



THE 1ST INFANTRY DIVISION POST



www.riley.army.mil

FRIDAY, JULY 7, 2017

Vol. 9, No. 27



FORT RILEY, KANSAS



Chad L. Simon | 1ST INF. DIV.



Chad L. Simon | 1ST INF. DIV.

LEFT: Brig. Gen. Patrick D. Frank, 1st Infantry Division and Fort Riley acting senior commander, shakes hands with retired Lt. Gen. Mike Dodson, Manhattan, Kansas, city commissioner during a Victory with Honors ceremony June 27 at the division's headquarters. Frank, who initially served as the deputy commanding general, took on the responsibility of the acting senior commander in October 2016 when the division headquarters was called forward to the Central Command area of operations. **RIGHT:** Brig. Gen. Patrick D. Frank, 1st Infantry Division and Fort Riley acting senior commander, addresses a crowd during a Victory with Honors ceremony held on his behalf June 27 at the division's headquarters. Frank, who initially served as the deputy commanding general, took on the responsibility of the acting senior commander in October 2016 when the division headquarters was called forward to the Central Command area of operations.

A Fond Farewell

'Big Red One' bids acting senior commander goodbye

By Sgt. Takita Lawery
19TH PUBLIC AFFAIRS DETACHMENT

Friends, family, local community members and fellow Soldiers came to bid farewell to Brig. Gen. Patrick D. Frank, 1st Infantry Division and Fort Riley acting senior commander, during a Victory with Honors Ceremony June 27 at the division's headquarters.

Frank, who initially served as the deputy commanding general, took on the responsibility of acting senior commander in October 2016 when the division headquarters was called forward to the Central Command area of operations.

"I am glad that responsibility fell on him," said British Maj. Gen. Douglas Chalmers, guest speaker and III Corps deputy

commander for support. "Pat is no stranger to the trials and challenges faced by the 'Big Red One' during a period of high operations."

Frank, a big admirer of the 1st Inf. Div.'s history, said he was honored to have the opportunity to serve as the acting commander during the planning and executing phases in celebrating the Big Red One's 100th anniversary.

"It's our history — in our 100th year, we are all proud to celebrate the division's tremendous service to the nation — the most storied division in the U.S. Army with 43 battle streamers reflecting the battlefield courage of generations of Big Red One Soldiers," Frank said.

This is not Frank's first time serving as a Big Red

One Soldier. He previously commanded the 1st Battalion, 28th Infantry Regiment, 4th Infantry Brigade Combat Team, 1st Inf. Div. Frank said having the opportunity to come back to Fort Riley was an honor.

"It's a tough day personally to say goodbye to the 1st Infantry Division, my second tour here," Frank said. "I'd asked to come back to the Big Red One to serve here as a 1st Inf. Div. Soldier, so saying goodbye to Fort Riley and the 1st Inf. Div. Soldiers for a second time was a tough, tough act."

Having completed his second tour at Fort Riley, Frank paused for thought when asked what his most memorable moment was as a 1st Inf. Div. Soldier. He chose 2nd Armored Brigade

See FRANK, page 7



Chad L. Simon | 1ST INF. DIV.

British Maj. Gen. Doug Chalmers, guest speaker and III Corps deputy commander for support, awards Brig. Gen. Patrick D. Frank, 1st Infantry Division and Fort Riley acting senior commander, with a Legion of Merit Medal during a Victory with Honors ceremony June 27 at the division's headquarters. Frank received the medal for his actions while serving as the 1st Inf. Div. deputy commanding general, rear, and Fort Riley acting senior commander since October 2016.



Fort Riley Police Department Special Reaction Team, Kansas Highway Patrol, and a few officers from Pottawatomie County, Kansas, Sheriff's Office and St. Mary's, Kansas, Police Department prepare to enter the Fort Riley Range Shoot House June 27 for live-fire joint training. The departments worked on small-team clearing tactics and close-quarters combat during training for situations that would require the FRPD SRT or Special Weapons and Tactics teams to be activated.

Police join forces, train to save lives in critical situations

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

Officers lined up and forced their way into a house, a few moments later, shouts could be heard echoing from the building and shots from weapons followed, sounding similar to fireworks popping. A police working dog positioned outside began to whimper and whine, pulling at the leash his handler held, eager to get inside the house.

The Fort Riley Police Department Special Reaction Team, Kansas Highway Patrol, and a few officers

from neighboring Kansas law enforcement organizations such as Pottawatomie County Sheriff's Office and St. Mary's Police Department came together June 27 for three days of live-fire joint training at the Fort Riley Range Shoot House.

The departments worked on small-team clearing tactics and close-quarters combat for situations that would require the FRPD SRT or Special Weapons and Tactics teams to be activated, like in hostage or active shooter situations.

"We have a really good working relationship with the MPs (military police) on

post and they have allowed us to come out and use the live-fire shoot house on this facility, which we don't have at our facility and do some joint training with them in case we ever have to help them or they can help us," said Christopher Bowling, tactical commander, Kansas Highway Patrol.

Joint training for the police departments lets them learn from one another's tactics and experiences, showing each officer different methods and approaches to situations they otherwise may not have considered, said Lt. Brett Payne, watch commander, FRPD.

"In this particular line of work with SRT and SWAT tactics, things like that, there's a million different ways you can do things," Payne said. "It depends on the mission. It depends on the subject. It depends on the timeline you have, so bringing in outside people is always nice because you get to see how they do things. Sometimes they have good ideas and sometimes their ideas don't work for what we do on post. The same goes for them. They get to see the ways that we do things."

See POLICE, page 7

FORT RILEY VOLUNTEER SPOTLIGHT



Sgt. Jason Huskey, 97th Military Police Battalion, serves as lead soccer coach. He is a role model and ambassador to the community.

To learn more about volunteer opportunities, call Becky Willis, Army Volunteer Corps Program manager, at 785-239-4593.

IN THIS ISSUE



CUSTER HILL AQUATIC PARK OPENS WITH A SPLASH, SEE PAGE 9.

ALSO IN THIS ISSUE



EXPLORE THE SMALL KANSAS TOWN OF ST. MARY'S EAST OF FORT RILEY, SEE PAGE 14.

Airmen support ‘Big Red One’ during deployment, training

By Andy Massanet
1ST INF. DIV. POST

Perhaps the most telling comment about the importance of the 10th Air Support Operations Squadron’s mission came from Air Force Staff Sgt. James Terhardt, noncommissioned officer in charge of the 10th ASOS Commander’s Support Staff. There’s a lot of things going on during combat operations, he said.

“There are civilians out there,” Terhardt said. “There are our own forces and there are coalition forces. So we are about giving them (the 1st Infantry Division) what they need to conduct those operations. That’s why we are here at Fort Riley instead of an Air Force base somewhere. How else can we support our Army brothers? So it’s good we are here.”

The readiness needed to support the 1st Inf. Div. means training, which are regularly scheduled. According to Staff Sgt. Marcos Silverio, a Tactical Air Control Party journeyman, who coordinated a training event June 28 to 29, there are two main divisions in the 10th ASOS organization — Operations and Support, but regardless of the side of the house they are on, each Airman is required

to have pre-requisite skills so they can operate in the war time environment.

“What we are doing today is nothing more than re-familiarization,” Silverio said. “The support staff may not do this as part of their primary job, but they still need to know these skills to be here. So what we do is put a ruck sack on them, perform land nav (navigation) and go to each point, and we’ll knock out certain operation task evaluations.”

According to its mission statement, the flights of the 10th ASOS that serve each brigade of the 1st Inf. Div., provide intelligence, surveillance and reconnaissance, tactical air control systems and close air support. It also advocates or recommends air, space and cyberspace power in joint battle planning.

Since it is self-contained, Terhardt said, the 10th ASOS has many jobs that enable it to accomplish its mission, including radio technicians, personnel experts, Tactical Air Control Party personnel, Joint Terminal Attack Controllers and cyber experts, supply technicians, heating, ventilating and air conditioning specialists and vehicle maintenance professionals.

“One of the biggest challenges we have in conducting training is that we have such a high ops (operations) tempo,” Silverio said. “So we have to figure out who my players will be and what can they do for me, task delegation, I need to know how many people from the operations side of the house versus the support side of the house. But we do a great job at working together and cooperating with each other.”

One of those positions is held by Technical Sgt. Sandra Collins, a weapons director for the 10th ASOS.

“Our goal is to help de-conflict the area of battle for ground commanders,” she said. She added the power the ASOS team can bring to bear include A-10 Warthog support aircraft, airborne early warning and control aircraft, F-15 Eagles, F-16 Falcons and other aircraft.

“So that means we have to control the various altitude levels those aircraft operate in,” Collins said, adding that the Air Force is using the same air space the Army is using for its aircraft as well as projectiles and other ordnance.

When fully operational and engaged in a theater of battle, Collins said, the 10th ASOS personnel are supported



Staff Sgt. Trevor Rhynes | AIR FORCE

Airman 1st Class Anthony Butler, 10th Air Support Operations Squadron joint terminal attack controller, speaks to aircrew during training June 22 at Barry M. Goldwater Range, Arizona. Communication between pilots and JTACs is verified between both parties, ensuring the correct target is identified and struck.

by elements from the 3rd Air Support Operations Group, in Fort Hood, Texas, and the 93rd Air Ground Operations Wing, at Moody Air Force Base, Georgia.

The 9th Air Force, located at Shaw AFB, South Carolina,

is the top echelon for those units.

“This was my first time out at this range,” Butler said. “It provided an abundance of opportunity to get quality training with the various platforms flying out here. I was able to

work directly with an Italian F-35 pilot which was a completely new experience for me because I haven’t worked with a European pilot before. Just that alone plays a pivotal role in our upcoming deployment later this year.”

Unmanned aerial system improves situational awareness, mission readiness

By Nikki Ficken
AMRDEC PUBLIC AFFAIRS

MOFFETT FIELD, Calif. — The Aviation Development Directorate has developed a system enabling an air mission commander to manage multiple unmanned aerial systems simultaneously, resulting in faster completion of mission tasks without increasing operator workload. The program is called Supervisory Controller for Optimal Role Allocation for Cueing of Human Operators, referred to as SCORCH.

“SCORCH is a system consisting of intelligent UAS autonomous behaviors and an advanced user interface that allows a single operator to effectively control up to three UAS simultaneously,” said ADD Engineering Research Psychologist Dr. Grant Taylor. “The SCORCH system was designed specifically to support an AMC on board a manned helicopter during Manned-Unmanned Teaming operations, but our team has also demonstrated similar concepts in a UAS ground control station context.”

