

THE **1**ST INFANTRY DIVISION POST

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FORT RILEY, KANSAS



Staff Judge Advocate Col. Warren Wells, Judge Advocate General's Corps, Col. John D. Lawrence, Fort Riley garrison commander, and Pvt. Chandler Tinagero, Headquarters and Headquarters Company, 1st Infantry Division Sustainment Brigade, slice a cake together with a saber in celebration of JAG's 241st birthday. Tinagero was present to help cut the cake as the youngest member of the JAG office at Fort Riley.

241 years celebrated

Fort Riley Judge Advocate General staff members honor 241st birthday of JAG

Story and photo by Season Osterfeld
1ST INF. DIV. POST

Judge Advocate General staff members celebrated the 241st birthday of JAG July 29 at Fort Riley in the large courtroom of Clausen Hall.

The celebration began with a brief congratulations from Col. John D. Lawrence, Fort Riley garrison commander.

Lawrence thanked those in attendance for all they do not just for the Fort Riley community, but Army as a whole. He explained he always had a staff member of the Judge Advocate on his staff as he views them as imperative to any commander.

"I have an SJA beside me, guiding me and advising me because your advice is critical to a commander," Lawrence said. "Never, ever forget."

Following Lawrence's words, Lt. Melissa Eisenberg, legal assistant for the office of the

"It shows that the Army and America value the will of the law and have led the way in providing due process to Soldiers and also advising commanders. This is an Army that wants to do the right thing. I think 241 years shows that that commitment continues today."

COL. WARREN WELLS | STAFF JUDGE ADVOCATE

Staff Judge Advocate, provided a history of the 241 years of JAG's service to the Army and nation, a reading of all JAG personnel lost since 2008 and some of the tasks performed by JAG.

Working together, Col. Warren Wells, staff judge advocate, Lawrence and Pvt. Chandler Tinagero, the youngest of the JAG personnel, sliced a cake with a saber.

Once the cake was cut, the staff judge advocate, garrison commander, youngest and eldest JAG personnel, each took a bite in tandem of the first few pieces of cake to be served.

JAG provides a number of services to Soldiers and their families. The staff are

See BIRTHDAY, page 11



Maj. Gen. Wayne W. Grigsby Jr., 1st Infantry Division and Fort Riley commanding general, gives an overview of the division's brigade command teams to Lt. Gen. Michael Lundy, Combined Arms Center and Fort Leavenworth commanding general, July 25 at the "Big Red One" headquarters building on Fort Riley. Lundy assumed command of the CAC at a ceremony June 1 at Fort Leavenworth, Kansas.

Combined Arms Center commander visits Fort Riley

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

The new commanding general of the Combined Arms Center and Fort Leavenworth visited Fort Riley July 25, learning about the close relationship between the center and the 1st Infantry Division and speaking to "Big Red One" leaders about the importance of cultivating leadership within the ranks.

Lt. Gen. Michael Lundy assumed command of the CAC on June 1 at Fort Leavenworth, Kansas. CAC, a subordinate headquarters of the U.S. Army Training and Doctrine Command, is known as the "intellectual center of the Army," according to the Fort Leavenworth website.

"He's a great CAC commander," said Maj. Gen. Wayne W. Grigsby Jr., 1st Inf. Div. and Fort Riley commanding general. "He's a proven warrior in combat."

Lundy led Soldiers in Iraq during Operation Iraqi Freedom, first as commander of 1st Battalion, 25th Aviation Regiment, 25th Infantry Division, from June 2003 to June 2005 and again as commander of the 25th CAB, 25th Inf. Div., from June 2007 to October 2010. He also served as chief of operations for

See VISIT, page 11



A tractor pulling a baler drops a bale of hay July 19 at Fort Riley. Each year, local farmers obtain contracts to cut the warm-season grass in the training areas and produce bales of hay for commercial use outside the gates.

Hay, crop lease is a win-win partnership

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

There have been hay bale sightings across the installation, but to the everyday driver around Fort Riley, swathers and balers don't mean much. To Fort Riley officials, it means a financial benefit not only to the installation and conservation programs, but also to local farmers who are harvesting the hay for commercial use.

This year, approximately 38,000 acres of land are up for

lease to be harvested for hay. Jerald Spohn, agronomist and installation pest management coordinator with Directorate of Public Works, said the goal of hay-cutting is to maintain the open space for military training. It reduces the potential for wildfires, suppresses woody plant encroachment and reduces the installation's expense for grounds management while also responding to local demand for livestock feed.

"It helps us too because it helps control our invasive and noxious weeds, and it gets rid

of some of that fuel we like to get rid of — we get all those benefits from it plus we get some income and with that income, we can fund some of the needs of the program as well as conservation," said John Barbur, management agronomist for DPW.

Spohn added Fort Riley makes about \$65,000 a year through these leases. These funds are used to assist in controlling noxious weeds and to support other natural resource projects on the installation.

Spohn and Barbur partner with the U.S. Army Corps of Engineers to create contracts including all the land needing to be cut. Local farmers looking to use the hay for various reasons then bid on the contract, and are allowed to cut the hay between the middle of July and the middle of August. Farmers use swathers to cut the hay, then rake it into a long line then drive along with a baler that bales the hay and releases it.

"The advantage for us is that it gives us the opportunity

See HAY, page 11

FORT RILEY VOLUNTEER SPOTLIGHT



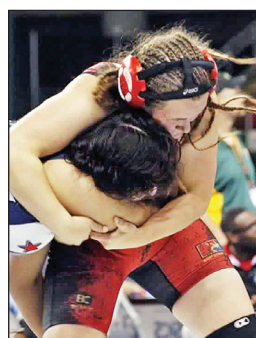
Staff Sgt. Scott MacKinnon, Division Headquarters and Headquarters Battalion, 1st Infantry Division, volunteers with Child, Youth and School Services as a softball coach. He also coached his daughter's Tee-ball team and has coached two soccer teams at the same time. His recent efforts allowed 45 youth to participate in organized sports that would have not been able to had he not doubled up on his coaching. To learn more about volunteer opportunities, call Becky Willis, Army Volunteer Corps Program manager, at 785-239-4593.

ALSO IN THIS ISSUE



SESAME STREET CHARACTERS VISITED FORT RILEY CHILDREN, SEE PAGE 13.

ALSO IN THIS ISSUE



FORT RILEY TEEN TAKES FOURTH PLACE IN CADET/JUNIOR NATIONAL WRESTLING TOURNAMENT, 1ST PLACE IN THE USA WRESTLING CHAMPIONSHIPS, SEE PAGE 15.





Inter-American relations program benefit Mexico, U.S. militaries

Story and photos by Sgt. 1st Class Wynn Hoke
U.S. ARMY NORTH PUBLIC AFFAIRS

Lt. Gen. Perry L. Wiggins, commanding general of U.S. Army North and Fifth Army, hosted a U.S. Military and Secretaria de la Defensa Nacional delegation in Kansas City, Kansas, as part of the 70th Fifth Army Inter-American Relations Program July 18 to 22. The visit included a stop at Fort Riley to meet with 1st Infantry Division Soldiers.

“FIARP is about relationships,” said Col. John Highfill, chief of ARNORTH’s Security Cooperation Division G3/7. “This multi-decade program between the Fifth Army and SEDENA has formed the basis for the ‘partnership bridges’ that we have mutually benefited from since its inception in 1946. The senior

leaders from both militaries form friendships, both personally and professionally, that create not just strong bonds at the Soldier level, but between the nations as well.”

FIARP is an annual Headquarters, Department of the Army-funded weeklong program established after World War II where seven Mexican army general officers and their spouses visit Army installations and civilian agencies in the United States.

The goal of the program is to enhance Army-to-army relations, increase interoperability and exchange ideas on how to improve our efforts to confront common threats of strategic implication working towards a stronger defense of North America.

“I have had the distinct honor and privilege to participate in the FIARP,

a program that shares and exchanges topics of interest at the strategic level with our partners in the Mexican army and Air Force,” Wiggins said. “During the past several years, I have witnessed first-hand the growth and maturation of our relationship with the professional army of Mexico. FIARP has played an incredible role in that strategically important relationship.”

This year, the delegation visited the Command and General Staff College at Fort Leavenworth, Kansas, to discuss the Army University, a Professional Military Education system to include CGSC, the School for Advanced Military Studies and the Pre-Command Course.

The delegation also visited the Center for Army Lessons Learned to discuss the U.S. Army’s after-action review and lessons learned process and how it informs revision of Army doctrine. They further discussed the living doctrine process and the Doctrine 2020 initiative.

“It’s obvious that we are more alike as militaries and allies than not,” said Brig. Gen. James Blackburn, ARNORTH deputy commanding general. “Dialogue and professional military discussion brings us closer together in both substance and appreciation because, after all, we are neighbors for life.”

The delegation also received a briefing on “How the Army Runs” from the Command and General Staff College to help them understand the processes and procedures within the U.S. Army. This is the same brief



Maj. Gen. Wayne W. Grigsby Jr., commanding general of the 1st Infantry Division and Fort Riley, provides an overview of 1st Combat Aviation Brigade, 1st Inf. Div., capabilities to the Fifth Army Inter-American Relations Program delegation July 21 at Fort Riley. “FIARP is an annual Headquarters, Department of the Army-funded weeklong program established after World War II. The goal of the program is to enhance Army-to-army relations, increase interoperability and exchange ideas.



The delegation, led by Lt. Gen. Perry L. Wiggins, commander of U.S. Army North, and the Mexican army Lt. Gen. Miguel Vallin, visited and toured a 1st Combat Aviation Brigade maintenance hangar to discuss the organizational maintenance program.

ROTC cadets prepare for leadership roles through mentor program

Story and photo by Season Osterfeld
1ST INF. DIV. POST

Cadets of the Reserve Officers’ Training Corps are spending three to four weeks at Fort Riley while participating in the Cadet Troop Leader Training program.

The CTLT program is designed for cadets to experience and learn about being in a platoon leader or other lieutenant-level leadership role within the Army, Army Reserve and National Guard. Cadets receive on-post lodging, meals at the dining facility and are assigned to a mentor within a unit whom they will work with for the duration of the program.

Fort Riley is hosting several ROTC cadets for the summer in multiple waves. The 1st Squadron, 6th Cavalry Regiment, 1st Combat Aviation Brigade, 1st Infantry Division, will receive somewhere between eight to 12 of the 20 cadets assigned to the brigade, said Capt. Jared Gantt, 1st Sqdn., 6th Cav. Regt., 1st CAB, 1st Inf. Div.

Gantt, who is a platoon officer, was assigned Cadet Victoria Parades, 5th Regiment out of Fort Knox, Kentucky, to mentor for the duration of her CTLT.

“I went to CTLT as a cadet as well, so I don’t mind the experience,”

Gantt said. “I enjoy teaching people stuff about my job and my lessons learned.”

For Parades, the CTLT has given her a new perspective on what it’s like to be in the Army and what she would like to do.

“It really got me to see the reality of what officers do on a day to day basis compared to what I do in college ROTC,” Parades said.

The program also gives officers the opportunity to show the cadets a different Military Occupational Specialty than what they may have previously been interested in. Gantt works with AH-64 Apache helicopters and joked he was trying to bring Parades over to them. Parades said she is most interested in working in medical, but would also like aviation, so medical evacuation appeals to her the most.

During the program, cadets shadow their mentor and learn about the different roles and assignments their mentor takes on every day. However, the detail and depth of each task the mentor shows to the cadet may vary depending on the mentor’s concern for how likely the information may be to help the cadet in the future.

Gantt said he has brought Parades along to a number of different briefs, production control meetings, and

aircraft maintenance tasks, among many others. He has also been pointing out and sharing with her the mistakes he made, so she may learn from them. Before Parades leaves, he intends to have her conduct a brief because he believes the experience will benefit her and help build her confidence.

“The biggest thing I’m trying to do is taking my lessons learned, where I messed up, as a junior lieutenant coming out of basic officer leadership course and flight school and try to spell them out to her, so she can avoid the mistakes I made,” Gantt said.

Through CTLT, Parades has had the opportunity to perform maintenance tests, sit in multiple aircrafts and experience a simulation of flying an Apache in the Longbow Crew Trainer. Gantt said he has also been communicating with other units in the hopes of giving her the opportunity to ride in a UH-60 Black Hawk helicopter.

“I love how Capt. Gantt and his crew have taken the time to teach me every little thing and let me do flight checks with them,” Parades said.

The intended outcome of the CTLT program is to prepare cadets and give them a head start in the leadership roles they will assume in the future. For Gantt, that is



Capt. Jared Gantt, left, 1st Squadron, 6th Cavalry Regiment, 1st Combat Aviation Brigade, 1st Infantry Division, teaches Cadet Victoria Parades, right, 5th Regiment out of Fort Knox, Kentucky, about the AH-64 Apache helicopter while she listens in on the pilots talking during maintenance July 28 at Marshall Army Airfield. Parades is shadowing Gantt for three weeks to learn about the different tasks and duties a platoon officer deals with on a day-to-day basis.

an outcome he hopes he can help Parades achieve.

“When I went to flight school, the first couple hours were really hard, but there were people who had 20 hours of flight experience, that understood how flying works,” Gantt said. “Kind of paralleling that, I hope

this experience kind of helps her get those first 20 hours, so that when she becomes a PO she can start off at a running pace, not a walking pace.”

In the end, Parades said the lessons and experiences she has gained through the program are ones she will remember.

3v3
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SUICIDE PREVENTION

THE POWER OF 1



Adam Nicholson: a ‘Big Red One’ Soldier

By Phyllis Fitzgerald
SPECIAL TO THE POST

Adam Nicholson, from Reading Pennsylvania, joined the Army in 2008. He was prior military so he did not have to attend a basic training course. Instead, Nicholson went to the Warrior Transition Course in White Sands, New Mexico, and then on to advanced individual training in Fort Knox. He trained in military occupation specialty 19D, cavalry scout. When Nicholson completed training his first assignment was in South Korea where his duties were opening training centers, which were shut down in the 80s and 90s.

