



Col. Rich Gray, commander of the 67th Battlefield Surveillance Brigade, Nebraska Army National Guard, hands the guidon for the 1st Infantry Division's Main Command Post-Operational Detachment to Lt. Col. Darin Huss, commander of the MCP-OD, during the unit's activation ceremony June 26 at the Spirit of 1776 Armory in Lincoln, Nebraska. The MCP-OD is attached to the "Big Red One," but the 67th BSB serves as its Army National Guard higher headquarters.

National Guard stands up unit for support

Story and photo by Spc. Anna Pongo
1ST INF. DIV. MCP-OD PUBLIC AFFAIRS

LINCOLN, Neb. — Soldiers of the 1st Infantry Division's Main Command Post-Operational Detachment gathered for the unit's activation ceremony June 26 at the Spirit of 1776 Armory.

The new Nebraska National Guard unit is attached to the 1st Infantry Division with a mission to increase capacity and extend operations and support for the Main Command Post and the Division Headquarters and Headquarters Battalion.

"As a new battalion, we've become accustomed to a lot of firsts over these last few months, but to see this unit stand up and activate, to see new traditions and friendships begin, a new mission to begin to form, I think it is a great day for the Nebraska force," said Lt. Col. Darrin Huss, MCP-OD commander.

See DETACHMENT, page 10

MASTERFUL LANDING



A C-17 Globemaster III operated by pilots of the 3rd Airlift Squadron, 436th Airlift Wing at Dover Air Force Base takes off June 25 from Savage Airfield on Fort Riley. The C-17 was used to practice a series of assault landings and take-offs during a joint training operation between the 3rd Airlift Squadron, Air Mobility Command's Global Reach medical assessment team and an aeromedical evacuation team from the 514th Aeromedical Evacuation Squadron, 512th Reserve Air Mobility Wing from McGuire Air Force Base.

Air Force uses Fort Riley landing strip for training

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

Air Force medical personnel and pilots conducted emergency deployment readiness exercises from a C-17 Globemaster III on the Savage Field landing strip at the Douthitt Range Complex June 25 on Fort Riley.

The C-17 was operated by pilots of the 3rd Airlift Squadron, 436th Airlift Wing, from Dover Air Force Base who came to Fort Riley to practice a series of assault landings and take-offs. The joint training exercise also included Air Mobility Command's Global Reach medical assessment team and about 20 personnel for an aeromedical evacuation team



Pilots from the 3rd Airlift Squadron, 436th Airlift Wing at Dover Air Force Base land a C-17 Globemaster III June 25 at Savage Airfield on Fort Riley. This was the first time a C-17 landed at Savage Field.

from the 514th Aeromedical Evacuation Squadron, 512th Reserve Air Mobility Wing from McGuire Air Force Base.

Sgt. Ronald Hogge, 2nd General Support Aviation Battalion, 1st Aviation

See LANDING, page 10

'Demon' Soldiers train for variety of situations

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

To maintain and enhance their ability to handle any situation while deployed, Soldiers of the 1st Infantry Division's 1st Combat Aviation Brigade took part in Operation Junction City June 18 through 23 on Fort Riley. The command post exercise combined virtual and physical training to better prepare Soldiers and leaders for current combat operations.

Using Fort Riley's Mission Training Complex as its headquarters, Operation Junction City had "Demon" brigade Soldiers prepare for situations ranging from standard patrols to downed unmanned aircraft systems.

The exercise was designed to replicate a deployed operational environment, said Maj. John Foster, simulations officer for the 1st CAB.

"The end state is to validate systems, processes, (standard operating procedures)," Foster said, so that the participants' first time encountering the scenarios would be at Fort Riley rather than in a deployed environment. "I think it went pretty well."

Foster said one of the keys to success in Operation Junction City was the involvement of advisors and observers from throughout the Army who provided expertise and real-world examples of current operations.

"Actually having an expert ... here was invaluable," the Anchorage, Alaska, native said.

In one simulation, Soldiers from the 3rd Assault Helicopter Battalion, 1st Aviation Regiment, 1st CAB, conducted a personnel recovery exercise on Fort Riley, which was tracked by leaders at the MTC.

"The MTC team was phenomenal," Foster said. "I've worked with MTCs before, but they're really user friendly, and they'll bend and they'll adapt and they'll be flexible enough to make sure that we're getting the best out of it."

Foster said the MTC is able to connect pilots in the air and pilots in simulators at Marshall Army Airfield with leaders at the complex to create a complete battlefield picture.

"It went well for myself," said Spc. Stephen McGowan, aviation operations specialist with Headquarters and Headquarters

See DEMON, page 10

Irwin Army Community Hospital welcomes new commander with ceremony

Story and photo by Tywana Sparks
IRWIN ARMY COMMUNITY HOSPITAL

Soldiers and civilians officially welcomed Col. John Melton and bid farewell to Col. Risa Ware during a change of command ceremony for the Irwin Army Community Hospital June 23 at Cavalry Parade Field.

Maj. Gen. Thomas R. Tempel Jr., commanding general, Regional Health Command Central, presided over the ceremony.

In a traditional act that represents the official transfer of command and responsibility, the Medical Department Activity colors were passed from Ware to Melton, who will now lead IACH's Soldiers and civilians in providing health care to the Fort Riley community.

During the ceremony, Tempel praised Ware for her exceptional performance as the IACH commander.

"Colonel Ware, you and the staff of Irwin Army Community Hospital have elevated the level of care here to an unprecedented standard. Your contributions have simply been immense and you have touched the lives of so many."

MAJ. GEN. THOMAS R. TEMPEL JR. | COMMANDING GENERAL OF REGIONAL HEALTH COMMAND-CENTRAL

"Colonel Ware, you and the staff of Irwin Army Community Hospital have elevated the level of care here to an unprecedented standard," he said. "Your contributions have simply been immense and you have touched the lives of so many. You have undoubtedly left a legacy here showing unwavering professionalism, integrity and dedication to duty as a highly successful and visionary leader."

Tempel said the Fort Riley community can feel proud of the quality care provided at IACH because of Ware's leadership.

Turning his attention to the new commander, Tempel said, "Col. Melton, I know you are the right leader at the right time for IACH. I know you will champion readiness and promote and oversee an

See HOSPITAL, page 4



Col. John Melton, left, receives unit colors from Maj. Gen. Thomas R. Tempel Jr., commanding general of Regional Health Command Central, signaling the transfer of command of Irwin Army Community Hospital June 23 at Cavalry Parade Field.

ON PAGE 11



STAFF OF THE FAMILY ADVOCACY PROGRAM AT ARMY COMMUNITY SERVICE HOSTED THE 8TH ANNUAL STRONG DADS TEA PARTY JUNE 25.

ON PAGE 13



DEPARTMENT OF DEFENSE WARRIOR GAMES CLOSED JUNE 21 WITH A MEDAL CEREMONY, AWARDS AND FIREWORKS SHOW.

ON PAGE 16



FOURTH OF JULY IS AROUND THE CORNER - FOR FIREWORKS SAFETY TIPS AND POLICIES FOR FORT RILEY AND SURROUNDING AREAS.

Hazard response company holds mass casualty, injury training

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

“Where’s my daughter?” shouted a man with what looked blood coming from his forehead.

Behind him were three more people coming from

a building with wounds, not totally sure of their surroundings. A Soldier assured them they would be taken care of.

This was all part of a realistic training exercise for the 172nd Hazard Response Company at an empty barracks building, where



Soldiers of the 172nd Hazard Response Company practice decontaminating people with mannequins during an exercise June 22 at an empty barracks building on Fort Riley.

they handled simulated mass casualties and injuries.

“The training we’re doing today is to train up for our Defense Chemical, Biological, Radiological and Nuclear Response Force mission,” said Capt. Melissa Moorehouse, 172nd HR Co. commander, “Basically what we are here to do is deal with high level either man-made or environmental events such as Hurricane Katrina or 9/11 that puts us in a state of emergency response. Our job is to go out and mitigate human suffering and loss of life the best we can.”

To help the 172nd HR Co. achieve their mission, they partnered with Army North and a contractor from Florida. Army North assists units such as 172nd HR Co. with these types of exercises.

“Our job out here today is to help the 172nd HR Co. do some collective training,” said Jay Larsen, chief of the golf division at Army North. “What the unit will

do is establish a mass (decontamination) site out here in the parking lot, and send their recon (reconnaissance) platoon into the building to secure some of the non-injured players who are to be brought out to be decontaminated.”

The training used role players who dressed up as victims covered in make-up to resemble burns and injuries for Soldiers to diagnose.

“It’s important to this company because they are part of the defense and response force, which is the active duty response to anything from plant explosions, to anything local authorities cannot handle,” Larsen said.

Members of Army North role-played parts to help with the unit’s mission.

“My role today is to act as commander,” said Jim Covington, training specialist.



Soldiers of the 172nd Hazard Response Company practice moving people in a mass casualty situation during an exercise June 22.

“My job is to coordinate the military assets with the local civilian assets that are on the scene.”

Covington began the morning by giving a command briefing to the units.

“It brings to attention how it’s important to coordinate the responding agencies on the ground and how having additional resources such as these military units can give us more depth in an incident

with more people and more resources,” Covington said.

The training prepared the Soldiers for a larger exercise in August at Fort Hood, Texas.

“We’ll be doing another DCRF mission, which was something that the Army went to after 9/11,” Moorehouse said. “It’s a response exercise with us times 10. It’s a huge event. This is our main mission. It’s our main priority.”

‘Gold Lions’ conduct maintenance field training exercise on post

Story and photo
by 1st Lt. Megan Coley
541ST COMBAT SUSTAINMENT SUPPORT
BATTALION

Soldiers assigned to the 1st Support Maintenance Company, 541st Combat Sustainment Support Battalion, 1st Infantry Division Sustainment Brigade, conducted daily internal and external maintenance during their field training exercise June 20 to 24 at Fort Riley.

The purpose of the training exercise was to ensure the company was prepared for a platoon certification exercise later this year and to perform maintenance operations in an austere environment. The maintenance FTX tested the tactical and technical proficiency of 1st SMC Soldiers as they set up a command post, concertina wire, maintenance tents, maintenance vans, shelters, mess tent and an access control point.

“Gold Lion” Soldiers were evaluated on conducting preventive maintenance checks and services, service operations, recovery operations, maintenance operations, technical inspections, field maintenance,

occupying an area of operations, setting up a command post, establishing an access control point, conducting troop leading procedures and maintaining communications.

“First SMC recently transitioned from their (Defense Chemical, Biological, Radiological, Nuclear and high-yield Explosives Response Force) mission, so this FTX enabled our Soldiers to get back to the fundamentals of maintenance and build their teams as they transition to a tactical maintenance focus as warrior logisticians,” said Capt. Armejy Koontz, 1st SMC commander.

Gold Lion Soldiers completed more than 500 services and service packets on vehicles, generators, trailers, night vision goggles, cranes, forklifts and weapons, in addition to calibrating more than 165 pieces of equipment.

“First SMC’s multi-layered training operations collocated in the motor pool are very important to a maintenance company,” said Col. Allen T. Cassell, the “Durable” brigade’s commander, during his tour of the exercise. “This is what a maintenance company does.”



