

THE FIGHTING FIRST!

THE 1ST INFANTRY DIVISION POST

★ www.riley.army.mil FRIDAY, JUNE 16, 2017 Vol. 9, No. 24 ★

FORT RILEY, KANSAS



Chad L. Simon | 1ST INF. DIV. PUBLIC AFFAIRS

‘Big Red One’ first division in the Army to celebrate 100 years of service

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

Celebrating a day a century in the making, the 1st Infantry Division took time June 8 — the 100th anniversary of the “Big Red One” — to recognize and remember the past 100 years with a division run and a Victory with Honors ceremony at Fort Riley.

The commemoration began at 6:30 a.m. with a 4-mile division run around the historic post’s Custer Hill. Thousands of 1st Inf. Div. and Fort Riley Soldiers and civilians ran the route, with Brig. Gen. Patrick Frank, 1st Inf. Div. and Fort Riley acting senior commander, in the lead.

“To start off our birthday here with a division run was exactly how the 1st Infantry Division wanted to start today,” Frank said. “To have all of our Soldiers out here representing their formations — those legacy formations that have been a part of this division since 1917 — was the right way to start our birthday.”

Frank said being a Big Red One Soldier on the division’s milestone anniversary was unbelievable.

“To know all the Soldiers, the generations of Big Red One Soldiers that have gone before us, their contributions and service to the nation over that 100

“‘Big Red One’ Soldiers are the driving force behind its history of battlefield victories. Soldiers’ bravery and patriotic commitment to duty highlight every chapter in 1st Infantry Division history.”

BRIG. GEN. PATRICK D. FRANK

1ST INFANTRY DIVISION AND FORT RILEY ACTING SENIOR COMMANDER

years, and then the 5,000 Soldiers we’ve have currently deployed today across the globe, to include Maj. Gen. (Joseph) Martin and the division headquarters leading the fight against ISIS in Mosul, Iraq,” Frank said, “it’s pretty awesome to be a part of the 1st Infantry Division today.”

The acting senior commander spoke again later that morning at the Victory with Honors ceremony.

“Today, on the eighth of June, 2017, as the nation’s most storied division marks 100 years of service, there are 5,000 Big Red One Soldiers globally deployed,” Frank told the crowd of Soldiers and supporters at the ceremony. “Each of these 1st Infantry Division Soldiers will render a salute today and proudly state ‘Duty First.’ The response from the 1st Infantry

Division officer returning the salute will be ‘Victory.’”

Frank said this, the division’s motto, is the essence of the Big Red One.

“Big Red One Soldiers are the driving force behind its history of battlefield victories,” Frank said. “Soldiers’ bravery and patriotic commitment to duty highlight every chapter in 1st Infantry Division history.”

During the ceremony, members of the Commanding General’s Mounted Color Guard, wearing historic uniforms from World War I, World War II, Vietnam, Operation Desert Storm and other conflicts the division has engaged in since its 1917 inception, hung 43 campaign streamers on the division colors



Chad L. Simon | 1ST INF. DIV. PUBLIC AFFAIRS

Pfc. Connor Boyer, a trooper with the Commanding General’s Mounted Color Guard wearing a World War II “Big Red One” uniform, hangs campaign streamers from that war on the 1st Infantry Division’s colors June 8 during a Victory with Honors ceremony celebrating the 100th anniversary of the division. The 1st Inf. Div. was initially constituted as the First Expeditionary Division in May 1917 before being officially organized in New York City on June 8, 1917, under the command of Brig. Gen. William L. Siebert.

See CENTENNIAL, page 7

FORT RILEY VOLUNTEER SPOTLIGHT



1st Lt. Brittany Beim, 1st Infantry Division Artillery, volunteers as a Girl Scout Troop Leader mentoring 10 to 12 year old cadets. She also volunteers at the local animal shelter caring for and socializing animals preparing them for adoption.

To learn more about volunteer opportunities, call Becky Willis, Army Volunteer Corps Program manager, at 785-239-4593.

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FORT RILEY SOLDIERS AND FAMILIES PARTICIPATE IN THE PETER RABBIT FUN RUN, SEE PAGE 9.

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COUNTY FAIRS ARE ON THEIR WAY TO THE LOCAL AREA, SEE PAGE 14.



Nebraska Guard unit conducts helocast training at Fort Riley, Milford Lake

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

Provide the means and opportunities for training, and they will come — the National Guard Soldiers from the region, that is.

Returning to the region June 9 to receive helocast training were members of Company C, Long Range Surveillance, 1st Squadron, 134th Cavalry Regiment, Nebraska Army National Guard.

The team of around 60 Soldiers manned eight boats called “Zodiacs.” After briefings from castmasters, the crews made eight passes over Milford Lake where they were cast into the water from a CH-47 Chinook helicopter, also from the Nebraska National Guard.

With them were Maj. Gen. Daryl Bohac, adjutant general for the state of Nebraska, and Command Sgt. Maj. Marty Baker, senior non-commissioned officer for the Nebraska National Guard.

Helocast training is an airborne technique used by special operations forces to insert into a military area of operation. The training ensures the units are trained and ready for any combat situation.

According to Bohac, the keys once again are the strong ties between the units he commands, the 1st Infantry Division and Fort Riley.

“Those relationships with both the division headquarters and the installation, are really, really strong,” Bohac said. “So, what I hear from my Soldiers time and time again is, ‘hey they want us here (at Fort Riley), they make sure we get what we need to accomplish our training objectives,’ and that, of course, drives readiness.”

Bohac described the 1st Sqdn., 134th Cav. Regt., as one that is “on the march and getting to where they need to be with the training models we’re using today. And that’s a function of having great training access here at Fort Riley and to the ranges.”

According to Baker, these kinds of opportunities, and the relationships that produced them, are vital to the readiness of his Soldiers.

“These training opportunities are great, especially when we come to Fort Riley,” Baker said. “You know, we don’t have these kinds of training facilities in Nebraska, and the National Guard as a whole really doesn’t have what the active duty has so with the proximity to Fort Riley, it’s just so important that we maintain those good relations.

There is also a morale aspect to the training of this type.

“Our Soldiers just love it,” he said. “We don’t have the opportunity to do this kind of stuff, but every time we come down here we do something a bit different.”

This kind of training supports the on-going Total Force doctrine as outlined in the May, 2014 edition of Stand-To!, an informational web platform that discusses Army doctrine and programs.



Soldiers of Company C, Long Range Surveillance, 1st Squadron, 134th Cavalry Regiment, Nebraska Army National Guard, trained on helocast techniques at Milford Lake June 9. The training helps special operations Soldiers to insert into a military area of operation. The training ensures that the units are ready for any combat situation.

“Army Total Force Policy directs active and reserve component forces to integrate their Soldiers and unit capabilities into pre-deployment collective training events to maintain Army readiness as multicomponent standards throughout expeditionary forces,” the components, provide website said.

To that end, the 1st In. Div. and Fort Riley continue to assist in the train thousands of Soldiers.

Best in the Army: ‘Apocalypse’ company earns Itschner Award

Story and photo by Sgt. Michael C. Roach
19TH PUBLIC AFFAIRS DETACHMENT

Company A, 82nd Brigade Engineer Battalion, 2nd Armored Brigade Combat Team, 1st Infantry Division, was presented the coveted Itschner Award during a ceremony June 6 at Fort Riley.

The award is named in honor of Lt. Gen. Emerson C. Itschner, who served as the Army chief of engineers from 1956 to 1961, and denotes the most outstanding U.S. Army engineering company during a year, according to the Society of American Military Engineers which first issued the award in 1960.

“I’ve said to a lot of Soldiers and Sappers that we’ve dealt with ‘the Army doesn’t judge you on just one thing, they judge you on a body of work,’” said Col. Kevin Brown, U.S. Army Engineer School assistant commandant, after presenting the award to “Apocalypse” Company. “This company has demonstrated, not just in one event but in several events over a span of a year, that they have not only been

exceptional at one or two things, but they have been consistent. That’s what we need in our army units and in our leaders.”

