

THE1ST INFANTRY DIVISION POST

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◀◀ FORT RILEY, KANSAS ▶▶

Irwin Army Community Hospital reaches Army safety pinnacle

BY IACH PUBLIC AFFAIRS

Irwin Army Community Hospital earned the Army Safety and Occupational Health Star Strong flag award. A ceremony was held June 22 at the Fort Riley hospital to recognize the staff's commitment to safety.

Maj. Gen. Thomas R. Tempel Jr., commanding general, Regional Health Command – Central (Provisional) presented the award to IACH leaders and staff.

“To earn this recognition shows a commitment to safety,” Tempel said. “Safety is not about checking a box or a monthly briefing; it’s a culture change. This says you have a world-class health system and that safety is part of your culture.”

Irwin Army Community Hospital is the second hospital in RHC-C, and one of 30 from 120 hospitals military-wide, to earn the Army Star Strong flag.

“To get certified and earn this star says a tremendous amount about the IACH leadership

and how much they care about the people they serve,” he said.

The Army Star Strong flag recognizes organizations that go beyond the standard set for patient and organizational safety. Attaining the certification involves a three-year journey of collaboration, commitment and change for every member of the organization. There are 243 task specific elements of performance that must be understood and modeled at every level.

“The key to earning star status is keeping safety at the forefront of everything we do,” Ron Knight, IACH Safety and Occupational Health Manager said. “Staff must remain accountable to each other; leaders provide support and direction for safety performance and outcomes. Initial achievement momentum can be easily lost; leaders and staff must truly buy into the vision to continually energize it.”

Getting everyone in the organization to recognize unsafe conditions and personally take



Staff members of Fort Riley's Irwin Army Community Hospital display the distinguished Army Safety and Occupational Health Star Strong flag. The flag was awarded during a ceremony June 22 by Maj. Gen. Thomas R. Tempel Jr., Commanding General, Regional Health Command – Central (Provisional). It recognizes an organization's staff members who go beyond the safety standards set for both patient and staff members.

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SALUTE REMEMBER CELEBRATE



Residents from the region and Soldiers from the 1st Infantry Division and Fort Riley joined in celebration during the Independence Day holiday weekend as the citizens of Junction City, Kansas, hosted Sundown Salute. The event is a celebration of hard-won freedoms and the sacrifices of the nation's military members to maintain them. PHOTO 1: Soldiers from the 1st Inf. Div. walk in the “Remembering Old Glory parade July 4 in downtown Junction City. The parade was part of the event, which included four days of concerts, food and entertainment. PHOTO 2: Col. Charles Masaracchia, 1st Inf. Div. chief of staff, hands out water June 30 during a hot dog feed at Junction City's Heritage Park. Masaracchia and other members of the “Big Red One” staff participated in events throughout the weekend. PHOTO 3: Command Sgt. Maj. Joseph Cornelison, left, the 1st Inf. Div's senior noncommissioned officer, and Maj. Gen. Wayne W. Grigsby Jr., right, 1st Inf. Div. and Fort Riley commanding general, place a wreath July 4 during a ceremony at the State of Kansas Vietnam Veterans Memorial in Junction City's Heritage Park. The ceremony was in honor of all veterans, past and present. PHOTO 4: Members of the Commanding General's Mounted Color Guard march in the “Remembering Old Glory” parade July 4. PHOTO 5: Maj. Gen. Wayne W. Grigsby Jr., 1st Inf. Div. and Fort Riley commanding general, speaks to the Vietnam veterans of the 137th Engineer Company and their spouses before the annual wreath laying July 4 at the State of Kansas Vietnam Veterans Memorial in Junction City, Kansas' Heritage Park.



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GARRISON COMMAND SGT. MAJ. JAMES COLLINS THROWS OUT THE FIRST PITCH OF A JULY 1 GAME AT RATHERT STADIUM IN JUNCTION CITY, KANSAS.

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SOLDIERS EARN OLYMPIC BERTHS AT TRACK AND FIELD TRIALS HELD IN EUGENE, OREGON, JULY 1. THE OLYMPIC GAMES BEGIN AUG. 5 IN RIO DE JANEIRO, BRAZIL

ON PAGE 12



COTTONWOOD FALLS, KANSAS, IS A DESTINATION FOR THOSE WHO LOVE SMALL TOWN CHARM WITH A BIT OF HISTORY.

Culinary Arts Team shines at Louisville conference

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

Soldiers from the 1st Infantry Division's Culinary Arts Team traveled to Louisville, Kentucky, June 20 to 23 to take part in the SkillsUSA National Leadership and Skills Conference.

The 52nd annual NLSC was a showcase for career and technical education students. More than 16,000 students, teachers and business partners participated in the conference.

"SkillsUSA is a national culminating competition," said Warrant Officer 1 Edmund Perez, 1st Inf. Div. Culinary Arts Team manager. "They work all year long in their perspective skill or craft, and at SkillsUSA in Louisville is when they compete against each other."

Perez said the "Big Red One" team was demonstrated the capabilities of Army food services to visitors and competitors. This was the team's third year participating in SkillsUSA after initially being invited in 2014 when the conference took place in Kansas City, Missouri.

"We've been asked for by name every year," the team manager said. "We gladly take it. These guys had a great time and it showcases Fort Riley, especially in food service."

Eight members of the award-winning Culinary Arts Team took part in the conference.

"We showcased our student skills team, so we did a finger-food version of our student skills menu," said Sgt. Michael Allen, Culinary Arts Team instructor and captain.

Competitors at SkillsUSA "are going to these booths and they're saying 'all right, I'm the best at my craft at the high school level — where am I going to go from here?' So the Army is reaching out to say 'hey, there's a future with your skills in the U.S. military,'" Allen said.

Visitors to the SkillsUSA conference were able to try the student team's butternut squash,

herbed goat cheese tartlet with red wine-braised onions and kosher salt, Poulet Sauté Saint-Lambert and a pastry cream tartlet with macerated orange segment.

Allen and Perez also conducted workshops for conference attendees, a question-and-answer session and a live cooking demonstration.

"I had the chance to represent the Big Red One — I was so happy," said Pfc. Sylvain Bouda, 601st Aviation Support Battalion, 1st Combat Aviation Brigade, 1st Inf. Div., and member of the Culinary Arts Team. "It was the best experience of my life."

Bouda said attending SkillsUSA was tiring, but well worth it for the experience of not only representing 1st Inf. Div. food service, but also introducing diners to the meals the team prepared.

"Our booth stayed busy the entire time," Perez said. "I think it was beneficial for us to be out there, and especially for someone like Bouda. They don't know that we have chefs in the Army, but we do."

Courtesy photos

TOP: Sgt. Michael Allen, 1st Infantry Division Culinary Arts Team instructor and captain, takes notes as he judges a student competition June 22 at the SkillsUSA National Leadership and Skills Conference in Louisville, Kentucky. Allen and seven other members of the "Big Red One" team attended the conference June 20 to 23 to showcase Army food service and highlight the team members' skills. **BOTTOM:** Warrant Officer 1 Edmund Perez, 1st Infantry Division Culinary Arts Team manager, speaks to students. "We've been asked for by name every year," the team manager said. "These guys had a great time and it showcases Fort Riley, especially in food service."



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.

TUESDAY TRIVIA CONTEST



The question for the week of July 8 was: "What is the phone number of Army Community Service, which offers many programs available to our service members, retirees, civilians and family members?"

Answer: www.riley.army.mil/Services/Family-Services/Army-Community-Service/

This week's winner is Rose Clark. Rose's daughter is pictured above. She is Pfc. Ajala Anavberokhai, 139th Medical Support Brigade, U.S. Army Reserve.

CONGRATULATIONS ROSE!

