

THE **1**ST INFANTRY DIVISION POST

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Fort Riley, Kansas



Derek Moon, biology technician for the Environmental Division of the Directorate of Public Works, measures a large mouth bass after it was caught during electrofishing July 7 at Breakneck Lake on Fort Riley. Electrofishing uses electricity to stun fish so they can be caught for a scientific survey of the sampling of fish.

What a Catch

Staff of the Environmental Division of the Directorate of Public Works at Fort Riley conduct annual fish assessment

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

Looking for the best spot on post for a day of fishing? Staff of the Environmental Division of Public Works have it covered.

Each summer, the staff conducts electrofishing of a few of the 29 lakes and ponds on Fort Riley. Electrofishing uses electricity to stun fish so they can be caught for a scientific survey of sampling of the fish.

“We sample the main lakes of Moon Lake and Breakneck Lake every year because they get the most fishing pressure,” said Shawn Stratton, supervisory biologist. “We’ll do about 10 lakes each year. We rotate so each lake or pond is done once every three years.”

Staff conducted electrofishing at Breakneck Lake July 7. The process takes three to four hours for this particular lake.

“We utilize the information we get from each pond and put it into a database, which we send to the state of Kansas.”

SHAWN STRATTON | SUPERVISORY FISH AND WILDLIFE BIOLOGIST

Biological technicians Derek Moon, Brett Parsons and Steven Wahle took the boat onto the lake and drove around to inform fishermen of what they were doing.

They also recorded information such as depth and temperature of the water. Moon and Parsons directed rods, which look like metal jellyfish tentacles, into the lake and Wahle began driving the boat around the bank, and as he drove the boat, the electricity moving through the rods stunned fish.

Parsons and Moon used nets to catch stunned fish and put them into live tanks,

where they went back to normal. The team took weights and measurements of the different species caught. Moon noted the fish do not take long to go back to normal as they began squirming while he measured them. After they took data from each type of fish, they put them back into the water.

“This information shows us how healthy the lake is,” Wahle said. “We put this information into a computer program which is able to take the number of fish caught

See FISH, page 8



Daphne Maxwell, administrative support for the Office of the Staff Judge Advocate, is one of “50 Kansans you should know” selected by Ingram’s Magazine. Maxwell said she focuses on building connections between people to create relationships and improve the community around her.

Fort Riley employee finds value in relationships

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

Daphne Maxwell, legal administrative support for the Office of the Staff Judge Advocate, is driven to connect with and touch the lives of all those who cross her path. Maxwell has been selected as one of the “50 Kansans you should know” by Ingram’s magazine because of the work she has done in forming relationships to better her community.

Maxwell grew up a military child and when her father retired from Fort Riley, she said she chose to remain in Junction City because of the community around her and the Soldiers and families of Fort Riley.

“This is home,” Maxwell said. “The people are wonderful and I really love and appreciate the military way of living ... the culture it brings to Junction City ... the diversity.”

In addition to dedicating 29 years to serving Fort Riley through her work at the Office of the Staff Judge Advocate, Maxwell is a minister at Morris Hill Chapel’s gospel service, is chair for the council and director of music at the chapel.

Outside of Fort Riley, Maxwell is on the board of directors for Geary County United Way and is a co-chair for the Martin Luther King Jr. Celebration of Geary County. She has also been reappointed to a three

See EMPLOYEE, page 8



COURTESY PHOTO

Brig. Gen. Robert E. Windham, assistant adjutant general and commander of the Kansas Army National Guard, is scheduled to retire Aug. 6 in Topeka, Kansas. He has been in the military for 30 years.

Kansas Army National Guard commander prepares to retire

Assistant adjutant general, commander reflects on time in service

By 1st Sgt. Brent Anders
105TH MPAD

When Brig. Gen. Robert E. Windham, assistant adjutant general and commander of the Kansas Army National Guard, retires Aug. 6 during a ceremony at the Museum of the Kansas National Guard in Topeka, Kansas, he will be concluding a 30-year career in uniform.

During his final few weeks on duty, Windham was able to reminisce about his time in service and on his replacement.

“Knowing my replacement, I feel really comfortable with General Mohatt (assistant division commander, 35th Infantry Division),” said Windham. “I think he is going to bring a lot of emphasis, energy and he is a very brilliant individual. He can zero in on something very quickly. I am always entertained by the great ideas he has at a drop of a hat. I think he is truly the right person. He will sustain

the things we have going and take this organization to the next level.”

While reflecting on his military career and what he would do differently, education was a central theme.

“It took me some growing up and several years to circle back around and realize the importance of formal education beyond high school,” said Windham. “Once I did that, it was very enlightening; it was life changing for me.”

“I remember sitting in a class on economics getting goose bumps. It was like a

curtain had been pulled back and my head had been split open and this knowledge was coming in. Now I have two master’s degrees and a number of certifications, but I got there late. So, if I had to do it again, I would do that earlier rather than later in my career. One can make all sorts of excuses like, ‘When I had time I didn’t have money and when I had the money I didn’t have the time,’ but those are just excuses,” Windham said.

See NATIONAL GUARD, page 6

A fond farewell

Soldiers and civilians of the U.S. Army Garrison Fort Riley bid farewell to Col. Andrew Cole Jr. during a Change of Command ceremony July 13 at Riley’s Conference Center. Col. John Lawrence took command. For full coverage of the event, see the July 22 issue of the 1st Infantry Division Post.

ALSO IN THIS ISSUE



1ST INFANTRY DIVISION, FORT RILEY SOLDIERS ATTENDED BODY PUMP CLASS AS PART OF PHYSICAL TRAINING JULY 11, SEE PAGE 11.





William Brooks: a ‘Big Red One’ Soldier

By Phyllis Fitzgerald
SPECIAL TO THE POST

Sgt. 1st class William “Bill” Brooks is a “Big Red One Soldier”

Brooks was born in Jackson, Mississippi, but he grew up in Illinois. He joined the Army in February 1980 and completed Basic Training and Advanced Individual Training at Fort Knox, Kentucky. Initially Brooks was assigned to the Army Band, but he changed to the Military Occupational Specialty 19E, armored crewman, during basic training.

He served assignments at Fort Benning, Georgia; Wildflecken, West Germany; Fort Carson, Colorado and Korea. After Korea, Brooks was selected for Drill Sergeant School and returned to Fort Knox, Kentucky, for training and assignment as a drill sergeant and armor instructor. He remained at Fort Knox with two different units after his drill sergeant assignment.

In 1992, Brooks went back overseas to Vilseck, Germany, and in 1993, was reassigned as the primary leadership drill instructor in Baumholder, West Germany. While here, he also served as an M1A1 Abrams tank commander and the platoon sergeant.

In 1994, he deployed from Baumholder to Kuwait.

Brooks began his Big Red One affiliation in 1995 when he was assigned to 4th Battalion, 37th Armor Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division. This unit later converted to 2nd Battalion, 70th Armor Regiment, 2nd ABCT, 1st Inf. Div. He was the operations noncommissioned officer as well as a master driver. Brooks served as battalion Equal Opportunity advisor, and the environment and financial noncommissioned officer in charge.

In March 2000, with a little more than 20 years of active-duty service, Brooks retired from the Army at Fort Riley.

“We decided to stay here because Junction City is a good community and our kids were attending college in the area,” he said.

Throughout his military career, he spent numerous off-duty hours teaching Soldiers to play musical instruments at military recreation centers. While assigned at Camp Casey, Korea, Brooks taught Soldiers beginning music and the band later entered into an Army battle of the bands contest and took second place overall. In addition to the second place, each Soldier won individual trophies for best instrument.

Brooks is the Fort Riley manager of Armed Forces Bank where he is responsible for three locations — two on post and one in Junction City, Kansas.

“This is a job that I truly love and enjoy,” he said. “In 2013 the bank won the America Saves Award and in 2015 they won the Distinguished Bank of the Year award.”

