

## THE 1ST INFANTRY DIVISION POST



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FORT RILEY, KANSAS

## Fort Riley participates in The Wall That Heals

By Beth Day  
1ST INF. DIV.

WAMEGO, Kansas — Soldiers, both past and present, from Fort Riley and the 1st Infantry Division had key roles in the recent tenure of The Wall That Heals in Wamego, Kansas.

Troops from Fort Riley were represented — beginning with the Commanding General's Mounted Color Guard, which escorted the wall into town on June 13 and displayed the colors at the opening ceremony, to remarks made by retired Lt. Gen. Michael Dodson, former 1st Inf. Div., and Fort Riley commanding general and at the closing ceremony Sunday.

"It was first and foremost an honor," said Staff Sgt. Jerry Fellon of the Commanding General's Mounted Color Guard. "It means a lot to those of us on the team as well as Americans throughout the country. To be part of something like this, escorting it into town and being part of the ceremony. It's something we love doing and we wouldn't change it for anything."

The Wall That Heals is a 3/5 replica of the Vietnam War Veteran's Memorial in Washington, D.C., and it travels around the country. More than 2,000 1st Inf. Div. Soldiers have their name inscribed on it.

At the opening ceremony June 14, Capt. Amber Grimsley, 1st Inf. Div. Sustainment Brigade, joined with young singers from Wamego's West Elementary School to present the national anthem.

"It's very humbling to be here," she said. "Everyone thanks me for my service, but I feel I should thank them for theirs."

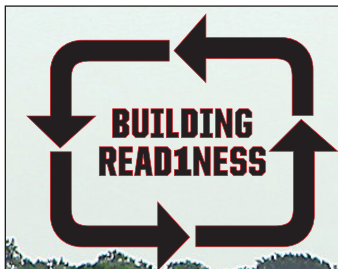
The ceremony was June 14 — Flag Day and the Army's birthday.

"We join here together both on Flag Day and the Army's birthday to celebrate the many examples of service and sacrifice that is on The Wall That Heals," said Kansas Lt. Gov. Tracey Mann, keynote speaker at the ceremony. "The sight of our flag, the Stars and Stripes, has inspired and encouraged Soldiers through the ages and continues to do so today. As we celebrate the Army's birthday, we remember all of those who have taken up the call to be Army Strong."

Retired Army Col. Roger Donlon, the first recipient of the Medal of Honor from the Vietnam War, was also a speaker.

"It's often said that time heals all wounds," he said. "I have to disagree with that. Time heals all wounds to a measure. There are certain types of wounds which never get fully healed. Occasions like this are the best medicine for those types of wounds. Behind me stands the names on the wall; over 58,000 men and women who made the ultimate sacrifice. Gatherings like these help heal those wounds and continue to help from small-town America."

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## Rolling on the river

Several M1A2 Abrams tanks with 1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, cross a temporary, floating bridge at Milford Lake, Kansas, June 15 during training exercise Gauntlet. The 600-meter bridge was constructed by three active-duty Mobile-Role Bridge Companies from throughout the U.S. and a National Guard MRBC from Louisiana.

## 'Devil' brigade armored vehicles cross Milford Lake during Gauntlet training exercise

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

The 1st Infantry Division and Fort Riley, played host to an expansive floating bridge crossing at Milford Lake as part of training exercise Gauntlet June 18.

Soldiers from 1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team, 1st Inf.

Div., drove more than 40 armored vehicles, including Bradley Fighting Vehicles and M1A2 Abrams tanks, over the nearly 2,000-foot span as part of their training.

"It is pretty awesome," said Maj. James Wiltse, 1st Bn., 16th Inf. Regt., 1st ABCT, executive officer. "I didn't ever think I would have an opportunity to do this unless it was in real combat or during a deployment."

"We got to do it right here at our home station training area" he said. "It is pretty amazing for me, the Soldiers in the battalion and the brigade. This is something that we don't get to do very often, but you are seeing that it came together very well."

The bridge was assembled by Soldiers from several total Army partner units, including the 5th

Engineer Battalion and 50th Multi-Role Bridge Company, Fort Leonard Wood, Missouri; 502nd MRBC, Fort Knox, Kentucky; 74th MRBC, Fort Hood, Texas; and the 2225th MRBC of the Louisiana National Guard, two days prior to the "Iron Rangers" crossing. The entire process took 14 hours.

Wiltse recognized the training value of the sizeable water crossing for his Soldiers and the Army as a whole.

"It is very important because it takes off that edge of when you get somewhere and you have to do this for the first time for real," Wiltse said. "We are going to do it here so we can work out the bugs and people are seeing it, exposed to it and they have

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## Soldiers to be eligible for tuition assistance benefit early

David Vergun  
ARMY NEWS SERVICE

WASHINGTON — Soldiers will no longer have to wait one year after completing their Advanced Individual Training to receive tuition assistance.

Soon, tuition assistance will be available immediately for Soldiers of all components after AIT. This assumes they meet existing eligibility requirements and have no flags like disciplinary problems or failure of the Army Physical Fitness Test, according to Pamela Raymer, chief, Army Continuing Education System, Human Resources Command.

Officers who have completed the Basic Officer Leaders Course and warrant officers who have graduated from the Warrant Officer Basic Course will immediately be eligible for tuition assistance as well, she added.

The second part of the change is that Soldiers who wish to pursue a master's degree will no longer have to wait 10 years in order to apply for tuition assistance funding, Raymer said.

Instead, enlisted Soldiers who have successfully completed the Advanced Leader Course, warrant officers who have graduated from the Warrant Officer Advanced Course and officers who have gradu-

ated from the Captains Career Course or equivalent will immediately be eligible, irrespective of component, she said.

This policy change takes effect Aug. 5, according to Army Directive 2018-09 (Army Tuition Assistance Policy) of June 6. The directive was signed by Secretary of the Army Mark T. Esper.

All other existing tuition assistance policies, such as Soldiers being able to take up to 16 semester hours each fiscal year at the rate of \$250 per semester hour, remains the same, Raymer said.

Unfortunately, less than 20 percent of Soldiers in all components use tuition assistance, she said.

"We're hoping this new policy will encourage more Soldiers to sign up for tuition assistance, as this will help them professionally when they're in the Army and increase their employability when they separate," Raymer added.

Raymer suggested that Soldiers in an active-duty status might want to use

tuition assistance and save their GI Bill for when they leave the service because it includes a housing stipend that could benefit them. Also, they might want to pass along that benefit to a family member if they so choose.

Soldiers should contact Fort Riley Education Services, 785-239-6481, for more details.



Sgt. Michael Roach | 19th PAD

Maj. Gen. John S. Kolasheski, left, 1st Infantry Division and Fort Riley commanding general, and Command Sgt. Maj. Craig Bishop, 1st Infantry Division senior noncommissioned officer, lead a procession toward the Place of Meditation at the Dwight D. Eisenhower Presidential Library, Museum and Boyhood Home in Abilene, Kansas, June 14. The procession was part of a wreath-laying ceremony, a tradition where wreaths are laid for all former chiefs of staff of the Army on the Army's birthday.

## WHAT'S IN THIS ISSUE

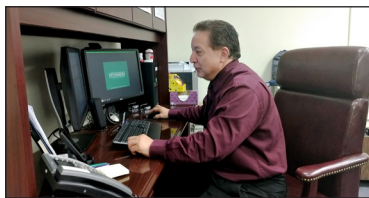


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## FINDING ADVENTURE

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# Army’s robotics alliance rallies researchers to develop robots

ARL PUBLIC AFFAIRS

ABERDEEN PROVING GROUND, Maryland — As part of a strategy to develop and deliver new robotics capabilities to future Soldiers, Army researchers have partnered with world-renowned experts in industry and academia.

The University of Pennsylvania hosted a series of meetings in Philadelphia, June 5-7, for principal investigators and researchers from the Army’s Robotics Collaborative Technology Alliance, or RCTA.

“We are coming together to tell each other what we’ve done over the last year,” said Dr. Stuart Young, a division chief in the U.S. Army Research Laboratory at Adelphi, Maryland, and the RCTA’s collaborative alliance manager.

The group formed in 2009 to bring together

government, industrial and academic institutions to address research and development required to enable the deployment of future military unmanned ground vehicle systems ranging in size from man-portables to ground combat vehicles.

Partners include:

- General Dynamics Land Systems - Robotics
- Carnegie Mellon University - The Robotics Institute
- Massachusetts Institute of Technology
- Florida State University
- University of Central Florida
- University of Pennsylvania
- QinetiQ North America
- Cal Tech/Jet Propulsion Lab

Young said the laboratory is focused on transitioning new capabilities to in-

dustry partners so they can continue to mature them.

“Since this is a basic and applied research program, we’ll transition it to them so they can get it into an experimental prototype in development,” he said. “Certainly the problem that we are working on is very hard. It is difficult to operate robots in the wild, anywhere in the world, but that’s the kind of problem the Army has to solve.”

The Army’s vision is to make unmanned systems an integral part of small unit teams.

“We’re trying to go from tools to teammates so you can work side-by-side with them,” Young said, continuing with, “In order for robots to be teammates, they must operate in unstructured, complex environments.

“And then in order for the robots to be a useful

teammate, they have to communicate naturally like a human does,” Young said. “We’re doing a lot of work in human-robot relationships, understanding concepts in the same way that humans do, trying to get the robots to understand those concepts in the same way so that the teaming can occur more naturally.”

Over the eight years of the alliance, researchers have achieved many milestones in the robotics field.

“New methods for robots to autonomously interact with and perceive the outside world have been developed to improve reasoning, situational awareness, trust and mobility in challenging battlefield environments,” said Dr. Jarret Riddick, director of the lab’s Vehicle Technology Directorate.

“In the past eight years, researchers have teamed with academia and industry sup-

ported by the Robotics CTA to establish robotics technology critical to next generation Army objectives for multi-domain operation.”

The alliance conducts research in four technical domains:

- Perception: Perceive and understand dynamic and unknown environments, including creation of a comprehensive model of the surrounding world
- Intelligence: Autonomously plan and execute military missions; readily adapt to changing environments and scenarios; learn from prior experience; share common understanding with team members
- Human-Robot Interaction: Manipulate objects with near-human dexterity and maneuver through 3-D environments

- Dexterous Manipulation and Unique Mobility: Manipulate objects with near-human dexterity and maneuver through 3-D environments

“We’ve certainly come a long way, and yes, we have a long way to go,” Young said. “We’ve made a lot of progress in understanding and developing new theory and techniques for communicating between the robots and the humans. We must generate more novel techniques to be able to address those types of problems.”

Researchers said the meetings in Philadelphia were a valuable experience as they continue to plan for a capstone event at Camp Lejeune, North Carolina, in 2019, where they will demonstrate the culmination of their research achievements to Army leaders.

# Army study quantifies reactions to stress after meditation, shows positive effects of mindfulness

ARL PUBLIC AFFAIRS

ADELPHI, Maryland — U.S. Army Research, Development and Engineering Command Research Laboratory, or ARL, researchers spent a year collaborating with a team of scientists from the University of North Texas to develop a data processing technique that uses heart rate variability as a sensor to monitor the state of the brain.

Their findings are reported in a paper published in the June edition of *Frontiers in Physiology*.