Manned-Unmanned Teaming operations, also known as MUM-T, are the synchronized employment of manned and unmanned air and ground vehicles, robotics and sensors to achieve enhanced situational understanding, greater lethality and improved survivability.

The directorate, part of the U.S. Army Aviation and Missile Research, Development and Engineering Center, oversees the development of new autonomous behaviors to ensure they are relevant to the Army’s MUM-T concept

of operations. These autonomous behaviors support the project goal of expanding the MUM-T mission from manually controlling a single UAS to supervising multiple semi-autonomous UAS from a manned aircraft crew station, without compromising the operator’s primary mission.

“The AMC delegates control of mission tasks to one or more UAS,” Taylor said. “The SCORCH system executes the tasks, notifying the AMC when critical decision points are reached.”

The interface was optimized for multiple UAS control, and features a glass cockpit with touchscreen interaction, a movable game-type hand controller with its own touchscreen display, an aided target recognition system, and other advanced features.

“SCORCH provides a unique synergistic integration of recent technological advances in the areas of human/machine interaction, autonomy, and cognitive sciences into a cohesive warfighting system,” said Amit Surana of the United Technologies Research Center.

The SCORCH project began in Aug. 2013, intending to demonstrate an Army-relevant application of two previous basic research efforts funded by the Institute for Collaborative Biotechnologies in Santa Barbara, California. The UTRC has partnered with ADD and assisted in the integration of the SCORCH system into the Army simulation environment.

“UTRC has worked closely with ADD in developing the supervisory control interface, software for new autonomous

behavior, and other advanced decision aiding features,” Surana said. “The purpose of this ongoing collaboration is to mature previous ICB-funded basic research efforts related to network and cognitive sciences for development of key advanced features within the SCORCH system.”

During recent experimental evaluations, 16 Army aviators completed two days of training, testing and interviews to evaluate the SCORCH system. The ADD team recorded results that revealed the aviators adapted quickly to the change in mission execution, from direct control to supervision of automation.

One of the participants said, “When I had moments of lower workload, I could think ahead to the next phases of the mission and commit UAVs to those tasks if they weren’t needed for the immediate task.”

The experimental results successfully demonstrated the SCORCH system improved situational awareness and mission performance without increasing workload.

“To date, we have completed two rounds of development and experimental evaluation in our simulator located at Moffett Field, California,” Taylor said. “We are currently working on revisions based on feedback from the first two experiments, which will be tested in a higher fidelity simulator currently being built at the AMRDEC Systems Simulation and Development Directorate facility at Redstone Arsenal, Alabama.”

The program is scheduled to conclude in May 2018.

**WARRIOR**
ZONE



Cars & Coffee

Third Sunday of the month, 11am

Warrior Zone

- \$2 GRANDE COFFEE
- 50¢ WAFFLES & PANCAKES
- CAR MEET
- YARD GAMES
- CAR OF THE MONTH

- Free to attend
- Must be 18+ to enter the Warrior Zone

For more information, call 785-240-6618



THE FIGHTING FIRST!

John Verschage: A ‘Big Red One’ Soldier



By Phyllis Fitzgerald
SPECIAL TO THE POST

John Verschage retired from the Army in July 2016 after 29 years of military service, 22 of which was spent assigned to units of the 1st Infantry Division at Fort Riley.

A native of Hinesville, Georgia, Verschage enlisted in July 1987, and received his basic training at Fort Jackson, South Carolina. He went on to receive his Advanced Individual Training at Fort Gordon, Georgia, where he earned the military occupational specialty of 31 R, Multi-Channel Communications.

After the completion of training, Verschage’s first assignment was to Bravo Company, 22nd Signal Battalion, 2nd Infantry Division, at Camp Casey, South Korea, where he served as a radio technician and operator January 1988 to January 1989.

His first tour of duty at Fort Riley began after his return from South Korea. Verschage was assigned to Headquarters and Headquarters Company, United States Army Garrison, 1st Inf. Div. During this assignment, he worked in the G-3 operations shop and the Emergency Operations Center.

Verschage also served in Operation Desert Storm where he worked in the G-3 van as a radio operator in the division main command post and division tactical command post. In 1992 he was reassigned to Bravo Co., 51st Signal Battalion, 22nd Signal Brigade,

serving as communications shelter team chief.

The unit closed down in 1993 and its personnel were moved to Darmstadt, Germany, where Verschage served with Alpha Co., 440th Signal Bn., 22nd Signal Bde., as communications shelter team chief.

He returned from Germany to an assignment in Bravo Co., 121st Signal Bn., 1st Inf. Div., serving there until 1998 when he became a career counselor at HHC, 1st Bde., 1st Inf. Div. In 2001, Verschage was assigned to Irwin Army Community Hospital as a career counselor. This was the first time a career counselor had been assigned to the hospital and he held that position until 2004.

In 2004 he was re-assigned to HHC, 2nd Bde, 1st Armored Div., in Baumholder, Germany as a career counselor until 2007. While there, he and his unit deployed and served in Operation Iraqi Freedom from 2005 to 2006. As a career counselor in Iraq, Verschage re-enlisted many Soldiers, setting a high mark of 588 re-enlistments in December 2005.

In 2007 he returned to Fort Riley for his third tour, serving for one year with HHC, United States Army Garrison, 1st Inf. Div., before moving on to work with HHC, 4th Inf. Bde. Combat Team, 1st Inf. Div. as brigade senior career counselor from 2008 to 2013.

During his time with 4th IBCT, Verschage and his unit deployed two times. From 2009 to 2010 they went to

Iraq and OIF. He then was the advance party acting 1st Sgt. back to Fort Riley to prepare for his units’ return to Fort Riley.

He and his unit then deployed to Afghanistan for Operation Enduring Freedom from 2012 to 2013, after which he returned to serve as the retention operations noncommissioned officer and acting retention sergeant major for Headquarters Support Co., Div. Headquarters and Headquarters Bn., 1st Inf. Div. from 2013 to 2016.

In July 2016, Verschage retired from the Army.

“After I retired I initially played a lot of golf and in June 2016 I began working at the USO as a transition scout where I help departing Soldiers transition out of the Army,” Verschage said. “We do this in conjunction with the Soldier for Life program.”

He and his family decided to remain in Junction City, Kansas.

“We stayed ... because I had met and married a hometown girl, Tricia Galyean, Junction City High School Class of 1989,” Verschage said. “We have four children who have all since graduated from JCHS. My wife also had a job and works as a civilian human resources specialist on Fort Riley.”

His favorite memory was of his time serving in Operation Desert Storm.

“I think about the luxury things that we did not have such as the internet, Facebook and cell phones. During Desert Storm, handwritten letters were precious.”

THEN
& NOW



TRAFFIC REPORT

ACCESS CONTROL POINT HOURS

Those wanting access to Fort Riley on Saturday or Sunday should use Estes, Ogden, Henry or Trooper gates.

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

The access control point hours are:

Henry/Trooper/Ogden/Estes:

Open 24/7. Commercial traffic at Estes is required to have an access pass or badge prior to trying to access.

12th Street:

Open from 5 a.m. to 7 p.m., Monday to Friday and 8 a.m. to 5 p.m. Saturdays; Closed Sundays and federal holidays. This gate will have inbound commercial vehicle lanes only. Although personally owned vehicles will be allowed access, there is no designated POV lane.

Outbound traffic will not be authorized. Badges and passes may be issued to commercial drivers prior to access at the gate.

Grant:

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

Four Corners:

Closed to all vehicle traffic.

ELLIS HEIGHTS HOUSING ENTRY POINT CLOSURE

The Washington Street entry from 1st Division Road into the Ellis Heights

Housing area is closed. Residents and commuters should find alternative routes to travel through the neighborhood.

ACCESS CONTROL POINT HOURS CHANGING

Hours of operation at two of Fort Riley’s access control points will change in July. Starting July 10 at 2 p.m., hours of the Grant Street gate will be 6 a.m. to 2 p.m. Monday through Friday, closed weekends and federal holidays. Following July 8 operation, hours of 12th Street gate will be 5 a.m. to 7 p.m. Monday through Friday only, closed weekends and federal holidays. The final Saturday of operation for the 12th Street gate is July 8.

The changes are necessary to maintain Soldiers’ readiness for future training and deployment requirements.

Four additional access control points – Estes, Henry, Ogden and Trooper – remain open 24 hours a day, seven days a week.

For more information about visiting Fort Riley, go to www.riley.army.mil/ and click on the yellow “Accessing Fort Riley” tab on the right-hand side of the page. Questions about visiting Fort Riley can be answered by the Directorate of Emergency Services security branch; call 785-239-3138 or 785-239-2982.

New Beginnings for appraisal program

1ST INF. DIV. POST STAFF REPORT

New Beginnings, according to the Department of Defense Personnel Advisory Service, is designed to implement improvements to DOD Human Resource practices and policies, including implementation of a new Defense-wide Performance Management and Appraisal Program. New Beginnings encompasses reforms impacting Performance Management, Hiring Flexibilities, Training and Development and Workforce Incentives.

The new performance management and appraisal system will begin implementation at Fort Riley in April with those in GS-13 and above positions attending training before entering the new system June 1. The rollout will be in stages with the last segment of civilian employees entering the new system July 1, 2018. To find out more information, the staff of the 1st Infantry Division Post will publish it

Question and answer for this week:

Q: Has the new Performance Management and Appraisal tool been developed?

A: Significant progress has been made on the DOD Performance Management and Appraisal Program’s automated tool, MyPerformance, which will accompany the new program. In March 2015, component and labor representatives participated in formal testing of the MyPerformance tool, providing valuable feedback on its content and functionality.

as it rolls out and from the frequently asked questions addressed by the team at the DOD Civilian Personnel Advisory Service.

Sexually transmitted infections: by any other name, they’re preventable

By Military Health System Communications Office

FALLS CHURCH, Va. — The term for germs spread through sexual contact has changed over the years, from venereal diseases to sexually transmitted diseases and now, sexually transmitted infections. But one thing hasn’t changed: they’re avoidable.

“STIs are totally preventable by practicing abstinence or monogamy, or using latex condoms 100 percent of the time,” said Dr. Don Shell, director of disease prevention, disease management, and population health policy and oversight in the Office of the Assistant Secretary of Defense for Health Affairs, Health Policy Oversight.

