

'Durable' brigade Soldiers train for Global Combat Support System-Army conversion

By Sgt. Takita Lawery
1ST INF. DIV. SUST. BDE. PUBLIC AFFAIRS

Soldiers of the 1st Infantry Division Sustainment Brigade prepared for the Global Combat Support System-Army conversion for more than a year. This week marked the beginning of the second wave of that transition, which will ultimately increase commanders' ability to track equipment throughout the brigade.

The GCSS-Army will be one system that contains all the abilities and functions of the individual systems associated with supply, maintenance, property and tactical finance. The GCSS-Army will replace outdated logistics information technology programs and tactical financial management into one integrated system.

That integration into GCSS-Army allows Army combatant commanders to see what's happening from the lowest level all the way up to national level, according to Billy McCain, the public affairs representative from the GCSS-Army program office in Virginia.

"The GCSS-Army is the way of the future," said Sgt. 1st Class Jeremy Savoie, the "Durable" brigade logistics noncommissioned officer in charge. "It gives us visibility Army-wide."

The new system will affect every Durable brigade supply room, motor pool, direct support repair shop, warehouse and property book office and spread throughout the Army by 2017. This will also allow Army leaders and planners to see through a single system where there are equipment and personnel shortages and excesses throughout the Army.

The transition was accomplished in two waves, the first being directed toward supply support activity and unit financials. The second is geared toward maintenance and property.

"Wave two affects the maintenance and property book sections the most," said Capt. Griffin J. LeClair, the support operation officer in charge of wave two functionality.

To prepare for the new system, a series of training classes must be conducted, starting with web-based instruction, which then progresses into lead user and equipment training showing how the GCSS-Army operates and then over-the-shoulder support. In addition to training, Soldiers in each unit within the brigade must perform data cleansing, where supply and financial errors are mitigated before migrating into the new system.

"The class portion prepares us for the conversion, giving us hands-on training,

See CONVERSION, page 6

BELOW THE SURFACE



COURTESY PHOTO

Rachel Canizares, a student at Seitz Elementary, pours water on the permeable pavers of the parking lot behind the elementary school during a classroom assignment during the 2014-2015 school year.

Fort Riley students go beyond the classroom to learn science of water

By Maria Childs
1ST INF. DIV. POST

At first glance, the parking lot behind Seitz Elementary School looks like a normal, asphalt parking lot. Underneath the surface, the parking lot is surrounded by more than 40 monitoring wells and an elaborate monitoring system that provides the Environmental Protection Agency with information about water quality.

Students at the elementary school use data collected by sensors in and under the parking lot to conduct science, technology, engineering and math projects inside the school.

About 90 percent of the parking lot is non-permeable asphalt that directs rain water toward one row of parking stalls on the south end of the lot. There is a section of permeable interlocking concrete pavers that allow

"I didn't realize how powerful it would be to pour a large amount of water on the parking lot, and then these kids ran with it. They were so excited, and they moved on to what they could do for the environment ... they ate it up in a way I didn't expect."

LEIA WEBB | STEM COACH FOR USD 475

high volumes of water to infiltrate and fill a collection point, called a storage gallery, below the surface.

The design and how it is used are being recognized at the federal level.

The parking lot project is being recognized by the Department of Energy with a Federal Energy Management Program award for Energy and Water Conservation.

Chris Otto, Net Zero Water program coordinator for the

Directorate of Public Works Environmental Division, said the project is unique because of the partnership behind it. The Army, Army Corps of Engineers and the EPA partnered to construct the parking lot in 2014 and completed it in August 2015.

The EPA representatives collect water samples from the monitoring wells and uses data from the sensors to

See PERMEABLE, page 7

Fort Riley staff win Army-wide award

Personnel of Post transportation division prove Fort Riley best place to deploy from

By Season Osterfeld
1ST INF. DIV. POST

Through the hard work of the Fort Riley Logistics Readiness Center Transportation Division's personnel, they won the Chief of Staff Army Logistics Excellence Award for the continental United States.

The "Best of the Best" award has been won by smaller units and detachments in the past, but never by an installation-level organization. The staff at the LRC is the first in the Army to claim that accomplishment, said Scot Bird, LRC-Fort Riley installation transportation officer.

"It (winning the award) clearly demonstrated our installation's capabilities as a deployment platform Army wide," Bird said. "The hard work and the countless hours spent planning, finalizing and executing in support of the senior commander's guidance for deployments, that was displayed by the professionalism, commitment and dedication to deployment excellence from our civilian workforce in support of the 1st Infantry Division."

The Army Logistics awards are presented to units in the Army, National Guard and Reserve. The awards include the "Best of the Best" award and three categories, the Maintenance Excellence Award, the Deployment Excellence Award and the Supply Excellence Award. All winning units contributed to improving Army readiness.

The Fort Riley LRC won in the Deployment Excellence Award category in 2008, 2011, 2012, 2014 and 2015. At last year's awards ceremony, Bird went to accept the award on behalf of the Fort Riley LRC. While there, he said he joked with Army Chief of Staff Gen. Raymond T. Odierno that personnel of Fort Riley's LRC would figure out how to crack the code and be the first installation to win the "Best of the Best" award.

The Deployment Excellence Award is a two-part competition. Personnel of Fort Riley's LRC submitted their packet to the selection board based on missions and deployments from Dec. 1, 2014, to Nov. 30, 2015, Bird said. The packet was reviewed and judged by the panel at Fort Lee, Virginia. The board members evaluated the standards, procedures and operations presented in each packet. Following the evaluation, two packets are selected as the top contenders and an on-site evaluation is performed. The evaluators review operating systems, procedures and overall operations. Once the evaluations are complete, the board

See AWARD, page 7

FINAL CHECK



Staff Sgt. Aaron P. Duncan | 1ST INF. DIV. SUST. BDE.

Sgt. Steven Wodmansee, a native of Lake Dallas, Texas, and senior supervisor on the ground for the 24th Composite Truck Company, 541st Combat Sustainment Support Battalion, 1st Infantry Division Sustainment Brigade, conducts final checks on loaded M1000 Heavy Equipment Transporter Trailers Aug. 11 at Fort Riley. The 22 trailers were loaded on the railcar to ship them to the Sierra Army Depot in California because of a lateral transfer directive the 24th CTC received as part of the Army's ongoing effort to ensure material readiness. "It also gives us the opportunity to interact with our Soldiers on a one-on-one basis while teaching them valuable skills," Wodmansee said.

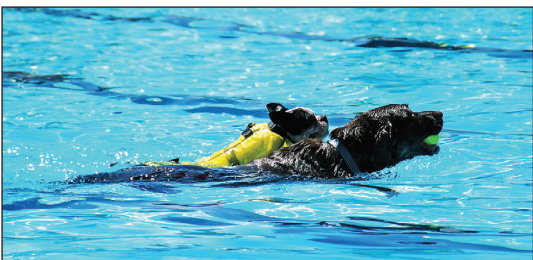
CASING THE COLORS



Sgt. Jarrett E. Allen | 1ST CAB

Col. John M. Cyrulik, commander of the 1st Combat Aviation Brigade, 1st Infantry Division, left, and Command Sgt. Maj. Roque Quichocho, 1st CAB senior noncommissioned officer, case the "Demon" brigade colors in a casing ceremony held at Cavalry Parade Field Aug. 15. The brigade is set to deploy to Afghanistan for nine months with about 800 Soldiers as part of a regular rotation of forces in support of Operation Resolute Support and Operation Freedom's Sentinel, where they will conduct full-spectrum aviation operations promoting security and stability in the region.

ALSO IN THIS ISSUE



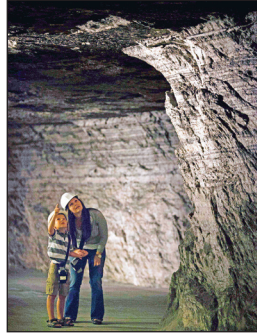
DOGS INVADE CUSTER HILL POOL AT END-OF-SEASON POOL PAW-TY, SEE PAGE 9.

ALSO IN THIS ISSUE



1ST INFANTRY DIVISION ARTILLERY SOLDIER COMPETES IN TRIATHLON IN SMITHVILLE, MISSOURI, SEE PAGE 13.

ALSO IN THIS ISSUE



TRAVEL TO HUTCHINSON, KANSAS, WHERE TWO BLUE STAR MUSEUMS AWAIT AND THE KANSAS STATE FAIR IS RIGHT AROUND THE CORNER, SEE PAGE 16.

Fort Riley school district staff attends annual general session

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

Teachers and staff of Unified School District 475 gathered for a general session to gear up for the upcoming school year at the Shenk gymnasium at Junction City High School Aug. 12 – the last Friday before school began.

Col. John Lawrence, Fort Riley garrison commander, was among the event speakers. He talked about the partnership between Fort Riley and the district.

“We want Fort Riley to be a place where military members and families can set and complete educational goals, enjoy recreational opportunities and become fully integrated members of their communities,”

Lawrence said. “However, no Army installation could deliver those promises on their own. It requires a dedicated team of professionals in the community who provide the peace of mind our Soldiers and their families expect during their tour at Fort Riley.”

Lawrence said access to quality education is an important piece of making Fort Riley the best place to live, train, deploy from and come home to.

“When military families consider which duty stations would be the best fit for them, access to quality schools for their children is a significant factor,” Lawrence said. “Having the opportunity to obtain the best education possible has a direct impact on military

readiness, retention and recruitment.”

Lawrence said during the next few months many of the children at Fort Riley will experience upcoming parental deployments. The teachers have a significant impact on the military-connected students and their success during those events.

“It is our teachers and administrators we look to assist our children when Soldiers are away,” Lawrence said. “When Soldiers deploy, the welfare of his or her children is one of the primary concerns. Soldiers know their children will thrive in the environment USD 475 provides. And we are always grateful when schools support our Soldiers during deployment by sending letters, packages and

welcoming the Soldiers when they return.”

Nineteen USD 475 schools participate in the Fort Riley Adopt-a-School program. The program is a partnership between schools and Fort Riley units. Soldiers visit their assigned school at least once a month and support students by mentoring and assisting with learning.

Corbin Witt, superintendent of USD 475, thanked the teachers for what they do, and provided encouragement. He told stories about his time as a teacher and reminded all teachers about the impact they have on their students.

“It’s impressive to see the talent in this room,” Witt said. “Our mission is to prepare today’s students for tomorrow’s world.”



Col. John Lawrence, Fort Riley garrison commander, was among the speakers at the USD 475 General Session to gear up for the upcoming school year Aug. 12 at Junction City High School. He talked about the partnership between Fort Riley and the district. “When military families consider which duty stations would be the best fit for them, access to quality schools for their children is a significant factor,” Lawrence said.



A FAREWELL SALUTE



Photos by Master Sgt. Brent Anderson | 105TH MOBILE PUBLIC AFFAIRS DETACHMENT
ABOVE: Maj. Justin Rutledge, left, operations officer with the 891st Engineer Battalion, returns a salute from Armenian Capt. Harutyun Grigoryan, right, company commander during a farewell ceremony with the 891st Engineer Battalion, Kansas Army National Guard, as part of the state partnership program, at Fort Riley Aug. 9.
BELOW: Maj. Justin Rutledge, right, operations officer with the 891st Engineer Battalion, presents Armenian Capt. Harutyun Grigoryan, left, company commander and Senior Warrant Officer Eduard Grigoryan, middle, company sergeant, with a special flag keepsake to remember their time spent visiting the 891st Engineer Battalion, Kansas Army National Guard, as part of the state partnership program at Fort Riley, Aug. 9.