Healthy heartbeats have irregularities built into them, with a slight random variation occurring in the time interval between successive beats. The sinus node, or the heart’s natural pacemaker, receives signals from the autonomic or involuntary portion of the nervous system, which has two major branches: the parasympathetic, whose stimulation decreases the firing rate of the sinus node, and the sympathetic, whose stimulation increases the firing rate. These two branches produce a continual tug-of-war that generates fluctuations in the heart rate of healthy individuals.

“Heart rate variability provides a window through which we can observe the heart’s ability to respond to external disturbances, such as stress,” said Dr. Bruce

West, the Army’s senior research scientist for mathematics.

He said it turns out that the HRV time series is very sensitive to changes in the physiological state of the brain and the new data processing system, called dynamic subordination technique, can quantify the changes in HRV and relate these directly to brain activity, such as produced by meditation.

“Thus, the DST has quantified the level of stress reduction produced by meditation and offers the potential to quantify such things as the inability to concentrate and sustain focus, impatience, impulsiveness and other dysfunctional properties that severely limit a Soldier’s ability to do his job.”

Stress modulates the autonomic nervous system signals, which in turn disrupts normal HRV and therefore the stress level can be detected by processing HRV time series.

Through a new method of processing HRV time series data, the researchers developed a way to measure the change in the level of stress provided by meditation. This measure assigns a number to the level of variability of heartbeat interval time series before and during meditation. This number indicates precisely how much stress is alleviated by control of

the heart-brain coupling through meditation.

In the article, Rohisha Tuladhar, Gyanendra Bohara, and Paolo Grigolini, all from the University of North Texas and Bruce J. West, Army Research Office, propose and successfully test a new model for the coupling between the heart and brain, along with a measure of the influence of meditation on this network. Traditional models of biofeedback focus on the coherent behavior, assuming a kind of resonance; however, the new approach includes both periodicity and complexity.

The research team compared two schools of meditation and determined that yoga, over chi meditation, is more effective in reducing stress and can show by how much. They also found that the long-term practice of meditation has the effect of making permanent the meditation-induced physiologic changes. Moreover, they found that meditators show a stronger executive control, that is, the ability to carry out goal-oriented behavior, using complex mental processes and cognitive abilities.

“Many military historians believe battles, even wars, have been won or lost in the warrior’s mind, long before any physical conflict is initiated. Learning how to circum-



Courtesy photo  
**A Soldier practices meditation to relieve stress. The Army Research Laboratory has been researching how meditation can relieve stress and PTSD symptoms.**

vent the debilitating psychological influence of stress requires that we have in hand a way to quantify its influence, in order to gauge the effectiveness of any given procedure to counteract its effects,” explained West, who is a Fellow with the American Physical Society, American Association for the Advancement of Science and ARL.

Historically, one purpose of meditation has been to reduce stress; however, the Army’s long-term goal is to use it to mitigate the effects of post-traumatic stress disorder, or PTSD. West said the potential for this to

succeed has been dramatically increased with the new ability to quantify the degree of effectiveness in stress reduction using different meditation techniques.

From a physiological perspective, meditation constitutes a coupling of the functionalities of the heart and brain. The medical community is only now beginning to understand how to take advantage of the coupling of the two to measure stress reduction by applying the methods of science and data analysis to HRV time series.

“Our research focus is on changes in physiologic processes, such as stress level. It is the most direct measure of the effectiveness of meditation in reducing stress to date and compliments an existing ARL program on determining the efficacy of mindfulness meditation stress reduction, which quantifies the influence on different task performance measures, such as changes in PTSD symptoms,” West said.

This early research could guide the design and testing of new interventions for improving warrior readiness and resilience, as well as reducing symptoms of PTSD.

## Volunteer Spotlight:

### JEN BETTY

### FAMILY READINESS

Jen Betty served as a Family Readiness Group Senior Advisor to the unit Commander, founding member and key developer for a Care Team, a company key caller and treasurer, a Sunday school teacher, secretary for the Combined Scholarship Fund, teacher at a homeschool cooperative and she volunteered at other community organizations.

Her award nomination stated that she went above the requirements and placed an importance on supporting and encouraging the families.

It continued by stating she sees the importance of all aspects of running a great FRG.

Since 2017, Betty has volunteered over 1,639 hours on Fort Riley with the Combined Scholarship Fund, 5-4 Cav and 2 ABCT.

# PTSD

The 1<sup>st</sup> Infantry Division and Fort Riley recognize the importance of observing Post Traumatic Syndrome Disorder Awareness Month | JUNE 2018

**LEARN:**  
PTSD Treatment Works

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- Explore the options.

**CONNECT:**  
Reach out

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- Give support. Get support.

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- Work together.

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• DOD's Defense Centers of Excellence 24/7 Overseas Center for Psychological Health & Traumatic Brain Injury: Provides information and helps locate resources. Call 1.866.966.1020 or email resources@doehhs.mil

• Military OneSource: Call 24/7 for counseling and many resources at 1.800.342.9647.

• Veterans Crisis Line: 1.800.273.8255 and press 1; or text message to 838255 or Confidential Veterans Chat with a counselor.

• Suicide Prevention Lifeline: 1.800.273.8255.

• 24-hour Chaplain Hotline: 785.239.4337 (H&F).

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MEET THE DIRECTOR

New director of human resources places customer service first

Story and photo by Gail Parsons  
1ST INF. DIV. POST

Fort Riley’s new Director of Human Resources Luis Ortega has been on the job for a little more than a month, but is already impressed with what he sees so far.

“I see that we have some great folks, some great employees,” he said. “They are very conscientious about their jobs, about what they do. Some are very passionate about their work and they’re all just starting to try and figure me out.”

As they figure him out, he said they will learn that he believes strongly in basic leadership principles.

“It gets you far with everybody, whether you’re talking to your boss or you’re speaking to a lower enlisted Soldier or an employee,” he said. “Respect other employees and respect everyone. Treat everybody the same. My pet peeve is poor customer service.”

With a reduction of more than 100 authorized positions in the past decade, prompt customer service is difficult.

“We had 168 authorizations in 2011, we’re down to 58,” he said. “DHR is taking cuts every year but the amount of work is still there. It’s always a redistribution and looking at how can we get everything done with the folks that we have we have left.”

However, when the rubber hits road, there is no choice but to meet the challenge.

“We can tell the boss or make recommendations to the boss that this particular area may not be able to meet my standard of providing customer service within 30 minutes,” he said. “It may take a little bit longer. In the ID card sec-

tion they may have to sit there and wait a little bit longer, but we will still provide the service.”

Staffing ranks high on his main challenges, but he said he deals with stress at work by first making sure he leaves any personal issues he has outside of the office.

“Then I come in here and I deal with whatever comes in with a smile on my face,” he said. “I always talk to folks in a respectful way, and I say please and thank you.”

Ortega comes to Fort Riley from Wiesbaden, Germany, where he served in the same position for more than two years. When this opportunity arose he jumped at it, not only because it was a promotion, but it also let him come back to the states and allowed him to work with Soldiers more.

The position is one he enjoys because of the large variety of work involved.

“You don’t get the same thing every day,” he said. “There are different situations, different types of issues — anything can come up.”

Several post agencies and post responsibilities fall under the Director of Human Resources including Administrative Services Division, Freedom of Information Act requests, the post office and delivery system. The largest division is the Military Personnel Division, which handles promotions, reassignments and separations.

The retired Chief Warrant Officer 2 was born in Ecuador and moved to Queens, New York, when he was a child. He joined the Army right after high school and since then, wherever he is living is where he calls home.

“Kansas is nice, it’s comparable to Fort Rucker, Alabama, where you have a small



Luis Ortega, Director of Human Resources, arrived at Fort Riley in late May and believes that the customer – Soldier or civilian employee – comes first.

city outside and then you have to drive 15, 20 miles to go to the larger city,” he said. “I enjoy the quiet slow pace of the country life.”

He and his wife, Kenya, have a 14-year-old, 10-pound dachshund named Ollie. When he’s not at work, Ortega finds stress relief in umpiring youth baseball, something that he got to Fort Riley too late for this year, but hopes to get involved in next season.

He also enjoys watching movies and reality TV. He intends to start getting out of the office and getting to know people on post as soon as he can get settled, but invites people to come by the office.

“If anyone is in the neighborhood, stop by and say hello,” he said. “At some point I’ll get out there and start meeting more folks but for right now I’m just trying to get my hands around everything.”

Honoring history with every shot

By Will Ravenstein  
1ST INF. DIV. POST

At the recent 1st Infantry Division Change of Command, the 1st Inf. Div. Artillery Salute Battery fired a volley of rounds in recognition of the new commander.

That recognition runs deeper for the members of the battery as each of the 105 mm Howitzer canons are named after a significant Soldier in field artillery history.

Sgt. 1st Class Sam Kimani, Salute Battery noncommissioned officer said the first gun always fired is Sgt. Arch.

“He was the first Soldier to fire the first round in WWI,” Kimani said. “All the others are named for Soldiers in field artillery history.”

Sgt. Alexander Arch, 1st Inf. Div., is credited with pulling the lanyard that fired the first artillery shell to land on enemy soldiers on Oct. 23, 1917. It was a French 75 mm artillery explosive round according to [www.worldwar1centennial.org/index.php/indiana-in-wwi-stories/2420-alex-l-arch.html](http://www.worldwar1centennial.org/index.php/indiana-in-wwi-stories/2420-alex-l-arch.html).

Having a connection to the past makes the detail more special for the members Kimani said.

“I think it plays a bigger role each time we fire those canons,” he said. “We are not only honoring that person for the day, but honor those Soldiers we signifying those guns in their honor.”

Kimani said that the six canons; four dedicated to the Salute Battery, one a 1st Inf. Div. Headquarters used for flag detail and one on standby, are no longer used in the Army on a regular basis making them more precarious to take care of with regards to preventative maintenance checks and services.

“Since those guns are not being used in the Army, except for ceremonial, as far as PMCS goes we try to do as much as we can,” he said. “If something breaks it’s hard to get parts for it. We have to jump through some hoops to get them or fabricate those parts. We go to 1st Maintenance Company, (541st Combat Sustainment Support Battalion, 1st Inf. Div. Sustainment Brigade), and they fabricate them for us, generally. It takes a little bit of time cause some of the mechanisms are intricate.”

After each firing, whether one round or multiple, each gun is cleaned by members of the battery Kimani said.

“After every ceremony we try to wipe them down and clean them with CLP especially around the breach and firing pin,” he said. “That’s where they get the most damage. (We) try to make sure they are well oiled before and after we use them.”

On top of the maintenance before and after firing, the crew members perform weekly care.

“Every week the guys break it down, take it a part and clean it,” Kimani said.

To be a member of the Salute Battery is easy Kimani said. All a DIVARTY Soldier has to do is be available for training.

“It’s not difficult, it’s a detail of who is available and can be trained,” he said. “Typically we can just interchange who is on there. Right now the Salute Battery is made of more low density military occupational specialty, we are not all field artillery. I’m not field artillery at all, I’m chemical – nuclear, biological, chemical.”

Kimani credits being in the right place at the right time as the previous section leader was leaving Fort Riley.

