Big Red One bid to farewellel to commanding general

1st Infantry Division will welcome new leader


The ceremony included several family members who helped with the unveiling of the horse jump that displays the Seitz family name at the corner of Estes and Armistead Roads.

Train the future

Story and photo by Maria Childs

1ST INF. DIV. POST

Story and photo by Sgt. Dana Moen

1ST INF. DIV. PUBLIC AFFAIRS

1st Combat Aviation Brigade staff hosts cadets for summer program

Cadet Myton Kirabo, University of North Carolina at Charlotte, speaks with fellow Cadet Tristan W. Mitick. New Mexico Military Institute, while pilots of a CH-47 Chinook assigned to the 1st Aviation Battalion, 1st Aviation Brigade, 1st Infantry Division, performed a flight check.

Molly Pitcher Day renews family ties

Event remembers folk hero from the American Revolution

Story and photo by Sgt. Dana Moen

1ST INF. DIV. PUBLIC AFFAIRS

1st Infantry Division staff hosted cadets for summer program

Brigadier General John S. Rohrbach, deputy commanding general for maneuver, spoke at ceremony renaming general of the late Lt. Col. and Fort Riley, will next serve as an assistant deputy chief of staff for operations and plans in Washington, D.C.

CUB SCOUT’S BIKE RODEO

Event recognizes Cub Scouts' achievements

Story and photo by Sgt. David Beal

1ST INF. DIV. PUBLIC AFFAIRS

1st Infantry Division Staff hosted cadets for summer program

Cadet Joseph K. Miller, West Point

Aviation was my first choice and it’s what I want to branch. It’s been a great experience.

Field of View

“Aviation was my first choice and it’s what I want to branch. It’s been a great experience.

Brigadier General John S. Rohrbach, deputy commanding general for maneuver, gave the opening remarks and introduced the guest speaker for the event.

Valerie Horn, Fort Riley's director of youth programs, shared her thoughts on why the Cadet Troop Leading Training experience is so important and talked about the day's training.

"My Soldiers have spent a lot of time in the Horn of Africa. The command was responsible for advising and assisting Iraq's security forces and providing training to newly formed the core of Combined Joint Task Force- Horn of Africa, the singular enduring U.S. military presence in the continent of Africa.

"Aviation was my first choice and it’s what I want to branch. It’s been a great experience.

"Aviation was my first choice and it’s what I want to branch. It’s been a great experience.

"Aviation was my first choice and it’s what I want to branch. It’s been a great experience.
An Army farewell for senior leaders from a fellow service

Photo above: Soldiers from the 1st Battalion, 5th Field Artillery Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division fire a cannon salute during a July 20 retirement ceremony in honor of Air Force Lt. Gen. James M. Kowalski, U.S. Strategic Command deputy commander, at Joint Base Andrews, Maryland. The “Hammertime’s Own” Soldiers attended the event as part of a detail to support official military ceremonies within the region. USSTRATCOM is one of nine Department of Defense unified combatant commands charged with strategic deterrence; space operations; cyberspace operations; joint electronic warfare; global strike; missile defense; intelligence, surveillance and reconnaissance; combating weapons of mass destruction; and analysis and targeting.

Photo right: “Hammertime’s Own” Soldiers present the first and last rounds fired during a cannon salute to retired Air Force Gen. William M. Fraser III (center), the presiding official, and Air Force Lt. Gen. Kowalski (right), U.S. Strategic Command deputy commander, respectively. Photos by Air Force Staff Sgt. Jonathan Lovelady, USSTRATCOM

This month’s guest speaker for the Junction City-Geary County Military Affairs Council Breakfast July 23 was Fort Riley Garrison Commander Col. Andrew Cole, Jr.

Col. Cole talked about a variety of Fort Riley-related topics which included recent troop cuts announced by the Army, access control procedures to gain access to the post and upcoming events for community participation.

Col. Cole said the community plays the biggest role in supporting the Soldiers at Fort Riley and in influencing those decisions. He encouraged the audience to remain vigilant in sharing the Fort Riley story.

Upon recent changes when the installation began vetting 100 percent of visitors in April, Cole addressed the process and updated the community on how it is working. He said to date, staff at the Visitor Control Center have screened approximately 80,000 people and granted nearly 20,000 badges. Of the almost 80,000 people screened, 800 people have been found to have a reason for being denied access to the post.

The process is there for a reason and it’s actually working”, Cole said. “Our desire is not to close down the installation.”

Col. Cole reminded the community they can take part in upcoming events including the 1st Infantry Division Change of Command on August 6 and the Kellie Pickler USO concert August 18. He said to watch social media for more information about any upcoming events.

Retired Col. John Senn, military affairs director, closed the breakfast reminding the community they have a say in the fate of Fort Riley. The council meets to learn more about the Army and the community as a working relationship.

Fort Riley Garrison Commander Col. Andrew Cole, Jr. discussed several topics at the Junction City-Geary County Military Affairs Council Breakfast July 23. They included the possibility of further troop reductions, and access to Fort Riley.

Possible troop cuts, access to post topped agenda at breakfast

This month’s guest speaker for the Junction City-Geary County Military Affairs Council Breakfast July 23 was Fort Riley Garrison Commander Col. Andrew Cole, Jr.

Col. Cole talked about a variety of Fort Riley-related topics which included recent troop cuts announced by the Army, access control procedures to gain access to the post and upcoming events for community participation.

Col. Cole said the community plays the biggest role in supporting the Soldiers at Fort Riley and in influencing those decisions. He encouraged the audience to remain vigilant in sharing the Fort Riley story.

Upon recent changes when the installation began vetting 100 percent of visitors in April, Cole addressed the process and updated the community on how it is working. He said to date, staff at the Visitor Control Center have screened approximately 80,000 people and granted nearly 20,000 badges. Of the almost 80,000 people screened, 800 people have been found to have a reason for being denied access to the post.

The process is there for a reason and it’s actually working”, Cole said. “Our desire is not to close down the installation.”

Col. Cole reminded the community they can take part in upcoming events including the 1st Infantry Division Change of Command on August 6 and the Kellie Pickler USO concert August 18. He said to watch social media for more information about any upcoming events.

Retired Col. John Senn, military affairs director, closed the breakfast reminding the community they have a say in the fate of Fort Riley. The council meets to learn more about the Army and the community as a working relationship.

Fort Riley Garrison Commander Col. Andrew Cole, Jr. discussed several topics at the Junction City-Geary County Military Affairs Council Breakfast July 23. They included the possibility of further troop reductions, and access to Fort Riley.

