

THE 1ST INFANTRY DIVISION POST

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★

FORT RILEY, KANSAS

Garrison command teams visit Fort Riley

Amanda Ravenstein
1ST INF. DIV. POST

The Installation Management Command Directorate - Readiness Huddle Aug. 12 to 16 that contained informational updates and activities. Garrison Commanders and Command Sgts. Maj. from more than 15 U.S. Army installations visited Fort Riley with key members of the IMCOM Directorate - Readiness team.

"Miss (Brenda Lee) McCullough (IMCOM Directorate - Readiness director), being the tier two Senior Executive Service, is in charge of the 20 installations for Forces Command," said Scott Custer, IMCOM Directorate - Readiness G-3/5/7 acting chief. "Every summer, there's a turnover of 10 to 12 garrison commanders and so she ideally places these in September to have all the garrison commanders together. So, the old can share with the new and the division chiefs from her staff can brief the new garrison commanders on what the hot button issues are and on things that they need to look out for. And it's also a time for her to spend some time with the garrison commanders."

Each morning began with physical training or a trip to the ATV recreation area on post before going to the meeting venue.

At Riley's Conference Center, command teams heard from IMCOM Directorate - Readiness members for updates on everything from public works to Healthy Army Communities and #FitFirst initiatives.



Maggie Ziffer | USAG Public Affairs

Members of 19 Garrison Command Teams and Installation Management Command Directorate - Readiness visited Fort Riley Aug 12 through 16 for the annual IMCOM Directorate - Readiness Huddle. The Huddle included updates and activities.

All attendees were taken on a wind-shield tour of the Fort Riley installation and visited various locations to get a look at what Fort Riley has to offer Soldiers, families and civilians.

On the final day of the conference, members of the Fort Riley team were thanked and given challenge coins for their involvement. Command Sgt. Maj. Andrew T. Bristow II, U.S. Army Garrison Fort Riley senior noncommissioned officer, presented Command Sgt. Maj. Roy Rocco, the outgoing IMCOM Directorate - Readiness command sergeant major a display box filled with coins from each of the installations.

"To Cmd. Sgt. Maj. Rocco, this is on behalf of all the garrison command teams in ID - Readiness," Bristow said. "You're an awesome sergeant major and you're going to be missed. And I know everyone in this room wishes you well in your future endeavors."

The final activity of the conference was a change of responsibility ceremony in which Command Sgt. Maj. Dan Denison took over the role of the IMCOM Directorate - Readiness command sergeant major and responsibilities from Rocco.

For more on the change of responsibility ceremony see page 3.

New deputy garrison commander settling in

By Gail Parsons
1ST INF. DIV. POST

Fort Riley's new deputy garrison commander, David Fullmer, has been on the job since July 22 and started making his rounds to learn about the post and its people.

While it's too early to identify any special projects or concerns, he knows what his biggest challenge will be.

"The biggest challenge is replacing a great deputy garrison commander named Tim Livsey," Fullmer said.

Fullmer arrives from Fort Hunter Liggett, California, where he got a taste of what the job entails when he was selected as the acting deputy garrison commander at Parks Reserve Forces Training Area, Dublin, California.

Parks Reserve Forces Training Area, also known as Camp Parks, is an academic institution, military intelligence facility and battlefield simulation center, which supports military readiness for the U.S. Army Reserve and the Joint Force, according to the U.S.



David Fullmer

Army Installation Management Command website home.army.mil/parks.

Camp Parks is a sub-installation of Fort Hunter Liggett, which is a total force training center and the Army Reserve's largest training facility.

At 165,000 acres, Fort Hunter Liggett's landmass is more than Fort Riley's, which covers about 101,000 acres. However, the number of people served pales in comparison.

See FULLMER, page 7

Counselors provide confidential assistance to Soldiers, families, children

By Gail Parsons
1ST INF. DIV. POST

Counselors with the Military and Family Life program provides confidential counseling services for Soldiers and their families, including the children.

Jeff Reade, Army Community Service and mobilization deployment manager, said during the school year, Fort Riley will have as many

as 26 MFLCs imbedded in the brigades, at ACS and at seven schools on and off post.

"They are meant to be 100% confidential counselors where people can go to talk about any problem," he said.

The only exception to the confidentiality rule is if a person has indicated an intent to harm themselves or another.

Often people have situations they need help dealing

with, but those issues do not need long-term counseling, he said.

Most of the issues pertain to family issues and the stressors brought on by the military lifestyle.

"The long hours, the separation from family — that can also bring on economic issues," he said.

Finances are one of the biggest things that couples fight about, he said. The

MLFC program includes certified professional financial counselors who can help couples break down their issues and work through the financial problems.

"Another thing that is often a challenge within a family is marital communication."

Transitioning out of the Army is another stressful time, which the MLFC can help people work through.

If a Soldier is retiring, they may have concerns about transitioning into a civilian job or moving. A Soldier who is being chaptered out has additional stressors, Reade said.

"That's a process that can take three, four months," he said. "The Soldier can go into a downward spiral."

In addition to the MLFC being someone Soldiers can speak to, they also have a

wealth of resources at their fingertips to help direct the person to another office or agency that can help with their particular problem.

FOR CHILDREN

Reade said he believes a lot of people know that MFLCs can assist adults, but they aren't aware that children have access to them

See COUNSELORS, page 7

US Soldiers participate in Poland's Armed Forces Day parade



U.S. Army Photo

U.S. and Polish Soldiers march during a Polish Armed Forces Day parade, August 15, in Poznan, Poland. Armed Forces Day is an annual Polish holiday, which celebrates the Polish victory over Soviet Russia at the Battle of Warsaw.

Story by Pvt. Joanna Gaona
Gomez
5TH MOBILE PUBLIC AFFAIRS
DETACHMENT

POZNAN, Poland — Armed Forces Day, formerly known as the Feast of the Polish Armed

Forces, is a national holiday commemorating the anniversary of the Polish victory over Soviet Russia at the Battle of Warsaw during the Polish-Soviet War. The holiday is celebrated on August 15 annually in cities and towns throughout Poland

with military parades and commemorations for active personnel, veterans and the dead.

The precarious battle of Warsaw was fought from Aug. 12 to 25, 1920. Poland was on the verge of defeat, but managed to repel and defeat the Red

Army. Soviet forces launched a successful counterattack forcing the Polish army to retreat westward in shambles.

On the verge of dissolution, observers predicted a guaranteed Soviet victory over Polish forces. Although, the

cards were stacked against the Polish on Aug. 16, the Polish army, commanded by Józef Piłsudski, launched a counterattack from the south. This disrupted the enemy's offensive, forcing the Russian forces into a disorganized withdrawal eastward.

As a member of the North Atlantic Treaty Organization, Poland's Armed Forces Day celebrations typically draw participants from other allied militaries. This was the U.S. Army's first time attending this event in support of Poland.

The U.S. Army and Polish forces formed up and marched in unison through the streets brimming with Polish citizens who came to see the NATO forces march. Polish children ran around Freedom Square holding small paper Polish flags, while Polish citizens listened to eloquent speeches and performances by the NATO forces.

The 1st Infantry Division Mission Command Element based out of Poznan, Poland supported Poland throughout the year by attending events such as Constitution Day, the 75th anniversary of the Warsaw Uprising and multiple other events around the nation to build on relations not only between the two militaries but also with the public.

"It was an honor to attend an event like this because it increases morale and motivates the Soldiers, as well as civilians," said U.S. Army Sgt. Ashleigh Pitts, the supply sergeant for the 1 ID MCE. "Creating friendships with different nationalities is important because a strong bond between allies will help unify us making it easier to work together in the future."

Every time Polish forces and U.S. Forces participate in multi-national events, it strengthens their bond and builds new and lasting friendships. As the militaries grow closer, it also provides an opportunity for the public to gain an understanding of how the U.S. Army works.

"Seeing U.S. Soldiers march side by side with their Polish brothers and sisters displays the strong friendships formed proving once again that Poland and the U.S. have a strong partnership, which was a big source of pride for me," said U.S. Army Maj. Kyle Vonderheide, from 1 ID MCE joint engagements.

"I was extremely honored that they recognized the fallen service members in both Afghanistan and Iraq, where we again stood side by side, America and Poland, forging a partnership in securing freedom."

VOLUNTEER SPOTLIGHT



April Zimmermann is the wife of Chief Warrant Officer 3 Robert Zimmermann, 3rd Assault Helicopter Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division.

Zimmerman works with the Army Community Service Relocation Readiness Program as a Fort Riley Spouse Sponsor Volunteer. The Spouse Sponsorship Program assists all new to Fort Riley Spouses in relocating within the Flint Hills region.

"Spouse sponsorship in the Army is very important," said Bryan Bartlett Relocation Program Manager. "Being the first person from Fort Riley that a new Army spouse may encounter is huge in setting a lasting, great first impression."

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



TEAMS MAKE AND SAIL BOATS ACROSS CUSTER HILL POOL.

SEE PAGE 9

ALSO IN THIS ISSUE



SPC. SHELL CHECKS OUT THE TOUR OF HONOR MOTORCYCLE RIDE

SEE PAGE 16



DUTY FIRST DOWNRANGE



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. Adam Decker | 358TH PAD
Soldiers with the 1st Engineer Battalion, 1st Armored Brigade Combat Team, 1st Infantry Division, detonate a Mine Clearing Line Charge to clear a simulated obstacle during a combined-arms training exercise on a range at Grafenwoehr Training Area, Germany, Aug. 8. This exercise is part of the 1ABCT, 1st Inf. Div's final training event before participating in Combined Resolve XII.



Sgt. Thomas Mort | 358TH PAD
A U.S. Air Force Airman with the 19th Air Support Operations Squadron and a U.S. Army pilot with 1st Squadron, 6th Cavalry Regiment, 1st Combat Aviation Brigade, 1st Infantry Division, run diagnostics on an AH-64 Apache helicopter prior to the culminating force on force exercise during Combined Resolve XII at Hohenfels Training Area, Germany Aug. 15. Combined Resolve is a biannual U.S. Army Europe and 7th Army Training Command-led exercise intended to evaluate and certify the readiness and interoperability of US forces mobilized to Europe in support of Atlantic Resolve.



Sgt. Thomas Mort | 358TH PAD
U.S. Army Command Sgt. Maj. Jason Beals, Command Sgt. Maj. of the 1st Engineer Battalion, 1st Armored Brigade Combat Team, 1st Infantry Division, applies camouflage in preparation for movement to the field for the culminating force-on-force exercise during Combined Resolve XII at Hohenfels Training Area, Germany Aug. 15. Combined Resolve is a biannual U.S. Army Europe and 7th Army Training Command-led exercise intended to evaluate and certify the readiness and interoperability of US forces mobilized to Europe in support of Atlantic Resolve.



Sgt. Adam Decker | 358TH PAD
An M1 Abrams tank belonging to the 3rd Battalion, 66th Armor Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, fires on pop-up targets during a combined-arms training exercise on a range at Grafenwoehr Training Area, Germany, Aug. 8.



Sgt. Jeremiah Woods | 358TH PAD
Soldiers with headquarters company, 3rd Battalion, 66th Armored Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, load supplies in preparation for movement to the field prior to the culminating force-on-force exercise during Combined Resolve XII at Hohenfels Training Area, Germany Aug. 15.



Sgt. Adam Decker | 358TH PAD
A Soldier with the 1st Engineer Battalion, 1st Armored Brigade Combat Team, 1st Infantry Division, gives direction from the top hatch of an M2 Bradley Fighting Vehicle to several dismounted Soldiers during a combined arms training exercise on a range at Grafenwoehr Training Area, Germany, Aug. 8.

Huddle ends with change of responsibility

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

It was the final official event of the annual Garrison Commanders and Command Sergeants Major huddle Aug. 15 — the change of responsibility for the Command Sgt. Maj. of the Installation Management Command Directorate-Readiness. The IMCOM Directorate - Readiness held the huddle August 12-16 on Fort Riley.

In a traditional ceremony, Command Sgt. Maj. Roy L. Rocco relinquished his responsibility by taking the IMCOM guidon and handing it to Ms. Brenda Lee McCullough, IMCOM-Readiness director. She immediately turned and handed the colors to Command Sgt. Maj. Daniel B. Dennison, the incoming Command Sergeant Major.

In McCullough's opening remarks she spoke of the tradition of the Change of Responsibility ceremony.

"The transfer of the directorate colors is significant in many ways," she said. "The history, tradition and accomplishments of the readiness directorate

are symbolized by, and embodied by, these colors. With the transfer, our legacy is passed as a building block for future achievement."

She commended Rocco for his 34 years of service and spoke of the long hours the command team spent on the road.

