric Fanning is absolutely the right person to serve as our 22nd secretary of the Army.”

Together, Milley said, he and Fanning must continue to lead the Army through two conflicts in the Middle East, must continue to assure allies and deter adversaries in Europe, Asia, Africa, Central and South America — and they must do that with a declining budget and with a drawdown in force structure.

“Secretary Fanning will lead us through tough resource decisions and challenging fiscal realities, all the while setting the conditions for a future force that is balanced, modern, and takes advantage of

all the talents that all Americans have to offer, regardless of the color of their skin, regardless of their religion, regardless of their national origin, regardless of their gender, regardless of their identity, or their sexual preference,” Milley said.

The U.S. Army is open to all Americans who meet the standard, regardless of who they are.

“Mr. Secretary, on behalf of all the Soldiers in the Army today, all those that are retired, and all the civilians of the U.S. Army, and all of our families, we want to welcome you from the bottom of our hearts to the team,” Milley said. “And I, for one, am so very proud to call you my secretary.”

## FINALLY ABOARD

After the delayed nomination to his position, Fanning said he is glad to be finally aboard to lead more than a million Soldiers and civilians across the total force.

“Too few Americans have an understanding of what their Army is doing,” Fanning said. “They know about Iraq and Afghanistan, where many are serving valiantly today, and where too many made the ultimate sacrifice over the past 15 years ... but they don’t understand the full impact across our country and around the world.”

Fanning said Soldiers serve as ambassadors around the world, even more than those who serve professionally in that role.

“There are just over 15,000 foreign service members in our government,” Fanning said. “And as the chief said today, there are over 180 thousand Soldiers outside the United States in over 140 countries. They don’t just fight for our freedoms they represent us. Our Soldiers are the face of America.”

Last week Fanning visited Poland, where American Soldiers were engaged in Anaconda 2016, a military exercise with partner nations that involved more than 30,000 participants from 24 countries.

“I asked a 19-year-old Soldier what his biggest surprise was, and he said ‘support,’” Fanning said. “He meant the support of the Polish people. Crowds of Poles turned out, flags waiving,

as their convoy moved across Poland. And when they took a Bradley fighting vehicle to a nearby town for a static display, that young Soldier beamed with pride when he told me about the waves of children clamoring onto the vehicle for pictures.”

Fanning said the young Soldier he had met in Poland was thinking about the impact he and his Soldiers are having now.

“But what he didn’t realize is that the impact of his and his Soldiers’ presence will last for years to come,” Fanning said, And it happens all over the world.”

Fanning also expressed pride in leading a service that is typically the first called upon when nobody knows whom else to call. He cited the Army Corps of Engineers and their response to natural disasters as an example.

“When the problem is so big that they can’t think of who else can tackle it, they turn to the U.S. Army,” Fanning said.

During Hurricane Sandy, he said, the Corps drained 286 million gallons of saltwater in just nine days from the New York City subway system. In the 10 years following Hurricane Katrina, he said, the Corps designed and built a \$14.5 billion, 100-year storm protective system for New Orleans.

“It’s a feat of engineering that included 133 miles of protections, 350 miles of canals, and a gated storm barrier that contains more concrete than the Hoover Dam, and is visible from space,” he said.

Fanning also recognized the 400,000 Department of the Army civilians who support Soldiers, saying those civilians include scientists, inventors, teachers, technicians, maintainers and weapons experts, and are responsible for running schools, test ranges, installations and commissaries.

“Like them, I am committed every day to do what is necessary to support our Soldiers as individuals and as an Army, to do what is asked of them, because much is and much will be,” he said.

Fanning said he is committed to an Army that makes resilient Soldiers that are both trained and equipped.

He said the Army must also “redouble our efforts to eliminate



Secretary of the Army Eric K. Fanning inspects the Soldiers of the 3d U.S. Infantry Regiment (The Old Guard) during a full honor arrival ceremony in his honor June 20 on Summerall Field at Joint Base Myer-Henderson Hall, Virginia.

sexual assault and suicide, we must ensure that everybody has access to behavioral health services, and that we eliminate the stigma attached with seeking health — (it’s) a sign of strength not weakness.”

When it comes to readiness, he said, “he is committed to ensuring Soldiers are prepared to fight across a wide range of contingencies — not just the kind of fighting we have seen in Iraq and Afghanistan. That means the kind of large-scale, integrated, decisive action training I witnessed in Poland last week. And to make sure they are equipped in a way that always maintains a decisive advantage over any adversary, we must work to get capability to them more rapidly, and as efficiently as possible, and

we must find more ways to cut time and money out of acquisition processes to better serve our Soldiers, to be better stewards of taxpayer money, and to streamline the system for the many talented Army civilians who slog through the processes we put in their way.”

Finally, the Army’s new secretary touched on diversity in the Army as a strength.

“We must continue to open up opportunity for those who meet standards, that were previously denied the opportunity to serve,” he said. “By leveraging diversity, and creating an inclusive environment in which all are valued, we engender opportunities to be part of the greatest mission there is: defending our nation’s security.”



# Nick Blake: a ‘Big Red One’ Soldier



THEN

**By Phyllis Fitzgerald  
SPECIAL TO THE POST**

Nick Blake was born in Baton Rouge, Louisiana, but he grew up near Houston, Texas. When he graduated from high school in 1999, he joined the Army. He went to Basic Training and Advanced Individual Training at Fort Knox, Kentucky. He trained as a 63E M1A1 Abrams tank systems mechanic.

His first assignment after training was Fort Riley. Blake was assigned to Headquarters Company, 1st Battalion, 34th Armor Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division.

In 2001, he deployed with the unit to Kuwait where they provided maintenance support to their unit as well as other units in the area. The deployment lasted four and a half months.

He went to Korea in 2003 for a year’s assignment. He decided he would get out after the tour was up.

“In our maintenance group we were really pretty tight, we worked well together, made a great team and we got the job done,” he said. “One of the things about the Army is you make friends for life and I still remain in touch with my Basic Training/AIT battle buddy.”



& NOW

Blake had four and a half years of Army service when he decided to get out. He processed out from Korea and returned to Junction City, Kansas, where his wife was located. He knew before he went to Korea that he planned to make this his home. Blake’s wife is from Strong City, Kansas, about an hour south of Junction City, Kansas.

He left the Army in March of 2004, and went to work for the Junction City Police Department in May of 2004. He currently works as the K-9 handler with his partner, Barney.

“I have been at the Junction City Police Department for 12 years and truly enjoy my job,” Blake said.

He says he likes to spend his spare time outdoors and kayaking with his wife and two boys.

*Editor’s Note: To submit your “Big Red One” story, email [fitzmiss@yahoo.com](mailto:fitzmiss@yahoo.com).*

BEST PLACE TO LIVE   BEST PLACE TO TRAIN   BEST PLACE TO DEPLOY FROM   BEST PLACE TO COME HOME TO

## Performance Triad changes facilities around Fort Riley with a healthier state of mind

**By Hannah Kleopfer  
1ST INF. DIV. POST**

Members of Fort Riley have been shedding pounds lately due to participation in the Performance Triad.

Performance Triad is a comprehensive health and fitness plan based on the factors of sleep, activity and nutrition, improving readiness and increasing resilience of Soldiers and employees.

Fort Riley garrison employees are the first civilian group in the Army to take part in the program.

A major part of weight loss and health is eating the right foods, and staff at the Warrior Zone noticed.

“I did sign up for the program and before I even started the classes I had customers coming up and asking for calorie counts in the food,” said Melissa Herrick, assistant business manager. “This gave us the

idea to create a menu with 600 calories or less ... The triad program has helped bring in new menu items to give more options to our customers.”

As the menu is well known for pizzas and quesadillas, staff incorporated pita bread for healthier options, and also added fruit smoothies, sandwiches and salads. The full menu is posted on their Facebook page.

Not only has Performance Triad changed the menu, but it has changed the staff at Warrior Zone.

“This program has also helped our staff get active and stay healthy as well,” Herrick said. “After realizing the calories in some of our food items, we are making healthier choices when eating.”

The staff also started competitions amongst each other using Fitbits to count their steps.

“This has been a wonderful team-building experience,” Herrick said.

Fitness centers on post have also been affected by the triad.

“There has been an increase in our classes over the past few months,” said Kilee Debita, Whitside Fitness Center facility director. “I can tell you that we have had an increase in our participation and part of that has to do with more people attending classes and adding new classes.”

Whitside recently added kettleball classes at 5:15 a.m. on Mondays and Wednesdays and Body Pump classes at 5:15 a.m. on Tuesdays and Thursdays. They have also added eight more Zumba classes per week, giving people a wider range of time options.

For more information about P3, contact Jill Glasenapp at [jill.m.glasenapp.civ@mail.mil](mailto:jill.m.glasenapp.civ@mail.mil).

