

## THE 1ST INFANTRY DIVISION POST



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FORT RILEY, KANSAS

Gauntlet training event concludes with **live-fire** exercise

First Infantry Division Soldiers finished an extensive field exercise with a combined-arms live fire exercise June 19. **ABOVE:** A M1 Abrams is supported by three UH-64 Apaches while moving toward the target. **INSET:** A Bradley and an Abrams move down range in the culminating event June 19 in the training areas of Fort Riley.

Story and photos by J. Parker Roberts  
1ST INF. DIV. PUBLIC AFFAIRS

The 1st Armored Brigade Combat Team, 1st Infantry Division, completed Gauntlet, the month-long training event, with a live-fire exercise June 19 across the training areas of Fort Riley. Thousands of Soldiers from across the brigade participated in Gauntlet and the culminating exercise, which saw M1A1 Abrams tanks, Bradley Fighting Vehicles, M109A7 Paladins and Apache helicopters from the 1st Combat Aviation Brigade, 1st Inf. Div., move throughout the area,

engaging practical targets and virtual enemies in a realistic scenario.

“This is what we call a culminating training event,” said Lt. Col. Iven T. Sugai, 1st Battalion, 5th Field Artillery, 1st ABCT, commander. “My battalion has over 500 Soldiers, so this training opportunity allows me to exercise the breadth of those 500 Soldiers that I have, all the different systems, the weapon systems, and being able to bring all of that together and apply that to an enemy.”

Sugai said that Army training begins at the individual Soldier level and continues in larger and larger units, building to an approximation of the total Army

environment the Soldiers will experience when deployed. He said large-scale exercises like Gauntlet allow commanders to combine Soldiers and equipment in ways that would be impossible in smaller training scenarios.

“Exercises like this allow us to bring all those disparate systems together toward a common goal,” Sugai said. “If not for something like this, we wouldn’t be able to exercise really the full capability of this unit.”

The commander of “Hamilton’s Own” said this sort of training is critical for Soldiers.

“Exercises like this give them a taste of what combat really is,” Sugai said.



The culminating event included direct and indirect fire, breaching operations and coordination between ground and air units.

The large and versatile Fort Riley training area allows the 1st Inf. Div. to conduct complex exercises like Gauntlet without leaving the installation.

“Fort Riley is phenomenal — just the space and what

we can do with training here,” Sugai said. “For us as field artillery, oftentimes you can go to a post and you’re restricted to such a small area to be able to shoot from. What we found here at Fort Riley, and with the testing of our new weapons systems, it is a very permissive training environment. And that’s what you need if you

want to have that realistic training against some sort of opposing force, is you need a flexible training area. You need a staff that’s willing to accommodate your training objectives. And if you don’t have that, then you’re not going to get that realistic training. Fort Riley has afforded us that opportunity.”

## Garrison commander gives final civilian workforce address

By Gail Parsons  
1ST INF. DIV.

Just under two years ago Col. John D. Lawrence assumed responsibility as the Fort Riley Garrison Commander. On June 22, he stood before civilian employees at Barlow Theater and addressed them for the final time.

He looked over what the garrison has accomplished in his time here and made it clear he did not do it alone — teamwork has been key.

“You all are what makes this garrison what it is,” he

said. “It has nothing to do with me, it has everything to do with the people sitting in these seats.”

He gave credit to them for working with him and each other to ensure job security for the civilian workforce.

He recalled that right after arriving at Fort Riley, he had to oversee reductions. Calling it a very emotional event when the post had to execute a reduction of 119 positions.

When that was done, he was then informed more reductions would be coming down the pike.

“That was a huge blow right there,” he said. “A lot of garrison commanders waited. In fact some waited until this past year. The problem with that was that they did not let the system take care of itself, so therefore, there are a lot of installations laying off people right now.”

That’s not happening on Fort Riley because, Lawrence said, Civilian Personnel Advisory Center would not give up. They could have, he said. But instead, they found ways to save jobs.

“We came to a point where we could move some people

around and we have zero job loss,” he said.

## A LOOK BACK

He started the hour-long address by looking back at the first 100-days after he took command and talked about the achievements of the past two years. He then moved into looking at the future of the garrison.

Soon after he took command, Lawrence had his first address to the workforce. That address was critical to him

See FAREWELL, page 6

## Garrison civilians recognized for excellence at ceremony



Carol Fittro, Directorate of Plans, Analysis and Integration, received the May Garrison Employee of the Month award from Garrison Commander Col. John D. Lawrence at a June 18 ceremony at Barlow Theater. Joining her on stage to congratulate her and several other civilian employees who were being recognized for their accomplishments were Garrison Command Sergeant Major, Andrew T. Bristow II and Deputy Garrison Commander Timothy Livsey.

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

Six civilian employees were recognized at Barlow Theater on June 22 including Carol Fittro of the Fort Riley Plans, Analysis and Integration Office, who earned Employee of the Month honors.

The six were recognized and received a certificate of appreciation and a garrison coin from Garrison Commander, Col. John D. Lawrence and the Garrison Command Sergeant Major Andrew T. Bristow II.

Fittro was recognized for work she did in response to

See AWARDS, page 8

## Douthit Gunnery Complex testing upgrade to range

By Will Ravenstein  
1ST INF. DIV. POST

The Douthit Gunnery Complex is already a busy place to complete higher tables of gunnery for crews in the Abrams and the Bradley Fighting Vehicles. With a new system being tested this week, the range complex will be able to support aerial gunnery for the 1st Combat Aviation Brigade, 1st Infantry Division, also.

The Aerial Weapons Scoring System will be going through Government Acceptance Test this week where, if successful, they will be one of six AWSS units in the Army. Fort Hood, Texas, has a mobile system that is re-

quested by the aviation units through G3-training, said Fred Siebe, Douthit Gunnery Complex manager, Directorate of Plans, Training, Mobilization and Security.

“The Army, in the continental U.S., has five systems and in the past, what we’ve had to do is aviation scheduled through G3 to the AWSS personnel, they are out of Fort Hood, Texas,” Siebe said. “They will come in two days prior to gunnery and they normally bring in two trucks and trailers. One truck had nothing but equipment in it and a four-wheeler and the other one is set up with some equipment and batteries, but it also had all their computers in it that they

would get the data feed back up. They would do it wirelessly. They would have a node set up that was attached to a network that would bring it back to the tower area so we were able to score the aviation portion.”

With the new system installed Fort Riley aviation units, along with other units, will be able to schedule their training more on their time as compared to having to be dependent on the specialized scorers to be available.

“They are required twice a year,” Siebe said. “Where in the past they were required to only qualify once a

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## WHAT’S IN THIS ISSUE



FORT RILEY LIBRARY HOSTS WET AND WILD FUN DAY

YOUTH SPLISHED AND SPLASHED THROUGH WATER FILLED INFLATABLES AND RAN THROUGH WATER FROM THE FIRE DEPARTMENT

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FORT RILEY YOUTH TAKE PART IN WORLDS LARGEST SWIM LESSON

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## ALSO IN THIS ISSUE



SPC. SHELL VISITS LOCAL COMMUNITIES TO SEE HOW THEY ARE CELEBRATING THE FOURTH OF JULY

SEE PAGE 16





# Range opens to help Soldiers heal

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

More than 3 1/2 years after the plans were hatched, the Warrior Transition Battalion officially opened an archery and air rifle range.

Retired Lt. Col. Doug Andresen was among those who attended the June 18 ribbon cutting ceremony. Andresen was the commander of the WTB when, in January 2015, he learned the range his Soldiers used was slated to be torn down to make way for a vet clinic.

“We talked to some Special Forces, they had these (indoor ranges) at Fort Bragg and other places,” he said. “Why couldn’t we do one of these? It’s safe and our Soldiers need it. They have to figure out ways to cope.”

But the Special Forces were the only ones with similar ranges, which meant there would be rolls of red tape to cut through before the actual red ribbon could be cut for the grand opening.

“The Army is never a quick system when you are trying to do something new and (this has) never been done,” he said. “This was a one of a kind on any of the bases for WTB so that caused a lot of consternation.”

After the research phase was finished, the task of persuading the powers-that-be began. It took a while but eventually everyone including Fort Riley officials, the U.S. Army Medical Command at Fort Sam Houston, Texas, and WTB in Washington, D.C., was on board with the project. Then came the easy part — setting up the indoor range.

By the time it was finished, Andresen had already moved on. He had left his command position in January 2017 and in November he retired.

But those who started the project with him shared his vision and understood the importance of completing the mission.

Getting people outside of the WTB to understand the mission was challenging at times. While the Soldiers will use the range to prepare for Warrior games, it’s more about providing the coping mechanisms the Soldiers need.

“The healing that the Soldiers go through is misunderstood by many so there was a long struggle about why we needed a range to qualify people on,” he said. “This has nothing to do with qualification. Last time I checked the Army doesn’t use an air rifle for qualification.”



**ABOVE:** After years of cutting through red tape (from left) Sgt. Maj. William McVay, Warrior Transition Battalion Commander Lt. Col. Doug Beall, retired Lt. Col. Doug Andresen and Occupational Therapist Jill Sump were able to cut the red ribbon to signify the official opening of the archery and air rifle range at the WTB on June 18. **LEFT:** Sgt. Maj. William Dullea with the 644th Regional Support Group at Fort Snelling, Minnesota, takes aim with one of the bows at the new WTB archery and air rifle range on June 18.

There were also questions about why they don’t just load the Soldiers up in a Humvee and drive them down range and let them shoot.

“That doesn’t really work well with the population that we have,” he said.

Sometimes, just putting on the gear is a challenge for wounded Soldiers.

Lt. Col. Brady Beall, WTB Commander, said the range allows Soldiers to continue with an activity they have enjoyed but could be limited in their ability to do. It is added to a list of activities designed to help the Soldiers regain confidence and mobility.

“We look at what the Soldier is capable of doing and tie them to an event like arts and crafts or kayaking,” he said. “We also do wheelchair basketball and seated volleyball.”

Occupational Therapist and Adaptive Reconditioning Program lead Jill Sump said the ARP staff works with the Sol-

diers to help them find ways to modify their moves so they can continue to enjoy activities.

“These sports can be done in different positions,” Sump said. “Even in competition the positions are prone, seated or standing based on a person’s balance, leg strength and mobility. In archery there are different weights for somebody who has a shoulder injury or are recovering from a back injury or if they have a medical profile that has a weight-lifting restriction.”

With a few modifications the Soldiers can go back to a leisure activity they enjoy. The benefits surpass the physical ability.

“It’s important for us to make sure those Soldiers are prepared to go back to those activities whether they are transitioning out or staying in the Army,” she said. “We look at it as a whole person view. We want the Soldier to

know that they are equipped to be mentally in the right game, physically strong and participating in activities that are meaningful to them.”

Having the range open gives the Soldiers one more outlet, one more piece of the puzzle to help them on the road to recovery.

“It touches on a lot of aspects with the concentration and the focusing and some of those motor skills that allows the Soldiers to recuperate from some of the healing whether it be physical or mental,” Andresen said. “It allows them to focus in on stuff and quite the mind a little bit.”

The physical and mental benefits to the Soldiers was his driving force behind the project from the start.

“The Soldiers were my only reason from the get-go and why I drove so hard for it,” he said.

# ‘Devils’ run the Gauntlet



Staff Sgt. Jonathan Kelley, a critical care flight paramedic with the 2nd General Support Aviation Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division, evaluates Sgt. Taylor Mitchell, a flight medic with Company C, 2nd GSAB, 1st Avn. Regt., as he performs patient treatment during a medical evacuation flight in a UH-60 Black Hawk during Gauntlet at Fort Riley June 10.

## Aerial training improves combat medic readiness

Story and photos by Sgt. Elizabeth Jones  
19TH PUBLIC AFFAIRS DETACHMENT

Soldiers of the 1st Armored Brigade Combat Team, 1st Infantry Division, and 1st Combat Aviation Brigade, 1st Inf. Div., conducted integrated ground and aerial medical training at Fort Riley, during a division-level training exercise in June.

The division-level exercise known as Gauntlet tested the brigade’s ability to integrate and validate multiple command warfighting assets at a brigade level, explained Chief Warrant Officer 2 Jose R. Ocasio, targeting warrant officer with Headquarters and Headquarters Company, 1st ABCT.

The “Devil” brigade “started off the year with the training exercises ‘Devil Foundation’ and ‘Devil Prowl;’ now we are finishing with Gauntlet,” Ocasio said. “Within each exercise, we were evaluating teams at different levels and echelons, creating and finalizing the standard operating procedures for the staff to use and to work with subordinate commanders to reach the intent and understanding of the brigade commander.”

Ocasio said the focus of Devil Prowl was to give the battalions the experience of working and integrating with other companies.