House ad



Proclamation for Antiterrorism Awareness Month

Fort Riley garrison commander

Whereas, the vitality of our community depends on how safe we keep our homes, neighborhoods, schools, workplaces, and communities;

Whereas, terrorist acts erode our trust in others and in civic institutions, degrading the community’s health, prosperity, and quality of life;

Whereas, people of all ages must be made aware of what they can do to protect themselves and their families, neighbors, and coworkers from being harmed by terrorism;

Whereas, the personal injury, financial loss, and impact to communities from terrorists’ attacks are extremely damaging and require investment from the whole community;

Whereas, preventing and defeating terrorism includes community protection and security, we must go beyond these to promote self-awareness and self-protection to make Army communities safer for all ages and to develop positive opportunities and a bright future for young people;

Whereas, adults must invest time and resources to understand and support effective antiterrorism prevention, deterrence, detection, and defense; adults must also engage our youth to ensure they adopt a proactive mindset of personal protection;

Whereas, effective antiterrorism plans and programs succeed because of partnerships with law enforcement, security, other government agencies, civic groups, schools, faith communities, businesses, and individuals as they help to raise community awareness and responsibility and instill pride and sustained vigilance;

Therefore, I Col. John D. Lawrence, Commander, U.S. Army Garrison, Fort Riley, do hereby proclaim August 2016 as Antiterrorism Awareness Month in the Fort Riley community and urge all citizens, government agencies, public and private institutions, and businesses to invest in the power of prevention and work together to make Fort Riley a safer, stronger, more caring community.

JOHN D. LAWRENCE, COL, Adj. Gen.
Garrison Commander FT. Riley, Kansas

Mark Dombrowski: ‘Big Red One’ Soldier

By Phyllis Fitzgerald
SPECIAL TO THE POST

Originally from Allentown, Pennsylvania, Dombrowski joined the Army in 1993.

“Prior to joining the Army, I had wanted to go the FBI academy,” Dombrowski said. “But after joining, I no longer had that desire to join the FBI because I found my calling in the Army.”

Dombrowski attended basic training and Advanced Individual Training at Fort McClellan, Alabama. His military occupational specialty was 95B, Military Police.

After training he was assigned to Fort Bragg, North Carolina, where he performed various military police duties and deployed twice to Haiti.

In July 1997, Dombrowski received orders for Korea where he performed military police duties at various locations like Camps Eagle, Red Cloud, Long, Page and in Yongsan. After one year in Korea he was reassigned to West Point, New York.

“My next assignment, after West Point, took me back to Fort Bragg, North Carolina,” Dombrowski said. “I was a platoon sergeant and operations sergeant.”

While assigned to Fort Bragg, Dombrowski deployed three times – once to Afghanistan and twice to Iraq.

In June 2006, Dombrowski was assigned to Fort Riley, Kansas, to the 300th Military Police Company, 97th Military Police Battalion, 89th Military Police Brigade.

“When I first arrived I worked as the Battalion S3 sergeant major, I was a master sergeant, until my company came open,” Dombrowski said. “Once I took command of (my) company I was the first sergeant for 172 Soldiers.”

Dombrowski’s job was to prepare them for deployment.

“On the day the company deployed I departed to Fort Bliss, Texas, for the Sergeants Major Academy,” Dombrowski said.

He completed the academy in June 2009 and returned to Fort Riley. When he got back, Dombrowski was assigned as the sergeant major for the

Directorate of Emergency Services and managed the military law enforcement staff.

“In June 2011, I became the 1st Infantry Division’s provost sergeant major,” he said.

Once again Dombrowski was preparing a unit from “Big Red One” for a deployment to Afghanistan and he deployed with them from 2012 to 2013. He remained as the division provost sergeant major until his 2013 retirement.

“I decided to retire and stay in the area because the family wanted to settle down and establish roots and stability for our children,” Dombrowski said. “The kids were in school and we liked the community.”

Today he again works for the Directorate of Emergency Services and continues to support Soldiers and families of the 1st Inf. Div. and Fort Riley.

“I am an active member of the Fort Riley Catholic community,” Dombrowski said. “I participate in the Fort Riley Outdoorsman Group that helps educate youth on conservation and fire arm usage and safety.”

FROG volunteers spend time with youth by taking them hunting and fishing in the local area.

Dombrowski said his favorite memory was when he attended a Silver Star presentation for Cpl. Clinton Warrick, who was a combat medic serving with the 300th MP Company in Iraq. Warrick received the Silver Star and Purple Heart for helping save the lives of seven Iraqi policemen after being injured himself. He was injured when a speeding pickup truck carrying a 200-pound aircraft bomb crashed into the Al Huria Police Station in Iraq. Warrick was thrown from the explosion, buried by rubble and pulled out by his platoon leader with his legs on fire. His legs were extinguished, but he was gravely injured. Though he knew he could go into shock because of his injuries, Warrick continued doing his job. He assessed injured Soldiers and Iraqi policemen.

Warwick departed the military and returned to his home in Murphysboro, Illinois, where he was recovering from his injuries. The ceremony was in a small park in town.



“Right before the ceremony started,” Dombrowski said, “I kept hearing the sounds of a helicopter. I started wondering why would there be a helicopter flying. I looked up at the sky and observed a UH-60 coming toward the park and it circled around and finally landed in the park. I was not sure what was going on at this point. Once the UH-60 landed I went over to greet the arriving party who was Maj. Gen. Carter Ham, the 1st Inf. Div. commanding general.

Ham left the helicopter and greeted Cpl. Warrick and his family and then presented the Silver Star and Purple Heart to Cpl. Warrick. This act has remained with me and I will never forget that General Ham took the time to come and present Cpl. Warrick his Silver Star and Purple Heart. Maj. Gen. Ham is a great leader.”

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

HOUSE AD

HAVE A STORY IDEA?

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

House ad

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.

Also until further notice, 12th Street ACP is closed to privately owned vehicles 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

Rifle Range Road construction will not be complete prior to the start of the USD 475 2016/2017 school year as previously planned. The construction completion is estimated for mid-September.

New road closings and detours are required to complete the project. Rifle Range Road will be closed from 1st Street to Look Out Drive, and from West Drive to Seitz Elementary to Thunder Road/ Dakota Drive.

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. Drivers are asked to follow all guidance posted on signs.

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.



DEPARTMENT OF THE ARMY
HEADQUARTERS AND 1ST INFANTRY DIVISION
OFFICE OF THE STAFF JUDGE ADVOCATE
216 CUSTER AVENUE, CLAUSEN HALL
FORT RILEY KS 66442-1101

AFZN-JA

3 August 2016

SUBJECT: Information on the Funded Legal Education Program for Publication

1. The Office of The Judge Advocate General is now accepting applications for the Army's Funded Legal Education Program (FLEP). The application deadline is 1 November 2016. Commissioned officers between the ranks of 2LT and CPT, with between two and six years of active federal service, as of 1 September 2017, are encouraged to apply.
2. Under this program, the Army projects sending up to 25 active duty commissioned officers to law school at government expense. Selected officers will attend law school beginning the Fall of 2017 and will remain on active duty while attending law school.
3. Interested officers should review Army Regulation 27-1, Chapter 14 (http://www.apd.army.mil/pdf/files/r27_1.pdf) and MILPER Message 16-053 (<https://www.hrc.army.mil/Milper/16-053>) for more information on the eligibility criteria and application process. Please note that the eligibility criteria is governed by statute and cannot be waived. Eligible officers interested in applying should immediately register for the earliest offering of the Law School Admission Test (LSAT).
4. Interested officers should contact the Fort Riley FLEP point of contact, MAJ Hana Patino, at hana.a.patino.mil@mail.mil for further information.


ADAM J. SANTOLERI

SSG, U.S. Army
Sr. Court Reporter

Soldiers change call sign to align with unit's historical lineage

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

As the sun began to rise Aug. 11, Soldiers of Company A, 1st Attack Reconnaissance Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division, conducted their first company run as the "Rebels" during that morning's physical training period.

Members of the unit, formerly known as the "Archers," changed the call sign to reconnect with their roots with the original call sign given to them during the Vietnam War 50 years ago. With a small ceremony, Capt. Eric Cornelius, the company commander, discussed the many accomplishments of the past.

"We're going to continue to write chapters in the history book for Company A," Cornelius said. "As we do that, my hope is that



this name, the Rebels, will stick and will continue. Even though our technology will evolve and the faces will be different, we're all the same because we're trying to do the same job for the Army for our ground forces — and that's to keep them safe ... what can tie that bond together is our name."

Lt. Col. Travis Habhab, commander of 1st ARB, 1st Avn. Regt., 1st CAB, 1st Inf. Div., spoke to the group of Sol-

diers prior to the run. Changing the call sign connects the unit represents a long line to the Soldiers before them.

"I didn't think I realized the importance that a unit's call sign can have until I had a conversation with higher ranking officers," Habhab said. "You're the first attack company and the first attack battalion and being able to show that lineage by changing your call sign is something to be proud of ... you deserve to have the call sign of the first attack company."

Staff Sgt. James Young has been in and out of the unit since 2006. He said it was nice to hear the reason for changing the call sign in an unofficial ceremony.

"It really gives you a sense of pride and history," he said. "Over time, technology will change, but our unit won't and our lineage and history will not. We will keep

adding to it ... there is a very rich history to this unit."

The new unit logo includes a photo of an AH-1 Cobra helicopter and an AH-64 Apache helicopter representing the first helicopter the unit worked to the most recent.

Chief Warrant Officer 4 Tim Kirschbaum began his career working with Cobra helicopter.

"It's cool that now I am in a unit that draws this lineage from the Cobras to the AH-64s, which is what I will finish my career out with," Kirschbaum said.

An official ceremony is scheduled to be held during 2017. The Rebels are looking to reunite with Soldiers previously stationed at Fort Riley and were assigned to the unit. For more information about the ceremony or to participate as a former Rebels Soldier, email Cornelius at eric.v.cornelius.mil@mail.mil.



As the sun began to rise Aug. 11, Soldiers of Company A, 1st Attack Reconnaissance Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division, conducted their first company run as the "Rebels" during that morning's physical training period. Capt. Eric Cornelius, the company's commander, addressed Soldiers about the name change. "We're going to continue to write chapters in the history book for Company A," Cornelius said.

RILEY ROUNDTABLE

The Fall Apple Day Festival is Sept. 10 at Artillery Parade Field. What is your favorite thing about it?



“Apple pie, of course, also the different food booths and supporting the battalions.”

KARI POST
SARTELL, MINNESOTA

Wife of Lt. Col. Michael Post, commander of 101st Brigade Support Battalion, 1st Armored Brigade Combat Team, 1st Infantry Division



“I am looking forward to walking around the parade field looking at the booths and eating my favorite apple pie.”

JANE BROOKSHIRE
BIRMINGHAM, ALABAMA

Historical and Archeological Society of Fort Riley membership chair



“I’m looking forward to the cavalry demonstration.”

JULIANNE BRAUDIS
FORT RILEY, KANSAS

Wife of Maj. James Braudis, command group, 1st Infantry Division



“I like to walk around and see the vendors’ tables and taste the food at the food booths.”

HAPPY GARNER
DURHAM, NORTH CAROLINA

Wife of Lt. Col. Brandon Garner, commander of 3rd Battalion, 68th Armor Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division



“My kids love to experience the hands-on Soldier activities.”