Apocalypse Company is led by Capt. Billy Thomson, commander, and 1st Sgt. Jason Hellstrom, senior noncommissioned officer. According to Thomson, a monthly working group dedicated their time to consistently document the unit’s accomplishments. This resulted in a binder with more than 130 pages meeting the criteria of the Itschner Award.

“The hard work of the Soldiers and the attitude,” Thomson said, “really, the stagehand mentality as I like to say. It’s consistent with offensive linemen, everybody who does the dirty work in any organization you can think of. It’s the grit, determination and hard work of all the Soldiers and all of our leaders and our families who support us at the end of the day.”

The award requires that the unit seek excellence in their collective and individual training as well as within their community. The submission included quantitative and qualitative documentation ranging



Col. Kevin Brown, U.S. Army Engineer School assistant commandant, presents Capt. Billy Thomson, Company A, 82nd Brigade Engineer Battalion, 2nd Armored Brigade Combat Team, 1st Infantry Division, commander, with the Itschner Award during the award ceremony June 6 at Fort Riley, Kansas. “Apocalypse” Company received the award for being the most outstanding engineering company in the active Army component.

from gunnery to community partnerships.

“We seek employment, because that is how we stay engaged,” Thomson said. “That is how we contribute to successes in mobility, counter mobility, survivability and general engineering. We seek employment in all those areas.”

Since it was first awarded in 1960 and subsequently opened up to the National Guard and Army Reserves in 1974, Apocalypse Company has earned the Itschner Award twice. The first time, the unit was active in Germany in 2000.

“There have only been three engineer companies who have won it twice,” Hellstrom said. “We’ll be the first to win it three times.”

Apocalypse Company’s leaders focused on maintaining the standards that helped them achieve the Itschner Award.

“What we do is to continue the great image of the Corps of Engineers, because ‘Essayons’ means ‘let us try’ and that’s what we’ve always been about,” Thomson said, referencing the Latin motto of the engineers.

SUICIDE PREVENTION

THE POWER OF 1



THE FIGHTING FIRST!

Doris Wilson: A ‘Big Red One’ Soldier



By Phyllis Fitzgerald
SPECIAL TO THE POST

A native of Gueydan Louisiana, Doris Wilson served a total of 20 years in the Army, a time that included 12 years with the 1st Infantry Division and two deployments to Iraq.

Wilson enlisted in January 1988. He attended both basic training and Advanced Individual Training at Fort Knox, Kentucky, where he earned the military occupational specialty of 19K, Armor Crewman.

His first assignment was with Company D, 3rd Battalion, 63rd Armor Regiment, 3rd Brigade, 3rd Inf. Div., in Kitzingen, Germany, serving there from 1988 to 1992. It was with this unit that Wilson deployed to Desert Storm for a six-month tour of service as an M1A1 Tank Gunner.

Wilson’s service with the ‘Big Red One’ began upon his return from Germany. He was assigned to both Company D and Headquarters and Headquarters Company, 1st Bn., 34th Armor Regt., 1st Armored Brigade Combat Team, 1st Inf. Div., and served as a postal clerk in HHC and a gunner and tank commander in Company B. It was this time he was promoted to staff sergeant.

His next assignment took Wilson to Fort Knox, Kentucky, where he was assigned to Headquarters and Headquarters Troop, 1st Squadron, 16th Cavalry Regt., as an instructor for the Armor Officer Basic Course. He served there from

“I retired as a sergeant first class. My total time with the 1st Infantry Division was 12 years — 10 at Fort Riley and two in Vilseck, Germany.”

DORIS WILSON | FORMER ‘BIG RED ONE’ SOLDIER

1996 to 2000 during which time he was promoted to sergeant first class.

Wilson’s next assignment took him to Vilseck, Germany where he was assigned to Co. C, 2nd Bn., 63 Armor Regt., 3rd Bde., 1st Inf. Div., as a platoon sergeant. During this assignment, Wilson and his unit deployed to Macedonia for six months where he served with security for Camp Able Sentry.

After Vilseck, he returned to Fort Riley, this time serving as an Equal Employment Opportunity Advisor with the 1st ABCT, 1st Inf. Div. From September 2003 to September 2004, Wilson served in the second of his two deployments to Iraq, serving as an EO Advisor and Assistant S-1 (personnel) for the Headquarters and Headquarters Company, 1st Inf. Div.

In September 2014, Wilson returned to Fort Riley where he continued to serve as EO Advisor for HHC, 1st Inf. Div. He would remain there until retirement in March 2008.

“I retired as a sergeant first class,” he said. “My total time with the 1st Infantry Division was 12 years — 10 at Fort Riley and two in Vilseck, Germany.”

After retirement, Wilson secured a position at the Wash Facility and Building 7920 -Supply Point.

“I have been there for over eight years,” he said. “I also belong to the Fraternal Order of Eagles and I am the current President. I am also a member of VFW (Veterans of Foreign Wars) Post #8773.”

Wilson and his family stayed in Junction City because, he said, “we liked the area; we had bought a home, we had two children in school and they both graduated from Junction City High School. My first son was born in Wurzburg, Germany and my second son was born at Irwin Army Hospital. I also like to fish in the local lakes.”

Wilson said his favorite memory was during the deployment to Macedonia while assigned to Company C, 2nd Battalion, 63rd Armor Regiment, 3rd Bde., 1st Inf. Div. in Vilseck, Germany at which time he re-enlisted.

“My re-enlistment officer was General Montgomery Meigs, who was flown in for the ceremony,” he said.

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

THEN
& NOW



New Beginnings for appraisal program

1ST INF. DIV. POST STAFF REPORT

New Beginnings, according to the Department of Defense Personnel Advisory Service, is designed to implement improvements to DOD Human Resource practices and policies, including implementation of a new Defense-wide Performance Management and Appraisal Program. New Beginnings encompasses reforms impacting Performance Management, Hiring Flexibilities, Training and Development and Workforce Incentives.

The new performance management and appraisal system will begin implementation at Fort Riley in April with those in GS-13 and above positions attending training before entering the new system June 1. The rollout will be in stages with the last segment of civilian employees entering the new system July 1, 2018.

To find out more information, the staff of the 1st Infantry Division Post will publish it as it rolls out and from the frequently asked questions addressed by the team at the DOD Civilian Personnel Advisory Service.

Question and answer for this week:

Q: How will the Department assist and support implementation of the Defense Performance Management and Appraisal Program?

A: In support of the implementation of the Defense Performance Management and Appraisal Program, the department is developing an implementation plan including a holistic approach to ensure the department effectively communicates and trains all stakeholders on the mechanics of the new program, and also the associated culture changes that will be required for successful implementation. Additionally, we are planning train-the-trainer events prior to the department's phased implementation, to ensure DOD Components are fully prepared to disseminate training and messaging that is consistent across the department.

TO FIND OUT MORE ABOUT THE NEW BEGINNINGS SYSTEM, VISIT WWW.CPMS.OSD.MIL/SUBPAGE/NEWBEGINNINGS/NBHOME

TRAFFIC REPORT

ACCESS CONTROL POINT HOURS

Those wanting access to Fort Riley on Saturday or Sunday should use Estes, Ogden, Henry or Trooper gates.

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

The access control point hours are now as follows:

Henry/Trooper/Ogden/Estes:

Open 24/7. Commercial traffic at Estes is required to have an access pass or badge prior to trying to access.

12th Street:

Open from 5 a.m. to 7 p.m., Monday to Friday and 8 a.m. to 5 p.m. on Saturdays; Closed Sundays and federal holidays. This gate will have inbound commercial vehicle lanes only. Although personally owned vehicles will be allowed access, there will no longer be a designated POV lane.

Outbound traffic will not be authorized. Badges and passes may be issued to commercial drivers prior to access at the gate.

Grant:

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

Four Corners:

Closed indefinitely to all vehicle traffic.

ELLIS HEIGHTS HOUSING ENTRY POINT CLOSURE

The Washington Street entry from 1st Division Road into the Ellis Heights

Housing area is closed. Residents and commuters should find alternative entry points into the neighborhood.