UNITED STATES ARMY

**BOSS STRONG**

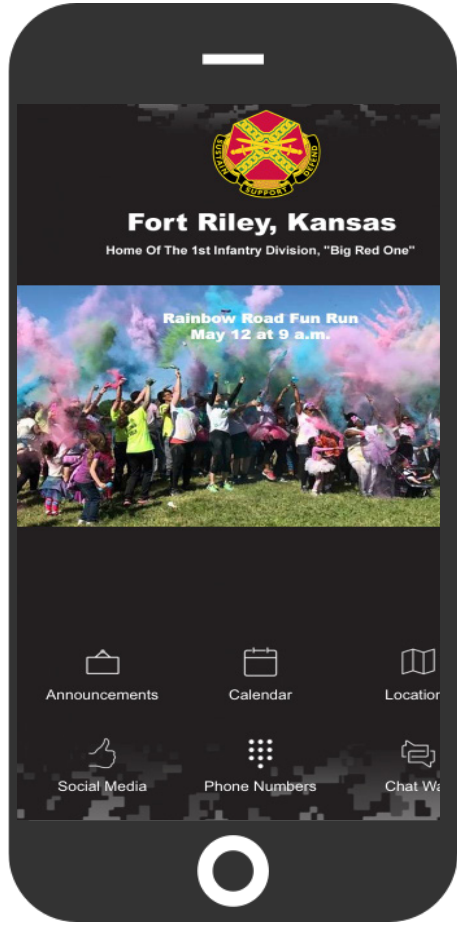
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June 2018

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- education
- advocacy

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- travel safety
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- occupational safety

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# Happy accident leads to career for band commander

By Gail Parsons  
1ST INF. DIV. POST

What started as a disappointment in the fourth grade eventually led to an Army career for Chief Warrant Officer 2 Matthew David, 1st Infantry Division Band commander.

“For me it’s funny, music has always been one of those accidental things,” he said.

His father is retired Navy and brought the Navy discipline into the home. The summer after his sister graduated from high school his father went to him, “he said to me ‘Matthew, you want to learn an instrument?’ I said ‘sure,’ I was thinking trumpet because that’s what all the boys played.”

The next morning, bright and early he was woken up for his first lesson — from his sister — on her clarinet.

She had played clarinet in high school and wasn’t planning to bring it to college.

“He wanted to get his money’s worth out of that clarinet,” David said.

That first lesson set the course of his life. He stayed with the clarinet and became proficient. He would earn the coveted first chair in school and was able to help his friends.

“It was one of those early self-esteem builders for me,” he said.

He continued playing through high school, earned a bachelor’s degree in education and landed a job as a middle school teacher.

“I taught for a year and that was a very hard year,” he said. “I commend every teacher who stays with it.”

He went back to school and earned a master’s degree in clarinet performance. It was then that he started learning about the military bands. He had been familiar with the premier bands in Washington, D.C., and also knew they were very competitive.

But, with the end of the grace period for his student loans looming on the horizon, he took a shot at it and sent one of his CDs to the Army Field Band at Fort Meade.

“They were like ‘well it’s okay. Have you ever considered enlisting in the regular Army?’” he recalled. “I didn’t know there was a regular Army Band.”

He signed on and soon was able to see how the pieces were falling into place for him in the Army.

“Being a musician and being in the military are two things I am very passionate about. Once again it goes back



Collen McGee | Garrison Public Affairs  
Chief Warrant Officer 2 Matthew David, right, the 1st Infantry Division Band commander has a short conversation before the June 2 Symphony at Sunset concert with Maestro Ken Hakoda, Music Director and Conductor of the Salina Symphony.

to my father’s influence of just enjoying having order in the world,” he said. “Even though it doesn’t seem like that every day in the Army, there is a discipline. It gives me comfort, it’s part of my personality. Then the music — music is such a big part of who I am.”

## JUNCTION CITY COMMUNITY BAND

Faith also plays a large role in his life. It was through his connections at St. Xavier Catholic Church in Junction City that he hooked up with the Junction City Community Band.

“My faith is really strong, it’s also part of who I am and music is always side-by-side with faith,” he said.

Growing up his mother sang in the church choir and as he was learning to play the clarinet, she brought him to the church to play. Through the church and other organizations, his parents had raised him in faith and with the understanding of the importance of giving back to the community.

He has a sense of a spiritual connection to the Junction City Community Band because it was through the church that he learned of it and became involved.

Two years ago he started playing with the Community Band. In that time, he forged a partnership, which helps bring

about 20 members of the 1st Infantry Division Band into the JCCB. This summer is his last because he will PCS in August.

“I don’t know what the new commander will want, what his vision will be, but I just wanted to share our talents with the community,” he said. “There are a lot of talented musicians here. I have a specialist who has his doctoral

degree in music and I have at least two other people who have their master’s degrees in music.”

He has two more performances with the JCCB before he leaves. The free concerts are at 7 p.m. June 24 at the Junction City Opera House, Seventh and Jefferson streets; and at 7 p.m., July 4 during the Sundown Salute activities at Heritage Park.

## TRAFFIC REPORT

### ACCESS CONTROL POINT HOURS

Those with a valid military ID card, or who have an access pass or badge, wanting access to Fort Riley on weekends should use Estes, Ogden, Henry or Trooper gates.

For more information about Fort Riley access procedures, visit [www.riley.army.mil](http://www.riley.army.mil).

The access control point hours are:

#### 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, closed weekends and federal holidays. This gate will have inbound commercial vehicle lanes only. Although personally owned vehicles will be allowed access, there is no designated POV lane.

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

#### Grant:

Grant Gate is open from 5 a.m. to 8 p.m. Monday through Friday. It is closed weekends and federal holidays.

### COLYER MANOR PROJECT

This project began March 19, and is expected to take approximately one year to complete. During this time, you may notice increased construction machinery, traffic and noise during the hours of 7 a.m. to 5 p.m.

Additionally, residents will encounter the following detours during the project:

- Access to Venable Drive will be available via G Street only. Craig Avenue will be closed.
- Access to Booth Avenue, Hosmer Court and Attucks Court will be available via Colyer Avenue/Pistol Range Road only. King Avenue and Booth Avenue South of Pistol Range Road will be closed.

Parents with school-age children should note that bus routes and pick up/drop off locations may be affected by these detours. Please contact USD 475 at 785-717-4049 for details.

### RILEY AVENUE RESURFACING – OGDEN

They will be resurfacing Riley Avenue on June 24 - weather permitting. The work is expected to be complete in one day. The street will be open but reduced to two lanes in each direction. Because the paving has to cure, the restriping will be performed on June 28, but will not result in any lane closures.

# Department of Defense partners with LinkedIn, offers free membership

DEPARTMENT OF DEFENSE

WASHINGTON — The Defense Department’s Spouse Education and Career Opportunities program is launching a new partnership with LinkedIn — the virtual professional networking platform.

Military spouses will soon have access to a free LinkedIn Premium membership, valid for one year, every time they have a permanent-change-of-station move, including access to more than 12,000 online professional courses through LinkedIn Learning, as well as access to LinkedIn’s military and veterans resource portal. The membership is also available for the spouse of a service member who is within six months of separation from the military.

“The partnership with LinkedIn will offer military spouses a great opportunity to advance their careers during their times of transition,” said Eddy Mentzer, associate director of family readiness and well-being in DOD’s Office of Military Community and Family Policy. “Spouses will be able to access a global network of professionals any time, from any place. They can plan their next career step before they move, as soon as they have orders [for a permanent change of station].”

## MORE THAN NETWORKING

A premium account includes enhanced insights comparing users to other applicants, on-demand learning, and use of the InMail feature, where users can send direct messages to LinkedIn members they’re not connected to. As corporate interest in hiring military spouses steps up, DOD and LinkedIn will be using the military spouse LinkedIn group to connect spouses to each other and employers.

“It is important for military spouses to see LinkedIn Premium as more than just enhanced networking. LinkedIn has developed a learning path specific to military spouses to help them find and succeed in remote, flexible, and freelance work opportunities,” Mentzer said. “Additionally, LinkedIn provides enhanced resources for spouses that own and operate their own business as well as for employers to search the military spouse community for potential employees.”

The LinkedIn partnership is designed to help military spouses overcome a common challenge — sustaining steady employment. The number one contributing factor to military spouse unemployment is continual relocation from duty

See NETWORKING, page 7

# Pets of the Week

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## RILEY ROUNDTABLE

What are your tips for beating the heat when the temperature gets too high?



"Keep house at level 68 degrees, don't wear black and definitely keep the windshield visor in the car."

**JAKIHRA WAMPLER**  
YORK, PENNSYLVANIA

Wife of Spc. Logan Wampler, 75th Military Police Company



"Wear cotton and lighter fabric. Stay low because heat rises."

**ALLISON OVERBEY**  
PHILADELPHIA, PENNSYLVANIA

Wife of Sgt. Keith Overbey, 1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division



"Get in the pool. Keep a drink in your hands at all times."

**SPC. BRODY NICKEL**  
LINCOLN, NEBRASKA

Irwin Army Community Hospital



"Swimming pool is the only way to go."

**"SAFETY" RON CLASBERRY**  
CHICAGO, ILLINOIS

U.S. Army Garrison Safety Office



"Simple – stay inside."

**SARAH MOSER**  
SALT LAKE CITY, UTAH

Wife of Spc. Jacob Moser, 3rd Battalion, 66th Armor Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division

## THE 1ST INFANTRY DIVISION POST

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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 785-239-3328 or DSN 856-3328, or email [usarmy.riley.imcom.mbx.post-newspaper@mail.mil](mailto: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](mailto:usarmy.riley.imcom.mbx.post-newspaper@mail.mil).

## SAFETY CORNER

# Barbecue, grilling safety for masters and novices alike

By Rod Cruz  
GARRISON SAFETY OFFICE

Team Riley, it's finally summer; that means swimming, boating and backyard barbecues.

As you prepare to fire up the grill, we want to remind you of the risks while using barbecue equipment, especially combining fuels with food, hot metals and large groups of people. Knowing the risks and how to reduce them is the secret to safe grilling success. Whether you're a barbecue master, a grilling guru or a rookie, grilling fast or slow roasting, knowing how to safely use your propane or charcoal grill is a must.

Choose a safe location for your grill. Keep grills on a level surface, more than 10 feet away from the house, garage or other structures. Keep children and pets away, as well as overhanging branches. Grills should not be used on a balcony or under an overhang. Avoid placing grills too close to combustible deck rails.

Grill outside only. Never use a grill in a garage, vehicle, tent or other enclosed space, even if ventilated, due to risk

of harmful carbon monoxide buildup.

A leak or break was the leading factor contributing to gas grill-related fires so before using the grill check the following:

- Check the gas cylinder hose for leaks before using it for the first time each year.
- Apply a light soap and water solution to the hose, which will quickly reveal escaping gas by releasing bubbles.
- If you smell or otherwise suspect a gas leak, and there is no flame, turn off the gas tank and grill. If the leak stops, get a professional to service it before using it again.
- Never turn on the gas when the lid is closed. The gas may build up inside, and when ignited, the lid could blow off and cause injuries or burns.
- After cooking, make sure you completely close the valve on your gas grill.
- Always store gas grills – and propane tanks – outside and away from your house.

