



THE 1ST INFANTRY DIVISION POST



Aircraft crash recovery practiced by local, state, federal first responders

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

Firefighters from Fort Riley Fire and Emergency Services, the Riley County, Kansas, Fire Department and the Manhattan, Kansas, Fire Department trained together during a full-scale aircraft incident exercise at the Manhattan Regional Airport July 19.

During the exercise, a simulated American Airlines aircraft with 41 passengers on board crashed at the airport, resulting in a mass fatality incident. Emergency services personnel responded to put out the fire, treat survivors, control the situation and investigate the scene.

“The scenario was designed to replicate a real incident by having an actual airplane fuselage,

mannequins and role players who served as victims,” said Sam Dameron, assistant chief, Manhattan Fire Department. “To initiate a response for the scenario an actual 911 call was placed to Riley County Dispatch to report the incident.”

Firefighters and emergency medical services personnel could not accomplish this alone, so the Riley County Police Department, Kansas State Police, Riley and Geary County, Kansas, Emergency Management and FBI were brought in to assist with the exercise, just as they would in a real world scenario, said William Hadley, assistant chief of operations, FRFES.

Inside the airport terminal, American Airlines and Transportation Security Administration

See AIRCRAFT CRASH, page 8



Firefighters from Fort Riley Fire and Emergency Services, the Riley County, Kansas, Fire Department and the Manhattan, Kansas, Fire Department assess a simulated plane crash and search for survivors to treat during a full-scale aircraft incident exercise at the Manhattan Regional Airport July 19.

Flying High



The 1st Infantry Division color guard presents the flag to Command Sgt. Maj. Waylon Petty, battalion command sergeant major, 1st Armored Brigade Combat Team, 1st Infantry Division, July 18 during a flag ceremony at division headquarters. The flag was flown in honor of the 100th birthday of Capt. James Montross Burt, who commanded Company B, 3rd Battalion, 66th Armored Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, during World War II.

‘Burt’s Knights’ celebrate former commander’s 100th birthday

Story and photo by Spc. Elizabeth Payne
19TH PUBLIC AFFAIRS DETACHMENT

The 100th birthday of Capt. James Montross Burt, commander of Company B, 3rd Battalion, 66th Armored Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, during World War II, was celebrated July 18 during a flag ceremony at the division headquarters.

Burt was an armor officer who received the Medal of Honor for his valor in the Battle of Aachen during World War II. He was in command of Co. B, 3rd Battalion, 66th

Armored Regiment, which defended the city of Aachen in Germany during an intense 10-day attack.

“This year is truly a remarkable year in our history, as we celebrate the 1st Armored Brigade Combat Team’s, 1st Infantry Division’s and, significantly, Burt’s 100th birthdays,” said Capt. Christopher Marchetti, battalion rear detachment commander, 1st ABCT, 1st Inf. Div.

Burt’s grandson, retired U.S. Marine Corps Sgt. Joshua Burt, could not be present for the ceremony, but was able to view a live video

See KNIGHTS, page 8

‘Big Red One’ recognizes, honors departing deputy commanding general

By Chad L. Simon
1ST INFANTRY DIVISION PUBLIC AFFAIRS

A Victory with Honors ceremony recognizing Brig. Gen. Scott L. Efflandt, 1st Infantry Division deputy commanding general for maneuver, was held in front of the “Big Red One” headquarters July 18.

Efflandt received the Legion of Merit medal during the ceremony, recognizing his contributions to the 1st Inf. Div. while he served at Fort Riley before departing and becoming the deputy commandant of the U.S. Army Command and General Staff College at Fort Leavenworth, Kansas.

While Efflandt may have spent just one year with the Big Red One, he had a worldwide impact. Efflandt served as the deputy commander of Combined Joint Forces Land Component – Operation Inherent Resolve from his base in Erbil, Iraq, since November 2016.

“Last July when then-Col. Efflandt and his wife, Ann, arrived at Fort Riley, Scott quickly jumped into the fight as the deputy commander for maneuver with the task of getting ready for the division’s deployment to Iraq,” Maj. Gen. Joseph M. Martin, 1st Inf. Div. and Fort Riley commanding general, said. “He was instrumental in building the readiness of our subordinate units throughout the division.

“When he arrived in Erbil just 80 kilometers east of Mosul, Brig. Gen. Efflandt and his team began immediately taking the fight to the

enemy. They supported the Iraqi Security Forces by coordinating precision joint coalition fires as the Iraqi Security Forces fought to take back Iraq’s second-largest city, 1.8 million people.”

From his post in Erbil, Efflandt was responsible for ensuring the coalition’s relationship with the ministry of Peshmerga was maintained in the northern region of Iraq. He built relationships based on trust and mutual respect which ensured continued partnership with the Kurdish region government and their military, Martin said.

“Many called him the ‘Kurd Whisperer,’” Martin said. “I always thought of him as a great teammate for the Kurds and I really loved his approach for aligning Kurdish, coalition and Iraqi objectives.”

As Efflandt departs the Flint Hills Region of Kansas for the bluffs of the Missouri River at Fort Leavenworth, he said he wished he could have spent more time with the Big Red One.

“Regrettably, I have to say goodbye to a special place and a special team,” Efflandt said. “To be brutally honest, I feel cheated for one year is not enough time to fully learn this division and enjoy all that makes up central Kansas. Ann and I have enjoyed every minute of this assignment. From the local communities with the active outreach of their civic leaders to the exceptional units that live and train on this installation, it has been superb. More to the point, the people and families in this area are just simply remarkable.”



Spc. Jarel Chugg | 19th PAD

Staff Sgt. Miguel Ramirez, member of 1st Infantry Salute Battery, presents Brig. Gen. Scott L. Efflandt, 1st Infantry Division deputy commanding general for maneuver, the last round fired from the salute battery signifying his last day as the deputy commanding general of the 1st Inf. Div. Efflandt and his team developed the framework for Iraqi security forces and provided air and surface precision fires during the division headquarters’ recent deployment to Iraq.

FORT RILEY VOLUNTEER SPOTLIGHT



Staff Sgt. Gary Rollins, Medical Activity, was instrumental in the reopening of the Hoop House. He cleaned up both inside and out of the greenhouse. He worked 27 hours to ensure the greenhouse was fully converted. Without him, the Hoop House would not have been completed as scheduled.

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

IN THIS ISSUE



FORT RILEY FAMILIES BOND AT AN ELECTRONICS FREE EVENING, SEE PAGE 9.

ALSO IN THIS ISSUE



EXPLORE THE FUN, HISTORY SENECA HAS TO OFFER, SEE PAGE 16.



THE FIGHTING FIRST!

Frank Smith: A ‘Big Red One’ Soldier

By Phyllis Fitzgerald
SPECIAL TO THE POST

A native of Chicago, Frank Smith’s Army career spanned 27 years, from May 1956 until October 1983.

Smith originally enlisted in the National Guard in 1956. He received basic training at Fort Carson, Colorado, then took his Advanced Individual Training at Fort Chaffee, Arkansas. His military

occupational specialty was as a supply handler.

After returning to Chicago, Smith was brought into the active-duty Army and his active duty career began in May 1956. He received Advanced Individual Training at Fort Bliss, Texas, where he earned a military occupational specialty in anti-aircraft.

After re-enlistment, Smith returned to Fort Chaffee for additional training as a supply handler, then spent the next three years, between 1963 and 1966, at Fliegerhorst, Germany.

While in Germany his MOS changed to 52D, generator mechanic.

Smith’s tour in Germany ended in 1966 and he was assigned to Fort Hood, Texas, just in time to be married to his wife, Jewel, whom he met in 1963. Then, in 1967, Smith was sent to Vietnam for a 13-month tour with the 1st Logistical Support Command, attached to the 1st Infantry Division. There, he worked in building maintenance and repair as well as generator maintenance.

After serving Vietnam, Smith returned to Fliegerhorst and his spouse joined him there in the spring of 1968.

In January 1969, Smith welcomed a son, named Frank. The Smith family returned to the states in 1970 where he was stationed at Fort Riley.

“In 1971 our family grew by three when Jewel and I were awarded custody of her three younger sisters, Valerie, Elaine and Voncille, following the death of their mother,” Smith said.

That same year he earned the rank of staff sergeant, then was

assigned to a unit in South Korea with which he served from 1972 to 1973.

“While I was in Korea my wife and children were moved to the Waiting Wives Post housing located outside of Salina, Kansas,” Smith said. “This is where the wives and children waited for their spouses to return home.”

When Smith returned from South Korea, he was assigned to Fort Hood, Texas, for one year, then in 1974 return to Germany, this time to Bad Kreuznach.

“I lived in Bad Kreuznach for a year and a half and another year and a half was spent in Mainz, Germany,” Smith said. “After Germany, I was assigned to Aberdeen Proving Ground, Maryland, where I was an instructor for generator repair.”

Though initially told he was not up for any overseas rotations, he spent just one year in Maryland before serving a three-year tour in Mannheim, Germany. It was during this assignment he was promoted to sergeant first class.

In 1981, the Smiths left Germany and Sgt. 1st Class Smith was assigned to the 701st Maintenance, 1st Inf. Div., Fort Riley, where he worked on engineering equipment.

“By this time, I held several additional MOS’s — 62B4H, construction equipment repair and 64C40, motor transport operator,” Smith said.

This latest assignment to Fort Riley would be his last in the Army — he retired in October 1983 as a sergeant first class.

The Smiths had already decided to settle down in Junction City, Kansas, so they purchased a home and began his life after retirement. Two of his children were attending Junction

City High School, “... and we did not want to move them,” he said.

The other two graduated from high school in Germany.

