

# A FOND FAREWELL



Lt. Col. James Lander, commander of 1st Bn., 28th Inf. Regt., 4th IBCT, 1st Inf. Div., addresses his formation of Soldiers during the battalion's casing ceremony April 9 on Cavalry Parade Field on Fort Riley. Some "Black Lion" Soldiers will simply move down the road to new brigades, while others will conduct permanent change of station moves to new post and hopefully carry on the Black Lion and "Big Red One" spirits.

## 'Lions of Cantigny' case colors

Command Sgt. Maj. Todd Nibarger, senior non-commissioned officer, of the 1st Bn., 28th Inf. Regt., 4th IBCT, 1st Inf. Div., greets a well-wisher at the inactivation ceremony on Cavalry Parade Field.



Story and photos by Sgt. Takita Lawery  
4TH IBCT PUBLIC AFFAIRS

The 1st Battalion, 28th Infantry Regiment, 4th Infantry Combat Team, 1st Infantry Division, cased its colors April 9 during an inactivation ceremony on Cavalry Parade Field at Fort Riley.

The lineage of the "Black Lions" dates back to Feb. 2, 1901 when the battalion was first constituted and activated at Vancouver Barracks, Washington.

"Soldiers and leaders of this battalion have exemplified the 'Big Red One' values at every turn and with every task they have been given throughout their indelible history," said Col. Peter Minalga, commander of 4th IBCT.

From combat and sacrifice in the Philippine-American War, World Wars I and II, the Vietnam War and

the War on Terror, the Black Lions demonstrated courage, commitment and a willingness to endure, according to information from the brigade.

Activated and assigned to the 4th IBCT, the battalion deployed to Afghanistan and Iraq in support of the Global War on Terrorism.

Most recently, the Black Lions played a role contributing to the brigade's completing 113 theater security cooperation missions across 21 nations and two multinational brigade and battalion-level exercises in Senegal and Malawi as the brigade conducted regionally aligned force missions on the continent of Africa.

Along with their combat and humanitarian deployment, the Black Lions also devoted time and were dedicated to interacting with the local communities of Fort Riley and

See LIONS, page 10



Sgt. Donald R. Long

## Long Gym namesake honored ahead of casing

By Capt. Joshua T. Christian  
1ST SQDN., 4TH CAV. REGT.

About 10,000 Soldiers walk, run or drive past Fort Riley's Long Fitness Center every day as they traverse their way around Custer Hill. Not many know the history behind the gym's name but troopers of the 1st Squadron, 4th Cavalry Regiment, 4th Infantry Brigade Combat Team, 1st Infantry Division, do.

On June 30, 1966, in South Vietnam, Sgt. Donald R. Long and the men of the squadron's Troops B and C were conducting a reconnaissance operation in the dense jungles when they were ambushed by a concealed Viet Cong regiment reinforced with mortars, recoilless rifles and machine guns. During the battle, Long left his armored personnel carrier and, under enemy fire, carried wounded men to evacuation helicopters before continuing to fight.

"When the enemy threatened to overrun a disabled carrier nearby, Sgt. Long again disregarded his own safety to help the severely wounded crew to

See LONG GYM, page 10

# Soldier chefs outstanding in Connelly Program phase two

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

Just because Soldiers are out in the field doesn't mean they can't get a four-star meal. That's what the Soldier chefs of the 701st Brigade Support Battalion, 4th Infantry Brigade Combat Team, 1st Infantry Division, demonstrated March 30 as they participated in the second phase of the Philip A. Connelly Program.

Evaluators from the Army's III Corps were on hand to assess the Soldiers and provide tips as they prepared breakfast and lunch on one of Fort Riley's expansive training areas in a Containerized Kitchen.

"It's not only a food service event, it's a unit event," said Sgt. Maj. Robert Clark, 1st Inf. Div. Food Service senior noncommissioned officer, who added the evaluators wanted to see the chefs working with a unit that was conducting field training.

The Connelly program is conducted in four phases of increasing prestige. Phase I saw the 701st BSB compete against other units at Fort Riley. The final two phases are at the U.S. Forces Command level and the Department of the Army level.

According to results announced April 13, the team received 912 out of a possible 1,000 points, earning them fourth place among the III Corps contenders. The winner, See CHEFS, page 10



Pfc. Dewayne McKenzie (left) and Spc. Aldon Caldona, both of 701st BSB, 4th IBCT, 1st Inf. Div., check on the progress of lunch March 30 in one of Fort Riley's many training areas.

# Soldiers enhance mission readiness with congressional staff audience

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

Soldiers from the 1st Armored Brigade Combat Team executed a medical training exercise at the Mission Training Complex April 8. Staff members from congressional

offices were able to witness capabilities employed in the local training exercise.

The exercise took place at the Medical Simulations Training Center Situational Training Exercise Lane, which is designed to train medics and renew their certifications. The Officer in Charge

**"The training is designed to mitigate casualties on the battlefield by emphasizing treatment at the proper time."**

STAFF SGT.  
BRIAN LAWRENCE | IACH

was Capt. Robert Churchill, 1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division.

He said the training sets the foundation for what Soldiers need to know in the battlefield. They need to know how to sustain injuries and

care for other Soldiers while under attack.

"Regardless of the injury, whether it's a simple concussion down to more complex amputations, our Soldiers have to be able to react under fire and under the stress of combat in order to ensure our Soldiers get the care they

need and evacuate properly," Churchill said.

Staff Sgt. Brian Lawrence, Headquarters and Headquarters Company, Irwin Army Community Hospital, Medical Department Activity, said the training witnessed during

See READINESS, page 7

The next USAG  
Resilience Day Off is

APR.

24

### SAFETY HOLIDAY

As of Thursday, April 16

**100**

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

### HIGHLIGHTS



**CARNIVAL TIME:  
PTO FUN AT FORT  
RILEY ELEMENTARY  
SCHOOL,  
SEE PAGE 11.**

### ALSO IN THIS ISSUE



**FLAG FOOTBALL  
SEASON HEATS UP,  
SEE PAGE 15.**



# Revised uniform policy changes rules for tattoos, wear of combat uniform

By Lisa Ferdinando  
ARNEWS

WASHINGTON – The Army published the revised uniform and appearance regulation, AR 670-1 and DA PAM 670-1, April 10. The new regulation lifts restrictions on the size and number of tattoos authorized for Soldiers and changes the rules for the wear of the Army Combat Uniform during commercial travel.

The new language allows Soldiers to have as many tattoos on their arms, legs and body as they want. Additionally, there are no longer any size restrictions on those tattoos.

However, Soldiers are still prohibited from having tattoos above the T-shirt neckline, meaning anywhere on the neck, face and head. Additionally, Soldiers are limited to no more than one “ring tattoo” on each hand, below the wrist line. What has not changed in the revised policy is the ban on extremist, indecent, sexist or racist tattoos.

An Army G-1 spokesperson said the change to Army tattoo policy is not tied to what is or is not visible while wearing any particular Army uniform. Instead, the policy spells out locations on the body where tattoos are prohibited.

The same Army spokesperson said the revision of Army policies “are not taken lightly.” Such policies and regulations are under “perpetual review.” The recent changes to AR 670-1 came after much feedback from the force and an extensive review of the September 2014 version of the regulation.

Army leadership wanted AR 670-1 to better represent the perspective of Soldiers, the spokesperson said. At the same time, revisions to the policy had to ensure that Soldiers maintain an appearance that is both professional and aligned with how the American taxpayer views their military.

The changes in tattoo policy apply also to civilians, who want to enlist in the Army. Civilians contemplating an Army career will be held to the same standards regarding tattoos as Soldiers already in the Army.



US ARMY PHOTO

The Army published the revised uniform and appearance regulation, AR 670-1 and DA PAM 670-1, April 10. The new regulation lifts restrictions on the size and number of tattoos authorized for Soldiers, and changes the rules for the wear of the Army Combat Uniform during commercial travel.

## OTHER UNIFORM UPDATES

Under the new AR 670-1, Soldiers traveling commercially on official business are authorized to wear the Army Combat Uniform, or ACU.

Previously, Soldiers were directed to wear their dress uniform during commercial travel. They could wear the ACU when deploying, on rest and recuperation leave to and from the combat theater, or if their commander authorized the wear for emergency leave or casualty assistance duties.

New language in AR 670-1 also clarifies the wear of Army uniforms at off-post establishments that sell alcohol. Soldiers wearing their uniform may enter a liquor store to purchase package liquor, for instance. They may not, however, wear their uniform while drinking in a bar.

The G-1 spokesperson said the new policy does not prevent a uniformed Soldier from having dinner with his family or lunch with his co-workers at a restaurant that also serves alcohol. But the policy does prevent that same uniformed Soldier

from having a drink in an establishment whose primary business is selling alcohol.

“The intent of the policy is for Soldiers to not wear their uniform in an establishment where consumption of alcohol is the primary activity,” the spokesperson said.

The revised AR 670-1 also updates wear-guidance of shoulder-sleeve insignia for wartime service during Operation Enduring Freedom; adds wear guidance of shoulder-sleeve insignia for former wartime service during Operation Inherent Resolve and Operation Freedom’s Sentinel; updates wear guidance of overseas service bars for Operation Enduring Freedom; adds wear guidance of overseas service bars for Operation Inherent Resolve; adds wear guidance of overseas service bars for Operation Freedom’s Sentinel; and clarifies approval of distinctive unit insignia.

The updated AR 670-1, DA PAM 670-1, and training package can be found online at: <http://www.armyg1.army.mil/hr/uniform>.

# Support for parents vital in preventing child abuse

By Amaani Lyle  
DOD NEWS, DEFENSE MEDIA  
ACTIVITY

WASHINGTON – The Defense Department observes April as the Month of the Military Child, and also recognizes this time of year as it pertains to a more sobering topic: National Child Abuse Prevention Month.

In a recent DOD news interview, Barbara Thompson, director of DOD’s Office of Family Readiness, stressed that anyone aware of red flags and potential cases of abuse has an obligation to bring the concerns to light.

Learning how to support parents, identify risks and mitigate those risks are critical elements in child abuse prevention, she added.

“We have a role, each and every one of us, to support children’s health and safety,” Thompson said. “Parenting is one of the hardest jobs and responsibilities that we’ll ever have, and the one that also has the most love.”

DOD has taken a multipronged approach to help parents provide a safe, healthy, nurturing environment for their children, Thompson said. Through military treatment

facilities, she added, perinatal nurses and doctors can support military families’ unique needs. Pediatricians are among the most trusted sources of information for parents, she noted.

Thompson also discussed the New Parent Support Program, in which parents can seek help through family advocacy and even in-home visits to reinforce safety and help them avoid risks of neglect or abuse.

“You’re moving every two to three years,” she said. “You’re away from your extended family, or service members are deployed, which means we now have a stay-at-home parent who’s by himself or herself, and we want to make sure the resources are available to strengthen their parenting skills.”

The National Center for Telehealth and Technology’s website offers tips and tools to help military and veteran parents during different stages of their children’s growth and development, Thomson said.

Military OneSource offers confidential, nonmedical counseling that helps parents learn communication skills to better identify and understand behavioral changes in their children, particularly those in the toddler stages, she added.

“[That phase] is sometimes called ‘The Terrible Twos,’ but I like to call it ‘The Terrific Twos,’ because children’s budding personalities are developing,” she said, acknowledging that “it can be challenging when they’re saying ‘no’ to you all the time.”

But parents equipped with skills to offset children’s challenging behaviors often develop confidence and openness to additional resources that will foster long-term readiness and flexibility in reacting to their child’s unique personality, Thompson said.

“Children are very different,” she pointed out, “so what works for one of your children will not necessarily work for another one.”

Parents who return from deployments with visible or invisible injuries may particularly benefit from DOD and Military OneSource resources tailored to their specific needs, Thompson said.

Research and empirical evidence indicate that certain protective factors buffer and mitigate risks military families could experience, and working with schools, pediatricians, chaplains and child development staff members is key to keeping those avenues of com-

munication open, Thompson said.

“We want to make sure that ... parents are aware how important it is to foment a nurturing, attached relationship with their young children ... and manage expectations from both the child’s perspective as well as their perspective,” she said. “We know [having this information] reduces the risk of committing abuse, because you have these tools to help you catch yourself before it happens.”

Officials are seeking to eradicate the stigma behind identifying and reporting child abuse, Thompson said, and to promote communities’ greater familiarity with the National Child Abuse Hotline and other resources designed to help parents who may be struggling with appropriate nurturing and disciplinary roles with their children.

“Each one of us has to take a stand to protect not only military children, but all children,” Thompson said.