ACCESS CONTROL POINT HOURS CHANGING

Hours of operation at two of Fort Riley's access control points will change in July. Starting July 10 at 2 p.m., hours of the Grant Street gate will be 6 a.m. to 2 p.m. Monday through Friday, closed weekends and federal holidays. Following July 8 operation, hours of 12th Street gate will be 5 a.m. to 7 p.m. Monday through Friday only, closed weekends and federal holidays. The final Saturday of operation for the 12th Street gate is July 8.

The changes are necessary to maintain Soldiers' readiness for future training and deployment requirements.

Four additional access control points – Estes, Henry, Ogden and Trooper – remain open 24 hours a day, seven days a week.

For more information about visiting Fort Riley, go to <http://www.riley.army.mil/> and click on the yellow "Accessing Fort Riley" tab on the right-hand side of the page. Questions about visiting Fort Riley can be answered by the Directorate of Emergency Services security branch; call 785-239-3138 or 785-239-2982.

Soldier reflects on poor health behaviors, vows to get healthier

MILITARY HEALTH SYSTEM COMMUNICATIONS OFFICE

FALLS CHURCH, Va. — When Russell Henderson was a Soldier; he didn't worry that much about his weight and blood pressure. The retired first sergeant got plenty of exercise and the military actively encouraged people to eat healthier. But after he retired in 2002, his eating habits slipped to unhealthy foods, and he didn't get the exercise he used to. It's taken a toll on his 66-year-old body.

"It catches up with you so quickly, and before you know it, you look in the mirror one day and say, 'Oh no!'" he said with a chuckle.

Henderson labeled his bad behavior a "guy thing." Now fighting high blood pressure brought on — and complicated — by weight gain, he's using all the medical resources available in the Military Health System, as well as his own determination, to get fit again.

"I've cut back on eating the fatty foods," said Henderson. "I'm trying to eat more vegetables. I drink a lot of water, and I'm going back to the gym, trying to exercise more."

According to the Centers for Disease Control and Prevention, men under age 65 are more likely to develop high blood pressure, although women's rates catch up past 65. But sometimes the damage is already done, setting men up for more problems when they are older.

"In my experience and according to the Department

of Health and Human Services, how men face health care and the challenges of aging is different from women," said Lia Anderson, a public health clinical nurse specialist at Fort Belvoir Community Hospital in suburban Washington, D.C. "Multiple factors such as economic status, societal pressures, and cultural influences contribute to how men approach their health care."

Anderson said access to the Military Health System does help many men. In addition to providing excellent treatment options, it also offers a variety of preventive measures. Beyond medical benefits, retired beneficiaries have access to fitness centers, dietitians who guide patients toward heart-healthy recipes and teach better eating practices, and materials to help end tobacco use, available at the UCanQuit2.org website. There are also simple tricks Anderson tries to pass along to her patients.

"Someone might say, 'I don't like healthy foods.' Well, they might if they prepare them a little differently, and I show them how to do that," she said. Another tip is asking for a take home box when your meal is brought out at a restaurant, so those watching calories can set aside half the meal right away. "We're trained not to waste food. But it's a waste in our bodies."

Anderson emphasized the importance of education so the benefits of healthy eating habits are seen as an incentive, not some form of punishment. Plus, men need to understand

going to see their doctor is important.

"I see this with men more than women, that men don't like to have their routine checkups," she said. "They don't like to show any vulnerability. But if you can treat something early and modify a behavior, you're going to have a better outcome."

Even minor modifications can make a big difference.

"No matter how small of a change, even if it's just 10 minutes of exercise a day, it's worth the effort because it's a start. Don't feel the deck is stacked against you because of your gender," Anderson said.

Henderson has experienced a major turnaround in attitude about his health thanks to a provider who made him keep his appointments, especially getting him to go see a dietitian. While he's still working on dropping some pounds, Henderson said his blood pressure is well under control and he is committed to taking all of his prescribed medications to help him along the way. His 27-year-old granddaughter is also helping him reach his goals of losing weight to get back to running. Eventually, he even wants to run the Army 10-miler. And he doesn't want to miss time with his family.

"I've got a new little granddaughter, and I want to see her and my other grandkids grow up a bit," said Henderson, encouraging other men to be mindful of their health. "Get regular checkups, follow your doctor's advice and set goals."

UNCLASSIFIED

418th Contracting Support Brigade
Mission and Installation Contracting Command

JUN 28

- 10-10:50 a.m. Operational Contract Support for BN/BDE/DIV OCS Staff
- 11-11:50 a.m. Acquisition Planning-Process Overview-SAT Supply Procurement Program(S2P2)
- 1-1:50 p.m. GPC Overview for GPC Supervisors
- 2-2:50 p.m. COR Overview for COR Supervisors

JUN 29

- 10-10:50 a.m. Independent Government Cost Estimate
- 11-11:50 a.m. Market Research
- 1-1:50 p.m. Field Ordering Officer (FOO's)
- 2-2:50 p.m. Contracting Ethics for COR's, FOO's and GPC cardholders

JUN 30

- 10-10:50 a.m. PWS/SOW/PRS
- 11-11:50 a.m. Quality Assurance
- 1-1:50 p.m. Contracting Officer's Representatives Tracking Tool
- 2-2:50 p.m. CPARS

MICC Training Objective

MICC Riley will host quarterly training to educate contracting support customers in acquisition planning, requirements definition, requirements package development, contract surveillance, and ethics in government contracting.

The end state is for Fort Riley organizations and the 1st Infantry Division to utilize the MICC as a force enabler, providing responsible contracting solutions and oversight.

Register for the entire event or individual classes as needed.

Register for training by June 26.
Kristie.m.Stuckenschneider.mil@mail.mil; 785-239-6378

**All Training will be held @ MICC Riley
1792 12th Street (Camp Funston)

Have the Courage to Help a Buddy

One Suicide is one too many.

For assistance:

- Talk to your Battle Buddy and chain of command
- Call the Military Crisis Line at 1-800-273-TALK (8255) and press "1" for Military Crisis Line

AUSAPHC

US Army Public Health Command
www.army.mil/ahc



Officer named recipient of General Douglas MacArthur Leadership Award

Story and photo by Chad L. Simon
1ST INF. DIV. PUBLIC AFFAIRS

Duty, honor and country were ideals that Gen. Douglas MacArthur believed were necessary to be an exemplary Soldier in the U.S. Army.

Capt. Sean Fraser, commander of Headquarters and Headquarters Company, 2nd Battalion, 70th Armor Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, exemplifies those ideals and was recently named as a recipient of this year's General Douglas MacArthur Leadership Award.

The award recognizes only 14 of the approximately 35,000 active-duty captain or chief warrant officer 2 ranks throughout the U.S. Army.

"Sean Fraser is a dynamic leader," said Maj. Neil Armstrong, former 2nd Bn., 70th Armor Regt., executive officer and nominating officer. "He is the kind of guy that naturally people respond to him. He just has all those natural leader qualities."

According to Fraser, the selection process changed dramatically from 2015, a year in which he was also nominated, to 2016. U.S. Army Forces Command nominees traveled to Fort Bragg, North Carolina, for the selection process in December after being nominated by their local commands.

"That was a great opportunity for me because I got the opportunity to go and

interact with other quality leaders across the Army," Fraser said. "There were some familiar faces and other people I had not met before."

Fraser did not let the competition of the event prevent him from becoming a better, more dynamic and effective leader. In fact, he used it as an opportunity to learn from his peers to make himself a better officer.

"It was a great opportunity to engage with some other people, and hear how they interact and do some things in their formations," Fraser said. "For me that was one of the best portions, to be able to interact and learn from them. There were some phenomenal individuals."

"It provided an opportunity to go out and pick the brains of guys from across the force in various positions and hear how they are doing things or problems they are facing. It was a huge positive for me."

The award stresses excellence from leadership and proficiency in technical and tactical matters to exemplifying values and team-building skills, according to the U.S. Army personnel office.

