

THE **1**ST INFANTRY DIVISION POST

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« FORT RILEY, KANSAS »

‘WHEN DUTY CALLED, THEY DID NOT FALTER’



Photos by Staff Sgt. Jerry Griffis | 1st Inf. Div. Public Affairs
 Soldiers from 1st Bn., 5th FA Regt., 1st ABCT, 1st Inf. Div., salute the official party after presenting them with first rounds fired from the battalion's salute battery during a Victory with Honors ceremony July 30 at Victory Park. The ceremony was held to honor incoming and outgoing leaders for the 1st Inf. Div.



Photo by Staff Sgt. Jerry Griffis | 1ST INF DIV PUBLIC AFFAIRS
 Brig. Gen. Thomas C. Graves, who served as the 1st Infantry Division's deputy commanding general for operations, ends his farewell speech during a Victory with Honors ceremony July 30 at Victory Park. Graves will next serve as deputy commanding general for operations with Eighth U.S. Army in the Republic of Korea.



Photo by Staff Sgt. Jerry Griffis | 1ST INF DIV PUBLIC AFFAIRS
 UK Brigadier Christopher Ghika, the 1st Infantry Division's most recent deputy commanding general for readiness, served with the 1st Inf. Div. as part of a senior leader exchange program, arriving at Fort Riley in November 2013. Ghika will return home to serve as Head of Personnel Strategy for the British Army.



Photo by Staff Sgt. Jerry Griffis | 1ST INF DIV PUBLIC AFFAIRS
 Brig. Gen. Eric Wesley, who served as the 1st Infantry Division's deputy commanding general for support, is departing Fort Riley to serve as deputy director of program analysis and evaluation for the Office of the Deputy Chief of Staff, financial management and programming, in Washington, D.C.

1ST INFANTRY DIVISION WELCOMES NEW, HONORS OUTGOING DEPUTY COMMANDERS



Photo by Staff Sgt. Jerry Griffis | 1st Inf. Div. Public Affairs
 Brig. Gen. John S. Kolasheski, the 1st Infantry Division's deputy commanding general for maneuver, speaks during his welcome speech at a Victory with Honors ceremony July 30 at Victory Park. Before coming to Fort Riley, Kolasheski served as deputy chief of staff for strategic communications for Headquarters, Resolute Support/Operation Freedom's Sentinel and the International Security Assistance Force/Operation Enduring Freedom in Kabul, Afghanistan.

By Amanda Kim Stairrett
 1ST INF. DIV. PUBLIC AFFAIRS

The 1st Infantry Division is amid a season of change. Upon completion of its recent nine-month deployment to Iraq, the headquarters is experiencing a "period of great transition and turbulence," its commander said July 30 during a Victory with Honors ceremony at Fort Riley.

"This might prove too great a challenge for many organizations," said Maj. Gen. Paul E. Funk II, commanding general of the 1st Inf. Div. and Fort Riley, "but not for the 'Big Red One.'"

Ahead of his own change of command Aug. 6, Funk led farewells for Brig. Gen. Eric J. Wesley, deputy commanding general for support; Brig. Gen. Thomas C. Graves, deputy commanding general for operations; UK Brigadier

Christopher Ghika, deputy commanding general for readiness; and Brig. Gen. Kenneth L. Kamper, chief of staff. He also joined the community in welcoming Brig. Gen. John S. Kolasheski, the incoming deputy commanding general for maneuver, and Col. Peter G. Minalga, the new chief of staff.

"As members of our team move on to bigger and better things," Funk said, "we are fortunate to gain new teammates, ready to move forward and push the division to even greater heights."

Before coming to Fort Riley, Kolasheski served as deputy chief of staff for strategic communications for Headquarters, Resolute Support/Operation Freedom's Sentinel and the International Security Assistance Force/Operation

Enduring Freedom in Kabul, Afghanistan.

Kolasheski previously served with the 1st Inf. Div. as executive officer for the 1st Squadron, 4th Cavalry Regiment; brigade operations officer for the 2nd Armored Brigade Combat Team, including duty in Iraq; and later as deputy division operations officer.

"My family and I are very, very excited to be here at Fort Riley, serving once again in the 1st Infantry Division," Kolasheski said. "We look forward to meeting each and every one of you."

The armor officer is a graduate of Bucknell University and holds master's degrees in engineering management and simulations/training systems design from the University of Central Florida and in strategic

See HONORS, page 6

The next USAG Resilience Day Off will be:

August
10

SAFETY HOLIDAY

As of Thursday, August 6

212

days have passed since the last vehicular fatality at Fort Riley, seventeen more and the post will celebrate with a safety holiday to take place at each unit's discretion.

HIGHLIGHTS



VACATION BIBLE SCHOOL USES INTERACTIVE GAMES, DAILY THEMES, TO TEACH LIFE LESSONS SEE PAGE 9.

ALSO IN THIS ISSUE



MARK BACON, FACILITY DIRECTOR FOR CRAIG FITNESS CENTER, WINS BODYBUILDING COMPETITION. SEE PAGE 13

'Iron Rangers' exercise Total Army Concept

By Staff Sgt. Bernhard Lashleyleidner
1ST ABCT PUBLIC AFFAIRS

FORT HUNTER LIGGETT, California – Soldiers from the 1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, partnered with the 91st Training Support Division July 10 through Aug. 7 during Warrior Exercise 15-03.

LT. COL. PAUL MCCARTHY, deputy commanding officer, 91st Training Support Division, said the WAREX was designed to provide relevant and realistic training to Reserve component forces while reinforcing the Total Army Concept.

“The Total Army Concept is the integration of National Guard and Army Reserve forces components with active-duty components,” McCarthy said. “Having Soldiers training alongside each other increases our effectiveness on the battlefield.”

McCarthy said the WAREX trained more than 5,000 combat service support Soldiers on actions on contact, small-arms fire, civilians on the battlefield, com-

plex ambushes to increase their functional capabilities and how to recognize improvised explosive devices

“This was my first time working with active-duty Soldiers on recognizing IEDs and observing ambushes,” said Capt. Melinda Poole-O'Bannon, a veterinarian with the 445th Medical Detachment Veterinary Services, U.S. Army Reserve. “We rarely participate in training like this – it was stressful but very good.”

“Having Soldiers training alongside each other increases our effectiveness on the battlefield.”

LT. COL. PAUL MCCARTHY
| DEPUTY COMMANDING OFFICER FOR 91ST TRAINING SUPPORT DIV.

Staff Sgt. Patrick Naragon, a tank commander with Company D, 1st Bn., 16th Inf. Regt., 1st ABCT, 1st Inf. Div., said sometimes it was a challenge working with some of the National Guard and Reserve Soldiers due to their lack of previous experience on some of the lanes.

“I had to tell my Soldiers to take it slow...,” Naragon said. “We have veterinarian and other support personnel that don't train on this stuff on a regular basis like we do.”

Naragon, a native of Mesa, Arizona, said being a part of this exercise has been a very rewarding experience, not just for him



Staff Sgt. Bernhard Lashleyleidner | 1ST ABCT PUBLIC AFFAIRS

Staff Sgt. Patrick Naragon (right), a tank commander with Company D, 1st Battalion, 16th Infantry Regiment, 1st ABCT, 1st Inf. Div., discusses how to identify a possible improvised explosive device with Soldiers from the 445th Medical Detachment Veterinary Services July 25 at Fort Hunter-Liggett, California. Naragon was one of 120 Soldiers who participated in the 30-day exercise designed to provide relevant and realistic training to National Guard and Reserve component Soldiers while reinforcing the Total Army Concept.

and his Soldiers, but also for the National Guard and Reserve Soldiers they have been training.

The month-long exercise incorporated intense field training and allowed the Soldiers to improve their functional, collective warrior tasks.

Lt. Col. Trent Upton, commander, 1st Bn., 16th Inf. Regt., 1st ABCT, 1st Inf. Div., said his

battalion mobilized more than 120 Soldiers to support the 1st Bde., 34th Inf. Div.'s WAREX and helped prepared them for their future deployment.

“This training allowed us to exercise our systems,” Upton said. “We conducted a Level III Emergency Deployment Readiness Exercise, which trains company leaders and the battalion

staff on their roles in deploying Soldiers.”

Upton, a native of Reedsville, Ohio, said opportunities like these have strong implications that go beyond assisting the Reserve component with rotational support.

“They have benefits at multiple levels that support the Total Army Concept of multi-

component training,” Upton said. “Building relationships and understanding each component's capabilities, strengths and weakness in a training environment helps us be more effective when we deploy to respond to contingency operations as one team.”

See RANGERS, page 4

USAG Employee of the Month, Partner Recognition Ceremony for July

Date: Aug. 13

Time: 8:30 a.m.

Location: Ware Parade Field, in front of Building 500. In the event of inclement weather, the ceremony will be held at Building 407

Nominees are:

Ms. Tara Hill

Directorate of Family and Morale, Welfare and Recreation.

Mr. Dan McCallister

Directorate of Public Works.

Mr. Henry Huguley

Directorate of Emergency Services.

Ms. Marta Oliveras

Directorate of Human Resources.

More than 100 hours of volunteer work earns Soldiers quarterly award

Story and photo by Maria Childs
1ST INF. DIV. POST

Approximately 90 Soldiers and civilians received awards for completing volunteer opportunities over the past three months during the Volunteer of the Quarter ceremony July 28 at Riley's Conference Center.

Maj. Gen. Paul E. Funk, commanding general of the 1st Infantry Division, welcomed Soldiers and families to the event. He said this ceremony is near and dear to his heart because volunteers are those who help make this community great.

“We that wear the uniform have no business ever walking away from a ceremony like this without feeling good about ourselves, feeling good about the people we are around and feeling good about our community,” Funk said.

Civilians received the Volunteer of the Quarter glass award while the service members received the Military Outstanding Volunteer Service Medal to wear on their uniform. More than 10,000 hours of volunteering between the civilians and service members were recognized during the ceremony. These volunteer hours took place during the month of April, May and June.



Cpl. Travis Darling, 287th Military Police Company, 97th MP Battalion stands next to Maj. Gen. Paul E Funk, commanding general of the 1st Infantry Division and Brig. Gen. Eric Wesley, deputy commanding general - support, as well as his own command team during the Volunteer of the Quarter ceremony July 28 at Riley's Conference Center. Darling completed more than 100 hours volunteering as a designated driver, and received his Military Outstanding Volunteer Service Medal.

Funk said the ceremony is about something more than just the people of the Big Red One community.

“This ceremony is about caring about one another, about being part of something bigger than yourself, about giving back selflessly in order to make life better for others,” Funk said.

Brig. Gen. Eric J Wesley, deputy commanding general - support, reinforced the message of volunteering by informing the audience of volunteering statistics. He said married people are more likely to volunteer.

“The number one reason people volunteer is because they feel a personal tie to or are passionate about the cause in which they are volunteering,” Wesley said.

That is exactly why Cpl. Travis Darling, 287th Military Police Company, 97th MP Battalion was included in the ceremony. He received

his MOVSM for completing more than 100 hours of volunteering while stationed at Fort Riley.

He was a designated driver for fellow Soldiers, and is inspired to help people.

“It's important to give your time to other people, it's something selfless,” Darling said.

Member Assistance Day

Saturday, August 8 • 7am-noon
Custer Hill Golf Course

Your assistance is needed for the following:
Reworking Bunkers • Tree Trimming • Pond Maintenance

Tools and supplies will be provided*
*Additional tools may be needed, please call for more information 785.226.5306

Barbecue starting at noon.

Judge Advocate General Corps celebrates 240th birthday

Story and photo
by Sarah Falcon
1ST INF. DIV. POST

At the Office of the Staff Judge Advocate in the large courtroom, members of the Judge Advocate General Corps celebrated their 240th birthday July 29. JAG consists of paralegals, noncommissioned officer supervisors, judge advocates and civilian attorneys. The Legal Assistance office is available to all military identification cardholders and provides legal advice for free.