"Planes, trains and automobiles," McCullough said. "On average, 42 weeks out of the year. In the last two and a half years we travelled more than 120 trips to visit readiness installations and their commanders. "... that is nearly 982,000 miles traveled together — enough miles to travel around the world 39 times; approximately 8,760 hours together."

While there were plenty of memories made, she said there was also the "tough business" of being an IMCOM leader to tend to.

Decreasing budgets posed a constant challenge.

"Command Sgt. Maj. Rocco always provided steadfast leadership, not just for the garrison commanders, but for myself and especially the Command Sergeants Major — better known as the backbone of the Army," she said. "For me personally, Command Sgt. Maj. Rocco

has served as my sounding board, personal confidant, teammate, battle buddy and most importantly, my closest of friends whom I will miss dearly."

But as it is in the Army, a new Command Sergeant Major will step into the position and McCullough introduced Dennison as a "proven leader and a Soldier's Soldier."

"I am confident he will be there for you all — be your sounding board, teaching, coaching and mentoring the next generation of Army leaders with a focus on improving Soldiers, Soldier business and Soldier and family support."

She concluded her words as a screen came down and a slideshow of photographs of Rocco played to the music of Time of Your Life by Green Day.

When Rocco went to the podium, he thanked those at Fort Riley who put together his last change of responsibility before retiring. He also thanked his wife, even though she couldn't be there, for commitment and sacrifices. And then turned his remarks to McCullough.

"To the boss — Ms. McCullough, thank you

for being my battle buddy over the last two and a half years," he said. "And as you said, it's been planes, trains and automobiles, literally, for the last two and a half years. Being your first Command Sergeant Major has been an honor and a privilege and has made me a better person."

He then took a moment to address the readiness commanders, command sergeants major and chiefs in the room and thanked them for their work.

"I am truly humbled and honored to have the satisfaction of calling you all my teammates," he said. "Sustain, support, defend. Army strong, CSM-R out."

As he stepped away from the podium, Dennison approached and in a few words expressed his appreciation for the position he is taking.

"Ms. McCullough, thank you very much for giving me this opportunity," he said. "You have 100% of my ability, my experience and I am with you 110%."

He spoke of the big shoes he has to fill, but vowed to do his best and with Rocco's mentorship, guidance and friendship he is ready to move forward.



Brenda Lee McCullough, director Installation Management Command-Readiness, hands the IMCOM colors to Command Sgt. Maj. Daniel B. Dennison after having received them from Command Sgt. Maj. Roy L. Rocco who relinquished his responsibility Aug. 16 at Riley's Conference Center. It was the final official event of the annual week-long Garrison Commanders and Command Sergeants Major huddle held on Fort Riley.

Kicking addiction: A story of recovery

By Gail Parsons
1ST INF. DIV. POST

When having an occasional drink turns into needing alcohol every day — when the anticipation of having that next drink begins consuming life — it's time to seek help.

But stepping forward and asking for help isn't easy. Sometimes it takes hitting rock bottom for an alcoholic to accept that they can't do it alone.

Staff Sgt. Dwain Bolton, Headquarters and Headquarters Company, 1st Combat Aviation Brigade, 1st Infantry Division, came to that realization on April 17 — after winding up in the emergency room the previous day.

"I felt like I was having a heart attack," he said. "I had the shakes, heart palpitations, blood pressure through the roof, heart rate through the roof — basically withdrawals."

The problem; however, was that he was still drinking.

"I was literally going through withdrawals while drinking, which is very scary," he said.

The next day he went to his Substance Use Disorder Clinical Care counselor at Irwin Army Community Hospital and asked for help.

He had been in SUDCC, he knew he was an alcoholic, but hadn't come to terms with it. He said he thought he would end up going to inpatient treatment in San Antonio, Texas. However, about two months earlier, IACH had started the Addiction Medicine Intensive Outpatient Program.

"I said 'put me in it,'" he said. "I was like I don't want to drink anymore. I want this gone. I want to know how to control it, how to fight against it. I wanted all the tools."

Bolton said he has an addictive personality. But the propensity for addiction had not surfaced until after his return from a deployment to Iraq where, being in a combat position, he dealt with improvised explosive devices, explosions and the aftermath.

"Seeing some death that I never thought I would see in my lifetime," he said. "Explosions, people exploding, body parts, picking up body parts ..."

Amongst the dead was a close friend, who was also his gunner.

That tour, those few months, would change his life forever. When he came home, nightmares invaded his sleep. He was given medication, but had hallucinations from it. He started drinking.

He learned that if he drank — he could sleep. Alcohol also helped suppress the memories of his buddies who had died.

"I never intentionally dealt with all the issues," he said. "It was what built me but it was what tore me apart too."

A few years ago, he realized he was an alcoholic and he knew he had to deal with the repressed memories.

"I started weeding through all of those — accepting the death of Joseph and accepting that it was a combat tour, it is what it is now, it's over, it's done, it's in the past, (I) lived through it," he said. "God had a plan for all those who came back and God had a plan for those he took. I started actually going back to church and really just accepted the fate of how things are."

While he was able to come to grips with what led him to the bottle, it was too late — he couldn't let go. The addiction had taken hold.

"It went from drinking a six pack of beer, to a 12 pack of beer, to beer no longer does anything for me, to bottles of liquor," he said. "My alcohol tolerance was being built, my alcohol intake was getting higher and alcohol content was getting bigger as well. It was getting harder and harder to feed the addiction."

The "mushy brain," mental lapses and the shakes became part of life — every day. He would wake up in the morning and his first thought was "get through the day so I can get home and have a drink," he said.

"I lived the last three or four years like that," he said. "(I knew I was) addicted to alcohol. But I didn't really care. It wasn't until I started really seeing emotional, physical and mental issues in myself that I started being more aware, and actually more worried about it."

RECOVERY

Bolton believed the remainder of his life would be controlled by the alcohol — all he could do was manage it.

"I never thought I would be sober again," he said.

But when he woke up April 17, he knew it was time to make a change, he had to let his command team know what was going on. He enrolled in AMIOF, a six-week program in which the Soldier spends half their duty day at IACH.

Since they already knew Bolton was enrolled in SUDCC he wasn't too nervous about telling them he was taking the next step, but there was some shame.

"No doubt about it," he said. "There is shame to admit that you have an addiction issue where you have no control. We're Soldiers — we have control of everything. We go to war and we come home and we're supposed to live a normal life. We're supposed to be out there amongst the people walking normal, and we're supposed to be able to gear up and leave out and go fight a war, the nation's war, and come back and still live a normal life, which was not the case."

When he went to his chain of command, he figured they would be disappointed but found it was the opposite.

"They actually were like, 'take care of yourself; we'll track you and make sure you're okay,'" he said. "They were very supportive."

Their response to his issues helped make taking the step toward sobriety easier. In AMIOF he started to learn about addiction and how to change his mindset.

"When I woke up on a Saturday and I was feeling depressed or upset, (I would) go drink because then it would go away," he said. "But it wouldn't really go away. It just suppressed it for a little bit."

The first Saturday after entering the program, he woke up and went to a woodworking shop, then the library. What he started to discover was a different kind of happiness, he said.

He came to terms with knowing that he could never again have an alcoholic drink. In AMIOF he learned to be accountable to himself, but he was also accountable to others.

"It's so easy for us to say 'you've had a bad day, go have a drink; you got a promotion today, let's go have a drink; you're broke, you can't pay a

bill — let's go have a drink,'" he said. "It's so easy for us to talk ourselves into things. And because of that it's good to have someone there who holds us accountable."

Now, when Bolton has a bad day or a good day, he finds other means to cope or celebrate. He goes to the gym — or shoe shops.

"I admit it, I'm a big shoe person — I love my shoes," he said. "I love my Jordans. I just get online and shoe shop. Maybe it's just window shopping for the moment, but it's still shoe shopping for me. The gym is a big one — I love to workout. I just put my headphones on, grab the weights and I find myself in a whole other world. That is like a reward at the end of my day for all the stressors."

He has also found how important it is to surround himself with people who understand he cannot drink and who support his sobriety.

If he goes to the lake with friends — they might have a beer, but he has learned how to distract himself from that temptation — although he admits sometimes it is a struggle, but that's where his friends help.

He said, recently he was at a friend's house and everyone was getting ready to have a shot — he declined.

"They were like 'We made you a shot — your own personal shot,'" he said. "I told them 'I don't drink at all.'"

They insisted and brought him his shot — it was milk.

"I surround myself with those kinds of people," he said. "The ones that aren't going to pressure you or push you into relapse. The ones that understand this is a life choice for you and there's a reason behind it. It doesn't mean you're a fuddy duddy. It just means that you could still have fun without the alcohol now."

Bolton is now about four months sober and said he never expects to go back to the place he was. He said he has learned he is stronger than he ever gave himself credit for and April 17 is a day of celebration for him.

"It was like this cloud of smog just lifted off of me and went away," he said. "It was like a whole new person was born."

Merger nears completion

By Gail Parsons
1st Inf. Div. Post

The merger of the Army Field Support Battalion and the Logistics Readiness Center to form the new Army Field Support Battalion Riley is near completion.

There are several benefits to the unit realignment: a deployable component, streamlined execution of operations, elimination of redundancy and better support to the force, said Larry Githerman, deputy to the commander of AFSBn-Riley.

He said the process has been ongoing for more than a year and is in its final stages.

"We are currently reassigning personnel," he said. "Soon we will relocate a few personnel out of building 8100 to clear space for renovations and upgrades. Eventually, the battalion headquarters and primary staff will permanently relocate from [BLDG 8614], our current headquarters, to [BLDG 8100] the new battalion headquarters."

Randy Zelenka, deputy for support operations said the merger is going well. The main challenge has been consolidating the two agencies into one building.

"We've known this was a possibility for years and planned it," he said. "It's finally coming to fruition."

When the merge is complete, Zelenka said a benefit will be the "efficiency of personnel."

"When you combine organizations, the staff is streamlined," he said.

The merger is expected to help consolidate all of Fort Riley's Army Material Command assets, such as the Tank Automotive Command and the Communications and Electronics Command, into

one organization that reports to the 407th Army Sustainment Field Support Brigade at Fort Hood, Texas.

The Logistics Readiness Center had previously replaced the Directorate of Logistics, he said.

"Several years ago, the Logistics Readiness Centers went under Army Sustainment Command; its Headquarters is at Rock Island, (Illinois)," Githerman said. "About a year ago in May, the decision was made by the Army Sustainment Command that the Logistics Readiness Centers would fall under the operational control of the AFSBn Commander."

The next step was to merge the Army Field Support Battalion and the Logistics Readiness Center. The idea behind the merger was to align the new force structure with the Army Sustainable Readiness Model ensuring Army readiness, power projection and installation support through a centralized command. "So, folks like (Col. Stephen Shrader, U.S. Army Garrison Fort Riley commander) or the division have one person or one organization to interface with," he said. "Then they can reach back into all those different agencies that are under Army Material Command to assist with enterprise or strategic level solutions to problems."

Now, instead of commanders having to seek out several people, they have one stop.

There are 13 battalions of this kind at division and corps installations, Githerman said. Installations with no divisions or corps still have Logistic Readiness Centers, which report directly to the brigade at Fort Hood.



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Looking Back: Building 335, office to quarters, barber shop to office

By Scott Rhodes
USAG PUBLIC AFFAIRS

The collection of buildings that serve as the hub of activity for the Directorate of Public Works, includes 335 Dickman Ave. Public Works is the installation's primary element for maintenance of the installation, infrastructure and the environment.

Building 335 was built in 1897 as a wagonmaster's office, according to the Army Corps of Engineers. It is constructed from native limestone with a tin roof. Directorate of Public Works maintenance records indicate that in the early 1900's the building was designated as the Motor Transportation Office. By 1930, the building had been converted to noncommissioned officer quarters and a barber shop. Most recently, building 335 housed offices for the DPW Division of Roads and Grounds supervisor and work leader. It is vacant.



TOP, Building 335 in 1897. BELOW, And, as it appears today.

CIVILIAN SPOTLIGHT

WILLIAM JEFFRIES
DIRECTORATE OF FAMILY AND MORALE,
WELFARE AND RECREATION
INFORMATION TECHNOLOGY SPECIALIST

In the cinematic world, “The Avengers” are earth’s mightiest heroes. In the real world, it’s the brave Soldiers of the armed forces. In the civilian world here at Fort Riley, it’s William Jeffries. Jeffries is an Information Technology Specialist for the Directorate of Family and Morale, Welfare and Recreation. While his main function is to “wrangle computers” all day, he still manages to lend a helping hand to others.

