



# THE 1ST INFANTRY DIVISION POST



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FORT RILEY, KANSAS

## Tough in the Hardest Times



Army Installation Management Command 2017 Soldier of the Year Spc. Lillian Lewis of Fort Riley, Kansas, competes in the obstacle course portion of round two of 2017 Best Warrior Competition against Soldiers from IMCOM, Army North, Army South and Army Central Aug. 1 at Camp Bullis, Texas.

## Soldier of the Year beats Texas heat in Best Warrior Competition

Story and photo by Tim Hips  
U.S. ARMY INSTALLATION MANAGEMENT COMMAND

SAN ANTONIO — Reigning U.S. Army Installation Management Command Soldier of the Year Spc. Lillian Lewis beat the summer heat of south Texas to finish runner-up to Cpl. Kristen Gray of Joint Task Force-Bravo, U.S. Army South in the 2017 Joint Base San Antonio Best Warrior Competition Aug. 7.

Lewis, 20, of Fort Riley, Kansas, returned to The Alamo City for the second time in as many months for Best Warrior Competition. This time; however, Camp Bullis and Fort Sam Houston were embroiled in record-setting temperatures and uncharacteristically high humidity for south Texas.

Every time Soldier-evaluators were about to count the 5-foot, 125-pound Lewis out she soldiered on to the next event, through day and night land navigation, patrol and combat lanes, a moonlit distance run and a physical fitness test under the lights, a stress shoot and onto a wilderness trail to an obstacle course. Along the way, she also wrote a 500-word essay and faced a Command Sergeants Major Board.

“She has that special drive that when it gets really tough, she keeps going, and she gets going a little bit harder,” said Sgt. 1st Class Kelley Williams, an Army North noncommissioned officer who monitored the patrol lanes and land navigation. “We saw that, and we saw the pain that she was in, but she was still driving forward and pushing it.”

The Soldiers were scored on their abilities in tasks such as M4 qualification, evaluating a casualty, performing first aid for a suspected fracture, requesting a medevac, transporting a casualty, reacting to a chemical or biological attack, decontaminating self and equipment, reacting to indirect fire, maintaining M4 carbine, correcting malfunction on M249,

employing hand grenades, use of visual signal techniques and more throughout five days of competition.

“It was hell, but I enjoyed it,” Lewis said with a smile following the Joint Base San Antonio Best Warrior Competition awards ceremony Aug. 3 at the Fort Sam Houston Quadrangle. “I’m elated. I don’t mind not being the winner because technically I already won because I made it here, and that was without training. So when I train with (Command) Sgt. Maj. (Roy) Rocco for a year, I think I can really do it.”

During the stress shoot event of the combat lanes, Lewis shot 12 paper targets while traversing 600 meters of bumpy terrain before employing a hand grenade, encountering a simulated chemical attack, donning her protective mask, locating a casualty and dragging them off the range before decontaminating both the casualty and herself.

After winning another bout against heat exhaustion, Lewis then geared up and set out on a one-mile walk to the obstacle course, her favorite Best Warrior Competition event.

“I was very hot, very discombobulated,” Lewis said. “It’s about perseverance, sir. It’s good, but it’s really bad at the same time because you don’t want to tell anyone because you want to make it through. Directly after the stress shoot, I was fine because I love shooting. It wasn’t until I got to the MOPP (4) gear and having to don the mask that I realized that it was so hot. I had a slight heat-induced panic attack and I had to take the mask off, but I’ll get there.”

On the way to the obstacle course; however, Lewis made a wrong turn that more than doubled the distance of her journey.

See SOLDIER, page 12

## Airmen keep eyes on weather to assist Soldiers at Fort Riley

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

“D-Day was actually planned around weather — most people don’t know that — because they wanted a way to exploit fog,” said Airman 1st. Class Colin Bridwell, weather forecaster apprentice Detachment 2, 3rd Weather Squadron, Air Force.

The detachment serves as weather support to all ongoing operations and activities on post from planning field training for the Soldiers and outdoor

activities for the community, to the safety of air assets and ground troops during severe weather.

“Everything starts with us — at least as far as planning goes,” Bridwell said.

He added the weather attachment is very important to Fort Riley because of planning.

“You plan around the weather because we can’t plan the weather,” Bridwell said. “It really does determine almost everything, especially with how bipolar Kansas weather is ... they prefer Soldiers not get hit by lightning or hail or

an aircraft, they’re (Soldiers) a little bit more valuable.”

Maj. Eric Miller, the commander of Det. 2, 3rd Sqdn., said the Air Force detachment at Fort Riley is a weather component to the division that goes beyond giving five-day weather forecasts.

“Our job here is to integrate in with the Army,” Miller said. “And do what they do, and figure out how we can leverage the weather to help the Army become more lethal in battle.”

Like most Airmen in Det. 2, Bridwell had to complete meteo-

See WEATHER, page 9



Staff Sgt. Daniel Webb, Airman 1st Class Colin Bridwell and Senior Airman Stephen Hollowood of Detachment 2, 3rd Weather Squadron, Air Force, at Fort Riley analyze the weather data at the weather station. The weather detachment’s role as weather support is important for all on post activities from planning field training for the Soldiers and outdoor activities for the community, to the safety of air assets and ground troops during severe weather.



FILE PHOTO

A family member of Capt. Robert Yllescas who led Troop B, 6th Sqdn., 4th Cav. Regt., 3rd Infantry Brigade Combat Team, 1st Infantry Division, makes a rubbing of his name June 9, 2015, in Victory Park.

## Victory Park to honor additional troops

### New policy sets standard for past, future inclusion of fallen Soldiers’ names

By Chad L. Simon  
1ST INFANTRY DIVISION PUBLIC AFFAIRS

Victory Park, adjacent to the 1st Infantry Division headquarters building, will add 85 new memorial stones during this year’s Victory Week celebration. Following the new additions, the park will have 632 stones memorializing Soldiers, Sailors, Airmen and Marines who made the ultimate sacrifice for their nation while with or attached to the “Big Red One.”

Some of the new stones will include Soldiers from 2nd Brigade Combat Team,

82nd Airborne Division, from the 1st Inf. Div.’s most recent deployment to Iraq in support of Combined Joint Task Force – Operation Inherent Resolve. The majority of the memorial stones will recognize earlier service members who died during the Global War on Terrorism.

The original Victory Park and monument to GWOT fallen 1st Inf. Div. Soldiers was created in 2005 when the Big Red One was headquartered in Wuerzburg, Germany. Memorial stones were placed in the current Victory Park adjacent to the division’s new headquarters

at 580 1st Division Road, Fort Riley, in 2007 and unveiled during a rededication ceremony in 2008. Since then, an annual ceremony has been held during Victory Week to unveil new stones and to lay a wreath for all those honored there.

Kevin West, chief of force modernization, 1st Inf. Div., was given the added responsibility as the division historian a little more than a year ago. West has a fairly extensive history with 1st Inf. Div. and Fort Riley because of his

See VICTORY, page 10

### FORT RILEY VOLUNTEER SPOTLIGHT



Ashleigh Robinson, Fort Riley Elementary Parent Teacher Organization, is a dedicated volunteer who supports the teachers and families of Fort Riley Elementary PTO. Her dedication has contributed greatly to the morale and welfare of the Soldiers and families of the Fort Riley community.

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

### IN THIS ISSUE



DADS AND DAUGHTERS BOND WITH PRINCESSES AND TEA, SEE PAGE 13.

### ALSO IN THIS ISSUE



SOLDIERS PREPARE FOR COMBATIVES TOURNAMENT, SEE PAGE 17.



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# Financial management unit holds Activation and Reflagging Ceremony

Story and photo by Sgt. Tamara Thompson  
1ST INF. DIV. SUST. BOE. PUBLIC AFFAIRS

A small group of Soldiers from the 9th Financial Management Support Unit conducted an Activation and Reflagging Ceremony July 17 at Custer Hill Parade Field.

Maj. Frank Tortella and 1st Sgt. Kwanteko Wingfield will be leading and commanding the 9th FMSU.

The 9th FMSU has a long history going back to Nov. 1, 1942, when it was constituted and called the 9th Finance Section, according to material provided by the unit. It activated Dec. 7, 1942, at Fort Benjamin Harrison, Indiana.

Through its history, the unit has changed names several times and participated in three campaigns during World War II.

The historical material went on to say that after the unit was assigned Dec. 7, 1950, to the regular Army and activated Dec. 18, 1950, in Korea, it participated in seven campaigns during the Korean War.

From that time on, the unit has been redesignated several times and finally, June 14, 2008, was reassigned to the Special Troops Battalion, 593rd Sustainment Brigade at Joint Base Lewis-McChord.

The unit is now at Fort Riley “to assume command authority over the two existing finance detachments as well as providing direct financial management support to Fort Riley and 1st Inf. Div.,” Wingfield said.

During the ceremony, the Soldiers stood on the field as the temperature continued to rise on the bright day. The colors were uncased and presented before the crowd.

Not only is the 9th FMSU new to Fort Riley, but also Wingfield is leading the unit as a recently promoted first sergeant.

“I am motivated as the first sergeant because I have been given the opportunity to groom the 9th FMSU,” Wingfield said. “Not only will



First Sgt. Kwanteko Wingfield passes the flag to Lt. Col. Julia Wilson at the 9th Financial Management Support Unit Activation and Reflagging Ceremony at Custer Parade Field July 17.

1st Inf. Div. remember the 9th FMSU, but the Soldier will forever remember 9th FMSU. For me to leave an impression on the Soldiers that would help them make wise decisions and develop into great leaders and individuals is rewarding as a leader.”

Tortella is coming to the activated unit from McDaniel College Army ROTC where he was assigned as the assistant professor of military science.

Wingfield is coming from Grafenwoehr, Germany, where she was the budget manager assigned to the 3rd Infantry Division. She was then

deployed to Qatar and served as the senior enlisted advisor of budgeting.

“The opportunity to lead Soldiers is always a privilege and an honor. We look forward to serving and supporting Fort Riley Soldiers,” Tortella said.



**ABOVE AND BELOW:** Chief Warrant Officer 2 Anthony Manfredi, right, 1st Attack Reconnaissance Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division, reads cue cards of a script for a public service announcement about the Seatbelts are for Everyone program for the Kansas Traffic Safety Resource Office July 31 at Marshall Army Airfield. Together with the Fort Riley garrison Safety Office and Kansas Department of Transportation, KTSRO produced two PSAs about the importance of seatbelts and the SAFE program.



# Soldier, safety office help spread message to save lives

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

Chief Warrant Officer 2 Anthony Manfredi, 1st Attack Reconnaissance Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division, stepped out of his shoes as a Soldier and into a new temporary role as an actor, assisting the Kansas Traffic Safety Resource Office with a public service announcement for their ‘Seatbelts are for Everyone’ program July 31 at Marshall Army Airfield.

Together with the Fort Riley garrison safety office and Kansas Department of Transportation, KTSRO produced two PSAs starring Manfredi as he moved from his AH-64 Apache helicopter to a privately owned vehicle talking about the importance of seatbelts and the SAFE program. The first commercial is aimed at Kansas teens while the second commercial will be distributed throughout the Army to encourage Soldiers, their families and Department of the Army civilians to wear their seatbelts, said Rick Hearron, safety manager with the garrison safety office.

“We’re doing two public service announcements,” Hearron said. “One is Army specific and talks about the encouragement of always wearing your seatbelt and we will send this to the Combat Readiness Center down at Fort Rucker (Alabama) and have them publish it throughout the Army for Army usage. The other one is tailored toward teen drivers and they will use that throughout the high schools to emphasize the SAFE program, which is Seatbelts are for Everyone.”

The PSA for Army usage, which had a script written by Dawn Douglas, safety and occupational health specialist with the garrison safety office, will be ready for distribution on Fort Riley social media pages in about three weeks, Hearron said. After they receive the final version, it will be sent to the Combat Readiness Center to be aired across the Army in the coming months.

The second commercial will be aired in high schools throughout the state with the hope that seeing an active duty Soldier wearing his seatbelt

will motivate more teens to follow suit, said Noraine Wingfield, director of traffic safety, KTSRO.

“Many of the high schools have ROTC programs and having a Soldier being there and telling them to buckle would be impactful to them,” she said.

The PSA will also be found on social media pages and KTSRO’s website, [www.ktsro.org](http://www.ktsro.org).

Wingfield said the program is a necessity because too many people not wearing a seatbelt are killed across the nation in traffic accidents each year. While vehicles have become safer through added equipment like airbags, specialized frames and shatterproof windows, it’s still not enough. People need to wear their seatbelts, she said.

“It’s the number-one cause of deaths on our traffic roadways,” Wingfield said. “People don’t wear seatbelts and get in a crash and instead of using all the safety equipment not only in the vehicle that’s there, but in conjunction with the seatbelt that’s there, we could save so many more lives, not just here on Fort Riley, but across the nation.”

Hearron echoed Wingfield’s thoughts. He said Fort Riley is doing well at preventing POV fatalities, but it’s important to continue to emphasizing the importance of wearing a seatbelt.

“The emphasis is on seatbelts,” Hearron said. “Seatbelts save lives. That’s the bottom line. We have a good POV safety program on the installation. We’re sitting toward at 388 days without a POV fatality and this is just one means at getting after that to ensure that we’re keeping our Soldiers, families and civilian workforce safe. That’s one part of it. For teen driving, POV accidents with fatalities is a major concern across the United States, not just in Kansas, and hopefully this message will get to the teens. (They’ll) see the Army and helicopter pilot emphasizing it and moving from the aircraft to his POV and that’s the first thing he does — buckle up — hopefully that will emphasize and relate to our teen drivers.”

As for Manfredi, he said he enjoyed being a part of something that could save lives.

“It’s important to spread the word and lead by example — to not only say it, but to show people we’re doing it too,” Manfredi said.



Please...**don't**  
**abandon me.**

  
**Instead, help me  
find a new home.**

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**Consult with your veterinarian** to see what suggestions they have to rehome your pet.

\*It is illegal to abandon your pet in government quarters or on post and in most municipalities

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THE FIGHTING FIRST!

# Brett Bishop: A ‘Big Red One’ Soldier

By Phyllis Fitzgerald  
SPECIAL TO THE POST

A native of Manhattan, Kansas, Brett Bishop grew up in Republican City, Nebraska. His father was an engineer with

the Army Corps of Engineers and was part of the team that worked to drill out the dam site for Tuttle Creek and Milford Lake. His father’s work took him to future dam sites in 1944 to 45.