## TRAFFIC REPORT

### ESTES ROAD

The portion of Estes Road on the right side of Normandy is closed. Traffic changeover will be conducted during a non-rush-hour time of day. Prior to the changeover, the Normandy left lane will be widened. No roads will be closed for the widening work on Normandy.

### DICKMAN AVENUE

Road repairs on Dickman Avenue have begun and will continue until July 1.

Dickman Avenue is closed at Pershing Avenue at the south end of the construction and just south of the AAFES gas station/Shoppette at Huebner and Dickman on the north end of the construction. Both entrances to the AAFES gas station/Shoppette will remain open.

The designated detour between Huebner Road and Dickman Avenue is Holbrook Avenue. Detour signage is posted. During the road closure, the GSA vehicle service facility, Bldg. 386, and the main post fuel point is only accessible via Carr Avenue from Pershing Avenue.

### TROOPER – MCCORMICK

Phase 2 of work on Trooper-McCormick has begun and will continue until April 30. The work closed the southbound side of Trooper, south of Fire Station Five to the intersection at Trooper and McCormick. All Trooper southbound traffic will detour at the roundabout at Trooper and Rifle Range Road to First Street.

Phase 3 is scheduled to start April 30 and end May 7. This will close the northbound side of Trooper

for three days at the intersection of McCormick and Trooper. All northbound Trooper traffic will turn left onto First Street and use the roundabout at Trooper and Rifle Range Road. Drivers going eastbound on First Street to McCormick and Trooper will not be able to make a left turn onto northbound Trooper and should detour to the roundabout at Trooper and Rifle Range Road.

### HAMPTON PLACE

A portion of Hampton Place, from Jackson Avenue north to Ashby Drive, will be closed thru traffic through May.

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 4 a.m. to 7 p.m., Monday to Friday; closed on weekends and federal holidays.

**Rifle Range:** Open for construction vehicles only.

**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; closed weekends and federal holidays.



# Employer offers on-the-spot interviews, jobs

## Transitioning Soldiers net great results from recent hiring fair

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

The staff from the Soldier for Life Transition Assistance Program hosted an employer day featuring the AECOM technology company. The company provides integrated technical and management support services for a range of markets including transportation, construction, infrastructure and federal facilities.

Employer days allow Soldiers to connect and network with employers who value military experience. Sharone Washington, transition employment liaison, said Soldiers should attend the employer days because they provide a great opportunity to network and build interviewing skills. “It is important for Soldiers

to know about all the employment and hiring events because these are opportunities for Soldiers to give out resumes and speak one-on-one with the company representatives,” Washington said.

Spc. Jaron Cole, 601st Aviation Support Battalion, 1st Combat Aviation Brigade, 1st Infantry Division, was familiar with AECOM when he attended the employer day. While he was deployed, Cole worked with employees of this company, but April 9 he was interviewed by company recruiters for mechanic positions in Mississippi and Wamego, Kansas.

The ability to interview for jobs that are vacant now is important to Soldiers like Cole who will officially be done with his military career in less than 30 days. His training is something that will go with him in the next phase of life.

“The military has given me an abundance of experience,” Cole said. “The military has done wonders with guiding me in the correct direction.”

Employer days like this one help Soldiers solidify what they want to do when they leave the military.

During the employer day, Soldiers were able to apply for a position, talk with human



Employer days such as the one hosted by the Soldier for Life Transition Assistance Program allow Soldiers to connect and network with employers who value military experience. The most recent one featured AECOM, a company that provides integrated technical and management support services for a range of markets including transportation, construction, infrastructure and federal facilities.

resource representatives who said they value military experience and interview for available jobs.

Cole added the process of applying for AECOM and

then going through the interview was easier than he thought it might be because it was all brought to him in one convenient place. Sgt. Justin Jackson, 1st Combat Aviation

Brigade, 1st Infantry Division, agreed.

“It was nice to do the interview in a neutral spot instead of at the corporation itself,” Jackson said. “It made it a lot

easier – everything is in one spot.”

“It was pretty straightforward,” Cole said. “It made things easier and more comfortable for me.”

## Army, post to celebrate Earth Day April 22

By Dan McCallister  
ENGINEERING DIVISION, DPW

Earth Day is an international event demonstrating concern and mobilizing support for the environment.

As a worldwide event, Earth Day represents the commitment of the United States and other countries to environmental security. Active-duty military, civilian personnel, families and local community members contribute to the impact of this event.

Earth Day is the annual call for public attention toward environmental issues. The Army Earth Day 2015 message is “Sustain the mission and secure the future, while acknowledging the past.”

Although Earth Day is April 22, and many celebrations are scheduled on or near that date, environmental responsibility is more than a one-

day event.

Since the Base Closure and Realignment of 2005, Fort Riley has about 20 buildings that are LEED certified. Leadership in Energy and Environmental Design is a set of rating systems for the design, construction, operation, and maintenance of green buildings. Developed by the U.S. Green Building Council, LEED is intended to help building owners and operators be environmentally responsible and use resources efficiently.

Earth Day was first celebrated April 22, 1970, and rallied more than 20 million Americans to become involved in environmental activities. This event was the largest grassroots movement in American history and created what has become the environmental movement. The event also sparked the first major pieces of environmental legislation: the Clean Air Act and Clean Water Act.



**EMPLOYMENT TRANSITION “BOOT CAMP”**

**Hosted by Northrop Grumman Corporation**

**April 20 and 21      8:30 a.m. to 3:30 p.m.**

**Soldier and Family Assistance Center, Fort Riley**

*Are you within 9 months of transitioning out of military service?*

*Meet with employers who can provide valuable information on:*

- *What happens when I apply to a position on line?*
- *Should I attend career fairs; what types of positions are companies hiring veterans for?*
- *Should I use social media as a networking tool?*
- *What is expected at an interview?*
- *What’s it like being out of uniform and “on the other side of the fence?”*

*In addition to covering the above topics, service members will have the opportunity to meet one-on-one with employers to address specific career counseling, mock interviews, and more.*

**COME OUT AND MEET WITH REPRESENTATIVES FROM NORHTROP GRUMMAN AND MANY OTHER COMPANIES.**

**WE’RE HERE TO HELP YOU THROUGH YOUR EMPLOYMENT TRANSITION.**

**SPOUSES ARE ALSO WELCOME.**

*Registration is recommended: <http://tinyurl.com/pky7f4e>*

## TUESDAY TRIVIA CONTEST WINNER

The winner of the Tuesday Trivia is Lena Hall, wife of Sgt. Samuel Hall with the Headquarters and Headquarters Battery, 1st Battalion, 161st Field Artillery Regiment, an Army National Guard unit out of Hutchinson, Kansas.

On April 14 Lena correctly answered the question “During this Volunteer Appreciation Week where can I learn about Joining the Fort Riley volunteer team?”

Every Tuesday, check out Fort Riley’s Facebook page for the Fort Riley Tuesday Trivia question of the week at [www.facebook.com/FortRiley](http://www.facebook.com/FortRiley). Every answer will be available somewhere on the official Fort Riley website at [www.riley.army.mil](http://www.riley.army.mil).

**CONGRATULATIONS, LENA!**





# Risk of Impairment

By Kalyn Curtis  
1ST INF. DIV. POST

Each year the staff of Fort Riley's Alcohol and Substance Abuse Program runs a campaign to raise awareness of the risks of excessive drinking and substance abuse.

Brandon French, Prevention Coordinator for Fort Riley's Army Substance Abuse Program said 'What's the risk' is the theme, and it poses the question of 'what am I risking when I drink and drive' or 'what am I risking by over consuming alcoholic beverages.'

Along with risk, the campaign defines impairment.

French said they hit on two types of impairment, mental and physical. He said alcohol affects the frontal area of the brain first, which is where your reaction time, decision making and cognition originate.

"We can see impairment [at] as low as a 0.02, but that's that mental impairment that you don't really notice," said French. "It's that physical impairment

that we notice the most, but that is after I'm already mentally impaired.

French explained there is more to impairment than blood-alcohol content and it is hard to define the extent of total impairment with one set of statistics. Though charts list 0.02 to 0.03 as the impairment range, everyone is different.

French said it's okay to let loose; but plan for those times.

Part of a safe ride home plan could include Riley Ride, a bus dedicated to getting Soldiers to and from Aggieville. The bus leaves the Leisure Travel Center at 9:30 p.m. every Friday and Saturday and travels between Aggieville and the post. It makes three trips beginning at 11 p.m. and the last return trip at 2:30 a.m.

Cost for one ride is \$2.50, and punch cards are available for \$5 and \$10 at the Leisure Travel Center.

For more information on Riley Ride call the Leisure Travel Center at 785-239-5614.

## April ocular observance helps women mind sight

# Women's Eye Health, Safety Month

By Tri-Service Vision  
Conservation and Readiness  
Program Staff  
ARMY PUBLIC HEALTH COMMAND

Women are often responsible for taking care of the family's health concerns and often neglect their own, including their eye health. Indeed, two thirds of the people in the world affected by visual impairments and blindness are women, even though they represent only 53 percent of the population.

The rate of eye disease is rising in the United States because people live longer and women, on average, live longer than men. As a result, more women are susceptible to age-related eye diseases such as macular degeneration, cataracts, dry eyes, glaucoma, diabetic changes and other conditions. Because of this, Prevent Blindness America

designated April as Women's Eye Health and Safety Month to educate women about steps that to prevent vision loss and making eye health a priority. The recommendations apply to all. During April the emphasis is for women to take care of themselves with their families.

Get routine eye care. Many causes of eyesight problems are preventable, so all women should make having regular eye examinations a regular part of their health routine to minimize the risk. It is recommended that all women receive a comprehensive eye examination by the age of 40 if not sooner and obtain routine follow-up care as recommended by their eye care professional.

Know your family history. Everyone is aware that genetics play an important role in what diseases you are at risk for including eye diseases. By

knowing what conditions your ancestors had, you can notify your eye care professional of what those conditions are and, in some cases, do things to prevent or lessen the effect of those conditions in you.

Eat healthy and exercise. Eating healthy and exercising is important in maintaining a proper weight to reduce the risk factors for certain conditions. Doing so can also assist you in guarding against vision loss. Obesity, a lack of exercise, stress and a bad diet all can affect the health of your eyes.

Avoid smoke. Smoking, even secondhand smoke, increases the risks for certain eye diseases such as cataracts and macular degeneration. Avoid smoking and being around smokers if at all possible.

Wear good sunglasses. Ultraviolet light exposure has also been linked to the development of cataracts and macular degeneration. So, it is recommended that when you go outside, consider wearing brimmed hats and UV-rated sunglasses.

Use cosmetics and contacts safely. Wash your hands first. Throw away old makeup and contacts. Don't share. Don't apply while driving. You can prevent a serious eye infection that could result in permanent loss of vision.

Remember, as the one responsible for ensuring everyone is healthy, it's important you see well enough to maintain that role.

Taking care of your eye health is an easy way to meet those important functions for years to come.

## Home wanted

### Pugsley

Pugsley is a medium-sized mixed breed approximately 9 months old. He may be a German Shepherd-Terrier mix. He is house trained and loves being outside. Pugsley is somewhat like the Energizer Bunny – he runs and runs and runs. He also loves playing with water.

Pugsley still has much to learn, so he may need a home where he is the only dog for now. He can also throw child-like tantrums when he doesn't get his way. He is quite the character.

Pugsley's adoption fee is \$82 and includes microchip, distemper and rabies vaccines, heartworm test and deworming.

If interested call 785-239-6183. If no one answers, leave a message or email [nicole.p.storm@us.army.mil](mailto:nicole.p.storm@us.army.mil). Other shelter animals can be seen on [www.facebook.com/fortrileypets](http://www.facebook.com/fortrileypets).

Stray animals on Fort Riley are picked up by the Military Police and brought to the Fort Riley Stray Facility. The animals are held for three business days to allow owners to claim their pets. After this, animals may be adopted out or euthanized. Animals are usually only euthanized in the cases of severe aggression or a life-threatening illness.

Animals must be registered, microchipped, and up to date on vaccines before being released to owners.

Fort Riley Stray Facility  
Building 226 Custer Ave., Main Post  
10 a.m. to noon and 1 p.m. to 4 p.m.  
Monday through Friday  
785-239-6183 or 785-239-3886



## IRWINFORMATION

**I'm a member of the Uniformed Services. Are my parents and parents-in-law eligible for TRICARE?**

No, but if your parents and parents-in-law meet your service's criteria to become your dependents, then your parents and parents-in-law may get care at a military hospital or clinic on a space available basis, fill their prescriptions at a military pharmacy, and may enroll in TRICARE Plus.