Sexually Transmitted Infections is the preferred term because it’s more precise, said Dr. Jose Sanchez, deputy director of the Armed Forces Health Surveillance Branch. The bacteria and viruses spread through oral, anal or genital contact are infections that can cause diseases such as cancers of the mouth, throat, anus, rectum and penis. They also can cause serious health problems including sterility.

According to the Centers for Disease Control and Prevention, men are less likely than women to get some STIs because the penis is a less penetrable and receptive breeding environment for germs than the vagina. When men do get STIs, they’re more likely than women to have symptoms, and to notice them. So men are more readily able to get STIs diagnosed and treated.

Men need to be vigilant about prevention and treatment, Shell said, not only for their own health but for the health of their sexual partners.

“Untreated STIs can lead to serious health complications,” he said. “Chlamydia, for example, is a common STI that results in few complications in men. But in women, it can lead to pelvic inflammatory disease, an infection of the reproductive system organs that may result in infertility.

Syphilis rates are rising in military as well as civilian communities. According to a study published in the September 2015 issue of “Medical Surveillance Monthly Report,” the number of syphilis cases among active-duty service members rose 53 percent from January 2010 through August 2015. Men accounted for almost 89 percent of syphilis cases, and their rates steadily increased every year during the surveillance period. Rates were highest among servicemen 20 to 29 years old.

Medical experts say rising syphilis rates are a public health concern because people with syphilis are more likely to have human immunodeficiency virus, or to become infected with it. HIV attacks the immune system and can

lead to the incurable disease AIDS. The sores caused by syphilis bleed easily, providing a way for HIV to enter the body during sex. In the MSMR study, about 25 percent of servicemen with syphilis also had HIV.

Bacterial STIs such as syphilis, chlamydia and gonorrhea can be cured through antibiotics, though some are becoming resistant to them, Sanchez said. But viral infections such as human papillomavirus or HPV and herpes are incurable. Medications can manage the symptoms for some viral as well as bacterial STIs.

“The good news is that most STIs are treatable,” Sanchez said. “So we can make an impact on military readiness if we can rapidly detect trends, establish early screenings and diagnostics and enforce effective treatment strategies.”

Servicewomen are screened for some STIs as part of the annual wellness exam, but servicemen aren’t. All service members are screened for HIV every two years, and before and after deployments. They’re also screened when it’s clinically indicated by health care providers based on symptoms or answers to routine questions about sexual partners and practices. Those who test positive can remain in uniform as long as they’re capable of performing their military duties.

Sanchez said a growing STI concern is HPV, which refers to a group of related viruses.

“Of all the STIs we can detect via testing, by far the highest rates of infection are for HPV,” he said.

Nearly all sexually active individuals will contract HPV, Shell said. In many cases, it goes away on its own. If not, it can eventually cause health problems including genital warts and cancer. Vaccines can prevent HPV infections, but they’re recommended for people before they become sexually active. The CDC has recommended HPV vaccination of girls since 2006 and of boys since 2011 to include two doses at ages 9 through 14 years.

Sanchez collaborated with other researchers in an HPV study of 200 servicemen that was published in the May 2015 issue of “Sexually Transmitted Diseases.” Almost 15 percent were already infected upon entering military service. This percentage was higher than what had been previously reported among the male civilian population, Sanchez said. Within 10 years of military service, an additional 34 percent had become infected with HPV.

“This study offered evidence of the potential benefit of an HPV vaccination program for servicemen,” Sanchez said. “Preventing HPV infections decreases health problems and long-term health care costs and increases readiness of the force.”

TO FIND OUT MORE ABOUT THE NEW BEGINNINGS SYSTEM, VISIT WWW.CPMS.OSD.MIL/SUBPAGE/NEWBEGINNINGS/NBHOME

Are **YOU** and your **FAMILY** **READY** for an **EMERGENCY?**



RILEY ROUNDTABLE

What is your favorite holiday and why?



“Trick or treating because there's lots of candy.”

CATE BRAUDIS, 3

Daughter of Maj. James Braudis, 2nd Battalion, 34th Armor Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division



“Easter because spring's coming and there's a brunch.”

JULIANNE BRAUDIS

Wife of Maj. James Braudis, 2nd Battalion, 34th Armor Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division



“Christmas because there's lots of toys.”

ELLE ALLMAN, 5

Daughter of 1st Sgt. Ryan Allman, 3rd Battalion, 66th Armor Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division



“Thanksgiving – family time.”

CHRISTY ALLMAN

Wife of 1st Sgt. Ryan Allman, 3rd Battalion, 66th Armor Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division



“It's a toss up between Christmas and Fourth of July because Christmas is a time to celebrate Jesus' birth and the other things that come with that and Fourth of July we celebrate this awesome nation and our freedom.”

SGT. 1ST CLASS MATHEW FUQUA

Headquarters and Headquarters Company, United States Army Garrison Fort Riley

THE 1ST INFANTRY DIVISION POST

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

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

Circulation 8,800 copies each week.

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

COMMANDING GENERAL
Maj. Gen. Joseph M. Martin

PUBLIC AFFAIRS OFFICER
Lt. Col. Joey Sullinger

PUBLISHER
Chris Walker

FORT RILEY EDITORIAL STAFF

Collen McGee, Andy Massanet, Maria Childs, Season Osterfeld, Suet Lee-Growney and Kalene Lozick

MEDIA SALES MANAGER
Meredith Storm

MEDIA SALES REPRESENTATIVES
Kim Maguire and Shannon Fritz

CONTACT US

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

For news offerings, call the Fort Riley Public Affairs Office at 785-239-3328 or DSN 856-3328, or email usarmy.riley.imcom.mbx.post-newspaper@mail.mil

LETTERS TO THE EDITOR

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

FATALITY-FREE DAYS



As of Wednesday, July 5, 362 days have passed since the last vehicular fatality at Fort Riley. Safe driving doesn't happen by accident. For more information about safety, call the Garrison Safety Office at 785-239-0514.

COMMAND TEAM CORNER

Frank says farewell to ‘Big Red One,’ Fort Riley

Editor's note: Below are remarks given by Brig. Gen. Patrick Frank, 1st Infantry Division and Fort Riley outgoing acting senior commander, at his farewell Victory with Honors ceremony June 27. The brigadier general will next serve as the deputy commanding general of the Army Cadet Command, Fort Knox, Kentucky.



Brig. Gen.
Patrick D. Frank

My name is Pat Frank and I am a “Big Red One” Soldier — one that is proud that his duty has been with the nation's oldest, most storied division for the past two years. I am a New Yorker, but consider myself a Kansan because it is here in the Flint Hills that Army values meet Kansan values — the same values that shaped Dwight Eisenhower from Abilene to command all Allied forces in the European Theater and later lead the United States as our president. These are the values that truly make Fort Riley the best place to live, train, deploy from and come home to.

Maj. Gen. (Doug) Chalmers — Sir, thank you for taking time from your exceptionally busy schedule to host this ceremony. From the III Corps Headquarters you have assisted 11D in building combat readiness. We consider you a Big Red One Soldier and greatly appreciate your engaged leadership.

To my beautiful wife, Jennifer — you're a professional in your own right. You would be a senior partner in a law firm if you were not moving

around the Army with me. We both wanted to return to Fort Riley and you immediately were involved not only with 11D families but working in Manhattan. Together we have enjoyed a great second tour at the Big Red One. You are my best friend — I love you, hon.

Each morning at physical training we salute the flag, sing the Division Song and recite the BRO Charge that begins by stating “I am a Big Red One Soldier proudly serving in our Nation's First Division.” But what makes the 1st Infantry Division such a remarkable place to soldier?

It is our history — in our 100th year, we are all proud to celebrate the division's tremendous service to the nation — the most storied division in the U.S. Army with 43 battle streamers reflecting the battlefield courage of generations of Big Red One Soldiers.

It is Fort Riley and the frontier spirit that established

this fort in 1853. The cavalry called Fort Riley home. Our formations continue to have that offensive, proud spirit — overwatched by the iconic statue of Old Bill.

It is our Flint Hills neighbors who welcome Soldiers and their families into your communities and make us feel like we have been lifetime neighbors. It is the tickets for Army families to attend a K-State football game and hear the growl of the Wildcat when Coach (Bill) Snyder's team scores a touchdown.

It is our world-class Department of the Army civilians at Fort Riley that accomplish every mission and build combat readiness and the reputation of our division on a daily basis — we are the envy of the Army from our Garrison to the Training Team to Public Works, Law Enforcement, Child Youth Services, Unified School District 475 and to the new Big Red One hospital.

It is our Gold Star Families — several which are here with us today. They remain connected with their Army family. The 1st Infantry Division is your family and we will always be here for you.

It is our Fort Riley Army families that sacrifice so much while their Soldier deploys to a theater and is on point for our nation. There is nothing stronger than an Army family and nothing more moving than watching children at a

Welcome Home Ceremony rush the floor to hug their dad or mom in formation.

The spirit of the division is our Soldiers — these are the Headquarters and Division Artillery Soldiers led by our commanding general, Maj. Gen. (Joseph) Martin, in the Battle of Mosul — supporting our Iraqi allies in the defeat of ISIS. It is the 4,000 Soldiers of our 1st (Armored) Brigade (Combat Team) deterring North Korean aggression; the Combat Aviation Brigade providing devastating fires to U.S. and Afghan ground forces in the fight against the Taliban; it is our 2nd (Armored) Brigade (Combat Team) having the most successful NTC rotation in years — now prepared to deploy to Europe; and it is our (1st Inf. Div.) Sustainment Brigade supporting logistic operations for our NATO allies.

This is what it means to be a Big Red One Soldier — serving in the most respected institution in America, the United States Army — in the nation's most storied division — 15,000 Soldiers proud to wear the legendary 11D patch.

To the Soldiers of the 1st Infantry Division and Fort Riley, it was my honor to serve by your side as the Big Red One continued to answer the nation's call in our 100th year with our Soldiers writing the next chapter in 11D history inspired by our division motto:

No Mission too Difficult,
No Sacrifice too Great,
Duty First!