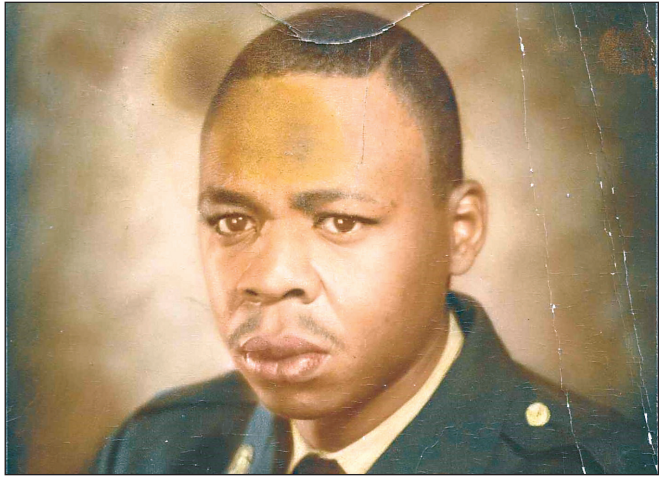
“My wife, Jewel, worked five years for Valley View Geary County Hospital as ward, clerk and unit secretary before retiring in 2014,” Smith said.

Smith remains grateful to the Army for the chance to serve.

“The Army gave me the opportunity to grow myself as a person and provide for family and do some traveling along the way,” he said. “I have many memories that I will always cherish. My favorite memory with the Big Red One (involves) working with Soldiers I served alongside with every day. I enjoyed passing on the knowledge and skills needed to maintenance generators. We all worked well together.”

Today, Smith is retired and enjoys spending time with his family. They travel as often as possible throughout the U.S., and have family and friends all over.

“This past February I attended an opera where I listened to my niece, Christin-Marie Hill perform,” Smith said. “Until then I had only heard how talented she was. She is a mezzo-soprano and has sung with the Arkansas Symphony Orchestra and Neubrandenburger Philharmonic in Germany. She is an avid concert and oratorio soloist and currently sings in Berlin. Lastly, I’m thankful to God for my life, I’m proud of my family and I hold them close to my heart. I’m proud of my military career and service and I love my retired life.”



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 closed weekends 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 2 p.m., Monday to Friday; closed Saturdays, Sundays and federal holidays.

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 have changed. Until further notice, the Grant Street gate will be open from 6 a.m. to 2 p.m. Monday through Friday, closed weekends and federal holidays. Hours of 12th Street gate will be 5 a.m. to 7 p.m. Monday through Friday only, closed weekends and federal holidays.

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.

TROOPER DRIVE ROAD WORK

Night road work will be performed on Trooper Drive starting at Rifle Range Road to Apennines Drive from 6 p.m. to 5:30 a.m. The work begins Aug. 7 and is expected to continue until Sept. 29.

Contracting battalion comes to post



The command team of the 923rd Contracting Battalion at the Mission and Installation Contracting Command-Fort Riley including Lt. Col. Mary O.B. Drayton, left, and Sgt. Maj. Kimala Cox, right, unravel the unit colors during an uncasing of the colors ceremony July 20. The uncasing signifies the unit's reassignment and permanent change of station to Fort Riley from Warren, Michigan.

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

According to military traditions, the command team of the 923rd Contracting Battalion at the Mission and Installation Contracting Command-Fort Riley, unfurled the flag attached to the guidon during an uncasing of the colors ceremony July 20.

The uncasing of the colors by Lt. Col. Mary O.B. Drayton and Sgt. Maj. Kimala Cox signifies the unit's reassignment and permanent change of station to Fort Riley, Kansas, from Warren, Michigan.

"We humbly accepted the responsibility to relocate the battalion to Fort Riley, Kansas, for the purpose of realigning the battalion with the 1st Infantry Division," Drayton said during the ceremony. "The alignment brings a deployable battalion headquarters and three contracting teams – the 633rd, 634th and 719th. Today is about aligning the 923rd with the 1st Inf. Div. to ensure direct operational contracting support."

When the headquarters of a unit undergoes a relocation, the colors are cased to signify that the command has ceased operation at that location. Days before the ceremony at Fort Riley, Drayton and Cox cased the colors before departing for Kansas. The colors are then uncased at the new location to signify the command is operational.

Col. Lynda R. Armer, commander of the 418th Contracting Support Brigade, was present for the ceremony. She said the relocation of this unit fills a gap in our support to the warfighter and accomplishes the brigade mission to support III Corps and its missions.

"The battalion is here and is prepared to provide effective and agile contracting support to the 1st Inf. Div. and Fort Riley installation," she said.

Drayton thanked everyone in the audience for their support of the battalion and said she looks forward to supporting the 1st Inf. Div. and Fort Riley.

"As the colors are uncased today at Fort Riley they serve as a constant reminder of the selfless service, commitment and sacrifice of each and every Soldier, officer and noncommissioned officer of the 923rd contracting battalion," Drayton said. "The colors link us together to carry out one purpose and that is to provide the utmost contracting service to our warfighters."

Drayton previously served as the executive officer for the deputy assistant secretary of the Army (procurement) at the Pentagon. Armer said she has an abundance of contracting experience to share with the battalion at Fort Riley.

"Take it and make it stronger," Armer told the command team. "You have my full support and confidence."

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

Question and answer for this week:

Q: How has Strategic Workforce Planning contributed to New Beginnings?

A: The department is committed to implementing effective means of recruiting, compensating and incentivizing the workforce in order to shape an effective workforce for today and into the future. The sound use of workforce incentives depends on a foundation that includes strategic planning for the organization and its workforce to ensure that incentives are used effectively to meet recruitment and retention needs. The department continues to focus on its strategic workforce planning efforts, now fully integrating more than 600 occupations, including crafts and trades occupations, covering approximately 735,000 employees into a functional community construct based on similar job and occupational families.

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

Post photos, including many that haven't been printed, are on flickr!
flickr.com/firstinfantrydivision

VICTORY WEEK • 2017

2017 SCHEDULE OF EVENTS

SPORTING EVENTS FOR SPECTATORS

10 Miler Run: Aug. 17, 6:30 a.m. — (Start point) Building 88312 at Wells and 1st Division Road

Arm Wrestling: Aug. 17, 11 a.m. — Warrior Zone

Basketball: Aug. 16-17, 10 a.m. — Whiteside Fitness Center

Biathlon: Aug. 16, 10 a.m. — Range 1Z

Bowling: Aug. 17-18, 10 a.m. — Custer Hill Bowling Center

Combatives: Aug. 16-18, 10 a.m. — Long Gym

Commander/Command Sergeant Major Softball Classic: Aug. 18, 5:30 p.m. — Sacco Softball Complex

Danger Dash: Aug. 17-18, 10 a.m. — Training Area 5

Flag Football: Aug. 17-18, 9 a.m. — MWR Fields 1 and 2

Mission Essential Fitness: Aug. 17, 10 a.m. — Combat Aviation Brigade Track

Soccer: Aug. 16-18, 10 a.m. — Colyer Park

Softball: Aug. 17-18, 10 a.m. — Sacco Softball Complex

Tug of War: Aug. 16, 10 a.m. — Long Gym outdoor track

Volleyball: Aug. 17-18, 10:30 a.m. — 7002 Normandy Drive

Warrior Competition: Aug. 17, 8 a.m. — Fort Riley TA

Water "Bro"lo: Aug. 17, 10 a.m. — Custer Hill Pool

Weight Lifting: Aug. 18, 10 a.m. — Craig Fitness Center

VICTORY PARK 100TH YEAR MONUMENT

Friday, Aug. 18, 3 p.m. — Building 580

VICTORY FEST AND FIREWORKS

Saturday, Aug. 19, 11 a.m. (fireworks at 10 p.m.) — Marshall Army Airfield

USO FORT RILEY KIDS FISHING DERBY

Sunday, Aug. 20, 10:30 a.m. — Moon Lake South Shore Pavilion

SPORTING EVENTS FINALS

Monday-Thursday, Aug. 21-24, various times and locations

COMBINED REGIMENTAL LINEAGE CEREMONY

Monday, Aug. 21, 10 a.m. — Building 580

GOLD STAR FLAG RAISING

Tuesday, Aug. 22, 9 a.m. — Building 500

VICTORY PARK MEMORIAL CEREMONY

Tuesday, Aug. 22, 10 a.m. — Building 580

VIETNAM VETERANS WELCOME HOME CEREMONY

Wednesday, Aug. 23, 3 p.m. — Marshall Army Airfield

DIVISION REVIEW / VICTORY CUP AWARDS CEREMONY

Friday, Aug. 25, 9:30 a.m. — Cavalry Parade Field

iWATCH ARMY

"IT'S LIKE A NEIGHBORHOOD WATCH - ONLY FOR THE ARMY COMMUNITY"

RILEY ROUNDTABLE

What is your favorite zoo animal and why?



"Pandas because they seem to have a simple life of eating and having fun."

**SPC. VINCENT ENGEL
THAILAND**

5th Squadron, 4th Cavalry Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division



"Pythons because I own snakes."

**SPC. SEAN HARVEY
ST. LOUIS, MISSOURI**

5th Squadron, 4th Cavalry Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division



"Tigers because they're a meat eater."

**SPC. TUDOR IANCU
ROMANIA**

5th Squadron, 4th Cavalry Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division



"Wolves because they're cohesive – they work together."

**SPC. JUSTIN CASE
OMAHA, NEBRASKA**

5th Squadron, 4th Cavalry Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division



"Peacocks. It's just a beautiful bird and exudes confidence."

CLEO JONES

Visitor from Junction City, Kansas

THE 1ST INFANTRY DIVISION POST

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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 26, 383 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

First Division's enduring value to the nation

Soldiers, families and friends of the 1st Infantry Division,

For 100 years, the 1st Infantry Division has proven its value to the nation. We're mission focused and always ready. Over those 100 years, the "Big Red One" has demonstrated that there is no mission too difficult, no sacrifice too great. Just a few weeks ago, while we welcomed our commanding general, Maj. Gen. Joseph Martin, and the division headquarters back from Iraq, our 2nd Armored Brigade Combat Team continued to prepare for their upcoming deployment to Europe this fall.

Though there are so many to choose from, 2nd ABCT is a prime example of 1st Inf. Div.'s enduring value to the nation. They were selected to support and



Brig. Gen.
William A. Turner

represent the United States' interests in Europe under U.S. Army Europe in support of Operation Atlantic Resolve. The "Dagger" brigade will join with our NATO allies to train and prepare for a multitude of contingency missions; none more important than deterring Russian aggression.