“Gauntlet provides the brigade staff an opportunity to integrate and synchronize all assets from the battalion’s elements down to the company elements,” the targeting warrant officer said, “whose function is to maneuver tanks, maneuver Paladins and to work with the Air Force and 1st CAB for air support.”

Gauntlet gave 1st ABCT the chance to hone their skills before their upcoming rotation to the National Training Center in Fort Irwin, California.

One key element of this training was to ensure medical professionals integrate and update their methods of patient treatment between ground and aviation teammates.

“When it comes down to the mission itself, without medical evacuation there to assist them, these people would just be wounded and on the ground waiting,” said Staff Sgt. Jonathan Kelley, a critical care flight paramedic with the 2nd General Support Aviation Battalion, 1st Aviation Regiment, 1st CAB. “It could take ground units two hours whereas we can move them in 30 minutes and we can get them that life-saving care they desperately need.”

During Gauntlet, 101st Brigade Support Battalion,

See MEDIC, page 8

# Douglas recognized at national event

By Will Ravenstein  
1ST INF. DIV. POST

The Joint Women’s Leadership Symposium was held in San Diego, California, June 21 to 22 at the San Diego Convention Center.

Among the hundreds of women from all branches of the military — civilian and in uniform; U.S. Army Garrison Fort Riley was represented by Dawn Douglas, Safety and Occupational Health Specialist and Certified Trainer, Garrison Safety Office. At the event, Douglas was presented the Meritorious Service Award.

“This is women from across the services; Army, Air Force, Navy, Marines, Coast Guard,” Douglas said. “It’s Soldiers, civilians. This symposium is about empowering women; women taking the lead across the services and what it takes to be a leader in today’s Army. As a veteran, I certainly understand some of the challenges some of the women face being in the military. Also being in the field of safety, which is predominately male, I understand the challenges there.”

Douglas said she knew about being recommended for

the award by Rick Hearron, but the nature of her work and the length of time since the nomination she admitted to forgetting about it.

“I was surprised to even be considered, I had forgotten about it actually and when I was told that I was the nominee from Installation Management Command to win the award it was really an honor,” she said. “It was very surprising. I don’t think about things that are not in my sphere. Here is how I operate, in my sphere.”

The criteria to be considered for the JWLS Award

states that it is presented to one military and one civilian leader who has made a positive impact through their involvement, leadership role and for his or her outstanding contribution in affecting policy and promoting diversity in the Army. The JWLS Award honors the visionary leadership of our people whose ideals and dedication help to foster a positive work environment for reinforcing and furthering the integration of women in the Army.

See WOMEN’S, page 7

## GARRISON SPOTLIGHT MARTA OLIVERAS



Last minute requests often require moving other groups, depending on the size of the audience. Education Services’ auditorium is one of the few facilities on the installation that can accommodate more than 70 personnel without incurring a financial commitment, so several directorates request the space for mandatory or annual training. In addition to professionally and efficiently accommodating the requests, Oliveras also assists in resolving any internet or computer technology issues encountered while the activity is using the facility.

In addition to her daily administrative duties, Marta Oliveras is responsible for ensuring that available Education Services classrooms and auditorium are scheduled for use by the Fort Riley Community, usually with brief notification.

Have a Happy July 4,  
but remember  
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# ‘Durable’ Soldiers train, maintain at the range



Sgt. Taysha Schuch, a financial management analyst with Company B, 9th Financial Management Support Unit, Special Troops Battalion, 1st Infantry Division Sustainment Brigade, fires her M4 rifle toward popup targets in the prone supported position May 30 at Range 3. The prone supported position is one of three positions Soldiers use when qualifying on their weapons.



A “Durable” brigade Soldier fires his M4 rifle at popup targets in the kneeling position May 30 at Range 3, Fort Riley. The kneeling position is one of three positions Soldiers use when qualifying their weapons.

Story and photos by Sgt. Walter Carrol  
1ST INF. DIV. SUST. BDE. PUBLIC AFFAIRS

Soldiers from the 1st Infantry Division Sustainment Brigade conducted weapons qualifications training throughout the month of May at Range 3 on Fort Riley. The M4 military-issued assault rifle range was facilitated by, Company B, 9th Financial Management Support Unit, Special Troops Battalion, 1st Inf. Div. Sust. Bde., as part of maintaining their unit readiness and improving Soldier tactical skills. Among the Soldiers from Co. B were Soldiers from their sister companies within the battalion, such as Headquarters and Headquarters Company, 258th Human Resources Company and 267th Signal Company. While there, the Soldiers followed standard safety and qualification operations. With the help of the range safety officers, the Soldiers first started with zeroing their rifles, a method used to adjust the weapon for that particular Soldier. This method also includes grouping, where a total of six shots must fit inside

of the black silhouette of the target. Next, they advanced to qualifying with the use of timed popup targets. During their time at the range, some of the Soldiers reflected on their experiences as well as some of the things they learned. “I learned that it is very important for Soldiers to go to the range every time their unit or brother/sister units host a range regardless of whether or not they need to qualify,” said Spc. Zilporah Lewis, a human resources specialist with the 1st Inf. Div. Sust. Bde. “It’s great practice.” While zeroing and qualifying, Lewis applied her fundamentals of marksmanship, including the final portion — squeezing the trigger. “Prior to shooting each shot I tried to focus on my breathing and trigger squeeze for an accurate shot,” she said. Spc. Isaiah Jones, a wheeled vehicle mechanic with HHC, 1st Inf. Div. Sust. Bde., said he went to the range to show himself that he can be tactically proficient. “It is important because in times of war, knowing how to return fire and shooting your

target is essential for winning wars,” Lewis said. “Shooting in combat can be life or death.” Jones faced one particular challenge during the training that he said helped him become a better Soldier. “I had huge rocks under my body while at the range,” Jones said. “I learned different ways to have my body aligned and still be effective behind a weapon.” As ranking senior specialists among their junior enlisted peers, Lewis and Jones had words of advice when it comes to weapons qualifications. “Take your time and pay attention during class,” Lewis said. “Remember the basic fundamentals of marksmanship. Lewis said to also remember the acronym SPORTS, which instructs Soldiers to slap, pull, observe, release, tap and squeeze. “Give it your all,” Jones said. “If this was a real-life situation, you wouldn’t give half effort. You never know, the round you shoot just may save a battle buddy’s life.”

# Veterinary toxicologist warns of blue-green algae dangers to livestock, pets

BY K-STATE NEWS AND COMMUNICATIONS SERVICES

MANHATTAN, Kansas — Summertime is known for its heat. Add some rainy days to the mix, and this combination can be the recipe for the development of blue-green algae, according to a toxicologist at the Kansas State Veterinary Diagnostic Laboratory [www.ksvdl.org](http://www.ksvdl.org), a part of Kansas State University’s College of Veterinary Medicine. Also known as cyanobacteria, blue-green algae may bloom in fresh water where environmental conditions make it possible for these organisms to grow and replicate rapidly. Conditions typically associated with blue-green algae development include warm weather, lots of sunlight and the presence of nutrients in the water. Steve Ensley, a clinical veterinary toxicologist at Kansas State University, said health problems can arise when

animals and people come into contact with various toxins produced by cyanobacteria. The most prominent problem involves a toxin called microcystin, which affects the gastrointestinal tract and liver. When animals are exposed to this toxin, they may experience vomiting or diarrhea, Ensley said. If the cyanobacteria exposure is severe, it can be lethal and cause liver failure in animals. Although gastrointestinal problems and liver failure also are possible in humans after blue-green algae exposure, Ensley said irritant effects are more common. Humans often experience skin rashes, sneezing, coughing, irritated eyes, running noses and conjunctivitis after blue-green algae exposure. “If there is a bloom in a body of water that animals are drinking out of, then we need to move them away from it as fast as we can,” Ensley said. “Fence off that water source if at all possible.”

If livestock and/or pet owners are worried their animals could potentially be exposed to blue-green algae, then they should regularly check for signs of its development, Ensley said. “There is some confusion between the blue-green algae blooms and other vegetation on water,” Ensley said. “If a blue-green algae bloom occurs, then it looks like blue or green paint was spilled on the surface of nonmoving water.” With warm weather and rainy days on the rise, the risk of blue-green algae blooms may not slow down soon. “It’s going to be a concern until we get into cooler weather, so it may be a problem until September as long as the weather stays warm and we continue to get rainfall,” Ensley said. “Rain causes lakes and ponds to become enriched with an excess amount of nutrients, like phosphorus and nitrogen, causing the bacteria to bloom at a more rapid pace.” Water samples for blue-green algae identification can

be submitted to the Kansas State Veterinary Diagnostic Laboratory. When collecting a water sample, the laboratory recommends using gloves to prevent skin contact. Collect about

20 fluid ounces — or 500 milliliters — in a clean, leak-proof container, and include any visible scum. Keep the sample refrigerated, not frozen. Samples should be shipped to

the laboratory in an insulated box with a cold pack. For more information, please contact the Kansas State Veterinary Diagnostic Laboratory at 866-512-5650 or email [clientcare@vet.k-state.edu](mailto:clientcare@vet.k-state.edu).

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# Army to extend One-Station Unit Training for infantry Soldiers

By Devon L. Suits  
ARMY NEWS SERVICE

WASHINGTON — In 2019, the Army will extend one-station unit training for Infantry Soldiers from 14 weeks to 22 weeks. Changes to the program are meant to increase Soldier readiness, making them more lethal and proficient before they depart for their first duty assignment, according to the Infantry School commandant, Col. Townley R. Hedrick.

The new OSUT program will include expanded weapons training, increased vehicle-platform familiarization, extensive combatives training and a 40-hour combat-lifesaver certification course, said Hedrick.

Further, the change will include increased time in the field during both day and night operations and include an increased emphasis on drill and ceremony maneuvers.

### NEEDED CHANGE

For the past 44 years, infantry Soldiers were trained in a 14-week program of instruction. Ten weeks were allocated to basic military training, and an additional four were reserved for training infantry-specific skills, Hedrick said. The infantry career field makes up approximately 15 to 17 percent of the total force.

Discussions about changing OSUT began shortly after Secretary of Defense James N. Mattis identified the need to re-establish readiness and build a more lethal infantry force, Hedrick said. And the Army Vision, recently published by Secretary of the Army Mark T. Esper and Chief of Staff of the Army Gen. Mark A. Milley, reinforces the defense secretary's priority.

"Extending OSUT is about increasing our readiness and preparing for the future," Sgt. Maj. of the Army Daniel A. Dailey said. "This pilot program is the first step toward achieving our vision of the Army of 2028. With more time to train on critical infantry tasks, we'll achieve greater lethality."

In response to the increased focus on readiness, specifically within the Infantry force, leadership within the U.S. Army Infantry School approached the 198th Infantry Brigade, which trains all Army infantry forces, and asked what could be done to make better infantry Soldiers.

"We asked them if they had a longer training pipeline, what could they do with it," Hedrick said.

In turn, the U.S. Army Maneuver Center of Excellence and the Infantry School started a combined effort with the 198th Infantry Brigade and the U.S. Army Training and Doctrine Command to develop an improved 21-week OSUT program. After consulting with the Army chief of staff, however, the combined OSUT team was directed to extend the new program to 22 weeks and include combat water survival training, he said.

The preliminary 22-week OSUT pilot program is slated to start this July with a graduation date scheduled for December, the commandant added.

The new 22-week OSUT should begin in 2019, sometime between July and October.

With the upcoming 22-week course, the Infantry School has already identified what new Soldiers will be part of the improved training, Hedrick said.

"U.S. Army Recruiting Command has already gone back to those identified personnel, regenerated their contract, and let them know that they would be part of the first classes to execute a new and improved training program," Hedrick said.

### NEW PROGRAM

Under the new OSUT program, Soldiers will get more training with their M4 rifle and increased hands-on experience with the M240 machine gun and the M249 squad automatic weapon.

"So across all the infantry weapons, they will get more bullets," Hedrick said. "And they will also shoot more at night, rather than just doing a day familiarization fire."

In addition to increased weapons training, Soldiers will receive more field training experience, including tactical training repetitions that focus more on squad formations during day and night operations, he said. The goal is to help trainees understand where they fall within a fire team or rifle squad and make them more proficient while operating in the field.

"We looked at land navigation and individual Soldier skills," Hedrick said. "Under the new course, a Soldier will do an individual day and night land navigation course on their own. They will also do a basic combative certification. That improves the mental and physical toughness of



Courtesy photo  
**A U.S. Army infantry Soldier-in-training assigned to Company A, 1st Battalion, 19th Infantry Regiment, 198th Infantry Brigade, engages the opposing force May 2, 2017, with a M249 Squad Automatic Weapon on a Stryker to provide support-by-fire during a squad training exercise, Fort Benning, Georgia. In 2019, the Army will extend one-station unit training for infantry Soldiers from 14 weeks to 22 weeks.**

Soldiers coming through the Infantry OSUT."