First Support Maintenance Company, 541st Combat Sustainment Support Battalion, 1st Infantry Division Sustainment Brigade, Soldiers conduct the hands-on portion of their preventive maintenance checks and services class during the company’s field training exercise June 20 at Fort Riley.

Remington, Laflin visit Fort Riley to observe hazardous material training

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

Thanks to a grant from the National Institute of Environmental Health, Soldiers are able to take the 80-hour Hazardous Waste Worker Training Program through Barton Community College.

“It gives Soldiers some additional skill sets and certifications to help them go out and get a job,” said Bill Nash, dean of Technical and Military Outreach for BCC.

The grant provides scholarships to military and family members to build strategic hazardous material capability nationwide by training additional personnel with the skill set.

Jim Remington from NIEHS and Kirk Laflin, executive director of PETE, the National Partnership for Environmental Technology Education, came to oversee how the program was doing and speak to the students of the program.

Nash mentioned that by offering the grant to a college on a military installation was also a benefit to NIEHS.

“They go in after things like Hurricane Sandy, and they need trained individuals across the country,” Nash said. “Because

Soldiers and their family members are going to leave, they’re going to scatter all over the country, so this is an opportunity for them to train folks and get them out there.”

After Remington and Laflin viewed the HAZMAT exercise June 23, they sat in on the classroom portion June 24. While there, Remington and Laflin took time to discuss the training with students and hear their perspective.

“I’ve been really impressed by the integration that Barton Community College has with the post,” Remington said.

“Listening to the Soldier for Life program, they have actually included Barton as part of the whole transition. I think that is great, and its very eye opening. I would like to see it expand to other military



Members of the 80-hour Hazardous Waste Worker Training Program go through an exercise during a visit from the National Institute of Environmental Health’s Jim Remington and the National Partnerships for Environmental Technology Education’s Kirk Laflin June 23.

posts and bases with the model they’ve established here.”

Laflin agreed that he was also impressed with the partnership between Barton and the Army.

“I’m extremely impressed,” he said. “I’ve been working with Barton for a number of years, but coming here and seeing the training, but also more importantly the support they have with the military and have integrated in is extremely impressive.”

Laflin said the partnership with Barton puts Fort Riley a step above other installations doing the program.

This is the first time the class has been offered at Fort Riley, but there are already goals set for more training by trying to interest more female Soldiers, family members and veterans to become involved.

For more information about Barton Community College and Soldier for Life classes, contact the SFLTAP office at 785-238-2278.



Jim Remington, left, of the National Institute of Environmental Health and Kirk Laflin, right, of the National Partnerships for Environment Technology Education discuss the training and exercise done by students of the 80-hour Hazardous Waste Worker Training Program June 23.



Fred Reid: a ‘Big Red One’ Soldier



Fred Reid, left, a former “Big Red One” Soldier, shakes hands with a Soldier from his unit during his service. Reid joined the Army in 1970 at the age of 18.



Fred Reid, a former “Big Red One” Soldier, stands at the far right of a group in Junction City, Kansas. Reid is active in the community as a volunteer for many organizations.

THEN & NOW

By Phyllis Fitzgerald
SPECIAL TO THE POST

Fred Reid was born in Toledo, Ohio, but moved with his family to Detroit, Michigan, when he was young. He joined the military in August 1970 at age 18.

His family moved from Toledo to Detroit when Reid was just a sophomore in high school.

“After too many popular ‘70s cop TV shows,” he said, “I enlisted in the U.S. Army hoping to begin a lifelong dream of becoming a police officer.”

The Vietnam War was raging and American men were still subject to the draft. Reid enlisted rather than wait to be drafted because he said being drafted allowed enlistees a choice in which branch of the armed forces they could serve.

He completed Basic Training at Fort Campbell, Kentucky, after which a series of events out of his control took him not to military police school, but to training as a food service specialist.

“I was ‘guaranteed’ Advanced Individual Training as a military policeman,” he said. “Two weeks after basic training I was still in holdover status awaiting permanent change of station orders for MP school.”

Reid’s future military occupation specialty was changed from 95B,

military policeman, to 94B. At first he thought 94B might be a career field related to police work.

“My thoughts were that, if 95B is Military Police School, then 94B must be a detective school,” he said.

In fact, the 94B school trained Soldiers to become Army food service specialists. At that time, he said, military personnel management policies were such that Soldiers who were without orders two weeks after completing Basic Training would be reassigned according to the needs of the Army.

Reid received Advanced Infantry Training as a food service specialist at Fort Knox, Kentucky.

In May 1971, he was reassigned to the 1st Cavalry Division at Bien Hoa, Republic of Vietnam, where he served at Combat Support Firebases “Mace” and “Crossed Sabers.”

As a food service specialist, his unit’s mission was to airlift hot rations, mail, resupplied water and ammunition, and deliver newly assigned infantry Soldiers to forward 1st Cavalry units.

“My fondest moment of my Vietnam tour,” Reid said, “was the serving of strawberry ice cream delivered to military units operating in the Hobo Woods.”

He returned to the United States in 1972 and was assigned to the “Big Red One” at Fort Riley. His first assignment was with the Headquarters,

Headquarters Company, 2nd Battalion, 34th Armor Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division. He was at Fort Riley until 1974, after which subsequent assignments took him to Schofield Barracks in Hawaii, Fort Stewart, Georgia, and Karlsruhe, West Germany.

In October 1985, Reid returned to Fort Riley for an assignment to Headquarters, 1st Squadron, 3rd Cavalry Regiment as assistant food service noncommissioned officer. Then, in September 1986, he was assigned as dining facility manager for Headquarters, Headquarters Company, 101st Military Intelligence Battalion.

In June 1988, he went to Schwabach, West Germany, but a year later, Reid received a compassionate reassignment back to Fort Riley due to family issues.

He was eventually assigned to Company C, 701st Brigade Support Battalion, 4th Infantry Brigade Combat Team, 1st Inf. Div.

“My best memory with the Big Red One,” Reid said, “is being awarded Fort Riley Commanding General’s elite ‘Red Chip’ award as non-commissioned officer in charge of the winning ‘Best Field Mess’ team at the Army’s Chief of Staff ‘Best Field Mess Team’ competition.”

The competition was conducted in February 1990, and the award was

presented to Reid by Maj Gen. Thomas Rhame, commanding officer of the 1st Inf. Div. at Fort Riley.

Reid retired in September 1990, after 20 years of service. He chose to stay in the Junction City area because he had three boys in the Unified School District 475 school system and they enjoyed the area.

Today, Reid is a paraprofessional, for USD 475, working at Junction City High School.

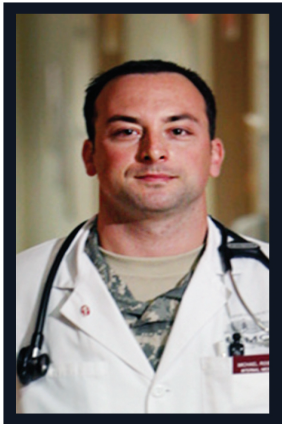
“After much patience, guidance and supervision by one of the best Exceptional Student Services teachers, the late Mrs. Rose Madden — RIP,” Reid said, “my skill set now includes the patience to work with 9th through 12th grade students with various mental or physical disabilities.”

Reid stays active in the community as a volunteer for the Court Appointed Special Advocate, member of the Junction City Juneteenth Committee and the National Association for the Advancement of Colored People. He is a life member of Veterans of Foreign Wars and member of VFW State Color Guard, representing Veterans at numerous Fort Riley events. He has served as the senior Vice Commander local VFW Post #8773. Effective this month he will be the VFW #8773 Post Chaplain.

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

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

Irwin Army Community Hospital



PROVIDER



NO-SHOW PATIENT



WOULD BE PATIENT



WOULD BE PATIENT



WOULD BE PATIENT

Missed appointments
are missed opportunities for others.

HOUSE AD

Military health experts offer summer advice for Soldiers, families

MILITARY HEALTH SYSTEM
COMMUNICATIONS OFFICE

Summer is here, and military families are taking advantage of the warm weather and vacation schedules to spend some well-earned time together. But you need to keep in mind health hazards are lurking out there. Whether it's fighting bugs or keeping from getting sunburned, the right precautions can help make sure your summer vacation doesn't turn into a summer headache.

One of the first areas to consider is keeping insects, particularly mosquitoes, at bay. And that starts with getting rid of the threat before those little suckers have a chance to make a meal out of you and your loved ones.

"My watch word is eliminate," said Navy Lt. Cmdr. Jeremy Wilkinson, chief of public health at Fort Belvoir, Virginia. "Eliminate the places where mosquitoes can breed and grow, and eliminate the opportunity for them to bite you."

Wilkinson advised tipping and tossing standing water from containers, such as tires, buckets and flower pots. If the water can't be eliminated, treat it with a mosquito-specific, environmentally

friendly larvicide. Getting rid of neighborhood litter and debris and managing vegetation reduce the number of hiding places for mosquitoes.

Keeping mosquitoes from biting you is also key in the fight. Wear loose-fitting, light-colored long-sleeved shirts and pants and use insect repellent containing DEET, picaridin, oil of lemon eucalyptus or IR 3535 as the active ingredient, carefully following all label directions. Make sure doors and window screens are in good shape to keep mosquitoes out in the first place.

Diseases, such as Zika, West Nile and even Chikungunya are all concerns. With Zika raising so many alarms these days, Wilkinson advised those pregnant or trying to get pregnant not travel to Zika-infested areas.

"But if you do go and you don't exhibit any symptoms of Zika, wait eight weeks before trying to become pregnant or engaging in sex that involves exchanging bodily fluids. If you do show signs of Zika, men need to wait at least six months after symptoms start, and women need to wait at least eight weeks," he said. More information is available on the Military Health System's website at www.health.mil/

Military-Health-Topics/Health-Readiness/Mosquito-Borne-Illnesses.

Speaking of travel, military doctors recommend, no matter where you go, you should have on hand military identification cards for you and every eligible member of your family.

"If you end up at a hospital, it makes it a lot easier for everyone, especially when you're trying to get authorizations for care far from your regular military treatment facility," said Army Col. Timothy Barron, an emergency medicine doctor at Fort Belvoir. "If the children are traveling to a grandparent's place, they really should have their IDs. It really makes a difference." More information about traveling with TRICARE is available on the TRICARE website at www.tricare.mil/travel.

Barron also said too much sun is a common occurrence during the summer. Even a simple sunburn can debilitate you and pave the way for secondary infections.

"Make sure you wear a hat, sunblock and light-colored clothing to reduce your chance of getting burned," said Barron. "And don't think that sunburn is a good base for a tan."

Other common risks during summer vacations are exposure

to poisonous plants, such as poison ivy. Learn what plants in your area are trouble, and avoid contact with them.

Water safety is also important thing to keep in mind. Barron said the warmer weather naturally draws more people to pools, lakes, rivers and the ocean. Keep an eye on each other, especially children. He said that despite soaking in water, people could become dehydrated.

"Even though you're at the beach and having a great time, you still have to stay hydrated," he said. "That water is not being absorbed through the skin. You have to drink fluids."

