

## THE 1ST INFANTRY DIVISION POST



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FRIDAY, JUNE 28, 2019

Vol. 11, No. 26



FORT RILEY, KANSAS

## Bellavia awarded the Medal of Honor



Courtesy photo

Former Staff Sgt. David Bellavia was a Soldier with the 1st Infantry Division when his platoon encountered enemy insurgents in Fallujah, Iraq, Nov. 10, 2004. President Donald Trump awarded Bellavia the Medal of Honor in a ceremony June 25 in Washington, D.C.

## OFFICE OF THE CHIEF OF PUBLIC AFFAIRS

WASHINGTON D.C. — The President of the United States presented The Medal of Honor award to former Staff Sgt. David G. Bellavia at a White House Ceremony on June 25. He is the first living Medal of Honor recipient for actions during Operation Iraqi Freedom.

Bellavia was born, Nov. 10, 1975, in Buffalo, New York. The son of a dentist and the youngest of four boys, he grew up in western New York and attended Lyndonville Central High School and Houghton Academy.

Following his high school graduation in 1994, Bellavia attended Franklin Pierce University in Rindge, New Hampshire, and the University at Buffalo, where he studied biology and theater before turning to the military.

He enlisted in the U.S. Army as an infantryman in 1999 and held various assignments. From February 2004 to February 2005, he was stationed in the Diyala Province along the Iranian border. Throughout the

year, his task force took part in the battles for Najaf, Mosul, Baqubah, Muqadiyah and Fallujah.

Bellavia was awarded the Medal of Honor, the nation's highest award of valor, for his combat actions while serving as a squad leader in support of Operation Phantom Fury in Fallujah, Iraq on Nov. 10, 2004, during Operation Iraqi Freedom.

He was assigned to 3rd Platoon, Company A, 2nd Battalion, 2nd Infantry Regiment, 3rd Brigade Combat Team, 1st Infantry Division, when he single-handedly saved an entire squad, risking his own life to allow his fellow Soldiers to break contact and reorganize when trapped by overwhelming insurgent fire. He then voluntarily entered and cleared an insurgent strong point, killing four and seriously wounding another.

Bellavia was previously recognized for his bravery by being awarded the Silver Star, the third-highest personal decoration for valor in combat. The Army reviewed and upgraded this

See BELLAVIA page 7

## Division artillery under new commander



TOP, Maj. Geoffrey Shorr, 1st Infantry Division Artillery executive officer, salutes Col. Timothy R. Mungie, DIVARTY commander, marking the completion of a change of command ceremony June 21. INSET, Col. Timothy R. Mungie speaks to the crowd assembled after taking command of the 1st Infantry Division Artillery June 21.

Story and photos by Will Ravenstein  
1ST INF. DIV. PUBLIC AFFAIRS

With the passing of the 1st Infantry Division Artillery colors from Maj. Gen. John S. Kolasheski, 1st Inf. Div. and Fort Riley commanding general, to Col. Timothy R. Mungie June 21, Mungie officially took over as DIVARTY commander.

"Today we thank Col. Rory Crooks and his wife Lisa, for their service to the 1st Infantry Division, and welcome, Col. Tim Mungie and his wife, Yaolin to the 'Big Red One team,'" Kolasheski said. "Under the leadership of Col. Rory Crooks, the division artillery has flourished. The division artillery's unique

structure in mission set, make it among the most challenging commands in the entire Army. Over the past 21 months, this brigade has achieved nothing short of over overwhelming success in all of its endeavors."

Kolasheski praised Crooks for his efforts, he was anxious to see what Mungie would bring to the division.

"While 1st Infantry Division and Fort Riley bid farewell to one exceptional Army family — we are tremendously privileged to gain another," he said. "We are proud to welcome Col. Tim Mungie, his wife, Yaolin and their children. The Army selects only it's very best for brigade command and the division is fortunate that the Army got this one right.

Tim Mungie is unquestionably the right leader at the right time for the First Division."

Mungie, the son of a Vietnam veteran and graduate from San Diego State University, California, commissioned in 1997 as a field artillery officer. After several tours of Iraq and moving up the leadership chain, Mungie completed an Army War College Fellowship at the Center for International Security and Cooperation at Stanford University.

While at Stanford, Mungie explored complex international problems and proposed



innovative solutions to senior policymakers within the Department of Defense.

After Kolasheski and Crooks spoke to the assembled audience, Mungie took a few minutes to speak.

"Today is a great day to be in the Big Red One, and there's no better place to serve than here at Fort Riley, Kansas," Mungie said. "Sir, command sergeant major, it's

See DIVARTY, page 7

## Allied forces face rising waters together

Story by Spc. Samantha Hall  
126TH PUBLIC AFFAIRS OPERATIONS CENTER

BORDUSANI, Romania — "I can build a bridge almost anywhere," said Romanian armed forces Lt. Col. Adrian Gheorghe of the 72nd Engineer Battalion, 10th Engineer Brigade.

The Danube River seemed to have taken his statement as a challenge during the proceedings of Saber Guardian 19; its waters were flowing high and strong, threatening to send trees from her banks careening into the pontoon bridge built by the Romanian Armed Forces, partnered with the U.S. Army in Bordusani, Romania.

Thanks to the watchful eyes of coordinating U.S. Army liaison officers and Romanian land forces coordinators, the wet gap exercise had proceeded without incident.

"They watch all the time to keep us safe," Gheorghe said. "For me, it's going well. We've completed all our tasks



Spc. Chris Estrada | 126th Public Affairs Operations Center|

Romanian Land Vehicles cross a ribbon bridge during a showcase of interoperability between NATO Allies on as part of exercise Saber Guardian 19, in Bordusani, Romania, June 21. Saber Guardian 19 is an exercise about bringing allies together to work alongside of each other in order to maintain relationships based on trust that are essential for ensuring global security.

and have not had a hazardous situation."

Saber Guardian 19 is an exercise co-led by the Romanian Joint Force Command and U.S. Army Europe, taking place from June 3 through 24

at various locations in Bulgaria, Hungary and Romania. Saber Guardian 19 is designed to improve the integration of multinational combat forces.

See WATERS, page 7

## Responsibility for Soldiers' needs changes hands

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

The responsibility for the spiritual needs of Soldiers and their families in the First Infantry Division and Fort Riley transferred from Chaplain (Col.) Shmuel Felzenberg to Chaplain (Col.) Kevin Forrester during a Change of Stole ceremony June 21.

Prior to the official transition of the chaplaincy, Maj. Gen. John S. Kolasheski, 1st Infantry Division and Fort Riley commanding general, expressed his appreciation for all Felzenberg and his wife and children have done for Soldiers and families of the 1st Inf. Div. and Fort Riley. And he spoke of the role and importance of the chaplaincy.

"Chaplains have proudly served our great nation in every American conflict since the revolutionary war," Kolasheski said.

The Chaplains Corps dates back to when it was authorized by the Continental Congress in 1775, marking it as one of the oldest branches in the Army.

Whether in conflict overseas or working to improve the resiliency of families stateside, the chaplaincy contributes an important piece to Soldier readiness, he said.

In his time working alongside Felzenberg, Kolasheski said he came to know a man whose "positive attitude and energy radiates to those around him."

"The Soldiers of Fort Riley will reap the fruits of your labor long after you depart," Kolasheski told him. "I wish you, and the entire Felzenberg family, the best of luck as you move on to the U.S. Army War College at Carlisle Barracks. You have been an incredible teammate and the Felzenberg family will

always be honored members of the "Big Red One" family."

Turning his attention to Forrester he said Felzenberg will be a tough act to follow.

"Chaplain Forrester, in just a few minutes you will be entrusted with the spiritual and pastoral responsibly of all chaplains and Soldiers in the 1st Infantry Division," he said. "I have full faith and confidence in your abilities and look forward to watching you embark on this incredible journey. Best of luck and Godspeed."

The chaplains then joined Kolasheski on the stage at division headquarters. The general removed the camouflage stole from Felzenberg's shoulders, turned, and placed it over Forrester's symbolizing the passing of spiritual leadership.

The stole has the names of every senior chaplain to

See STOLE, page 7

## VOLUNTEER SPOTLIGHT



Billie Poynter is the wife of Chief Warrant Officer 2 Aaron Poynter, 1st Infantry Division Sustainment Brigade.

She is a volunteer coordinator for the Fort Riley Spouses Club, Historical and Archeological Society of Fort Riley docent coordinator, USO Kansas, Fort Riley Center and event volunteer, Family Readiness Group volunteer and Child and Youth Services coach for cheerleading.

"She displays great courage and poise as she tackles all of the new areas of Fort Riley, since she arrived. She is a huge asset to every organization she joins. Fort Riley truly gained an extra star when she came just a few short months ago," said Vera Gaer wife of Capt. Christopher Gaer, 1st Inf. Div. Sust. Bde.

For more information about volunteering on Fort Riley, contact Jane Brookshire volunteer coordinator with Army Community Service at 785-239-9974.

## ALSO IN THIS ISSUE



RED CROSS INTRODUCES FORT RILEY YOUTH TO FUTURE CAREERS.

SEE PAGE 9

## ALSO IN THIS ISSUE



SPC. SHELL HAS FOUND MANY 4TH OF JULY EVENTS IN THE AREA IN THIS WEEKS TRAVEL AND FUN IN KANSAS.

SEE PAGE 16

1

DUTY FIRST DOWNRANGE

1

PHOTOS OF THE 1ST INFANTRY DIVISION SOLDIERS FROM DOWNRANGE AS THEY MAKE THEIR MARK ON EUROPE AND AFGHANISTAN PROVING “NO MISSION TOO DIFFICULT, NO SACRIFICE TOO GREAT. DUTY FIRST.”



Sgt. Jeremiah Woods | 358th PAD  
An M1150 Assault Breacher Vehicle belonging to the 1st Engineer Battalion attached to 1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division fires a Mine Clearing Line Charge during a mounted live fire exercise on a range near Smârdan, Romania, June 7. Mounted training exercises help enable the Soldiers of the 1st Bn., 16th Inf. Regt., 1st ABCT, 1st Inf. Div., to be a lethal fighting force and a valuable asset to NATO allies in support of Atlantic Resolve.



Sgt. Jeremiah Woods | 358th PAD  
Soldiers with the 1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, confirm the zero on their M4A1 carbines during advanced rifle marksmanship training on a range near Smârdan, Romania, June 5. Advanced marksmanship training helps prepare the “Iron Rangers” Soldiers to be a lethal asset to NATO allies in support of Atlantic Resolve.