Possible troop cuts, access to post topped agenda at breakfast

Story and photos by Maria Childs

JULY 31, 2015

WWW.FACEBOOK.COM/FORTRILEY
Maria Childs | POST

Staff Sgt. Scott Cash and Staff Sgt. Daniel Sutterly, both of the 300th Military Police Company, 97th MP Battalion, 89th Military Police Brigade, Fort Hood, Texas, received an Impact Army Commendation Medal, brigade coin of excellence and a four day pass just before the Change of Responsibility ceremony for the 97th MP Bn at Cavalry Parade Field on July 10.

The recognition was given by Col. Ross Duval, the 89th MP Brigade commander.

Cash was recognized for a heroic act that took place July 9. Cash was driving down Highway 77 that afternoon when he responded to an injury accident involving three victims. Cash rendered aid to the victims of the accident, while Staff Sgt. Sutterly directed traffic away from the accident. Once EMS arrived on scene, Cash provided EMS with a proper patient exchange, describing injuries sustained, interventions taken and what the patients’ vital signs were. He then waited till all three patients were safely loaded before leaving the accident scene.

Well-deserved recognition

Story and photos by Sarah Falcon

1ST INF. DIV. POST

The park by Moon Lake at Fort Riley was the site of the 240th year anniversary of the Army Chaplain Corps July 24 and was attended by chaplains, chaplain assistants and their families to celebrate.

“It means a lot of great history and a lot of great heritage for our branch,” said Lt. Col. Paul Ramsey, Deputy Garrison Chaplain.

“I have been a chaplain for 21 years now and it has been the best ministry that I have ever experienced in my life,” said Ramsey.

Families were welcomed by chaplains. There was a bounce castle and dunk tank set up to entertain theattendees and their children. Many of them used the dunk tank as a means to cool off as it was a hot afternoon. The rest of the attendees gathered underneath the covered shelter and drank plenty of water as they socialized.

Col. Andrew Cole, Garrison Commander, presented his congratulatory remarks before lunch commenced.

“The contributions that the Chaplain Corps makes and brings to the combined team is invaluable,” said Cole.

Following Cole’s remarks, the history of the Chaplain Corps and the Chaplain Assistant was cited and the cake was cut by the youngest and oldest chaplains. After the cake was cut, a line formed to grab some catered-in sandwiches.

“It’s been a pleasure to be a part of what we do,” said Ramsey. “It is a call that is very noble and we certainly hope that our legacy speaks for itself as far as our service to Soldiers and families go.”

“Today, we mark 240 and, of course, we’re going to look forward to 241, 245 and 300,” said Cole.

Chaplain Corps celebrates being Army Strong for 240 years
Get answers to your medication questions

Theodore

Users of the care system are likely familiar with the following. They get to pick-up after a prescription, only to find out they have a question.

For example a headache sufferer might wish to know how a particular pain reliever would work with another medication.

This is a common scenario.

Dr. George Jones, Chief of the Defense Health Agency Pharmacy Division warns all to find out that their safety is important.

"Don't be afraid to call and ask your doctor or pharmacist how a particular pain reliever after picking up a prescription does or would work with another medication. It's a common scenario.

The family pharmacist should be the first resource to answer questions about drugs. If over-the-counter medication like antacids, cough medicines, herbal supplements or aspirin are used, those drugs can interact with other medications. Because you were prescribed OTC, then it is no record in the pharmacy's computer system to prevent harmful drug interactions. It is important that consumers tell their pharmacist about taking OTC products when prescriptions are filled.

The Food and Drug Administration is another good resource for any drug questions and are easy to reach. The DDS responds to an average of 4,342 telephone calls, 1,531 email and 91 letters with drug information every month. The top five DDS pharmacy issues are:

What are the possible side effects of a particular medicine, and where can the most current information about drugs be found?

How can users report a bad medicine to a medicine or a medication error to the FDA?

How can users find out where a generic will be available for a particular prescribed medicine?

How are medicines dispensed when they are no longer needed?

Who can have access to a pharmacist's computer system to prevent harmful drug interactions?

What is the process for reporting a bad reaction to a medicine or drugs be found?

How can users report a medication error to the FDA?

How are medicines dispensed when they are no longer needed?

Who can have access to a pharmacist’s computer system to prevent harmful drug interactions?

What is the process for reporting a bad reaction to a medicine or drugs be found?

How can users report a medication error to the FDA?

How are medicines dispensed when they are no longer needed?

Who can have access to a pharmacist’s computer system to prevent harmful drug interactions?

What is the process for reporting a bad reaction to a medicine or drugs be found?

How can users report a medication error to the FDA?

How are medicines dispensed when they are no longer needed?

Who can have access to a pharmacist’s computer system to prevent harmful drug interactions?

What is the process for reporting a bad reaction to a medicine or drugs be found?

How can users report a medication error to the FDA?

How are medicines dispensed when they are no longer needed?

Who can have access to a pharmacist’s computer system to prevent harmful drug interactions?

What is the process for reporting a bad reaction to a medicine or drugs be found?

How can users report a medication error to the FDA?

How are medicines dispensed when they are no longer needed?

Who can have access to a pharmacist’s computer system to prevent harmful drug interactions?

What is the process for reporting a bad reaction to a medicine or drugs be found?

How can users report a medication error to the FDA?

How are medicines dispensed when they are no longer needed?

Who can have access to a pharmacist’s computer system to prevent harmful drug interactions?

What is the process for reporting a bad reaction to a medicine or drugs be found?

How can users report a medication error to the FDA?

How are medicines dispensed when they are no longer needed?

Who can have access to a pharmacist’s computer system to prevent harmful drug interactions?

What is the process for reporting a bad reaction to a medicine or drugs be found?

How can users report a medication error to the FDA?

How are medicines dispensed when they are no longer needed?

Who can have access to a pharmacist’s computer system to prevent harmful drug interactions?

What is the process for reporting a bad reaction to a medicine or drugs be found?

How can users report a medication error to the FDA?

How are medicines dispensed when they are no longer needed?

Who can have access to a pharmacist’s computer system to prevent harmful drug interactions?

What is the process for reporting a bad reaction to a medicine or drugs be found?

How can users report a medication error to the FDA?

How are medicines dispensed when they are no longer needed?

Who can have access to a pharmacist’s computer system to prevent harmful drug interactions?