"I think (leadership) is built on values," Fraser said. "The thing you learn early in life and that you develop early in life and then build upon it from there."

"I like to enable junior leaders to accomplish missions themselves," he said. "I like to allow people to make mistakes and learn things on their own."

I always make sure we are taking care of Soldiers and doing things the right way, but when there is an opportunity to let people make mistakes and learn, especially in the garrison environment, that helps set us up for success and build future leaders down the road."

Fraser's leadership style of enabling his Soldiers to succeed or fail was on display during 2nd ABCT's recent rotation at the National Training Center, Fort Irwin, California. Staff Sgt. Matthew Hoskinson, HHC, 2nd Bn., 70th Armor Regt., 2nd ABCT, 1st Inf. Div., training room noncommissioned officer in charge, was assigned the mission of setting up a defensive perimeter around the HHC command post.

"He let me set up the defenses," Hoskinson said. "Most commanders would drive around and tell you how they want it, but he let me do it. It showed that he has confidence in me and now I have more confidence in myself."

Had Fraser wanted, he could have directed where and how he wanted the defensive positions. He stays abreast with Army doctrine and regulations, but admits he can't remember everything so he carries reminders when he goes on training exercises or deployments.

"I keep smartcards that will help me in the field," Fraser said. "You can't memorize everything, so you have to keep those things on hand to refresh your memory."



Capt. Sean Fraser, right, company commander, Sgt. John Wright, center, and Sgt. Chris Tennant, all of Headquarters and Headquarters Company, 2nd Battalion, 70th Armor Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, discuss changes within the company following a recent rotation to the National Training Center at Fort Irwin, California.

You have to set yourself up for success."

Fraser assisted in setting the 9th Iraqi Army Division based out of Taji, Iraq, up for success during a 2015-2016 deployment. Fraser was deployed to Kuwait when he was selected to be part of a training team to help the Iraqi army enhance their capabilities prior to critical offensives against ISIS.

"We were pulled up north of Baghdad in an advisory position," Armstrong said. "It was a completely new thing that didn't exist, so we sent Sean. He was working with multinational

partners, joint partners, senior Army leaders and he did it all with poise and confidence."

Armstrong, a 2010 recipient of the MacArthur award, and the command staff felt Fraser earned another shot at the MacArthur award following the deployment.

"We, the command team, felt he deserved to be recognized for his efforts," Armstrong said. "He is the type of person that sees friction ahead and he works to solve those things before they become problems. He is just the right guy, he operates on a different level and has a bright, bright future in the Army."

Fraser recognized that though he may be the recipient of the prestigious award, he did not do it by himself.

"I was extremely surprised and very thankful," Fraser said. "As I look at it, it isn't a reflection of me. It takes an entire team to be successful. I have really been blessed having the right people around me at the right times, and just being able to leverage those guys to make the organization a success. It is less about what I have been able to do and more about what these guys have been able to do."

HAVE A STORY IDEA?

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

Department of Public Health
Quit Smoking Assistance
Caldwell Clinic
Bldg 7665 Normandy Drive
Fort Riley, KS 66442
Phone: 785-239-7323

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OPERATION: FRESH START

'Big Red One' celebrates 100 years while deployed

By Spc. Derrik Tribbey
CJFLCC-OIR PUBLIC AFFAIRS

BAGHDAD — Service members with the Combined Joint Forces Land Component Command – Operation Inherent Resolve celebrated the 1st Infantry Division’s 100-year anniversary with a cake-cutting ceremony June 8.

The “Big Red One” commemorated a century of history during the ceremony.

“Since June 8, 1917, to today, the contributions, dedication and sacrifice of the men and women of the ‘Fighting First’ have been a constant,” said Maj. Gen. Joseph Martin, 1st Inf. Div. and Fort Riley commanding general.

Command Sgt. Maj. Joseph Cornelison, 1st Inf. Div. and Fort Riley senior noncommissioned officer, said there are countless instances of valor and meritorious achievement throughout the Big Red One’s long history, but to him the Normandy Invasion of World War II, particularly the 16th Infantry Regiment, 1st Inf. Div.’s assault on Omaha Beach, exemplified the fighting spirit of the division.

During that assault, the “Iron Rangers” were tasked to lead the beach assault and fight onto the most heavily defended part of the entire allied landing site, Cornelison said. Those Soldiers successfully accomplished their mission despite suffering heavy losses.

Cornelison said because of that legacy, he felt extremely

honored to be a part of the centennial birthday celebration, especially here in Baghdad, where the 1st Inf. Div. has once again answered the nation’s call to fight.

“At this moment, we stand in the threshold of victory once again,” Martin said. “Our Iraqi partners, supported by our efforts, are meters away from liberating the city of Mosul. This is the most significant military operation in this modern military era.”

The 1st Inf. Div. not only works side-by-side with the Iraqis in their current advise-and-assist role, but also with the Coalition partners of CJFLCC-OIR.

The CJFLCC-OIR is a coalition consisting of multiple units, branches and countries. Around 100 Coalition service members all watched as Martin and Cornelison used a ceremonial saber to cut the birthday cake to mark 100 years of victory.

“The 100th year anniversary of the 1st Inf. Div. is a very special day for me,” Cornelison said. “It is a privilege and distinct honor to serve as the senior enlisted leader for such a storied unit that has made a direct impact on our national history over the last 100 years.”

The division was born in war and created to demonstrate American might and resolve overseas, Cornelison said.

“Fittingly, we celebrated our 100th year on foreign soil



Sgt. Anna Pongo | CJFLCC-OIR PUBLIC AFFAIRS

Maj. Gen. Joseph Martin, commanding general, the Combined Joint Forces Land Component Command – Operation Inherent Resolve, 1st Infantry Division and Fort Riley, and Command Sgt. Maj. Joseph Cornelison, senior enlisted leader, CJFLCC-OIR, 1st Inf. Div. and Fort Riley, use a ceremonial saber to cut the cake during the 1st Inf. Div.’s 100-year anniversary ceremony in Baghdad, Iraq, June 8. The “Big Red One” commemorates a century of history during the ceremony.

engaged in combat operations against another enemy that is getting a firsthand taste of the Big Red One’s tenacity and fighting ability,” Cornelison said.

Martin, who is serving with the division for the third time, said he is honored to lead Soldiers in combat.

“With confidence, I can tell you there is something truly remarkable about our division,” Martin said. “One hundred years of faithful and uninterrupted service, the 1st Inf. Div. always delivers and we always win and we will prevail.”

CENTENNIAL Continued from page 1

representing those battles, and the Soldiers who fought and sacrificed in them.

“It was an incredible opportunity,” said Sgt. Alycia Nabours, a trooper with the Commanding General’s Mounted Color Guard who wore a Big Red One uniform from Operation Desert Storm during the ceremony. “It’s something that I can carry with me, as far as pride, and know what it means to be part of a really good and historic unit.”

The 1st Inf. Div. was initially constituted as the First Expeditionary Division in May 1917 before being officially organized in New York City on June 8, 1917, under the command of Brig. Gen. William L. Siebert. Though the Army had used temporary divisions since the Civil War, the Big Red One was the first divisional unit created to fight in World War I. The Big Red One is the first division in the U.S. Army to reach this milestone.



Sgt. Mary Lopez | 19TH PUBLIC AFFAIRS DETACHMENT

Soldiers, Airmen, civilians and guests of the 1st Infantry Division participated in the 100th Anniversary division run June 8 on Custer Hill at Fort Riley, Kansas, to commemorate 100 years of victory. Units on Fort Riley ran by static displays of equipment used within the “Big Red One,” were doused by water provided by the Fort Riley Fire Department and motivated by music played by the 1st Infantry Division band.

WWW.TWITTER.COM/FORTRILEY



Fort Riley military children take part in track meet, Peter Rabbit Fun Run

HOP TO IT

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

Legaicy Landers kept her eyes forward as she sprinted through the finish line of the 200-meter dash as the “Big Red One” Youth Track Meet and Peter Rabbit Fun Run June 10. Upon completing the race, she placed her hands on her knees, trying to catch her breath.