Jeffries is the poster child for outstanding customer service, impeccable professionalism and a work ethic for all to emulate. He is an “out of the

box” thinker, coming up with innovative ways to save time and money for the Directorate. He has fielded close to 200 computers, insuring their compliance with NEC rules and regulations. He has problem-solved countless computer related issues over the phone and in person to help maintain productivity. He helps the Financial Branch by volunteering his manpower during the fixed asset and retail sales inventories. He shares in the responsibility of being on-call for computer emergencies during the weekend all while maintaining a 40 hour work week. When the NAF time-keeping system was offline for 4 months, he worked in tandem with his supervisor to bring 17 timeclocks back online once the solution was handed down from Installation Management Command headquarters.

This is just a small snippet of his stellar work ethic. His customer service, professionalism and work ethic is beyond reproach. He is focus-driven on making DFMWR the best among all the directorates here on Fort Riley



TRAFFIC REPORT

ACCESS CONTROL POINT HOURS

Those with valid military ID cards or who have an access pass or badge and want 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.

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. Expect delays at Henry ACP through February. Due to construction, lanes will be reduced.

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.

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 round-a-bout 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.

HOME.ARMY.MIL/RILEY

American Dog

Black Legged

Brown Dog

Lonestar

IT'S TICK SEASON

NOT ALL TICKS ARE THE SAME AND EACH CAN TRANSMIT A DIFFERENT DISEASE. CONDUCT A SELF EXAMINATION DAILY.

For more information visit
Fort Riley's Environmental
Division

SCHOOL IS BACK IN SESSION!

Fort Riley drivers:

- Watch** for kids playing near busy roads
- Follow** school zone speed limits
- Slow down** in residential areas and obey stop signs

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.

CLICK IT OR TICKET

BUSTED

AUG. 4

Pfc., Co. A, 1st Bn., 63rd Armor Regt., 2nd ABCT, 1st Inf. Div., failure to stop at a posted stop sign

AUG. 5

Sgt., HHC, 1st Bn., 63rd Armor Regt., 2nd ABCT, 1st Inf. Div., expired registration

Spc., HHC, 2nd Bn., 70th Armor Regt., 2nd ABCT, 1st Inf. Div., speed 16 to 20 over

Pfc., 1st Sqdn., 6th Cav. Regt., 1st CAB, 1st Inf. Div., no drivers license in possession

Pfc., 1st Sqdn., 6th Cav. Regt., 1st CAB, 1st Inf. Div., failure to stop at a posted stop sign

AUG. 6

Family member, wife, theft

Pfc., HHT, 5th Sqdn., 4th Cav. Regt., 2nd ABCT, 1st Inf. Div., failure to stop at a posted stop sign

Pfc., HHT, 5th Sqdn., 4th Cav. Regt., 2nd ABCT, 1st Inf. Div., no drivers license in possession

Staff Sgt., Co. A, 299th BSB, 2nd ABCT, 1st Inf. Div., expired registration

AUG. 7

Spc., REAR DET, 1st Bn., 63rd Armor Regt., 2nd ABCT, 1st Inf. Div., speed 1 to 10 over

AUG. 8

Civilian, Department Public Works, improper turning movement

AUG. 9

Staff Sgt., 1st Bn., 16th Inf. Regt., 1st ABCT, 1st Inf. Div., failure to stop at a posted stop sign

Spc., 97th MP Bn., 89th MP Bde., failure to stop at a posted stop sign

Pfc., 97th MP Co., 97th MP Bn., 89th MP Bde., failure to stop at a posted stop sign

Pfc., 97th MP Co., 97th MP Bn., 89th MP Bde., speed 1 to 10 over

OTHER CITATIONS

AUG. 4: No proof of insurance, driving while license is suspended or revoked, expired registration

AUG. 5: Expired registration

AUG. 10: Two instances of failure to stop at a posted stop sign

Pets of the Week

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

FLO

8 month old mixed breed, is the most wibbly pup we have had. This girl is great with children 5 years and older. Should be the only animal in the home!

THOMAS

Little Thomas is 9 weeks old and put us all in aweee! He's sweet, fearless and outgoing. Loves other animals and people. Should be able to move to new home after August 19.

STOP BY AND SEE THESE PETS OF THE WEEK AND MORE AT:

FORT RILEY ANIMAL SHELTER
224 Custer | Fort Riley, Kansas 66442 | (785) 239-6183

ATTN:

ANYONE Can Donate Money Towards a Pets' Adoption.
Inquire at Animal Shelters and make it **EASIER** for these pets to find a home!!

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Mark L. Stenstrom, DVM
106 N. Eisenhower • Junction City, Ks. 66441
785-762-5631

RILEY ROUNDTABLE

If you had to come up with the Round Table question, what would it be?



"How's your day going today?"

JUDY GARDENER
CLAY CENTER, KANSAS

Aquatics Program Manager



"If you could go to any time period, where would you go?"

AUBREY KERBS
SEATTLE, WASHINGTON

Daughter of Sgt. Thomas Kerbs, 1st Battalion, 5th Field Artillery Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division



"How are you doing in life?"

MARIA NEWMAN
SACRAMENTO, CALIFORNIA

Child care provider child youth services



"What's your favorite thing about Fort Riley?"

AMANDA STEWART
TERESIA ISLAND, FLORIDA

Wife of Master Sgt. Christopher Stewart, 601st Aviation Support Battalion, 1st Combat Aviation Brigade, 1st Infantry Division



"If you could change anything about military living what would it be?"

DONNA MAXWELL
SHERMAN TEXAS

Retired military

THE 1ST INFANTRY DIVISION POST

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Commentary

SAFETY CORNER

Ticks: They just keep hanging on

Dawn J. Douglas
GARRISON SAFETY OFFICE

Team Riley, outdoor workers face a variety of hazards on the job. Beyond the usual suspects — severe weather, extreme temperatures and traffic — an additional concern may be present — ticks. Ticks may be infected with bacteria, parasites and viruses, and can pass certain pathogens to humans, according to the National Institute for Occupational Safety and Health. Common tick-borne illnesses include Lyme disease, babesiosis, ehrlichiosis and Rocky Mountain spotted fever.

WORKERS AT RISK

Outdoor workers are at risk of exposure to ticks whether they are in a wooded or bushy area or an area with high grass or leaf litter. While ticks may be most active in the spring, summer and fall, ticks can be active throughout the year in warm-weather regions.

SYMPTOMS OF VECTOR-BORNE DISEASE

- Body/muscle aches
- Fever
- Headaches
- Fatigue

- Joint pain/Stiff Neck/Paralysis
- Rash

PROTECTING YOURSELF FROM TICKS

- Wear light-colored clothing, including a hat, long-sleeved pants tucked into boots and a long-sleeved shirt.
- Apply insect repellent that contains 20 percent to 30 percent DEET on any exposed skin, and reapply as often as necessary.
- Consider using Permethrin — a repellent that kills ticks on contact — on work clothes. However, be aware that Permethrin can be used only on clothing, not on skin.
- Thoroughly check clothing and skin every day for ticks. Don't forget your hair.
- Wash and dry work clothes, which will kill any ticks present.
- Shower soon after being outdoors

REMOVE TICKS FROM THE BODY

If you find a tick on your body, grasp it firmly and as close to your body as possible with a fine-tipped tweezer. Pull the tick away in a steady motion, and clean the area with soap and water. Removing infected ticks within 24 hours

reduces your risk of being infected with the Lyme disease bacterium, according to NIOSH.

CREATE TICK SAFETY ZONES

- Remove leaf litter and clear tall grasses and brush around buildings, sheds, etc. regularly. Place wood chips or gravel between lawns and wooded areas to keep ticks away from break/recreational areas. Keep break areas and playground equipment away from shrubs, bushes, and other vegetation.
- Consider using a chemical control agent. Contact the Directorate of Public Works for more information.
- Discourage deer. Remove plants that attract deer and construct physical barriers to help discourage deer from entering your yard and bringing blacklegged ticks with them.

The Garrison Safety Office is dedicating to informing Team Riley about the hazards that may affects Soldiers, Department of the Army civilians, family members, contractors, retirees and guests. Have a safe summer. For more information contact the Garrison Safety Office at 785-240-0647.

Who goes on a ruck ALICE or MOLLE?

Dear Doc Jargon,

We were getting ready to do a ruck march — my first since I got to Riley — and our command sergeant major said we needed to get our Alice ready. Please tell me that wasn't code for some derogatory statement about a female. I mean, things have been pretty great here so far and I'd hate to think something fishy was going on.

Sincerely,

Worried about Alice

Dear Worried,

You can relax, ALICE is safe and you have one — well sort of. Your sergeant major definitely had one when he was a private. The ALICE pack stands for all-purpose, lightweight, individual, carrying equipment. We also call it a ruck or rucksack. The ALICE has been around since about 1973 and was replaced by the MOLLE, or Modular Lightweight Load-carrying Equipment, in 2001. Since then the MOLLE, pronounced Molly, has been upgraded once or twice for efficiency.

Though ALICE packs might still be around for training, MOLLE is your go-to for the modern Soldier. Mainly, the distribution of weight is better with the MOLLE than the ALICE.

Also, the frame on the MOLLE is adjustable, made of lighter weight material and has additional straps to assist with load distribution. The weight in the MOLLE will be on your hips, while the ALICE placed the load all on the shoulders.

Your MOLLE can carry about 4,000 cubic inches of stuff.

Add on the sustainment pouches and you can get about 500 cubic inches more to your load. Keep in mind that every inch adds weight to your pack — and you will be the one carrying it.

Good luck with your first Fort Riley ruck. I hope you and MOLLE get along.

Sincerely,

Doc Jargon

Email your military lingo questions to Doctor Jargon at doctorjargon@gmail.com.

Better Living: Self-driving cars are part of future, making driving changes now

By Collen McGee
USAG PUBLIC AFFAIRS

The Defense Advanced Research Projects Agency, at the direction of Congress, is responsible for the surge in research to develop the self-driving vehicle. Congress authorized DARPA to issue prize money for competitors who could develop self-driving technology. The goal was to create a vehicle that could travel across dangerous terrain without risking the life of a Soldier.

It all began with a challenge issued by DARPA in 2004. The first team to get their autonomous car across the finish line would walk away with \$1 million. The course wound through the Mojave Desert from Barstow, California, to Prim, Nevada, 142 miles away. The race was open to anyone — no special license required.

"Anybody could show up, and you saw everybody show up," said Melanie Dumas, a software engineer who worked on voice recognition for use in Abrams tanks, in an interview with Wired. "It felt like it was anybody's game."

But that first race turned out to be both a bargain and a bust for DARPA. The prize went unclaimed and the vehicle to get the furthest, a creation of Carnegie Mellon University, went about 7.3 miles before it got stuck on a rock. That first DARPA challenge spurred the robotics industry to work together and build a better platform.

Officials at DARPA issued a second challenge. This one was in 2005 and the prize money was now twice that of the first challenge. There were 5 finishers in that challenge. The Stanford Racing Team crossed the finish in 6 hours, 53 minutes according to an article on DARPA.mil.

Since then, DARPA issued a challenge in an urban setting. The setting was the former George Air Force Base in southern California.

The prize was again \$2 million and the team from Carnegie Mellon University, Pittsburgh, Pennsylvania, finished the 60-mile urban course in 4:10:20, about 19 minutes faster than the second-place competitors.

Since then, car manufacturers and researchers teamed up and built a small but growing autonomous car industry. And though buying one might not yet be an option, there are places you can call one up for a ride.

Travelers in Phoenix, Arizona, can call up a WAYMO taxi. According to a news report on foxbusiness.com, the autonomous minivans come complete with a child car seat, free Wi-Fi and the ability to stream music ad free. The cars are also all set to 72 degrees Fahrenheit.

There are a few other cities in the U.S. where autonomous ride services are being tested also.

But the technology used to create the next autonomous car is finding its way into automobiles already. And though a driver still has to drive — most of the time — there are some perks for the consumer already available as a result of research that began from the first DARPA challenge.

For example, several auto manufacturers released cars with traffic jam assist accord-

ing to autotrader.com. This feature allows the car to navigate those sticky traffic situations in places where traffic is at a crawl. It works when the rate of travel is below 35 mph.

Another feature autotrader.com reveals is super cruise, which allows the driver to take their hands off the wheel as long as they are on the manufacturer's mapped routes. Others allow autonomous driving as long as the driver maintains contact with the steering wheel.

The one that comes the closest to true autonomous driving is Tesla's Autopilot system, according to autotrader.com. However, though the car can drive without human contact, regulations require the driver to touch the steering wheel every minute or two.

Though most of these systems are not truly autonomous driving machines, and the DARPA program has not yet found the machine to keep Soldiers out of harm's way, the technology is being developed and it is just a matter of time.