The leading cause of structure fires from use of charcoal grills was leaving or placing an object that could burn too close to the grill, so before using the grill check the following:

- Charcoal grills can continue to remain hot for many hours after the flames extinguish. Avoid placing any burnable objects near the grill or moving the grill while the coals are hot. Keep combustible items that may be blown by the wind away from the grill.
- Check for rust damage in metal grills, which may make it possible for charcoal to fall through onto surfaces below and cause a fire.
- Purchase the proper starter fluid. Store out of reach from children and away from heat sources.
- Do not add charcoal starter fluid when coals or kindling have already been ignited. Never use any other flammable or combustible liquid to get the fire started.
- If the fire is too low, rekindle with dry kindling and

more charcoal if needed. Avoid adding liquid fuel because it can cause a flash fire.

- Do not leave the grill unattended.

Teach kids to stay safe. Make a "kid-free zone" of at least three feet around the grill and areas where hot food is prepared or carried. Children playing around the cooking area are more vulnerable to burns from contact with a hot grill surface.

### GRILL CONTACT

Remember post-grilling safety. Keep your grill clean by removing grease or fat buildup from the grills and in trays below the grill. If you grill with charcoal and need to dispose of the coals, soak them in water to extinguish them before disposing in a metal container. Otherwise cover the grill tightly and close the vents, this should extinguish the coals and whatever is left will be ready for next time.

For more information, contact the U.S. Army Garrison Safety Office, 785-240-0647.



Chad L. Simon | 1st Inf. Div. Public Affairs

Maj. Gen. John S. Kolasheski, center right, 1st Infantry Division and Fort Riley commanding general; Command Sgt. Maj. Bishop, center left, 1st Inf. Div. senior noncommissioned officer; Sgt. 1st Class Kevin Hughes, left, 1st Inf. Div. Sustainment Brigade; and Pvt. Cody Schow, 2nd Armored Brigade Combat Team, 1st Inf. Div.; staff celebrated the U.S. Army's 243rd birthday with a cake-cutting ceremony at the division headquarters June 14.

## ASK DR. JARGON

# Please don't make me wash the car

### Hey there Doc Jargon! How's it goin'!

I was talking to my dad the other morning over breakfast – he's a retired artillery man – and he said the term "hold your horses," had a military origin. I think he's full of beans and I told him if you say he's right, I'd wash his car next weekend. What say you?

Signed,

### Not Ready to Wash the Car

#### Dear Not Ready,

Well, he's right but the answer is bit more complicated. Of course, "hold your horses" — officially called a common idiom by word experts — means, "take it easy; keep calm; don't do anything rash."

A quick cruise around the internet shows that doing so helps horses when they get nervous or excited.

Also, it could have an origin dating back to ancient Greece. In Homer's Iliad, the author uses the term when talking about Antilochus driving like a maniac in a chariot race.

As far as the military origins are concerned, though, it refers to when horses were primary transportation forces for the Army in a wide variety of tasks, one of which was taking artillery pieces to and from the battlefield. For this task, holding the horses was a vital step when the weapons were firing.

Elting Morison, a professor at the Massachusetts Institute of Technology and author of the book Men, Machines and Modern Times, recounts the story

of an efficiency expert watching old World War II films of British artillery crews. He noticed one guy in the film holding something, but otherwise doing nothing. When the expert asked the British what the soldier was doing, they said he was holding the horses so they wouldn't spook during the firing of the gun.

Interestingly, by that time the British had gotten rid of their horses and were using motorized transport to move their guns.

So maybe you and your father can share the car washing duties. Thanks for writing.

Sincerely,

**Doc Jargon**

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# Equipping the modern Army: ‘Getting to we’ a priority

Edward Lopez  
ARMY NEWS SERVICE

PICATINNY ARSENAL, New Jersey — Col. Will McDonough is now well familiar with the airport in Oklahoma City, having journeyed there 11 times since November on his way to Fort Sill, Oklahoma, about 85 miles southwest of the airport.

Fort Sill is the home to the Fires Center of Excellence, where McDonough has gathered with other members of a Cross-Functional Team that is part of the U.S. Army's modernization strategy.

“In today's acquisition documents, there are frequently 10 to 20 signatures required for an acquisition strategy or transition agreement,” said McDonough, who is on one of the Cross-Functional Teams, or CFTs, that support six modernization priorities that are part of the framework for Army modernization as part of the new Army Futures Command.

The signature requirements through so many organizations causes bureaucratic delays of months and years, thus leading to slow modernization, added McDonough, who is on the CFT for Long-Range Precision Fires.

The other modernization priorities are Next Generation Combat Vehicles, Future Vertical Lift Platforms, Army Network, Air and Missile Defense Capabilities, and Soldier Lethality.

When activated, the Army Futures Command will have the overarching objective to achieve clear overmatch in future conflicts, making Soldiers and units more lethal to win the nation's wars, then return home safely.

Among the goals for Long-Range Precision Fires is to modernize the Army's Field Artillery branch to ensure dominance in range and lethality.

The U.S. and its multinational partners also face opponents with sophisticated integrated air defense architectures and increased capabilities in long-range, surface-to-surface fires.

“One of the things the CFT has taught me is that it's really about ‘getting to we,’” McDonough said, borrowing a concept from a book on negotiating and achieving objectives whose title is “Getting to Yes.”

“One of the books that the CFTs or Futures Com-



Courtesy photo

Extended Range Cannon Artillery, or ERCA, will be an improvement to the latest version of the Paladin self-propelled howitzer that provides indirect fires for the brigade combat team and division-level fight. Building on mobility upgrades, ERCA will increase the lethality of self-propelled howitzers.

mand should write is ‘Getting to We’ because it forces the Army to use the pronoun ‘we’ instead of ‘I’ or ‘me’ or ‘you’ and ‘he.’ So, there are trades and compromises that the CFT forces from the very outset of efforts, instead of later when the Army has already invested into a capability. And it's all in the name of speed, to drive down the development and the fielding times.”

McDonough is on the CFT for Long-Range Precision Fires by virtue of his position as Project Manager Combat Ammunition Systems, or PM CAS, which is part of the Program Executive Office Ammunition at Picatinny Arsenal.

The office falls under the Assistant Secretary of the Army for Acquisition, Logistics and Technology, for which McDonough serves as a representative on the CFT.

Another team member from Picatinny is Michael George, who is a representative from the science and technology community.

George is an engineer at the U.S. Army Armament Research, Development and Engineering Center, or ARDEC, who leads Army Materiel Command and its

subordinate organization, the U.S. Army Research, Development and Engineering Command in Long Range Precision Fires.

McDonough said he was confident that the CFT would succeed in its mission in large part because of the composition of the team.

He noted that the CFT Director is Col. John Rafferty, who brings a wealth of operational experience to the CFT, which ensures the programs are highly valued by the warfighter.

“The CFT is not accelerating products for its own sake, it is accelerating products to increase our lethality and support the National Defense Strategy,” McDonough said.

“Another dynamic that is important is that also on the Cross-Functional Team is Col. Chris Mills, who is my counterpart within the Precision Strike Missile Program,” said McDonough. “And so that avoids a seam between the cannon artillery community and the rocket artillery community.”

Having a meeting of the minds early through the CFT process also helps to disentangle the current way of doing things, McDonough said.

“All too frequently in the acquisition business, it becomes a finger-pointing exercise,” he explained.

“The tester blames the PM (project manager), the PM blames the requirement writer, and the PM blames the budget folks. But the Cross-Functional Teams bring together a lot of disparate organizations, so that we deliver to the Soldiers the capability that they need, instead of trying to explain why our efforts were not successful.”

As part of the Long Range Fires CFT, McDonough said PM CAS can bring leadership in delivering capabilities, in addition to an appreciation for what it takes to deliver capability through the acquisition process.

As an example, he cited the Precision Guidance Kit, or PGK, which turns 155 mm artillery rounds into near-precision projectiles.

PGK transforms the current stockpile of conventional 155 mm ammunition into affordable, GPS-guided precision weapons that simultaneously reduce the logistic footprint.

“We exercised the Urgent Material Release for fielding in 2013 while we continued

to grow the reliability of that fuse to the point today where it's about 98 percent reliable,” McDonough said of the PGK.

“It ended up as the preferable munition for cannon artillery, as evidenced by its heavy combat use in counter-ISIS operations in both Iraq and Syria. That's part of the model we are using to deliver a good-enough capability early, while continuing to mature the design and the manufacturing while Soldiers are using it.”

McDonough said PM CAS also brings a level of expertise on the performance environment for both the M777 and the Paladin families because both those platforms are teammates.

“We produce ammunition to support both those platforms. The program offices are our teammates. The propellants, the projectiles, the fuses that we make today have to be compatible with those, so we understand the environment of cannon artillery.”

“And we are also collocated (at Picatinny Arsenal) with our science and technology community from ARDEC, which is pursuing next generational capabilities for cannon artillery.”

McDonough said his organization works in close collaboration on fire-control software with ARDEC for both the mortar and artillery systems.

“The government owns the software and does fire control upgrades, so there is more of a closed loop than if had a contractor involved,” he added.

Through the CFTs, the resources and challenges needed to regain overmatch come into clearer focus, McDonough said.

The colonel noted that procurement objectives for the PGK are not as far along as would be desired. “But yet we're shooting them in combat today in Afghanistan, Syria and Iraq. And we also have plans to modernize the precision guidance kit for future adversaries.

“So we cannot exist in an environment where we are either producing or modernizing. We need to be producing at a much higher rate and we need to be modernizing at the same time.”

Although McDonough said much progress has been achieved, difficult challenges and decisions still lie ahead.

“I think the CFT has just scratched the surface in realigning the priorities and the funding and the resources required to tackle the Army's top priorities.

“That's where the CFTs have helped articulate priorities,” he added, “which then will allow senior leaders to make the hard choices on what programs need to be cut and where we need to divest dollars and effort, to refocus.”

To streamline acquisition and funding, the Department of Defense Ordnance Technology Consortium, or DOTC, is a mechanism that allows for early prototyping where parties can agree on deliverables and get industry on contract faster, McDonough said.

“DOTC allows for contractors and government to come to terms where the risks are still understood, but not as high as for major production programs where we are using a traditional contract,” McDonough added.

“The DOTC construct allows us to anticipate requirements and seek from industry their proposals before we have funding in hand,” he said.

“That allows us to be proactive and out in front of the requirements instead of being reactionary.”

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## NETWORKING

Continued from page 4

station to duty station. On average, active-duty military personnel move once every two to three years, more than twice as often as civilian families, and military spouses move across state lines 10 times more frequently than their civilian counterparts.

### EMPOWERING SPOUSES

“Empowering our community of military spouses to reach their personal and professional goals is part of maintaining a healthy military community,” said A.T. Johnston, deputy assistant secretary of defense for military community and family policy. “We encourage military spouses to take advantage of the LinkedIn Premium membership opportunity as just one of many tools available to them through the SECO program.”

Military spouses interested in the LinkedIn Premium upgrade can visit MySECO for more information and to learn how best to maximize this new service. Eligible military spouses are expected to have access to the LinkedIn Premium membership later this summer.

The DOD established the SECO program to provide education and career guidance to military spouses worldwide, offering free comprehensive resources and tools related to career exploration, education, training and licensing, employment readiness and career connections. This program also offers free career coaching services six days a week. This program may further develop partnership with private sector firms such as LinkedIn for purposes of enhancing employment opportunities for military spouses pursuant to authority in Section 1784 of Title 10, United States Code. The formation of such partnerships does not signify official DOD endorsement of any such private-sector entity or its products or services. Learn more about the SECO program by visiting Military OneSource or calling 800-342-9647 to speak to a SECO career coach.