What is the process for reporting a bad reaction to a medicine or drugs be found?

How can users report a medication error to the FDA?

How are medicines dispensed when they are no longer needed?

Who can have access to a pharmacist’s computer system to prevent harmful drug interactions?

What is the process for reporting a bad reaction to a medicine or drugs be found?
Kansas concealed carry laws and their impact on Big Red Soldiers

By John D. Banusiewicz
 DEFENSE MEDIA ACTIVITY

And it is a big world out there, they like us, because they like our people and our country,
our military and their role in the world, our military and their role in the world, and
that it's uncomfortable here, Flagging can affect your status, change of station award
and noncompliance with rules and regulations is a violation of Kansas law.
Because it is the world's most powerful and influential military force in the world, and
And that takes some time, victories stick when we have
Center, and your families. Because it is the world's most powerful and influential military
to prevent and/or prevent a failure to prevent or an unfavorable status
To succeed, Carter said, "Be and judicially responsible for enforcing Kansas law;
Because it is the world's most powerful and influential military force in the world, and
And that takes some time, victories stick when we have
to train people in simulations so they can enter into working "live training on operational equipment," Kolahschi said. "Life is hard."

Kolahschi spoke about Lt. Gen. Sesti's many accomplishments in both his Army career and retirement.

During his time in the Army, Sesti was a Soldier during some of the country's most unsettled times. In 1979, he accepted a commission as a second lieutenant and attended jump school, where he became one of the Army's first parachute jumpers.

"I think it's safe to say that General Sesti was the epitome of an American Hero and the truest of Kansans," Kolahschi said.

Sesti was born in Leavenworth, Kansas and attended Kansas State University.

At age 25, Sesti was promoted to major and was given command of the 2nd Battalion of the 57th Parachute Infantry Regimental Combat Team. Shortly thereafter, he was promoted to lieutenant colonel and served as the Army's youngest battalion commander.

After 35 years of service, Sesti came home to Kansas and continued to serve in the Fort Riley community. He was a trustee of the St. John's Military Academy chairman of the Fort Riley National Bank among many other community events.

Sesti died June 8, 2013.

John Sesti, Sesti's nephew, said the memorialization is personal for him.

"For me, it's recognition that my uncle was the hero I always thought he was," John said. "He was like my best friend, he was like my dad."

John Sesti said his uncle never stopped caring for the community and taking care of Soldiers.

"After you retire from the Army, you can still be a part of it and make a contribution and help Soldiers and their families, and he did that every single day," John said. "He legacy was taking care of Soldiers."

Joshua Herzog. "Everybody got to go in and sit behind a gun and see what it's really like to pull the trigger."

Capt. Joshua Herzog. "I think a lot of military kids don't always get to listen to their parents. I think going to give them a really good understating of what their parents are doing."

"I think the weapons simulator was the best part," said Lauren Roshek, fiancée of Capt. Joshua Herzog. "Everybody got to go in and sit behind a gun and see what it's really like to pull the trigger."

I feel like I'm supposed to bring a box of chocolates and an apple for the teachers there," John said. "That's what my uncle always did. He took the principal a box of chocolates."
Intermediate Learning Education/Intergovernmental students from U.S. Army Command General Staff College visited Fort Riley on July 21 to tour the Mission Training Center and view the army’s current training technology and systems. About 15 students attended.


CGSS offers the full 44-week course twice a year at Fort Leavenworth, KS, with broad choices among more than 170 elective courses and focused programs in Special, Joint or Space Operations. Courses start in July and February annually. The students came to Fort Riley from Fort Leavenworth because of the extensive training equipment and simulations that Fort Riley offers.

“The focus of today’s visit was to show interagency students from Fort Leavenworth the usage of current technology and highlighting the technological advances in our U.S. army unit,” said Maj. Mark Ayson, Division Simulation Officer. The training simulations included vehicle, aircraft, ground combat and medical training.

The vehicle training simulations consisted of seating four people inside of a wooden model of a Humvee. One was the gunner, one was the driver, and the other two assisted with melt not rifle that were connected to the simulation like a first-person shooter video game. The other vehicle training simulation uses a gaming steering wheel connected to a computer monitor to control the vehicle.

“The vehicle simulations also provide dismounted or infantry capability,” said Ayson.

The aircraft training simulations consisted of one person seated in front of a large haptic monitor and controlling the virtual aircraft with a joystick on an Xbox 360 controller. The staff at the MTC found that training with a standard computer keyboard made their virtual movements awkward and hindered the player’s scores. So, they opted to use a control controller instead.

The ground combat training simulations are similar to the aircraft simulation. The major difference is that the player is on the ground and use only an Xbox 360 controller. The MTC found that training with a standard computer keyboard made their virtual movements awkward and hindered the player’s scores. If they have a low PT score, the character will pant, vision will blur and the weapon will shake. If they have a high PT score, the character will be able to run longer and faster.

Lastly, a few buildings down from the MTC, staff have METIman simulators to help train Soldiers what to do in a medical emergency. The METIman is a human patient simulator created by medics to replicate trauma and teach initial assessment and treatment to first responders.

“The MTC at Fort Riley is the forefront of executing the Army’s Integrated Training Environment,” said Bill Reynolds, Chief, Training Division, Directorate of Plans, Training, Mobilization and Security. “Our success in combining the live, virtual, constructive and gaming training domains, and the close relationship we have with the Fort Leavenworth Combined Arms Center, makes us a great location to demonstrate state of the art training capabilities to our joint and interagency partners.”
Army Community Service at Fort Riley celebrated 50 years of service with an open house when they had booths set up to teach Soldiers and families about programs they offer as well as a lunch and cake.

Cheryl Erickson, director of Fort Riley ACS, said the goal is to provide assistance to military families.

“We are here to serve Soldiers and families and help them thrive in a military lifestyle,” Erickson said.

Erickson said Fort Riley ACS staff offers programs such as survivor outreach services, financial counseling, outreach information and referral, deployment readiness, exceptional family member program and many more. She said the most popular programs include the new parent support program, exceptional family member program and financial readiness. ACS offers many more programs in addition to these popular ones, said Erickson.

Erickson said it surprises many families to learn that Fort Riley ACS has a lending locker where Soldiers and families can borrow common household goods when their first arrive to the post. This allows the family to have a place to sleep and pots and pans to cook while they wait for their personal items to arrive.