Changes to household goods claims process

By Center for Personnel Claims Support
Fort Knox, Kentucky

The Army has created a new office at Fort Knox, Kentucky, to process Soldiers' claims for personal property losses incident to government service — the Center for Personnel Claims Support. These claims are known as personnel claims, and include claims for loss or damage to household goods and privately-owned vehicles during permanent change of station shipment, or while stored at government expense. Personnel claims also include loss or damage to Soldiers' personal property located in government quarters or other authorized locations, caused by events such as storms, floods or power outages. Army civilian employees also are eligible to file personnel claims under certain circumstances. The new CPCS will be fully operational July 5, and will process all claims of Soldiers and employees in the Continental United States, Alaska, Hawaii and Puerto Rico. Soldiers filing claims outside CONUS will file their claims online as outlined below, but instead of contacting the CPCS, they will contact their local legal office for assistance in processing their claims.

How does this affect CONUS Soldiers, family members and employees filing

claims? In the case of household goods damaged or lost during a PCS move, Department of Defense personnel still must file their claims directly with their Transportation Service Provider under the Full Replacement Value program. The pink form (DD Form 1840/1840R, entitled “Joint Statement of Loss or Damage at Delivery/Notice of Loss and/or Damage”), will continue to be submitted within 75 days from the date of delivery, directly to your TSP. Remember that submitting the Notice of Loss or Damage form does not mean that a claim has been filed. In order to get full replacement value for their loss, Soldiers and employees must file a complete claim with the TSP that includes detailed information on damaged items such as the original purchase price, repair estimates and replacement costs, within nine months from the date of delivery. That mandatory part of the claims process will not change after the CPCS stands up.

After July 5 if the TSP does not act on the claim or is unable to reach a reasonable settlement with the claimant, the Soldier or employee no longer will file the unsettled claim with their local TSP Judge Advocate or legal office. Under the new process, Soldiers and employees will file those claims online and electronically

submit required documents to the CPCS using an upgraded program called “PCLAIMS Plus.” As personnel complete their claims online, they can obtain customer service support over the web or directly from CPCS personnel by phone or email. Not only will the online filing system accelerate claims processing, but it will allow for quicker payment. Access to the online claims portal requires Common Access Card access or other means of authentication for recently retired or separated personnel. Those without a CAC should call the CPCS at the number listed below for help in submitting a claim.

All CONUS personnel will be able to file a claim electronically with the CPCS, which began July 5. On that date you go to <http://www.JAGCNet.army.mil/Pclaims> to find more information on how to file a claim to include the trifold on the A,B,C's of Claims, or call the center at 502-626-3000 or DSN 536-3000 with questions. You also can contact CPCS by email at usarmy.knox.hqda-otjag.mbx.cpcs@mail.mil. For any claims filed before July 5 or for general information, your installation SJA or legal office will continue to assist you.

Prevention, control of disease vectors at Fort Riley

By Irwin Army Community
Hospital Public Affairs Office

The warmer weather brings people outside with the bugs that spread disease. The Department of Public Health at Irwin Army Community Hospital has been actively conducting vector surveillance for the 2017 season. Following just a few personal safety and housekeeping measures will lessen the risk of getting sick.

PERSONAL PROTECTION

Be diligent during peak mosquito biting times from dusk until dawn. Wear pants and long sleeved shirts and socks when outside (especially out in wooded areas or places with thick vegetation).

Insect repellent that contains DEET, with at least 20 percent active ingredient,

works well for repelling mosquitoes and ticks.

Mosquitoes may be able to bite through clothing. Clothing — and only clothing, not on bare skin — may be sprayed with an insect repellent with the active ingredient permethrin. Permethrin is effective for preventing bugs from biting through the clothing, shoes, bed nets and camping gear, but reapplication is necessary after several washes.

If you also need to use sunscreen, consider applying sunscreen to skin, and then apply DEET. Be sure to refer to product label for more details.

HOUSEKEEPING MEASURES:

Reduce standing water around the outside of the home such as cans, old tires, stopped

up rain gutters and children's swimming pools. Keep grass around the perimeter of the home cut short.

TICK REMOVAL:

After engaging in outdoors activities, take a shower and conduct a full-body tick check.

If you find a tick, do not panic, it takes several hours for ticks to feed once they have attached to your body.

Remove ticks by using fine-tipped forceps. Grasp the tick as close to the skin as possible and pull upward with steady, even pressure.

After removing the tick, you should thoroughly clean the bite area and your hands with rubbing alcohol, an iodine scrub or soap and water.

The Centers for Disease Control and Prevention recommends avoiding folklore

remedies such as “painting” the tick with nail polish or petroleum jelly, or using heat to make the tick detach from the skin. The goal is to remove the tick as quickly as possible, not waiting for it to detach.

For more information, visit the Centers for Disease Control and Prevention website at www.cdc.gov or call Environmental Health at 785-239-3719. Environmental Health will be distributing permethrin and DEET while supplies last at building 7665 on Normandy Drive. Units that need repellent for deployment or field training exercises may contact the Hazardous Material Processing Center located at building 1930. For more information, contact Paula Urban at 785-239-6577.

The next USAG
Resilience Day
Off is

JULY

21



Army Field Support Battalion-Riley welcomes new commander

Story and photos by Alix Kunkle
1ST INF. DIV. POST

Lt. Col. Zachary T. Miller officially took command of the 407th Army Field Support Battalion-Riley from outgoing commander Lt. Col. Brian D. Beiner during a change of command ceremony June 30 at Cavalry Parade Field.

The ceremony capped Beiner's two-year run as the AFSBn-Riley commander, a time for which Beiner has been extremely grateful. "I have been humbled to lead this battalion the last two years," he said. "This battalion makes its presence known not just at Fort Riley, but at Fort Knox (Kentucky) and Fort Leavenworth (Kansas)."

Col. Eric P. Shirley, commander of the 407th Army Field Support Brigade, had high praise for Beiner. "Brian and the Packer Battalion have accomplished tremendous feats in the logistics community here at Fort Riley," he said. Some of those feats include supporting Combat Training Center and National Training Center rotations, and preparing to support missions to CENTCOM.

It has not merely been Beiner's accomplishments that have drawn praise over the last two years. His wife, Rebecca, has also been instrumental in improving the quality of life at Fort Riley.

"Rebecca has helped coordinate many holiday, birthday and other special events in the battalion," Shirley said.

Beiner also called his children, Jude and Genevieve, "gifts from God." Miller comes to Fort Riley after serving as the Professor of Military Science for the Oregon State University Army ROTC program in Corvallis, Oregon. He's excited to become a part of AFSBn-Riley and embrace the challenges that are ahead.

"I'm honored and humbled to be asked to contribute to the next chapter and future success

of the legendary Big Red One," Miller said.

Beiner also encouraged Miller to enjoy his time with AFSBn-Riley.

"You'll enjoy your time in command as much as I did," he said. "Two years of command goes by too fast. Enjoy every minute of it."

Before the change of command ceremony, Beiner was also presented with the Meritorious Service Medal. His wife, Rebecca, was presented with the Lady Victory Award.

AFSBn-Riley's mission is to provide and synchronize the capabilities of the Army Materiel Command enterprise in order to sustain combat power of Army forces within its area of operations, while integrating and synchronizing the Army's Acquisition, Logistics and Technology capabilities in support of the Army Modular Force. AFSBn-Riley was converted in 2008 from the Fort Riley, AMC Logistics Assistance Office. The AFSBn supports all Army active component units at Forts Riley, Leavenworth, Leonard Wood, Missouri and Knox, a reserve component, and National Guard units in five states, including Kansas, Iowa, Missouri, Minnesota and Nebraska.



Lt. Col. Zachary T. Miller, left, receives command of 407th Army Field Support Battalion-Riley during a change of command ceremony June 30 at Cavalry Parade Field. Handing the colors to Miller is Col. Eric P. Shirley, commander of the 407th Army Field Support Brigade. Looking on is Lt. Col. Brian D. Beiner, outgoing commander of AFSBn-Riley.

WWW.TWITTER.COM/FORTRILEY

Monthly awards ceremony recognizes garrison employees for dedication to Soldiers, families

By Maria Childs
1ST INF. DIV. POST

Leaders of the Fort Riley garrison recognized the Employee of the Month for April and May during a ceremony June 20 at Ware Parade Field.

Col. John D. Lawrence, Fort Riley garrison commander, said this is a time when he gets to personally thank the employees who go above and beyond during the course of their job duties on a daily basis.

“If you have not noticed, we have been very busy these past few months ... this is nothing new to this garrison,” he said. “We have dealt with challenges, shortages and loss of funding and we still excel. You will hear about people today that excel daily ... the contributions they give to Fort Riley and this garrison is immeasurable.”

Rod Cruz, from the Garrison Safety Office, was selected as the Employee of the Month for April. Cruz was recognized for being named the 2016 U.S. Army Instructor of the Year by the National Safety Council’s defensive driver course.

Cruz oversees the traffic safety training program at Fort Riley, which consists of two sub-components — the defensive driver course and the motorcycle training program.

“He is the main reason we sit right now with 357 days without a POV (privately-owned vehicle) fatality,” said Rick Hearron, installation safety manager. “What Rod does touches Soldiers, family members and the civilian workforce and ultimately builds readiness which is our number one priority.”

Chris Hallenbeck, from the Directorate of Plans, Training, Mobilization and Security, was selected as the Employee of the Month for May.

Hallenbeck coordinated and executed the installation’s first-ever 24-hour full scale exercise

May 17 and 18. The exercise tested Fort Riley’s ability to respond and recover from a regional tornado involving more than 300 personnel from across the installation.

Hallenbeck arranged for a realistic demolished neighborhood setting with Corvias Military Living, incorporated 14 local and regional emergency response partners throughout the state and developed the master scenario to stress all the installation’s mission command nodes. During the exercise, he maintained control of 40 role players and his plan enabled the emergency family assistance center to process more than 50 personnel with 14 pets and placing them in shelters.

Tom Pendleton, chief of plans, DPTMS, accepted Hallenbeck’s certificate of appreciation.

Steve Crusinberry, director of DPTMS, said he couldn’t say enough good things about the work Hallenbeck does.

“They rubble buildings, we worked 24 hours, we stood up emergency response all over the installation — Chris was the guy ultimately responsible for putting all that together,” he said. “We didn’t give him any help ... it’s so impressive and he did such a great job.”

Team awards given during this ceremony included Fort Riley’s commencement ceremony team award as well as recognizing the individuals who completed tranche IV of the performance triad.

Two special awards were also given.