The Dagger brigade has vigorously trained this past

year for their mission abroad. They conducted rigorous individual and collective training and successfully executed Danger Focus II – their prelude to the National Training Center in Fort Irwin, California. They then impressed leadership at NTC when they breached the Whale Gap, a heavily enforced terrain feature, and completely overwhelmed the opposing forces – something not seen in years. The 2nd ABCT is getting stronger and more capable as the days pass. They are ready to build upon our NATO partners' already tremendous capabilities. Because of the Big Red One's reputation, their very presence there will continue to assure our allies of our commitment to that region and send a powerful message to those who seek to disrupt peace in that part of the world.

While it is apparent the great things 2nd ABCT and all of our units are accomplishing, I'd like to take a moment to focus on the Big Red One Soldiers who comprise our units. They are competent men and women of exceptional character who are committed to ensuring victory on the battlefield. There are many reasons why they chose to serve our country, but no matter the reason why, the end result is the same: a more secure country and world. You simply can't find that brand of loyalty on store shelves. This is why the Big Red One continues to maintain its enduring value to the nation.

Duty First!
Brig. Gen. William A. Turner 1st Inf. Div. and Fort Riley acting senior commander

SAFETY CORNER

Rising temperatures pose risks to children

By Dawn J. Douglas
GARRISON SAFETY OFFICE

This may have happened to you. You're busy running errands, making frequent stops at various locations. Your little one is fastened securely in the car seat, finally fast asleep. You look down and your gas tank is nearing empty. You pull up to gas station and realize you have to pay inside. You will only be gone a few minutes. You think about cracking the car windows open and leaving your child undisturbed while you go into the store. You think about it. It's tempting.

THE FATAL FACTS

While it's tempting to leave your child alone in the car, it's not safe. Every summer, heartbreaking and preventable deaths happen when children are left alone in hot cars. More than 600 U.S. children have died that way since 1990, according to the nonprofit safety group Kids and Cars. About 38 children in the United States die from heat stroke each year after being trapped in a car. Some of the children were left there by mistake, some were left on purpose and some were using the car as a place to play.

THE HARM

Heat stroke, or hyperthermia, is the biggest danger. Heat stroke can damage the brain and other body organs. It can even lead to death. It doesn't take long for a child's body temperature to become too high when left in a car because the temperature

inside a car can increase 20 degrees in 10 minutes and 40 degrees in an hour. It doesn't have to feel hot outside to be dangerous inside a car. Deaths have happened when it's just above 70 degrees Fahrenheit outside. Leaving the windows open slightly does not prevent the temperature from rising to a dangerous level.

A child's body heats up three to five times faster than an adult's body. Children have a lot of body surface area that absorbs heat. Children's bodies have not yet developed the ability to cool down well.

Most of the children who have died from heat stroke after being left alone in a car were age 3 and under, but it has happened to kids as old as 14. Heat stroke may occur when body temperature passes 104 degrees Fahrenheit. That overwhelms the brain's temperature control, causing symptoms such as dizziness, disorientation, agitation, confusion, sluggishness, seizure, loss of consciousness and death.

PROTECT PRECIOUS CARGO

Although it may be tempting, never leave your child alone in the vehicle – Not even for a minute. This not only means infants and toddlers, but older kids under the age of 13, as well.

You might think you would never forget your child in the back seat, but it can happen to anyone. Busy schedules, lack of sleep and changes in routine can distract us easier than you think.

BYSTANDERS CAN HELP

The National Highway Traffic Safety Administration advises that, if you see a child alone in a hot vehicle, call 911 immediately. If they are in distress due to heat, get them out as quickly as possible.

SET UP A SYSTEM

Unfortunately, some child carriers have hoods, so you can't tell if there is a child in the seat. Developing alarm systems that sound if a child's seat belt is left fastened when the door shuts may be helpful in the future, but for now you may have to develop a system of your own to remind yourself to check the back seat.

If the child has fallen asleep in their car seat, which is usually behind the driver's seat, there is no visual information to remind you that there is a kid to drop off and, if you have not done it day in and day out, you need a cue. A simple system may include setting your cell phone, purse, gym bag or briefcase on the floor near your child. This will help you see your child when you open the door to get the item. Or set your smart phone or electronic calendar to give you a reminder to be sure you dropped your child off at daycare each morning.

Another idea is to ask your daycare provider to call you within a few minutes if your child is late for daycare. Or, keep a large stuffed animal in the car seat when your child is not with you. Move it to

the front seat where you will notice it when your child is with you – it can act as a reminder.

In addition, for their protection, infants are usually rear facing in car seats and some parents may forget to visually check because it requires them to leave the vehicle and go around to the opposite side of the car. Keeping a reminder note near the dash may be a visual cue to check the backseat every time you exit the vehicle.

More Ways to Protect your Child:

- Do not allow your child to play in a car
- Lock all doors and the trunk after everyone is out of the car
- Keep all keys out of the reach of your child
- If a child goes missing, check the pool first if you have one; then check the car, including the trunk.

While the state of Kansas does not have laws that address leaving a child unattended in a vehicle, child protection laws may apply. According to Kansas statute, child neglect is defined as "failure to provide adequate supervision of a child," and defines child endangerment as "knowingly and unreasonably permitting a child under 18 to be placed in a situation that may endanger the child's life, body or health."

For more information call the U.S. Army Garrison Fort Riley, Safety Office at 785-240-0647.

RECYCLING CENTER

Look for green – recycle, keep it clean

By Chris Otto
RECYCLE AND SOLID WASTE COORDINATOR FOR THE DPW ENVIRONMENTAL DIVISION

In the heat of a summer day, employees at the Fort Riley Recycle Center are using a state-of-the-art recycling sorter to separate cans, bottles, cardboard, plastic and other recyclables.

The machine comes to a screeching halt. Work is stopped so workers can remove dirty diapers, bags of cat litter and car parts from the conveyor belt that should only carry recyclables. This scenario is playing out too often at the Recycle Center.

Fort Riley makes recycling easy for people living on post. The installation provides free curbside recycling pickup for residents who have opted-in to the recycling program. Residents only have to place all of their paper, plastic, cardboard, aluminum, Styrofoam and other recyclable materials in the green recycle cart and have it on their curb on their neighborhood's refuse collection day.

They are also asked to pour out any liquids before putting in their cart. Trucks collect the

materials and bring them to the Recycle Center where they are fed through the sorter.

However, some residents are putting trash in the recycling carts instead of the trash cans. It is estimated about 30-40 percent of the materials to the Recycle Center received have been trash.

This reduces productivity and could cause safety hazards for recycle center employees.

You can help by putting the right stuff in the right bin. Put paper, plastic, cardboard, plastic foam food service containers, glass, aluminum and ink cartridges in the green recycling carts. Dirty

diapers, cat litter, food waste and other trash in the blue trash cans.

For more information on what can be recycled, call Fort Riley's Recycle Coordinator at 785-239-2385. For information on the curbside recycling program visit <http://riley.corviasmilitaryliving.com/recycling>.

The next USAG Resilience Day Off is

AUG

4

‘Demon’ brigade pilots fly Apache helicopter to veterans picnic



Chief Warrant Officer 2 Anthony Manfredi, left, and Chief Warrant Officer 2 Brandon Vanmeter, right, with Company A, 1st Attack Reconnaissance Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division, talk to Vietnam veterans at the Kansas Veterans and Family Reunion on Veterans Point at El Dorado State Park in El Dorado, Kansas, July 21. The reunion was for veterans who had served, or are serving, in any one of the nation’s military branches.

Story and photo by Sgt. Jarrett E. Allen
1ST CAB PUBLIC AFFAIRS

Early on the morning of July 21, Chief Warrant Officer 2 Brandon Vanmeter and Chief Warrant Officer 2 Anthony Manfredi, pilots with Company A, 1st Attack Reconnaissance Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division, flew their AH-64 Apache helicopter to Veterans Point at El Dorado Lake State Park in El Dorado, Kansas, to display their aircraft for the Kansas Veterans and Family Reunion.

David Burditt, president of KVFR, said this was their 30th year to hold a reunion and it was fantastic the pilots were able to be a part of it this year. He said they used to have an H-1 Huey helicopter come out every year until it was taken out of service. He said the last one to come through went straight to the scrap yard afterward.

Burditt said he hopes to get the word out so KVFR can continue to grow. In fact, it used to be called the Kansas Vietnam Veterans and Family Reunion, but in an attempt to get the veterans of the Iraq and Afghanistan wars involved, they updated the group’s name.

Vanmeter said he couldn’t support the KVFR association more than he does already. “As a veteran myself, I feel I share a bond with these fine folks,” Vanmeter said. “I think the fact the association has been around for 30 years speaks volumes towards the people organizing it.”

Vanmeter said he is thankful for the opportunity to support these veterans in a way they enjoyed and appreciated. He is also proud of the 1st CAB for sharing its resources at a public event honoring the nation’s heroes of war. He said the way he and Manfredi were received by the veterans and the rest of crowd was honoring and humbling.

“I couldn’t have been happier to have been a part of the event and I will certainly never forget this experience,” Vanmeter said.

Burditt served in the Army at the end of the Vietnam War and with the “Big Red One” at Fort Riley and in Germany.

He said he didn’t serve in Vietnam, but he holds a special place in his heart for combat veterans.

“I am proud of my service, but I always hold someone who’s been under fire a little higher than I hold myself,” Burditt said.

Irwin Army Community Hospital



PROVIDER



NO-SHOW PATIENT

Missed appointments
are missed opportunities for others.



WOULD BE PATIENT



WOULD BE PATIENT



WOULD BE PATIENT

Future Army nurses become promise keepers, caregivers



Pvt. Naudia Glass, left, performs a routine physical on a resident during her clinical training at the Armed Forces Retirement Home in Washington, D.C., July 17. Glass and other promising Army nurses train at the home to hone their skills in geriatric care.

Story and photo by Sean Kimmons
ARMY NEWS SERVICE

WASHINGTON — When Spc. Ashley Torrens completed her first day of clinical training recently at the Armed Forces Retirement Home, the most important lesson the future Army nurse learned was how the military takes care of its own.