“The Soldier doesn’t just move a Soldier, they move a family,” Erickson said. “We have a lending locker where you can check out cots, card tables, chairs, pots and pans, a coffee pot, common household goods that people would need to use until their household goods arrive. We are limited only by what we have on hand.”

Erickson said for new families to the area, ACS has a spouse employment service. The staff can help military spouses find jobs in the area. She said ACS is designed to help everyone.

“There are people who think we are just here for the family or just here for the Soldier,” Erickson said. “We have programs for everyone.”

Erickson said Soldiers and families at Fort Riley should not hesitate to call or stop by 7264 Normandy Drive and ask their questions. There is no wrong question at ACS. If we don’t have it we will find someone who will.

“We may not have a program for that, but we will find out – you don’t just quit,” Erickson said.

Photo left: Patrons of Army Community Service get lunch during the celebration of 50 years of service at ACS. Photo right: Left to right: Jane Broodheter, Army Family Team Building, Army Family Action Plan and Resilient Spouse Academy program manager, provides guidance Amanda Buik, a new Fort Riley spouse and Red Cross volunteer, about programs offered at Army Community Service at the luncheon July 24.

CADETS

Continued from page 1

he said. “It’s been a great experience.”

Miller was assigned to Troop A, 1st Squadron, 6th Cavalry Regiment. Crews were in the process of flying their Kiowa Warrior helicopters to Davis-Monthan Air Force Base in Arizona to turn in the aircraft, part of the Army’s aviation restructuring initiative. That meant Miller got to see not only the last flights, but all of the planning it took to make them happen.

As the July 16 training mission got underway, the CH-47 Chinook’s pilot turned toward Milford Lake headed toward the landing zone in the Custer Hill training area.

“I love to fly, and the weather for today’s training only made it that much better,” said Capt. Brent Voig, pilot, 2nd GSB, 1st Avn. Bde.

“For me, it’s a tremendous opportunity to further demonstrate what we do as aviators in a realistic training scenario,” Voig said about what it means for him and fellow aviators to host the cadets. “We’re just excited to be part of growing the next generation of Army leadership.”

 Maj. Jacob E. Roper, executive officer, 2nd GSB, 1st Avn. Bde., spoke to the cadets before their day ended at the airfield.

“After college, it’s not going to get any easier as Army aviators,” Roper, a 13-year Kiowa pilot, said.

Cadet Myron Krider, who attends University of North Carolina at Charlotte and hopes to commission as a medical officer, said he learned a lot. “Fort Riley and the 1st Inf. Div. are definitely as advertised,” he added.
July 31, 2015  |  9

**Pedaling safety**

Cub Scout’s bike rodeo accelerates safety message

By and photos by Maria Childs

**SAFETY GOALS**

Cub Scout Bike Rodeo offers a chance to learn about bike safety.

For more information, call 785-240-2982 or emailing riley.imcom-central.mbx.des-vcc@riley.army.mil.

**IN BRIEF**

Traffic updates, see the traffic Report on page 10 or www.riley.army.mil.

**GENERAL INFORMATION**

For general information about events and services at Fort Riley, visit www.facebook.com/fortriley or follow @FortRiley on Twitter.

FORT RILEY SPouse CHOIR

The Fort Riley Spouse choir is accepting new members. If you love to sing and want to spend time with other Army spouses, then this group is definitely for you. Practices are Tuesday in the band room hall at 8:00 Saturday Dinners. Dinners at 8:30 on Thursday nights.

NO DOUGH DINNER

The USO Fort Riley is helping to bring families together with five dinners. The next USO No Dough Dinner is themed as Cinco De Mayo on June 1 at Moon Lake for 7:30 p.m. in conjunction with the Directorate of Family and Morale, Welfare and Recreation. For more information, call 785-240-2982 or emailing riley.imcom-central.mbx.des-vcc@riley.army.mil.

**IMPORTANT REMINDER**

Visitors to Fort Riley are reminded that a temporary Fort Riley Access Badge or Pan is required for anyone without a Department of Defense ID. If you encounter the exact date of your visit, it is highly recommended to get a temporary badge or pass early by stopping by the Visitor Control Center, calling 785-240-2982 or emailing riley.imcom-central.mbx.des-vcc@riley.army.mil.

**SPouses’ EIP and CHAT**

Spouses of active duty service members are welcome to join USO Fort Riley for coffee, snacks, friends and fellowship from 9:30 a.m. to 11 a.m. on the third Wednesday each month. For more information, call 785-240-2982.

**RILEY RIDE**

Heading to Aggieland for district test home to Fort Riley safely with Riley Ride. The transportation service is open to all Department of Defense ID cardholders and non-families. For more information, call 785-240-2982.

**ALCOHOL SALE POLICY**

Riley Ride is helping to bring families together with five dinners. The next USO No Dough Dinner is themed as Cinco De Mayo on June 1 at Moon Lake for 7:30 p.m. in conjunction with the Directorate of Family and Morale, Welfare and Recreation. For more information, call 785-240-2982 or emailing riley.imcom-central.mbx.des-vcc@riley.army.mil.

**MORE INFORMATION**

For more information on Riley’s food truck visit www.riley.army.mil.

**FIND OUT MORE**

For traffic updates, see the Traffic Report on page 10 or www.riley.army.mil.

**GENERAL INFORMATION**

For general information about events and services at Fort Riley, visit www.facebook.com/fortriley or follow @FortRiley on Twitter.

FORT RILEY SPouse CHOIR

The Fort Riley Spouse choir is accepting new members. If you love to sing and want to spend time with other Army spouses, then this group is definitely for you. Practices are Tuesday in the band room hall at 8:00 Saturday Dinners. Dinners at 8:30 on Thursday nights.

NO DOUGH DINNER

The USO Fort Riley is helping to bring families together with five dinners. The next USO No Dough Dinner is themed as Cinco De Mayo on June 1 at Moon Lake for 7:30 p.m. in conjunction with the Directorate of Family and Morale, Welfare and Recreation. For more information, call 785-240-2982 or emailing riley.imcom-central.mbx.des-vcc@riley.army.mil.

**IMPORTANT REMINDER**

Visitors to Fort Riley are reminded that a temporary Fort Riley Access Badge or Pan is required for anyone without a Department of Defense ID. If you encounter the exact date of your visit, it is highly recommended to get a temporary badge or pass early by stopping by the Visitor Control Center, calling 785-240-2982 or emailing riley.imcom-central.mbx.des-vcc@riley.army.mil.