Additionally, the Infantry School has added six days of vehicle platform training to the new program. Under the 14-week program, Soldiers only received one day of training with their assigned vehicle. During the new course, Soldiers assigned to a Stryker or Bradley unit will learn how to drive and perform maintenance on their assigned vehicle.

Furthermore, a more significant emphasis on drill and ceremony has been built into the new curriculum.

"It is all about conditioning, following commands and working as a unit, so you will see an increasing level of discipline through drill and ceremony," the commandant said. "We think this gets us to the objective of a more expert and proficient Soldier."

Changes to the program create an extended and more gradual training process to help decrease injuries caused by lack of nutrition or poor conditioning, Hedrick said.

"We've developed a set of metrics, with the U.S. Army Research Institute for Behavioral and Social Science Solutions to try and evaluate how the Soldiers are doing during the 22-week pilot program versus the 14-week program," Hedrick said. "We've got an evaluation plan to try and look at our-

selves and see if the product coming out has an improved proficiency — like we think it will."

### MANNING AND FUTURE OSUT CHANGES

With an increased time of training, the Infantry School must expand from five to eight battalions to ensure the same annual throughput of approximately 17,000 well-trained Soldiers. Fortunately, resources and facilities are available at Fort Benning to support the new program, Hedrick said.

Additionally, the Infantry School is working with TRADOC to ensure they have enough drill sergeants in place to meet the 2019 launch date for the new 22-week OSUT.

Under the 14-week program, three drill sergeants are responsible for training a platoon of 60 Soldiers. For the 22-week program, the Infantry School is looking to augment OSUT companies with six additional infantry instructors.

Overall, the additional instructors will provide a better student-to-instructor ratio during certain aspects of the course, the commandant said.

At the conclusion of the 22-week pilot, the OSUT team will review the results and determine what parts of the program need to be re-sequenced. The pilot will also be used to determine the list of tasks assigned to each instructor, Hedrick said.

In addition to the changes to the Infantry School's cur-

riculum, the Army is looking at extending other OSUT programs. Currently, the U.S. Army Armor School and U.S. Army Engineer School are performing internal analyses of their curricula to determine what resources will be needed to extend their own programs.

"Extending Infantry OSUT will allow us to allocate more time to honing the necessary skills to provide greater capability to our commanders," Dailey said.

"With our first major change to Infantry training in 40 years," he said, "we are investing in future Army readiness, which will ensure we are prepared to deploy, fight and win our nation's wars when called upon to do so."

## 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.

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RILEY ROUNDTABLE  
What is your favorite thing about the Fourth of July?



"Being at the lake."

1ST LT. STEVE KERNS  
KANSAS CITY, KANSAS

1st Engineer Battalion, 1st Armored Brigade  
Combat Team, 1st Infantry Division



"Fireworks with the kids."

STAFF SGT. BRIAN BURKS,  
LIVINGSTON, TEXAS

299th Brigade Support Battalion, 2nd Armored  
Brigade Combat Team, 1st Infantry Division



"Make Low Country Boil and eat  
watermelon."

LEAH DONLIN  
COLUMBUS, GEORGIA

Wife of Maj. Christopher Donlin, 1st Infantry  
Division Artillery



"Catching an air show in Denver, around  
the fourth."

RETIRED SENIOR MASTER SGT.  
JOHN DAVIS  
DENVER, COLORADO

Passing through Fort Riley on his way home.



"Being around friends and family."

PVT. JONATHAN CASTRO  
BURLINGTON, NORTH CAROLINA

977th Military Police Company, 97th Military  
Police Battalion

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SAFETY CORNER

Celebrate the Fourth, but do so safely

Ronald "Safety Ron" Clasberry  
GARRISON SAFETY OFFICE

Team Riley, it's never too early to contemplate safety measures for your 4th of July celebration. Doing so will ensure that you and your loved ones have a great time on Independence Day.

It is estimated 8,300 people are treated in hospital emergency rooms for injuries associated with fireworks each year. There's nothing patriotic about suffering injuries and having to go to the emergency room when everyone else is celebrating.

If you choose to use consumer fireworks to celebrate this year's 4th of July festivities, first and foremost, obey local laws.

The use of fireworks is prohibited on Fort Riley because of the fire danger they present and the potential for injury.

In Junction City, Kansas, "No person shall sell, store, display or discharge any fireworks of any type in any permanent structure, nor within 75 feet of the same, except that any purchaser may discharge fireworks ... in front of his own residence."

On the 4th of July fireworks may be used from 8 p.m. to midnight. Fireworks may not be discharged in Junction City on public streets, parks, other public property or where expressly prohibited by posted

signs. Fireworks may not be discharged within 300 feet of Heritage Park in any direction during the entire period of Sundown Salute, June 29 to July 4. Sundown Salute will have a professional fireworks show that starts at 10 p.m.

In Manhattan, Kansas, discharge of fireworks is allowed from 8 p.m. to midnight, July 1 through July 4. Discharge in public streets, alleys or in any park within the city is prohibited.

For additional information, check with your local law enforcement and city hall.

Even if fireworks are legal in your area, keep out of the hands of minors, including unlit fireworks. As a safe alternative, take children to public firework displays and seize the opportunity to discuss safety issues beforehand. Remember the following safety tips from the National Council on fireworks safety:

- Always purchase fireworks from reliable sources.
- A responsible adult should supervise all fireworks activities. Young children suffer injuries from sparklers because it burns at temperatures of about 2,000 degrees — hot enough to melt some metals.
- Never give fireworks to young children.
- Follow label directions carefully.

- Never point or throw fireworks at another person.
- Never carry fireworks in your pocket or shoot them in metal or glass containers.
- Never take fireworks apart or modify them in any way.
- Do not light fireworks under windy conditions; postpone your display if necessary.
- Never set off fireworks during an open air burning ban.
- Observe local laws.
- Only use fireworks outdoors.
- Choose a wide, clear site 30 meters by 30 meters well away from structures, trees, dry grass, overhanging lines, overhanging tree branches and vehicles. Ensure that you have the permission of the property owner.
- Keep pets safely indoors during your display.
- Light them one at a time then move back quickly.
- Don't experiment with homemade fireworks.
- Observe local laws and use common sense.
- Sparklers, fountains and other items many states allow for use by consumers are not appropriate when a large crowd is present.
- Always have a water supply on hand; a garden hose connected to a water

supply and buckets of water.

- If attending a community display, leave your own fireworks at home — there will be plenty of excitement provided by the display.

Remember that we live among veterans who are coping with PTSD and fireworks discharges may be uncomfortable for those persons. Sudden loud noises can be a trigger. So please be courteous and considerate of veterans who may be affected. Signs may be posted on the lawns of veterans' homes to alert people to be more considerate when setting off fireworks in the area.

These signs are not intended to lessen the celebration of independence, but provides a great opportunity to allow neighbors to inform veterans when they may be celebrating, which provides them opportunity to have headphones, music or other distractions ready if they are susceptible to triggers.

Remember the importance of fireworks safety: Always read instructions and do not use near wooded or dry areas. Have a happy 4th of July and be safe.

If you have any additional questions, contact the Garrison Safety Office, 785-240-0647.

ASK DR. JARGON

Can you tell me about Audie Murphy?

Hello Doc Jargon,

My father just retired as a master sergeant in the Army and he said one of the things he was most proud of was being a member of the Audie Murphy Club. Can you explain what that is? Signed,

Proud Son

Dear Proud Son,

Thank you for your question. Your answer comes in two parts: a what and a who. First the what.

The Audie Murphy Club — officially called the Sergeant Audie Murphy Club or SAMC — is a private U.S. Army organization for enlisted noncommissioned officers. Created to develop, inspire and

motivate the best Army leaders possible, it was started at Fort Hood, Texas, in 1986. Members are recognized as outstanding leaders both in their respective units and in their communities. Those interested in being inducted must be recommended by their chain of command and then go before a board of sergeants major to answer questions about leadership, training, real-world events and the club's namesake, Audie Murphy.

Which leads me to the who: Audie Leon Murphy served in North Africa, Sicily, Italy, France and Germany during World War II. He earned a battle-field commission for courage and leadership ability as well as citations and decorations that included every medal for valor the American Army gives, in-

cluding the Medal of Honor, as well as one Belgian and three French medals. Discharged from the Army on Sept. 21, 1945, Murphy became a vocal advocate for military members as well as a celebrated actor who appeared in 44 Hollywood movies. He was killed in a plane crash, before the final film was completed, at age 46 on May 28, 1971 and was laid to rest in Arlington National Cemetery.

It's no wonder your father was so proud; to be inducted into the SAMC is a great honor and is testimony that he too is a fine Soldier who has achieved much in his life and career.

Sincerely,

Doc Jargon

Future company leaders learn through observation

By Capt. Michael McCrory  
OC/T FOR THE GOLDMINER TEAM

Battalion and brigade commanders and command sergeants major are responsible for putting their best talent in company command teams. One way for them to prepare potential company leaders is to send them to the National Training Center at Fort Irwin, California, to be guest observer coach/trainers. The guest OC/T program is a way for brigades and battalions to use their funding to teach company commanders and first sergeants about the challenges of employing formations on the battlefield.

Guest OC/Ts witness commands similar to theirs executing operations under extreme pressure. They also assist the permanently assigned OC/Ts who coach 10 brigade combat teams and echelon-above-brigade units each year.

Spending approximately 25 days at NTC, guest OC/Ts witness the performance of the military decision making process, convoy operations, troop leading

procedures, priorities of work, perimeter defense, area security, and chemical, biological, radiological, and nuclear defense operations.

Logistics guest OC/Ts observe how companies support the battalion and the brigade, which ties back to lessons they learned in the classroom at the Army Logistics University. The opportunity is a truly rewarding experience for anyone looking to take charge of a sustainment company in a brigade combat team or a combat sustainment support battalion.

Some brigades send Soldiers in the ranks of staff sergeant, sergeant first class, and first lieutenant through the guest OC/T program to provide them with a better understanding of how to perform their duties in an austere environment. Soldiers who demonstrate future leadership potential should be selected. Although it can be taxing to release Soldiers during home-station operations, the long-term benefits pay immeasurable dividends to the organiza-

tion and the sustainment community.

Once at NTC, Soldiers will spend a week at the guest OC/T academy learning about the terrain and survival skills.

After passing a two-hour exam, Soldiers report to the Goldminer team (brigade support battalion trainers) or Wagoner team (combat sustainment support battalion trainers) for their rotational briefing and to learn about their expected duties.

The guest OC/T will observe reception, staging, onward movement, and integration, force-on-force, and live-fire operations.

The program ensures that each operation at NTC has an OC/T to capture the events as they take place. Not only does this make the rotational training unit better, but the observations and insights help the guest OC/T learn.

The Soldiers who become part of a company command team after completing the guest OC/T program are better prepared than their peers in the formation without OC/T experience.

Guest OC/Ts work with the Goldminer and Wagoner teams, which include former commanders, field-grade officers who have completed key developmental assignments, prior first sergeants, platoon sergeants, and subject matter experts from the supply support activity, maintenance, and ammunition fields.

Most of those personnel have witnessed numerous NTC rotations and can anticipate the success or failure of an operation well before the rotational training unit can. They are trained to give immediate feedback that assists the units in seeing themselves.

Guest OC/Ts who work with the Goldminer and Wagoner teams depart NTC with a better understanding of doctrine and tested solutions to decisive action and other operations. Brigade and battalion commanders should contact Dave Acker with the Goldminer team to schedule future company commanders and first sergeants for the guest OC/T program.

The next USAG  
Resilience Day  
Off is

July

2

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## FAREWELL Continued from page 1

as it set the tone of the next two years.

“Bottom line is — I need to be able to communicate with you,” he said. “You need to ask questions of me. That is one thing that I have told the incoming garrison commander that he needs to continue. Communication is a two-way street; I need to know what you’re thinking, you need to know what I’m thinking.”

In his first 100 days he wanted to work on teamwork and communication not just on Fort Riley, but also off post where there are many partners.

“I wanted to synchronize that so we were all rowing in the same direction — working toward the same goals,” he said.

One of the goals was to establish Fort Riley as a recognized mobilization platform. That accomplishment was proven when Fort Riley moved 2nd Brigade out in 96 hours.

“Bottom line is, we work together to get these things done,” he said.

He spoke about the ESPRIT SharePoint portal, which lends to the culture of communication.

“We get input from every directorate and we talk about what makes the Garrison great

and what can continue,” he said.

Going through his slides it was evident there were many points he wanted to cover, but could only briefly touch on them.

In his continued effort to ensure the communities outside the gates were aware of Fort Riley’s contribution to them he spoke of the annual economic survey. Depending on the survey, the post generates \$3.8 to \$4.5 billion in economic impact.

“That’s 45 percent of the economic impact in the Flint Hills Region based off of Fort Riley,” he said.