TRICARE won't pay for care received from civilian providers, even if the military hospital or clinic referred the dependent parent or parent-in-law to a civilian provider.

Dependent parents and parents-in-law who have Medicare Part A because of age and have Part B may fill prescriptions at TRICARE network pharmacies or through home delivery.

Note: The requirement to have Part B doesn't apply to dependent parents and parents-in-law who turned 65 before April 1, 2001.

For information on how to make your parents and parents-in-law your dependents, contact the Defense Finance and Accounting Service Secondary Dependency Office based on your branch of service.

If you have a question for IrwINformation, send it to [IACHInformation@amedd.army.mil](mailto:IACHInformation@amedd.army.mil) or call 785-239-8414.

If you have a question for IrwINformation, send it to [IACHInformation@amedd.army.mil](mailto:IACHInformation@amedd.army.mil) or call 785-239-8414.

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



## RILEY ROUNDTABLE

### What does a person risk by drinking too much alcohol?



“They are endangering themselves and other if they do not designate a driver when they drink. They are endangering innocent people going from Point A to Point B.”

**PVT. PETER SALDANA**  
**KERRVILLE, TEXAS**

Combat engineer, 82nd Engineer Battalion, 2nd Armored Brigade Combat Team



“What are they not putting at risk? The one thing people value above everything else is placed at risk – from wanting a family to buying a house.”

**NICOLE SIZEMORE**  
**ABILENE, KANSAS**

Army Substance Abuse Program Prevention Branch Chief



“Family relationships, their career, health, finances – you really place everything at risk.”

**STEPHANIE WICK**  
**MANHATTAN, KANSAS**

Army Substance Abuse Program Clinical Supervisor



“Their health and personal relationships. Drinking excessively will cause physical problems like liver damage and can lead to hypertension and diabetes. They start to value the alcohol more than the relationships.”

**MICHAEL MCGEE**  
**ABILENE, KANSAS**

Army Substance Abuse Program Counseling Psychologist



“People’s families and lives. It is usually the people who are not drinking that end up hurt when someone else is drinking.”

**STAFF SGT. DARNELL CLARK**  
**OCALA, FLORIDA**

Company E, 1st Brigade Engineer Battalion, 1st Aviation Brigade Combat Team

## THE 1ST INFANTRY DIVISION POST

This civilian enterprise newspaper is an authorized publication for members of the Department of Defense. Contents of The 1st Infantry Division Post are not necessarily the official views of, or endorsed by, the U.S. Government, or the Department of the Army. The editorial content of this publication is the responsibility of the 1st Infantry Division and Fort Riley PA Officer and printed by Montgomery Communications, Inc., a private firm in no way connected with the U.S. Government under exclusive written contract with Fort Riley.

The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement of the products or services advertised by the U.S. Army or Montgomery Communications, Inc.. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the publisher will refuse to print advertising from that source until the violation is corrected.

Circulation 8,800 copies each week .

A licensed newspaper member of the Junction City and Manhattan chambers of commerce.

### COMMANDING OFFICER AND PUBLISHER

Maj. Gen. Paul E. Funk II

### PUBLIC AFFAIRS OFFICER

Lt. Col. Sean Ryan

### PRINTER

John G. Montgomery

### FORT RILEY EDITORIAL STAFF

#### EDITOR

Angelique N. Smythe

#### ASSISTANT EDITOR

Andy Massanet

#### STAFF WRITERS

Maria Betzold, Kalya Curtis and Cheyanna Colborn

#### MEDIA SALES MANAGER

Melissa Tyson

#### MEDIA SALES REPRESENTATIVES

Jessica Wineinger, Susan Jacobs, Kim Maguire and Shannon Fritz

#### CONTACT US

For business or advertising matters, call The Daily Union in Junction City at 785-762-5000.

For news offerings, call the Fort Riley Public Affairs Office at 785-239-8854 or DSN 856-8854, or email [usarmy.riley.incom.mbx.post-newspaper@mail.mil](mailto:usarmy.riley.incom.mbx.post-newspaper@mail.mil)

#### 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 will be edited for space, but never for content. Send a fax 785-239-2592 or e-mail [usarmy.riley.incom.mbx.post-newspaper@mail.mil](mailto:usarmy.riley.incom.mbx.post-newspaper@mail.mil)



Staff Sgt Chuck Burden, | ARNEWS

Sheryl Sandberg, Founder and Board Chair at Lean In, speaks at the Pentagon, Washington D.C., April 9, 2015. Sandberg spoke about how diverse leadership teams make better decisions.

## Sheryl Sandberg: Women, diversity are ‘mission critical’ in military, workplace

By Lisa Ferdinando  
ARNEWS

WASHINGTON – The military can take the lead in breaking down biases against women and people of diverse backgrounds to create a stronger force and set the path for the nation, said Sheryl Sandberg.

Sheryl Sandberg, best-selling author of “Lean In: Women, Work, and the Will to Lead,” spoke April 9 to a standing-room audience at the Pentagon.

Diversity in top leadership positions is “mission critical” to the military or any organization, she said.

Studies show a diverse group makes better decisions.

But, she said, “we are not getting women into leadership roles in real numbers in any sector” whether it is Fortune 500 companies, the Senate or the military.

Long-standing biases prevent women from advancing professionally need to be overcome, Sandberg said. The military can help kick start the effort.

“I believe that the United States military has an incredibly important role to play here,” she said. “If you look at the history of desegregation, the military led; a lot of the good things that happened in our society happened here first.

“If we want to increase our progress along racial discrimination, if we want to increase our progress along the leadership gaps of women and people of color, the military has to lead,” she said.

Making progress in getting women in leadership roles and discussing the wage gap between men and women are “really hard to talk about,” Sandberg said. “What I think will make the really big difference is if we can make sure we explain this as core to mission-critical leadership.”

The conversation about women in leadership is important to the Department of Defense today, as the military goes through “dynamic changes” that open more jobs to women, said Laura Junor, the principal deputy under secretary of defense for personnel and readiness.

Junor, who described those changes as exciting and historic, also noted the Department of Defense is shrinking, in the civilian and military workforce. With that in mind, DOD will see “more complex” demands tackled by fewer people, she said.

“With a smaller workforce, we have to make the most of all of your potential,” Junor said. “We have to be the employer of choice. We also have to work to support, motivate and make sure that we enable you to commit fully to develop your talents.”

### ADDRESSING BIASES HEAD-ON

“Leadership is about getting people to follow you – because they want to – and they believe,” Sandberg said. “Leadership is the ability to use the full talents of the population to get the very best from everyone regardless of gender or race or background or age.”

Sandberg, who was previously a top Google executive and chief of staff at the U.S. Treasury Department, said she “never spoke about being a woman” when she was rising in her career.

“Because I thought if you spoke about being a woman, the person on the other side of the table thinks you’re whining, complaining, asking for special treatment ...” she said.

“What we are currently doing is not working; the veil of silence is not creating an equal playing field. We need to acknowledge the issues, acknowledge the biases and counteract them,” she said.

The biases include that women and people of color are underestimated on their work performance. Women are also tasked with note-taking and other “office housework” duties in the workplace, she said. As a note-taker, they would not be the one speaking and making a great point that would get them noticed and promoted.

Success for women is viewed differently than success for men, Sandberg pointed out. While power and success are positively correlated with likeability for men, they are negatively associated with likeability for women.

“When women get more powerful and successful, they are less liked,” she said.

A successful woman might be described as aggressive, political, not well-liked by her peers, too ambitious, or someone who just got lucky. A man in power, however, might be viewed as someone with leadership skills who rose to the top because of his talents, she said.

### COUNTERACTING INGRAINED BIASES

In polling the audience, Sandberg demonstrated how men are not told they should be at home caring for their children instead of working.

She said, “Women, raise your hand if anyone has ever said to you, ‘Should you be working?’” with many in the room raising their hands. “We constantly tell women they can’t have it all.”

The biases are deeply ingrained in all of us, men and women, she said. “We react without even realizing we’re doing it.”

Girls are described as “bossy,” while boys aren’t, she pointed out.

“When a little boy leads, it is expected, but when a little girl leads, it’s not,” she said.

When someone hears a girl being described as bossy, Sandberg suggested saying, “That little girl’s not bossy, that little girl has executive leadership skills.”

The reaction from the audience: laughter and applause.

“I’m going to pause for one moment on that,” she said. “I’m going to say it the other way, ‘That little boy has executive leadership skills.’” There was no laughter or applause from the audience.

“That’s because humor is about going against our expectations. It’s funny because you’re surprised. If you want to understand why there are no four-star female generals in the Army right now, or why Silicon Valley has so few female CEOs, you just understand it,” she said.

“We do not like leadership in girls and women,” she said.

What needs to be done, Sandberg said, is for all of us to shed the biases, continue to have those hard discussions, and put women in the military jobs that put them on the path to be a general officer. Everyone will benefit from women and diversity, she said.

In closing her presentation, Sandberg thanked the men and women who serve the nation.

“I think Facebook has an important mission; I’m proud to work on it,” she said.

“I don’t think anything is as important as the mission that you all have,” the technology executive said. “You keep us safe, you keep the world open to democracy, and boy is it a complicated, scary world out there. What you do has never been more important.”

## Safety Gram: safety focused spring cleaning

### GARRISON SAFETY OFFICE

Spring is coming and with it comes longer and warmer days. It is also a time when we seriously clean our homes. While this is a rewarding activity, it can also be a risky one. Falls, cuts, chemical burns and electrical shock are just some of the injuries which can occur.

You can survive spring cleaning by following some simple safety tips.

Plan your work carefully and pace yourself. Don’t try to do everything at once.

Drink plenty of water. It may not feel overly warm but that doesn’t mean you can’t get a heat injury. Also, don’t forget the sunblock and wear a hat.

Inspect and repair lawn equipment and tools before using.

Never lay tools such as rakes, hoes, shovels on the ground where they can be stepped on or tripped over.

Protect yourself. Wear protective clothing like sturdy leather shoes, not tennis shoes.

Use a high-quality pair of safety glasses when operating mowers, edgers, trimmers, or other power tools.

Wear vinyl or rubber gloves when you use liquid cleaning products. Cloth or leather gloves will protect your hands from minor injuries that happen while dusting, moving furnishings and handling debris.

Beware of electrical hazards. Keep moisture away from appliances and outlets. Don’t spray cleaning products directly onto light switches or the fuse panel of an electrical stove.

Ordinary household vacuums must not be used on damp surfaces. Watch for overhead electrical hazards. Never touch a light fixture while on an aluminum ladder.

When using an extension pole to clean ceilings or windows, stay away from lights and power lines.

Beware of tripping. Slips and falls are common household accidents and can occur easily when the house is in disarray.

Keep traffic areas clear of buckets, cords, boxes and other obstacles.

Clean up spills promptly and move carefully on damp surfaces. Look before you back up. Many housekeeping accidents happen as a result of tripping over objects or bumping into obstacles when backing up.

Read the directions before using any cleaning product and keep the work area well-ventilated. Many house cleaning chemicals can cause irritation to the respiratory system and burns to eyes and skin. Never mix bleach and ammonia because this creates a deadly gas. Avoid using cleaning products with ammonia in the bathroom at the same time as cleaning products containing bleach. Another way this deadly mixture accidentally occurs is by pouring a mop bucket with an ammonia-based cleaning product into a toilet bowl containing a bleach product.

Ladders are involved in many serious home injuries.

Inspect your ladders for wear and damage and secure them when in use. Place the base of the ladder on a solid, even surface. Don’t stand on the top few rungs of a ladder. Don’t lean away from the ladder because this can cause it to tip. Use sturdy scaffolding and good sense when doing elevated work such as cleaning stairwell ceilings or second story windows. Consider hiring an expert.

Use proper lifting techniques when moving bags of potting soil, fertilizer, mulch, decorative stone or paving blocks. Plan how you’ll pick something up and where you will set it down. Get help if necessary. Use the strength in your legs, not your back, to pick up a load. Bend your knees and keep the load close to your body.

Supervise children and keep cleaning chemicals and tools out of their reach.

Follow these suggestions this spring and year-round to prevent accidents while you are house-cleaning.

Report Suspicious Activity or Behavior

**iWATCH ARMY**

**iREPORT** **iKEEP US SAFE**

**See Something Say Something**

**ARMY ANTITERRORISM**

**Fort Riley Tip Line/Hotline**  
**240-WARN (9276)**



Donna D. Ferguson addresses over a thousand attendees about “Cultural Change is a Mind Change: Bridging the Gap” at Joint Base Myer - Henderson Hall, April 7. Ferguson, who was the keynote speaker, serves as behavioral science education and training deputy division chief for the U.S. Army Military Police School. .