HOUSE AD

HOUSE AD

Fred Lueck: a ‘Big Red One’ Soldier



Fred Lueck is shown at left with one of the helicopters he piloted during his career. He served his country with two tours in Vietnam and a tour of duty in the Middle East during Operation Desert Storm. He also served in two Return of Forces to Germany exercises in Germany and at various locations the United States, including Fort Riley with the 1st Infantry Division. After retirement, Lueck went on to complete a career with the Union Pacific Railroad. He retired from the railroad in 2007. Today he is a member of the Benevolent and Protective Order of the Elks and enjoys assembling model airplanes in his spare time.

THEN & NOW

By Phyllis Fitzgerald
SPECIAL TO THE POST

Fred Lueck, from Kearney, Nebraska, was drafted in September 1965. He went to Basic Training at Fort Leonard Wood, Missouri. During that time, he applied for flight school. As he waited to hear about his flight school application, he was sent to Fort Gordon, Georgia for Advanced Individual Training as military occupation specialty 36K20, lineman installer.

Lueck completed AIT and, in January 1966, was sent to Fort Riley where he was assigned to Company B, 9th Signal Battalion, 9th Infantry Division, to run the communications van.

While in this assignment, Lueck was selected to attend flight school. In March 1967, he went to Fort Walters, Texas, for basic helicopter instruction, then proceeded to Fort Rucker, Alabama, for advanced helicopter training on the UH-1 Iriquois Helicopter — the “Huey.”

In December 1967, Lueck was sent to Vietnam where he was assigned to the Headquarters and Headquarters Company, 3rd Brigade, 1st Cavalry

Division — known as the Garry Owen Brigade. He flew command and control and lift operations.

On Feb. 5, 1968, Lueck was shot down outside of Hue, Vietnam. He and his crew crashed into a village. They evacuated the aircraft and took cover in an old Vietnamese grave. They came under fire, but were able to get out a radio transmission requesting help. A fellow pilot, Al Eason from their unit Landing Zone Nancy, heard the call for help and flew a UH-1 Huey helicopter to the location, landed under fire and evacuated the crew. Eason received a silver star for the rescue.

In December 1968, Lueck was sent to Fort Hood, Texas, but in March of 1971, he returned to Vietnam. On his way back to Vietnam, he attended the Accident Investigation course at the University of Southern California. When he arrived in Vietnam, Lueck was assigned to the 59th Assault Helicopter Company, 17th Aviation Group. He was the pilot for the unit commander.

When Lueck departed from Vietnam in 1972, he attended the Advanced Warrant Officer course at Fort Rucker, Alabama. When he completed training,

he was assigned to Fort Riley and then Kreuznach, West Germany.

In 1980, Lueck became a “Big Red One” Soldier. He returned to Fort Riley where he was assigned to the 335th Assault Helicopter Company (provisional), 1st Aviation Battalion, 1st Infantry Division, as the installation standardization officer for UH-1 Huey helicopter.

From this assignment at Fort Riley, Lueck went to Camp Casey, Korea, from December 1983 to December 1984. After that assignment, he returned to Fort Riley with Company C, 135th Aviation Battalion, 1st Inf. Div., as a helicopter safety officer. Lueck was also an instructor pilot and a standardization pilot for OH-58 Kiowa helicopter.

In May 1990, he attended the aviation course for OH-58 Kiowa helicopter at Fort Eustis, Virginia. He returned to Fort Riley and was assigned to Company E, 1st Aviation Regiment, 1st Inf. Div. as a maintenance test pilot and instructor pilot for OH-58 Kiowa helicopter and an instructor pilot and standardization instructor pilot for UH-1 Huey helicopters.

Lueck was deployed to Desert Storm where he flew UH-1 Huey helicopters

for maintenance support for the 4th Aviation Brigade, 1st Inf. Div.

“I deployed two times for REFORGER (return of forces to Germany) from Fort Riley and I honestly can say that the personnel I worked with were great,” Lueck said. “We were a team, we all got along, we got the job done and we had fun. All in all REFORGER was a great experience.”

In March 1994, Lueck retired as a chief warrant officer 4 with 28 years of service. He and his family decided to stay in the area because his wife Charlene was a teacher at Franklin Elementary School, Junction City, Kansas; their two children were in school and he got a job with Union Pacific Railroad as a locomotive engineer.

In 2007, he retired from the railroad. “My wife and I travel a lot,” he said. “I also do pretty much whatever my wife says. A hobby that I really enjoy is building plastic model airplanes. I really enjoy being retired.”

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

FLAG Continued from page 1

action to correct the hazard is only part of changing the culture. “From top to bottom,” Knight said, “the organization must continually renew its efforts to go beyond the minimum standard to maintain a culture of safety. We no longer accept the old adage of ‘it’s someone else’s job.’ IACH staff takes it upon themselves to provide a safe working environment, promote safety, reduce workplace injuries and hold each other accountable for safety performance.”

WWW.FACEBOOK.COM/FORTRILEY

Irwin Army Community Hospital

Missed appointments are missed opportunities for others.



PROVIDER



NO-SHOW PATIENT



WOULD BE PATIENT



WOULD BE PATIENT



WOULD BE PATIENT



Mike Curtis | VISUAL INFORMATION CENTER, FORT LEONARD WOOD, MISSOURI
The 172nd Hazard Response Company from Fort Riley was awarded the Sibert Award during a ceremony June 24 at Baker Theater at Fort Leonard Wood, Missouri. The award is an annual acknowledgement of the best chemical units in the Army.

Fort Riley chemical company receives highest award in Chemical Corps

By Maria Childs
1ST INF. DIV. POST

The 172nd Hazard Response Company at Fort Riley was recently awarded the 2016 Maj. Gen. William L. Sibert Award in the active-duty category at the 2016 State of the Regiment Ceremony at Fort Leonard Wood, Missouri, June 24.

The award is an annual acknowledgement of the best chemical units in the Army. The competition is broken down into three categories — active duty, Reserve and National Guard. The objective is to recognize excellence in the Chemical Corps and to reinforce mission readiness and organizational excellence.

Companies from across the Chemical Corps submit a packet to be reviewed by a panel led by Brig. Gen. James Bonner, commandant of the U.S. Army Chemical, Biological, Radiological and Nuclear School and chief of chemical. The packet includes many of the unit’s accomplishments including weapons qualifications, Army physical fitness test scores, major training events and maintenance.

Bonner presented the award to Capt. Ben Hormann, former commander of the 172nd HR Company, and 1st Sgt. Toby

Shirley. Although Hormann relinquished command of the unit the last week of May, he accepted the award on behalf of the unit because he was part of the extensive process.

Earning this achievement took a high level of commitment from the Soldiers of the unit.

“The resilient Soldiers of 172nd Hazard Response Company completed a year of training, which included two Combat Training Center Rotations at the National Training Center and the Joint Readiness Training Center,” Shirley said. “It has been an extremely busy year with a nonstop OPTEMPO (operation tempo). The Gladiators are as motivated as ever to see that all their hard work earned the Sibert Award.”

Hormann said these accomplishments, as well as the amount and kind of training the Soldiers performed, made them stand out among the other chemical companies. He said the Soldiers in the unit completed an emergency deployment readiness exercise in Salina at the National Guard’s training area called Crisis City in the last year.

“We went there and deployed our capabilities. It’s unique because it’s pretty difficult to move active-duty vehicles on the road and I’ve never seen another

chemical company do that kind of training,” Hormann said. “This shows them they didn’t do all that training in vain and we’re trying to get them ready for anything.”

Shirley added this is a huge accomplishment the unit should be proud of.

“The Soldiers know what an honor it is to receive this award,” Shirley said. “When I told the unit in formation that we were named the 2016 recipients everyone began clapping and cheering. Being part of a Sibert Award organization is truly a major highlight for every Soldier’s career in the unit.”

Hormann and Shirley said this award sets a standard going forward.