“It’s humbling,” said Torrens, who is in a yearlong program to become a licensed practical nurse. “It makes you understand why we put our lives at risk, just because we know that we have each other’s back.”

Each month, 50 cents is taken from the paychecks of active-duty enlisted Soldiers and warrant officers to help run the retirement home here and another in Gulfport, Mississippi. Formed in 1991, the independent government agency has roots dating back to the 19th century when the Army built a Soldiers Home in Washington, D.C., and the Navy started a similar one, which is now in Gulfport. Both those homes later merged to assist veterans from all military services.

Today, the retirement home in Washington houses almost 400 veterans, many of whom served in past conflicts. It has also become a training ground for up-and-coming Army nurses honing their skills on geriatric care.

Based at the nearby Walter Reed National Military Medical Center, Torrens and fellow nursing students visit the retirement home as part of their advanced individual training before they join the ranks of the Army Nurse Corps.

“Since it’s initial training, a lot of them have never been around patients, so it’s a good start for them as opposed to throwing them in at Walter Reed,” said Alfreda Johnson, a former Army captain who now works as one of the program’s nursing instructors.

With more than 80 Soldiers, the Walter Reed program is the largest of five such Army nursing programs, according

to Johnson. All students begin at Fort Sam Houston, Texas. Then for Phase II, many of them head off to Fort Gordon, Georgia; Joint Base Lewis-McChord, Washington; Fort Bliss in Texas; or Walter Reed.

When their noses are not buried in textbooks, students observe medical care in action, as well as perform it themselves. At Walter Reed, students provide assistance in intensive care units and treat wounded warriors who can have various ailments such as amputations or a traumatic brain injury.

“The ultimate goal is to train them so they can actually work in a combat zone,” said Johnson, who is also a nurse at Walter Reed. “We want them to be ready if unfortunately that should happen.”

MORE THAN COMBAT CARE

When nursing students visit the retirement home, they typically see different illnesses, ranging from Alzheimer’s disease to chronic ailments like diabetes and cardiac conditions.

The young Soldiers also get to hear a wealth of military history from the aging but experienced residents. “Most students say it’s better than any textbook,” Johnson said.

Residents also enjoy having the uniformed Soldiers roam around the hallways, said Michael Bayles, chief of health care services at the retirement home.

“It’s good for them because it gives them a feeling that they’re still engaged with the military,” said Bayles, a retired Army colonel.

Being a former public health nurse himself, Bayles said the Soldiers could one day rely on the geriatric care training they get here if stationed at a medical center where they would treat an array of patients.

Deployed locations may present opportunities to use geriatric training, too. On a past deployment to Iraq, Bayles said he had older contractors come in for care while working at a combat support hospital. Elderly people are also seen during medical readiness exercises

that Soldiers often perform outside the United States.

“I think the real value is getting them thinking about more than just combat care and being able to have some geriatric experience,” Bayles said.

LICENSED NURSE

While helping residents who suffer from dementia, Torrens said she admired the enthusiasm and patience of one of the on-site nurses trying to get them engaged in a craft project. It’s an attitude she hopes to recreate in her future work as a nurse.

“You can’t be a nurse and not have empathy,” said Torrens, 28, of San Juan, Puerto Rico. “You have to have the ability to put yourself in someone else’s shoes.

“We’re all humans and we have our own burdens,” she added. “But you have to leave them at the door once you go into the hospital because the patient comes first.”

Pvt. 2 Naudia Glass, 23, of Atlanta, worked alongside Torrens as they shadowed the nurses. She said the nursing program has been an eye opener.

“When I came in (to the Army), I didn’t know we had nurses at all,” Glass said. “I thought it was just combat medics.”

The only Army medical job where a Soldier can become a licensed professional in both the military and civilian sectors after completing initial training, the 68C practical nursing specialist program is also a money saver for Soldiers. On average, the cost of tuition for LPN programs is about \$10,000 to \$15,000, according to nursing career websites.

The cost savings, along with other benefits, swayed Torrens to switch to 68C after serving as an Army information technology specialist.

“I reclassified because I wanted to go back into health care,” said Torrens, who already has an associate’s degree in physical therapy.

“For me, it’s always been humbling. It takes the focus off of you and puts it on someone else. You become a tool to make someone’s life better.”

Fence construction to begin in Colyer Manor Neighborhood

By Maria Childs
1ST INF. DIV. POST

From the 1880s to the 1980s, the Sherman Heights Small Arms Range near the southern border of Fort Riley between the Colyer Manor neighborhood and the Sherman Heights highlands was used for small arms and munition training. Since then, environmental studies have shown elevated levels of lead in the surface soil in that area.

The Directorate of Public Works Environmental Division, the U.S. Environmental Protection Agency, the Corps of Engineers and the Kansas Department of Health and Environment have partnered to determine the most efficient way to remedy

this situation for the benefit of the public.

Residents of Colyer Manor neighborhood at Fort Riley will be seeing a fencing project out their back door starting in late August.

David Jones, environmental scientist with the Environmental Division, DPW, said the 17-acre project is to prevent access to lead bullets and bullet fragments at the old small arms firing range on the hillside north of Pistol Range Road. They determined the best remedy is to fence off the area so the public can no longer access it.

The Army is required to address and remediate potential hazards associated with lead-contaminated soil. In 2014, the Army sought

public opinion about the preferred remedy to install the fence around the range. That remedy was confirmed in a 2016 federal Record of Decision and construction will begin mid-August.

Alan Hynek, conservation branch chief of the Environmental Division, DPW, said residents can expect to see trucks moving in and out of the area as well as the installation of the 6-foot chain link fence. Construction will take approximately 10 weeks and will be performed Monday through Friday from 7 a.m. to 5 p.m. There will be no weekend or holiday construction.

“We want to get the information out there so people aren’t left wondering what is going on,” he said.

KNIGHTS Continued from page 1



Courtesy Photo

Lt. Col. Matthew Garner, battalion commander, 1st Armored Brigade Combat Team, 1st Infantry Division, and Command Sgt. Maj. Waylon Petty, battalion command sergeant major, 1st ABCT, 1st Inf. Div., cut a birthday cake July 14 during a celebration for the 100th birthday of Capt. James Montross Burt, who commanded Company B, 3rd Battalion, 66th Armored Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, during World War II.

of the flag being lowered from Michigan.

"It was great to watch the ceremony," Joshua Burt said. "I felt goosebumps — what he did for his country was an inspiration to me."

During the ceremony, the flag flown over the division headquarters was presented to

Command Sgt. Maj. Waylon Petty, battalion command sergeant major, 1st ABCT, 1st Inf. Div., for safe keeping. The flag will later be presented to Joshua Burt on behalf of the President of the United States as a token of appreciation rendered by his grandfather's service.

SUICIDE PREVENTION

THE POWER OF 1

AIRCRAFT CRASH



Season Osterfeld | POST

Firefighters from Fort Riley Fire and Emergency Services, the Riley County, Kansas, and the Manhattan, Kansas, Fire Departments check on a victim of a plane crash during a full-scale aircraft incident exercise at the Manhattan Regional Airport July 19. During the exercise, a simulated aircraft with 41 passengers on board crashed at the airport, resulting in a mass casualty incident and requiring multiple state and federal organizations to respond.

worked with families of the victims and those seeking information regarding the crash.

"The reason we chose a mass fatality, was one, to test the response of federal agencies," Hadley said. "Mass fatality is a higher response category and the mass causality exercise was

practiced at the last full scale exercise. Two, (to) test the reactions of airport officials and their release of information."

The Federal Aviation Administration requires all civilian airports to perform a full-scale exercise every two years. At Manhattan Regional Airport, they rotate every

other year doing table top and full scale exercises with local, state and federal emergency services organizations, Hadley said.

Training together plays a vital role in the success of all emergency operations for the responders involved. Understanding how each organization works allows them to work together more efficiently when responding to mutual aid requests, he said.

“Overall, over the past eight years or so, personnel and budgets have been reduced both on the Department of Defense and civilian emergency response side, so with these reductions, it is vital to have as many resources available, as soon as possible, to be able to mitigate a large scale incident as quickly, efficiently and safely as you can,” Hadley said. “Even

with optimum manning and a budget account overflowing, sometimes, especially on large scale incidents, everyone needs a little help. With an incident at Manhattan Airport, large aircraft and large number of potential victims and heat factored in, they are going to need some assistance very quick, so by working out the mutual aid agreements, it is letting the partner know that we can assist in a time of need as long as we don't have an incident of our own happening on

the installation that has our resources tied up.”

Although the training was a success, it was not without issues and challenges, such as communication and dispatch complications.

“Obviously, planning and coordinating so many agencies is a challenge,” Dameron said. “We conduct multiple tabletop exercises and scenarios for all types of events. Training for these types of events in a controlled environment allows everyone to train together and create plans to assist all of us for when a real emergency happens.”

In addition to creating plans for future operations so they work seamlessly together, the exercises show them the problems they have and allow them to create solutions, Hadley said.

"No exercise or drill should ever go 100 percent perfect," Hadley said. "If it does, then it wasn't planned to test the capabilities of all of the responding agencies, something is always going to happen and how the responders and incident commander adapt to that change is what makes the exercise a success or failure. The responders and incident commander adapted to the shortfalls that were presented to them, which made this drill a success, still have room for improvement, but it was a success."

Have the Courage to Help a Buddy

**One Suicide is
one too many.**

For assistance:

- ▶ **Talk to your Battle Buddy and chain of command**
- ▶ **Call the Military Crisis Line at 1-800-273-TALK (8255) and press "1" for Military Crisis Line**



Check dogs for dehydration, heat stress as temps rise

K-State veterinarian shares symptoms to look for, tips to prevent

By Maddie Salerno
K-STATE NEWS

MANHATTAN — Given the high temperatures much of the country has been experiencing lately, it's important to remember that our furry canine friends have an extra layer on

MORE INFORMATION

- If you notice your pet having medical problems contact a veterinarian immediately. You also can reach out to the **Kansas State University Veterinary Health Center** at 785-532-5690.

and are susceptible to the heat, according to a Kansas State University veterinarian.