He recommends drinking at least two liters of water throughout the day. Or, a better rule of thumb might be the color of your urine. If it's clear, you're getting enough to drink. But more color in urine is a sign you're not getting enough fluids.

Barron said the summer also brings more activity, and that can mean sports-related injuries.

"Prepare your body as if you're an athlete," he said. "Wear proper sneakers, proper safety equipment, and stretch and warm up a bit," he said.

You've taken all the precautions, but somebody still



Cpl. Charles Santamaria | U.S. MARINE CORPS

Warmer weather naturally draws more people to pools, lakes, rivers and the ocean. Keep an eye on each other, especially children. Despite soaking in water, people can become dehydrated.

ends up sick. And, of course, it happens during your summer vacation, far away from home. TRICARE beneficiaries have a tool they can use out on the road this summer or any season: the Nurse Advice Line. By calling 1-800-TRICARE (874-2273) and selecting option 1, patients talk directly with a nurse who evaluates their conditions and gives advice ranging from self-care to an immediate emergency room visit, 24 hours a day, seven days a week.

"We have a lot of young parents who are away from their own families, and they

don't have anyone to go to for advice," said Regina Julian, chief of primary care for the Defense Health Agency. "Being on the road for summer vacations and away from your usual hospital or clinic makes things even more problematic. Our nurses use evidence-based, best medical practices to evaluate patients and determine the best method of care. We will also help people find an urgent care center, if needed. We give parents peace of mind."

The experts agree: have fun but be careful during this summer's vacation season.

TUESDAY TRIVIA CONTEST



The question for the week of July 1 was "What is name of the community event near Fort Riley commemorating U.S. Independence Day? This multi-day event involves Soldiers and families and includes a Veterans Ceremony at Junction City's Kansas Vietnam Veterans Memorial."

Answer: Sundown Salute in Junction City, Kansas

This week's winner is Andrea Frazier, wife of Sgt. 1st Class Allen Frazier, Headquarters and Headquarters Company, 1st Armored Brigade Combat Team, 1st Infantry Division.

CONGRATULATIONS ANDREA!

HOSPITAL Continued from page 1

exceptional system for health as you did while serving at your last assignment."

Ware thanked the IACH staff for being an outstanding group of professionals who provide the best and finest care to Fort Riley Soldiers, retirees and family members.

"I'm so honored to have served with you," she said. "During my time here we had the most successful Joint Commission Survey in the history of IACH and received the Army Safety Star which is no small feat. In the past two years I've come to see you as family and am proud of you."

Ware has been the IACH commander since July 2014, and will move on to become the corps specific branch proponent officer for the U.S. Army Nurse Corps at Fort Sam Houston, Joint Base San Antonio, Texas.

Before assuming command, Melton served as the deputy commanding officer and chief of staff at Womack Army Medical Center, Fort Bragg, North Carolina. He is a certified defense financial manager, board certified in healthcare administration, and a Fellow in the American College of Healthcare Executives.

IACH provides quality health care to Soldiers, families and retirees in the Central Flint Hills region and operates Farrelly, Custer Hill and Aviation Clinics on Fort Riley and the Flint Hills Medical Home in Junction City. The Warrior Transition Battalion is also under the command and control of Medical Department Activity, Fort Riley, in support of ill, injured and wounded Soldiers' healthcare needs.

The new IACH, 650 Huebner Road will open its doors to the Fort Riley community in October 2016.

WWW.TWITTER.COM/FORTRILEY

TRAFFIC REPORT

ACCESS POINT CONTROL 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.

CHANGES COMING TO FORT RILEY ACCESS CONTROL POINTS

Starting July 11, current traffic patterns will change at several Fort Riley access control points. Estes Gate will reopen the commercial portion of the gate allowing full access. 12th Street Gate may experience limited staging for commercial vehicles due to construction. Trooper and Ogden access control points may experience traffic pattern changes during non-peak hours.

The changes are necessary to facilitate construction projects.

During these changes and beyond, drive attentively and safely.

For more information about Fort Riley access procedures, visit www.riley.army.mil.

RILEY ROUNDTABLE

What are your plans for Fourth of July?



"It's my niece's birthday and we are going to have her birthday party as well as celebrate the holiday."

**WAYNE DELONG
TOPEKA, KANSAS**

Family Advocacy Program, Army Community Service



"I'm taking a trip to visit my sister while my husband is bonding with our children because he just got home from deployment."

**REBEKAH SIMMONS
MT. AIRY, GEORGIA**

New Parent Support Program, Army Community Service



"We're celebrating a homecoming - my husband is coming home from deployment. We'll be enjoying family time."

**TABITHA CONNELLY
BANGOR, MAINE**

Wife of Sgt. 1st Class Thomas Connelly, Headquarters and Headquarters Company, 2nd Armored Brigade Combat Team



"Shoot off some fireworks and grill."

**SGT. BRANDON CECHE
BISMARCK, NORTH DAKOTA**

1st Infantry Division Sustainment Brigade



"Going to San Antonio, Texas to visit my sister."

**JAMES RILEY
JUNCTION CITY, KANSAS**

Human Resources Assistant with the Civilian Personnel Advisory Center

THE 1ST INFANTRY DIVISION POST

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LETTERS TO THE EDITOR

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

SAFETY HOLIDAY



As of Wednesday, June 29, 122 days have passed since the last vehicular fatality at Fort Riley. One hundred more and the post will celebrate with a safety holiday to take place at each unit's discretion.

COMMAND TEAM CORNER

Independence Day: reflect on path to democracy

As members of the 1st Infantry Division, we know a lot about sacrifice, leadership and tradition. These characteristics have defined our legacy for almost 100 years and have shown the world the kind of leaders it takes to wear the "Big Red One" patch.

As we celebrate the Fourth of July this weekend in Kansas, I want you to think about the storied history of our division — and our nation.

There's no better example of leadership than Thomas Jefferson and the 56 signers of the



Maj. Gen.
Wayne W. Grigsby Jr.

Declaration of Independence. These men stood up for what

they believed was right, and their choice of defiance laid the foundation for the United States and the freedoms we have today.

Now, 240 years later, we honor their actions by continuing to serve and support freedom and democracy at home and around the world. I continue to be humbled to wear this uniform, and I couldn't be more proud to serve alongside each and every one of you in this amazing division as your commanding general.

Thank you to the entire Total Army team throughout the Central Flint Hills region

who continue to make Fort Riley the best place to live, train, deploy from, come home to, and retire in our Army. To our service members, civilians and families, your service, support and patriotism honors the sacrifices of our veterans and ensures the freedoms they fought to protect continue to thrive.

Duty First!

Wayne W. Grigsby Jr.,
Maj. Gen., USA
1st Infantry Division and Fort Riley commanding general

Full replacement value compensation on household goods

By Jeffrey J. Fleming
CHIEF, CLAIMS DIVISION, STAFF JUDGE ADVOCATE

Soldiers and Department of the Army civilians are now eligible for Full Replacement Value protection on their Department of Defense funded personal property shipments. This is a benefit in terms of the amount one can recover for loss or damage sustained in a move.

For example, your 3-year old flat screen television was destroyed in a move. Under the old rules, you would only be compensated for the depreciated market value of the 3-year old flat screen TV. Under the new rules, the carrier now has to provide you with either a new, comparable TV — or pay you the full replacement price for a new, comparable TV.

This new system of compensation on household goods claims can be a daunting experience. Keep in mind the Fort Riley Staff Judge Advocate claims office stands ready to assist you.

ONLINE FILING AND VISITING CLAIMS OFFICE FOR ASSISTANCE

The Department of Defense developed the Defense Personal Property Program, or DP3, with an internet-based system to manage DOD household goods moves called the Defense Personal Property System. Nearly all shipments now fall under DPS, which requires claims to be filed on-line through a DOD website at www.move.mil. For these shipments, the same FRV rules still apply.

There have occasionally been technical issues with the DPS program. Sometimes the initial notice of loss or damage does not properly register on DPS — which could later prove fatal to a household goods claim. Sometimes connectivity issues with operating systems not compatible with DPS, such as Apple's Mac. For these reasons, we encourage you to visit the SJA claims office to use one of our computer kiosks to file your notice of loss or damage report and file your claim with our claims staff available to assist. To ensure timely notice is filed with the carrier, we will dispatch the notice to the carrier by fax and thereby retain independent proof of timely filing of notice. We will also open a file so we can follow-up and ensure the carrier processes your claim in accordance with FRV standards.

INITIAL NOTICE OF LOSS OR DAMAGE – VISIT CLAIMS OFFICE WITHIN 70 DAYS OF DELIVERY

At the time of delivery, you should always ensure the carrier's delivery agent

lists all loss and damage discovered at delivery on the front side of the DD Form 1840 or equivalent "Notification of Loss or Damage AT Delivery".

Providing prompt notice of additional loss and damage within 70 days of delivery is still required with the new claims process. For DPS shipments, you can do this on the DPS system online — but as noted above — there are risks when doing so without the assistance of the SJA claims office.

Any loss or damage discovered after delivery should be listed on the reverse side of the DD Form 1840, DD Form 1840R or equivalent "Notification of Loss or Damage AFTER Delivery." Submit the form to the Fort Riley SJA claims office within 70 days of delivery so the claims office can dispatch it timely to the carrier.

Submitting the DD Form 1840R merely gives the carrier notice that you may submit a claim, it is not the same as filing a claim. Failure to give timely notice of loss or damage to a particular item means you forfeit the right to later claim for that item.

When you visit the claims office, we will give you particularized guidance on the FRV claims process as it applies to your claim. Keep in mind the carrier has the right to inspect the damaged items once it receives the notice up until the time the claim is finally settled. Please cooperate with the carrier in arranging a time for such inspections. Do not discard items without first checking with the SJA claims office or the carrier.

FILING YOUR CLAIM WITH THE CARRIER – WITHIN 9 MONTHS OF DELIVERY

Under the FRV program, after you filed timely notice of loss within 70 days of delivery, you file your actual claim directly with the carrier within nine months of delivery. For DPS shipments, you may choose to file your claim on-line on DPS on your own or, as we recommend, you can visit the claims office and use one of our computer kiosks to file your claim with our claims staff available to assist. We can then monitor your negotiations with the carrier to ensure your claim is resolved in accordance with FRV standards. The carrier should settle the claim by repairing or paying to repair damaged items. For items that are lost or destroyed, the carrier should replace the

item with a comparable new item, or pay the full, undepreciated replacement cost.