When Nicholson left South Korea in 2010, he became a “Big Red One” Soldier when he was assigned as the 2nd platoon section leader with 4th Squadron, 4th Cavalry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division.

“The entire time I was in the unit we trained — whether in garrison, in the local field or at the National Training Center, we were training,” Nicholson said. “This unit was the best unit that I was assigned to during my time in the Army.”

In 2011, the unit deployed to Afghanistan in support of Operation Enduring Freedom. The unit location was command outpost Kolk in Zhari in the middle of a large marijuana and poppy field. Their job was to interrupt the exportation of illegal drugs and slow funds from the growth of the illegal drugs. He was there for nine months and worked in the tactical operations center, as well as going out on patrols.

Nicholson had a unique method for making physical fitness fun while still accomplishing the training.

“Instead of doing just the standard run, pushups and sit-ups we would do land navigation runs,” he said. “I would put together the course using some kind of a theme such as band names. Prior to the run, I would go out and tape the band name onto the side of trees. The Soldiers would be broken down into four groups and using a map of the area, they would plot the coordinates, race to them, and place the appropriate band on a sheet of paper. There were a minimum of 10 different sites. This type of training was a good motivator and team-building event that motivated the Soldiers to get out and run. The winning team was rewarded with either easy duties or sometimes even a day off.”

When Nicholson returned from deployment, he decided to leave the Army. He had only been married a month to his wife, Shannon, when he was deployed and when he returned they wanted to start a family.

When he left the Army, he and his wife managed Kite’s in Junction City, Kansas. In November 2012, he became a police officer with the Junction City Police Department and works as a patrol officer.

They decided to stay in the area because his wife was attending Kansas State University and expecting their first child. They also like the area and the outdoors recreation opportunities available here.

In his spare time, Nicholson works on motorcycles and automobiles and likes to help Soldiers with their automotive issues.

Editor’s Note: To submit your “Big Red One” story, email fitzmiss@yahoo.com

THEN & NOW



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TRAFFIC REPORT



ACCESS CONTROL POINT HOURS OF OPERATION

Until further notice, the Estes Access Control Point is closed every Saturday and Sunday, but will remain open Monday through Friday for privately owned vehicles only.

Also until further notice, 12th Street ACP is closed to privately owned vehicles on Saturdays. The commercial side remains open Saturdays. The 12th Street ACP is closed to all traffic Sundays, but it is open to all traffic Monday through Friday. Grant Street ACP is closed every Saturday and Sunday, but remains open Monday through Friday to all privately owned vehicle traffic. Motorists wanting access to Fort Riley on Saturday or Sunday should use Ogden, Henry or Trooper gates.

The access control point hours are now as follows:

Henry /Four Corners/ Trooper/Ogden: Open 24/7

12th Street:

Open from 5 a.m. to 7 p.m., Monday to Friday; closed to non-commercial traffic Saturdays; closed Sundays and federal holidays.

Rifle Range: Closed to all traffic.

Grant: Until further notice, open from 5 a.m. to 7 p.m., Monday to Friday; closed Saturdays, Sundays and federal holidays.

Estes: Until further notice, open from 5 a.m. to 7 p.m., Monday to Friday; closed Saturdays, Sundays and federal holidays.

CONSTRUCTION ON RIFLE RANGE ROAD CONTINUES

Construction on Rifle Range Road will affect traffic flow. The work started in September 2015 and has been contracted for 374 days. As a result, the work will affect travel to the schools in the area. School officials can offer guidance. There are detour and guidance signs posted, including detour routes along tank trail

purple and through the Colyer-Forsyth Housing area. Motorists are asked to follow all guidance posted on signs.

CHANGES TO FORT RILEY ACCESS CONTROL POINTS

Traffic patterns have changed at several Fort Riley access control points. Estes Gate will reopen the commercial portion of the gate allowing full access. 12th Street Gate may experience limited staging for commercial vehicles due to construction. Trooper and Ogden access control points may experience traffic pattern changes during non-peak hours.

The changes are necessary to facilitate construction projects.

During these changes and beyond, drive attentively and safely.

For more information about Fort Riley access procedures, visit www.riley.army.mil.

HOUSE AD



Soldier delivers son on curb at Irwin Army Community Hospital

Story and photo by Tywana Sparks
IACH PAO

Apache repairer Pfc. Samuel Burrus has a claim very few fathers can make; he was the attending physician of his son's birth and has the birth certificate to prove it.

The 1st Combat Aviation Brigade Soldier delivered his first born son, Samuel Jr., near the front entrance of Irwin Army Community Hospital on July 13 with the assistance of his wife Apollonia.

Earlier that day, the couple went to IACH for their 39-week prenatal appointment.

"I was only three centimeters dilated and my contractions were about thirty minutes apart," she said. "I had contractions for about a week, but they were not close enough (for me) to be concerned."

Hours later their quiet evening turned into a race against time when her contractions suddenly increased to three minutes apart.

"My wife was in the shower when her contractions got really bad," Samuel said. "She told me to call labor and delivery and at first they said wait it out and what we were going through was normal. I told them that I didn't think we had enough time and so told me to bring her in."

Samuel gathered their two-year old daughter, bags and wife for the trip from Manhattan to IACH.

"The hardest part was getting her out of the house and into the car – her contractions were just that bad," he said. "By the time we passed Whiteside Gym on Huebner (Road) she told me to pull over so she could use the bathroom. We had a very colorful car ride and at that point there was no way I was pulling over to let her use the bathroom on the side of the road," he said.

When Samuel pulled into the drop-off area at IACH, he grabbed the noncommissioned officer at the IACH front desk and ran to get a wheelchair to transport his wife to labor and delivery.



Pfc. Samuel Burrus, 1st Combat Aviation Brigade, and his wife Apollonia stand at the very spot he delivered his first born son, Samuel on July 13.

As he moved her from the car to the wheelchair, he noticed a bulge in-between her legs.

"She yelled 'the baby is here,' and the NCO ran to get help. My first thought was the baby needs room so I took her (wife's) sweats off. She told me that I needed to support his head and guide him out. I thought 'you need me to do what?'" Samuel said.

Despite his initial thoughts Samuel did not hesitate and began to take action.

"I saw the umbilical cord was draped around his shoulders so I maneuvered his arms and body to free him from the cord," he said.

Samuel met his son. "Medical staff came from everywhere, but he was already here. I'm still trying to believe my own story and it's been a few days," he said.

Registered nurse Billi Pryor praised the couple for the successful delivery.

"By the time I was on the scene the baby was delivered by dad, and mom was holding the baby to keep him warm," said Pryor. "In all the excitement dad thought to look at the clock on the dash of his car and was able to give a time of birth."

The couple agreed delivering the baby was a team effort. "We both managed to stay calm throughout the whole ordeal," said Samuel. "She managed to stay calm enough to give me directions. I had to be calm because I needed to be the rock in this situation."

Samuel also gives credit to his military training.

"I'm used to taking orders and used to something needing to be done now."

For couples who can't make it to the hospital time, the Burrus family has some tips.

"Just be calm and careful, and don't forget the most important thing — you're having a baby," Samuel said.

TUESDAY TRIVIA CONTEST



The question for the week of Aug. 5 was: How do I locate the online form for reporting Suspicious Activity?

Answer: www.riley.army.mil/Community/iWATCH/SuspiciousActivityReport.aspx.

This week's winner is Lacey Shank. Lena's husband is Sgt. James Shank, 1st Infantry Division Band. Lacey and James are pictured with their son, Xander.

CONGRATULATIONS LACEY!

INSTILLING KNOWLEDGE



COURTESY PHOTO

Retired Maj. Gen. Thomas J. Romig, the 36th Judge Advocate General of the Army and a Manhattan native, visited with the 1st Infantry Division and Fort Riley Office of the Staff Judge Advocate July 19. Romig discussed the future of the Army and the JAG Corps, and imparted wisdom from years of experience serving as an Army lawyer. In addition to offering guidance, Romig provided personal anecdotes to illustrate the community of the Army JAG Corps, and its importance in helping the Army Command function effectively.

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



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

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

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

VETERANS BENEFITS ADMINISTRATION



U.S. Department of Veterans Affairs

RILEY ROUNDTABLE

What is your favorite thing about school?



“Math because it’s fun.”

AIDYN THURN, 9
COLORADO SPRINGS, COLORADO

Son of Staff Sgt. Joseph Thurn, 116th Military Police Company, 97th MP Battalion



“Reading because it’s fun and I just learned how to read.”

ELIJAH THURN, 6
COLORADO SPRINGS, COLORADO

Son of Staff Sgt. Joseph Thurn, 116th Military Police Company, 97th MP Battalion



“Learning to write new words.”

ADDISON BRANSHAW, 6
ELGIN, OKLAHOMA

Daughter of Staff Sgt. Eric Doriot, 1st Battalion, 5th Field Artillery Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division



“Art because when you get to make something, you can expose your creativity.”

JASMINE DORIOT, 10
INDIANAPOLIS, INDIANA

Daughter of Staff Sgt. Eric Doriot, 1st Battalion, 5th Field Artillery Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division



“Meeting new friends because it’s fun to see what their personality is.”

KOURTNEY RIOS, 11
KILLEEN, TEXAS

Daughter of Staff Sgt. Shawn Thurman, 1st Squadron, 6th Cavalry Regiment, 1st Combat Aviation Brigade, 1st Infantry Division

THE 1ST INFANTRY DIVISION POST

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LETTERS TO THE EDITOR

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

SAFETY HOLIDAY



As of Wednesday, Aug. 3, 25 days have passed since the last vehicular fatality at Fort Riley. Eighty-six more and the post will celebrate with a safety holiday to take place at each unit's discretion.

Commentary

COMMAND TEAM CORNER

Grigsby welcomes Nebraska National Guard Soldiers to Fort Riley

To the Soldiers of the 1st Infantry Division's Main Command Post-Operational Detachment, let me be the first to welcome you to Fort Riley and thank you for your continued service to our great nation.

Know that you are officially part of the first and most storied Division in the Army. The “Big Red One” is the foundation of Army history and is deeply rooted in the nation's heartland. For the last 100 years the Fighting First has served at the forefront, responding to the threats and crises that our nation has encountered. Your addition here is another key milestone in



Maj. Gen.
Wayne W. Grigsby Jr.

the legacy of the 1st Inf. Div. as we continue to train and answer our nation's call.

I appreciate the unique life experiences and skill sets

Nebraska National Guard leaders and future leaders bring to the division. I have no doubt your contributions to the Big Red One team will greatly enhance our division's ability to rapidly incorporate future Reserve and National Guard component augmentation, build cohesive teams and create an environment of trust and shared understanding-leading the way in Total Army partnerships.

I know Soldiers and leaders of this division look forward to working with each of you to build and sustain a highly trained and disciplined integrated division staff ready

to deploy, fight and win against any enemy.

While training and mission readiness are always our top priorities, enjoy your time here. Kansas and the Central Flint Hills region have embraced our Soldiers and their Families making Fort Riley the best place in the Army to live, train, deploy and come home to.

Once again, welcome to the Big Red One.

Duty First!

Maj. Gen Wayne W. Grigsby Jr.

Commanding General

1st Infantry Division and Fort Riley

SAFETY CORNER

Pokemon Go: how to stay safe while ‘catching them all’

By Dawn J. Douglas
GARRISON SAFETY OFFICE

It's the craze that has swept the nation, “Pokemon Go.” Niantic's new gaming app — which has literally become an overnight sensation — sends players out into the real world to capture augmented-reality Pokemon. In an effort to get people up off the couch and moving, “Pokemon Go” has many people trying to “catch ‘em all.”

What's not to like? The nostalgia of the '90s Nintendo game, excitement over its mass introduction to augmented reality and a summertime launch, Pokemon Go has given Niantic the biggest mobile game in U.S. history.

How does “Pokemon Go” work? The augmented reality app, which uses GPS-tracking and technology that superimposes a digital facade on the real world, is sending players out into their cities to capture Pokemon characters. The hunt to catch Pikachu and other virtual creatures has already lured gamers into the hands of armed robbers and has turned private residences and sacred sites into “Pokestops,” or virtual magnets for gamers. The game has even helped to uncover a dead body.

On the surface, the game sounds like harmless fun. However, the game raises serious legal and safety concerns. The downside of AR apps is that players are distracted from the surrounding, which has led to trespassing, players stumbling across crime scenes, personal injuries and risks to minors.

Some related injuries to people playing “Pokemon Go” include falling over pot holes, twisting ankles and even walking into lampposts and other obstacles as

they spent their time engrossed in their phones without paying full attention to their surroundings. For Soldiers and civilian employees, off-duty accidents and injuries are still threats to readiness and resiliency. Many of the “Pokemon Go” injuries happened in the evening hours where limited visibility and distractions contributed to the risks.

Along with physical injuries, personal safety is also a concern. Some of the safety risks includes muggings, car crashes and other distraction related dangers that could pose serious risks to personal safety and well-being.

When players lose situational awareness and became distracted by their pursuit to “catch ‘em all” they put themselves at risk. With all the potential dangers, “Pokemon Go” can still be played safely if a few safety tips are followed:

- Do not play Pokemon Go while driving. The National Highway Traffic Safety Administration already warns that distracted driving contributes to 3,000 deaths per year. Distracted driving was already a problem without the introduction of “Pokemon Go.”
- Avoid suspicious locations. The lure of the game is to “catch ‘em all,” but catching them in unsafe areas is not worth the risk.
- Avoid trespassing. “Pokestops” that are on private property should be avoided to prevent unwanted altercations
- Wait until the character appears in a safer location. Pokemon characters disappear and move to different locations in the game. If the character you want is hiding in an unsafe or inappropriate location,

wait for it to move to a more suitable “hunting ground.”