Harry Hardy, supervisory attorney for the Office of the Staff Judge Advocate, was presented the Army Commander’s Award for Civilian Service for his leadership and management skills demonstrated while enabling seamless operation of the garrison command group acting as the deputy garrison commander.



Photos by Collen McGee | FORT RILEY PUBLIC AFFAIRS

ABOVE: Rod Cruz from the Garrison Safety Office receives his certificate of appreciation from Col. John D. Lawrence, Fort Riley garrison commander, after he was selected as the Employee of the Month for April during a ceremony June 30 at Ware Parade Field. Cruz was recognized for being named the 2016 U.S. Army Instructor of the Year by the National Safety Council’s defensive driver course. **BELOW:** Tom Pendleton, chief of plans, Directorate of Plans, Training, Mobilization and Security, accepts Chris Hallenbeck’s certificate of appreciation from Col. John D. Lawrence, Fort Riley garrison commander, after Hallenbeck was announced as the Employee of the Month for May during a ceremony June 30 at Ware Parade Field.



Kathleen Bellinder, Equal Employment Opportunity manager at Fort Riley, was also presented the Army Commander’s Award for Civilian Service for her performance

as the EEO manager. She has gone from a reactive posture to a proactive methodology that enables the garrison to prevent EEO challenges versus just reacting to them.

FRANK

Continued from page 1

“I’d asked to come back to the Big Red One to serve here as a 1st Infantry Division Soldier, so saying goodbye to Fort Riley and the 1st Inf. Div. Soldiers for a second time was a tough, tough act.”

BRIG. GEN. PATRICK D. FRANK | 1ST INF. DIV. AND FORT RILEY ACTING SENIOR COMMANDER

Combat Team’s year-long train-up for deployment and the Danger Focus exercise as something he will remember most about his time as a Big Red One Soldier.

“It took the entire division’s efforts to pull that off and I’m proud of the team effort,” Frank said. “That’s what it’s all about.”

At the closing of the ceremony, Frank shook hands with those in attendance and thanked them for wishing him a farewell.

“It’s pretty humbling to have people from the local community come through the line today and attend the ceremony,” Frank said. “It’s a reflection of how much the Flint Hills community loves the 1st Inf. Div.”

Frank will go on to serve as the deputy commanding general of the Army Cadet Command at Fort Knox, Kentucky.

“It’s a bittersweet moment leaving Fort Riley for the second time,” Frank said, “but I’m looking forward to going down to Cadet Command and getting involved in leader training for the next generation in the Army.”

POLICE

Continued from page 1

Lt. Patrick Felice, watch commander and SRT commander, FRPD, said he and the other SRT members picked up weapon manipulation and breach-and-hold tactics from the other officers that will be useful in future situations.

“We learn different tactics ... they give a vast amount of experience to us based off their ops tempo,” he said. “They run a lot more live situations than we do. Sharing knowledge and gaining tactics is the main purpose.”

Although it is very unlikely for a serious enough incident to occur at Fort Riley that an outside police force would need to be called in, it’s still important for them to be prepared should such a situation ever occur, Payne said.

For the civilian police departments, Bowling said similar, adding there are a few situations he could think of that assistance could be needed.

“Everybody can’t do everything themselves, so the more interaction we have with other good teams like this, we can bring them in for larger operations or relief operations, if need be, such as things like hostage rescue or active shooter,” he said.

The Kansas Highway Patrol has been training with FRPD for more than 12 years, Bowling said, and it’s a relationship they plan to continue. Bowling and Felice said they have already started planning joint sniper training for later this year.

“Since we’ve reengaged with KHP, we plan to have them back out again in the fall,” Felice said.

Soldier of the Year success began with team at Fort Riley

Story and photo by Andy Massanet
1ST INF. DIV. POST

When Spc. Lillian Lewis, a chaplain's assistant of Morris Hill Chapel with Headquarters and Headquarters Company, United States Army Garrison Fort Riley, decided to compete in the Best Warrior Competition for the chance to earn recognition as the Installation Management Command's 2017 Soldier of the Year, she knew she needed a program to help her prepare. So, she said, she went through her chain of command, which led her to Capt. Robert Deppa, commander for HHC USAG 1st Replacement Company, and 1st Sgt. Jason Hasby, of the same unit. According to the Army's Best Warrior Competition website, the event amounts to a comprehensive testing of a Soldier's intellectual and physical skills as a professional Soldier.

"Warriors must have command of their appearance and knowledge of the Army," the website says. "Competitors are assessed by their breadth and depth of knowledge on areas such as military leadership and counseling, current events, U.S. Army history, tactical communications, survival, battle-focused training, weapons, U.S. government and Constitution, land navigation, the NCO Creed and history and myriad other focus areas." For the tasks that didn't require an aspect of physical training, Lewis was assisted by Hasby. "My role was to help her with some of the (warrior) tasks she would have to accomplish — Soldier tasks, medical training, things like that," Hasby said. That type of training included time at various locales within the Training Support Center at Fort Riley, such



When it comes to training for the Best Warrior Competitions, the beat goes on at Fort Riley. Pictured working together in fireman's carriage training, are Spc. Lillian Lewis carrying Pvt. Cindy Romero. This kind of training, developed by Capt. Robert Deppa, commander for HHC USAG 1st Replacement Company, Fort Riley, and 1st Sgt. Jason Hasby, also of that unit, helped Lewis win Installation Management Command's 2017 Soldier of the Year.

as the Medical Simulation Training Center, where all Soldiers are required to hone their skills applying initial medical treatment for wounded comrades on the battlefield. However, the heart of her training program was the physical preparation, and that, Hasby said, "was pretty much left to the CO." Deppa, an armor officer, looked at the competition requirements then used methods he was familiar with in helping Soldiers of armor units get fit and he said he believes it works.

ranging from 35 to 45 pounds, Lewis said. Deppa is quick to point out training for a Soldier is different than training for a sport. "Solder training is so much different than regular athletic training," he said. "If you are an athlete, you might train to run, if that's your sport, or you might train with weightlifting, but in the military world you really have to build what I call power endurance. So you have to be able to move weight over time and really what that means is you have to move on the battlefield with a kit on, you have to be able to carry stuff, you have to be able to carry someone who's wounded if need be. So there's just a lot of different types of fitness in there. You have to be able to navigate obstacles and things like that." Deppa also said while athletic training is very often specialized, the military requires what he calls "functional fitness." "That means you have to be an endurance athlete, to have to be able to carry a ruck, you have to be able to run, but equally important is your ability (to) lift weight," he said. "If you can't move a 200-pound person with a kit on, then you're not going to be effective." The training is also progressive, so once a certain level of fitness is reached, Deppa said, the intensity is raised. "It only gets tougher," he said. "It never gets easier and no workout is the same." Lewis said about 40 percent of her total Best Warrior Competition experience involved some form of lifting of either a person or an object. "And a lot of that was our ruck sacks and the assault packs we had to carry," she said. "The assault pack is about 30 pounds and the ruck sacks are heavier; maybe 40 or 45 or pounds."

Treatment confronts trauma behind disorder

By Peter Holstein
SURGEON GENERAL OFFICE OF PUBLIC AFFAIRS, AIR FORCE MEDICAL SERVICE

FALLS CHURCH, Va. — Post-traumatic stress disorder is considered one of the "signature wounds" of the current conflicts in the Middle East, but many people may not know there are treatments for this invisible wound being deployed at Air Force hospitals and clinics. For patients with PTSD, feelings of anxiety don't go away with time. It can leave its sufferers feeling exhausted and depressed. They often relive the traumatic event in their mind and respond by shutting off emotional responses and feeling constantly "on edge" or tense, with exaggerated angry outbursts. Scientifically researched and proven methods for treating PTSD work by getting the patient to learn to process the trauma causing their symptoms. The process can start by talking with a health care provider, chaplain or even a friend. "Ultimately, people with PTSD need to speak with a mental health provider," said Air Force Maj. Joel Foster, the chief of Deployment Mental Health in the Air Force Medical Service, and a licensed psychologist. "We use very specific treatments that have been subjected to scientific scrutiny and research investigation, and we want people with PTSD to get those treatments." All Air Force mental health providers are trained in evidence-based techniques to treat PTSD. One such technique is called Prolonged Exposure therapy. This therapy is a protocol based treatment, meaning the provider works through a structured and scripted process with the patient. There are usually eight to twelve sessions, lasting 60 to 90 minutes each. During the sessions, the provider guides the patient through two techniques helping them learn to process their trauma — imaginal exposure and in-vivo exposure. "In imaginal exposure, we expose the patient to thoughts, memories and associations that are linked to the trauma," Foster said. "They talk in detail about the traumatic event, and we record the discussion. They go from the start to the finish of their traumatic event and between sessions they listen to the

recording. As the title 'prolonged exposure' suggests, we do this over and over for several weeks." This is intended to habituate the patient to talking and hearing about the traumatic event. Whereas the event was once a source of distress, the brain learns to remember it without those severe feelings. The memory is never pleasant, but it is no longer disabling. "Imaginal exposure works the same way we get used to other things in life," Foster said. "If you live near the subway or an airport, you may not sleep much the first couple of nights. Eventually though, you do get used to it and you'll be able to sleep right through it." In-vivo exposure does the same thing, but in real life. The patient and provider make a list of situations, locations and other stimuli that remind the patient of the traumatic event and rank them based on the level of distress. Working together, they come up with a plan for the patient to go to those places and gradually get used the situations. "These 'homework assignments' ramp up," Foster said. "It might start out as going to the grocery store during low hours for 30 minutes and you do it over and over, until you are gradually spending an hour during busy times." This treatment floods the patient with experiences that are distressing to them and builds up their tolerance. While it may be an unpleasant experience for some patients, Foster said the results speak for themselves. "It's a really hard thing to do, since PTSD patients really don't want to think about things that remind them of their trauma," Foster said. "But it works. More than 20 years of research and testing have gone into this treatment. We see about an 80 percent reduction in symptoms using this technique, and many service members are able to return to active duty after treatment." Foster added seeing each service members' progress through the treatment is a reward in itself. "It's rewarding to see the progress that Airmen make once they get into treatment," Foster said. "We can make a very real positive impact in their lives, and send them back to their families and their duties able to resume their lives."

WWW.FACEBOOK.COM/FORTRILEY



Fort Riley Garrison Command Sgt. Maj. James Collins jumps from the high diving board into the pool during the grand opening of the Custer Hill Aquatic Park June 30. Following the opening, the park was free for the day with the Splish Splash Beach Bash party featuring music, food and more as Directorate of Family and Morale, Welfare and Recreation and USO Fort Riley partnered to make it possible.