“The 172nd Hazard Response Company is formally recognized as the best CBRN unit in the Army,” Shirley said. “The Soldiers know what it took to get to this point and want to maintain this excellent reputation. Every CBRN unit is looking at us to uphold the high standards and discipline it took to earn the Sibert Award. The competition is very tough and it takes an entire year of training events to build a competitive packet. It isn’t an option to take a knee because we received this award. The hard work must continue.”

Vietnam era engineers receive welcome home

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

This Fourth of July weekend will go down in memory for the Vietnam veterans of the 137th Engineer Company as they finally received the welcome home they deserved.

During their visit to Fort Riley and Junction City, the veterans were surprised with a welcome home July 2 from community members, police, firefighters and others at their hotel at the Marriott in Junction City.

“When they came home from the war they didn’t get the welcome they deserved,” said Phyllis Fitzgerald, vice mayor of Junction City. “We want them to know they are welcomed home, and that we all do acknowledge and appreciate their sacrifices that they gave for our freedom.”

The veterans and their family members were surprised by the warm welcome they received.

“You could really see the emotion in their faces and hear the gratitude in the voices,” Fitzgerald said. “They’ve been struggling with that pain for a long time.”

The unit started getting together 10 years ago when Gary Farris found his Army family after learning to use the computer.

“I missed the guys,” Farris said. “When we came back from Vietnam, we all did the same thing I found out later. We tried to fit back into society and tried to forget about where we’d been, because it was very unpopular at the time. And then 37 years went by, and it’s just something you can’t get rid of. Once it’s in your brain, it’s there. The bad stuff I

tried to put out of my mind, but by doing so you put your friends out of your mind, too, and that hurt.”

One of the men from the unit had a duty roster from their time at Fort Riley, which helped Farris contact and bring everyone back together.

“I don’t want this to be the last time I see these guys,” he said. “I miss them. And now we’re together again.”

The unit was able to get together thanks to Farris’ granddaughter Kim Archer, who helped plan the weekend for them. Her company put money from bonuses toward a fund to bring the group together without burdening their wallets. Archer also created a website where people could donate money to their cause. The fund paid for shirts, buses, food and more.

“We had about \$2,785 donated,” Archer said.

The evening of July 3, the unit sat down to a dinner and awards ceremony. During the dinner, they recognized all the men they had lost over the years with a poem read by Farris.

The guest speaker of the night was Maj. Paul Stelzer, executive officer of the 1st Engineer Battalion, 1st Armored Brigade Combat Team, 1st Infantry Division.

“I’m honored to be here and take part of this special night with you,” he said.

Besides being a fellow engineer battalion member, Stelzer had another connection to the men.

“I feel a certain connection to you in a number of ways,” Stelzer said. “The easy one is the role we share as fellow engineers, or our shared duty station of Fort Riley ... But on a more personal note, I feel that I am a product of the Vietnam War. My mom escaped from Saigon on one of the last departing flights from Vietnam. She met my dad, a young engineer Lieutenant in the Army (after arriving) in the United States, and the rest is history. And now I stand proudly before you, serving our nation as a combat engineer.”

To conclude the dinner, each member of the unit was recognized with a certificate of appreciation, medallion, and pins from the Department of Defense specifically for Vietnam veterans.

Afterwards, the veterans and their families chatted and caught up with each other before going back to their hotels. Farris said he is already planning another reunion to see his friends again.



Vietnam veterans of the 137th Engineer Company and their families tour the Fort Riley Museum during their reunion July 3.

RILEY ROUNDTABLE

What do you do to beat the summer heat?



"I wash my truck."

PFC. JERRY AVERY
YUKON, OKLAHOMA

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



"I drink gallons of water."

PVT. MELVIN WILSON
JACKSON, MISSISSIPPI

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



"Put on a sun hat."

PFC. KOREY WAINWRIGHT
TUSCALOOSA, ALABAMA

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



"Hydrate."

PVT. AARON HEIMBACH
GEORGETOWN, DELAWARE

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



"Our company has popsicles, so we eat that. And I take a gallon of water, and make sure I'm not spending too much time outside. I also try to stay in the shade."

SPC. ZAIRE GARNETT
DETROIT, MICHIGAN

Headquarters and Headquarters Battalion, Division Artillery, 1st Infantry Division

THE 1ST INFANTRY DIVISION POST

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COMMAND TEAM CORNER

Dignity, respect essential to team success

The discipline fostered by adhering to standards and our ability to operate as cohesive teams are huge parts of the foundation of the 1st Infantry Division. Danger 6 and I have high expectations for the way we represent ourselves through appearance, attitudes, actions and our teamwork as professional warriors in the service of this profession of arms.

Over the last month, some incidents across our formation indicate we may have a problem with individuals not living up to our Army values, particularly in the area of treating teammates with dignity and respect.



Division Command Sgt. Maj. **Joseph Cornelison**

Our Army and division, just like the nation we represent and defend, is a varied and diverse culture. Being intolerant or treating Soldiers

a certain way based on race, creed, sex and sexual orientation will erode our foundation and has the potential to destroy us from within.

Building strong, effective, resilient teams will never be accomplished through bullying, hazing or abuse. In fact, it does just the opposite. It creates fragmented groups of individuals that are just trying to survive and have zero trust in their chains of command.

Our ability to win as an Army team is dependent on the trust of the Soldiers to your left and right. We will treat each other with the respect due to American fighting men and women who have raised

their right hands to protect their nation in time of war. We will preserve the dignity that comes from being an American citizen and a human being.

You are all leaders or future leaders in this great division of ours and it is my expectation you will continue to hold yourselves and others accountable for maintaining an environment where dignity and respect is fostered at all times, on and off duty.

Duty First!

Command Sgt. Maj. **Joseph C. Cornelison**, Senior Noncommissioned Officer, 1st Infantry Division

Preparing for deployment when you're a parent

MILITARY ONESOURCE

Your head is wrapped around the whole deployment thing. You know what you need to do, you have planned your deployment, you are ready — or at least you're getting there.

But deployment preparation has an extra, important step when you are a parent: preparing your children for each phase of the deployment cycle. There may not be a "right" way to prepare kids for a deployment, but you can find the way that is right for your kids.

There is really no by-the-book way to prepare your child for the separation that comes with deployment. Preparing your children for a military deployment will take a bit of parental instinct on your end, a lot of communication from both of you and a fair amount of planning.

Even before you break the news of your deployment to your kids — maybe even before you have the official word you are deploying — identify and

use the valuable resources in your corner:

- Other parents who deployed
- Other military children, especially those whose parents are also deploying
- Your children's schools, teachers and coaches
- Your Military and Family Support Center
- Military and family life counselor
- Chaplain

There are some things you'll want to know, including:

- What to say to your kids and how much to share.
- How to handle some common reactions or questions.
- The best age-appropriate way to explain a military deployment.
- Where your children, your spouse or your children's caregiver can find support during the deployment.

When you're ready to talk with your children, consider the following:

- Keep your communication age-appropriate for your preschooler, school-age child or teenager.
- Stay positive about the deployment — new, exciting

responsibilities, travel and the importance of your mission.

- Assure your kids things will stay as normal as possible at home.

• Spend one-on-one time with each child.

• Build happy memories by making time to do something your children have wanted to do with you.

• Decide how you will keep in touch. Cover all the ways you can communicate and how often your kids can expect to hear from you. Be clear that sometimes they might not hear from you for a few days, and that's normal.

- Remind them deployments are just temporary.
- Don't make false promises.

You made your plans and you're off. There will be days when you miss your kids more than usual. On those days, remember: your kids are resilient. You may go through deployment stress and the many emotions of the deployment cycle, and so will they. For added excitement, those emotional phases may not align — there may be some rough times while your kids have good ones, and

vice versa. To help you both through the toughest days:

- Stay busy.
- Stay connected.
- Keep the deployment in perspective — it's temporary normal to feel sad, especially on holidays or other important days.

Remind your children — and yourself, as many times as it takes — deployments aren't easy or ideal, but you'll continue to work as a family — even with distance between you — to make sure everyone feels safe, loved, supported and in the loop.