Spc. Abigail Graham | 126th Public Affairs Operations Center  
An M1 Abrams assigned to 1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, loads onto a raft for wet gap crossing exercise during Saber Guardian 19 at Bordusani, Romania, June 21. Saber Guardian 19 is an exercise co-led by the Romanian Joint Force Command and U.S. Army Europe, taking place from June 3 to 24 at various locations in Bulgaria, Hungary and Romania. Saber Guardian 19 is designed to improve the integration of multinational combat forces.



Spc. Abigail Graham | 126th Public Affairs Operations Center  
Pfc. Lane Kuhl, 16th Infantry Regiment, 1st Infantry Division, crosses the Danube River on a pontoon bridge in a Bradley Fighting Vehicle during Saber Guardian 19 in Bordusani, Romania, June 20. Saber Guardian 19 is an exercise co-led by the Romanian Joint Force Command and U.S. Army Europe, taking place from June 3 through 24 at various locations in Bulgaria, Hungary and Romania. Saber Guardian 19 is designed to improve the integration of multinational combat forces.

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WHAT TO DO DURING A  
FLOOD/TORNADO

1

BE INFORMED

Pay attention to At Hoc, official social media, websites, local radio and T.V. Stations. Be prepared to evacuate to a civilian shelter or designated safe haven.

2

MAKE A PLAN

**Who** (who do you have to account for), **What** (what hazards could affect them), **Where** (establish meeting place), **When** (immediately) and **Why** (eliminate unpredictability).

3

BUILD A KIT

Emergency kits should always contain food, water and supplies for a minimum of 72 hours.

4

GET INVOLVED

Individuals can help their communities in a variety of ways. Learn more about Citizen Corps, Cert and other volunteer organizations using the link below.

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# Public service recognized at monthly ceremony

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

Civilian employees were honored, and two new members of the workforce were introduced during the monthly award ceremony at garrison headquarters June 18.

After recognizing a team of three civilians and two Soldiers for their efforts during a recent audit, two Employee of the Month awards were announced.

Mike Marston, Directorate of Plans, Training, Mobilization and Security, was recognized as the April Employee of the Month and Leigh Ann Slinger from the Directorate of Family and Morale, Welfare and Recreation were given the award for May.

"Leigh Ann is successful, and the employee of the month because she has a tremendous amount of passion for what she does," said Matt Enoch, DFMWR division chief. "She understands the power that recreation programs and services have in improving the lives of Soldiers and families. It drives her, and it helps her come up with new creative ideas. She is a self-starting individual, and we're so proud to have her."

Two team awards were announced before recognizing four individuals for the Patriotic Public Service Award.

Steven Milton, Directorate of Public Works; Tracy Nelms and Holly Voelcker, Garrison Resource Management Office; and Gary Thompson, Directorate of Human Resources were honored with the award for Patriotic Public Service for their work, not only at Fort Riley but also their commitment to supporting the communities surrounding Fort Riley.

"We talk about what we do every day when we drive in the gates of Fort Riley, and it's not about us, it's about them," said Timothy Livsey, deputy garrison commander. "Soldiers, families, veterans, retirees and kids and each other — family members, family team number one. ... These are great Americans, and there's many of you out there but when you go home, what do you do? They go home, and then they continue working. They continue working in churches, Cub Scouts, Girl Scouts, volunteer organizations, schools, and they give back their nights and their weekends to the community and continue to give. We give every day, but we get a paycheck for that. They don't. They do that because of their value set. They believe in giving back."

After awards were presented in conjunction with the Memorial Day Injury and Accident Prevention Safety Campaign,



Four people were honored with awards for Patriotic Public Service for their work at Fort Riley and their commitment to supporting the communities around Fort Riley. Pictured are Timothy Livsey, left, Deputy garrison commander; Steven Milton, Directorate of Public Works; Tracy Nelms and Holly Voelcker, Garrison Resource Management Office; and Gary Thompson, Directorate of Human Resources and Command Sgt. Maj. Andrew T. Bristow II, garrison senior noncommissioned officer.

the Commanders Award for Civilian Service was awarded to Christopher Solano from DFMWR, and Tom Anderson was recognized for

his 40 years of service to the U.S. government.

Before the completion of the event, Livsey introduced the two newest members of

the civilian workforce at Fort Riley.

Todd Scalf is the new director for DFMWR replacing David Roudybush

and David Fullmer is the incoming deputy garrison commander and he will replace Livsey and is expected to begin in mid-July.

## Changes to GI Bill benefits Lawmakers request delay of implementation

By Gail Parsons  
1st Inf. Div. Post

*Editors note: Lawmakers are asking the Defense Department to hold off on education benefits change while they try and force a legislative fix.*

The deadline is approaching when some Soldiers will no longer be able to transfer their Post 9/11 Education Benefits to a family member.

July 12 is the effective date, which means July 11 is the last day the transfers can be made, said Marian Moore, supervisory education services specialist.

There are changes Soldiers need to be aware of:

**Eligibility expires at 16 years:** As of July 12, a Soldier who has 16 or more years in service can no longer transfer their Post 9/11 Education Benefits.

"A lot of people are confused," said Jamalin Hall, guidance counselor. "They were unaware that in about two weeks, you're not going to be able to transfer your benefits over unless you do it right now."

The only exception to the rule is for Soldiers who have received a Purple Heart, she said.

**The four-year obligation:** Soldiers must have a minimum of six years in and four left on their contract or be able to serve four more."

"So basically, anybody who transfers who has under 16 years in service has to serve four more," said Viola Raschke, guidance counselor. "No matter who transfers their benefits, they accrue four years additional service."

**Removal of the 10-year exception:** "It deletes the 10 years of service exception," Moore said. "Previously, service members

with 10 years in service could transfer their benefits without serving four more years.

The change now requires all service members, including those with 10 or more years in to commit to an additional four.

Most of the concerns the guidance counselors said they are hearing, is from Soldiers who have their six years in but have not signed on for another four-year obligation.

"On the enlisted side, they had to reenlist prior to transferring their benefits over," Hall said. "If they come in here and they have three years and 11 months available, their application for transfer will be rejected. They have to have exactly four years or more in order to transfer their benefits."

Soldiers who need to initiate the transfer can visit with the education counselors at Building 211; or call 785-239-6481.

### NEW DENTAL HEALTH ACTIVITY COMMANDER



Steve Balderrama | DPTMS

At a change of command ceremony June 20, Col. Susan Cebula, center, became the commander of the Fort Riley Dental Health Activity relieving Lt. Col. Jeffery Hambrice whose next command is at Fort Sam Houston Dental Health Activity in San Antonio, Texas.

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# Looking Back: First general store on post



Waters Hall - Bldg 170 Sheridan Ave. - built 1888

▲ Today  
▼ Late 1890s



Waters Hall, Building 170 on Sheirdan Avenue as it appears today, top, and as it appeared in the late 1880s when it was built as a sutler to provide a similar service as today's exchange and commissary.

Scott Rhodes  
USAG PUBLIC AFFAIRS

Waters Hall, Building 170 on Sheridan Avenue was the first Post Exchange on Fort Riley.

Waters Hall was built in 1888 by Moses Waters, the last

sutler at Fort Riley. The sutler provided products and services similar to today's exchange and commissary.

When it opened, Waters Hall was a general store and recreation center. After Waters died in 1889 his widow sold

the building to the U.S. Government for \$5,000.

Fort Riley's first canteen opened in the building's basement in February of 1890.

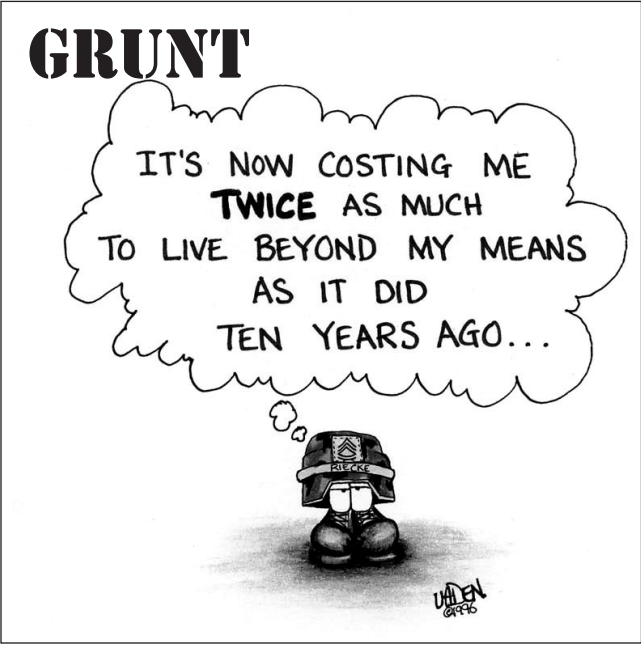
It served as a gathering place for troops to shop or visit over a cool drink.

In 1897 it became the Post Exchange. Later uses included horse-shoeing classes for the Cavalry and Light Artillery School.

In 1930, Waters Hall was converted into living quarters and it is still used for guest housing today.



<b>JUNE 9</b> Staff Sgt., HHB DIVARTY, speed 21 and up Pvt., Co. A, 299th BSB, 2nd ABCT, 1st Inf. Div., failure to maintain lane Spc., unknown unit, speed 16 to 20 over	Pvt., Co. A, 299th BSB, 2nd ABCT, 1st Inf. Div., failure to maintain control of vehicle Spc., Co. G, 1st Bn., 63rd Armor Regt., 2nd ABCT, 1st Inf. Div., speed 15 to 20	Pvt., HHB, 1st Bn., 7th FA Regt., 2nd ABCT, 1st Inf. Div., following too close Family member, spouse, unsafe movement from a parked position	reasonable for road conditions Spc., 299th BSB, 2nd ABCT, 1st Inf. Div., no proof of insurance Chief Warrant Officer 4, HHC, 1-1 ARB, 1 CAB, 1st Inf. Div., illegal use of cellphone
<b>JUNE 10</b> Spc., Co. C, 2nd Bn., 70th Armor Regt., 2nd ABCT, 1st Inf. Div., speed 16 to 20 over Spc., Co. C, 2nd Bn., 70th Armor Regt., 2nd ABCT, 1st Inf. Div., expired tags	<b>JUNE 11</b> Family member, spouse, expired registration Pvt., HHC, 2nd Bn., 70th Armor Regt., 2nd ABCT, 1st Inf. Div., speed 16 to 20 over Pvt., HHC, 2nd Bn., 70th Armor Regt., 2nd ABCT, 1st Inf. Div., expired registration	<b>JUNE 12</b> Family Member, spouse speed 21 and up	<b>OTHER CITATIONS ISSUED</b> June 11 — failure to maintain lane June 12 — damage to government/private property, failure to maintain lane, following too close June 13 — theft - shoplifting
<b>JUNE 13</b> Spc., 299th BSB, 2nd ABCT, 1st Inf. Div., expired driver's license Spc., 299th BSB, 2nd ABCT, 1st Inf. Div., speed greater than			



## Police bump it up

July 1 to 7, for the safety of families and their children, 97th Military Police Battalion and Fort Riley police will focus enforcement of speed limits in the following communities:

Raven, Winchester, Olympic.