### FORT RILEY TEEN WINS BIG



**COURTESY PHOTO**

Essence Carter, 16-year-old from the Fort Riley youth center and daughter of Sharone and Bernard Washington, both retired military members, has been named the Southwest Military Youth of the Year by the Boys & Girls Clubs of America. This distinguished honor comes along with a \$40,000 scholarship. After being named the Kansas Military Youth of the Year, Essence traveled to San Antonio June 9 for the regional level and was selected among 8 total finalists in the southwest. Col. James J. Love, Installation Management Command, G-9 Chief of Staff, presented her with the scholarship award. She will go on to compete for the National Military Youth of the Year title this fall at the Army and Navy Club on Farragut Square, Washington, D.C., Sept. 9.

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TRAFFIC REPORT

ACCESS CONTROL POINT HOURS OF OPERATION

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

Also until further notice, 12th Street ACP is closed to privately owned vehicles on Saturdays. The commercial side remains open Saturdays. The 12th Street ACP is closed to all traffic Sundays but it is open to all traffic Monday through Friday. Grant Street ACP is closed 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 mph 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 gate during non-duty hours.

TUESDAY TRIVIA CONTEST

The question for the week of June 24 was “What are the five top contributing factors in boating fatalities?”

Answer: [www.riley.army.mil/News/Article-Display/Article/800531/safety-corner-keep-boating-safety-in-mind-when-on-the-water/](http://www.riley.army.mil/News/Article-Display/Article/800531/safety-corner-keep-boating-safety-in-mind-when-on-the-water/)

This week’s winner is Matthew, father of Pvt. Ethan Helton, Company B, 2nd Battalion, 34th Armor, 1st Armored Brigade Combat Team, 1st Infantry Division.

**CONGRATULATIONS MATTHEW!**

Live an ideal lifestyle with the Core of the Free Smoking Cessation Program

TRICARE

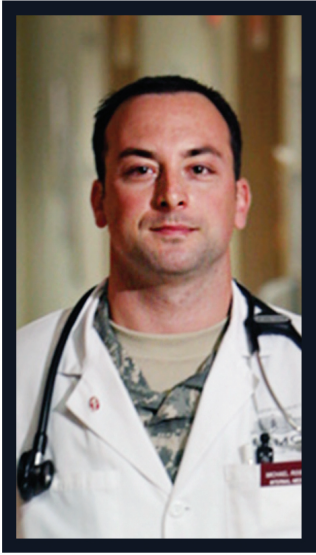
Are you living your ideal lifestyle? If your answer is no, you’re not alone. It can be tough to make lifestyle changes part of your daily routine. For example, smoking less and starting an exercise routine can help you quit smoking, but it’s not easy to design your lifestyle around those small changes long enough to make it a new routine.

If being smoke-free is your ideal lifestyle, the Freedom Quitline offers counseling focused on lifestyle design for TRICARE beneficiaries trying to quit smoking. The Freedom Quitline is a National Institutes of Health-funded research study, co-sponsored by the 59th Medical Wing and University of Tennessee Health Science Center. Lifestyle design is the process of taking proactive steps to become the person you’d like to be, says the Freedom Quitline’s Dr. Gerald Wayne Talcott.. Change is hard. You try, but often can’t follow through and implement those changes permanently.

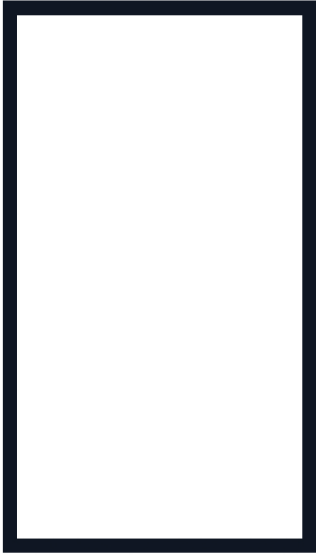
The counselors at the Freedom Quitline are there to help participants stay focused on their goal of being tobacco free. When you quit smoking with the Freedom Quitline, you’ll receive telephone counseling specially designed to help increase your motivation to change your behavior. Plus, you’ll receive free nicotine replacements sent to your home.

Wouldn’t it be great to taste food again, breathe easier, have fresh smelling clothes, more money in the bank, and generally feel better? The Freedom Quitline counselors are available to help you stick with the change you want. It’s easy to find out if you qualify. Call 1-844-I-AM-FREE, 1-844-426-3733 or go online to learn more at [www.freedomquitline.org](http://www.freedomquitline.org).

Irwin Army Community Hospital



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## RILEY ROUNDTABLE

### How do you like to spend Father's Day?



"We're going to church in the morning and then to lunch."

**KIMBERLY PHIFER**  
**LAYTON, UTAH**

Wife of Spc. Kenneth Phifer, 1st Battalion, 5th Field Artillery Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division



"Before we would typically go out to eat. This year, with a bigger family, we're probably going to go out and explore the area."

**SPC. JAY FLEGEL**  
**WAUKEGAN, ILLINOIS**

82nd Engineer Battalion, 2nd Armored Brigade Combat Team, 1st Infantry Division



"We usually make breakfast for him or we'll do a cook out, just relax and have Emma do crafts."

**TIFFANY MEANEY**  
**CLEVELAND, OHIO**

Wife of Spc. Daniel Meaney, 162nd Explosive Ordnance, 84th Explosive Ordnance Disposal Battalion, 1st Infantry Division Sustainment Brigade



"Just spending time with my daughter."

**MAJ. EVERETT BOGEL**  
**MECHANICSVILLE, VIRGINIA**

Division Headquarters and Headquarters Battalion, 1st Infantry Division



"Going out to breakfast and letting my husband do whatever he wants."

**KRISTIN WELLOCK**  
**SMITHTOWN, NEW YORK**

Wife of Maj. Michael Wellock, 1st Battalion, 16th Infantry Regiment, 1st Armored Combat Team, 1st Infantry Division

## THE 1ST INFANTRY DIVISION POST

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### SAFETY OFFICE

## Bicycle safety should be top priority during warm months

By Dawn Douglas  
GARRISON SAFETY OFFICE

Did you know one of the fastest growing accident and incident categories is pedestrian and bicyclist injuries and fatalities. In the summer months, more people are out bicycling — for exercise, recreation or to run errands, commute to work or conserve energy. From 2000 to 2012, the number of Americans traveling to work by bicycle increased from 488,000 to about 786,000, according to the U.S. Census Bureau in May 2014. On Fort Riley, cyclists can be seen throughout the Troop Areas and Main Post, whether for exercise or a viable mode of transportation as gas prices increase. While a bicycle can offer many health, financial and environmental benefits, it can also bring the dangers associated with any vehicle.

Cyclist and drivers make mistakes that contribute to crashes, but when a crash happens involving a cyclist and a car, SUV, pickup truck, or bus, it is the cyclist who is more likely to be seriously injured or killed. According to the National Highway Traffic Safety Association, Most bicyclist fatalities occurred between 4 p.m. and midnight, 48 percent and in urban areas, 69 percent. Almost 9 in 10, 88 percent of those killed while riding bicycles were male. One in four bicyclists, 24 percent who died in crashes had blood alcohol concentrations of .08 grams per deciliter or higher, the illegal alcohol level in all States.

A key fact to remember is more cyclist fatalities occur during the summer months of July through September. What can you do to stay safe while riding?

### TOP MISTAKES BICYCLIST MAKE:

- Riding out into the street from a driveway, alley, or from between parked cars without stopping or looking for traffic. Drivers do not expect bicyclists to enter the road in

the middle of a block. The driver has the right-of-way and expects entering traffic to yield. Look left-right-left before entering a road.

- Turning or swerving suddenly into the path of a motorist. Unfortunately, these crashes often involve children. Ride in straight, predictable lines; look over your shoulder for traffic; and use hand signals before changing lane position. Bicyclist rides through a stop sign or red light without stopping. Follow the same rules of the road as motorists. Be prepared to stop quickly.
- Riding in the wrong direction, approaching cars head-on. This type of crash is often deadly. Drivers do not expect traffic to come from the wrong direction. These crashes can occur at driveways, intersections or when drivers turn right and hit an oncoming bicyclist. Ride with the flow of traffic, never against it.
- Riding while impaired, which affects the balance, coordination, focus, and quick reactions necessary for safe biking. Remember a bicycle is a vehicle. If you plan to drink, get a safe ride home.

### WHAT CAN YOU DO TO MAKE YOUR BICYCLE RIDES SAFER AND MORE ENJOYABLE?

- Be predictable. Signal your intentions to others (use hand signals, look over your shoulder before changing lanes, ride in a straight line on the right side of the road). Expect that other vehicles do not see you.
- Go with the flow of traffic, not against it. Drivers are not expecting to see bicyclists approaching them from the front, to make sudden turns across several lanes, or to come out from between parked cars or behind shrubbery.
- Be ready to stop at driveways and intersections. This is easier to do if

electronic devices do not distract you. We need to be alert to pick up information about traffic around us, so you are not at a disadvantage by texting or by using ear buds or headphones while riding.