THEN  
& NOW



Bishop joined the Army in February 1964 and began a 20-year Army career that included a tour of duty in Vietnam where he was wounded in action. He took his basic training at Fort Leonard Wood, Missouri.

He received Advanced Individual Training at Fort Dix, New Jersey, earning the military occupational specialty of 11B, infantryman.

His first assignment after training was in South Korea at Camp Ames where his duties consisted of maintaining security at several weapons sites.

After Korea, he arrived at Fort Riley to begin the first of what would be four tours of duty at the post.

He served units at Fort Riley as a battalion commander driver; Headquarters 1st Battalion, 26th Infantry Regiment, 1st Infantry Division, and Headquarters 5th Bn., 32nd Artillery Regt., 1st Inf. Div.

“In 1966 I was selected for Officer Candidate School and was sent to Fort Sill, Oklahoma, for training,” Bishop said. “Two weeks before graduation and due to a knee injury I was dropped. My MOS changed to 36K, communications.”

Bishop’s next assignment was to Germany where he served from 1966 to 68 with various units before attending VII Army Noncommissioned Officer Academy in Bad Tolz. There, he distinguished himself by becoming the Honor Graduate. He was promoted to sergeant soon after.

In 1968, Bishop again tried to complete Officer Candidate

School, this time at Fort Benning, Georgia, but was medically dropped because of bad knees. He was then sent to Fort Bragg, North Carolina, to the 18th Airborne Corps and received on-the-job training to earn the 13B MOS, cannon crewmember.

In 1969 Bishop went to Vietnam and served with artillery batteries as a crewmember, operating an 8-inch gun or 175mm gun as the mission required. In 1970 he was wounded in Tay Ninh Province by shrapnel from 107mm Rocket fire.

“I was sent to a medical facility that took care of my wounds and went back to my unit a few days later,” Bishop said.

He returned to Fort Riley to serve with Delta Battery, 1st Bn., 5th Field Artillery, 1st Inf. Div. This assignment lasted for three years and, in 1972, he was reassigned to Butzbach, Germany as a section chief and chief of the firing battery for an artillery unit.

“In 1975, I returned back to Fort Riley, Kansas, and was assigned to “B” Battery, 1st Bn., 5th FA, 1st Inf. Div., as chief of firing battery,” Bishop said.

He returned to Germany in 1977, serving as a first sergeant for a field artillery unit. It was also at this time he met his future spouse, Doris.

In 1980, he returned to Fort Riley and served in both Bravo and Delta Batteries, 1st Bn., 5th FA, 1st Inf. Div., as chief of firing battery. He was also a first sergeant for Delta Battery, as well Headquarters and Headquarters Bn., 1st

Bn., 7th FA, 1st Inf. Div., later reflagged as 2nd Bn., 5th FA, 1st Inf. Div. It was also at this time Bishop served with Lt. Col. Josue “Joe” Robles Jr. From July 1993 to June 1994, Robles, now a retired major general, would lead the 1st Inf. Div.

It was after this assignment, in August 1984, that Bishop retired from the Army.

“I retired from the Army while stationed at Fort Riley as first sergeant,” Bishop said. “I stayed in the area because of my love of drag racing and my job. I worked for Buds Wrecker and later I became a government civil servant on Fort Riley. I started out working in the cemetery and ended up at Range Control.”

At the time of his retirement, Bishop’s two sons were in school. Both graduated from high school in Junction City, Kansas. Today, one son is serving in the United States Air Force, while the other is serving in the Florida Air Guard.

Bishop is a member of the Disabled American Veterans, the Eagles Aerie 830 and American Legion Post 45.

In his spare time he likes to play pool and take his 1966 Ford Fairlane to car shows.

“My favorite memory would be during the time of 1975 to 1977,” Bishop said. “The 1-5 FA was a test vehicle for Fort Sill for tactics, we learned a lot and I believe that 1-5 FA was the best unit in my entire career. Another great memory revolves around drag racing, in 1972 and 1973 my car broke the record in racing. I had a great team that helped to break the record.”

## Three military-connected students receive college scholarships

By Maria Childs  
1ST INF. DIV. POST

Three Kansas teenagers were selected out of 4,876 qualified applicants to receive a \$2,000 grant from the Scholarships for Military Children program administered by the Fisher House Foundation, a nonprofit organization that provides assistance to service members and their families.

Staff of the Defense Commissary Agency at Fort Riley collect applications for the foundation annually.

According to the program’s website, it was created in 2001 and recognizes the contributions of military families to the mission and celebrates the commissary’s role in enhancing military quality of life.

Nick Dombrowski, son of Pam and retired Sgt. Maj. Mark Dombrowski, was one of the recipients of the scholarship. Dombrowski recently graduated from Junction City High School and will be attending Kansas State University in the fall. He said he is looking forward to using the scholarship to meet his goal to become an orthopedic surgeon.

“It’s an honor, the fact that they chose you because they see something in you and they think you will go on and do better things and use it,” he said. “It’s definitely something special.”

To be eligible to apply for this scholarship, a student must be a dependent, unmarried child, younger than 21 — or 23, if already enrolled as a full-time student at a college or university — of a service member on active duty, reservist, guardsman, retiree or survivor of a military member who died while on active duty or survivor of a retiree.

Pam said he applied for about 30 scholarships and spent a lot of time trying to save money for college.

“We’ve always told him since he was younger that if he worked hard and you apply yourself, that’s going to be the way to get you to college,” she said. “The more you can do for yourself the less loans you will have to pay.”

Mark agreed. The duo talked to him about receiving scholarships prior to his senior year, so it was not surprising when the day came.

“I think we talked to him about education in general and the importance to work hard,”

Mark said. “As long as you work hard, it would pay off and through education his work ethic speaks for itself. As he started achieving good grades, we started telling him when you get good grades people will want to give you a scholarship because they see your potential.”

Jasmin Barry, daughter of retired 1st Sgt. Justin Barry and classmate of Dombrowski, was also a recipient of this scholarship. She will be attending Nebraska Wesleyan during the fall with a major in nursing. She said this scholarship will help her tremendously with the cost of room and board, as well as tuition.

“With any scholarship that I got, I was never expecting it,” she said.

She didn’t know she received this scholarship until the night of JCHS’s scholarship banquet in early May when they announced it. She said she is looking forward to beginning her career.

“I’ve always been interested in the health field,” she said. “Since I was little, I’ve wanted to help people.”

Naomi Schultz, of Lindsborg, Kansas, was the third Kansas recipient. She will be attending the University of Kansas majoring in visual communications.

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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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](http://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/](http://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.

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

Question and answer for this week:

**Q:** Several Design Team recommendations centered on better educating hiring managers. How and when will these be implemented?

**A:** On May 28, 2015, the Department launched the "Hiring Manager's Toolkit," which serves as a consolidated "one stop shop," providing access to tip sheets, guides, checklists, and pamphlets to assist hiring managers with the hiring process.

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.

TO FIND OUT MORE ABOUT THE NEW BEGINNINGS SYSTEM, VISIT [WWW.CPMS.OSD.MIL/SUBPAGE/NEWBEGINNINGS/NBHOME](http://WWW.CPMS.OSD.MIL/SUBPAGE/NEWBEGINNINGS/NBHOME)

Hospital opens one-stop center for families



By Jorge Gomez  
IACH PUBLIC AFFAIRS

Uprooting a family and moving to a new military installation is full of stressors, but enrolling in the health plan a family deserves once arriving to Fort Riley isn't one of them.

The team at Irwin Army Community Hospital designed a one-stop solution to help Soldiers and families navigate the medical system.

The 1st Encounter Clinic opened in July at the peak of the military family moving season. The clinic follows a model of customer service typically experienced with top business companies.

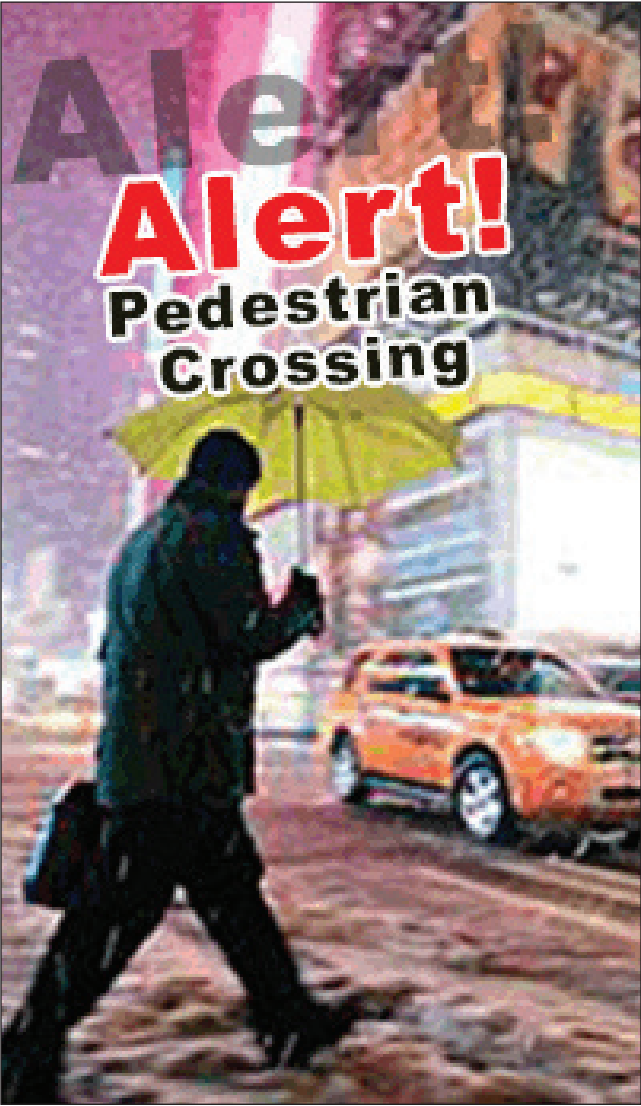
"Families don't have the time to figure out how to access healthcare," said Col. John Melton, IACH commander. "Too often they are getting lost in the complexity. They have a lot of questions when they arrive and they want to speak with someone in person who can help. We are responding to that."

As a result of a new emphasis on the patient experience,

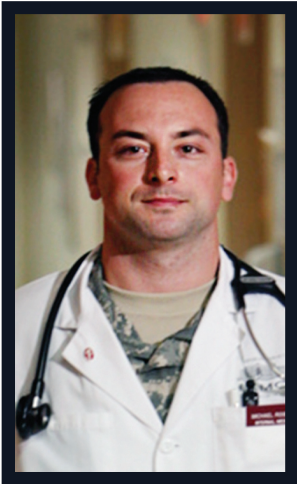
Melton led the IACH team to create the 1st Encounter Clinic. Counselors with the 1st Encounter personally assist families with hospital enrollment, assignment to a primary care manager for each member, prescription refills, medical screening, Child Development Center health forms and specialty care referrals. Families also get a biographical sketch of their new PCM and a tour of the hospital.

"We are delivering a concierge service to our hospital enrollees," Melton said. "It's how we make Fort Riley the best place to live, train, deploy from and come home to. We invite the community to take ownership of their hospital and help spread the word about this new service."

Soldiers and families planning to move to Fort Riley can schedule an appointment before arriving. To schedule an appointment, call 785-239-3627. The clinic is open Monday through Friday, 7:30 a.m. to 4:30 p.m., and is on the first floor of the hospital across from the pharmacy.



Irwin Army Community Hospital



PROVIDER



NO-SHOW PATIENT



WOULD BE PATIENT



WOULD BE PATIENT



WOULD BE PATIENT

Missed appointments are missed opportunities for others.





## RILEY ROUNDTABLE

What are or did you looking forward to for the start of school?



"Just to get that year over with so I could get to next year and finish with school."

**CPL. RICHARD ALONZO**  
**FLAGSTAFF, ARIZONA**

Company A, 1st Combined Arms Battalion,  
18th Infantry Regiment, 2nd Armored  
Brigade Combat Team, 1st Infantry Division



"My kids going back to school. It's freedom for me."

**JERRY SEDERES**  
**ST. LOUIS, MISSOURI**

Husband of Spc. Jessica Sederes, 97th  
Military Police Battalion



"Seeing my friends again. I worked my summers away."

**SPC. NOAH LLOYD**  
**ROANOKE, VIRGINIA**

24th Composite Truck Company, 541st Combat  
Sustainment Support Battalion, 1st Infantry  
Division Sustainment Brigade



"I get to meet my friends again."

**KYAN WINGATE**  
**VENICE, FLORIDA**

Son of Chief Warrant Officer 2 Thaddies  
Wingate, 97th Military Police Battalion



"I'm excited to start a new year of learning together."

**KARA BURTON**  
**KANSAS CITY, MISSOURI**

Wife of Capt. Tim Burton, Headquarters  
and Headquarters Company, 1st Squadron,  
4th Cavalry Regiment, 1st Armored Brigade  
Combat Team, 1st Infantry Division

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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](mailto: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](mailto:usarmy.riley.imcom.mbx.post-newspaper@mail.mil)

### FATALITY-FREE DAYS

**397**

As of Wednesday, Aug. 9, 397 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

## Women's Equality Day observance honors contributions

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

We are privileged to live in a great country whose citizens work hard each day to make it better. We as a people recognize the value in always striving to improve ourselves and our communities. As a nation, we take tremendous pride in treating one another with dignity and respect and make time to honor those who have made strides toward equality for all.

This month we will celebrate the 97th anniversary of the passage of the 19th Amendment to the U.S. Constitution, which guaranteed women the right to vote. Aug. 26, 1920, was by no means the end nor the beginning to the story of women's rights, but it was, and is, a testament to the courage and tenacity of the women and men who challenged the nation to live up to its founding principles.



Brig. Gen.  
**William A. Turner**

The 1st Infantry Division and Fort Riley will join the nation in celebrating Women's Equality Day with an observance at 11:45 a.m. Aug. 16 at Riley's Conference Center, hosted by the "Big Red One" Equal Opportunity Program. Darlene Washington, an ombudsman at Irwin Army Community Hospital, will serve as guest speaker. I encourage all who are able to attend what will be a great event.

It's hard to believe that when the division came into existence 100 years ago, women in this country did not have the right to vote. World War I, the fight for which the division was created, helped hasten the call for women's suffrage.

During the War to End All Wars, women served in the Armed Forces and stepped into jobs and roles on the home front vacated by men who were called to serve. At the height of the war, President Woodrow Wilson encouraged Congress to act on the suffrage movement, imparting that women should play their part on equal footing with men in a democratic society.