- Be mindful of the duration of your walk. “Pokemon Go” can energize a person hunting to continue playing long past their level of physical stamina. Limit your hunting time based on your physical condition and don't overexert yourself, especially during the hotter periods in the day. Take additional supplies such as water, hydrating snacks and protein bars to support your activity. Remember to take a break and actually enjoy the sights of being outdoors before you dive back into the cell phone screen.

- Hunt with a friend. Isolation is one of the key dangers of “Pokemon Go.” Hunt only in appropriate places and avoid cemeteries, museums and other places where it would be disrespectful. Keep an eye on your personal belongings. Since “Pokemon Go” Gyms and Pokestops are normally in populated areas, thieves can target your cell phone and other belongings while you are distracted. Remember to be courteous to people not playing the game.

- Look up. It is easy to lose yourself in the hunt, but you must look up from your screen to avoid collisions, walking into traffic, running into stationary objects or falling off a cliff!

As with any activity, safety should be your primary concern, but should not be a deterrent to having fun. “Pokemon Go” is a great way to socialize with friends, enjoy some fresh air and re-energize your exercise routine. For more information, contact the Fort Riley Garrison Safety Office, 785-240-0647.

Stay alert, report any suspicious activity to iWatch program

By Patrick Burch
EMERGENCY MANAGEMENT OFFICE

August is anti-terrorism awareness month and it will be promoted, with public service announcements and awareness items using the iWatch logos.

What is iWATCH all about? It is a version of the neighborhood watch program designed to encourage and enable people to protect their communities by identifying and reporting suspicious behavior.

There are two key elements to iWATCH. The passive element is to educate the community to identify suspicious activity and be aware of what is going on around them. The active element is taking action to report suspicious behavior to local law enforcement for further investigation.

Many of the most successful recent investigations began

with a telephone call to local police by people like you who saw something suspicious and reported it.

The Fort Dix Six investigation began with a telephone call from a video store clerk, and ended with the FBI arrest of six terrorist plotters before they could act.

The arrest of the Times Square bomber began when a street vendor reported the rapid departure of a man from a sports utility vehicle parked illegally.

All of these attacks could have been deadly had citizens not acted on their feelings. The Fort Riley antiterrorism office and police need your help in identifying suspicious behavior to prevent a terrorist attack from occurring on our installation.

As a member of our community, we ask if you see the following activities please report

them immediately to Fort Riley police, garrison antiterrorism officer or the 902nd Military Intelligence Detachment. If you live off the installation contact your local police.

Here are some of the activities that should be reported using iWATCH.

- People drawing or measuring buildings
- Strangers asking questions about security procedures
- Briefcase, suitcase, backpack or package left behind
- Vehicles left in no parking zones in front of buildings.
- Intruders in secure areas where they do not belong.
- People wearing clothes that are too big and too hot for the weather
- Chemical smells or fumes that seem out of the ordinary for the specific location
- People asking questions about sensitive information

such as building blueprints, security plans, or travel schedules without a need to know

- People purchasing supplies or equipment that can be used to make bombs or weapons or purchasing uniforms without having the proper credentials

If you see any of the above activities, call the Fort Riley police at 785-239-6767, the garrison antiterrorism officer at 785-239-6303 or the 902nd Military Intelligence Detachment at 785-239-2268. You can submit an iWATCH report at www.riley.army.mil/Community/iWATCH/SuspiciousActivityReport.aspx or by email at usarmy.riley.imcomcentral.list.iwatch@mail.mil. If you think it is an emergency, call 911.

Fort Riley spouse: the truck sat in the driveway for 9 months

By Jodie Chapman
SPOUSE OF SGT. 1ST CLASS ADAM CHAPMAN

driving down to the lake with fishing poles loaded in the back. It just waits.

Shortly following the day he left, my kids would be ecstatic to turn the corner and see “dada's truck” quietly sitting in our drive. At the ripe age of two and a half they don't understand the concept of putting their food in their mouth instead of their Hot Wheels cars, let alone distance and time. It doesn't take long though and the excitement fades.

Sometimes the truck catches me off guard. Even six, seven, eight months into it I catch a glimpse of my toddlers' flutters when we pull around that corner and it comes into view. I forget for a split second

that there's an ocean between us and not just the front door.

The wait is over for the silver truck. The boys help me scrub the outside, hoping to make it shine the same way it did last fall. I empty out all of those old uniforms and ball caps knowing in a couple days they will probably be sitting in the same spot in his backseat. But I don't care because it means he'll be wearing them in that truck.

He's been home for a little over a week and the truck comes and goes between work and errands. Life has picked up right where we left it nearly a year ago. And when I tell the kids “he'll be home soon” it doesn't mean a month from now, it means by dinner. As quickly as

we've put that deployment in our rear view, I pause to notice that the memories have not yet faded. We pulled in the driveway today and I noticed my kids casually walking around the spot where the truck should be parked. I watched for a couple minutes and then asked them what they were doing. With their limited vocabulary they responded, “dada's truck?” and without hesitation they both looked at me and smiled running around back to continue on with their day. Suddenly all of the trying, painful, lonely days that is this crazy paradox of military life came into clear view. The truck is irrelevant, what matters is the moment he steps out of it. It means he is finally home.

The next USAG Resilience Day Off is

AUG.

8



School supplies

The following is a typical supply list compiled from several obtained from the Geary County Unified School District 475 website www.usd475.org/SitePages/Welcome.aspx. Consult with your child's school for a comprehensive list for that school.

ELEMENTARY GRADES

- Antibacterial Wipes (preferred for girls) or hand sanitizer (for boys)
- Crayons (box of 24)
- Dry Erase markers
- Pink eraser
- Pocket folders
- Glue sticks
- Pencils
- Sterilite pencil box
- Tissues
- Spiral notebooks
- Sticky Notes
- Pencil box
- Tissues

MIDDLE SCHOOL

- Pencils
- Set of tabbed dividers
- Pink erasers
- Pads of sticky notes
- One two-inch, three-ring binder
- One one-inch, three-ring binder
- One three-hole zippered pencil pouch
- Two college ruled composition notebooks
- Three packages of college ruled loose-leaf notebook paper
- One package colored pencils
- Four highlighters of different colors
- Three 6-packs of glue sticks
- One 3- hole punched, two-pocket folder
- Tissues
- Lysol disinfecting wipes
- Hand sanitizer

Students will also need appropriate wear for physical education classes as needed.

Important phone numbers

- Main Post Education Center, Bldg. 217 Custer Ave, 785-239-6481. Child Youth and School Services includes the following services:
- Parent Central, 785-239-9885
 - Family Child Care 785-239-9892
 - Outreach Services 785-239-4723
 - Youth Sports 785-239-9223
 - SKIES Unlimited 785-239-2874
 - School Age Services, 785-239-9220
 - School Liaison Officer 785-240-3260/3261
 - Middle School and Teen Center, 785-239-9222

School zone safety

By Maria Childs
1ST INF. DIV. POST

Summer break is no longer in session as USD 475 begins to welcome the Fort Riley children back to school Aug. 15. The Fort Riley Police Department officers are determined to keep the school zones safe this year.

“Safety is always the number-one priority,” said Lt. Paul Davis, traffic supervisor for the FRPD.

Davis said it is important for drivers to slow down as they approach school zones because it keeps children safe if they walk to or from school.

“Basically, we want everyone to understand school is going to be back in session and all those kids are going to be going to the same spot, so just pay attention,” Davis said.

According to Kansas statute 8-1533, the driver is responsible for yielding to pedestrians in the crosswalk. Kansas statute 8-1492 also states failing to obey a crossing guard at a crosswalk can result in a fine and ticket. All fines double in an active school zone.

All the school zones on post are marked with signs stating the active hours of the zone. The speed limit of all school zones on post is 20 mph. Some of the school zones have flashing lights indicating the zone is active. Regardless of the presence of lights, drivers must obey the speed limit while the school zone is active.

Davis said this year; the school district planned the construction of an overhead pedestrian bridge outside the Fort Riley Middle School on 1st Division Road. The bridge is designed to increase the safety of students walking from the housing community across the street.

Another construction project has the possibility of delaying school traffic on Rifle Range Road. The project is expected to be done before school; however, there is a plan in place if it is not. Drivers should follow the detour signs through the housing area to get to Seitz Elementary or Fort Riley Elementary.

The police department is asking for compliance from drivers on the installation. Officers will be monitoring the school zones each day.

“We’ll probably turn the lights on a couple days before to make sure they come on at the right time and as a reminder,” Davis said. “The lights will be on to give people the ability to adapt because it’s something new.”



BACK TO SC

HELLO MILITARY PARENTS AND SCHOOL-AGED MILITARY YOUNGSTERS! For most s year is but days away. This special section is meant to provide useful informati available on Fort Riley. If there is information you need that is not on these page Support Services Division for details. We introduce you to those agencies below those parents and students new to Fort Riley. But whether you are new, or have

School d

The two school districts serving most Fort Riley students, including on-post schools are as follows.

Note that children in grades K-8 who attend public schools will go to on-post schools under the administration of Junction City USD 475. High school students of on-post residents usually attend Junction City High School. Children of military personnel who reside in Manhattan usually attend USD 383 schools.

GEARY COUNTY UNIFIED SCHOOL DISTRICT 475, JUNCTION CITY, KANSAS, GEARY COUNTY

123 North Eisenhower, Junction City, KS 66441
Phone: 785-717-4066
FAX: 785-717-4000
Dr. Corbin Witt, Superintendent
www.usd475.org/SitePages/Welcome.aspx
The administration of



Geary County USD 475 manages all schools on Fort Riley. Those Fort Riley schools are:

- Fort Riley Elementary School
- Jefferson Elementary School
- Morris Hill Elementary School
- Seitz Elementary School
- Fort Riley Middle School

Other USD 475 schools off-post include: Eisenhower

Elementary School, Franklin Elementary School, Lincoln Elementary School, Sheridan Elementary School, Spring Valley Elementary School, Washington Elementary School, Westwood Elementary School, Junction City Middle School, Junction City High School, the Larry Dixon Center for Innovative Studies and the Early Childhood Center.



MANHATTAN-OGDEN USD 383, MANHATTAN, KANSAS, RILEY COUNTY

2031 Poyntz Ave., Manhattan, KS 66502
Phone: 785-587-2000
Fax: 785-587-2006
Dr. Marvin Wade, Superintendent
www.usd383.org/manhattan-ogden

Schools in the Manhattan-Ogden USD 383 include: Amanda

Arnold Elementary School, Bluemont Elementary School, Frank V. Bergman Elementary School, Lee Elementary School, Marlatt Elementary School, Northview Elementary School, Ogden Elementary School, Theodore Roosevelt Elementary School, Woodrow Wilson Elementary School, Susan B. Anthony Middle School, Dwight D. Eisenhower Middle School and Manhattan High School.



Geary County Schools USD 475

Learning For All, Whatever it Takes

Mary E. Devin Center | 123 N. Eisenhower Dr., Junction City, KS 66441 | 785-717-4000 | usd475.org



Welcome to Geary County Schools USD 475! USD 475 is comprised of the public schools in Junction City, Fort Riley, Milford and Grandview Plaza. The district operates 14 elementary schools (Gr. K-5); two middle schools (Gr. 6-8); one career academy structured high school (Gr. 9-12); Early Childhood Program; as well as an award winning Parents as Teachers program, and a no-cost English Language Learners class.

The district's motto is "Learning For All, Whatever it Takes."

USD 475 is a premier district that offers an innovative, caring, culturally diverse educational environment.



Online enrollment available for new and returning students through Skyward Family Access. Visit usd475.org/enrollment for more information. Food Service Packets will be mailed.

Start Dates

Mon., August 15: First Day of School

Elementary School (Half Day) | All students Gr. 1-5
Middle School (Half Day) | All Gr. 6 and new Gr. 7-8 students
High School (Full Day) | All students Gr. 9-12

Tues., August 16: Full Day (Gr. 1-12)

Thurs., August 18: First Day for Kindergarten (Full Day)

Tues., August 23: First Day for Early Childhood Program

Schools & Facilities

Mary E. Devin Center (Central Office).....	785-717-4000
Junction City High School (Gr. 10-12).....	785-717-4200
Freshman Success Academy (Gr. 9).....	785-717-4312
Dixon Center Campus.....	785-717-4710
Junction City Middle School.....	785-717-4400
Fort Riley Middle School.....	785-717-4500
Eisenhower Elementary.....	785-717-4340
Fort Riley Elementary.....	785-717-4450
Franklin Elementary.....	785-717-4380
Grandview Elementary.....	785-717-4470
Jefferson Elementary.....	785-717-4550
Lincoln Elementary.....	785-717-4570
Milford Elementary.....	785-717-4170
Morris Hill Elementary.....	785-717-4650
Seitz Elementary.....	785-717-6500
Sheridan Elementary.....	785-717-4670
Spring Valley Elementary.....	785-717-4790
Ware Elementary.....	785-717-4600
Washington Elementary.....	785-717-4690
Westwood Elementary.....	785-717-4150
Early Childhood Center.....	785-717-6950

Before & After School Program

Boys & Girls Club/ASPNY & AYPNY.....785-717-6578

School & Bus Information

To find out what school your child will attend or where their bus stop will be, visit usd475.org and click the InfoFinder button at the bottom. Transportation guidelines can be found at usd475.org/enrollment.



Download the USD 475 Mobile App

Put **school information at your fingertips** in one convenient location!

Key Features

- Select from any of our schools, and more than 40 languages
- Direct notifications of cancellations, updates and school reminders
- Log in to Skyward Family Access, add school calendar dates directly to your personal calendar, email staff members and more

More information at bit.ly/usd475mobile



Search “Geary County Schools USD 475”

HAVE A STORY IDEA?

Send it to usarmy.riley.imcom.mbx.post-newspaper@mail.mil or call 785-239-8854/8135.

SCHOOL - 2016

students in grades kindergarten through 12th grade, the beginning of the school year. We want to welcome you to you, as well direct your attention to some of the assistance and benefits available. For more information, we ask that you contact the Child, Youth and School Services, and its School Support Services Division. The staff at the 1st Infantry Division Post wish to extend a special welcome to you. If you have been here awhile, we are confident you will have a productive school year.