TARA HABHAB
MANHATTAN, KANSAS

Wife of Lt. Col. Travis Habbab, commander of 1st Attack Reconnaissance Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division

THE 1ST INFANTRY DIVISION POST

This civilian enterprise newspaper is an authorized publication for members of the Department of Defense. Contents of The 1st Infantry Division Post are not necessarily the official views of, or endorsed by, the U.S. Government, or the Department of the Army. The editorial content of this publication is the responsibility of the 1st Infantry Division and Fort Riley PA Officer and printed by Montgomery Communications, Inc., a private firm in no way connected with the U.S. Government under exclusive written contract with Fort Riley.

The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement of the products or services advertised by the U.S. Army or Montgomery Communications, Inc.. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the publisher will refuse to print advertising from that source until the violation is corrected.

Circulation 8,800 copies each week.

A licensed newspaper member of the Junction City and Manhattan chambers of commerce.

COMMANDING OFFICER AND PUBLISHER
Maj. Gen. Wayne W. Grigsby Jr.

PUBLIC AFFAIRS OFFICER
Lt. Col. Kimeisha McCullum

PUBLISHER
John G. Montgomery

FORT RILEY EDITORIAL STAFF

EDITOR
Patti Geistfeld

ASSISTANT EDITOR
Andy Massanet

STAFF WRITERS
Maria Childs and Season Osterfeld

MEDIA SALES MANAGER
Melissa Tyson

MEDIA SALES REPRESENTATIVES
Kim Maguire, Tammy Moritz and Shannon Fritz

CONTACT US

For business or advertising matters, call The Daily Union in Junction City at 785-762-5000.

For news offerings, call the Fort Riley Public Affairs Office at 785-239-8854 or DSN 956-8854, or email usarmy.riley.imcom.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.imcom.mbx.post-newspaper@mail.mil.

COMMAND TEAM CORNER

Building trust, faith, confidence key to 1st Infantry Division’s success



Maj. Gen.
Wayne W. Grigsby Jr.

After a great year of training for our immensely successful Warfighter exercise, we are once again building the 1st Infantry Division team in preparation for our next challenges. I have read widely and experimented with past teams on this subject because coming together as a team is the foundation of our Army. What I found works best is trust, faith and confidence in subordinate leaders, setting conditions to have a values-based organization and, finally, having personnel on the team work together to solve a problem to meet a desired endstate.

In the “Big Red One,” we embodied the philosophy of mission command. There is always room for improvement

but creating an environment where leaders and subordinates alike can have an open dialogue is essential. We must set the correct tone to ensure it is encouraged by leaders at the highest levels. I always say

SAFETY CORNER

By Ronald Clasberry
GARRISON SAFETY OFFICE

With summer officially ending, school days bring congestion. Yellow school buses are picking up little people, kids on their bikes are hurrying to get to school before the bell rings, children are walking to school or harried parents are trying to drop their kids off before work.

It’s never more important for drivers to slow down and pay attention than when kids are present, especially before and after school.

The Garrison Safety Office is asking everyone to keep these safety tips in mind to prevent accidents from happening and keep our children safe throughout the school year:

If You’re Dropping Off: Schools often have specific drop off procedures for the school year. Make sure you know them for the safety of the kids. According to National Safe Routes to School program more children are hit by cars near schools than at any other location and the following apply to all school zones:

- Don’t double park; it blocks visibility for other children and vehicles.
- Don’t load or unload children across the street from the school.
- Carpool to reduce the

number of vehicles at the school.

Sharing the Road with pedestrians: According to research by the National Safety Council, most children who lose their lives in bus-related incidents are 4 to 7 years old, and they’re walking. They are hit by the bus or by a motorist illegally passing a stopped bus. A few precautions go a long way toward keeping children safe:

- Don’t block the crosswalk when stopped at a red light or waiting to make a turn, forcing pedestrians to go around you; this could put them in the path of moving traffic.
- In a school zone when flashers are blinking, stop and yield to pedestrians crossing the crosswalk or intersection.
- Always stop for a school patrol officer or crossing guard holding up a stop sign.
- Take extra care to look out for children in school zones, near playgrounds and parks, and in all residential areas.
- Don’t honk or rev your engine to scare a pedestrian, even if you have the right of way.
- Never pass a vehicle stopped for pedestrians.
- Always use extreme caution to avoid striking

pedestrians wherever they may be, no matter who has the right of way.

Sharing the Road with Buses: When driving behind a bus, allow a greater following distance than if you were behind a car. It will give you more time to stop once the yellow lights start flashing. It is illegal in all 50 states to pass a school bus that is stopped to load or unload children.

- Never pass a bus from behind or from either direction if you’re on an undivided road — if it is stopped to load or unload children.
- If the yellow or red lights are flashing and the stop arm is extended, traffic must stop.
- The area 10 feet around a school bus is the most dangerous for children; stop far enough back to allow them space to safely enter and exit the bus
- Be alert; children often are unpredictable, and they tend to ignore hazards and take risks.

Sharing the Road with Bicyclists: On most roads, bicyclists have the same rights and responsibilities as vehicles, but bikes can be hard to see. Children riding bikes create special problems for drivers because they are not able to determine

We build the division team in the 1st Inf. Div. by physically bringing the staff together to work toward a common goal.

In the past, we conducted two sessions of academics, three command post exercises and a Warfighter. We still have another command post exercise and our culminating event, Danger Crucible.

I have complete confidence this team will exceed our past successes because that is what learning organizations do — we always get better.

Duty First.

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

Back to school season means sharing the road

traffic conditions. According to NSC, the most common cause of collision is a driver turning left in front of a bicyclist.

- When passing a bicyclist, proceed in the same direction slowly, and leave 3 feet between your car and the cyclist.
- When turning left and a bicyclist is approaching in the opposite direction, wait for the rider to pass
- If you’re turning right and a bicyclists is approaching from behind on the right, let the rider go through the intersection first, and always use your turn signals.
- Watch for bike riders turning in front of you without looking or signaling; children especially have a tendency to do this.
- Be extra vigilant in school zones and residential neighborhoods.
- Watch for bikes coming from driveways or behind parked cars.
- Check side mirrors before opening your door.

If everyone exercises extra care and caution, drivers and pedestrians can co-exist safely in school zones. If you have questions, please contact the USAG, Fort Riley safety office, 785-240-0647.

Local U.S. District Court results, court martials for July

STAFF JUDGE ADVOCATE

JULY RESULTS OF TRIAL, U.S. DISTRICT COURT, FORT RILEY

Jason L. Harris, Junction City, Kansas, pleaded guilty to driving while revoked as a habitual violator. District Court sentence: \$100 fine and \$25 special assessment.

Rebecca L. Littel, Fort Riley, pleaded guilty to interference with law enforcement. District Court sentence: \$200 fine and \$25 special assessment.

Betty S. Jones, Eskridge, Kansas,

pleaded guilty to theft of government property. District Court sentence: Six months supervised probation and \$25 special assessment.

Andrea R. Rodriguez, Fort Riley, pleaded guilty to assault. District Court sentence: One year supervised probation (one month under curfew) and \$25 special assessment.

July 21, 2016

Jacob A. Chandler, Fort Riley, pleaded guilty to Attempted Criminal Deprivation. District Court sentence: \$100

fine and \$10 special assessment.

Sevgi Alderson, Junction City, Kansas, pleaded guilty to theft of government property. District Court sentence: One year supervised probation, payment of \$5,804.07 in restitution and \$25 special assessment.

Angell N. Davis, Manhattan, Kansas, pleaded guilty to driving while under the influence. District Court sentence: Forty-eight hours of confinement, \$200 fine and \$10 special assessment.

Aretha J. Picerne,

Fort Riley, pleaded guilty to Criminal Trespass. District Court sentence: Six months of supervised probation. \$100 fine and \$10 special assessment.

Tyreika M. Duggins, Fort Riley, Kansas. Pled to Driving while License is Suspended or Revoked. District Court sentence: \$100 fine and \$10 special assessment.

Anna M. Aldrich, Fort Riley, Kansas. Pled to Criminal Damage to Property. District Court sentence: \$100 fine and \$10 special assessment.

JULY COURTS-MARTIAL RESULTS General Courts-Martial

On July 14, a general court-martial convened at Fort Riley, a Soldier was found not guilty by a military judge of one specification of Article 91, two specifications of Article 120 and one specification of Article 125, Uniform Code of Military Justice.

Special Courts-Martial

On July 12, at a special court-martial convened at Fort Riley, a Soldier was found not guilty by an officer and enlisted panel of one specification of Article 120, Uniform Code of Military Justice.

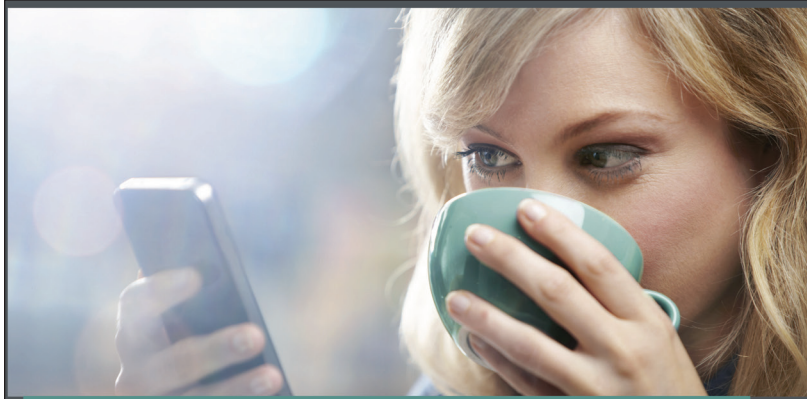
The next USAG Resilience Day Off is

SEPT.
2

SAFETY HOLIDAY



As of Wednesday, Aug. 17, 40 days have passed since the last vehicular fatality at Fort Riley. Seventy-one more and the post will celebrate with a safety holiday to take place at each unit’s discretion.



You manage banking online now manage healthcare online



View lab and test results with Secure Messaging Service (SMS)

Register now
<https://app.relayhealth.com/>

With online services from Secure Messaging Service (SMS) you can:

- Book appointments
- Request/review lab and test results
- Request medication refills
- Request a referral
- Email your medical team a question
- Schedule web visits with your doctor

It’s healthcare that clicks

Register now by visiting
<https://app.relayhealth.com/>

Military police chaplain seeks to help Soldiers attain balance, total fitness

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

The life of a Soldier can be stressful. The hours are often long, the duty frequently difficult, the conditions rarely ideal and missions can be fraught with danger. Senior leaders recognize this. In the 1st Infantry Division and Fort Riley Campaign Plan 2020, ready and resilience is a Line of Operation, or area of significant focus.

At the 97th Military Police Battalion Chap. (Capt.) Chris Campbell is overseeing a program called “Total Fitness.” It involves taking 97th MP Bn. Soldiers out of their work-a-day environments to strike a balance between the physical and spiritual aspects of total well-being.