Fort Riley community dives into summer with opening of Custer Hill Aquatic Park

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

“Cannonball!” Fort Riley Garrison Command Sgt. Maj. James Collins yelled as he leapt from the high diving board into the pool at Custer Hill Aquatic Park.

Giggles and shrieks immediately followed from more than 90 children with School Age Services who took Collins’ dive as the green light to enter the pool and came rushing into the water from the zero-entry slope.

The Custer Hill Aquatic Park had its grand opening with speeches from Col. John D. Lawrence, Fort Riley

See SPLASH, page 10

DID YOU KNOW?

- The new **Custer Hill Aquatic Park** has a zero-depth entry in the main and baby pools, a lazy river, water slides, two diving boards and more. In total, there are 520,000 gallons of water in the park.



Leaders and representatives from the Directorate of Family and Morale, Welfare and Recreation; Fort Riley garrison command and the Directorate of Public Works cut the buoy rope during the grand opening of the Custer Hill Aquatic Park June 30. The new aquatic park has a zero-depth entry in the main and baby pools, a lazy river, water slides, two diving boards and more.

DID YOU KNOW

- Nearly one-fourth of people living in the U.S. have low vitamin D levels, which can lead to osteoporosis, autoimmune diseases, type 2 diabetes, certain types of cancer and more.

Shedding light on person’s vitamin D

Nutrient can be hard to get enough through one’s diet

BY MILITARY HEALTH

Vitamin D is an essential nutrient your body produces when your skin is exposed to sunlight, but there are ways to get it from foods too. It helps your body absorb calcium and maintains the calcium and phosphate your bones need to form and grow. It also contributes to cell growth, immunity and nerve and muscle function, and it can help reduce inflammation. In addition, it plays key roles in reducing your risk of many adverse health conditions, including depression, cancer, heart disease, osteoporosis and others.

Fair-skinned people can get enough from as little as 15 minutes in the sun; the darker your skin, the longer it will take, but less than it would take for your skin to burn. For many reasons, however, people often don’t get enough exposure. A little time outside on a sunny day with your arms and legs uncovered can provide nearly all the vitamin D most people need, but that can be challenging when you’re wearing a long-sleeved uniform, working inside all day or in winter.

Unlike other nutrients, vitamin D occurs naturally in very few foods, so it can be difficult to get enough through your diet. That’s why some foods are “fortified” with vitamin D; that is, they have vitamin D added. The most common is milk, but some cereal products, yogurt, orange juice, margarine and other foods also are fortified. Foods that naturally contain vitamin D include cod liver oil, swordfish, salmon, tuna, sardines, beef liver and egg yolks.

The Recommended Daily Allowance of vitamin D is 600 International Units, except that infants under one year need only 400 IU and adults over 70 need 800 IU. On fortified food labels, look for Daily Value to make sure you get some in your diet if you don’t get enough sun on your skin. The 100 percent DV is only 400 IU because it

See VITAMIN D, page 11

Advanced camp provides expansion of trap, skeet skills

Youth receive tips, training on shooting at collegiate level

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

RJ Hatt, son of retired Sgt. 1st Class Richard Hatt, lined the barrel of his shotgun with where he knew the clay pigeon would soar.

“Pull,” he said and he got another chance to hit the target June 29.

“Shooting a shotgun, for me at least, is oddly relaxing,” he said. “It’s shooting and seeing the pigeons break is relaxing and it has a game aspect where you get excited and you want to keep going and keep doing it.”

MORE INFORMATION

- For more information about safe gun handling or hunting opportunities on Fort Riley, email fortrileyoutdoorsmengroup@yahoo.com or visit www.facebook.com/FROutdoorsmenGroup.

Hatt is one of the five teens who participated in the advanced trap and skeet camp hosted by Fort Riley Outdoorsmen Group June 28 through 30. The Fort Riley Outdoorsmen Group is an organization that promotes gun safety and hunting education for youth at Fort Riley.

Ollie Hunter, volunteer instructor from FROG, said this session prepares young hunters by elaborating on the lessons received in the basic camp and takes them to the

next level by shooting trap as a team on a full-scale trap and skeet range using all eight stations. In the basic camp, those in attendance only shoot from a limited amount of stations on the range.

Hunter, who was part of the West Point trap and skeet team at one time, added this camp prepares youth to shoot at a collegiate level.

“When they leave the advanced camp, they will be above and beyond what I was when I reported for my first day of team practice at

West Point,” he said. “These guys will be able to handle themselves on a range.”

Greg Clasberry, son of Ron Clasberry, deputy safety manager for Fort Riley garrison Safety Office, said he enjoys the camp because of Hunter’s instruction. During each 15-minute break, Hunter teaches topics such as safe gun handling, shot patterns, trap machines, recoil management and more. Shooters are expected to follow the 10 commandments of firearms safety, which are hanging up as a reminder in the clubhouse at the Fort Riley Trap and Skeet Range.

“I enjoy that it is mainly hands-on,” Clasberry said. “He tries to have you out there shooting as much as possible.”

See CAMP, page 11



RJ Hatt, son of retired Sgt. 1st Class Richard Hatt, prepares to shoot a clay pigeon during the advanced trap and skeet camp June 29 at Fort Riley.

FORT RILEY POST-ITS

AQUA ZUMBA CLASS

Looking for a new workout? Check out Aqua Zumba at Eyster Pool. Aqua Zumba blends the Zumba philosophy with water resistance for a high-energy, low-impact workout.

Classes are held Mondays, Wednesdays and Fridays. View the schedule on the aquatics page at riley.armymwr.com/us/riley/programs/aquatics.

The cost is \$3 per class or \$25 for a 10-class pass. For more information, call 785-239-4854.

CUSTER HILL AQUATIC PARK OPEN

The outdoor pool at Custer Hill is open for the season after undergoing renovations to include a lazy river, zero entry, slides and more.

Custer Hill Aquatic Park is open seven days a week from 1 to 7 p.m. Admission is \$5 for those with a Department of Defense ID, \$3 for ages 3 to 5, \$8 for guests with a DOD ID and free for ages 2 and under with a paid adult admission.

For more information, call 785-239-4854 or visit riley.armymwr.com.

COMMUNITY LIFE SOFTBALL LEAGUE

A co-ed softball league is open to all Department of Defense ID card-holders 18 years and older beginning Aug. 2. Fourteen players are allowed per team and games are played Wednesday evenings. Cost is \$200 per team. Registration ends July 27. Coaches meetings will be held prior to the league July 6 and July 13 at the Sacco Sports Complex.

For more information, call 785-239-2813.

WOODSHOP SAFETY CLASS

A Woodshop Safety Class is July 10 at 6:30 p.m. at the Fort Riley Arts & Crafts.

Attendees will learn power-tool safety and general woodshop procedures as well as the basic operation of each piece of machinery within the shop. Patrons are required to take this class before using the shop.

Advance registration is required. Cost of attendance is \$10. For more information, call 785-239-9205.

ICE CREAM AND BOWLING

For National Ice Cream Day July 15, Custer Hill Bowling Center has buy one, get one free on scoops of ice cream all day. An ice cream eating contest will be at 3 p.m.

For more information, call 785-239-4366.

POST LIBRARY WATERMELON SOCIAL

Enjoy fresh watermelon during the Watermelon Social July 22 at the Fort Riley Post Library.

The free event will also have lemonade, a bounce house, outdoor games and more.

For more information, call 785-239-5305.

RILEY'S CONFERENCE CENTER SERVES LUNCH

Riley's Conference Center is now serving a lunch buffet every Tuesday and Wednesday. Each Tuesday, they serve tacos from 11 a.m. to 2 p.m. for \$9.95. Each Wednesday, they serve pasta from 11 a.m. to 2 p.m. for \$9.95. There is also a salad bar option for \$5.95.

For more information, call 785-284-1000.

MILITARY FAMILY NIGHT AT KAW VALLEY RODEO

USO Fort Riley has free tickets for Military Family Night at Kaw Valley Rodeo July 27. Tickets are first come, first serve and limited in supply.

Pick them up during USO Fort Riley's normal operating hours.

The rodeo will have a free picnic from 5:30 to 7 p.m. followed by the opening ceremony at 8 p.m.

For more information, visit www.kawvalleyrodeo.com.

CAR SEAT SAFETY CHECK LANE

Certified child passenger seat technicians will teach how to ensure your child is riding safely. Technicians can assist with installations and inspections.

No appointment is needed and parents are encouraged to bring their children. The checklane will be Aug. 31 from 9 a.m. to 1 p.m. at Rally Point.

For more information, call 785-239-3391.

FIRESTONE COMPLETE AUTO CARE CLOSING

The Firestone Complete Auto Care located at building 640 on Huebner Road on main post will close July 14.

A Kwik Kar Complete Auto Care will open in August in the same location.

FORT RILEY REEL TIME THEATER SCHEDULE

Friday, July 7
The Mummy (PG-13) 7 p.m.

Saturday, July 8
Captain Underpants: The First Epic Movie 3D (PG) 2 p.m.
The Mummy (PG-13) 7 p.m.

Sunday, July 9
Megan Leavey (PG-13) 5 p.m.
Theater opens 30 minutes before first showing
For more information, call 785-239-9574.

Regular Showing: \$6
3D Showing: \$8
First Run: \$8.25
3D First Run: \$10.25

VICTORY FEST 2017 TICKETS ON SALE

Victory Fest is Aug. 19 at Marshall Army Airfield and tickets are now available.

Individual General Admission starts at \$25 for Department of Defense ID holders, students and veterans. Non-affiliated civilian tickets start at \$35. Children 4 and under are free.

Four-ticket general admission packs start at \$85 for Department of Defense ID holders, students and veterans. Non-affiliated civilian tickets start at \$125.

Platinum access individual tickets, which include all-day access, covered seating, meals and more, are \$100 for ages 5 and up.

General admission group tickets are \$20 each. A minimum purchase of 25 tickets is required.

For more information or to purchase tickets, visit victoryfest2017.com.

10-5-2 PRAIRIE RUN

Directorate of Family and Morale, Welfare and Recreation hosts the 10-5-2 Prairie Run July 22 from 6 to 9 a.m. with three different courses to choose from: 2 miles, 5 miles and 10 miles. The 10-mile race is a qualifier for the Fort Riley Army Ten-Miler team. Only active-duty Soldiers can qualify for the team. Strollers, pets and headphones are prohibited during this event.