Police bump it up

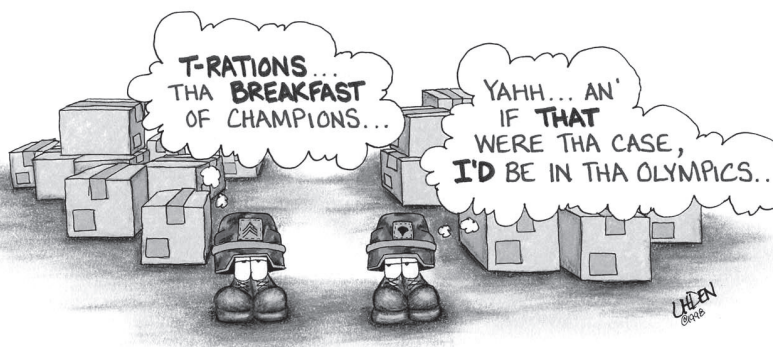
August 26 to September 1, for the safety of families and their children, 97th Military Police Battalion and Fort Riley police will focus enforcement of speed limits in the following communities: Lorraine, Hood, Beauregard and Warren

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; that schedule will be published on the Garrison Facebook page and website home page www.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.

GRUNT



Updated regulation encourages Soldiers to utilize performance, health experts



Pat Molnar | Army News Service

The same resources and expertise the Army is using to build high performing units and ready and resilient Soldiers can now be utilized by Soldiers, commanders and leaders in executing the Army Body Composition Program (ABCP) according to the updated version of Army Regulation 600-9.

By David Gercken,
SR2 STRATEGIC
COMMUNICATIONS

WASHINGTON — The same resources and expertise the Army is using to build high performing units and ready and resilient Soldiers can now be utilized by Soldiers, commanders and leaders in executing the Army Body Composition Program (ABCP) according to the updated version of Army Regulation 600-9.

The Army is incorporating tenets of the Performance Triad: sleep, activity, and nutrition, and the capabilities of Ready and Resilient (R2) Performance Centers and Army Wellness Centers in taking a holistic and proactive approach to Soldier readiness and body composition management.

Soldiers are being encouraged to take a proactive role in managing their mental and physical readiness. Under the updated regulation, individuals do not have to be referred to the centers or enrolled in the ABCP to take advantage of their course of offerings and experts and those who fail the weight-to-height screen and are enrolled in the ABCP will receive the full support of these programs.

The primary objective of the ABCP is to ensure all Soldiers achieve and maintain optimal well-being and performance under all conditions. The Army often operates in a dangerous, complex, and stressful environment. To perform and succeed in these conditions, Soldiers must maintain a high level of mental and physical readiness.

Physical readiness is made up of an individual's fitness,

endurance and overall health. Body composition, measured by the weight-to height test, is a key indicator of physical readiness and can directly affect a Soldier's ability to perform.

"Performance is highly dependent on the components of fitness and body composition is one of those components," said Carrie Shult, the Army Public Health Center's liaison to the SHARP, Ready and Resilient Directorate, DCS G1. "Individuals with desirable body fat percentages tend to exhibit increased physical strength and endurance and experience the lowest risks of injury, especially from weight bearing exercises. This directly impacts Soldier and unit readiness."

The importance of a comprehensive approach to managing body composition is stressed in the regulation with the inclusion of several key programs and resources for commanders and leaders to utilize.

The Performance Triad promotes healthy lifestyle choices that combine the right amounts of sleep, activity, and nutrition to reach optimal performance and provide a foundation for a fit and ready force. Insomnia, which has been tied to weight gain, is up over 650% in the military since 2003, according to a study by the Sleep Research Society.

R2 Performance Centers, staffed by Master Resilience Trainers/ Performance Experts, offer individual and unit tailored human performance optimization and resilience training that enables Soldiers to improve performance and promote efficiency during physical training and sustain personal

readiness. MRT-PEs can work directly with Soldiers to develop personalized training plans specific to their needs.

Army Wellness Centers, staffed with a full range of health educators, offer customized health coaching, advanced technology and standard instruction programs to support components of fitness.

Units can also utilize AWCs to support and enhance their physical fitness programs. Under the updated regulation, commanders can request assistance from the AWC in training designated personnel in proper height, weight and body circumference methodology to assess body fat composition, conducting weigh-ins and body fat assessments, developing physical fitness programs and provide coaching on a number of physical fitness programs ranging from healthy sleep, nutrition and weight management to proper exercise and fitness techniques.

The Army is directly affected by changes in the physical fitness, diet and nutrition habits of the greater U.S. population. A study by the Council for a Strong America found that approximately a third of young Americans are now too overweight to join the military.

"Recruiting and retaining Soldiers who are fit and ready to fight is not only imperative for the Army, it's essential to the security of our Nation," said Sgt. Maj. Gabriel Harvey, the SR2, DCS G1 Sergeant Major. "The ABCP assists leaders at all levels in meeting these goals."

The updated version of AR 600-9, published on July 19, went into effect on Aug. 16.

Combined Resolve XII kicks off in Hohenfels



Sgt. Thomas Mort | 1st ABCT

U.S. Army vehicles belonging to the 3rd Battalion, 66th Armored Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, roll into "the box" on a convoy to their location at the start of the culminating force on force exercise during Combined Resolve XII at Hohenfels Training Area, Germany Aug. 15. Combined Resolve is a biannual U.S. Army Europe and 7th Army Training Command-led exercise intended to evaluate and certify the readiness and interoperability of US forces mobilized to Europe in support of Atlantic Resolve.

Sgt. Jeremiah Woods
385TH PUBLIC AFFAIRS

H O H E N F E L S , Germany— More than 5,000 service members from 21 nations convened on one location for a semiannual multinational exercise. Together with their NATO allies and partners, U.S. Soldiers kicked off the culminating event of Combined Resolve XII at Hohenfels Training Area on Aug.15.

Combined Resolve is a U.S. Army Europe exercise held twice a year in southeastern Germany, involving U.S. Army, allied and partner nation military forces.

This exercise allows U.S. forces to demonstrate their ability to fight and win against an equally capable force, along with allies and partners in the European theater. It is a fundamental exercise for rotational units supporting U.S. Army Europe.

The goal of the exercise is to assess and increase the readiness and lethality of the U.S. Army Soldiers, build ally and partner readiness and continue to enhance interoperability.

"The exercise will effectively demonstrate interoperability in a scenario that showcases large scale combat

operations with our allies and partner nations," said Col. Paul T. Krattiger Commander of the 1st Armored Brigade Combat Team, 1st Infantry Division.

Along with 1st ABCT, the 1st Combat Aviation Brigade, 1st Infantry Division from Fort Riley, Kansas make up the majority of the Soldiers participating in the event . These two units are part of the U.S. Army Europe's Regionally Allocated Forces (RAF) -- rotational units deployed in Europe to enhance deterrence capabilities and increase U.S. Army Europe's ability to respond to potential crises.

This portion Combined Resolve XII, is a force on force exercise where Soldiers and leaders conduct large-scale maneuver operations to validate their ability to fight and win against a threat as an allied force.

For the Soldiers in the field, it is an opportunity to train in a simulated combat environment and experience realistic scenarios they could face in a modern battlefield.

"A lot of my Soldiers haven't experienced this kind of field training," said Army Staff Sgt. Mark Anthony Ramirez, platoon sergeant attached to the 3rd Battalion,

66th Armored Regiment, 1st ABCT. "After this, they'll have a better idea of operating as a recon-type element in a combat zone. Anything we can do as little dismount squads, any armor that we can take out of the battlefield, will help in the bigger picture to allow the battalion to maneuver more effectively."

In addition to field training, Soldiers have the opportunity to work in conjunction with the military forces from other nations. Each service member participating has the opportunity to learn and enhance interoperability with allied and partner nations.

Alongside U.S. forces, the other nations participating in this iteration of Combined Resolve XII are: Armenia, Bosnia, Bulgaria, Croatia, Denmark, Finland, Georgia, Greece, Kosovo, Italy, Latvia, Lithuania, Moldova, North Macedonia, Poland, Romania, Slovakia, Slovenia, Ukraine and the United Kingdom.

"An exercise like Combined Resolve challenges us to integrate with our allies in a large scale scenario," said Krattiger. "That is the future of our fight. In order to win, we absolutely need to integrate."

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COUNTY APPRAISER

Greenwood County, Ks - NOW TAKING APPLICATIONS FOR COUNTY APPRAISER. Requirements include a CAE, RES, RMA or general certification from the Kansas Real Estate Appraisal Board. Salary based on experience. Applications and job description available at the County Clerk's Office, 311 N. Main, Ste 3, Eureka, KS 67045 between the hours of 8:00 am and 5:00 pm or by emailing greenwoodcountyclerk@yahoo.com. Successful applicant will be required to pass physical and drug screening. The foregoing position is "Veteran's Preference" eligible under the provisions of K.S.A. 73-201. Greenwood County is an equal opportunity employer as provided by law. Applications will be accepted until the position is filled.

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riley.armymwr.com

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FORT RILEY's Annual Consumer Confidence Report for 2018 Water Quality is available. To view the report visit:

https://home.army.mil/riley/application/files/1915/6166/0932/Fort_Riley_CCR_Final_2018.pdf

NHL & ROUNDUP®

Non-Hodgkin's Lymphoma has been linked to Glyphosate, the active ingredient in Roundup®, a common weed and grass killer. Farm workers and employees in garden centers, nurseries, and landscapers may have been exposed. If you or someone you care about has been diagnosed with Non-Hodgkin's Lymphoma, contact us today as time may be limited.

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Guarding information provides safety for individual, nation

By Gail Parsons
1ST INF. DIV. POST.

Guarding personal information online not only protects one from becoming a victim of a crime, it can also prevent terrorist activity.

“All information is valuable to somebody,” said Patrick Burch, antiterrorism officer for Fort Riley. “We have a number of adversaries that are out there that want to collect information, and to use it for whatever intent and plan they have for it.”

“Nation states like China or Russia would be very interested in military deployments, capabilities and any new weapons systems,” he said.

When talking about terrorism; however, information is easily leaked, which could give people information like what security measures are in place for post entry and access control.

“They’re interested in targeting individuals,” Burch said. “People need to take great care of protecting their own personal identity, making sure not too much of is out there on social media.”

Burch encourages people to scrub their social media accounts to eliminate identifying information like zodiac signs and hometowns on profile pages.

“You start taking pieces of information like that and I might be able to figure out where you’re from and at least a rough idea of when you were born, what your age might be,” he said. “If you’re talking about what you do on your social media pages, I might be able to figure out where you work, what type of job you have. You really need to think about what you’re doing before you post information and how you send it an email.”

Before any message is sent, whether by e-mail or social media, Burch said people should take a moment and think — is what’s being sent need-to-know information?

“Am I taking steps to protect it?” he said. “Am I encrypting information that should be encrypted, am I scrubbing stuff before I hit the send button on my emails or before I post information to the internet?”

The five steps of operational security should become second nature and be put into practice when sending any information, he said.

The five steps to operational security are:

Step 1. Identify critical information. Know what critical information is.

Step 2. Understand and analyze potential threats.

According to the U.S. Army Garrison Fort Riley operations security booklet, a threat assessment should include:

- Adversaries
- Goals of listed adversaries
- Information already in the adversaries’ possession
- Adversaries ability to collect OPSEC indicators and derive critical information from them
- Potential courses of action

Step 3. Understand where the vulnerabilities are. “Am I encrypting it?” Burch said. “Am I storing information correctly? I have to dispose of it, do I dispose of it correctly by shredding it? I have to take a computer or some type of medium with me — Is it encrypted? Do I keep it on my person and maintain positive control?”

Step 4. Assess risk. “When you’re doing all the right things the risk is low,” he said. “When you’re doing the wrong things that risk is going to be high.”

Step 5. Apply OPSEC measures. Know what measures are needed to address potential risks and threats. Know where and how to shred documents or have them locked up. Maintain physical possession of electronic devices when traveling.

Operational security is not just about the workplace.

“On the home front, what we ask people to do is make sure they don’t let mail build up in their mailbox, have somebody pick that stuff up,” he said. “Take measures to keep the grass cut, maybe have a light on a timer, things that make people believe that your home is occupied. And then, at the same time, [make sure] you haven’t put it out there on social media that you’re going on vacation or you don’t put it out there you’re going to go pick up your spouse at the airport from a deployment.”

It’s all about trying to keep those critical, sometimes small, pieces of information inside the bubble, Burch said.

An adversary can take those little pieces of information from several people and put the puzzle together. “That way we can protect ourselves from criminal threats, terrorist threats or national threats to our systems and our way of life,” he said. “In today’s world there is really no middle ground when it comes to operational security and information security.”

FULLMER Continued from page 1

Fullmer said Camp Parks’ base population is about 3,500 people compared with Fort Riley’s, which averages 20,000.

When Fullmer, who retired from the Military Police Corps as a sergeant first class in 2004, moved out of his job as the chief of plans, analysis and integration office and into the temporary position of deputy garrison commander, he found he enjoyed the work, he said.