School Districts

Other school districts that serve military families are as follows:

ABILENE USD 435, ABILENE, KANSAS, DICKINSON COUNTY
213 N Broadway, Abilene, KS 67410
Phone: 785-263-2630
Fax: 785-263-7610
Dr. Denise Guy, Superintendent
www.abileneschools.org/

BLUE VALLEY USD 384, RANDOLPH, KANSAS, RILEY COUNTY
P.O. Box 98, 3 Ram Way, Randolph, KS 66554
Phone: 785-293-5256
Toll Free: 877-750-8111
Fax: 785-293-5607
Brady Burton, Superintendent
www.usd384.org/

CHAPMAN USD 473, CHAPMAN, KANSAS, DICKINSON COUNTY
822 North Marshall, Chapman, KS 67431
Phone: 785-922-6521

Fax: 785-922-6446
Lacey Sell, Superintendent
www.usd473.net/

CLAY COUNTY USD 379, CLAY CENTER, KANSAS, CLAY COUNTY
807 Dexter, PO Box 97, Clay Center, KS 67432
Phone: 785-632-3176
Fax: 785-632-5020
Mike Folks, Superintendent
www.usd379.org/

HERINGTON USD 487, HERINGTON, KANSAS, DICKINSON COUNTY
19 North Broadway, Herington, KS 67449
Phone: 785-258-2263
Fax: 785-258-2982
John Thissen, Superintendent
www.heringtonschools.org/

RILEY COUNTY USD 378, RILEY, KANSAS, RILEY COUNTY
204 West Kansas Ave, Riley, KS 66531
Phone: (785) 485-4000
Cliff Williams, Superintendent
www.usd378.org/

ROCK CREEK USD 323, WEST MORELAND, KANSAS, POTTAWATOMIE COUNTY
201 South 3rd, Westmoreland, KS 66549
785-457-3732
Fax: 785-457-3701
Kevin Logan, Superintendent
www.rockcreekschools.org/

RURAL VISTA USD 481, WHITE CITY, KANSAS, MORRIS COUNTY
414 East Goodnow, White City, KS 66872
Phone: 785-349-2964
Fax: 785 - 349 - 2965
Ralph Blevins, Superintendent
www.usd481.org/usd481/Welcome.html

SALINA USD 305, SALINA, KANSAS, SALINE COUNTY
1511 Gypsum, Salina, KS 67402
Phone: (785) 309-4700
Fax: (785) 309-4737
William Hall, Superintendent
www.usd305.com/

SOLOMON USD 393, SOLOMON, KANSAS, DICKINSON COUNTY
113 East 7th St, Solomon, KS 67480
Phone: 1-785-655-2541
Fax: 1-785-655-2505
Justin Coup, Superintendent
www.usd393.net/

WABAUNSEE USD 329, ALMA, KANSAS, WABAUNSEE COUNTY
213 E. 9th, Alma, KS, 66401
Phone: 785-765-339
Fax: 785-765-3624
D. Bradford Starnes, Superintendent
www.usd329.com/

WAMEGO USD 320, WAMEGO, KANSAS, POTTAWATOMIE COUNTY
510 East Hwy 24, Wamego, KS 66547
Phone: 785-456-7643
Fax: 785-456-8125
Tim Winter, Superintendent
www.usd320.k12.ks.us/welcome/



Checklist for school moves

Checklist for school moves are provided by the staff of the School Support Services Division of Child, Youth and School Services.

Parents must ensure the following are available for each child:

- Student's birth certificate
- Student's social security card
- Records of all immunizations the child has received
- Health assessment
- Legal documents such as power of attorney, custody agreements, etc.
- Military orders (for students in on-post schools)
- Emergency phone numbers

School information including:

- Address, phone number, email addresses and names of teachers
- School handbook
- School course work description (6th grade and above)
- School web page information
- Other as needed

School records including

- Student's cumulative records
- Report cards
- Withdrawal grades or progress reports
- Test scores
- Other items as needed

Special programs

- Individual Education Plans
- Individual Accommodation Plans in accordance with section 504 of The Americans' with Disabilities Act.
- Gifted and Talented Program or description
- English Language Learner
- At risk or other action plans for classroom modifications
- Other accommodation or support plans as needed



Academic support resources

TUTOR.COM FOR U.S. MILITARY FAMILIES

This website is funded by the U.S. Department of Defense and Coast Guard Mutual Assistance, is a program that allows eligible college and grades K-12 students in U.S. military families to connect to a live tutor online at any time for one-to-one help with homework, studying, test prep, proofreading and more. The service is available at no charge to all grades K-12 students and service members — regardless of whether the service member is serving full-time or part-time — plus some adult dependents in Active Duty, National Guard and Reserve families. Go to www.tutor.com/military.

DISCOVERY EDUCATION

This website offers educational opportunities using digital content, interactive lessons, real time assessment and virtual. Go to www.discoveryeducation.com/students/.

GET YOUR GENERAL EQUIVALENCY DIPLOMA

Have you wanted to complete your high school education but didn't know how to get started? This website can help you. Go to www.finishyourdiploma.org.

JOB CORPS

Job Corps is a free education and training program that helps young people learn a career, earn a high school diploma or GED, and find and keep a good job. For eligible young people at least 16 years of age that qualify as low income, Job Corps provides the all-around skills needed to succeed in a career and in life. www.jobcorps.gov.



For military parents, students, Child, Youth and School Services is the place to start the school year

By Andy Massanet
1ST INF. DIV. POST

Editor's note: The following is a brief description of just some of the offerings and support provide to military families by Child, Youth and School Services Fort Riley. For more information call 785-239-9885.

It is recommended that all military parents and students register with Child, Youth and School Services, regardless of whether or not they live on or off post, or whether they are new, or have been at Fort Riley for some time, said Michelle Durgin, CYSS coordinator.

It requires no fee and it opens up a wide variety of services to military families with children 4 weeks of age to 18 years old.

Among the CYSS offerings is support from the School Support Services Division and the SKIES Unlimited program.

The staff at CYSS, which number about 300, provide support in a variety of areas, but the mission of CYSS is to help parents meet the cognitive and socials needs of military youngsters and “reduce the conflict between parental responsibilities and mission requirements,” Durgin said.

“And we do that in a variety of ways,” through, full-day, part-time, or hourly care, as well as open recreational programs, youth sports programs, instructional classes, school support services,” Durgin added. “We also have family child-care programs that help us meet needs that might not be accommodated through traditional center hours.”

Registration ensures CYSS staff are available to provide support to parents in the event an emergency arises. In such instances, Durgin said, CYSS staff are often asked to be caregivers or providers of assistance.

It's important to note that CYSS is not affiliated with any school district, nor does its sports programs serve those student-athletes looking for the kinds competitive situations that school sports are known for.

“All our programs are developmental in nature,” Durgin said.

FORT RILEY SCHOOL SUPPORT SERVICES

The School Support Services Division of CYSS provides Army school-aged youth with educational opportunities, resources and information necessary to achieve academic success. It is home to the school liaison office, where staff help deliver the best educational resources and information for your children.

The staff specializes in education transitions and make sure incoming and exiting families have information about local schools, graduation requirements, after-school services and programs, youth sponsorship programs and home schooling.

They also help parents better understand the education process, school organization and interaction strategies.

The SSS staff also coordinate with the 1st Infantry Division at Fort Riley Adopt-a-School Program. At this time, 77 schools across the region partner with Fort Riley units.

The SSS staff also serve as facilitator for workshops at the following topics:

- Resilience Skills for Teens Instructor
- Educator In-Service Military Culture Training
- The “3 Rs” Explosives Safety, to help young people learn to recognize unexploded ordnance and report them to proper authorities.

The SSS staff also provides support for school events and meetings, school board meetings, military family nights, school site council, field trip assistance to Fort Riley's military support groups and back to school nights.

For more information, contact Sandy Johnson, school liaison officer, 6620 Normandy Drive, Fort Riley, 785-240-3261, sandra.e.johnson1.naf@mail.mil.

SKIES UNLIMITED

The name SKIES Unlimited is an acronym for “School of Knowledge, Inspiration, Exploration and Skills,” with the word “Unlimited” indicating the unlimited possibilities this program offers Army children and youth. SKIES Unlimited

encompasses instructional programs for children and youth ranging from six weeks old to adolescence.

Through SKIES Unlimited, children and youth in Child Development Services, School Age Services, Middle School Teen Center, and Outreach Services Programs, as well as Home Schooled Children, have equal access to opportunities that expand their knowledge, inspire them, allow them to explore and acquire new skills. Children enrolled in Fort Riley CYSS are eligible to participate.

Sport physicals are not required to enroll in SKIES Unlimited Classes, but you must be registered with Parent Central. Free classes are available to children of deployed Soldiers.

Refer to the Army Family Covenant Initiatives for details.

The SKIES Instructional program is seeking instructors to teach all ages of children and youth in a wide variety of areas.

CYSS INFORMATION

Parent Central — Your first stop for all CYSS is Parent Central. Registration is required. Annual registration fees are currently waived and CYSS registration may be transferred to a new duty station upon PCS. For more information call 785-239-9885

WebTrac! — Parents who are short on time can sign their children up for sports and after-school programs through the CYSS online Webtrac system. To access Webtrac log onto the Fort Riley Directorate of Family and Morale, Welfare and Recreation website at webtrac.mwr.army.mil/webtrac103/wbwscl/rileycyms.wsc/wbbsplash.html.

Parent Education Opportunities — CYSS offers a variety of training opportunities for parents to learn more about their growing little ones.

School Age Center — SAS is a nationally accredited program for Kindergarten to 5th Grade. SAC offers before and after school programs, as well as open Recreation. Children can utilize Open Recreation for 10 hours per week during the school year and 20 hours per week during the summer. Location

of before and after school care depends on the school the child attends. Children attending Ware, Morris Hill, or Jefferson elementaries will attend the School Age Center on Thomas. Children attending Seitz or Fort Riley elementaries attend Forsyth East SAC.

Families requiring full time care may register for a weekly fee. Participants can receive five free hours of Open Recreation each month for being registered with CYSS. Reservations are required. Rate is \$4.00 per hour.

For more information, call 785-239-9220.

Middle School and Teen Center — The Fort Riley Middle-School and Teen Center offers comprehensive programs designed to meet the academic, social, and developmental needs of today's youth. The MST center is building 5800, on the corner of Long Street and Thomas Avenue. Transportation to the MST center is provided from area schools and from other locations on post. The MST has a full court gym used for sports, dances and instructional programs, a technology lab, an art room, a large activity area for eating, playing board games, pool and air hockey, a music and dance studio, a homework area and a newly designed high school lounge. Youth Services MST offers a range of positive activities for youth in grades 6-12 that promote positive attitudes and reinforces Army core values.

Youth Services sponsors a variety of programs offering youth opportunities in life skills; citizenship and leadership; leisure, recreation and arts, as well as mentoring, intervention and support services. There are special interest activities that change each week. Join the Fort Riley Teen Center for our weekly activities which include: sports, Smart Girls, Tech Club, Millionaire Club, Dungeons & Dragons Gaming, high school specific activities, Power Hour, photography club, arts and crafts, Passport to Manhood, and cooking club.

For more information call 785-239-9222.

Gender relations survey to assess workplace conditions for active duty

By David Vergun
ARMY NEWS SERVICE

WASHINGTON — About 700,000 invites to participate in the “2016 Workplace and Gender Relations Survey of Active Duty Members” have gone out to active duty service members across the Department of Defense via email, said Dr. Elizabeth Van Winkle with the Defense Manpower Data Center and principal investigator of the WGRA.

The congressionally-mandated survey, conducted once every two years, assesses the rates of sexual assault, sexual harassment and gender discrimination in the Army as well as in the other services. It’s the largest survey of its kind, said Van Winkle.

In odd years, a similar bi-annual survey is administered to the Guard and Reserve. The Defense Manpower Data Center also surveys Service Academy students on a biennial schedule as well.

Questions within the survey focus on three periods within a service member’s life: the last 12 months of their service, the entirety of their military career and their life before military service.

The survey ends September 29. The results, to be published next spring, are broken down by service and gender. Van

Winkle said those results will be used by DOD and each of the services to determine the effectiveness of their sexual assault prevention and response programs and identify areas that need additional focus.

The results of the survey also go to Congress and the administration, and will be made public, she said.

IMPORTANCE OF THE SURVEY

The Army and DOD will benefit tremendously from personnel completing the survey, Van Winkle said. Survey results will be used to foster a climate that is not conducive to sexual harassment/sexual assault and emphasizing these behaviors will not be tolerated.

“This is your chance to be heard,” she said. “If you’ve experienced an unwanted behavior, we want to hear from you so we can provide the department with accurate data as to the scope of this problem and also to inform the prevention and response efforts. As important as it is to hear from those members who experienced these behaviors, it’s equally important to hear from those members who may not have experienced these behaviors. Hearing from as many members as possible, regardless of their experiences, will help us assess the scope of the problem.”

Van Winkle said she realizes how busy Soldiers are. She said the survey could take as little as 15 to 20 minutes, “but it really depends on the experiences of the members and what respondents want to tell us. We’ve offered opportunities in the survey to provide open-ended comments.”

WERE YOU SELECTED?

Since July 22, when the survey was released, Soldiers have been notified via email that they’ve been selected to participate.

For those Soldiers who may have recently gotten a new email address and are concerned they may have missed the invitation, or for those who have accidentally deleted the invitation to take part in the survey, they can still visit the DMDC website at www.dodsurveys.mil to find out if they’ve been selected to participate.

Soldiers who visit the site should click the “Am I in a DMDC Survey Sample?” button, and then enter the DOD ID number from the back of their Common Access Card. If they are among those selected to participate, the website will provide them a link to the survey.

Van Winkle said in August, a paper form of the survey would be mailed out to those who have not yet responded.

Either the web survey or the paper version can be completed during on-duty hours, she said.