Brooks also owns a small business, DJ – Big Daddy Brooks.

“When I am not working at the bank, I am hosting musical events to help bring people together in harmony and to have a great time,” he said. “All my life I have played musical instruments. I can play the piano, drums, lead, rhythm and bass guitar, trombone and I can sing.”

Brooks supports the community and is a member of various organizations including Veterans of Foreign Wars, American Legion, National Association for the Advancement of Colored People, Optimist Club and Association of United States Army.

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

Suspicious activity is often recalled after an event. We must train ourselves to be on the lookout for things that are out of the ordinary and arouse suspicions.



[Report suspicious activity to](#)

Fort Riley Police (785) 239 – MPMP (6767)
1-800-CALL-SPY
Antiterrorism Office (785) 239-6303
902nd MI Detachment (785) 239-2268



121st CELEBRATION PATRIOTIC PARADE

JOIN US IN CELEBRATING THE EXCHANGE 121ST ANNIVERSARY on JULY 23!

***Participants of all ages are welcome to join our 1.5 mile BIKE PARADE.**

***Sign up & Set up will start at 8:00 am
*Parade starts at 9:00**

DON'T FORGET TO DECORATE YOUR BIKES !
1ST, 2ND & 3RD PRIZES FOR THE MOST CREATIVELY DECORATED BICYCLES.



Team efforts make sure drinking water is safe for consumption

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

The quality of drinking water at Fort Riley is under close watch as a matter of routine, not by one or two agencies, but by three, according to David Jones, water quality regulations manager for Fort Riley’s Directorate of Public Works.

The comprehensive testing procedures not only meet, but exceed requirements set forth by those agencies, Jones said.

For the federal government it is the Environmental Protection Agency; for the state it is the Kansas Department of Health and Environment; and for the Department of the Army it is a joint effort between the Fort Riley Medical and Dental Command’s Public Health Services team as well as the Environmental Division of DPW. “(The quality of) our drinking water is regulated by federal and state guidelines and governed under the by the Safe Drinking Water Act,” Jones said. “So our regulations are the same as any other municipality throughout the United States. Also, the Kansas Department of Health and Environment regulates our drinking water.”

The KDHE inspects Fort Riley’s systems, which include eight wells that supply water to the majority of the post’s housing and work areas, the post’s distribution system and the water treatment plant, Jones said.

Aside from the eight wells that service the largest portion of Fort Riley, Jones said, there are separate wells that each serve the Digital Multi-Purpose Range Complex and the Automatic Qualification Range respectively. They too are subject to the same regulations and testing procedures.

According to the Environmental Protection Agency, the minimum requirement is for municipalities to test for micro-organisms such as bacteria and viruses, disinfectants and disinfectant-by-products such as chlorine-based agents, inorganic chemicals like copper and lead, organic chemicals which are the result of industrial processes, and radionuclides that emit radioactive particles

The EPA’s regulations provide specific limits on all materials in these categories.

The KDHE’s Bureau of Water exercises control through its Primary Drinking Water Regulations. According to the website www.kdheks.gov/pws/drinking-regulations.html KDHE follows the EPA testing requirements.

For its part, Army leadership monitors water quality through the U.S. Army Environmental Command. The AEC website aec.army.mil/Services/Protect/Drinking-WaterManagement.aspx, prescribes full compliance with EPA regulations as well as additional testing not required by other guidelines, at places such as all post child development centers and schools.

“So we are highly regulated just like any municipality would be,” Jones said.

He said that the SDWA has a variety of rules that require “sampling for bacteria, and sampling for lead and copper.” All water coming directly from a well is called “raw water,” and it is pumped to the water treatment facility. The water is then treated to remove contaminants and suspended solids.

“All raw water has suspended solids in it,” Jones said.

Then the water is chlorinated which kills pathogens like bacteria or viruses.

A challenge for water treatment professionals, Jones said, is that when water sits for too long in storage, as

it may do in a water tower, the chlorine that was added to disinfect it changes chemically and becomes the type of disinfectant by-product mentioned above.

“In that case, the water must be flushed out and replaced with fresh water from the distribution system,” Jones said.

As far as testing goes, most of it is performed by KDHE and their laboratory.

“We also have testing done by our partners at Irwin Army Community Hospital’s Public Health service,” Jones said. “They do the testing for bacteria. But other than that we go to KDHE or sometimes we have to go to other laboratories, because there might be some kind of sophisticated test required by the EPA that the state can’t do.”

According to Stephen Grau, environmental health technician at IACH, water on Fort Riley is collected by Public Works Environmental Division and tested by personnel from Irwin Army Community Hospital’s Public Health Service.

Forty-four samples are tested each month for the presence or absence of total coliform bacteria and E. Coli as required by KDHE under guidance from the EPA.



Drinking water on Fort Riley is tested each month for pathogens and harmful chemicals. Agencies involved with monitoring post drinking water include Irwin Army Community Hospital’s Public Health service and the Environmental Division of the Directorate of Public Works, Fort Riley garrison.

In addition, public health personnel collect another 36 samples monthly as required by United States Army Medical Command.

Positive samples are confirmed with additional testing, if repeat samples are found positive, KDHE is notified. Depending on the seriousness of the contamination KDHE will make the public announcement.

If a repeat sample is positive, corrective actions are taken, identified and the situation creating a positive is resolved and retested within 24 hours.

Also regularly tested by public health, Grau said, are source ground water, swimming pools and public ice machines. Each source is tested to ensure compliance with EPA and Department of Defense standards for bacteria types that are known to cause illness in humans such as well as total coliform and E. coli.

The Consumer Confidence Report is published by Public Works Environmental section and can be found at www.riley.army.mil/Portals/0/Docs/Services/RileyServices/Environmental/2016%20CCR.pdf.

READY AND RESILIENT

Achieving Personal Readiness. Optimizing Performance.

TRAFFIC REPORT

ACCESS CONTROL POINT HOURS OF OPERATION

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

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

The access control point hours are now as follows:

Henry /Four Corners/ Trooper/Ogden: Open 24/7
12th Street: Open from 5 a.m. to 7 p.m., Monday to Friday; closed to non-commercial traffic Saturdays; closed Sundays and federal holidays.

Rifle Range: Closed to all traffic.

Grant: Until further

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

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

CONSTRUCTION ON RIFLE RANGE ROAD CONTINUES

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

HENRY DRIVE, RAY ROAD ROUNDABOUT CONSTRUCTION TO SLOW TRAFFIC

Traffic changes will be in effect until approximately mid-October. Vehicles will be required to slow to 20 mph on both Ray Road and Henry Drive to accommodate the continuing work.

CHANGES TO FORT RILEY ACCESS CONTROL POINTS

Traffic patterns have changed 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.

FIRST DIVISION ROAD CLOSED TO TRAFFIC JULY 16

First Division Road will be closed to traffic at the middle school from 8 a.m. to noon July 16 to set the pedestrian bridge span across the road. It will be closed to thru traffic from Normandy Drive to Huebner Road. Plan accordingly for alternate routes. Traffic from Normandy Drive will be open to Thomas Ave. Traffic from Huebner Road will be open to Bldg. 4010.

TUESDAY TRIVIA CONTEST



The question for the week of July 15 was: Where do I find a map to the Visitor Control Center, Bldg. 885 off Exit 301, I-70?

Answer: www.riley.army.mil/Units/Garrison-Command/Emergency-Services/Access-Information/

This week's winner is Janet Bonaparte, spouse of Staff Sgt. James Bonaparte, 82nd Engineer Battalion, 2nd Armored Brigade Combat Team, 1st Infantry Division. Pictured left to right is her son, Logan, husband, James, Janet and son, Remington.

CONGRATULATIONS JANET!

WWW.1DIVPOST.COM



ARMYFIT



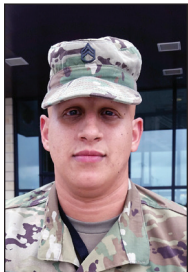
ASK the experts



A RESOURCE PROVIDED BY 

RILEY ROUNDTABLE

What is your favorite thing to bring to a summer picnic?