When the summer heat index rises, the risk for dehydrated and overheated dogs does the same, said Susan Nelson,

clinical professor at the university's Veterinary Health Center. Nelson said it's important to recognize the signs of heat stroke in your pet and know what you can do to prevent it from becoming a problem.

According to the Centers for Disease Control and Prevention, when temperatures outside range from 80 to 100 degrees, the temperature inside a car parked in direct sunlight can quickly climb to between 130 and 172 degrees. That means it's best to leave pets at home when running errands, Nelson said.

"Even with the windows cracked, we should never leave our pets in a vehicle unattended," Nelson said. "For what

might seem like a short trip into the bank, it can end up being fatal for our pets."

To prevent heat stroke in your pets, Nelson said to keep in mind the time of day you take them outside for walks or runs. She recommends taking them out in the cooler morning or later evening hours.

"Even if they have never had a problem with heat before, watch for signs of lagging behind, thick saliva and dark mucus membranes. These are

all indications your dog might be starting to get heat stress," Nelson said.

The following are some of the symptoms Nelson said to watch for when trying to detect heat stroke in your dog:

- Body temperature above 103 degrees
- Excessive or vigorous panting
- Dark red, blue or purple gums

See **DOGS**, page 12



Sgt. William Tomblin, 97th Military Police Battalion, bonds with his wife, Katie, and children Maverick, 5, Zaylie, 6, Ellyse, 5 and Sullivan, 6 months, over a Disney trivia board game July 21 during the USO Unplugged: Family Game Night. The event as held at USO Fort Riley and included a nacho bar dinner.



Dakota Salisbury, 4, son of Sgt. Michael Salisbury of Headquarters and Headquarters Company, 2nd Battalion, 70th Armor Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, shows off the outfit he picked out for his first day of school at the Elements of School back-to-school fashion show at the Fort Riley Exchange July 22.

School outfits making the grade

Exchange fashion show puts back-to-school attire front and center

Story and photo
by Suet Lee-Growney
1ST INF. DIV. POST

The energy was building and excitement filled the air backstage as models stood in line awaiting their turn to strut their stuff at the annual Elements of School fashion show at the Fort Riley Main Exchange July 22.

The back-to-school fashion show was organized by Army and Air Force Exchange Service staff and children from the Fort Riley community served as models. Each year, the Exchange hosts a show right before school begins to help parents figure out what their children would find trendy to wear on their first day of school.

Maria Berrios Borges, Exchange main store manager, said about 28 kids of all ages modeled for the fashion show.

"Once we got the whole group together, we start calling them so they can come and pick out their outfit," Borges said. "The parents come in, they pick the outfits the kids want to wear, and we put those outfits separate with their names, (the kids) do a little rehearsal — obviously with a lot of people, some of them get a little shy — and then they wear their clothes."

At the end of the show, parents are able to purchase the outfit at 20 percent off. But the discounted head-to-toe outfit is not the only benefit.

Alisha Salisbury, wife of Sgt. Michael Salisbury of Headquarters and Headquarters Company, 2nd Battalion, 70th Armor Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, who had her five children between the ages

See **FASHION**, page 12

Game ahoy

Sharing childhood, making memories at family game night

Story and photos by Suet Lee-Growney
1ST INF. DIV. POST

The USO Fort Riley was filled with laughter July 21 as families shut off their electronics for some time together over board games at the USO Unplugged: Family Game Night.

The idea behind this game night was to help families focus on reconnecting. About 70 people attended and more than 200 types of activities from USO Fort Riley's game collection were available. A nacho bar dinner was also available.

Victoria Fuqua, wife of Sgt. 1st Class Mathew Fuqua, Directorate of Plans, Training, Mobilization and Security operations noncommissioned officer, and USO Fort Riley family game night coordinator and volunteer, said families are discouraged from using their phones, unless it is for taking pictures.

See **GAME NIGHT**, page 12



Katie Tomblin asks her 5-year-old daughter, Ellyse, a trivia question from "Scene It? Disney Edition" during USO Unplugged: Family Game Night July 21. During the game night, families were discouraged from using their electronics, unless it was for taking photos.

Patrons, staff celebrate 122nd exchange birthday

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

Army and Air Force Exchange Service at Fort Riley celebrated the organization's 122nd birthday with parties open to patrons of the "Big Red One" and Forsyth Express locations July 22.

Patrons and staff alike celebrated with face painting for kids, free food, beverage samples and taking shots at the Forsyth store manager, Mona Burlein, who was in the dunk tank. Firefighters from Fire Station 5 were also present to let kids climb inside the engine and answer questions.

The annual bash holds meaning for AAFES staff members.

"Our customers are everything," said Leazel Williams, shift manager at the Forsyth

"Our customers are everything. They're the reason we do it."

LEAZEL WILLIAMS | SHIFT MANAGER, FORSYTH'S EXPRESS

Express. "They're the reason we do it. Not only Soldiers, but their families too. We like to do it every year to make sure they know that they're the reason we do this."

Many families within the Colyer-Forsyth neighborhood walked to the Forsyth Express to take part in the activities and enjoy a free lunch. Laura Bishop, wife of Sgt. Trevor Bishop, a Fort Riley Soldier, came with her children after a friend told her about the celebration.

She said her kids loved the snacks and getting their faces

painted, along with signing up for the giveaways and trying their hand at dunking the store manager.

"It's a good way to bring people around and get together with everyone and show your appreciation," Bishop said.

Williams said the entire celebration would not have been possible if not for the efforts of Burlein. She said the celebration had been Burlein's baby since she began planning it.

"She worked really hard and it shows," Williams said. "It turned out really great."



Six-year-old Jasen Sparrow, son of Sgt. Brandon Sparrow, 2nd Armored Brigade Combat Team, 1st Infantry Division, throws a ball at a target on a dunk tank during the Army and Air Force Exchange Service 122nd birthday celebration July 22 at the Forsyth Express. Patrons and staff alike celebrated with free food, beverage samples, face painting for kids, taking shots at the Forsyth store manager, Mona Burlein, in the dunk tank and more.

FORT RILEY POST-ITS

USO NO DOUGH DINNER

USO Fort Riley is hosting a No Dough Dinner July 31 at The Culinary Lab, 251 Cameron Ave. from 5 to 6:30 p.m. The No Dough Dinner is a free dinner to active-duty military and their families.

Build your own taco bar and enjoy the air conditioning during this hot summer. Reservations are suggested for planning purposes.

For more information, call 785-240-5326.

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.

For more information, call 785-239-2813.

INFORMATIONAL EDUCATION FAIR

Fort Riley Education Services is hosting an informational education fair Aug. 3 from 10 a.m. to 3 p.m. at Riley's Conference Center, 446 Seitz Drive.

Meet with representatives from nine on-post Consortium of Colleges and Flint Hills regional colleges and universities in the surrounding area.

Representatives will provide information about the classes and programs they have available.

The fair is open to service members, their dependents, veterans, retirees, all Department of Defense ID holders and community members.

For more information, call 785-239-6481.

FALL APPLE DAY PIE SALES

Fall Apple Day Festival is scheduled to take place Sept. 23 and apple pies are for sale. Pre-orders are not required, but pies usually go fast during the festival.

To reserve a pie, visit <https://squareup.com/store/HASFR>.



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.



RILEY'S CONFERENCE CENTER 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 785-784-1000.

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.

MUSIC ON THE PATIO

Enjoy a relaxing evening on the patio at Riley's Conference Center July 29 at 6 p.m. Admission is \$15 and includes appetizer bar and two beverages. A cash bar is also available. Doors open at 6 p.m. and music plays from 7 to 9 p.m.

For more information, call 785-784-1000.



FORT RILEY REEL TIME THEATER SCHEDULE

Friday, July 28

Transformers: The Last Knight (PG-13) 7 p.m.

Saturday, July 29

Transformers: The Last Knight (PG-13) 2 p.m.

The House (PG-13) 7 p.m.

Sunday, July 30

Transformers: The Last Knight (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

AQUA ZUMBA CLASS

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

Classes are held at 7 p.m. 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 785-239-5860.

CARS & COFFEE

Cars & Coffee is held every third Sunday of the month at 11 a.m. at the Warrior Zone. Participants can enjoy \$2 grande size coffees, 50 cent waffles and pancakes, yard games and get the chance to be named the Car of the Month. The event is free to attend and open to the public.

For more information, call 785-240-6618.

SOLAR ECLIPSE VIEWING PARTY

Corvias will host a Solar Eclipse Viewing Part Aug. 21 from 11 a.m. to 2 p.m. at the Colyer Forsyth Community Center, 22900 Hitching Post Road. Viewing glasses and free snacks will be available.

The event is free and open to all Corvias on-post residents. Children must be accompanied by an adult. No pets are allowed.

BUILDING CLOSED

Building 210 on Custer Avenue is now closed. All Directorate of Human Resources offices from that building are now in buildings 215 and 217.

COMMUNITY CORNER

Chaplain Corps enjoys proud history supporting Soldiers, families

By Col. John D. Lawrence
FORT RILEY GARRISON COMMANDER

Chaplains are the ultimate support to warfighters and their families, and the Chaplain Corps is one of the oldest entities of the Army. The Continental Congress established chaplains as an integral part of the Army July 29, 1775. Over the years, more than 25,000 chaplains have served in the U.S. Army as religious leaders.

Army chaplains have served alongside Soldiers in the trenches of every conflict from colonial times through present day. They have displayed compassion, dignity and bravery during tough situations in times of war and peace. According to the Army Chaplain Corps website, nearly 300 chaplains have laid down their lives in battle and seven have been awarded the Medal of Honor.

The mission of the Army chaplaincy is huge and spans every faith, including those who hold no faith. From military installations to deployed combat units, chaplains and chaplain assistants perform ministries in the



Colonel Lawrence

most religiously diverse organization in the world. Chaplains lead religious support activities according to their faith and conscience and provide religious support for other faith groups by coordinating with other chaplains or qualified individuals to perform the support needed.

Currently, there are more than 2,700 chaplains in the Army representing 140 different religious organizations. I

have the utmost respect for the work they do and the services they provide for our Soldiers and families.