- Watch for uneven pavement, potholes, wet leaves, storm grates or other roadway changes could cause you to lose balance. Ride on bike paths and bike trails if they are available in your community and give parked cars about a 3-foot berth in case someone opens a door in your path. If you are riding on a sidewalk, you must yield to pedestrians and it is a good idea to let them know you are about to pass them. Riding on a sidewalk may not be a safe or legal place to ride.
- Make yourself and your bicycle visible at all times, especially at night and in dim light by wearing bright, reflective clothing, and using white lights in front and red reflectors or lights in the rear as required by all States. Drivers cannot see you if you are dressed in dark colors at night.
- Regardless of your age or skill, wear a properly fitted, certified helmet on every ride. Check the Consumer Product Safety Commission's Web site, www.cpsc.gov, for recalls of defective helmets.
- Ride sober. Alcohol affects balance, judgment, and reaction time, among other things, so don't let your friends ride drunk, which increases the risk of a crash.

Bicycling is a great mode of transportation, but it can also be fatal when riders fail to follow traffic rules and do not think risk management while sharing the road with other vehicles. For more information on safe cycling or information about fitting bike helmets, additional safety tips for children and USAG, bicycle safety themed events, contact the USAG, Safety office 785-240-0647.

## Building relationships with school staff important for growth

### MILITARY ONE SOURCE

If you have pre school-age children, you most likely want to feel a connection with your children's school. You want to know the teachers; understand what is going on in class; and know how to interpret the art projects involving macaroni and glue, which is an interpretation of a Picasso painting. How could you have missed that? Even if you relocate often or are temporarily deployed, there are ways you can build a relationship with the school and your child's teachers to help your child perform as well as possible. Your relationship with the school will demonstrate to your child and the school's staff the importance you attach to education.

The following tips can help you build a strong relationship with your child's school:

- Meet the teacher. Allowing your child's teacher to put a face with your name is a great way to show your investment in your child's education. The teacher will know who they're sending notes home to and you'll know who your child is complaining about when they think they have too much homework.
- Learn the school policies. Even though you'll likely be flooded with paperwork and information during your child's first week, do your best to stay on top of all the little details. Don't forget to check the depths of your child's backpack for lost forms and keep all relevant information handy in case you need it. You'll be glad to have all the resources at your disposal if something unexpected

comes up, like a snow day or special event.

- Attend events. Speaking of events, try to attend as many as possible. Even though you're busy and your couch probably seems much more appealing than a school auditorium — especially after a long day — showing up is important. Being present at back-to-school nights, open houses and school fairs can help both you and your child feel more connected to the school.
- Volunteer. There are dozens of ways to give your time to your child's school, so it's just a matter of finding a way to volunteer that suits your schedule. You can be a chaperone to a school event, help coach a sport's team or organize a fundraiser. The school's website will likely have a list of volunteering options, but when in doubt, just ask. Don't worry — you can still volunteer even if you're deployed. Offer to be email pen pals with the classroom, or visit as a guest speaker via video conferencing or a social media platform.
- Join the parent/teacher group. Even simply attending PTA/PTO meetings can be a great way to stay in the loop about what's happening at the school and how you can get involved. If there is not a parent/teacher group at your child's school, don't let that stop you — get a few parents together and start one yourself.
- Attend school board meetings. When it comes to your child's education, you probably have some pretty strong opinions. Well, what

are you waiting for? Get up on that soapbox and make your voice heard. Become a regular presence at school board meetings and don't hesitate to share your concerns or compliments about the school district.

Your family may relocate frequently, or be in the middle of a deployment, but that doesn't mean you can't still be a part of your community. Your child's school is a great place to put down roots, but — like any good gardener — sometimes you just have to dig a little deeper to truly feel grounded.

Dads Make A Difference Month Campaign initiative is to promote and celebrate the importance of fathers in their families, increase awareness of the integral role fathers have, and assist fathers in connecting with their families through educational and interactive activities throughout the month of June. The Strong Dads Challenge runs the entire month of June and encourages Army fathers to create life long memories with their children by doing different activities and sharing these experiences through our "Snap, Share, and Win!!! AT Fort Riley, staff of Army Community Service will host a Strong Dad's Tea Party from 10 a.m. to noon June 25 at Riley's Conference Center.

These events are designed so Dads can spend more quality time with your children. For more information, contact Army Community Service at 785-239-9435 or visit www.rileymwr.com. Remember the "Snap, Share, and Win! challenge. Photos can be submitted to DADS@rileymwr.com or Facebook by tagging Fort Riley Parenting Page, or #8DMDM.

## Army Emergency Relief roles out new way to receive help

**Maj. Gen. LaWarren V. Patterson**  
DEPUTY COMMANDING GENERAL  
AND CHIEF OF STAFF OF INSTAL-LATION COMMAND

Army Emergency Relief recently launched a new way for Soldiers, retirees, and family members to receive financial help. AER financial assistance can now be requested through the new easy six-step online application on AER's new and improved website. This new online feature allows those in need to apply any time anywhere day or night using

either a desktop, laptop, tablet or smart phone.

A key aspect of the new online application is that it greatly expedites the assistance process for the Soldier and for the AER officer. With the Soldier completing the application online, the information the AER officer normally types into the AER system is already prepopulated and available for action. The AER officer just needs to review the information, validate documentation the Soldier brings in to support the

assistance, and cut the check. The new online process will greatly expedite assistance to the Soldier while reducing time away from the unit and reduce processing time for the AER officer — a win-win on all accounts.

The website redesign allows for easier navigation of the website and contains new and improved information like how Soldiers can access their account, apply for a scholarship, donate and a new loan calculator where anyone can compare the savings from a no-interest, no-fee AER loan to loan offers from others.

As it approaches its 75th anniversary, AER continues to distinguish itself as an organization with a legacy of helping Soldiers. Over its history, AER has provided \$1.7 billion to our greatest assets, the American Soldier. AER is unique as it provides interest free loans and grants with no fees. Last year AER saved Soldiers and families more than \$22.4 million in interest! AER puts the Soldiers' financial well-being first!

For more information, visit the AER website at www.aerhq.org.

The next USAG Resilience Day Off is

JULY

15

### SAFETY HOLIDAY



As of Wednesday, June 22, 115 days have passed since the last vehicular fatality at Fort Riley. One hundred and seven more and the post will celebrate with a safety holiday to take place at each unit's discretion.

WWW.FACEBOOK.COM/FORTRILEY



# National Guard unit hones rocket skills at Fort Riley ranges

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

Family and friends of Soldiers of 2nd Battalion, 130th Field Artillery Regiment of the Kansas Army National Guard, sat at the campsite watching their loved ones fire rockets into the sky June 14.

While most Soldiers don't see their families until they come home from their training, the members of 2nd Bn., 130th FA Regt., KSARNG, were able to have their families come out to see what it is they have been training to do.

“That’s something special to working in the National Guard unit,” said Capt. Matthew Nordquist, battalion administrative officer.

Kids shouted excitedly and spouses warmly greeted their Soldiers after the long training.

The unit spent 13 days at Fort Riley training at the Douthit Gunnery Complex and working with the staff.

“We are conducting our battery certification process on the High Mobility Artillery Rocket System weapon system,” said Lt. Col. Paul Schneider, battalion commander. “We chose Fort Riley for certain reasons. One, its proximity to our home station in northeast Kansas, two, it’s really conducive to the type of training our unit conducts, and three, the installation is really user friendly. The support staff here bends over backwards to make sure the end user has real-world, realistic training.”

In the past training year, the unit has conducted training at Fort Riley four times starting in March and once every month afterward.

“We prefer to come to Fort Riley because it offers us more training time,” Schneider said.

The two-week training period for the unit is annual, and they rotate on different types of certification each year.

“What we’re focusing on is all the way from section certification to battery,” said Maj. Shawn Miller, operations officer. “So we are working from individual launchers to combining those operations up through multiple launchers working together as whole teams to achieve a combined goal.”

During the High-Mobility Artillery Rocket

System exercise, each launcher took turns and then launched together for a team training.

“It’s about getting our launchers to the points they need to engage the enemy, and being able to produce fires, and moving them around on the battlefield so they’re safe and they can do what they do,” Miller said. “And from a training perspective it’s about getting in those repetitions, so getting them to fire repetitions and move from area to area.”

Miller said Fort Riley works well for them due to the rolling and wooded terrain for realistic training, which allows leaders also to see locations on the map and on land. They are also regionally aligned with



Soldiers of the 2nd Battalion, 130th Field Artillery Regiment, Kansas Army National Guard launch a rocket during their training at the Douthit Gunnery Complex June 14.

Europe and what they would see in eastern Europe.

“The training has been going really well and we’ve been able to incorporate a lot of stuff,” said Master Sgt. Ken Cline, operations sergeant. “The goal is to have our 16 crews fully qualified.”