In addition to enforcement via radar, portable speed bumps will be temporarily placed.

Speed bump enforcement will continue in other communities and locations on Fort Riley. The schedule will be published on the Garrison Facebook page and [HTTPS://home.army.mil/riley](https://home.army.mil/riley).

Driving is a privilege and responsibility at all times and in all locations; we depend on one another to always drive cautiously and observe all traffic laws.

MULTI-FUNCTIONAL  
**RECREATION CENTER**  
Riley's Conference Center is converting to a Recreation Center

**OPENING  
OCTOBER 2019**

**KEY DATES:**

**CURRENTLY**

- No longer accepting bookings for food and beverage events held after **April 30**
- No longer accepting bookings for non-food and beverage events held after **June 17**

**MARCH 28**

- Last Dinner to Go

**APRIL 30**

- Last Lunch Buffet

**JULY 1**

- Center temporarily closed for enhancement

**AUGUST 1**

- Begin scheduling official FY20 meetings

**SEPTEMBER 1**

- Begin scheduling all reservations for October

**OCTOBER 1**

- Open as a New Multi-Functional Recreation Center!

Once the conversion is complete, the Recreation Center will still be the primary location for Town Hall Meetings, Victory Welcome Briefs, and also capable of still hosting large venues such as the Victory Banquet, etc.

**CIVILIAN  
SPOTLIGHT**

**GARY THOMPSON**

**DIRECTORATE OF HUMAN RESOURCES,  
INSTALLATION RECORDS MANAGER**

As the Installation Records Manager, Gary Thompson has recently archived the records from the deactivated 3rd and 4th Brigades, 1st Infantry Division.

He has taken more than 150 boxes of records — 50,000 documents — and

organized them in either alphabetical order or numerical order based on the type of record to be retained. All excess documents, staples and clips were removed, and each document was scanned and uploaded into the unit's office record list on the Army Records Information Management System website for future retrieval. His efforts eliminated the need to retain the hard copy record or pay for the transfer of the hard copy records to the National Archives, which incurs an additional cost of storage for the Government.

Due to Thompson's hard work and initiative he has saved the records for future use, saved storage space at Fort Riley, saved approximately \$9,700 of shipping fees and thousands of dollars of storage fees at the National Archives.

**TRAFFIC REPORT**

**ACCESS CONTROL POINT HOURS**  
Those with valid military ID cards, 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 [home.army.mil/riley/index.php/about/visitor-info](https://home.army.mil/riley/index.php/about/visitor-info).  
The Fort Riley Visitor's Control Center is open Monday to Friday from 5 a.m. to 11 p.m., weekends and federal holidays from 8 a.m. to 4 p.m.  
The access control point hours are:

**Henry, Four Corners and Trooper**  
Open 24/7.

**Estes:**  
Open 5 a.m. to 7 p.m. daily. Commercial traffic is required to have an access pass or badge prior to access.

**Ogden:**  
Open from 5 a.m. to 10 p.m. daily.

**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.  
Personally owned vehicles are allowed access, there is no designated personally owned vehicle lane.  
Outbound traffic is not authorized. Drivers must have a pass or badge.

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

**Rifle Range:**  
Closed

**Custer Avenue Closure:**  
The project to repair bridge 204 which closes Custer Ave. from McCormick Road to Beeman Place is suspended due to eagles nesting in the area.

**Trooper Drive Repairs**  
Trooper Drive road repairs between McCormick and the Rifle Range Road roundabout have started with work being performed on the side of road without traffic restrictions during the day time hours. This will allow a shortened time period required to close the road for repairs.

**First Street repairs**  
From June 10 to July 10 First Street from Bent Spur Rd. to Trooper Dr. — behind and adjacent to the Forsyth Express with Class Six, 2597 Trooper Dr. — is closed.

**READY  
ARMY**

**Fort Riley Mass Warning and  
Notification System Smartphone App**

The Fort Riley Mass Warning and Notification system now includes a mobile notification smartphone application.

The AtHoc Notifier is a smartphone app which displays as a purple globe on your main mobile phone screen. It is available for iOS and Android smartphones.

The app is not currently approved for government mobile devices.

**Be Army ready - Stay informed**

For more information and installation instructions visit <https://home.army.mil/riley/index.php/about/dir-staff/DPTMS/ready-army>

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# RILEY ROUNDTABLE

If you could be a cartoon character, who would you be and why?



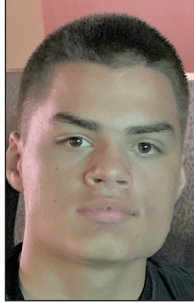
“Johnny Bravo, because I have that Johnny Bravo attitude.”  
**PVT. JACOB MEDLEY**  
**WEST JEFFERSON, NORTH CAROLINA**  
1st Combined Arms Battalion, 18th Infantry Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division



“Speedy Gonzalez, because I’m fast.”  
  
**PVT. CESAR CASAUS ALIRES**  
**ALBUQUERQUE, NEW MEXICO**  
  
1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team, 1st Inf. Div.



“Beast Boy, because I like how he can change into anything.”  
  
**PVT. ROBBY JONAS**  
**MICRONESIA**  
  
2nd Battalion, 34th Armor Regiment, 1st ABCT, 1st Inf. Div.



“Cyborg, because I wouldn’t get hurt as much.”  
  
**PVT. KHAH CHEETHAM**  
**COMPTON, CALIFORNIA**  
  
2nd Bn., 34th Armor Regt., 1st ABCT, 1st Inf. Div.



“Flapjack, because he always sees the bright side of everything.”  
  
**PVT. THOMAS PAGANS**  
**FRANKLIN COUNTY, VIRGINIA**  
  
2nd Bn., 34th Armor Regt., 1st ABCT, 1st Inf. Div.

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## SAFETY CORNER

# Summer heat brings deadly hazards

Garrison Safety staff

Team Riley, this summer will bring one of the deadliest workplace hazards — heat. Working in heat or hot environments can increase the risk of heat stress. Everyone should be informed and stay safe during our hot Kansas summer.

According to the National Institute for Occupational Safety and Health, heat stress can result in heatstroke, heat exhaustion, heat cramps or heat rashes. Heat can also increase the risk of injuries in workers as it may result in sweaty palms, fogged-up safety glasses, and dizziness. Burns may also occur as a result of accidental contact with hot surfaces or steam.

Workers at risk of heat stress include outdoor workers and workers in hot environments such as firefighters, food service workers, construction workers and others. Workers at higher risk of heat stress include those who are 65 years of age or older, are overweight, have heart disease or high blood pressure or take medications that may be affected by extreme heat.

### HEAT CRAMPS

Heat cramps usually affect workers who sweat a lot during strenuous activity. This sweating depletes the body’s salt and moisture levels. Low salt levels in muscles cause painful cramps. Heat cramps may also be a symptom of heat exhaustion.

#### Symptoms of heat cramps:

- Muscle cramps, pain, or spasms in the abdomen, arms, or legs

#### First Aid for heat cramps:

- Drink water and have a snack or carbohydrate-electrolyte replacement liquid, e.g., sports drinks every 15 to 20 minutes.
- Avoid salt tablets.
- Get medical help if the worker has heart problems, is on a low sodium diet, or if cramps do not subside within 1 hour.

### HEAT STROKE

Heat stroke is the most serious heat-related illness. It occurs when the body becomes unable to control its temperature: the body’s temperature rises rapidly, the sweating mechanism fails and the body is unable to cool down. When heat stroke occurs, the body temperature can rise to 106 F or higher within 10 to 15 minutes. Heat stroke can cause death or permanent disability if emergency treatment is not given.

#### Symptoms of heat stroke include:

- Confusion, altered mental status, slurred speech

- Loss of consciousness — coma
  - Hot, dry skin or profuse sweating
  - Seizures
  - Very high body temperature
- Heat stroke can be fatal if treatment is delayed.

#### First aid for heat stroke:

- Call 911 for emergency medical care.
- Stay with the person until emergency medical services arrive.
- Move them to a shaded, cool area and remove outer clothing.
- Cool the person quickly with cold water or ice bath if possible; wet the skin, place a cold wet cloth on skin or soak clothing with cool water.
- Circulate the air around them to speed cooling.
- Place a cold, wet cloth or ice on head, neck, armpits, and groin; or soak the clothing with cool water.

### HEAT EXHAUSTION

Heat exhaustion is the body’s response to an excessive loss of the water and salt, usually through excessive sweating. Workers most prone to heat exhaustion are those that are elderly, have high blood pressure, and those working in a hot environment.

#### Symptoms of heat exhaustion:

- Headache
- Nausea
- Dizziness
- Weakness
- Irritability
- Thirst
- Heavy sweating
- Elevated body temperature
- Decreased urine output

#### First aid for heat exhaustion:

- Take the person to a clinic or emergency room for medical evaluation.
- If medical care is unavailable, call 911.
- Someone should stay with them until help arrives.
- Remove person from the hot area and give liquids to drink.
- Remove unnecessary clothing, including shoes and socks.
- Cool them with cold compresses or have the worker wash head, face, and neck with cold water.
- Encourage frequent sips of cool water.

### RHABDOMYOLYSIS

Rhabdomyolysis is a medical condition associated with heat stress and prolonged physical exertion, resulting in the rapid breakdown, rupture and death of muscle.

When muscle tissue dies, electrolytes and

large proteins are released into the bloodstream that can cause irregular heart rhythms and seizures and damage the kidneys.

#### Symptoms of Rhabdomyolysis:

- Muscle cramps/pain
- Abnormally dark — tea or cola colored — urine
- Weakness
- Exercise intolerance

#### First Aid for Rhabdomyolysis:

- Stop the activity.
- Increase oral hydration (water preferred).
- Seek immediate care at the nearest medical facility.
- Ask to be checked for rhabdomyolysis, i.e., blood sample analyzed for creatine kinase.