Today, women continue to play a vital role in the Army, both as Soldiers and as Army civilians. Female Soldiers make up 16.4 percent of our Army, and all military occupational specialties are open to all who qualify and meet the specific standards

of the job. Here at Fort Riley, women serve in every battalion in the Big Red One.

In celebrating Women's Equality Day, we recognize not only the significance of women's contributions to the nation and the Army, but also the value of diversity and an inclusive environment. While we have had many victories in eliminating barriers to service, we must remain dedicated to the idea that the United States is not complete until every American receives equal treatment and opportunity.

As the Army and the 1st Inf. Div. continue to shape the future of the fighting force, we must ensure that every person has the opportunity to achieve his or her full potential.

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

## 33rd under secretary of Army delivers first message

Army Family,

What an honor it is to again be a part of the United States Army, the world's most powerful and effective land fighting force, made up of the finest men and women our great nation has to offer. As a veteran and a Soldier for Life, I'm extremely humbled to assume the duties of Under Secretary of the Army.

Our Army continues to be the most trained and ready-to-fight force worldwide. The Army has made great progress in improving its readiness across the total force. However, being ready to fight today's adversaries is not enough. Now, the Army must also focus efforts on modernizing today to be ready to fight tomorrow, against increasingly capable adversaries and near peer competitors. This will involve hard choices and investment to rapidly develop capabilities that our Soldiers will need to win decisively across all domains

on complex future battlefields. We must not forget that our most important assets continue to be the Soldiers, Department of Army Civilians, and Families that make up the Total Army.

Over the last sixteen years, much has been asked of you, and you have delivered. You continue to fight the longest war in our Nation's history while meeting additional challenges worldwide, and this demand is not going away. I will work tirelessly to honor your service and sacrifice, to maintain the high quality of our volunteer force, and provide you the quality of life you deserve.

Thank you for your dedication to our nation. I look forward to serving alongside you.

Ryan D. McCarthy  
33rd Under Secretary of the Army



Sgt. Alicia Brand | ARMY

**Ryan D. McCarthy, right, is sworn in as the 33rd under secretary of the Army by Raymond T. Horoho, acting assistant secretary of the Army for manpower and reserve affairs, at the Pentagon, in Arlington, Virginia, Aug. 3.**

### SAFETY CORNER

## 'Put the Brakes on Fatalities' Day contest for kids, teens

By Dawn J. Douglas  
FORT RILEY GARRISON SAFETY  
OFFICE

About 40,200 people die in traffic crashes each year across the United States according to a National Safety Council report in 2016. The number marks a 14 percent increase from 2014 and represents the first time since 2007 that the total exceeded 40,000. That's nearly 95 fatalities every day. Every. Day. There were 432 traffic fatalities in Kansas in 2016, an increase of 22 percent from 2015, according to the Kansas Department of Transportation.

### KANSAS ACCIDENT STATISTICS

Speeding and distracted driving over the years have been major contributors to fatalities. But an improving economy and lower gas prices can also factor into increased accidents. According to the National Safety Council, a 3 percent increase in miles driven correlates with a 6 percent

increase in death. The average price for a gallon of unleaded gasoline in Kansas was \$3.19 in 2014, according to motorist club AAA. For 2016, the yearly average in the state had dropped to \$1.96 per gallon.

### HANDS FREE DEVICES

Even though Manhattan has a law that prohibits drivers from talking or listening on a mobile phone, many drivers use their phones for navigation, which provides distraction, but does not fall within the law in regard to illegal texting. A study by the National Safety Council shows when a driver is on a hands free device or talking on the cell phone, the likelihood of being in a vehicle accident is still greater than not using the phone at all. In fact, according to a 2012 report released by the National Safety Council, more than 30 studies conducted by scientists from around the globe showed

the use of hands-free devices offered no safety benefit.

### VIDEO AND POSTER CONTEST

The state is looking toward influencing the next generation of drivers, Kansas teens, by promoting "Put the Brakes on Fatality Day" Oct. 10. A video contest is being hosted by the Kansas Department of Transportation for grades eight to 12. Kansas teens are invited to submit a six- to 60-second video to educate drivers on safe road behaviors. Prizes include an iPad, GoPro and DJI Osmo Camera. The school of the Grand Prize Winner will receive \$500 for its booster club. Video entries must be posted by 11:59 p.m. Sept. 24. More information is available on the Kansas Department of Transportation website at [www.ksdot.org](http://www.ksdot.org) and the Kansas Turnpike Authority, [www.ksturnpike.com](http://www.ksturnpike.com).

Kansas kids ages 5 to 13 are encouraged to enter artwork that illustrates their thoughts on "Put

the Brakes on Fatalities." Prizes for regional winners include new bicycles and bike helmets from Safe Kids Kansas. Statewide winners each receive a Kindle Fire Tablet with case from the Kansas Turnpike Authority, in addition to a \$50 gift card from Walmart, a \$50 Amazon gift card from Petroleum Markers and Convenience Store Association of Kansas, and Movie Passes from AAA Kansas. Posters must be postmarked by Sept. 22.

"Put the Brakes on Fatalities Day" perfectly aligns with the Army core values of duty, respect, selfless service and personal courage. Whether you are driving to work, school, home or on the battlefield, safety for yourself and passengers should be a priority to "Arrive Alive." For more information about the "Put the Brakes on Fatalities Day" or for promotional brochures and flyers advertising the event, contact the United States Army Garrison Fort Riley Safety Office at 785-240-0647.

## Understanding Army iWATCH program

### ANTITERRORISM OFFICE

iWATCH is a nationwide modern version of the Neighborhood Watch Program designed to encourage residents to help protect their own communities by identifying and reporting suspicious behavior that is known to be associated with terrorist activities.

There are two key elements to iWATCH. The passive element is to educate the community to identify suspicious activity and be aware. The active element is taking action to report suspicious behavior.

Many of the most successful recent investigations began with a telephone call to local police by people like you who saw something suspicious and reported it. The Fort Dix Six investigation began with a phone call from a video store clerk and ended with the FBI arrest of six terrorist plotters before they could act.

The arrest of Robert Alberg, who planned to manufacture ricin, a deadly agent, began with a telephone call from a clerk at a seed store. The arrest of the Times Square bomber began when a street vendor reported the rapid departure of a man from an SUV parked illegally. All of these attacks could have been deadly had not citizens acted on their feelings. The installation antiterrorism officer, installation law enforcement and the 902nd Military Intelligence Detachment, need your help identifying suspicious behavior to prevent a terrorist attack from occurring here.

During the month of August, you will see static displays containing material on the iWATCH program, in the 1st Infantry Division Post newspaper, on installation webpages and social media accounts and on posters in the public areas.

As a member of our community we ask if you see specific activities to report them immediately to installation law enforcement or through the iWATCH webpage, which can be found at [www.riley.army.mil/Community/iWATCH.aspx](http://www.riley.army.mil/Community/iWATCH.aspx) or if you live off the installation, to your local police.

### ACTIVITIES TO REPORT

- People drawing or measuring important buildings
- Strangers asking questions about security procedures
- Briefcase, suitcase, backpack or package left behind
- Vehicles left in no parking zones in front of important buildings
- Intruders in secure areas where they do not belong
- Persons wearing clothes that are too big and too hot for the weather

- Chemical smells or fumes that seem out of the ordinary for the specific location
- People asking questions about sensitive information such as building blueprints, security plans or VIP travel schedules without a need to know
- People purchasing supplies or equipment that can be used to make bombs or weapons or purchasing uniforms without having the proper credentials

To report any of the above activities, call the Fort Riley iWATCH Hotline at 785-239-6767. If you feel it is an emergency, call 911. To report anonymously, go to [www.riley.army.mil/Community/iWATCH/Suspicious-Activity-Report](http://www.riley.army.mil/Community/iWATCH/Suspicious-Activity-Report). All iWATCH reports will be reviewed by installation law enforcement and security personnel.

The next USAG  
Resilience Day  
Off is

**AUG**

**14**





**Important phone numbers**

Main Post Education Center, Bldg. 217 Custer Ave, 785-239-6481. Child Youth and School Services includes the following services:

- Parent Central, 785-239-9885
- Family Child Care 785-239-9892
- Outreach Services 785-239-4723
- Youth Sports 785-239-9223
- SKIES Unlimited 785-239-2874
- School Age Services, 785-239-9220
- School Liaison Officer 785-240-3260/3261
- Middle School and Teen Center, 785-239-9222

## School zone safety

By Maria Childs  
1ST INF. DIV. POST

With the start of the school year around the corner, Fort Riley Police Department officials will focus their attention on bringing awareness to school zone safety by activating the flashing lights that identify the zones on post.

“It’s all about education and awareness for the public,” said Lt. Paul Davis, traffic supervisor at FRPD.

Davis said officers might make courtesy stops leading up to the first day of school, which is Aug. 16 for Unified School District 475 that operates on post.

“Just like we did last year, the lights will be on a few days ahead to remind folks that the kids are going back to school, and the big thing is when we are in the school zone and the lights are on, be aware of your surrounding and slow down,” he said. “No one wants to see a child get hurt and no one wants to hurt a child.”

Kansas laws prohibit disobeying crossing guards in a cross walk, overtaking and passing a school bus and disobeying active school zones.

According to Kansas Statute 8-1556, drivers meeting or overtaking a school bus from either direction when the flashing red lights and stop sign are displayed shall not proceed until the bus has resumed motion or the lights and sign are no longer actuated.

Davis said although there may be exceptions to this statute, none apply to Fort Riley because school buses are usually in the housing areas. It is important drivers use caution when approaching a school bus because children will be heading to their home when getting off the bus.

“Where our school buses are stopping, everyone has a duty and responsibility to stop,” he said.

According to Kansas Statute 8-15, 103, “no person shall willfully fail or refuse to comply with any lawful order or direction of any uniformed school crossing guard invested by law with authority to direct, control or regulate traffic.”

Davis said it is also important to note all fines shall be doubled when the school zone is active.

“When the school zone is active, you have a responsibility to reduce your speed to a safe speed, which is the posted speed, which is 20 mph,” he said. “It’s all about the safety of the children.”

## Kids Contest aims to put the brakes on vehicle fatalities

### KANSAS DEPARTMENT OF TRANSPORTATION

Kansas kids can win great prizes and learn about traffic safety by participating in poster and video contests as part of the annual Put the Brakes on Fatalities Day safety campaign.

Poster contest: For Kansas kids ages 5 to 13 — three state-wide winners will each receive: Kindle Fire Tablet and case from the Kansas Turnpike Authority; \$50 gift card from Wal Mart; \$50 Amazon gift card from the Petroleum Marketers and Convenience Store, Association of Kansas; Movie passes from AAA Kansas.

A total of 18 regional winners in the six regions and age groups, ages 5-7, ages 8-10 and ages 11-13, will receive a bicycle and a helmet from Safe Kids Kansas. Poster entries must be postmarked by Sept. 22. Information and entry forms are available at <http://www.ksdot.org/Assets/wwwksdotorg/events/brakesonfatalities/2017PBFDPosterContestGOOD.pdf>.

Video contest: For Kansas teens in grades 8 through 12. Prizes include an iPad, a Go Pro and a DJI Osmo camera, and the school of the grand prize winner will receive \$500 for its booster club. Video entries must be posted by 11:59 p.m. on Sunday, Sept. 24. Information to submit entries is available at <http://www.ksdot.org/Assets/wwwksdotorg/events/brakesonfatalities/PuttheBrake-onFatalitiesVideoContest.pdf>.



# BACK TO SCHOOL

HELLO MILITARY PARENTS AND SCHOOL-AGED MILITARY STUDENTS! For most students, the first day of school is here. This special section is meant to provide useful information and point out resources. The resources provided are gathered from the school web sites and the Fort Riley Child, Youth and School Services and assistance with any issues, contact the Child, Youth and School Services and

## Schools and Districts

On post schools are serviced by Unified School District 475. High school students are able to choose between Junction City or Manhattan high schools

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

123 North Eisenhower, Junction City, Kansas 66441  
Phone: 785-717-4066  
FAX: 785-717-4000  
Corbin Witt, Superintendent  
[www.usd475.org/SitePages/Welcome.aspx](http://www.usd475.org/SitePages/Welcome.aspx)

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

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

Other USD 475 schools off-post include: Eisenhower Elementary School, Franklin Elementary School, Lincoln Elementary School, Sheridan Elementary



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

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

2031 Poyntz, Manhattan, KS 66502  
Phone: 785-587-2000  
Fax: 785-587-2006  
Marvin Wade, Superintendent



[www.usd383.org/manhattan-ogden](http://www.usd383.org/manhattan-ogden)

Schools in the Manhattan-Ogden USD 383 include: Amanda Arnold Elementary School, Bluemont Elementary School, Frank V. Bergman Elementary School, Lee Elementary School, Marlatt Elementary School, Northview Elementary School, Ogden Elementary School, Theodore Roosevelt Elementary School, Woodrow Wilson Elementary School, Susan B. Anthony Middle School, Dwight D. Eisenhower Middle School and Manhattan High School.

## Former Fort Riley director now leads school district operations department

By Season Osterfeld  
1ST INF. DIV. POST

As school starts for students across Kansas, Unified School District 475 is starting the school year with a new chief operating officer.

In his position, which he began June 1, David Wild oversees all district operations that do not fall under teaching or learning. This includes things such as facilities maintenance, energy management and compliance, food service programs, emergency management programs, transportation, grounds maintenance and more.

For three years prior to taking up the position as COO, Wild was the principal of Apostolic Academy at Faith Tabernacle Apostolic Church in Junction City, Kansas. During his time there, he said he effectively engineered himself out of a job as he worked to improve the school’s fiscal conditions, so when the USD 475 position opened, he submitted his resume.

For Fort Riley schools, Wild said he is looking to improve the facilities and technology available to students and staff. Some of these improvements could include a new, future elementary school to replace the two oldest ones on the installation.

“We’re always looking for improvement and, in fact, there are two schools within the Fort Riley footprint that are in need of tender, loving care,” he said. “We are certainly getting that, but we’ve also got on our wish list the possibility of a new grade school construction out there to replace a couple of



Chief Operating Officer  
**David Wild**

the older ones. I’ll continue to work toward that objective — that’s more of a long-term goal. I think we have some excellent schools, some of the best within the district inventory reside right there at Fort Riley and that would be at Seitz Elementary, Fort Riley Elementary, the (Fort Riley) middle school and Ware Elementary. The two I’m most concerned about are Morris Hill (Elementary) and Jefferson (Elementary).”