Garrison Commander

Address to the Civilian Workforce

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Barlow Theater

22 JUN (FRI)

1000 - 1130

Barlow Theater



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\*\* Due to limited parking, please carpool if possible

\*\*\*\*\*

Fort Riley - Central Kansas Chapter



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## VIETNAM

Continued from page 1

**LEFT:** Capt. Amber Grimsley, 1st Infantry Division Sustainment Brigade, joins young singers from Wamego's West Elementary School in singing the national anthem at the opening ceremony for The Wall That Heals on June 14. **RIGHT:** Retired Army Lt. Gen. Michael Dodson walks along The Wall That Heals after the closing ceremony in Wamego on Sunday. Dodson, former 1st Inf. Div. and Fort Riley commanding general, was a keynote speaker for the event.

The wall was open to the public 24 hours a day during the five days it was in Wamego and drew veterans, their families and those interested in the war and wanting to honor the veterans. A mobile education center, featuring items left by The Wall in Washington, D.C., was also part of the exhibit which remained open until the closing ceremony held at 1 p.m., June 16.

Capt. Andrew Nielsen, a 1st Inf. Div. chaplain, gave the invocation for the closing ceremony and followed it with a personal message.

“With the backdrop today, it (Father’s Day) has extra meaning,” he said. “Some here today, maybe their fathers didn’t come back. Being with-

out a father is painful. My father was a Vietnam veteran. He was drafted, but he did come home and I’m grateful for that and thankful for his service. I’m sure many of you here today have fathers, grandfathers who served in Vietnam, who struggled for our freedom. We thank your fathers. For the pain and sweat, not only that you served your country, but you came home and sacrificed for us.”

Dodson returned as keynote speaker for the closing ceremony.

“The Vietnam veterans returning from the war didn’t properly receive the thanks from our nation and I think everybody recognizes that,”

he said. “It’s only in recent years and with events like this they have been recognized for their sacrifice. For many veterans and their families, it’s not possible for them to go to Washington, D.C., and see the monument. So to honor them, this traveling wall means a lot. It brings honor to our veterans and says at last, thank you for the sacrifice you made on behalf of us all.”

After the ceremony Dodson explained why events like The Wall are so important to Fort Riley and the “Big Red One” in particular.

“I made a speech not too long ago about the 100th Anniversary of the 1st Infantry Division,” he said. “Part of

that was the formation of the Division in 1917, the battles of 1918, the comings home and proud traditions that sustain the division and the country, all the way to today. It’s an amazing chronology of firsts, first in just about everything America has asked military units to do.

“So when you come to things like this, and you’re able to see flags and the people who truly care about veterans and those still serving, it’s very good for me,” he continued.

“The people in Kansas, and all over the Midwest are genuinely nice people. They have the spirit of family, patriots and they really ought to be proud.”





Chad L. Simon | 1st Inf. Div. Public Affairs

A Bradley Fighting Vehicle crew works their way across the floating bridge on Milford Lake June 15. The 600-meter wet gap training was referred to as “Once in a lifetime” for some Soldiers.



Chad L. Simon | 1st Inf. Div. Public Affairs

Bradley Fighting Vehicles and M1A2 Abrams tanks with 1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, cross a temporary, floating bridge at Milford Lake, Kansas, June 15 during training exercise Gauntlet. The 600-meter bridge was constructed by three active-duty Mobile-Role Bridge Companies from throughout the U.S. and a National Guard MRBC from Louisiana.

### Bridge Continued from page 1

the experience now so it isn't going to be a surprise when they have to do it for real.”

The training was a confidence builder for the Iron Rangers and was valuable training for the MRBCs to construct a bridge in an unfamiliar environment.

“It was extremely important that we came out here and did this in the closest thing we can replicate to the National Training Center event for an MRBC,” said Capt. Daniel Kitchell, 74th MRBC.

“We don't get a chance to go out to NTC, so this was a great experience to come out and place us in a tactical setting, and come out and build

here. I don't think there are very many places CONUS (continental United States) that we can do this to this level and get the same training value out of it.”

The size of the water crossing provided a rare opportunity to bring several MRBCs together as a team to work on project.

“Being able to do this 600-meter wet gap crossing is monumental for us,” Kitchell said. “It is the first we have gotten three active duty MRBs together, and work together on the same raft and the same bridge to bridge this gap took a lot of team effort to get this thing in place.”



Chad L. Simon | 1st Inf. Div. Public Affairs

A Soldier from the 35th Engineer Brigade, Missouri Army National Guard, secures steel guides to the shore at Milford Lake June 15.

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- Marcia

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Sp. Colton Belske and Pfc. Morgan Bielski speak with students from Ware Elementary School during a visit June 11 to the Commanding General's Mounted Color Guard. While there, students learned about the history of the CGMCG and what it takes to be a member to the team.

## COLORING one's view

### Ware Elementary summer visit to Commanding General's Mounted Color Guard opens eyes

Story and photos by Will Ravenstein  
1ST INF. DIV. POST

“It’s a neat experience for them to get out on a field trip. Our summer school is only three weeks long, so we try to cram in as many activities as we can.”

VERONICA WAIT | LIBRARY MEDIA SPECIALIST,  
WARE ELEMENTARY SCHOOL

neat experience for them to get out on a field trip. Our summer school is only

what the group does.

“We thought it would be a neat experience for the kids to see behind the scenes of what the mounted color guard does,” said Ware Elementary library media specialist and coordinator for after school and summer program through 21st Century Veronica Wait. “It’s a

See VISIT, page 11



Ware Elementary School students examine a replica sabre used by the Commanding General's Mounted Color Guard during their tour June 11.

#### DID YOU KNOW?

- While visiting the Commanding General's Mounted Color Guard, the group of Ware Elementary students was broken into two groups with each group seeing the **stables** and the **leather** and **ferrier** shops.

#### IF YOU GO ...

- WHAT:** Exceptional Family Member Program Rodeo rodeo
- WHEN:** 10 a.m. to noon, July 21; registrations required by July 3
- WHERE:** Geary County 4-H/Senior Citizens' Center, 1107 S. Spring Valley Road, Junction City
- INFORMATION:** For more information or to register, call Laurie McCauley at 785-239-1861

## Rodeo attracts special fan base

Doors to a western world open for kids with special needs

By Gail Parsons  
1ST INF. DIV. POST

It's one thing to sit on the bleachers and watch the horses kick up the dust as cowboys chase down a steer, or try for a full ride on a bronco that's trying to buck them off — it's a whole other experience to be in the arena.

Fort Riley's Exceptional Family Member Program and The Junction City Rodeo Association have teamed up for several years to offer children a chance to see what it's like to be a cowboy or cowgirl.

Laurie McCauley, EFMP manager, said the rodeo is for all children with special needs.

There are mock bull rides, carriage rides and horseback rides. Rodeo queens and area cowboys will talk to the children and help them as needed.

“The kiddos are able to get an idea of what it's like to be in a rodeo,” McCauley said. “They are escorted by a cowboy or cowgirl to the event and they are geared up in their little outfits. They get a bandana and a cowboy hat.”

See RODEO, page 13

## Getting back on course

Family Advocacy Program classes aid relationships in need

By Gail Parsons  
1ST INF. DIV. POST

Relationships can be tough — whether they're in the dating stage, married, parenting, co-parenting or divorced — the connections people have with one another are not always smooth.

Family Advocacy Program Specialist Carolyn Tolliver-Lee said FAP can help people work through some of the difficult times.

“All of the classes that we offer are free,” she said. “We have a list of what we call Family Enrichment classes and that is a mixture of parenting classes and adult relationship classes.”

The classes are curriculum based and designed to help people understand the root of their emotions.

#### GETTING TO THE ROOT

Understanding what drives one's own emotions and thought process is at the base of improving relationships.

FAP offers classes that bring people to the self awareness in different ways.

See FAMILY, page 13

## Healthy Lifestyles Festival held at Fort Riley Exchange

Fest-goers witness methods to improve eating, exercise

Story and photo by Will Ravenstein  
1ST INF. DIV. POST

The main Exchange thoroughfare was packed with options for Fort Riley Soldiers, retirees and family members looking to make changes to their health.

The June 16 event was held at both the Exchange and Fort Riley Commissary and entities from Irwin Army Community Hospital, Directorate of Family and Morale, Welfare and Recreation, U.S. Army Garrison Safety Office, Army Community Service and several outside community partners added to the event.

“Any time we partner with any of the agencies it's a good thing,” said Exchange General Manager Robin Ayling. “It's good for our service members, our customers and their families. It just makes a good community atmosphere. The synergy there is super.”



Volunteers from the Maxxfit class at Whitside Gym help demonstrate techniques from the class during the Healthy Lifestyle Festival at the main Exchange June 16.

Inside there were booths set up featuring free blood pressure checks by IACH Soldiers, fitness class demonstrations by FMWR, car seat safety information by the Safety Office and more.

“We are representing public health and healthy lifestyles,” said Spc. Jessica Norris, IACH. “We are performing blood pressure checks, giving information on performance triads, and making sure people have a balance between

activity, sleep and nutrition — creating everything that goes into a healthy lifestyle. As well as different resources we have on post because Public Health covers a lot when it comes to health screenings, sexually transmitted disease screenings, smoking cessation to help people quit smoking and just let people know what's out there.”

Norris mentioned the importance of regular blood pressure screenings.

“We were actually just talking about how they just changed the standards for hypertensive,” she said. “So going above 130 (systolic) is now considered hypertensive, which is about 40 percent of the population. It is really important because there are a lot of health risks that can be associated or that can apply. It's really important to get checked regularly.”

Carisa Hunwork, wife of Sgt. Steven Davis, 2nd

“I used to weigh 268 pounds and through dance, fitness and eating healthy, I have just found a real passion for fitness all around — nutrition and working out.”

CARISA HUNWORK  
MILITARY SPOUSE

Armored Brigade Combat Team, demonstrated MixxFit, which she teaches at Whitside Gym. She uses herself as proof that a lifestyle change can make a difference in someone who wants to improve.

“I used to weigh 268 pounds and through dance, fitness and eating healthy I have just found a real passion

See LIFESTYLES, page 13



# FORT RILEY POST-ITS

## BETTER OPPORTUNITIES FOR SINGLE SOLDIERS

**Country Stampede volunteer opportunity** — Free admission all three days, free seating for set up crew, free T-shirt, free lunch — June 16 to June 26

**BOSS Strong competition** — Six-person teams will compete in eight-week holistic fitness events at Army garrison, registration open from May 4 to June 29

**Watermelon Crawl** — July 7 at Custer Hill Pool, visit BOSS office for more information.

**Skydiving Trip** — July 14 feel the rush of free-falling. Price per Soldier is \$190, BOSS covers half this. Soldier is responsible for \$95 plus extras like photos or video of the jump. Sign up required by 4 p.m., July 13 in the BOSS office inside the Warrior Zone.

**All In** — Thursday night is Poker Night at the Warrior Zone, game starts at 6 p.m.

**Your BOSS needs representatives!** To continue the great activities planned and to plan more.

In addition to the fun stuff, BOSS has your back for your career too. Several times each month the group gathers to prep you for your next board.