But economic impact is not always seen by the civilians off post — what they see, or rather what they hear, is the loud, window-rattling sounds of training.

“What we did was, we went out and told them ‘what you’re not hearing, is what you heard in the 80s, which was a constant barrage. Now you’re hearing it just once, twice a year because we are using simulations, we are using state-of-the-art training devices that doesn’t make that noise,” he said.

Another goal he had for his tenure was to increase and

mature existing partnerships. That goal was met when in:

- November 2016 – Veterans Health Administration established a call center on Fort Riley creating 150 jobs
- April 2017 – Fort Riley/ Flint Hills Home Away From Home program established
- May 2017 – Operation Walking Shield partnership established
- May 2017 – Energy Savings Performance Contract awarded resulting in \$2.4M savings per year
- May 2017 – Soldiers for Life Transition Assistance Program ribbon cutting on training towers for Air-streams partnership
- May-July 2017 – Hosted three Assistant Chief of Staff for Installation Management Army Community Partnership workshops
- January 2018 – SFL-TAP, USO and National Association of Manufacturers partnership for Heroes MAKE America veterans training program.
- March 2018 – First Commodities Intergovernmental Service Agreement

proposal with Manhattan, Kansas, approved by Installation Management Commanding General.

All of these accomplishments and more, are a direct result of the civilian workforce working hard and thinking innovatively, said Lawrence.

“You are the heart — you are the soul of Fort Riley,” he said.

### THE FUTURE

As busy as Fort Riley has been, Lawrence said it’s not going to slow down anytime soon.

When looking at the readiness calendar, he warned that while it looks empty, it’s going to fill up fast.

There are also be several change of commands on the horizon.

“They don’t know what you do every day, so as you get the opportunity to talk to someone in a green suit, tell them what you do; they need to know,” he said. “I’m out there telling everyone, everyday that they can’t do what they want to without every civilian in this room. And they can’t, I don’t care what they say, they can’t run it because you are the

continuity and you are the experts on this post and I have no qualms telling that to anyone who’s wearing this uniform.”

Regardless of who is coming and going or who is in command of the post there is always the strategic plan to serve as guidance.

However, Lawrence said when he arrived, he had to question why the Garrison Strategic Plan was linked to the division. He queried what would happen if the 1st Inf. Div., was to pull out.

He was told they would need to readjust everything in the strategic plan.

“Why don’t we pull out now?” he said he asked at the time. “Put ourselves separate, because we are separate. We need to come up with a plan — where are we going to be in 2030? We did it in conjunction with the 1st Infantry Division, we synchronized a lot of our plans; however, we also synchronized with the Army structure. Bottom line is Fort Riley will continue to be here and that’s what we wanted to focus on.”

The plan was officially signed in March.

Before closing out his address he touched on the Gar-

risson New Employee Onboarding Program to help new employees become productive members of the organization and the new Fort Riley App.

Several hands went up in the audience when he asked who had the app downloaded on their phones.

The app is described as “everything you need to know about Fort Riley, Kansas, ... home of the U.S. Army’s 1st Infantry Division, also known as the ‘Big Red One.’”

It is a comprehensive app to learn about current and upcoming events, links to social media sites, useful phone numbers and more.

Soon, Lawrence will turn his command to Col. Stephen Shrader.

“He is an infantry officer that has worked in some prime locations in his career,” he said.

In recalling a conversation he had with Shrader, Lawrence said Fort Riley was the incoming commander’s number one choice for brigade command.

“He never served at Fort Riley, Kansas, but our reputation precedes us,” Lawrence said. “He heard about what was going on at Fort Riley, Kansas, he (said) I want to be part of that.”

## UPDATE Continued from page 1

year. But if they went beyond 18-months at any one time, they were completely out of qualification.”

Siebe said it takes an average of three weeks per aviation battalion to get through gunnery tables.

### THE SYSTEM

Douthit Gunnery Complex will use an acoustic scoring system where sensors detect the rounds hitting a target downrange and a hits system where the target falls when the round penetrates the target.

The acoustic system also allows for scoring to be done when the helicopters fire the 2.75-inch rockets.

“We also have acoustic where we set up a perimeter for the acoustic because a 2.75-inch rocket is considered an aerial weapon,” Siebe said. “It has to be within this acoustic range and it’s only like 30-meters. We’ll go 15-meters out from center of the target both directions for acoustic.”

A radar portion will be installed during the second quarter of fiscal year 2019

to complete the aviation package at Fort Riley.

“The radar portion is going to be on the backside of the range in a separate area,” Siebe said. “We have M109 howitzer hulls that were trainers that we took out of the system eight years ago. We brought the hulls up here and we use them for actual hard targets. We’ve got them set up out there for them to actually shoot at.”

There needed to be a separation between the radar system and the acoustic system to avoid any erroneous scoring as the acoustic scoring picks up the impacts from other targets.

The radar portion is better than the acoustic scoring system Siebe said.

“We won’t go away from the acoustic because the radar won’t be able to be placed on a mover to go up and down range,” he said. We can place an acoustic on a mover that hears the pings of the hits.

“Radar picks the round up as it penetrates the radar,” he added, “it makes it a better scoring system; it

doesn’t pick up the target clutter. This tells it where it went through and it fits the parameter of the area weapon system.”

Along with the scoring portion, upgrades to the tower system include the ability to see what the pilot sees and his weapon orientation in a split-screen format to get a full picture of the battlefield.

“That is transmitted back to us now, plus when he pulls that trigger the first time it starts a round count on him,” Siebe said. “We will know how many rounds have been sent downrange at a target, at any one time. That round count will go through every one of his steps. We can keep track that way of how many hits, how many rounds fired at a heavy position.”

The system will now allow pilots to move directly off the Digital Multi-Purpose Training Range and onto the Digital Multi-Purpose Range Complex to progress through their individual qualification tables Siebe said.

“We’ve been able to do that with tanks and Bradley’s for some time now,” he said. “Now they added another card to our player unit when we add all the cameras inside and everything.”

### THE DATA

The Apache has four data slots that information can be stored onto cartridges like a USB drive. That cartridge can be removed and all flight video and data downloaded to a dedicated AWSS computer to assist in the after action review after each iteration.


“We will unplug one from the previous scenario once they are complete from their run,” Siebe said. “We will plug that into our system. Everything they have done throughout the entire scenario is then sent into a new station in the AAR. It’s a complete new AWSS system. All it does is playback.”

Before it was hard to tell if the pilot was at the proper altitude or angle of attack if doing an off-axis attack on a target due to the distance from the tower Siebe said.

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# WOMEN'S

Continued from page 2

“To embody that and to say that I’m a positive impact means everything to me,” she said. “I want to have a life that means something and a legacy for my daughter. For her to know that her mom did something great.”

## SPECIFIC CRITERIA INCLUDED:

- Contributed to the overall excellence/effectiveness of his or her organization through positive and inspirational leadership.
- Must not have received this award in the past.
- Demonstrated leadership, innovation, creativity and accountability in executing his or her responsibilities.
- Exhibited knowledge of current issues, policies, programs, rules affecting women in the Army.
- Nominees should be mature leaders who have shown exceptional leadership and commitment over time.
- Character: Integrity and adherence to Army Values.
- Command Climate/Equal Opportunity: Fosters a command and workplace environment conducive to the growth and development of personnel. Contribution to personnel advancement, increased educational opportunities, overall career development.
- Leadership: Organizes, motivates and develops others to accomplish goals with inspirational, innovative, and imaginative leadership.

- Community Involvement: Role model and ambassador outside the command.
- Performs in a superior manner: Continually looks for innovative ways to improve operations and produce outstanding results.
- Has promoted a positive understanding of the Armed Forces among and between women and all other members of the military and civilian population.
- Diversity: Recognizes, understands, and appreciates that employees from different cultures and experiences view problems and opportunities differently.

Douglas does not know exactly what the nomination form said, but she is confident Hearron mentioned her extensive work off post.

She has been a crisis counselor for the last five years. She is an adjunct professor at Barton Community College in Grandview Plaza, Kansas, and for the last 20 years she has owned her own company Rejuvenation Web Design.

“I’ve provided counseling to women, and men, primarily college age — 21 to 35,” she said. “Anything that I’ve done in the community has been a good source of personal satisfaction, but that is one of the things that I have been engaged in that I am very passionate about.

“I started it out a couple of years ago,” she added. “Because I saw a need for

free counseling services for young adults that were facing challenges that perhaps they couldn’t go home and tell their parents about or they had a strong sense of faith and it wasn’t something they wanted to talk about in their home church environment. I was able to meet a need and fill a void.”

At Barton Community College, Douglas teaches HAZMAT courses that focus on chemistry and ergonomics she said.

“I teach the characteristics of hazardous chemicals,” she said. “I teach ergonomics, continuity of operation planning and an OSHA course on safety education and training. I’ve been able to pipeline some of our transitioning Soldiers that have been able to take the OHSA 30- or 10-hour course, here at the office, and act as a mentor for them if they wanted to get into a career in safety. Being able to show them some avenues they can take with some of the other military experience they have gotten, and if they find safety is a passion for them and that is something they are interested in — giving them some advice on how to get more involved as an occupation. I’ve been doing that for a while.”

For the last 20 years, Douglas said she has also owned her own web design company that works with churches and other organizations that do not have the budget to afford professional website services.

“I’ve offered my services either free or at a nominal cost,” she said. “So they can take advantage of some of the ben-

efits of having a website. So I have done that for a number of businesses and a number of individuals that may have a cause or something that they want to put out on the internet.”

This work led to the creation of the Garrison Safety Office application, SafetyGo.

“I was actually designing an app for an organization who ended up not using it and so I just changed the app and offered it to Fort Riley and that’s the USAG SafetyGo app,” She said. “We’ve been doing this Operation Excellence training, trying to be more connected to our customers and for us this was the catalyst for us to really be able to get really connected with our customers. So almost 100 percent our enrollments of our courses are done through the app now.”

With all this happening Douglas has time to help her daughter, Chanel, as she works her internship by taking care of her 4-year-old grandson.

“I’m just helping out,” she said. “She is doing great things on her own. I’m very proud of my family and I have the opportunity to be a grandparent and that is awesome to me. It’s a joy.”

Douglas said this experience has been impressive and overwhelming but the excitement for which she is representing zeroes any nervousness.

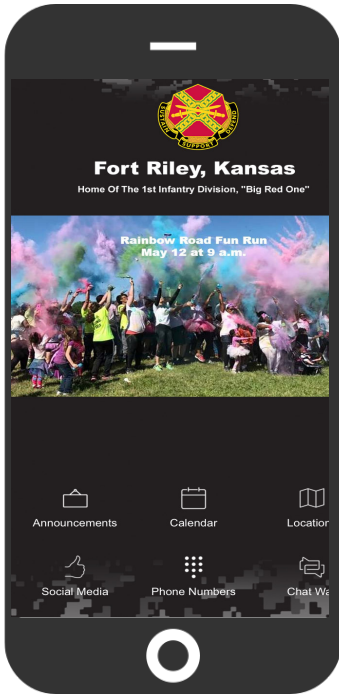
“I’m excited for the opportunity,” she said. “It makes me very proud to represent Fort Riley and to represent IMCOM and represent this office, which I am very much

a part of. It’s really extra special that Mr. Rick is going to be able to come with me and see me get this award. What he saw in me was recognized by other people outside people who actually know me is always super rewarding.”


Douglas admitted that women still face barriers in both the civilian and military but feels that as long as candidates are based on what they bring, one day that barrier could be gone.

“Having equity and a level playing field is what I think anybody wants,” she said. “Whether they are a woman, a minority or a man I think that everyone just wants to be able to compete and be given a fair chance. Having said that, it’s not always been that way. We are fighting for equality. We are fighting to be accepted as the people that we are and to look at our experiences and our capabilities without gender bias.”

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AWARDS Continued from page 1

an Installation Management Command directive that directed garrisons across Installation Command to train employees and supervisors in operational excellence. According to the nomination, Fittro volunteered to take the lead as the only Operation Excellence trainer for appropriated fund employees, in addition to her normal duties, with no additional resources or personnel.

Carol planned, coordinated and facilitated monthly training classes over the last year and as of May 2018, has personally trained more than 97 percent of the garrison supervisors and 91 percent of the non-supervisory employees. In addition, Carol created and gained approval of a streamlined version of the OPEX training for shift working employees, providing 13 tailored classes. Carol's innovation, attention to detail, and positive "can do" attitude have enabled the garrison to be successful at achieving the IMCOM commander's directive," her nomination stated.

THE OTHER NOMINEES

James Cowan, Directorate of Family and Morale, Welfare and Recreation, who was nominated for his "extraordinary ability to calm the fears and anxieties of his clients which gives him a better chance of assisting them with moving forward with their desired plans for their lives.