The ceremony began with Lt. Tamika Lipford, the youngest judge advocate in attendance, reading the history script of the JAG Corps. It outlined the many achievements of the Judge

Advocate regiment and it all started with William Tudor, the first judge advocate, in 1775.

"As the Corps moves through the second decade of the 21st century, it's appropriate that we pause and reflect on the proud accomplishment of William Tudor, our fallen comrades and the men and women of our regiment in the past 240 years," Lipford said.

After the recital of the Corps history, Col. Andrew Cole, Jr., Col. Warren Wells, and the youngest enlisted member of the Corps in attendance, Pfc. Gerardo Sanchez gathered in front to cut the JAG birthday cake with a golden saber, as is tradition. Once the cake was

cut, Harry Hardy, the eldest judge advocate in attendance, Lipford, the youngest judge advocate in attendance, Kayla Hayden, and the newest civilian member of the Corps joined the others to take the ceremonial first bite of the cake.

"The anniversary is exciting because it reflects America's dedication to rule of law. Really that is one of the things that sets America apart in the world is its long time dedication to the rights, privileges and responsibilities for all men and women," said Wells.

Everyone in attendance applauded for the end of the ceremony and took turns getting a piece of the cake and the beverages provided.



Fort Riley Garrison Commander, Col. Andrew Cole, Jr., Col. Warren Wells and Pfc. Gerardo Sanchez use the ceremonial saber to cut the cake at the Judge Advocate General Corps 240th birthday July 29.

Soldiers complete program with graduation and job opportunity

Story and photo
by Maria Childs
1ST INF. DIV. POST

The first graduating class to receive their commercial driver's license credentials walked across the stage to receive their certificates July 31 at Fort Riley.

Kansas Secretary of State, Kris Kobach, Teamsters International Representatives, ABF Trucking president and Fort Riley officials congratulated the Soldiers from the first Fort Riley Career Skills Program.

The six-week course provided commercial driver's license instruction and behind-the-wheel experience to Soldiers who are close to their end-of-service date. The program, called the Career Skills Program, is the result of a partnership between the Teamsters Military Assistance Program, ABF Freight and the Department of Defense. This allows Soldiers to step into the civilian workforce with a guaranteed job.

Fort Riley G-4 Transportation Command Sgt. Maj. Barnell Herron said after a year and a half of planning and implementation, seeing the

first set of graduates from this program touched his heart. He said this is offering the Soldier something to take with him after his time in the Army.

"It's offering the Soldier a quality training with a guaranteed job before the Soldier even transitions out of the military," Herron said. "It works because Soldiers don't have guaranteed anything once they get out, but with this program they are offered a job."

Fort Riley is one of few installations that provides the program, according to Herron. And there are more CDL courses being offered through SFL-TAP.

Soldiers can get an application packet at the SFL-TAP office in Building 212. All packets must be returned 10 days before the start of the course.

Michael Yauger, National Director of the Teamsters Military Assistance Program, said it is a privilege to work with the men and women who serve in uniform. Meeting families and Soldiers is what this program is all about, he said.

"It's one thing to get a Soldier a job, it's another thing to get them licensed

and credentials," Yauger said. "When you put them on a career ladder, you will change their family's lives."

Brig. Gen. John Kolasheki, deputy commanding general – maneuver, presented both Yauger and Tim Thorpe, President of ABF Freight, with 1st Infantry Division books before the ceremony. During the ceremony, Kolasheki introduced guest speaker, Kris Kobach.

Kobach said helping injured Soldiers is the most typical way citizens support the mission, but the graduation displayed a different way Soldiers are supported. Kobach said this event proves organizations and individuals are working together to help Soldiers as they reintegrate into a civilian world.

He also said the program is impressive in his eyes because of what it has to offer those Soldiers.

"This process proves there are people in organized labor, in the US military, in the truck industry and the state government who are willing to work together to do something that really makes sense," Kobach said. "This program makes sense on so many levels."



The first graduating class to receive their commercial driver's license credentials walked across the stage to receive their certificates July 31 at Fort Riley. The six-week course provided commercial driver's license instruction and behind-the-wheel experience to Soldiers who are close to their end-of-service date. The program, called the Career Skills Program, is the result of a partnership between the Teamsters Military Assistance Program, ABF Freight and the Department of Defense. This allows Soldiers to step into the civilian workforce with a guaranteed job.

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NEW ARMY MEDICAL HOME



Tywana Sparks | IACH PAO

Irwin Army Community Hospital celebrates the opening of the new Flint Hills Medical Home during a ribbon cutting ceremony July 31 in Junction City, Kansas. From left to right: Command Sgt. Maj. Carol Warren-Clark, IACH Command Sergeant Major; Paul Jacob, FHMH Group Practice Manager; Janice Morris, the clinic's first patient; Col. Risa Ware, IACH Commander; and Col. Peter Minalga, 1st Infantry Division Chief of Staff participate in the ribbon cutting.

Clinic provides local, personalized care

BY IACH PUBLIC AFFAIRS OFFICE

Junction City resident and retiree beneficiary Janice Morris won't need to drive her car the next time she goes to see her provider. She may just walk to the newly built Army Medical Home on Southwind Drive.

Located six miles from Fort Riley in Junction City, the Flint Hills Medical Home is the first to be opened solely for the benefit of Active Duty family members, retirees, and their family members in Kansas.

"I think the opening of this clinic is wonderful and convenient for me; I live just two blocks away," she said. "My husband and I always receive wonderful care on Fort Riley and now we will receive the same care in our neighborhood."

Morris was the clinic's first patient on Aug. 3 when it began seeing beneficiaries. She participated in the ribbon cutting ceremony July 31 representing all family and retiree beneficiaries who reside in and around Junction City.

"This medical home will enhance Army Medicine's mission of supporting the

force and ensuring access to quality medical services," said COL Risa Ware, Irwin Army Community Hospital Commander, during the ribbon cutting ceremony.

"Our military families deserve nothing less than the best health care that Army Medicine can provide. The opening of the Flint Hills Medical Home will make it more convenient for them to have access to the same great care they receive at Irwin Army Community Hospital," she said.

The 12,500-square-foot facility is outfitted with new equipment and 18 exam rooms. It can host up to seven medical providers. In addition to preventive services, enrolled family members and retirees will also have access to lab, pharmacy and behavioral health services. At full capacity the medical home can provide care for 8,100 beneficiaries.

The Flint Hills Medical Home is more than just con-

venience of location. It is a Patient Centered Medical Home, a new model of healthcare being adopted across Army Medicine and by leading civilian healthcare systems. Medical research indicates that patients with access to a personalized health care team, over time, are healthier, live longer, and live a more productive life.

"Through a partnership with their primary care team, patients are active participants in their health care. Together, a comprehensive health care plan is developed to maximize the delivery of preventive care to promote health and wellness. We are confident that family members and retirees will be pleased with the care they receive here," she said.

The Flint Hills Medical Home is located at 623 Southwind Dr. in Junction City, just one mile north off of Exit 295 Interstate 70. To make an appointment, visit www.Tricare-Online.com or call 785-239-DOCS (3627).

Breastfeeding best choice for mother, baby health, experts say

By Lisa Young
HEALTH EDUCATOR, U.S. ARMY
PUBLIC HEALTH COMMAND

The military mother who wants to keep breastfeeding her baby after a return to duty should be encouraged by the fact that breastfeeding is the natural way to feed her baby.

It advances a baby's physical and mental growth and development, and also benefits the mother's health.

In fact, Aug. 1 through 7 was World Breastfeeding Week, a combined effort recognized every year in more than 120 countries to bring awareness to the benefits of breastfeeding. The focus of the week is to promote exclusive breastfeeding for the first six months because of the many health benefits linked to breastfeeding.

Many highly respected organizations, such as the American Academy of Pediatrics, American Congress of Obstetricians and Gynecologists, American Public Health Association, United Nations International Children's Emergency Fund and the World Health Organization recognize breastfeeding as the best choice for a mother and her baby's health. By breastfeeding until the baby is six months old, the mother:

- Gives her baby the best nutrition possible – your milk!
- Saves money. The average cost for baby formula is \$100 to \$120 a month, about \$30 per can.
- May miss less work. Breast milk provides natural immunities so that breastfed infants are less likely to get sick early in life.

• Provides a bond that only the mother and her baby share, even when they are apart.

• Gets back in shape and loses weight faster. Mothers burn calories when they produce milk. Exclusive breastfeeding burns an extra 300-500 calories a day!

Many military moms find breastfeeding difficult when they return to work and some active duty mothers do not think it is even possible.

Part of this is credited to the working conditions, deployments, lack of time and place to pump breast milk, and not being around other breastfeeding women in the military. It is clear why military and active duty moms may view breastfeeding as tough. Suggestions passed on by military moms that have been successful are:

- Make breastfeeding plans before delivery of the child, i.e.

where the mother is going to pump during the day and how the milk will be stored.

• Mothers should provide supervisors with a memorandum before the baby is delivered explaining the breastfeeding plan for their approval. If mothers need extra time over lunch to feed their baby, ask for command's approval and support before you go on maternal leave.

• Enlist the support of unit and community leaders, friends who are also mothers, fathers/partners, lactation consultants, pregnancy educators and online support groups.

• Research the installation and community for lactation rooms and electric pumps that can be used.

Healthy People 2020, a federal agency that sets and tracks national health goals, states

that breastfeeding is important to public health since our children's health affects the condition of families, communities and the health care system. Human breast milk is widely accepted as the most complete nutrition for most infants, with a range of benefits for their health, growth and development. Human milk is made up of many nutrients that work together for the healthy, full-term, human infant.

The federal government and many states have laws that protect a woman's right to breastfeed. The U.S. Department of Health and Human Services Office of Women's Health is strongly promoting breastfeeding through promotional campaigns and policy statements.

Breastfeeding in public may be challenging at times, even with the growing awareness,

but stay encouraged. Here are some tips for breastfeeding in public:

• Slip into a women's lounge or dressing room to breastfeed.

• Use a special breastfeeding blanket around the shoulders.

• Wear tops that allow easy access to breasts.

• Breastfeed the baby in a sling to make it easier to keep baby and mother close.

• Practice at home so as to maintain one's own personal level of privacy.

• Mothers are urged to breastfeed their baby before he or she becomes fussy so they have time to get into a comfortable place or position to feed.

For additional advice or support, there are also many online resources to support the choice to breastfeed.

TUESDAY TRIVIA CONTEST WINNER



The August 4 question was: "On www.riley.army.mil where can New Arrivals and others view 2015 BAH rates?"
Answer: <http://www.riley.army.mil/Portals/0/Docs/NewArrivals/FR2015BAHrates.pdf>

The winner is: Christina Dimattia (Christina Dee) veteran and 1st Inf. Div. Fort Riley neighbor. In this photo: From left to right, daughter Vittoria, Christina Dimattia and daughter, Hannah.

Every Tuesday, check out Fort Riley's Facebook page for the Fort Riley Tuesday Trivia question of the week at www.facebook.com/FortRiley.

Every answer will be available somewhere on the official Fort Riley website at www.riley.army.mil.

CONGRATULATIONS, CHRISTINA DIMATTIA!

Home wanted

This pet's name is Bobbi. Bobbi came to the facility with some trauma on her tail. Her tail was removed because she kept attacking it and injuring herself. Now this spunky little girl is all healed up, spayed and ready for new adventures.

Bobbi loves to play and is very affectionate with people. She seems to get along with other animals. Her adoption fee is \$142, which includes Microchip, Vaccines: Distemper and Rabies, Leukemia test and deworming.