# Walter Reed Army Institute scientists test Zika virus vaccine candidate

By Cheryl Pellerin  
DOD NEWS, DEFENSE MEDIA ACTIVITY

WASHINGTON — As mosquitoes carrying the Zika virus spread illness to people across the Americas and beyond, scientists at Walter Reed Army Institute of Research are moving quickly, conducting preclinical research on a Zika vaccine candidate with collaborators at the Beth Israel Deaconess Medical Center and planning to start human testing before the year ends.

The process has gone quickly, Army Dr. (Col.) Stephen Thomas said during a recent DOD News interview, because the institute’s scientists know their flaviviruses. These include the mosquito-borne viruses that cause yellow fever, dengue, Japanese encephalitis and Zika virus diseases.

Thomas, an infectious disease physician and a vaccinologist specializing in flaviviruses, is the former deputy commander for operations at WRAIR in Silver Spring, Maryland, and the Zika program lead.

The Centers for Disease Control and Prevention is tracking

active Zika virus transmission in 39 countries and territories in the Americas, eight in Oceania and the Pacific Islands, and one in the western African island nation of Cape Verde.

In the continental United States, CDC reports 618 travel-associated Zika cases, 11 sexually transmitted cases, one case of Zika-related Guillain-Barré syndrome, but so far, there have been no reports of locally acquired mosquito-borne cases.

**ZIKA SIGNALS**

“Zika is a flavivirus, and we have been working on flaviviruses our entire history — since 1893 (on yellow fever),” he said. “So it’s in our DNA to work on flaviviruses, and we’ve been doing vaccine development for flaviviruses since World War II.”

He noted that before Albert Sabin developed a polio vaccine, he was in the Army and helped to develop vaccines for dengue and Japanese encephalitis.

And then there was the clock.

“There’s a race to get this done as quickly as possible” because there’s a public health emergency going on,” and because WRAIR is

focused on supporting U.S. force readiness for service members deployed worldwide,” he said.

**MAKING VACCINES**

One of the reasons WRAIR can move fast on vaccines is its Pilot Bioproduction Facility for vaccines and biologics, established in 1958 to develop vaccines for Defense Department mission-related disease threats.

Today the facility also manufactures clinical-grade material for clients in the public and private sectors through cooperative research and development agreements, according to the WRAIR website.

“The vaccine facility belongs to us, so we’re able to control what they work on and when they work on it, and we’re able to be very agile and redirect resources when we need to,” Thomas said, adding that the facility produces 15 to 20 vaccine candidates a year.

Something else that helped WRAIR scientists get a head start on Zika vaccine prototypes is a biosurveillance program conducted at one of the three WRAIR overseas expeditionary research laboratories, this one in Bangkok.

**GLOBAL BIOSURVEILLANCE**

The U.S. Army medical component of the Armed Forces Research Institute of the Medical Sciences was established after a cholera epidemic in 1956. The laboratory is an agency of the U.S. Embassy-Thailand and is located at the Royal Thai Army Medical Center in Bangkok.

Together, AFRIMS in Southeast Asia and U.S. Army research platforms in Tbilisi, Georgia, and in Kenya, Mozambique, Uganda, Nigeria and Tanzania constitute special WRAIR foreign activities and form one of the largest pieces of a global DOD network. The network includes Navy medical research labs in Peru, Singapore and Egypt, a detachment in Ghana, and partner labs around the world.

“At the end of last year, we started to talk amongst ourselves that this Zika signal was starting to heat up,” Thomas recalled. “We had seen what happened with (mosquito-borne) dengue in Central and South America (beginning) in the ’80s. ... It went from having very little activity, and when the ...

viruses got introduced through travel and other means, it really took off.”

Because of Zika virus biosurveillance at AFRIMS in Bangkok, Thomas and his colleagues were able early on to get a strain of Zika from Asia that allowed them to do initial experimentation while they waited to get another strain that would be a basis for the vaccine, he said.

**ZIKA VACCINE EFFORT**

Thomas and his colleagues considered many factors when planning the Zika virus vaccine development effort, he said, including a charge by DOD to get something in the field as quickly as possible while mitigating regulatory agency risk and speeding up the process where possible, he said.

He explained regulatory risk this way: “We are working on a type of vaccine that the (Food and Drug Administration) has seen before and has licensed before,” Thomas said. “It’s the same (cell-based) technology we used to develop the Japanese encephalitis vaccine.” The researchers are trying

to mitigate risk by avoiding unproven technologies that could cause a licensing delay, he noted.

WRAIR is working on the vaccine in collaboration with other U.S. government agencies, including the Biomedical Advanced Research and Development Authority — part of the Department of Health and Human Services — and the National Institutes of Health National Institute of Allergy and Infectious Diseases. It is also exploring collaborations with pharmaceutical companies, Thomas said.

The vaccine will contain a killed strain of the virus that is circulating now in South America, he added.

“This is not something like dengue, where there are four dengue virus types and you have to include every type,” he explained. “We feel pretty comfortable that for an initial vaccine construct, a single strain will be sufficient. We believe that it’s a good idea (to use) the strain that is causing the congenital syndromes and neurologic defects appearing in that region.”



# Army senior leader provides voice for joint enlisted force during service

By Gary Sheftick  
ARMY NEWS SERVICE

WASHINGTON — Army Command Sgt. Maj. John Wayne Troxell has been the senior enlisted advisor to the chairman of the Joint Chiefs of Staff for six months now.

Since being sworn as SEAC on Dec. 11, Troxell has made six trips with his boss, Marine Corps Gen. Joe Dunford, to 15 different countries.

“First and foremost, I have a responsibility to gain and maintain the pulse of the joint force,” Troxell said. “That means I’ve got to get out and see the troops.”

Every SEAC has a different relationship with the chairman, secretary of defense and Joint Staff, Troxell said.

“My relationship with Chairman Dunford is unique. He has a different vision on how to best leverage me in this position,” Troxell said.

His role as SEAC also includes providing counsel to Secretary of Defense Ashton B. Carter on many of the same matters on which he advises the chairman.

### TWO-PRONGED ROLE

“I have to balance what the chairman expects out of me and what the SecDef expects of me,” Troxell said, adding that it’s sometimes “tough.”

“He doesn’t call me sergeant major or SEAC, you know,” said Troxell of the SecDef. “He talks to me like he’s my father: ‘John, I need you to go out and tell me what the troops think about Women in Service Review or transgender integration.’”

So when returning from a trip overseas, Troxell said, he brings home insight and guidance that will be useful to both senior leaders he advises, on topics like joint and combined total force integration and utilization, health of the force, and joint development for enlisted personnel.

“Whether providing advice at the White House or serving as part of a joint working group, I understand that I speak for every enlisted person in the Department of Defense,” Troxell said. “And I can’t take that lightly.”

He said his most important duty is to be the voice of the joint enlisted force — to stand up and tell senior leaders if a proposal doesn’t make sense in the eyes of service members.

### SEAC RESPONSIBILITIES

Troxell sees his position as an integral part of the Joint Staff. He must be available for “key battle-rhythm events” such as battle update briefs and especially for “Force of the Future” initiatives.

He must be also able to provide an enlisted perspective to the Joint Staff on the strategic challenges they work to find solutions for, such as deterring or denying potential adversaries, providing credible readiness built on training and modernization, and strengthening alliances with partner nations. He must also be able to take what he learns in Washington out to the field and explain it to the joint force.

“As an Army command sergeant major, I have to

be comfortable going into a Navy organization or an Air Force or Marine or Coast Guard organization, or an organization that is predominantly civilian, and be comfortable talking to them about what’s important with not only the Department of Defense, but also with the strategy we have and what we’re doing to get after the strategic challenges we have,” Troxell said. “That keeps me on the road a lot.”

### BACKGROUND

Troxell enlisted in 1982 as an armored reconnaissance specialist. He was motivated to join the Army after seeing three of his hometown friends return from their military training, two from Ranger school and one from Marine Corps Boot Camp.

“I saw that they were physically fit, disciplined, motivated, and carried themselves with pride, and said to myself, ‘I want to be on that team.’”

Troxell grew up in Davenport, Iowa, and said the best thing about the place was its small-town atmosphere. But he added that was also the worst thing about Davenport.

After enlisting and graduating from One-Station-Unit-Training at Fort Knox, Troxel’s first tour of duty was in Germany. He served with the 3rd Armored Division there and then later served in Germany again with the 3rd Infantry Division. He had two tours with the 82nd Airborne Division with deployments to Panama, Saudi Arabia, and Iraq. He actually had five

combat tours, including two in Iraq, one in Afghanistan, Operation Desert Shield and an airborne jump into Operation Just Cause in Panama.

On one of his tours at Fort Bragg, he served in a unit with then-Sgt. 1st Class Joe Gainey, who went on to become the first SEAC.

Troxell’s military education includes the Ranger, Airborne, Jumpmaster and Pathfinder courses, along with the First Sergeant’s Course and two courses at the Sergeant Major’s Academy. He also has a master’s degree in business administration with a concentration in strategic leadership from Trident University in California, and he is currently a fellow at the Asia Pacific Center for Strategic Studies in Hawaii.