DISPUTES WITH CARRIER – TRANSFERRING CLAIM TO MILITARY CLAIMS OFFICE

Unfortunately, some carriers do not always comply with the FRV standards. If you are dissatisfied with the carrier's final offer, or if you did not receive a final offer within 30 days of filing the claim, you should not hesitate to contact the Fort Riley SJA claims office for assistance. Do not delay seeking help. Bring documentation of all discussions with the carrier, e-mail, etc. with you to the claims office. The claims office can evaluate whether the carrier is treating you fairly and can provide guidance. Ultimately, if you have complied with the FRV rules and cannot reach a satisfactory result with the carrier, you may transfer your claim to the Fort Riley SJA claims office. There are limited circumstances under which the claims office can pay the FRV up-front on your transferred claim. In most circumstances, the claims office will pay you the depreciated replacement cost or repair cost, and then the Army will attempt to recover the full replacement value from the carrier. Once the Army has recovered the full replacement value from the carrier, the Army will then make a supplemental payment to you representing the difference between what it recovered from the carrier and the amount it has already paid you. If you do not file your claim with the carrier within nine months and therefore lost the ability to obtain FRV recovery, you must file your claim with the Army within two years of delivery to obtain any recovery at all. Although there are some very limited exceptions to this requirement, they are rarely approved.

FILING YOUR CLAIM WITH THE MILITARY CLAIMS OFFICE.

You may still file your claim directly with the SJA Fort Riley claims office without first filing with the carrier. However, if you do, you will likely give up your right to have your claim settled based on full replacement value. The Fort Riley claims office will settle your claim by paying the depreciated replacement or repair cost, whichever is less.

The Fort Riley SJA claims office is here to answer your questions and to help you. We are located in building 216, Custer Avenue on Main Post. We accept walk-ins from 8 a.m. to 4 p.m. Monday through Thursday. You may also call the office with questions at 785-239-3830.

Stay safe when grilling during summer months, holidays

By Alex Bender
GARRISON SAFETY OFFICE

When warmer weather hits, there's nothing better than the smell of food cooking on the grill. Three out of five households own a gas grill, which translates to a lot of tasty meals, but it also means there's an increased risk of home fires.

According to the National Fire Protection Agency each year an average of 8,900 home fires are caused by grilling, and close to half of all injuries 8,700 involving grills are due to thermal burns. While nearly half of the people who grill do it year round, July is the peak month with 17 percent of grill fires followed by May, June and August.

In 2014 16,600 patients went to emergency rooms because of injuries involving grills.

Failing to clean the grill was the leading factor contributing to one fifth of all structure fires. Other unsafe practices were flammable items being too close to the grill and leaks or breaks in gas lines and connectors. Gas grills contribute to a higher number of home fires overall than their charcoal counterparts. Food safety is important when you're in charge of the grill. You're not just responsible for turning out the best barbecue burgers on the block, you're

also responsible for grilling safety — from washing your hands and discarding marinade to tossing food that's been left too long in the sun.

ESSENTIAL INFORMATION ON COOKING TEMPERATURES

- After marinating meat, poultry or seafood, discard the marinade. This is easier to do if you marinate the food in a large resealable plastic food storage bag. Just toss out the bag. Discard any leftover basting sauce that has been in contact with raw meat, poultry or seafood.
- To use a marinade as a dipping or basting sauce, set aside a portion before adding raw food.
- Always wash hands thoroughly in hot, soapy water after handling raw meat, poultry or seafood.
- Let meat, poultry and seafood cook on the grill for at least 5 minutes after the last brush with a basting sauce. This prevents contamination since the basting brush was probably used on the food when it was raw.
- Use clean plates to transfer cooked food from grill to table. Never place cooked food on the same unwashed plate that held raw food.
- Eat grilled foods while they are hot. Keep food covered until

ready to serve.

- Use separate serving utensils for meat and salads.
- Discard food after 1 hour in the sun

Use these guidelines to test meat, poultry and seafood for proper doneness:

- Beef, veal, pork and lamb (Ground) — No pink color (160°F)
- Beef, Veal & Lamb (Chops, Steaks) — Medium (160°F) - Well-Done (170°F)
- Pork (Pieces) — No pink color; clear juices (170°F)
- Chicken or Turkey (Ground) — No pink color (165°F)
- Chicken or Turkey (Whole or Pieces) — No pink color; clear juices (180°F)
- Fish Fillets — Flake easily with a fork

Grilling for family and friends should be an enjoyable experience. Food poisoning, burns and setting your home on fire should not be part of that experience. Be cognizant of the condition of your grill, the location you place it while cooking and how you handle raw and cooked foods. Be sure to invest in a good thermometer and keep a fire extinguisher handy for fire emergencies.

For more information on safe grilling contact the Garrison Safety Office at 785-240-0647.

The next USAG Resilience Day Off is

JULY

15

Under secretary of the Army participates in worldwide town hall

By Jade Fulce
IMCOM PUBLIC AFFAIRS

FORT SAM HOUSTON, TEXAS — The U.S. Army Installation Management Command hosted a worldwide town hall with the Under Secretary of the Army Patrick Murphy via teleconference June 28.

More than 70 garrisons connected to the town hall and employees were able to stream it live online.

In his opening remarks, Lt. Gen. Kenneth Dahl, the IMCOM commanding general, said he asked Murphy to speak directly to the 58,000 civilians in the IMCOM workforce about transformations in the Army during an office call about a month ago.

“It was great for me to hear it,” Dahl said. “But you really need to hear it and you need to hear it from your senior civilian leadership,” he told the world-wide audience.

Wherever possible, IMCOM leaders invited soldiers and civilians to gather in theaters and conference rooms to participate. Where that wasn’t available a live stream was provided so employees could watch from their desks.

“I want to talk to the Army team,” Murphy said. “The Army team is 1.3 million strong with 1 million Soldiers and 300,000 civilians. We are one team, one fight... My job is to fight for the Army.”

Murphy emphasized the Army’s number one priority is readiness, which meant being ready to fight tonight.

“We have to be ready to go,” he said. “That readiness is at an individual level, installation level and Army as an institution. We are all part of that readiness.”

Murphy also said the Army has to do more with less. The Army has \$100 billion less than it did five years ago, so every dollar counts. He stressed everyone has to make sure we are not wasting that money.

Murphy also said that IMCOM is a true partner in what the Army is trying to do and appreciates what we do for the Army Team.

Employees had an opportunity to ask questions and learn what the Army leadership is planning for the Army’s future following his comments. The questions ranged from transformation, Soldier for Life and public-private partnerships to telling the Army’s story.

He encouraged everyone to follow him on social media and to connect with the American public through it.

“We have to do a better job of telling the Army story,” Murphy said. “Every single one of us are a recruiting officer. We should be asking ourselves what we are doing to talk about the Army to our sons and daughters — our nieces and nephews.”

The town hall ended with Murphy thanking the workforce for everything that they do.

IMCOM employee Alfreda Arnold thought it was “a wonderful thing” that Murphy was able to take time out of his schedule and bring some light to the issues that are going on with the Army.

Melissa Sturgeon, the IMCOM deputy director for operations, said it was great seeing and hearing Murphy on the teleconference because it demonstrated his passion for the Army.

“It is nice to see that level of enthusiasm and that energy applied to leading the Army,” Sturgeon said. “That make us more excited to do our job and it was obvious that he values our command.”



Photos by Tim Hipps | IMCOM Public Affairs

ABOVE: U.S. Army Installation Management Command senior leaders watch the under secretary of the Army speak to the workforce at the IMCOM operation center in San Antonio, Texas, June 28. **BELOW:** Entertainment Specialist Blair Ferrier controls the video screen at Fort Sam Houston Theatre for the Installation Management Command Town Hall hosted by Under Secretary of the Army Patrick Murphy and IMCOM Commanding General Lt. Gen. Kenneth Dahl from the Pentagon for Army employees around the world June 28.



LOADING RAIL CARS




Photos by Staff Sgt. Warren W. Wright Jr. | 1ST INF. DIV. PUBLIC AFFAIRS


ABOVE: Soldiers from 1st Battalion, 5th Field Artillery Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, load an M2 Bradley Fighting Vehicle onto rail cars at the Fort Riley rail yard June 24. The Bradley Fighting Vehicles, along with other vehicles and tanks from across the 1st ABCT are being shipped to the National Training Center at Fort Irwin, California in preparation for the brigade’s upcoming rotation there.

BELOW: M2 Bradley Fighting Vehicles from 1st Battalion, 5th Field Artillery Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, convoy to the Fort Riley rail yard before being loaded onto rail cars June 24.






PLAY A ROUND, HIT THE DRIVING RANGE, OR STOP BY FOR FOOD AND FUN!





GARRISON GOLF DAYS

July 21: Casino
August 25: Olympics
September 22: Caddy Shack

4-7pm
Custer Hill Golf Course
\$20, includes greens fee and cart rental
\$2 for driving range token



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HOUSE AD



Photos by Amanda Kim Stairrett | 1ST INF. DIV. PUBLIC AFFAIRS

ABOVE: After staring at her father from her mother’s arms for awhile, 16-month-old Shaelynn finally decided to go to Sgt. Colton Hoefling of the 1st Battalion, 18th Infantry Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division. Hoefling returned to Fort Riley on June 21 with about 250 Soldiers from the “Dagger” brigade following a nine-month deployment to Southwest Asia. More homecoming ceremonies are planned for June with all “Dagger” brigade Soldiers expected to be home in July. **BELOW RIGHT:** Spc. Justice Buike of 1st Battalion, 18th Infantry Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, stands in formation June 21 with about 250 others from the “Dagger” brigade shortly before they are reunited with loved ones at Fort Riley’s deployment center.

Home Sweet Home



Sgt. Dana Moen | 2ND ABCT
LEFT: Spc. William Meeks, a medic with Headquarters and Headquarters Company, 1st Battalion, 18th Infantry Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, gives gifts to his daughters Alexis, Daniel and Olivia after a homecoming ceremony June 25 at Fort Riley. Meeks returned with about 250 other Soldiers from the 2nd ABCT after a nine-month deployment. The “Dagger” brigade Soldiers supported stability and security in the Southwest Asia region.

HAVE A STORY IDEA?

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

More than \$100,000 donated to Army Emergency Relief fund

Employee of the Month for May named at awards ceremony

Story and photos by Andy Massanet
1ST INF. DIV. POST

A check for \$101,438.68 was presented to Col. Andrew Cole Jr., Fort Riley garrison commander by Clint Strutt, Fort Riley program manager

of the Army Emergency Relief fund, at the garrison's monthly awards ceremony June 24. The AER fund is the result of donations from the Army community, Soldiers and civilians. They are disbursed in the form of grants and zero-interest loans to qualified applicants. Over the past six months a total of \$445,000 has been disbursed in the form of either zero-interest loans or grants, Strutt said. Administered under the motto, "Soldiers helping Soldiers," the AER fund is

vital in ongoing efforts within the Army community to assist Soldiers who have fallen on hard financial times. "The nice thing is that this money will go into the AER fund at large," Strutt said. "So it can be loaned out across the Army. Another interesting thing about the AER fund is that the money can be loaned out multiple times. Most of the time AER assistance is in the form of loans, so when a Soldier pays it back, we can turn around and loan that money again. As a result, this money, if its loaned out five

or ten times it's really like a donation of about a million dollars." Strutt said there are specific categories for the needs-based funds, but there are also exceptions that can be considered on an individual basis. "All AER assistance is based on need," Strutt said. "An applicant must demonstrate legitimate need and, if he or she can do that, chances are we will be able to provide it." However, Strutt said, "one of the things we are very fond of saying is that 'exceptions to the policy, is the policy.' So even if (the Soldier's need) doesn't fall into the categories we usually provide assistance for — first month's rent for a deposit, or car repair — that doesn't mean we can't assist you, we may just have to go through a couple more steps to make that happen."