If you're interested please call 785-239-6183. If no one answers then leave a message. You can also contact us via email at nicole.p.storm@us.army.mil

Other shelter animals can be seen on www.facebook.com/fortrileypets. All stray animals picked up by the Military Police on Fort Riley are brought to the Fort Riley Stray facility. The animals are held there for three business days to allow owners to claim their pets. After this time the animals may be adopted out or euthanized. Animals are usually only euthanized in the cases of severe aggression or life-threatening illness. Animals must be registered, microchipped and up to date on vaccines before released to owners. Fort Riley Stray Facility, Building 226 Custer Ave., Main Post, 10 am - noon and 1 p.m. - 4 p.m., Monday through Friday 785-239-6183 or 785-239-3886

WWW.IDIVPOST.COM

TRAFFIC REPORT

ALL SCHOOL ZONES IN EFFECT

School zones will be in effect beginning August 3. This is a precautionary warning period prior to school starting August 17. Tickets will not be issued during this time. Be vigilant. Some school zones have lights and others have posted times.

ESTES ROAD

The opening of Estes Rd. west of Normandy Dr. continues to be on hold. The opening will occur once new signage is in place.

ROAD STRIPING UNDERWAY

Road striping and crosswalk painting has begun. The work will first involve all major thoroughfares on Fort Riley, then move onto secondary roads. In addition, stripes on parking lots at post schools will also be painted. Motorists may be re-directed to the road shoulders, but no roads are expected to close. All are asked to exercise extreme caution while driving in these areas.

DICKMAN AVENUE

The construction and work on Dickman Avenue is complete and the roadway is now open.

HAMPTON PLACE

A portion of Hampton Place, from Jackson Avenue north to Ashby Drive, will be closed to thru traffic through September. A pedestrian and bike detour is in place during this time. The closure is part of the demolition and construction project in the Warner Peterson Community. Access to Custer Hill Elementary School will be available from Ashby Avenue. For more information, contact Corvias Military Living at 785-717-2200.

ACP HOURS OF OPERATION

Access control point hours are:
Four Corners/Trooper/Ogden: Open 24/7
Henry: Open 24/7
12th Street: Open from 5 a.m. to 7 p.m., Monday to Friday; 8 a.m. to 5 p.m., Saturday; closed on Sunday and federal holidays.
Rifle Range: Close to all traffic.
Grant: Open from 5 a.m. to 7 p.m., Monday to Friday; 8 a.m. to 5 p.m. Saturdays; closed Sundays and federal holidays.
Estes: Open from 5 a.m. to 7 p.m., Monday to Friday; 8 a.m. to 5 p.m., Saturday; closed on Sunday and federal holidays.

IRWINFORMATION

Q: Does TRICARE cover an intra-uterine device?

A: Yes, TRICARE covers the insertion, removal, and replacement of an IUD under the medical benefit. The IUD must be approved by the U.S.

Food and Drug Administration. Cost shares apply.

If you have a question for IrwINformation, send it to IACHInformation@amedd.army.mil or call 785-239-8414.

RANGERS Continued from page 2

McCarthy said when the Navy, who were also training at Fort Hunter-Liggett, requested opposing forces support from 91st TSD, he asked 1st Bn., 16th Inf. Regt., if they could support.

"Team Wolf Pack enablers provided a training scenario that the Naval Forces weren't accustomed to," Capt. Robert Moore, commander, Company D, 1st Bn. 16th Inf., said. "They enjoyed our

versatility in role playing and our ability to utilize various training aides to inflict stress."

Upton said many of the senior leaders within the 91st TSD had expressed to him the wonderful OPFOR support his unit provided during the exercise.

"I am very proud of the Soldiers that are out here," Upton said. "It is a testament to their professionalism and hard work."

Upton said as a commander it felt good to hear others saying positive things about his troops.

"Your Soldiers are rock stars," McCarthy said. "They are the best OPFOR Soldiers we have ever had during any of our exercises. They understood combat operations in multiple area of operations and were capable of giving a realistic look to different training audiences."

WWW.TWITTER.COM/FORTRILEY

RILEY ROUNDTABLE

“What are you looking forward to during the upcoming school year?”



“Meeting new people and learning to read.”

MACKENZIE DIEM

Daughter of Pvt. Jason Kneis, 1st Battalion, 5th Field Artillery Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division



“Meeting my new teachers and learning new stuff.”

LILLY ELLIOTT

Daughter of 1st Infantry Division Soldier



“Making new friends and meeting my new teachers.”

JAYLA COY

Daughter of Sgt. 1st Class Jason Coy, 1st Combined Arms Battalion, 63rd Armor Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division



“I’m going to get my own room and I hope kids are nice.”

MINIC TURNER

Son of Capt. Isaac Turner, chemical officer, 1st Armored Brigade Combat Team, 1st Infantry Division



“Making new friends at a new school.”

ZAYDREE COY

Daughter of Sgt. 1st Class Jason Coy, 1st Combined Arms Battalion, 63rd Armor Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division

THE 1ST INFANTRY DIVISION POST

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LETTERS TO THE EDITOR

The Post welcomes letters to the editor. Letters should not contain any libelous statements or personal accusations. Letters accepted for publication must include the writer's full name and phone number. Letters may be edited for space, but never for content. Send a fax 785-239-2592 or e-mail usarmy.riley.imcom.mbx.post-newspaper@mail.mil



2015 Antiterrorism Awareness Message

August marks the Army's sixth annual observance of Antiterrorism Awareness Month. The terrorist threats we face today are as complex as they have been at any time in our Nation's history. These threats are persistent and constantly evolving as evidenced by the fight against the Islamic State of Iraq and the Levant (ISIL).

The purpose of Antiterrorism Awareness Month is to instill Army-wide heightened awareness and vigilance to protect Army critical assets and personnel by preventing acts of terrorism. Awareness of terrorist threats and an understanding of personal protective measures remain paramount. The four focus areas planned for this year include (1) recognizing and reporting suspicious activity, (2) participating in antiterrorism training, (3) countering insider threats and (4) becoming familiar with the risks associated with the use of social media.

As part of this observance, leaders at all levels should continue to emphasize the importance of suspicious activity reporting in support of our collective national security. Recent activities around the world, which have included the use of social media as a threat mechanism against Soldiers and their Families, emphasize the need for sustained antiterrorism awareness.

We encourage all leaders to make continuous improvements within our antiterrorism plans and programs in order to guard our communities against persistent terrorist threats. Leaders should leverage resources and expertise from throughout their formations to strengthen the security and protection of Army communities. Working together, we present a unified defense for the strength of our Nation. Army Strong!

Daniel A. Dailey
Sergeant Major of the Army

Raymond T. Odierno
General, United States Army
Chief of Staff

John M. McHugh
Secretary of the Army

Trust, ethic are foundation of force

By Lisa Ferdinando
ARNEWS

WEST POINT, N.Y. – The Army profession is built on trust that starts with every member of the total force, the Army's most senior civilian and military leaders said.

These leaders and some West Point cadets were among the 270 people, who attended a conference on the Army Ethic at the U.S. Military Academy here.

The July 27 and 28 event, facilitated by the Center for the Army Profession and Ethic, centered on the strategic stewardship of the Army profession.

“As strategic stewards of the Army profession, we are responsible for setting priorities, enacting policies, managing resources, establishing programs, and designing systems that provide for our people – the Army Family,” Army Secretary John M. McHugh said.

“It is also our duty to strengthen these essential characteristics every day in all that we do – every decision you make, every policy you sign, every order you give,” he said.

Other attendees included Army Chief of Staff Gen. Ray Odierno and Sgt. Maj. of the Army Daniel A. Dailey. Gen. Martin E. Dempsey, chairman of the Joint Chiefs of Staff, took part in the first day of the conference.

“We have to ingrain the professional ethic in our young leaders because they are actually in the most strategic location to affect the population of the formation,” Dailey said during an interview.

Young leaders need to understand they are part of the profession, while having a clear understanding that there is “no wavering from our ethic, in both garrison and combat,” the sergeant major said.

“They have a moral obligation to perform their duties to the best of their ability and form the bedrock, which is the trust not only between them and their Soldiers but upheld that trust to the American people who dearly hold them in high regard,” he said.

The newly-published Army Ethic, which can be found in Army Doctrine Reference Publication 1, “really guides us on where we want to go,” one senior leader said. As part of the rules of the symposium, participants were not to be



Lisa Ferdinando | ARNEWS

Senior Army leaders meet in small groups during the Army Profession Annual Symposium on the topic of strategic stewardship at the U.S. Military Academy at West Point, N.Y., July 28.

directly quoted, without prior authorization, in an effort to allow a free-flowing debate.

Despite some questioning of the Army profession in recent years, the “profession has stood strong,” he said. “I also believe it’s important for us to renew it every year and talk about it.”

ETHICS OF WAR

There are tactical issues related to the application of force, and the ethics related to waging warfare, a senior leader said. The world is “entering a period of complexity unlike any other in history,” he said.

“You’re going to be challenged a bit as senior leaders to understand more the ethics of waging warfare,” he said.

The challenges include deciding when to take military action, how much action to take, and “whether in making that decision, you are in some way creating more suffering, that then begins to cross over into ethical issues,” he said.

An increasingly complex world requires leaders to have a “stronger moral compass” to navigate through it.

SEXUAL HARASSMENT AND SEXUAL ASSAULT

The Army takes seriously all incidents of sexual harassment and sexual assault, leaders stressed. Those behaviors run counter to the values and principles of the Army.

While there are many great things about the Army, there are also challenges that the Army must overcome, Dailey said.

The top enlisted leader said combating sexual harassment and sexual assault in

the ranks is his top priority, as outlined in his “Not in My Squad” initiative.

Dailey wants squad leaders to instill in their Soldiers that behaviors such as sexual harassment, sexual assault, hazing and bullying will not be tolerated.

Dailey said squad leaders need to tell their Soldiers: “We have a commitment to each other, we have a commitment to the American people, and we have a commitment to this profession – and this stuff is simply not going to happen in our organization.”

Young leaders have the power to promote good behavior and create an environment that fosters trust and respect, he said.

MOVING FORWARD

“Trust is the foundation for everything we do,” a leader said.

Senior Army leaders have the privilege, honor, responsibility and duty to be strategic stewards of the profession, setting the conditions for success as the Army and its members move forward, he said.

Participants highlighted how the Army Ethic needs to be internalized in all Soldiers and continually demonstrated by leaders. If the ethic is part of a Soldier’s core, whether in garrison or in combat, the individual will make the ethically responsible choice.

The Army must remain a trusted profession, both within the institutional and operational Army, a leader said. It must also maintain that trust with the American people.

The Army is a “cradle-to-grave profession” in which

members spend a lifetime developing instincts and expertise, a general officer said. There has to be an “enduring drumbeat” in every level of the Army about the profession, being a professional and living the Army Ethic.

“Everything you do, every decision made, every policy signed, every order given ... what you do affects the decisions and actions of every other member of our Army,” a leader said.

The input of Soldiers and civilians should be valued, as the Army seeks innovation and improvements in communication. Most empowerment comes from the bottom up, as subordinates solve problems and give feedback, a senior Army officer said.

Leaders need to be adaptable and be able to provide options, while always being guided by a moral compass. They also need to build good relationships to instill trust, a leader said.

“If you don’t make a connection to build the relationship, you’re just not going to have the kind of influence on your profession and our country that you want to have,” a general officer said.

Humility is important in leaders, a senior official said, due to the responsibility entrusted upon leaders at every level.

“When you think about the power and authority that we give our leaders at every level, to literally use violence to advance our national interests, if that doesn’t make you humble about what we do, probably nothing else I say will,” a senior leader said.

Safe Helpline
Sexual Assault Support for the DoD Community
safehelpline.org | 877-995-5247

HONORS Continued from page 1

studies from the U.S. Army War College.

Kolasheski went on to say he would continue to push forward initiatives from the outgoing leaders “as we prepare units for missions that they might be called upon to do.”

Ghika, Wesley, Graves and Kamper put their hearts and souls into the division, Funk said.

“They have been brave, responsible and on point for the nation,” he added. “When duty called, they did not falter.”

Ghika is set to return home to serve as Head of Personnel Strategy for the British army. Ghika served with the Big Red One as part of a senior leader exchange program, arriving at Fort Riley in November 2013. He also deployed to Iraq with the division headquarters from October 2014 to June 2015.