“Probably food, sandwiches.”

STAFF SGT. PEDRO GAUTREAU
NEW YORK, NEW YORK

Division Headquarters and Headquarters Battalion, 1st Infantry Division



“A blanket.”

SPC. CHRISTIAN RAMOS
BAKERSFIELD, CALIFORNIA

Division Headquarters and Headquarters Battalion, 1st Infantry Division



“Lemonade.”

SPC. BRYAN DONALDSON
MIAMI, FLORIDA

Division Headquarters and Headquarters Battalion, 1st Infantry Division



“Watermelon.”

SGT. JON SMITH
DETROIT, MICHIGAN

Division Headquarters and Headquarters Battalion, 1st Infantry Division



“I would have to say watermelon.”

PVT. SHANTRELL HOLLIDAY
MANSFIELD, TEXAS

2nd General Support Aviation Battalion,
1st Aviation Regiment, 1st Combat Aviation
Brigade, 1st Infantry Division

THE 1ST INFANTRY DIVISION POST

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For news offerings, call the Fort Riley Public Affairs Office at 785-239-8854 or DSN 856-8854, or email usarmy.riley.1incom.mbx.post-newspaper@mail.mil

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.1incom.mbx.post-newspaper@mail.mil.

SAFETY HOLIDAY



As of Wednesday, July 13, five days have passed since the last vehicular fatality at Fort Riley. One hundred and six more and the post will celebrate with a safety holiday to take place at each unit's discretion.

Commentary

COMMAND TEAM CORNER

Civilian leaders key to division's success

Our civilian leaders are the bedrock of Fort Riley, Kansas. Each day, we place a tremendous amount of responsibility on them to fulfill needs we often take for granted. They do this graciously because they embody the 1st Infantry Division spirit of being humble professionals.

We are all familiar with permanent change of station season, which is currently upon us. This summer, along with every summer, thousands of Soldiers and families will PCS in and out of Fort Riley. If it were not for the continuity on the installation, and within the institution of



Maj. Gen.
Wayne W. Grigsby Jr.

the Army, this would be met with much more difficulty. “Big Red One” civilians are that continuity.

Our ability to train units is second to none. Our training

regimen is only possible because of these world-class professionals. The standard of training and training facilities stand unsurpassed among Army posts and we routinely have other units and posts ask for templates, concepts and training aids developed here at Fort Riley.

What I am most proud of is year after year, our civilian teammates send out thousands of troops through our deployment readiness centers and year after year, they receive thousands more through the deployment reception center as they have just completed with 2nd Armored Brigade Combat Team.

When units and leaders deploy, our civilians fill critical gaps created by departing key individuals. They take on multiple responsibilities, in addition to what they already do on a day-to-day basis.

Our Brave, Responsible and On Point civilian leaders are the standard bearers across the Army, but you will never hear them say that. I am saying it for them. I could not be more proud of the team we have assembled in the 1st Inf. Div. and Fort Riley.

Maj. Gen. Wayne W. Grigsby Jr.
Commanding General
1st Infantry Division

Helping children with the deployment cycle

MILITARY ONE SOURCE

A deployment can bring out strong emotions in every member of your family and can cause stress and anxiety, especially in children. By understanding how preschool and school-age children react during deployments you can provide support, and keep your wits about you, as so much changes around you.

THREE THINGS TO KEEP IN MIND:

- Before deployment, set the example for handling stress.
- During deployment, keep routines as normal as possible.
- After deployment, establish a pace that works for your family.

If you think a deployment is going to present a specific challenge for your household, know that many families may also struggle with deployment. Check out Military OneSource for access to confidential, free, non-medical counseling and other resources for support or contact your local Military and Family Support Center.

Deployments can be challenging for adults, so naturally children could face a host of challenges, as well. Take time to nurture their feelings and explain each step to them throughout the deployment process.

BEFORE DEPLOYMENT

Even if your child is normally happy-go-lucky, chances are there may be a change in behavior while your family gets ready for a deployment. In fact, a child may engage in some behaviors you (secretly) wish you could give into as you're running through your deployment checklist. Some of those changes may include:

- Moodiness or whining
- Restlessness or irritability
- Testing your limits
- Acting out at home or school
- Watching endless TV marathons while eating lots of junk food

Don't be surprised about changes in your child's or teen's behavior; from minor changes that may grate on your nerves, to more serious emotional changes such as anger, sadness, withdrawal, denial or fear.

You may be feeling any and all of the above as well, but keep these tips in mind as you prepare:

- Be aware that your own mood may affect the entire household.
- Listen to your children and talk with them individually about the deployment. Answer questions as simply as you can, and be honest — it is okay to admit you're excited about your or your spouse's job, but sad you or your spouse is leaving home.
- Talk about ways the deploying parent will stay in touch with the family. You might make recordings of the deploying parent's voice for preschool-age children.
- Discuss any upcoming changes in the household routine and remind children the household rules will not change simply because one parent is away.
- Ask your school-age kids to help pack the deploying parent's bags. Finally, be sure to make a goodbye plan with your partner instead of trying to slip out quietly when you think a child won't notice. Plan to keep goodbyes brief. And if you're the parent who is staying home, consider going for a low-key treat following the departure of the deploying parent.

DURING DEPLOYMENT

Now that only one parent is at home, kids might decide it's time to exercise their creativity for bending household rules. Use the following suggestions to help manage the household:

- If you are deployed, stay in contact as regularly as possible. Explain that sometimes you won't be able to get in touch, but you're definitely thinking of your family every day. Send letters or emails and, if you have more than one child, send notes to each child individually when you can.
- If you are at home, stick to your usual schedule as much as possible and develop new routines for sending care packages or writing letters. Also set aside a time to help children process what they hear on the news or from other kids.
- Reinforce the household rules. Don't let the children get away with behaviors you normally wouldn't allow, and always support your partner when discussing household issues from afar.

- Remember that your transition home after deployment will be easier if you have stayed connected and involved as much as possible.

AFTER DEPLOYMENT

When the deployed parent returns, children might need some guidance on how to handle conflicting emotions. You may want to consider ways to ease the deployed parent back into the family routine rather than making major changes right after the return home. The following suggestions can help the whole family settle into a new routine after deployment:

- If you are the parent who deployed, try to stay close to home after your return. Young children could be easily confused if you are away, even for a short period of time, so soon after your return.
- If you're the parent who stayed home, let your partner ease back into the family routine. Gradually step up the level of involvement of the returning parent with mealtimes, bedtime, play and discipline.
- Recognize that even a few months can make a big difference in a child in terms of physical growth and social development. Take time to observe and appreciate the changes that have occurred.
- Remember that children may need some alone time, just like grown-ups, to help with the transition.

Once you've got one successful deployment under your belt, you may feel better prepared for the next one. Keep in mind, your family's needs may evolve through each deployment so be ready to make changes as needed.

Military OneSource offers special programs to help you and your family, including the Child and Youth Behavioral Military and Family Life Counseling Program services and the New Parent Support Program. Contact Military OneSource to access free, confidential, non-medical counseling if you find yourself feeling overwhelmed or just need to talk by any part of the deployment cycle. You can also reach out to your local Military and Family Support Center or to a chaplain or other spiritual advisor for assistance.

SAFETY CORNER

Finding the correct car seat is essential for safe travels

By Rod Cruz
GARRISON SAFETY OFFICE

According to the Center for Disease Control website, studies have shown a high level of misuse of child restraints and automobile accidents are one of the major causes of injury and death in children. Buckling children in age- and size-appropriate car seats, booster seats and seat belts reduces the risk of serious and fatal injuries.

One CDC study found that in one year, more than 618,000 children ages zero to 12 rode in vehicles without the use of a child safety seat or booster seat or a seat belt at least some of the time. In 2013, 38 percent of the children 12 and younger who died in a crash were not buckled up.