DOD IMAGE



# SHARP speaker: Cultural change is mind change

By Staff Sgt. Jennifer C. Johnson  
JFHQ-NCR/MDW PUBLIC AFFAIRS

ARLINGTON, Va. -- More than a thousand Service members and civilians from the Joint Force Headquarters-National Capital Region/U.S. Military District of Washington and its inter-agency partners recently gathered during the annual Sexual Harassment/Assault Response and Prevention, or SHARP, professional development training.

During the event, Donna D. Ferguson spoke about “Cultural Change is a Mind Change: Bridging the Gap” on Joint Base Myer - Henderson Hall, April 7.

Ferguson, who was the keynote speaker, serves as behavioral science education and training deputy division chief for the U.S. Army Military Police School. She explained that cultural change is required to put an end to sexual offenses in the military and its surrounding communities.

“If you have to change a culture, then you have to voice your opinions,” Ferguson said.

Ferguson said sexual assault is a personal topic and people tend not to talk to it, but talk around it.

“Strongholds are a particular attitudes that prevent people from embracing change,” Ferguson said. “Strongholds regarding sexual assault usually create barriers that make it difficult for people to adjust their way of thinking. Letting go of your strongholds can ultimately change a culture. If you change the mind, the heart will follow.”

Sexual Assault Awareness and Prevention Month is observed each April to raise awareness and educate communities on the prevention of sexual violence.

“The harder you try to break the bad behavior, the worse it’ll get,” Ferguson said. “The first thing you need to change is your thoughts. Once you change your thoughts, it’ll change your words and then ultimately change you.”

## Vets to Feds career development program helps military veterans find civil service work

Story and photo by  
Ryan Mattox  
MISSION AND INSTALLATION  
CONTRACTING COMMAND PUBLIC  
AFFAIRS OFFICE

JOINT BASE SAN ANTONIO-FORT SAM HOUSTON, Texas – Leaving military service and job hunting can be overwhelming to some, but there are two transition programs that help veterans to ease into a civilian career.

The Vets to Feds Career Development Program and the Army Materiel Command, or AMC’s, Always a Soldier Program is designed to recruit and support the development of veterans for careers within the federal government. The programs offer veterans the opportunity to gain on-the-job training and experience. After completion of training, candidates are placed into contract specialist positions.

“One of the hardest things is just getting your foot in door,” said Gerald Liddell, a Vets to Feds program hire, working as contract specialist with Mission and Installation Contracting Command, or MICC, on Fort Sam Houston. “It’s all about meeting the right people at the right time, and the Vets to Feds program does that for you. It’s an awesome program.”

The Always a Soldier program is a hiring and training initiative focused on providing veterans with an initial opportunity for employment and training within the AMC’s workforce. Subordinate commands also use this program to meet their resources needs.

The program is for those, who have completed or about to complete their military service, but need employment assistance to transition as a civilian. This is an AMC-based employment initiative that provides employment as-



**After transitioning from military service, Gerald Liddell used his networking skills and a transition assistance program to land a position with the Mission and Installation Contracting Command, or MICC, Liddell is an intern serving as a contract specialist with MICC through the Vets to Feds program.**

sistance to veterans, who no longer serve and wish to continue working with AMC.

Since the program’s inception in 2004, 422 veterans have been hired.

Those eligible include retired veterans, who are honorably discharged, with 30 percent or more service-connected disability. They are also eligible for the veterans recruitment appointment and the 30-percent or more disabled veterans’ noncompetitive hiring authorities.

“The goal is to place veterans into vacancies within AMC or its subordinate units. This allows them to continue supporting our warfighters beyond their active-duty service,” said Debra Coleman, AMC program manager. “By providing job opportunities for veterans, units gain a dedicated employee who is already familiar with the military, someone with practical, hands-on experience, along with the discipline and work ethic that were instilled in

them throughout their military training.”

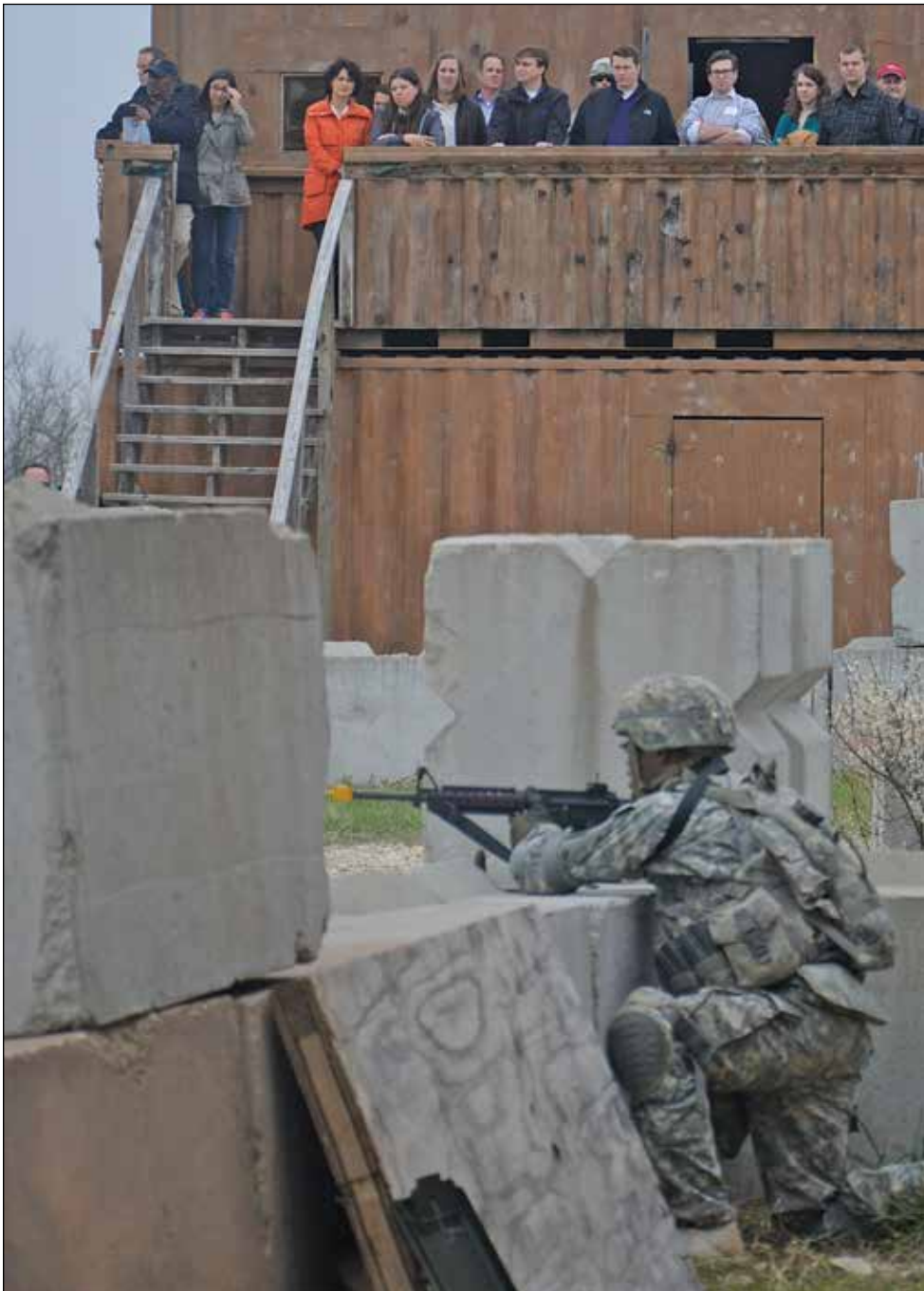
Coleman said some advantages for hiring veterans under the program include:

- Candidates are readily equipped with valuable skills, work experience and commitment acquired through and during their military service.
- Recruitment fill time is reduced.
- Provides an avenue for organizations to support federal law and executive orders for hiring veterans and individuals with disabilities.
- Supports affirmative action programs within their commands.

Applicants must meet the basic requirements of the program to apply including receiving a bachelor’s degree from an accredited educational institution with at least 24 hours in business-related courses in fields including accounting, business, finance, law, contracts, purchasing, economics, industrial management, marketing, quantitative methods or organization and management.

To qualify at a higher grade, applicants must have one year or more of specialized experience in the field in addition to meeting the basic requirements.

To participate in the program, veterans need to submit their resume, DD Form 214 member Copy 4, and a Department of Veterans Affairs letter documenting a service-connected disability rating if applicable. The character of service must be honorable or general discharge. In cases where the veteran has not been released from military service, an approved transition leave form must be provided. Complete and submit the AAS Employment Information Worksheet, enclosure 4, available on the Always a Soldier website.



Soldiers from the 1st ABCT participate in a medical training exercise at the Mission Training Complex April 8. Staff members from congressional offices witness capabilities employed in the local training exercise. Soldiers above apply tactical medical techniques on an authentic training mannequin. At left, congressional staff members look on as a Soldier trains.

## READINESS Continued from page 1

the exercise emphasizes tactical combat casualty care.

“The training is designed to mitigate casualties on the battlefield by emphasizing treatment at the proper time,” Lawrence said.

As a medic, Soldiers support their infantry on the battlefield.

“We don’t often get to work on simulated casual-

ties,” said Spc. Candice Sisk, Headquarters and Headquarters Company, 1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division. “Typically we don’t have the assets as in the pyro, we don’t have the rounds, and we don’t get to play with blood and helicopters. Having that accessibility made it more true to life.”

Sisk was one of the Soldiers in the exercise.

She said she enjoyed using her training to complete the exercise and forgot there was an audience.

“I was more focused on my patient – making sure I was treating them like I would treat one of the guys to the left or right of me,” Sisk said.





ARNEWS  
Mark Mazzara, center, robotics interoperability lead for the Army's Program Executive Office - Combat Support and Combat Service Support at Detroit Arsenal, Michigan, speaks during the National Defense Industrial Association Ground Robotics Capabilities Conference and Exhibition in Arlington, Va., April 8.

# Army looks toward fully autonomous tactical vehicle

By Ms. Lisa Ferdinando  
ARNEWS

ARLINGTON, Va. – The Army is working toward developing a fully autonomous tactical vehicle, a robotics expert said.

“When you start looking at the mid-term, five to 10 years, we start talking about tapping into external systems,” said Mark Mazzara, robotics interoperability lead for the Army’s Program Executive Office, Combat Support and Combat Service Support at Detroit Arsenal, Michigan.

Mazzara was a panelist, April 8, at the National Defense Industrial Association Ground Robotics Capabilities Conference and Exhibition in Crystal City, Virginia, where he discussed the path toward autonomous capabilities.

Autonomous vehicles will be able to operate without direct human supervision and are a step up from unmanned vehicles, which are typically controlled re-

motely. Today, unmanned aerial systems, for instance, have remote operators. In contrast, autonomous vehicles would be operated robotically.

The process to reach the goal of autonomous capabilities is a three-phase approach, Mazzara said, starting with driver-safety and driver-assist technologies that are upgrades to vehicles, followed by basic autonomy capabilities, which then lay the foundation for the third phase, a fully autonomous tactical vehicle.

The Army wants its Unmanned Ground Vehicle Interoperability Profile, or IOP, to enable this “evolutionary approach toward tactical vehicle autonomy,” he said.

“In the far term, we start talking about more ubiquitous interoperability between the robots and external systems,” Mazzara said.

Today, semi-autonomous systems are used to clear mines, provide surveillance, convoy supplies and acquire targets, among many other things.

To reach autonomous capability, the Army needs incremental hardware and software enhancements to existing systems/chassis, sensor and payload upgrades, modularity, open architecture in IOP, in- and out-processing software, standardization; miniaturization and light weight, and intelligent behavior.

One conference attendee said the problems of developing a fully autonomous vehicle were complex and it might take 30 years.

Another conference panelist predicted in 10 years, the Army might have a rudimentary system that could recognize markings or patterns, especially in open terrain, to operate autonomously.

To reach that point, Mazzara recommended coordination with stakeholders, keeping industry informed and stressing the value of IOP development. The profile would benefit everyone in the defense community, he said.

# Month of the Military Child: Deployments can put children at risk

TRICARE

In April, members of the military community come together to highlight the contributions, bravery and patriotism of its youngest members. The Month of the Military Child recognizes the more than 1.9 million children that brave the unique challenges of military life.

Often military kids face back-to-back deployments of a parent, or they may have to learn how to deal with an injury to, or death of, a parent. The impact that military service has on kids can be overlooked as their service and sacrifice may not stand out the way it does for parents in uniform.