## ARTS AND CRAFTS CENTER

**Art for Adults:** Canvas painting: “Happy Cat”.

Don’t miss the fun of creating unique arts and crafts, with step-by-step instructions! Come along, or set a date with your friends or partner. Cost includes all supplies and instructions. Advance registration is required.

**Other services:** Custom services at the center include: matting and framing services, laser engraving and computerized engraving and custom made wood products.

Hours of operation are Mondays and Tuesdays 1 to 8:30 p.m. — Wednesdays, Saturdays and Sundays 9 a.m. to 4:30 p.m. — Thursdays, Fridays and holidays, the center is closed. For more information call 785- 239-9205.



## OUTDOOR ADVENTURE PARK OPENS

Check out disc golf course, the foot golf course, climbing wall or zip across the air on the zip line.

Outdoor Adventure Park hours — Sunday through Tuesday, 10 a.m. to 7 p.m.

Wednesday - CLOSED  
Thursday through Saturday, 10 a.m. to 7 p.m.

Visit the food truck from 11 a.m. to 1:30 p.m. weekdays and 11 a.m. to 2 p.m. weekends. The snack bar will also be available after the food truck leaves.

Book the family obstacle course and zip line tower online at [webtrac.mwr.army.mil/webtrac/rileycyms.html](http://webtrac.mwr.army.mil/webtrac/rileycyms.html).



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## SUMMER READING PROGRAM

The Fort Riley Library will host story time every Wednesday at 1:30 p.m. come listen to a story, enjoy a snack drink and a creative craft. This event does count towards the Summer Reading Program minutes for each participant.

### Special Events

June 23 — Wet ‘N’ Wild Party - fire station sending over a truck to hose down the kids.

## TACO TUESDAY AND PASTA WEDNESDAY

Stop by Riley’s Conference Center for lunch 11 a.m. to 2 p.m.

Taco Tuesday features an all-you-can-eat meal with a choice of meat, hard and soft shell tacos, salsa bar, rice, beans, salad bar and dessert.

Pasta Wednesday features pasta main dish, green beans, focaccia and Greek salad.

The buffet costs \$9.95, which includes a drinks. A salad bar only is available for \$5.95. For more information 785-784-1000.

## FORT RILEY REEL TIME THEATER SCHEDULE

**Friday, June 22**  
Solo: A Star Wars Story (PG-13) 7 p.m.

**Saturday, June 23**  
Show Dogs (PG) 2 p.m.  
Solo: A Star Wars Story (PG-13) 7 p.m.

**Sunday, June 24**  
Deadpool 2 (R) 5 p.m..  
Theater opens 30 minutes before first showing.  
For more information, call 785-239-9574.  
Regular Showing: \$6, children are \$3.50, children 5 and under are admitted free.  
3D Showing: \$8  
First Run: \$8.25, 3D; First Run: \$10.25;

## FORT RILEY LEISURE TRAVEL

Discount tickets are available for events in the surrounding area as well as major theme park destinations.  
Upcoming events with discount tickets include:

- Shows at Kansas City Sprint Center:**
- Kesha and Macklemore: June 26, 7 p.m.
  - Xscape: July 5, 7:30 p.m.
  - Hall & Oats with Train: July 20, 7 p.m.
- While supplies last, order deadlines may apply.

**Great Wolf Lodge - Kansas City Hotel:** Blackout dates apply. Water park tickets included for all guests.

**B&B Junction City Gem Theater:** \$30 value gift card for \$25 good for movie tickets and concessions.

**Kansas City Sprint Center:** Disney on Ice - Dream Big tickets for the Sept. 14 to 17 performances for \$20 to \$33 depending upon show and seats selected.

**And much more!**

For more information on tickets and travel packages available through the Leisure Travel Center, call 785-239-5614/4415.

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## COMMUNITY CORNER

# As Gauntlet ends, huge thanks goes out to garrison personnel

Each has gone above, beyond in support of Soldiers, their families

By Col. John D. Lawrence  
FORT RILEY GARRISON COMMANDER

Soldiers of the 1st Infantry Division, and a number of other military units, have completed the latest arduous course of training — Gauntlet — here at Fort Riley that they’ve been participating in for the past several weeks. They’ve put their capabilities to the test, increased their readiness level and prepared hard for the next phase of training at the National Training Center at Fort Irwin, California. Our Soldiers can be proud of their hard work that enables them to support the Army mission and vision and take the fight to our enemies ... and win.

On the garrison side, I’d like to send out a huge thank you and congratulations to all civilian employees and contractors for your astound-

I’m honored to work with all of you and am repeatedly reminded that we have top-notch employees who embrace that “not my job” isn’t part of the attitude at Fort Riley; our approach is, “How can we help?”

ing work supporting Gauntlet. Each of you has gone above and beyond in supporting our Soldiers and their families during this training exercise. It doesn’t matter if you stock shelves at the commissary, cook at the Warrior Zone, work with the children, build targets for the training lanes, issue training gear to the troops at the Mission Training Complex or one of many other jobs in the garrison, your professionalism and commitment to the mission is important. Some of your tasks are up-front and visible to everyone, others are handled behind the scenes; however, it’s your customer service and teamwork that enable first-class training at Fort Riley.

Our garrison directorates and local partners — on post and off — have worked together so Soldiers here have the best training area

and equipment to complete their training. While they’re engaged, they need to know without a doubt that their family members are taken care of, too. The garrison team has once again proven we are the best at taking care of the entire team.

I’m honored to work with all of you and am repeatedly reminded that we have top-notch employees who embrace that “not my job” isn’t part of the attitude at Fort Riley; our approach is, “How can we help?” With the effort and support you’ve provided this month, everyone should be proud of what you’ve done — as a team. Great job, Fort Riley!

— To comment on this article or to suggest a topic for Community Corner, email [usarmy.riley.imcom.mbx.post-newspaper@mail.mil](mailto:usarmy.riley.imcom.mbx.post-newspaper@mail.mil).



Colonel Lawrence

## WORSHIP

### Protestant Services

**Victory Chapel** 239-0834  
ChapelleXt 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  
Sunday Mass.....1200  
Mid-day Mass– Mon, Wed, & Fri.....1200

**IACH Chapel** 239-7872  
Mid-day Mass– Tue. & Thur. ....1200

### Jewish Service

For Sabbath Services please contact the Division Chaplain at 240-6268/910-273-0767.

### Open Circle Service

**Kapaun Chapel** 239-0834  
Fort Riley Open Circle– SWC  
1st & 3rd Wednesday monthly.....1800

### Club Beyond - Faith Based Youth Program

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\*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

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Resumes in Fall



### Protestant Women of the Chapel (PWOC)

For more information email [rileypwoc@gmail.com](mailto:rileypwoc@gmail.com) or Facebook “Fort Riley PWOC”  
For more information email [riley@pwoc.org](mailto:riley@pwoc.org)

Resumes in Fall  
Check for Summer Gatherings



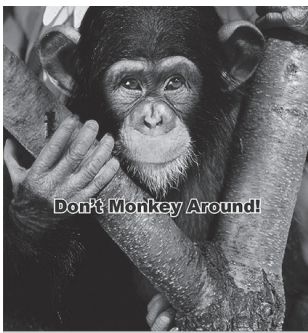
### Catholic Women of the Chapel (CWOC)

For more information email [fortrileycwoc@gmail.com](mailto:fortrileycwoc@gmail.com) or Facebook “Fort Riley CWOC”

Resumes in Fall  
Check for Summer Gatherings

\*\*Check for schedule over Training Holiday weekends\*\*

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[riley.armymwr.com](http://riley.armymwr.com)





# Teens having fun this summer

Trip to bowling alley caps off third week of summer camp on post

Story and photos by Will Ravenstein  
1ST INF. DIV. POST

Fort Riley teens at the Child and Youth Services Teen Center finished their third week of summer camp on June 15 with a bowling trip to the Custer Hill Bowling Center.

“We have a summer camp every single week until school starts,” said Teen Center assistant director Chris Mullins. “Each one of those weeks we have different field trips set up for the kids. (We do) everything ranging from bowling to going to the pool here on post. Some of the trips are local and some of them are destination trips like the trip we are taking on Monday (June 18) we are going to Kenwood Cove in Salina.

“Then we are going to the Kansas Cosmosphere on Wednesday (June 20) then we are going to Automotive Services here on post Friday,” Mullins added. “Most of those camps are geared to trying to get the kids into something science. It’s STEAM related so anything from science, technology, engineering, art and mathematics.”

The kids have been having fun as was evident by the laughter at the bowling center. The best part Mullins said, is that they are learning at the same time.

“There are more fun-based field trips; most have lessons incorporated into them,” he said. “We are going to Legends Mall in Kansas City, it’s going to be basically money management stuff. But, they are going to also



**LEFT:** Isreal Newby rolls ball in the center of his lane June 16 at the Custer Hill Bowling Center. **RIGHT:** Harden Pardue concentrates on his positioning while bowling June 15 as part of the Child and Youth Services Custer Hill Teen Center field trip to the bowling center.



have the opportunity to shop. It’s going to be both — have fun shopping and learning to budget and counting change, that kind of stuff.”

The teens have the opportunity to take two field trips each week with Tuesday through Thursday left for STEAM activities at the Teen Center.

“We are trying to make them learn something during the camp,” Mullins said. “During the Tuesday through Thursdays when we are not on field trips we have a lot of STEAM activities at the Youth Center. We are doing neighborhood cleanup stuff, art stuff, we did shaving cream Wiffle Ball. They did some solar plants. They did solar bag stuff, where they made hot air balloons using the sun and air. It’s been pretty cool. We have lots of stuff set up for when they are at the youth center Tuesday through Thursday.”

With a pay per camp or pay per field trip offered to parents, attendance has been up and down depending on the activity Mullins said.

“It is just dependent on what week it is,” he said. “Some weeks we have 25 kids, some of the weeks we have 15. Like Fourth of July week will be the slowest. The only thing we will do Fourth of July week is swim. A lot of people will be gone. With that holiday there we won’t do anything too elaborate.”

Mullins said the biggest turnout will likely be the end of summer field trip, just before school starts in August, when the teens go to Worlds of Fun in Kansas City, Missouri.

“One good thing about (our field trips) like going to Worlds of Fun is that some of these kids can pay per field trip. All they have to do is call our center,” he said.

The most important part for Mullins is the kids having fun while learning.

“It’s good seeing them not on their phones or playing video games all day,” Mullins said. “We do have gaming tournaments and stuff, but it’s good seeing them out doing stuff. We are having a lot of fun. The kids are just excited to be going.”

# Exchange gives back record amount to Soldier programs

AAFES official reports more given back this year than last year

By Will Ravenstein  
1ST INF. DIV. POST

Every year, the Exchange gives money to the Directorate of Family and Morale, Welfare and Recreation to ensure quality of life goals for Soldiers, their families and retirees are met.

“That is our main mission as far as the Exchange is concerned,” Exchange General Manager Robin Ayling said. “That is something that no other retailer does — world-wide. If you want to look at it in its simple form, military members and their families, retirees are our shareholders. Every year we give back dividends, a portion of our earnings back to the military. Last year, we gave a record number of \$219 million back to all the Armed

Services to improve quality of life, world-wide.”

The support provided by the Exchange pleases David Roudybush, DFMWR director.

“The financial support AAFES provides MWR, across the Army, through dividends is tremendous,” he said. “Without these dividends, we would not be able to offer the wide array of affordable services that we do today. I am always excited to hear that more of our community is supporting AAFES and, through the dividend program, supporting Family and MWR.”