In the United States during 2013, 638 children ages 12 years and younger died as occupants in motor vehicle crashes, and more than 127,250 were injured.

When looking to purchase a car seat, you should find a seat that is appropriate for your child. Here are a few things to consider when purchasing a car seat: find

a car seat that fits your child, by age, size, physical development and maturity level; make sure that the car seat is the right fit for your vehicle; buy a car seat that can be installed and used correctly every time.

Child Passenger Safety Act (KSA 8-1344) is a primary law that requires children under the age of four to be properly secured in a federally approved child restraint system. Children under 20 pounds and 1 year of age must be in a rear-facing Child Restraint System. Once children reach 4 years of age they must remain in a child restraint system, a booster seat, until they reach one of the following: 8 years of age, 80 pounds, or 4'9" tall. At this point, the child can move into the vehicle's seatbelt system until the age of 14, at which point Kansas' adult seat belt law applies.

In addition to being aware of child restraint laws, parents should also remember that Kansas law also forbids children under age 14 from riding in any part of a vehicle not intended for passengers, such as the bed of a pickup truck.

According to safekids.org, know the history of your car seat. Only buy a car seat if you know its full crash history. Once a

car seat has been in a crash, is expired or broken, it needs to be replaced.

Now that you have purchased the correct car seat, it is essential for it to be installed properly to provide safety to the child. Seventy-three percent of car seats are not used or installed correctly, according to safekids.org. Even if you think you have followed the instructions and installed the seat correctly, it is recommended that you have it inspected to be sure.

Fort Riley is a certified Child Passenger Safety Inspection Station. The Garrison Safety Office has six certified Child Restraint System Technicians available to provide training and assistance to individuals seeking guidance on appropriate installation techniques of child car seats, booster seats and clarification on Kansas' law requiring the use of Child Restraint Systems. Please contact the Installation Safety Office at 785-239-3391 to schedule an appointment.

For more information on child/infant seats visit www.nhtsa.gov or www.safekids.org.

The next USAG Resilience Day Off is

AUG. 5

WWW.FACEBOOK.COM/FORTRILEY

WELCOME HOME



Photos by Sgt. Dana Moen | 2ND ABCT
ABOVE: “Dagger” brigade Soldiers, led by Col. Miles Brown, commander of 2nd Armored Brigade Combat Team, 1st Infantry Division, are welcomed home at a ceremony held July 7 at Fort Riley. About 5,000 Dagger Soldiers are returning home from a nine-month Southwest Asia deployment where they supported and were hosted by multiple partner nations in the region. **BELOW:** Command Sgt. Maj. Larry Orvis, 2nd Armored Brigade Combat Team, 1st Infantry Division, senior noncommissioned officer, was welcomed back to Fort Riley by brigade and 1st Inf. Div. leaders July 7. The “Dagger” brigade is finishing a nine-month Southwest Asia deployment where they trained with multiple partner nations throughout the region.



NATIONAL GUARD Continued from page 1

Physical fitness readiness is a necessity Windham wanted to be sure all Soldiers remembered. “I think the two, physical fitness and physical readiness, are irrevocably intertwined,” said Windham. “You can’t have one without the other. I’m not talking about how your unit APFT score pass rate impacts your score for readiness. I’m talking about personal readiness.”

“We are here to do one of two things: either assist with domestic civil support situations or to fight and win our nation’s wars. You have to be physically fit enough to get you and your gear on the scene. If you’re not fit, it will either kill you or you’ll injure yourself well before you ever get there. So the fitness thing makes a lot of sense in that regard, not even in what you have to do when you get there, but just getting yourself there in the first place.”

Windham sees a bright future for the Kansas Army National Guard.

“At the end of the day, setting aside squabbles about funding, the National Guard has a very bright future,” said Windham. “Leaders on all sides know that. So, there’s going to continue to be an improved relationship between the National Guard and the active Army, regardless of the budgetary challenges, regardless of the threats from other nations and terrorist organizations.”

Windham explained how he thinks the Kansas National Guard will stay relevant.

“The future is through what we are doing now and the adjutant general’s priority, which is our partnerships. If you look at what we are doing with the 1st Infantry Division and the potential to grow that relationship, it would be a tremendous benefit if such partnerships and collaborations could be expanded across all the states. There is a lot of common ground where we can collaborate and grow partnerships that will make us relevant and cost effective in the future.”

Windham will continue to work for the Army in his civilian position as the regional director of Network Enterprise Centers at Fort Riley, Kansas.

“I’ll have to deal with the hardship of having every weekend off for the rest of my life,” he said.

Windham plans to use his extra time gardening, working on his cars and spending time with his family.

“I have three grandchildren, who know who I am, but they don’t know much about me, so I’ll fix that. For them it will probably be good and bad,” said Windham with a laugh. “I’ll still see folks around at events here and there.”

Thinking about the prospect of donning his uniform one final time, Windham recalled a comment his daughter once made.

“‘I like your costume,’ said my daughter at an early age. She was referring to my uniform,” said Windham. “To me it is a costume. This uniform has always just been a costume, because I’ve always worn my uniform on the inside. So, regardless of what’s on the outside, I’ll always wear this uniform on the inside.”

FREE SAFETY TRAINING

| OSHA 10 Hour Course: | OSHA 30 Hour Course: |
|--|---|
| <ul style="list-style-type: none">□ Hazard Identification□ Free OSHA 10 Hour Card□ 2 Days of Training□ General Industry, Construction, Health Care□ Certified Trainers□ Workers** | <ul style="list-style-type: none">□ Hazard Abatement□ Free OSHA 30 Hour Card□ 5 Days of Training□ General Industry, Construction, Health Care□ Certified Trainers□ Supervisors/Mangers** |


** Any transitioning Soldier can attend both 10 or 30 Hour Class


GARRISON SAFETY OFFICE | (785) 240-0647 | FORT RILEY, KS

CADET TROOP LEADER TRAINING



Staff Sgt. Warren W. Wright Jr. | 1ST ABCT
Lincoln Connell, a cadet from the U.S. Military Academy, participates in an M2 Bradley Infantry Fighting Vehicle simulator with Soldiers from 2nd Battalion, 34th Armor Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, at the close combat tactical training, or CCTT, center June 23. Connell, a native of Norwood, Missouri., is at Fort Riley as part of the Cadet Troop Leader Training program, a three to four-week program designed to give cadets the opportunity to experience leadership by serving in lieutenant-level positions in active-duty Army units.






UNITED STATES ARMY

SOLDIER FOR LIFE

“The willingness with which our young people are likely to serve in any war, no matter how justified, shall be directly proportional to how they perceive the Veterans of earlier wars were treated and appreciated by their nation.”

*—General George Washington
November 10th, 1781*



EMPLOYEE

Continued from page 1

year term as commissioner for Kansas African American Affairs for congressional district one. Maxwell previously served as commissioner three years ago. She said she believes it is her calling to serve as many people as she is able in her lifetime, so she does so through her work and volunteering, as well as in her day-to-day life.

“I am not here to be served,” Maxwell said. “I am here to serve.”

Maxwell’s selection as one of the 50 Kansans came as a surprise to her. She said she was both humbled and excited about her selection because she does not see the work she does as anything more than what she should be doing.

“It’s very humbling to me because I believe that everybody serves,” Maxwell said. “Everybody has the ability and capacity to serve. When you’re passionate about what you do and are able

to feel that perhaps you can make a difference or impact in the lives of people or the betterment of our community ... then we just do it.”

Finding connections between herself and others is what she strives for, Maxwell said, to develop those connections in relationships. Through relationships, she is able to learn and grow as a person, enriching her own self and the lives of others in the process.

“I believe that making connections is the beginning of growth, of building relationships,” Maxwell said.

Maxwell sees herself as an individual who can offer a new perspective in many scenarios and a mediator between different parties, she said.