“I felt like I needed to do that kind of job in the future,” he said. “I liked meeting with the employees over there, getting to know them and getting to know their challenges and helping them be able to serve their customers — Soldiers, family members, units that came and trained at Camp Parks.”

He will do the same work here, but on a larger scale.

In the brief time he has been here, he said he found Fort Riley’s garrison staff to be capable and professional.

“They have a lot of good ideas that they have implemented and made into programs that are benefiting Soldiers, families and civilians,” he said.

He is looking forward to getting to know the staff and the off-post partners better.

“There seems to be a good feeling of community between the communities outside the gate and Fort Riley,” he said.

As he gets to know the garrison staff, they will also learn about him. He said as a leader, he tries to be open and transparent.

“I try to present a calm demeanor to make sure that the workforce is stable and there’s not turmoil because of me,” he said. “I try to get around and see people and get to know them so that I can know what their challenges, objectives and needs are, so that I might be able to make a contribution toward that.”

He also looks for the good in people and believes it is important to recognize them for what they do.

When Fullmer is not in his office on the second floor of Building 500, his hobby — at least for now — is unpacking household goods. Originally from Salt Lake City, Utah.

“When settled I like to garden and grow fruits and vegetables that I can eat,” he said.

He also reads and prefers fiction for enjoyment, but also reads non-fiction to grow, which is what he expects out of this job.

“It’s something that I haven’t done ... it’s something that I’ll be able to grow into,” he said. “I have a great opportunity to learn and grow being here. I’m excited to be at Fort Riley. And I look forward to all the opportunities we’re going to have together to help the “Big Red One” to be ready and capable.”

COUNSELORS Continued from page 1

as well through schools and child development centers.

For a child to speak with an MFLC, a parent has to first sign a consent form.

“Most often the school MFLC, when we have large groups deployed, will start a special group for kids,” Reade said. “It might be at the end of the lunch period, or sometime within the day where they get together just for 10 or 15 minutes. They talk about deployment—get kids who are going through the same ... experiences and get them together.”

According to a program overview from the Military and Family Life Counseling Program Guide, the MFLCs may observe, participate and engage in activities with children and provide coaching, guidance and support to staff and parents.

Some of the topics they offer support on are:

- Identifying feelings
- Bullying
- Conflict resolution
- Anger management
- Separation from parents
- Coping with deployment and reunification
- Transition and moving

SHORT-TERM COUNSELING

The counseling the MFLCs do is not meant to

take the place of long-term care. They cannot meet with someone for more than about a dozen sessions — anyone requiring more than that will be referred to another counselor.

“They aren’t in lieu of someone being in a clinical setting,” Reade said. They’re really intended to be kind of a stop gap. Somebody to go to when (the Soldier or family member) has a very small problem that could potentially get worse. Or they (can) be a confidential source that they go and see and come to a resolution or get pointed in the right direction.”

By going through an MFLC, Soldiers can find resolutions to issues, speak to a professional and get the help they need without the problems being noted in their files.

“So many soldiers are really reluctant to let feelings or emotions out,” Reade said.

They can visit with an MFLC with no repercussions. If someone is concerned about being seen having a private conversation with an MFLC, they can meet the counselor at a private location, or even off post.

“They can go up to a 50-mile radius from Fort Riley,”

he said. “There’s two places where they can’t meet — they cannot meet in a barracks or in a Soldier’s quarters. They have to meet somewhere outside of the living environment.”

GROUP MEETINGS

Military and family life counselors can talk to groups like the Family Readiness Groups and there are several topics they can speak on.

“They can talk about reunification, building self-esteem, problem solving, divorce, time management ...” Reade said.

A small sample of some of the presentations they can give are:

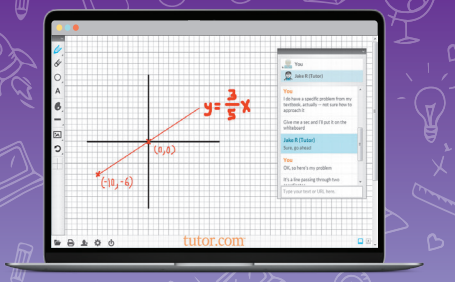
- A child’s guide to coping with disaster
- Anger management from combat to home
- At risk service members: A guide for command
- Balancing work, life and command
- Building resiliency in children: A parent’s guide
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Soldiers serve on moon? It could soon happen

By David Gercken,
SR2 STRATEGIC
COMMUNICATIONS

REDSTONE ARSENAL,
Ala. — No, it is not science fiction. A U.S. Army active duty Soldier could be the next human, and possibly the first female, on the moon.

Current NASA astronaut and retired U.S. Army Col. R. Shane Kimbrough discussed this possibility and other attributes of NASA's announced return to the moon in 2024 during an Aug. 7 interview.

While NASA has not announced which astronauts it plans to send to the moon, there are currently three active-duty Army members — astronauts Col. Andrew Morgan and Lt. Col. Anne McClain, and astronaut candidate Lt. Col. Frank Rubio — who could eventually be assigned to a lunar mission.

Regardless of who is assigned, Kimbrough said, Army astronauts significantly contribute to NASA's human space flight program. Soldiers are able to operate in austere environments, do not need a lot of amenities, and know the value and importance of teamwork.

"We are not doing anything on our own. Just being able to be a part of a team. Being a good follower and being a good leader. All those things come from, at least in my experience, the Army, and it has helped me to be a successful astronaut," Kimbrough said. "It's all about how you interact with people; how you can be a team player; how you can be a leader. All [of] that are things that I learned in the Army so it has really helped me personally with all those attributes I gained from the Army to be here at NASA."

When asked about the three Army astronauts and what the future may hold for them, Kimbrough said

they will have great opportunities to help NASA get back to the moon and eventually go to Mars.

"They are all going to be part of the Artemis program. Lt. Col. McClain just returned from the Space Station; Col. Morgan is there now," Kimbrough said. "I don't know if Lt. Col. Rubio's first flight will be to the International Space Station or to the moon, but all three of them should have bright futures here at NASA with the Artemis program."

The Artemis lunar exploration program is NASA's commitment to landing American astronauts, including the first woman and the next man, on the moon by 2024. Through Artemis, NASA will demonstrate new technologies and capabilities needed for future exploration, including eventual flights to Mars. It is also designed to establish American leadership and a strategic presence on the moon while expanding U.S. global economic impact and broaden commercial and international partnerships. Through these efforts NASA is looking to inspire a new generation and encourage careers in science, technology, engineering, and mathematical fields.

"[STEM career fields] are very important, and that is something that we talk to students about. Hopefully getting them excited and inspired to follow in our footsteps and do something in the STEM-related fields," Kimbrough said. "We have to get students excited about it so they can continue this incredible legacy our nation has at NASA."

Just prior to Morgan's launch to the ISS on the historic 50th anniversary of the Apollo 11 mission, July 20, he noted the interesting contrast between Apollo being almost exclusively a U.S. lead effort, to the cooperative

and international way space exploration is conducted today.

Kimbrough stressed the importance of the cooperation between international partners to achieve future space missions.

"The international cooperation and private partnerships we have now are going to be critical to helping accomplish our mission to have a sustainable presence on the moon and then go to Mars," Kimbrough said. "We are going to have to work with other countries and companies to make all this happen."

Kimbrough discussed Army astronauts' contributions to NASA's current and future exploration.

"All the things that Col. Morgan is doing on board, they are either helping people here on earth or helping us for future exploration," he said. "That's the same mantra I had when I was on the space station a few years ago and what Lt. Col. McClain just experienced as well."

Although NASA first landed humans on the moon 50 years ago, returning is not going to be as simple as just doing the same thing again with revived 50-year-old technology. Unlike the Apollo program, NASA plans to return humans to the moon and establish and sustain an enduring presence there with Gateway, a lunar orbit-based space station. Gateway will allow visiting crews to stay and conduct research, rest and make lunar landings or other deep-space voyages to Mars, etc.

"I don't know all the technical challenges there but it's definitely a good distance. We are about 250 miles at the most right now above the earth on the International Space Station. When we head out to the moon we are talking 240,000 miles," Kimbrough said. "Getting there and the

orbital mechanics are things our teams are working through to make sure that we can get there safely and efficiently.”

Another issue dealt with by Soldiers and astronauts alike is family separations resulting from long-duration missions.

“Families are obviously a huge part of everything we do here just like they are in the military. Separation in some ways is very similar in that you are just not around for extended periods of time,” Kimbrough said. “It is a little bit different when you are going off the planet. I had the privilege to take the Morgan family over to launch and to be with them and see the stressors placed on them and help them through that. We have a great family support network here at NASA just like you do in most military units.”

Although ultimately a decision for NASA leadership, Kimbrough offered some final thoughts about whether an Army astronaut might be the next human on the moon in 2024.

“It certainly is possible because Lt. Col. McClain is kind of in that window. She just recently returned, and we are going to be putting the first woman on the moon in 2024,” Kimbrough said. “So timing-wise that could work out. Our leadership will work with NASA headquarters to



NASA
Official Portrait of U.S. Army (Ret.) and NASA
astronaut Shane Kimbrough. As an active-duty
Army astronaut, Kimbrough, a member of STS 126,
Space Shuttle Endeavour, flew aboard a Soyuz
spacecraft to the International Space Station for
NASA Expeditions 49 and 50.

figure out the correct crew to put on that first mission and get that first woman and next man on the moon in 2024.”

Either McClain, Rubio or Morgan, when he returns from his mission aboard the International Space Station, could be the astronaut who will take that next small step and giant leap?

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Carrie Barnett and Stephanie Boone, home visitors with New Parent Support Group on Fort Riley compete during the Fort Riley Cardboard Boat Races at Custer Hill Aquatic Park Aug. 17. Fort Riley children and families built sea worthy vessels out of cardboard and duct tape.

Fort Riley makes splash with cardboard boat races

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

A new event happened at Fort Riley Aug. 17 at Custer Hill Aquatic Park — a cardboard boat race.

Melissa Phelps, Directorate of Family and Morale, Welfare and Recreation specialist, said she wanted to put this event on because people could enjoy some time together while participating.

“Families and single Soldiers can all come out and race their cardboard boat that they made,” said Phelps, as she prepared for registration to begin.

She explained that the boats have to be sea worthy — at least long enough to carry the captain across the pool.

“They will be judged on their time and distance,” Phelps said of the ways participants could expect to be scored.

“I think it will be really funny,” she said before the event started. “I think everyone will have a good time, working together as a team and having some time away from social media.”

Contestants then lined up their finished vessels. Most were smiling, laughing and mingling with other contestants which is what Phelps had hoped to see. There were a large variety of creations ranging from a flat board to a battleship.

People of all ages came to race and there was also a chihuahua named PJ in a lobster costume. His boat was named, “Catch of the Day.”



Fort Riley youth paddle their way to the opposite end of the Custer Hill Aquatic Park Aug. 17 during the Cardboard Boat Races.

Brice Palmer, 10, son of Sgt. 1st Class Andrew Palmer, Warrior Transition Battalion, Irwin Army Community Hospital, said he was most excited about PJ riding with him. PJ came prepared

with a small boat for him to sit in, unfortunately, it would have been against the rules and PJ was not allowed to race after all.

See FLOAT, page 12

Glow run all wet

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

People gathered around the Custer Hill Aquatic Park to participate in the Back-to-School Glow Run followed by free swimming at the pool, Aug. 17.

The run was about a mile and started and ended at Custer Hill Aquatic Park. More than 320 people participated and about 220 of them stayed to swim afterward.

“We (Youth Sports and Child Youth Services) do these runs quarterly to give back to the (Fort Riley) community, back to running and moving,” said Jackie Goodman, youth sports director.

Goodman said the idea started with a former employee who moved away. Goodman said the pool part was his idea.

“It just seemed logical if you do a glow run; do it when it is hot so they can jump into the pool,” he said.

During the registration, flying discs, glow sticks and glowing glasses were handed out to participants. The run started with a 15-minute warm up.

The warm-up started with the “Cupid Shuffle” dance led by Tanya Turn, Mixxedfit instructor, and had people ready to run after they participated in a few dances.

“I am here to lead the warm-up because Mixxedfit is people-inspired,” Turn Said. “So, anything we can do to promote that and be together, we will show up.”

See GLOW, page 14

Tailor-made to fit personal fitness goals

By Gail Parsons
1ST INF. DIV. POST

Having a tailor-made exercise program to follow can help people meet their fitness goals — personal trainers at Fort Riley’s Army Wellness Center can help develop those plans.

“We can provide any type of exercise program based on the client’s current abilities, strengths and weaknesses,” said Amber Scharbo, health educator at the Army Wellness Center. “Maybe they’re training for something specific — basically, whatever the client needs, we’re going to design a program to meet those needs.”