John Rumpson, Directorate of Plans, Training Mobilization and Security: Rumpson's nomination came after

the temporary absence of the security officer and security chief, he stepped up and assumed all duties required of the security office without any missed missions or drop in quality of service rendered.

Maria Torres, Directorate of Public Works established a vetting process for our 460 rentals referral list, contributing to 100 percent accuracy of Fort Riley's section in homes.mil.

Marty Coufal, Directorate of Emergency Services: "Marty developed and implemented monthly training plan, tracks and reports training to state of Kansas and National Emergency Medical Technician Registry and is directly responsible for EMT training for 56 fire department personnel and completed annual state inspection of EMS program with zero deficiencies.

Marta Oliveras, Directorate of Human Resources: "Marty is responsible for ensuring that available education services classrooms and auditorium are scheduled for use by the Fort Riley community, usually with brief notification.

ACHIEVEMENT MEDAL FOR CIVILIAN SERVICE

Three civilian employees, all from the Resources Management Office, received the Achievement Medal for Civilian Service.

The Department of the Army Achievement Medal for Civilian Service was presented to Lorna Blomenkamp for meritorious service while

performing the duties as the garrison contract manpower support officer, from August 2017 to December 2017, in preventing all service task orders from being shut down.

Brenda Bailey of the Resource Management Office was presented the award for performing the duties as a management analyst, from July 2016 to June 2018.

Tony Ewers received the award for meritorious service as a budget analysis.

SAFETY AWARD INDIVIDUAL

William brown of the Directorate of Plans, Training, Mobilization and Security was awarded the United States Army Garrison-Fort Riley Certificate of Achievement for his contributions to DPTMS.

ARMY SAFETY AWARD

Rod Cruz of the Directorate of the Garrison Safety Office was awarded the Installation Management Command Level Individual Award for Excellence in Safety for his efforts and dedication to helping Soldiers, Department of the Army civilians, family members and retirees exercise personal risk management through safe operation of government and privately-owned vehicles

He was also awarded the Army Level Individual Award for Excellence in Safety for "outstanding success in hazard awareness,

risk management and loss prevention."

Rick Hearron, the director of the Garrison Safety Office was awarded the Installation Management Command Exceptional Organization Safety Award for preserving life, equipment and resources while partnering with the community to maintain a high level of excellence in safety. The culture of the command to think safety first in mission and operations resulted in reduced accident and workers compensation costs.

The Garrison Safety Office was also awarded the Army Level Organization Safety Award for Outstanding Success in Hazard Awareness, Risk Management and Loss Prevention. "This exceptional achievement demonstrates the dedication and commitment this command has made during fiscal year 2017 to preserve readiness through prevention of accidental loss of our soldiers, civilians, families and vital resources."

RESILIENCY ROOM TEAM AWARD

Several people were recognized for their contributions to the team efforts of creating and establishing the Resiliency Room: from Resource Management Office Toshia Lamb, Brenda Bailey, Holly Voelker and Lorna Blomenkamp; from Garrison Safety Office Ronald Clasberry, Dawn Douglas and Rod Cruz; from Plans, Analysis and Integration Office Carol Fittro and Charmion Harris.

MEDIC Continued from page 2



Sgt. Elizabeth Jones | 19th PAD

Before landing at a role two medical treatment facility, Sgt. Taylor Mitchell, a flight medic with the 2nd General Support Aviation Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division, performs critical care of the simulated patient during a medical evacuation at Fort Riley June 10.

1st ABCT, medics combined their efforts with medical professionals from Company C, 2nd GSAB, 1st Avn. Regt., 1st CAB. Giving them the unique chance to streamline their communication and coordination with one another to ensure their resources of care were properly utilized.

According to 2nd Lt. Timu Saari, a medical treatment facility platoon leader with 101st Brigade Support Battalion, the Army's health care system can be broken down into three levels of medical care.

"Role one is unit-level medical care provided by a combat medic; role two is a medical treatment facility which is operated by the treatment platoon of medical companies or troops; and role three is where the patient is treated in an MTF staffed and equipped to provide care to all categories of patients, to include resuscitation, initial wound surgery, damage control surgery and postoperative treatment," Saari said. "The BSB's medics run a role-two medical treatment facility that has specific capabilities that a role-one MTF does not like x-ray, lab, dental and behavioral health and preventive medicine."

Gauntlet provided critical quality time for Soldiers to train together.

"The fight is changing the concept of operation," said Chief Warrant Officer 3 Sam Tardif, a Black Hawk pilot with the 2nd GSAB, 1st Avn. Regt. "For those patients that need urgent care or surgery to be saved, that's when they call us. So that's when we go out and bring them back here to the (Brigade Support Action) facility."

Gauntlet gives flight and ground medics the opportunity to train as they fight.

"When they go forward, we go forward," Tardif, a native of Denmark, Maine, said. "When there's a battle or operation going on and the doctors are on high alert because they know casualties are coming in, that's where we are too. We are ready to go out there and get them and bring them back."

For Kelley, from Brandon, Mississippi, this exercise was about two communities working together as one to better each other while building unit readiness.

"The aviation community and ground community don't always work together as well as we should, so we have had some communication issues that we've since rectified so we are now fully mission capable," Kelly said. "Had we not noticed them here, and when we go with this brigade to NTC, this would have been a major issue to have. Luckily we have identified and corrected the issue here."

Kansas Governor declares July Month of the Warrant Officer; celebrates 100 years of warrant officers in the U.S. Army

KANSAS ARMY NATIONAL GUARD


Gov. Jeff Colyer will sign a proclamation at 9:30 a.m., Friday, June 29,

in the ceremonial office of the Kansas Statehouse, declaring July as the Month of the Warrant Officer. Warrant Officers from the

Kansas Army National Guard, Fort Riley and Fort Leavenworth will be in attendance at the proclamation signing.

"Today, Warrant Officers remain subject matter experts ranging from aviation, logistics, maintenance, field artillery, computers, and human resources management," said Chief Warrant Officer 5 Michael Smith, Kansas Army National Guard Command Chief Warrant Officer. "Warrant officers are considered subject matter experts as well as intuitive leaders. Happy Birthday to former and present Warrant Officers. Thanks for your service and everything you do to support our state and country."

The U.S. Congress first authorized U.S. Army Warrant Officers on July 9, 1918, making 2018 the 100 year anniversary of the Army Warrant Officer Corps. Army Warrant Officers now serve across 67 career specialties within the Army's 17 warrant officer branches.



**10-5-2 PRAIRIE RUN**  
JULY 21, 6AM • KING FIELD HOUSE

<b>Advance registration: \$15</b> Through July 2 • Online only Includes race t-shirt	<b>Late registration: \$20</b> July 3-20 • Online only Includes towel	<b>On-site registration: \$20</b> July 21, 6-6:30am Includes towel
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*Has there been anything unexpected with yoga?*

On a personal level, I am surprised at how easy it was to find a bunch of eclectic people and how enjoying it is to share in the weirdness with a group.

I am also amazed with how much more the teachers bring to teach than just, "these are your sets and this is your exercise." It's more of "here is a lesson to take with you and spread throughout your day."

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Pull Cart Rental	\$7.00	
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Annual Fees	
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Single	\$560.00
Senior (65 & Older)	\$470.00
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Full Time College Student (25 & under)	\$450.00
Junior (18 & under)	\$225.00
Range Pass	\$200.00
Electric Cart Storage	\$490.00
CAs Cart Storage	\$435.00
Trail Fee	\$200.00
10 Play Card	\$220.00

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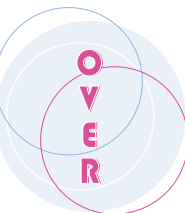






Lily Rowland, 2, daughter of Spc. Derek Rowland, 1st Combined Arms Battalion, 18th Infantry Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, explores the bubble-making machine in the grass outside the Fort Riley Library June 23.

## BUBBLING



### Library's Wet and Wild Fun Day cool event for area kids

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

The Fort Riley Library staff hosted their second annual Wet and Wild Fun Day June 23 with inflatable pools, a water balloon popping game and the Fort Riley Fire Department spraying children from a fire truck.

The idea came to Terri Seaman, library contract manager, last summer when the fire department came in to do its annual inspection she said.

"So we went and contacted the fire department and they came over last year," she said. "They did their fire truck, used their fire cannon and hosed the kids down and it went (all sorts) of crazy. They had a great time; unfortunately last year they got called away for a fire halfway through. So we got fingers crossed that this year we don't have that problem. We called them again and asked them if they would come out and do it and of course the firemen had such a fun time with the kids too so it works out great for everybody."



Steven Dickerson III, 6, son of Chief Warrant Officer 4 Steven Dickerson II, 1st Attack Reconnaissance Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division, continues to pump air even though the balloon filled with water above him had burst during the Fort Riley Library Wet and Wild Fun Day June 23.

See BUBBLING, page 13



In this photo from earlier in 2018, Sgt. 1st Class Cory Jackson, second from left, and wife Jennifer Jackson, right, sit with son, Evan, left, and daughter, Olivia, second from right. Sgt. 1st Class Cory Jackson has served as a drill sergeant in Company B, 1st Battalion, 46th Infantry Regiment, at Fort Benning, Georgia, for the past two years and said this assignment has taught him about himself and the importance of a resilient, supportive Family.

## Fort Benning drill sergeant finds strength in family

Family members rally to answer challenges new assignment offers

Story and photo by Megan Garcia  
ARMY NEWS SERVICE

FORT BENNING, Ga. — The transition from civilian to Soldier can be life-changing for those who choose to take that step. Another life-changing transition is the transition to drill sergeant, which one Soldier discovered can affect the Soldier's entire Family.

Sgt. 1st Class Cory Jackson has served as a drill sergeant in Bravo Company, 1st Battalion, 46th Infantry Regiment, at Fort Benning, Georgia, for the past two years and said this assignment has taught him about himself and the importance of a resilient, supportive family.

"I became much more organized because you don't have the time to not be," said Cory, who has been in the Army for 15 years. "Being a drill sergeant makes you a much better, responsible noncommissioned officer and effective leader. I would highly recommend it to anyone."

Cory admitted he was apprehensive at first when he found out in 2015 he was selected for drill sergeant duty.

"My wife was pregnant with Olivia, so I was hoping I didn't miss the birth," Cory said. "That was my initial thought because I had missed Evan's because of Afghanistan."

Cory and his wife, Jennifer Jackson, have been married for eight years and have three children: Evan, Olivia and Avery, ages 4, 2 and 2 months.

Nonetheless Cory's best friend, a former drill sergeant, convinced Cory that it would be a rewarding assignment.

"So I started reading up on it, more about what it could do for your career and how you could actually help shape the Army, and I got more excited about it as the days went by," he said.

The Jackson Family arrived to Fort Benning in 2016. Ac-

"They told us, 'If you want to be a good drill sergeant, you are going to have to spend the time with your Soldiers. You're going to come in when the sun's down, and you're going to leave when the sun's down.'"

**SGT. 1ST CLASS  
CORY JACKSON  
DRILL SERGEANT  
AT FORT BENNING**

cording to Cory, his instructors at the U.S. Army Drill Sergeant Academy in Fort Jackson, South Carolina, relayed to their class just how strenuous the assignment would be.

"They told us, 'If you want to be a good drill sergeant, you are going to have to spend the time with your Soldiers. You're going to come in when the sun's down, and you're going to leave when the sun's down,'" Cory said.

That became apparent to Cory right away. In his previous assignments, he got to spend time with his children as the workday would typically end around 4 or 5 p.m.

"Here, I'd leave when they were sleeping, and I would come home when they were sleeping," he said.

Cory jokingly said this helped him to become more independent as he would often have to "fend for himself" for dinner, as his children and wife were asleep.

For Jennifer, the transition proved to be just as challenging as she was trying to juggle two young children seemingly by herself while her husband was getting settled into his first cycle.

See BENNING, page 12

## Manhattan-Ogden students visit Fort Riley Recycling Center

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

Nearly 120 students from the Manhattan-Ogden Science, Technology, Engineering and Mathematics summer program visited the Fort Riley Recycling Center June 22. The trip was their annual visit to Fort Riley during the camp according to Larry Liotta, principal of Amanda Arnold Elementary School.

"We usually do Monday through Thursday and for the past many years we've done a Friday field trip and come to post to take on many things and have done all kinds of opportunities," he said. "We went to the hospital last year and did some things with artillery one year and

"It is always good to see the reactions when students see the recycling sorter."

**CHRIS OTTO | RECYCLING COORDINATOR, ENVIRONMENTAL DIVISION, DIRECTORATE OF PUBLIC WORKS**

so we just try to come on post at least once a year on a Friday."

The two-hour-a-day program is divided into several different class blocks Diane Daniel, administrative assistant said.

"One week they will have Wings the next week they will have CSI," she said speaking of different class offerings. "They will have 'Minecraft', Chemistry and this one. They switch out every week."