On-site registration will be available the day of the event at 5 a.m. Cost will be \$20 and includes a water bottle.

For more information, call 785-239-2915 or visit www.riley.armymwr.mil.

COMMUNITY CORNER

Not too late to purchase 'Victory Fest' tickets

Aug. 19 event to offer a bit of everything to all who attend

By Col. John D. Lawrence
FORT RILEY GARRISON COMMANDER

“Victory Fest,” the all-day festival at Fort Riley Aug. 19 to celebrate the 1st Infantry Division's 100th anniversary, is fast approaching. You've probably seen posters around the installation and heard about it through social media. If you haven't purchased tickets yet, don't delay!

This event promises to be a professionally produced music festival, featuring artists like Eli Young Band, the All American Rejects, Lit and the Charlie Daniels Band. We'll also have the USO Show Troupe, local bands and artists, a car and bike show, food, beverages, family fun attractions and a fireworks show.

It's not every day you get this level of entertainment for such a low price in your



Colonel Lawrence

own backyard. I encourage you to grab your lawn chairs or blankets and join us for a fun-filled day of entertainment and camaraderie with your Fort Riley family and the surrounding communities.

“Victory Fest” runs from 10 a.m. to 11 p.m. at Marshall Army Airfield and is open to the general public. Those without a Department of Defense ID card just need to show a photo ID at the gate. Visitors must use the Henry Gate near Interstate 70, exit 301.

Ticket prices for DoD ID cardholders, students and veterans start at \$25. General

admission for all others starts at \$35. If you prefer VIP treatment, consider the platinum access, which must be purchased in advance. It comes with all-day access, covered seating, preferred parking, meals, beverages and more.

For more information about “Victory Fest” or to purchase tickets, visit victoryfest2017.com, then join us as we celebrate 100 years with “Big Red One.”

— To comment on this article or to suggest a topic for Community Corner, visit my Facebook page at www.facebook.com/fortrileycg.



SPLASH Continued from page 9

garrison commander and Scott Scherberger, Recreation Division chief, Directorate of Family and Morale, Welfare and Recreation, a surprise cannonball from Collins and a buoy cutting in place of a traditional ribbon cutting June 30.

“What you see in front of you is another example of the level of emphasis we put on taking care of the Soldiers, families, civilians and retirees who call Fort Riley their home,” Scherberger said. “Over the last five years we have made many changes to Custer Hill Pool. In 2012, we added the ADA (Ameri-

can Disability Act) accessible splash pad ... In 2016 the old pool house was demolished and replaced with the new structure ... And finally in 2017 the pool has been totally renovated, looking much different today than it did when it closed on Aug. 15, 2016 for work to begin.”

The new aquatic park has a zero-depth entry in the main and baby pools, a lazy river, water slides, two diving boards and more. In total, there are 520,000 gallons of water in the park, he said.

“Facilities like the new Custer Hill Aquatic Park are part of our commitment to

make Fort Riley home; to provide terrific recreation opportunities for our Soldiers and families; to make life here more than training and working and deploying,” Lawrence said.

Programs like Bubble Guppies, Aqua Zumba, Fitness Hour and more will be relocating to the Custer Hill Aquatic Park from Eyster Pool, he said.

“This updated facility will provide recreation and opportunities to build resilience but also physical and safety training,” Lawrence said. “As Scott mentioned, swim lessons for all skill levels — ages 6 months to 100 years — are available here. Evening programs like Fitness

Hour and Aqua Zumba are being offered too.”

Following the grand opening, the park opened up for free for the day with the Splish Splash Beach Bash party featuring music, food and more as DFMWR and USO Fort Riley partnered to make it possible.

“I’ve been here for 18 years,” said Hedy Noveroske, Aquatic Program manager. “I’ve been a lifeguard since I was 15 at this pool and to see it renovated and to see finally we’ve got an aquatic facility that the Fort Riley community deserves and needs is just a blessing. It’s the highlight of everything.”

WORSHIP	
Protestant Services	
Victory Chapel	239-0834
Contemporary Protestant Service	
Sunday Worship.....	1100
Children's Church.....	1115-1215
Morris Hill Chapel	239-2799
Gospel Protestant Service	
Sunday School.....	0900
Sunday Worship.....	1100
Main Post Chapel	239-0834
Traditional Protestant Service	
Sunday Worship.....	1030
Catholic Services	
Victory Chapel	239-0834
Sunday Mass.....	0845
Sunday Catechism.....	1000
Saint Mary's Chapel	239-0834
Saturday's Vigil Mass.....	1630
Sunday Mass.....	1200
Mid-day Mass- Mon., Wed., & Fri.....	1200
Tuesday & Thursday Mass.....	1800
IACH Chapel	239-7872
Mid-day Mass- Tue. & Thur.....	1200
Buddhist Service	
Normandy Chapel	239-2665
Sunday.....	1430
Meditation Practice- Mon.- Fri.....	1230
Open Circle Service	
Kapaun Chapel	239-4818
Fort Riley Open Circle- SWC	
1st & 3rd Friday monthly.....	1800
Wednesday Night Family Night	
Weekly light dinner and fellowship at 1800, followed by 1845 classes at Victory Chapel 785-239-3359	
Club Beyond- Faith Based Youth Program	
Grades 6th - 12th, Meets Sundays	
MS Youth-1530-1700 at Morris Hill Chapel	
HS Youth-1830-2000 at Morris Hill Chapel	
785-370-5542	
Club Beyond is a Non-Federal Entity and is not part of the DoD or any of it's components and it has no government status.	
AWANA	
Meets Sundays, 1500-1700 Victory Chapel 785-239-0875	
Protestant Women of the Chapel (PWOC)	
Weekly Tuesday Meeting 0900-1130 & Evenings at 1830-2000 at Victory Chapel	
Childcare Provided.	
For more information email nrcyprooc@gmail.com or Facebook "Fort Riley PWOC"	
Catholic Women of the Chapel (CWOC)	
Weekly Wednesday Meeting at St. Mary's Chapel 0900-1130	
Childcare provided.	
For more information email fortrileycwoc@gmail.com or Facebook "Fort Riley CWOC"	
Check for schedule over Training Holiday weekends	

Knowing risks of heart disease

Making a few changes can help men lower chance of disease

By Mass Communication Specialist 2nd Class Bryan Mai
USS GEORGE WASHINGTON PUBLIC AFFAIRS

NORFOLK , Va. — The number one threat to men's health in the United States is cardiovascular disease, or heart disease.

According to the Centers for Disease Control and Prevention, 321,000 men died from heart disease in 2013, or one in every four male deaths. Making just a few lifestyle changes can significantly lower the risk of heart disease.

Common risk factors of heart disease are smoking, drugs, alcohol, high cholesterol, high blood pressure, diabetes, physical inactivity, obesity and being overweight, an unhealthy diet and stress.

“There are modifiable factors you can change and unmodifiable factors you can't change,” said Navy Lt. Ruth Cortes, physician assistant. “Modifiable factors are things you can change like your smoking or dietary habits. Unmodifiable factors are things like age, your gender, your race and family history.”

To lower their risk of getting a cardiovascular disease, people can maintain a healthy diet, exercise regularly, not use tobacco products, limit alcohol consumption and have yearly physical examinations to identify any changes in their health.

“Common risk factors (I see) include tobacco use, which includes cigarettes, dip, vaping and cigars; high blood pressure or high cholesterol,” said Navy Lt. Stephanie Horigan, critical care nurse. “Over half of the patients in hospitals for cardiovascular disease generally have high blood pressure or cholesterol or they use tobacco or a combination of the three.”

While both the civilian and military sectors have their share of risk factors, there are many factors the military has that the civilian sector does not.

“We are exposed to an environment of higher stress,” said Cortes. “We have easier accessibility to fast food and poor food either on base or off base because they are always close by, peer pressure to start drinking and smoking, which can affect cardiovascular risk, and the environmental factors that can't be changed such as deployments and workload.”

Only half of all patients who suffer from heart attacks show symptoms prior to the attack. Symptoms of sudden cardiac events, or heart attacks, include feeling dizzy, racing heartbeat and jaw or arm pain.

“There is no definitive way to know if you have cardiovascular disease unless you see a medical professional but you can know if you have a higher risk,” said Horigan. “If you're overweight, you're a smoker and

your mother and father have heart disease, there is a good chance your risk of heart disease is much higher.”

According to the 2014 Defense Manpower Data Center's Active Duty Military Personnel Master File, 83.5 percent of all service members are male.

“Men rarely ever go see a doctor because men are supposed to be tough,” said Cortes. “There are many studies on it. They're humiliated or called out if they want to go see a doctor even if it's a legitimate issue. They put it off and put it off until they pass out on the field and someone has to bring them in for dehydration. I think it's harder for men in the military because of the way they think they're going to get treated.”

Although it is typical of men to avoid seeing a doctor, it is best for them and their family if they didn't wait until a condition is severe or irreversible to treat. The earlier a cardiovascular disease is identified, the better the chances of survival.

VITAMIN D Continued from page 9

assumes you get some vitamin D from sun exposure and foods with natural vitamin D content. Foods fortified with vitamin D are required to list the amount and their label's nutrition facts panel. However, natural vitamin D content isn't required on food labels. If you want to find out the natural content in various foods, you can use the USDA Food Composition Databases.

Another way to get vitamin D is through supplements, especially for people who are deficient in this nutrient or have special medical needs. However, it's important to consult a healthcare provider before taking supplemental vitamin D because excess vitamin D can be stored in your body, putting you at risk for toxicity. Over time, too much vitamin

MORE INFORMATION

- If you want to find out the natural vitamin D content in various foods, you can use the **USDA Food Composition Databases**.

D can lead to irregular heart rhythms, kidney damage and other serious health problems. If you take large doses of supplemental vitamin D and eat foods that are fortified with it, you could easily obtain more than recommended amounts.

Despite the availability of vitamin D from all these sources, nearly one-fourth of people living in the U.S. have low vitamin D levels, which can lead to osteoporosis, autoimmune diseases, type 2 diabetes, certain types of cancer and more.

WWW.RILEY.ARMY.MIL

CAMP Continued from page 9

For Hunter, trap and skeet is a life sport that can be learned at a young age and then maintained. He said he enjoys teaching the children this is a collegiate sport because oftentimes, people only think about the more popular opportunities like football and basketball.