Inside Morris Hill Chapel on the morning of Aug. 12, Campbell spoke to an audi-

ence of Soldiers from Headquarters and Headquarters Detachment and the 73rd MP Detachment. His comments came after a run and a pancake breakfast. “We have to care for ourselves in the same way that we take care of our equipment,” Campbell said. He added much of the problem for most Soldiers is their intense dedication to duty. “We (professional Soldiers) take a lot of pride in doing things alone,” he said. Then he asked the audience, “but how much stress do we place on ourselves by doing that?” While there has been a reduction of numbers of assets and resources as the Army becomes smaller, the missions continue. Leaders at the 97th MP Bn. are aware of the stress on Soldiers. They know addressing the physical and spiritual



Capt. Steven Belcher, center, an intelligence officer for the 97th Military Police Battalion, cheers himself and his fellow Soldiers on during the run portion of the Total Fitness event the morning of Aug. 12. The program involves taking Soldiers out of their work-a-day environments and helping them achieve balance between the physical and spiritual aspects of total well-being.

needs can make a difference in the success of the mission. According to Capt. Michael Ahlf, commander of the 73rd MP Det., works to support the larger companies of the 97th MP Bn. “We have different sections that support DES,” Ahlf said. “Whether it be traffic or military police investigations, and we also have the canine unit.” Ahlf brings home the core issues Total Fitness addresses: a balanced Soldier who is fit mentally and physically is vital to post security. “The physical aspect, the running and the exercise, is just something we as Soldiers do,” Ahlf said. “But we (the 97th MP Bn. Soldiers) are the first line of defense for Fort Riley. So we have to stay prepared to perform that mission. Without that preparation ... if something happens on Fort Riley, we can’t do our job effectively.” According to Capt. Jacob Fellows, commander of the HHD, 97th MP Bn., events like organization days, which the 97th MP Bn., schedules often, build camaraderie and esprit de corps. But this type of event goes further. “With an event like this, the chaplain brings a different perspective than what a lot of the Soldiers would get,” Fel-

lows said. “It’s a whole-Soldier concept.” Fellows added Soldiers may forget spiritual aspects can affect them as Soldiers. “So, we try to give them these kinds of activities and the battalion provides org. days so they have an opportunity to let their hair down,” Fellows said. “And with this kind of activity, we get value added because they get something from the chaplain; they get something they may not have known about themselves or learned about themselves yet.” Spc. Khadijah Morton, a supply technician with the HHD, 97th MP Bn., not only ran, but carried the HHD guideon. “I always feel refreshed because I sweat out all the anger that I had and I just let that all out,” she said with a laugh. “But it’s fun, especially running with the guideon. It helps me be resilient and enjoy being here and being part of the Army and part of this organization.” Morton admits her job can be trying and such an event helps her deal with it. “Of course it does have its moments of stress, but I love my job,” she said. “I just take it one step at a time and make sure I get the job done.”



Chap. (Capt.) Chris Campbell, 97th Military Police Battalion Chaplain, prepares breakfast for Soldiers of the Headquarters and Headquarters Detachment and the 73rd MP Detachment, 97th MP Bn. Campbell organized a Total Fitness event designed to help the battalion’s Soldiers weather the stress of their profession and remain healthy and effective. The event emphasizes nutrition, sleep and a spiritual foundation.

CONVERSION Continued from page 1

breaking every step down so we won’t be confused when the actual new system comes into effect,” Savoie said. Prior to entering the new system, there was a blackout phase. Starting Aug. 10, the Property Book Unit Supply Enhanced and the Standard Army Maintenance System went offline, removing the ability to order equipment. During this phase, the system’s engineers started to pull data from the last transactions so all equipment records will convert and migrate to the new GCSS-Army system, which is projected to go live Aug. 26. “We have to order as much as we can before the blackout because we won’t be able to order anything or update our records for about three weeks,” LeClair said before the blackout started. LeClair said the new system is the most significant logistics transformation effort in history because every unit from company-level up to division-level will have visibility of each other’s equipment tracking. “The conversion will be very beneficial because it will help us all to be on the same page as far as tracking equipment,” LeClair said.



Sgt. Takita Lawery | 1ST INF. DIV. SUST. BDE. Dennis Kleiner, Global Combat Support System-Army instructor, gives a class on the maintenance portion of the new system’s conversion Aug. 11 at the Special Troops Battalion, 1st Infantry Division Sustainment Brigade, headquarters on Fort Riley. The GCSS-Army conversion will improve Department of Defense logistics visibility, accountability and interoperability by replacing the current logistics system with a single web-based solution.

DoD

Safe Helpline

Sexual Assault Support for the DoD Community

safehelpline.org | 877-995-5247

PERMEABLE

Continued from page 1

observe how the lot functions and how it impacts water quality. The sensors in and under the parking lot send data to a weather station on the roof of the school. That station collects weather data and sends all the information to the school's wireless network.

Otto said the school was already collecting rain water for use in toilets and cooling towers prior to this project, but students and teachers did not know how much water was being collected.

"While it is usually hard to get excited about parking lots, this one is exciting because of all the benefits it is providing," Otto said. "The lot helps the parking needs of the school, is providing critical information to the EPA on how permeable parking lots function, is helping Fort Riley promote water conservation in support of Net Zero and will be a valuable learning opportunity for the students."

Otto said the parking lot is also being used as a live storm water laboratory to teach students about weather and water conservation. Specialists from the EPA and Fort Riley worked with Kansas State University, the

Kansas Association for Conservation and Environmental Education and USD 475 to provide a workshop where teachers learned how to meet new Kansas science teaching standards using data from the parking lot.

"The teachers worked with KACEE to develop lesson plans and curriculum that they can use," Otto said. "Those goals line up with common core standards teachers have to meet."

Leia Webb, STEM coach for Seitz and Morris Hill Elementary Schools, attended a USD 475 workshop where the lesson plans were developed. She already had experience with children and the parking lot.

"Before the school year was out last year, I did some lessons with the 5th grade because their standards are about the human ecosystem," Webb said. "They were pouring the water on the parking lot to see how it would absorb the water, learning what permeable meant, how it dried quickly and how that impacted the environment."

As a STEM coach, Webb teaches children and provides resources to teachers that connect children to information that



Maria Childs | POST

Justin Groves, hydrologic technician for the Environmental Protection Agency, pours groundwater into a bottle Aug. 9 before sending it to a lab for a variety of tests. The groundwater comes from a storage galley below the parking lot at Seitz Elementary School. Through routine testing they are establishing a baseline to determine what, if any, contaminants are present in run-off water from the parking lot.

meets the education standards. Although the data from the EPA is not available quite yet, Webb said the next step is for students to analyze it and turn it into a visual element such as graph or chart. She didn't think much about how the children would react.

"I didn't realize how powerful it would be to pour a

large amount of water on a parking lot, and then these kids ran with it," Webb said. "They were so excited, and they moved on to what they could do for the environment ... they ate it up in a way that I didn't expect. It was one of those moments to me that solidified that is what we need – it's not a picture or video, it's in their backyard."

AWARD

Continued from page 1

members select the winner through a point system for each step of the review and evaluation process.

The Fort Riley LRC deployed and redeployed more than 20,000 personnel and Soldiers from Dec. 1, 2014 to Nov. 30, 2015. In doing this, a great deal of work was required to transport the personnel and equipment to the National Training Center at Fort Irwin, California, the theater of operations and the Joint Readiness Training Center at Fort Polk, Louisiana.

"This involved planning, coordinating and scheduling of more than 1,000 commercial buses, 2,000 railcars, over 100 commercial aircraft and associated military aircraft, all of which played a major role

in the deployment process of personnel and equipment to and from JRTC, NTC training rotations and real-world deployments to the theater of operations," Bird said.

Bird said he was proud of the success of the staff of Fort Riley's LRC in being the first installation to win the Chief of Staff Army Logistics Excellence Award, along with the Deployment Excellence Award.

"To be part of the 1st Infantry Division's history and its proud traditions means a lot to me," Bird said. "The award presented to us by the Army's Chief of Transportation identifies the LRC-Riley Transportation division as the Best of the Best in deployment excellence Army wide. I am still taking it all in and I am still at a loss

for words as to the way our civilian workforce continues to perform effectively and efficiently during all phases of the deployment operations."

The award aside, he said the efforts and work of the Soldiers of Fort Riley and personnel of the LRC are what counts.

"Award or not, the bottom line for the LRC-Riley is the professionalism and dedication of my personnel to accomplish the mission," Bird said. "Couple that with the professionalism and dedication of the Soldiers on Fort Riley, it has been a team effort in winning not only the Deployment Excellence Award, but also winning the Best of the Best award, as well."



COURTESY PHOTO

The Logistics Readiness Center of Fort Riley, Transportation Division won the Chief of Staff Army Logistics Excellence Award for the continental United States. "The award presented to us by the Army's Chief of Transportation identifies the LRC-Riley Transportation division as the 'Best of the Best' in deployment excellence Army wide," said Scot Bird, LRC-Fort Riley installation transportation officer. I am still taking it all in and I am still at a loss for words as to the way our civilian workforce continues to perform effectively and efficiently during all phases of the deployment operations."





Dogs gather on the edge of the pool to rest from swimming and running about during the Pool Paw-ty Aug. 14 at Custer Hill Pool. Some dogs ran around and played with each other, while others dove into the water at every opportunity.

Paw-ty participants

Dogs beat the heat attending Pool Paw-ty on post

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

Dogs of all shapes and sizes dove, swam, ran, sniffed and fetched at the Pool Paw-ty Aug. 14 at Custer Hill Pool hosted by the staff of the Directorate of Family and Morale, Welfare and Recreation.

About 150 dogs attended the doggie pool party. Most dogs were accompanied by entire families, filling the pool with humans and dogs.

"It's nice to be able to bring your dogs somewhere and they can get wet and play," said Anne Staggenborg, wife of 1st Lt. Michael Staggenborg, 101st Brigade Support Battalion, 1st Armored Brigade Combat Team, 1st Infantry Division.

Staggenborg said she brought her husky puppy Ivan to the pool party to give him the chance

See POOL, page 12



Dogs swim back to the edge of the pool after racing to retrieve a tennis ball during the Pool Paw-ty Aug. 14 at Custer Hill Pool. The pool was closed for the day to regular swimmers for the free, annual dog pool party.



Faythe DeMaroney-Scaletta, a volunteer for the USO since 2011, has volunteered more than 10,000 hours with the Fort Riley USO. She is married to SPC Christopher Scaletta, of 1st Combined Arms Battalion, 18th Infantry Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division.

'Woman is nothing short of incredible'

Fort Riley volunteer pushes on in face of multiple sclerosis

Story and photo
by Chad Stewart
USO

Faythe DeMaroney-Scaletta always seems to be there.

On most weekdays – before USO Fort Riley opens and until after it closes in the evening – she is at the center making sure the building and its visitors are taken care of.

If she's not welcoming people at the front desk, she's organizing the storage room, talking to troops or scrubbing tables in the dining area. She's a fixture, donating nearly 11,000 hours of her time to the organization since 2011.

"While some of us are struggling just to wake up and get our coffee in the morning, Faythe has likely been at the USO for several hours," USO Fort Riley Program Manager Crystal Tinkey wrote in an email.

The USO has nearly 30,000 volunteers at centers around the world, but one would be hard-pressed to find one like DeMaroney-Scaletta, who puts in thousands of hours a year despite battling multiple sclerosis that confines her to a wheelchair most of her day.

Officially, Faythe DeMaroney-Scaletta has spent more than 10,700 hours volunteering at the USO. Unofficially, the number is much higher because she doesn't always keep track of the time she clocked.

"[DeMaroney-Scaletta] can be overwhelmed and exhausted and will still push on with a smile on her face to ensure she is helping to fulfill the USO's mission," Tinkey said.

A few months after turning 20, DeMaroney-Scaletta was diagnosed with MS. According to the National Multiple Sclerosis Society, it is a chronic disease of the central nervous system that disrupts the flow of information within the brain and between the brain and body. Symptoms vary widely among patients, but pain, fatigue, vertigo, weakness and numbness in the limbs are a few

See VOLUNTEER, page 12

Workshops help ease separation anxiety

Classes give families avenues to deal with issues of isolation

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

Three-year-old Lucas Scovil tells his mom he misses his father every day. His dad, Staff Sgt. Ridge Scovil, 1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, is training at the National Training Center at Fort Irwin, California.

Meanwhile, the Scovil family is counting down the days until he returns.

MORE INFORMATION

- For more information about **Hearts Apart** and other programs available, call Army Community Service at 785-239-9435.