While at the recycling center the students were divided into

three groups. Those groups then moved around three stations where they learned about the archeological sites on Fort Riley, the animals that can be found on post and how the recycling center operates.

"It is always good to see the reactions when students see the recycling sorter," said Chris Otto, recycling coordinator, Environmental Division, Directorate of Public Works. "Many come in with an idea what the recycle center will be like. Once

they see the sorter, you can tell that it is usually not what they were expecting. They usually like seeing how the machine works and have a lot of questions on how we run things."

With the focus on STEM, Otto discussed how the sorter worked separating the different elements out as they moved down the conveyor belt.

"On this trip, we talked about how the machine works to sort by size and shape, uses magnets to repel and attract materials, and uses an optical sorter to identify plastics and blow them off the conveyor belt," he said.

Otto hopes students realize there is more science and engineering behind the scenes in the recycling industry then they realized before visiting.



Chris Otto, recycling coordinator, Environmental Division, Directorate of Public Works, explains to students from the Manhattan and Ogden School District STEM program about the capabilities of the Fort Riley Recycling Center June 22. Otto discussed how the center's sorter worked separating the different elements out as they moved down the conveyor belt.



# FORT RILEY POST-ITS

## BETTER OPPORTUNITIES FOR SINGLE SOLDIERS

**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.

**UFC 226** — Saturday July 7 Miociv vs. Cormier live from Las Vegas, Nevada. Prelims start at 7 p.m. at the Warrior Zone, 7867 Normandy Drive.

**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

**Framing and Matting** — A framing and matting class is scheduled for 6 p.m., July 9 at the Arts and Crafts Center, 6918 Trooper Drive Fort Riley. Cost is \$10. Subjects covered in this one-night class include material selection, mat cutting, frame chopping and assembly, and glass cutting.

Advanced registration required. All materials are provided for hands-on instruction. Students will not be working on their own projects. This class is required before using the matting and framing area. For more information call 785-239-9205.

**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 p.m. 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).



## BLUE STAR PROGRAM

The Directorate of Family and Morale, Welfare and Recreation offers the Blue Star Program to family members who are geographically separated from their service member. The benefits are also open to Gold Star families and Soldiers in the Warrior Transition Battalion. Discounts and events are available to those enrolled in the program. For information about eligibility, call 785-239-2172 or email [bluestar@rileymwr.com](mailto:bluestar@rileymwr.com).



## 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.

## 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 29**

Deadpool 2(R) 7 p.m.

**Saturday, June 30**

Show Dogs (PG) 2 p.m.

Action Point (R) 7 p.m.

**Sunday, July 1**

Adrift (PG-13) 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.

**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.

## FREE AUDIO BOOKS

All military branches will get to take advantage of this service at no cost. Thousands of audiobook titles are available instantly on demand or have the CD shipped for free.

This service is open to all veterans, service members and their families residing in Kansas.

For more information, visit [www.Kansas.3LeafGroup.com](http://www.Kansas.3LeafGroup.com)

Stay up to date with everything happening on Fort Riley and in the surrounding communities.



Scan this code and download the Fort Riley app

## COMMUNITY CORNER

# Celebrate the Fourth of July, reflect on its meaning

Great responsibility to protect, maintain America's freedom

By Col. John D. Lawrence  
FORT RILEY GARRISON COMMANDER

Happy Birthday, America! In a few short days, we celebrate freedom and our nation's independence. This is a special occasion that all military men and women should cherish, since it's one of the main foundations of our country that you carry on your shoulders every day. It's a massive responsibility — protecting freedom — but one that's worth every bit of the weight.

In 1776, the Founding Fathers wrote in the Declaration of Independence that "we hold these truths to be self-evident, that all men are created equal,

## DID YOU KNOW?

- While Congress didn't make the **Fourth of July** an official holiday until 1870, Americans started observing it as early as 1777. Pennsylvania was the site of the first celebration and included a parade.

that they are endowed by their Creator with certain unalienable rights; that among these are life, liberty and the pursuit of happiness."

Reflect on these words and the responsibility we have in protecting them.

While Congress didn't make the Fourth of July an official holiday until 1870, Americans started observing it as early as 1777. Pennsylvania was the site of the first celebration and included a parade.

As you know, the Army is one year older than the nation it defends. Brave Americans throughout our history have fought for freedom. That's why when we think of independence, it's important to remember the freedoms we celebrate were secured by the strength and patriotism of those early Soldiers and those who serve today carrying the torch.

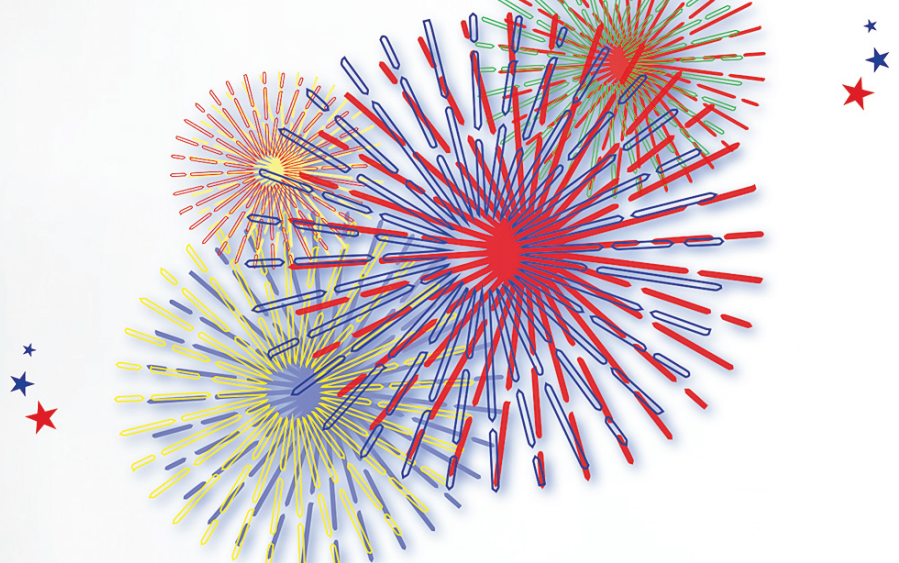
Many people around the country will gather with family members, friends and neighbors July 4 to participate in traditional celebrations such as fireworks, parades, sporting events and cookouts. Whatever you choose to do this year, do it safely and enjoy this 242nd year of independence and be proud of your contributions to maintaining liberty for future generations.

To learn about local celebrations, check out the calendar on the Fort Riley mobile app, scan our social media sites and browse through this week's edition of the 1st Infantry Division Post newspaper.

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



Colonel Lawrence



## FIREWORKS SAFETY

IF FIREWORKS ARE LEGAL TO BUY WHERE YOU LIVE AND YOU CHOOSE TO USE THEM, FOLLOW THESE SAFETY TIPS:

- Never use fireworks while impaired by drugs or alcohol
- Never allow young children to handle fireworks
- Older children should use them only under close adult supervision
- Anyone using fireworks or standing nearby should wear protective eyewear
- Never light them indoors
- Only light one device at a time and maintain a safe distance after lighting
- Only use them away from people, houses and flammable material
- Never ignite devices in a container
- Do not try to re-light or handle malfunctioning fireworks
- Soak unused fireworks in water for a few hours before discarding
- Keep a bucket of water nearby to fully extinguish fireworks that don't go off or in case of fire
- Keep a first-aid kit handy, and seek medical attention for serious injuries

AREA GUIDELINES

Fort Riley: No fireworks allowed on the installation. Riley County: Discharge of fireworks allowed from July 1 through July 4 from 8 a.m. to midnight (except on land zoned for agricultural purposes). Geary County: Fireworks may be discharged from June 27 through July 4 from 8 a.m. to midnight; Dickinson County: Fireworks may be discharged July 1 through July 4 from 8 a.m. to 11:30 p.m.



WWW.FACEBOOK.COM/FORTRILEY

## WORSHIP

### Protestant Services

<b>Victory Chapel</b>	239-0834
ChapelXt Protestant Service	
Sunday Worship.....	1100
Children's Church.....	1115-1215
<b>Morris Hill Chapel</b>	239-2799
Gospel Protestant Service	
Sunday School.....	0900
Sunday Worship.....	1100
<b>Main Post Chapel</b>	239-0834
Traditional Protestant Service	
Sunday Worship.....	1030

### Catholic Services

<b>Victory Chapel</b>	239-0834
Sunday Mass.....	0845
Sunday Catechism.....	1000
<b>Saint Mary's Chapel</b>	239-0834
Sunday Mass.....	1200
Mid-day Mass— Mon., Wed., & Fri.....	1200
<b>IACH Chapel</b>	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

<b>Kapaun Chapel</b>	239-0834
Fort Riley Open Circle— SWC	
1st & 3rd Wednesday monthly.....	1800

### Club Beyond - Faith Based Youth Program

Grades 6th - 12th, Meets Sundays

Combined MS/HS Youth 1830-2015 at Victory Chapel 785-370-5542

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

### AWANA

785-239-0875

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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FORM MATTERS

# Don't waste effort with improper form

Done properly, lunges strengthen one's legs and quad muscles

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

Lunges are great exercises to strengthen the legs and the quad muscle. However, they can be complex and if not done properly can lead to injury and waste time and effort. Over the next few weeks Public Health Nurse Capt. Eddie Murray with the help of Spc. Matt Lamora with the 2nd Battalion, 70th Armor Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, will demonstrate the proper form when doing several variations of the lunge.

### BENEFITS OF LUNGES

The quads are one of the body's largest muscle groups. Murray said by working the quads a person can shoot up their metabolism and in the winter it can even help keep the body warm.

Lunges also challenge a person's balance, which in turn works the core.

"When you do a lunge, as soon as you go into a split stance you're not right over your heels which is your center of gravity," he said. "I automatically have to engage my core just so that I can feel stable."

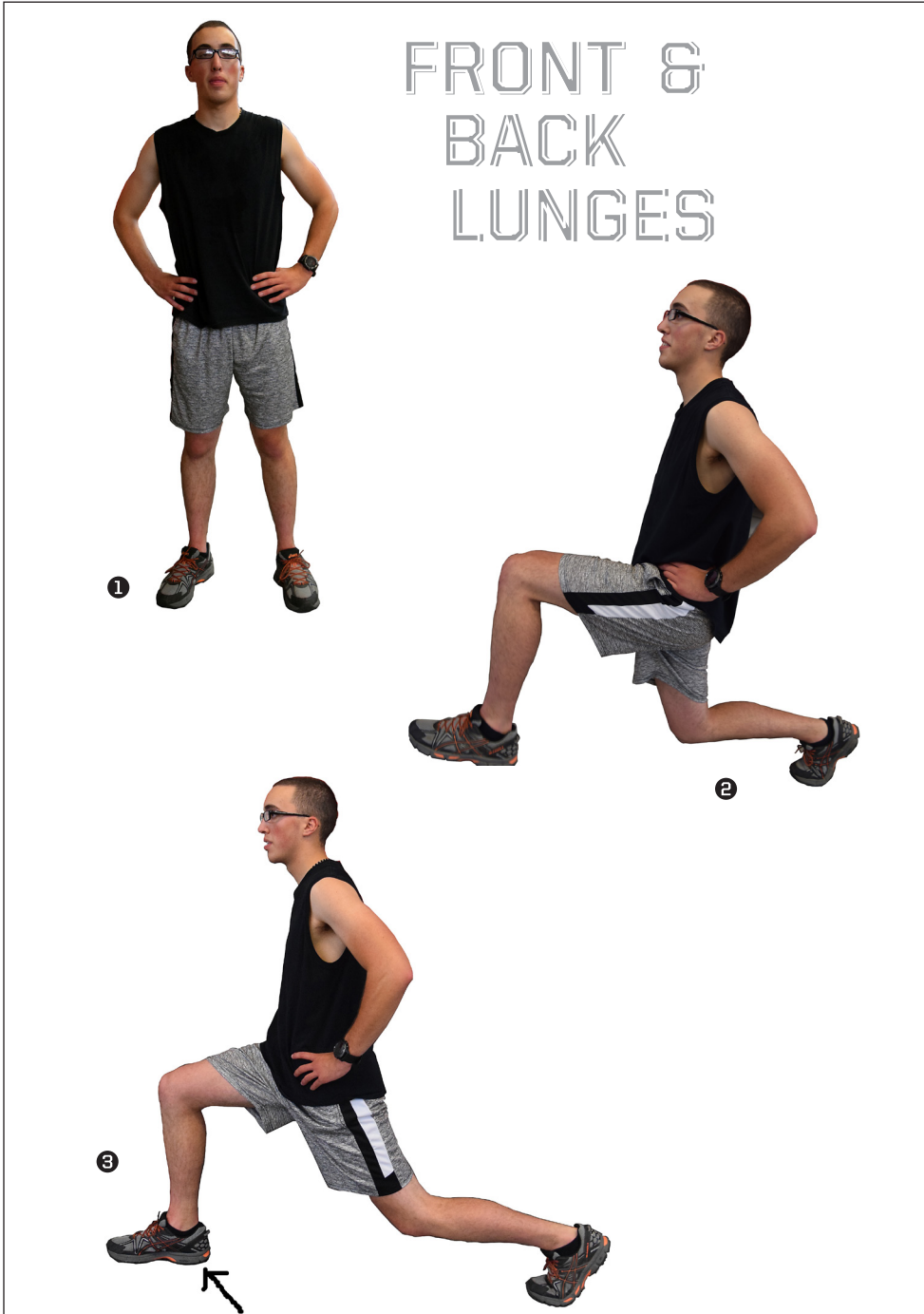
### A PROPER LUNGE

For a front or back lunge the key is to not allow the knee in front to extend forward — the calf should remain straight with the knee in line with the ankle; the thigh should be parallel to the ground while the leg to the back bends and the knee lowers toward the ground. While performing the move the torso should be straight and eyes should be forward.