Locally, the staff at Fort Riley's Religious Support Office provides services and programs at six different chapels; there's also a chapel at the new Irwin Army Community Hospital. These religious leaders can facilitate worship needs for nearly any religious belief or background. Visit <http://www.riley.army.mil/Services/Fort-Riley-Services/Chaplain> or call 785-239-3359 for service schedules, religious information and grief or crisis support resources.

riley.army.mil/Services/Fort-Riley-Services/Chaplain or call 785-239-3359 for service schedules, religious information and grief or crisis support resources.

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



WWW.FACEBOOK.COM/
FORTRILEY

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 rileypwoc@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****



100 YEARS
OF
UNITED STATES
ARMY
1775-1975

VIETNAM VETERANS / 1ST INFANTRY DIVISION

Welcome Home Ceremony 2017

WHEN: 3 P.M. AUG. 23, 2017
2:30 P.M. — VETERANS WISHING TO PARTICIPATE IN CEREMONY

WHERE: BUILDING 837

SPEAKER: MAJ. GEN. JOSEPH MARTIN

RSVP: 1ST LT. STEPHANIE PREEKETT AT 785.240.3866 OR EMAIL RILEYWELCOMEHOME@GMAIL.COM



WATERMELON SOCIAL

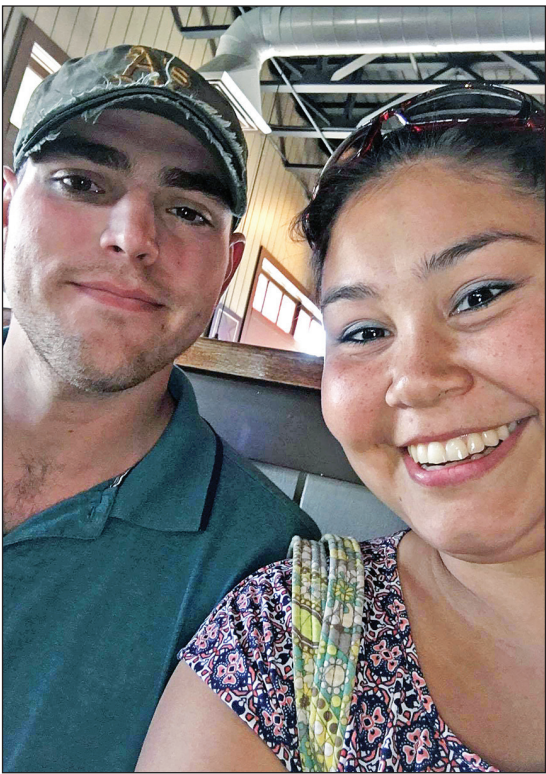


ABOVE: Lucas Sanby, son of Sgt. Shane Sanby, 1st Battalion, 16th Infantry Regiment 1st Armored Brigade Combat Team, 1st Infantry Division, and RIGHT his daughters Katerina and Arya Sanby nibble on watermelon during the Watermelon Social July 22 at the Fort Riley Post Library. A bounce house, sack races, bean bag toss, lemonade and lots of watermelon kept kids and parents alike relaxed and refreshed despite the summer heat. “It gives everybody a chance to get together during the hottest part of summer,” said Terri Seaman, contract manager for the Fort Riley Post Library. On Sept. 9, the library will have a Back to School party from 1 to 3 p.m.

Photos by Season Osterfeld | POST



TUESDAY TRIVIA CONTEST



The question for the week of July 25 was: Where do I find the email address where I can send my RSVP or questions about the Aug. 23 Vietnam Veterans Welcome Home Ceremony?

Answer: www.riley.army.mil/vietnamveteranswelcome.aspx

This week’s winner is Marie Crockett, whose spouse is Spc. David Crockett, of Company C, 299th Brigade Support Battalion, 2nd Armored Brigade Combat Team, 1st Infantry Division.

Pictured above are David and Marie Crockett.

CONGRATULATIONS MARIE!

WWW.RILEY.ARMY.MIL

Date set for informational education fair at Fort Riley

Fort Riley Education Services to host 10 a.m. to 3 p.m. event Aug. 3

By Maria Childs
1ST INF. DIV. POST

An informational education fair is scheduled from 10 a.m. to 3 p.m. Aug. 3 at Riley’s Conference Center. The Fort Riley Education Services event is open to anyone with a Department of Defense identification card who is seeking assistance with enrolling in an educational program. Monica Smith, education specialist with Fort Riley Education Services, said the event will include the nine on-post colleges and some other schools within a 60-mile radius of Fort Riley, but the staff will also be asking Soldiers and spouses to give their feedback about available programs.

“The intent is to find out what programs and services are the highest need to Soldiers — what they want to see come here.”

MONICA SMITH | EDUCATION SPECIALIST,
FORT RILEY EDUCATION SERVICES

“The intent is to find out what programs and services are the highest need to Soldiers — what they want to see come here,” she said. Recently, Education Services conducted a needs-assessment survey that identified high-demand programs. Survey results included cyber security, auto collision repair and information technology training. “We are trying to get more feedback,” she said. “When Soldiers go to exit, they will be given a survey and they

will be able to fill in what they want to see.” Smith said education services can connect any eligible DOD ID cardholders with any school in the area that offers the degree or certification they are looking for. Financial aid workshops are available once a month and a financial aid adviser is available by appointment. No registration is required to attend the education fair. For more information about education services, call 785-239-6481.

Everyone has a role in preparedness.

- Help your community more effectively prepare and respond to emergencies.
- Get involved by training, volunteering and sharing preparedness with others.

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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.

DOGS

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- Thick saliva and excessive drooling
- Dizziness or disorientation
- Restlessness or appearing distressed
- Rapid heart rate or irregular heartbeat
- Vomiting or urinating blood, or traces of blood in bowel movements
- Seizures and muscle tremors
- Lying down and unwilling or unable to get up
- Collapse or loss of consciousness where the animal cannot be awakened

If you think your dog is starting to become over-

DID YOU KNOW?

- Signs of **severe dehydration**, especially in dogs, include the appearance of sunken eyes, gums feeling dry and tacky and overall weakness in the animal.

heated, move it to a shaded area and offer cool water to drink until the dog has cooled down, Nelson said. If your dog is showing signs of more advanced heat stress, wet it down with cool water — not ice water — and place the dog in front of a fan. If its condi-

tion does not change, run the air conditioning in your car and get the dog to a veterinarian immediately, as every second counts, she said. Dehydration also can be a problem. Nelson said signs of severe dehydration, especially in dogs, include the appearance of sunken eyes, gums feeling dry and tacky and overall weakness in the animal. Dogs pant to cool down, and they tend to pant frequently when overheated and tired, she said. “When the air goes by, they dissipate the heat by breathing this way, but this also means it is easier for them to dehydrate more quickly

when they’re panting a lot,” Nelson said. Nelson also recommends outdoor dogs and cats have access to plenty of fresh, clean water. Water bowls should be checked and filled as needed several times per day during hot weather. Food should be changed a minimum of twice daily, as it spoils quickly in warm weather and flies are attracted to food that is left out, she said. If you notice your pet having medical problems contact a veterinarian immediately. You can also reach out to the Kansas State University Veterinary Health Center at 785-532-5690.



K-STATE NEWS

Keeping your pets hydrated when summer temperatures climb will reduce the risk of heat exhaustion and heat stroke, according to Kansas State University veterinarian Susan Nelson. The body temperature of a dog should be between 100 and 102.5 degrees; above 103 degrees is considered abnormal.



Suet Lee-Growney | POST Catherine Castenada, 9, daughter of Staff Sgt. Jesse Castenada, from Company F, 1st Attack Reconnaissance Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division, winks at the crowd during the Fort Riley Exchange Elements of School fashion show July 22.

FASHION

Continued from page 9

of 9 years to 1 month with her, said she was glad to be able to get all of her children’s first-day-of-school outfit shopping done at the same place on the same day. “I did it last year too; It makes it really nice and convenient to get it all here,” Salisbury said. “My kids picked out their clothes about a week and a half ago and they absolutely love it.” According to Salisbury, an event like this is good exposure for her children, especially when it comes to building confidence. “It helps my kids build self-esteem and not be shy to get in front of a crowd,” she said. “I love their grandparents could come down and see them (walk the runway), and for the clothes and shoes at 20 percent off, it works good for our family.”



Suet Lee-Growney | POST

Jaiden McCroy, 4, and his father, Spc. Demetrice McCroy from Company B, 1st Squadron, 4th Cavalry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, take turns removing ailments from patients during a game of “Operation” July 21.


GAME NIGHT



Continued from page 9

“Just so families can kind of get rid of all the distractions and get back to playing board games and laughing and having fun as a family; instead of just sitting on the couch watching TV or playing video games or being in different rooms all the time,” Fuqua said. In addition to the uninterrupted family time, Fuqua said game night is a helpful for reintegration after a redeployment. “It’s a really great way to just spend attention on each other in a non-confrontational way,” she said. Fuqua’s husband was also volunteering during game night and she said they also benefited from the event. “It’s kind of nice that, though we don’t get to sit down and play the games, we do get to collectively volunteer and do something together outside of the house,” she said. “We still get the together time,

even though it’s not playing games.” For another military family, Ashley Johnson, wife of Staff Sgt. Kevin Johnson from 21st Combat Hospital Support out of Fort Hood, Texas, and her three children benefited from the event while her husband is deployed. She and her children moved to Fort Riley four days prior to the event. “I didn’t have to cook dinner tonight, which is great and always a plus,” said Johnson. “We just moved here ... our first stop was ‘Where is the USO? Let’s go check it out.’” She and her children had a lot of fun and tried several games they hadn’t played before, she said. Johnson also had the opportunity to share some games she enjoyed as a child with her kids who took a liking to them. “Everywhere we move, there’s always been a USO,” she said. “It’s a dedicated game night and it’s just nice to sit


there and connect, and have fun with your kids; just play games that you grew up as a kid (and) played.” She commented on how her children reminded her of herself when she was their age. “We just played ‘Trouble,’ I remember sitting there as a kid wanting to just pop the machine, and that’s all my 4-year-old wanted to do: pop the machine,” Johnson said. “That was kind of fun to see.” Johnson finds comfort in knowing she and her family have the USO as a constant in their military life. “You always have a place to go where your family will always be put first and well taken care of,” she said. “It’s so nice and refreshing to come (to USO Fort Riley), or any USO and have fun, they will feed you, and they always have activities for you and your family, and your family is first. It’s all they want to do; it’s to help your family.”