“I can’t reach the whole world, but I can reach a person,” Maxwell.

Although they may not know it, everyone serves in the world around them, Maxwell said. She

believes one does not have to be on the front lines, volunteer with charities or give up some portion of their life, but instead it is through simple human connection they are able to serve. By interacting with another person, everyone is serving. Maxwell said it is innate human behavior.

“Every day, whomever we come in contact with, we’re serving,” Maxwell said. “We do it every day and we don’t even realize. In our interactions with our families, we’re serving our families and we don’t even realize.”

The expression, “it takes a village to raise a child,” plays an important role in Maxwell’s philosophy, she said.

“It takes a village, but sometimes we don’t recognize that we’re the people, we’re the village people,” Maxwell said. “We all have our different profession, backgrounds, cultures, but it takes all of that

collectively together in order for us to be strong.”

A community cannot succeed or advance unless everyone is able to connect and see the similarities between them, she said. Simply participating in the same activity or being in the same area is not enough. Maxwell believes people must find the commonalities among one another.

“People can be committed, but not connected,” Maxwell said. “We can gather, but then we’re just doing our thing individually, but we have to know how to bring people together collectively. As we connect, we find out we’re more alike than we are different.”

For those who doubt their ability to serve or contribute

“I am not here to be served. I am here to serve.”

DAPHNE MAXWELL | LEGAL ADMINISTRATIVE SUPPORT FOR THE OFFICE OF THE STAFF JUDGE ADVOCATE AT FORT RILEY

to the community and world around them, Maxwell said she disagrees.

“There is no one that is insignificant,” Maxwell said. “I believe everybody that we meet, who crosses our path; everybody has significance and purpose.”

Someone may not know what purpose or skills they have to offer, but that should not stop them from trying to serve, Maxwell said. Even if they come to the table believing they offer nothing, they can still gain from the experience and those around them will profit from their service. Through this, they may discover more about themselves. Knowing who you are and what you have is a necessity, she said.

“You have to start with you and ... have a conversation with yourself quite often, because we have to know where we are and who we are,” Maxwell said. “Sometimes it takes somebody else to recognize in you what you have, what you’re bringing.”

Maxwell said she will continue to search for the connections she can make between herself and everyone she meets so she may serve them and learn more about herself. She intends to continue to serve others through her work and volunteering, as well as helping them to make connections and develop relationships. Through this, she hopes to see her community and the world around her move forward.

FISH

Continued from page 1

during the time and give the density of fish in the pond.”

The environmental division has been working with Kansas Department of Wildlife, Parks and Tourism for 20 years and they will provide them with the information collected.

“We utilize the information we get from each pond and put it into a database, which we send to the state of Kansas,” Stratton said. “The fish we stock in our lakes we receive from the state for free. In return, we don’t require

and charge for a Fort Riley fishing license. We only need a Kansas fishing license to fish on post.”

At Breakneck Lake, staff stock channel catfish, largemouth bass, bluegill, green sunfish and redear sunfish. They also stock a variety of other fish such as crappie, carp and flathead catfish across the ponds and lakes on post.

For more information about fishing opportunities on post, contact the Environmental Division at 785-239-6211.



Hannah Kleopfer | POST

Brett Parsons, biology technician for the Environmental Division of the Directorate of Public Works, puts a fish he caught into the live tank while electrofishing July 7 at Breakneck Lake. Electrofishing uses electricity to stun fish so they can be caught for a scientific survey of the sampling of fish.

HAVE A STORY IDEA?

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

Cocktails and Canvases event finds new setting

Riley's Conference Center offers brighter venue, more space

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

Cocktails and Canvases, hosted by the Directorate of Family and Morale, Welfare and Recreation, held its first class at its new location July 8 at Riley's Conference Center.

Riley's offers a cleaner, brighter environment with

more space for the classes, artist Melissa Lesondak, instructor of Cocktails and Canvases, said. The additional space may allow for the class maximum increase.

"Right now we have a max of 40, but I know that with this space, we could probably do 50," Lesondak said.

The class of 13 had a mix of new and returning artists. Many came with friends, but everyone quickly welcomed those who attended alone and invited them to join them and spend the evening laughing and painting.

MORE INFORMATION

• For more information on **Cocktails and Canvases** classes, call 785-784-1000.

Capt. Joy Koontz, 541st Combat Sustainment Support Battalion, 1st Infantry Division Sustainment Brigade, met with friends for her third time attending Cocktails and Canvases. She said she preferred the new location and looked forward to more classes there.

"It's brighter, more colorful and a lot wider," Koontz said.

Koontz said she continues to attend because she enjoys the themes focused on Kansas and the military. It also allows her to let loose a more creative part of herself, she said.

"It's something different, and for me, it's like work, work, work, and then I get to do this," Koontz said. "I get to try to be creative."

For first-timer Nicole Kennison, wife of retired Sgt. Randy Kennison, the class offered a new adventure that she was nervous but excited about, she said.

"I've always wanted to do it ... so I thought I would give it a shot tonight," Kennison said.

Although Kennison had not previously attended Cocktails and Canvases at its old location, she said she liked it being at Riley's because of the convenience of its location.

"I think it's great," Kennison said. "I think it's a good location."

The next two Cocktails and Canvases classes are July 15 and July 22. Advance ticket purchase is recommended, but not required. For more information, call 785-784-1000.



Juliet Cornelison, wife of Command Sgt. Maj. Joseph Cornelison, 1st Infantry Division, focuses as she fills in the shield on her painting July 8 at Riley's Conference Center



Geoff Aaron, National Trials champion, comes out in front of the audience doing a nose dive during his first show at the Fort Riley Exchange July 5.

In suspense

National Trials champ wows crowd at Exchange

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

Music blared through the parking lot of the Main Post Exchange July 5 as people gathered to watch the 10-time National Trials champion Geoff Aaron.

Staff of the Post Exchange hosted Aaron, who performed two shows on his trials bike for the Fort Riley community.

"This is the first time we've done something like this," said Maria Berrios-Borges, Post Exchange manager. "I love it. I think the kids, being out of school, will like seeing something different. It could inspire them to maybe do something outdoors."

Although the heat index was at 100, it didn't stop families from coming out to see the action.

"It's a fun family event to do," said Paige Williams, wife of Spc. Lonza Williams, 1st Combined Arms Battalion, 18th Infantry Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division "I think it's good for getting us and families out, especially during the summer."

The Williams brought their two kids, Zaiden, 5, and Alliahna,



National Trials champion Geoff Aaron balances on the back wheel of his bike during his show at the Exchange July 5.

3, who waited eagerly for Aaron to start the show.

Aaron came out doing "wheelies" and "nose-dives" in front of the audience before he moved on to jumps as the crowd cheered him on. Some of his best stunts included jumping over his friend and emcee who was lying on the ground and jumping on top

"I think the kids, being out of school, will like seeing something different. It could inspire them to maybe do something outdoors."

MARIA BERRIOS-BORGES
POST EXCHANGE

of his equipment, which was more than 12 feet high.

"I was just driving by and saw this and stopped to watch," said Spc. David Carmesro, 82nd Engineer Battalion, 2nd ABCT, 1st Inf. Div. "I enjoyed it. I'm into motorcycles so it was a cool show."

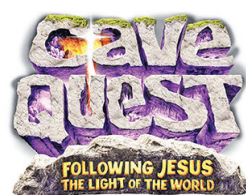
After the show, Aaron took the time to meet with fans and autograph photos.

"The last couple years we've been to military bases four or five times a year," Aaron said. "It's a great turnaround for the Fourth of July celebration. Everyone is thinking about the troops and military, so it feels good to be out and performing on base to help showcase Red Bull and show that we care."

Volunteers gear up for Vacation Bible School

Each day, program to offer different theme, Bible verse for study

WHEN YOU GO



By Hannah Kleopfer
1ST INF. DIV. POST

For the past few months, volunteers have been meeting and preparing for the biggest church-wide event of the year: Vacation Bible School.