CONFIDENTIALITY PROTECTED

For Soldiers concerned about confidentiality, Van Winkle said the survey is completely confidential.

“No identifying information is ever provided,” she said. “Our reports and data tabulation are aggregate only. We conduct disclosure reviews on all of our data sets and products to ensure that even combinations of data elements cannot inadvertently identify a respondent. We really take this responsibility very seriously.”

ABOUT PAST SURVEYS

As part of the 2012 survey, about 26,000 active-duty DOD service members reported having experienced unwanted sexual contact. That represents about 6.1 percent of active duty women and 1.2 percent of men, she said.

That survey showed an increase in incidence of unwanted sexual contact from the previous survey, in 2010. In 2010, around 19,000 service members indicated experiencing an unwanted sexual contact. That was about 4.4 percent of active duty women and 0.9 percent of men.

Van Winkle said that in 2014 the study showed a



decrease in reports of unwanted sexual contact from 2012.

“We’ve seen some movement in these rates over time, which is expected considering how crime rates often fluctuate — but we are interested in the direction of the trends,” she said.

Results of the 2016 WGRA and future ones will also monitor the experiences of women in previously closed combat arms branches, she said.

POSSIBLE REASONS FOR DECLINE IN ASSAULTS

There were many changes between 2012 and 2014, “particularly on leadership attention to these issues, as

well as new programs and policies put out by DOD’s Sexual Assault Prevention and Response Office,” Van Winkle said.

The Army has expanded sexual harassment and sexual assault victim services with the opening of Sexual Harassment/Assault Response and Prevention resource centers and approved additional skill identifiers for sexual assault response coordinators and victim advocates.

Additionally, the Army is currently assessing the level of effectiveness of sexual harassment, sexual assault and retaliation prevention measures at the command level.

Mohatt to receive command of Kansas Army National Guard

KANSAS ARMY NATIONAL GUARD

Brig. Gen. Anthony V. Mohatt, assistant division commander for the 35th Infantry Division, Kansas Army National Guard, will be invested as assistant adjutant general — Army and commander of the Kansas Army National Guard in a change of command ceremony Saturday, Aug. 6, 10 a.m., at the Museum of the Kansas National Guard, 125 Southeast Airport Drive, Topeka, Kansas. In the event of inclement weather, the ceremony will be moved to Nickell Armory, 2722 South Topeka Blvd., Topeka, Kansas.

“I am truly blessed and excited to be taking command of the Kansas Army National Guard,” Mohatt said. “I recognize that commanding America’s heroic citizen-soldiers is a sacred trust and I look forward to the challenges and opportunities ahead.”

Mohatt will succeed Brig. Gen. Robert Windham, who is retiring.

“It has truly been an honor to command the men and women of the Kansas Army National Guard,” Windham said. “My time in command has given me a new appreciation for the commitment and professionalism of our Soldiers as well as the commitment and sacrifice of their families and friends. Our Soldiers are well trained and dedicated. I am thankful for the opportunity to have been on their team.”

During his career, Mohatt has also served as brigade



Brig. Gen.
Anthony V. Mohatt

commander, 69th Troop Command; operations officer, 69th Troop Command; administrative officer and operations officer, and commander of the 2nd Battalion, 137th Infantry Regiment; and assistant training officer and plans officer, 35th Infantry Division, in addition to various command and staff positions. Mohatt has deployed in support of Operation Iraqi Freedom and Operation Enduring Freedom.

He is a 1990 graduate of the Officer Candidate School at the Kansas Military Academy. His military education includes the Armor Basic and Advanced Courses, Combined Arms and Services Staff School and Command and General Staff College and the U.S. Army War College. He also attended the U. S. Air Force Office of Special Investigations Criminal Investigator Training Program.

Mohatt’s military awards include the Bronze Star Medal, Meritorious Service Medal with two oak leaf clusters, Army Commendation Medal with

oak leaf cluster, Army Reserve Components Achievement Medal with four oak leaf clusters, Iraq Campaign Medal, and numerous other awards.

His civilian education includes a bachelor’s degrees in political science and sociology from the University of Kansas, a Master of Arts degree in administration of justice from Wichita State University, a Master of Science in military arts and science from the U.S. Army Command and General Staff College and a Master of Arts in strategic studies from the U.S. Army War College.

Windham became assistant adjutant general — Army in July 2014. Prior to that, he was assistant division commander of the 35th Infantry Division. Other assignments include commander, 235th Regiment; deputy chief of staff for Logistics, Joint Forces Headquarters; commander, Task Force Hurricane, Operation Iraqi Freedom; deputy commander, 130th Field Artillery Brigade; and deputy commander, Task Force Tornado, Operation Iraqi Freedom. He has also served in various command and staff positions, including command at the battalion and battery level.

Windham’s awards include the Bronze Star Medal, Meritorious Service Medal, with oak leaf cluster, Army Commendation Medal, with oak leaf cluster, Army Reserve Components Achievement Medal, with four oak leaf clusters, Iraq Campaign Medal, and the 1st Cavalry Division Order of the Combat Spur.

A SURPRISE HOMECOMING



Hannah Kleopfer | POST

As Pvt. Brianna Crankfield, 116th Military Police Company, 97th Military Police Battalion, lined up for formation July 7, she was anticipating a typical morning in the life of an MP. However, she was surprised with a lot more. Unexpectedly, Crankfield was called out of formation and up to the front. Then, her mother, Master Sgt. Penelope Baldwin, Headquarters and Headquarters Company, 2nd Armored Brigade Combat Team, 1st Infantry Division, appeared by her side. “I was expecting accountability formation, then I thought I was going to get an award, but this is much better,” Crankfield said. Baldwin had returned from deployment in Kuwait to surprise her daughter, who arrived at Fort Riley May 25.



Hydration is key to having summer fun in the soaring temperatures

By Dr. Kenneth West
HEALTH.MIL

FORT LEE, Va. — With the current heat wave and temperatures often soaring to 100 degrees Fahrenheit, it is important to take the proper precautions when spending time outdoors.

The oppressive heat and increased activities, can cause people to sweat and the water in their bodies evaporates to help keep them cool.

Bodies need to have an adequate amount of water to maintain the proper balance of electrolytes to function properly. All body systems and organs depend on water for regulation of cell health and vitality.

Skin maintains everyone’s temperature. It is a protective barrier for the internal organs: urinary system, kidneys and urine tract that detoxifies the blood and helps maintain the exact amount of electrolytes and nutrients in our blood; the musculoskeletal system, which is a big reservoir of water in our

bodies; and many more important structures and processes.

Our body weight is comprised of approximately 50 to 65 percent water. People need to pay close attention to keeping themselves and loved ones well hydrated during summer activities.

High temperatures and humidity make it difficult for sweat to evaporate and keep the body cool. Everyone needs to pay special attention to heat index warnings, especially heat categories 4 and 5. This means people should increase the periods of rest in a cool, shaded area or air-conditioning to cool themselves down. This generally means taking a break for 30 to 40 minutes after every 20 to 30 minutes of vigorous exercise or work.

Even mild dehydration can make individuals feel bad — stomach upset, irritability, mild headache, achy joints and decreased performance.

Moderate dehydration — “heat exhaustion” — can cause muscle and abdominal cramping, nausea, vomiting, profuse sweating, dizziness and

confusion. When urine is dark rather than a light yellow or clear color, it’s a good indicator the body is not getting enough water. Anyone in this condition should seek medical attention.

Severe dehydration — “heat stroke” — is a dangerous condition that requires immediate medical attention. Signs and symptoms of heat stroke are extreme exhaustion, disorientation or unconsciousness, severe cramping of muscles, seizures, dizziness, headache, nausea and vomiting. The body cooling system shuts down completely and skin is hot and dry. This is a life threatening medical emergency. People should call 911 if they see someone exhibiting these symptoms.

Dehydration and these symptoms correlate with just about every organ and system in one’s body.

To prevent these conditions from occurring, use common sense when deciding what time of day to be out and about performing strenuous work and exercise. Avoid these strenuous activities between 11 a.m. to 5 p.m., especially on extremely hot



U.S. ARMY PHOTO

Participating in outdoor activities is healthy, but when temperatures are soaring to 100 degrees and above, it is important to stay hydrated.

days. Drink water or sports drinks every 20 minutes. People should keep water with them and wear loose, light colored clothing.

If a person knows he or she will have an upcoming day of

strenuous activities outdoors, it is wise to “pre-hydrate” by beginning to drink more water the day or two before the planned activity to build up the water stores in the body.

Back to School Brigade event provides families with school supplies

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

Staff and volunteers of Operation Homefront hosted the Back to School Brigade event that brought a nationwide school supply collection campaign to the Fort Riley community July 30 at the Ogden Community Center. Other agencies from the local area set up booths with information for parents about programs available for children, including Army Community Service and Girl Scouts of America.

The event was open to all Soldiers within the ranks of private through staff sergeant and their children. Last year, the organization distributed more than 25,000 backpacks filled with school supplies to military-connected

children across the nation, according to the Operation Homefront website.

Sgt. Matthew Osborn, 299th Brigade Support Battalion, 2nd Armored Brigade Combat Team, 1st Infantry Division, brought his 5-year-old daughter, Temperance, to get a backpack for herself and her brother.

"I have to go to school, so I needed a backpack," Temperance said.

Osborn said he enjoys events like this because it presents an opportunity for Soldiers to see what is going on in the community outside the gates of Fort Riley.

"It helps assist us with school supplies and builds a better partnership with the community," he said. "It's a great opportunity for us to come out and see the community that's close to Fort Riley and get the opportunity to

see other venues that are available for our children."

Tiffany Weister, wife of Sgt. Daniel Weister, 5th Squadron, 4th Cavalry Regiment, 2nd ABCT, 1st Inf. Div., and her family just moved to Fort Riley in the last month. She said she enjoyed being able to see what is available in the community at the event.

"It helps families, and it helps parents learn what sports there are," she said. "It's something for the kids, and they love it. It brings the community together."

Carol Herrick, senior director of field operations for Operation Homefront, said this event was held to prepare Fort Riley families to return to school by providing them with a small fair with booths to give information about children activities within the community. Each child left with a backpack filled with a variety of school supplies hanging on their shoulders.

"Operation Homefront provides assistance so we can help them be strong, stable and secure," Herrick said. "In the military community they fight so hard to protect, so we don't want to just help them survive, we want to help them thrive. An event like this makes it easier for them to get their kids ready for school."

More than 500 children of Fort Riley were presented with the opportunity to attend. Herrick said this event takes a small burden off parents as they prepare to send their kids back to school. School supplies can be expensive, especially when there is more than one child to buy for. This event helped alleviate some of the expense of those supplies.

"Even this little bit of assistance will help their paycheck go a little further," Herrick said.



Sgt. Matthew Osborn, 299th Brigade Support Battalion, 2nd Armored Brigade Combat Team, 1st Infantry Division, and his daughter, Temperance, pick out a backpack at the Back to School Brigade event hosted by staff and volunteers of Operation Homefront at the Ogden Community Center July 30. "I have to go to school, so I needed a backpack," Temperance said.



Jaxon Vanattia, son of Spc. Daniel Fox, 2nd Battalion, 34th Armor Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, receives a backpack from Carol Herrick, senior director for field operations for Operation Homefront July 30.

Medical officials say collaboration is key to success of new health records system

MILITARY HEALTH SYSTEM
COMMUNICATIONS OFFICE

The Military Health System's electronic health records-keeping system, MHS GENESIS, will improve health and health care across MHS by connecting all medical and dental information, no matter where warfighters and their families are. A successful rollout of the enhanced information technology system will depend on collaboration among the Defense Health Agency and the services.

"There's a tremendous opportunity ahead," said Guy Kiyokawa, deputy director for DHA, while delivering the keynote at the Defense Health Information Technology Symposium in Orlando, Florida. "You're all part of that opportunity."

"It's not just about the electronic health record and the information technology infrastructure," said Kiyokawa. "It's about combat casualty care requirements. It's about telehealth. It's about rehabilitative medicine in support of our service members and their families."

Kiyokawa shared the stage with medical leaders from the Army, Navy and Air Force in front of approximately 1,500 attendees to the annual defense information technology conference. Each speaker stressed the health care advancements the new system will bring while echoing Kiyokawa's call to work together.

"We need to make sure our Air Force medics have all the tools they need to do their jobs," said Brig. Gen. Robert Miller from Air Force Medical Operations Agency. "It means a lot to have a functional, deployable electronic health record ... that starts with that point of injury, through the air evacuation process to whatever [level] of care that patient needs. This part (health information technology) is critical to that mission."

Brig. Gen. John Cho, deputy chief of staff for support with the Army's Medical Command, talked about how the Army will gather and use data effectively. That means using MHS GENESIS, as well as systems used by medics on the battlefield.

"To me it's more than just the hardware and software; it's the integration of both," he said. "It is not in how we collect data, but how we use it,"

"Our focus is on the warfighter," Cho said. "We leverage health IT to enhance expeditionary medicine."

Dr. Michael P. Malanoski, the executive director for the Navy's Bureau of Medicine and Surgery, said they are looking at the relationships among the services and DHA, as well as those among the medical professionals and the information technology community, and between headquarters and the field. He encouraged DHITS attendees, from the clinical and information technology sides of the house, to talk to each other to find system improvements.

"We will sink or swim together," said Malanoski. "Unless each side understands what the other does, we will not be successful."

DHITS brings together military health IT professionals from across the country to discuss challenges and opportunities facing their community. Tuesday was the opening day of presentations.

BACK TO SCHOOL FASHION



Maria Childs | POST
Jayden Wilkins, 8, daughter of Sgt. Tyler Wilkins, Company A, 101st Brigade Support Battalion, 1st Armored Brigade Combat Team, 1st Infantry Division, walks down the runway of the Back to School fashion show at the Main Post Exchange on Fort Riley July 30. Models from ages 3 to 18 participated. All outfits from the show are available at the Exchange.