The concentration is on getting the front thigh parallel with the ground, while remaining upright. In order to not bend forward think about bringing the hips downward.

"The knee never goes over the toe," he said. "That's putting more force on your kneecap that you really don't need. You want your muscles and tendons to be nice and pliable for you to get a good stretch to maintain flexibility, but you don't want to put unnecessary stress on a joint."

It is natural to want to look down to see if the leg placement is correct, Murray recommends doing the exercise in front of a mirror to watch form.



### FRONT AND BACK LUNGES

The basic movement for the front and back lunges are the same.

1. Start with your feet shoulder distance apart in what is called a mid-stance
2. From the mid-stance bring one leg forward or put one leg behind. Regardless of which way you go, start lowering your back knee toward the ground. Keep your hips straight and do not bend forward.
3. When the front thigh is parallel to the ground push anchor yourself by pushing the front heel into the ground and return to the start position.

For more instruction on this and other exercises download the PRT app.

If someone is having difficulty with the balance, he said to stand near a wall and place one hand on the wall for support.

When coming out of the lunge the force should be put into the front heel.

"When I go down, I am digging in that front heel," he said. "I'm keeping my core engaged so I don't fall over on my way up — you can get kind of wobbly because the back foot is unstable

because it's not fully on the ground."

### VARIATIONS

Murray said it is important to make sure the lunge is being done properly before adding to the exercise.

Once doing a lunge with proper form starts getting easy, it's time to mix it up a little. One way Murray said is to lunge and walk.

Do a forward lunge, after returning to the upright position do another forward lunge with the opposite leg — repeat as often as desired.

Another variation is to hold weights in each hand, either hold them at the sides or bring them up to the shoulders.

"If you are lunging and pressing at the same time, you have to keep your core engaged in order to maintain stability," Murray said.

## TUESDAY TRIVIA CONTEST



The question for the week of June 26 was: Where on the official Fort Riley website can I find links to all the recreation opportunities that MWR has to offer?

Answer: [www.riley.army.mil/Recreation/](http://www.riley.army.mil/Recreation/)

This week's winner is Kate Avilan, spouse of Spc. James Avilan, 601st Aviation Support Battalion, 1st Combat Aviation Brigade, 1st Infantry Division.

Pictured above is Kate Avilan.

**CONGRATULATIONS KATE!**

### Lunch BUFFET

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

## TACO Tuesday

Chicken or Beef  
Hard or Soft Shell  
Salsa Bar  
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Salad Bar only for just \$5.95

### PASTA Wednesday

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# SUICIDE PREVENTION

## THE POWER OF 1

The Fort Riley Garrison Safety Office and the National Safety Council help to save lives by preventing injuries and deaths at work, in homes and communities and on the roads. Safety success is achieved through a person's and a family's commitment to:

- leadership
- research
- education
- advocacy

Summer is the period in which unique safety hazards present themselves to Soldiers, their families and defense workers. The Garrison Safety Office has tips when dealing with:

- family readiness / natural disasters
- household safety
- recreation safety
- holiday safety
- travel safety
- tactical safety
- occupational safety

For more information about what you can do to secure yourself and your loved ones first, visit [www.riley.army.mil/Units/Garrison-Command/Safety/](http://www.riley.army.mil/Units/Garrison-Command/Safety/) or call 785.240.0047 or 785.239.8469.

# Pets of the Week

THESE LOVABLE PETS ARE WAITING TO BE ADOPTED....

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<p>WHISKERS</p>	<p>JEDI</p>		

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WORKING-DOG DEMONSTRATION

Will Ravenstein | POST

Sgt. Eric Jordon, left, 523rd Military Working Dog Detachment, 97th Military Police Battalion, connects the leash to his partner, Yoko, an 8-year-old German Shepherd after demonstrating how they work together to stop Spc. Seth Cunningham, 523rd MWD Det., 97th MP Bn., to students at Ware Elementary School's Summer Program June 21. The demonstration was the fourth and final visit or trip for the students in the shorten summer school program that ended on June 22.

BENNING

Continued from page 9

“It was rough because I had both of them at home,” said Jennifer referring to Evan and Olivia. “Olivia was only a month old, so it was like having a newborn pretty much by myself. I knew that in red phase they had long hours, but I expected him to be home earlier. So it was rough getting used to.”

Red phase is the first of three phases in Basic Training. Since it is the beginning phase, it is often the toughest as recruits are subject to “Total Control,” meaning their every action is monitored and constantly corrected by drill sergeants.

During his first cycle, Cory said this phase proved to be mentally draining as he was learning from his fellow drill sergeants while also trying to train new Soldiers.

“My mind was going all day, every day, so I was just exhausted,” Cory said.

He added that after dealing with trainees all day, it was sometimes difficult to come home to screaming children if they were awake, and he admitted that his atti-

“The strength of our nation is our Army, but our greatest asset is our Soldiers and their families.”

LT. COL. SHELDON MORRIS  
BATTALION COMMANDER,  
1-46

“They are great,” Cory said. “They would provide meals during long training events and the first 72 hours when we have new trainees and have to stay with them. They helped organize things off post. It’s a great support structure.”

Lt. Col. Sheldon Morris, the battalion commander of 1-46, agreed that the FRG and support of Soldiers’ Family members is crucial, especially for drill sergeants.

“The strength of our nation is our Army, but our greatest asset is our Soldiers and their families,” Morris said. “To transform civilian volunteers into Soldiers requires a continuous investment of time and in people. No one knows this more than our Families and all-volunteer FRG members.

“Team Jackson is an excellent example of a strong Army Family on the trail, committed to the mission,” continued Morris. “His unwavering character, coupled with his ability to inspire peers and subordinates alike, solidifies his legacy in the battalion and generations to come.”

tude could sometimes be less than desirable.

Cory said he was amazed by his wife’s strength and resilience.

“She’s always been the rock,” Cory said. “She stepped up. It’s hard to even describe. We had back to back cycles. She was unbelievable. She made it so I didn’t have to worry about things. It’s your family who is going to be doing the work at home because you are always going to be working.”

Jennifer also served as the Bravo Company, 1-46 Family Readiness Group, a group that is paramount in support of the drill sergeants.

US Army CID: Beware of ‘Virtual Kidnapping’ scam

Though scam not new, officials note recent incident in Army family

Story and photo by U.S. Army Criminal Investigation Command Public Affairs

For more information about computer security, other computer-related scams and to review previous cyber-crime alert notices and cyber-crime prevention flyers visit the Army CID website at [www.cid.army.mil/cciu-advisories.html](http://www.cid.army.mil/cciu-advisories.html).

WHAT TO DO

If you receive a phone call from someone demanding ransom for an alleged kidnap victim, consider the following:

- In most cases, the best course of action is to hang up the phone.
- If you engage the caller, don't confirm or acknowledge your loved one's name.
- Try to slow the interaction. Request to speak with your family member directly by saying "How do I know my loved one is OK?"
- Ask questions only the alleged kidnap victim would know such as the name of a pet. Avoid sharing information about yourself or your family.
- Attempt to contact the "kidnapped" victim via phone, text or social media, and request they call back from their own cell phone.
- To buy time, repeat the caller's requests and tell them you are writing down the demand or tell the caller you need time to get things moving.
- If you suspect a real kidnapping is taking place, immediately contact the nearest FBI office, CID office, or local law enforcement agency.

DON'T BE A VICTIM

To avoid becoming a victim, look for these possible indicators:

- The call does not originate from the “kidnapped” person's phone.
- The caller goes to great lengths to keep you on the line so you can't make calls or verify their claims.
- Ransom money must be paid by wire, PayPal, Moneygram or similar service.
- Ransom amount quickly decreases if the parent resists.

Remember the fraudster relies on shock, speed and fear. Criminals know they have a small window of opportunity to extract a ransom before the victim realizes the scam or authorities become involved, officials warned.

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FORTRILEY

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June Home Games

Mon,  
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7:00pm  
Midwest A's

Thur, June 28<sup>th</sup>  
- Sat, June 30<sup>th</sup>  
7:00pm  
Topeka  
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Irwin Army Community Hospital

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are missed opportunities for others.

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Family  
Adventure  
Passport

\*Sponsorship does not imply DoD or Manhattan Parks & Rec endorsement





Photos by Maggie Ziffer | GARRISON PAD

More than 90 Child and Youth Services students celebrated the first day of summer by participating in the annual “World’s Largest Swim Lesson” at Custer Hill Aquatics Center June 21. During the event, the Fort Riley Aquatics team taught general water safety, safe water entry, submersion and breathing at the surface and basic stroke techniques to children ranging from first through fifth grade. Now in its fifth year at Fort Riley, this worldwide event is designed to build awareness about the importance of teaching children of all ages to swim.

# WORLD’S LARGEST SWIM LESSON!



## BUBBLING Continued from page 9



Will Ravenstein | POST

Makayla White, 6, daughter of Staff Sgt. Bennie White, Headquarters and Headquarters Company, 1st Armored Brigade Combat Team, 1st Infantry Division, laughs as she awaits for the balloon to pop June 23 at the Fort Riley Library’s Wet and Wild Fun Day Event.

The event was part of the summer reading program officially, but was more of a fun way to relax Seaman said. “We try to do something that coordinates with our summer reading program but this one is more of just a fun day,” she said. “Everybody has fun, we get wet and the kids get wet and we eat hot dogs and icy pops. It’s a good day for everybody to get out and meet other patrons from the library.”

Meeting other patrons is an important factor for Seaman.

“We have such a transient society here at Fort Riley that a lot of time people are just coming in and they don’t really know anybody here,” she said. “So, it gives them a chance to come out and interact with other parents, see how things work here and talk and interact. (The) kids just want to be around kids and if you have water and food it’s even better yet and fire trucks and firemen are a bonus.”

The early turnout excited Seaman as scores of children were already running around the grassy area behind the library before the fire department showed.

“We always have a really good turnout for our parties,” she said. “We usually have at least 150 to 200 people and that’s for our small parties. One year, we had our Halloween party and our Trunk or Treat and we had over 950 people show up to it.”

For Sgt. A.J. Olivio, 5th Squadron, 4th Cavalry Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, who recently returned home from Germany,

“(The) kids just want to be around kids and if you have water and food, it’s even better yet ...”

**TERRI SEAMAN**  
CONTRACTOR IN CHARGE  
OF FORT RILEY LIBRARY

the day was about being with his two daughters; Lucy, 6, and Gracie, 2.

“It’s good to have something around here to bring the kids to do because you are always looking for something to do on a Saturday,” he said. “On the weekend it’s always good to have something to bring the kids to do especially so close, because we just live up the street. So, it’s good the have something to just put their bathing suits on and just go up the street and hang out and have a good time.”

The summer reading program continues until the last weekend in July when the reading sheets will be tallied and three winners will be picked based on the amount of time spent reading.

“We get everybody together that was in the summer reading program for a big party,” Seaman said.

While events will continue at the library throughout the remainder of the year, Seaman is looking to the future with the construction of the new library at Rally Point to be done next spring or summer.



BLDG. 2210 Trooper Dr.

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### Announcements 330

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**Young Adventurers Camp**  
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**Last Blast**  
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[www.whitememorialcamp.com](http://www.whitememorialcamp.com)

### Help Wanted 370

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### Help Wanted 370

## REPORTER NEEDED



The Junction City Daily Union has an immediate opening for a reporter who can build sources and dive into local issues. Duties include general assignment, feature writing, coverage of local government boards and copy editing.

The successful candidate will have sharp reporting instincts, outstanding news judgment, an ability to report and write quickly in a fast-moving atmosphere. A curiosity about the community and its people is vital.

This person must have the ability to work productively in a team setting.