For students of Ware Elementary School, they’ll be coming back from summer break to see a new tool installed in their classrooms — interactive white boards. The boards allow students to use a variety of tools, like touchscreens, microphones, cameras and more.

“Ware Elementary just this summer, we improved classroom technology by installing 40 new smartboards in that school, which is the most advanced technology available right now with smartboards,” he said. “We’re looking forward to seeing how that plays out. I spoke personally with the vendor this summer and he said

this is the first school district that has employed use of these pieces of equipment, so we are on the leading edge there.”

The addition of the interactive boards is one step toward a six-year plan to incorporate more informational technology tools into the schools found throughout USD 475, Wild said.

“We have a six-year master plan and that master plan delineates improvements in all areas of operation across the district with a significant emphasis in the IT world,” he said.

Wild said his biggest draw to the position was the possibility of building a new high school in Junction City.

“That was the carrot that drew me into the job,” he said. “I’m very upbeat about the possibility of a new high school. I think it’s very important for the constituents of the community to understand that this is an opportunity that the rest of the districts across the state are salivating over to be in such a strong position.”

At present, the battle for a new high school has been a difficult one as residents of Junction City remain risk adverse to debt — something Wild said will not happen with the addition of a new high school.

“Between the mix of financial aid coming from the state itself, heavy impact aid from the Army, which makes up for property taxes not paid by the student body population that is military related, which is about 57 percent, and then interest earned on investments, the net result is the local tax payers can have an opportunity to build a \$105 million high school with a total investment contributed by themselves of 9.62 percent spread out over

25 years,” he said. “This is an exceptional opportunity.”

He added if voters approve building a new high school during this year’s elections, the state of Kansas will provide 47 percent of the cost.

Prior to his time as a principal, Wild was the director of contracting for Fort Riley from 2002 to 2014. His experience there provided him with the business skills and military understanding to effectively perform his job in a school district that bridges civilian and military families, Wild said.

“As the director of contracting, I supported every function out of Fort Riley with some means of contract support, so establishing communications and relationships has been greatly accelerated since my arrival. It’s made the transition very easy,” he said. “The similarity in performance functions is close enough to what I did in my former career that I have not been surprised by anything. I have not felt overwhelmed. It’s just felt like a very natural fit.”

Through his ties as a Geary County, Kansas, native, his wife a retired teacher of 32 years from USD 475, and his time working at Fort Riley, Wild said he has streamlined communication between people and organizations because of the relationships he already had established. These relationships are what he said he enjoys most and help him succeed in his role.

“The work I find takes care of itself when relationships are where it needs to be and all relationships require care and maintenance and although I’m an introvert, I do thoroughly enjoy people,” Wild said.



## Download the USD 475 Mobile App

Put school information at your fingertips in one convenient location!

**Key Features**

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

More information at [bit.ly/usd475mobile](http://bit.ly/usd475mobile)



Search “Geary County Schools USD 475”



# SCHOOL 2017

Students in grades kindergarten through 12th grade, the beginning of the school year assistance and benefits available to Fort Riley families with school-aged children. by CYS web pages. For information about items not listed or for more information d School Support Services Division.

## Districts

Other school districts that serve military families are as follows:

**ABILENE USD 435, ABILENE, KANSAS, DICKINSON COUNTY**

213 N Broadway, Abilene, KS 67410

Phone 785-263-2630  
Fax 785-263-7610  
Dr. Denise Guy,  
Superintendent

www.abileneschools.org/

**BLUE VALLEY USD 384, RANDOLPH, KANSAS, RILEY COUNTY**

P.O. Box 98, 3 Ram Way, Randolph, Kansas 66554

Phone: 785-293-5256  
Toll Free: 877-750-8111  
Fax: 785-293-5607

Brady Burton,  
Superintendent

www.usd384.org/

**CHAPMAN USD 473, CHAPMAN, KANSAS, DICKINSON COUNTY**

822 North Marshall, Chapman, Kansas 67431

Phone: 785-922-6521

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

**CLAY COUNTY USD 379, CLAY CENTER, KANSAS, CLAY COUNTY**

807 Dexter, PO Box 97, Clay Center, Kansas 67432

Phone: 785-632-3176  
Fax: 785-632-5020  
Mike Folks, Superintendent

www.usd379.org/

**HERINGTON USD 487, HERINGTON, KANSAS, DICKINSON COUNTY**

19 North Broadway, Herington, KS 67449

Phone: 785-258-2263  
Fax: 785-258-2982  
John Thissen, Superintendent

www.heringtonschools.org/

**RILEY COUNTY USD 378, RILEY, KANSAS, RILEY COUNTY**

204 West Kansas Ave, Riley, Kansas 66531

Phone: (785) 485-4000  
Cliff Williams,  
Superintendent

www.usd378.org/

**ROCK CREEK USD 323, WESTMORELAND, KANSAS, POTTAWATOMIE COUNTY**

201 South 3rd, Westmoreland, KS 66549

785-457-3732  
Fax: 785-457-3701  
Kevin Logan,  
Superintendent

www.rockcreekschools.org/

**RURAL VISTA USD 481, WHITE CITY, KANSAS, MORRIS COUNTY**

414 East Goodnow, White City, Kansas 66872

Phone: 785-349-2964  
Fax: 785 - 349 - 2965  
Ralph Blevins,  
Superintendent

www.usd481.org/usd481/Welcome.html

**SALINA USD 305, SALINA, KANSAS, SALINE COUNTY**

1511 Gypsum, Salina, Kansas 67402

Phone: (785) 309-4700  
Fax: (785) 309-4737  
William Hall,  
Superintendent

Superintendent  
www.usd305.com/

**SOLOMON USD 393, SOLOMON, KANSAS, DICKINSON COUNTY**

113 East 7th St., Solomon, Kansas 67480

Phone: 1-785-655-2541  
Fax: 1-785-655-2505  
Justin Coup, Superintendent  
www.usd393.net/

**WABAUNSEE USD 329, ALMA, KANSAS, WABAUNSEE COUNTY**

213 E. 9th, Alma, Kansas, 66401

Phone: 785-765-339  
Fax: 785-765-3624  
Bradford Starnes, Superintendent

www.usd329.com/

**WAMEGO USD 320, WAMEGO, KANSAS, POTTAWATOMIE COUNTY**

510 East Hwy 24, Wamego, KS 66547

Phone: 785-456-7643  
Fax: 785-456-8125  
Tim Winter, Superintendent  
www.usd320.k12.ks.us/



## Academic support resources

### TUTOR.COM FOR U.S. MILITARY FAMILIES

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

### DISCOVERY EDUCATION

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

### GET YOUR GENERAL EQUIVALENCY DIPLOMA

Have you wanted to complete your high school education but didn't know how to get started? This website can help you. Go to [www.finishyourdiploma.org](http://www.finishyourdiploma.org).

### JOB CORPS

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

# Start school year with immunizations

By Suet Lee-Growney  
1ST INF. DIV. POST

Vaccination is a way to avoid preventable diseases, especially among the children of Fort Riley, according to Tiffany Morgan, clinical nurse officer in charge of primary care at Irwin Army Community Hospital.

“We have a great, healthy population (at Fort Riley) and we want to keep it that way,” Morgan said.

IACH has a vaccine delivery policy where each child must have valid well-child exam by a provider before any vaccinations are administered.

“If you have somebody who’s about to enter kindergarten, they would need their 5-year (-old) well-child visit and it would need to be documented,” Morgan said. “There’s lots of reasons why we do that, mainly is so that if there are any developmental delays.”

At this visit, providers would also address any questions parents have about vaccines.

“We have a great, healthy population and we want to keep it that way.”

TIFFANY MORGAN

CLINICAL NURSE OFFICER IN CHARGE OF PRIMARY CARE

AT IRWIN ARMY COMMUNITY HOSPITAL

After documenting the visit, children can come back in a different visit to receive vaccines.

There are three main age groups parents should pay attention to when it comes to their children receiving vaccinations according to the Centers for Disease Control’s recommended immunization schedule for children and adolescents aged 18 years and younger — 4 through 6 years old, 11 through 12 years old and 16 years old.

Eleven- and 12-year-olds don’t usually require a physical exam because that age group does not receive as many vaccinations according to the CDC and Prevention the hospital guidelines go by.

“It is very rare that we have people that don’t want to

vaccinate their kids,” Morgan said. “I will tell you we do get a lot of parents who want to do a catch up schedule, so that the kids are not getting so many vaccines at one time.”

Staff at IACH are accommodating to families who are not timely with their immunizations. For those cases, there is a catch-up immunization schedule for persons aged 4 months through 18 years, who start late or who are more than 1 month behind, according to the CDC.

The hospital provides mass school physicals every year during the summer where four to five providers would conduct physicals on selected Saturdays.

“We see patients every 15 minutes and we have all the

kids go through stations, and we get it all done,” Morgan said.

Morgan said the hospital staff understands sometimes medical records can go missing between the many military moves. Families can start by making an appointment with the Allergy and Immunization clinic by calling 785-239-7000.

“It’s not going to be a quick visit,” Morgan said. “If they cannot produce any records, they pretty much have to start over. I do see that a lot — (families) have lost their records.”

Patients are requested to arrive at least 20 minutes prior to fill out about five pages of paperwork and then stay at least 20 minutes after to see if there are adverse reactions.

“We always recommend the annual flu shot,” Morgan said. “Usually summertime when we are about to go back to school, the flu vaccine isn’t really available until October.”

## 2017

### ALTERNATIVE CARE OPTIONS

#### FRG CHILD CARE

January	10	July	11
February	14	August	08
March	14	September	12
April	11	October	17
May	09	November	14
June	13	December	12

6:30-8:30pm • \$4 per child per hour\*

**ADVANCED REGISTRATION REQUIRED**

Deadline: Friday prior to date

To register, call  
**785.239.9929 or 785.239.9935**

#### PARENTS' NIGHT OUT

January	07	July	08
February	04	August	05
March	04	September	09
April	01	October	14
May	06	November	04
June	03	December	02

6-11pm • \$20 per child per date\*

**ADVANCED REGISTRATION REQUIRED**

Deadline: Wednesday prior to date

To register, call  
**785.239.9885 or 785.240.2818**

\*Patrons may utilize their free 16 hours of care instead of paying fee  
Child's traveling file must be turned in prior to care  
Patrons must be registered with CYSS

USD 475 - GEARY COUNTY SCHOOLS											
2017-2018 SCHOOL CALENDAR											
02-06-17											
189 Teacher days; 178 Student days or not less than 1116 hours											
2017						2018					
S	M	T	W	T	F	S	TE	ST	S	M	T
JULY						JANUARY					
					1						
2	3	4	5	6	7						
9	10	11	12	13	14						
16	17	18	19	20	21						
23	24	25	26	27	28						
30	31										
AUGUST						FEBRUARY					
1	2	3	4	5							
6	7	8	9	10	11						
13	14	15	16	17	18						
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27	28	29	30	31							
SEPTEMBER						MARCH					
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24	25	26	27	28	29						
OCTOBER						APRIL					
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15	16	17	18	19	20						
22	23	24	25	26	27						
29	30	31									
NOVEMBER						MAY					
5	6	7	8	9	10						
12	13	14	15	16	17						
19	20	21	22	23	24						
26	27	28	29	30							
DECEMBER						JUNE					
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10	11	12	13	14	15						
17	18	19	20	21	22						
24	25	26	27	28	29						

# MANHATTAN-OGDEN USD 383

## Academic Calendar 2017-2018

JULY						
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
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30	31					

AUGUST						
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SEPTEMBER						
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10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Aug. 16 - First Day of School - 1/2 day only  
 Sept. 4 - No School - all USD 383 - Labor Day  
 Sept. 18 - 21 - AMS, EMS & MHS Conferences  
 Sept. 22 - No School - all USD 383

OCTOBER						
1	2	3	4	5	6	7
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NOVEMBER						
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DECEMBER						
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22	23	24	25	26	27	28
29	30	31				

Oct. 9 - No School - all USD 383 schools  
 Oct. 20 - No School - all USD 383 schools  
 Oct. 25-29 - Elementary Conferences  
 Oct. 26 & 27 - No School - Elementary Only  
 Nov. 20 - 24 - No School - Thanksgiving Break  
 Dec. 21 - Jan. 2 - No School - Winter Break

JANUARY						
						1
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MARCH						
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30	31					

Jan. 4 - School Resumes  
 Jan. 15 - No School - all USD 383 - MLK, Jr. Day  
 Feb. 5 - 8 - AMS, EMS, MHS Conferences  
 Feb. 9 - No School - all USD 383  
 Feb. 14-15 - Elementary Conferences  
 Feb. 15 - 16 - No School - Elementary Only  
 Feb. 19 - No School - all USD 383  
 Mar. 16 - No School - all USD 383 schools  
 Mar. 19-23 - No School - Spring Break

APRIL						
1	2	3	4	5	6	7
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22	23	24	25	26	27	28
29	30					

MAY						
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30	31					

JUNE						
						1
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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

Apr. 2 - No School - all USD 383 schools  
 April 27 - No School - all USD 383 schools  
 May 17 - Last day for seniors  
 May 20 - MHS Graduation - 2 pm  
 May 24 - Last Day of School - 1/2 day only  
 May 19 & 25 - Inclement Weather Make-up Days  
 (if needed)

\*\*Calendar is subject to negotiations\*\*

Manhattan-Ogden USD 383	
Adult Learning Center & Open Door	539-9009
Amanda Arnold Elementary School	587-2020
Anthony Middle School	587-2890
Bergman Elementary School	587-2865
Blumont Elementary School	587-2030
College Hill Preschool	587-2830
Eisenhower Middle School	587-2880
Head Start	587-2045
Infant-Toddler Services	776-6363
Lee Elementary School	587-2050
Manhattan Alternative H.S. @ Job Corp	587-2129
Manhattan High School East Campus	587-2150
Manhattan High School West Campus	587-2100
Manhattan Virtual Academy	587-2100 x8073
Marlatt Elementary School	587-2060
Northern Elementary School	587-2070
Ogden Elementary School	587-2090
Parents As Teachers	587-2058
Robinson Education Center	587-2000
Theodore Roosevelt Elementary School	587-2090
Transportation Department	587-2190
Woodrow Wilson Elementary School	587-2170

Parent-Teacher Conferences	
Elementary Schools	
October 25 & 26	
February 14 & 15	
AMS & EMS * 3:30 - 7pm	
September 18 & 20	
February 5 & 7	
MHS * 4:30 - 8pm	
September 20 & 21	
February 7 & 8	

Secondary Reporting Periods	
August 16 - October 19 = 43.5 days	
October 23 - December 20 = 38 days	
January 4 - March 16 = 48 days	
March 26 - May 24 = 41.5 days	

Elementary Reporting Periods	
August 16 - October 19 = 43.5 days	
October 23 - February 8 = 61 days	
February 12 - May 24 = 62.5 days	

Legend	
	No School - all USD 383 schools
	Administrative Offices Closed
	1/2 Day of School
	No School - Elementary
	Weather Make up Days



## Courtesy patrol keeps Soldiers safe, out of trouble at night



Sgt. 1st. Class Kyle Weber, front left, Sgt. 1st Class Chris Taylor, back left, both of 1st Squadron, 4th Cavalry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division; Garrett Lloyd, back right, and Rachel Pate, Riley County Police Department patrol officers, discuss their next line of action Aug. 4 in Aggieville in Manhattan, Kansas. The 1st Inf. Div. courtesy patrol is a partnership program with Manhattan's law enforcement.