The National Institutes of Health reports children of deployed parents are at a greater risk of suffering emotional and behavioral problems; including stress and anxiety. TRICARE covers medically or psychologically necessary mental care, including counseling for children. TRICARE covers well-child care from birth to age six. Each well-child visit lets your doctor look for developmental delays or problems and for you to talk about any concerns you have. Visit TRICARE online for more information about TRICARE’s behavioral health and well-child benefits.

Another resource to military families is Military OneSource. Military OneSource is

available 24/7, 365 days a year, and offers resources on parenting skills and support. The site also offers a health and wellness coaching program, telephonic, face-to-face, online and video nonmedical and financial counseling.

Physical and mental wellness are equally important. As the national rate of childhood obesity increases, TRICARE wants to ensure military children and their families have the tools necessary to lead healthy and active lifestyles.

Beneficiaries can visit TRICARE online for tools and resources for healthy living that provide steps to get healthy and can help prevent illness and injury is a Department of Defense initiative to help the military community adopt and maintain a healthy lifestyle. Operation Live Well aims to empower the military community to make better nutritional choices, increase physical activity, decrease tobacco use and lose weight.

As we take this month to salute military children and celebrate their strength, TRICARE will focus on the health and well-being of our military kids. Make sure to use the many available resources, programs and services through TRICARE, the DOD and its various partners, to provide the support our military children and families deserve.

## TORNADO SAFETY TIPS

### PREPARING FOR A TORNADO

- 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 AtHOCtext messaging alerts.
- If planning a trip outdoors, listen to forecasts.

### SURVIVING A TORNADO

- Always remember “**DUCK**.”
  - **D**OWN TO THE LOWEST LEVEL
  - **U**NDER SOMETHING STURDY
  - **C**OVER YOUR HEAD
  - **K**EEP IN THE SHELTER UNTIL THE STORM HAS PASSED
- 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.

### DEFINING A TORNADO

Tornadoes can occur at any time of day or night and at any time of 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.

• FORT RILEY EMERGENCY MANAGEMENT OFFICE (785) 240-0400

## Fort Riley Kids Fishing Day

APRIL 25 - 12PM-4PM  
REGISTRATION WILL BEGIN AT 11:30AM  
**MOON LAKE**

AGES 15 AND UNDER: FREE ADMISSION  
(AGES 16 AND UP ARE WELCOME TO FISH, BUT ARE REQUIRED TO HAVE A KANSAS FISHING LICENSE.)

Loaner rods and reels are provided for those who do not have them. Fishing bait, tackle, snacks, and refreshments are all provided. Volunteers will be on-site helping the kids with anything needed. No experience is necessary! Bring out your youngsters for a guaranteed good time!

**INFORMATION**  
Fort Riley Outdoor Recreation Center @ 785-239-2363  
Fort Riley Conservation Office @ 785-239-6211









Capt. Joshua T. Christian | 1ST SQDN., 4TH CAV. REGT.  
**A Soldier from 1st Sqdn., 4th Cav. Regt., 4th IBCT, 1st Inf. Div., looks at a print of Sgt. Donald R. Long at a dedication ceremony outside of Long Fitness Center on March 31 at Fort Riley. Long, the fitness center's namesake, was a 1st Sqdn., 4th Cav. Regt. Soldier who was posthumously awarded the Congressional Medal of Honor for giving his life to save his men during the Vietnam War.**

## LONG GYM Continued from page 1

safety,” according to the Medal of Honor citation. “As he was handing arms to the less seriously wounded and reorganizing them to press the attack, an enemy grenade was hurled onto the carrier deck.

“Immediately recognizing the imminent danger, he instinctively shouted a warning to the crew and pushed to safety one man who had not heard his warning over the roar of battle.

“Realizing that these actions would not fully protect the exposed crewmen from the deadly explosion, he threw himself over the grenade to absorb the blast and thereby saved the lives of eight of his comrades at the expense of his life.”

It was that heroism and selfless duty that inspired leaders of the 1st Sqdn., 4th Cav. Regt. to commission artwork honoring Long by artist Shaddy Sadadi and offer prints to their Soldiers and alumni. One of those veterans was the troop’s senior noncommissioned officer during the battle, according to information from the squadron, who purchased additional

prints to send to two Soldiers Long saved that day.

The squadron is Long’s family, Lt. Col. Fred Dente, Quarter Horse commander, said. Officials are working with the Medal of Honor Society to track down Long’s relatives, but “we’ve taken on the responsibility of remembering him and honoring his service,” Dente said.

Long’s Medal of Honor citation is astounding and inspirational to every one of the troopers and it motivated them every day to make themselves better, he went on to say.

The move to further honor Long, who was 26 at the time of his death, was one of the final symbolic acts by the squadron before its April 15 casing.

The 1st Sqdn., 4th Cav. Regt., will not go away, but reorganize on Fort Riley under the 1st Armored Brigade Combat Team. The brigade’s 4th Sqdn., 4th Cav. Regt. will be re-designated as the 1st Sqdn., 4th Cav. Regt., later this year, according to information from the brigade.

The Quarter Horse squadron stood up in 2006 when the 4th IBCT activated at Fort Riley. The brigade’s colors were cased during an April 2 ceremony ahead of its June inactivation. The inactivation was first announced in July 2013 and, according to information from the 1st Inf. Div., was part of the Army’s ongoing restructuring process.

Leaders made 499 of the prints available to squadron veterans, and presented No. 001 to Long Fitness Center during a March 31 ceremony. The print and a copy of Long’s Medal of Honor citation hangs in the facility that bears his name.

The dedication was a moment for troopers of the squadron to stop and think about where they’ve been and where they’re going and the things that are timeless, Dente said.

“It’s not the type of vehicle that we’re on, it’s not the mission set, it’s not the Afghanistan or Iraq rotations,” he said. “It’s the actions of guys like Sgt. Long that are timeless in our squadron.”

## LIONS Continued from page 1

the Flint Hills region. They had partnerships with four elementary and middle schools and a partnership with the Kansas State University football team, providing the battalion an opportunity to show that building relationships with surrounding communities is an Army priority.

“These Soldiers set the standard and will continue to do so for all others to follow,” said Lt. Col. James Lander, commander of 1st Bn., 28th Inf. Regt. “Their professionalism and dedication to excellence will be unmatched no matter where they go. They are the driving force within this battalion, division and the Army.”

The Black Lions battalion was the first of the “Dragon” brigade’s five battalions and one squadron to case their colors as a result of the Budget Control Act and the Army’s continual restructuring of divisional units.

Many Soldiers within the battalion will be re-assigned to different units across the division, while others will explore new endeavors as they carry on to permanent change of station moves.

“I am sure that these Soldiers will only prove to be assets to their gaining units and will carry on the fervent spirit of Black Lions and the Big Red One,” Lander said.

## CHEFS Continued from page 1

the 69th Air Defense Artillery Brigade out of Fort Hood, Texas, received 966 points.

“It was a very competitive competition and III Corps food service [evaluators] were delighted on how each installation team performed,” said Chief Warrant Officer 4 Brock E. Sanders, a III Corps food service representative, in an email containing the results of the second phase.

Clark said he was proud of the professionalism, effort and teamwork displayed by the 701st BSB.

“Breakfast was really good; lunch is going to be even better,” Clark said of the meal, which included chicken cordon bleu and green beans.

Phase I went well, said Staff Sgt. Isaac Vargas, Company A, 701st BSB, and shift leader for the Connelly evaluation.

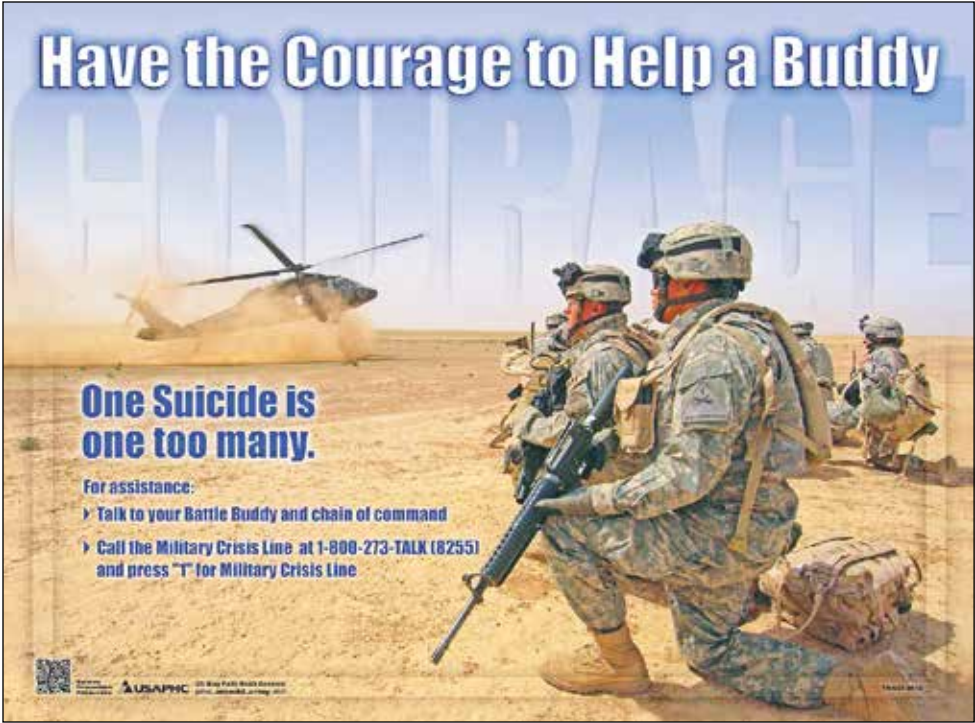
“It was a little hectic, but we came through and came out on top,” he said.

The Midland, Texas, native said the Soldiers had more time to prepare for the second phase of competition, allowing them to study more and add finishing touches to the meal.

“I think things have turned out really well,” Vargas said.

The Soldiers preparing lunch paid close attention to Army standards and customer service.

“It’s very toasty in there,” said Pfc. Dustin Freeman, Company D, 701st BSB, one of the Soldier chefs working in the mobile kitchen, where burners kept food at a temperature within Army regulations. “They’re very strict about that.”





## IN BRIEF

### TRAFFIC UPDATES

For traffic updates, see the Traffic Report on page 2 or visit [www.riley.army.mil](http://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](http://www.facebook.com/FortRiley) or follow @FortRiley on Twitter.

### CEREMONIES

For U.S. Army Garrison Fort Riley ceremony information, visit [twitter.com/usagceremonies](http://twitter.com/usagceremonies).

### OUTDOOR KIDS MONTH

Fort Riley youth are invited to set aside the video games and experience the wonders of the natural world until April 30 during Fort Riley Outdoor Kids Month.

Participants will pick up their passports at the Outdoor Recreation Center, choose five or more activities from those listed, and accomplish those activities as a family.

Completed passports are turned in for a chance to win prizes – including a prize for the youth with the most completed passport activities. Prizes will be awarded at the Fort Riley Marina's Fun in the Sun event May 16.

The Outdoor Recreation Center is located at 1806 Buffalo Soldier Drive. For more information, visit [rileymwr.com/odr](http://rileymwr.com/odr) or call 785-239-2363.

### FAMILY FASHION SHOW

A Spring Family Fashion Show is scheduled for April 18 at the main PX. Parents and children will model clothes provided by the PX on the runway. For more information, contact Carolyn Tolliver-Lee, FAP specialist, at 785-239-9435 or [carolyn.tolliver-lee.civ@mail.mil](mailto:carolyn.tolliver-lee.civ@mail.mil).

### RIGHT ARM NIGHT

Head to Rally Point to celebrate a new spin on an old Army tradition – it's time for Right Arm Night from 4 to 6 p.m. May 1 at Rally Point.

Held the first Friday of each month, Right Arm Night features fun competitions that challenge both brain and brawn. Past events included sumo suit wrestling and a trivia challenge.

Military units, garrison directorates and other organizations are invited to compete for bragging rights ... or just come enjoy the fun. The event also offers free food, while supplies last, and great drink specials.

Rally Point is located at 2600 Trooper Drive. For more information, visit [rileymwr.com/rallypoint](http://rileymwr.com/rallypoint) or call 785-784-5733.

### UBER EMPLOYER DAY

The Soldier for Life: Transition Assistance Program is scheduled to host Uber Employer Day April 21 from 9 to 11 a.m. in Building 212 on Custer Avenue. Uber is a way for anyone who drives to make extra money while enjoying a professional experience. They can drive their own car on their own schedule. The Uber mobile app safely connects drivers with people who request rides.

For more information, contact Sharone Washington at 785-239-9621.