The process for them to develop the individualized program starts with a fitness assessment. The first step is a cardiovascular test to measure the persons V02 Max, which measures how well the body uses oxygen.

“After the cardiovascular assessment, we are going to test their strength,” Sharbo said. “We have two different strength assessments. One is just a simple grip strength test. And the other tests their back strength. Those are two indicators to test where their overall strength is.”

The final assessment is to measure the person’s flexibility.

All of the assessments take about an hour to complete and give the staff the information

they need to pull together an exercise plan.

Often people who come into the AWC have an idea of where their fitness level is, but the assessments will give them the true picture.

Chief Warrant Officer 2 Sylvester Owens, information services technician at the 2nd Armored Brigade Combat Team, 1st Infantry Division, went for some of the assessments and said he was shocked with the results.

His assessment included the bod pod, which measures body composition, but he wasn’t ready to hear the results.

“Borderline obese — it said I was borderline obese,” he said. “It was a shock. I came back to work and showed my co-workers and we all had a good laugh. But when I got home later that day, that’s when it really sunk in.”

He always felt as though he was relatively healthy and did not consider himself fat, much less obese. But the test measures the composition of fat versus muscle.

He decided since he had a problem and the AWC had solutions, he would explore his options.

CREATING A PLAN

After the assessments, the AWC personal trainer goes over the results with the client and they talk about what it

means and what they need to do to reach their goals.

They use a combination of pre-made plans created by trainers or they can put the client’s information into a software program to create a unique exercise routine.

Owens learned he needed to change up his workout routine.

“Before I was working out maybe once a day,” he said. “Now I work out almost religiously twice a day — in the morning cardio and evening weightlifting.”

Using the assessment results and the workouts the AWC provided, in a few months he brought his weight down more than 10 pounds. But the scale isn’t the only place he is seeing improvement, he has more energy and doesn’t get winded as fast as he used to.

“I can tell the fat trimmed off,” he said. “Before, I didn’t feel obese but having lost over 10 pounds, I look in the mirror and can tell that I physically look different. I thought I was in pretty good shape before — I had muscles, I had abs but now everything’s a little bit more defined.”

Having a plan written up, that lays out exactly what he needs to do has helped put him on a path to long-term health and wellness.

“It’s best to have a plan so that you actually can keep

track of what you’re doing,” Sharbo said. “So, you can track your progress, so that you ensure that you are hitting all the major muscle groups. It’s better to ask questions and find out the proper way of doing things rather than just winging it on your own.”

Not wanting to wing it is what led Heather Worrell, housing management assistant, to the AWC.

Over the years she has worked out, attended classes, done CrossFit and tried to keep in shape and healthy. But with moving around and getting busy with life, exercise was pushed to the side.

Eventually, she knew she had to focus on her health and needed to lose some weight. She went through the P3, or Performance Triad, Program for civilian workers. That was when she learned about the Army Wellness Center, she said.

“I knew that they did the bod pod and stuff but I didn’t know about any of their other services at all,” she said.

When the P3 program ended she wanted to continue on the healthy path she had started on, but wasn’t sure how to go about it. Being enrolled in the program allowed her the time over lunch to go to the gym. Once the program ended she was back to only having 30 minutes for lunch.

“The classes are an hour so that doesn’t really work out,” she said. “They do have some classes in the evenings. But it’s not every evening and it’s not always classes that you might want. Also, I really enjoyed lifting weights but making the workouts for myself was a challenge.”

She turned to the AWC, which was able to put together a step-by-step plan. When she goes to the gym, she doesn’t have to think about what to do next, or what muscle group to work out — it’s all laid out for her.

“It’s much easier to have it and go into the gym and know what you’re doing when you get there,” she said. “For me, it helps to have a set routine where I know what movements I’m going to do. So, I don’t have to try to think about it.”

Having the exercise program ensures she is targeting everything that needs to be done to meet her goals.

“It’s nice to go in and say ‘this is what I need, this is my goal,’ and to have them say ‘OK, here, this is what I put together for you,’” she said. “And if there’s something that I don’t like or something that I feel I want to focus more on, I can just ask them to tweak it for me.”

The workout that her personal trainer developed for

her fits her time constraints and targets the necessary muscle groups for her to get the results she wants.

Seeing the results has been her motivation.

“With the program, I saw results pretty quickly,” she said. “After maybe three times, I felt like I was tightening my muscles.”

Because she knew her way around the gym, she was able to take the program they developed and run with it and she plans to continue working toward her goals.

“I know I can be in better shape,” she said. “And that’s where I really want to be. For me, my motivation is that I want to reach my goal — I want to get rid of this last bit of weight.”

Life gets busy and finding the time to get to the gym becomes a challenge. When she does get there, she likes being able to look at her written program and do what’s listed — not spend time trying to figure out what to do next.

Sharbo said that is how the individualized programs can help— and it’s free for military, family members and Department of Defense civilians.

“So — why not come and visit us?” She said.

To make an appointment or to get more information, call 785-239-9355.

WEEKEND WEATHER OUTLOOK

FRIDAY



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LOW: 64 F

SATURDAY



HI: 79 F

LOW: 64 F


SUNDAY




HI: 86 F

LOW: 66 F


FORT RILEY POST-ITS

**Warrior Zone**


Help celebrate the Warrior Zone’s eighth anniversary Aug. 24 from 4 to 8 p.m. There will be gaming tournaments going on throughout the evening. Also provided will be free hotdogs, cake and ice cream. This is for people age 18 and up only.

**USO Kansas**


The USO Kansas staff will host a family game night Aug. 23 from 5:30 to 7:30 p.m. at the Fort Riley Center. Bring the family for a time to disconnect from the television and enjoy some games that are provided by the USO.

**PWOC**

Join the Protestant Women of the Chapel this Aug. 29 for a four-mile prayer walk. This is a perfect time for personal growth and individual prayers while fellowshiping with fellow ladies. The walk is at the Riverwalk at 9:30 a.m. The trail is stroller friendly

**Fort Riley MWR**


The Bow Slinger 3-D Archery Tournament is Aug. 24 starting at 6:30 a.m. Participants will work through a 1.54-mile and 25-targets course. Top five shooters from each class will compete in a class shoot-off to determine placement for prizes up to \$500. The tournament will adhere to the Archery Shooters Association Shooting Rules. For more information, call 785-239-2364 or visit riley.armymwr.com.

**Fort Riley leadership**

Child Youth Services will have a Family Child Care Provider Orientation for people who are considering starting a home child care business. The FCC program recruits, trains and certifies military spouses who live on post and want to provide child care. Family Child Care homes offer full-day, part-time and hourly care and extended hours for children 4 weeks to 12 years of age. Child and Youth Services currently has a need for more certified homes. When people become an FCC provider, CYS provides free training, access to startup equipment, ongoing program support, and a subsidy program to help offset expenses. FCC Providers have the earning potential of \$26,000-\$40,000 per year. Orientation is at 1:30 p.m. every Thursday at 6620 on Normandy Drive. For more information, call Child and Youth Services at 785-240-2818.

HASFR

The Historical and Archeological Society of Fort Riley and the Fort Riley Cultural Resources program staff will host a family-friendly presentation about the prehistoric history of Fort Riley at 4 p.m. Aug. 23 at 4 p.m. at Sheridan Hall at 407 Pershing Ct. There will be opportunities for children to participate in interactive activities.

**Morris Hill Chapel**

The Morris Hill Chapel community picnic will be from 1 to 5 p.m. Aug. 24. Join the Gospel Service congregation at Morris Hill Chapel, 5315 Ewell St., for food, games, dunk tank, music and face painting. For more information call 785-239-3359. 5315 Ewell St.

Lets go to the movies @ Barlow Theater

Friday, August 23 - Once Upon a Time in Hollywood (R) 7 p.m.
Saturday, August 24 - The Lion King (PG) 2 p.m. and Once Upon a Time in Hollywood (R) 7 p.m.
Sunday, August 25 - Stuber (R) 5 p.m.
Theater opens 30 minutes before first showing. For more information, call 785-239-9574.
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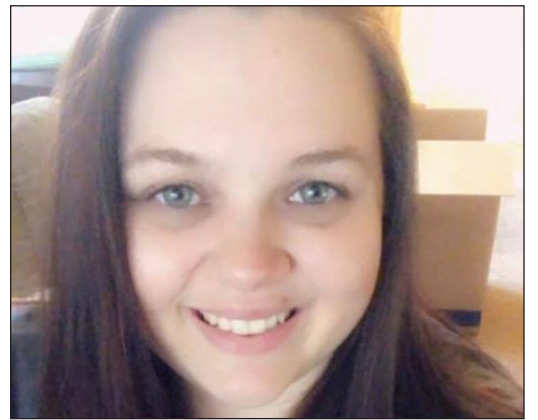
CHILD FREE FUN



Carisa Huntwork | POST

During the Mom's day at the pool event on Aug. 16 at Custer Hill Aquatic Park, the ladies had an option to attend a Floating Yoga class. Aside from the Floating Yoga, people who attended had the opportunity to be in the pool, eat food, receive a massage from Bellus Academy and enjoy cocktails.

TUESDAY TRIVIA CONTEST



The question for the week of Aug. 23 was:
Where's the one stop shop for information on relocation, family readiness and deployment support, exceptional family member program, employment readiness, new parent support and much, much more?

Answer: home.army.mil/riley/index.php/about/dir-staff/dfmwr/acs

This week's trivia winner is Amy Gomez, spouse of Pvt. 1st Class Matthew Gomez, 1st Battalion, 18th Infantry Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division.

Pictured above is Amy Gomez.

CONGRATULATIONS AMY!



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>



Don't need it? Someone might!



Household Chemical Turn-In Event
Colyer Forsyth Community Center
22900 Hitching Post Rd.
September 7th 0800-1500



Look for the DPW Environmental Division HHW Trailer!
Call 785-239-2305 with questions or to see what is accepted

2019

BOW SLINGER

3-D ARCHERY TOURNAMENT

WATCH OUT FOR
BIG FOOT
at FLINT HILLS

AUGUST 24

OUTDOOR ADVENTURE PARK

OPEN TO THE PUBLIC!

ADVANCE REGISTRATION		DAY OF EVENT	
Through August 22, Noon CST		August 24, 6:30am CST	
• Men's Open	\$45	• Same Day Registration On-site 6:30-7:45am	
• Men's Bow Hunter	\$45	• Check-In 6:30-8:15am	
• Women's Open	\$45	• Food Sales Begin 6:30am	
• Women's Bow Hunter	\$45	• Shooters Meeting (required) 8:30am	
• Active Duty	\$35	• Tournament Starts 9:00am	
• Traditional	\$35	• Door Prize Drawings 1:45pm	
• Youth (Ages 8-17)	\$25	• Cash Prize Shoot-Offs 2:00pm	

Online processing fee not included. All prices increase by \$10 for same-day registration

SHOOT FROM A TANK!

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* See website for payout details

Advance registration is highly encouraged
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Saturday, September 7
Riley's Conference Center
On-site registration: 8-9am | Run at 9:11am

Honor our nation's fallen service members and remember those who made the ultimate sacrifice

- Free and open to the public
- 2 Mile route
- Not a timed event
- Pets and strollers welcome

First 500 runners will receive commemorative dog tags

- Info: 785.239.2807

Fallen Hero Boot Display

- Decorate a boot in memory of a fallen service member and bring it to the race
- Boot placement from 6:15-8:15am
- Boot display info: 785.239.0630

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FORM MATTERS

Roll out tight calf muscles

By Gail Parsons
1ST INF. DIV. POST

No matter which muscle is being worked, a foam roller will provide the same benefits to each.

However, people who have had injuries or have issues with their veins, like varicose veins, should speak with their physician before using a foam roller to loosen up tight muscles, said Christine Cunningham, health educator at the Army Wellness Center.