The theme of this year's VBS program is "Cave Quest: Following Jesus, the light of the world." It will take place 9 a.m. to noon, Aug. 1 through 5, at Victory Chapel.

Kids are split into groups based on age range from kindergarten to sixth grade. There are also pre-k groups for the children of the volunteers.

"The VBS program is the biggest connection with kids to the church of any denomination," said William Townsend, director of religious education.

Each day of the program has a different theme and Bible verse the kids will study. Themes include hope, courage, direction and more.

"My kids always look forward to finding out the new Bible verse every day," said volunteer Danielle Hopp, wife of Spc. Brian Hopp, 601st Aviation Support Battalion, 1st Combat Aviation Brigade, 1st Infantry Division.

In addition to learning more about the Bible, kids get to create crafts, watch videos, sing worship and more.

At the end of the week, there is a cookout, which parents are invited to attend

Vacation Bible School
» 9 a.m. – noon, Aug. 1-5
» Victory Chapel
2560 Trooper Drive, Fort Riley

For volunteer sign up or child registration, visit www.groupvbspro.com/vbs/ez/fortriley or email fortrileyvbs2016@yahoo.com.

and see what their children have been working on.

"I think we, as military, have some of the strongest, bravest and most resilient children in society," said volunteer Tonya Thurn, wife of Sgt. Joseph Thurn, 116th Military Police Company, 97th MP Bn. "With that being said, VBS is a way they can come together and learn about the love of Jesus. I was a grownup when I came to know Jesus as my Lord and savior, and we as a community can help these children to know that there is a love out there that surpasses all understanding and that they are created in his image."

There are 160 spots available for the program. As of July 7, there were 41 spots filled up.

To sign up, go to www.groupvbspro.com/vbs/ez/fortriley or email fortrileyvbs2016@yahoo.com.

Sesame Street tour helps military kids

Event teaches children to adjust when military does the unexpected

By Season Osterfeld
1ST INF. DIV. POST

Sesame Street is coming to Fort Riley with the help of staff from USO Fort Riley and the Directorate of Family and Morale, Welfare and Recreation for three shows July 27 at Whitside Fitness Center.

For two of the shows, meet Katie, a military child and a friend of Elmo, as she is relocated to a new installation with

"It provides an opportunity for parents to explore issues their children may be facing as part of the military community."

KIM WARGO | DIRECTORATE OF FAMILY AND MORALE, WELFARE AND RECREATION

her family. Her Sesame Street friends help her to settle in at her new home.

For the third show, Katie deals with transitioning back to civilian life after spending several years living on military installations. With her Sesame Street friends, Katie can help military kids adjust to the changes in their lives.

"It provides an opportunity for parents to explore issues their children may be facing as part of the military community and opens the door for a conversation with them," said Kim Wargo, special events coordinator for DFMWR. "The show will also provide some insights for parents as the best way to present and discuss these challenges."

The shows are recommended for children ages 1 to 6, but the whole family can enjoy the singing and dancing of the live performance, according to the USO website.

The moving show will be at 2 and 7 p.m. The transition show is at 4:30 p.m. Doors open 30 minutes before each show starts.

Admission is free; however, a ticket is required. Tickets may be picked up at the Leisure Travel Center, 6918 Trooper Drive. There is a limit of six tickets per customer.

For more information, call 785-239-8990.

TOUCHING BASE



COURTESY PHOTO

Lt. Col. Travis Habhab, commander of the 1st Attack Reconnaissance Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division, and his wife, Tara, hosted a dinner and tour of Fort Riley July 10 for the Manhattan Catbackers Club, a Kansas State University alumni group from Manhattan, Kansas. World War II veteran Harold Nelson, a B-17 tailgunner, and his family were part of the tour. "Something that started out to be a community relations opportunity, turned out to be quite a special evening," Tara said.

FORT RILEY POST-ITS

FULL SCALE EXERCISE SCHEDULED FOR JULY 20

The installation Full-Scale Exercise takes place July 20 on the north-northeast side of Camp Funston in the vicinity of 4th Street & Buffalo Soldier Drive, 12th and K Streets and 7th and G Streets.

Preparation for the exercise starts at 5 a.m., the exercise starts around 7:30 a.m. It will run until about 4 p.m.

Employees and community members should be aware there will be an increase in emergency response vehicles traffic during the exercise. Also, some roads in the Camp Funston area may be closed to through traffic. Drivers should be prepared for detours and allow extra time when traveling on post in any area marked with exercise signs.

For more information, call the emergency management office at 785-240-0400.

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.

There will be automobiles and motorcycles to view as well as a selection of craft beers.

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

The event is 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

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.

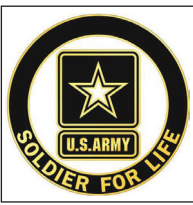
For more information, call 785-239-2363.

HEARTS APART FAMILY ARTS AND CRAFTS FOR WAITING FAMILIES PROGRAM

A family arts and crafts event, sponsored by the Army Community Service staff, 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.



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 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
- 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.
- Aug. 7 1 a.m. to 4 p.m. SAME sponsored Warrior Transition

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. There are three courses: 10 miles, 5 miles or 2 miles.

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.



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.

RESILIENT SPOUSE ACADEMY

Staff at Army Community Service will host a Resilient Spouse Academy Aug. 1 to 4 from 9 a.m. to 3 p.m.

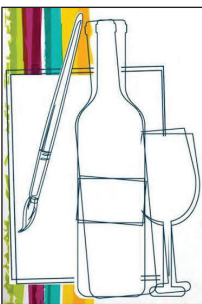
Pre-registration is required and free childcare is available on a limited first come first serve basis.

For more information or to sign up, please call ACS at 785-239-9974 or 9435.

ASSOCIATION OF THE UNITED STATES ARMY MILITARY FAMILY FORUM

Members of the AUSA organization will hold a military family forum on Aug. 25 at Riley's Conference Center from 9:30 a.m. to 2 p.m.. The topic will be military spouse employment: what you need to know.

For more information contact support@ftrileyausa.org.



COCKTAILS AND CANVASES

Enjoy an evening of social painting and fun July 22 at 7 p.m. at Riley's Conference Center 446 Seitz Drive.

Space is limited and advance ticket purchase is available online at riley.armymwr.com.

For more information call 785-784-1000

CUSTER HILL BOWLING CENTER BEAT THE HEAT RUSH

Through August 31 you can beat the heat and cool off with lunch time bowling from 11 a.m. to 1 p.m.

Price per game is @2 minus the day's high temperature. Shoes are not included. For more information call staff at 785-239-4366.

USO EVENTS ANNOUNCED

- A Sip and Chat event for spouses is held every Wednesday at the USO 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 the 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 aquatics facilities. 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.

Remember to protect personal information

TRICARE

Protecting your personal TRICARE information is vital to your privacy and prevents abuse of taxpayer funds. Be safe, don't share your military identification card or other personal or family information with an unknown person.

Fraudsters often target TRICARE beneficiaries, including active duty service members. Examples include fake surveys used to collect personal information or offering gift cards to get your information and then billing TRICARE for services you didn't need or never received.

If you think you are the victim of TRICARE related fraud, you can report it to the Defense Health Agency. You can also report cases where you

think someone is trying to defraud TRICARE. For example, if your TRICARE explanation of benefits shows a bill for something you didn't get, tell your TRICARE Regional Contractor.

TRICARE usually doesn't contact you asking for personal information, such as your military ID number or Social Security number. Only provide that information to a trusted entity, like your doctor, a claims processor or your TRICARE regional contractor. Be wary of an unknown person offering a gift or reward in exchange for providing a health service. They may be trying to get your information to commit fraud.

For more information about fraud, visit www.health.mil/fraud.

Be Army strong on election day.

Go to FVAP.gov to learn more about absentee voting and request your ballot, or contact your Voting Assistance Officer for more information.