Strutt adds that loans can turn into grants. "Loans are the majority of what we do," he said, "but if you come in and don't have the ability to repay, or the reason you are in the circumstances is through no fault of your own, then we can look at changing that loan to a grant."

Those eligible to apply for AER assistance include active duty or retired Soldiers and service members, eligible family members with a military ID card, surviving spouses and children, and Army Reservists and National



Clint Strutt, Fort Riley program manager of the Army Emergency Relief Fund, receives a hand shake from Col. Andrew Cole Jr., Fort Riley garrison commander, during a check presentation at the Fort Riley garrison's monthly awards ceremony June 24. The check is for \$101,438.68, part of more than \$445,000 received over the past six months for the AER fund. Also, pictured is Tim Livsey, deputy garrison commander, and Master Sgt. Kevin Boldin, operations non-commissioned officer for the Directorate of Plans, Training, Mobilization and Security.



Col. Andrew Cole Jr., left, Fort Riley garrison commander, recognized the Employee of the Month nominees for May at the Fort Riley Garrison's monthly awards ceremony June 24. They are Orlando Perez Santiago, second from left, Directorate of Plans, Training, Mobilization and Security; Eric Zenk, third from left, Garrison Public Affairs Office; and Kilee Debita, Directorate of Family and Morale, Welfare and Recreation. Joining the group are Tim Livsey, second from right, deputy garrison commander, and Master Sgt. Kevin Boldin, far right, operations noncommissioned officer for the DPTMS. Not pictured is Elaine O'Brien, a nominee from the Directorate of Emergency Services.

Guard on Title 10 orders for more than 30 days. More information about AER can be obtained at the Army Emergency Relief fund website, www.aerhq.org, by calling Army Community Service at 785-239-9435 or by dropping by the Army Community Service center at 7264 Normandy Drive. Also at the event, Eric Zenk, external engagements section, Garrison Public Affairs Office, was selected as the Employee of Month for May. Zenk received an Army certificate of achievement, a

\$500 monetary award and is a candidate for Garrison Employee of the Quarter. Nominees for Employee of the Month for May included Kilee Debita, Directorate of Family and Morale, Welfare and Recreation; Elaine O'Brien, Directorate of Emergency Services and Orlando Perez Santiago, Directorate of Plans, Training, Mobilization and Security. Each received a certificate of appreciation signed by Cole and Garrison Command Sgt. Maj. James Collins and a garrison coin.

WWW.FACEBOOK.COM/FORTRILEY

Resume building, job skills are available for transitioning Soldiers

By Hannah Kleopfer
1ST INF. DIV. POST

How does a Soldier explain their skill set on a basic one-page resume? How do they explain their work experience to a prospective employer? Many transitioning Soldiers seek answers to these questions. Employees of the Department of Labor and a contracted company, GPX, are leading classes to answer those questions.

The Soldier and Family Assistance Center is the site of the first class offered to wounded warriors and Soldiers of the Warrior Transition Battalion, based on their specific needs.

“What we assumed early on was that being in class eight hours a day was kind of tough for wounded warriors,” said Dave Mauer, GPX president. “It’s tough in terms of their medical appointments, which being taken out of class for appointments makes it hard for them to catch up. They also need rest, have medicines that make them drowsy or sleep. There are some that perhaps have cognitive issues, and paying attention for eight hours three days in a row can be kind of tough for them.”

The original three-day class is now spread over three weeks. The class is now in four-hour blocks twice a week, with one hour a week of one-on-one time between facilitators and participants, keeping more time open for Soldiers to keep up with the class as well as their medical needs.

Fort Riley is one of three installations to use the class as part of the Soldier for Life Transition Assistance Program. It was piloted at Fort Bragg in June 2015, and then changes and tweaks were made from there. Mauer said there are other installations showing interest in using the program.

There are two experienced facilitators leading the classes, Yolanda Rayford and Clyde Garcia, who both have more than 30 years of experience. Rayford is a spouse of an Air Force retiree, and Garcia is an Air Force veteran. The two said coming with military backgrounds helps them understand the Soldiers they work with.

While working in a career in the Army, many of the Soldiers in the class said they didn’t have much experience writing and updating their resumes.

“This class is incredible,” said Staff Sgt. George Pugh, WTB. “They take from A to Z with resumes to actually getting a job along with your disability ratings. They talk about anything you can imagine about transitioning out of the military.”

Many Soldiers and their spouses have specific goals they are trying to reach career-wise after leaving the Army.

“One of the workshops we’ll go through tomorrow is the Boots to Business seminar,” said Staff Sgt. Anthony Parker, WTB. “It’s for service members who are interested in starting their own business. My degree is in human resources, so I’m trying to get a job in that area. But I also want to be a business owner in the field of air conditioning.”

Each participant is provided a laptop and workbook to use during the class so they can be hands-on by looking up jobs online and typing resumes, which the instructors said has been instrumental in the classroom.

For more information about the program or other classes, contact the SFAC at 785-239-8430 or SFL-TAP at 785-239-2278.

Flint Hills Regional Leadership Program announces new executive director

By Angela Stewart
FORT RILEY MANAGEMENT AND PROGRAM ANALYST

The Board of Directors of the Flint Hills Regional Leadership Program has named Jack Lindquist, Manhattan, as the executive director of the organization.

The non-profit educational program is designed to train and more-fully engage leaders in the region that includes Fort Riley, Geary, Riley and Pottawatomie counties.

“We are very excited and pleased to have Jack as a part of the team, and as the Executive Director (to) lead the FHRLP into the future,” said Steve Milton, housing and asset manager for Fort Riley and chairman of the Flint Hills Regional Leadership Program board.



COURTESY PHOTO
Jack Lindquist of Manhattan has been named the executive director of the Flint Hills Regional Leadership Program.

The program provides vital leadership skills to the region.

“The Flint Hills Regional Leadership Program is based in the fastest growing region of our state,” Lindquist said,

“We have never had more opportunity or greater need for well informed, collaborative, decisive leadership. That is possible through 21st Century proactive servant leadership development.”

Applications for the next Flint Hills Regional Leadership Program class are now available and may be obtained by visiting the links on regional websites including the Manhattan Chamber www.manhattan.org, Junction City Chamber <http://junctioncitychamber.org>, Wamego Chamber www.wamegochamber.com or the Flint Hills Regional Leadership website www.fhrlp.org. Instructions and program details are available on the FHRLP website. Forms must be submitted by July 18.

HOAH

DEMON Continued from page 1

Company, 1st CAB. “I was the battle (noncommissioned officer) there, and my job was to mainly keep track of what was going on in the fight, as well as keeping track of flights that were occurring.” This was McGowan’s first time serving in the role, which he said he enjoyed. “After I actually settled into my job and my role and started

learning my role a little bit more, it became a lot easier,” the Sumter, South Carolina, native said. “It was a major, major benefit for me.” The next step for the brigade is to evaluate the lessons learned in Operation Junction City and schedule a smaller follow-on exercise if necessary to cement those best practices.

DETACHMENT Continued from page 1

The ceremony served the dual function of activating the MCP-OD and officially recognizing Huss’ assumption of command. Maj. Gen. Wayne W. Grigsby Jr., 1st Inf. Div. and Fort Riley commanding general, and Command Sgt. Maj. Jonathan Stephens, 1st Inf. Div. Artillery senior noncommissioned officer, were among the “Big Red One” leaders who traveled from Kansas to Nebraska for the activation. National Guard officials from across Nebraska, including those from the MCP-OD’s

higher headquarters, also attended. “To the Soldiers of this newly formed detachment, please know that you are breaking new ground for our future,” said Col. Rick Gray, the 67th Battlefield Surveillance Brigade commander. “You’re combining your hard work and selfless service with those who are dedicated and professional teammates at Fort Riley. I know that you will continue the great legacy that is laid before you that is well summarized with the 1st Inf. Div. motto, ‘No Mission too Difficult, No Sacrifice too Great — Duty First.’”



Spc. Anna Pongo | 1ST INF. DIV. MCP-OD
Air Force Maj. Gen. Daryl Bohac, Nebraska National Guard adjutant general, shakes the hands of the Soldiers of the 1st Infantry Division's Main Command Post-Operational Detachment after the unit's activation ceremony June 26 at the Spirit of 1776 Armory in Lincoln, Nebraska. The new National Guard unit is attached to the "Big Red One" with a mission to increase capacity and extend operations and support for the Main Command Post and the Division Headquarters and Headquarters Battalion.

WWW.1DIVPOST.COM

LANDING Continued from page 1

Regiment, 1st Combat Aviation Brigade, 1st Infantry Division, was part of the team handling air traffic control operations for the C-17’s landing and expressed excitement for prospects of future joint Army-Air Force training operations. “This is the first time I’ve heard of the C-17 actually landing out here, so it’ll offer new training abilities for the Air Force and any other sister organizations to do training and strengthen the United States Army as a whole,” Hogge said. “The more people that come together, the more diverse the training will be.” Prior to arrival at Savage Field, the C-17 picked up personnel at McGuire Air Force base and travelled to Dyess Air Force Base to conduct static load training. Capt. Matthew Zahler, air mobility liaison officer to 1st Inf. Div., said he hopes in the future all training, including the static load training, will be conducted at Fort Riley. “As the EDREs come up from these different units then we can actually have them come out to the austere environment, so we could load them up over at Marshall Army Airfield or Manhattan and then, part of the EDRE, is getting off, setting up and then reaching back and setting up comms back at home station,” Zahler said. “If we can do that all at Fort Riley rather taking them half way across the country, that would be a whole lot easier and a whole lot cheaper.” Zahler said the EDRE was planned in two weeks’ time and this was the first C-17 to ever land at Savage Field. The entire training operation was scheduled and arranged through communications between Zahler and the 3rd Airlift Squadron. Lt. Col. Niraj Govil, Global Reach laydown team, exited the C-17 upon landing with a small team to evaluate the area, determine the best location for a bare base and establish communications back to Dover. Govil said GRL is typically attached to a Contingency Response Group and sent out to determine the best location to establish a hospital in an austere environment. The team generally consists of four personnel in different specialties, such as public health, flight surgeon, bio hazards and an independent duty medical technician. He further explained he had been a part of a GRL team previously after the 2010 Haiti



Season Osterfeld | POST
A C-17 Globemaster III operated by pilots of the 3rd Airlift Squadron, 436th Airlift Wing at Dover Air Force base soars over Savage Airfield June 25 at Fort Riley. Air Force personnel from the 3rd Airlift Squadron, the Air Mobility Command’s Global Reach medical assessment team and an Aeromedical Evacuation team from the 514th Aeromedical Evacuation Squadron, 512th Reserve Air Mobility Wing from McGuire Air Force base traveled to Savage Field to conduct emergency deployment readiness exercises in an austere environment.

earthquake and was pleased with the exercises at Fort Riley. “We’d like to do more of it, so we’re talking to people here about maybe doing more, like a week at a time, actually setting up a bare base and being medical support for that,” Govil said. Lt. Col. Douglas Riley, 436th Aerospace Medicine Squadron and lead for the GRL team, was previously stationed at Fort Riley in 2000 when he was in the Army and said he was glad to be back. He said he hoped future operations at Fort Riley would bring together both Air Force and 1st Infantry Division units to strengthen the U.S. military forces. “The reason for joint activities and understanding to work together is that we can longer work separate because we are all very much dependent on one another,” Riley said. “You can’t have one operate without the other, there’s three major services between the Army, the Navy and the Air Force, so if you have a stool with three legs and one is not the appropriate length, the stool will fall over. It’s not different with the military. If we can’t function together appropriately, then we will

have a gap and we want to try to avoid those gaps.” Savage Field and other Fort Riley facilities offer environments and challenges ideal for training operations that other installations cannot provide or simulate, Zahler said, making Fort Riley an excellent place to train and continue joint operations. “What we have here that they don’t have at the big Air Force bases is this nice big, open field to simulate what you would have in the desert or any kind of emergencies that we might have in the United States that they might get called on for,” Zahler said. “In the future, we would hope that that would expand to include our medevac we have here at Fort Riley and then we can have a whole field hospital set-up as the end goal.” Riley said he was pleased with the exercise at Fort Riley and the ease in arranging the EDRE. “I think this is probably the beginning of a very good relationship between the Air Force and the Army when it comes to the workings here at Fort Riley,” he said.