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

The compounding effect of alcohol, loud music and large inebriated crowds can cause evening plans to go awry; this is where the courtesy patrol program comes in. The program is a partnership between 1st Infantry Division and Riley County, Kansas, Police Department to help keep Soldiers safe in the Aggieville business district of Manhattan, Kansas.

The Soldier volunteers, typically senior noncommissioned officers and officers, patrol the streets of Aggieville at night on the weekends alongside Riley County Police Department patrol officers.

On the night of Aug. 4, four volunteers from 1st Sqdn., 4th Cav. Regt., 1st ABCT, 1st Inf., Div., assisted patrol officers Rachel Pate and Garrett Lloyd. A quick brief of how to go about their duties that evening were given to Pultro, Weber, Sgt. 1st Class Chris

Taylor from Troop C and 2nd Lt. William Schultz-Rathbun from Headquarters and Headquarters Troop before they went out into the night.

During duty, courtesy patrol are not allowed to enter the bars and clubs. Instead, they waited outside while patrol officers scout the premises.

“Generally we handle the police matter that we are there for first, for crimes committed, anything of that sort — write them a citation, break up a fight, get the information we need for our side of things,” Pate said. “And then we will ask (the Soldier) for their military ID and then we pass it over to courtesy patrol and they take it from there.”

Courtesy patrol assists RCPD in de-escalating situations involving Fort Riley personnel in a way the patrol officers are unable to do because they don a different uniform. Just by being present during bars peak hours, courtesy patrol stops incidents that could become something more serious.



Sgt. 1st. Class Kyle Weber, back, and Sgt. 1st Class Chris Taylor, both of 1st Squadron, 4th Cavalry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, stand at the corner of Moro and 12th Street in Manhattan, Kansas, to observe the crowd slowly leave the bars after hours in Aggieville Aug. 5. Weber and Taylor were tasked with courtesy patrol, a partnership volunteer program with Riley County Police Department to help keep Soldiers safe.

from happening and ruining a Soldier's military career, according to Pate.

"Say they need a ride home, they're more likely to come to us than to a police," Taylor said. "It's always good to have a good relationship with the local law enforcement."

Weber added the presence of senior noncommissioned officers or officers specifically can be a good deterrent for poor judgement or behavior.

"Whenever (Soldiers) are seeing senior NCOs or officers here, that might deter them from doing something that they normally wouldn't whenever they're sober," he said.

Pate said there are three occasions where courtesy patrol would have any interaction with Soldiers. The first of which is when the Soldier has broken the law and gets a citation, then courtesy patrol would release them to staff duty.

"Most of the time if they're going to be released to staff duty, it's (a) misdemeanor offense that we could arrest them for and we


decide instead to write them a ticket and let them sign it because they're saying that they're going to show up in court," Pate said. "At that point, we release them to courtesy patrol."

The next reason why a Soldier would come in contact with courtesy patrol is if they are very intoxicated and too drunk to be in public anymore.

"Battle buddies most of the time have left them or if their battle buddies want to keep drinking, but they can't anymore, so we'll hook them up with courtesy patrol and they'll get the drunk Soldier a safe ride home," she said.

The final occurrence of courtesy patrol mediation is when tension between a Soldier and another person is starting to build, but nothing has yet happened.

"That's the time where courtesy patrol steps in and they're able to — again if (the Soldier is) willing to — leave," Pate said. "It's showed that in years past, if they haven't been released to a staff duty, they would have gone on in further trouble."



# Don't wait in the Emergency Room if you don't have to


*Knowing where to go ensures you get the most timely care*

<i>Reasons to go to the Emergency Room</i>	<i>Reasons to go to the Extended Care Clinic</i>
Chest pain	Cough and sore throat
Difficulty breathing	Fever or flu-like symptoms
Severe bleeding	Sprains and strains
Loss of consciousness	Broken bones
Loss of vision	Rashes or skin irritations


## Extended Care Clinic

Located at Medical Home 2  
Near Front Entrance of Hospital

Monday - Friday 10 a.m. - 8 p.m.  
Saturday - Sunday 10 a.m. - 6 p.m.




Irwin Army Community Hospital



# Irwin Army Community Hospital

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**You demand a Completely Satisfactory experience.**

**You expect to receive the Best Healthcare available.**

**You are right.**


**If your experience is anything less than satisfactory, inform a member of the team immediately.**

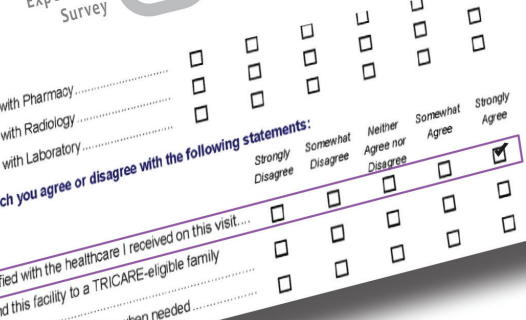
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# World War I Soldier posthumously receives Silver Star



Lt. Col. Jon Meredith, commander, 1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, Fort Riley, presents a World War I replica of the “Big Red One” patch in a ceremony Aug. 4 at Fort Carson’s Elkhorn Conference Center to Keith Lacey’s sons, retired Sgt. 1st Class Pat Lacey and retired Air Force Col. Nick Lacey. The 1st Combat Aviation Brigade, 1st Inf. Div., created the patch and flew it while in Afghanistan.

Story and photo by Dani Johnson  
FORT CARSON PUBLIC AFFAIRS OFFICE

FORT CARSON, Colo. — In May 1917, just one month after the U.S. declared war on Germany, a young Pleasant Lake, Indiana, man enlisted in the Army and served until his discharge in July 1919.

The family of the World War I Soldier, Sgt. Keith N. Lacey, received posthumous awards to include the Silver Star that were never given to Lacey upon his discharge during a ceremony Aug. 4 at the Elkhorn Conference Center on Fort Carson.

“We (the children of Keith Lacey) grew up never recognizing that we were living with a

true American hero,” said retired Air Force Col. Nick Lacey, the youngest son. “He was one of the elite, participating in every battle from December 1917 to November 1918.”

Within seven months of enlisting, Keith Lacey landed on the shores of France joining the 16th Infantry Regiment, 1st Infantry Division. Wounded in May 1918 from a gas attack, Lacey remained on the battlefield in France and fought to the end of the war and occupation of Germany.

“Wounded, he pushed himself to the physical limits,” Nick Lacey said. “He had difficulty breathing but did what every motivated, gung ho NCOs do and pushed on.”

During his service, he participated in the Montdidier-Noyon Offensive, the Aisne-Marne Counter Offensive, the St. Mihiel Offensive and the Meuse-Argonne Offensive.

Due to his exposure to warfare gas in May 1918 and the inadequacy of medical science at the time to properly treat Soldiers who experienced gas warfare, his health failed almost immediately after he returned home from France. Keith Lacey eventually contracted tuberculosis. In 1922, he was sent to Colorado and treated at Fort Lyons Veterans Bureau Hospital in Las Animas.

Against medical advice, in 1924, he moved to Colorado Springs, Colorado, where he met his future wife, Ruth Mathis. In 1930, the family moved to Fountain, Colorado, where they stayed until his death Jan. 22, 1977. He and his wife raised eight children.

While active duty, Keith Lacey was in the 16th Regiment, 1st Inf. Div., which is now 1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team, 1st Inf. Div., at Fort Riley, Kansas. The family decided to have the

ceremony at Fort Carson since more than 90 of his descendants live in Colorado, primarily in the Colorado Springs area.

“It’s an incredible honor to be a Soldier and see the legacy that sits in this room,” said Lt. Col. Jon Meredith, commander, 1st Bn., 16th Inf. Reg., who traveled from Fort Riley for the ceremony. “The service embodied in this room is incredible and awe inspiring.

“Every time a 16th Infantry Soldier puts on his uniform, they honor Sgt. Lacey,” Meredith said. “The only reason we know how to win is because of Soldiers like Sgt. Lacey.”

Lacey’s children requested military information on their father through U.S. Army Human Resources Command, Fort Knox, Kentucky. It was determined he was never awarded the medals earned while in the war.

Keith Lacey’s sons, retired Sgt. 1st Class Pat Lacey, who retired in 1970 as a mess sergeant and served in Korea and Vietnam, and Col. Nick Lacey, who retired in 1990 and had received a Silver Star for actions as a fighter pilot in Vietnam, accepted the following medals on behalf of the family: Silver Star; Purple Heart; World War I Victory Medal with France Service Clasp and Montdidier-Noyon, Aisne-Marne, St. Mihiel, Meuse-Argonne Battle and Defensive Clasp; Army of Occupation of Germany Medal; French Fourragere; World War I Victory Button-Silver; and Lapel Button for Service Prior to 1939 as well as the 1st Inf. Div. “Big Red One” shoulder insignia.

“My mother was also a heroine who today would have stood next to my father and would have been equally as proud,” Nick said. “I am convinced he never knew he had been cited for gallantry.”

## WEATHER Continued from page 1

rology technical school at Keesler Air Force Base in Biloxi, Mississippi, and then start from the ground level. They begin with the basics such as observational skills and terminology. Then, they progress to more advanced skills such as physics and data analysis before diving straight into on-the-job training and experience.

Staff Sgt. Daniel Webb, who tracks and maintains deployable weather sensors said they have Airmen attached to all of the major Army units from the division level down to the battalion level.

“Most of the Army knows us as SWOs, staff weather officer,” Webb said. “Depending on the type of unit, we kind of tailor the weather support to what they are. Like aviation units definitely need and

use us the most, but we also provide support to the division to help with their planning.”

The 1st Combat Aviation Brigade, 1st Infantry Division, particularly relies on the Det. 2 for weather information to plan their missions and training.

“Any time any military aircraft, whether it be an Army helicopter or an Air Force plane, flies anywhere, when they take off and leave the ground, they have to have a weather brief from the weather station,” Webb said. “It is basically illegal for them to fly without a weather brief.

“(1st CAB) want to know if they’re going to fly into the thunderstorm, they want to know if there’s going to be turbulence, going to be icing 5,000 feet off

the ground, is it going to be some crazy winds up there; anything that would affect the flight,” Webb said.

Apart from the support Det. 2, provides they also support the U.S. Army Garrison Fort Riley. A few times a week, a representative from the weather station holds a weather briefing with the garrison commander. These meetings are especially crucial when it comes to planning outdoor activities for the Fort Riley community.

According to Miller, severe atmospheric conditions are the bread and butter of weathermen.

“It’s enjoyable in a weird way,” he said. “Obviously it’s not enjoyable to see things get damaged or destroyed, but in a geeky way it is enjoyable to watch on a computer

when it’s happening somewhere far, far away.”

Det. 2 interfaces frequently with the Division and Fort Riley Operations Center, especially when it comes to inclement weather.

“When it comes to tornadoes, the garrison commander is very interested because he is the authority for sounding the sirens,” Miller said.

Unlike places outside of a military installation, severe weather warnings are issued by the National Weather Service. But at Fort Riley, these warnings are issued by Det. 2 weather station Airmen.

“That’s not our call (to sound the sirens) because something like that can cause quite a bit of panic,” Webb said. “We can only make recommendations.”

During an event of a tornado or flood, Det. 2 initiates the Severe Weather Action Plan. This procedure starts with the most senior noncommissioned officer in charged liaising with the operations center about adjusting training plans around the threat as far as four days out, the day of and until the hour of the suspected weather threat.

“As it comes to a point in time where we are three to four hours out, we would be issuing (tornado) watches to notify the base population,” Miller said. “An hour to two hour(s) out, we would issue a warning saying, ‘Hey, we’ve seen this threat. We’ve been watching this threat for a couple days, it’s here now; it’s happening’.”



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If you see something, REPORT IT.  
National Human Trafficking Hotline

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# SUICIDE PREVENTION

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## THE POWER OF 1

# 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. — Whitside 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



FOR UP-TO-DATE INFORMATION, VISIT [FACEBOOK.COM/1STINFANTRYDIVISION](https://www.facebook.com/1stinfantrydivision)  
[RILEYMWR.COM](http://RILEYMWR.COM) | [RILEY.ARMY.MIL](mailto:RILEY.ARMY.MIL)







# VICTORY

Continued from page 1

service in the Army. He retired from Fort Riley and had several tours with the division and spent time on post when the 24th Infantry Division was stationed here.

“I have a pretty long and deep knowledge on a lot of this,” West said. “I have been on the periphery and worked as the (secretary of the general staff) for a couple of deployments ... so when I got the additional duty as the historian, it was something I put on my radar as something to do out there for Victory Park.”

What West found was unexpected. He found there was not a comprehensive list of casualty deaths for the division for the Global War on Terrorism period starting after Sept. 11, 2001. West set out to create one.

He made his way to the Cavalry Parade Field to check the names listed on the three modern-era monuments and then cross-referenced the names on those monuments with the list he had accumulated for the division. West found that some names did not appear on the memorial stones in Victory Park.

“They had different spreadsheets with slightly different formats and slightly different information, so I spent a few months creating an Access database to go back and review everything,” West said.

No formal procedure had been formalized to add memorial stones in the past. West presented a plan to Brig. Gen. Pat Frank, then 1st Inf. Div. and Fort Riley acting senior commander, a few months ago to set one policy in place to ensure all those who made the ultimate sacrifice while serving with the Big Red One would be properly honored in Victory Park.

“Essentially, the command group at any point in time would make the decision as to whether or not a Soldier got added,” West said. “With some command groups we were adding suicides, with others we were not. That was the first inconsistency. Nobody really wanted to go back and readdress what occurred with their predecessors.”