### HIRING HEROES

A Hiring Heroes Career Fair featuring career opportunities for wounded, ill, injured and transitioning service members, their spouses and primary caregivers is scheduled for 9 a.m. to 2 p.m. April 22 at Riley's Conference Center, in Building 446 on Huebner and Seitz Drive.

Talk with federal agency and private sector recruiters about future opportunities in civilian career fields.

For more information, contact Sylvia Parker at 571-372-2124 or [sylvia.o.parker.civ@mail.mil](mailto:sylvia.o.parker.civ@mail.mil).

### TRANSPORTATION AND LOGISTICS EMPLOYER DAY

Werner Enterprises Transportation and Logistics Employer Day is scheduled for 9 a.m. to noon April 23 in Building 210 on Custer Avenue.

Rick Buchholz, the Government Hiring Manager, will discuss career paths and job security opportunities with Werner.

This event is designed for transitioning soldiers and veterans.

## K-State has moving interest in active kids

University scientist forms strategies to keep children active on the move

K-STATE NEWS

MANHATTAN – Send the children outdoors to play.

"We find that the more time children spend outdoors the more active they are," said David Dzewaltowski, professor of physical activity and public health in the Kansas State University College of Human Ecology.

"We know that physical activity improves quality of life and helps avoid chronic illness."

DAVID DZEWALTOWSKI | KANSAS STATE UNIVERSITY

He called the lack of physical activity in children today a national problem, adding, "We think children are physically active, but studies show us that most are not."

Adults, he said, may do more to limit movement that to promote movement.

"It's natural for most kids to move. That's how they learn and how they develop," he said.

Dzewaltowski directs the Youth Physical Activity and Nutrition Motivation Lab in the kinesiology department. His research focuses on environmental and psychosocial influences on childhood physical activity and on interventions to prevent childhood obesity.

Nationally, more than a third of children and adolescents were overweight or obese, according to 2012

Centers for Disease Control and Prevention statistics. Obesity can lead to immediate and long-term health, social and psychological problems.

Studies show that obese children are likely to be obese adults, Dzewaltowski said. Physical activity is one answer to what has been called a national epidemic.

"We live in a toxic environment that does not promote physical activity in children, or anyone," he said. "From birth to death, it is important to be physically active. We know that physical activity improves quality of

See ACTIVE, page 14



Photos by Maria Betzold | POST

Shianna Cammisa, preschooler at Fort Riley Elementary School, plays with McGruff the Crime dog at the Parent Teacher Organization carnival April 10.

## CARNIVAL TIME

PTO FUN AT FORT RILEY ELEMENTARY SCHOOL



LEFT: Cooper Cousins, kindergartener at Fort Riley Elementary School, jumps over the beam in the obstacle course set up at the Parent Teacher Organization carnival April 10. RIGHT: Paul Smith, second-grader at Fort Riley Elementary, stacks cups at the Minute-to-Win-it station at the Parent Teacher Organization carnival. The carnival was a fundraiser for the organization.



### IF YOU GO

#### Kidfest

» Noon to 3 p.m. April 26  
» Riley's Conference Center  
446 Seitz Drive, Fort Riley  
» Free event for children of Fort Riley

»For more information about CYSS, visit Facebook page at [www.facebook.com/RileyCYSS/](http://www.facebook.com/RileyCYSS/).

## Kidsfest to celebrate military children

April 26 event culmination of Month of the Military Child

By Cheyanna Colborn  
1ST INF. DIV. POST

A free event is scheduled for children at Fort Riley as the Month of the Military Child winds down. The event, Kidsfest, will take place at Riley's Conference Center April 26 from noon to 3 p.m.

Child and Youth Liaison Education Outreach Services director Cheryl Greathouse said it is intentionally set near the end of MOMC to act as the big finale.

Greathouse said a variety of agencies and organizations from off and on the post will provide children's activities. Kidsfest will have a carnival-like atmosphere that includes static displays and program demonstrations.

All groups within Child Youth and School Services will be represented at the wrap up festival with stations featuring carnival games and crafts.

"We are all coming together as a community and are putting a lot of emphasis on military children because they have a unique lifestyle and we want to show them a lot of support and celebrate," Greathouse said.

Greathouse said that planning for this event generally begins in December and a lot of work goes into making not just the month special, but every

See KIDSFEST, page 14

## Operation Megaphone to connect military teens

Fort Riley Lock-In will help unite teenagers worldwide through virtual interaction

**Editor's note:** The following article retrieved from Army News was localized with Fort Riley-specific information.

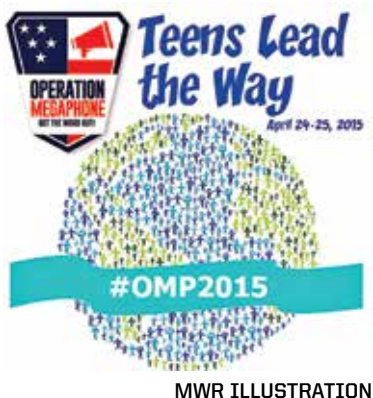
By Jessica Marie Ryan  
FAMILY AND MORALE, WELFARE AND RECREATION COMMAND

SAN ANTONIO – Operation Megaphone, led by the Joint Service Teen Council, will connect teens, from all military branches worldwide April 24 to 25.

The Fort Riley Child, Youth and School Services Youth Center will host a Lock-In from 7 p.m. April 24 to 7 a.m. April 25. Youth will participate in cosmic bowling, art, cooking, a leadership forum and more. Cost is \$15 per youth.

Teens are encouraged to discuss key issues that affect military teens, promote communication across all military services and seek out opportunities to volunteer in their communities.

This year's theme is "Teens Lead the Way." The theme highlights the



MWR ILLUSTRATION

importance of teens in leadership roles.

"Teens should be placed in as many leadership roles as possible within youth programs," said Bryson Alleyne, Army Teen Panel junior adviser. "Ideally, if we are trying to attract teens, Operation Megaphone needs to be youth-directed and staff supervised."

Military garrisons will host events at the local level. Teens will be involved in service projects to benefit children of their community or region. Service projects range from tutoring children to sending letters to a local children's hospital to collecting resources for a local youth homeless shelter.

In addition to service projects, teens also will engage in social ac-

### IF YOU GO

#### Lock-In

» 7 p.m. April 24-7 a.m. April 25  
» Fort Riley Child, Youth and School Services Youth Center Building 5800, Thomas Ave., Fort Riley  
» Cost is \$15 per youth

For more information about the Lock-In at Fort Riley, call the Youth Center at 785-239-9222.

activities. In previous years, teens participated in overnight lock-ins, camp outs and local conferences.

Events are planned based on those local interests and resources of each garrison.

"Each Operation Megaphone event will ultimately end up being a little different," said Chett Kline, youth specialist at the Air Force Services Activity. "This is due to each installation or garrison's unique local resources, event participants and the local policies that guide the implementation of special events."

Operation Megaphone connects all participants through virtual interaction. Using social media platforms and online meeting software, teens will be able to interact with teens at other locations.

"Teens should be placed in as many leadership roles as possible within youth programs. Ideally, ... Operation Megaphone needs to be youth-directed and staff supervised."

BRYSON ALLEYNE  
ARMY TEEN PANEL

"The Millennial generation has grown up in a digital world," said Brent Edwards, programs coordinator at Navy child and youth programs. "The internet, social networking, and cell phones are powerful tools that can help today's youth communicate, network and retrieve information."

Since 2012, more than 9,360 youth and teens participated in 261 Operation Megaphone events located at military youth facilities worldwide.

For more information about the Lock-In at Fort Riley, call the Youth Center at 785-239-9222.



MORE INFORMATION

• For more information, contact the **Kansas State Veterinary Diagnostic Laboratory** at 866-512-5650 or [clientcare@vet.k-state.edu](mailto:clientcare@vet.k-state.edu).

# K-State: Rabies cases rising

Officials report 28 positive tests from January to March '15

K-STATE NEWS

MANHATTAN – A Kansas State University laboratory that conducts tests on suspected cases of rabies in the state is reporting a spike in the number of positive results compared to the same period a year ago.

Rolan Davis, a diagnostician in the Kansas State Veterinary Diagnostic Laboratory, or KSVDL, said there were 28 positive rabies cases from January through March of this year, up from 10 positives for the same three months in 2014.

Twenty-three of those cases involve rabies in a skunk, the animal most associated with carrying the virus in Kansas. There also were three cases in cats, one in a bovine and one in a fox.

Davis said the increase is not a cause for alarm, but rather an opportunity to raise awareness among pet owners.

“Rabies is always around,” said Davis, who works in diagnostic laboratory’s rabies lab. “If we see a jump in cases, we feel it’s our duty to let people know and urge them to take steps to protect themselves and their pets should an infected animal wander into their backyard.”

Mike Moore, veterinarian and project manager of the Kansas State Veterinary Diagnostic Laboratory, said that cases submitted to the rabies lab increased from 208 in 2014 to 248 in the first quarter of 2015 – about a 20 percent rise. The number of positive cases, however, rose at a much higher proportion.

“We are always cautious when reporting increased positive results because we don’t want to ‘cry wolf,’” Moore said. “But one quarter into the year, we have thus far seen nearly three times more positives.”

Moore said that vaccinating domestic pets is the best protection against rabies.

However, Davis noted that’s not always comforting to pet owners with new litters. Young dogs and cats cannot be vaccinated until they’re at least 3 months old. In those cases, he urged owners to be extra diligent in protecting the litter from outside intruders.

“You can’t ‘skunk-proof’ your yard,” Davis said. “You should vaccinate your older pets if they’re not already vaccinated.”

Davis said that while an increase in positive tests in skunks seems to be the concern currently, wild bats also are a common carrier of the rabies virus. Bats carry a different strain from skunks, which means the number of positive tests in that species will spike from time to time, just as it has for skunks currently.

Humans are at great risk of death if bitten by a rabid animal, so treatment immediately after a bite is critical. Davis said humans are more commonly at risk from bats.

Owners of all pets that have been bitten by any domestic or wild animal should contact their veterinarian immediately to discuss appropriate case management options.

For more information, contact the Kansas State Veterinary Diagnostic Laboratory at 866-512-5650 or [clientcare@vet.k-state.edu](mailto:clientcare@vet.k-state.edu).

COMMUNITY CORNER

# Sexual assault prevention is everyone’s responsibility

By Col. Andrew Cole  
GARRISON COMMANDER

Times change. We have long since left the era of looking the other way when a buddy makes a bad decision. We see it in our efforts to keep people from driving under the influence and we focus on it a lot when it comes to sexual assault or sexual harassment.

The idea that we all have a responsibility in preventing these behaviors isn’t new. We’ve always been charged with look-

ing out for our battle buddies – always. So the idea of letting any Soldier, civilian, family member or anyone be harmed isn’t consistent with our culture or our mission to protect and defend.

This goes for sexual assault and harassment just as it does for watching out for each other during deployments and exercises.



Colonel Cole

It means we intervene. Soldiers don’t stand by and do nothing when they see something wrong. We protect each other and we speak up in any situation that puts someone at risk.

We act. We make sure our brothers and sisters are safe. We will do what’s right and we can’t allow sexually offensive behavior to creep into our areas.

We have to motivate each other to participate in the prevention, otherwise we are guilty of the problem. We have

to do this together.

If you know someone who is suffering from a past sexual assault or dealing with an issue of harassment, speak up. Stand up for your brother or sister and let them know you are there to listen without bias. Then get them to the support that can

give them resources. The Safe Helpline is available 24/7 as is our local SHARP hotline at 785-307-9338.



Photos by Maria Betzold | POST

**LEFT:** Nevaeh Lee, fourth-grader at Custer Hill Elementary School, kisses one of the horses the Commanding General's Mounted Color Guard brought to school April 10. Nevaeh's dad works with the Color Guard and she is familiar with the horses. **RIGHT:** Staff Sgt. Cody Beyer, Commanding General's Mounted Color Guard, demonstrates a jump while riding Lookout during the SOAR assembly at Custer Hill Elementary School April 10. The assembly is a reward for students who have shown good behavior.

# Custer Hill assembly reins in good students

Commanding General's Mounted Color Guard puts on a show for students at SOAR assembly

By Maria Betzold  
1ST INF. DIV. POST

Soldiers with the Commanding General's Mounted Color Guard visited Custer Hill Elementary School April 10 for a SOAR assembly. The assembly is a positive behavior reward for students.

Since the elementary school's mascot is an eagle, their slogan is SOAR, which is an acronym that helps youngsters remember the traits each should exemplify.

**CUSTER HILL EAGLES ARE:**

- Always Showing your personal best
- Always Organized and prepared
- Always Active listeners
- Always Respectful and responsible

Children who met this criteria were invited to attend the assembly with the color guard.