### HEAT SYNCOPE

Heat syncope is a fainting episode or dizziness that usually occurs with prolonged standing or sudden rising from a sitting or lying position. Factors that may contribute to heat syncope include dehydration and lack of acclimatization.

#### Symptoms of heat syncope include:

- Fainting — short duration
- Dizziness
- Light-headedness during prolonged standing or suddenly rising from a sitting or lying position

#### First Aid for heat syncope:

- Sit or lie down in a cool place.
- Slowly drink water, clear juice, or a sports drink.

### HEAT RASH

Heat rash is a skin irritation caused by excessive sweating during hot, humid weather.

#### Symptoms of heat rash include:

- A rash that looks like a red cluster of pimples or small blisters
- Usually appears on the neck, upper chest, groin, under the breasts, and in elbow creases

#### First Aid for heat rash:

- When possible, a cooler, less humid work environment is the best treatment.
  - Keep the rash area dry.
  - Powder may be applied to increase comfort.
  - Ointments and creams should not be used.
- Additional information on heat stress can be found at [www.cdc.gov/niosh/topics/heat-stress/heatrel illness.html](http://www.cdc.gov/niosh/topics/heat-stress/heatrel illness.html) or contact the USAG Safety Office 785-240-0647.

# D-Day or something else: Naming the operation

Dear Doc Jargon,

We just observed the 75th commemoration of D-Day from World War II. My question is, how did D-Day end up being named that? I am puzzled because big operations usually have a name, like Operation Desert Storm or Iraqi Freedom. Is it because it was just one piece of the entire war?

Sincerely, Military History Buff

Dear Military History Buff

You are right that big operations, which are collections of events throughout a longer period, do get operational names. But a single battle will often be named after a location or a geographic feature. For every battle, D-Day is the day when any combat attack is initiated.

The D-Day most well-known is that of the invasion at Normandy. It is the one time that an often used operational term stuck to a single event.

In addition to D-day, there is another term, H-Hour, which denotes the time the combat offensive begins.

So, though the turning point of World War II was the invasion of Normandy, called Operation Overlord, the term D-Day has been the name that stuck.

I hope that satisfied your military history knowledge quest for the moment. Keep researching as we learn much from the past.

Doc Jargon

Email your military lingo questions to Doctor Jargon at [doctorjargon@gmail.com](mailto:doctorjargon@gmail.com).

# Better living through military innovation: Blood banks born during World War I, transfusions date back to Middle Ages

By Collen McGee  
USAG PUBLIC AFFAIRS

According to History.com, blood transfusions were rare prior to World War I, but the American Red Cross lists occurrences on their website dating back to the Middle Ages. Once the medical community discovered there were variances in blood types and that refrigeration would extend the shelf life, the game changed and the process no longer required a donor-to-patient direct transfusion; blood could now be stored.

According to an article from “Transfusion Medicine Reviews, Vol 23, No 3 (July), 2009” posted on the Trauma Hemostasis and Oxygenation Research Network website, the first blood bank, called a resuscitation station, was established in 1917 by Capt. Oswald Robertson, a U.S. Army doctor and medical researcher. He took the 1914 findings of Canadian Royal Army Medical Corps Lt. Lawrence Bruce Robertson and expanded on them. His goal, save lives on the West-



Courtesy photo  
An example of an early blood transfusion kit. The first blood bank was established in 1917, but transfusions date back to the Middle Ages.

ern Front while attached to the RAMC.

The medical team that included the Canadian and the American would later set up a blood transfusion station at a casualty collection point. The term blood bank would not come into use until the

1930s. However, the practical application was born on the Western Front of WWI.

According to the article on the THORN website, the discoveries the two Robertson doctors perfected to enable blood transfusions was labeled by the Royal Army Medical Depart-

ment as the “most important medical advance of the war.”

To read more about the process of discovery, including diary entries from the American Robertson, visit

<https://rdcr.org/wp-content/uploads/2014/01/robertsen-and-robertsen.pdf>

# Futures Command looks to enable plug-and-play technologies across Army platforms

Story and photo by Dan Lafontaine  
CCDC C5ISR CENTER PUBLIC AFFAIRS

ABERDEEN PROVING GROUND, Md. — Army Futures Command is developing a modular plug-and-play framework that will enable the rapid insertion of emerging position, navigation and timing, or PNT, technologies into Army air, ground and Soldier platforms.

The Modular GPS Independent Sensors project, known as MoGIS, is a shift from developing stand-alone PNT systems that have proprietary software and hardware interfaces.

Instead, newly developed components can be integrated in a modular framework with a vendor-agnostic, multi-source solution. The modular open systems approach, or MOSA, uses accessible, published standards that are open for government and industry to work toward.

The Army's emphasis on open standards aligns with guidance from the Department of Defense, which in January announced prioritization in developing and implementing MOSA to ensure future weapons systems can communicate quickly.

"We determined the continued implementation of these standards, and further development of

Modular Open Systems Approach standards in areas where we lack them is vital to our success.

As such, MOSA supporting standards should be included in all requirements, programming and development activities for future weapon system modifications and new start development programs to the maximum extent possible," noted the secretaries of the Army, Navy and Air Force in the memo.

MoGIS will reduce integration challenges and spur more industry opportunities as academia and small businesses are able to focus on their niche areas of expertise — such as sensors and algorithms — instead of being required to build an entire proprietary system, said Michael Caporellie, the Navigation Sensors Team Lead with the Combat Capabilities Development Command, or CCDC, a major subordinate command within Army Futures.

"PNT directly affects all six of the Army's modernization priorities, so our goal is to improve this capability and expedite its transition and fielding," said Caporellie, who is assigned to CCDC's Center for Command, Control, Communications, Computers, Cyber, Intelligence, Surveillance and Reconnaissance, or C5ISR. "By developing this

framework, we don't tie the hands of industry or government developers, so they're better able to innovate,"

"As long as you adhere to the framework and standards, everything should be modular, including updates, which can be folded into the overall system," he said. "Furthermore, it allows us to place new PNT technologies into the Army's standard architecture for testing, validation, demonstration and certification"

To ensure future PNT systems have the capacity to rapidly change and maintain an operational advantage, the Assured Positioning, Navigation and Timing Cross-Functional Team, or APNT CFT, included an open systems architecture capability as part of the criteria for its recently approved directed requirement for the Mounted APNT solution.

"Today, we send our ground and aviation platforms back to the depot to be retrofitted for new PNT technologies and systems," said Willie Nelson, APNT CFT director. "Changes to the platforms then result in additional training for our Soldiers. This can be incredibly time consuming and expensive.

"With an open systems architecture in place, we can simply change out a card, or potentially send a patch to the Mounted APNT system,



Zach Kjellberg, Command, Control, Communications, Computers, Cyber, Intelligence, Surveillance and Reconnaissance Center computer scientist conducts testing on a position, navigation and testing system, June 13, at Aberdeen Proving Ground, Maryland.

saving the Army money and time, while keeping our Soldiers focused on their mission. Army aviation and ground platforms both benefit from having such a standard, allowing us to potentially utilize similar, if not the same, PNT technologies in both the air and ground domains," Nelson said.

The center's Command, Power and Integration Directorate, or CP&ID, is leading the MoGIS project, which is

being developed in coordination with the Army's C5ISR/Electronic Warfare Modular Open Suite of Standards, or CMOSS, program.

CMOSS, which was also developed by the C5ISR Center, lays the foundation for enhanced interoperability and simultaneity among C5ISR capabilities by fielding warfighting capabilities —such as PNT, electronic warfare and mission command —as cards in a common

chassis instead of the traditional multitude of stove-piped "boxes."

"With MoGIS, the Army will be able to acquire and integrate cutting-edge PNT capabilities as they become available, thus allowing the platform community to keep pace with innovation and provide capability overmatch against emerging threats. In short, it will ensure that our forces are agile in every sense of the word," Caporellie said.

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# STOLE

Continued from page 1

serve in the 1st Inf. Div. since 1997 as a reminder of the legacy that came before the one who wears it.

When the official transition was complete, Felzenberg took a few moments to address those in attendance.

“... I will always be a Big Red One Soldier,” he said. “Brave, responsible and on point. I do have to tell you; I didn’t realize how heavy that stole was and the burden that comes with it.”

He took a moment to thank several people who have been part of his success at Fort Riley and highlighted some of the accomplishments of the past two years.

It was his goal while here to make sure no Soldier would deploy or redeploy without a chaplain present for prayer and support. Also among the accomplishments was the literal saving of lives, he said.

“Lives were saved; pure, plain and simple,” he said. “Thanks to chaplain efforts, our suicide intervention assessment tool and other critical value of life ministry initiatives implemented over these past two years ... (and) is rivaled nowhere else. In my faith, it is preached ... ‘he who saves a life is as though they save the entire world.’”

In closing he again expressed his appreciation for his time at Fort Riley.

“No mission too difficult, no sacrifice too great, duty first, victory for God and country — blessings to all — Danger Shepherd signing out,” he said before turning the microphone over to

Forrester.

Forrester kept his comments short, eliciting laughter at one point when he said that his 35 years in uniform has taught him that “no one gives a rip about anything I have to say.”

But he did take the opportunity to express his feelings about being assigned to the post of the 1st Inf. Div. and Fort Riley senior chaplain.

“... by the grace of almighty God, I am a Big Red One Soldier,” he said. “I’m proud to be part of America’s 1st Division. I am truly grateful for this honor — to stand here before you, to wear this stole — I know a great many of the shepherds (whose names are written) on this stole and this is an incredible lineage that I follow. And I am humbled by that.”

He stated his intention is to lead and serve well the Soldiers and families of Fort Riley and to make the religious support program better than it is now. He acknowledged it is already an excellent program and said he inherits a “healthy religious support organization.”

He then gave his final comments thanking Felzenberg and wishing him well.

“Thank you, brother, for all that you have done, not only for the transition but thank you for this diamond you have left me — I am honored my friend,” he said. “... Ladies and Gentlemen, I am proud to stand here before you for God and country. Duty first, praise God.”



Gail Parsons | POST

1. Maj. Gen. John S. Kolasheski, 1st Infantry Division and Fort Riley commanding general, center, prepares to step forward with Chaplain (Col.) Shmuel Felzenberg, right, and Chaplain (Col.) Kevin Forrester during a Change of Stole ceremony June 21. 2. Kolashski removes the stole from Felzenberg marking an end to his appointment as senior chaplain for the 1st Inf. Div. and Fort Riley and 3. places it on Forrester's shoulders.

# DIVARTY

Continued from page 1

truly an honor and privilege to join this team.