Landers is the daughter of Staff Sgt. Jad Landers, 1st Combined Arms Battalion, 63rd Armored Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, and was one of more than 40 children who participated in the event, which was hosted by staff of the Directorate of Family and Morale, Welfare and Recreation.

Her mom, Sherita, brought Legaicy and her sister, Cambrea, to the event.

“I usually participate in the runs (DFMWR) does,” she said. “I’ve done a few color runs. I saw this one and I could bring them. I told them there was ice cream and they said they wanted to come too.”

Sherita said her favorite part of this run was being able to see her children have a good time while also compete in the 100-meter dash, 200-meter dash and 400-meter dash. She was unsure if they would finish the 2-mile fun run, but much to her surprise, it was accomplished.

See FUN RUN, page 12



“We wanted to have something where the kids could do something different. They may not always want to run 2 miles, but they may want to sprint 100 meters or something else.”

ASHANTI ELLIS-CORBIN
FACILITY DIRECTOR, ROBINSON FITNESS CENTER

ABOVE: Tristan Rees, son of Staff Sgt. Zachary Rees, 299th Brigade Support Battalion, 2nd Armored Brigade Combat Team, 1st Infantry Division, sprints during the 400-meter dash at the “Big Red One” Youth Track Meet and Peter Rabbit Fun Run June 10 at Fort Riley Middle School.

Army Emergency Relief campaign exceeds goal

Fort Riley community raises nearly \$8,000 above \$75,000 target

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

The 75th Army Emergency Relief campaign came to a close May 30, although donations continued to come in until June 9. A total of \$82,948.27 was donated by Soldiers and members of the Fort Riley community this campaign.

Army Emergency Relief is the Army’s financial assistance program providing loans and grants to Soldiers in need. It is a “Soldiers helping Soldiers” program made possible by the efforts of Soldiers at Army in-



The 75th Army Emergency Relief campaign came to a close May 30 and a total of \$82,948.27 was donated by Soldiers and members of the Fort Riley community during this campaign. Army Emergency Relief is the Army’s financial assistance program providing loans and grants to Soldiers in need.

stallations around the world, according to the AER website www.aerhq.org.

The Fort Riley community exceeded their goal of \$75,000 for this year’s campaign, but

reaching and surpassing it took additional efforts and a 15-day extension to complete. Due to

DONATIONS ACCEPTED

- To donate, visit the Financial Readiness Program office at Army Community Service or go online to www.aerhq.org.

the deployment and training rotations, AER representatives had a difficult time reaching people to collect donations.

“This year’s campaign was a difficult campaign because there were so many people who were moving in and out of the installation,” said Clint Strutt, Fort Riley Financial Readiness Program manager. “So this year was definitely a challenge as far as the campaign goes.”

See AER, page 11

Interns should seize the summer

Would-be employees need to maximize lessons learned

By Tiffany Roney
K-STATE NEWS

MANHATTAN — Landing a summer internship is just the beginning. Get the most out of it by developing new skills, networking like a pro and making a lasting impression, suggests a career specialist at Kansas State University.

Since companies often use internships to assess potential employees, Kerri Day Keller, executive director of the university’s Career Center, said it’s important learn the company culture, find mentors, take initiative, to be punctual, approach new tasks with positivity and follow up after the internship.

Before day one, interns can seek potential mentors through LinkedIn or the company’s website. Potential mentors may have attended the intern’s university, be from the same hometown or work in the same division. After making initial contact, Keller recommends asking mentors how they reached their position, what their aspirations are and how they are preparing

See INTERNS, page 12

Riley’s personnel dishing up lunch options

Two-day lunch menu includes pastas, salads, Mexican items

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

New lunch options are only a short drive away as staff at Riley’s Conference Center has begun offering a lunch menu on Tuesdays and Wednesdays. The lunch menu features tacos, rice, beans and more on Tuesdays and a rotating pasta dish every Wednesday.

The all-you-can-eat lunch buffet is \$9.95 and includes the main dish, sides, dessert and a

drink. Another option is the salad bar only option that is \$5.95.

Christian Bishop, manager of Riley’s Conference Center, said when she took over as the manager, she received a lot of feedback from customers who were looking for a sit-down meal rather than a grab-and-go or fast food option without leaving the installation.

“We decided to try it and see what kind of audience we could bring in and see if we could expand to other days,” she said.

Mark Gutowski, executive chef at Riley’s, said the menu options were chosen because they were different than the

catering menu and gave him the ability to experiment with some new recipes while trying to draw business to the facility.

“It’s a chance to show what we can do and get our name out there,” he said.

Although the menu seems simple, Gutowski said what is on the buffet rotates from week to week.

“We usually have chicken and beef but sometimes I’ll throw steak in there,” he said of Taco Tuesdays. “We have rice and beans and all the toppings.”

Bishop said the service has the possibility of being expanded to other days of the week depending on the popularity of the service. The lunch

option makes it easy to book an event at the facility and not have to provide lunch to those attending.

“You’ll notice it’s larger tables with six or eight chairs at them,” she said. “It’s a great networking option. People can come down here and have a lunch meeting but also network with other people while they eat.”

Taco Tuesday and Pasta Wednesday buffets are open from 11 a.m. to 2 p.m. weekly. In July, staff will begin to offer a to-go dinner option on Thursday evenings as part of the different menu options. For more information, visit riley.armymwr.com/ or call 785-784-1000.



Rex Willey, director of the Directorate of Family and Morale, Welfare and Recreation, eats at the Riley’s Conference Center self-service, all-you-can-eat buffet June 7. The buffet is open every Tuesday and Wednesday with a salad bar.

FORT RILEY POST-ITS

FATHER’S DAY BOWLING

Dads bowl one free game with each paid child’s game at Custer Hill Bowling Center June 18 from noon to 6 p.m.

For more information, call 785-239-4366.



PARENT AND CHILD CRAFT CLASS

Staff at the Arts and Crafts Center, 6918 Trooper Drive, have a parent and child craft class June 18 from 1 to 4 p.m.

The craft is a canvas painting for \$10 per person.

Classes are divided by age and advanced registration is required. To register or for more information, call 785-239-9205.



USO FORT RILEY EVENTS

Father’s Day Crafts

Staff and volunteers of USO Fort Riley are teaming up with the Arts and Crafts Center to offer do-it-yourself crafts for Father’s Day. Stop by anytime from June 9 through June 17 to complete the craft. For more information, call 785-240-5326 or visit the organization’s Facebook page.



No Dough Dinner

USO Fort Riley and the Commanding General’s Mounted Color Guard are partnering to host a family fun night with a tactics demonstration. The event will be at the CGMCG outdoor practice arena on Marshall Avenue June 29 at 5 p.m. Staff will be barbecuing hamburgers, hot dogs and will have many more food options. For more information, call 785-240-5326.

CARS & COFFEE

Cars & Coffee is held every third Sunday of the month at 11 a.m. at the Warrior Zone. Participants can enjoy \$2 grande size coffees, 50 cent waffles and pancakes, yard games and get the chance to be named the Car of the Month. The event is free to attend and open to the public.

For more information, call 785-240-6618.

WET AND WILD FUN DAY

The Fort Riley Library is having a wet and wild fun day June 24 at the library, 5306 Hood Drive. Wear your bathing suit and bring a towel, and staff will supply sprinklers, sloshballs, hydroblaster and a slip ‘n slide.

For more information, call 785-239-5305.

VICTORY FEST 2017

TICKETS ON SALE

Victory Fest is Aug. 19 at Marshall Army Airfield and tickets are now available.

Individual General Admission starts at \$25 for Department of Defense ID holders, students and veterans. Non-affiliated civilian tickets start at \$35. Children 4 and under are free.

Four ticket general admission packs start at \$85 for Department of Defense ID holders, students and veterans. Non-affiliated civilian tickets start at \$125.

Platinum access individual tickets, which include all day access, covered seating, meals and more, are \$100 for ages 5 and up.

General admission group tickets are \$20 a ticket. A minimum purchase of 25 tickets is required.