BEST IN SHOW



Photos by Maria Childs | POST

ABOVE: Fort Riley Soldiers and families braved the heat of summer in Kansas to admire the variety of cars at the 15th annual Fort Riley Car Show at McCormick Park June 25. With about 20 cars, staff of the Fort Riley Automotive Skills Center handed out many awards including the top 24, Best in GM, Ford, Chevy and Dodge as well as the most-coveted Best in Show. **RIGHT:** Ken Hoffman, resident of Junction City, Kansas, took home Best in Show with his 2015 Dodge Challenger Hellcat. **INSET:** Chief Warrant Officer 2 Will King, Company A, 2nd General Support Aviation Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division, and his two sons, William, left, and Michael, receive their award for being in the top 24 of the best cars in the Fort Riley Car Show June 25 at McCormick Park.



Staff Sgt. Robert Crerend, 5th Squadron, 4th Cavalry Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, and his 4-year-old daughter, Katie, paint a figurine at the eighth annual Strong Dad's Tea Party June 25 at Riley's Conference Center.

Families thank dads with tea party

Annual get-together part of Dads Make a Difference Month

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

Fort Riley Soldiers and family members gathered around the princesses for story time June 25 at Riley's Conference Center. This was one part of the Strong Dad's eighth annual Tea Party hosted by staff of the Family Advocacy Program at Army Community Service.

The tea party was one event the program staff held in honor of Dads Make a Difference Month in June. Kariga Pratt, ACS Family Advocacy Program specialist, said Dads Make a Difference Month is all about increasing opportunities for fathers to get involved with their families.

"One of the things I hope this will accomplish is bringing more awareness to the contribution that dads are making in their families and in the community as a whole," Pratt said. "Dads are being stretched in a lot of different ways and we want to provide an opportunity for them to spend some quality time with their families."

Capt. Alex Schell, Special Troops Battalion, 1st Infantry Division Sustainment Brigade, and his daughter, Isabella, came to the event after seeing an advertisement on social media. Schell said he hoped he would be able to spend some quality time with his daughter during the event.

"It seems like a nice event for dads and daughters to get together and meet other dads and daughters," Schell said. "I think it's going to be a good time for her and I to spend time together."

Schell and his family have been stationed at Fort Riley since February, and this was their first time attending an event like this for father-and-daughter pairs. Isabella spent a lot of time tracking down Anna and Elsa, characters from the Disney movie "Frozen," which her father happily helped her with.

"I think this is pretty awesome," Schell said. "I don't think I expected princesses to be here, so that's a nice surprise. We've been putting Disney movies on all the time for her."

Pratt said throughout the month of June, dads were encouraged to send in pictures of them with their children for Dads Make a Difference Month. Now that the month is over, he still encourages dads to spend time with their family and be involved with their children emotionally and spiritually instead of just physically.

"I think it's important because it gives a comprehensive perspective of what dads are doing as far as serving their country and taking care of their family," Pratt said.

For more information about the Family Advocacy Program, call 785-239-9435.

Cooking with fire demands attention to safety

By Hannah Kleopfer
1ST INF. DIV. POST

There are a number of concerns when it comes to preparing a meal, such as buying and preparing ingredients and making sure there's time to get everything done. One concern that people may not consider is fire safety.

"Here on Fort Riley, our number one cause of fires is cooking in the kitchen," said Ivan May, lead inspector of the Fort Riley Fire Department. "Specifically, cooking unattended. Not only in the housing areas, but in the barracks, as some of them have stoves and microwaves. It's our number one fire safety problem."

He said national statistics show that this is the most common cause of kitchen fires.

"The biggest problem is that they are cooking and they walk away," May said. "In housing it's getting distracted with kids or someone knocks on the door ... When you're cooking, make sure that you attend it and are paying attention."

Another issue in the kitchen is grease fires. May said in that scenario, a person should not put water on it as it becomes larger. Instead, cover the fire and turn off the heat source. He also stressed not to move the pan.

As outdoor grilling has started, there are also regulations to take into consideration.

"Our biggest problem with grilling is the location of the grill," May said. "People will set it up right next to the house or it's a windy day so they need

a wind block and put it up next to the building."

May explained the material of the siding of a house is often flammable, and the grill can cause it to heat, melt and cause a fire.

"If it's a rainy day, don't grill in your garage," May said. "Don't grill under an overhang. The heat can build up and smoke and cause a fire."

A grill should be at least five feet away from a building or any other combustible. Another concern is to avoid grilling in dry, grassy areas.

"Also be careful of using a wood deck," May said. "Especially on a charcoal grill, a spark could fly off and land on the wood. A concrete or brick patio is fine."

He explained the best way to deal with a fire that is out-

of-hand is to grab a fire extinguisher and call 911.

"We'd rather go out and find that the fire has been put out than have someone call us too late because they think they can handle it," May said. "On Fort Riley we can generally get there in five minutes."

May and others from the Fort Riley Fire Department lead various fire safety classes across post.

"We're out to a lot of events," he said. "Today we were out to teach kids some fire safety in the kitchen as part of their summer program. We do fire safety briefings for the units. We do them for the dining facilities."

For more information about fire safety and classes, contact May at 785-240-3713.



Maria Childs | POST
The Fort Riley Fire Department staff demonstrated how to put out a grease fire during the annual Safety Day at Riley's Conference Center June 17.

Sustainment brigade couple re-enlists together

Husband, wife say being dual military increases challenges

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

While re-enlisting is a normal occurrence in the Army, seeing a dual couple reenlist together is not. However, that is exactly what the 526th Quartermaster Composite Supply Company and 24th Composite Truck Company, 541st Combat Sustainment Support Battalion, 1st Infantry Division Sustainment Brigade, had the opportunity to witness June 21 at its headquarters on Fort Riley.

Sgt. Jarrod Tolbert, a motor transport operator as-



Sgt. Jarrod Tolbert, a motor transport specialist assigned to 24th Composite Truck Company, 541st Combat Sustainment Support Battalion, 1st Infantry Division Sustainment Brigade, and his wife, SPC. Sharron Tolbert, an automated logistics specialist assigned to 526th Quartermaster Composite Supply Company, 541st CSSB, are sworn in by Chief Warrant Officer 2 Stacey Bowler, a petroleum systems technician assigned to 526th QCSC, June 21 during a re-enlistment ceremony.

signed to the 24th CTC, and his wife, SPC. Sharron Tolbert, an automated logistics special-

ist assigned to 526th QCSC, both started their journey in the Army in Germany, where

"Everything happens for a reason. Being separated made the bond between us even better. Our communication skills with one another grew."

SPC. SHARRON TOLBERT
AUTOMATED LOGISTICS SPECIALIST,
526TH Quartermaster Composite Supply Company

they met in 2012. Sharron is a country girl from Columbus, Georgia, while Jarrod is from Jacksonville, Florida — though both are from large families.

Jarrod decided to join the Army for the opportunity to travel and take advantage of the benefits the military has to offer. Sharron said she likes to travel and joining the Army has afforded her those opportunities.

"We would always hang out with the same people, but we would pass by each other

and never speak," Sharron said. "But one day we got to talking, then hanging out, and after that, we were inseparable."

"I knew that he would be my husband."

The Tolberts spent most of their careers together before Sharron changed duty stations to come to Fort Riley. While they were not on the same orders assigned to the "Big Red One," Jarrod stayed behind in Germany

See COUPLE, page 12

FORT RILEY POST-ITS

MOTORCYCLE EVENT

An Amazing Stunt Motorcycle Event is scheduled to take place at the Fort Riley Main Post Exchange from 4:15 p.m. to 5:15 p.m. July 5. Geoff Aaron will be doing the stunts in the parking lot.

FAMILY ARTS AND CRAFTS

A Family Arts and Crafts event is scheduled to take place from 1 p.m. to 3:30 p.m. July 9 at Colyer Forsyth Community Center for families of deployed Soldiers or families who are living separately from their service member. There will be instructor-led and independent craft projects for all ages. The event is free, but requires pre-registration as space is limited.

To register or for more information, call 785-239-9435.

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.

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.

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.

10-5-2 PRAIRIE RUN

Staff of the Directorate of Family and Morale, Welfare and Recreation are hosting the 10-5-2 Prairie Run at 7 a.m. July 23 at King Field House.

Choose from three different courses: 10 miles, 5 miles or 2 miles. Advance registration is \$12 through July 6 and includes a race T-shirt. There will be on-site registration as well, but it will not include a race T-shirt.

To register for this event, visit riley.armymwr.com. Strollers and pets are prohibited for this race.

SESAME STREET COMING TO FORT RILEY JULY 27

Sesame Street and USO Fort Riley are partnering to bring the Muppets 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.

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.



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.

SOLDIER FOR LIFE TRANSITION ASSISTANCE PROGRAM EVENTS

- July 7, 1 to 3 p.m., Employer Networking Day, room 118D, 210 Custer Ave.
- July 7, 9 to 11:30 a.m., Johnson & Johnson Employer Day, room 118D, 210 Custer Ave.
- 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, 8388 Armistead Rd.
- July 12, 6 p.m., Military Transition Webinar sponsored by Bradley Morris Military Job Placement Services. To register go to <http://bit.ly/bmiregister>, or contact Donna Zielke, 678-819-4138, or email at DZielke@Bradley-Morris.com
- July 13, 9 a.m. to 1 p.m. Paola Summer Job Fair, 401 North Angela Dr., Paola, Kansas. Be advised the period from 9 to 10 a.m. is reserved for veterans only. For more information, call 913-937-9451.
- July 25 to 29, 8 a.m. to 4 p.m. each day, 30-hour Occupational Health and Safety Administration course, provided by the Garrison Safety Office. Class to be held in room 12, 500 Huebner Rd.

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.isportsman.net.