“To the ‘Drumfire’ Soldiers — there are a few things so inspiring as to see you, the king of battle, in formation,” he said. “You did not even need to fire the guns today to bring in the lightning and the thunder. Command Sgt. Maj. [Jose] Barajas, the Soldiers look

lethal and disciplined, the colors stand tall and straight — Drumfire, I am proud to serve with you. Remember when in doubt — attack.”

After the ceremony attendees formed a receiving line to personally say goodbye to Crooks. Other attendees made their way to the Custer House to welcome Mungie and his family.

# BELLAVIA

Continued from page 1

award to a Medal of Honor to recognize his gallantry and heroism.

In addition to the ceremony at the White House, Department of Defense and Army senior leaders recognized Bellavia during a Hall of Heroes induction ceremony, at the Pentagon June 26.

To find out more about Bellavia’s heroic story, including his biography and videos about his experience, visit [www.army.mil/medalof-honor/bellavia](http://www.army.mil/medalof-honor/bellavia).

For an in depth story provided by Army News Service visit, [www.army.mil/article/223467/](http://www.army.mil/article/223467/).

# WATERS

Continued from page 1

“We love to work with our partners, any time,” Gheorghe said. “Especially to solve a crisis situation like this. Each guy brings an experience. If they share it, it’s much easier to look in the future, to put this solution together and, of course, to solve our task in no time.”

A pontoon bridge is constructed by connecting individual pontoon rafts, piece by piece, until they span a body of water. pontoons are rigged to a boat, which sets anchor and helps stabilize the

bridge even after all the pontoons are hinged together.

During Saber Guardian 19, Americans and Romanians engaged in different ways of fording troops and equipment across the Danube River to include rafting and construction of a pontoon bridge, respectively. However, both nations have taken this opportunity to learn from the experiences of the other during this exercise.

“It was very difficult to build the bridge, but it’s much easier when we learn from each other,” Gheorghe said.

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Check **Dinin' Deals** each Friday in the **1st Infantry Division Post** and each Sunday in **The Daily Union!**

# U.S. Army Soldier returns to earth after 204-day mission aboard the International Space Station

By Ronald Bailey  
SMDC/ARSTRAT

REDSTONE ARSENAL, Alabama — U.S. Army Lt. Col. Anne C. McClain departed from the International Space Station to return to earth aboard a Soyuz “Union” MS-11 spacecraft June 24, following her 204-day mission with Expeditions 58 and 59, conducting technical and research tasks.

“Army astronauts have a very proud legacy in the astronaut program,” McClain said. “I can tell you that just like everywhere else in the Army, the biggest attributes that we can bring to the table are leadership and team skills, and those traits that I learned in the Army as both a follower and as a leader working in austere environments with small groups in high gain tasks where lives are at risk, those traits have absolutely transferred over into my time at NASA and I think that is the best thing that we can bring to NASA.”

During her time aboard the ISS, McClain participated in or helped facilitate numerous research investigations and technology demonstrations

not possible on Earth. Among these included: on-orbit radiation detection; plant growth in microgravity; human immune-system response and antibody production; protein crystal formations to provide insight into Parkinson’s disease; and many other experiments ranging from physics to biological studies.

McClain also conducted extra-vehicular activities, also called spacewalks, March 22 and April 8 to modify the station’s robotic arm, Canadarm2, and install new batteries for the station’s solar arrays. She also participated in an assessment of the unmanned SpaceX Crew Dragon, the first commercially built American spacecraft designed to carry humans to the ISS, when it arrived on station March 3.

McClain launched with her crew Dec. 3, 2018, from Baikonur Cosmodrome’s famous “Gagarin’s Start,” the same launch pad used for Sputnik 1 and later by Russian Cosmonaut Yuri Gagarin. She returned to earth aboard the same spacecraft she launched to the ISS in early December.

McClain was selected as an astronaut candidate in June

2013, completing the training in July 2015. Prior to her selection as an astronaut candidate, she served as a commissioned Army officer and an OH-58D Kiowa Warrior scout/attack helicopter pilot. She served 15 months in support of Operation Iraqi Freedom flying more than 800 combat hours. McClain also served as an instructor pilot, operations officer, troop commander, and she is a graduate from the U.S. Naval Test Pilot School.

Originally from Spokane, Washington, McClain earned a Bachelor of Science in mechanical/aeronautical engineering from the U.S. Military Academy at West Point in 2002, followed by a Master of Science from the University of Bath in Bath, England, and a Master of Science in international relations from the University of Bristol in Bristol, England.

The U.S. Army’s deep involvement in the nation’s space program and close work with NASA dates back to the launch in 1958 of Explorer 1, the United States’ first satellite, and it was a U.S. Army rocket that carried the first U.S. astronaut into space. Over the



COURTESY PHOTO  
U.S. Army Lt. Col. Anne McClain runs through rehearsal procedures in the Soyuz MS-09 spacecraft May 20, 2018, at the Baikonur Cosmodrome Integration Facility, Kazakhstan.

years, 18 Army astronauts have been selected by NASA with 16 of those flying aboard the Space Shuttle, Russian Soyuz spacecraft, and the International Space Station, including McClain.

Soldiers of U. S. Army Space and Missile Defense Command/Army Forces Strategic Command’s NASA Astronaut Detachment serve as NASA flight crew and provide engineering expertise for human interface with space systems.

U.S. Army astronauts will continue their presence aboard the ISS this year. On July 20, the 50th anniversary of the Apollo XI lunar landing, U.S. Army Astronaut Detachment commander Col. Andrew Morgan will begin his planned nine-month mission aboard the ISS.



Annie Johnson, volunteer at USO Kansas, Fort Riley Center proudly shows off the certificates she received from President Donald Trump recognizing the almost 1,800 volunteer hours she has contributed over the last two years.



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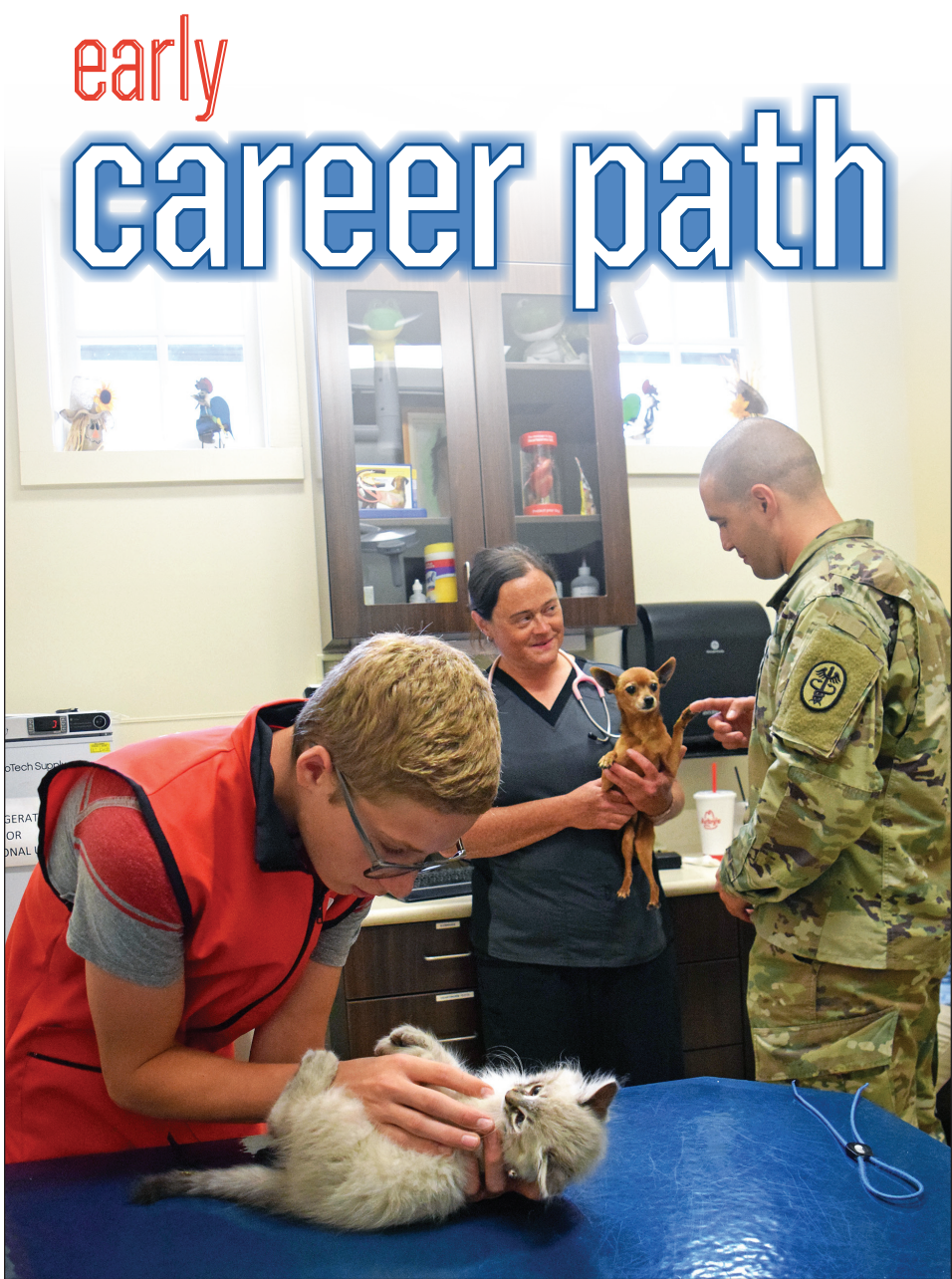
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Ridley Swader, 15, volunteer enrolled in the Red Cross Youth Program, plays with a cat at the Fort Riley Veterinary Treatment Facility. He joins other youth in exploring medical careers on post this summer.

## Youth use American Red Cross summer program to learn about medical professions

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

Thinking and planning for their futures, eight teens are spending their summer on Fort Riley immersed in potential career fields.

The Red Cross Summer Youth Program placed the teens, ages 15 to 18, in departments at Irwin Army Community Hospital and the Fort Riley Veterinarian Clinic. They volunteer for four hours a day, five days a week while learning what day-to-day life is like in career fields they are interested in.

“The kids participate [in] the hospital helping patients with things like taking them to the departments they need to go to,” said Rosalyn Green, Red Cross volunteer engagement lead. “They’re also learning CPR, first aid ...”

By giving them an experience with as much practical application as allowable, the children can see the difference between what they thought the job entailed and what it really is.

### AN EARLY START

- **The Red Cross Summer Youth Program** placed the teens, ages 15 to 18, in departments at Irwin Army Community Hospital and the Fort Riley Veterinarian Clinic.