The way the war on terror was being fought was different than previous wars, and that too made it difficult at times for the 1st Inf. Div. command staff to properly identify those deserving of a memorial stone.

“We were pretty consistently adding names of Soldiers, Sailors, Airmen, Marines who had been attached to the division or divisional units and died in theater, but the way we were deploying with the brigades and battalions deploying separately from the division, sometimes we weren’t completely accurate on who had attached,” West said. “I noticed a couple of attachments going back to ‘07 and ‘08 that had inadvertently been left off. I don’t think the division knew they should have been on there.

“Where it got tricky was if there was a battalion deployed and someone was attached to them in theater, the battalion might



File Photo

With Victory Week fast approaching, the 1st Infantry Division will add 85 new memorial stones at Victory Park, adjacent to the 1st Infantry Division headquarters building. Following the new additions, the park will have 632 stones memorializing Soldiers, Sailors, Airmen and Marines who made the ultimate sacrifice for their nation while with or attached to the “Big Red One.”

have included them on their battalion memorials, but we did not have a central casualty list here at the division.”

Some families of fallen Soldiers will be in attendance at the unveiling of the new memorial stones during Victory Week. Christina Gary, survivor outreach specialist at Fort Riley, made contact with the families to inform them their loved ones will be honored and invited them to attend the Aug. 22 ceremony.

“My office is their resource; we are going to set them up with escorts that knows that individual’s family’s needs,” Gary said. “One burst into

tears. It has been almost 10 years since her Soldier died and it is still a very sensitive subject to approach. Some are not able to attend but they are very thankful that the 1st Inf. Div. will recognize their Soldier.”

Gary is enthused to now have a set standard for the addition of memorial stones and the placing of the new 85 stones.

“It is the perfect idea,” Gary said. Victory Park “is a place where Soldiers can go and remember their friends. They can leave a bottle of beer that their friend enjoyed, and that can help the Soldier grieve.”

Post photos, including many that haven’t been printed, are on flickr!  
[flickr.com/firstinfantrydivision](https://www.flickr.com/photos/firstinfantrydivision/)



# Former Fort Riley chaplain serves all spiritual needs at Fort Bliss

By Don Wagner  
ARMY NEWS SERVICE

FORT BLISS, Texas — Last year, a devout Christian Soldier deployed in Kuwait knocked on the door of Army Buddhist Chaplain Capt. Christopher Mohr and entered his office in silence, closing the door abruptly behind him.

The Soldier did not say a word. Mohr could see he was emotionally frazzled and too distraught to speak. All of a sudden, the Soldier broke down and began crying hysterically. He explained to Mohr his significant other had been sexually assaulted back home.

Mohr just listened calmly and let the distraught Soldier vent. The Soldier was livid and felt guilty for not being at home to protect the one he cared about.

After several sessions over the next few weeks, Mohr helped the Soldier make peace with himself.

Mohr, 36, is one of three active-duty Buddhist chaplains in the Army, but more importantly, he said, he's one of about 3,000 chaplains in the total force.

Mohr said he felt called to the Army to serve and minister to Soldiers of all faiths. He said that first calling still drives him regardless of faith or denomination.

In July, Mohr was transferred to Fort Bliss, Texas, where he serves as the battalion chaplain for the 93rd Military Police Battalion.

Among the challenges Mohr sees at his new post will be getting to know the military police mindset while understanding the very different mission set military police have, compared to the combined arms unit that he was assigned to where he served as the battalion chaplain for the 2nd Battalion, 70th Armor Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, at Fort Riley, Kansas.

"At Fort Riley, I knew of 30 Buddhist Soldiers," Mohr said. "With a somewhat higher population at Fort Bliss, I will likely have more Buddhist Soldiers to serve."

Mohr said at Fort Riley, he held Buddhist services for his very small congregation weekly, or as frequently as possible when in the field.

"I welcomed anyone who wished to attend my services even if it was just out of curiosity. My job is to provide religious support to anyone who asks."

Mohr accepted a direct commission into the Army eight years ago to serve as a Buddhist chaplain because he saw a spiritual need that

he said he was capable of meeting.

## SERVICING ALL SOLDIERS

Mohr has conducted various command ceremonial functions upon request, such as offering invocations and benedictions at changes of command and at prayer luncheons.

If he was asked to perform a task he was unable to perform, such as conducting a Catholic Mass or a Catholic wedding, for example, he will refer such requests to a chaplain who could. Mohr said that this is a key concept in the Chaplain Corps, and one he enthusiastically supports.

Other examples of Mohr serving Soldiers without regard for differences in faith included providing a Jewish Soldier with Kosher Meals-Ready-to-Eat during his unit's recent field training. Mohr coordinated with supply personnel to ensure those meals were available during training.

He also said during this past Memorial Day, he was honored when he was asked to offer the invocation and benediction at the National World War I Museum in Kansas City, Missouri.

One of Mohr's greatest honors so far occurred a few years ago when the California Army National Guard asked him to conduct a military funeral for a Buddhist Soldier. The Soldier's family, who was also Buddhist, specifically requested that a Buddhist chaplain conduct the service.

## UNIQUE BUDDHIST EVENTS

Mohr said he conducts services on post for key Buddhist holidays such as:

- Enlightenment Day, observed in February in some parts of the Buddhist tradition
- Buddha's Birthday, observed April 8 in some parts of the Buddhist tradition, and Vesak, a combined observance of the Buddha's birth, enlightenment and passing, which is held in late April or May in many Buddhist countries
- Ullambana, an observance for the departed and those who are suffering, is held in July or August.

It can be challenging to find ways to conduct unique, meaningful Buddhist events like the yearly Lantern Floating, he said. The event is similar to the much larger Lantern Floating conducted each Memorial Day in Hawaii, which includes music and a ceremonial ignition of the Light of Harmony, that leads up to the floating of lanterns on the Pacific Ocean.

## COUNSELING

Mohr figures he has served the spiritual needs of about 150 Buddhist Soldiers since he was commissioned in

2009. He provided spiritual support and comfort to injured Soldiers as often as necessary, and this year alone, he has helped nine suicidal Soldiers work toward resolving the issues that brought them to their darkest places.

Mohr said when most non-Buddhist Soldiers meet him for the first time, they are often cautious and curious.

"That usually shifts pretty quickly to a place of trust and openness as soon as they realize I'm a Soldier and here to help them if they need it," Mohr said.

He said typical of all chaplains, most of his days are filled with a mix of staff meetings, ministry of presence, being present where Soldiers are training or working and addressing concerns or issues that they bring up, and spiritual guidance or counseling sessions wherein a Soldier's issues are given full attention in a confidential setting.

"However, you never know when a request for help from a Soldier or an Army couple seeking to plan their wedding will take precedence and shift the entire plan for that day," Mohr explained.

Mohr said the highlights of any day are when he gets to work with fellow chaplains to "deliver relevant, meaningful ministry experiences." These would include a spiritual fitness run conducted with Christian chaplain peers or bringing another chaplain to visit his unit to conduct worship services in the field.

## EDUCATION

After Mohr graduated from Menasha Senior High School in Menasha, Wisconsin in 1999, he attended the University of Wisconsin at Oshkosh from 2001 to 2004 and earned his bachelor's degree in Religious Studies focused on Buddhism, and the Japanese language and culture. From 2002-2003, Mohr spent another year in an exchange program at Sophia University in Tokyo, Japan.

In 2011, Mohr received a master's of divinity in Buddhist Chaplaincy from the University of the West in Rosemead, California.

## ARMY SERVICE

Mohr accepted a direct commission in 2009 as a chaplain candidate, and was assigned to Joint Force Headquarters in the Wisconsin Army National Guard.

He graduated from the Chaplain's Basic Officer Leadership Course at Fort Jackson, South Carolina, in 2009, and transferred to the California Army National Guard to complete his education. There he served as a chaplain candidate with the 1st Battalion, 185th Armor at



Maria Childs | POST

**Chap. (Capt.) Christopher Mohr places his lantern into Moon Lake May 29 during the lantern floating ceremony. Prior to the ceremony, participants used markers to illustrate on the paper used to create the lantern the people they were remembering. This included people's names and letters written to them as well as pictures of the American flag.**

San Bernardino, California. Mohr's duties included working under the supervision of a senior chaplain to learn the Army structure and how to operate in a military unit.

In 2012, Mohr accessioned as a chaplain after meeting Department of Defense requirements. He was then assigned to the 224th Special Troops Battalion in Pomona, California, serving there until 2013.

Mohr returned to the Wisconsin Army National Guard in 2013 and served with the 32nd Brigade Special Troops Battalion in Wausau, Wisconsin, until his entry to active duty in 2014.

Mohr is grateful to the Army, saying his supervisors and colleagues have made the difference by providing time, space and resources. They helped him reserve facilities, promote Buddhist services to others and make available many of the resources he needed.

Despite having a degree in religious studies, Mohr said he was unaware of the chaplaincy until he spoke to a recruiter at a job fair. To be directly commissioned as a chaplain candidate, Mohr obtained both his bachelor's degree and ecclesiastical approval from his endorsing body, while completing an application process, background checks and a physical evaluation.

Once commissioned, Mohr worked toward the DOD's requirements of all chaplains, including a 72 credit-hour master's degree, endorsement, ordination and two years of ministry experience.

## SPIRITUAL ROOTS

Mohr's Catholic mother encouraged him from an early age to explore religion, beliefs,

faith and his spiritual identity.

"I came into the Buddhist faith after being invited to visit the head temple of a small religious order of the Shingon school of Buddhism," Mohr said. "This school focuses on applying Buddhism to our daily lives and focusing on providing ministry and altruistic service to build harmony within the community where we live. This model fits my particular religious inclinations. It made sense to me when I saw their embrace of the interfaith environment."

Mohr formally became Buddhist at the age of 22.

He explained Buddhism is a religion that sprung from roots in ancient India. It is a religion and teaching that encompasses a variety of traditions, beliefs and spiritual practices based on teachings of Buddha.

Mohr was ordained through the International Order of Buddhist Ministers and endorsed by the Buddhist Churches of America. He practices in the Shinnyo-en tradition, a minor order of the Daigo Temple Lineage in the Shingon school of Esoteric Buddhism.

While grounded in Buddhism, Mohr said he puts "a heavy emphasis on functioning in an interfaith environment and my education, denomination and endorser encourages this as well."

"I feel at home working with a wide array of faiths, faith practices and communities," he said.

In July, Mohr spent 12 days visiting Cambodia. He estimates they visited about 10 Buddhist temples throughout the country. On his return, Mohr brought back two statues of Buddha. One will be used in Buddhist worship

services at Fort Riley and the other at his new post at Fort Bliss.

"Chaplains are amazing people serving Soldiers, dependents, DOD civilians and retirees, but every once in a while you meet a chaplain who personifies, not only Army values such as respect, honor, integrity and selfless service, but also the values and characteristics of their religious faith," Roxanne Martinez, director of religious education, Fort Riley, Kansas, said. "As a Buddhist chaplain, he embodies the qualities of Buddhism: loving kindness, compassion, joy and equanimity, as well as generosity, love and wisdom. "His talks and teachings on Buddhism were talks that people of all faiths could reflect on in their day to day lives."

Martinez said as an Army director of religious education, she had the pleasure of supporting Mohr in his services for the Buddhist community.

Mohr has a special affinity for "tankers and infantryman" whom he says are some of the most loyal and decent humans he has ever met.

"They are willing to go the extra mile and shoulder more than their fair share of the burden to help whenever they are able," Mohr said.

"One of Buddhism's core teachings is practice equanimity or mental calmness, composure, and evenness of temper, especially in a difficult situation," Mohr said. "In Buddhism, this means to remain centered in the midst of whatever is happening, but it also means that one is to practice a calm compassion when working with people of all faiths."

Mohr hopes to someday serve both as a brigade chaplain and a family life chaplain.

## Family and MWR Presents

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

### ELI YOUNG BAND

### THE ALL-AMERICAN REJECTS

### THE CHARLIE DANIELS BAND

### LIT

### Music Festival

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### Auto Show

### Family Activities

### USO Show Troupe

## TICKETS Starting at \$25

## August 19, 2017

Marshall Army Airfield • Fort Riley

MORE INFORMATION AVAILABLE ONLINE

### VictoryFest2017.com

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SOLDIER

Continued from page 1

“I got discombobulated from the heat,” Lewis admitted upon arrival at the obstacle course. Yet, she was smiling and added: “I’m, OK. I’ve got this.”

“For me, the obstacle course is almost easy because it’s like a big playground and I’m a big child,” Lewis said. “Basically, it’s just fun. Dragging the dummy is a little challenging, considering the fact that all of my strength is in my legs anyways. But I made it. I didn’t mind walking an extra mile and a half or two miles.”

She shook off the miscue with a near-flawless performance on the obstacle course. One day earlier, Lewis competed in the distance run and patrol lanes events, during the latter of which temperatures surged near 100 degrees.

“This was the hardest day of any competition I’ve ever done,” Lewis said on Monday afternoon. “Our formation was at 0300 for a one or two-mile run. They never told us the distance. They just said run until you see the turnaround and then come back.”

The competitors returned to formation at 6 a.m. The NCOs then reported to combat lanes

and the Soldiers to patrol lanes, a 7.5-mile course that featured 12 warrior tasks.

“It was fun,” Lewis said. “It was just not the greatest experience of my life. I’m quite drained. I almost didn’t make it through the last lane, but they told me to stay motivated when I found out it was the last lane.

“The hardest part was dealing with the walking. The heat wasn’t even as bad as I thought it would be — it was simply the walking because you’d get to a point and you’d think, ‘OK, we’re done. We’re stopping.’ And then you’d keep going ... It felt like it was never going to end ... I’m proud of myself because I didn’t pass out and I didn’t do miserable.”

All in all, Lewis was inspired by her most grueling week of Soldiering.

“It was a really fun experience and a really educational experience,” she said. “I know where I’m at, and I know what I have to train for the next time, because I will be back.”

Lewis was one of three women among seven competitors, along with IMCOM NCO representative Sgt. Kayanna Johnson of Fort Gordon, Georgia, and Gray.



Tim Hipps | IMCOM Public Affairs  
Army Installation Management Command 2017 Soldier of the Year Spc. Lillian Lewis of Fort Riley, Kansas, competes in the obstacle course portion of round two of 2017 Best Warrior Competition against Soldiers from IMCOM, ARNORTH, ARSOUTH and ARCENT on Aug. 1 at Camp Bullis, Texas.