Of the \$219 million given throughout the armed services Fort Riley received \$1,154,789.19.

“We gave back more this year than we did the prior year even though our top-line sales, the money that we took in, was less than the prior year,” Ayling said. “We controlled some expenses and cut some

spots so the money we put in the bank was higher. We were able to give more money back to the base with less top-line sales. We gave back \$36,617.28 more to Fort Riley than 2016.”

Roudybush said that the Exchange dividends are used to enhance current programs and keep prices low.

“Fort Riley’s Family and MWR has total operating expenses exceeding \$25M, which are covered in large part by fees paid by our customers,” he said. “AAFES dividends help to offset some of the expenses and minimize what we need to charge patrons to remain financially viable.”

Ayling said she is proud of her team for cutting costs where they could to be able to provide more for the Soldiers. She also wants to relay the importance of the Exchange and what they offer and how the money gets returned to Fort Riley to be used locally.

## VISIT Continued from page 9

three weeks long, so we try to cram in as many activities as we can.”

Wait said the purpose of the four events held during the three-week camp — two field trips and two site visits — was to get the kids more familiar with how Fort Riley operates.

“They live here, but I don’t think they know all the behind-the-scenes things that exist here on Fort Riley,” she said. “A lot of them, while talking to them on the way here, had heard of the Commanding General’s Mounted Color Guard. I just think it’s neat for them to get out and explore what is on Fort Riley.”

The large group of students was broken into two groups with each group seeing the stables and the leather and Ferrier shops.

The opportunity to showcase what the CGMCG does is a highlight for Spc. Christopher Schneider.

“It’s amazing, honestly,” he said. “We love to show everyone what we do. It’s a unique opportunity. I didn’t know the Army had this. To be able to

show this, I don’t think a lot of civilians know about it, I think it’s a great opportunity to show that the Army is still keeping up with its cavalry roots.”

A fact told to the students about the stable is that it is one of two buildings operated by the CGMCG. The ferrier building being the other, which is one of three buildings originally built on Fort Riley for that purpose.

“I think it’s really cool to see how it’s changed,” Schneider said. “It’s gone from a barn, to a shooting range, to a PX and back to a barn. I think that’s really cool history just to know.”

The third building is the veterinary clinic that still has large doors to allow horses to walk in.

The summer school had a visit from the 71st Explosive Ordnance Disposal on Wednesday who showcased their robotics. Then, they visited the 97th Military Police motor pool Friday where the students were able to check out different vehicles utilized by the Army.

“I worked with one of our assistant principals, Dana Williamson, she did a lot of coordinating for all of these events,” Wait said. “Our summer school is only from 9 a.m. to 11:30 a.m. so it had to be something nearby to get the kids there and back on time. She really dug deep to find what cool things we could get our kids to.”

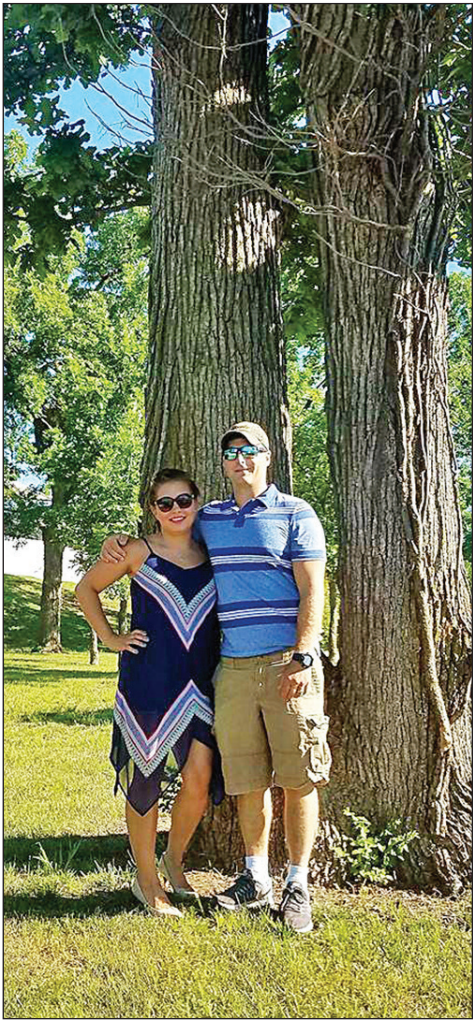
The three-week camp is broken into five blocks with each student getting a chance to experience three of them Wait said.

“Each kid will get three of the five camps, one each week,” she said. “We have two STEM camps, a science and art curriculum, a cooking camp and then robotics.”

Wait said she hopes the experiences gained by the students will help them in the future.

“I feel like the more experience they have, the more well-rounded they are and also just finding something for everyone,” she said. “When you work with a diverse group of kids you want them to be excited about something. I’m sure this will be right up an interest of a handful of some of our kids.”

## TUESDAY TRIVIA CONTEST



The question for the week of June 19 was: What types of activities are available at the Outdoor Adventure Center?

Answer: [www.riley.armymwr.com/programs/outdoor-recreation](http://www.riley.armymwr.com/programs/outdoor-recreation)

This week’s winner is Danielle Johnson, spouse of Staff Sgt. Mike Johnson, 1st Heavy Attack Reconnaissance Squadron, 6th Cavalry Regiment, 1st Combat Aviation Brigade, 1st Infantry Division.

Pictured are Danielle and her husband, Staff Sgt. Mike Johnson.

**CONGRATULATIONS DANIELLE!**

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FORM MATTERS



SUMO SQUAT

The sumo squat, sometimes referred to as a wide-stance squat is a lower body strength exercise. Public Health Nurse Capt. Eddie Murray said the wide stance allows the focus of this exercise to be on the muscles of the inner thigh.

- Start by standing with feet wider than shoulder-width. The toes should be pointed about 45 degrees outward. [1]
- Lower your torso by bending the knees and hips. Keep your abs tight and your back straight. Make sure your knees never go past your toes. Your weight should be in the heels. [2]
- Return to starting position. [3]

To take this exercise to the next level: Once in the starting position with your toes pointed outward, move your heels in line with your toes, once more point your toes outward. This will make your wide stance a little wider.

CELEBRATING ARTS AND CRAFTS DAY



Families at the Arts and Crafts Day on June 17 were assisted by Eunice Morales, who provided guidance and instructions for their paintings.



Antonio Smith, center, the son of Spc. Nicholas Smith, receives help with his painting of a cat during the Arts and Crafts Day on June 17.

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# LIFESTYLES

Continued from page 9

for fitness all around — nutrition and working out,” she said. “I teach Body by Carisa at Whitside, that is more of a toning class, very low impact. We work on form. I just really love doing it. The gals that I meet doing it are just so much fun. All of the people doing it with me here were all students that were willing to do it for free on a Saturday to have a good time.”

As the class danced around to the music, several people in

the crowd could also be seen dancing around having a good time.

The importance of the day was not lost on Baily Rodart, fitness specialist at Whitside Gym, who was on hand to talk about all the programs offered by FMWR at the Fort Riley Gyms.

“It’s great we are very fortunate to have so many people that come in and to have so many different classes to teach,” she said. “Such a wide

variety for both the senior and the young ages as well. We do offer some classes that are kids friendly as well so that gets all the age groups.”

Rodart also encourages anyone interested in a program to give it a try.

“(I) encourage them to pick a class and try it,” she said. “If they don’t like it, try them all. There is such a wide variety of them between Zumba, Mixx-fit, Body Pump. We have water sports now.”

# FAMILY

Continued from page 9

One of the classes is called Scream Free Marriage. Participants receive a study guide with worksheets, which they fill out. Doing so can require the individual to really reflect on themselves.

For example, in one exercise, people are asked to rank how they feel when they observe things like the dishes piled up in the sink, unmowed grass and toys on the floor. From there examine their responses to see if they can identify trends that bother them or their spouse.

“I did have a Soldier call here about our Scream Free Marriage Class and asked if he could enroll,” she said. “When I told him yes he says ‘that’s great’ and his second comment was ‘because I’m a big screamer.’”

As it pertains to this class, the word screaming is a metaphor for people’s behaviors when they are upset or discontented.

“It’s not necessarily about raising your voice,” she said. “Another way of a woman screaming is refusing to cook dinner because she is upset, or either partner is giving the other the silent treatment. Screaming is not necessarily about voices it’s about ‘I’m upset and this is how I’m responding to get your attention,’ or better yet to let you know that something is wrong.”

Through this course, or the Laugh Your Way to a Better Marriage class, people learn how to peel away the layers that cover the root cause of their emotions.

She recalled one young married interracial couple. The man believed their issues were cultural.

“As we went through the training it brought about some self-awareness of simple behaviors,” she said. “He began to pull down the racial barriers that he had thought were the issues and began to see this was about a man and a woman. The issues they were having were not necessarily driven by culture. He thought she was doing things because she was a white woman, so I told him ‘so you’re telling me that her way of thinking is only limited to white women. Do you think maybe your mother felt the same way?’”

That was when he began to see the relationship issues in a different way.

Another class delves into the Five Love Languages.

Through this two-hour course, couples take an in-depth look at what love is to them, how they show it and how they reciprocate it.

“Bottom line is, married life is not a joke. Marriage and parenting is not for wimps.”

CAROLYN TOLLIVER-LEE | SPECIALIST,  
FAMILY ADVOCACY PROGRAM

The author of the book and course, Gary Chapman, identifies what he calls five different love languages. For example, a wife may feel like her husband doesn’t love her and he is saying why on Earth are you thinking that? I’ve given you a nice home; I’m taking care of all your basic needs, food, clothing, shelter. What do you mean I don’t love you? Tolliver-Lee said.

“That’s his love language, she would rather hear words of affirmation, she would rather hear ‘honey the meals were great, the house looks good today.’ She wants to hear ‘I love you’ before you leave to go off to work. And because he’s not giving her that, she’s in doubt of his love.”

## WHO ARE THE CLASSES FOR?

While some people are referred from their unit or behavioral health, others are self referred.

“The self-referrals are the ones who realize ‘I am really invested in this marriage or this relationship,’” she said. “They have the courage to contact us and say ‘I want to work on me in my relationship.’ In all the years I’ve been here there’s never been someone who comes in and says ‘I want to talk about my spouse or my significant other.’ They realize they own their role and their commitment in their relationships they come with the hopes and intentions of working on themselves.”

Those, she said, were the success stories. Anyone who is invested in themselves and their relationships can benefit from the classes.

Tolliver-Lee said couples do not have to be on the brink of divorce to benefit.

“Your marriage does not have to be in dire trouble, maybe you want to improve on a good marriage, maybe you want to improve on your communication, maybe you just want more understanding about your role in this relationship,” she said. “And the classes are fun.”

In addition to the marriage classes, they have parenting and dating classes. People can come alone or with a spouse. She has had wives take one of the courses while their spouse was deployed.

“Sometimes, the Soldier is deployed and the wife is back here thinking about her rela-

tionship and she wants to improve on the relationship,” she said. “She wants to grow, she wants to learn more as a woman, more as a wife.”

## PREVENTING DOMESTIC VIOLENCE

A large part of the focus is on domestic violence prevention and intervention. Under Army regulation 608-18 installations are encouraged to have each one of their Soldiers trained on domestic violence prevention annually.