Maria Childs | POST
Amber Whittaker, 9, daughter of retired 1st Sgt. Douglas Whittaker, walks down the runway of the Back to School fashion show at the Main Post Exchange on Fort Riley July 30. Models from ages 3 to 18 participated. All outfits from the show are available at the Exchange. Whittaker said she really enjoys modeling and this event gave her the chance to shine. Models from ages 3 to 18 participated. All outfits from the show are available at the Exchange.



Couples

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Family support available with American Red Cross messages

By Maria Childs
1ST INF. DIV. POST

Receiving or sending a message through the American Red Cross is never good news. The message usually carries information about an emergency that would allow a Soldier to take leave. Knowing how to send a Red Cross message through the Hero Care Network to notify a Soldier about the emergency to plan for leave is an essential service available anytime.

“Families don’t know they need the Red Cross until they need the Red Cross,” said Becky LaPolice, Red Cross Service to the Armed Forces regional manager. “We speak to a lot of service members, but it’s actually the family members making that call.”

To send a message through the Red Cross, family members can use one of two options – making a phone call or using the internet. The hotline phone number is 877-272-7337. The website with the paperwork to generate a message is located at redcross.org/herocarenetwork. The communication center is available 7 days a week, 24 hours a day, 365 days a year.

There is a variety of information to have ready when generating a message. This includes: service member’s full legal name, rank or rating, branch of service, social



security number or date of birth, military unit address and, if deployed, information about the unit and home base unit. Those initiating the message will need to provide name and contact information for the family member experiencing the emergency, nature of the emergency and where the emergency can be verified.

“One of the most important pieces is the verification point of contact,” LaPolice said. “It can be anyone that can verify that the emergency has happened and the conditions surrounding it.”

Once the paperwork has been submitted and the emergency has been verified, the message will be sent.

LaPolice said the staff can usually send a message within four to six hours of receiving all this information. When the message is sent, Fort Riley volunteer case workers will call for a family follow up. This is to ensure the service member received leave and to offer additional resources or financial assistance.

“A case worker will call and provide any additional information or see if there are

any additional needs,” LaPolice said. “We can also provide leave extension, so if a Soldier has gone home and needs to make other arrangements, we can also facilitate sending a message to extend leave.”

Stacey Sadler, volunteer case worker for the American Red Cross at Fort Riley, said the most important part of this process is initiating and sending the message, which isn’t done locally, but she also recognizes the importance of the family follow up.

“I can’t tell you how many times I’ve heard someone say ‘thank you so much for calling and following up,’” Sadler said. “Especially when an emergency is happening you may not be thinking about how Red Cross didn’t call back, but when they get the call back, they realize this entity cares about what is going on and they really want to make sure they are doing ok ... we’re not just following up just because, we want to make sure they know we can help them in any way possible to make their situation easier.”

For more information about services provided by the Red Cross, visit www.redcross.org.

SUMMER

SAFETY

TIPS FOR STAYING COOL

- Be aware of the heat. Pay attention to it and modify your activities appropriately.
- Pay attention to your hydration status and be sure to drink plenty of fluids.
- Try to stay in relatively cool areas, even when outside. Many public places, such as libraries, shopping malls and movie theatres, are air conditioned.
- Avoid hot, enclosed places, such as cars. Never leave children or pets unattended in a car parked in the sun.
- Use a fan, if available.
- Stay on the lowest floor of your building.
- Eat well-balanced, light and regular meals.
- Wear loose-fitting, lightweight and light-colored clothing.
- Cover windows that receive a significant amount of sun with drapes or shades to help keep your house cool.
- Weather stripping and proper insulation will keep cool air inside your home.
- Cool beverages are good for cooling down the body, while alcoholic drinks can impair the body’s ability to regulate its temperature.

SIGNS OF HEAT OVEREXPOSURE

- Heavy sweating — though if heat stroke sets in, the body no longer can compensate and stops sweating
- Pale skin
- Muscle cramps
- Feeling tired and weak
- Altered mental status (confusion or disorientation)
- Headache
- Becoming semi-conscious or passing out
- Nausea or vomiting

For more informatoin, contact the Garrison Safety Office at 785 239.2514.
To learn about safety across the installation, visit www.riley.army.mil/Units/GarrisonCommand/Safety/

1

ARMY

VISIT

Continued from page 1

Joint Task Force Mountain, 10th Mountain Division, in Afghanistan from November 2001 to June 2002 as part of Operation Enduring Freedom. “It’s about combined arms maneuver,” Lundy said of the CAC. “It can be a very Byzantine world over there that we work out of, and we’ve got a lot of different irons in the fire, but ultimately ... what we’re there for is really to make sure we deliver combined arms operations to the Army.”

He said two essential components of those operations are training and leader development. “That’s the most important thing you should be thinking about in the operational Army,” Lundy told a group of field-grade officers from across the Big Red One during a stop at Fort Riley’s Mission Training Center. “If that’s not the culture you’re building, then you’ve got the wrong culture in your organization.”

Lundy said that statement may sound trite, but it is not. “If your words and deeds are aligned with that, then you’re going to build a very effective, disciplined unit that’s going to be focused on the right things,” the CAC commander said. “It really does start down at the ground level on how we approach this, and where we’re spending our time.” During his time on post, Lundy took an aerial tour of Fort Riley and had lunch at the newly reopened Cantigny Dining Facility.



J. Parker Roberts | POST

Lt. Gen. Michael Lundy, Combined Arms Center and Fort Leavenworth commanding general, speaks to group of field-grade officers from across the “Big Red One” July 25 during a stop at Fort Riley’s Mission Training Center. Lundy spoke about the importance of emphasizing training and leader development.

BIRTHDAY

Continued from page 1

able to assist with claims for damages on items after a new move, assisting injured Soldiers with insurance, advising commanders, providing legal assistance, wills and powers of attorneys, as well as many other services. “Our goal and our vision is to be, not only a great place to work, but also Fort Riley’s law firm of choice,” Wells said. “We want to be so customer service based and so responsive to the need of commanders and soldiers that when people have problems, they want to come to us.”

Pfc. Bridgette Savage, 1st Squadron, 6th Cavalry Regiment, 1st Combat Aviation Brigade, 1st Infantry Division, said she discovered how important JAG is to Fort Riley and the Army after she began assisting at the office. “I would say they are the backbone (of the Army),” Savage said. “Without the structure of the JAG core (the Army would not run as smoothly). After coming to work here, I see that JAG core is actually a lot of structure. It’s like a foundation for everything.” JAG’s role and 241 years of success are a reflection

of how important the legal system and advice the staff offers are to the nation as a whole, Wells said. “It shows that the Army and America value the will of the law and have led the way in providing due process to Soldiers and also advising commanders,” Wells said. “This is an Army that wants to do the right thing. I think 241 years shows that that commitment continues today.” For more information about Fort Riley’s JAG services, visit www.riley.army.mil/Units/Staff/Staff-Judge-Advocate/.

HAY

Continued from page 1

every five years to bid on a sizable quantity of hay that out here in the landowner and farmer world, you don’t get that opportunity very often,” said Ralph Wahl, a farmer from Riley, Kansas. “It gives you an opportunity at a quantity of hay that’s really important.” Wahl and his family are cutting about 11,000 acres of land this year. They have a crew of about 14 people in and out of the area. Working around the military activity on the installation is one of the obstacles they must overcome, but Wahl said it comes with the territory. “Historically, we have gotten along pretty well,” Wahl said. “We have one contract that is in the extended firing range of tank gunnery, and you just have to live with their schedule. So that means if you’re in there for two days, then you got to get out. You bid it knowing that’s how it’s going to be. You learn to talk to the guys at range control.” Farmers must check into iSportsman, an online system that allows anyone who is



Maria Childs | POST

Farmers use swathers during the summer months at Fort Riley to cut the hay, rake it into a long line and then drive along with a baler that bales the hay and releases it.

recreating on the installation to see what areas are open and closed due to military activity. Through iSportsman farmers can see what areas they can and cannot go in to cut hay. “If the military has an area checked out for their training, they can’t come in there and cut unless it’s compatible,” Barbur said. Compatible training includes tents and training that a farmer could cut hay

around, but when military vehicles are maneuvering and firing, farmers are not allowed near the area. Despite the military activity, Wahl has been cutting hay at Fort Riley for 24 years with his family. For Wahl, the quantity of hay he can bale at Fort Riley is worth it. “Where else do you go to sit down and do 1,000 round bales? That’s a hard thing to find,” Wahl said.

Fort Riley PWOC Invites You

Fall Kickoff

Tuesday 23 August
900-1130 am
Victory Chapel
&
Wednesday 24 August
630-800 pm
Victory Chapel

Join us for food, fun and fellowship!!

*Childcare provided for both sessions.
Homeschool Room available for morning session.





Cookie Monster and Grover greet children in the audience during the USO Sesame Street Tour show July 27 at Whitside Fitness Center. The free show provided families with entertainment and ideas to help parents talk with their children about their concerns when it's time to move to a new installation or transition out of the military.

Everything's A-OK

Sesame Street Tour makes stop on Fort Riley;
characters deliver helpful message to military kids

Story and photos
by Season Osterfeld
1ST INF. DIV. POST

Children sang and danced along with their favorite Sesame Street characters during the free USO Sesame Street Tour shows July 27. The event was hosted by the Directorate of Family and Morale, Welfare and Recreation at Whitside Fitness Center.

All three shows were filled with families entertained by some of their favorite characters, including Elmo, Cookie Monster and Katie, a military child unique to the USO Sesame Street Tour shows.

"This show is our way of delivering a live, singing, dancing thank-you to our military families," said Nicole McClendon, USO tour manager.

Children and parents alike learned lessons about how to help kids transition



Children hug and mingle with their favorite Sesame Street characters after the USO Sesame Street Tour show July 27 at Whitside Fitness Center.

to new installations or prepare them to move into civilian life through the story of the character Katie and her Sesame Street friends. Two of the shows focused on moving to a new installation and making friends while staying in touch with old friends. The third show provided tips for how kids can transition from military life to civilian life after a parent leaves the military.

"The show also offers some information for our parents as well because as they're watching the show, they might get some talking points and ways they can start conversations with their kids," McClendon said.

Kimberly Cody, wife of Lt. Col. Clint Cody, inbound commander of 1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team, 1st

"This show is our way of delivering a live, singing, dancing thank-you to our military families."

NICOLE MCCLENDON
USO tour manager

Infantry Division, moved to Fort Riley the week before the shows and brought her two sons, Connor, 4, and Dylan, 20 months, to the first show about moving to a new installation.

She said the show provided a nice way to take off some of the stress of unpacking and gave Connor a few ideas about keeping in touch with his friends from their previous installations.

See SESAME, page 14

Fort Riley Spouses Club opens up to new memberships

Membership drive set for Aug. 18 during morning, afternoon

MORE INFORMATION

• To learn more about FRSC, please visit www.fortrileyspousesclub.org.

By Season Osterfeld
1ST INF. DIV. POST

The Fort Riley Spouses Club is holding a Membership Drive Aug. 18 at 10 a.m. to noon and again from 4 to 6 p.m. in the Colyer Forsyth Community Center, 22900 Hitching Post Road, Fort Riley.

The drive provides information regarding the FRSC members, including their fundraisers and sub-clubs, such as the Book Club, Lunch Club and Craft Club, among others.

Those attending have the opportunity to sign up for FRSC, fundraising committees and any of the sub-clubs, however, sign-ups at the drive are not mandatory.

The FRSC is a 501(c)(3) charitable and social organization focused on community involvement. Members participate in a number of events from large-scale fundraisers to monthly luncheons and social clubs with emphasis on philanthropy.

"Members have the opportunity to make connections with other spouses and gain valuable volunteer experience by serving on the FRSC Board and committees," said Krista Parker, president

KRISTA PARKER
president,
Fort Riley Spouses Club

of FRSC. "Our members also have the opportunity to learn about other local nonprofit organizations and to give back through our featured Charity of the Month. Furthermore, all proceeds from our bi-annual fundraisers benefit local organizations that directly support the Fort Riley military community."

Those eligible to join FRSC

"Our members also have the opportunity to learn about other local nonprofit organizations and to give back through our featured Charity of the Month."

include spouses of active duty, reserve, guard and retired members of the U.S. Armed Forces. Additionally, local community members, family members older than 18 years of age with a valid military identification, spouses of Department of Defense civilians and spouses of international services members residing in the

greater Fort Riley area may join.

Luncheon meetings occur every third Thursday of the month. Members pay \$25 in annual dues and monthly luncheons cost \$15 for members and \$25 for non-members. Non-members may attend one luncheon before being required to join. Attendance to the luncheons is not mandatory.

Learn more about FRSC at www.fortrileyspousesclub.org.

VACATION BIBLE SCHOOL A HIT



Maria Childs | POST

Staff and volunteers of the Religious Support Office at Fort Riley hosted Vacation Bible School Aug. 1 through 5 at Victory Chapel with a theme of Cave Quest: Following Jesus the Light of the World. Terry Campbell, wife of Chaplain (Capt.) Chris Campbell, 97th Military Police Battalion, along with four chaplain's assistants constructed the backdrop for the stage. For full coverage of VBS 2016, see the Aug. 12 edition of the 1st Infantry Division Post.

Recognizing volunteers for selfless deeds

'Giving back' a common theme among 54 honorees

Story and photo
by Season Osterfeld
1st Inf. Div. Post

Fifty-four individuals from across Fort Riley and the surrounding community were honored July 25 during the Volunteer of the Quarter award ceremony at Riley's Conference Center.

The volunteers recognized spanned across age groups and came from many different organizations. Whether they were Soldiers, volunteers for different organizations on Fort Riley, spouses, Boy Scouts and more, they all contributed to nearly 5,500 hours of service performed for the quarter.

"We don't get to do this often enough; recognizing those who have selflessly dedicated their time is important," said Maj. Gen. Wayne W. Grigsby Jr., commanding general of the 1st Infantry Division and Fort Riley. "We're all in this together."