For more information or to purchase a ticket, visit victoryfest2017.com.



RILEY’S CONFERENCE CENTER SERVES LUNCH

Staff of Riley’s Conference Center is now serving a lunch buffet every Tuesday and Wednesday. Each Tuesday, they serve tacos from 11 a.m. to 2 p.m. for \$9.95. Each Wednesday, they serve pasta from 11 a.m. to 2 p.m. for \$9.95. Both days has a salad bar option for \$5.95.

For more information, call 785-284-1000.

10-5-2 PRAIRIE RUN

Staff of the Directorate of the Family and Morale, Welfare and Recreation are hosting the 10-5-2 Prairie run July 22 from 6 a.m. to 9 a.m. with three different courses to choose from: 2 miles, 5 miles and 10 miles. The 10-mile race is a qualifier for the Fort Riley Army Ten-Miler team. Only active-duty Soldiers can qualify for the team. Strollers, pets and headphones are prohibited during this event.

Advance registration is available. Cost is \$15 through July 5 and includes a T-Shirt. On-site registration will be available the day of the event at 5 a.m. Cost will be \$20 and includes a water bottle.

For more information call 785-239-2915 or visit www.riley.armymwr.mil.



FORT RILEY REEL TIME THEATER MOVIE SCHEDULE

Friday, June 16
Everything, Everything (PG-13) 7 p.m.

Saturday, June 17
Diary of A Wimpy Kid: The Long Haul (PG) 2 p.m.
The Wall (R) 7 p.m.

Sunday, June 18
Everything, Everything (PG-13) 5 p.m.

Theater opens 30 minutes before first showing

For more information call 785-239-9574.

Regular Showing: \$6
3D Showing: \$8
First Run: \$8.25
3D First Run: \$10.25

For more information call 785-239-9574.

WATER SHUT OFF AT THE DOG PARK

The water at the dog park has been shut off indefinitely due to erosion and flooding issues.

Visitors will need to come prepared with their own water when enjoying the park.

POST LIBRARY BEGINS SUMMER READING PROGRAM

Children can sign up to be in the Post Library’s Summer Reading program until July 1. Children and teens receive points to earn prizes for every minute they read during their summer break. The program ends the first week of August.

For more information, call 785-239-5305.

COMMUNITY LIFE

SOFTBALL LEAGUE

A co-ed softball league is open to all Department of Defense identification card holders 18 years and older beginning Aug. 2. Fourteen players are allowed per team and games are played Wednesday evenings. Cost is \$200 per team. Registration ends July 27. Coaches meetings will be held prior to the league July 6 and July 13 at the Sacco Sports Complex.

For more information, call 785-239-2813.



HEALTHY HOME CLASS

The Department of Public Health hosts a class for on-post families to maintain a sanitary and safe environment inside their home the second and fourth Friday of every month at 9 a.m. in the Public Health Classroom.

For more information, call 785-239-7323.

COMMUNITY CORNER

Recognizing Dads and all they do

By Col. John D. Lawrence
FORT RILEY GARRISON COMMANDER

Father’s Day, like Mother’s Day, has a modern origin. The idea came from the daughter of a farmer who raised his six children alone on the family farm after their mother died in childbirth. Mrs. John Dodd, one of those children, decided to lobby for a day dedicated to fatherhood. On June 19, 1910, the first official observance happened. Since then, dads have received thoughtful gifts from their children each year on this special day. While these gifts are appreciated, one of the most important gifts we can share as

families is time together.

Being a father is a challenging role for any dad. Being a military father can be especially tough, due to frequent deployments and professional responsibilities. Finding a solid work-life balance is hard, but necessary. For those service members that can’t be with their families this year, I hope you’ll be able to spend time on Father’s Day next year. For those who are at home this year, enjoy your time with your family and create some special memories.

Throughout the month of June, I encourage all Fort Riley and 1st Infantry Division dads to participate in the Army Community Service’s “Strong Dads Challenge.” You can read more about it at www.riley.army.mil/Portals/0/Docs/Services/FamilyServices/FAP/2017%20Strong%20

[Dads%20Calendar%20FINAL1.pdf](#). The Directorate of Family, Morale, Welfare and Recreation encourages you to take a photo with your kids enjoying one of the challenge activities and submit it to dads@rileymwr.com; you can also tag the Fort Riley Parenting Facebook page with #9DMDM for a chance to win prizes. Photos must be submitted no later than July 5.

On behalf of the Fort Riley and 1st Infantry Division team, I want to personally say thank you for rising to the challenges associated with being a military dad. I understand your sacrifices and appreciate all you — and your families — do for our country.

— *To comment on this article or to suggest a topic for Community Corner, visit my Facebook page at www.facebook.com/fortrileycg.*



Colonel Lawrence

USING SUPPLEMENTS?

STAY SAFE. BE INFORMED.

OPSS

OPERATION SUPPLEMENT SAFETY

HPRC-ONLINE.ORG/OPSS

Irwin Army Community Hospital

PROVIDER

NO-SHOW PATIENT

Missed appointments are missed opportunities for others.

WOULD BE PATIENT

WOULD BE PATIENT

WOULD BE PATIENT

WORSHIP

Protestant Services

Victory Chapel	239-0834
Contemporary Protestant Service	
Sunday Worship.....	1100
Children’s Church.....	1115-1215
Morris Hill Chapel	239-2799
Gospel Protestant Service	
Sunday School.....	0900
Sunday Worship.....	1100
Main Post Chapel	239-0834
Traditional Protestant Service	
Sunday Worship.....	1030

Catholic Services

Victory Chapel	239-0834
Sunday Mass.....	0845
Sunday Catechism.....	1000
Saint Mary’s Chapel	239-0834
Saturday’s Vigil Mass.....	1630
Sunday Mass.....	1200
Mid-day Mass– Mon., Wed., & Fri.....	1200
Tuesday & Thursday Mass.....	1800
IACH Chapel	239-7872
Mid-day Mass– Tue. & Thur.	1200

Buddhist Service

Normandy Chapel	239-2665
Sunday	1430
Meditation Practice– Mon.- Fri.....	1230

Open Circle Service

Kapaun Chapel	239-4818
Fort Riley Open Circle– SWC	
1st & 3rd Friday monthly.....	1800

Wednesday Night Family Night

Weekly light dinner and fellowship at 1800, followed by 1845 classes at Victory Chapel 785-239-3359

Club Beyond - Faith Based Youth Program

Grades 6th - 12th, Meets Sundays

MS Youth-1530-1700 at Morris Hill Chapel

HS Youth-1830-2000 at Morris Hill Chapel 785-370-5542

Club Beyond is a Non-Federal Entity and is not part of the DoD or any of it’s components and it has no government status.

AWANA

Meets Sundays, 1500-1700 Victory Chapel 785-239-0875

Protestant Women of the Chapel (PWOC)

Weekly Tuesday Meeting 0900-1130 & Evenings at 1830-2000 at Victory Chapel

Childcare Provided.

For more information email rileypwoc@gmail.com or Facebook “Fort Riley PWOC”

Catholic Women of the Chapel (CWOC)

Weekly Wednesday Meeting at St. Mary’s Chapel 0900-1130

Childcare provided.

For more information email fortrileycwoc@gmail.com or Facebook “Fort Riley CWOC”

Check for schedule over Training Holiday weekends

Ways to save on summer vacations

Expert touts using cash, renting a house and paying in advance

By Tiffany Roney
K-STATE NEWS

MANHATTAN — Summer vacations don't have to break the bank, according to Kansas State University's Kristin Malek, assistant professor of hospitality management, who shares some easy ways to save on airfare, lodging, activities and food.

Malek said it's important not to book airfare too late or too early. The cheapest time to purchase tickets is 40 days ahead, she said. When cross-comparing between airlines, customers should consider fees that may not be included in the initial amount, such as baggage fees. Malek said one airline's initial price might be \$20 cheaper, but another could charge \$40 for extra bags, optimal seat selection and other offerings.

"When you're just looking at face value, you can't really compare the full costs," Malek said.