## Fort Riley Spouses Club on lookout for new members

Super Signup event chance for interested to assist community

By Season Osterfeld  
1ST INF. DIV. POST

The Fort Riley Spouses Club is looking for new members who want to make a difference in their community while finding new friends along the way.

The club is holding their Super Signup membership drive Aug. 17 from 10 a.m. to 2 p.m. at Quarters One, 1 Barry Ave.

The FRSC is a 501c(3) charitable and social organization that gathers donations through fundraisers and philanthropy to assist local nonprofit organizations benefiting service members and their families, such as the Lady Troopers and the Armed Services YMCA.

### MORE INFORMATION

- For more information about joining the **Fort Riley Spouses Club**, visit [www.fortrileyspousesclub.org](http://www.fortrileyspousesclub.org) or email [membership.frsc@gmail.com](mailto:membership.frsc@gmail.com).

"We are social and charitable organization," said Krista Parker, president of the club and wife of Maj. Jarod Parker, a fires and effects officer for the 1st Armored Brigade Combat Team, 1st Infantry Division. "We meet monthly for lun-

cheons and at those luncheons we have a charity of the month which is a local organization that we donate either goods or monetary funds to. We also have two large scale fundraisers each year — one in the fall and one in the spring — and

the money we raise there goes to our community grants and those are given out in April each year."

Members meet monthly on the third Thursday of the month from 10:30 a.m. to 1 p.m. Attendance at the monthly meetings is not mandatory.

The FRSC is open to spouses of active-duty, Reserve, National Guard and retired service members. Additionally, family members older than 18 and spouses of Department of the Army

civilians who work at Fort Riley are welcome to join. There is no rank restriction for members.

This year the club is using a tiered membership dues system to better accommodate members. Members whose service member is a paygrade of E-6 or below pay \$15 and E-7 and above pay \$25 for their membership dues. Dues cover operating funds, luncheons, advertising costs for events and more.

See MEMBERS, page 14



Maj. Robert Stillings, Division Headquarters and Headquarters Battalion, 1st Infantry Division, clinks glasses of tea with his daughter McKenzie, 5, at the Strong Dads Tea Party Aug. 5 at Riley's Conference Center. About 400 fathers and daughters attended the annual event.



## Dads, daughters strengthen bonds over tea party

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

**LITTLE PRINCESSES** dressed in gowns and waited in line alongside their fathers as they signed in to Fort Riley's annual Strong Dads Tea Party at Riley's Conference Center Aug. 5.

The program was organized by staff and volunteers of Army Community Service and the Directorate of Family and Morale, Welfare and Recreation. About 400 people attended the tea party. During the event, girls under the age of 10 years old met several Disney princesses and other

See TEA, page 16



Ava Elizabeth Aragon, 4, who is dressed like Belle from "Beauty and the Beast," and her father, Staff Sgt. Irving Aragon, Troop B, 5th Squadron, 4th Cavalry Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, share a moment dancing together at the Strong Dads Tea Party Aug. 5 at Riley's Conference Center. The event was designed to build self-esteem in daughters in a fun and safe environment.



Wally Meyer, director of entrepreneurship programs at the University of Kansas, speaks with Spc. Logan White-Granziano, Dental Activity, at the Informational Education Fair Aug. 3 at Riley's Conference Center.

## Education fair gives Soldiers options

Survey allows post community to refine event for future

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

It wasn't that long ago when retired Sgt. 1st Class David John found himself in the shoes of other Fort Riley Soldiers who attended the Informational Education Fair Aug. 3 at Riley's Conference Center.

After attending the November 2016 Hiring and Education fair hosted by Fort Riley Education Services, John accepted a full-time position with Salina Area Technical College in Salina, Kansas, as a commercial truck driving instructor. He was able to begin working with them 180 days before his official retirement date through transition programs like Soldier for Life - Transition Assistance Program or USO Pathfinder.

"There are so many options out there," he said. "Now that I'm on this side, I'm trying to get information out about what the community has for these Soldiers. Soldiers don't know what they have. If I don't know what's out there, what kind of questions can I ask? Events like this allow vendors to come in and say this is what our community has for Soldiers."

See FAIR, page 16

## Walk to October underway to boost fitness, camaraderie

Challenge to include Fort Riley team with four subteams

By Suet Lee-Growney  
1ST INF. DIV. POST

A team of 25 people will be representing Fort Riley among 25 other U.S. Army Garrison teams worldwide in 12-week "Walk to October" the walking challenge.

### DID YOU KNOW?

- More than 1,200 people and 25 teams participated the last time the 12-week "**Walk to October**" challenge was held.

The step competition began July 30 and will end Oct. 14. The Fort Riley team will compete collectively against other installations, but also will be divided into four subteams, that will compete against each other

to promote health, wellness and friendly command competition.

Soldiers, contractors, civilians, retirees and family members can participate and can boost Fort Riley's standing by enrolling online

at the U.S. Army Installation Management Command Surgeon SharePoint site. More than 1,200 people participated the last time this challenge was held, according to Paul L. Smith, Headquarters IMCOM civilian wellness program coordinator, Fort Sam Houston, Texas.

Leza Chrysosovergis, Directorate of Human Resources office of leader and workforce development;

Gary Thompson, DHR administrative support; and Marti Oliveras, Education Services administrator; are in the Fort Riley's subteam "Tic Tac."

"We are doing it for time," Thompson said.

Every day during their lunch break, the Tic Tacs power walk together up and down flights of stairs for about 15 minutes.

The program, though supported by the command

team at Fort Riley and upholds the Performance Triad values, is not part of the P3 Program. Therefore all walking challenge activities have to be done on the participant's personal time.

"I walk between 15,000 (steps) and upwards a day," Chrysosovergis said.

She is the record holder among her team for the lunchtime staircase exercise

See CHALLENGE, page 16



# FORT RILEY POST-ITS

## USO KIDS FISHING DERBY

USO Fort Riley will host a Kids Fishing Derby and family barbecue Aug. 20 from 10 a.m. to 1 p.m. at Moon Lake. Each child will receive a free fishing rod, reel and tackle kit while supplies last. The event is open to all children ages 5 through 15. Participants must register in person and in advance at the USO Center.

For more information, call 785-240-5328.

## PARENT AND CHILD CRAFT CLASS

The Arts and Crafts Center, 6918 Trooper Drive, will have a parent and child craft class Aug. 20 from 1:30 to 4 p.m.



The craft is mask making for \$5 per person.

Classes are divided by age and advanced registration is required. To register or for more information, call 785-239-9205.

## FORT RILEY LEISURE TRAVEL

Discount tickets are available for events in the surrounding area as well as major theme park destinations.

Upcoming events with discount tickets include:

**Great Wolf Lodge - Kansas City Hotel:** Blackout dates apply. Waterpark tickets included for all guests.

**B&B Junction City Gem Theater:** \$30 value gift card for \$25 good for movie tickets and concessions.

**Kansas City Sprint Center:** Disney on Ice - Dream Big tickets for the Sept. 14 to 17 performances for \$20 to \$33 depending upon show and seats selected.

**And much more!**

For more information on tickets and travel packages available through the Leisure Travel Center, call 785-239-5614/4415.

## MILITARY SPOUSE NETWORKING EVENT

USO Fort Riley will host a Military Spouse Networking Event Sept. 21 from 9 a.m. to 1 p.m. This program is for spouses to connect with each other and to engage with local employers and organizations. Advance registration is required. To register, visit [www.facebook.com/events/344094686024755](http://www.facebook.com/events/344094686024755).

For more information, call 785-240-5328.

## 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.

## 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 identification card 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](http://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.

## FALL APPLE DAY PIE SALES

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

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



## BUILDING CLOSED

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

## FORT RILEY REEL TIME THEATER SCHEDULE

**Friday, Aug. 11**

Spider-Man: Homecoming (PG-13) 7 p.m.

**Saturday, Aug. 12**

Spider-Man: Homecoming (PG-13) 2 p.m.

The Big Sick (R) 7 p.m.

**Sunday, Aug. 13**

War For The Planet Of The Apes (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](http://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.

## 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.

## ADVENTURE PARK GRAND OPENING

The Outdoor Adventure and Travel Center will open the new Outdoor Adventure Park to the public Aug. 26 at 12:45 p.m.

Free use of park elements will be available all weekend.

**Adventure Park Elements include:**

Ropes Course  
Zip Line  
Paintball Courses  
Archery Range  
Rock Wall  
And more!

The Outdoor Adventure and Travel Center is at 5202 Normandy Drive. For more information, call 785-239-2363.

## COMMUNITY CORNER

# Help make new school year safe, successful

By Col. John D. Lawrence  
FORT RILEY GARRISON COMMANDER

It's hard to believe that summer is almost over and our kids are headed back to school. We are proud to partner with USD 475 to host some outstanding schools for our Soldiers' children. Their motto is "Preparing today's students for tomorrow's world."

Resources are available for families and children including information for

new students, school support services and school-age-center activities for before and after school. Sandy Johnson at School Support Services, 6620 Normandy Drive, can help you navigate through any rough spots in the enrollment process or solve issues. You can call 785-240-3261 for more information.

As school gets started, be aware of school zones. There also will be increased pedestrian and vehicle traffic around the schools at the beginning and end of the school day — plan your commute accordingly and allow extra time. Be aware and follow traffic rules for school busses that are stopped to pick up or drop off children.

The Fort Riley exchange participates in the "You Made the Grade" program. It is designed to reward students in first through 12th grade for above-average academic achievement and inspire them to work harder. Qualifying students can receive a coupon booklet by presenting a valid military ID card and proof of an overall "B" or better average to the exchange. For homeschooled students, you can provide written affirmation of the scholastic aptitude from a parent or other community authorized education provider. Each coupon booklet contains an entry form for the Exchange gift card sweepstakes along with coupons that can

be redeemed at the Exchange facility.

Thank you to our teachers and administrators for the hard work they provide to teach our students. I extend my wish for our students to have a successful and productive school year. President John F. Kennedy said, "Leadership and learning are indispensable to each other." The students we have at Fort Riley will be tomorrow's leaders.

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



Colonel Lawrence

## MEMBERS Continued from page 13

"It's a great way to meet spouses in the area and also just to give back to the community," Parker said of the club.

Members may also join sub-clubs, which vary by year and have additional membership dues. Examples of sub-clubs include book club, wine and dine, bunco and mommy and me.

For more information about joining the FRSC, visit [www.fortrileyspousesclub.org](http://www.fortrileyspousesclub.org) or email [membership.frsc@gmail.com](mailto:membership.frsc@gmail.com).

The FRSC also has several open positions including vendor relations, second vice president, public relations and more. These positions can pro-

## DID YOU KNOW?

- Examples of **sub-clubs** in the Fort Riley Spouses Club include book club, wine and dine, bunco and mommy and me.

vide work experience that may be placed on a resume or provide additional activities for members looking to keep busy.

For more information on the open positions, visit their website or contact Parker at [president.frsc@gmail.com](mailto:president.frsc@gmail.com).

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 Practices- 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 nexus.\*

**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 [rlcpwoc@gmail.com](mailto:rlcpwoc@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](mailto:fortrileycwoc@gmail.com) or Facebook "Fort Riley CWOC"

\*\*Check for schedule over Training Holiday weekends\*\*

Shoulder to Shoulder

# NO SOLDIER STANDS ALONE

Prevent suicide. Be willing to help.

It is your responsibility to stand by your fellow Soldier.

Talk to your Chaplain or Behavioral Health Professional or call Military OneSource 1-800-342-9647

[www.militaryonesource.com](http://www.militaryonesource.com)

USACHBPM  
The Chaplain's spiritual support

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## FORT RILEY SPOUSES CLUB

### SUPER SIGN UP

JOIN US ON THURSDAY,  
AUGUST 17TH  
10:00AM-2:00PM

QUARTERS 1  
1 BARRY AVENUE

- Learn about FRSC's role in the Ft. Riley community
- Explore volunteer opportunities
- Sign up for a variety of sub-clubs
- Meet other spouses & community members

Membership is open to ALL spouses of military personnel and retirees as well as spouses of DoD employed civilians and community members.  
Light refreshments will be provided.

Questions? Contact Kristel Bryan @ [membership.frsc@gmail.com](mailto:membership.frsc@gmail.com)



# Small critters with big consequences

By Military Health System Communications Office

Ticks may be small, but they can spread damaging illnesses through one bite. Knowing what to look out for and how to prevent tick-borne illnesses can help service members and their families enjoy the outdoors all year-round.

Ticks bite people any time of the year, but they really respond to weather,” said Ellen Stromdahl, an entomologist at the Army Public Health Center.

The Army Public Health Center tests about 3,000 ticks a year for disease-causing pathogens. Taken off service members, retirees, and civilians, the ticks come from about 100 different military installations, Stromdahl said.

According to the Centers for Disease Control and Prevention, infections from ticks are increasing. They carry different diseases and can be found in various parts of the country depending on their species, said Stromdahl. Of all the tick-borne illnesses in the United States, one of the least-known viruses is also one of the most dangerous: Powassan virus.

With only 68 cases reported in the United States between



COURTESY PHOTO  
**Tick bites and associated illnesses can be prevented, experts warn.**

2006 and 2015, Powassan is rare, but the number of reported cases has increased in recent years, according to the CDC. The virus shows no signs at first, but symptoms begin anywhere from one week to a month after a bite from a black-legged tick. These symptoms include seizures, weakness, headaches, fever, coordination loss and speech issues. Most reported cases of Powassan have been in the Northeast and the Great Lakes region.

“The fatality rate is about 10 percent,” Stromdahl said, “and Powassan can have long-lasting consequences even if you survive. However, some people infected with the virus are asymptomatic.” She added there’s no specific treatment or cure available.

In severe cases, hospitalization can be required because of inflammation in the brain. About one-half of those who survive have permanent neurological damage, such as memory problems or headaches.

One of the most commonly reported tick-borne diseases in the United States is Lyme disease. About 20 to 30 percent of black-legged ticks are infected with the pathogen that causes Lyme, Stromdahl said. In 2015, more than 28,000 confirmed cases were reported in the United States. Thousands of cases among service members and other Military Health System beneficiaries have been reported over the last decade.

Early symptoms of Lyme can seem flu-like, including fever, chills, fatigue, headache, aches and swollen lymph nodes. A characteristic sign of Lyme is a bull’s-eye rash around the tick bite, but up to 20 percent of patients may not develop or do not recall a rash.