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

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

COMMUNITY CORNER

Thanks to those who have sacrificed for liberty

By Col. Andrew Cole Jr.
FORT RILEY GARRISON COMMANDER

Happy 240th Birthday, America! On July 4, 1776, thirteen colonies claimed their independence from England by signing the Declaration of Independence, which eventually led to the formation of the United States. America has not always had a perfect history, but both our Declaration and Constitution contain language such as the inalienable right to life, liberty and the pursuit of happiness that gave us a goal to strive toward. Americans cherished those values then, and we still do today.

Congress did not make the Fourth of July an official federal holiday until 1870, but Americans began observing it as early as 1777. The first celebration was held in Pennsylvania and included a parade, a 13-gun salute and fireworks.

This year we celebrate 240 years of freedom. We are proud to call America home and we are blessed to live in a nation of freedom and opportunity. It is a day to be thankful for the good fortune to live in a great



Colonel Cole

nation. Soldiers and families have sacrificed throughout the history of the country to maintain this freedom. No one understands the sacrifices it took to preserve the freedom better than our Soldiers, families and civilian employees. To those who have come before you and those of you serving today — thank you for what you do to preserve America's freedom.

I encourage you to enjoy the opportunity to celebrate and play with family and friends at parades, fireworks displays, sporting events and cookouts. While many of the Soldiers that have gone before you have given their life for the freedom of this country, don't give yours unnecessarily this holiday. Focus on safety as

you participate in the celebrations. Know your limits and do not take unnecessary risks. Don't drink while driving, boating, swimming or shooting fireworks. It is a dangerous combination.

While no significant threats have been noted for this area, force protection depends on vigilance. To report suspicious activity call 785-240-9276, 785-239-6767 or 1-800-CALL-SPY.

Watch out for each other and stay safe.

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

COUPLE Continued from page 9

"I've learned so much about myself from being in the Army and, plus, I love working with Soldiers because they make me a better leader."

SGT. JARROD TOLBERT
24TH Composite Truck Company

for nine months before rejoining his wife.

"Everything happens for a reason," Sharron said. "Being separated made the bond between us even better. Our communication skills with one another grew."

Both said being dual military is going to be more of a challenge because every day is a test, especially with a baby on the way. The couple is expecting their first child at the beginning of September.

"I'm excited to help bring a life into this world," Jarrod said. "I'm even more excited that my first child is a boy."

Re-enlisting was an easy decision to make for them. They said they did so because they enjoy doing their jobs, along with the

opportunity to travel and meet new people.

"So far, the Army has provided me with so many benefits and opportunities," Jarrod said. "I've learned so much about myself from being in the Army and, plus, I love working with Soldiers because they make me a better leader."

Jarrod plans to remain in the Army for as long as possible, stating that he wants to retire out of the Army when the time comes. Sharron's goals are to stay in the military and obtain a bachelor's degree in nursing.

The couple anticipates a permanent change of station to Fort Stewart, Georgia, later this year.

WWW.1DIVPOST.COM

Family Advocacy Program

Presents

Laugh Your Way to a Better Marriage

A FREE workshop for married couples & singles

The key to marital bliss is not romance or destiny — it's work and skill! Couples need to work hard at maintaining their relationship to move to the next level of commitment! This humorous interactive series of trainings help couples to unravel the complexities of marriage.

Mark Gungor

In this interactive training, you will learn new ways to understanding one another, while building a healthier and stronger marriage. Each attendee will receive a certificate of attendance

*Attend with or without your partner

Tuesday, 12 July

9:00am-2:00pm

Army Community Service

7264 Normandy Dr

For more information and registration call

Family Advocacy Program @ 239-9435 or

Family Life Ministries @ 239-3436

COUNTRY STAMPEDE PREP

Maria Childs | POST

Soldiers from the 1st Infantry Division and Fort Riley volunteered their time doing a variety of tasks to prepare for Country Stampede, an annual country music festival in Manhattan, Kansas. The festival took place June 23 through 25.

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, JULY 1

• Closed

SATURDAY, JULY 2

• Alice Through The Looking Glass (PG) 2 P.M.

SUNDAY, JULY 3

• The Angry Birds Movie (PG) 5 P.M.

For movie titles and showtimes, call

785-239-9574

Sports & Recreation

Soldier earns spot on Olympic air rifle team

Story and photo by Brenda Rolin
U.S. ARMY MARKSMANSHIP UNIT

CAMP PERRY, Ohio — A fourth soldier from the U.S. Army Marksmanship Unit is joining his teammates at the 2016 Summer Olympic Games in Rio de Janeiro this August after he qualified at the Olympic air rifle trials held here June 3 through 5.

Army Spc. Dan Lowe, an Olympia, Washington, native, earned one of two available air rifle seats on the U.S. Olympic Shooting Team on June 5 during the trials. The day also was the second anniversary of his assignment to the marksmanship unit.

Three other USAMU marksmen have already taken their places on the U.S. Olympic Shooting Team. They are Sgts. 1st Class Michael McPhail of Darlington, Wisconsin, for 50-meter prone rifle; and in double trap, a shotgun discipline, Josh Richmond of Hillsgrove, Pennsylvania, and Glenn Eller of Katy, Texas.

“There was an awful lot of pressure on this match,” Lowe said. “I spent a lot of time on positive thoughts; the confidence you take to the line will make or break you.”

Lowe competes in three disciplines — small-bore, 50-meter prone rifle; small-bore, three-position rifle and air rifle — but excels in air rifle, said his coach, Sgt. 1st Class Jason Parker, a four-time Olympian from Omaha, Nebraska.

He said Lowe has the confidence needed to win in a tight situation.

“Lowe’s strength is what he demonstrated today,” Parker said. “He is abso-



Spc. Dan Lowe, U.S. Army Marksmanship Unit (USAMU), aims downrange during the 2016 Air Olympic Trials, where he won an air rifle seat on the U.S. Olympic Shooting Team June 5. Lowe will join three other USAMU Soldiers at the 2016 Games in Rio de Janeiro in August.

lutely fearless; he can go into a competition and shoot a good score and come away with a medal. He thrives on the energy and the spotlight.”

A ROLLER-COASTER RIDE

Yet, the three-day competition was somewhat of a roller-coaster ride for Lowe. After the first day of competition, he was in second place, but seemed to falter on the second day, finishing in sixth.

On the final day, however, Lowe roared back to life and was in second place behind Lucas Kozeniesky, a U.S. Shooting Team member, before going into the finals.

Kozeniesky was unbeatable at 10 points ahead of Lowe — competitors can only earn a maximum of eight points in the finals — and had already earned one of the two air rifle seats.

That left second-place with Lowe fighting for the final air rifle seat with

two other shooters — Army Spc. Bryant Wallizer, a World Class Athlete Program soldier and U.S. Team member Dempster Christenson — who were just a few points behind him.

Lowe persevered and finished in first place, securing his victory and the second air rifle seat, while Wallizer finished in eighth and Christenson ended up in third.

“The second day was a little rough, but this is the Olympic trials and a lot

of things can happen, so you do the very best you can and that is what he did,” Parker said about Lowe. “He shot a world-class final today, and you just can’t ask for more.”

MARKSMANSHIP UNIT PERFORMS WELL

Army staff sergeants George Norton of Salina, Kansas, air rifle and Greg Markowski of Sycow, Poland, air pistol, also competed in the Air Olympic trials. Although neither earned enough points to win seats on the U.S. Olympic Shooting Team, Norton said he was extremely proud of his teammate Lowe and of his performance.

“(Lowe) didn’t take anything for granted, and his scores were excellent,” Norton said. “(He) came into day three and he fought hard, and he shot an amazing score and then he won the final. Anyone else might not have been able to do that, but (he) came back.”

Norton won the men’s three-position rifle event during the 2016 small-bore Olympic trials April 1 through 8, but because there were no U.S. seats available in that discipline, he couldn’t join the U.S. Olympic Shooting Team for that victory.

“I am very proud of the results I had in the men’s three-position and without the support of Sgt. 1st Class Jason Parker, the International Team, the USAMU Custom Firearms Shop, the USAMU and the Army, I would not be where I am today,” Norton said.

Army Olympians provide a direct connection between the Army and the American people through competitions, demonstrations, outreach and engagements on the local, regional and national levels.



ABOVE: Fireworks light the sky above Trophy Point, overlooking the Hudson River, to cap off the closing ceremony for the 2016 Department of Defense Warrior Games at the U.S. Military Academy in West Point, N.Y., June 21, 2016. **BELOW RIGHT:** Army Chief of Staff Gen. Mark A. Milley hugs Army veteran Sgt. Ryan Major after Milley accepted the torch for the Warrior Games.

By Shannon Collins
DOD NEWS DEFENSE MEDIA ACTIVITY

WEST POINT, N.Y. — After a week of intense international competition, the 2016 Department of Defense Warrior Games drew to a close here June 21 with a medal ceremony and a concert, followed by fireworks.

Army Chief of Staff Gen. Mark A. Milley reminded the audience that the competitors, representing the Army, Air Force, Navy, Marines, Coast Guard, U.S. Special Operations Command and the United Kingdom armed forces, were the best of the best.

“This is a tough competition,” he said. “A lot of people don’t realize what this competition means. First of all, you had to walk the hallowed grounds of the battlefield or you had to get injured or sick in the service of your nation. That alone makes you the best of the best.”

Milley noted that the Warrior Games competitors had earned their places at the games by competing against a field of 2,000 to 3,000 other athletes at regional and service-level trials in track and field, swim-

ming, shooting, archery, sitting volleyball, cycling and wheelchair basketball.

“They had to meet Paralympic standards,” the general said. “The coaches, the staff, the referees were all professionals and former Paralympians. The standards were high. This is a tough competition. There’s not an athlete on this field who got there by themselves. They got there because of their families, their caregivers, their medical professionals, their coaches, their friends and countless others. You’re a tremendously inspiring group of people. Thank you so much for your spirit of competition and your resiliency.”

From June 15 through 21, wounded, ill and injured athletes competed in the various sports for gold, silver and bronze medals, pushing through injuries, getting engaged and reconnecting with friends. For some, this was their last DOD Warrior Games, and their next competition will be the Invictus Games. For others, the road to the Paralympics is just beginning.

The week culminated in a gold-medal matchup in volleyball between Air Force



See GAMES, page 14

GAMES Continued from page 13

and U.S. Special Operations Command, with the teams keeping the score tight in both games. The Air Force team earned gold by topping Socom 25-23 and 25-22. The final game of the week was wheel-chair basketball, with Army dominating the Marine Corps team 62-23 for the gold.

HEART OF THE TEAM

Though the athletes felt a sense of accomplishment with the medals, most of them said their biggest takeaway from the week was the sense of camaraderie and friendship. This year, the DOD Warrior Games added Heart of the Team awards. These were awarded to one member on each team who best exemplified the camaraderie of the sport. The teams chose received the awards and surprised each recipient.

The recipients were medically retired Army Sgt. Ryan Major, Marine Corps Lance Cpl. Dakota Boyer, medically

retired Navy Airman Austin Chance Field, medically retired Air Force Capt. Chris Cochrane, Socom Navy Lt. Ramesh Haytasingh and Royal Marine Justin Montague.