**SPouses’ EIP and CHAT**

Spouses of active duty service members are welcome to join USO Fort Riley for coffee, snacks, friends and fellowship from 9:30 a.m. to 11 a.m. on the third Wednesday each month. For more information, call 785-240-2982.

**RILEY RIDE**

Heading to Aggieland for district test home to Fort Riley safely with Riley Ride. The transportation service is open to all Department of Defense ID cardholders and non-families. For more information, call 785-240-2982.

**ALCOHOL SALE POLICY**

Riley Ride is helping to bring families together with five dinners. The next USO No Dough Dinner is themed as Cinco De Mayo on June 1 at Moon Lake for 7:30 p.m. in conjunction with the Directorate of Family and Morale, Welfare and Recreation. For more information, call 785-240-2982 or emailing riley.imcom-central.mbx.des-vcc@riley.army.mil.

**MORE INFORMATION**

For more information on Riley’s food truck visit www.riley.army.mil.

**FIND OUT MORE**

For traffic updates, see the Traffic Report on page 10 or www.riley.army.mil.

**GENERAL INFORMATION**

For general information about events and services at Fort Riley, visit www.facebook.com/fortriley or follow @FortRiley on Twitter.

FORT RILEY SPouse CHOIR

The Fort Riley Spouse choir is accepting new members. If you love to sing and want to spend time with other Army spouses, then this group is definitely for you. Practices are Tuesday in the band room hall at 8:00 Saturday Dinners. Dinners at 8:30 on Thursday nights.

NO DOUGH DINNER

The USO Fort Riley is helping to bring families together with five dinners. The next USO No Dough Dinner is themed as Cinco De Mayo on June 1 at Moon Lake for 7:30 p.m. in conjunction with the Directorate of Family and Morale, Welfare and Recreation. For more information, call 785-240-2982 or emailing riley.imcom-central.mbx.des-vcc@riley.army.mil.

**IMPORTANT REMINDER**

Visitors to Fort Riley are reminded that a temporary Fort Riley Access Badge or Pan is required for anyone without a Department of Defense ID. If you encounter the exact date of your visit, it is highly recommended to get a temporary badge or pass early by stopping by the Visitor Control Center, calling 785-240-2982 or emailing riley.imcom-central.mbx.des-vcc@riley.army.mil.

**SPouses’ EIP and CHAT**

Spouses of active duty service members are welcome to join USO Fort Riley for coffee, snacks, friends and fellowship from 9:30 a.m. to 11 a.m. on the third Wednesday each month. For more information, call 785-240-2982.

**RILEY RIDE**

Heading to Aggieland for district test home to Fort Riley safely with Riley Ride. The transportation service is open to all Department of Defense ID cardholders and non-families. For more information, call 785-240-2982.

**ALCOHOL SALE POLICY**

Riley Ride is helping to bring families together with five dinners. The next USO No Dough Dinner is themed as Cinco De Mayo on June 1 at Moon Lake for 7:30 p.m. in conjunction with the Directorate of Family and Morale, Welfare and Recreation. For more information, call 785-240-2982 or emailing riley.imcom-central.mbx.des-vcc@riley.army.mil.

**MORE INFORMATION**

For more information on Riley’s food truck visit www.riley.army.mil.

**FIND OUT MORE**

For traffic updates, see the Traffic Report on page 10 or www.riley.army.mil.

**GENERAL INFORMATION**

For general information about events and services at Fort Riley, visit www.facebook.com/fortriley or follow @FortRiley on Twitter.

FORT RILEY SPouse CHOIR

The Fort Riley Spouse choir is accepting new members. If you love to sing and want to spend time with other Army spouses, then this group is definitely for you. Practices are Tuesday in the band room hall at 8:00 Saturday Dinners. Dinners at 8:30 on Thursday nights.

NO DOUGH DINNER

The USO Fort Riley is helping to bring families together with five dinners. The next USO No Dough Dinner is themed as Cinco De Mayo on June 1 at Moon Lake for 7:30 p.m. in conjunction with the Directorate of Family and Morale, Welfare and Recreation. For more information, call 785-240-2982 or emailing riley.imcom-central.mbx.des-vcc@riley.army.mil.

**IMPORTANT REMINDER**

Visitors to Fort Riley are reminded that a temporary Fort Riley Access Badge or Pan is required for anyone without a Department of Defense ID. If you encounter the exact date of your visit, it is highly recommended to get a temporary badge or pass early by stopping by the Visitor Control Center, calling 785-240-2982 or emailing riley.imcom-central.mbx.des-vcc@riley.army.mil.

**SPouses’ EIP and CHAT**

Spouses of active duty service members are welcome to join USO Fort Riley for coffee, snacks, friends and fellowship from 9:30 a.m. to 11 a.m. on the third Wednesday each month. For more information, call 785-240-2982.

**RILEY RIDE**

Heading to Aggieland for district test home to Fort Riley safely with Riley Ride. The transportation service is open to all Department of Defense ID cardholders and non-families. For more information, call 785-240-2982.

**ALCOHOL SALE POLICY**

Riley Ride is helping to bring families together with five dinners. The next USO No Dough Dinner is themed as Cinco De Mayo on June 1 at Moon Lake for 7:30 p.m. in conjunction with the Directorate of Family and Morale, Welfare and Recreation. For more information, call 785-240-2982 or emailing riley.imcom-central.mbx.des-vcc@riley.army.mil.

**MORE INFORMATION**

For more information on Riley’s food truck visit www.riley.army.mil.

**FIND OUT MORE**

For traffic updates, see the Traffic Report on page 10 or www.riley.army.mil.
More than 2.5 million Americans are using electronic vapor cigarettes. These devices have become popular in their tobacco-filling counterparts, but sometimes people misunderstand or are unaware of the regulations behind them and why they are in place. Compared to a traditional tobacco cigarette, e-cigarettes and vapor cigarettes are initiated by a small button-operated device that contains no tobacco but may provide the sensation of a smoking device.

Lars Vesper, Assistant Fire Chief of Prevention for the Fort Riley Fire Department, said at the June Community Safety Day that reports from the prevention branch showed people in the crowd need to find out what they know about e-cigarettes. Many people thought it acceptable and within regulations to make electronic and vapor cigarettes inside government vehicle and facilities.

In April, the Food and Drug Administration announced that the intent to regulate e-cigarettes is as nascent procedure. However, the FDA has not asserted any authority over the products. Because there are no FDA rules, the Fort Riley fire department has addressed this issue.