To pass the time, Mary Scovil, Lucas' mom, and her two boys attended the Hearts Apart for Waiting Families and Fort Riley Arts and Crafts workshop Aug. 14 at the Colyer Forsyth Community Center for families geographically separated from their service member. Families decorated welcome-home banners, made buttons and created a deployment calendar.

"He's been looking forward to this event all week since we

found out about it," Mary said about her son's enjoyment of the event. "He's been telling me he misses his dad every day so instead of focusing on his dad being away, we focus on the next event."

Mary said among the feelings her family experiences while her husband is away is isolation, but the programs provided by staff of Army Community Service keeps her family going.

"This helps us not feel so alone," Mary said. "It's a

support network. It reminds us we're not the only one going through these things."

Sonya Brown, outreach program coordinator for ACS, said this event is designed to bring families together through crafts during separations. Hearts Apart for Waiting Families is a program of educational workshops, social activities and is a forum to meet other families who are also separated from their service member.

"The purpose of the program is to provide support to families who are separated from their loved one for 30 days or more due to mis-

See SEPARATION, page 12



Andrea Heimos, 3, daughter of Staff Sgt. Anthony Heimos, 1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, decorates a button that reads "Military Kids Rock!" at an arts and crafts event Aug. 13.



Members of Fort Riley's Youth of the Chapel look over and discuss a variety of firearms brought by three instructors from the National Rifle Association Aug. 6 during Camp Beyond at Living Water Ranch in Olsburg, Kansas. The NRA instructors taught the teens and tweens about firearms safety, including how to properly handle firearms, determine if a weapon is loaded and correctly shoot.

Teens build resiliency at summer camp

Building relationships, uniting community closer together key

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

Thirty-one children and teens from sixth to twelfth grade participated in the Youth of the Chapel-Club Beyond summer camp Aug. 5 to 8 at Living Water Ranch in Olsburg, Kansas.

Youth of the Chapel is a non-denominational Christian

"I'm just really excited to get to know all these guys a lot better ..."

TIMOTHY STONER | MILITARY CHILD

organization created by staff from Fort Riley's Religious Service Office.

For the duration of the camp, the teens and tweens were introduced to lessons in faith, team building, resiliency and friendships to help them build a support network they can lean on in times of need. The lessons used small group

discussions, problem-solving, classes and a team building challenge course to get the messages across.

"With all the deployments going on ... one of the things we want to do is just bring this community closer together, so we're building a lot of relationships here, front loading a lot of resiliency for these kids,

so when one or both of their parents are gone, they have a community they can fall on," said Chaplain (Capt.) Scott Britton, 1st Squadron, 6th Combat Aviation Battalion, 1st Combat Aviation Brigade, 1st Infantry Division.

For the second day of activities, the participants received a class on firearms safety taught by three instructors from the National Rifle Association. The instructors taught the differences in firearms, proper handling and safety precautions. Following the class, they

See CAMP, page 12

FORT RILEY POST-ITS

SWEEPSTAKES AT THE EXCHANGE

The Army and Air Force Exchange Service and Axe staff are sponsoring a Back to School Sweepstakes. Through Sept. 1, authorized shoppers can enter the sweepstakes for the chance to win one of 25 \$500 Exchange gift cards. This is a worldwide contest, but with 25 prizes available shoppers are encouraged to enter. Shoppers 18 years and older can login to shopmyexchange.com/sweepstakes to enter. No purchase is necessary, and entrants do not need to be present to win. The Axe Back to School Sweepstakes prize drawings will take place on or around Sept. 8.

CENTRAL ISSUE FACILITY CLOSED FOR INVENTORY

The Central Issue Facility remains closed for inventory. It will reopen for business 7:30 a.m. Aug. 22.

CUSTER HILL BOWLING CENTER TEEN NIGHT

The staff at Custer Hill Bowling Center will host a teen night Aug. 20, 6 to 9 p.m. Admission is \$10 and includes unlimited bowling, shoe rental and a small one-topping pizza. For more information, call 785-239-4366.

INSTALLATION CONSOLIDATED PROPERTY BOOK OFFICE TO REOPEN AUG. 22

Staff at the ICPBO office at building 409 continue to move and settle into building 7920, room E4. Normal operations will begin at the new location on Aug. 22. For more information contact Deborah Gray at 785-239-1909 or email at deborah.s.gray2.civ@mail.mil.

GARRISON GOLF DAY

The next garrison golf day is Aug. 25, 4 to 7 p.m. at Custer Hill Golf Course. The cost is \$20 and includes greens fee and cart rental. Driving range tokens are \$2. For more information call 785-784-6000.

SOLDIER FOR LIFE TRANSITION ASSISTANCE PROGRAM EVENTS

Sept. 19 to 30, 8 a.m. to 5 p.m. each day, 80-Hour Hazardous Waste Worker Training Program, 100 Continental Ave. Grandview Plaza. Sept. 21, 10 a.m.; to 3:30 p.m. Veteran Career & Resource Fair, Kansas City Convention Center, 301 W 13th Street. Kansas City, Missouri



USO NIGHT AT MOON LAKE AND NO DOUGH DINNER

Enjoy a no dough dinner at Moon Lake Aug. 26 starting at 6 p.m. Dinner is open to all active duty and family members only, all other activities are open to all. Activities include hiking, fishing, family activities, popcorn and a movie which will begin at approximately 8:45. For more information, call 785-239-5041.



USO NEWS

A Sip and Chat event for spouses is held every Wednesday at USO Fort Riley 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.

USO TRANSITION WORKSHOP

Staff with USO Transition Alliance 360 is hosting a transition workshop Aug. 31 to Sept. 1 at Army Community Service, Main Great Room, 7264 Normandy Drive. The two-day workshop is free for active-duty Soldiers, spouses, and caregivers. Dress is business casual. Breakfast and lunch are provided. Bring your laptop, NCOERs or OERs and resumes. For more information, contact USO Programs at 703-908-6456, transition@uso.org or visit www.cvent.com/d/qvq8wt.

FORT RILEY VARSITY BASKETBALL TRYOUTS EXTENDED

Additional varsity basketball tryouts for the 2016 to 2017 season are scheduled for 5:30 p.m. on Aug. 29 and 31 at King Field House. Walk-in tryouts are available any time during the season if roster positions are open. All Department of Defense identification card holders can try out for the team with the exception of anyone being paid to play or playing on a school team.

GLOW BINGO

Staff at the Directorate of Family and Morale, Welfare and Recreation will hold a glow-in-the-dark bingo Aug. 27 at Riley's Conference Center. Doors open at 6 p.m. and bingo starts at 7 p.m. The theme is the 70s. Costumes are encouraged. Admission is \$15 which includes a bingo package and glow novelties. The games are open to Department of Defense Identification card holders ages 14 and up. For more information, call 785-784-1000.

FORT RILEY PROTESTANT WOMEN OF THE CHAPEL

The PWOC will hold its first fall meetings at Victory Chapel Aug. 23 from 9 to 11:30 a.m. and Aug. 24, from 6:30 to 8 p.m. Their will be food, fellowship and childcare will be provided for both sessions. Homeschool room will be available for the morning session.



CUSTER HILL BOWLING CENTER SUMMER SPECIALS

Through Aug. 31 you can beat the heat and cool off with lunchtime 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.

TRANSPORTATION MOTOR POOL LICENSING CHANGES DAYS OF OPERATION

The Transportation Motor Pool, building 375, has changed the driver licensing days to Monday through Friday. The times remained the same at 7:30 a.m. to 11:30 a.m.

COUPLES COCKTAILS AND CANVASES

Staff of the Directorate of Family and Morale, Welfare and Recreation will host a Cocktails and Canvases class for couples Aug. 26 at Riley's Conference Center. Doors open at 6 p.m. and painting starts at 7 p.m. Seating is limited — advance ticket purchase is recommended and can be purchased at riley.armymwr.com. For more information call 785-784-1000.

WARRIOR ZONE ANNIVERSARY PARTY

Celebrate the Warrior Zone's fifth anniversary Aug. 27, 2 p.m. with a day of tournaments and prizes. Space is limited; advance registration is recommended. Open to ages 18+. Admission is free. For more information call 785-240-6618.

LIBRARY MOVIE NIGHT

Join the Fort Riley library staff for a free movie night for the entire family. On Aug. 27, see "Zootopia." On Sept. 17, check out "Robots." Both events begin at 6:30 p.m. at the Fort Riley Post Library, 5306 Hood Drive. For more information, call 785-239-5305

COMMUNITY CORNER

Bystander Awareness Month means never leaving teammates in danger

By Col. John D. Lawrence
FORT RILEY GARRISON COMMANDER

August is Bystander Awareness Month. When many of us think bystander awareness, we visualize keeping our friends and teammates safe from either receiving or making unwanted sexual advances. However, it means so much more. Bystander Awareness Month is truly about never leaving your friends and teammates in a situation where harm could

come to them or someone else. Whether that is a situation which may end in sexual assault or harassment or other situations such as drinking and driving or refusing to wear protective gear when riding a motorcycle. It is our responsibility to intervene. Off duty is not the only time



Colonel Lawrence

TAKE ACTION

- Intervening can be as simple as saying something or creating a distraction.

when bystander awareness comes into play. It may be something to do with our job such as rushing to get a job done, cutting corners to make a deadline or allowing anger to interfere with professional communication. Think about the Soldier, the civilian working next to

you or the employee working at the numerous establishments on post – will you do the right thing when they need help? How about when they are about to make a poor decision because they might not have thought it through or the atmosphere overwhelmed good sense ... will you step in?

Intervening can be as simple as saying something or creating a distraction. We all have moments where we may potentially make a poor decision, so it might even be you that someone has to say something too. If that happens, you need to pause, evaluate and say something too. That something should be "thank you" because someone cared enough about you to stop you from doing something less than smart. We are all bystanders, and with that we have the

ability to prevent situations that could otherwise end very badly. If we each look out for the person on our left and right then we will make a difference to our friends, fellow Soldiers, Army employees and families.

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

SUMMER SAFETY

TIPS FOR STAYING COOL

- Be aware of the heat. Pay attention to it and modify your activities appropriately.
- Pay attention to your hydration status and be sure to drink plenty of fluids.
- Try to stay in relatively cool areas, even when outside. Many public places, such as libraries, shopping malls and movie theatres, are air conditioned.
- Avoid hot, enclosed places, such as cars. Never leave children or pets unattended in a car parked in the sun.
- Use a fan, if available.
- Stay on the lowest floor of your building.
- Eat well-balanced, light and regular meals.
- Wear loose-fitting, lightweight and light-colored clothing.
- Cover windows that receive a significant amount of sun with drapes or shades to help keep your house cool.
- Weather stripping and proper insulation will keep cool air inside your home.
- Cool beverages are good for cooling down the body, while alcoholic drinks can impair the body's ability to regulate its temperature.

SIGNS OF HEAT OVEREXPOSURE

- Heavy sweating — though if heat stroke sets in, the body no longer can compensate and stops sweating
- Pale skin
- Muscle cramps
- Feeling tired and weak
- Altered mental status (confusion or disorientation)
- Headache
- Becoming semi-conscious or passing out
- Nausea or vomiting

For more informatoin, contact the Garrison Safety Office at 785 239.2514.
To learn about safety across the installation, visit www.riley.army.mil/Units/GarrisonCommand/Safety/





Ashley Scott, wife of Capt. Russell Scott, who is stationed in Honduras, and her children, Cooper and Anna, receives ice cream and apple pie at the ice cream social and membership drive hosted by members of the Historical and Archeological Society of Fort Riley Aug. 14 at the Custer House.