“Now with the Soldiers returning we are doing what we call domestic violence prevention classes. We are trying to capture and reach out to each one of those units returning and we are having success,” Tolliver-Lee said. “It’s about a 45-minute training for the Soldiers and we let them know that if you had issues before you left, when you return, because you missed each other so much, the sex will be great for a couple of weeks - hooray for you. But if there are unresolved issues they will resurface within 90 days.”

She is in the process of adding to the presentation on violence information about what witnessing and growing up around violence does to the children.

“Children learn what they live and violence is learned,” she said.

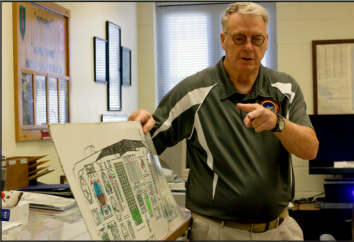
Domestic violence can also pertain to the way singles treat each other while dating.

She said she always finds it interesting when she speaks to a group of soldiers about dating. She will ask them what they think their partner expects from the date and what they expect from the date. The men and women generally give very different answers, but it helps open some of their eyes to see that the other person may have very different expectations than what they thought they would have.

“Bottom line is, married life is not a joke,” she said. “Marriage and parenting is not for wimps. You’re going to have to really be invested in this and you’re going to have to learn it.”

For more information on what FAP offers visit Army Community Services, 7264 Normandy Drive or call 785-239-9435

# SIMULATING EXPERIENCE



LEFT: The Black Hawk Flight Simulator, costing close to \$16 million, is a huge benefactor in training new pilots as it saves in time and fuel. The ability to tailor each flight to any situation helps in preparing pilots for flights in all weather. TOP AND ABOVE: Frank Carboneau teaches and answers questions about the Black Hawk Flight Simulator during the Gold Star Family Day on June 16.

Photos by Tea Sambuco | POST

# RODEO

Continued from page 9

Beyond just being a fun experience for children, the EFMP Rodeo opens other doors.

“They will be teaching the kiddos how to rope, this is really good for eye, hand coordination,” she said. “Riding on a horse is a very good experience for them. I have had parents come to me a year or so after attending the Special Needs Rodeo and say ‘after the Special Needs Rodeo my son or my child really connected to horses and we went horseback riding or to horse therapy training.’”

There is a connection with the animals that can help with the children’s sensory and socialization skills.

Even if they don’t connect in a way that leads to further interaction with the animals, the event alone will create memories and provide for an exciting morning.

McCauley said it is always fun to watch the children’s faces light up and their smiles grow as they sit on the bull or bucking bronco prop that



COURTESY PHOTO

The EFMP Rodeo will be from 10 a.m. to noon, July 21 at the Geary County 4-H/Senior Citizens’ Center, 1107 S. Spring Valley Road, Junction City. Registrations are required by July 3.

is being rocked to give the illusion of being on a live animal.

When it’s time to relax a little, the carriage rides tend to have a calming effect she said.

The rodeo is open to all special needs children whether they are military related or not, regardless of their needs.

“We work with individuals with some pretty mild to pretty severe diagnosis,” she said.

The rodeo is from 10 a.m. to noon, July 21 at the Geary County 4-H/Senior Citizens’ Center, 1107 S. Spring Valley Road, Junction City. Registrations are required by July 3. For more information or to register call McCauley at 785-239-1861.

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## su | do | ku

	7					9	8	
	9					2		
		1				4		3
							9	
7			6		3			4
6		5		7				
		8				3		
				4				5
2		3		5			1	

Level: Advanced

## What Is su | do | ku?

The objective of the game is to fill all the blank squares in a game with the correct numbers. There are three very simple constraints to follow. In a 9 by 9 square sudoku game:

- Every row of 9 numbers must include all digits 1 through 9 in any order
- Every column of 9 numbers must include all digits 1 through 9 in any order
- Every 3 by 3 subsection of the 9 by 9 square must include all digits 1 through 9

Last Sudoku's Answers

8	3	9	1	2	7	5	4	6
7	4	1	6	8	5	9	2	3
6	5	2	4	3	9	7	1	8
3	2	6	9	5	8	1	7	4
5	1	8	7	4	3	2	6	9
9	7	4	2	1	6	3	8	5
4	6	7	5	9	1	8	3	2
1	8	5	3	6	2	4	9	7
2	9	3	8	7	4	6	5	1

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## Great golf is only a “drive” away from post

Story by Will Ravenstein  
1ST INF. DIV. POST

It’s time to hit the links as Spc. Jorge Shell checks out the area golf courses to include regular gold, disc golf, miniature golf and a new sensation — FootGolf.

For some there is nothing more relaxing, and challenging, than trying to make their way down the nearly trimmed course while avoiding sand traps, tall prairie grass and the ever present water hazards.

Others prefer the laughter associated with bouncing the golf ball off the wall before ricocheting off the back barrier into the cup. Or the laughter of failing to get the ball over the seemingly harmless hill in the middle of the short hole in miniature golf.

### FOOTGOLF

FootGolf, introduced in 2001, is a new game for golf courses.

FootGolf is a precision sport that combines the popular sports of soccer and golf according to [www.footgolf.us/about-footgolf](http://www.footgolf.us/about-footgolf). The rules largely correspond to the rules of golf but players kick a regulation #5 soccer ball down the golf course facility using shortened holes and larger-diameter, 21-inch, cups.

The object remains the same, the player with the least amount of shots wins.

### DISC GOLF

Disc golf is played much like traditional golf. Instead of using a ball and clubs, players use flying discs.

The sport was formalized in the 1970s according to [www.pdga.com/introduction](http://www.pdga.com/introduction) and shares the same rules of “ball” golf where a player aims to complete the hole in the least amount of shots.

Players often purchase specialized discs that allow for the curvature of flight to fade or draw depending on the players’ style. There are also special “putter” discs that allow for more stabilized flight closer to the target or basket.

As a player makes his or her way down the course they place a special marker down to indicate where they must throw. This allows them to change “clubs” depending on the shot.

### MINIATURE GOLF

Miniature golf or putt-putt golf dates back to 1867 in the birth land of golf itself — Scotland. The Ladies’ Putting Club of St. Andrews was formed in 1867 as a members-only green for women golfers, according to [www.mentalfloss.com/article/19567/zany-history-mini-golf](http://www.mentalfloss.com/article/19567/zany-history-mini-golf). There may not have been any windmills or loop-the-loop obstacles on this course, but the green was and remains one of the most prestigious miniature courses around.



Courtesy Photo

The driving range facility at Fort Riley’s Outdoor Adventure Park features six lanes for golfers to practice their skills.

It was not until the Great Depression did the ideas become popular. Loop-de-loops and clowns were common in most putt-putt courses until the 1950s when a revolution began to make the game more traditional again. This did not hold up as mechanical animated hazards were introduced like the windmill blades.

Toward the end of the 1990s, the traditional golf course style made an appearance again thanks to celebrity golfers.

**Fort Riley’s Outdoor Adventure Park**  
5320 Normandy Drive  
Fort Riley, Kansas  
785-239-2363

The Outdoor Adventure Park offers a nine-hole disc golf course and a nine-hole FootGolf course and a six lane driving range. The driving range is open 24 hours a day. Purchase tokens from the food and beverage counter during lunch and buy range balls on the range anytime. Range tokens cost \$3.

**Colbert Hills**  
5200 Colbert Hills Drive  
Manhattan, Kansas  
785-776-6475

Colbert Hills home to the Kansas State University Male and Female Golf Teams was built by 1964 alumni and PGA Professional Jim Colbert. Colbert is a close friend of KSU football coach Bill Synder and a big supporter of school’s sports programs according to his profile on [www.pgatour.com](http://www.pgatour.com).

Colbert Hills features two public courses; a 18-hole championship course and a nine-hole par-3 course for all skill levels. Each features open fairways, spacious greens and tricky sand traps.

The Colbert Hills website does offer the prospective golfer an opportunity to see the course via drone video, [colberthills.com/-hole-by-hole-info-and-aerial-drone-tour](http://colberthills.com/-hole-by-hole-info-and-aerial-drone-tour).

For those who wish to ride instead of walk the course, the golf carts offer a GPS unit that

The facility also hosts a driving range for those looking to get away for lunch or quick afternoon practice.



Courtesy Photo

Open fairways greet golfers on the championship 18-hole and par-3 nine hole courses.

lets a player know their exact yardage to the hole to properly plan the shot.

For green fees and cart fees visit Colberts Hills website [www.colberthills.com/-golf-rates](http://www.colberthills.com/-golf-rates).

**Rolling Meadows Golf Course**  
6514 Old Milford Road  
Milford, Kansas  
785-238-4303

This 18-hole course opened in April 1981 after three years of construction. The tree-lined fairways lead to open areas that test players’ skill and patience. The 29 sand bunkers and six lakes throughout the course will challenge golfers of all skill levels. The rolling hills of the Flint Hills makes this a fun, or daunting day on the links.

Public and private tournaments are held regularly here.

Along with the traditional scorecard, players can pick up a hole-by-hole color photo guide that shows each holes layout. There is also room for note taking to make return visits easier.

Call ahead to reserve your tee time or visit [www.jcrollingmeadows.com/](http://www.jcrollingmeadows.com/) to check out fees or reserve your tee time online.

**Putt-A-Round Miniature Golf**  
3302 Liberty Hall Road  
Junction City, Kansas  
785-238-6017

This cozy course is frequented by the local school district field trips in spring. A wide open design allows players to freely move from hole to hole.

**Wildcat Creek Fun and Fitness**  
800 Anneberg Circle  
Manhattan, Kansas  
785-539-PLAY (7529)

Wildcat Creek Fun and Fitness offers three of the four varieties of golf in one location.

The nine-hole golf course offers a mix of par-3 and par-4 holes that weave through trees, prairie grass and sand bunkers.

The 18-hole footgolf course moves through the same nine hole golf course area with several of the larger holes making up two holes instead of the normal one.

Here footgolfers are allowed to play alongside regular golfers as players get to experience the same hazards other golfers have to negotiate.

If the challenges of the trees and sand bunkers are not your thing, visit the 18-hole miniature golf course located just outside their main facility.

Military discounts are offered by Wildcat Creek and membership offers to the fitness center are available to coincide with membership to the golf course.

Visit [www.wildcatcreekfun.com](http://www.wildcatcreekfun.com) for more information.

**South Park Disc Golf Course**  
1500 St. Mary’s Road  
Junction City, Kansas

Dedicated to Junction City’s Fred Gross by his grandson Michael as an Eagle Scout project with Boy Scout Troop 64, the nine-hole course surrounds South Park’s baseball and softball fields.

Several of the baskets rest alongside the adjoining walking path which area also aligned with trees making shots more difficult.

**Warner Park Disc Golf**  
Warner Park  
Manhattan, Kansas

Warner Park Disc Golf Course is the first disc golf course in the Manhattan Parks and Recreation System according to [www.mhkprrd.com](http://www.mhkprrd.com).

Established in 2010, the course is a mixture of uphill and downhill slopes through open meadows and tight technical routes that will test a players ability.



Courtesy photo

Course layout of Wildcat Creek Fun and Fitness in Manhattan, Kansas.



Courtesy photo

Foot golf participants cheer as the ball falls into the cup at Wildcat Creek.