The use of any brand electronic or vapor cigarette is not authorized in any Army facilities. This is realized in Army Regulations 600-63 and Fort Riley Regulations 6-20-4. Violations of any regulations is punishable by Article 57 of the Uniform Code of Military Justice which could result in suspension, reassignment, non-judicial punishment, judicial punishment and/or arrest.

In the end, it is up to each reason why they are using the devices. Vesper said the Fort Riley Fire Department has had numerous false alarm incidents because of electronic or vapor cigarettes, and we need to get it out of our community, still safe and against regulations.

When a false alarm occurs, the individual is briefed on smoking devices and policy guidelines concerning both electronic and electronic or vapor cigarettes. Report response to the facility, for the community and occupants, warning is from the Fire Prevention Branch, where they share educational resources to the facility Fire Department and occupants involved.

Vesper said the Fort Riley Fire Department must respond to any building on post if it has a smoke detector going off. This is to protect the surrounding community and continue to keep it safe.

According to the Kansas State Fire Marshal, 25 separate incidents of explosion and fire related to vapor and e-cigarettes were reported in the United States between 2009 and 2014.

"We just want to help educate people on post," Vesper said.

Vesper said it is important to keep these regulations in place to keep the community protected. In the end, the community at Fort Riley being injured because of a vapor cigarette," Vesper said.

Vesper said it is much more effective with community partnership and people waking for each other in neighborhoods. Our Emergency Services staff is here to help you – take the opportunity on August 4 to thank them for the dedicated service they provide.

– To comment on this article or suggest a topic for Community Corner, email relay relay incense at postnews@jpelline.net or visit our Facebook page at www.facebook.com/
The Red Cross on Fort Riley has two new personnel who are dedicated to the agency's mission to "prevent and alleviate human suffering in the face of emergencies by mobilizing the power of volunteers and the generosity of donors." Becky LaPolice, the new Red Cross Service to the Armed Forces regional manager, left, and the new Regional Program Speci- alist Leslie Jones, right, are looking for volunteers to help across the state and at Fort Riley.

REDCROSS NEEDS VOLUNTEERS

The Red Cross on Fort Riley invites volunteers. With an ever-expanding region to cover and only two paid staff members, their goal is to have volunteers to work on a variety of family needs. In order to help their directors, James has organized a volunteer Leadership Season from 9 to 11 a.m. Aug. 25 at the in Fort Riley Red Cross Building. The Red Cross is located in Girard Near next to the former Headquarters Building. While the front of the building from Marmett one must turn onto Reed Ave, which is the unmarked street next to the building.

LaPolice said the difficulty in finding the Red Cross is a challenge they are working through among other things. "The Red Cross is not just for their existence, which in itself has been a challenge. A lot of people don’t know we are even here," she said.

The structural changes of the organization on a national level resulted in the loss of some volunteers, but LaPolice and Jones believe there are many people in the community who would sign up to volunteer if they learn about the opportunities available to them.

"We are building new a volunteer leaders," Jones said. This only in the recruitment of new volunteers to carry on their missions.

Volunteers are needed to work at the hospital, too, help in the office, work with the community centers, to teach all of the lines of service the Red Cross courses, and much more. They could also use someone who could serve as a volunteer coordinator to help recruit and manage the volunteer corps.

Anyone interested in learning more about what they can do should call Jones or LaPolice at 785-232-2667.

The Red Cross on Fort Riley is a nonprofit organization. The American Red Cross is a registered trademark of the American National Red Cross.
A SPLASH AT THE LIBRARY

Continued from page 9

尽管这项特别的活动是周末的划船接力赛，由于天气原因，斯科特和她的女儿——也是一名老师，却不得不提前完成这项工作。斯科特说：“我们需要数小时内完成这项工作，因为如果再晚一点的话，孩子们就会错过划船的最后时刻。”

我们所熟知的BY-O-MACHINE活动，其实是由30名志愿者组成的。斯科特说：“我想，这很可能是我们最成功的活动之一。我们已经成功地吸引了无数的参与者，他们都很喜欢这个活动。我也很高兴能在这个时候为孩子们提供一个可以尽情玩耍的地方。”

MOMMY

Continued from page 9

虽然这次特别的活动并不是为女性设计的，但斯科特却仍然坚持参加了。斯科特说：“我们只做了一次这样的活动，而且我们还希望能做得更好。我们已经准备好下一次的活动了，而且我们也希望能有更多的女性参加。”

RODEO

Continued from page 9

詹姆斯·基洛德夫，沃尔德和户外活动项目负责人，对于这个活动，他说：“这个活动是为了帮助孩子们了解正确的骑自行车方法，同时也能让他们享受户外活动的乐趣。我认为这是一个非常棒的活动，因为它能够帮助孩子们建立自信，从而更好地掌握这项运动。”

尽管这次特别的活动并不是为女性设计的，但斯科特却仍然坚持参加了。斯科特说：“我们只做了一次这样的活动，而且我们还希望能做得更好。我们已经准备好下一次的活动了，而且我们也希望能有更多的女性参加。”

虽然这次特别的活动并不是为女性设计的，但斯科特却仍然坚持参加了。斯科特说：“我们只做了一次这样的活动，而且我们还希望能做得更好。我们已经准备好下一次的活动了，而且我们也希望能有更多的女性参加。”

虽然这次特别的活动并不是为女性设计的，但斯科特却仍然坚持参加了。斯科特说：“我们只做了一次这样的活动，而且我们还希望能做得更好。我们已经准备好下一次的活动了，而且我们也希望能有更多的女性参加。”
**EYE ON THE PRIZE**

"He took his own time to participate in this event. He trained on his own time to prove something to himself. I'm really proud of Vince for completing this race." - Matt Enrich, Community Program Coordinator for AF

**Fitness competitor one of about 30 finishers in final 'Summer Death Race'**

**By Jakki Forester**

**5B/Sports**

"Big Red One" wharf has a way of affecting me just as it is the finishing line of the Fort Riley Directorate of Family and Morale, Welfare, and Recreation, had to collect rocks – 30 percent of his body weight. By this time, everything felt heavy. He collected the rocks and weighed-in. His weight fell short by about 20 pounds. At a punishment, he performed 290 burpees. For each one he stood, jumped, reached over his head and pushed up, jumped and stood again. When he finished, he ate at a test to find enough rocks to account for 30 percent of his body weight before moving on to one of the last segments of Peak Race's 'Death Race' event. "Spencer participated in the Peak Race Summer Death Race June 26 through 28, a three-day event in Pittsfield, Vermont. Spencer said, "You go through a lot of physical challenges, but there are also the mental challenges. If you want to complete the event, you have to push your mind to its limit.""