She suggests enhancing the cross-comparison process by clearing the cookies on your internet browser. Malek said when people return to one airline site after visiting another site, the price for the same ticket is sometimes hundreds of dollars higher, and an added label says a certain number of seats are left. After clearing the cookies, Malek said, the label disappears and the price drops to the original cost.

"The clearing of the cookies is an insider trick that is so important," Malek said.

When traveling internationally or with connecting flights requiring multiple



COURTESY PHOTO
Kristin Malek, assistant professor of hospitality management at Kansas State University.

airlines, buyers should book their tickets through travel sites, which offer discounts for booking multiple flights at once, Malek said. Also, don't assume landing at the major airport in the destination city is the best option. For example, Malek said Boston's main airport is more popular but not always as convenient as the one in Providence, Rhode Island.

"Flying into Providence can be smarter because it avoids traffic, airfares are lower and it's closer to Cape Cod and the east side of Boston," Malek said. "Just because places are in different states doesn't mean they're far apart, especially in the Northeast. Looking at a map can be a huge money saver."

For lodging, Malek advises using hotel booking sites, sorting from the lowest to highest price and then booking through the hotel, which usually offers the same rate. Malek said booking directly is better because hotel managers perceive those who book directly as more loyal customers and assign them better rooms.

Another lodging option that can save money is renting a house or condominium directly from the owner — an

option that may open the door to negotiation, Malek said. Booking a house rather than a hotel can be an especially thrifty choice for multifamily groups. But if the group prefers a hotel, Malek advises asking the hotel for a deal.

"Most hotels will offer discounts to those who call and say they are getting multiple rooms. It's a benefit to the hotel to know that all those rooms will be booked for those nights," Malek said. "It never hurts to ask."

Malek recommends paying for activities ahead of time whenever possible because some attractions often charge higher rates to last-minute travelers seeking spontaneous experiences. Also, she said package deals aren't always more affordable than purchasing activities separately, so it pays to do research. Malek advises those with children to call ahead or search online for days with special rates for kids at museums, zoos and other places. Some large amusement parks offer layaway plans for people to save beforehand, she said.

Pay cash for activities — from indoor shopping to outdoor recreation — because many small businesses offer

discounts to customers who do so, Malek said. Credit card companies charge fees for each swipe, so businesses can cut costs by collecting cash, she said.

To save on food costs, Malek suggests going to a grocery store in the destination city for supplies to make one or two meals a day. Travelers also can save by bringing along their own snacks, which could include a bagel or fruit from the complimentary hotel breakfast, if offered. Some coupon sites provide restaurant coupons in various cities, and other websites provide opportunities to eat a home-cooked meal at a local resident's home. If traveling with children, look online for free or discounted kids' nights at local restaurants, Malek said.

How a vacation is paid for also should be considered. Malek recommends opening a certificate of deposit or other separate account and putting part of each paycheck into it. In addition to airfare and hotel costs, Malek also said don't forget to save for meals, which is what people spend the most on when traveling. Also, she said it is unwise to fund any trip through a credit card.

"Some people think it's easier to put the vacation on their credit card, but paying on it every month adds up to significantly more costs," Malek said. "Why not save up the money ahead of time and pay less?"

To save even more money, Malek said another option is the staycation, which nixes airfare. Cities offer recreational activities that local residents may not be aware of or haven't had a chance to experience.

"A staycation is a time to say, 'I'm here on vacation, so I'm going to do things in my own city that I've never done before,'" Malek said.

TUESDAY TRIVIA CONTEST



The question for the week of June 13 was:
Where do I find the Army Community Service's
New Parent Support brochure?

Answers: www.riley.army.mil/Portals/0/Docs/Services/FamilyServices/FAP/NPSPBrochure.pdf

This week's winner is Articia Hunter, spouse of
Staff Sgt. Arcturus Hunter, 541st Combat
Sustainment Support Battalion.

Pictured above are Arcturus and Articia Hunter.

CONGRATULATIONS ARTICIA!

AER Continued from page 9

However, as each unit and brigade returned to Fort Riley, the Soldiers left Strutt humbled by the generosity and willingness to help one another with their donations, he said.

"I think that given the movements, given how difficult it was to get everybody to do the donation activing that they needed to — the fact that we hit our goal and exceeded it... it's a testament to the generosity of the Fort Riley community," Strutt said.

The extension came as a blessing to the campaign as days before the original end date, Fort Riley was still short of the \$75,000 goal. However, with the extension and the return of the 2nd Armored Brigade Combat Team, 1st Infantry Division, Soldiers,

the amount was quickly surpassed, he said.

"Without the 15-day extension, we would not have gotten a lot of the donations from 2nd brigade that we did because they were at (the National Training Center)," he said.

All of the leadership and Soldiers acting as AER representatives made reaching this year's goal possible, Strutt said. Without their efforts, the goal may not have been met this year and their work is what he is most grateful for.

While the campaign has ended, donations to AER are accepted all year long. To donate, visit the Financial Readiness Program office at Army Community Service or go online to www.aerhq.org.

MyBaseGuide
www.mybaseguide.com

Everything you need to know about
Fort Riley and the surrounding area
is at your fingertips!

Whether you are on your computer, tablet or phone, get info in seconds at:
www.mybaseguide.com/army/23/fort_riley

FORT RILEY
GUIDE AND DIRECTORY
All online content is approved by the Fort Riley Public Affairs Officer.

MyBaseGuide
Mobile App
Android, Apple, Windows

Find out more about **Fort Riley**,
even while on the go!
Scan the QR code to download the app.

The MyBaseGuide mobile app is available on Android, iOS and Windows devices.

Lunch BUFFET
AT RILEY'S CONFERENCE CENTER
Tuesday + Wednesday
11am-2pm

TACO Tuesday
Chicken or Beef
Hard or Soft Shell
Salsa Bar
Rice & Beans

all for \$9.95
Includes drink

Salad Bar only for just \$5.95

PASTA Wednesday
Pasta Main Dish
Green Beans
Focaccia
Greek Salad

Information: 785.784.1000

Riley's Conference Center & Catering
riley.armymwr.com

Healthy Homes
A class for on post families to maintain a sanitary and safe environment inside their homes

This course will be taught the second and fourth Fridays of every month from 0900-1000 in the Department of Public Health Classroom. Please call the Department of Public Health at 785-239-7323 to register.

Fort Riley families residing on post are welcome to attend. Feel free to bring a light snack. Craft activities for children will be provided.

Course Topics: Injury/illness prevention, poison prevention, proper storage of household chemicals, food safety, management of household pests, pet hygiene, indoor air quality, and basic home hygiene.

Fort Riley Department of Public Health Mission:
To promote health and wellness and to prevent disease and injury of Soldiers and their families, military retirees, and Army Civilian employees at Fort Riley through workplace and community health.

Steps to a Healthy Home:

- Reduce clutter and keep clean surfaces.
- Keep poisons and household cleaners in a safe place.
- Keep your kitchen and bathrooms ventilated by using fans or opening windows.
- Handle food in a safe manner to avoid contaminating surfaces.
- Clean-up after food preparation to avoid attracting pests.

Department of Public Health

Caldwell Clinic
Bldg 7665 Normandy Drive
Fort Riley, KS 66442

Phone: 785-239-7323

Department of Public Health
Quit Smoking Assistance

Caldwell Clinic
Bldg 7665 Normandy Drive
Fort Riley, KS 66442

Phone: 785-239-7323

OPERATION: FRESH START

Make it your mission to start the New Year with a clean slate. You can quit tobacco in 2017! Get started by setting your quit date at UCanQuit2.org/Ready2Quit.

QUIT TOBACCO
UCanQuit2.org

Family and MWR Presents
In partnership with Junction City, Kansas State University and City of Manhattan

ELI YOUNG BAND

THE ALL-AMERICAN REJECTS

THE CHARLIE DANIELS BAND

LIT

TICKETS Starting at \$25

Music Festival
Fireworks
Auto Show
Family Activities
USO Show Troupe

VICTORY FEST
CELEBRATING 100 YEARS OF THE BIG RED ONE

August 19, 2017
Marshall Army Airfield - Fort Riley
MORE INFORMATION AVAILABLE ONLINE
VictoryFest2017.com
OPEN TO THE GENERAL PUBLIC • PHOTO ID REQUIRED

Sponsored by:

INTERNS Continued from page 9

to reach them. She cautions, though, that eager interns ask an experienced colleague before approaching the organization's highest leaders.