The person must be aggressive and adept at setting priorities and reordering them as needed, particularly under deadline pressure or as circumstances change. The person should have strong writing and editing skills, and experience with Multimedia journalism is a must. We use video and social media to tell our stories.

Send resume with references and writing samples to Editor Maria Childs by email at [maria@thedailyunion.net](mailto:maria@thedailyunion.net) (put reporter position in the subject line)

## su | do | ku

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

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


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

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THE 1ST INFANTRY DIVISION POST



DININ' DEALS		SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>Ike's Place Bar &amp; Grill</div> <div><div>416 Goldenbelt Blvd. JUNCTION CITY (785) 579-6644 ikesplacegrill.com</div></div>		HAPPY HOUR ALL DAY \$2 Drafts, \$2 <sup>50</sup> Margaritas, \$2 Wells	1/2 Price Boneless Tenders	TRIVIA NIGHT + 1/2 Price All Draft Beers, \$2 Jumbo Tacos	CLOSED	Prime Rib Dinner + \$3 Premium Pints all Day		Pasta Night \$9.99 w/ Salad all day
<div>Wing It</div> <div><div>439 W. 6th Street JUNCTION CITY (785) 223-5282 wingitplace.com</div></div>		1/2 Price Slushes ALL DAY (Med or Large only)	2 for \$9.99 Country Fried Chicken Dinners	\$1 Mini Shakes	CLOSED	5 BBQ Chicken Sandwiches \$9.99		
<div>Pizza Hut</div> <div><div>412 E. Chestnut St. JUNCTION CITY (785) 238-4144</div></div>		All You Can Eat Supreme Lunch Buffet. Pizza, Wing- Street Wings & More! 11:30 - 1:00	Large 3 Topping and Breadsticks \$16.99 <small>(Additional charge for Pan or Stuffed Crust) Code 55 Delivery Fees &amp; minimums required</small>	All You Can Eat Supreme Dinner Buffet. Pizza, Wing- Street Wings & More! 5:30 - 7:00	Wing Wednesday 60¢ Bone Out	All You Can Eat Supreme Dinner Buffet. Pizza, Wing- Street Wings & More! 5:30 - 7:00	Large 3 Topping, Breadsticks & Cookie \$21.99 <small>(Additional charge for Pan or Stuffed Crust) Code KW Delivery Fees &amp; minimums required</small>	Large 1 Topping & Medium 3 Topping \$19.99 <small>(Additional charge for Pan or Stuffed Crust) Code LF Delivery Fees &amp; minimums required</small>
<div>Cracker Barrel</div> <div><div>115 N East St JUNCTION CITY (785) 762-5567</div></div>		<div>Now Offering Catering</div> <div>Delivery Available • Contact Gerald (785) 762-5567</div>						
<div>Coach's</div> <div><div>720 Caroline Ave. JUNCTION CITY (785) 238-5522</div></div>		Buy 1 Coach's Burger get 1 half off All Day \$2.50 tall beers	65¢ Tacos \$2.50 tall beers	Chicken Fried Steak Dinner \$10 \$2 bottles	CLOSED	Fajitas \$9 Margaritas \$3 Specialty pints \$2.50	Ribeye Dinner \$16 \$2 Coors It pints	
<div>Stacy's Restaurant</div> <div><div>118 W Flint Hills Blvd JUNCTION CITY (785) 238-3039</div></div>		<u>July 1st</u> • Roast Beef • Chicken Dijon • Roast Pork Sr. Size \$8.00 Reg. \$9.00 Inc Tax	<u>July 2nd</u> Chicken & Noodles Sr. Size \$7.00 Reg. \$8.00 Inc Tax	<u>June 3rd</u> Smoked Brisket Sr. Size \$7.00 Reg. \$8.00 Inc Tax	<u>July 4th</u> CLOSED	<u>July 5th</u> Fried Chicken Sr. Size \$7.00 Reg. \$8.00 Inc Tax	<u>July 6th</u> Spaghetti Sr. Size \$7.00 Reg. \$8.00 Inc Tax	<u>July 7th</u> Smoked Rib Platter Sr. Size \$7.00 Reg. \$8.00 Inc Tax
<div>The Cove at Acorns Resort</div> <div><div>3710 Farnum Creek Rd. MILFORD (785) 463-4000</div></div>		Bloody Mary & Mimosa Bar 12-4 pm	1/2 Price Appetizers	\$2.00 OFF All Tacos	Kids Eat Free w/ purchase of Adult Meal	Fajita Night Chicken \$12 Steak \$15  Long Island Ice Tea \$5	Crab Legs \$22	Prime Rib Special \$20 for 10-oz cut \$25 for 14-oz cut
<div>TymeOut</div> <div><div>101 Continental Dr JUNCTION CITY (785) 238-7638</div></div>		CLOSED				8 oz KC Strip \$14.99  Open 10:30am-1:30pm 4pm-9:30pm	16 oz KC Strip \$25.99 Surf 'n' Turf \$19.99 Open 10:30am-1:30pm 4pm-10pm	
<div>The Donut Hole</div> <div><div>431 W. 18th St. JUNCTION CITY (785) 579-4730</div></div>		<div>More than Just Sweets</div> <div>A VARIETY OF DONUTS AND BREAKFAST FOOD BAKED FRESH DAILY</div> <div>Croissant Sandwich, Glazed Donut &amp; Soda for \$5.00 anyday</div>						
<div>IHOP</div> <div><div>321 E. Ash St. JUNCTION CITY (785) 238-4800</div></div>		<div>CATERING AVAILABLE</div> <div>Catering Available (Contact Crystal) 785-238-4800</div>						
<div>Munson's Prime</div> <div><div>426 Goldenbelt JUNCTION CITY (785) 238-1135</div></div>		Sunday Brunch \$15.00 per person <small>Kids under 6 eat FREE 11AM TO 2PM</small>	Bierocks \$8.00	TexMex Tuesday \$8.00	Wings Wednesdays 50¢	Lasagna \$8.00	Meatloaf \$8.00	Prime Rib 12oz \$22.00 16oz \$28.00 5pm - Close
<div>KC's Kitchen &amp; Catering</div> <div><div>1634 N. Washington JUNCTION CITY (785) 579-4006</div></div>		<div>HOME OF THE BEST CHILI DOGS</div> <div>Daily Specials Fried or Smothered Pork or Chicken Catfish - Tilapia - BBQ Ribs - Philly Cheese Steak ** Also serving the famous Pusan Diner Bulgogi**</div>						

Local Restaurants:  
**Imagine Your Dinin' Deals Here!**  
Contact your sales representative at 785-762-5000. **Online at [jcdailyunion.com](http://jcdailyunion.com)**





Spc. Shell kicks up dust next week as he visits area rodeo grounds to take the bull by the horns.



Courtesy photo

Soldiers from the 1st Infantry Division lead the Sundown Salute Parade in Junction City, Kansas. Beginning June 29, the event continues through July 4 with a carnival, live entertainment and fireworks.

By Gail Parsons  
1ST INF. DIV. POST

Little towns and big cities across Kansas will be decked out in red, white and blue to celebrate America on and around July 4.

**JUNCTION CITY  
HERITAGE PARK  
SIXTH AND WASHINGTON STREETS  
FULL SCHEDULE: [WWW.SUNDOWNSALUTEJC.ORG/](http://WWW.SUNDOWNSALUTEJC.ORG/)**

Junction City is host to one of the largest multi-day celebrations in Kansas. Sundown Salute starts June 29 with vendors opening their booths at 4 p.m. and the opening of the carnival at 5 p.m.

Later that evening, the Aaron Woods Band will take the stage for the first live concert of the week's events. The Red Dirt band has a rock and country sound and has been heard on the air-waves throughout the center of the country.

Through the weekend and until the end of the day on Wednesday, food and craft vendors will offer an array of items for sale.

Throughout the six-day event there will be a car show, a joint church service, Red Bull's Aaron Colton Street Bike Freestyle Show, a hypnotist, games, music and more.

On the Fourth of July, the day starts with a 5-K and a 10-K, followed by a parade down Sixth Street and a veteran's ceremony.

Each night has a musical theme:

- June 29: Red Dirt Country Night featuring the Aaron Woods Band
- June 30: Country and Western Night featuring Ty Herndon
- July 1: Christian Night featuring Aaron Shust
- July 2: Soul Night featuring the Spinners
- July 3: Rock and Roll Night featuring Head East
- July 4: Rockin' Blues Night featuring Jonathon "Boogie" Long

The 2018 Sundown Salute comes to a close following the Firework Extravaganza slated to begin at 10 p.m.



Courtesy photo

Citizens from Wamego line the streets to see the offerings at the 2017 Fourth of July Parade.

**WAMEGO  
[VISITWAMEGO.COM](http://VISITWAMEGO.COM)**

Each year, tens of thousands of people "Celebrate Freedom in Wamego." The city's 147th annual Fourth of July Celebration begins today June 29 with the opening of the carnival at 6 p.m. The carnival runs daily but most of the celebration's activities are on the Fourth of July.

In addition to a car show, they will host an antique engine, truck and tractor show.

Vendors, an ice cream and cake social and a pork barbecue with pie will give visitors plenty of food choices.

Hot Wheels races, games, and a parade round out the afternoon. Following the 6 p.m. parade, the classic rock band Departure will take the stage and entertain before the 10 p.m. fireworks display, which was voted as the best in Kansas by Kansas Best 150.

**SALINA  
OAKDALE PARK  
730 OAKDALE DR.  
FOR MORE INFORMATION CALL 309-5765.**

On July 4, Salina Parks and Recreation Department will host its annual Play Day in the Park from 10 a.m. to 2 p.m. in Oakdale Park.

Many activities will be available for children to participate in such as, tic-tac-toe, sack races, sidewalk chalk, parachute, face painting and more.

Live entertainment will be heard on the Eric Stein Stage including music from the Salina Municipal Band and performances by the Parks and Recreation baton twirlers, cheerleaders and dance classes.

The featured entertainment will be Magician Shawn Reida.

There will also be a limited number of hotdogs, ice cream, watermelon, drinks and more served for free on a first-come, first-served basis.

A welcome by Mayor Karl Ryan and a flag raising ceremony will be conducted by members of Veterans of Foreign Wars Post 1432. The emcee is Magician Shawn Reida.

Play Day is free and open to the public.

**WHITE CITY  
CENTENNIAL PARK; BALLFIELDS  
[WHITECITYKS.NET](http://WHITECITYKS.NET)**

For a small-town celebration complete with turtle races and pedal tractor pull, head over to White City in Morris County. The community will have its celebration on July 7.

The ball fields will be busy with a two-day memorial softball tournament, which starts on July 6.

The day's festivities start with 5-K race and one-mile fun run.

Barbecue, kids games, a parade and more fill the day.

DJ Hicks will provide music and M31, a six-piece Manhattan, Kansas, based band specializing in rock and roadhouse blues, will perform live.

At dark a firework display will fill the sky.

**ABILENE  
EISENHOWER PARK  
500 NW PINE ST.  
[WWW.ABILENECITYHALL.COM/INDEX.ASPX?NID=348](http://WWW.ABILENECITYHALL.COM/INDEX.ASPX?NID=348)**

A full day of activities is slated for July 4. Immediately following the flag raising at 6:45 a.m. runners will take off for a 5-K race.

Throughout the day competitions and games will provide plenty for people to do and watch.

Teams can compete in the mud volleyball or 3-on-3 basketball tournaments.

Humans won't be the only ones competing — frogs and turtles will race and during chicken roulette people can bet on where a chicken will poop.

After enjoying free hot dogs, people can put on their swimsuit and enjoy a free swim at the Abilene Municipal Pool, which is in the vicinity of the park.

Throughout the day concessions will be available. The city band will perform before the fire-work display, which is slated to begin at about 9:45 p.m.



Courtesy photo

Children wear patriotic colors and decorate their bicycles, wagons and scooters for Topeka, Kansas' Fourth of July Parade.

**TOPEKA  
REYNOLDS LODGE  
LAKE SHAWNEE  
[WWW.TOPEKABLUSSOCIETY.ORG](http://WWW.TOPEKABLUSSOCIETY.ORG)**

East of Fort Riley, the Topeka Blues Society will host its ninth annual Spirit of Kansas Blues Festival.

Fans of the Blues will enjoy a full day of free music beginning in patriotic fashion with the national anthem sung by Marci Perez.

At 10:30 a.m. the first musician will take the stage. Throughout the day a total of eight musicians and bands will perform sets.

The evening's musical entertainment will close with an All-Star Jam at 9 p.m. followed by the Capital Federal's Fireworks.

Attendees may bring shade tents, coolers, food, blankets and chairs. The Topeka Blues Society has added a food tent in the festival area. All proceeds benefit the Topeka Blues Society and this festival. For safety reasons no grills are allowed in the festival area.

This festival free to attend. Donations are accepted to allow the non-profit group to continue to bring quality, nationally recognized blues bands to this festival.