A downloadable media file, "Military Youth Coping With Separation: When Family Members Deploy" is available from http://www.militaryonesource.mil/deployment?content_id=270384 to help prepare your child for deployment.

If you need outside support, contact Fort Riley Army Community Service at 785-239-9435. Military OneSource offers free confidential, non-medical counseling through face-to-face, phone, online or live video sessions at 800-342-9647.

Army researchers make strides in developing Zika vaccine

By Gary Sheftick
ARMY NEWS SERVICE

WASHINGTON — Doctors at the Walter Reed Army Institute of Research have developed a Zika vaccine they've successfully tested on mice. They are now testing it on monkeys and hope to begin testing on humans later this year.

Their study, published June 28 in the journal Nature, demonstrated how mice developed immunity to Zika after injection with a purified inactivated virus vaccine called ZPIV.

The study also involved a second type of vaccine developed by research collaborators at Harvard Medical School. This DNA vaccine was tested at the Beth Israel Deaconess Medical Center and the research involved scientists from all three organizations.

Findings indicated single shots of either vaccine protected mice against Zika, but Col. Stephen Thomas said WRAIR researchers are focusing on ZPIV because it builds on a type of vaccine that has already been licensed.

"Walter Reed has been working on flavivirus vaccines for more than a century," said Thomas, an infectious disease physician who is the WRAIR lead for the Zika vaccine. The flavivirus family of diseases includes West Nile virus, dengue and yellow fever — and Maj. Walter Reed's research in the 1890s eventually helped eradicate yellow fever.

Outbreaks of a dengue type disease prompted research leading to the development of a vaccine that might work for Zika.

"We started to conceptualize the development of the Zika vaccine actually a couple of years ago," Thomas said. He explained WRAIR researchers had spotted outbreaks of the disease that resembled dengue in Southeast Asia and French Polynesia.

This past fall; however, they realized there could be a serious need for a Zika vaccine here in America.

While their published research focuses on mice, WRAIR "almost in parallel" began experimenting on primates, Thomas said. They believed rhesus monkeys could have reactions to the vaccine that might more closely correspond to human reactions.

While their non-human primate research is all but complete, Thomas said the results have not yet been finalized and cannot be released. The one thing he could say is "we remain optimistic."



WALTER REED ARMY INSTITUTE OF RESEARCH

A researcher conducts a high throughput micro-neutralization test for Zika at the Walter Reed Army Institute of Research in Silver Spring, Maryland.

The goal is to begin clinical studies with humans by the end of the calendar year, Thomas said. But when will the vaccine be approved for distribution?

"That's the 60-million-dollar question," Thomas said, adding it usually takes a number of years to license a vaccine. "I don't think we're looking at the normal timeline of almost up to a decade. Hopefully that's not going to be the case here, because we're in the middle of an epidemic and an outbreak that's taking a significant toll on the affected countries."

Several service members were recently infected by Zika.

"It's emerging as a Department of Defense issue," Thomas said. "U.S. forces are deployed to areas in Southern Command that are Zika-endemic. (WRAIR's) No. 1 mission is to preserve and ensure operational readiness.

About two dozen WRAIR personnel are researching the vaccine and conducting the tests, Thomas said. Another half dozen are working in Africa and Asia on bio-surveillance activities, he said.

Col. Nelson Michael is the WRAIR Zika program co-lead and he also runs the military HIV research program.

"He's the one that has the primary relationships with Harvard," Thomas said.

Dr. Kenneth H. Eckels runs the WRAIR production facility.

"This guy knows more about making flavivirus vaccine than anyone I know," Thomas said.

The Pilot Bioproduction Facility at WRAIR is now manufacturing small doses of the ZPIV vaccine to be used in clinical studies.

Clinical research will be conducted at the WRAIR facilities in Silver Spring, Maryland, and studies will also be conducted by the National Institutes of Health vaccine trial evaluation units, Thomas said.

Thomas said the National Institute of Allergy and Infectious Diseases will be the regulatory sponsor of the study, not the Army, but it's an Army vaccine, funded by the Army.

Data will be shared with regulatory agencies, such as the U.S. Food and Drug Administration. The FDA must have confidence in the vaccine's safety before it can be produced on a large scale, Thomas said.

The next USAG Resilience Day Off is

JULY

15

SAFETY HOLIDAY

129

As of Wednesday, July 6, 129 days have passed since the last vehicular fatality at Fort Riley. Ninety-three more and the post will celebrate with a safety holiday to take place at each unit's discretion.

WWW.TWITTER.COM/FORTRILEY

LOW WATER CROSSING WORK GROUP SCORES HIGH MARKS



Hannah Kleopfer | POST

During the Directorate of Plans, Training Mobilization and Security quarterly safety meeting at the Combined Arms Collective Training Facility, employees of Fort Riley were awarded for their efforts in the Low Water Crossing Work Group to keep Soldiers safe during their training missions. The work group was created after an incident at Fort Hood, Texas where Soldiers were killed June 2 on their training facilities after attempting to cross through low water areas. After hearing about the incident and putting a work group together, the members put a plan into effect. Each member of the group was called up and Steve Crusinberry, DPTMS director, briefly talked about what each individual did including putting up signs, mapping and coordinating with other directorates of Fort Riley. “When this was issued, I was thinking this would happen in 90 days, but here it is three weeks later,” Collins said. “Thanks for everything you guys do every day.”

From left, Steve Crusinberry, DPTMS director, Bill Brown, range maintenance, Shawn White, geographic information coordinator, John McGee, Directorate of Public Works, Mark Green, Division Safety, and Garrison Command Sgt. Maj. James Collins. Not pictured: Curtis Wood. Crusinberry and Collins presented the individuals with Garrison coins for their work with the Low Water Crossing Work Group.

97th Military Police Battalion Soldiers complete academy training



ABOVE AND BELOW: Pvt. Thomas Max, 300th Military Police Detachment, 97th MP Battalion, attempts to take down a subject after being pepper sprayed during an exercise to complete his academy training June 30.



By Hannah Kleopfer
1ST INF. DIV. POST

Soldiers of the 97th Military Police Academy completed their training June 30 with a drill where they were pepper sprayed in the face before taking down a suspect.

“In this drill, we want to show them how to take down criminals and use a less lethal way by using pepper spray,” said Sgt. James Espe, Headquarters

and Headquarters Company, 97th MP Battalion.

The Soldiers were sprayed in the face and then went through a variety of situations where they completed different ways of apprehending a suspect on their own, as well as with a partner.

This was the final portion of their training before graduating from the Military Police Academy.

A non-lethal weapons trainer instructed the Soldiers before going

through the course and being pepper sprayed.

Leaders of the battalion helped coach each Soldier through the scenarios as they couldn’t see and could only rely on their other senses.

The Military Police Academy covers basic law enforcement tactics, such as investigation techniques, communication with subjects, as well as officers, case paperwork, field sobriety testing and more to effectively support the Fort Riley community.

DOMINO’S OPEN FOR BUSINESS



Hannah Kleopfer | POST

Left, owner Jeff Maddox and Garrison Command Sgt. Maj. James Collins cut the ribbon during the grand opening of Domino’s at the Exchange Express on Huebner Road June 30.

Treat every weapon as if it is loaded.

Handle every weapon with care.

Identify the target before you fire.

Never point the muzzle at anything you don't intend to shoot.

Keep the weapon on safe and your finger off the trigger until you intend to fire.

WEAPONS SAFETY!

ARMY STRONG

U.S. ARMY TRAINING AND DOCTRINE COMMAND
<https://cro.army.mil>

OWN THE EDGE
Leading on the Edge

Library plays host to Fourth of July party

Poor weather poses no deterrent to group celebrating holiday

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

In the spirit of the summer reading program, staff and volunteers of the Fort Riley Library hosted a Fourth of July party on July 2 for kids and families in the

“It was nice that the kids had something fun to do on a rainy day in the summer.”