This is Troxell’s sixth job as a command sergeant major. He began as command sergeant major of the former U.S. Army Armor Center at Fort Knox, Kentucky, and his last job was as command senior enlisted leader of the United Nations Command and Combined U.S. Forces in Korea. Before that, he was CSM of the International Security Assistance Force in Afghanistan.

### PROFESSIONAL DEVELOPMENT

For 10 years, Troxell conducted a senior-enlisted development exercise he called Mongadi. It was a 58-hour “mini-Ranger” exercise under adverse conditions, adverse terrain and simulated combat.



Sgt. Alicia Brand | U.S. ARMY

**Command Sgt. Maj. John Wayne Troxell congratulates Army journalists of the year and other award recipients at the Public Affairs Leadership Forum in Alexandria, Virginia, June 3.**

The NCOs had to carry a “Ranger-heavy” load and got limited sleep. Troxell gave them ambiguous instructions on purpose, because combat today is conducted in a complex world. In addition, the NCOs needed to build teams in order to accomplish the mission.

“I called this validating our credentials to lead,” Troxell said about the exercise. “We’ve got to be trained and ready.”

All future conflict is going to be trans-regional, meaning what happens in Iraq has an influence on what happens in the Sinai and elsewhere, he said. It’s also going to be multi-functional, including air support, he said.

“So how can NCOs be expected to operate in a trans-regional, multi-domain and multi-functional environment?” Troxell asked.

They must understand the big picture and the

commander’s intent, he said, and they must be able to use all resources available to them, he said.

“You’ve got to be able to get out there and get after it,” Troxell said, “because you may have to do it on the worse day of your life under combat conditions.”

He is there to provide the best opportunities for the men of women in today’s military service.

I want the men and women of the joint force to know that I will work tirelessly in this job to ensure that they get the right training, the right education, right equipment and right compensation,” Troxell said. “This is so they can best accomplish any missions assigned to them and that they have the requisite level of deserved quality life for them and their families that comes with being a member of the profession of arms.”



SAFETY Continued from page 1

intent was to get information out about grease and kitchen fires.

“Here on Fort Riley, we’ve had 12 unattended kitchen cooking fires,” Watson said. “In just the first six months of this year we’ve had four, so we thought it best to go after this with education.”

Normally, the safety day includes Soldiers from across Fort Riley and the 1st Infantry Division, but this year, the event focused on the civilian workforce. Due to the mission readiness of the Soldiers the schedules did not line up to include them.

Douglas said the civilian workforce provides a constant support for the Soldiers, so they were able to focus on keeping that support continuous during this event.

“We’re the ones that have continuity and sustainment for our Soldiers, and so just like when Soldiers get injured and it affects combat readiness, when their support agencies are not healthy, it degrades readiness as well,” Douglas said. “We are downsizing. We are losing employees so we have to do the same mission with fewer people. The longer we can keep them safe and make sure



Eric Zenk | FORT RILEY PUBLIC AFFAIRS

Two firefighters from the Fort Riley Fire Department demonstrate a grease fire during the annual Safety Day at Riley’s Conference Center June 17. The event included informational booths both inside and outside talking about a variety of safety topics including fires, hazards of alcohol, drunk and distracted driving, motorcycle and personally owned vehicle safety, severe weather safety and many other areas of concern.

they do things correctly both on and off duty, the longer we can support our warfighters.”

For more information about safety across the

installation, call the Garrison Safety office at 785-239-2514 or visit [www.riley.army.mil/Units/Garrison-Command/Safety/](http://www.riley.army.mil/Units/Garrison-Command/Safety/).

REUNION Continued from page 1

with veterans, most of whom in attendance served during the Vietnam War era.

The Soldiers’ sentiments were echoed in words by Maj. Gen. Wayne W. Grigsby Jr., 1st Inf. Div. and Fort Riley commanding general. The division’s heritage was chiseled into eternity by the blood, sweat and tears of its veterans, he said.

“I carry a message from the men and women proudly serving as BRO Soldiers,” Grigsby said. “They want you to know that your heritage will not be blemished on our watch and your legacy is safe with us.”

Lineage is the foundation of identity, he went on to say.

“Your incredible accomplishments are the prime motivation for our new generation of Soldiers,” Grigsby said. “They are tough, lethal and hard-nosed — just like you.”

Soldiers today look upon the veterans’ accomplishments in awe, questioning their battle and merit.

“Some of you may be shocked to hear this, but it is true,” Grigsby said.

These types of gatherings are a healing process for veterans, said retired Command Sgt. Maj. Anna Gregory, the society’s executive director. Relationships are cemented for life and the event assists the veterans in continuing on in life and giving them a sense of appreciation for serving their country, she added.

Staff Sgt. Bryan Teneyck, the 1st Inf. Div. noncommissioned officer of the year, assigned to the 287th Military Police Company, 97th Military Police Battalion, said reunion attendees were humble and often thanked him and the other Soldiers for their service.

“Consistently, we keep reminding them that it was their sacrifices and their dedication that make it possible for us to do what we do today,” he said.

The reunion has an immeasurable amount of importance to Soldiers, regardless of their component, Teneyck said.

“Attending events like this drive home what it means to be a Soldier and particularly a Big Red One Soldier,” he added. “With high operation tempos in all units across the division, you often drift away from the impact that your training has. Then when you go to these reunions, you see the big picture and the full effect of your hard work.”

The division’s Soldier of the year, Sgt. Steven Gonzalez, emphasized the importance of understanding the long line of tradition of which those in uniform like him are a part.

“It shows how strong the bond we have after so many years,” he said. “I personally have even more pride wearing the uniform after meeting and experiencing the event.”



Amanda Kim Stairrett | 1ST INF. DIV.

Maj. Gen. Wayne W. Grigsby Jr., 1st Infantry Division and Fort Riley commanding general, shakes hands with Ray Lambert, a “Big Red One” veteran from World War II, on June 11 at the Society of the 1st Infantry Division reunion in Atlanta. Grigsby and Command Sgt. Maj. Joseph Cornelison, right, the division’s senior noncommissioned officer, met with several World War II veterans at the reunion, including Lambert, who served as a medic with the 16th Infantry Regiment during the D-Day invasion.

BIRTHDAY Continued from page 1

training out there, continuing to have that partnership with the 1st Inf. Div. and Fort Riley,” Frank said of the National Guard Soldiers.

Serving as the 34th president of the United States, Eisenhower commanded the D-Day invasion during World War II while serving as Supreme Allied Commander in Europe.

“He spent most of his life in the Army,” said Tim

Rives, acting director of the Eisenhower Presidential Library, Museum and Boyhood Home. “His proudest claim, other than being from Abilene, was that he was a general, not president, so he preferred to be called Gen. Eisenhower instead of President Eisenhower.”

Rives said the wreath-laying ceremony couldn’t

have gone better and the ceremony coinciding with Flag Day was particularly fitting.

“It’s interesting that, as president, he served under three flags — there were 48 states when he became president, then 49 and then 50,” Rives said of Eisenhower. “I think that’s a distinction that only President Eisenhower has.”

HAPPY BIRTHDAY ARMY!



Staff Sgt. Tamika Dillard | 2ND ABCT

Command Sgt. Maj. Larry Orvis, senior noncommissioned officer of the 2nd Armored Brigade Combat Team, 1st Infantry Division, cuts the ceremonial Army birthday cake June 14 at the Camp Buehring, Kuwait, dining facility. Soldiers of the “Dagger” brigade celebrated the Army’s 241st birthday with a run and cake cutting.

6TH ANNUAL PAXICO, KANSAS, MEATLOAF FESTIVAL



Beth Howell Day | SPECIAL TO THE POST

Soldiers from the 1st Infantry Division and Fort Riley, including the Commanding General’s Mounted Color Guard and the 1st Inf. Div. Band, joined citizens in Paxico, Kansas, for 6th Annual Paxico Meatloaf Festival June 18. It was a full day of entertainment, shopping and fun for those in attendance. Town shops and a flea market were open for business, while a parade moved down Paxico’s main avenues. Later, visitors enjoyed entertainment from noon until early evening.





## Cleared for takeoff: Purina Pro-Plan Performance Team wows exchange crowd



Laura Moretz, a trainer for the Purina Pro-Plan Performance Team, and High Flying Hustle, a border collie mix, perform a trick with teamwork and a powerful leap for an audience during the Purina Pro-Plan Performance show June 18 at the Fort Riley Main Post Exchange. Moretz showed the audience different ways to play with their dogs, as well as encouraged everyone to adopt from their local shelter and spay or neuter their pets.

Moretz and Monster, an Australian shepherd mix, show off how high Monster can jump despite his little size for an audience at the Fort Riley Main Post Exchange. Moretz offered lessons on obedience and proper play with dogs during the three shows held at the PX.



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

Dogs jumped, danced and caught flying disks during a show by the Purina Pro-Plan Performance Team for the Fort Riley community June 18 at the Fort Riley Main Post Exchange.