Ghika said it was his privilege and pleasure to be part of the officer exchange program and to “be at the heart of America’s first, best and best-led division.”

“To be part of the division in peace is an opportunity,” he said. “To be part of the division in war is an honor – one given to relatively few of my countrymen in a fight against an enemy that neither my country nor yours will ever allow to succeed.”

Ghika went on to give his sincere thanks and admiration to the friends – “friends for life” – he and his family made during their time at Fort Riley.

Wesley departed Fort Riley to serve as deputy director of program analysis and evaluation for the Office of the Deputy Chief of Staff, financial management and programming, in Washington, D.C.

He arrived at the 1st Inf. Div. in September 2014, and while the division headquarters was deployed to Iraq, the former head of the 1st Armored Brigade Combat Team also took on duties as the acting senior mission commander at Fort Riley. That job put Wesley out in the communities surrounding the post almost every day, making sure the relationship and support between the two stayed strong in a time when Army officials looked to make cuts at installation across the country.

“There is no more powerful community adjacent to a division post than those in the Flint Hills,” Wesley said. “And you know you are our friends, you know this is our Army home.”

“I will always be a Big Red One Soldier and I know that nobody, no matter what, can ever take that away from me.”

Graves will next serve as deputy commanding general for operations with Eighth U.S. Army in the Republic of Korea. Graves also arrived at the 1st Inf. Div. in September 2014 and deployed with its headquarters, which formed the core of Combined Joint Forces Land Component Command-Iraq, from October 2014 to June 2015.



Photo by Staff Sgt. Jerry Griffis | 1ST INF. DIV. PUBLIC AFFAIRS

Color bearers from units throughout 1st Infantry Division present their units’ colors during a Victory with Honors ceremony July 30 at Fort Riley’s Victory Park. Upon completion of its recent nine-month deployment to Iraq, the headquarters is experiencing a “period of great transition and turbulence,” said Maj. Gen. Paul E. Funk II, commanding general of the 1st Inf. Div.

Graves, like the other departing generals, thanked the Fort Riley and surrounding communities for supporting his family while he was deployed.

“They have embraced the Graves family and really brought us to the forefront that we were over this last year,” he said, “and served as the surrogate parent for my children to make them have the great year that they’ve had.”

Graves went on to praise the climate set by the division’s senior

leaders and their spouses, saying he’d never seen an organization where “we were friends before we were co-workers.”

Kamper, who received his first star during a promotion ceremony July 30, will next lead U.S. Army Operational Test Command at Fort Hood, Texas. Kamper arrived at Fort Riley in September 2014, deploying for part of the division’s time in Iraq.

Minalga commanded the recently inactivated 4th

Infantry Brigade Combat Team, 1st Inf. Div., from July 2013 to May 2015.

Funk said the division was better than a single leader – it was the sum of their efforts and willingness to expend their energies in service to a cause greater than themselves.

“Our motto, ‘No mission too difficult, no sacrifice too great,’ exemplifies the raw determination and

selfless service of the men and women that have come before us, reminding us that no matter the circumstances, we will achieve our goals,” Funk said. “I am proud to have the opportunity to say farewell to the fine leaders leaving our formation and to welcome others that I know will build on the tradition of excellence that the Big Red One is known for.”

“Tornado Safety Tips”

READY ARMY

Tornadoes can occur at any time of day or night and at any time of the year. A tornado is a violently rotating column of air extending from the base of a thunderstorm down to the ground. Tornadoes are capable of completely destroying well-made structures, uprooting trees and hurling objects through the air like deadly missiles.

Before the Storm:

- Develop a plan of action
- Pick a Tornado safe room in your home
- Have frequent drills
- Have a NOAA Weather Radio with a warning alarm tone
- Listen to radio and television for information
- Sign up for Fort Riley ATHOC text messaging alerts
- If planning a trip outdoors, listen to forecasts

If a tornado warning is issued or threatening weather approaches:

- Always remember **“DUCK”**
- Go to lowest level of the building, stay away from windows
- If caught outdoors seek shelter immediately.
- Get out of automobile and get into a sturdy structure or ditch. **OR**, buckle your seat belt and get below window level of your vehicle.

“DUCK”
Down to the lowest level
Under something sturdy
Cover your head
Keep in the shelter until the storm has passed

Fort Riley Emergency Management Office (785) 240-0400

Your onsite VA benefits advisers are here to assist you and your families in learning about VA benefits and services.

VA Benefits advisers are available to meet individually with requesting service members and their families throughout the week to personally assist with answering questions about VA benefits and services.

To schedule an appointment, please call 785-239-9592/6085. Office hours are 7:30 a.m. to 4 p.m., Monday to Friday, in Room 218, Building 212 on Main Post.

Advisers are now available from 9 a.m. to 2 p.m. every Wednesday at Army Community Service, Building 7264.

VETERANS BENEFITS ADMINISTRATION U.S. Department of Veterans Affairs

Army further defines 'online misconduct'

By C. Todd Lopez
ARNEWS

WASHINGTON – If Soldiers were still unsure of what bad behavior looks like online, the Army clarified it for them in an “All Army Activities” message – commonly called an ALARACT – that went out force-wide last week.

Online misconduct, it says, is “the use of electronic communication to inflict harm. Examples include, but are not limited to: harassment, bullying, hazing, stalking, discrimination, retaliation, or any other types of misconduct that undermine dignity and respect.”

The ALARACT 122/2015, which comes as part of an effort to address Soldier use of social media and other online forms of communication, also defines good behavior online, “electronic communication,” and “online-related incident.”

“The Army Values require that everyone be treated with dignity and respect,” the message reads. “Harassment, bullying, hazing, stalking, discrimination, retaliation, and any other type of misconduct that undermines dignity and respect are not consistent with Army Values and negatively impact command climate and readiness.”

The ALARACT emphasizes commanders’ responsi-

bility to “reinforce a climate where current and future members of the Army team, including Soldiers, Army civilians, contractors and Family members, understand that online misconduct is inconsistent with Army values.”

The document also said such a climate included an avenue through which “online-related incidents are prevented, reported, and addressed at the lowest possible level.”

In March, the Army’s chief of staff directed the creation of a “tiger team” to address the issue of online misbehavior, including retribution, and to find ways to prevent and respond to harm inflicted through the use of electronic communication.

One goal of the tiger team was to create a reporting system for “online-related incidents” and report those up to senior Army leadership.

Tiger team member Lt. Col. Kay Emerson, who also serves as director of the Army’s Equal Opportunity policy office, said members of the Army staff and command representatives are working now to identify the data fields and reporting requirements for such an online reporting system.

“Once collated, senior Army leadership will have a sight picture of reported online-related incidents and actions taken by commanders in the field,” Emerson said.

The Army is expected to update AR 600-20 in the next published version to address online and social media violations. Emerson said she is currently re-writing paragraph 4-19 within AR 600-20 to incorporate the Department of Defense’s drafted policy with the Army’s online conduct efforts.

Section 4-19 of AR 600-20, called “Treatment of persons,” addresses hazing and bullying, as well as command and individual responsibilities in regards to them. Both the regulation and the ALARACT direct Soldiers and Army civilians who experience or witness online misconduct to report it to their chain of command.

Additionally, section 4-19 of AR 600-20 is “punitive” in nature. It authorizes commanders to potentially punish those who are in violation of its direction, making failure to adhere to the Army’s rules for online behavior a punishable offense.

“Soldiers who violate this policy may be subject to punishment under the UCMJ [Uniform Code of Military



ARNEWS File Photo

If Soldiers were still unsure of what bad behavior looks like online, the Army clarified it for them in an “All Army Activities” message – commonly called an ALARACT – that went out force-wide last week. Online misconduct, it says, is “the use of electronic communication to inflict harm. Examples include, but are not limited to: harassment, bullying, hazing, stalking, discrimination, retaliation, or any other types of misconduct that undermine dignity and respect.”

Justice],” the regulation reads. “Whether or not certain acts specifically violate the provisions of this paragraph, they may be inappropriate or violate relevant civilian personnel guidance.”

Despite new rules and direction in regard to use of

social media and other forms of electronic communication, the Army says it doesn’t want to stop Soldiers from communicating online. Instead, said an Army official, when using electronic communication devices, Soldiers should apply “Think, Type, Post.”

That maxim is summarized as “think about the message being communicated and who could potentially view it; type a communication that is consistent with Army values; and post only those messages that demonstrate dignity and respect for self and others.”

HOUSE FILL AD



IN BRIEF

TRAFFIC UPDATES

For traffic updates, see the Traffic Report on page 4 or visit www.riley.army.mil and click on "Advisories."

GENERAL INFORMATION

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

POST-WIDE YARD SALE SET FOR SEPT. 19

The ever-popular Fort Riley Post-Wide Yard Sale is set for Sept. 19 from 8 a.m. to noon.

It's important to note that non ID-cardholders must get a visitor's pass before the event.

Those who wait until the day of the yard sale can expect long delays at the Visitor Control Center. Up to 2,000 people expected to come to Fort Riley.

Those planning a visit are encouraged get their passes in advance.

Also, only post residents can sell items. Those coming onto the post are not allowed to bring items on post to sell.

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 at the band rehearsal hall at 8630 Sustainment Drive at 6:30 p.m. Thursday nights.

IMPORTANT REMINDER

Visitors to Fort Riley are reminded that a temporary Fort Riley Access Badge or Pass is required for anyone without a Department of Defense ID card. If you know 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 785-239-2982 or emailing usarmy.riley.imcom-central.mbx.des-vcc@mail.mil

Please note there are longer wait times for passes during periods of higher traffic-especially weekday mornings and weekday afternoons-when Soldiers and civilian employees are traveling to work and physical fitness activities.

If you're unable to get a pass early, make sure to allow extra time the day of your visit to get through processing at the Visitor Control Center.

Please visit our website at <http://www.riley.army.mil/Units/GarrisonCommand/EmergencyServices/AccessInformation>

SPOUSES' SIP AND CHAT

Spouses of active duty service members are welcome to join USO Fort Riley for coffee, snacks, friends and fellowship from 9:30 to 11 a.m. on the third Wednesday each month. USO Fort Riley is located at 6918 Trooper Drive. For more information, call 785-240-5326.

RILEY RIDE

Heading to Aggieville for drinks? Get home to Fort Riley safely with Riley Ride. The transportation service is open to all Department of Defense ID cardholders and runs Friday and Saturday evenings. For more information, call 785-239-5614.

ALCOHOL SALE POLICY

All Army and Air Force Exchange Service locations at Fort Riley are no longer selling alcohol from 11 p.m. to 7 a.m. daily.

PUBLIC WORKS SERVICE

In emergency utility service situations like power outages, contact the Fort Riley Public Works Service Desk at 785-239-0900 to report the problem. You also may call your neighborhood office, and the staff will report the outage for you. For your neighborhood office phone number, visit <http://riley.corviasmilitaryliving.com/>, click on "Residents" and "About Our Neighborhoods."

For tips on how to prepare and cope with a power outage, visit www.acsim.army.mil/readyarmy/Power_Outage_Fact_Sheet.pdf.

Fort Riley officials tout benefits of tip hotline

Installation-wide tool provides anonymity for those reporting crimes

By Jakki Forester
1ST INF. DIV. POST

Fort Riley Police Investigations provides an anonymous criminal tip line, 785-239-TIPS (8477), for those at Fort Riley.

"It is simply an anonymous tip line to leave information about what

ANONYMOUS TIP LINE

• The 785-239-TIPS (8477) anonymous criminal tip line is a nonemergency line that is not monitored 24 hours a day.

might be illegal activities or alleged crimes at Fort Riley," said Shannon Wilson, chief of detective for Fort Riley Police Investigations. "It is completely anonymous. But if you would like to leave a name and number, you can."

Wilson said it is more common for people to call in anonymously than to leave contact information.