Historical Society members conduct membership drive

Group’s annual event includes ice cream social for attendees

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

The scent of homemade apple pie, made according to the recipe created by Libby Custer, spouse of Lt. Col. George Armstrong Custer, lingered throughout the Custer House Aug. 14 as members of the Historical and Archeological Society of Fort Riley hosted their annual ice cream social and membership drive.

Tara Lemay, HASFR president and Fort Riley spouse, said the membership drive is an opportunity for current members to meet new members and share the mission of the organization, which is to preserve Fort Riley’s history.

“We live on a beautiful post with a rich history,” Lemay said. “The purpose of HASFR is to build, promote and preserve Fort Riley. The events we do all aim to promoting the great history.”

The organization was created to preserve, protect and maintain the history of Fort Riley. Historic-focused events increase public awareness of Fort Riley’s place in history and generates funds to support the local community.

Events held by HASFR members include quarterly historical chats, the Tour of Homes and Ghost Tours.

Community members can join HASFR with a lifetime membership. The cost of a life-



Stacey McPeake, wife of Lt. Col. Aaron McPeake, commander of 601st Aviation Support Battalion, 1st Combat Aviation Brigade, 1st Infantry Division, serves Libby Custer’s apple pie at the ice cream social and membership drive Aug. 14.

time membership is \$25. Lifetime members receive discounts on Custer House rentals and learn more about Fort Riley through their work with the organization.

Stacey McPeake, wife of Lt. Col. Aaron McPeake, commander of 601st Aviation Support Battalion, 1st Combat Aviation Brigade, 1st Infantry Division, is starting her second year volunteering for HASFR. She is a co-research historian for the organization.

“If somebody has a question maybe about a relative that had been stationed here years ago, I’ll try to find information about that,” McPeake said. “It’s

LIFETIME MEMBERS

• Community members can join **HASFR** with a lifetime membership. The cost of a lifetime membership is \$25. Lifetime members receive discounts on Custer House rentals and learn more about Fort Riley through their work with the organization.

sort of random. I love history, so it’s a good job.”

McPeake lives in one of the historic homes on post and enjoys learning about the history of Fort Riley and sharing it with others, which led to her joining the organization as a lifetime member.

“I love how beautiful Fort Riley is and all the architecture,” McPeake said. “I feel like it’s such a treat and honor to get to live here.”

Pre-orders for the HASFR apple pies can be placed through Sept. 1. Pies pre-ordered are \$11, but will be \$13 during the annual Fort Riley Fall Apple Day Festival Sept. 10 at Artillery Parade Field.

Apple pie pick up will be from 11 a.m. to 1 p.m. and from 4 to 6 p.m. Sept. 9 at the Culinary Lab, 251 Cameron St. Pick up also will be available from 9 a.m. to 2 p.m. Sept. 10 at FADF. Pies not picked up Sept. 10 by 2 p.m. at the FADF will be resold.

For more information, visit www.fortrileyhistorical-society.org/.

TUESDAY TRIVIA CONTEST



The question for the week of Aug. 19 was: “Garrison commander Col. John Lawrence writes about the back-to-school season and numerous agencies to help with the feeling of being overwhelmed with school, deployment preparation and daily stressors. Where do you find this commentary?”

Answer: www.riley.army.mil/News/Article-Display/Article/914000/community-corner-with-new-school-year-upon-us-dont-let-stress-of-change-dictate/

Kimberley Sutphin is the spouse of Corporal Trevor Sutphin, 1st Combined Arms Battalion, 63rd Armor Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division.

Pictured above is Kimberley and Trevor, son Aiden, and daughter Brooklyn.

CONGRATULATIONS, KIMBERLEY!

Home wanted

Bella is house-trained, in need of experienced adopter, up to date with shots and good with kids.
Bella is about 3 years old and came to us as a stray. She needs a little bit of time to warm up to new people, but once she does, she is the biggest cuddle bug.
Bella listens great to her name and loves to be with her person.
Bella would do best in a household with older children or an elderly couple.
Bella’s Adoption Fee is \$82, which includes: Microchip, distemper and rabies vaccines, heartworm test and de-worming.



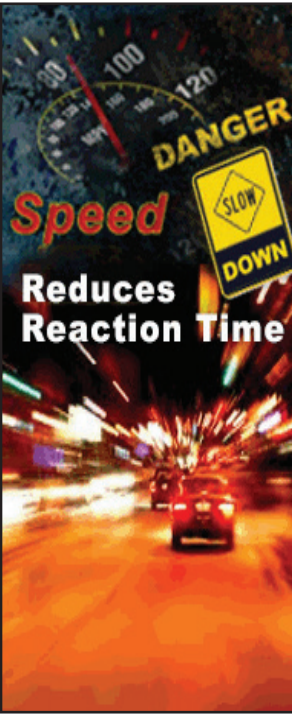
If interested, call 785-239-6183. If no one answers leave a message. You can also contact us via email at nicole.p.storm@us.army.mil.

Other shelter animals can be seen on www.facebook.com/fortrileypets. All stray animals on Fort Riley are picked up by the Military Police and brought to the Fort Riley Stray facility. The animals are held for three business days to allow owners to claim their pets. After this time, animals may be adopted or euthanized. Animals are usually only euthanized in the cases of severe aggression or life-threatening illness. Animals must be registered, microchipped and up to date on vaccines before being released to owners.

Fort Riley Stray Facility, Building 226 Custer Ave., Main Post
10 a.m. to noon and 1 p.m. to 4 p.m.
Monday through Friday
785-239-6183 or 785-239-3886



Cell phone use while driving is prohibited on post. Phone calls may be made only with a hands-free device. Texting is included in the ban. Failure to adhere to policy will result in a \$75 fine.



Fort Riley Religious Information



Welcome to Fort Riley!
Home of the Big Red One!

Chapel Facilities

Chaplain Office Locations and Phone Numbers

Area Code 785

INSTALLATION CHAPLAINS OFFICE

2560 Trooper Drive 239-3359

1ST INFANTRY DIVISION CHAPLAIN

580 Division Road 240-6268

HOSPITAL CHAPLAIN

600 Huebner Road, Irwin Army Medical Hospital 239-7871

MARRIAGE AND FAMILY COUNSELING

7865 Normandy Drive 239-3436

DIRECTORS OF RELIGIOUS EDUCATION

2560 Trooper Drive 240-1443/239-0875

CHAPEL YOUTH PROGRAM

240-4499

Directors of Religious Education (DRE)

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

Victory Chapel

2560 Trooper Drive 239-0834

Historic- Main Post Chapel

6 Barry Avenue 239-6597

Historic- Saint Mary's Chapel

3 Barry Avenue 239-6597

Morris Hill Chapel

5315 Euwell Street 239-2799

Kapaun Chapel

7086 Normandy Drive 239-4818

Normandy Chapel

7865 Normandy Drive 239-3436

Hospital Chapel

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

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

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

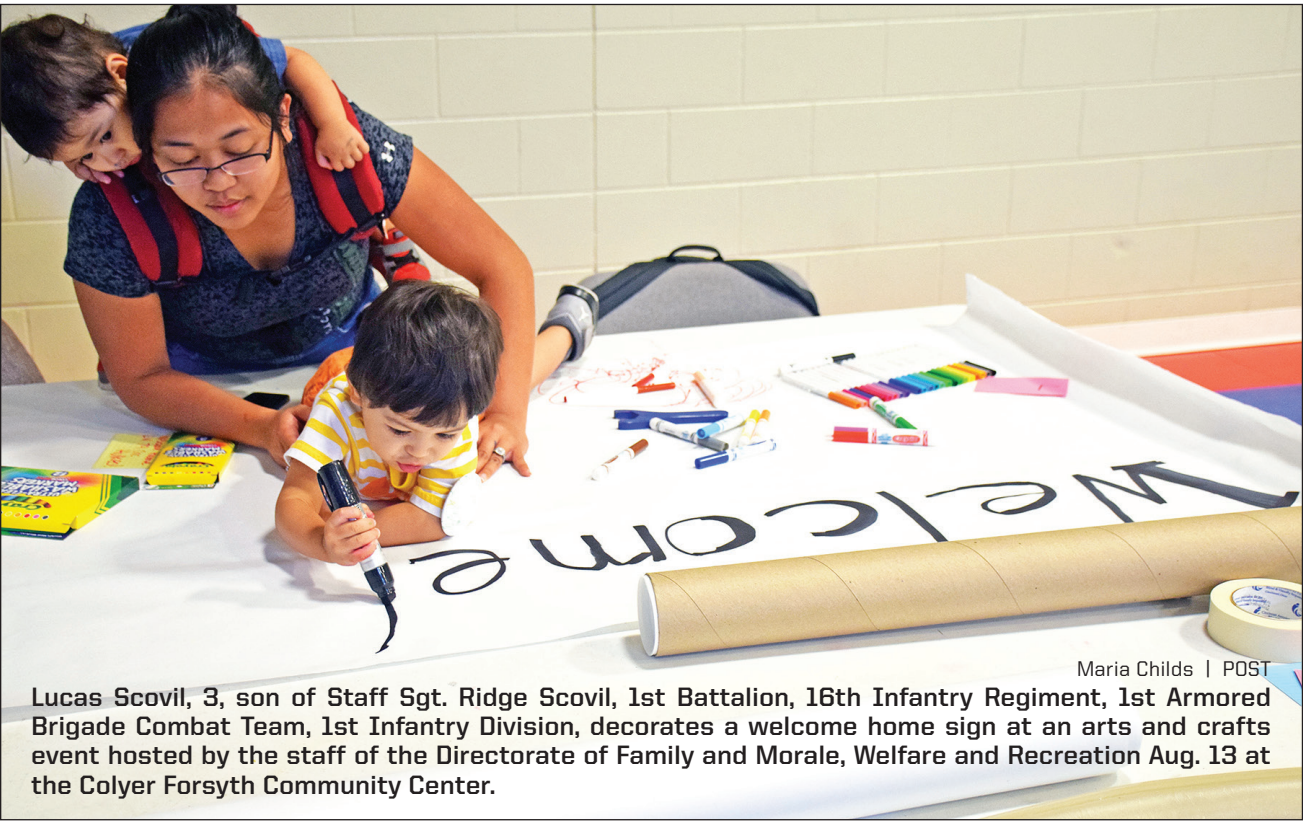
Our Chapel Women's Auxiliaries include: Protestant Women of the Chapel (PWOC) & Catholic Women of the Chapel (CWOC).

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

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

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

CH Timothy Walls
GARRISON CHAPLAIN
FORT RILEY, KS



Maria Childs | POST

Lucas Scovil, 3, son of Staff Sgt. Ridge Scovil, 1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, decorates a welcome home sign at an arts and crafts event hosted by the staff of the Directorate of Family and Morale, Welfare and Recreation Aug. 13 at the Colyer Forsyth Community Center.

SEPARATION Continued from page 9

sion requirement,” Brown said. “One of the primary issues we try to eliminate is isolation while the Soldiers are away so the programs are to encourage families to participate and socialize with other families.” Members of the organization meet quarterly for events.

Tracy Heimos, wife of Staff Sgt. Anthony Heimos, 1st Bn., 16th Inf. Regt., 1st ABCT, 1st Inf. Div., said the event caught her attention because her two children love doing craft projects. “With their daddy away, they needed things to do

and they absolutely love doing crafts so it was perfect for them,” Heimos said. Heimos said this event gave herself and her children the chance to connect with other families going through a similar situation as well as bond as a family.