HAILEY POTTER
MILITARY SPOUSE

library featuring crafts, watermelon and books.

The dreary weather stopped the staff from doing outdoor activities they

had planned, such as bounce house, but they kept the party going inside.

“It was nice that the kids had something fun to do on a rainy day in the summer,” said Hailey Potter, wife of Sgt. Brandon Potter, Special Troops Battalion, 1st Infantry Sustainment Brigade.

Their son Hayden, 3, and daughter Emma, 5, spent the afternoon making crafts, eating watermelon and getting their faces painted before looking at some books.

At the Fourth of July party, staff gave away water bottles from sponsors.

During the summer reading program, the staff of the library hold monthly parties with prizes and incentives for those participating. Prizes are awarded through a point system. Kids can get points by reading chapter books or by having their parents read to them, depending on age.

For more information about the post library and summer reading program, call 785-239-5305.



Hayden Potter, 3, son of Hailey and Sgt. Brandon Potter, Special Troops Battalion, 1st Infantry Sustainment Brigade, picks out what colors he wants for face painting during the Fourth of July Library party July 2 at the Fort Riley Library.

MORE INFORMATION

• For more information about the **Armed Forces Bank**, call 785-784-4400.

Armed Forces Bank on point

Institution receives Army's Distinguished Service Award

By Hannah Kleopfer
1ST INF. DIV. POST

In June, the Armed Forces Bank was awarded the Department of the Army's Distinguished Service Award.

For Branch Manager William Brooks, this award was a long time coming.

“I’ve been trying to get this since 2009,” Brooks said.

He said last year he got a feeling this would be the year. One of the biggest things he says helped to win the award was the support of Brig. Gen. Patrick Frank, deputy commanding general of the 1st Infantry Division.

“Gen. Frank had been here before and seen what I was doing as he was going up through the ranks,” Brooks said. “I think it’s important when generals see what folks have actually done. He sent a memo recommending that Fort Riley get this award. I think that his letter of memorandum helping me tell my story kind of got us in the pool to win the award.”

He said between Frank’s letter, a letter from Col. Andrew Cole Jr. garrison commander and the packet Brooks put together, he knew it was what would put them ahead.

He said he tries to be everywhere on post to help educate community members as well as military communities off post.

“Anyone who needs any additional financial training, the bank will provide that for you,” Brooks said.

He began working with Army Community Service to

See **BANK**, page 8

“Working with the surrounding communities is about putting people first.”

FORT RILEY COMMAND SGT. MAJ. JAMES L. COLLINS



Garrison Command Sgt. Maj. James L. Collins talks with players of the Junction City Brigade baseball team before their game against the Topeka Golden Giants where he threw the first pitch (shown below) July 1 at Rathert Stadium in Junction City, Kansas. Collins said the success of Fort Riley and surrounding communities is about putting the people within them first and everyone working together.

Regional teammates

First pitch signifies long-standing relations between Fort Riley, regional communities

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

Garrison Command Sgt. Maj. James L. Collins threw out the first pitch of the game July 1 as the Junction City Brigade baseball team took on the Topeka Golden Giants at Rathert Stadium in Junction City, Kansas.

The throwing of the first pitch was symbolic of the strong relationship between Fort Riley and surrounding communities and its importance to the region, Collins said.

“It is an honor to me to throw out the first pitch,” Collins said. “I think it signifies the commitment the local communities and Fort Riley have made to support each other.”

The relationship between the Fort Riley and surrounding areas is one of mutual benefit. It brings business, entertainment, different worldviews and new friendships for Soldiers and citizens, said Peter Ruiz, an

outfielder and pitcher for the Brigade and son of Command Sgt. Maj. John Ruiz who is stationed in South Korea.

“It just brings a different atmosphere around here because the people that aren’t military, they find out what military life is like,” Ruiz said. “It also brings in a bunch of business too. If you think about it, a lot of the businesses wouldn’t do as well or like they would if the base wasn’t around here.”

For Ian Winchester, an outfielder for the Brigade and son of retired Sgt. 1st Class Charles Winchester, the ties between the communities bring forth a sense of one united area and the presence of Fort Riley provides a different perspective to share, he said.

“It brings a different mentality; there’s a lot more respect among people, more respect among elders,” Winchester said.

See **TEAMMATES**, page 8



Defense Department program celebrates 5-year anniversary

Employer, military spouse partnership continues to grow

MILITARY COMMUNITY AND FAMILY POLICY

WASHINGTON — The Defense Department announced June 29 that the Military Spouse Employment Partnership program is celebrating five years of supporting military spouses, according to officials from the DoD Spouse Education and Career Opportunities Office.

Jill Biden, wife of Vice President Joe Biden, launched the program in June 2011 at the first induction ceremony, when 73 companies and organizations made a commitment to recruit, hire, promote and retain military spouses in portable careers. The Military Spouse Employment Partnership connects military spouses with partner employers worldwide with 24/7 access to job openings and career connections.

GROWING PROGRAM

The member partners have grown steadily over time, and more than five million jobs have been posted on the Military Spouse Employment Partnership Career Portal, and the more than 300 partner employers from a cross-section of industries have hired 95,000 military spouses.

“We at DOD cannot do this alone,” said Todd Weiler, assistant secretary of defense for manpower and reserve affairs. “Nor should we. We must forge successful partnerships with businesses and people who bring new ideas, energy, and focus to our mission. We must work with employers, military and veteran organizations, communities, government agencies, and academia to tap into their ideas, talents, and resources, to mind-share with them to get the best results for our military families.”

The Military Spouse Employment Partnership includes corporations, businesses and military serving organizations that post



TODD
WEILER

job openings on the Military Spouse Employment Partnership Career Portal and provide programs focused on supporting military spouses in achieving their educational and employment goals. They also mentor other partners and provide employment data on military spouses hired, officials said.

“Tapping into a diverse array of employers’ perspective and experience is critical, and together we can build the trust we need to best support our military families,” said Ronald Keohane, deputy assistant secretary of defense for military community and family policy. “We will do it with the same enthusiasm and courage our military families display every day.”

GOOD FOR BUSINESS

“Hiring spouses is good for business because military spouses possess the qualities highly sought after by employers, such as

dedication, flexibility, a strong work ethic and endless energy,” said Eddy Mentzer, associate director in DOD’s office of family readiness policy and a military spouse himself.

“Companies are looking for hard-working, highly skilled and educated, dedicated employees; military spouses are a perfect fit,” he said. “Our military spouses are a tremendous asset to our nation’s workforce, and more and more employers understand this.”

Military spouses from all service branches can access and apply for career opportunities on the Military Spouse Employment Partnership Career Portal. Spouses are encouraged to self-identify when applying with or contacting these employment partners.

The Military Spouse Employment Partnership is part of the Spouse Education and Career Opportunities program, which offers free information, tools and resources to support career exploration, education, training and licensing, employment readiness and career connections.

COMMUNITY CORNER

Garrison commander bids fond farewell to Fort Riley

By Col. Andrew Cole Jr.
FORT RILEY GARRISON COMMANDER

As I prepare to depart from Fort Riley, I reflect back with pride on the opportunity to serve as the garrison commander for a post with so many fine people, history and traditions.

At Fort Riley, I realized the power of a supportive community. This was never more present than the support of the Department of the Army Listening Session during which the community and Fort Riley came together as one to show the Army that “We Are 1.” Our success demonstrated to senior Army leadership that Fort Riley and the Central Flint Hills region



Colonel Cole

is a great place to continue to invest resources through the stationing of the 1st Infantry Division. We truly are the best place to live, train, deploy from and come home to.

I am proud that during the FY14 reduction in force for civilian employees, working with our civilian personnel partners to place all but one of our 220 plus employees into a job. Reductions are tough, but through

diligence, all affected employees continued to work except one.