FVAP.gov

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 15
• Teenage Mutant Ninja Turtles: Out Of The Shadows (PG-13) 7 P.M.

SATURDAY, JULY 16
• The Angry Bird Movie (PG) 2 P.M.
• Me Before You (PG-13) 7 P.M.

SUNDAY, JULY 17
• Popstar: Never Stop Never Stopping (R) 5 P.M.

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

Sports & Recreation

★ JULY 15, 2016

HOME OF THE BIG RED ONE

PAGE 11



Story and photos
by Collen McGee
FORT RILEY PUBLIC AFFAIRS

Col. Andrew Cole Jr., who commanded the Fort Riley Garrison until Wednesday, and Michelle Giles, a fitness trainer at the Whiteside Fitness Center, stood in front of the mirrors and conducted the first unit physical training using curriculum from Les Mills' Body Pump July 11. Cole and Giles were the only certified instructors until recently.

Though the fitness center has offered the training since January, many Soldiers in this class were experiencing Body Pump for the first time. This unit physical training session was a product of Cole asking Capt. Courtney Olofson, the commander from Company E, 2nd General Support Aviation Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division, if she thought her Soldiers would be interested in trying it as part of their PT one morning. Olofson had been a regular attendee of Cole's 5:15 a.m. class since it was first offered a few months earlier.

Oloffson said she thought it was a good idea so the session was scheduled.

Second Lt. Aaron Ingersoll, a maintenance platoon leader with Company E, 2nd GSAB, 1st Avn. Regt., 1st CAB, 1st Inf. Div., said he only found out that morning what the company was doing for their morning fitness.

"I wasn't expecting much," Ingersoll said. "I've done classes like this in the past —mostly focusing on legs."

But he said this workout experience turned out to be more complete than classes he's tried in the past and tougher than he first thought it would be.

"What I liked about this was it was kind of focused on the whole body and really just pushes you to your limit even if its low weight," Ingersoll said. "You expect it to be easier to do and it really was difficult all the way through."

Another 2nd GSAB Soldier who normally likes to lift weights to reach fitness goals also had his first impression expanded about the effectiveness of the training.

"When I first rolled up in here, I was kind of skeptical because it was a studio environment with like music and stuff," 1st Lt. Lee Johnson said. "So I was counting on sort of like a CrossFit feel. It kind of was but, like Aaron was saying,

I thought it was good because you never stop moving the entire time. Even though the weight was light it still made it really hard."

Both Ingersoll and Johnson said as they would reach the end of each exercise, they felt the beginning of muscle failure. As the class wore on, and each muscle-group target changed, they found a little more energy to pour into the workout.

"I definitely felt myself go to muscle failure," Ingersoll said. "Every time we got to the end of an exercise I felt it — so I know I'm getting something from it. So I would definitely come again."

For Johnson, the difference from his regular workout and the instance of muscle failure fell into the category of a “hurts so good” training episode.

"I was surprised that I was able to keep going because like with the rep ranges I usually do ... it's just a different kind of workout," Johnson said.

As for getting from one exercise within the routine to another, that was another story.

"It didn't feel good," said Johnson and then laughed. "Normally with the workouts that I do, I don't usually do much more

See BODY PUMP, page 12



First Sgt. Jason Hasby, Headquarters and Headquarters Company, U.S. Army Garrison Fort Riley, participates in the Body Pump class at Whitside Fitness Center July 11 as part of unit physical training.

Softball tournament heats up with friendly rivalries

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

The weather wasn't the only thing heating up as 21 teams competed against one another

during the Firecracker One Pitch Softball Tournament July 9 at Sacco Softball Complex.

Four games were played at the same time lasting 30 minutes each with teams of Soldiers and civilians rushing to be victorious.

Instead of the traditional three-two variation of the game this tournament used a one pitch-one strike form of playing softball. This creates a much faster paced game, Renee Satterlee, intramural sports coordinator for the directorate of Family and Morale, Welfare and Recreation, said.

"It now becomes a pitcher's game, when usually, in slow pitch, it is a batter's game," Satterlee said.

The tournament used a double elimination system, creating two brackets for winning and losing teams. Losing teams played another match and attempted to work their way back in to win the tournament.

Games were played from 8 a.m. to shortly after 5 p.m., making it an all-day affair for many of the teams involved, as well as their supporters and other spectators. Anyone was welcome to play, whether Soldier or civilian, merging together communities that otherwise may not overlap.

"It brings everybody together," said Sgt. Rinat Benavides, 1st Support Maintenance Company, 541st Combat Sustainment Support

Battalion, 1st Infantry Division Sustainment Brigade. "You meet new people from around post that you've never met. You get life-long friends after this."

Benavides's sentiment was also shared by Satterlee.

"Since the tournament is open to everyone on Fort Riley, it allows people who normally don't play together a chance to play," she said.

The tournament was more than just a sporting event between teams and friends. In several instances, the positive sportsmanship of the Fort Riley community came through as some teams offered over players to opposing teams who were short to see to it they could still play.

Spec. Justin Wallace, 601st Aviation Support Battalion, 1st Combat Aviation Brigade, 1st Infantry Division, said the tournament was about bringing the whole post together for a friendly competition and emphasizing good conduct, like making sure one another could compete.

Among the teams competing were a couple from team BRO, a team that represents the 1st Inf. Div. in a recreational league. Staff Sgt. Jarvis Manning, 1st Squadron, 4th Cavalry Regiment, 1st Armored Brigade Combat Team, 1st Inf. Div., of team Sadistic said the tournament gives BRO an opportunity to see how their team will fair in the season to come and shows everyone else how enjoyable recreational sports are.

"It shows others there's other ways with extracurricular activities to release stress, have fun, meet new people, and also a good cardio event at the same time," Manning said.

For the final game, Disturbed won the tournament with a 2-1 victory over Sadistic.



Staff Sgt. Daniel Coelho, left, 1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, of the Master Gunners team runs to take first base as Spc. Travis Reeves, 299th Brigade Support Battalion, 2nd Armored Brigade Combat Team, 1st Inf. Div., of the Alcolbal team jumps into the air to catch the ball and tag Coelho out during the Firecracker One Pitch Softball Tournament July 9 at Sacco Softball Complex.



‘Big Red 1’ Soldiers participate in Murph Challenge



Maj. George Bolton, the 1st Infantry Division commanding general's executive officer casualty carries Maj. Ben Flynn, secretary of the general staff, during the Murph Challenge July 6 at Craig Fitness Center on Fort Riley. The casualty carry was added after all of the team members completed the Murph Challenge.

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

Senior leaders and staff of the 1st Infantry Division participated in the Murph Challenge during physical readiness training July 6 at Craig Fitness Center on Fort Riley.

The Murph Challenge was inspired by Lt. Michael Murphy, a Navy SEAL. Murphy earned the Medal of Honor during Operation Enduring Freedom in Afghanistan in 2005.

According to information from the Navy, Murphy and his four-man team were ambushed by the Taliban in the Hindu-Kush Mountains. The New York native climbed into an open area to make a call for rescue. Though wounded, he fought, allowing one member of his squad to escape before he was killed.

“Other than just physical exercise, it gave me the chance to honor a fallen member of the military,” said 1st Lt. Ryan Ley, a protocol officer with the 1st Inf. Div.

The challenge consists of an initial one-mile run, 100 pull-ups, 200 push-ups, 300 air squats and ends with another one-mile run.

As an added challenge, participants conducted a casualty carry exercise after the event. The casualty carry consisted of team members throwing a teammate over their backs and carrying them from one point to another.

Retired 1st Sgt. Anthony Pablo, a protocol specialist with the 1st Inf. Div., participated in the challenge. Pablo served as a Soldier with Fort Riley from 1999 to 2003.

“Being retired, I really missed the camaraderie you get when you do group workouts,” Pablo said. “If that workout was inspired by Murphy, I can see why. It is impressive because it is challenging.”