Although the intent of the line is to offer anonymity to those who are reporting alleged crimes or illegal activity, people can leave their names and numbers. Wilson said those who leave their names and numbers are sometimes a part of the investigations, if opened, but not always.

"A lot of people don't come forward to report crimes because they don't want to be a part of the investigations," Wilson said. "And this way they don't have to be."

Any degree of crime can be reported on the tip line from misdemeanors to possible felonies. Tips can also be about Soldiers or civilians. Civilians include military dependents and civilians working at Fort Riley.

"Leave as many details as possible when providing information," Wilson said. "This is just another avenue for reporting."

The 785-239-TIPS (8477) anonymous criminal tip line is a nonemergency line that is not monitored 24 hours a day. In case of emergency, call 911.



Comfort, encouragement and, of course, fun was the order of the day at the Vacation Bible School July 28 through 31. Life lessons and daily themes were taught through a variety of activities. Along with outdoor games, VBS had stations where the kids created a craft each day and watched videos.

Finding the power

Vacation Bible School uses interactive games, daily themes to teach children life lessons

Story and photos by Maria Childs
1ST INF. DIV. POST

Hannah Benoit, daughter of a retired Soldier, chased her peers around outside of Victory Chapel while playing link-up tag, one of the many Vacation Bible School games that teaches a religious lesson.

"I was mostly the chaser, but I only tagged one person," Benoit said.

John Malmquist, volunteer for VBS, led the outdoor games July 28 through 31. He said the games were meant to teach the children about the daily theme. The theme for July 29, the third day of VBS was "God has the power to heal."

"We talked about how when you don't get picked and people run around you how it makes you feel," Malmquist said. "We talked about how God will never leave us or forsake us and when you're sad because you're left out, we can turn to God and he will help us feel better."

Previous daily themes included God has the power to comfort and provide. Malmquist said when teaching about comfort, there was a girl who thought when she failed at completing a task, she couldn't win and would become discouraged.

"She felt like she didn't win, so we helped her get through the maze and we comforted her," Malmquist said. "God gives us the power

See VACATION BIBLE SCHOOL, page 12



Hannah Benoit, daughter of a retired Soldier, runs from the chaser during link-up tag at the Vacation Bible School July 28 through 31.

DID YOU KNOW?

• According to Kansas Statute 8-1533, the driver is responsible for yielding to the pedestrians in crosswalks.

School zone safety a top priority for post police

Fort Riley department cautions community to slow down, pay attention

By Maria Childs
1ST INF. DIV. POST

The school supplies are bought and packed in the kids backpacks. The children are preparing to head back to school. The first day of school is August 17.

And safety is a priority for the Fort Riley community.

Lt. Paul Davis, traffic supervisor for the Fort Riley Police Department, said it is important to slow down when drivers approach a school zone because it keeps the kids in the community safe. That is the main goal of the police during this time.

"It's very important to pay attention to the road and the road signs," Davis said.

According to Kansas Statute 8-1533, the driver is responsible for yielding to the pedestrians in crosswalks.

The week before school, members of the community may have noticed the police department enforcing the school zones. This was done to bring awareness to school starting up soon, according to Davis.

The Directorate of Public Works also re-painted the crosswalks on post to ensure they are clearly marked for pedestrians.

Davis said children walk to school for a variety of reasons the primary one being the close proximity between their home and school. It is important that the community becomes re-oriented to this before school starts so it goes smoothly.

"Kids are going to be out there walking," Davis said.

Davis said school zones are marked with times or lights. The speed limit in school zones is 20 mph and the police plan to be monitoring school zones during the first couple of weeks of school.

Davis said he wanted the community to know passing a school bus is not authorized when its stop signs are displayed, and all lanes of traffic must

See ZONE, page 12

Area superintendent wins award

Witt recognized as outstanding administrator

By Patrice Scott
USD 475

Corbin Witt, superintendent of Geary County Schools, Unified School District 475, is this year's recipient of the prestigious Dan and Cheryl Yunk Excellence in Educational Administration Award.

The award recognizes Dr. Witt, as well as the Yunks, who were both exemplary teachers and administrators throughout their careers in the Manhattan-Ogden USD 383 school district.

Established in their honor, this award recognizes the importance of ed-

ucational administrators who establish environments that promote student learning.

Witt joined Geary County Schools in 2014. As the organization's chief executive, he is responsible for district budget preparation and management including federal impact aid, board of education relations, curriculum and instruction, negotiations, public relations, crisis management, and day-to-day district level leadership.

Witt's career began as a teacher in 1988 at Northview Elementary School in Manhattan, where he also became an assistant principal/lead teacher. In his next position, he served as principal at Sterling Grade School in Sterling. Witt moved to Atchison, where he was named principal at Atchison Elementary School from 1997-2001, after

which he became the associate superintendent then acting superintendent of Atchison Public Schools.

From 2007-14, Witt was the executive director of School Improvement for Salina Public Schools, a position he had until accepting the superintendent position in Junction City. Witt believes his experiences in small, medium and large school districts contributed to his growth and perspective as a leader. He is member of multiple state and national education-related organizations and actively engaged in service organization in his communities where he has lived.

Witt has earned three degrees from K-State: a bachelor's degree in elementary education; a master's degree in educational administration; and a doctorate in educational administration.



Submitted photo

Corbin Witt, superintendent of Geary County Schools, Unified School District 475, is this year's recipient of the prestigious Dan and Cheryl Yunk Excellence in Educational Administration Award.



COMMUNITY CORNER

It's that back-to-school time of year at Fort Riley

By Col. Andrew Cole
GARRISON COMMANDER

Where did the summer go? Parents are you ready for back-to-school? It's almost here. There are new routines for the family, school supplies to buy and new teachers and classmates to meet. Changes such as starting a new school year can bring excitement and anxiety to a family. Communicating, planning and preparation which include the child in the process may make this transition a little easier. Getting off to a good start can influence a child's attitudes, confidence and performance both socially and academically.

The realities of military life continue to make demands on our children. Indeed our children are considered vital members of the Army team, doing their part in the defense of the nation. The USD 475 professionals have the expertise necessary to help military children maximize their

strengths, while overcoming the challenges associated with moves and deployments.

We are fortunate to have excellent schools available at Fort Riley. It takes a partnership between Fort Riley and a dedicated team of educators to provide our families with a high quality of education. We have some new and remodeled facilities designed to prepare our children for the challenges of the 21st century. Fort Riley has award-winning schools with 5 of 6 receiving the National Blue Ribbon or Governor's Award of Excellence.

I would like to welcome our new school administrators and teachers this year. The bedrock of the USD 475 educational mission is not found in the "brick and mortar" foundations but in the excellence of instruction and the expertise



Colonel Cole

of the district's educational professionals.

Be safe! School starting will mean more traffic on the roads and reduced speeds in the school zones. Everyone needs to maintain awareness, drive with care and observe the posted speed limits to keep our children safe. Even for those without children, you may have to readjust your schedule as your commute times might increase due to extra traffic or slower speed limits.

If you live close to a school, consider walking with your child to school. It provides an opportunity for time to talk and share as well as the added benefit of getting some fresh air and exercise. In addition it will reduce the stress of getting tangled up in school traffic and will help reduce traffic for everyone.

I encourage parents to find out how you can work together as a team with your child and their educators to make sure you get the most out of the school year. Take the oppor-

tunity to participate in school activities as much as possible.

When you receive information packets, review it and complete any necessary forms. Check to make sure you have all required vaccinations and physicals completed. This will make the process smoother for getting the school year started right.

For the students, get involved, take the opportunity to learn new things, make new friends and enjoy the school year.

I have no doubt that this school year will provide our children with an outstanding education and opportunities for growth. We look forward to another outstanding year working with USD 475 in providing the very best in educational opportunities for our children.

— To comment on this article or to suggest a topic for Community Corner, email usarmy.riley.imcom.mbx.post-newspaper@mail.mil or visit my Facebook page at www.facebook.com/fortrileycg.

MWR, USO team up to provide fun for all

Patrons enjoy No Dough Dinner along with sunset movie

Story and photo by Maria Childs
1ST INF. DIV. POST

Staff Sgt. Carlos Cruz, Company B, 1st Combined Arms Battalion, 18th Infantry Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, and his family shook a blanket before laying it over the freshly cut grass where they then sat and ate their hotdogs and chips while facing Fort Riley's Moon Lake.

The hotdogs and chips were supplied by the USO of Fort Riley, who sponsors a No Dough Dinner twice a month. This dinner was a little different from the others because USO partnered with the Directorate of Family and Morale, Welfare and Recreation staff to provide dinner, some outdoor activities and a family-friendly movie at sunset July 31 at Moon Lake.

"They have a little bit of something for everybody — it's never just for adults or just for kids and it's always welcoming," Cruz said.

Cruz's wife, Caitlin, said the family previously took part in the fishing day at Moon Lake, so it was fitting they chose to come back to the dinner at



A volunteer from the Fort Riley USO serves Sgt. Ronald Davis, Company B, 1st Battalion, 7th Field Artillery Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, and his family at the No Dough Dinner July 31 at Moon Lake.

Moon Lake and take part in the activities. She added they were encouraged to come to the event because it was advertised as a whole evening of events at one place.

"The kids can come and play," Caitlin said. "When we came to the fishing day, they had poles for everyone. And it's free."

Jill Iwen, director of Fort Riley USO, said the no dough dinners are provided as a fun night of family time where the family does not have to spend any money to participate. She said they have been taking place for about five years now, and occasionally they have more people than they can feed.

For this event, more than 500 Soldiers and their families showed up to eat dinner. More showed up for the nature walks and movie afterward. Iwen said although the USO has a building on Custer Hill, the no dough dinners occur throughout the installation.

"The park is always a favorite so we come here quite often," Iwen said. "The kids can play on the playground equipment and their parents can throw a line in and go fishing and they can all go on nature walks."

The idea to partner with DFMWR came from a Garrison chamber meeting, where it was decided the event could be larger and better provide for

"They have a little bit of something for everybody — it's never just for adults or just for kids and it's always welcoming."

STAFF SGT. CARLOS CRUZ
1ST INFANTRY DIVISION

the families on post if it was combined. The regular dinner was scheduled two days prior to the MWR event Night at Moon Lake, so it was moved.

Iwen said she thought it was successful.

"We bring the food and they throw the party," Iwen said. "It's a better event for the family members, it gives them the opportunity to share a moment together especially with our military missing events like this with one parent deployed or out at training."

Iwen said events like this help military families get out and do something they normally wouldn't do.

"They don't do these things as often as civilian folks do," Iwen said. "Basically, it's our opportunity to share that moment with them, to show them how grateful we are and give them a break, a night off to spend with their family."

SALSA ANYONE?



Photos by Jakki Forester | POST Chief Warrant Officer 2 Edwin Reyes, and his wife Limary Ortiz, singer, center, performs with Christopher Oquendo, of Omaha, Neb., right, on the conga drums. "We want people to come out, have fun and enjoy themselves in a safe environment," Ortiz said. "We want people to learn more about Hispanic culture through events like this."



Reyes, earth space manager, 1st Infantry Division and singer and timbales player, left, and his wife, Limary Ortiz, performed live instrumentals and vocals. "We like performing to expose our Hispanic culture to larger communities," Ortiz said. "It's always nice to see people come in and have fun in a safe space while on post."



About 100 participants performed different styles of Hispanic dances including salsa, merengue and bachata. The Salsa Night will occur every last Friday of the month at Rally Point.

WWW.1DIVPOST.COM

Veterans transition via 'old-school' plan

Program allows vets to curate country's archaeological artifacts

By J.D. Leipold
ARNEWS

WASHINGTON — Wherever the U.S. Army Corps of Engineers, or USACE, has started an excavation project such as the construction of reservoirs and associated water control programs, archaeologists have been on hand to retrieve artifacts, which could be hundreds or even thousands of years old.

The project shuts down briefly while the archaeologists carefully remove pieces of pottery, sections of clay pipes, animal bones and teeth, stone tools, pieces of what were once wine or apothecary bottles along with arrowheads and even musket balls.