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Focaccia
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Information: 785.784.1000



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COURTESY PHOTO
Ariel Okorie, daughter of Sgt. 1st Class Travis Huggard, Division Provost Marshal's Office, and a freshman at Kansas State University and member of the school's track team, performs a high jump during the U.S. Track and Field Junior Outdoor Championship in Sacramento, California, June 23. She took first place and went on to represent the United States in the Pan American Junior Championships in Lima, Peru, July 21 to 23.

On Track

Fort Riley teen represents nation in Pan-American Junior Championships

By Season Osterfeld
1ST INF. DIV. POST

When Ariel Okorie joined her middle school's track and field team, she wasn't looking for anything long term, just something to do with her friends, but it led her to something more. After winning the heptathlon at the U.S. Track and Field Junior Outdoor Championship in Sacramento, California, June 23, she represented the United States in the Pan-American Junior Championships in Lima, Peru, July 21 to 23.

"It's surreal," Okorie said. "I tend not to get nervous and it's not a cocky attitude, I'm just really calm about everything and it doesn't really sink in until after I'm done with everything ... I'm excited to go more so on the traveling. I don't like to go into meets thinking it's going to be different or anything. I like to go in thinking it's the same as before because it helps me stay calm and it doesn't psych me out."

Okorie, daughter of Sgt. 1st Class Travis Huggard, Division Provost Marshal's Office and a freshman at Kansas State University and member of the school's track team, started track and field in seventh grade, something her mother, Selina Huggard, said she thought would be funny because Okorie had only done six years of gymnastics and volleyball in the past.

"The whole track thing, it was amazing because we didn't see it coming," Huggard said.

However, Okorie was determined to succeed and started her track career with runs and the high jump. During her first meet, she proved the sport was where she belonged all along.

"We get to one meet and there's a high school coach there running the bar for the high jump," Huggard said. "I swear they must have only moved the bar one inch each time, and they start at three foot six, so she jumped like 17 times because she jumped every single inch, but the comical part of it was she ran at it just like a vault table complete with the finger flicking ... and then she would run at it and come up sideways like

a table and the high school coach is just sitting there watching her. At that meet, she jumped five feet and the coach looked at me he said, 'are you her mom?' and I said 'yeah,' I know it's kind of comical she's running at it like this ... He said, 'I have some juniors and seniors in high school who can't even jump five feet.' And I said, 'yeah, this is kind of remarkable, we didn't even see it coming.'"

The coach at the meet suggested Okorie be enrolled in a Junior Olympics training program, Huggard said, but she didn't want to spoil her daughter's fun.

A week later, Okorie came home and announced she wanted to learn how to do hurdles. Her coach was willing to let her observe as he trained the team before giving her a shot.

"On Monday, she's watching a ninth grader do hurdles, by Wednesday she took the school record in the 75 meter hurdles and then Thursday they let her run the 200 meter hurdles and she took the record in that," Huggard said.

See CHAMPION, page 14



Sgt. David Mutuse, 601st Aviation Support Battalion, 1st Combat Aviation Brigade, 1st Infantry Division, crosses the finish line and takes first place for the 10-mile race with a time of 59 minutes during the 32nd annual 10-5-2 Prairie Run July 22 which began and ended at King Field House. Mutuse said his time was better than his performance in the June 3 run. He also said the run was more enjoyable overall and was he happy to see everyone who participated.

10, 5, 2 racers run with sunrise view

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

Nearly 90 runners ran as the sun rose to participate in the 32nd annual 10-5-2 Prairie Run July 22.

The race began in front of King Field House with the five- and 10-mile runners taking off at 6 a.m. Ten minutes later, the two-mile runners started. Five-mile runners made their way to the traffic circle near Irwin Army Community Hospital before turning back to King Field House and 10-mile runners ran to the Ogden Gate and back.

"There's three different races," said Reed Scott, sports program coordinator for the Directorate of Family and Morale, Welfare and Recreation. "There's a 10-mile, a five-mile and a two-mile. All races are open to everyone. None of them are what we would consider a 'fun run.' By that, I mean it's not a balloons thing ... they're all competitive runs."

Members of Better Opportunities for Single Soldiers and the 1st Infantry Division Sustainment Brigade assisted DFMWR with registration, handing out bibs,

See TEN-MILER, page 14

One woman kicks up intramural sports at Fort Riley

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

Behind each softball season, flag football tournament, soccer match and volleyball game; the set-up goals, chalked fields, trained officiates and categorized equipment is one person — Renee Satterlee.

Satterlee, the intramural sports coordinator at Fort Riley, part of the Directorate of Family and Morale, Welfare and Recreation, does everything from planning and marketing events to maintaining and preparing fields and scheduling teams and officials, among other things.

"She's probably the hardest-working person on Fort Riley," said Rick Dole, officiate for Fort Riley intramural sports and environmental specialist, Directorate of Public Works — Environmental Division.

In 2010, she became the intramural sports coordinator, but before that she was a scorekeeper for three years and an officiate for softball, volleyball and flag football for four years, totaling 14 years working at Fort Riley.

"I really enjoyed working in the sports world so I decided to go a step further and got my bachelor's degree in recreation and sports management in 2010," she said. "In 2010, the intramural coordinator position came open with MWR; I applied and here we are."

From overnight softball tournaments to early morning flag football games and afternoon officiate

"I know what it is like to be away from your family and friends and I know what it is like to make a new military family. For some Soldiers, sports is an outlet. Playing on a team or in an individual event helps build on that family."

RENEE SATTERLEE | INTRAMURAL SPORTS COORDINATOR

training, along with everything in between, Satterlee's schedule can seem daunting, but to her, it's no problem at all, she said.

"I have to make adjustments to my schedule to make it work, but in all honesty I enjoy my job and what I do that I don't really consider it a job. It all equals out in the end," she said. "I do not find my schedule to be erratic, it's my job, it's what I love to do and I love the people I work for and with."

The officiates for intramural sports who work with Satterlee day in and day out said they admire her and her hard work, as well as her continuous care for their wellbeing, especially during hot days or frosty weather.

"Renee goes around to make sure all the umpires have water and if it's not cold, she gets us a cold one," Dole said.

To the Soldiers and their families on the field or court playing, Satterlee makes it possible for them to strengthen their relationships and improve their morale, said Staff Sgt. Mathew Cole, 3rd Battalion, 66th Armor Regiment,

1st Armored Brigade Combat Team, 1st Infantry Division. He said she always goes above and beyond for the players and teams.

"She loves what she does," Cole said. "She takes a lot of pride in setting this stuff up. She's bent over backwards for I know me specifically and my team. She put us in the post league when we got back and she didn't have to do that for us."

While she is now the foundation of intramural sports at Fort Riley, she said she did face difficulties in the beginning because she is a woman. However, with time she gained the respect she deserved and proved herself far more suited than anyone else to run intramural sports.

"One of the challenges I used to face was being a female running a sports program," she said. "It is kind of a male-dominate field, if you will. I used to not get the respect that I deserved. However, now I have gained the respect from Soldiers and family members."

Satterlee said she puts everything she has into her job every day because



Renee Satterlee, intramural sports coordinator at Fort Riley, part of the Directorate of Family and Morale, Welfare and Recreation, explains scorecard procedures to Soldiers she is training to be officiates for the intramural softball season July 21 at Sacco Softball Complex. Satterlee does everything from planning and marketing events to maintaining and preparing fields and scheduling teams and officials, among other things.

she loves what she does and she enjoys being there to support Soldiers and their families. She added part of this passion comes from her service as a staff sergeant in the Kansas Medical Detachment, Kansas National Guard.

"I put so much effort in what I do because I really do love my job," she said. "I really do love working with Soldiers. I am in the Kansas National Guard. I understand what is like to be away from your family and friends and I know what it is like to make a new

military family. For some Soldiers, sports is an outlet. Playing on a team or in an individual event helps build on that family."

As long as she continues to meet new people from all over the world and make a difference in even one of their lives, it's all worth it to her, she said.

"I really enjoy my job," Satterlee said. "My job is fun. I have so many things to do it's never ever the same thing. I get to meet so many people from so many places, it's great."

TEN-MILER

Continued from page 13

recording times and distributing water and fruit to runners.

Water points were available at the start and finish, as well as at each mile marker on the course. To ensure the safety of runners, as well as passing motorists, the Fort Riley Police Department acted as escorts and established traffic control points. The partnerships between DFMWR staff, Soldiers and police were an important part of making the race a success, Reed said.

“There’s some hills on the course,” he said. “It’s all paved, but the road is open at that time. Safety is our primary concern.”

The Prairie Run serves as one of two qualifier races held on Fort Riley for the Army Ten Miler Team, Reed said. The last race was June 3. However, the run isn’t just for those looking to make the team.

“It gives us a chance to help build the Fort Riley Army Ten Miler Team, but it also gives a diverse group of runners a chance to compete,” he said. “Outside communities are invited. They can run with the active duty, family members and with the three different race lengths, it gives a lot of opportunity for runners to compete.”

Sixteen-year-old Michelle Sanchez, daughter of Staff Sgt. Victor Sanchez, 2nd Battalion, 70th Armor Regiment, 2nd Armored Brigade Combat Team, 1st Inf. Div., placed first in the two-mile race with a time of 12 minutes, 43 seconds. She said she runs cross country during the school year, but was interested in seeing how she was doing over summer break, so she decided to run.

“I think it’s pretty cool because most of the time the runs are in Junction City or Manhattan (Kansas) and now I have something where I live,” she said.

Sgt. David Mutuse, 601st Aviation Support Battalion, 1st Combat Aviation Brigade, 1st Inf. Div., took first place in the 10-mile race, coming in at a time of 59:00. Although he is already qualified for the Army Ten Miler Team, he said he loves running and wanted to participate in the Prairie Run anyway. Running is something he has been doing since high school and builds confidence, he said.