I will carry with me many fond memories, but one of my favorites is the garrison fun walks and runs — many think our civilian teammates don’t like to get out and exercise — but I was able

to meet and build relationships with employees and their family members during these events.

I will miss the opportunity, when I am having a hard day at the office of being able to visit our child development centers and let the “little balls of energy” take my mind away from some of the challenges. These young folks are our next generation of leaders — even though some of them are still in diapers. Also I enjoyed interacting with our child youth services staff and their customers.

I am headed to Fort Benning, Georgia, the home of the Infantry, and the place I first wore a uniform as a cadet in airborne school in 1987. I will serve as the Maneuver Command Center of Excellence Chief of Staff.

I leave you with some thoughts — it’s about the people. The Army is a people

business. You can have the best training areas, infrastructure, tanks and helicopters, but it’s the relationships you build and sustain that make the experience. Fort Riley truly has the best people supporting it both on-post as the enduring civilian leaders who sustain the infrastructure and activities, as well as those people off-post who support the Soldiers, our mission and the installation through partnerships and teamwork. Fort Riley is second to none and it’s been my pleasure to serve with you all.

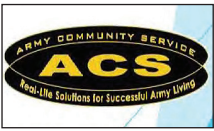
— To comment on this article or to suggest a topic for Community Corner, email usarmy.riley.incom.mbx.post-newspaper@mail.mil or visit my Facebook page at www.facebook.com/fortrileycg.

FORT RILEY POST-ITS

HEARTS APART FAMILY ARTS AND CRAFTS FOR WAITING FAMILIES PROGRAM

A family arts and crafts event, sponsored by Army Community Service, is scheduled to take place from 1 p.m. to 3:30 p.m. Aug. 13 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.



PARENTS’ NIGHT OUT

Staff of Child, Youth and School Services are hosting a Parents’ Night Out Saturday-night childcare event July 9 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.

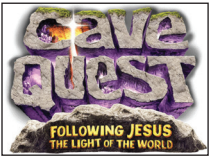
FAMILY CANOE TRIP

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

• Each day from July 11 to 14, 9

a.m. to 5:30 p.m. there will be a 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 17 through 30, 8 a.m. to 5 p.m. 80-Hour Hazardous Waste Worker Training Program, Military Schools Bldg, 8388 Armistead Rd., Fort Riley. For more information contact Terri Mebane at Barton Community College, at 785-240-5379 or mebanet@bartonccc.edu

• 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.

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 aquatic facilities.

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

ARMY AIR FORCE EXCHANGE SERVICE CAR, MOTORCYCLE SHOW

In celebration of 121 years of service, the Army Air Force Exchange Service is hosting a Car and Motorcycle Show.

Along viewing great looking automobiles and motorcycles, enjoy a selection of craft beers.

Recognition will be given to first, second and third place entrants.

The event will be held 10 a.m., Saturday, July 23, at the Main Post Exchange, 2210 Trooper Drive, Fort Riley.

For more information and to find out more about registering a car or motorcycle, call 785-784-2026



ISPORTSMAN SYSTEM

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

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

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

TEAMMATES Continued from page 7

Brigade Coach Seth Wheeler said he was grateful Collins was a part of the game. He added that he would like to see more interaction between the Brigade baseball team and 1st Infantry Division and Fort Riley Soldiers because of similar demographics.

“To get somebody that high ranking to speak well of us, that has that wide of influence there, it could be a lot of fun, not just for our sake, I think it would be great for them (Soldiers), it gives them something to do, kind of a way to stay out of trouble a little bit too,” Wheeler said. “Come out here and have a little bit of fun and support their community.”

Wheeler also said he hopes to see possible practice games between the Brigade and Soldiers in the future for fun and

to provide his players with new ideas and experiences.

“A lot of them (Soldiers) are going to be the same age as our guys, but just two different experiences,” Wheeler said. “I think they would get along very well.”

The single baseball pitch by Collins represented decades of relations between the communities and emphasized the need for working together to succeed, Collins said.

“Working with the surrounding communities is about putting people first,” Collins said. “Whatever we do affects the local community and vice versa. At the end of the day, we want everyone in the Flint Hills region to be successful.”

The game ended with the Brigade victorious, 16-8.

BANK Continued from page 7

partner with their agencies to help people learn how to save money and build credit.

One effort Brooks and his staff are continually growing over the years is Military Saves Week. This is one project Brooks is passionate about, as this pertains to not only the Soldiers, but the kids and schools as well.

Military Saves Week is an annual opportunity that takes place in the spring for installations and organizations to promote good saving behavior and a chance for service members and their families to assess their

saving status. Brooks believes the schools are an important part of learning those skills.

“We need to educate kids, teachers, government workers and Soldiers,” Brooks said. “It’s a command driven program. Without command emphasis, it’s not going to happen.”

Brooks’ boss William Bunting, director of the Resource Management Office, is supportive of his endeavors and praises the work Brooks did to be awarded “Bank of the Year.”

Brooks is now working toward receiving next year’s Distinguished Service Award.



SUICIDE PREVENTION

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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 8

• X-Men: Apocalypse (PG-13) 7 P.M.

SATURDAY, JULY 9

• Alice Through The Looking Glass (PG) 2 P.M.
• X-Men: Apocalypse (PG-13) 7 P.M.

SUNDAY, JULY 10

• Teenage Mutant Ninja Turtles: Out Of The Shadows (PG-13) 5 P.M.

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

Sports & Recreation

Soldiers earn Olympic berths at track, field trials

Story and photos by David Vergun
ARMY NEWS SERVICE

EUGENE, ORE. — Spc. Shadrack Kipchirchir and Spc. Leonard Korir qualified for the 2016 Olympic Games by finishing second and third respectively in the 10,000-meter men's finals at the U.S. Olympic Team Trials, Track & Field, held July 1, in Eugene, Oregon. Their times were 28:01.52 and 28:16.97.

Veteran runner Galen Ruff racked up his eighth 10-K title with a time of 27:55.04.

The fourth-place runner, Scott Fauble, came in some distance behind Korir, at 28:45.53, making it a battle between the top three runners — and only the top three were eligible to qualify for the Olympics.

Kipchirchir explained the race strategy he and teammate Korir used, noting they ran the 10-K on their own terms, not swayed by the pack that bunched out ahead for over half of the race.

Rather, he said, they ran at their own pace, using experience as their guide. Eventually, the herd out in front tired from expending their energy so early and by midway in the race, the two Soldiers began passing them one by one — except for Ruff, who maintained his lead pretty much throughout.

Kipchirchir and Korir's coach, 2004 Olympian at Athens and Oregon Army National Guard Maj. Dan Browne, explained the importance of placing:

"Everyone dreams of competing in the Olympic Games," Browne said. "The Olympic trials have a pressure about them that in some ways is even greater than the Olympic Games because in order to medal at the Olympics, you've first got to become an Olympian and it's that status of being an Olympian that all these athletes are dreaming of. It's a huge test of mind, body and spirit. There's a lot of pressure out there."



Spc. Shadrack Kipchirchir, right, races at the 2016 U.S. Olympic Team Trials - Track & Field, held July 1, in Eugene, Oregon.

On July 4 Kipchirchir advanced to the 5K finals scheduled for July 9 in Eugene. He remains in the hunt for a second U.S. Olympic team spot.

Chelimo said he wishes his teammates well in the 5-K. He said he has a slight advantage because he's had more rest since competing in the World Indoor 3-K in March and Kipchirchir and Korir will have had just two days' rest before tackling the 5-K.

Kipchirchir agreed with Chelimo more rest would have been nice between the 10-K and 5-K races, particularly since the July 1 race was brutal, with a stiff wind and temperatures in the upper 80s.

However, Kipchirchir said he and teammate Korir are still in their peak-zone, meaning their bodies and minds are primed for the 5-K. They're motivated to repeat their performance after this win, he said.