The performance team travels across the nation to military installations, schools, festivals and other locations to do their show and offer a variety of information during the shows on dogs spanning across topics such as play, food, health and training. After the performance, people may also talk with trainers to get answers to any questions they have on dog care or the shows.

Laura Moretz, a trainer for the Purina Pro-Plan Performance Team, said she always makes herself available after the performance for any questions people may have regarding training tips, ideal food for their dog or any other information she provided during the show.

Moretz said she got her start in dog training and flying disk play about 20 years ago with her Australian shepherd Riot. She grew tired of hunting down slimy tennis balls and having to throw them over and over again, so a friend suggested she try flying disks instead.

After she realized how much further and easier she could throw the disk, she switched to using them. Shortly thereafter, she was talked into entering a flying disk dog contest with Riot and has been doing it ever since.

For Moretz, the play is more than just tiring the dog out and keeping them well trained, it's about forming a strong relationship.



Moretz and Punky Brewster, a Belgian Malinois mix, play with a flying disc for an audience during the Purina Pro-Plan Performance show June 18 at the Fort Riley Main Post Exchange.

"You can play and have fun and it doesn't have to be so structured sometimes. You're building the relationship with the dog," Moretz said.

The three shows throughout the day gave dozens of families the opportunity to enjoy watching the dogs perform tricks and learn different tips and information about training their own dogs to curb poor behavior.

"I think it just gives us a little more culture and exposure to what's happening in the world," said April Rocha, wife of Capt. Jose Rocha, who is currently stationed at Fort Hood, Texas.

Rocha attended one of the shows with her son Miguel, who was able to participate in the show by allowing High Flying Hustle, a border collie mix, leap over him and three other children.

See PURINA, page 10

## Chillin' to summer concert helps families beat summer heat



Morgan Wilk performs at the first show of the Summer Concert Series June 17 at Rally Point Field hosted by the Directorate of Family, Morale, Welfare and Recreation. The free concerts feature local and smaller bands each month to offer an evening of live entertainment.

### Concert series free and open to the Fort Riley community

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

Soldiers, families and friends relaxed in the grass and enjoyed a performance by Morgan Wilk June 17 during the first of the Summer Concert Series hosted by the directorate of Family, Morale, Welfare and Recreation at Rally Point Field.

The Summer Concert Series aims to provide a free, fun-filled evening featuring

local and smaller bands for people of all ages to enjoy, said Chris Mullins, recreation programmer for DFMWR. The idea for the concerts stemmed from Art in the Park in Kansas City, Missouri.

"It's just for families and friends and Soldiers all to come out and have fun and enjoy a free concert and eat some good food and have a good time," Mullins said.

The concert provided an opportunity for a new experience for many of the children attending with their families as they played in the grass and danced to the music.

Jessica Podgett, wife of Staff Sgt. Phillip Podgett,

82nd Engineer Battalion, 2nd Armored Brigade Combat Team, 1st Infantry Division, saw the performance as a chance to bring her daughter to her first concert and spend an evening together.

"It gets people outdoors, brings them together," Podgett said. "(These are) family events that you don't have to pay for."

For others, such as Andrea Ruiz, wife of Sgt. Lionel Ruiz, 1st Battalion, 7th Field Artillery Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, the concert was a chance to de-stress and have fun. She said she appreciated events like the concert series because

it helps keep her busy while her husband is deployed.

"It's great for morale and for spouses, wives," Ruiz said. "It gives us something to do when our husbands are gone."

Mullens said that, if the next two concerts are a success, he hopes to see the Summer Concert Series become an annual event and to bring in bigger names for future shows.

"If attendance is going well, we're going to make this a regular summer thing," Mullins said.

The next concert will feature the 451st Army Band July 15 and the last concert is on August 12. All concerts are free and open to the Fort Riley community and guests.

## Saddle up for 2016 Special Needs Rodeo

Event offers viable venue for children to socialize with others

By Maria Childs  
1ST INF. DIV. POST

The Exceptional Family Member Program from Fort Riley Army Community Service and the Junction City Rodeo Association are collaborating to bring the community the Special Needs Rodeo from 10 a.m. to noon July 16 at the Junction City 4-H Center, 1107 S. Spring Valley Road. This event is open to children age 4 and older.

The event will include a variety of activities including arena rides with the rodeo queen

### IF YOU GO

**Special Needs Rodeo**  
» 10 a.m. to noon July 16  
» Junction City 4-H Center  
1107 S. Spring Valley Road

To RSVP for event by July 6, call Army Community Services at 785-239-9435.

candidates as well as horse and buggy carriage rides. Children will be able to learn to lasso alongside a real cowboy or cowgirl from the rodeo association.

"It's an opportunity to work together to provide a cultural, recreational event for families with special needs," McCauley said. "It is open to families involved with the EFMP

See RODEO, page 10

### CRAFTING FATHER'S DAY GIFTS AT LIBRARY

Photos by Season Osterfeld | POST



CLOCKWISE FROM LEFT: Taylor Palos, wife of Spc. Luis Palos, 3rd Battalion, 66th Armor Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, helps her 4-month-old daughter Ellie create a Father's Day gift June 18 at the Fort Riley Post Library; Madison Conway, daughter of Capt. Ryan Conway, 1st Infantry Division Sustainment Brigade, creates a colorful card to give to her dad; Emily Weinreich, left, daughter of Chaplain (Capt.) Chris Weinreich, 1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, watches her mother, Rebecca Weinreich, right, roll crafting dough into a ball for her to mold into a gift for Dad.



# FORT RILEY POST-ITS



**FIRECRACKER ONE PITCH SOFTBALL TOURNAMENT**  
Swing for the fences at the annual Firecracker One-Pitch Softball Tournament scheduled for 8 a.m. July 9 at the Sacco Softball Complex. Registration is free for active-duty Soldiers or \$50 a team for others. Registration closes July 7. The field is limited to 16 teams with a maximum of 14 players on each team.  
For more information or to register, call 785-239-2813 or visit [riley.armymwr.com](http://riley.armymwr.com).

**PARENTS NIGHT OUT**  
Staff of Child, Youth and School Services are hosting a Parents' Night Out Saturday-night childcare event July 9. Advance registration is required by July 6 at Parent Central Services, 6620 Normandy Drive.  
Use deployment hours or pay a flat rate of \$20 per child for care from 6 p.m. to 11 p.m. Care is provided for children through fifth grade. For more information, call 785-239-9885 or visit [riley.armymwr.com](http://riley.armymwr.com).

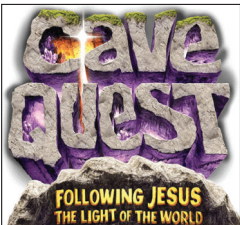
**MARRIAGE SEMINAR SLATED FOR JULY 12**  
The Family Advocacy Program staff are hosting a "Laugh Your Way to a Better Marriage" workshop 9 a.m. to 2 p.m., Tuesday, July 12. The keys to marital bliss are work and skill. Couples need to work at maintaining their relationship and helping it move to the next level of commitment. This humorous interactive series of training help couples understand complexities of marriage. The training will be conducted at Army Community Service, 7264 Normandy Drive. For more information and registration, call Family Advocacy Program, 785-239-9435 or Family Life Ministries, 785-239-3436.

**SESAME STREET COMING TO FORT RILEY JULY 27**  
Sesame Street and USO Fort Riley are partnering to bring the puppets to Fort Riley July 27 with multiple shows at King Field House. Shows will begin at 2 p.m., 4:30 p.m., and 7 p.m. Doors open 30 minutes prior to each show.  
The 2 p.m. and 7 p.m. shows feature a military kid named Katie who is moving to a new place. The 4:30 p.m. show deals with transitioning out of military life. The show is free to military families, however, tickets are required. Tickets are available at Leisure Travel Center, 6918 Trooper Drive. There is a limit of six tickets per family.  
For more information or to register, call 785-239-8990 or visit [riley.armymwr.com](http://riley.armymwr.com).

**FAMILY CANOE TRIP**  
Settle in, relax and enjoy a leisurely canoe trip with staff of Outdoor Recreation at Fort Riley from 10 a.m. to 2 p.m. July 30. The location will be determined by water levels. The trip

is open to people ages 5 and older. Registration is \$15 per person. Advance registration is required. For more information, call 785-239-2363.

**VACATION BIBLE SCHOOL**  
Fort Riley Chapel Services is scheduled to host Vacation Bible School from 9 a.m. to noon Aug. 1 through 5 at Victory Chapel. To register a child, or as a volunteer, email [fortrileyvbs2016@yahoo.com](mailto:fortrileyvbs2016@yahoo.com).



**WATERMELON CRAWL**  
Join staff from the Directorate of the Family and Morale, Welfare and Recreation from 1 to 5 p.m. at Custer Hill Pool July 30. There will be watermelon smashing and eating contests.  
Regular pool admission fees apply: \$3 for ages 6 and older, \$1.50 for ages 3 to 5, and free for ages 2 and under. Pool passes are not accepted for this event. For more information, call 785-239-8990.