Boyer said he was surprised to receive the award.

“It was the best feeling I’ve felt in a long time,” he said. “I was cheering my teammates on to win and to do good things. I was never not going to cheer for them. This event was one of the greatest feelings in the world. You have a full team behind you and support. You’re never going to find the love like this anywhere else and people who know what you’re going through.”

Cochrane and his wife, Ashley, were surprised as well.

“I was stunned,” he said. “They see something inspiring in me and my wife and my life after the tragic circumstances. They just know we want to help and medals or not, it’s all the friendships and the strength we’ve found together.

We just try to press on and get more people involved and more focused on the visible and the invisible wounds.”

Participating in adaptive sports is a pathway for warrior recovery.

“I could not possibly be more proud of him,” Ashley said. “Starting adaptive sports was a game-changer for his recovery, and seeing what he did this week is just mind-blowing. My heart is just bursting.”

Milley declared the games closed and handed the DOD Warrior Games torch off to Navy Vice Adm. Dixon R. Smith, commander of Navy Installations Command, to symbolize the start of the run-up for the next DOD Warrior games, which the Navy will host in Chicago next June.

A C-17 Globemaster III from Wright-Patterson Air Force Base, Ohio, conducted a flyover. Actor Gary Sinise performed a concert with his Lt. Dan Band for the athletes and their families, and then a fireworks display closed out the evening.



EJ Hersom | DOD

Entertainment personality Jon Stewart presents medically retired Air Force Capt. Chris Cochrane the Heart of Team Award during the 2016 Department of Defense Warrior Games closing ceremony at the U.S. Military Academy in West Point, N.Y., June 21.

Firecracker

One Pitch Softball Tournament

SACCO SOFTBALL COMPLEX

JULY 9, 8 AM

Free for all active duty teams
\$50 for civilian teams

DOUBLE ELIMINATION
MAX 16 TEAMS

14 Players per team
REGISTRATION ENDS JULY 7

OPEN TO ALL DOD CARDHOLDERS
18 YEARS AND OLDER

Information:

785-239-2813



SILEY.ARMYMWR.COM

31st ANNUAL 10/5/2

PRAIRIE RUN - 10 MILES - 5 MILES - 2 MILES

KING FIELD HOUSE

JULY 23, 7AM

REGISTRATION INFORMATION
AT RILEY.ARMYMWR.COM

Advance registration: \$12 | Through July 6 | Online only | Includes race shirt
Late registration: \$15 | July 7-July 22 | Online only | Does not include race shirt
On-site registration: \$15 | July 23, 6-6:45am | Does not include race shirt
Packet pickup at King Field House | July 22, 8am-4pm | July 23, 6-6:45am

CHOOSE FROM THREE COURSES: 10 MILES, 5 MILES OR 2 MILES
NOT A FUN RUN | STROLLERS AND PETS PROHIBITED

INFORMATION: 785-239-2915



SILEY.ARMYMWR.COM

Fort Riley Religious Information

Chaplain Office Locations and Phone Numbers

Area Code 785

INSTALLATION CHAPLAINS OFFICE	
2560 Trooper Drive	239-3359
1ST INFANTRY DIVISION CHAPLAIN	
580 Division Road	240-6268
HOSPITAL CHAPLAIN	239-7871
600 Huebner Road, Irwin Army Medical Hospital	
MARRIAGE AND FAMILY COUNSELING	
7865 Normandy Drive	239-3436
DIRECTORS OF RELIGIOUS EDUCATION	
2560 Trooper Drive	240-1443/239-0875
CHAPEL YOUTH PROGRAM	240-6499

Directors of Religious Education (DRE)

- Roxanne Martinez: 240-1443
- Dr. William Townsend: 239-0875



Chapel Facilities

Victory Chapel
2560 Trooper Drive
239-0834

Historic- Main Post Chapel
6 Barry Avenue
239-6597

Historic- Saint Mary’s Chapel
3 Barry Avenue
239-6597

Morris Hill Chapel
5315 Ewell Street
239-2799

Kapaun Chapel
7086 Normandy Drive
239-4818

Normandy Chapel
7865 Normandy Drive
239-3436

Hospital Chapel
600 Huebner Road
Irwin Army Community Hospital
Second Floor
239-7871

Welcome to Fort Riley!

Home of the Big Red One!

Our religious support team invites you to check-out the religious support activities and events offered post-wide.

Christian Worship Services include: Protestant, Catholic, and Gospel Services. Other Worship Services include: Wiccan.

Our Chapel Women’s Auxiliaries include: Protestant Women of the Chapel (PWOC) & Catholic Women of the Chapel (CWOC).

We also have a Chapel High School & Middle School Youth Program.

Our Religious Support Team stands ready to perform and/or provide religious support to you and your Family.

To all our Soldiers, Family members, DoD Civilians, and military Retirees, thank you for your service to our Nation; may God richly bless you in your assignment here at Fort Riley.

CH Timothy Walls
GARRISON CHAPLAIN
FORT RILEY, KS



Travel & Fun in Kansas

★ JULY 1, 2016

HOME OF THE BIG RED ONE

PAGE 16 ★

Kansas Fourth of July

By Hannah Kleopfer
1ST INF. DIV. POST

It's the time of year to celebrate independence, freedom and the birth of our nation.

Fourth of July celebrations around Kansas are excellent options for spending the holiday with family and friends.

One of the biggest Fourth of July festivities of the Flint Hills takes place in Wamego, Kansas. The town, claiming the "No. 1 rated firework show in Kansas," has five days of activities for their 145th annual celebration. The city carnival began June 30 and runs through July 4 from 6 to 10 p.m., along with the Wamego Fire Department Auxiliary Dunk Tank. Proceeds from the dunk tank go toward the Fire Department and Auxiliary.

There are events all day in Wamego July 4, including the 42nd Annual Walter P. Chrysler Car Show, Hot Wheels Races along with local musicians playing throughout the day, featuring the 1st Infantry Division Band. The fireworks show will begin at 10 p.m. For more information, go to www.visitwamego.com.

Manhattan, Kansas, has events honoring Independence Day over the holiday weekend. The Manhattan Municipal Band will be playing at City Park from 7:30 to 9:30 p.m. The band formed in 1920, and had their first performance on the steps of the Riley County Courthouse. The band is currently under the direction of Frank Tracz, professor of music and director of bands at Kansas State University. Bring out lawn chairs and picnic blankets and enjoy an evening of patriotic music. For more information about July 4 events, go to www.cityofmnhk.com.

In Junction City, Kansas, the annual Sundown Salute will be taking place over the holiday weekend starting June 30 and ending July 4. Sixth Street will be dedicated to carnivals, music and games. The first night includes a hot dog feed starting at 6 p.m. Also throughout the weekend will be jugglers, magicians, stunt dog challenges and ventriloquists. The Freedom 5K and 10K will begin the Fourth of July and the fireworks show will cap the weekend, starting at 10:15 p.m. For more information of the weekends' events, go to www.sundownsalute.com.

Abilene, Kansas, will also be celebrating the Fourth of July with a day of fun at Eisenhower Park. Sporting events will begin the day with a Rocket Run, 3-on-3 basketball tournament and mud volleyball tournament. Grab a seat at the end of the day for the grand fireworks show starting at 9:45 p.m. For more information go to www.abilenecityhall.com.

Happy Independence Day Fort Riley

HERE IT COMES

ARE YOU READY?





- Only use fireworks outdoors.
- Obey local laws.
- Always have a water hose or bucket nearby.
- Don't try to alter or combine fireworks.
- Wear safety glasses.
- Never allow children to handle fireworks.
- Never use homemade fireworks.
- Never relight a dud firework. Soak it in water after 20 minutes.

READY...OR NOT?

Ready ... or Not? is a call to action for leaders, Soldiers, Army Civilians and Family members to assess their "readiness" for what lies ahead—the known as well as the unknown.

Throughout our professional and personal lives, events happen all around us. We are often able to shape the outcome of those events, but many times we're not. Navigating life's challenges is all about decision-making.

So are **YOU** ready ... or not?

<https://safety.army.mil>

SAFETY CORNER

Tips for safe, fun Fourth of July

By Ronald Clasberry
GARRISON SAFETY OFFICE

The Fourth of July should be a day of fun and celebration, but it is also one of the most dangerous days of the year. You can keep your Independence Day fun and safe when you follow the proper safety tips. Whatever your plans are for this holiday, be sure you share and remember these safety tips.

If you choose to use consumer fireworks to celebrate this year's Fourth of July festivities, remember the following safety tips from the National Council on Fireworks Safety:

- Always purchase fireworks from reliable sources.
- A responsible adult should supervise all fireworks activities. Young children suffer injuries from sparklers because it burns at temperatures of about 2,000 degrees — hot enough to melt some metals.
- Never give fireworks to young children.
- Follow label directions carefully.
- Never point or throw fireworks at another person.
- Never carry fireworks in your pocket or shoot them in metal or glass containers.
- Never take fireworks apart or modify them in any way.
- Do not light fireworks under windy conditions; postpone your display if necessary.
- Never set off fireworks during an open air burning ban.
- Observe local laws.
- Only use fireworks outdoors.
- Choose a wide, clear site 30 meters by 30 meters (100 feet X 100 feet) well away from any structures, trees, dry grass, overhanging hydro lines, overhanging tree branches and vehicles, etc. Ensure you have permission of the property owner.
- Keep pets safely indoors during your display.
- Light them one at a time then move back quickly.
- Don't experiment with homemade fireworks.
- Observe local laws and use common sense.
- Sparklers, fountains and other items, which many states allow for use by consumers, are not appropriate when a large crowd is present.
- Always have a water supply on hand; a garden hose connected to a water supply and buckets of water.
- If attending a community display, leave your own fireworks at home — there will be plenty of excitement provided by the display.
- The use of fireworks are prohibited on Fort Riley without exception in accordance with Fire Prevention and Protection Program Fort Riley Regulation 420-4, para. 13-16.
- Check with your local law enforcement and city hall before igniting fireworks in your community.

Remember the importance of fireworks safety: Always read all instructions properly and do not use near wooded or dry areas. Have a happy Fourth of July and be safe! If you have any additional questions, please contact the U.S. Army Garrison Fort Riley Safety Office at 785-240-0647.

Firework Regulations

FORT RILEY

No fireworks allowed on the installation.

RILEY COUNTY

Discharge of fireworks allowed from July 1 through 4 from 8 a.m. to midnight. Sale of fireworks allowed July 1 starting at noon through July 4 at midnight.

GEARY COUNTY

Fireworks may be sold from June 27 through July 4 from 8 a.m. to midnight. Fireworks may be discharged until July 4 at midnight.

DICKINSON COUNTY

Fireworks may be discharged June 27 through July 4, from 8 a.m. to 10 p.m. daily.

MANHATTAN

Discharge of legal fireworks allowed from 8 a.m. to midnight July 1 to 4 within city limits.

JUNCTION CITY

Fireworks may be discharged June 27 to July 5 from 8 a.m. to 10 p.m. during weekdays and 8 a.m. to midnight on weekends.

ABILENE

Fireworks may be discharged July 3 and 4 from 8 a.m. to midnight.