Most of USACE's archaeological artifacts were discovered between 1947 and 1985. Federal law requires these collections be stored for long-term preservation and made available for scientific research and public education.

In 2009, using American Recovery and Reinvestment Act funding, USACE established a unique and beneficial program — the Veteran Curation Program — to manage the collections. The program provide temporary employment and archaeological curation training to post-9/11 veterans at laboratories in Augusta, Georgia; St. Louis, Missouri, and Alexandria, Virginia.

Since establishment of the Veterans Curation Program, or VCP, 241 veterans have been employed by the program, and 139 gained full-time, permanent employment after their five-month stint with the VCP. An additional 39 have continued on with their education at colleges, universities and in certificate programs. Presently, there are 36 veterans working in the three labs.

While processing archaeological artifacts, veterans learn computer skills, database and records management, software proficiency and photographing and scanning technologies.

Managing the Alexandria lab directly and the Augusta and St. Louis labs remotely with occasional weeklong trips, archaeologist Jasmine Heckman not only oversees the collections that the veteran technicians are processing, she arranges for guest speakers to come in once a week to talk with the transitioning Soldiers, Sailors, Airmen and Marines on a variety of topics, from financial guidance to the building of resumes and holding mock interviews.

While Heckman never served in the military, she said she believes helping veterans successfully prepare for a civilian career is a good way to thank them for their service. She said those veterans, who are hired on at the lab, demonstrate genuine interest in the subject matter, and really want to be a part of what goes on in the labs.

"They all really wanted to be here and learn how to archive these artifacts," she said. "It's all invaluable to the Corps because many of these collections come in to the lab and they can be in really rough shape ... the boxes are tattered and torn, information can be at times tough to read, but we're able [to] archive, then rehouse these materials, re-box them and ensure that the research material is all digitized and scanned ... it really is very worthwhile to researchers."

PROGRAM A BLESSING

One Army veteran, Jackie Muddiman, was medically retired as a staff sergeant in 2011,



J.D. Leipold | ARNEWS

Naval Reservist and Afghanistan veteran Michael Rosario-Figueroa catalogues lithic artifacts at the Veterans Curation Program laboratory in Alexandria, Va. A hospital corpsman, Rosario-Figueroa says many of the skills he's learned in cultivating artifacts apply to his field of study — art history.

"This program has been a true blessing because I've come into so many contacts. ... I love doing this work. I never knew what an archaeologist was before I came here, but the work has been absolutely great."

PORSCH BEALE | VETERAN CURATION PROGRAM

after 15 years of service. He served one tour in Kosovo and four tours in Iraq. But his body couldn't handle the injuries he'd suffered during that third trip to Iraq in 2005. During that tour, his Humvee had been hit by an improvised explosive device. Of the four Soldiers in the vehicle, only two survived.

Today, at 35, he's awaiting "a lot more surgeries" on his left arm and leg. He also has trouble with post-traumatic stress. But now, he said, he's looking ahead to a different life after having been a Soldier for so many years.

"I'm gaining skills as far as the databases go, organizing documents. The archives process is so intensive that I've actually been able to use it in my personal life, arranging all those military documents you need for retirement. If someone calls and says they need a copy, I don't have to fumble through 40 in folders, I can just pull it up on my computer and zap it to them," he said.

Muddiman found out about the VCP through the Army Wounded Warrior Program while he was assigned as cadre at the Fort Drum, New York, Warrior Transition Unit.

"A counselor emailed me and asked if I'd be interested ... I read the job description and said, wow, that does sound interesting because I'm a history buff," he said.

Muddiman's goal is to transition into a company called Mission BBQ, a restaurant chain of 18, which was founded on Sept. 11, 2011, and focuses on recognizing service personnel and first-responders.

Lab technician and former sergeant, Porsche Beale, joined the Army right out of high school. She spent nine years serving, including a hitch in Tikrit, Iraq, in 2009. She said she spent nearly her first seven years in the Army at a variety of installations, but never got to see her children. After she had her third child she left the Army and her marriage failed.

After the Army, she said, the best jobs she could find in the

Washington, D.C., area were part-time and didn't pay well enough to cover rent. Soon, she and her three children were living in a homeless shelter. But then she found out about the VCP.

"This program has been a true blessing because I've come into so many contacts," she said. "I'm now in transitional housing with Operation Homefront, which allows me to build my income up again and work on my credit score. I love doing this work. I never knew what an archaeologist was before I came here, but the work has been absolutely great."

When Beale's internship ends, she's headed for real estate training and hopes to open her own brokerage firm in the next three to five years.

Being homeless almost happened to 10-year veteran and sergeant Julie Comtois, who served seven years on active duty, and three years in the Army Reserve. She served as a geospatial engineer during her time in uniform, "a glorified map-maker," she said. "The Army was one of the top-five best decisions I made in my life. It provided me with a really good skill set."

Comtois served 15 months in Kirkuk, Iraq, back in 2006. She also did a tour at the Army Geospatial Center and auditioned for and was selected to participate in the U.S. Army Soldier Show. In the Soldier Show, she sang, danced, and played the drums.

After she left the Army, she said, she still didn't know what to do with her life. Her life was "falling down around her." She said she couldn't afford to live alone any longer, nor could she

DID YOU KNOW?

• Since establishment of the **Veterans Curation Program**, or VCP, 241 veterans have been employed by the program, and 139 gained full-time, permanent employment after their five-month stint with the VCP.

afford her car or much of anything else. Then she heard about the VCP from a friend, who had served at the Augusta lab.

"This program was a lifesaver," she said. "Being able to work with veterans from other services, who understand what you've been through is really refreshing. I'm incredibly lucky."

While she's presently not enrolled in college, getting her degree is on her list of things to accomplish in the next few years.

"One of the things this program has helped me with was figuring out what it is I'm passionate about ... and I've decided I want to work in public relations, communications," she said. "I want to do veteran outreach, work with fellow veterans and make a difference to them."

NOW SHOWING

Barlow Theater is now in digital!
Tickets cost \$6.00 for adults and \$3 for children
Tickets for 3-D and first-run movies cost extra.
Children younger than 5 are admitted free.



FRIDAY, AUGUST 7

• Terminator Genisys (PG-13) 7 P.M.

SATURDAY, AUGUST 8

• Terminator Genisys (PG-13) 2 P.M.
• Magic Mike XXL (R) 7 P.M.

SUNDAY, AUGUST 9

• Ted 2 (R) 5 P.M.

For movie titles
and showtimes, call

785-239-9574

TEEN EVENT



End of Summer Bash

Corvias is hosting an End Of Summer Bash just for teens!

14 FRIDAY
AUGUST
5 - 7 pm

WHERE:
COLYER FORSYTH
COMMUNITY CENTER

Activities Include:

Zorb Balls

Velcro Wall

Basketball contests

Music

Hotdogs, chips, and popside's

Prizes

This event is free and open to Fort Riley on - post family housing teens ages 13-17. Photo ID required to attend.



23900 Hitching Post Rd, Fort Riley, KS 66442
<http://riley.corviasmilitaryliving.com/> | 785-717-2260

Corvias | military living

Expert weighs in on Kids Count report

K-State researcher details report's findings on poverty, well-being of Kansas children

K-STATE NEWS AND COMMUNICATION SERVICES

MANHATTAN — The recently released Kids Count report offers extensive data, recommendations and tools on issues related to children and families. It is one of many annual reports that provides a gauge for planners, decision-makers, business leaders, community organizers and caring adults about the health and well-being of children in Kansas.

Elaine Johannes, an associate professor and extension specialist in youth development in the School of Family Studies and Human Services, has extensively researched youth development and recently conducted a Kansas youth health assessment with the Kansas Department of Health and Environment. She discusses the significance of the Kids Count report and what it means for Kansas youth.

Q: What is the significance of this year's Kids Count report?

The annual report is produced each year for all states by the Annie E. Casey Foundation, which is a recognized, national leader in child well-being. This year's report includes some indicators that the well-being of Kansas children is not improving. For example, it reports that 19 percent of Kansas children — under 18 years of age — live in families with incomes below 100 percent of the U.S. poverty threshold. That means that a family of four is living on less than \$24,250 in annual income.

Q: Why might Kansas be experiencing a rise in childhood poverty?

There are many factors that might be influencing this percentage of increase.



K-STATE COURTESY PHOTO

Elaine Johannes, an associate professor and extension specialist in youth development in the School of Family Studies and Human Services, specializes in youth development, healthy lifestyles and community capacity-building.

The factors may relate to employment opportunities, such as access to fewer above minimum wage jobs; reduced access to safety-net programs, such as Temporary Assistance for Needy Family, or TANF; Supplemental Nutrition Assistance Program, or SNAP; housing subsidies and earned childcare tax credit; increased costs of living, such as sales tax, fees and fuel costs; and families experiencing unexpected disruption or trauma. Poverty, be it acute or chronic, is a complex issue that requires complex solutions.

Q: How can we use this report to help to solve the issue of children living in poverty?

The Kansas Kids Count report, along with others, allows us to have focused, data-driven, solution-oriented conversa-

tions about difficult issues confronting children and families. The Kids Count report has other information that reveals positive indicators for the well-being of children — especially for adolescents — in Kansas. We need to acknowledge the persistently high poverty among Kansas children, but we also need to recognize some improvements in health, school graduation and other areas.

Q: How does the Kids Count report relate to your recent Kansas youth health assessment with the KDHE?

The Kids Count report provides ongoing affirmation of many things we learned from the Kansas adolescent health assessment, especially from our focus groups. In general, Kansas adolescents reflect the strains and demands that are placed on their families. When parents and caring adults are working multiple low-wage jobs, it is often the adolescent who provides consistency within the family. Teens may be caring for younger children, preparing meals, taking care of household chores along with bringing in additional income from part-time jobs. Adolescents are stressed by additional demands in home and in school.

Through our 25 focus groups with adolescents across Kansas, we learned of their commitment to academic achievement and high school graduation, along with their attempts to not use drugs, to avoid early pregnancy and to support their families knowing that their parents are stressed. Having limited access to caring adults who can help make sense of their stress and anxiety was a constant theme across the focus groups.

Q: What else should we know about the Kids Count report?

I recommend that we use the report as a motivator for problem-solving. We know the data, so now let's improve the indicators we are not pleased with and sustain the efforts that are making a difference revealed by the positive indicators.

NEW USD 475 ADMINISTRATIVE STAFF FOR 2015-16

Rebeka Helget
Director of Exceptional Student Services

Trina Dibbini
Assistant Principal, Fort Riley Middle School

Melisa Burgess
Assistant Principal, Fort Riley Elementary

***Heather Oentrich**
Principal, Fort Riley Middle School

***Kenny Upham**
Principal, Morris Hill Elementary

***Phyllis Boller**
Principal, Milford Elementary
Coordinator of Title I

***Greg Lumb**
Director of Instructional Innovations & Technology

***Vern Steffens**
Coordinator of Post Secondary Programs

Marilee Fredricks
Director of Finance

***Melanie Laster**
Principal, Jefferson Elementary

To be named:
Assistant Principal, Seitz Elementary

* Not new to Ad Council, but new to the position.



VACATION BIBLE SCHOOL Continued from page 9

when we are feeling bad and gives us comfort. We came alongside her and shared that with her and everybody else. She's just a great example."

Along with outdoor games, VBS had stations where the kids created a craft each day

and watched videos. At the end of each day, the kids would sing songs about Jesus.

Malmquist said he is used to dealing with middle and high school students instead of kindergarten through fifth grade. He said it is important

for children on post to be involved in VBS because sometimes they will need help, and that is what the chaplains at Fort Riley are here to do.

"Their parents are deployed and fighting a war, some of these kids were born when

their dads were downrange, their family environment is different than people outside the gate — God has the power to help them through those difficulties and that's what we're trying to teach them," Malmquist said.