“Let’s say one of the kids wanted to be a doctor and if they wanted to specialize in a particular area.” Green said. “We’re placing them in that clinic so that they can get the hands-on experience they need, not necessarily directly with patients, but they’re seeing how the flow of the clinics go. That way they’ll get familiar with the medical environment.”

Sierra Garner, 15, is spending her eight-weeks of the program in the Women’s Health and OB/GYN department. She said a couple of years ago she did the program and spent time in the emergency room because she was interested in being an ER nurse.

See CAREER, page 14

## Ministry stresses fellowship among military spouses

Homefront Heroes way for women to connect, support each other

By Carisa Huntwork  
1ST INF. DIV. POST

Each Wednesday spouses of Soldiers gather at the Victory Chapel for fellowship and support.

Homefront Heroes is a branch of Protestant Women in the Chapel which has taken a new direction, said April Griffith, ministry leader.

“It has just really reached the community ... to support all women here on Fort Riley” Griffith said. “I would love to see this ministry offered at other posts, there really is such a need and it doesn’t seem like there is really a lot out there to offer for military deployments especially.”

The ministry is designed to encourage and equip women in

“We may bring up some Bible scriptures; we want to encourage them in their faith to grow, but it is non-denominational.”

APRIL GRIFFITH  
MINISTRY LEADER,  
HOMEFRONT HEROES

all seasons of military life, she said.

“We don’t want to be exclusive to deployment, because we know here on Fort Riley the tempo is really high,” she said. “We know pre-deployment and reintegration are hard. Most are touched by deployment in some way, so we are open to all.”

See HEROES, page 10

## USO plans to widen scope to all of state

Proposed name change to USO Kansas reveals group’s wider efforts



By Amanda Ravenstein  
1ST INF. DIV. POST

The USO Fort Riley staff and volunteers have been known to not only assist the Soldiers and families at Fort Riley, but they have also held events at other installations in Kansas in support of all service members across the state. With more events being planned at the other installations, a name change has been proposed to show that the USO is here for all service members and their families.

“I proposed to change our name from USO Fort Riley to USO Kansas, [because] we provide efforts, programs, resources and everything to service members outside of just Fort Riley,” said Mark Claussen USO Kansas, Fort Riley Center director.

“It was a good idea to better show that scope so (when) talking about raising money for the USO and the troops ... it’s for the whole state and not just for one location.”

Claussen said that even with the increasing number of USO sponsored events across Kansas, coverage will still be the same at Fort Riley.

“Nothing is changing here,” he said. “I really want to stress that. There’s nothing changing. We do intend to do more outside of Fort Riley, but we’re not going to give up what we’re doing here.”

Claussen said that with the greater number of events in the works at other installations, the

See USO KANSAS, page 10

## Coffee Connections offers opportunity for family interaction

USO Kansas monthly event puts spouses in position to meet others

Story and photo by Carisa Huntwork  
1ST INF. DIV. POST

Spouses partook in iced coffee and breakfast as they mingled at USO Kansas, Fort Riley Center on June 21. Coffee Connections is an event that happens at the USO once a month.

While parents were chatting, their kids went into the Hobby Studio and finger painted a picture.

“Coffee connections is a national USO program,” said

Traci Taylor, center operations and program manager at USO Kansas, Fort Riley Center. “This typically takes place the second Wednesday of each month. We have a lot of regulars that come, and this is a great way for spouses to meet others. We try to have activities for the kids so that parents can have a moment to sit and visit. We also usually have guest speakers that come to show what resources are around post.”

Taylor said the USO events are not only for the female spouses but also for males. She was pleased to have a husband attend a Coffee Connection for the first time at the June event.

Kasper Nieves, spouse to Pfc. Orlando Nieves, 1st Combined Arms Battalion, 18th Infantry

Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, said he found Coffee Connections to have a demeanor that not only appeals to women, but also to men.




“I thought this would be a great way to make some new friends because we just moved from Manhattan to base,” Kasper said. “Nothing gender-based here to come to hang out, talk or bring their kids. Kids are out having fun, so it’s just more like trying to bring families together.”

The families that attend are always given a gift, are served food and coffee and can leave with new friends. If interested in attending the next Coffee Connections, call the USO at 785-240-5326.




Spouses took the opportunity to meet other spouses and have coffee and snacks at Coffee Connections sponsored by USO Kansas, Fort Riley Center June 21.


## WEEKEND WEATHER OUTLOOK

FRIDAY	SATURDAY	SUNDAY
		
HI: 95 F	HI: 95 F	HI: 95 F
LOW: 70 F	LOW: 70 F	LOW: 70 F

# FORT RILEY POST-ITS

**Fort Riley MWR**

Go for a late night swim under the stars at the Twilight Swim, June 28 from 8 to 10 p.m. at Custer Hill Aquatic Park.  
The cost is \$15 for the family or \$5 for single admission.

**Fort Riley MWR**

Come out and get your barbecue on for free at the Boss BBQ event July 3 at 11:30 a.m. at the tables behind 2nd Brigade Headquarters, Building 7614R Apennines Dr.

Like - Comment - Share

189

73

**Lets go to the movies @ Barlow Theater**


**Friday, June 28 — Spider-Man: Far From Home** (PG-13) 7 p.m.  
**Saturday, June 29 — Spider-Man: Far From Home** (PG-13) 2 p.m. **Spider-Man: Far From Home** (PG-13) 7 p.m.  
**Sunday, June 30— Spider-Man: Far From Home** (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.

Like - Comment - Share


16

13


5

**Hobby Studio**

Learn the basic skills and safety at the woodshop safety class June 29 at 11 a.m.. The cost is \$10 per person. Participants must be at least 14 years old and most will receive a woodshop safety card.

**Hobby Studio**

Join the staff at The Hobby Studio for instruction on how to paint a patriotic picture June 29 at 11 a.m. There will be three projects to choose from, people can do one or more. The cost is \$20 per painting.

**Main Exchange**

Come out and meet the NFL Running Back Billy Sims #20, University of Oklahoma, Heisman Trophy Winner and Detroit Lions player Pro Bowl in 1980, 1981 and 1982! Billy Sims will be at the Fort Riley Main Exchange to take pictures and sign autographs June 28 from 9 to 10 a.m.

**Catsy Cline**  
June 21

I heard something about a Pet-a-palooza going on at the Main Exchange from 11 a.m. to 2 p.m. — what is that?

15

5 Comments

Like

Comment

Share

**Spc. Shell** They're going to have a raffle and contests you and your pets can enter. Also the Flint Hills Working Dogs and some vendors will do demonstrations.

Like

Reply

**Catsy Cline** That sounds fun, what kind of contests?

Like

Reply

**Spc. Shell** Last I heard there was going to be contests for the animal that can do the best trick, pet/owner look alike, best costume and the one I'm entering — the most unusual pet.

Like

Reply

**Lukin Like** Hey, can I bring my gerbil. I want to enter the look-alike contest or is this just for dogs and cats?

Like

Reply

**Spc. Shell** Yes you absolutely may bring your gerbil. Pets of all shapes and sizes are welcome. Just make sure you keep it secure.

Like

Reply

## POTTERY HOBBY

Carisa Huntwork | POST  
At The Hobby Studio, Gianna Fernandes, associate, shows attendees how to make a cereal bowl during the Ceramics Class on June 22.

## USO KANSAS Continued from page 9

USO is looking at recruiting more volunteers. Not only at Fort Riley, but also from the areas around those installations.

“We want to do volunteer recruitment orientations, for instance, in Wichita so we have that support for McConnell,” he said. “We have some of that already in place ... that will help us do things down there. But, we want to try and utilize those resources in those communities and bring it under the USO Kansas name.”

Mary Reece, Airman and family readiness, McConnell Air Force Base, said she is excited about the change because it feels more inclusive to all installations in the state and to all branches of the military.

“We are excited about the possibilities of working with USO Kansas to bring more events and programs to McConnell and to join forces in supporting our military members,” she said. “We have been working a long time to get (more of) a USO presence here at McConnell and in the City of Wichita and are excited that it is coming true.”

“There is nothing better for a military member going or returning from a deployment to have the friendly faces at a USO in an airport to brighten their day,” she said. “USO has a long history of taking care of our Airmen and we are happy to join forces with them to make it a reality for our military members and their families in the Wichita area.”

## HEROES Continued from page 9

Homefront Heroes is open to everyone, even those who are not attached to a chapel.

“We may bring up some Bible scriptures; we want to encourage them in their faith to grow, but it is non-denominational,” Griffith said. “We have non-believers that still come and enjoy it.”

She said what she would really like people to know is, “it is a really wonderful way for women to get connected here on Fort Riley. Deployment is kind of its own unique beast and can be very lonely. This has always been a really positive place, and a place where you can come and connect. We are very friendly. The goal is to help women to connect. Coming into something like this can be very intimidating, but we make a focus to be very welcoming to our new comers.”

“They do not, however, tolerate any type of gossiping or negative talk inside the group,” she said.

**MORE INFORMATION**

- To learn more about **Homefront Heroes**, email [fortrileyhomefrontheroes@gmail.com](mailto:fortrileyhomefrontheroes@gmail.com).

As the women start to come into the seating area they are greeted with snacks and childcare is available. There is time in the beginning to socialize amongst each other before a speaker is greeted to discuss a topic. The topics change each week and are not exclusive to a religious belief.

Hannah Shaefer, spouse to Capt. Zach Schaefer, 2nd General Support Aviation Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division was sitting with her 5-month-old baby on her lap. She said that she has attended Homefront Heroes during this whole deployment.

“It’s great having a set place to go every week,” Shaefer said. “Somewhere where people understand what it’s like being on this side of a deployment. To just get out of the house to talk and fellowship with the other women while my son is in watch care. I can’t imagine not having it now.”

June 19 the topic of the night was being courageous in Permanent Change of Station moves. This is a topic all military spouses can relate to in some way. There were times women laughed through the message and times where women had tears in their eyes. At the end of the hour women were talking to each other about how they could relate to the message.

You can find more information about Homefront Heroes by emailing [fortrileyhomefrontheroes@gmail.com](mailto:fortrileyhomefrontheroes@gmail.com).