**GOLD STAR FLAG DAY**  
In recognition of Gold Star Family members and in memory of Fallen Heroes, the Gold Star Flag will fly July 1 at the 1st Infantry Division headquarters building. The flag will be raised at 6:30 a.m. and lowered at 5 p.m. If you have a Soldier you would like to have honored, contact your local Survivor Outreach Service office at 785-239-5979 or 1709.  
The July 1 Gold Star Flag will be in flown honor of: Sgt. Andre Araujo, Spc. Brandon Buettner, 1st Lt. Jeremy Clawson, Spc. Joshua Farris, Sgt. Courtney Finch, Staff Sgt. Arron Haehn, Lt. Col. Daniel Harrison, Cpl. Joseph Herndon II, Sgt. 1st Class Bryan Hicks, Sgt. 1st Class Malone Hoyle Jr., Spc. Clemente Jenkins, Staff Sgt. Tyler Martin, Staff Sgt. Erik May, Sgt. 1st Class Larry Reed, Sgt. Jessie Robinson, Sgt. Charles Shinn, Pfc. Jackson Taylor-Smith, Maj. Jonathan Weaver, Maj. John Willey and Pfc. Tevin Wilson.

**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.

**SOLDIER FOR LIFE TRANSITION ASSISTANCE PROGRAM EVENTS**  
June 30, 9 a.m. to noon and 1 to 4 p.m., U.S. Border and Customs Employer Day, room 118D, bldg. 210, Custer Ave.  
July 7, 1 to 3 p.m., Employer Networking Day, room 118D, bldg. 210.  
July 11 to 14, 9 a.m. to 5:30 p.m. each day, 30-hour Occupational Health and Safety Administration

Hazardous Materials course. Class to be held in Military Schools building 8388.

**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.



**RALLY POINT OPERATIONS MOVING LOCATIONS**  
The last day for bingo at Rally Point was June 17. Bingo resumed June 21 at Riley's Conference Center, and will be offered three nights a week — Tuesday, Wednesday and Thursday — with monthly glow and family bingo. Cocktails and Canvases will also be moving to Riley's Conference Center immediately. For more information, 785-784-1000.

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

**ISPORTSMAN SYSTEM**  
Fort Riley has an automated check-in and check-out system called iSportsman. Individuals can register at [www.fortriley.sportsman.net](http://www.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.

## COMMUNITY CORNER

# Make your family's summer memories safe ones

By Col. Andrew Cole Jr.  
FORT RILEY GARRISON COMMANDER

The first day of summer was this week — June 20. Temperatures are beginning to rise. Summer is usually a time when participating in recreation and sports with family and friends becomes more of a routine. Enjoy it while you work and play, but stay safe.  
As the weather warms and school is out, we participate in outdoor activities such as motorcycle riding, road trips and water activities. These can be fun, but only if we are mindful of



Colonel Cole

safe practices. Accidents and injuries quickly take away the fun.  
While we have fun and build memories, are we using the right protective gear for the event of the day? Did you belt up, strap on, zip into whatever will keep you safe? Helmets, seat belts and life vests are there to keep us around so we can keep enjoying the summer.  
Alcohol is one major contributing factor to accidents and injuries during summer activities. But there are other things we do or don't do that can be unsafe. You should have the training necessary for the activity, wear appropriate protective gear and follow safety rules and guidelines.  
Grilling is another everyday activity that increases when the weather is warm. Remember to place grills away from the home,

and keep children and pets away from the area. Never leave the grill unattended. June and July are the peak months for grill fires, according to the National Fire Protection Association.  
Each year 658 people die because of extreme heat, according to the Centers for Disease Control and Prevention — stay hydrated and remember drinking alcohol can contribute to dehydration.  
While on the long road trip to your dream vacation or home to visit family, don't drink and drive. Also, don't drive while sleepy. Driving while sleep deprived is similar to driving under the influence. Avoid distracted driving practices such as texting.  
If your plan includes water sports, get the proper training and licensing if required, wear life jackets and let family,

friends or a marina know where you are going and when you plan to return. Boating and alcohol use is also a common practice that should be avoided. Just because you aren't on a road, you can still have alcohol related accidents in a boat.  
Even something that seems simple such as wearing sunscreen or the appropriate clothing can lead to discomfort at the least or possibly more severe injuries.  
Enjoy the summer activities, but while you play — play it safe.  
— To comment on this article or to suggest a topic for Community Corner, email [usarmy.riley.imcom.mbx.post-newspaper@mail.mil](mailto:usarmy.riley.imcom.mbx.post-newspaper@mail.mil) or visit my Facebook page at [www.facebook.com/fortrileycg](http://www.facebook.com/fortrileycg).

## BABYSITTERS IN TRAINING



Maria Childs | POST

The American Red Cross Chapter at Fort Riley hosted a babysitters training class June 17 at Grimes Hall, 510 Huebner Road. The course provides knowledge about safely and responsibly caring for children and infants. Upon completion of the course, each participant receives a certificate including pediatric first aid and CPR. This is a free course offered to military youth ages 11 to 15. For more information about the course, call 785-239-1887 or email [americanredcrossfriley@gmail.com](mailto:americanredcrossfriley@gmail.com).

## RODEO

Continued from page 9

program and also Geary County families that have special needs." McCauley recalled a family who brought their children to the event. The children had trouble with sensory processing and socialization.  
"They really dove into the activities," McCauley said. "Later on, I spoke with mom and she told me they were now taking private lessons in horse therapy ... it's calming and it helps them with the sensory processing. It's an opportunity to see another avenue for kiddos that may have difficulty socializing or with sensory and possibly developing a way through a therapeutic avenue."  
Although it is only one option, McCauley said it is a way to inform the parents about what is available, including horse therapy.  
"A lot of times our children with special needs have a lot of sensory (issues)," she said. "This is an event that helps them with (those issues) ... I haven't seen any that haven't enjoyed it."  
McCauley said the RSVP date for the event is July 6. To RSVP, call Army Community Service at 785-239-9435.

## PURINA Continued from page 9

Like Rocha, Grace Reber, wife of Capt. Pascal Reber, 82nd Engineering Battalion, 2nd Armored Brigade Combat Team, 1st Infantry Division, attended with her two sons to enjoy the show and spend time together while her husband is deployed.  
"I think it's just great for morale and it gives us

something to do," Reber said. "We take full advantage of all on post activities."  
While Moretz hoped everyone had fun and loved the shows, she said she was most interested in the audience taking away the lessons she provided throughout the performance. The greatest lesson she wanted everyone to take away was that

a relationship and exercise can help prevent poor behavior from a dog.  
"Make sure that your dog is physically fit and has the right formula of food," she said.  
Also, she added, it's important to build a good relationship with a dog and have fun rather than blaming the dog if there's bad behavior.

**Junction City Special Needs Rodeo**

July 16, 2016  
10:00AM – 12:00PM  
4-H Center, Spring Valley Rd

**EFMP is hosting their annual Rodeo, free to all special needs children four years and older. Children are escorted by a real cowboy or cowgirl to participate in activities including steer roping, hand-rocked bareback riding and bull riding, arena rides with Rodeo Queen Candidates, and horse and buggy carousel rides.**

RSVP by July 06, 2016  
For more information  
Contact the EFMP office at  
(785) 239-4893

# 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 24**  
• Neighbors 2: Sorority Rising (R) 7 P.M.

**SATURDAY, JUNE 25**  
• Ratchet & Clank (PG) 2 P.M.  
• The Nice Guys (R) 7 P.M.

**SUNDAY, JUNE 26**  
• Neighbors 2: Sorority Rising (R) 5 P.M.

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



# Sports & Recreation



The partnership between the 1st Armored Brigade Combat Team and the Kansas State University Wildcat football team brought Soldiers and players together at Fort Riley June 17 for a joint physical readiness training event. The intense workouts featured Soldiers from 1st Battalion, 16th Infantry Regiment, 1st ABCT, 1st Infantry Division, “Iron Rangers.” Members of both the division and the Wildcats found themselves preparing for the rigors of their respective missions: the Rangers for future missions in defense of the nation, and the Wildcats for upcoming 2016 football campaign. The K-State football team is one of many organizations the 1st ABCT is partnered with in the area. The partnership with the Wildcats is effective in strengthening bonds throughout the community. The day’s events had a series of workouts including tire flips, bear crawls, squats and kettlebell training. **PHOTO 1:** Soldiers and players put their fists in a circle following the training event. **PHOTO 2:** Participants do squats to strengthen legs and build endurance. **PHOTO 3:** K-State players conduct bear crawls. **PHOTO 4:** Brig. Gen. Patrick D. Frank, 1st Infantry Division and Fort Riley deputy commanding general, conducts physical training.



## Army enjoys gold rush at Warrior Games field competition

**By Amaani Lyle**  
ARNEWS

WEST POINT, N.Y. — The Army made its mark June 16 with its male veteran athletes taking seven gold medals in shot put and discus while Army veteran female athletes garnered six gold medals in those sports at the Department of Defense Warrior Games.