He only rucked three times before the event was over. "I just had my eye on the prize," Spencer said. "I wasn't trying to look at the whole thing. I just kept going. I just knew to make it another hour; I just have to make it another hour." Spencer tried the Summer Death Race in 2016, but withdrew after the first day. He said he didn't prepare for the rigour and intensity because he didn't know how to train for it. "No competitive doubt." Spencer left the 2016 event promptly, and he was glad he did. "He trained for his time to participate in this event," said Matt Enrich, community program coordinator for DFMWR. "I trained on his own time to prove something to himself. I'm really proud of Vince for completing this race." "Spencer's training," he said, "was surprisingly fun. He said the event was a lot more mental, although the physical challenges were present. He emphasized full body conditioning, kettle bell training and wall ball work. "I did a lot of exercises to support the run for distance," Spencer said. "I was able to train my body to maintain under stress." The full body conditioning and wall ball training came into play especially on the run. The event lasted the entire day of the event, from 9 a.m. June 26 to 12 p.m. June 27. "I ran 36 miles, I had to get three hours of sleep at that point," Spencer said.
RACE Continued from page 13

THE DEATH RACE: JULY 28 A.M.

It was going to be a long day. Everyone was standing in the race with their 800-pound packs. Each pack weighed about 90 to 100 pounds. Packs included the minimum required gear, but participants had to go to great lengths to get what they needed.

Participants headed into buses. While waiting everyone was expected to do as much as possible before the start of the race because they start the race later on but you still have to do stuff before the start of the race.

“I had traveled all day the day before the race. I was in route to K-State, but I had to go down to Chicago and Detroit to get everything I would need. It was a long day,” said Spencer.

“The bus ride was long and hard. We were sitting there for about six hours. We had a family member or close friend drive us to K-State so we could start the race a bit earlier,” said Spencer.

“How participant teams completed the 20-hour death-defying course of the mountain and built a path out of the debris was the most surprising part of the event. Spencer said this part wore people out.

“I think an event this challenging is not ruling it out. I think he plans to compete in something like this anytime soon, but he isn’t ruling it out. Spencer said it was just as much of a mental game as it was a physical one. He said he doesn’t plan to compete in anything like this anymore, but he isn’t ruling it out.”

Spencer and the Summer Death Race to promote fitness and wellness.

“It’s a way to get people out there and have been slowly getting back into it. I got back and have been doing stuff before the start of the race because they start the race later on but you still have to do stuff before the start of the race.”

He said he doesn’t plan to compete in something like this anytime soon, but he isn’t ruling it out. Spencer said it was just as much of a mental game as it was a physical one. He said he doesn’t plan to compete in anything like this anymore, but he isn’t ruling it out.”

Spencer and the Summer Death Race to promote fitness and wellness.

“It’s a way to get people out there and have been slowly getting back into it. I got back and have been doing stuff before the start of the race because they start the race later on but you still have to do stuff before the start of the race.”

He said he doesn’t plan to compete in something like this anytime soon, but he isn’t ruling it out. Spencer said it was just as much of a mental game as it was a physical one. He said he doesn’t plan to compete in anything like this anymore, but he isn’t ruling it out.”

Spencer and the Summer Death Race to promote fitness and wellness.

“It’s a way to get people out there and have been slowly getting back into it. I got back and have been doing stuff before the start of the race because they start the race later on but you still have to do stuff before the start of the race.”

He said he doesn’t plan to compete in something like this anytime soon, but he isn’t ruling it out. Spencer said it was just as much of a mental game as it was a physical one. He said he doesn’t plan to compete in anything like this anymore, but he isn’t ruling it out.”

Spencer and the Summer Death Race to promote fitness and wellness.

“It’s a way to get people out there and have been slowly getting back into it. I got back and have been doing stuff before the start of the race because they start the race later on but you still have to do stuff before the start of the race.”

He said he doesn’t plan to compete in something like this anytime soon, but he isn’t ruling it out. Spencer said it was just as much of a mental game as it was a physical one. He said he doesn’t plan to compete in anything like this anymore, but he isn’t ruling it out.”

Spencer and the Summer Death Race to promote fitness and wellness.

“It’s a way to get people out there and have been slowly getting back into it. I got back and have been doing stuff before the start of the race because they start the race later on but you still have to do stuff before the start of the race.”

He said he doesn’t plan to compete in something like this anytime soon, but he isn’t ruling it out. Spencer said it was just as much of a mental game as it was a physical one. He said he doesn’t plan to compete in anything like this anymore, but he isn’t ruling it out.”

Spencer and the Summer Death Race to promote fitness and wellness.

“It’s a way to get people out there and have been slowly getting back into it. I got back and have been doing stuff before the start of the race because they start the race later on but you still have to do stuff before the start of the race.”

He said he doesn’t plan to compete in something like this anytime soon, but he isn’t ruling it out. Spencer said it was just as much of a mental game as it was a physical one. He said he doesn’t plan to compete in anything like this anymore, but he isn’t ruling it out.”

Spencer and the Summer Death Race to promote fitness and wellness.

“It’s a way to get people out there and have been slowly getting back into it. I got back and have been doing stuff before the start of the race because they start the race later on but you still have to do stuff before the start of the race.”

He said he doesn’t plan to compete in something like this anytime soon, but he isn’t ruling it out. Spencer said it was just as much of a mental game as it was a physical one. He said he doesn’t plan to compete in anything like this anymore, but he isn’t ruling it out.”

Spencer and the Summer Death Race to promote fitness and wellness.

“It’s a way to get people out there and have been slowly getting back into it. I got back and have been doing stuff before the start of the race because they start the race later on but you still have to do stuff before the start of the race.”

He said he doesn’t plan to compete in something like this anytime soon, but he isn’t ruling it out. Spencer said it was just as much of a mental game as it was a physical one. He said he doesn’t plan to compete in anything like this anymore, but he isn’t ruling it out.”

Spencer and the Summer Death Race to promote fitness and wellness.

“It’s a way to get people out there and have been slowly getting back into it. I got back and have been doing stuff before the start of the race because they start the race later on but you still have to do stuff before the start of the race.”

He said he doesn’t plan to compete in something like this anytime soon, but he isn’t ruling it out. Spencer said it was just as much of a mental game as it was a physical one. He said he doesn’t plan to compete in anything like this anymore, but he isn’t ruling it out.”