“It gives them things to do to help them to be part of this organization so that’s important to me,” Heimos said. For more information about Hearts Apart and other programs available, call ACS at 785-239-9435.

POOL Continued from page 9

to socialize with other dogs and let him have some playtime. She has two other grown huskies at home, but left them there so Ivan could play on his own. The free dog pool party is an annual event held toward the end of summer. The pool is closed for the day so the dogs have free range of the facility, making use of the pool, children’s pool and splash pad, said Judy Gardner, assistant program manager for aquatics. The only requirement to attend is that all dogs must be up to date on their vaccinations. “I think the dogs love it. I think they enjoy interacting

with each other. Some of them enjoy swimming,” Gardner said. “It’s just fun for people to share their love of dogs with other dog owners,” . Gardner has been working at the Custer Hill Pool for six years and said she enjoys hosting the dog pool party each year. “It’s always fun to see the different variety of breeds of dogs from the smallest to the very biggest,” Gardner said. “I get to see a lot of breeds of dogs I’ve never seen before and that’s very interesting.” Dogs greeted and darted around the pool with one another. Some dove into the pool without hesitation, while

others danced along the edge and barked at the humans and dogs in the pool. To treat the dogs already in the water and encourage others to get in, owners threw tennis balls into the pool and watched as the dogs raced to be the first to fetch the ball. Capt. Aaron Crane, Division Headquarters and Headquarters Battalion, 1st Infantry Division, played fetch with his dog Bella. He said the party was a great way to keep her distracted for the day. “It’s just a fun place to go and associate with other dogs,” Crane said. “I’m glad they let us bring the dogs and use the pool.”

Unlike Bella, who was content to dive into the water and chase after her ball, Penelope, who attended the party with owner Ella Bray, wife of Sgt. Joshua Bray, 1st Armored Brigade Combat Team, 1st Infantry Division, was more interested in meeting every other dog at the party. Bray said that even though Penelope was not interested in the water, the party was still a great idea and gave her and her family a way to spend the afternoon outside. “I absolutely love it, I think that it’s great that they do all this stuff out here for us,” Bray said. “It gets us out of the house.”

CAMP Continued from page 9

shot a bow, fired a light firearm and 20-gauge shotgun under the supervision of the NRA instructors. Timothy Stoner, son of Chaplain (Maj.) David Stoner, Religious Service Office at Normandy Chapel, came to the camp with friends and said he enjoyed the lessons and liked having the chance to learn about and shoot the firearms. He added he was especially looking forward to creating a stronger relationship with God and his peers at the camp. “I’m just really excited to get to know all these guys a lot better, I don’t really know a lot of them

because they don’t come to youth (group) as much,” Stoner said. The camp emphasized the importance of creating a community and understanding relationships the children and teens could rely on at Fort Riley and future duty stations by sharing the common background of attending Camp Beyond and being a part of Youth of the Chapel. “It’s all about building relationships,” Britton said. “Relationships are not something that you do by saying that you’re in one, you actually have to get to know either God or each other in order to build a relationship where maybe the other person

in this relationship becomes even more important than yourself.” John Malmquist, community director of Youth of the Chapel-Club Beyond, said a large portion of what he, the volunteers and chaplains do at Youth of the Chapel-Club Beyond is act as a guiding voice and support system for the teens when they have questions or uncertainties. “For military kids, it’s (life) so different (than for) any other kid because they don’t have the same community, so we just come along side to help them get through their life as teens, growing up,” Malmquist said. “Why

should I do well in school? Well, it matters. We come along side and we’re that voice (who answers that question).” For everyone involved in Club Beyond, the aim is to help military teens celebrate life, develop a closer relationship with God and build a community that can transition with them between new schools and installations, Malmquist said. Club Beyond has worked with military teens for 36 years. The program is a part of Military Community Youth Ministries and can be found across the world, including the U.S., Asia and Europe.

VOLUNTEER Continued from page 9

of the disease’s most common signs. DeMaroney-Scaletta, now 35, could have felt like a victim, but in talking to her, it’s clear she doesn’t see herself as a casualty of any disease. “I [volunteer] instead of sitting at home, moping about my disability,” she said. “I try to give back. It actually opens a lot of people’s eyes who don’t know about MS.” When USO Fort Riley visitors ask why she uses a wheelchair, DeMaroney-Scaletta isn’t afraid to share her story. Many assume she’s a wounded service member, but when she tells them about MS and shows them what someone living with a chronic disease is capable of, they’re usually impressed. Children, often shushed by their parents for fear of being rude, ask questions, too. She tells youngsters she can’t feel her legs below her knees and she uses her chair “to get places and help people when they come in to the USO.” She understands their curiosity because she’s a mom. “I’ve had two beautiful children, and they’re healthy and marvelous and I couldn’t ask for anything better,” she said, adding that her kids live with her ex-husband in Indiana and are well cared for.

She said she was in a “bad place” before she started volunteering years ago and recalled an incident while she was having lunch with a former boyfriend at the Post Exchange. In the men’s room, her friend overheard two young Soldiers making disparaging remarks about her and other disabled people. “The girl in the wheelchair should never be allowed on post or be able to eat in the same facilities as others,” was the quote that was reported back to her. The friend was quick to defend her with some “choice words” as she put it, but that didn’t eliminate the sting of those insults. “That kind of gets you down,” said DeMaroney-Scaletta, who started using a wheelchair in October 2007. “When you go out and people stare and treat you differently, it’s hard.” Joining forces with the USO helped her put some of those feelings behind her. “When I started [volunteering] and just getting more open and then telling people about things, it helped me get out of that bad spot, and I’ve helped others.” “I think the toughness Fayette shows in battling MS more than inspires and motivates those around her,” Tinkey said. “It simply blows them away.”

DeMaroney-Scaletta has been recognized and honored for her work with the USO, but the self-described Army brat is not interested in statistics or accolades – she’s more concerned about the service members and military families she supports every day. “I’m not in it for the awards or recognition – which I don’t like,” she said. “I do the time just to help. It’s all I do. It’s all I know.” If she had it her way, she’d be an anonymous USO volunteer, giving back to the military community she was born into. “Because of our own experiences as both a military child and now a spouse, she has experienced firsthand what the families of our service members are going through,” Tinkey wrote. “[Her background] allows her to connect with those we serve on a deep and personal level.” Her lifelong connection to the military continued when she met Spc. Christopher Scaletta, of 1st Combined Arms Battalion, 18th Infantry Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division. He wandered into USO Fort Riley in 2011 and two years later, they were married. She said her husband, who was recently promoted to sergeant, is also a USO volunteer. It’s a good way to support his fellow Soldiers and spend time with his wife at the same time.

“He gets frustrated that I spend so much time here – he wishes I would take some time off – but he knows how dedicated I am,” she said. DeMaroney-Scaletta’s not afraid to test her physical limits and that sometimes gets her in trouble with friends, family and doctors. “I need help reaching things up high,” she said. “They won’t let me climb ladders or use my chair as one.” While MS has taken away some of her physical strength, her desire to support men and women in uniform remains resolute. “I can’t do as much as I used to, but I always find someone to help me. I don’t ask anybody to do anything I can’t do.” Tinkey said the daily routines that come easy for most of us are challenging for DeMaroney-Scaletta, but she always finds the strength to get up and go to the USO. “If Fayette can do it, and do it with what appears to be ease when it is anything but easy, others see that and realize, ‘Wow, I can do that, too.’” Tinkey wrote that DeMaroney-Scaletta pushes herself far beyond her limits because she is so passionate about giving back to our service members and military families. “This woman is nothing short of incredible,” Tinkey said.

Sesame Street website aids military families

Encourages members to rely on routines, self-expression

BY NATIONAL CENTER FOR TELEHEALTH & TECHNOLOGY PUBLIC AFFAIRS

The Defense Department’s National Center for Telehealth & Technology, T2 and Sesame Workshop debuted new content on the Sesame Street for Military Families website, www.sesamestreetformilitaryfamilies.org/. With the help of Sesame Street Muppets Elmo and Rosita, the website provides strategies for military families to help children express emotions. Parents learn tips for setting up comforting routines and preschool children find fun coping tactics with the characters they love. Military families face constant challenges such as deployments, moves to new homes and adjustments after homecomings. The new Self-Expression and Routines topics focus on everyday things families can do to create a caring, safe environment where children can learn and practice their resilience skills.

even when everything is in transition.” The Self-Expression section includes videos of favorite Sesame friends showing their emotions through singing, moving, talking, laughing and hugging to demonstrate ways young children can manage feelings that come up in their day-to-day lives. Feeling Faces, an interactive activity, teaches young children how to recognize facial expressions and learn to name emotions. Parents can explore the Routines section for tools to help alleviate the anxiety and stress children experience during changes in their lives like moving or transitioning to civilian life. Resources include Muppet videos, downloadable handouts and parenting information. Children benefit when parents learn the importance of establishing fun daily routines such as reading a bedtime story, sharing a family meal and saying a morning goodbye. “Military families have taught us how to manage difficult situations with strength, and we know that military life is more than its challenges,” said Dr. Jeanette Betancourt, SVP of U.S. Social Impact at Sesame Workshop. “We are honored to continue supporting our nation’s military families and hope that these resources will guide families in their learning moments and build resilience among our youngest fans.” The website design allows military parents with young children to bring their furry friends along wherever they go — including on smartphones and tablets. A free shortcut app to the Sesame Street for Military Families website is available for Android and iOS devices for download from the iTunes Store, Google Play and Amazon for Kindle Fire.

Dr. Cindy Alexander, a T2 psychologist, expressed excitement about the new resources for military families. “The new Self-Expression content provides a fun, interactive way for parents to help children develop an emotional vocabulary and learn to express and manage their feelings in positive ways,” Alexander said. “Also, because we know that young children thrive when their environment is structured and predictable, the new Routines section will help parents find ways to maintain at least a measure of consistency —

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, AUG. 19

- The Secret Life of Pets (PG) 7 P.M.

SATURDAY, AUG. 20

- The Secret Life of Pets (PG) 2 P.M.
- Ghostbusters (PG-13) 7 P.M.

SUNDAY, AUG. 21

- Mike and Dave Need Wedding Dates (R) 5 P.M.

For movie titles and showtimes, call

785-239-9574

Sports & Recreation



1ST INFANTRY DIVISION ARTILLERY TRIATHLETE COMPETES IN HONOR OF FALLEN WARRIOR

COURTESY PHOTOS

Staff Sgt. Christopher Sullivan, 1st Infantry Division Artillery, participated Aug. 6 in the Matt Mason Memorial Cowboy Up Triathlon in Smithville, Missouri. The event honors Matt Mason, a fallen Navy SEAL who lost his life in Afghanistan, and supports and celebrates the lives of those who made the ultimate sacrifice for their country. Sullivan placed 23rd among 346 contestants and third in his age group. The triathlon consisted of a 500-yard swim, 12-mile bicycle ride and a three-mile run. The triathlon was designed to test participants' mental fortitude and physical competency. American flags and pictures of fallen heroes were positioned along the road to remind contestants they had far more to give. All proceeds were given to charities in Mason's honor, according to information from triathlon officials.



ABOVE: Spc. Davontae Robinson, 82nd Engineer Battalion, 2nd Armored Brigade Combat Team, 1st Infantry Division, heads to the basket during tryouts for the Fort Riley basketball team Aug. 4 at King Field House. **RIGHT:** Pfc. Dontarrius Pugh, 601st Aviation Support Battalion, 1st Combat Aviation Brigade, 1st Inf. Div., goes up for a lay-up Aug. 4. The coaching staff will host more try-outs at 5:30 p.m. Aug. 29 and 30 at King Field House.