Pablo said his favorite part of the workout was the buddy carry because it helped people work together as a team. Chief Warrant Officer 2 Jose Lopez, an engagement cell officer with the 1st Inf. Div., agreed, saying the challenge inspired teamwork.

Lopez, a former combat engineer with the Marines, said the challenge of putting the participants in teams and pitting them against each other inspired esprit de corps and competitiveness.

“We need to be prepared for the fight,” Lopez said about all of the division’s future missions. “It’s not going to be a cakewalk.”

BODY PUMP Continued from page 11

than like five to 10 reps at a time. So, just going forever for several minutes at a time was good for me because it’s something that I don’t like to do — I don’t like to do endurance stuff — so I’d like to come back again.”

For result that build strength and endurance, Giles said that is what classes like Body Pump are made for, and people have to expect to start slow and build, no matter their fitness level.

“As an expectation, leave your pride at the door,” Giles said. “We get people coming in here thinking, you know, I do CrossFit, I’m heavy into weightlifting, I do all this stuff but it’s totally different. And even with my personal training clients, I tell them it’s good to have both of them (training classes and Body Pump) because it’s hitting those muscles but in a little different way than what it would just being down stairs using the weights.”

Though she instructs, Giles said even she is getting a workout every time.

“I still breathe heavy in the microphone,” she said. “It’s just lucky we have that windsock on there that covers that so it’s not like Darth Vader or something. The choreography constantly changes so it’s going to, forever, keep even the instructors on their toes.”

And change was the reason for the first Soldier PT Body Pump class.

For Oloffson, seeing the looks on her Soldiers’ faces during the class and later in the day was a huge pay-off.

“(They were) surprised really,” she said. “I’ve mentioned that I do it, but I don’t think they understood exactly what all went into it. I know Lee (Johnson) lifts weights anyway so I’m sure he had kind of an idea but I really liked the difference and their shocked faces.”

For Giles the rewards are external.

“(My) most rewarding thing ... watching people grow into their own,” Giles said. “Watching them getting stronger and the excitement that comes when they notice they are not only getting stronger but that they also notice the change in their body for the better.”

For those who participated, the earliest change they will see may be the next day and will be proclaimed by sore muscles.

“Legs, definitely legs,” Ingersoll said. “Shoulders,” Johnson said.

“Abs for me,” said Oloffson.

Oloffson also said every member of her company was willing to do it again. And the possibility is there.

Currently the fitness centers offer Body Pump, Spin, Zumba and other classes for unit PT sessions. Fitness monitors can call the centers and schedule a class that meets unit fitness goals.

Have the Courage to Help a Buddy

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Travel & Fun in Kansas



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

A day of exploration and hands-on learning awaits children and adults alike at the Milford Nature Center.

The center was built in 1985 and dedicated in 1988 as a resource for the public to learn about a variety of Kansas wildlife. The center is also a part of the Kansas Department of Wildlife, Parks and Tourism.

Inside the main building are several activities for visitors to engage in, such as puzzles, animal tracks that can be created in kinetic sand and different furs to view and touch. Guests may also observe different reptiles, insects, amphibians and mammals inside, like a timber rattlesnake, prairie dogs and a black-footed ferret, one of North America's most endangered animals.

Toward the back of the building there is a small theater where different featured movies play, as well as informational displays of native fish and water animals and two interactive dioramas of terrestrial and aquatic ecosystems in Kansas.

Behind the main building, visitors will find a small native garden and pond with a pathway leading to the butterfly garden and Milford Fish Hatchery. Guests are welcome to view the raceways in the fish hatchery and observe the catfish, koi and striped bass swimming in the channels.

In front of the center is the raptors exhibit, featuring a variety of birds of prey, including a golden eagle, bald eagle and several different owls. Just beside the raptors exhibit is a bobcat who can be observed playing and climbing about.

A playground featuring different animal and insect shapes, such as a centipede balance beam and giant bird's nest observation point, is available for children to climb and play.

An interactive duck maze is beside the playground where visitors find their way about by following duck wings. Materials for the maze can be found inside the center.

Guests are also welcome to follow the Tallgrass Hiking Trail. The trail runs one-eighth to one-fourth of a mile long depending on the pathways selected. Along the routes are many different informational signs and some activities, such as a fossil dig. Visitors may also walk along a small dock on the lake and see the beehives of the center's honeybees who are hard at work.

The center is open 9 a.m. to 4:30 p.m. on weekdays and 1 p.m. to 5 p.m. on weekends, expect for October to March when it is closed on weekends. Admission is free.

It is located near the Milford Reservoir at 3415 Hatchery Dr., Junction City, Kansas.

For more information, visit ksoutdoors.com/KDWPT-Info/Locations/Museums-and-Nature-Centers/Milford-Nature-Center.

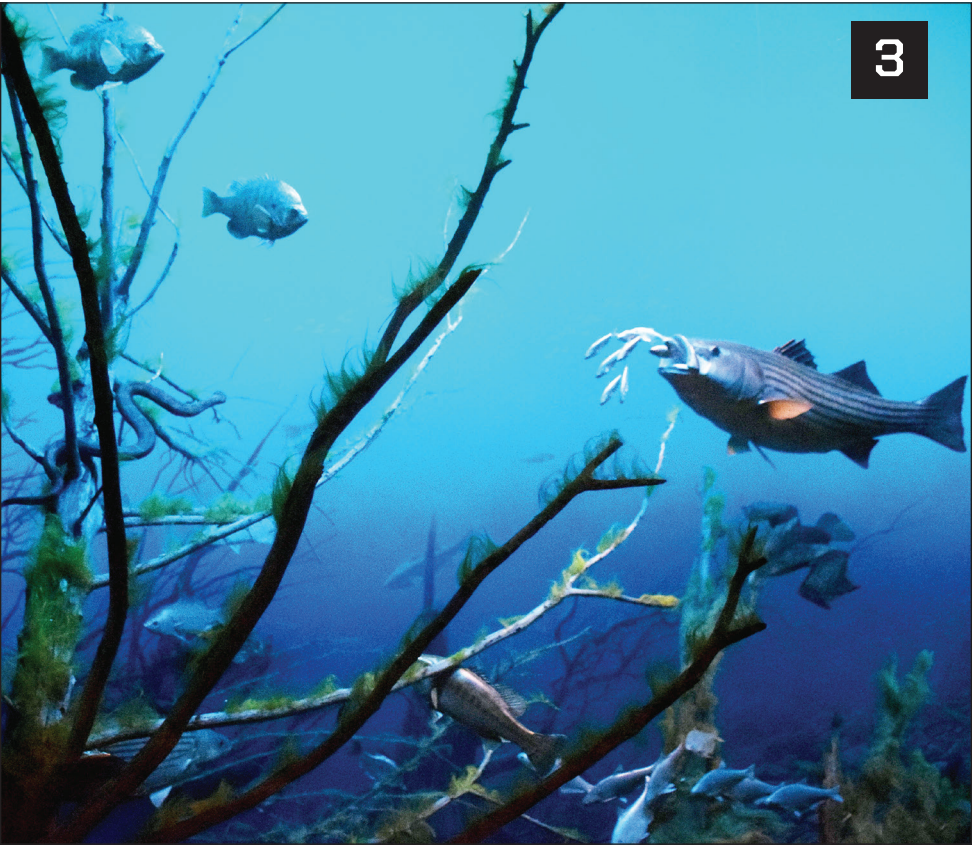


PHOTO 1: The Milford Nature Center features a variety of exhibits and displays for visitors to learn about the native wildlife found in Kansas. Guests can learn interesting facts while interacting with several different activities available. **PHOTO 2:** Justice the bald eagle is one of several birds of prey in the raptors exhibit. The exhibit also features a golden eagle, several different types of owls and an American Kestrel, the smallest North American falcon. **PHOTO 3:** An aquarium is also available at the for those interested in a close view of life underwater.