During this SOAR program, members of the color guard taught the children what they do and how they care for the horses.

Ten-year-old Nevaeh Lee is a fourth grader at Custer Hill and is used to spending time around horses because her father is in the color guard. She said she tried to name one of the horses, but the name didn't stick.

“My favorite part was seeing the horses jump and petting them,” Lee said.

Ten-year-old MaKayla Munoz, also a fourth grader at Custer Hill, said her favorite part was petting the horses at the end also.

“It was pretty funny when I saw one of the horses eating a dandelion,” Munoz said. “I was like ‘why is he eating a flower?’”

Lee commented about the sight and said, “That is funny because they don’t usually eat flowers.”



Staff Sgt. Kevin Lee (left) and Staff Sgt. Daniel Snider (right), both from the Commanding General's Mounted Color Guard, stand with one of the horses, Cyclone, at the SOAR assembly at Custer Hill Elementary School April 10.



# K-State veterinarian explains what to know about dog flu

## Lab testing needed to distinguish influenza from kennel cough

K-STATE NEWS

**MANHATTAN** — Because of recent cases of canine influenza in the Chicago area, a Kansas State University veterinarian is recommending dog owners educate themselves on the respiratory disease and pay attention to where the cases are occurring.

No positive cases of canine influenza, also known as dog flu, have been submitted to the Kansas State Veterinary Diagnostic Laboratory at Kansas State University in the past year. However, it is a highly contagious disease that could be contracted by dogs traveling to infected areas, which is why pet owners need to do their homework before taking their pet to another state.

“It (canine influenza) can survive on inanimate objects like leashes, water bowls, food bowls, brushes and human clothing for about 24 hours. It can live on a person’s hand for about 12 hours.”

**SUSAN NELSON** | K-STATE VETERINARY HEALTH CENTER

"It can survive on inanimate objects like leashes, water bowls, food bowls, brushes and human clothing for 24 hours," said Susan Nelson, clinical associate professor at Kansas State University's Veterinary Health Center. "It can live on a person's hands for about 12 hours, so it's important to wash your hands and use general sanitary precautions like you would to prevent the spread of the human influenza."

The strain afflicting the dogs in Chicago is an H3N2 strain caused by a virus closely

related to Asian strains currently found in southern Chinese and South Korean dog populations, according to Cornell University. It is not known to spread to humans.

Almost all dogs exposed to the virus will become infected, but only about 80 percent of those dogs will show signs. Those symptoms are coughing, fever, yellowish-green colored nasal discharge, dehydration and lethargy. The other 20 percent will show no signs of sickness, but will still be contagious.

## MORE INFORMATION

- Dogs typically show signs of **canine influenza** two to four days after exposure. This incubation period between exposure and when symptoms develop is when dogs are the most contagious to other dogs. Dogs can shed the virus for up to seven to 10 days after exposure but continue to be contagious during this time. Because of this, infected dogs need to be quarantined from other dogs for about two weeks.

The symptoms of canine influenza are indistinguishable from the more commonly seen causes of the canine infectious respiratory disease complex, known as kennel cough, and

laboratory testing is needed to confirm the diagnosis, said William Fortney, assistant professor and director for small animal outreach at the Kansas State Diagnostic Laboratory. Because of the amount of uncertainty about this possible epidemic, the lab is offering canine influenza testing at a reduced cost. For more information, contact the laboratory at 866-512-5650.

"The vast majority of these dogs have a mild form of the disease that lasts for about two to three weeks. They will get better with just supportive care," Nelson said. "About 10 percent of these dogs can develop pneumonia, which can be fatal. In Chicago, according to reports, the more severely affected dogs have generally been less than a year old or older than 7 years old."

Dogs typically show signs of the disease two to four days

after exposure. This incubation period between exposure and when symptoms develop is when dogs are the most contagious to other dogs.

Dogs can shed the virus for up to seven to 10 days after exposure but continue to be contagious during this time. Because of this, infected dogs need to be quarantined from other dogs for about two weeks.

"My advice to dog owners is to watch the news and be aware of where the disease is across the country," Nelson said. "Unlike human influenza, this virus is not seasonal, so it can be contracted at any time of the year. Dogs that are at greatest risk for exposure to this disease are those who frequent areas where lots of dogs are in one place, like kennels, dog shows, shelters and doggie day care facilities."

# screamfree MARRIAGE





**screamfree  
MARRIAGE**

Calming Down, Growing Up,  
and  
Getting Closer

Hal Edward Hunkeler, LCSW  
with Joyce Hunkeler

## A Family Life Program

# screamfree MARRIAGE

This three-part workshop offers the opportunity to:

- Challenge previous thoughts about what marriage should be
- Learn to appreciate all that is good and right in your marriage as it is now
- Explore what will help create the marriage you desire in the future.

**When:** Wednesday, 22, 29 Apr & 6 May 2015

**Where:** Army Community Service (ACS)  
7264 Normandy Dr.  
Ft. Riley, KS 66442

**Time:** 12:30-2:30pm

**Registration required.**

Free childcare provided for military families with pre-registration in advance.

For more information or to sign up,  
call (785) 239-9435



**Facilitators:** Marvin Springer II  
Carolyn Tolliver-Lee





**screamfree  
MARRIAGE**

Calming Down, Growing Up,  
and  
Getting Closer

Hal Edward Hunkeler, LCSW  
with Joyce Hunkeler



**screamfree  
MARRIAGE**

Calming Down, Growing Up,  
and  
Getting Closer

Hal Edward Hunkeler, LCSW  
with Joyce Hunkeler



**screamfree  
MARRIAGE**

Calming Down, Growing Up,  
and  
Getting Closer

Hal Edward Hunkeler, LCSW  
with Joyce Hunkeler



**screamfree  
MARRIAGE**

Calming Down, Growing Up,  
and  
Getting Closer

Hal Edward Hunkeler, LCSW  
with Joyce Hunkeler



**screamfree  
MARRIAGE**

Calming Down, Growing Up,  
and  
Getting Closer

Hal Edward Hunkeler, LCSW  
with Joyce Hunkeler



**screamfree  
MARRIAGE**

Calming Down, Growing Up,  
and  
Getting Closer

Hal Edward Hunkeler, LCSW  
with Joyce Hunkeler



**screamfree  
MARRIAGE**

Calming Down, Growing Up,  
and  
Getting Closer

Hal Edward Hunkeler, LCSW  
with Joyce Hunkeler





Sexual Assault Awareness  
and Prevention Month

**ELIMINATE**  
**SEXUAL**  
**ASSAULT**

KNOW YOUR PART  
DO YOUR PART

For additional information:  
[sapr.mil](http://sapr.mil) [safehelpline.org](http://safehelpline.org)

April 2015



LIBRARY WEEK



**ABOVE:** Noah Thurman, 8, and his sister Hazel Thurman, 5, participate in “draw your own comic book,” an activity in which children use their creativity to construct their own story line and draw illustrations. This activity was held during the start of Library Week, a weeklong celebration to promote reading amongst children that runs from April 11 to 18 at the Fort Riley Post Library. **RIGHT:** Mena Mann, 10, helps library workers distribute refreshments during the kickoff of Library Week, a weeklong celebration that promotes reading amongst children.

Photos by Kalyn Curtis | POST



ACTIVE Continued from page 11

Dzewaltowski recommends placing young children in an environment where they will be active. His suggestions:

- For outdoor play, provide small portable items such as balls and tricycles. Studies have found that this type of playground equipment promotes physical activity better than large stationary equipment such as jungle gyms and swing sets.
- Clear the child’s room of video games and television sets. Look at other practices at encourage sedentary behavior. Ask yourself, “Am I using television as a behavior management technique?”
- Create a play environment where a child can use lots of muscle groups. Running, climbing, jumping and hopping are large physical activity motions.
- Make a space indoors that allows free play if possible. Provide toys that encourage active play: balls, hula

hoops, hopscotch and ping pong. “You don’t want to be the parent that says no balls in the house,” he said. Get a house-friendly ball.

- Allow bandages. “Evidence shows that some parents are overly concerned with safety,” he said. “Allow children to fall and learn to regulate their own behavior. If not allowed to fall and get scratches and bruises, how are they going to learn to play and be safe on their own?”

**LOOKING AT PLAY AREA**

A new area of research is looking at natural play environments such as trees, the professor said. “We have so sanitized the play environment that we have taken some of the fun away. We have to find a balance of safe, challenging and engaging.”

The scientist advises against over structuring playtime. Evidence shows that children are more active when allowed to make their own

choices, instigate play and interact on their own.

Dzewaltowski sees a problem with rushing children into adult models of sports activities. He cautions parents about organized sports for 3- to 5-year-olds who should be learning fundamental motor skills.

“We are seeing more organized programming for children being delivered to younger ages. It is mythology that a child must be enrolled in a structured sport activity to be physically active. It is mythology that kids have to compete,” he said.

Programs should be age appropriate. An activity and program for an 8-year-old may not work for 5-year-olds.

“There is some evidence to suggest that children should have a wide range of moving activities – not specialize in one activity or sport,” he said.

The adult model of sports and exercise does not apply to children, he said. “Kids move

in quick spurts, not the adult way of exercise and continuous movement.”

To select a child care setting that encourages activity, Dzewaltowski suggests asking these questions:

- Is there an outside play area?
- How much time children spend outdoors?
- Is there small portable toys, not just large stationary playground equipment?

Week of the Young Child, sponsored by the National Association for the Education of Young Children April 12-18, focuses on the foundation for a child’s success in school and later life.

Through research, scholarship, teaching and outreach, the faculty in the College of Human Ecology continually seek ways to nurture healthy children and families. Through his community-based research and public health work, Dzewaltowski reaches families throughout the state.

KIDSFEST Continued from page 11

not just the month special, but every individual event festive too.

“It has been a team effort with all of these staffs coming together to do this, it has not been any one person,” Greathouse said. “There has been a lot of people. A lot of meetings. A lot of coordination to make this a big finale.”

Durgin said that the people organizing MOMC events recognize the sacrifice of military kids. They may have opportunities for travel and increased resiliency but there are challenges that don’t translate to the civil-

ian world, such as parents going to war.

The event is used as an opportunity to help celebrate military children, Greathouse said, and because of this, is open to surrounding community members so they can join alongside the people at Fort Riley to underscore the role children play in the Armed Forces community.

“We believe firmly that MOMC is not something to just pay lip service to,” Michelle Durgin, CYSS coordinator. “We want to provide opportunities for children to set out with families and spend time together.”



**You are cordially invited to participate in the Military Spouse Employment Information Session**

Spouses and caregivers are invited to meet and greet with DOD staff in preparation for the Hiring Heroes Career Fair.

**Soldier and Family Assistance Center  
Building 674 Warrior Road  
Fort Riley, Kansas 66442  
Tuesday, April 21, 2015  
11:30 a.m. to 1 p.m.**

Learn about spouse and veteran preference, the federal hiring process, federal employment opportunities and more.

Hiring Heroes Career Fair – April 22, 2015 – Riley’s Conference Center  
Come network with employers from DOD, other federal agencies and private sector companies.

For information, contact L’Tanya Pugh at 785-240-7194, email [lylvia.parker@cpma.osd.mil](mailto:lylvia.parker@cpma.osd.mil) or call 871-372-2124.

**NOW SHOWING**

Barlow Theater is now in digital!  
Tickets cost \$5.50 for adults and \$3 for children  
Tickets for 3-D and first-run movies cost extra.  
Children younger than 5 are admitted free.



**FRIDAY, APRIL 17**  
• Cinderella (PG) 7 P.M.

**SATURDAY, APRIL 18**  
• Cinderella (PG) 2 P.M.  
• The Second Best Exotic Marigold Hotel (PG) 7 P.M.

**SUNDAY, APRIL 19**  
• Cinderella (PG) 5 P.M.

For movie titles and showtimes, call  
**785-239-9574**



**Do you have a kit?**  
[www.ready.army.mil](http://www.ready.army.mil)









Sgt. 1st Class Kevin "Smiley" Hawkins focuses on making his shot during the 2015 Army Trials wheelchair basketball practice on Fort Bliss, Texas. Hawkins is assigned to the Warrior Transition Unit, Fort Leonard Wood, Missouri, and is from Jefferson City, Mo.

U.S. ARMY MEDICAL ACTIVITY  
FORT DRUM, N.Y.

# Service member motivates teammates striving for DOD Warrior Game feats

By Shannon Collins  
DOD NEWS, DEFENSE MEDIA ACTIVITY

EL PASO, Texas – With constant smiles and yells of enthusiasm, one Soldier said, while his goal is to make the Army team for the Department of Defense's 2015 Warrior Games, he ultimately enjoyed just being able to set personal records.