"An opportunity like this comes just once in four years," Kipchirchir said. "The Army gave us a job to do and we're going to do it right and compete and fight hard in the 5-K."

OTHER ARMY ATHLETES

A fourth Soldier, Staff Sgt. John Nunn, won the 20-K race walk, June 30. Although his time of 1:25:36.10 was not fast enough for Olympic qualification, he placed in the 50-K event in Santee, California, earlier this year, so his ticket too is punched for Rio.

Browne explained it's not always enough to win the trials — athletes must meet an international standard time in order to compete in the Olympic Games. He noted Nunn's stronger race is the 50K so he should do well in that.

Other Soldiers who have shots at a place on the Olympic team are Spc. Marcus Maxey, in the 110-me-

ter hurdles and Sgt. Hillary Bor, who competes in the 3,000-meter steeplechase.

WINS FOR THE ARMY

Kipchirchir said he and Korir dedicated the 10-K to Soldiers everywhere on the Fourth of July weekend, marking their dedication and sacrifice, the race being a token of that.

"That's the best way we could honor them," he said. "We're fighting for them."

TRAINING SMARTER

Browne explained what it takes to make a winning team. It's not unlike everyday missions the Army accomplishes, he said. There's a long-term strategy leading up to taking the objective or, in this case, peaking.

An important part of peak-performance training is incorporating recovery phases into the hard

training. Brutal workouts are only effective if the body can recover enough to adapt to it, he said.

"If you just break the body down continually and don't allow it to rebound, you don't become better," he said.

MENTAL & PHYSICAL FACTORS

Running is as much a mental activity as it is a physical one, Browne said.

"Unlocking the mind's potential has a direct result on their physical performance," he said.

To do that, a coach must learn what makes each athlete tick. It's very much an art as well as a science, he said.

"My job is developing confidence in them that beyond a doubt they belong on that line and they're here to win and they're mentally and physically capable of winning," Browne said.

That they succeeded is a testament to those mind and body factors, he said. Of course, to get to their level also requires a genetic component.

TRIAD PERFORMANCE

Browne saluted the Army's emphasis on the importance of sleep, activity and nutrition as a path to becoming fit and resilient.

The night prior to the race, Browne said his Soldiers got a good night's sleep.

Besides, they're incredibly disciplined about what they eat; how much they eat and the nutritional quality of their food, he said. It's something all Soldiers and their families could benefit from learning to do.

MISSION FOCUS

Being a Soldier and a coach is the same as being a Soldier and working in any specialty, Browne said. It all comes down to accomplishing the mission, he said.

"My mission just happens to be guiding Soldiers to medal at the Olympic Games," he said.



PHOTO LEFT: Spc. Leonard Korir, right, races at the 2016 U.S. Olympic Team Trials - Track & Field, held July 1, in Eugene, Oregon. PHOTO RIGHT: Spc. Shadrack Kipchirchir, center, poses for a photo prior to the 10K-race at the Olympic Trials. He is flanked by coach Dan Browne, left, and Capt. Matthew Hickey, World Class Athlete Program commander.



Soldiers dominate Interservice Pistol Championship

Story and photos by Brenda Rolin
U.S. ARMY ACCESSIONS SUPPORT BRIGADE

FORT BENNING, Ga. — Soldiers from the U.S. Army Marksmanship Unit proved they are the best marksmen in the Department of Defense by winning the overall team title in the 57th Interservice Pistol Championship June 17.

More than 95 military members competed for the 16th consecutive year of the event at Phillips Range.

Shooter-instructor Sgt. 1st Class James Henderson won the top individual title, while two of his teammates, Staff Sgt. Greg Markowski and Sgt. 1st Class Lawrence Cleveland, were second and third, respectively.

"This is the best way for us to get out there and show what we have learned through competition," Henderson said. "We also give back to our Soldiers through courses, like the Marksmanship Master Trainer Course, that show Soldiers how to do what we do," he said.

Henderson and his teammates — Cleveland, Sgt. 1st Class Michael Gasser, Sgt. Ryan Franks and Pfc. Christopher Hudock — were the members of the top

team, who won the title over second- and third-place teams from the U.S. Marines Corps Reserve and All Guard, a team of National Guard Airmen and Soldiers, after five days of competition.

Members of the USMC Reserve team included Gunnery Sgt. Jason Hedrick, Gunnery Sgt. Sean Bell, Gunnery Sgt. John Paul LeFebvre and Col. Gregory Kitchens, who said bull's-eye competitions take genuine expertise.

"That does not come from a manual," Kitchens said. "I have long felt that there is no better thing making our Soldiers, Marines, Sailors and our Airmen better at shooting than competition."

All of the team captains said they think the Interservice Pistol Competition is an excellent opportunity to hone marksmanship skills, and the expertise they gain is transferred to their forces.

Sgt. 1st Class Adam Sokolowski said the Interservice Pistol Championship gives the services a chance to compete and learn together.

"We share knowledge when we're shooting next to the service members from the other services, and we communicate back and forth," he said.

In addition to the top two titles won by USAMU, they also won multiple other awards.



Service members from the Navy, Marine Corps, Army, Air Force and Army National Guard fire their pistols downrange during the 57th Interservice Pistol Championship June 15, 2016. More than 95 military members competed for the 16th consecutive year at Phillips Range to name the best Department of Defense marksmen.



Four named College Gymnastics Association All-American Scholar Athletes

Army West Point Sports

WEST POINT, N.Y. — The Army West Point gymnastics team was well represented on the 2016 College Gymnastics Association All-America Scholar-Athlete list with four members earning recognition.

As one of the top teams in the country, Army was one of five teams, including Air Force, to earn honorable mention.

Jesse Glenn, Ryan Wilson, Joe Pritts and Brandon Shively were among the 53 athletes named to the second team by the CGA, and were in the top group of 20 who attained a 3.499-3.40 grade point average. Glenn is a three-time selection and Wilson earned his second straight citation.

Glenn, who graduated in May with a degree in Engineering Management,

was a first-team CGA choice in 2013 followed by consecutive second-team selections in 2015 and 2016.

A Nissen-Emery Award winner in the spring, Glenn is a nine-time CGA All-American and nine-time Eastern College Athletic Conference champion. Glenn, one of the finest gymnasts in school history, posted a grade point average of 3.265 for the 2015-16 academic year.

A rising junior, Wilson is a two-time USAG scholar who earned consecutive honors in 2015 and 2016. He secured an individual berth to the NCAA Championships on vault and was an alternate on still rings. Wilson headed into the meet fifth among the qualifiers with a 14.263 average. A computer science ma-

jor, he posted a 3.407 grade point average.

Pritts, a rising senior, met the NCAA individual standard on vault and ranked second among the qualifiers with a 14.40 average. It is the third straight year that Pritts competed at the NCAAs, the second time individually after Army earned the team bid in 2015. The three-year letterman has a grade point average of 3.466 as an engineer psychology major.

Shively, a rising sophomore who competed on the pommel honors his rookie year, concluded his first year as a systems engineering major with a 3.447 grade point average.

Visit www.GoArmyWestPoint.com for up-to-date information and follow the West Point Black Knights on Twitter @ArmyWP_Gym.



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Soldiers registered as volunteers can also earn points toward the Military Outstanding Volunteer Service Medal.