Sgt. Nicco Cousins, 1st Attack Reconnaissance Battalion, 1st Aviation Regiment, 1st Combat



Sgt. Nicco Cousins, center, 1st Attack Reconnaissance Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division, received his first Bronze Star during the ceremony and recognition for the more than 1,000 hours of volunteer service and served as a designated driver every weekend for the entire quarter.

Aviation Brigade, 1st Inf. Div., received his first Bronze Star during the ceremony and recognition for the more than 1,000 hours of volunteer work he has done serving as a designated driver every weekend for the quarter and assisting throughout various other events whenever he was able. Cousins was nominated by the 1st Combat Aviation Brigade.

"I volunteer because I think it's important to give back to the community," Cousins

said. "There are a lot of people here who need to help. Once you have time, it's not really a problem to go and help."

Cousins said he always finds time to volunteer, no matter how busy his schedule has been. He believes anyone can find the time to help benefit their community, even if it's only a few hours.

"No matter how much time you spend in the field, how much time you spend away from home, even if it's only one hour a day, you're still making

MORE INFORMATION

• The 54 volunteers recognized during the July 25 ceremony contributed nearly 5,500 hours of service for the quarter.

a great contribution to the community," he said.

Among those recognized were several Boy Scouts, including Zachary Winter of Boy Scout Troop 60. Winter helped place flags on the graves in the Post Cemetery for Memorial Day, has participated in a number of ceremonies honoring veterans and assisted in a clean-up project at Milford Lake.

Winter said community service is an opportunity for him to learn while benefitting others.

"I feel it's a need to teach other people that they should also do other stuff to help out the community and make other people happy," Winter said.

Volunteers help keep Fort Riley going as a whole, Grigsby said, and they selflessly dedicate themselves to serving others without asking for anything in return.

"You all make our community better and you make it special," Grigsby said. "You saw a need and you got involved."

FORT RILEY POST-ITS


SWEEPSTAKES AT THE EXCHANGE

The Army and Air Force Exchange Service and Axe staff are sponsoring a Back to School Sweepstakes.

From Aug. 5 to Sept. 1, authorized shoppers can enter the sweepstakes for the chance to win one of 25 \$500 Exchange gift cards. This is a worldwide contest, but with 25 prizes available shoppers are encouraged to enter.

Shoppers 18 years and older can login to [shopmyexchange.com/sweepstakes](#) to enter.

No purchase is necessary, and entrants do not need to be present to win. The Axe Back to School Sweepstakes prize drawings will take place on or around Sept. 8.



American Red Cross

RED CROSS BLOOD DRIVE - RECEIVE AN AMAZON GIFT CARD

The American Red Cross needs blood. The staff will host a blood drive from 9 a.m. to 3 p.m. Aug. 9 at Division Headquarters, 580 1st Division Road. Another blood drive will be from 9 a.m. to 3 p.m. Aug. 10 at 210 Custer Ave. Register online at [redcross.org](#).

BOWLING AND A MOVIE AT CUSTER HILL BOWLING CENTER

Catch dinner and a movie on the lanes Aug. 11 from 5 to 9 p.m.

Enjoy a family fun package for up to six bowlers for \$35 per group.

Price includes two hours of bowling, shoes, a large one topping pizza, two pitchers of soft drink and a family movie on the big screens

The movie is “Kung Fu Panda 3” and starts at 6 p.m.

For more information call staff at 785-239-4366.

DEPARTMENT OF DEFENSE VIRTUAL EDUCATION FAIR

Registration is now open for the Department of Defense second Voluntary Education Virtual Education Fair, Aug. 11 from 7 a.m. to 5 p.m.

The fair is for service members and spouses. It provides the opportunity to chat online with representatives from several schools about degree and certificate programs, financial aid, tuition and fee costs, and Post-9/11 G.I. Bill benefits.

Registration, is required to participate and can be accessed at [www.dodeducationfair.com/](#).

HEARTS APART FAMILY ARTS AND CRAFTS FOR WAITING FAMILIES PROGRAM

A family arts and crafts event, sponsored by the Army Community Service staff, is scheduled from 1 p.m. to 3:30 p.m. Aug. 13 at Colyer Forsyth Community Center for families of deployed Soldiers or families who are living separately from their service member. There will be instructor-led and independent craft projects for all ages. The event is free, but requires pre-registration as space is limited.

To register or for more information, call 785-239-9435.

CUSTER HILL POOL CLOSING EARLY

Custer Hill Pool's last day of operation will be Aug. 13. Pool passes purchased between May 28 and June 30 will be valid until Sept. 30 at Directorate of Family and Morale, Welfare and Recreation aquatics facilities.

For more information, call the aquatics program manager at 785-239-9441.

IRON MAN SKEET AND TRAP SHOOT

The Outdoor Recreation Center staff will host the Iron Man skeet and trap shoot Aug. 13 at 10 a.m.

The cost is \$75 per person and will include 12 rounds and 300 targets. Ammunition is not provided. Registration required by Aug. 12. For more information call 785-239-2363.

POOL PAW-TY AT CUSTER HILL POOL

Bring your favorite furry friends for a splash in the pool on doggie swim day Aug. 14 from 11 a.m. to 1 p.m.


Admission is free, all pets must have vaccination records.

For more information call 785-239-4854.

MIDNIGHT MADNESS BASKETBALL TOURNAMENT

Staff of the Directorate of Family and Morale, Welfare and Recreation will host a basketball tournament Aug. 19 at 6 p.m. at Whitside Fitness Center.

Registration ends Aug. 17. For more information call 785-239-2813.



COUPLES COCKTAILS AND CANVASES

Staff of the Directorate of Family and Morale, Welfare and Recreation will host a Cocktails and Canvases class for couples Aug. 19 at Riley's Conference Center. Doors open at 6 p.m. and painting starts at 7 p.m.

Seating is limited — advance ticket purchase is recommended and can be purchased at [riley.armymwr.com](#). For more information call 785-784-1000.

RED CROSS DENTAL ASSISTANT PROGRAM

Applications are being accepted for the Red Cross Dental Assistant Program through Aug. 19.

It is a free of charge, seven-month program in partnership with Dental Activity and is open to all Department of Defense identification card holders.

Selected individuals will serve as a Red Cross Volunteer during the training and will receive 855 hours of training that will qualify them to work as a dental assistant upon completion.

For more information, call 785-239-1887.

GLOW BINGO

Staff at the Directorate of Family and Morale, Welfare and Recreation will hold a glow-in-the-dark bingo Aug. 27 at Riley's Conference Center. Doors open at 6 p.m. and bingo starts at 7 p.m. The theme is the 70's. Costumes are encouraged.

Admission is \$15 which includes a bingo package and glow novelties. The games are open to Department of Defense Identification card holders ages 14 and up.

For more information, call 785-784-1000.

CUSTER HILL BOWLING CENTER TEEN NIGHT

The staff at Custer Hill Bowling Center will host a teen night Aug. 20, 6 to 9 p.m.

Admission is \$10 and includes unlimited bowling, shoe rental and a small one-topping pizza.

For more information call 785-239-4366.

GARRISON GOLF DAY

The next garrison golf day is Aug. 25, 4 p.m. to 7 p.m. at Custer Hill Golf Course. The cost is \$20 and includes greens fee and cart rental. Driving range tokens are \$2.

For more information call 785-784-6000.

FORT RILEY VARSITY BASKETBALL TRYOUTS EXTENDED

Additional varsity basketball tryouts for the 2016 to 2017 season are scheduled for 5:30 p.m. on Aug. 29 and 31 at King Field House. Walk-in tryouts are available any time during the season if roster positions are open.

All Department of Defense identification card holders can try out for the team with the exception of anyone being paid to play or playing on a school team.

CUSTER HILL BOWLING CENTER SUMMER SPECIALS

Through Aug. 31 you can beat the heat and cool off with lunchtime bowling from 11 a.m. to 1 p.m.

Price per game is \$2 minus the day's high temperature. Shoes are not included.

For more information call staff at 785-239-4366.

USO TRANSITION WORKSHOP

Staff with USO Transition Alliance 360 is hosting a transition workshop Aug. 31 to Sept. 1 at Army Community Service, Main Great Room, 7264 Normandy Drive.

The two-day Workshop is free for active duty Soldiers spouses, and caregivers. Dress is business casual. Breakfast and lunch are provided. Bring your laptop, NCOERs or OERs and resumes.

For more information, contact USO Programs at 703-908-6456, [transition@uso.org](#) or visit [www.cvent.com/d/qvq8wt](#).

USO NEWS

A Sip and Chat event for spouses is held every Wednesday at USO Fort Riley from 9 to 10:30 a.m.

Operation Happy Birthday: USO Fort Riley volunteers will deliver a cupcake to Soldiers during the month of their birthday. See the USO Fort Riley Facebook page to sign up.

ISPORTSMAN SYSTEM

Fort Riley has an automated check-in and check-out system called iSportsman. Individuals can register at [fortriley.isportsman.net](#).

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

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



COMMUNITY CORNER

During election season, stay in compliance with Army regs, federal laws

By Col. John D. Lawrence
FORT RILEY GARRISON COMMANDER

In Kansas, the local elections and primaries have just passed, and the national elections are heating up. Politics and election seasons create a lot of confusion for those working for the Department of Defense. It can be hard to know where the line is between your opinions and a perceived official stance. Watching the rhetoric thrown around during the democratic and republican conventions, via television,

social media and print ads, can elicit strong desires to respond. This response may be to support our favorite candidates or point out the shortcomings we perceive in the opposing candidate. Participation in the political process and the right to have political opinions are important parts of the freedom we serve to protect every day.



Whether in uniform or federal civilian service, we have some factors to keep in mind. First and foremost, you always have the right to a personal political opinion. You should exercise your right as a citizen and vote your conscience whenever the opportunity exists. Some simple things to remember as you navigate the political arena: you may talk about the current political climate with friends; however, you may not make it look like your opinions are an official viewpoint of the military or the federal agency you work for; you may go to a political event, but

not in uniform; you may have a political bumper sticker on your private vehicle, but not a giant banner on your vehicle; you may not be in an advertisement for a political candidate.

Something else to consider is social media. Your social media presence has to clearly state that any political opinion is a personal one and not that of the military or in some way tied to your position with the federal government. You may like and follow your political candidate's posts, photos, videos and links in your personal capacity. What you may not

do as a military member or as a DOD civilian employee is share it, link to their web page, invite others to like it or join political Facebook groups. The Joint Ethics regulation prohibits its uniformed members from distributing campaign literature on behalf of a candidate. In the modern information age, sharing is distributing.

While these general rules can apply to military and civilian government employees, the rules that govern a uniformed member's political participation differ slightly from civilian employees.

Civilian political participation is covered in the Hatch Act. Whether military or civilian, the best way to ensure you are in compliance with Army regulations and federal laws is to consult the Fort Riley Staff Judge Advocate office's Administrative Law department at 239-2717.

— *To comment on this article or to suggest a topic for Community Corner, email [usarmy.riley.incom.mbx.post-newspaper@mail.mil](#) or visit my Facebook page at [www.facebook.com/fortrileygc](#).*

SESAME Continued from page 13

“It definitely helps them to cope with their friends and kind of distract them,” Cody said. “He (Connor) said he wants to write a letter to his friends that he’s missing right now.”

For Jackie Nemeth, wife of Sgt. 1st Class Jeremiah Nemeth, 300th Military Police Company, 97th Military Police Battalion, the shows came as a learning opportunity for her and her children, Austin, 7, and Avery, 19 months, while their father is away at the National Training Center.

“I mainly came for Austin just because military life is hard on kids,” Nemeth said. “It can help him see a different perspective on things.”

Austin said he enjoyed the show and loved seeing his favorite character, Elmo.

“I liked that they sang,” he said.

The USO Sesame Street shows began after the success of the “Talk, Listen and Connect” DVD series, which was a joint effort between the USO and Sesame Street Workshop program to help families communicate.

“We had such great success with that (the DVD series) that the USO and Sesame Street



Season Osterfeld | POST

Sesame Street characters including Katie, a military child, center, sing and dance for children and families during the USO Sesame Street Tour show July 27 at Whitside Fitness Center. Three shows were performed, focusing on two different topics to teach children about moving to a new military installation and transitioning into civilian life after their parent leaves the military.

said, ‘Hey, let’s put together a live show,’ McClendon said.

The first USO Sesame Street show took place in 2008 and ran until 2011. The show was titled “Elmo’s Dad is Deployed.” After the first show ended, the character of Katie was developed to better connect with military children.

“Our show today is special because it was created about

our military families for our military families,” McClendon said.

The USO Sesame Street tour rotates between visiting installations across the U.S. and overseas every other year. This year was the first year the show about Katie transitioning into civilian life has been performed state-side.

MORE INFORMATION

• The first **USO Sesame Street show** took place in 2008 and ran until 2011. The show was titled, “Elmo’s Dad is Deployed.” The **USO Sesame Street Tour** rotates between visiting installations across the U.S. and overseas every other year.

The staff of DFMWR has helped bring the USO Sesame Street Tour to Fort Riley for several years now, previously hosting the event at King Field House.

Kimberly Wargo, special events coordinator for DFMWR, said the planning for the shows began about six months ago, but they went well throughout its planning and execution. She said she was glad to be a part of bringing the shows to Fort Riley.

“I think it’s just a terrific event,” Wargo said. “It’s free for everybody, so it’s a great way to get some free entertainment and see all your favorite characters ... In addition, it’s teaching them (the children) how to cope with the stresses of dealing with being in the military.

NOW SHOWING

Barlow Theater is now in digital!
Tickets cost \$6.00 for adults and \$3.50 for children
Tickets for 3-D and first-run movies cost extra.
Children younger than 5 are admitted free.



FRIDAY, AUG. 5

- Independence Day: Resurgence (PG-13) 7 P.M.

SATURDAY, AUG. 6

- Finding Dory (PG) 2 P.M.
- Studio Appreciation Advance Screening – Free Admission – Doors Open at 5:30 P.M. Operation Chromite (R) 7 P.M.