**Worship Opportunities**

**Protestant Services**

**Victory Chapel** 239-0834  
ChaplineXt Protestant Service  
Sunday Worship.....1100  
Children’s Church.....1105-1200

**Morris Hill Chapel** 239-2799  
Gospel Protestant Service  
Sunday School.....0900  
Sunday Worship.....1100

**Main Post Chapel** 239-6597  
Traditional Protestant Service  
Sunday Worship.....1030  
Children’s Church.....1045-1130

**Catholic Services**

**Victory Chapel** 239-0834  
Sunday Mass.....0845  
Sunday Catechism.....Contact DRE

**Saint Mary’s Chapel** 239-6597  
Sunday: Confession (or by appointment)..1100  
Sunday Mass.....1130  
Daily Mass – Mon., Wed., & Fri.....1200

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

**Jewish Service**

For worship and holiday observance information please contact the Senior Chaplain at 240-6268/ 910-273-0767.

**Pagan/Wiccan Service**

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

**Homefront Heroes**  
Support Group for spouses of Soldiers going through deployment or reintegration  
Weekly Wednesday classes from 1830-1930 at Victory Chapel. 785-239-0875.  
Childcare provided for 6mo - 4yrs  
5 Jun-31 Jul  
Summer Schedule

**Club Beyond - Faith Based Youth Program**  
Grades 6th - 12th, Meets Sundays  
Combined MS/HS Youth 1730-1930 at Victory Chapel 513-519-3151  
Check for Summer schedule  
\*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** Returning in the Fall  
Meets Sundays, 1400-1600 at Victory Chapel 785-239-0875. 3yrs - 12th grade

**Protestant Women of the Chapel (PWOC)**  
Weekly Tuesday Meeting 0900-1130 & Evenings at 1830-2000 at Victory Chapel.  
Childcare provided.  
Check for Summer Schedule  
For more information email [rileypwoc@gmail.com](mailto:rileypwoc@gmail.com) or Facebook “Fort Riley

**Catholic Women of the Chapel (CWOC)**  
Weekly Wednesday Meeting 0900-1130 at St. Mary’s Chapel.  
Childcare provided.  
Check for Summer Schedule  
For more information email [fortrileycwoc@gmail.com](mailto:fortrileycwoc@gmail.com) or Facebook “Fort Riley CWOC”

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

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FORM MATTERS

# Cable-Seated Row

By Gail Parsons  
1ST INF. DIV. POST

Whether a person chooses to use free weights or the machines, the number of repetitions and the weight used depends on the individual's goals.

Regardless of the goals, Ben Walker, personal trainer and New U instructor, recommends people who are new to working out with weights do the standard three sets of 10 repetitions. Once they are comfortable with the proper form, they can make adjustments based on their fitness goals.

"If we want to pack on muscle, we need to drop those repetitions down and bump our weights up," he said. "If we want to do more endurance, like we're training for a marathon or a race, we're going to ... want those repetitions higher at 15, maybe 18, repetitions, still keeping it at three sets."

When using the machines, he said it is best to start out using lightest weight to make sure the proper form is maintained. From that point more weight can be added to feel the muscles being used.

"If you're starting to do three sets, your first set

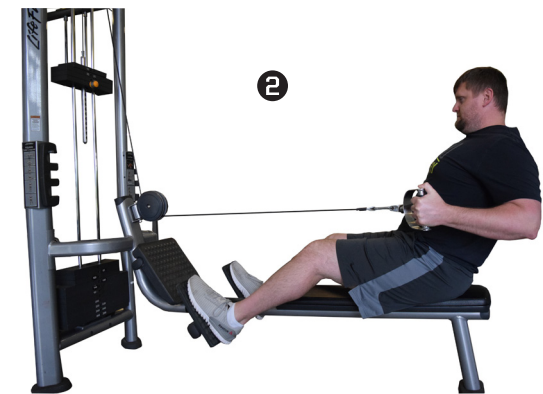
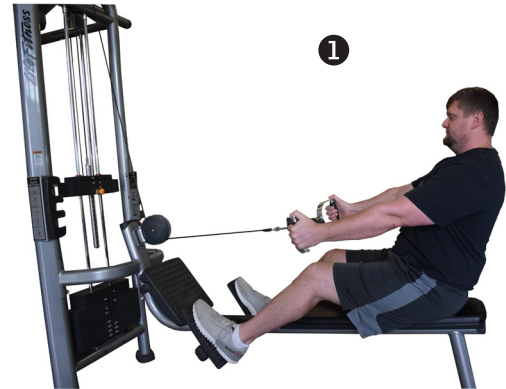
shouldn't be too challenging," he said. "Your second one should be a little bit harder, your third one should be a little bit harder."

It starts out with trial and error. If the first set is easy, the choice is to continue with all three sets and as the muscles get tired it will get more difficult; or add weight incrementally.

As the weight or the repetition goes up, it is important to keep a check on form and to make sure all muscle groups are worked.

He said people tend to neglect the back muscles, which are vital to ensuring all other muscle groups are reaching their full potential. One of the many machines at Whitside Fitness Center, where he works is the cable row machine. While there are several exercises people can do on this machine, he said the cable low row, also referred to as a cable seated row, is a good exercise for the back.

"This is going to work the lat muscles," he said. "This is going to work the rhomboids, it will work your rear deltoid and, it will work your bicep muscles. So mostly you lat muscles on the outside of your back and then across the upper back."



CABLE-SEATED ROW

- 1. Starting position. Place feet on the foot rests and keep the knees soft. Grasp the bar, with the arms extended lean back to where the torso is at a 90-degree angle from the legs.

"The hand grip on here is very important," Walker said. "The wider hand grips that you use isolate your lat muscles more than if you use a narrow hand grip. Wider on here is going to make it harder so your weight may go down."

- 2. Keeping the back stationary and the arms close to the torso, bring the bar toward the stomach.

"The biggest thing here is making sure we are using our back, not just our arms and our biceps," he said. "Most people don't pull all the way through their chest and they don't engage the upper back and the shoulder blades. What we want to do is physically squeeze those shoulder blades together." Squeeze the back muscles – hold this contraction for a moment.

- 3. Straighten the arms back out, returning to the starting position. Repeat, taking care not to lean forward and jerk the weights with a rocking motion.

Form Matters is a weekly column designed to demonstrate the proper form to use when executing different exercises to minimize the risk of injury. #FitFirst

## SWEET CANVAS



Carisa Huntwork | POST

Children gathered around eating cookies and sipping milk while following directions on painting a watermelon slice. The Hobby Studio purchased chocolate chips cookies, milk and apple juice for the attendees of the child's paint class June 22.

# Program helps children learn to swim

Teaching swimming, survival skills part of event at aquatic park

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

At the Exceptional Family Member Program's Swimming Lessons event June 22 at Custer Hill Aquatic Park, children learned the basics of swimming.

"Because we have such a wide age range and ability range ... it's all very basic," said Carleton Hardy, water safety instructor, Directorate of Family and Morale, Welfare and Recreation. "(We want to) get them in the water and get them acclimated."

Teaching swimming basics was only part of the lesson.

"The most important skill in the pool is the back float,"



Families at the Exceptional Family Member Program's Swimming Lessons event had the pool to themselves for a free swim after the lessons completed June 22 at Custer Hill Aquatic Park.

he said. "We throw that in there as a survival skill essential. Because when the kid gets tired, you want them to be able to roll onto their back, keep their head above water, float and breath."

Laurie McCauley, installation EFMP manager said families enjoyed going to the event because of what the children learned.

"One of the parents said her son learned more in the 20

minute swimming lesson than he had from the many hours of them teaching him," she said. "We believe the participating parents enjoyed reinforcing the skills being taught by the swimming instructor and the free swim time that was available after the lesson. The weather was perfect, it was relaxing, and was time well spent."

McCauley said the biggest thing she hopes families take away from EFMP events is a sense of belonging in the community.

"We want families to receive strength and understand they're not alone although they face unique challenges," she said. "And, we invite more families to become involved."

To learn more about EFMP, families are invited to visit [home.army.mil/riley/index.php/about/dir-staff/dfmwr/acs/efmp](http://home.army.mil/riley/index.php/about/dir-staff/dfmwr/acs/efmp).

## WET & WILD AT THE LIBRARY



Carisa Huntwork | POST

The Fort Riley Post Library staff hosted a Wet and Wild Fun day June 22. The fire department had their hose spraying in the air for families to enjoy and cool down.

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HEALTHY EATING



COURTESY PHOTO

# Sweet and Sour Chicken

For the Performance Triad, please use the nutrient and serving size information provided below.  
Recipe Analysis: (1 serving = 1 cup)  
Per Serving: 277 calories; 21 g protein; 5 g fat, 36 g carbs (1.5 carbs: 1 protein)  
Recipe = 1 servings of vegetables, 4 servings of fruit (0 vegetable per serving, 1 fruit per serving)

*\*This recipe is from Jennifer Beeman, Womak Army Medical Center, Fort Bragg, NC.*

INGREDIENTS (6 SERVINGS)

- 2 tbsp reduced sodium soy sauce, divided
- 1 tbsp reduced sodium chicken broth
- 1 clove garlic, minced
- 1 lb skinless chicken breast, chopped
- 1 red bell pepper, chopped
- 1 can (20 oz) pineapple chunks in its own juice
- 2 tbsp plus ¼ cup corn starch, divided
- 2 tbsp sugar
- ¼ cup cider vinegar
- ¼ cup ketchup
- 1 tbsp olive oil

STEPS (40 MINUTES)

- Combine 1 tbsp soy sauce, broth, salt, garlic, and ginger. Rub into chicken. Set in refrigerator
- Meanwhile, drain pineapple and reserve juice in a measuring cup. Set pineapple aside. Add enough water to the juice to fill to 1 cup.
- Place in a bowl and add 2 tbsp cornstarch and sugar until thoroughly combined. Stir in the vinegar, ketchup and 1 tbsp soy sauce. Set aside.
- Add the remaining cornstarch to the chicken mixture, coating well. Heat oil in a large skillet. Stir fry chicken for 2-3 minutes. Add peppers. (Cook until chicken is no longer pink. Remove from pan and cover.)
- Add the juice mixture into the pan and allow to boil and thicken
- Reheat:
- Stir for 2 minutes and return chicken and peppers to the pan. Add pineapple, stir, and heat through. Serve with your favorite rice

[cookpad.com/us/recipes/730148-sweet-and-sour-chicken](http://cookpad.com/us/recipes/730148-sweet-and-sour-chicken)  
#FitFirst

SPLISH-SPLASH FUN



Amanda Ravenstein | POST

Shadie Gay, wife of Staff Sgt. Brody Gay, 5th Squadron, 4th Cavalry Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, plays in the water with their 2-year-old son, Amos, at the Custer Hill Aquatic Park splash pad June 22 during the Open Swim session.