Spencer and the Summer Death Race to promote fitness and wellness.

“It’s a way to get people out there and have been slowly getting back into it. I got back and have been doing stuff before the start of the race because they start the race later on but you still have to do stuff before the start of the race.”

He said he doesn’t plan to compete in something like this anytime soon, but he isn’t ruling it out. Spencer said it was just as much of a mental game as it was a physical one. He said he doesn’t plan to compete in anything like this anymore, but he isn’t ruling it out.”

Spencer and the Summer Death Race to promote fitness and wellness.

“It’s a way to get people out there and have been slowly getting back into it. I got back and have been doing stuff before the start of the race because they start the race later on but you still have to do stuff before the start of the race.”

He said he doesn’t plan to compete in something like this anytime soon, but he isn’t ruling it out. Spencer said it was just as much of a mental game as it was a physical one. He said he doesn’t plan to compete in anything like this anymore, but he isn’t ruling it out.”

Spencer and the Summer Death Race to promote fitness and wellness.

“It’s a way to get people out there and have been slowly getting back into it. I got back and have been doing stuff before the start of the race because they start the race later on but you still have to do stuff before the start of the race.”

He said he doesn’t plan to compete in something like this anytime soon, but he isn’t ruling it out. Spencer said it was just as much of a mental game as it was a physical one. He said he doesn’t plan to compete in anything like this anymore, but he isn’t ruling it out.”

Spencer and the Summer Death Race to promote fitness and wellness.

“It’s a way to get people out there and have been slowly getting back into it. I got back and have been doing stuff before the start of the race because they start the race later on but you still have to do stuff before the start of the race.”

He said he doesn’t plan to compete in something like this anytime soon, but he isn’t ruling it out. Spencer said it was just as much of a mental game as it was a physical one. He said he doesn’t plan to compete in anything like this anymore, but he isn’t ruling it out.”

Spencer and the Summer Death Race to promote fitness and wellness.

“It’s a way to get people out there and have been slowly getting back into it. I got back and have been doing stuff before the start of the race because they start the race later on but you still have to do stuff before the start of the race.”

He said he doesn’t plan to compete in something like this anytime soon, but he isn’t ruling it out. Spencer said it was just as much of a mental game as it was a physical one. He said he doesn’t plan to compete in anything like this anymore, but he isn’t ruling it out.”

Spencer and the Summer Death Race to promote fitness and wellness.

“It’s a way to get people out there and have been slowly getting back into it. I got back and have been doing stuff before the start of the race because they start the race later on but you still have to do stuff before the start of the race.”

He said he doesn’t plan to compete in something like this anytime soon, but he isn’t ruling it out. Spencer said it was just as much of a mental game as it was a physical one. He said he doesn’t plan to compete in anything like this anymore, but he isn’t ruling it out.”

Spencer and the Summer Death Race to promote fitness and wellness.

“It’s a way to get people out there and have been slowly getting back into it. I got back and have been doing stuff before the start of the race because they start the race later on but you still have to do stuff before the start of the race.”

He said he doesn’t plan to compete in something like this anytime soon, but he isn’t ruling it out. Spencer said it was just as much of a mental game as it was a physical one. He said he doesn’t plan to compete in anything like this anymore, but he isn’t ruling it out.”

Spencer and the Summer Death Race to promote fitness and wellness.

“It’s a way to get people out there and have been slowly getting back into it. I got back and have been doing stuff before the start of the race because they start the race later on but you still have to do stuff before the start of the race.”

He said he doesn’t plan to compete in something like this anytime soon, but he isn’t ruling it out. Spencer said it was just as much of a mental game as it was a physical one. He said he doesn’t plan to compete in anything like this anymore, but he isn’t ruling it out.”

Spencer and the Summer Death Race to promote fitness and wellness.

“It’s a way to get people out there and have been slowly getting back into it. I got back and have been doing stuff before the start of the race because they start the race later on but you still have to do stuff before the start of the race.”

He said he doesn’t plan to compete in something like this anytime soon, but he isn’t ruling it out. Spencer said it was just as much of a mental game as it was a physical one. He said he doesn’t plan to compete in anything like this anymore, but he isn’t ruling it out.”

Spencer and the Summer Death Race to promote fitness and wellness.

“It’s a way to get people out there and have been slowly getting back into it. I got back and have been doing stuff before the start of the race because they start the race later on but you still have to do stuff before the start of the race.”
You can experience the land much the way it would have looked when American Indians hunted bison on the prairies. Approximately an hour south of Fort Riley is the Tallgrass Prairie National Preserve near Strong City, Kansas. The tallgrass prairie once covered approximately 170 million acres of North America. Now less than 4 percent remains and most of this lies in the Flint Hills of Kansas.

American Indians understood the importance of these grasslands. The land provided rich hunting land where millions of bison roamed. The demand for farms increased as European settlers moved farther west. Indians were moved onto reservations and bison were slaughtered almost to extinction. The land was then plowed for agriculture and town settlements. These factors all contributed to changing the culture and landscape of the prairies forever.

The location that is now Tallgrass Prairie National Preserve became a ranch in 1878 when Stephen and Louisa Jones came here to build a cattle feeding station for their family’s Colorado cattle operation. They built a home, farm buildings and donated land for a school. Over the years the ranch changed hands, but many of the original buildings of the Jones family are preserved and can be toured at the park. On certain weekends, special natural and cultural events and activities take place. Visit the website at www.nps.gov/tapr for the most recent schedule of events. The preserve also has an hour-long daily bus tour at 11 a.m., with more availability on the weekend.

The Nature Conservancy owns most of the land and it is co-managed between the National Park Service and The Nature Conservancy. The admission is free and there are many scenic trails to hike. There are park rangers who can assist with trail conditions and suggested trails. The most popular trail is the Southwind Nature Trail just north of the historic ranch house. It is convenient for visitors wanting a short hike or those with limited time. It includes an overlook, several exposed limestone formations, a riparian area and some of the tallest grass.

The second most popular trail is the Scenic Overlook Trail. This trail winds through the 1,500-acre Windmill Pasture which is home to the bison herd and climbs up into Big Pasture about 1,500 feet above sea level. This vantage point provides a wide view of surrounding areas on a clear day.

So lace up those hiking boots, get some fresh air and exercise as you take a trip back into the scenic view of the prairies and bison from the past. There is truly something for everyone to do at the preserve.