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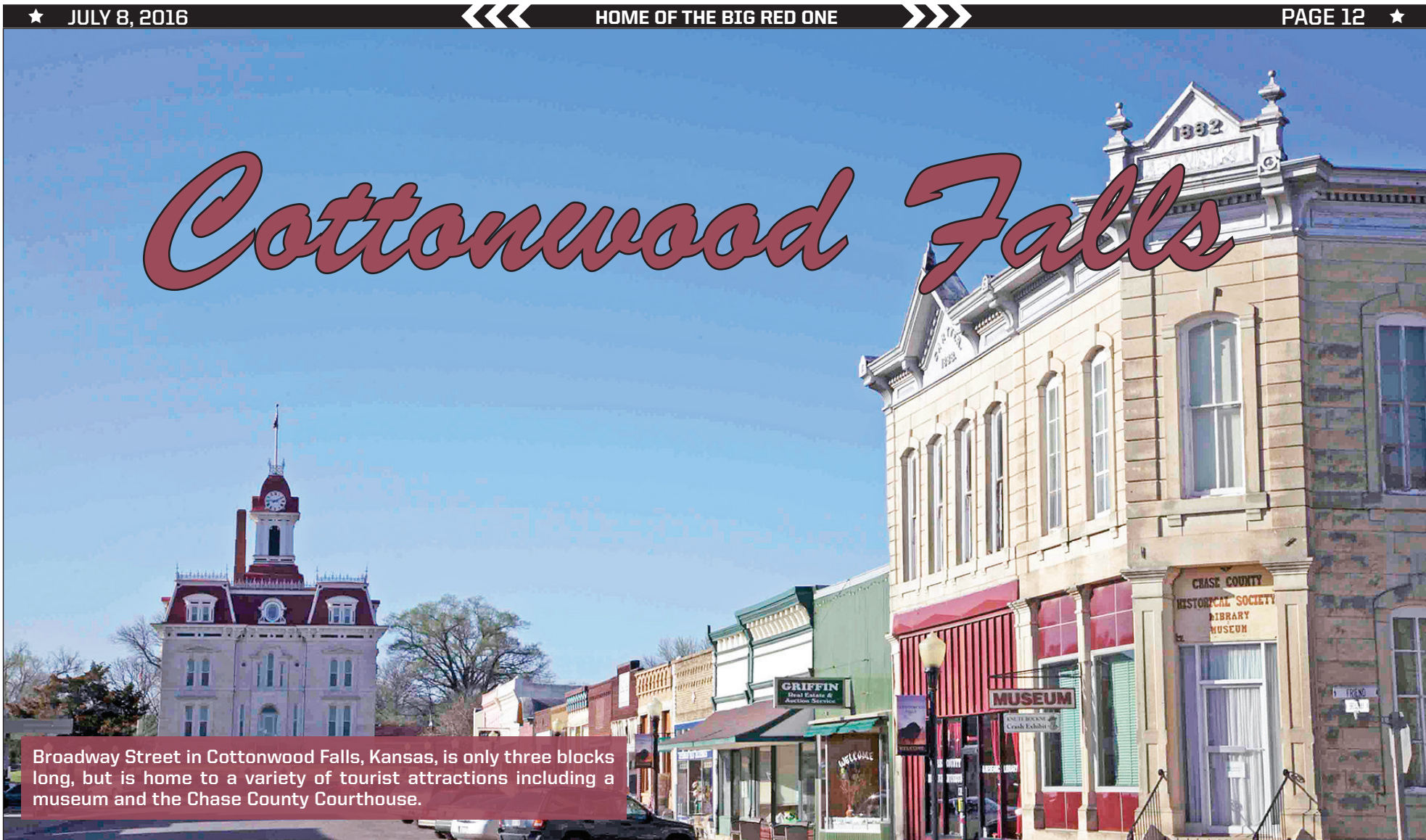
All CYSS volunteers and officials must pass a background check and attend mandatory training.



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Travel & Fun in Kansas



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

With a population of about 900, Cottonwood Falls, Kansas, is a destination for those who love small town charm with a bit of history tucked away.

With old brick streets and a view of the oldest Kansas courthouse still in use, the main business district is located one block west of Highway 177.

According to the website, the first settlement in the area was in 1854 when an American Indian trader named Seth Hayes founded a cattle ranch on the Cottonwood River. The area around town was organized as Chase County in 1859 and Cottonwood Falls was named the temporary county seat.

North of Cottonwood Falls is a bridge and dam. The first major bridge was a 150-foot long iron truss bridge constructed in 1872. The present bridge was built in 1914. This bridge is listed on the National Register of Historic Places and the Register of Historic Kansas Places.

The Cottonwood River dam was constructed from cut limestone, which was later covered with concrete. A small water fall named Cottonwood Falls is visible from both the bridge and dam.

For outdoor recreation, Swope Park is full of a variety of activities. There is a swimming pool, a Veteran's Memorial Park and playground. The Memorial Park was designed as a tribute to those who lived in Chase County and lost their lives during the Civil War, Philippines War and World War I.

Chase State Fishing Lake and Wildlife Area is a short drive west of the city. Camping opportunities are also available.

In 1872, the city's French Renaissance style Chase County Courthouse was built at the head of Broadway Street, making the city the permanent county seat. It is designated as one of the Eight Wonders of Kansas Architecture.

The Chase County Historical Museum is at 301 Broadway Street. The museum is open Tuesday through Saturday from 10 a.m. to 3 p.m. and houses a variety of exhibits featuring the history of the Flint Hills region. For more information about the museum, visit chasecountyhistoricalmuseum.com.

For more information about Cottonwood Falls, visit cwfkks.org or chasecountychamber.org.

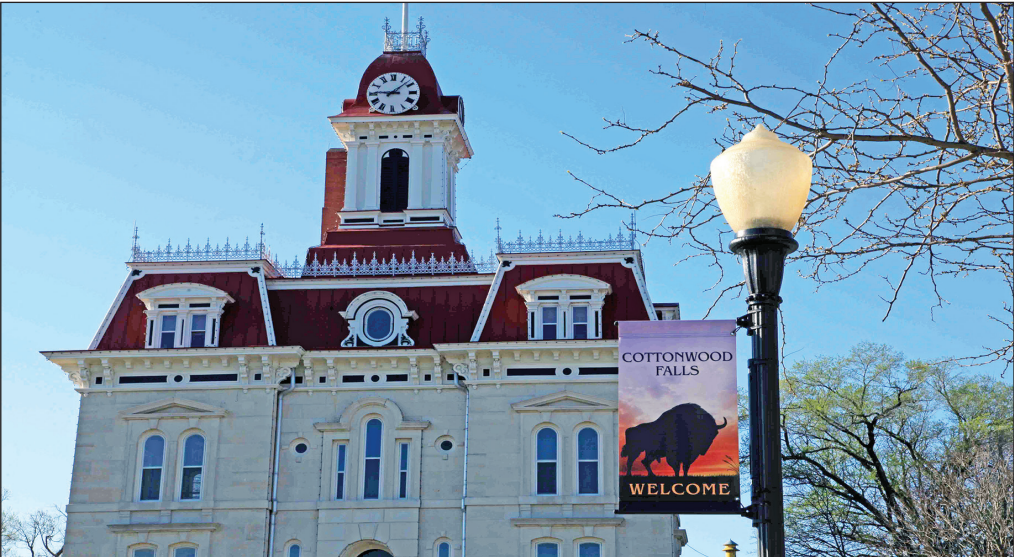


Above: The Veterans Memorial Park is located in Swope Park, 1715 210 Road, in Cottonwood Falls, Kansas. It pays tribute to those who lived in Chase County and were fallen during the Civil War, Philippines War and World War I.

Below: Outdoor recreation opportunities can be found at Chase State Fishing Lake and Wildlife Area, a short drive west of Cottonwood Falls.



The Chase County Historical Museum is located 301 Broadway St. in Cottonwood Falls, Kansas. The museum is open Tuesday to Saturday from 10 a.m. to 3 p.m. and houses a variety of exhibits featuring the history of the Flint Hills region. For more information about the museum, visit chasecountyhistoricalmuseum.com.



Left: The Chase County Courthouse is nestled in the city of Cottonwood Falls, Kansas, at the end of Broadway Street. This 1872 French Renaissance inspired building was designated one of the Eight Wonders of Kansas Architecture and is located one block south of the museum.

Below: James J. Redick Playground sits in Swope Park, 1715 210 Road, in Cottonwood Falls, Kansas.