ZONE Continued from page 9

stop. Crossing guards will be working diligently to help the community stay safe, but drivers must remain vigilant when on the move.

"Children will be excited about school and will pay little attention to the possible hazards that vehicular traffic will bring to the areas around our schools," Davis said.

The police department is asking that all motorists obey traffic laws within the school zones, exercise patience and be on the lookout for an unexpected pedestrian to cross into your lane of travel without notice.

"At the end of the day, we want all children to return safely to their homes without incident," Davis said.

"Children will be excited about school and will pay little attention to the possible hazards ..."

LT. PAUL DAVIS
FORT RILEY POLICE DEPT.

Check out Custer Hill Bowling Alley's specials by going to www.rileymwr.com and clicking on "Bowling."

Sports & Recreation

IN BRIEF

BOWLING SPECIALS

Monday to Friday: From 11 a.m. to 1 p.m., pizza and salad buffet, \$6.99

Monday to Friday afternoon specials: From 11 a.m. to 1:30 p.m., \$2 games and \$2 shoes.

Wednesday to Friday: From 1 to 6 p.m., \$2.50 games and \$2 shoes.

Saturdays: From 11 a.m. to 6 p.m., \$2.50 games and \$2 shoes.

Sundays: From noon to 6 p.m., family fun, \$35 per lane, which includes two hours of bowling, one large two-topping pizza, two pitchers of soda and shoes for up to six people.

Wednesday – Dollar Night: From 6 to 9 p.m., \$1 games and \$1 shoes.

Thursday – Quarter Mania: From 6 to 9 p.m., \$5 cover, which includes shoes and 50¢ games.

Friday – Red Pin: From 6 to 9 p.m., \$10 for 3 games with shoes and prizes

Extreme: From 9 p.m. to midnight. Cost is \$9, which includes shoes and up to three hours of bowling. Cost is \$7 for children.

Saturday – Extreme: From 6 p.m. to midnight. Cost is \$9, which includes shoes and up to three hours of bowling.

MIDNIGHT MADNESS

A Midnight Madness Basketball Tournament is scheduled to take place at 6 p.m. August 14 at Whitside Fitness Center. This tournament is open to all Department of Defense ID card holders and free for active-duty teams. Registration is \$50. A maximum of 8 teams will be allowed with 10 players per team.

For more information, call 785-239-2813.

4TH AND GOAL

The Warrior Zone is celebrating its 4 year anniversary with a party full of indoor and outdoor events August 23 from 11 a.m. to 11 p.m. There will be pool, poker and gaming tournaments as well as basketball and football tournaments.

For more information, call 785-240-6618.

YOUTH SPORTS OFFICIALS

Child, Youth and School Services is looking for officials for youth outdoor and indoor soccer, flag football, basketball, baseball and softball.

Volunteer and paid positions are available. Training provided and experience is not necessary. A background check is required.

For more information, call CYSS Sports at 785-239-9223 or 785-240-5207.

LOOKING FOR A WAY TO SERVE VETERANS?

Team Red, White and Blue is a national veterans outreach organization enriches lives of America's veterans by connecting them to their community through physical and social activity. For more information, visit www.teamrwb.org.

For Team RWB local chapter events, see "Team RWB Fort Riley" on Facebook.

SKEET AND TRAP

An introductory clinic is offered by appointment covering basics of sport of shooting. Gun rental, ammo and protective equipment are provided.

Cost is \$11.25 per round and \$6.25 for ammunition. For more information, call Outdoor Recreation at 785-239-2363.

ISPORTSMAN SYSTEM

Fort Riley has an automated check-in-out system, iSportsman. Individuals can register at the Fort Riley iSportsman webpage at www.fortriley.isportsman.net.

Everyone recreating in a Fort Riley training area must use the iSportsman website. Check-in and Check-out may be done with any personal device with Internet access or visit the iSportsman Kiosk at 1st Division and Vinton School roads or the Environmental Division Office, Building 407, during normal business hours.

For more information, contact the Environmental Division at 785-239-6211.



Courtesy Photo | MARK BACON

Mark Bacon, facility director for Craig Fitness Center, left, stood with John Gorman, Bacon's personal trainer and bodybuilding adviser, right, after Bacon placed first in the Masters 50-59 category, first in Master's Overall category, first in the Open Light Heavyweight category and Most Muscular at Muscle Mayhem June 7 in Overland Park, Kansas.

BULKIN' UP

Fitness center director takes national bodybuilding title

By Jakk Forester
1ST INF. DIV. POST

When one walks into Craig Fitness Center, it may be overwhelming for some. Known for its accommodations that support Mission Essential Fitness training and accessibility of resources for weight training, the facility provides an experience unlike other gyms at Fort Riley.

Mark Bacon, facility director of Craig Fitness Center, takes pride in the building he manages as well as in himself. Bacon competed in the Masters National Championship on July 17 and placed first in the Men's Over 50 Light Heavyweight category before claiming the Men's Over 50 Class Overall title.

By placing first in the Men's Over 50 Light Heavyweight category, he claimed his first national championship. By winning the Men's Over 50 Overall title, he also earned his International Federation of Bodybuilding and Fitness Pro Card.

"In 2006, I jumped into the national bodybuilding scene," Bacon said. "It was always my goal to win, I just never could quite put it all together. Then, finally, this year, I felt really good. I ended up taking first national champion, but it was a complete shock to take the overall title."

Bacon said he was so surprised when he took the overall title for his age group because he was competing against bodybuilders in the heavyweight category, who could weigh up to 225 pounds, and the super heavyweight category, who had an unlimited weight.

Bacon competed in the light heavyweight category, which means he could only weigh up to and including 198.

"If you know anything about bodybuilding, it's the huge guys who tend to win overall categories," Bacon said. "So this was just a surprise. My level of conditioning this year was just really good, and allowed me to beat everyone out."

He has spent the last 20 years of his life conditioning, competing and building up the wins he received at this national competition in July. Originally participating in his first competition in 1993, Bacon won first in the light heavyweight category, first overall for his age division, best quadriceps and most muscular at that event.

"I used to work out with a lot of guys who talked about competing in shows but never did," Bacon said. "I didn't want to be one of those guys. So, I thought I would do this one to say that I did at least one. But I was really successful in it and thought that I could be successful in this."

He has been competing in state and regional shows since. He competed in the Red River Class in 2005 when a promoter there suggested Bacon compete in the national circuit. In 2006, Bacon competed in the North American Nationals competition, his first national show. He said he used it to get his feet wet and try to understand how the national circuit worked and operated.

See BODYBUILDING, page 14

Teeing off at Custer Hill Golf Course this summer

By Sarah Falcon
1ST INF. DIV. POST

The Morale, Welfare and Recreation program at Fort Riley provides Soldiers and families with many opportunities to gather and have a great time on post.

The staff of MWR offer things like Bingo, Salsa Night, bowling and much more. But, sometimes, when it's better to relax and enjoy company with friends in the great outdoors, there's the Custer Hill Golf Course.

"It gives units something to do in terms of camaraderie and getting together and having a good time," said Richard Wilson, Chief of Business Operations at MWR.

The 18-hole course snakes around rolling hills of greenery, featuring a 24 hour, 7 day a week covered driving range, training greens and chipping greens. They also provide carts to get around the course.

"We have a PGA professional that can provide lessons and we can do any type of tournaments for units that want to do a fundraiser. We definitely have the space," said Wilson.

Other than their golfing services, the golf course also has a snack bar and a pro shop inside their main facility.

"For the snack bar we're always busy, Monday through Friday we're one of the more popular places on the installation to eat lunch," said Wilson. "As far as the golf is concerned, it's been pretty slow this year. I know the new gate access policies have had a little bit to do with it. Individuals that could just come to the golf course and play any time now have that hurdle that they have to get through."

However, the lack of business during the summer months is not going to stop the staff of MWR from trying their best to advertise and spread word about what the golf course has to offer.

"We have new management, we have working groups in place to hear what our customers want, get feedback as far as their expectations so we can do our best to meet it," said Ashaleen Noriega, MWR business manager. "We're looking at lots of different options, just nothing's set in stone as of yet."

They are also willing to rent out their greens as a venue for events such as weddings or ceremonies if it were requested.

"Anything's possible," said Wilson. "We've never had a request for it. If a customer came to us and said I want to do a wedding at the golf course, we'd do everything that we could to make it happen."

"Hopefully by the beginning of next season, we'll have a revamped program," said Noriega. "We definitely want to have more family-oriented activities and opportunities, because we're guaranteed to always have families on post. Having those opportunities available will widen the demographic that we serve."

"We definitely want to have more family-oriented activities because we're guaranteed to always have families on post."

ASHALEEN NORIEGA | MWR
BUSINESS MANAGER

CYSS youth finish baseball, softball seasons

By Andy Massanet
1ST INF. DIV. POST

Are you ready for some baseball? How about softball?

The Fort Riley Cubs baseball team and the girls Outrageous Donuts softball team sure were. They placed second and third in their respective brackets in postseason play in mid-July.

The two teams were products of the Child, Youth & School Services athletic programs.

The Cubs, comprised of youngsters 11 to 13 years old, took second place in the Junction City Junior Baseball Association, JCJBA, League postseason Tournament.

"It was very exciting and a lot of fun to watch," said head coach of the Cubs, Paulo Valencia.

He said it was the first time a team from Fort Riley ventured this far into the JCJBA postseason competition.

The 8-3-1 regular season and 4-2 postseason marks for the Cubs were no mean feat. As the season unfolded practice time was so scarce that much of the coaching was done during games.

"At least four of our players hadn't played ball before," Valencia said. "So we did a lot of coaching on the fly. But we had a great group of coaches, a great group of

"I am a firm believer in the value of team sports. I believe in the importance of the fundamental skills and values they build."

SCOTT MACKINNON | CYSS COACH

parents and players. That was what impressed me the most."

The assistants to Valencia were Christian Worthen, Kevin Holguin, and Jason Harris. The scorekeeping duties were taken care of by Carrie Harris.

The Cubs postseason began with them splitting the first two games including a loss to the Junction City Reds. But the boys rebounded with consecutive victories, including a win in a rematch with the Reds.

The Cubs lost the final against the Junction City Purple and that resulted in a second place finish. Valencia said.

Meanwhile, the Outrageous Donuts advanced to the postseason by virtue of a 3-2 record that seeded them in the sixth spot out of nine teams. The Donuts played in the third and fourth grade player-pitch division of the Manhattan Parks

See YOUTH, page 14

YOUTH Continued from page 13

and Recreation Pluto League. This was the first time they played with the Manhattan league, having played in Geary County programs in previous years.

"I was pretty proud of them," said coach Scott Mackinnon.

The main difference between the two leagues was interpretations of the rules, Mackinnon said. "It took a period of adjustment for us to get use to the change," he added.

A big part of this story is the support of CYSS Youth Sports and the value of these types of athletic programs, Mackinnon said.

The leagues that the Cubs and the Outrageous Donuts played in are recreational leagues where the emphasis is on participation and learning new skills.

Echoing coach Valencia of the Cubs, Mackinnon said "about half of my players were first-year players. Not only that we had a lot of practice time ended by the heavy rain we've been having. So there was only so much time."

But the benefits were evident in spite of the abbreviated practice schedules.

"I am firm believer in the value of team sports," Mackinnon said. "I believe in the importance of the fundamental skills and values they build. We had great parents too. But the fact that CYSS has made these opportunities available is fantastic."



Courtesy Photo | CYSS SPORTS

The Outrageous Donuts team took third place in the Manhattan Parks and Recreation Pluto League postseason tournament. Players included Ciara Alvarado, Jada Anderson, Mallory Baldwin, Megan Bowman, Heaven Devenport, Madison Garrison, McKenzie Garrison, Paige Korman, Veronika Lorentsen, Mia Mackinnon, Roslyn Vaughn, Hannah Bourland, Kortney Shuler, Ally Sears, Amaya Saunders and Gianna Magallanes.