“To excel in sports you don't have to (be) a 230-pound football player and you don't have to be a 6 foot 8 basketball or volleyball player,” he said. “This is a sport that you can pick up and really be good at in short order and it's an intercollegiate sport — what a good deal.”

For more information about safe gun handling or hunting opportunities on Fort Riley, email fortrileyoutdoorsmengroup@yahoo.com or visit www.facebook.com/FROutdoorsmenGroup.



Maria Childs | POST
Greg Clasberry, son of Ron Clasberry, deputy safety manager for Fort Riley Garrison Safety Office, prepares to shoot a clay pigeon during the advanced trap and skeet camp June 29 at Fort Riley.

CHAPLAIN'S CORNER

How to support grieving parents

By Chap. (Capt.) Joseph L. Wingo
1ST INFANTRY DIVISION

As a hospital chaplain, one of the most difficult pastoral encounters that I face is the loss of a pregnancy or a newborn baby. This can happen in a number of different ways, from miscarriages to what is called “neonatal death,” which happens in the first 28 days of life. Sadly, on average, 10 to 20 percent of all known pregnancies don't make it to full term, and around 3 percent of all newborns die in the first month of life. Of course the loss of any child is a parent's worst nightmare, but with first-time parents dealing with this type of loss, there are unique challenges involved.

The first consideration is the fact that parents may grieve in different ways. About 25 percent of mothers and fathers consider a miscarriage as a part of life and the emotional impact of the loss is not overly burdensome. Grief

is still a part of their process, but after a short period of time they are ready to move on. About 75 percent of parents consider a miscarriage as a loss of a child and the weight of that loss can be very heavy. I have witnessed parents share their story about a miscarriage that happened 30 years prior and they still continued to feel a sense of loss. As friends, we wish to support a couple in their grief, but find that we rarely know what to say or do.

The key to supporting these couples is to meet them where they are at. Normally, parents or other affected family members enter into the stages of grief, which are denial, anger, bargaining,



Joseph L. Wingo

depression and acceptance. A person can cycle through all of the different stages within a single day or be in a phase for weeks at a time. Remember that these phases of bereavement and grief can be felt for months and years. Anniversaries of the lost child can be especially hard on a couple.

A good way to start supporting a couple is to ask how you can help them without assuming what they feel or what they think. Some good questions are: “What would be most helpful for you right now?” or “Is there anything specific I can help with?” Don't expect them to have an answer for you right away. It is normal for someone in deep grief not to be able to mentally process everything immediately — be patient.

Words have power and the number one mistake I see is well-meaning people wanting to ease someone else's pain by trying to say the right thing. Please don't! As Emily Dickinson once said, “Saying nothing ... sometimes says the most.”

Statements like “You can always have more children” or “God just needed another angel in heaven” are never appropriate and can be very damaging. The best thing to do is to just be present and allow the parents to process their grief the way that is best for them. Let them do the talking and you do the listening.

If you put these suggestions into practice, you will be a friend that a friend would want during this most difficult time.

U.S. ARMY
MWR
SUPPORTING FAMILIES • RETIRED SOLDIERS

KANSAS STATE UNIVERSITY
Manhattan, Kansas

Family and MWR Presents
In partnership with Junction City, Kansas State University and City of Manhattan

ELI YOUNG BAND

THE ALL-AMERICAN REJECTS

THE CHARLIE DANIELS BAND

LIT

TICKETS Starting at \$25

**Music Festival
Fireworks
Auto Show
Family Activities
USO Show Troupe**

VICTORY FEST
CELEBRATING 100 YEARS OF THE BIG RED ONE

August 19, 2017
Marshall Army Airfield - Fort Riley
MORE INFORMATION AVAILABLE ONLINE
VictoryFest2017.com
OPEN TO THE GENERAL PUBLIC • PHOTO ID REQUIRED

Sponsored by:



NO DOUGH – NO PROBLEM

Gayle Salley, left, wife of Sgt. Charles Salley, 1st Squadron, 6th Cavalry Regiment, 1st Combat Aviation Brigade, 1st Infantry Division, assists her 6-year-old daughter Camryn in picking out three perfect pickles to accompany her meal during the USO No Dough Dinner June 29 at the Culinary Arts Lab. Many service members and families came together in groups, turning the meal into a time of laughter and hanging out. During the dinner, the 1st Infantry Division Commanding General's Mounted Color Guard came by to visit and talk with attendees. Those dining also received boxes of free Girl Scout cookies. At the end of each month just before payday, volunteers and USO staff get together to host a free dinner for service members and their families.

SEASON OSTERFELD | POST



1ST INFANTRY DIVISION

VICTORY WEEK 2017

FORT RILEY KANSAS

100 YEARS OF CONTINUOUS SERVICE
Victory Week • Aug. 16-25, 2017

Summertime means

WATER SAFETY

Boaters!

- Know your boat and know the rules of the road. Take a safe boating course.
- Check your boat for all required safety equipment.
- Consider the size of your boat, the number of passengers and the amount of extra equipment that will be on board.
- Don't overload the boat!
- If you will be in a power boat, check your electrical system and fuel system for gas fumes.
- Follow manufacturer's suggested procedures before starting up the engine.
- Wear your life jacket — don't just carry one on board.
- Leave your alcohol behind. Work to increase your safety, not increase your risks.
- Check the weather forecast.
- File a float plan with a member of your family or friend.

Swimmers!

Since most drowning victims had no intention of being in water and since most people drown within 10 to 30 feet of safety, it is important that you and your family learn to swim. Please remember to:

- Never rely on toys such as inner tubes and water wings to stay afloat.
- Don't take chances, by overestimating your swimming skills.
- Swim only in designated swimming areas.
- Never swim alone.

Divers!

Never dive into lakes and rivers; the results can be tragic. Every year, diving accidents result in more than 8,000 people suffering paralyzing spinal cord injuries and another 5,000 dying before they reach the hospital. All too often, hidden dangers lurk beneath the surface of the water, including rock outcrops or shallow water.

Cold water survival!

Your life may depend on a better understanding of cold water. Many suspected drowning victims actually die from cold exposure or hypothermia.

- Don't discard clothing after falling into the water.
- Wear your life jacket. This helps hold heat in the core areas of your body.

To find out more about the National Water Safety Program, visit the U.S. Army Corps of Engineers at www.usace.army.mil/Missions/Civil-Works/Recreation/National-Water-Safety_Program/, or contact the Corps' Northwestern Division at 816-389-2000 or the Fort Riley Garrison Safety Office at 785-240-0647.



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

When gold was found in the west in 1847 to 1857, settlers and gold miners were eager to start a new life. As they traveled down the Independence branch of the Oregon-California Trail, one of the final stops they made was at a small settlement later incorporated into the town of St. Mary's in 1869.

Through the decades, St. Mary's has undergone a great deal of change, but the residents still honor the town's role in history.

Located about 45 miles northwest of Fort Riley on U.S. Highway 24, St. Mary's has a variety of activities for visitors to enjoy and businesses to explore.

The city of St. Mary's, as well as the college there, are named after the Catholic Mission founded by the Jesuits in 1848 for the Pottawatomie Native Americans who were moved to the area, as explained on the historical marker for St. Mary's. The marker sits at the intersection of East Bertrand Street and Grand Avenue, across the street from the college. On the college campus rests a boulder placed at the site of the first cathedral built between the Missouri River and the Rocky Mountains.

In Union Pacific Park, visitors will find an informational marker explaining the history of the Pottawatomie Pay Station and St. Mary's Mission. The marker gives the history of the Pottawatomie tribe, their clash with the U.S. government and their journey to St. Mary's.

Also in the park is the St. Mary's Vietnam Memorial with the names of the fallen and those who served from the town. Visitors may also see the Old Fire and Curfew Bell mounted nearby.

The Indian Pay Station and Museum features a variety of artifacts and historical lessons for visitors to take in. The oldest building in Pottawatomie County was built in 1857 and is listed on the National Register of Historic Sites. The museum is open 1 to 4 p.m. through Labor Day.

In Riverside Park, visitors may play on the tennis, volleyball or basketball courts, enjoy a game of baseball on the field, barbecue and play a few rounds of horseshoes or watch their children tackle the playground. The park also has a walking trail, two fitness stations, a gazebo, shelter houses and a recreational vehicle hook-up or primitive campsite area.

The RV and campsites include electricity and water in their rental fee. Guests may not stay longer than five consecutive days without prior approval. Site rental is \$10 per day with a \$25 security deposit. For more information, call 785-437-2311.

Inside Riverside Park is the St. Mary's Municipal Swimming Pool that also has a bathhouse and wading pools. The pool is open daily until Aug. 12 from 1 to 7:30 p.m. Admission is \$2.25 for ages 18 and up, \$1.75 for ages 7 to 17, \$1 for ages 3 to 6 and free for toddlers and infants 2 and under.

Be sure to check out St. Mary's for a weekend of history, play and relaxation.



PHOTO 1: A limestone sign greets visitors on either side of town when they enter St. Mary's. The town played a role in shaping history as it was one of the stops along the Oregon Trail. Through the decades, St. Mary's has undergone a great deal of change, but the residents still honor the town's role in history. **PHOTO 2:** Located about 45 miles northwest of Fort Riley on U.S. Highway 24, St. Mary's has a variety of activities for visitors to enjoy and businesses to explore. Many of the businesses in town are small, locally owned shops, including a country store, coffee shop, fashion boutique and more. **PHOTO 3:** An Oregon Trail Marker providing a brief history of St. Mary's role during the westward expansion is located on U.S. Highway 24 near the entrance to the college. When gold was found in the west in 1847 to 1857, settlers and gold miners were eager to start a new life. As they traveled down the Independence branch of the Oregon-California Trail, one of the final stops they'd make was at a small settlement later incorporated into the town of St. Mary's on 1869. **PHOTO 4:** Spc. Shell reads over the names of service members from St. Mary's who fought in the Vietnam War. St. Mary's Vietnam Memorial is located within Union Pacific Park and has the names of the fallen and those who served from the town etched into it. **PHOTO 5:** The city of St. Mary's, as well as the college there, are named about the Catholic Mission founded by the Jesuits in 1848 for the Pottawatomie Native Americans who were moved to the area, as explained on the historical marker for St. Mary's. On the college campus rests a boulder placed at the site of the first cathedral built between the Missouri Rove rand the Rocky Mountains.