Mutuse said his time in this race was better than his performance in the June 3 run. He also found the run to be more enjoyable overall and was happy to see everyone who participated.

“Today was better than last time,” he said. “I appreciate everyone who came since they give all of us the confidence and it gets everybody to exercise.”

The first-, second- and third-place winners for males and females in each race received a plaque congratulating them on their achievement.

For coordinators and runners alike, the race is enjoyable and viewed as a success, Reed said, and he is already looking forward to next year’s.

“It’s really fun to work with,” he said. “There’s a lot of details, but there’s also a satisfaction once everybody goes and fortunately, we’ve never had an issue ... To see the people that are happy after they run ... It’s fun to watch them when they come back.”



CHAMPION

Continued from page 13

“At the time, we’re all sitting there going, ‘you just learned how to hurdle.’”

A year later, Okorie returned to the meet she’d first participated with the same high school coach running the high jump, Huggard said. That year she jumped five foot two. The coach pleaded with Huggard to enroll her into a Junior Olympics training team, but after reviewing the cost and what the team wanted from her, the family decided to pass, noting that Okorie needed more work in technique, not in learning the basics of the sport.

Shortly thereafter, the family relocated to Waynesville, Missouri, where Okorie’s track and field career really took off. The local track and field coach saw her training for competitions and assisted in linking her up with the Springfield Track Club about an hour and 20 minutes away. They helped improved her sprints and runs, Huggard said, but not with other requirements of a pentathlon, which includes five track and field events.

Huggard decided to take matters into her own hands and became her daughter’s coach for the other events she needed.

“They had coaches there to help her in some of her elements, but not all of them because that club was mostly distance runners, so I slowly somehow became the subject matter expert in all these events because she decided she wanted to do the pentathlon,” she said.

In 2012, with the help of multiple coaches, teammates and her mother, Okorie entered her first pentathlon and made it to the Junior Olympics for the first time.

“We traveled to Baltimore, Maryland, and she got to experience her first time going against the nation,” Huggard said.

Okorie performed well in the high jump and 100 and 200 meter hurdles, but during the 800 meter dash, she and Huggard discovered they still had more to learn.

“I got disqualified,” Okorie said.

She was unfamiliar with the rules and hurried ahead of the other runners to change lanes too soon, resulting in her disqualification, but that did not stop her from continuing on and decided to start trying her hand at heptathlons, which have seven events, too.

“Every year, she kept making it back and then we had to teach her the heptathlon, so she had to throw javelin and then the 200, so it just progressed and she just kept making it back to the Junior Olympics,” Huggard said.

In 2014, Okorie won her first national title at the age of 15 when she took first in the Youth USA National Heptathlon.

Last year, which was her final year of high school, at the age of 17, Okorie competed against college students, athletes with professional coaches, in the U.S. Track and Field Junior Outdoor Championship. She held her own and took seventh place. She also took second place in her last Junior Olympics and came away with three all American titles.

When she entered K-State and joined their team, she came to them with experience and confidence, but knew she still had more to learn, Okorie said.

“She was pretty highly ranked coming into K-State,” Huggard said.

She also discovered she had participated in the greatest amount of pentathlon and heptathlon events.



COURTESY PHOTO

Ariel Okorie, center, daughter of Sgt. 1st Class Travis Huggard, Division Provost Marshal's Office and a freshman at Kansas State University and member of the school's track team, is awarded first place in the U.S. Track and Field Junior Outdoor Championship in Sacramento, California, June 23. She took first place for the heptathlon, which included seven different events.

“Out of all of the recruits going into K-State just specifically for the multis, I think I’ve done the most multis before going in,” she said.

In her first year at K-State, the coaches remolded her and changed her techniques and approaches in several events to improve her scores and performance, Huggard said.

“It’s amazing to the improvements,” she said. “They’ve totally changed her long jump approach.”

Okorie is the only member of the track and field team to have been training all summer at K-State. She’s continued training through her summer vacation because of her drive to improve herself and her dissatisfaction with how she ended her season. Okorie sets goals for herself, each time she meets them, she creates another to continue improving.

“If I have the opportunity to do it, I don’t want to go home and sit around knowing I could have done it,” she said. “I think for me, it’s more of that. Also, when my season ended I didn’t like where I ended ... My coach and I sat down and said ‘you know, you can hit this goal.’”

Before coming to K-State, she could train upwards of three times a day because she would need to travel between locations to get the facilities and equipment she needed. K-State allows her to train only once a day and do so in a smart, efficient manner, she said.

During the 25-hour road trip to the U.S. Track and Field Junior Outdoor Championship this year, Okorie said she remained calm and acted as if it were just another meet. Staying calm and focusing on herself is how she keeps herself collected, she said. She doesn’t worry about other competitors because she cannot do anything to change their skill level, she can only focus on herself.

“I have to stay calm,” she said. “I’ve got to focus on myself a lot more than anyone else.”

When she took first place, Huggard was beaming with pride, she said.

Okorie, still focused and remained calm, called her coach back in Waynseville to tell him of her victory.

“I want to remember where I came from, where I started,” she said.

Her high school and K-State coaches helped her get there, Huggard said. With each extra

hour they put in to get her even an extra second or another inch, they helped her claim first place.

“It really took a village to get her here,” she said. “It’s taken so many coaches to push her to get her here ... They made it possible, we couldn’t have done it without them.”

After her victories and making it to the Pan-American games, Okorie said she realized her life has changed completely. She’s now reshaping her own future as she looks toward the 2020 Olympics.

“It’s kind of weird because coming out of high school, I was so set on what I was going to do with my life ... and now, after this year, it’s just like, ‘you’re going to have to rethink a couple things,’” she said.

Huggard said she believes Okorie can do it as she consistently improves her scores and abilities each year. As long as she continues her training and keeps up with her nutrition, Huggard believes her daughter has a shot at making the team.

“But she could possibly do it,” she said.

For Huggard, she has seen her daughter cry, bleed, sweat and laugh. She has watched her struggles and her victories. She has seen her transform and relearn everything in the last year and said she couldn’t be more proud of her.

“You’ve seen all the work she had to go through to get there,” she said. “You’ve seen the tears, you’ve seen the self-doubt, you’ve seen the highs and the lows.”

While she no longer acts as one of her coaches, Huggard said she is just as happy, if not happier, being a supporting fan.

After a busy summer, Okorie said she is looking forward to her after competition treat — a large meal that breaks all her training dietary rules she’s named, “the fat lady.” She’s also eager to take a few weeks off to rest before the semester starts.

However, once her break ends, she’s ready to get back into the thick of it again.

“Nothing can stop me, I’m just going to keep going up from here with that mentality,” she said.





Spc. Shell wants you to check out next week's Travel & Fun in Kansas – North Topeka Arts district



Story and photos by Suet Lee-Growney
1ST INF. DIV POST

Seneca is located near the Kansas-Nebraska border 88 miles northeast of Fort Riley. Accessible only through the rolling terrain of farmland, flint hills and wind turbines on the horizon, the little town is known for its historical gems.

The town's beginning was in 1859 when Oregon Trail merchants and farmers established themselves in the area by the Nemaha River. Following the rise in area population, the first Pony Express home station was on the western frontier between St. Joseph, Missouri, and Sacramento.

Artifacts from Seneca's early days can be viewed at the Pony Express Museum at the corner of 4th and Main Streets in the Felt Block Building. It is open from Memorial Day to Labor Day, Wednesday through Saturday 10 a.m. to 4 p.m., and Sundays 1 to 4 p.m. by appointment only.

During the 18-month Pony Express heyday that began in 1860, the Smith Hotel in Seneca became one of the hottest spots in the northeast Kansas region. It was also considered the home station of the famous Pony Express Trail. Built in 1858 by John Smith, Seneca's first entrepreneur, the multipurpose establishment was used as a restaurant, school, tavern and a place

to stay for travelers heading west.

Another point of interest in Seneca is the hand-dug well in City Park at 301 North 11th St. It is the widest and second-largest hand-dug well in Kansas. This landmark offers a glimpse of the shift into a new era of modernity in 1895. Contained in a domed house with a shingled roof, the 65-by-34-foot-deep well is the last visible sign of the Kansas original water system.

Listed on the Register of Historic Kansas Places and the National Register of Historic Places, the still-functioning well serves as a means to water the golf course fairways in the area, as well as a tourist attraction. To tour the inside of the well, appointments can be arranged from May through October by calling Nemaha County Historical Museum at 785-336-6366.

A mile from downtown Seneca is one of the finalists for the 8 Wonders of Kansas: St. Mary's Catholic Church at St. Benedict. The modest exterior can be deceiving but the interior is intricately and lavishly decorated.

St. Mary's is the last of the 150 churches George Satory, who was likened to symbolic painters Michelangelo and Rembrandt, painted and is still well preserved. Listed on the National Register of Historic Places, the church is located at 9208 Main St., St. Benedict.



LEFT: St. Mary's Catholic Church of St. Benedict houses one of the last remaining George Satory symbolic paintings. Listed as one of the finalists for the 8 Wonders of Kansas, the lavishly furnished and intricately painted interior is a work of art that has been preserved since its construction in 1893. The church is listed on the National Register of Historic Places.

BELOW: The Nemaha County Military Museum is in the Masonic Temple house at 113 North 6th St. in Seneca. It features 150 years of veteran history in uniforms, documents and artifacts. For more information, call the Nemaha County Historical Museum at 785-336-6366.



The iconic architecture of Cornerstone Coffee Haus is at the north corner of 5th and Main Street. Throughout the generations, this building was the First National Bank and then a dentist office. Today it houses a soda fountain, offer vegetarian food options and occasionally hosts live music events and book signings.



This Pony Express station marker is in front of the original Smith Hotel at the corner of 4th and Main Streets. The Pony Express station in Seneca was the first home station in the western region of the old mail delivery service between St. Joseph, Missouri and Sacramento, California. It is open from Memorial Day to Labor Day, Wednesday through Saturday at 10 a.m. to 4 p.m., and Sundays at 1 p.m. to 4 p.m. by appointment only. For more information or to schedule an appointment, call the Nemaha County Historical Museum at 785-336-6366.