From the first day to the last, Sgt. 1st Class Kevin "Smiley" Hawkins cheered on his fellow competitors throughout the Army Trials on Fort Bliss, Texas, March 29 to April 2. He got the crowds chanting "Go Army" and other words of inspiration.

"He was such an inspiration to us all; no matter what the sport or who the athlete was, he was everyone's biggest fan and supporter," said Sgt. Jodie Lemons, his sitting volleyball teammate. "He's all about the team."

The final selections for the Army team that will compete during the DOD Warrior Games should be announced later this month. The games will be held at Marine Corps Base Quantico, Virginia, June 19-28. Wounded, ill and injured Service members, veterans from the Army, Marines, Air Force, Navy and Coast Guard will compete, as well as athletes from Special Operations Command, and a team from the British military. They will compete in track and field, shooting, swimming, cycling, ar-

chery, wheelchair basketball and sitting volleyball events.

Hawkins, who serves at the Fort Leonard Wood Warrior Transition Unit in Missouri, served in the Marine Corps for eight years, in the Army National Guard for 10 years and the Army Reserve for seven years. He joined the military in 1987.

"I joined to serve my country," he said. Hawkins competed in air rifle; men's 100-meter, 200-meter runs and 4X100 relay in track and field; wheelchair basketball and sitting volleyball. He said he did not receive a medal but he did achieve a personal record.

"I did better than I did last time. I didn't win, but I did complete the races, and it felt great," he said with a smile. "I haven't run track in probably over 20 years. To get back out there after so many years and actually finish a race, it was a great accomplishment."

Hawkins has a tear in his right shoulder, injuries to both elbows and a back injury due to his time in service and a combat deployment in Afghanistan in 2013. He said adaptive sports are helping him overcome his injuries.

"I was introduced to adaptive sports at Fort Leonard Wood about a year ago, and they are motivating me to be competitive again," he said. "Once you get injured, you think you can't do the same things you did prior to the injury. Adaptive sports have shown me that you can alter the way you move to compete in your events and this has motivated me in the military and outside the military with my family. I even play sitting volleyball with my family."

Hawkins encourages anyone, who is still struggling with recovery, to consider adaptive sports and to be patient with their efforts.

"Don't give up because there is definitely a light at the end of that tunnel," he said. "You might not see it right then and there but if you give up, you lessen your chances of seeing that light. If you keep pushing forward and going forward, you're eventually going to come to that light. Don't stop. You might feel you want to stop, but as somebody told me, 'As long as you keep putting one foot in front of the other, you're moving in the right direction.' If you start moving backward, you start moving away from the goal."

Hawkins said he feels the Army Trials and DOD Warrior Games are important because of the teamwork they bring.

"It brings us together and shows that we are still an Army of one," he said. "We still have that same goal of teamwork and accomplishment, and it shows the rest of the world that the Army doesn't leave any Soldier behind. We strive to be competitive and achieve to complete the mission. We come together, we compete, we have fun; and we motivate each other and help each other. It's been an honor and a privilege."

# K-State wins its first extra-inning game

K-STATE NEWS

MANHATTAN, Kan. – With two outs and the bases loaded, Jake Wodtke hit a first-pitch single through the left side to score Shane Conlon and give the K-State baseball team a 5-4 comeback win in 10 innings over Wichita State on Tuesday at Tointon Family Stadium.

Wodtke's walk-off hit capped five unanswered runs for K-State (17-18), which fell behind 4-0 after the top of the fifth inning when Ryan Tinkham of Wichita State (13-23) hit the second of his two home runs. Wodtke's 10th-inning single, one of his two hits in the game, helped the Wildcats tally nine of their 10 hits over the final six innings.

The win was K-State's fourth in the last five games and first extra-inning victory of the season. The last Wildcat home win in extra-innings was on May 20, 2011 vs. Kansas (11-10 in 10 innings).

While the K-State offense kept the pressure on Wichita State, the Wildcat bullpen limited the Shockers, who had 12 hits in the game, to two hits over the final 5 2/3 innings. Jordan Floyd started it all when he induced a groundball double



play to end the fifth as the left-hander worked two shutout innings. Lucas Benenati, who forced the Shockers into back-to-back groundouts with the bases loaded in the seventh, finished the night surrendering one hit and one walk while striking out two in 2 2/3 innings. Bryce Ward earned his first career win after throwing a 1-2-3 top of the 10th.

Offensively, K-State had a runner in scoring position in six of the last seven innings. The Wildcats stranded the game-tying run at third in the seventh before seeing a pair of singles in the eighth wiped out by a double play and a caught stealing. K-State broke through, though, in the ninth when Taylor Anderson was hit by a pitch to start the rally. Anderson was lifted for pinch-runner Keith Browning, who stole second

and advanced to third on a wild pitch. Following Carter Yagi's two-out walk, Dalrymple struck with a chopper through the left side to plate Browning and even the score at 4-4.

The Wildcats were forced to complete their second comeback win of the season after they fell behind 4-0 in the top of the fifth. The rally began in the bottom half of the frame when K-State scored three runs to cut the margin to one. Moore and Danny Krause started the inning by reaching with a single and a walk, respectively, before Wodtke dropped down a bunt single that was fielded by Wichita State pitcher Chandler Sanburn. The freshman right-hander attempted to put out Wodtke at first, but he made an errant throw that traveled down the first base line, allow-

ing Moore to score and Krause to reach third and Wodtke to second. Carter Yagi drove in Krause with a groundout before Dalrymple plated Wodtke with a double into right field to make it 4-3 Wichita State.

"It was a momentum swing we needed because we were flat to start," said Hill about the three-run fifth. "We were going to need great pitching first and not let [Wichita State] extend the game out, which we got. Then, [we had to] find a way for us to fight back into it offensively, which we did."

Tinkham hit his pair of solo home runs, one in the first off Mark Biesma and the second in the fifth off Brandon Erickson, to help the Shockers build their early four-run advantage.

Biesma was responsible for the first three Wichita State runs as the K-State starting pitcher allowed four of his seven hits in the third to help drive in two runs. With two outs, the right-hander surrendered an infield single that plated the first run while an RBI double by Chase Rader made it 3-0.

Wichita State's Taylor Goshen took the loss after allowing two runs on five hits and three walks in 2 2/3 innings. The right-hander also struck out a game-high five.

## SOCCER Continued from page 15

150 recruit and was ranked as the No. 20 prospect in the state of Texas by Top Drawer Soccer. In 2012, she earned Texas Association of Soccer Coaches All-State Second Team honors and was named a TASCO All-Region First Team recipient.

In her club career, Larkin received the Golden Glove award for best goalkeeper at the U.S. Youth Soccer National Cham-

pionship and was selected to the Elite Clubs National League Final Four All-Event Team in 2010.

With members from 32 different states, K-State Athletics continues to accept memberships in the K-State Soccer Founders Club. To join or receive more information, contact the K-State Athletics Ticket Office at 1-800-221-CATS.







# Travel & Fun in Kansas

★ APRIL 17, 2015

HOME OF THE BIG RED ONE

PAGE 18



## IN BRIEF

For links to attractions and events in the Central Flint Hills Region, visit [www.rileymwr.com](http://www.rileymwr.com) and click on the Fort Riley and Central Flint Hills Region Calendar.

### GREAT BEND

**Event:** Wings and Wetlands Birding Festival

**When:** April 24 to 26

**Where:** Kansas Wetlands Educational Center, 592 NE K-156 Hwy, Great Bend, Kansas

The Wings and Wetlands Birding Festival is April 24 to 26. The weekend includes meals, guided van tours, education and a chance to socialize with other enthusiasts.

For more information, call 785-656-3283.

### ELLIS

**Event:** Cedar Bluff Open House

**When:** 8 a.m. to 4 p.m. April 25

**Where:** Cedar Bluff Reservoir, State Park, and Wildlife Area, 32001 147 Hwy, Ellis, Kansas

Refreshments, cabin tours and a meeting with the Cedar Bluff staff are scheduled.

Bring your favorite flowering plant – annual or perennial to add to the new flower bed in the grassy area between the road and the office parking lot.

Because this is your park, we want to include you in the design. In addition to free park entry, there is a free hot dog feed. For more information, email [cedar-bluffsp@ksoutdoors.com](mailto:cedar-bluffsp@ksoutdoors.com) or call 785-726-3212.

**Cost:** Free

### DODGE CITY

**Event:** 2015 World Series of Team Roping Qualifier

**When:** 8 a.m. April 25

**Where:** Western State Bank Expo Center, 11333 HWY 283, Dodge City, Kansas

### ANTHONY

**Event:** 2015 Sunflower Balloon Fest

**When:** 6 a.m. to 10 p.m. May 8 to 10

**Where:** 227 W. Main St., Anthony, Kansas

“It’s Happening in Anthony Kansas” is the 18th Annual Sunflower Balloon Fest. It is the backdrop for a great event featuring the Kansas Cosmosphere Rocket Launch activities for kids; Show and Shine Car Show; Walk Pink, Walk Proud, Walk Kansas Fun Run; F-4 Flight Simulator; Scouts Dutch Oven feed; Walk-a-Round Magic Show; parade; helicopter rides; powered parachutes; arts and craft vendors; Lewellen Amusement Carnival; fireworks and the main feature, hot air balloons.

For more information, email [info@anthonychamber.com](mailto:info@anthonychamber.com) or call 620-842-5456.

**Cost:** Free

### SALINA ARTS AND HUMANITIES

The Smoky Hill River Festival is scheduled for June 11 to 14 and promises family-friendly activities.

Staged on the banks of the Smoky Hill River in Oakdale Park in Salina, the Festival takes place on the second full weekend in June each year.

The River Festival offers a complete menu of the arts. A few highlights – all for just one \$10 admission button – are as follows.

#### ART IS ALL AROUND

Unique, high-caliber artwork is shown and sold at the festival’s two nationally recognized shows in price ranges that make art buying affordable.

The more intimate Four Rivers Craft Show features artists who work in folk art, leather, clothing, metal herbal soaps, basketry, wood and fiber in a shady environs are scheduled for June 12 through 14.

Fine Art Show exhibitors offer gallery-quality, original work in ceramics, fiber, jewelry, painting, drawing, graphics/printmaking, sculpture, photography and more June 13 and 14.

Eight demonstration artisans will show how it’s done from start to finish. The Saturday-morning outdoor Patron Breakfast connects art lovers one-on-one with artists and their work.

#### KIDS STUFF

The wide variety of free or low-cost activities within Artyopolis challenges children to exercise their imagination. On the Children’s Stage and through the First Treasures program, kids can give music, dance and art collecting a try. Ten make-and-take crafts at Creation Crossing and eight colorful Game Street storefronts surround young Festival-goers with creativity, color and fun.

#### LIVE ON STAGE

Festival performers are among the nation’s best, chosen for their diverse style, instrumentation, and ability to entertain. Hear bluegrass to KC jazz, alt-folk to classical, and soft rock to funk. Across the park, young and old shake it up with jugglers, puppeteers, and roving players, to elicit smiles and laughter with a little learning sandwiched in between.

#### TASTY FARE

A tantalizing festival menu is offered by more than 30 purveyors from as far away as Florida,

### WHERE TO PURCHASE SMOKY HILL RIVER FESTIVAL BUTTONS

Admission buttons for Smoky Hill River Festival June 11 to 14 in Oakdale Park, Salina, Kansas, cost \$10 in advance and \$15 at the festival, and are good for the entire weekend. Children, 11 years and younger, are admitted free. Buttons are available starting May 1 online or at

- » **Junction City:** Dillons
- » **Manhattan:** Dillons
- » **Abilene:** Casey’s, First Bank Kansas, Treasures by Tracine

For more information, visit [www.riverfestival.com](http://www.riverfestival.com).



offering tasty morsels from across the country as well as tidbits everyone remembers from their own backyard.

Alongside favorites such as funnel cake, corn dogs and ribs, find more exotic festival (fare/treats) including Maryland crab cakes, Mongolian stir fry and Swedish smorgastorre.

#### OUT AND ABOUT OR LOOK UP, LOOK DOWN

As visitors cross over the festival’s five entrance bridges, they can look up, over and out, as festival art surrounds them. About 20 artists are commis-

sioned to create site-specific works that meld art with Oakdale Park’s natural beauty.

From fabric-wrapped trees to floating artwork to painted landscapes, there’s much to discover and explore.

#### TO TOP IT OFF

Special events include pre-festival art or music workshops, a Big Band Dance, and Festival Fitness Five walks and races for all ages. The entire community goes “on the hunt” during the popular Festival Medallion Quest that builds civic momentum a week or two out.