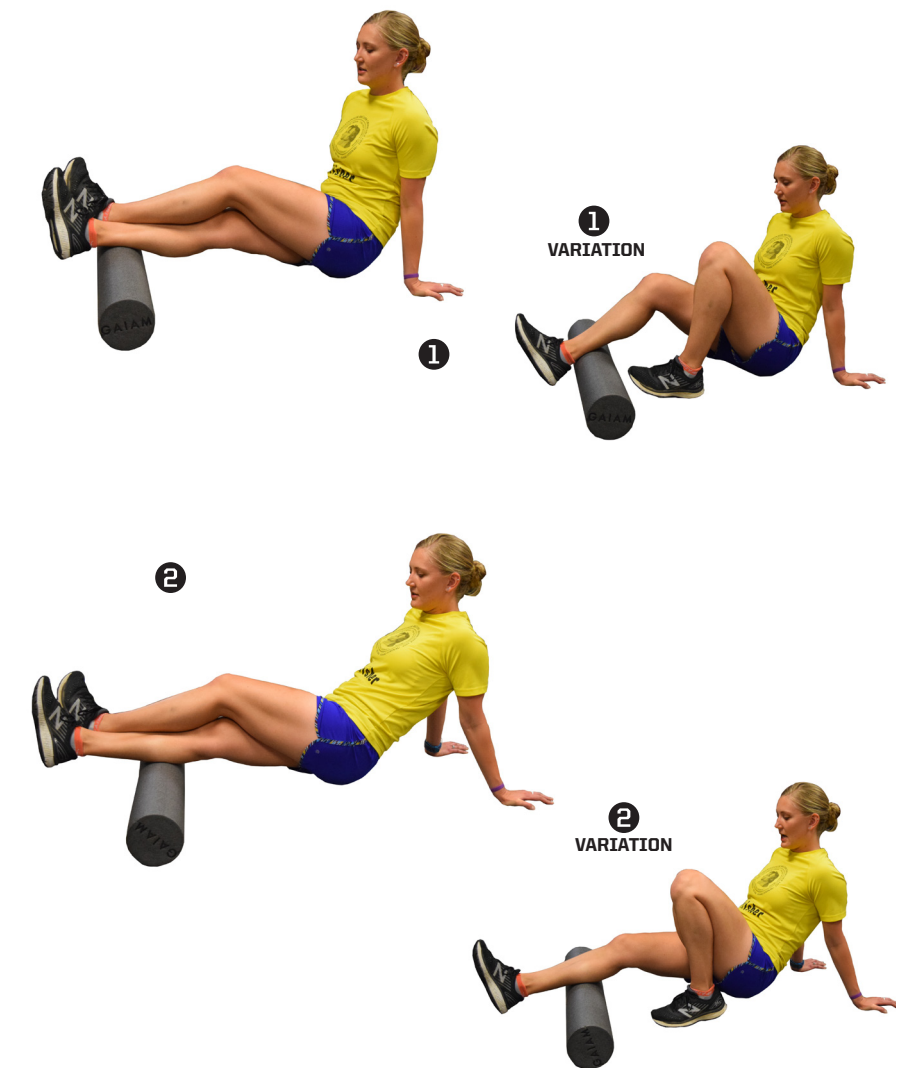
She said the foam roller will add pressure to the veins.

“It’s a situation where you just want to talk to your provider to make sure it’s not going to cause further harm,” she said.

One area an athlete might benefit from a foam roller is the calf muscles. For the calves, Cunningham suggests using a cross-friction technique to work a targeted area.

“Your calf muscle goes lengthwise — and you’re rolling lengthwise along it,” Cunningham said. “You can do a cross friction — you can go side-to-side. That kind of mixes it up a little bit more.”

Moving the roller helps increase the pull of the foam roller, which can help work out scar tissue and muscle adhesions.



ROLLER TECHNIQUES

To foam roll the calves:

- Step 1** – Cross the legs and place the roller under the ankle of the bottom leg
- Step 2** – Lift the glutes while pushing forward allowing the roller to roll up the leg.
- Variation step 1** – Put one foot flat on the floor, place the ankle of the opposite leg on the roller
- Variation step 2** – Lifting the glutes off the floor straighten the leg out along the roller.

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

FLOAT Continued from page 9

Palmer’s teammate Camden Thompson, 11, son of Staff Sgt. Joshua Thompson, 1st Armored Brigade Combat Team, 1st Infantry Division, said their dads built the boat in about two hours.

Carrie Barnett, and her teammate Stephanie Boone, home visitors with New Parent Support Group on Fort Riley, named their ship the Area 51 ship team, and they came dressed for the part. Barnett was painted green and wearing alien glasses and Boone was dressed in her best UFO spotting gear.

They said they went back and forth with many silly ideas and they loved the alien idea.

“It took one long, hot day,” Barnett said as she explained how long it took to make their boat.

She said the best part of the event was to see the cre-



Carisa Huntwork | POST

Brice Palmer, 10, son of Sgt. 1st class Andrew Palmer, Warrior Transition Battalion, Irwin Army Community Hospital, and teammate Camden Thompson, 11, son of Staff Sgt. Joshua Thompson, 1st Armored Brigade Combat Team, 1st Infantry Division, were excited to race their boat their dads built. A dingy was included for Palmer’s chihuahua, PJ.

ativity people displayed with the outcome of their products. The boats raced side-by-side, two at a time in each division inside Custer Hill Aquatic Park’s pool. Some sank within minutes and some stood up to the test of the water.

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Worship Opportunities

Protestant Services

Victory Chapel 239-0834

ChapelneXt Protestant Service

Sunday Worship.....0900

Children’s Church.....0910

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: Confession (and by appointment).1100

Sunday Mass.....1130

Sunday Catechism.....1030

Saint Mary’s Chapel 239-6597

Sunday Mass.....0900

Daily Mass – Mon., Wed., & Fri.....1200

IACH Chapel 239-7872

Daily Mass – Tue. & Thur.1200

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.

Childcare provided for 6mo - 4yrs

Youth class for 5-10yrs

Club Beyond - Faith Based Youth Program

Grades 6th - 12th, Meets Sundays

Combined MS/HS Youth 1730-1930 at Victory Chapel

513-519-5151

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 Fall Kick-off 8 Sep

Meets Sundays, 1430-1630 at Victory Chapel

3yrs - 12th grade.

Protestant Women of the Chapel (PWOC)

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

Childcare provided.

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

Catholic Women of the Chapel (CWOC)

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

Childcare provided.

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

Check for schedule over Training Holiday weekends

WWW.FACEBOOK.COM/
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Saturday
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- Military helicopter + tank displays
- Cavalry horse + military dog demos
- Inflatables + ATV rodeo
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FIGHT NIGHT



Courtesy photo
Soldiers from the 1st Infantry Division gathered around one of the two large projection screens inside the Warrior Zone Aug. 17 to watch UFC 241. The MMA fight featured Stipe Miocic defeating Daniel Cormier to regain the UFC Heavyweight Championship belt he lost to Cormier in July 2018. The night also featured the return of welterweight Nate Diaz as he defeated Anthony Pettis via unanimous decision after three rounds.

Youth Express provides rides to youth center

By Gail Parsons
1ST INF. DIV. POST

The difficulty in getting to the Custer Hill Youth Center prevents some Fort Riley children from being able to make use of the available services.

To help alleviate the difficulty, Michael Douglas, Fort Riley Youth Center facility director, said they have started the Youth Express shuttle service.

“We had a couple of concerns from parents — wondering how we can get some transportation for the youth all around Fort Riley,” Douglas said. “With us being up here on the hill, it’s kind of hard to get kids here.”

From there the idea of the shuttle service was born. Since the middle of June, a 10-passenger Chevy van has picked up and dropped children off at the Main Exchange and Commissary parking lot, the Main Post Chapel, Sparetime Interactive Entertainment and Custer Hill Aquatic Park and the Custer Hill Youth Center.

Through the summer the first round of pick-ups was from 1:30 to 2:30 p.m., with the van returning to those locations between 4 and 5:10 p.m. With school in session the shuttle runs the same route but only from 4 to 5:10 p.m. In the afternoon, anyone needing a ride back to one of the stops can get back on for a return trip. The shuttle also runs on Saturdays.

“This is just about trying to get the kids in the building and to give them somewhere to go and something to do besides staying at the house,” Douglas said.

For 13-year-old Camiyah Jackson, daughter of Pfc. Christopher Honor, 101st Brigade

Support Battalion, 1st Armored Brigade Combat Team, 1st Infantry Division, who lives a few blocks from the Commissary and Main Exchange, having the bus makes all the difference in whether she would be able to go to the youth center or not.

“It would be very difficult for me to go,” she said. “I live downhill and the youth center is uphill.”

It would be about a 31/2-mile walk for her. Having the youth center and a means to get there gives her a constructive

way for her to spend her after-school time.

“I like it because I get to meet my friends here,” she said. “This is where me and all my friends can meet and talk about class or even stuff that we didn’t get to talk about in class.”

CHILD & YOUTH SERVICES

YOUTH EXPRESS

STOP SCHEDULE:

MONDAY-FRIDAY

LOCATION	TRIP 1	TRIP 2
PX/Commissary Parking Lot	4:00PM	Custer Hill Youth Center 6:30PM
Main Post Chapel Parking Lot	4:20PM	McClellan Place (Corner of Lincoln & Roosevelt) 6:50PM
McClellan Place (Corner of Lincoln & Roosevelt)	4:40PM	Main Post Chapel Parking Lot 7:10PM
Custer Hill Youth Center	5:10PM	PX/Commissary Parking Lot 7:30PM

SATURDAY

LOCATION	TRIP 1	TRIP 2
PX/Commissary Parking Lot	2:30PM	Custer Hill Youth Center 7:30PM
Main Post Chapel Parking Lot	2:50PM	McClellan Place (Corner of Lincoln & Roosevelt) 7:50PM
McClellan Place (Corner of Lincoln & Roosevelt)	3:10PM	Main Post Chapel Parking Lot 8:10PM
Custer Hill Youth Center	3:30PM	PX/Commissary Parking Lot 8:30PM

FREE

transportation for CYS registered youth (6-12th grade) with permission form.

*Please note that times are approximate due to any unforeseen delays.

For more information, contact the Youth Center at 785-239-9222.

MWR

UNITED STATES ARMY CHILD & YOUTH SERVICES

HEALTHY EATING



COURTESY PHOTO

Old Fashioned Fruit Salad

For the Performance Triad, please use the nutrient & serving size information provided below.

Recipe Analysis: (1 serving = 2 cups)

Per Serving: 218 calories; 2 g protein; 13 g fat, 28g carbs (14 carbs: 1 protein)

Recipe = 0 servings of vegetables, 6 servings of fruit (0 vegetable per serving, 1 fruit per serving)

**This recipe is from “Operation Live Well: Fall Favorites” cookbook.*

INGREDIENTS (8 SERVINGS)

- 1/2 cup canned pears (no sugar added or with Splenda)
- 1/2 cup canned peaches (no sugar added or with Splenda)
- 1/2 cup canned pineapple in natural juice
- 1/2 cup mandarin oranges (canned or fresh)
- 1 cup chopped pecans
- 3/4 cup shredded unsweetened coconut
- 1 cup dried cranberries
- 1 cup fat free whipped topping

STEPS

1. Drain fruit. Pat dry with paper towels.
2. Mix all ingredients in a bowl and chill. (May be made up to 24 hours in advance.)
3. For a vegan alternative, skip the whipped topping and mix in one cup of pineapple juice to marinate the fruit and preserve it

cookpad.com/us/recipes/438120-old-fashioned-fruit-salad
#FitFirst

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For more safety information, contact the Garrison Safety Office at 785.240.0647 or visit online at <https://home.army.mil/riley/index.php/about/dir-staff/safety-office>



At the Aug. 17 Button Mashers Tournament at Warrior Zone, Spc. Taurean Penny, ophthalmic technician, Medical Department Activity, was given a special controller for winning the competition.

GLOW Continued from page 1

Turn said it is amazing to swim afterward for free and this was the first time she'd seen an event like this at Fort Riley.

Thanya Thurn, Mixedfit instructor, warms up the participants before they begin the Back-to-School Glow Run at Custer Hill Aquatic Park Aug. 17.



GRB Platform

Connect with Your Federal Benefits in the New Government Retirement & Benefits (GRB) Platform™

Effective April 22, 2019, the Employee Benefits and Information System (EBIS) will be upgraded to the GRB Platform™. The GRB Platform™ is an enterprise system that provides Army-served employees with access to information regarding government wide benefit programs such as health insurance, life insurance, the Thrift Savings Plan (TSP), retirement, and more. You can review the coverage for each benefit you are enrolled in as well as other benefits you may want to take advantage of in the future. Additionally, the GRB Platform™ contains a variety of resources and tools such as benefit program documentation, fact sheets, informational videos, electronic forms, calculators, and links to external websites.

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Access Information:
To access the new GRB Platform go to: <https://www.ebis.army.mil/>

Common Access Card (CAC) log on only. There is no longer a user name and password requirement. When you log in for the first time you will view a brief tutorial video about the GRB Platform.

For assistance, contact:
Army Benefits Center-Civilian (ABC-C)
Specialists are available Monday through Thursday from 7:00 am CT to 5:00 pm CT
DSN: 520-2222, Commercial (785) 240-2222, and Toll-Free 1-877-276-9287

NERF FUN AT EXCHANGE



ABOVE, At the Exchange Fortnite Nerf Fest event Aug. 17, visitors shot at targets with the different Nerf guns displayed. RIGHT, Capt. Spencer Ferree, Company B, 299th Brigade Support Battalion, 2nd Armored Brigade Combat Team, 1st Infantry Division, helps 2-year-old son, Cedric, to shoot a Nerf gun at one of the targets set up during the EXCHANGE Fortnite Nerf Fest event Aug. 17.