SUNDAY, AUG. 7

- The Shallows (PG-13) 5 P.M.

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

Sports & Recreation

In a class of her own



COURTESY PHOTOS

Fort Riley freshman making mark in her chosen sport: wrestling

Season Osterfeld
1ST INF. DIV. POST

Elisa Robinson, daughter of 1st Sgt. Ken Robinson, 1st Engineer Battalion, 1st Armored Brigade Combat Team, 1st Infantry Division, took fourth place at the Cadet/Junior National Championships July 16 to 23 in Fargo, North Dakota, using a style of wrestling called Freestyle, which she began learning in March.

Robinson, who begins her freshman year at Junction City High School this fall, started wrestling when she was in seventh grade. Her father encouraged her to take up the sport after her brother began wrestling, so she started learning Folkstyle wrestling, along with her brother.

"I found I was a good fit for it," Robinson said. "I started liking it and I became good at it. It's just a really good sport."

During the school year, Robinson wrestled for the Fort Riley Middle School team. She attended practice every weekday and competed in matches on Saturdays and Sundays. After the school year concluded, she joined the Wrestling Academy Club and Kansas Girls Wrestling team to continue wrestling throughout the year.

As she is preparing to enter high school, Robinson said she is looking forward to trying out for and joining the JCHS team, as well.

Robinson and her brother train and work out together, helping and encouraging one another along the way.

"I would go to the gym with my brother to lift weights," Robinson said. "During strength and conditioning training every Friday, I go to the high school (to do it)."

At the Cadet/Junior National Championships, Robinson competed using Freestyle wrestling, a style still new to her. Despite still learning to master the style, she was able to take fourth place and wrestled against competitors of a slightly heavier weight than herself.

Freestyle and Folkstyle vary in a number of areas for wrestling. Freestyle has two rounds and Folkstyle has three rounds. Additionally, points and moves allowed are different in the two styles.

"In Folkstyle, you're not supposed to lock hands and it's more basic stuff," Robinson said. "The points are different; in Freestyle they go to 10 and Folkstyle they go to 16."

Points are earned in wrestling through pinning the competitor, technique and technical fouls. Above all else, however, technique is what is most important and how to score the most points, she said. Robinson prefers Freestyle because of the points system.

"After three rounds, you're done; whoever has the most points wins," Robinson said. "If you tech foul them, you automatically win."

Robinson faces many challenges as a female in a male-dominated sport, Anna Marie Robinson, her mother, said. Many of the teams she competes on are co-ed, with only a few female members. For the all-female teams Robinson has been a part of, matches are limited and she must travel to participate in them.

Robinson said she prefers to wrestle against other female competitors because of the difference in strength and maneuverability in male and female competitors. However, wrestling against male competitors does have one perk she liked.

"Wrestling girls is much easier than wrestling boys," Robinson said. "My favorite thing when wrestling boys is that I like to make them cry."

Despite physical differences, Robinson does not expect any privileges or handicaps to be granted to her.

"She has to put a lot of work into it and not expect entitlements just because she's a girl," Anna Marie said.

Prior to her success at the Cadet/Junior National Championships, Robinson took first

ABOVE: Elisa Robinson, left, daughter of 1st Sgt. Ken Robinson, 1st Engineer Battalion, 1st Armored Brigade Combat Team, 1st Infantry Division, competed in the Cadet/Junior National Championships in Fargo, North Dakota, July 16 to 23. Robinson took fourth place in the tournament using Freestyle form of wrestling. BELOW: Robinson, looks on during the Championships. She has been wrestling since she was in seventh grade, previously using the Folkstyle form of wrestling, but began learning Freestyle in March.



See WRESTLER, page 16

TEAMMATES FOR CYCLE SAFETY

COURTESY PHOTO
Members of the 97th Military Police Battalion participated in a Safety Program Summer Event Check Ride July 15. The intent was to strengthen mutual support between motorcycle mentors at Fort Riley and surrounding areas by visiting expert motorcycle safety partners. Those partners included Harley Davidson of Salina, Kansas, Dwight D. Eisenhower Presidential Library, Museum and Boyhood Home of Abilene, Kansas and City Cycle Sales in Junction City, Kansas. The event helped strengthen the relationship with community and promote motorcycle safety with military and non-military programs, as well as establish a voluntary battalion-level motorcycle club where less experienced riders and seasoned riders can create a supportive environment of responsible motorcycle riding and enjoyment. Such an environment can create positive conduct and behavior and support motorcycle accident prevention programs for commanders. The event also provided the opportunity to educate Soldiers on motorcycle inspection and safety.



Soldiers lead USA to take silver in women’s basketball championship

Story and photo by Gary Sheftick
ARMY NEWS SERVICE

CAMP PENDLETON, Calif. — With seconds to go and up by one point, USA’s Sgt. Danielle DeBerry was forced out of bounds. The ball went to Brazil and Sgt. Debora Fernandes da Costa quickly threw it up for two points and the championship.

USA had to settle for silver in the 2nd Conseil International du Sport Militaire, or CISM World Military Women’s Basketball Championship July 29. The first such championship was in France last year and Brazil left there with the gold as well.

Team USA filed off the floor of Camp Pendleton’s Paige Fieldhouse with long faces, but Coach Nate Johnson set them straight. Finishing in second place is not losing, he said, besides “it gives you energy to fight back even more.”

“You can’t take back all the free throws and rebounds you missed...” he said. “You can’t take anything back.” All that can be done is look ahead to next time, he added.

Team USA and Brazil both went into the final championship game undefeated after a week of competition. USA had beaten Canada on day one, 82-25; France on day two, 85-53; China — last year’s silver-medalist — on day three, 73-56; and Germany on day four, 91-27.

However, Johnson and USA players said they knew Brazil would be no pushover.

Team USA jumped out to a quick lead, thanks to a 9-2 run, and a 17-point first quarter. Brazil, though, fought back early in the second quarter to tie and take a momentary lead before USA pulled away again. By halftime, USA had racked up a 31-24 lead.

Coach Johnson knew that wasn’t enough, though, and urged his players not to let up on the pace.

“We’ve got to pick up our intensity,” he told the players. “Don’t just watch the ball.”

“They’ll come out swinging,” Assistant Coach Aaron Bryant, of Fort Stewart, Georgia, said of the Brazilian players. “You’ve got to strike first.”

Sgt. Donita Adams of the Maryland National Guard had a good showing, leading USA’s scoring with 12 points and shooting well from outside, making 50 percent of her six three-point attempts.

DeBerry, of Fort Bragg, North Carolina, had 9 points and four rebounds. Spc. Vanessa Lamison of Fort Bliss, Texas, had 8 points and six rebounds. Sgt. Creshenda Singletary, of Fort Bragg, had 8 points and four rebounds.

Sgt. Kimberly Smith of Camp Humphries, Korea — back in competition after a shoulder injury on day two in the game against France — had 8 points, four rebounds and a steal.

Second Lt. Danielle Salley, who just graduated from Officer Candidate School last month at Fort Benning, Georgia, was playing with three stitches above her eye after being elbowed during the game with China. She scored 4 points, brought down 10 rebounds and blocked two layup attempts.

It wasn’t enough to stop Brazil’s 37 points in the second half of the game, however.

Brazil’s Sgt. Karla Cristina Martins Da Costa scored 18 points during the game, including four three-pointers from outside. Brazil’s Sgt. Soeli Garvao Zakrzewski was hot inside, scoring six baskets in the paint and a total of 13 points.

Brazil’s Sgt. Gilmara Justino was named the most valuable player of the championship tournament. She scored a total of 76 points during the five days of competition and came down with 17 rebounds. During the final game with USA, she had 10 points and nine rebounds.



Spc. Donita Adams of the Maryland Army National Guard takes a shot despite being double-teamed by Brazilian defenders during the final game of the CISM Women’s Basketball Championship at Camp Pendleton, California, July 29.



SAVE THE DATE

AUSA MILITARY FAMILY FORUM
Military Spouse Employment: What You Need to Know

THURSDAY, AUGUST 25, 2016
Riley’s Conference Center | 9:30am – 2:00pm

For more information contact support@ftrileyausa.org

PIG BOWL SOCCER: HEADQUARTERS AND HEADQUARTERS DETACHMENT TAKES TROPHY



COURTESY PHOTO

On July 14 the 97th Military Police Battalion held a resiliency day Soccer PIG Bowl. PIG stands for Pride, Integrity and Guts. The day afforded Soldiers an opportunity for relaxation and recuperation. Soldiers and families in attendance came together to cheer on their unit’s soccer team. Family Readiness Groups sold snacks, meals and beverages as fundraisers for their respective units. The tournament began with two first-round games between the Headquarters and Headquarters Detachment and the 977th MP Company, and between the 300th and 287th MP Companies. The winners then took on HHD and 116th MP Co. The HHD Enforcers, pictured above, defeated the 300th MP Co. Wardawgs in the Championship match, 2-1.

WRESTLER Continued from page 15

place at the USA Wrestling Championships for her weight class in Oklahoma City, March 24 to 27. In the tournament, Robinson competed using Folkstyle wrestling.

The tournaments are what Robinson looks forward to most each season, she said. But they also bring about their own concerns and fear for her as she strives for victory.

“I like to win,” Robinson said. “I like to feel it. I like to challenge myself ... I’m most nervous I might do something bad. If I mess up a move, I might end up on my back.”

Anything after first place, Robinson said she sees as an opportunity to learn from what errors she made that prevented her from claiming first. She is driven to improve and mold herself into the best wrestler she can.

“I feel like I could do better when I place in second or third,” Robinson said. “I could improve what I’ve done wrong in my matches.”

Supporting her teammates and receiving their support in turn is one of her favorite things about the sport, Robinson said. Although she competes alone during the match, she

knows her teammates are there cheering her on.

While wrestling is perceived as an unusual sport for females, she said she hopes more will join and see how fun the sport really is.

“Try it out, you might like it,” Robinson said. “I started liking it, I thought it was a good sport.”

Robinson wants to continue to pursue wrestling after high school and is hoping for a college scholarship, she said. She aspires to one day compete on the U.S. Olympics team. In the meantime, she will continue training and competing.



Night at Moon Lake

& USO No Dough Dinner

Friday, August 26 • 6pm
Moon Lake



USO No Dough Dinner Begins at 6pm
Dinner is open to active duty and family members only, all other activities are open to all.

Join us for a night of:

- Hiking & fishing
- Family fun activities
- Popcorn & movie: Open Season

(movie begins at dusk - approximately 8:45pm)

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Travel & Fun in Kansas



ABOVE: Helen Hocker Theater resides inside the park The theater boasts different live performances and dance classes. **BELOW:** Gage Park features several activities the whole family can enjoy. The vintage carousel, built in 1908, in the park offers rides under a shelter.



Story and photos by Season Osterfeld
1ST INF. DIV. POST

Gage Park in Topeka, Kansas, offers a sprawling 160 acres of adventure, learning, fun and relaxation for all ages.

The first 80 acres of Gage Park were donated in 1899 by the heirs of Guilford Gage, a member of the Second Kansas Regiment who fought in the Battle of Blue during the Civil War. Gage was in the process of completing the donation when he died. His intention was to donate the land in honor of Kansas Soldiers who also fought in the Battle of the Blue.

The park boasts a number of picnic and barbecue areas, in addition to multiple playgrounds for children to play. One playground features sculptures shaped like a variety of different animals, such as an octopus and walrus, for kids to climb upon and offer photo opportunities.

Within the park is a mini-train which travels around a 1-mile track over a bridge and through a tunnel in the heart of the park. During the ride, the engineer provides a variety of information about the park and its history. A train ticket costs \$1.50 for all riders.

Blaisdell Family Aquatic Center sits in the center of the park. The center boasts a 50-meter pool, three water slides, multiple diving boards and a separate baby pool, among other water activities. For those 13 and older, admission is \$5, ages 2 to 12 is \$4 and under 2 is free. The facility is open noon to 7 p.m.

West of the aquatic center the melody of the Carousel in the Park may be heard. The carousel dates back to 1908 and houses a Wurlitzer style band organ inside. The carousel sits beneath a shelter structure, keeping it and its riders protected from the elements. Rides are \$1.50 per person.

Furry family members can experience a day of fun in the southeastern corner of the park at Hill's Bark Park. The bark park offers an area for dogs to play leash free. Separate, fully fenced and double gated areas are available for large and small dogs. Water stations, disposable bag stations and dog toy boxes are available. The bark park is free of admission and open 6 a.m. to 11 p.m.

Across for the mini-train station is the Topeka Zoological Park. The zoo is home to a variety of animals from Kansas and around the world. Some of the animals include tigers, lions, giraffes and several species of bears, along with many other animals. One of the zoo's most popular attractions is the rainforest dome, which offers guests the experience of entering the Amazon Rainforest through temperature, humidity, plant life and the wildlife found inside. Admission to the zoo is \$5.75 for adults, \$4.25 for kids ages 3 to 12 and free for kids 2 and under.

From May to October, the roses of the Reinisch Rose Garden are in bloom. Stroll along the gravel walkways of the garden and admire the 400 varieties of roses and more than 6,500 other varieties of plants, as well as a water feature in the center filled with lily pads. The rose graden is also available as a venue for different events, such as weddings.

Beside the rose garden are the Doran Rock Garden with a reflecting pool and Logan Test Garden. During the second and third weeks of April, hundreds of tulips are in bloom throughout these gardens, creating a rainbow of flowers.

For those visiting Gage Park with children, the Kansas Children's Discovery Center provides a variety of hands-on exhibits, camps and daily programs. The center has a 4.5 acre obstacle course, tree houses, butterfly gardens and more. Admission for children and adults is \$7.75. Children under 1 year are free.

Helen Hocker Theater sits just across from the Topeka Zoological Park. The theater offers a number of live performances and dance classes for several age groups. For a schedule of performances, classes and other information about the theater, visit the website www.topekacivictheatre.com

For more information about Gage Park, visit parks.snco.us/index.aspx.

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