The DOD Warrior games is an adaptive sports competition for

wounded, ill and injured service members and veterans featuring some 250 athletes representing Army, Marine Corps, Air Force, Navy, Coast Guard, U.S. Special Operations Command and the United Kingdom armed forces. It highlights the resilience and warrior spirit of service members, veterans and their families and caregivers. About 160 athletes participated in one or more track and field events.

Sgt. Ryan Major, Staff Sgt. Matthew Mihacsi, Staff Sgt.

Gregory Quarles and Spc. Dustin Barr all earned gold medals for Team Army in their categories of men’s seated shot put. Barr threw for the longest distance: 10.46 meters.

Snagging gold medals in men’s standing shot put and standing discus throw, Spc. Heywood Range III said he worked hard for the victories, but noted an injury during the 800-meter dash in track which slightly hampered his performance in field.

“We trained to come out here and compete and win,” Range said, adding, a word of advice to future competition hopefuls. “Don’t let anybody tell you that you can’t do something because of injury or illness. Hold yourself to a higher standard.”

Spc. David Snipes took bronze in the same standing discus throw category with the United Kingdom’s David Shaw finishing in the middle for silver.

Sgt. David Jones took gold in the men’s standing discus throw category with a final throw of 36.6 meters.

Spc. Michael Stephens took gold in the men’s standing discus throw for the visually impaired. The Air Force’s Frederic Rosario took silver and Army’s Mathew Mueller took bronze.

Army Veteran Capt. Ryan Brunnett won silver in the men’s stand-

See GOLD, page 12



# Summer heat, bugs don't stop Midnight Madness Softball



**ABOVE:** Second Lt. Alex Gaff, 1st Battalion, 5th Field Artillery Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division gets ready for the pitch during the Midnight Madness Softball Tournament June 17. **BELOW LEFT:** Sgt. Donald So'oga, 1st Bn., 5th FA Regt., 1st ABCT, 1st Inf. Div., gets a base hit during tournament.



## Soldiers, families of 18 teams overcome fatigue in Directorate of Family and Morale, Welfare and Recreation event

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

Soldiers and families gave up sleep and braved the heat and mosquitos, from 6 p.m. until 10 a.m. the next morning in hopes of winning the title of champion.

Staff of the Directorate of Family and Morale, Welfare and Recreation hosted the annual Midnight Madness Softball Tournament at the Sacco Softball Complex June 17, with 18 teams participating in the double-elimination tournament.

For some Soldiers, the tournament was an opportunity for fun and unity among fellow Soldiers.

"This is a mostly islander team, so I just wanted to build morale between us and bring everybody together," said Sgt. Donald So'oga, 1st Battalion, 5th Field Artillery Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division.

So'oga referred to the fact several players on his team are of Polynesian descent.

His team, Hit and Miss, lost their first game of the night, but team members were ready to prove themselves in the next game.

"We did not do bad for a last-minute team," So'oga said. "I'm confident we're going to make it up somewhere tonight."

These events take dedication on the part of staff, umpires and players to stay through the night, but it provides opportunities for teambuilding and new friendships.

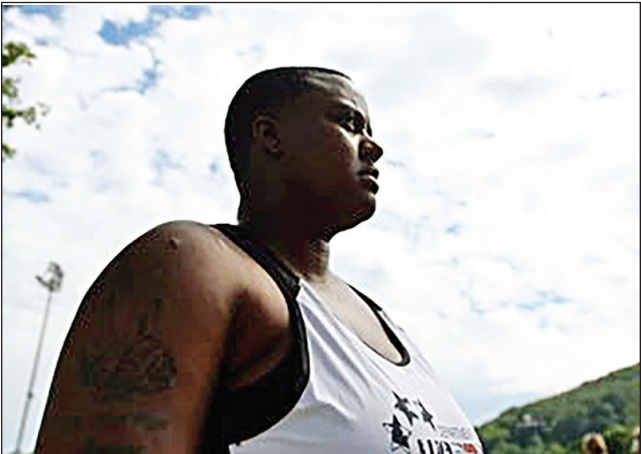
"It builds camaraderie with the teams and they get to bond through the night," said retired Staff Sgt. Rick Doll, It's like a big slumber party."

Doll umpires games on post once a week for DFMWR.

At 10 a.m., the team of 526th Quartermaster Composite Supply Company, 541st Combat Sustainment Support Battalion, 1st Inf. Div. Sustainment Brigade, became the overall champion of the tournament.

For more information about intramurals and tournaments, visit [www.army.rileymwr.com](http://www.army.rileymwr.com).

## GOLD Continued from page 11



ing discuss throw, category 4.5 behind the Air Force's Sven Perryman.

Sgt. Stefan LeRoy took silver in the standing shot put as

E.J. Hersom | DOD

**Sgt. Monica Southall awaits her turn to throw the shot put during the 2016 Department of Defense Warrior Games at the U.S. Military Academy in West Point, New York, June 16.**

Special Operations Command's Edward O'Neill snagged the gold.

Mihacsi also took silver in the men's seated discus throw, and Staff Sgt. Timothy Payne took silver.

Female athletes also performed well, with Spc. Sidney Davis and Sgt. Monica Southall earning gold in both their women's standing shot put categories and standing discus categories. Southall's winning shot put went 11.46

meters. Davis threw the shot put 10.03 meters.

In standing discus, Davis threw 37.95 meters and Southall went 35.94 meters.

Staff Sgt. Ashley Anderson took silver in the women's standing shot put with a final toss of 9.62 meters.

Spc. Stephanie Morris earned gold in seated women's discus throw, and Army Spc. Shealynn Casserly took the bronze as the United Kingdom's Daniell Hampson-Carroll took silver.

Capt. Kelly Elmlinger won gold in the seated shot put with a final of 5.66 meters.

Field events include seated shot put, standing shot put, seated discus and standing discus, with varying weights of each for men and women, in addition to seated and standing variations. Athletes compete in different classification categories based on functional abilities, including impaired muscle power or range of movement, limb deficiency and visual impairment.







# Travel & Fun in Kansas



Story and photos by Hannah Kleopfer  
1st Inf. Div. Post

Farm fresh sweet corn and strawberries straight from the garden are a summer treat. Luckily, local produce is currently available in Fort Riley's backyard.

At the farmer's market in Manhattan, Kansas, there are eggs, produce, homemade dog treats and jewelry every Saturday from 8 a.m. to 1 p.m. at the Manhattan Town Center's northwest parking lot during the weekly Downtown Farmers' Market, one of the oldest in Kansas. The atmosphere is continuously abuzz with chatter about fresh vegetables and the smell of local meats barbecuing.

On Wednesday evenings in Manhattan, Kansas, a

market is held in the north parking lot at CiCo Park off Kimball from 4 to 7 p.m.

Visit their website at [www.manhattanfarmersmarket.com](http://www.manhattanfarmersmarket.com) for more information about vendors.

Vendor Mark Wiebe said he sells homemade baked goods, Kansas-made cheese and eggs in Manhattan, Kansas every Saturday, while his wife Kris takes their business to the Geary Community Hospital Farmers' Market in Junction City, Kansas.

"Geary Hospital has a really great market, it's nice out there," Wiebe said.

The farmers' market is open in the hospital parking lot on Thursday afternoon from 4 p.m. to 7 p.m. June until October, making it an easy stop to pick up fresh ingredients

for dinner on the way home from work. The large variety at the market includes baked goods, coffee, jam, fruits and vegetables, all locally grown or made. More information about this market can be found at [www.gchks.org](http://www.gchks.org).

The Abilene, Kansas Farmers' Market is held at East 1st and Buckeye, May through Sept. The times of operation are Wednesday 5:30 p.m. to 7:30 p.m. and Saturday 7 a.m. to 11 a.m.

Come early to get the best choices of homegrown produce and homemade products at local farmers' markets.

Community members in other cities around Kansas set up their farmers' markets to provide organic and local products.

For more information on Kansas farmers' markets, go to [www.travels.com](http://www.travels.com).



Kids play at a vendors' station, chasing bubbles, at the Manhattan, Kansas, Downtown Farmers' Market. Activities can be found for children at the market and surrounding businesses downtown on Saturday mornings.



Vendors display colorful produce during the Downtown Farmers' Market every Saturday morning in Manhattan, Kansas.



Visitors can find homemade jam, produce and more at the Downtown Farmers' Market in Manhattan, Kansas.



Every Saturday at the Downtown Farmers' Market in Manhattan, Kansas, shoppers can treat themselves to local barbecue cooked up by vendors on site. Food trucks are regular vendors prepared to serve up their signature sauces.

## Farmers' Market planned for Fort Riley

A Farmers' Market is planned at the Main Post Exchange from noon to 5 p.m., Thursday, June 30. If it is deemed a success more will be planned. So come out and enjoy the Fort Riley version of the Farmers' Market.