Other teams in the CYSS program and the Manhattan Parks and Recreation Leagues included first- through second- grade machine pitch, third- through fourth- grade player-pitch and seventh through ninth-grade player pitch leagues.



Courtesy Photo | CYSS SPORTS

The Fort Riley Cubs, comprised of youngsters 11 to 13 years old, took second place in the Junction City Junior Baseball Association League postseason Tournament. Players included Kaleb Feuston, Logan Feuston, Dawson Grisham, Caleb Harris, Kai Helton, Sean Holguin, Noah Iriarte, William Massey, Joseph F II Priester, Tyson Schultz, Josue Torres-Sanchez, Hiromi Maranga and Cole Donahue.

"FOOOORE!"



HOME AND HOME GOLF SCRAMBLE

Sarah Falcon | POST

Fort Riley Garrison Commander, Col. Andrew Cole, Jr., tees off at Custer Hill Golf Course. Players from Manhattan and Junction City gathered to play at the Home and Home Golf Scramble July 30. There were 16 teams and about 60 people in attendance. Attendees to the tournament also included current 1st Inf. Div. and Fort Riley commanding general Maj. Gen. Paul E. Funk, II, the Division's incoming commanding general Maj. Gen. Wayne W. Grigsby, Jr., and Deputy Garrison Commander, Tim Livsey.



BRO GOLF SCRAMBLE

J. Parker Roberts | 1ST INF. DIV. PUBLIC AFFAIRS

Maj. Gen. Paul E. Funk II (right) prepares to tee off July 31 at Custer Hill Golf Course while 1st Inf. Div. Command Sgt. Maj. Michael A. Grinston, limbers up. The two were among more than 100 Soldiers and community members who participated in the BRO Golf Scramble, Funk's last as division commander.

BODYBUILDING Continued from page 13

Since 2006, he has placed around sixth, seventh, eighth in all of the national shows between then and the most recent show a few weeks ago. He competed in the Masters National Championships and placed eighth in his age and weight classes. He took what he learned in previous years to apply it to his on and off season training and conditioning to hope for higher success this year, which he accomplished.

"I had always been what the judges called flat," Bacon said. "You deplete your body then build it back up. I was depleted too much in previous years. I wasn't filled out; my muscle bellies weren't full so in turn they didn't look full. This past year I learned how to manipulate that, and I got that right this year."

Although Bacon's competition season in 2015 is only between June and September, his conditioning doesn't stop when not constantly in competition. He said he began getting back into peak physical shape in January to prepare for his first competition in June. And will continue to train after his first professional debut on September 3 in Pittsburg, Pennsylvania.

Bacon said training is key, but nutrition is 80 percent of the success with his body. He said keeping his nutrition in check for the purposes he needs is one of the most challenging parts of being a competitive bodybuilder. Nutrition affects how well one can build muscle as well as muscle recovery following a workout. He will also adjust his nutrition when he needs to move up and down in weight classes.

"I train five to six days a week in the weight room, and I try to work each body part at least twice a week," Bacon said. "I am big on time under tension when I workout, which means I overload the muscle for longer periods of time. I am not a power lifter; I don't try to lift a ton of weight."

With his body composition at around three percent body fat, Bacon said he celebrates his wins in unique ways, as well as offers himself breaks in his health and fitness in order to stay dedicated for weeks and months at a time. Following his national title wins and IFBB Pro Card achievement, Bacon said he consumed foods like donuts, cheeseburgers, poptarts and bagels with cream cheese.

"I did that for two days basically," Bacon said. "Then, after that, I said it is time to get back. But I need that mentality-wise so I can be solid on my meal plans again. If I don't do that, then I feel like I'm missing out, and that makes it hard to stay dedicated."

In his off season, he said he will also stay steady on his meal plan for six days a week and offer himself one cheat day a week to help stay stable when it is his on season.

Although Bacon is a personal trainer outside of Craig Fitness Center, he is willing to offer Soldiers and others who use the facility tips on health and fitness. He is not a personal trainer within the facility though.

Matt Enoch, community programs coordinator for Fort Riley's Directorate of Family and Morale, Welfare and Recreation, said having someone like Bacon at Craig Fitness Center is like having Bobby Flay as a personal chef or Jimmy Johnson as a personal driver.

"We now have a national champion bodybuilder at the fingertips of anyone who wants to ask him for help," Enoch said. "He is here for the Soldiers to consult with and lift with. Some of those who train in the facilities here want to look like Mark (Bacon) or be on the same level as him, and he is here to offer tips and provide support."

Enoch said Bacon is the type of person who is willing to do anything to take care of the Soldiers and families who use the gym facilities at Fort Riley. Enoch said Bacon will help others without hesitation or asking questions.

"I want my team members to be happy both at work and in their personal lives," Enoch said. "When they achieve their personal goals, that makes me happy. He has achieved what he wanted."

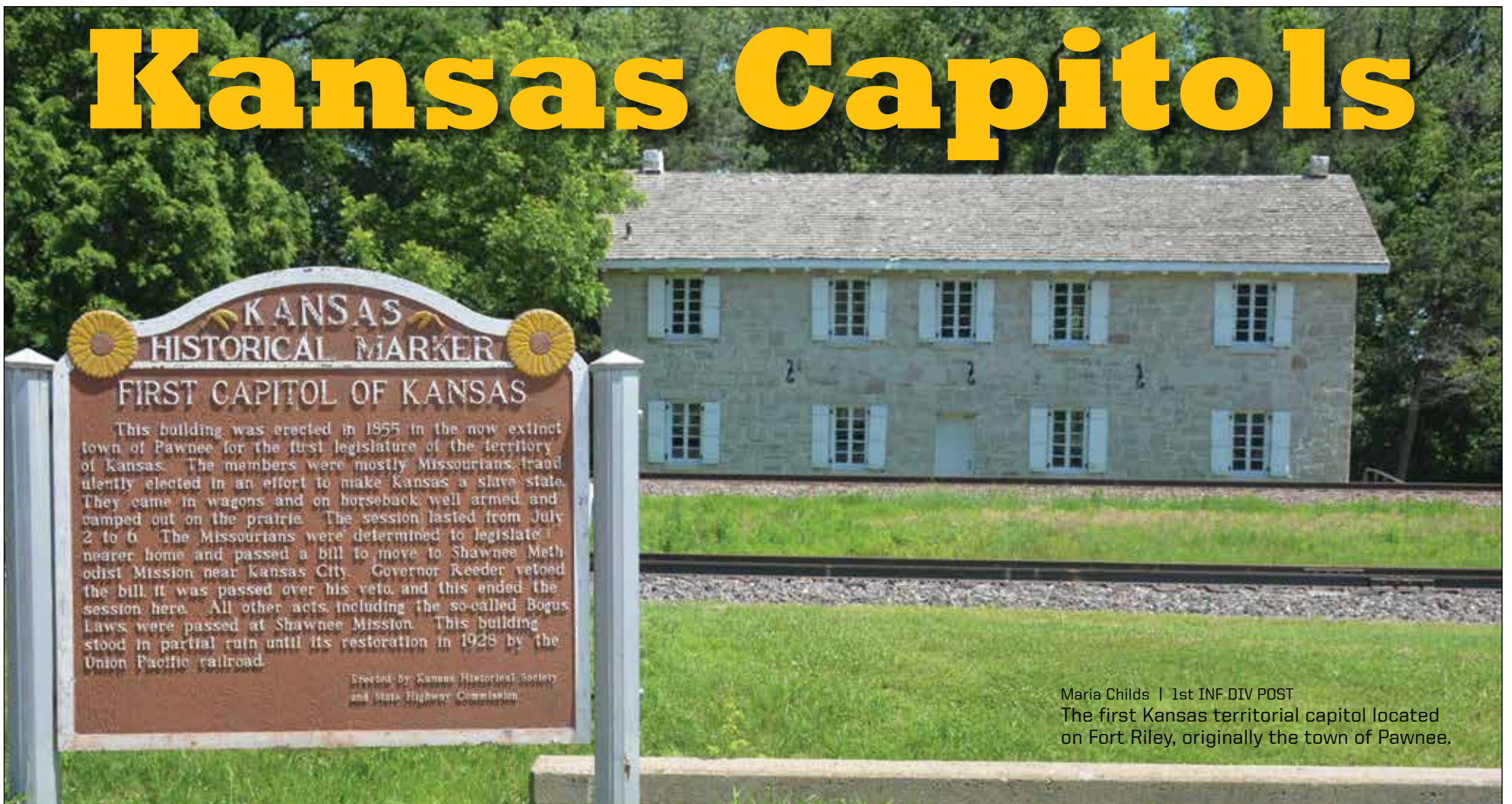
When Bacon earned his IFBB Pro Card, he reached one of his goals as a bodybuilder. Bacon said he has met many bodybuilders who work toward an IFBB Pro Card their entire bodybuilding careers and never achieved it.

"I try to set realistic goals for myself," Bacon said. "But with this show coming up in September, I want to place within the top five even though the competition will be much more intense."





Kansas Capitols



Maria Childs | 1st INF DIV POST
The first Kansas territorial capitol located on Fort Riley, originally the town of Pawnee.

By Patti Geistfeld
POST

Topeka, Kansas is home to one of the most beautiful capitols in the country. It is located downtown on twenty acres and is the state's most important architectural treasure.

As you climb the spiral staircase you can view historic graffiti, the capitol building can be toured by visitors. They can take a 1923 cage elevator to the 5th floor and begin a tour that takes them up 296 steps and into the dome. For those who don't enjoy stairs, the pace is relaxed with frequent stops.

From the top, visitors can view three grain elevators. The middle of the three was once known as the largest grain elevator in the world, according to the capitol's website. It is now known as the third largest in the world.

There are many historic murals and paintings depicting Kansas history and the conflict surrounding the role it played in the Civil War. There are also ornate architectural features and stenciling. Tour highlights include the ceremonial governor's office, Senate Chamber in the east wing, Representative hall in the west wing, ornate Old Kansas Supreme Court in the south wing, State Library of Kansas in the north wing and dome murals on the fifth floor.

Self-Guided tours of the dome are free and available Monday through Friday 8 a.m. to 5 p.m. The rest of the capitol building can be toured Monday through Friday 8 a.m. to 5 p.m. or Saturday 8 a.m. to 1 p.m. The State Historical Society conducts tours at scheduled times for more information call 785-296-3966.

Visit the the beautiful present day capitol in Topeka, then explore the original Kansas Territorial capitol on Fort Riley. Learn about the key role Kansas played in Civil War history.

The state capitol was not always located in Topeka. Today, you can visit the original Kansas Territorial capitol here at Fort Riley. In the 18th century, the area was the town of Pawnee and was adjacent to Fort Riley. As the capitol, it is believed to have played an integral part in the actions leading up to the Civil War. Previous governor Andrew Reeder and the territorial legislature met there to discuss whether Kansas would join the union as a free or slave state.

During the territorial period the capitol was also located in Shawnee Mission, Lecompton, Minneola, Leavenworth, and Lawrence and some of these more than once. It moved whenever the territorial leaders decided to move it.

In 1861 Kansas became a state and held an election to decide where the capitol should be located and Topeka was chosen among the choices including Lawrence and several other cities because of the central location. With some challenges it took until 1869 before the state officers occupied the building. In 1870 the state legislators met there for the first time.

Historic tours of the First Territorial Capitol on Fort Riley are conducted April through October from 10 a.m. to 5 p.m. on Saturday and noon to 5 p.m. on Sunday. November through February is by appointment and it is closed on holidays. A contribution of \$3 for adults and \$1 for students is suggested. For more information call 785-784-5535.



Maggie Ziffer | FORT RILEY PUBLIC AFFAIRS
Dome of the Kansas State Capitol in Topeka.



Maggie Ziffer | FORT RILEY PUBLIC AFFAIRS
Interior view of the ornate dome of the Kansas State Capitol..



Maggie Ziffer | FORT RILEY PUBLIC AFFAIRS
Kansas House of Representatives.