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

Basketball season is right around the corner and Soldiers from the 1st Infantry Division and Fort Riley are beginning to form a team to play in the Central U.S. Military Basketball League against other installations and service teams. Coaching staff is holding two days of tryouts at 5:30 p.m. Aug. 29 and Aug. 31 at King Field House.

Sgt. Maj. Darryl Dunbar, Division Headquarters and Headquarters Battalion, 1st In-

Tryouts underway for Fort Riley basketball team's upcoming season



fantry Division, said he is looking forward to improving defense and overall strategy as a team when the season begins Oct. 1.

"As far as offense goes, we have skilled players," Dunbar said. "We're looking forward to trying to get more big players for the center. We want to build a bigger inside game."

This year, the team has about four to six players returning from last year.. Being on the team does not come without a price.

Race into better health with cycling, Spinning classes



Participants pedal as hard as they can during a cycling class Aug. 2 at Whitside Fitness Center. Whitside offers both cycling and Spinning classes for those looking for a cardio alternative to running.

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

Experience the feeling of riding up mountains, across hills and racing against other cyclists in the comfort of an air-conditioned building with cycling and Spinning classes at Whitside Fitness Center.

Cycling and Spinning classes both use exercise bikes and varied intensity in the workouts get participants their cardio exercise. However, a few subtle differences exist.

"Spinning is brand name, you have to go through certification to get that," said Nicole Harden, fitness instructor at Whitside Fitness Center. "It's like cycling, only it's more terrain and you keep your heart rate up more. When I teach it, I have less stops (than cycling)."

In cycling, the objective is the wear the body out by doing multiple standing climbs and races, Harden said.

Participants adjust the seat level, pedal placement and handlebars of exercise bikes to customize it to their body and comfort. An instructor leads the class with routines and mock scenarios paired with music to help participants get excited for the "routes" they are riding on.

"It's a great lower-body workout," Harden, said. "It's great for burning calories."

Harden said she has seen participants attend her classes for many different reasons. Some are interested in training for marathons, some are trying to lose weight, others want a place to exercise

where the climate is controlled and several others find cycling to be better on their knees than higher-impact sports.

"We have people who train for marathons and half marathons and they use it to cross train," Harden said. "They've seen improvements there."

During the winter, 1st Lt. Michael Salanga, Medical Department Activity, began cycling classes because it was too cold to run and he took classes at his previous duty station and in college.

"It's an alternative cardio (to running) ... It's low impact, helps out your knees," Salanga said.

Cycling is suitable for all levels of fitness as the intensity of the workouts and the amount of resistance generated by the bike can be adjusted by the user, Harden said. For some, the class is more about pushing themselves mentally to press through the class physically.

"Cycling is more like mental endurance for me ... This class is more challenging (compared to other workout classes)," said Monica Haskins, wife of Spc. Johnny Haskins, 1st Infantry Division Sustainment Brigade.

For more information about cycling and Spinning classes at Whitside Fitness Center, call 785-239-2573.

All Department of Defense identification holders are able to use Whitside Fitness Center. Class passes may be purchased at Whitside Fitness Center or online through Webtrac at riley.armymwr.com/us/riley. A single class is \$3, ten for \$25 and a 30-day unlimited pass is \$40.

K-State women’s basketball coach appoints final member of staff

K-STATE ATHLETIC COMMUNICATIONS

Kansas State women’s basketball head coach Jeff Mittie has hired former NBA guard Chris Carr as Director of Student-Athlete Development for the program. The addition completes Mittie’s coaching staff for the 2016-17 season.

“I am thrilled to welcome Chris and his family to our staff and the K-State family,” stated Mittie about his newest hire. “After a successful NBA and professional career Chris has been a business owner and coach in the Minneapolis, Minnesota area. His vast basketball knowledge and extensive professional experience will help in his role as Director of Student-Athlete Development. He will greatly enhance the student-athlete experience for current and future Wildcats.”

Carr, a six-year NBA veteran and former high school coach, played for six organizations - Phoenix, Minnesota, New Jersey, Golden State, Chicago and Boston — during his career. He played with well-known players such as Charles Barkley, Kevin Garnett and Paul Pierce during his time in the league and in 1997 he was a part of the NBA All-Star Saturday Night festivities in Cleveland, Ohio, as he competed in the Slam Dunk Contest and finished as a runner-up to champion Kobe Bryant.

Prior to being a second round pick by Phoenix in the 1995 NBA Draft, Carr was a three-year letter winner at Southern Illinois, where he was a teammate for one season with current K-State men’s basketball associate head coach Chris Lowery. Carr, who is a member of the Saluki Hall of Fame, concluded his

career with Southern Illinois with career totals of 1,251 points and 539 rebounds.

During the 1994-95 season, Carr was the Missouri Valley Conference scoring champion with an average of 22.0 points per game on his way to earning First Team All-MVC honors. He was a two-time MVC All-Tournament Team selection, including the 1995 MVC Tournament MVP and was a four-time MVC Player of the Week.

“I am blessed to have such an amazing opportunity,” said Carr about his role with K-State women’s basketball. “To have an opportunity to work for someone that you have a ton of respect for both as a coach as well as a person speaks volumes of the direction that the



program is headed in. It is going to be a great year. My family and I are excited to be a part of the K-State family.”

In 2003, following his NBA career, Carr founded 43 Hoops in Hopkins, Minnesota, to provide personal

training and skill development for young players and oversaw 20 boys and girls AAU Teams and coached both Elite Boys and Elite Girls AAU teams. Carr also jumped into the high school coaching ranks in 2010 and helmed the varsity girls program at Eden Prairie, Minnesota, High School from 2010-15 where he guided the program to an overall record of 106-34 which included a State 4A Runner-Up finish in 2011 and a State 4A Third Place finish in 2014.

Carr joins a Kansas State program that tallied a 19-13 overall record in 2015-16 and

the program’s first appearance in the NCAA Tournament and first win in the tournament since 2012.

The Wildcats registered an 8-10 mark in the Big 12, which marked the most wins in league play since the 2011-12 season. After being slated for a seventh-place finish by the Big 12 Conference coaches in the preseason poll, K-State carded a sixth place finish in the conference standings. This was the second straight season under Mittie that K-State has improved its league win total from one season to the next.

For the 2016-17 season, K-State returns nine letter winners from the 2015-16 squad. The Wildcats will be led into the 2016-17 season by 2016 All-Big 12 First Team selection and two-time Big 12 All-Defensive Team honoree Breanna Lewis and 2016 All-Big 12 Second Team selection Kindred Wesemann.

**1ST ID BAND
& VOCAL
AUDITION**

ARE YOU THE NEXT BIG RED ONE VOCALIST?

SEPTEMBER 23 & 24 2016

Call (785)-239-4660 or email lawrence.w.evans6.mil@mail.mil to schedule your audition

HOOPS

Continued from page 13

“We practice three times a week,” Dunbar said. “We usually practice for about two hours.”

Spc. Dung Danh, Headquarters and Headquarters Company, 3rd Assault Helicopter Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division, is one player who returned for try-outs this year. He said he enjoyed the atmosphere of being on the team and representing his duty station while doing so.

“There’s a sense of pride playing for Fort Riley,” he said.

This year, the team lost previous players because of permanent change of stations and deployments. Danh said sometimes it’s hard, but players just have to keep practicing with the end goal in mind.

“Overall, it was a great experience,” Danh said. “This year, I hope we go all the way. We came a little short last year, but I think if everyone stays committed we will do pretty good.”

Dunbar said he encourages any Soldier stationed at Fort Riley who is interested in being on the team to give it a try. Playing on the team can also lead to advanced opportunities, including being on the All-Army basketball team.

“I want to give every Soldier an opportunity to play on this team,” Dunbar said. “This is a great opportunity for them to come out here and get experience.”

For more information, email frksbb@gmail.com or visit the team’s Facebook page at <https://www.facebook.com/FortRileyPostBasketballTeam/>.

HOUSE FILL AD

CYSS SPORTS NEEDS YOU!

Football Coaches

Basketball Coaches

Cheerleading Coach

**For more information Contact
Michelle Durgin, CYSS
785-239-4920**

Sexual Assault Awareness & Prevention Month
April • 2016

**KNOW your part
DO your part**

What can you do?

- Intervene
- Distract
- Take Action
- Support
- Enlist Others to Help

Where can you turn?

- Fort Riley 24/7 hotline: 785-307-9338.
- SHARP representative: 785-239-2277 or 785-239-3379
- DoD SAFE hotline: 1-877-995-5247 • safehelpline.org



Travel & Fun in Kansas

★ AUGUST 19, 2016

HOME OF THE BIG RED ONE

PAGE 16 ★

HUTCHINSON



Maria Childs | POST

Ye Old Mill is a boat ride that has been in continuous operation at the Kansas State Fair in Hutchinson, Kansas, since 1915. The water ride takes passengers through an enclosed tunnel traveling through the mill.

Story by Maria Childs
1ST INF. DIV. POST

Come share Hutchinson, Kansas’s space on a day trip or a weekend getaway.

Nicknamed “Hutch,” the city has many attractions that will keep families and small groups busy for hours.

Two of the main attractions in Hutch include the Cosmosphere and Space Center and the Strataca: Kansas Underground Salt Museum.

The Cosmosphere is a space museum that includes a planetarium, a three-level exhibit gallery and classrooms for school programs. Movies are offered at the Imax Dome Theater in the facility.

Strataca was once part of the Carey Salt mines. Areas explored on the tour haven’t been actively mined since the 1940s and are full of forgotten treasures.

Both museums are part of the National Endowment for the Arts Blue Star Museums program. Blue Star Museums offer free admission to active-duty military and their families including National Guard and Reserve from Memorial Day, May 30, through Labor Day, Sept. 5.

Visitors can be surrounded by the great outdoors at the Dillon Nature Center on the north end of town. More than 300 species of woody plants, hundreds of varieties of birds and other wildlife can be found along about 3 miles of walking trails.

A spring-fed pond is available for fishing.

The Visitor Center features interactive exhibits and a gift shop. The newest renovation is The Nature Center, which features a children’s play-scape area completed in 2012.

The Hutchinson Zoo has about 160 animal, and takes about 45 minutes to walk through. It is open daily from 10 a.m. to 4:45 p.m. The Prairie Thunder Railroad ride operates on weekends and when school is not in session.

For more information or to plan a trip to Hutchinson, visit www.hutchgov.com/.

If you’re looking for a bigger event like a festival, schedule a drive to Hutchinson in early September. The Kansas State Fair will be in town from Sept. 9 through 18. According to the fair’s website, there is a midway full of rides for all ages and several concerts planned in the evenings.

For more information or to purchase tickets, visit www.kansasstatefair.com/.



Photos by Maria Childs | POST

Above: Dillon Nature Center features more than 300 species of woody plants, hundreds of varieties of birds and other wildlife can be found along about 3 miles of walking trails. A spring-fed pond is available for fishing. **Below:** The Cosmosphere and Space Center is a museum that includes a planetarium, a three-level exhibit gallery and classroom for school programs.



COURTESY PHOTO

Above: Kansas Underground Salt Museum was once part of the Carey Salt mines in Kansas. Areas explored on the tour haven’t been actively mined since the 1940s and are full of forgotten treasures. **Below:** The Kansas State Fair will be in town from Sept. 9 through 18. According to the fair’s website, there is a midway full of rides for all ages and several concerts planned in the evenings.




Maria Childs | POST



COURTESY PHOTO

The museums are part of the National Endowment for the Arts Blue Star Museums program, offering free admission to active-duty military and their families.



READY AND RESILIENT
Achieving Personal Readiness. Optimizing Performance.