"Interns ought not assume they can go straight to the top and ask the president or CEO out to lunch," she said. "It's valuable to learn the formal and informal protocols so interns can put their best foot forward."

Keller advises meeting early with the internship supervisor to ask about goals and expectations and share what the intern hopes to learn, which may help the supervisor assign the most mutually beneficial duties. If the supervisor does not provide written expectations, Keller suggests writing down what was agreed upon after the meeting and giving the supervisor a copy. If interns find themselves doing perpetual coffee runs and trips to the copy machine, Keller says to revisit the original agreement with the supervisor.

"Interns ought to indicate their willingness to help with any tasks, large or small, but if they're not involved in any meaningful projects where they're applying classroom knowledge and developing new skills, it's time to sit down with the supervisor and ask how they could contribute more," Keller said.

Students should learn the company expectations about workplace attire. Keller advises dressing a notch above most employees. For example, if they wear khakis and collared shirts, an intern ought to wear slacks and a jacket or sweater, Keller said.

"Students don't have to spend a ton of money on their wardrobe, but they need to meet the expectations of the organizational culture," Keller said. "Clothing choices may be especially important for interacting with company clients."

For many interns, social media is part of the fabric of life, but Keller said it may be inappropriate in the workplace. Keller advised against using social media at work unless it is part of the intern's job description and to refrain from posting about pending deals or unannounced decisions.

"Interns might be excited to tweet about their projects or take a selfie at their desks, but they need to be careful to not post any proprietary information," she said. "When in doubt, don't put it on social media."

Regardless of the challenges an intern may face, a positive attitude is essential and can help demonstrate perseverance, dedication and resilience, which Keller said are sometimes even more in demand than technical knowledge and skills.



COURTESY PHOTO
Kerri Day Keller, executive director of the university's Career Center at Kansas State University, urges interns to work to get the most from their summer experience.

Throughout the internship, Keller advises keeping a journal about lessons learned and archiving work samples. However, she cautions interns against assuming any product they worked on is fair game to include in a portfolio.

"Interns who are compiling samples of their work may need to inquire about what's appropriate to keep and consider theirs versus what belongs to the company," Keller said. "Some things might be trademarked or be intellectual property, so interns should be clear on whether and how they can display and share those products."

As the end of the internship nears, Keller advises asking for an evaluation, which can provide a final learning opportunity and serve as documentation to help the intern describe the experience for future opportunities. If the intern would like to pursue other opportunities with the company, the intern should ask about entry-level positions and how to be considered for those roles, Keller said.

Whether the intern hopes for a career in that company or elsewhere, the final week is also a good time to ask those the intern worked with closely if they would be willing to serve as references. After the internship, Keller recommends following up with thank-you notes to maintain those connections.

"People there may know other potential contacts, so you want to make a good impression," she said. "In almost every instance, the experience you've gained will be applicable to other roles, so give a consistent effort in your work and finish strong."



Photos by Maria Childs | POST

Staff of the Directorate of Family and Morale, Welfare and Recreation hosted the "Big Red One" Youth Track Meet and Peter Rabbit Fun Run June 10. Events included the 100-meter, 200-meter and 400-meter dashes as well as a 2-mile fun run at Fort Riley Middle School.

FUN RUN Continued from page 9

"It's fun competition for them," she said. "I think it went great. I was kind of nervous especially with (Cambrea). She's a sore loser and very competitive. Even though she didn't win, she still did great and I feel like the atmosphere was great."

Ashanti Ellis-Corbin, facility director of Robinson Fitness Center and event coordinator, said the event is part of the new monthly runs DFMWR is trying to plan. Despite the youth track meet being rained out in April as part of the Month of the Military Child celebrations, this month they re-angled the event to celebrate the 1st Infantry Division's 100th anniversary, which was celebrated June 8.

"We wanted to have something where the kids could do something different," she said. "They may not always want to run 2 miles but they may want to sprint 100 meters or something else."

Staff Sgt. Zachary Rees, 299th Brigade Support Bn., 2nd ABCT, 1st Inf. Div., brought his son, Tristan, out to compete in the race. Tristan placed first in the 100-meter, 200-meter and 400-meter dashes.

"He's doing really good, way better than we thought was going to happen," Zachary said. "He likes to sit at home and play video games, and I would rather him be outside and getting interaction with other kids as well."



Cambrea Landers, daughter of Staff Sgt. Jad Landers, 1st Combined Arms Battalion, 63rd Armored Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, crosses the finish line at the end of the 100-meter dash at the "Big Red One" Youth Track Meet and Peter Rabbit Fun Run June 10 at Fort Riley Middle School.

Sherita said the events staff of DFMWR hosts are all about families having fun.

"I think MWR always does good events," she said. "I've been stationed in Germany and then Fort Stewart, Georgia,



Legaicys Landers, left, daughter of Staff Sgt. Jad Landers, 1st Combined Arms Battalion, 63rd Armored Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, and Logan Brown, right, son of Chief Warrant Office 2 Kevin Brown, Headquarters and Headquarters Battalion, 1st Inf. Div., compete during the 100-meter dash.

and I didn't realize what the MWR did until I got here. They plan so many events and do so much stuff. Fort Riley's MWR is really what showed me what MWR is supposed to be like."





By Season Osterfeld
1ST INF. DIV. POST

The smell of funnel cakes, turkey legs and caramel apples fills the air, laughter and shrieks echo throughout the area and bright and colorful lights decorate the area each night — it's county fair season.

From June through September, counties across Kansas will celebrate Independence Day, summer and fun in general with fair, festivals and carnivals. During June and July, several counties within a two-hour driving distance from Fort Riley will hold theirs.

Just outside the gates of Fort Riley is Junction City where residents celebrate Independence Day in a big way. From June 30 to July 4, Sundown Salute takes place in Heritage Park and neighboring streets for a parade, food stalls, musical performances, craft vendors, carnival games, rides and more. It is the largest Independence Day celebration in the state of Kansas. For more information on Sundown Salute, visit www.sundownsalute.org.

Marshall County Fair in Blue Rapids takes place July 14 to 18 with livestock competitions, a demolition derby, vendors, food stalls, carnival games and much more. Little ones can enjoy

the petting zoo while kids and adults of all ages hop on a ride and go for a spin. For more information about the Marshall County Fair, visit www.mscountyfair.com.

While most county fairs have livestock competitions and dog shows, the Coffey County Fair also has a dog, cat and hand pet show. From July 19 to 22, the Coffey County Fair in Burlington keeps visitors busy with BB gun shooting, tractor pulls, horse pulls, fashion contest, carnival, demolition derbies and much more. For more information about the Coffey County Fair, visit www.facebook.com/CoffeyCountyFairAndEvents.

Jump from a thrill ride onto a pony and then stop by the dairy goat milking contest all in one day at the Douglas County Fair in Lawrence from July 24 to 30. The fair has all the staple rides, foods and vendors, as well a hay bale throwing contest, turtle race, dunk tank and plenty more. For more information about the Douglas County Fair, visit dgcountyfair.com.

The Riley County Fair in Manhattan is July 27 to 31. The fair has 4-H livestock competitions, vendors, classic fair foods, a rodeo, amusement rides, tractor pull and more. For more information about the Riley County Fair, visit rileycountyfair.com.



The Clay County Fair takes place July 19 through 22 in Clay Center, Kansas. For more information visit claycountyksfair.com.



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ABOVE AND RIGHT: The Riley County fair is July 27 to 31 in Manhattan, Kansas. The fair has 4-H livestock competitions, vendors, classic fair foods, a rodeo, amusement rides, tractor pull and more. For more information about the Riley County Fair, visit rileycountyfair.com.



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