# Prairie Run to offer three races

Competitive races, fun run available for people on post, off post

By Carisa Huntwork  
1ST INF. DIV. POST

King Field House will be the starting place for the 10-5-2 Prairie Run July 27 at 7 a.m. Runners can choose between a 10- or 5-mile competitive race or a 2-mile fun run. Advance registration is encouraged so proper T-shirt sizing can be accommodated. The advance registration through

“We have had this race for 34 years. It’s for esprit de corps as well as health and fitness aspects.”  
SCOTT REED | SPORTS FACILITIES COORDINATOR, DIRECTORATE OF FAMILY AND MORALE, WELFARE AND RECREATION

July 9 will be \$20. If registered after July 9 the ticket will be \$25. Children 17 and younger will be free, according to the event page. The 2-mile fun run is a course, which will be bike and stroller friendly. The 5- and

10-mile courses are not. All three courses are pet-free runs. “Different people coming together ... it is offered to people on post and off post,” said Scott Reed, Directorate of Family and Morale, Welfare and Recreation sports facilities

coordinator. “We have had this race for 34 years. It’s for esprit de corps as well as health and fitness aspects.” “We have had people from six different states participate in it. So, it is a chance for on post people to run with off post.” Reed said people can also compete against each other, such as active duty against active duty. There will be plaques to the first three finishers by gender in each event. For more information or to register, you can visit the MWR website or call Reed Scott at 785-239-2915.

READY ARMY

Fort Riley Mass Warning and Notification System Smartphone App

The Fort Riley Mass Warning and Notification system now includes a mobile notification smartphone application.

The Athloc Notifier is a smartphone app which displays as a purple globe on your main mobile phone screen. It is available for iOS and Android smartphones. The app is not currently approved for government mobile devices.

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MWR

FirstCommand

CAPRA

CAREER

Continued from page 9



Gail Parsons | POST  
Ridley Swader, 15, volunteer enrolled in the Red Cross Youth Program, holds and calms a dog at the Fort Riley Veterinary Treatment Facility.

"Then I realized that that's not really what I wanted," she said. "So, I took some time to try and figure it out but I really missed the environment of the patients and helping people."

Her experience two years ago confirmed for her that she wants to do something in the medical field. After giving it some thought, she connected the dots and decided to give the Women's Health department a shot.

"I like working with babies," she said. "The two things I want to do when I'm older are work with children and help people. I feel like maybe being a nurse in this department [would allow me to do both]."

In addition to learning about herself, she is learning a lot about the field.

"There's actually a lot that goes into delivering a baby, after delivering a baby and the baby's development," she said. "Learning about all that has been really interesting."

While her experience volunteering in the unit has helped convince her that she wants to work in the field, it also opened

"The two things I want to do when I'm older are work with children and help people."

SIERRA GARNER | RED CROSS YOUTH PROGRAM PARTICIPANT, WOMEN'S HEALTH AND OB/GYN DEPARTMENT, IRWIN ARMY COMMUNITY HOSPITAL

her eyes to what she anticipates would be a challenge for her.

"If a pregnancy was lost, if there was a miscarriage or something, I feel like I'd have to learn how to not get attached to that and how to accept that," she said. "I'm always about helping people and making them happy, and obviously, if you lose a child, it would be the opposite of that."

Across post at the Veterinarian Clinic, Ridley Swader, 15, was learning about taking care of animals.

He went into the program still exploring his options and trying to figure out what he wants to do for a career.

"I was thinking about being a veterinarian and doing this (summer program) makes me want to be a veterinarian," he said.

At home he has goats and two dogs. Now that his father is retired from the Army, he can keep the goats.

"I love animals," he said. "I always love seeing them getting healthier and helping them to live the best life I can."

There are still choices to make; he would like to pursue a career as a large-animal veterinarian, but taking care of dogs and cats would be fine too, he said.

Taking care of the smaller pets this summer, he learned how many types of worms dogs and cats are susceptible to, the many ways animals can get them and how harmful they are.

Watching what goes on in the clinic, he anticipates the hardest part of the job for him would be diagnosing a problem. However, eight years of veterinarian school, hopefully at Kansas State University, should help him figure it out, he said.

The summer program has been great for helping cement some ideas and give him a little hands-on involvement, he said.

"It gives you experience in the workforce," he said. "And you gotta be responsible to get here on time and then do your responsibilities."

Overseeing the responsibilities are the supervisors who work in the departments.

Susie Mosier, clinical nurse in charge of the OB/GYN Clinic, observed Sierra in the clinic and said she has been impressed.

"I really admire her assertiveness and willingness to make this a part of her summer," Mosier said. "It's a commitment for her to invest in being a part of this kind of program. She's very responsible and respectful and open. And, and she is efficient."

Mosier also said she appreciates the Red Cross having the summer youth program because it helps the youth and it gives the adults the opportunity to be a part of a young person's decision-making process as they look to their future.

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THE JUNCTION CITY UNION

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su | do | ku

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

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:

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- 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

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

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# Travel & Fun in Kansas



Next week Spc. Shell discovers the quirky and fun Lessman Truckhenge and Farm outside of Topeka.

## Celebrate Independence Day in area communities

By Carisa Huntwork  
1st Inf. Div. Post

Residents have several options to celebrate the Fourth of July in towns around Fort Riley.

### JUNCTION CITY SUNDOWN SALUTE

Heritage Park, Sixth and Washington streets  
[www.sundownsalute.jc.org](http://www.sundownsalute.jc.org)

A well-known event in Junction City will start July 3. Four days of activities will include a carnival, camel rides, water balloon wars and more.

“This is the largest free Fourth of July celebration in Kansas,” said Michele Stimatze, chairman of Sundown Salute. “There is a little bit of everything ... this brings the community together as a whole, including Fort Riley, they are a part of the parade.”

She said Sundown Salute has been going on for more than 40 years and she remembered attending as a child when it was at Milford Lake.

“Tribute bands will be playing this year, and we will have a petting zoo with camel rides for the kids,” she said. “This is family friendly, and between the carnival rides and music it is a fun event.”

### CALENDAR OF EVENTS

July 3  
5 to 11 p.m. Ottawa Amusement Co. carnival  
6 to 7 p.m. Old #5  
7:25 to 8:35 p.m. Almost Kiss  
9:05 to 10:30 p.m. KC/DC

July 4  
7 a.m. — Freedom Run  
10 a.m. — Parade  
Noon Veterans ceremony

Noon to 11:00 p.m. Ottawa Amusement Co. carnival  
5:45 to 6:45 p.m. Change of Heart  
7 to 8:10 p.m. The Zeppelin Project  
8:30 to 10:00 p.m. Guns for Roses  
10 p.m. Tribute to America fireworks display

July 5  
Noon to 11 p.m. Ottawa Amusement Co.  
5:45 to 6:45 p.m. Fort Riley Rock Band  
7:15 to 8:25 p.m. Antry  
9 to 11 p.m. Hairball

July 6  
8 to 11:30 a.m. car, truck and bike Show  
Noon to 11:00 p.m. Ottawa Amusement Co.  
6:45 to 7:45 p.m. Just Us Band  
8 to 9:10 p.m. Platinum Express



One of the bands that will play at Sundown Salute is the Tribute band Guns 4 Roses



Towns surrounding Fort Riley have parades to celebrate America's independence.

### TOPEKA

Drive east for about an hour to check out the events that are happening in Topeka.

“This festival is an all-day event,” said Mike McLaughlin, communication and public information supervisor. “There will be high-quality blue bands ... Amanda Fish will be there.

“The neat thing about the Spirit of Kansas festival is it is an entire day of entertainment, and Lake Shawnee is a beautiful place to watch fireworks.”

There are typically between 40,000 and 50,000 people who come to view the fireworks.

McLaughlin wants people to be aware of the construction on the north side of the lake; there will be detour signs to navigate people.

“At 6 p.m. we start bussing people to and from Rueger (Park Softball Complex), and this will be the fastest way to see fireworks,” he said. “You can bring in non-alcoholic beverages.”

LAKE SHAWNEE  
[PARKS.SNCO.US/CALENDAR.ASPX?EID=297](http://PARKS.SNCO.US/CALENDAR.ASPX?EID=297)

July 4th  
Spirit of Kansas Festival  
8 a.m. — Golf tournament  
9 a.m. — Car show  
11 a.m. — Foods and Arts & craft vendors  
6:30 p.m. — Waterski show  
10 p.m. — Fireworks.

Other celebrations in the area July 4 include:

WAMEGO  
Wamego City Park  
[Visitwamego.com](http://Visitwamego.com)

In Wamego, people can enjoy free festivities followed by one of the largest fireworks displays in the state.

9 a.m. — All day events begin  
2 p.m. to 10 p.m. — Carnival  
6 p.m. — Main Street parade  
7:30 p.m. — Band in concert

10 p.m. — Fireworks show, PM Earth To Mars

SALINA  
Oakdale Park  
[www.salina-ks.gov/ParksandRecreation](http://www.salina-ks.gov/ParksandRecreation)

Play day in the park — from 10 a.m. to 2 p.m. will be a free family play day.

ABILENE  
[www.abilenecityhall.com/index.aspx?NID=348](http://www.abilenecityhall.com/index.aspx?NID=348)

6:45 a.m. — Flag raising  
7 a.m. — 5K race, Kaylee Keller

7:45 a.m. — 1- and 2-mile fun run  
8 a.m. — Tournaments for basketball and mud volleyball  
9 a.m. — Pedal power tractor pull and sand volleyball  
10 a.m. — Beauty baby contest and bounce houses  
11 a.m. — Chicken Roulette  
11:30 a.m. — Water balloon toss  
Noon — Pool activities start and free hotdog feed  
8 p.m. — Start of live music  
9:45 p.m. — Fireworks



Several fireworks displays are planned for the surrounding towns on the Fourth of July including one of the state's largest, which is in Wamego where this photo was taken last year.



Fort Riley typically participates in parades and celebrations in area communities including Sundown Salute in Junction City.

### FIREWORKS SAFETY

- DOs & DON'Ts**
- Have an adult supervise all fireworks activities
  - Always read and follow label directions
  - Always ignite outdoors
  - Light only one firework at a time
  - Never re-ignite malfunctioning fireworks
  - Never throw or point fireworks at other people
  - Never shoot fireworks in metal or glass containers
  - Never experiment or make your own fireworks
  - Have a water supply nearby
  - Make sure fireworks debris is cooled off completely before disposing
  - Avoid bottle rockets and M80s (illegal in Kansas)

**AREA REGULATIONS**  
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 5 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.  
\* Certain cities within individual counties may have differing regulations.