At the Forsyth Community center, the Fort Riley Spouses Club members held their Super Sign up event. During the Super Sign up there were many different vendors who came to share information about programs inside Fort Riley. On Aug. 15, 115 new members signed up. The FRSC gave away prizes for all who signed up or bought raffle tickets. To sign up or get more information, visit fortrileyspousesclub.org.

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Assistant cook needed, 5 hrs. M-F. Benefits are sick leave, holidays, paid vacation. Application and job description at the Geary County Senior Center, 1025 S. Spring Valley Rd., Junction City, KS. Send resume to 401 Houston, Manhattan KS 66502 Call 1-800-432-2703 for information. EOE/AA

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Now hiring for Part-Time Housekeeping Will train the right person Pick up application in person at: Hampton Inn 1039 S. Washington St. NO PHONE CALLS

The Junction City Union is looking for an independent contractor for newspaper delivery in the Chapman area. Reliable transportation, valid driver's license and insurance, and a phone number are required. Contact Bonnie at (785) 776-8808, ext 260 for more information.

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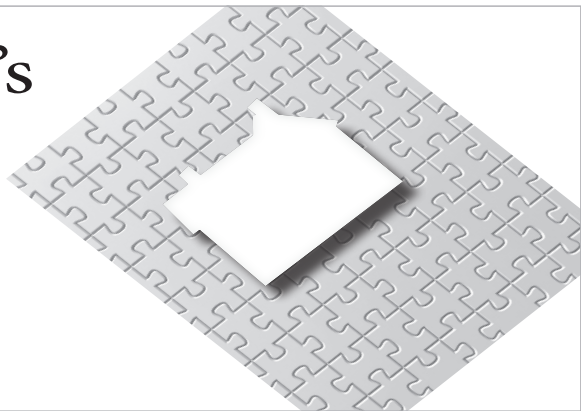
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su | do | ku

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

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

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



Next week Spc. Shell discovers what is fun and exciting in Overland Park.

Courtesy photo

Michael Spicklemeir's motorcycle is parked in front of the Council Grove monument, which is part of the 2019 Tour of Honor. The Lansing, Kansas, resident and veteran is participating in this years ride and takes a photograph of his bike and flag at each of the locations he visits. All of the Kansas sites have 24/7 access.

COUNCIL GROVE

Company C 137th Infantry
Santa Fe Division
Across from 203 W Main St.
GPS: 38.661827, -96.484062

Erected in honor of the Soldiers who served with Company C 137th Infantry in World War II. Mobilized December 23, 1940 in Council Grove with men from Morris and adjacent counties the National Guard was activated with Soldiers from Kansas, Missouri and Nebraska. The division landed on Omaha Beach, Normandy, France, July 5 to 7 1944. The Soldiers entered combat July 11, fighting in the Normandy hedgerows, north of Saint-Lô.

They saw extensive combat across France, took part in the Battle of Bastogne, then into the Netherlands, eventually arriving in Hanover, Germany where they performed occupational and mopping up duties beyond VE-Day.

While in Council Grove: Check out the Madonna of the Trail at the corner of West Main Street and North Union Street. For lunch or dinner, try the Trail Days Café and Museum. Built in 1861 the stone home was the last house freighters passed leaving Council Grove heading west on the Santa Fe Trail. It is now a museum and restaurant where the owners provide a menu with food as it used to be for the American Indians, settlers, farmers and small Midwest towns of America.



KINSLEY

All Veterans Memorial
7349 US-56
GPS: 37.9183, -99.42118
Caution: dirt parking lot.

This tribute to the men and women who have served the nation was built by volunteers who continue to maintain its beauty and dignity. Located in the parking area near the VFW Post on

Highway 50, it features a M60A3 tank, a fully tracked and heavily armored close combat tank.

The M60A3 was the final U.S. evolution of the Patton tank family and for almost two decades it was the workhorse of the US Army. The M60A3 was phased out of service in 1997 and replaced by the M1 Abrams.

While in Kinsley: Kinsley earned the name "Midway USA" by being

exactly 1,561 miles from San Francisco to the west and 1,561 miles to New York in the east. The Edwards County Historical Society Museum complex includes of a historical church, a museum with an enclosed sod house and antique farm machinery. While there are several dining options, the Tour of Honor website recommends going about 30 miles southwest to Kates in Dodge City.

WASHINGTON COUNTY

Memorial Airport,
1150 Quivira Rd.
GPS: 39.73233, -97.04937
Caution: narrow shoulder, park in driveway.

Washington County Memorial Airport is home to the 8 by 16 relief brick Veteran's Memorial sculpture. An adjacent roller directory lists any veteran who has lived in Washington County and served the nation honorably. A special roller in the directory is dedicated to those from the county who were killed in action.



The Washington Rotary Club's Centennial Project was to erect a replica of the Washington Monument flanking the Veterans Memorial.

While in Washington: There are not

many dining choices in Washington, but there's Game Time Sports Bar & Grill, Ricky's Café and Just Left Inc. All three, according to the Tour of Honor website, are highly reviewed.

Travel & Fun in Kansas

Tour of Honor ride includes seven Kansas monuments, memorials

Gail Parsons
1ST INF. DIV. POST

The Tour of Honor is an annual motorcycle ride that gives people a destination and reason for getting on their bikes and going.

"It's like a scavenger hunt," said Steve Brooks, founder of the tour. "They give sites to visit. One of the themes that year was memorials and monuments."

Brooks said he was inspired after an Iron Butt ride in 2003. Every two years the Iron Butt Association holds a competitive motorcycle rally, which covers 11,000 miles in 11 days.

Being only two years after the terrorist attack on America several of the sites were 9/11 related.

"It was a rather moving experience," he said. "I thought 'how can I share that experience with other motorcyclists?' There's something about taking a long ride ... you get off your bike and you experience the memorials."

Most of the memorials are for veterans, but they also include law enforcement, gold star families and others "that honor the brave people who protect — or have protected — our

life, liberty and the pursuit of happiness." Brooks said.

Each state has seven sites, which change every year. A state coordinator submits 10 potential sites to Brooks who whittles the list down to the final seven.

Alex Schmidt, the Kansas state coordinator, does not live in Kansas and has only been in the state one time. He's not even an American citizen — but he loves to ride and respects the people for whom the memorials were erected.

Schmidt was born in Germany, raised in Chile, got married in Mexico and lived in Arizona.

"When I moved from Mexico City to Arizona, I learned about the Tour of Honor, the Iron Butt rally and all of that," he said. "I did it the first time and then I said, 'Well, if I can help in anything,'"

A Kansas sponsor was needed, so he offered to help. By talking to people, making phone calls and going online he has been able to pull together lists of some of the state's memorials and monuments. In addition to enjoying the excuse to ride, he said the visiting the memorials is a touching experience, which

allows him to show respect to those who deserve it.

"I missed a chance to do service in Chile," he said. "I didn't want to do that because I don't want people telling me what to do, especially a guy who I never met. So, I skipped everything that had to do with military services whatsoever. And I regret that. I have lived in many countries and they have absolutely no appreciation for what these guys do. And I decided that it's good to do something to help those guys defending this country."

Even if it is just making sure they are not forgotten, he said.

Brooks said many riders do the Tour in honor of a loved one. Often-times the stories that come back to him are of the people the riders meet at the sites.

"People talk about the tour of honor as a sharing experience," he said. "Probably 60 to 70% are military veterans so there is that bonding experience that they feel with others. A lot of times they'll meet the caretakers of the memorials. We hear a lot from riders that say it's the best excuse they've ever had to ride a motorcycle."

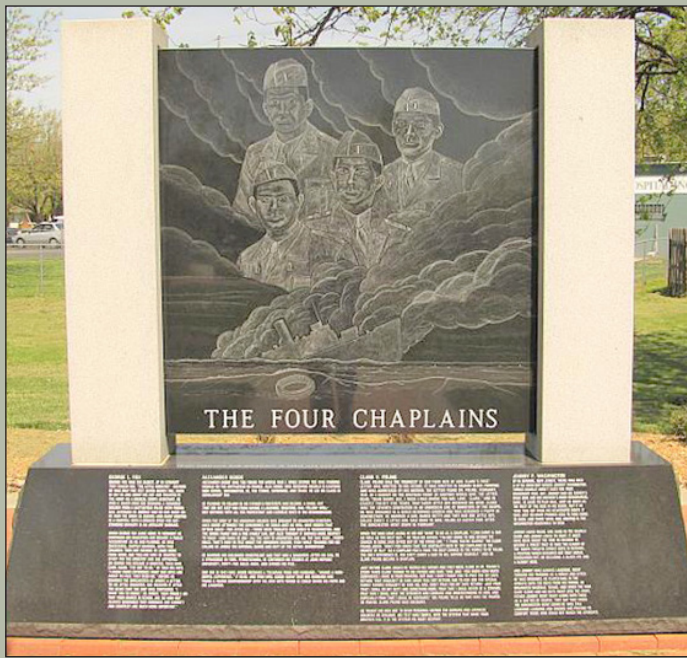
OLATHE

Four Chaplains Memorial
Veterans Memorial Park,
1025 S Harrison
GPS: 38.86856, -94.81703
Use parking lot on South Harrison Street.

The Four Chaplains Memorial is dedicated to the heroism of Methodist Rev. George L. Fox, Rabbi Alexander D. Goode, Roman Catholic Priest John P. Washington and Reformed Church in America Rev. Clark V. Poling. The four chaplains were from the American troop transport ship, Dorchester.

The Dorchester sank near Greenland in during World War II. As it sank, the chaplains brought order, directing the soldiers and loading them into life rafts. When life jackets were gone, they removed their own life jackets and placed them on other men. The four chaplains went down with the ship, last heard singing hymns as they disappeared under the surface.

The eight-acre Olathe Veterans Memorial Park includes a brick walk in honor of lost submarines and memorial



plaques on many of the trees and park benches.

There's also a memorial to Lt. Stanley T. Adams, a Korean War hero who was awarded the Congressional Medal of Honor for leading a night bayonet charge against a Red Army force that outnumbered his platoon 20 to one.

More than 23 varieties of oak trees are growing in the park, planted to represent

the strength in the American military men and women and to honor their service to our country.

While in Olathe: Mahaffie Stagecoach Stop & Farm Historic Site is the only Santa Fe Trail stagecoach stop open to the public. For dining, the Tour of Honor website recommends, Johnny's BBQ, Olathe at 1375 W Hwy 56, which is near the park.

OAKLEY

War Memorial Garden
Bertrand Park, 700 W Third St.
GPS: 39.12958, -100.86195

There is a tribute for each branch of military service surrounded by gardens and walking trails.

Michael Edwin McCafferty (1939-2015) of Oakley, served in the Navy from 1966 to 1969, aboard the first nuclear powered cruiser, the USS Long Beach. He was instrumental in the building of The Veterans Wall and felt that every



veteran in Logan County should be listed on the memorial.

While in Oakley: A World War I Memorial and an Ernest Moore Viquesney Doughboy are at the northwest corner of East Second Street and Hudson Avenue. At

the Buffalo Bill Cultural Center is a Buffalo Bill sculpture, which is about two times life-sized. Several restaurants are all within a few blocks including Buffalo Bill's Bar & Grill, Sunshine Bakery and The Bluff.



SALINA

War Memorial, 700 Sunset Dr.
GPS: 38.81808, -97.62062

The Saline County War Memorial is installed in a circular plaza, surrounded by a low wall with additional plaques that detail war events and people.

Among those honored are: Sergeant Major William "Willie" Harrington III, Buffalo soldier (1894-1994); David Carl Schilling (1918-1956), George Seanor Robb (1887-1972), the U.S. Merchant Marine, Shilling Air Force Base and Shilling waiting wives, Smoky Hill Army Air Field, the K-9 Corps, Prisoners of World War II, the Infantry Division at Camp Phillips, Camp Phillips Air Force Base, Mobile Army Surgical Hospital, USO, American Red Cross, Nurses and Women in the Military.

While in Salina: For a quick bite, just east of the memorial is Bogey's, where they serve hand-pressed burgers and nearly 90 flavors of shakes and malts.

PRATT

American Legion
Cedric H. Shaw Post
86,
601 E. Third St.
GPS: 37.643796, -98.732842

American Legion Post 86 received a charter on Sept. 15, 1919 and was named in honor of Cedric H. Shaw, Pratt's first casualty in the Great War.

Shaw was killed in the Argonne Drive on Oct. 14, 1918.

The cannon on the lawn was presented to the post by Harry Woodring, former governor of Kansas and former U.S. Secretary of War.

While in Pratt: Places the Tour of Honor suggests for dining in Pratt are Legends Pub & Grille or Trinity Smokehouse BBQ.