“It’s a preventable disease and, if left untreated, it can have some pretty serious consequences,” said Air Force Col. Carol Fisher, Chief of Defense Health Agency’s Public Health Division. Symptoms can worsen days to months after getting bitten by an infected tick. These signs can include joint pain and swelling, nerve pain, headaches, neck stiffness and fatigue. Patients can also experience other rashes, heart palpitations, difficulty walking and problems with short-term memory.

People can protect themselves against ticks by avoiding wooded areas and areas with high grass, using a tick repellent on skin and clothing and checking for ticks after being outside, Fisher said. Checking household pets can also help

“It’s great to be outdoors and active, but we also need to be mindful of the risks ticks can bring to us,” said Stromdahl, echoing Fisher’s warning.

## TUESDAY TRIVIA CONTEST



The question for the week of Aug. 8 was:  
Victory Week – commemorating #100YearsOfVictory – begins Aug. 16. Where can I find the rundown of events that are part of the commemorating and celebrating the Big Red One?

Answer: [www.riley.army.mil/100thAnniversary/](http://www.riley.army.mil/100thAnniversary/)

This week’s winner is Andrea Bortner, wife of Capt. Jerry Bortner, Headquarters and Headquarters Battalion, 1st Infantry Division.

Pictured above are Jerry and Andrea Bortner with their daughter, Ellie Bortner.

**CONGRATULATIONS ANDREA!**

## CHAPLAIN'S CORNER

# Understanding, dealing with betrayal

By Chaplain (MAJ) Kent Coffey  
FORT RILEY FAMILY LIFE CHAPLAIN

Have you been betrayed? I mean really betrayed. Not the kind of betrayal that occurs when you are a teenager and you see your heart throbbing kissing someone else. I am talking about the kind of betrayal that goes to the core of who you are, your very soul. If so, you may have experienced a moral injury.

Moral injury is a relatively new term to describe what happens when the values, morals, ethics or principles our lives are built upon, come into question due to a traumatic experience. Many of us learned these values, morals, etc. in church, from parents and from the Army. Examples of moral injury can include:

- A rape at the hands of a trusted friend or co-worker
- The death of a child or other innocent person at war or at home
- Giving an order in combat that results in the death of a Soldier

- The expectation and failure/betrayal of others to come to your aid

These are just a few examples but illustrate the sense in which a betrayal has occurred. The betrayal of certain fundamental ideas of right and wrong. The moral code has been broken, which can cause the effected person to question everything they held deep.

Some might ask, isn’t this the same as Post-Traumatic Stress Disorder? Moral injury differs from PTSD in that PTSD is a mental health diagnosis whereas Moral Injury goes much deeper, to the very core of who we are. Typical PTSD protocols for treatment are also often ineffective at relieving the symptoms of moral injury, and vice versa. Newsweek did an excellent article from 2012, when the topic was first resurrected and it is certainly worth the read at [www.newsweek.com/new-theory-ptsd-and-veterans-moral-injury-63539](http://www.newsweek.com/new-theory-ptsd-and-veterans-moral-injury-63539).

If you stare across any formation on Fort Riley you will see lots of sleeves with combat service patches. If you think these are the only ones who could be the bearers of a moral injury you would be wrong. It may be your battle buddy who has never deployed but crashed

their car into a family of four on an icy road leaving the parents paralyzed. It could be the sergeant 1st class who suffered a rape when she was a private and has never told anyone.

There are signs and symptoms but they are easy to miss in our environment because they are held so deep. While there is some cross pollination between PTSD and moral injury, moral injury typically does not include startle reflex, memory loss or flashbacks. Typical symptoms are:

- Rage
- Shame
- Guilt
- Sorrow
- Depression
- Anxiety

Though more research needs to be done on this topic, there is good news. Effective treatments have been found. Most of these treatments involve a trusted facilitator and lots of exploration, i.e. talk. On Fort Riley, one of your greatest resources is your chaplain. Chaplains are very attuned to deeply held beliefs and a Soldier’s sense of morality. Your chaplain can help you or a friend work through the issues of betrayal in a purely confidential setting.

I encourage you to seek help. The longer you wait the

longer the conflict between what you know is right and what really happened will eat at you. If you are unable to find help in your workplace, please try our office at 785-239-3436 or Veteran’s Affairs, who is doing excellent research and treatment in this area. I honestly believe that together we can bring coherence and relief to your troubled heart, mind and soul.

DON'T FORGET ABOUT FIDO

Heading to the grocery store this week? Update your pet's emergency kit by adding extra pet food and water to your grocery list.

#NatlPrep

Don't Wait. Communicate.



FEMA Ready



## 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:** 1<sup>ST</sup> LT. STEPHANIE PREEKETT AT 785.240.3866 OR EMAIL [RILEYWELCOMEHOME@GMAIL.COM](mailto:RILEYWELCOMEHOME@GMAIL.COM)



## VICTORY WEEK • 2017 (Aug. 16-25) 5 THINGS YOU NEED TO KNOW

### WHAT IS VICTORY WEEK?

Victory Week is annual celebration hosted by the 1st Infantry Division. It typically takes place the week of the division's birthday (June 8) and the Army's birthday (June 14). But this year, it will be in August to ensure maximum unit participation.

### WHERE IS VICTORY WEEK?

Events take place across Fort Riley. Go to the division's Facebook page ([facebook.com/1stInfantryDivision](https://facebook.com/1stInfantryDivision)) to find out where to watch sporting and other events.

### WHAT HAPPENS DURING VICTORY WEEK?

Soldiers participate in athletic competitions with their units to win the Victory Cup. Events like combatives, flag football and soccer earn units points toward the cup. While encouraging camaraderie and esprit de corps, Victory Week is also a time to remember our veterans and our fallen who died in service to the division during its proud history.

### WHO CAN PARTICIPATE IN VICTORY WEEK?

Victory Week is for Soldiers and Airmen stationed at Fort Riley. Families and friends are invited to support their favorite units by attending the events.

### HOW LONG HAS THE COMMANDER'S CUP BEEN AWARDED?

Since 2009, the battalion-sized unit that wins the most Victory Week events is awarded the Commander's Cup. Last year, the cup went to the 97th Military Police Battalion.







Suet Lee-Growney | POST

**Capt. Alexander Schell from 9th Financial Management Services Unit, dances with both his daughters, Alexa, 2, and Isabelle, 3, at the Strong Dads Tea Party held at Riley's Conference Center Aug. 5. This year is the ninth year staff and volunteers of Army Community Services and Morale, Welfare and Recreation has organized this event.**

**TEA** Continued from page 13

characters and their faces painted by Girl Scout Troop 1641. They also ate sweet and savory treats, did some arts and crafts, participated in several father-daughter bonding activities and danced until the clock struck noon.

Kariga Pratt, ACS Family Advocacy Program specialist with a concentration on military fathers, is the mastermind behind the event and has been putting it on for nine years.

“The tea party kind of provides a fun, safe environment where they can just fine tune those pro-social developmental skills, (such as) using manners, social interactions, etiquette,” Pratt said. “It’s really designed to build self-esteem in our children and we are primarily focusing on our daughters today.”

Additionally, the program was hosted to celebrate fathers and appreciate the men for their contributions and sacrifices to their families and also for the Fort Riley community.

“It’s a pivotal event in drawing families closer; a lot of the Soldiers are just now returning from deployment, so this is a great opportunity for them to build lasting memories,” Pratt said. “And for the Soldiers (who) are preparing to deploy, I think it’s a great opportunity for them as well.”

Among the bonding activities was the bear hug. Fathers and daughters would congregate on the dance floor and hold each other in a hug for at least 10 seconds.

“During that activity, dads’ can express how much they love their daughter and how smart, how beautiful, how intelligent they are,” Pratt said.

Toward the end of the event, the dance floor was opened for dancing to pairs like Chap. (Maj.) Shay Worthy of 1st Combat Aviation Brigade, 1st Infantry Division and his youngest daughter Rebekah Marie Worthy, 10.

“My favorite part was the dancing because I got to spend time with my daddy

and do funky, crazy dances — my daddy’s awesome,” Rebekah said. “I had so much fun spending time with my daddy that I’m able to do sometimes.”

Worthy said this is the first time he’s attended a tea party with Rebekah; it was also her first.

“Rebekah’s 10 (years old), so this is probably her last tea party,” Worthy said. “But we got to do one before she got too old. We had missed all the other tea parties offered at other locations; my deployments and us being overseas, things of that nature. As the saying goes, ‘circumstance conspired’, this is the first one we’ve done and it was awesome that we were able to do it; first and last all at the same time.”

The event gave Worthy and Rebekah an opportunity to spend some quality time together and get dressed up.

“It was good for the whole family because they got to see Rebekah do something they had done, that she hadn’t got to do,” he said.



Maria Childs | POST

**Fort Riley Educations Services hosted an Informational Education Fair Aug. 3 at Riley's Conference Center. The event was open to the public and featured more than 20 colleges, career skills programs and financial aid assistance.**

**FAIR** Continued from page 13

Monica Smith, education specialist with Fort Riley Education Services, said the fair was important for the community.

“The intent of the fair is to find out what programs are the most viable for Soldiers on post, what they feel is most interesting to them,” she said.

Spc. Logan White-Granziano, Dental Activity, was one of the many Soldiers in attendance. He said he didn’t originally intend to come to the fair, but was encouraged by his noncommissioned officer. As a dental assistant, he was looking at what was offered in the medical field, but also discovering business opportunities.

“I’m just exploring any possibility,” he said. “I think

**MORE INFORMATION**

- For more information about education services, call 785-239-6481.

a lot of people don’t even know they exist ... a lot of people don’t know where the education center is let alone what they offer. If you search Fort Riley education opportunities, what you will find isn’t as detailed as what they can offer. It gives you a chance to further your life.”

More than 20 colleges were in attendance at the fair along with career skills program representatives and financial aid counseling. This included the nine on post partnered colleges, as well as colleges within a 60-mile radius.

Smith said the surveys are a continuation of the needs assessment survey that was conducted in April and May to determine what programs Soldiers and families would like offered to them.

“We want to see some additional feedback about what Soldiers would like to see,” she said.

Smith said education services can connect any eligible Department of Defense 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 advisor is available by appointment.

For more information about education services, call 785-239-6481.

**CHALLENGE** Continued from page 13

for 0.8 miles at 12 minutes and 22 seconds.

“I think it’s about 2,000 steps for me.”

Chryssovergis said she typically hits 8,000 steps before she comes in to work from her morning exercise. On the other hand, Oliveras said she gets most

of the steps from her exercise in the evening.

Although the Tic Tacs are competitive with each other, other subteams and intergarrison teams, they have a good attitude toward the competition.

“It’s a way to build relationships, camaraderie,

have fun at work, meet new people,” Thompson said.

Those interested in participating by forming their own teams, or who want to sign up to boost Fort Riley’s standing in the competition can contact Leza Chryssovergis at 785-239-2205.

# Stay hydrated in summer heat

By Dr. Kenneth West  
MOSTER TROOP MEDICAL CLINIC,  
KENNER ARMY HEALTH CLINIC

FORT LEE, VA. — It’s important to staying well-hydrated during every moment of summer training or fun to prevent overheating.

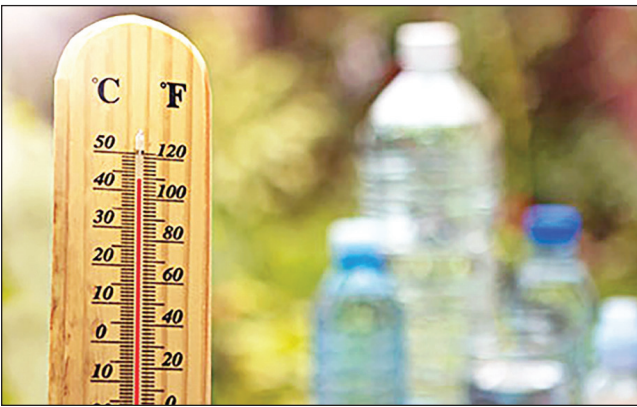
Adequate hydration is vitally important when working and playing outdoors. Due to oppressive heat and increased activities, people sweat and the water in their bodies evaporates to help keep them cool. All of that sweating results in a lot of lost moisture.

Bodies are comprised of approximately 50 to 60 percent water. An adequate amount of water is needed to maintain the proper balance of electrolytes to allow bodies to function properly. Our systems and organs depend on water for regulation of cell health and vitality. This affects everything from brain, heart, and lungs to kidneys, muscles and skin.

“Hydration is key, not only for the summer months but also critical for health needs all year long,” said Kimberly Schoen, Family Medicine Clinic nurse manager.

Mild dehydration can make individuals feel really bad and can cause stomach upset, irritability, mild headache, achy joints and decreased performance.

Moderate dehydration can cause muscle and abdominal cramping, nausea, vomiting, profuse sweating, dizziness and confusion. When urine is dark, rather than a light yellow or clear color, it’s a good indicator that the body is not getting enough water.



Courtesy Photo | CDC

**Adequate hydration is vitally important when working and playing outdoors during summer months.**

Severe dehydration is a dangerous condition that requires immediate medical attention.

Sometimes when dehydrated, a person cannot sweat enough to cool their body. High humidity also can make it difficult for sweat to evaporate and keep an individual cool. When sweating is not sufficient to cool the body, internal body temperature can rise to dangerously high levels, causing heat stroke.

Signs and symptoms of heat stroke are extreme exhaustion, disorientation or unconsciousness, severe cramping of muscles, seizures, dizziness, headache, nausea and vomiting. The body cooling system shuts down completely, and skin is hot and dry. This is a life-threatening medical emergency — call 911 if someone is seen exhibiting these symptoms.

Plan ahead to prevent these conditions. Stay informed about weather conditions, and avoid strenuous activities between 11 a.m.-5 p.m. on extremely hot days. Drink water or sports

drinks every 20 minutes. Keep water available, and wear loose, light-colored clothing.

“If you know you have a day of strenuous activities outdoors, please ‘pre-hydrate’ by beginning to drink more water the day or two beforehand to build up the water in the body.” Said Shoen.

Pay attention to heat index warnings, especially heat category 4 and 5, and respond by increasing periods of rest in cool, shaded areas or in air conditioning to cool down. As a general rule, take a break for 30-40 minutes after every 20-30 minutes of vigorous exercise or work.

There’s an app for everything -- including staying safe in the heat. Downloading the OSHA-NOISH Heat Safety Tool is another way to stay informed about weather conditions to calculate the heat index, or get reminders to drink and stay hydrated and plan rest breaks. To download, visit [www.osha.gov/SLTC/heatillness/heat\\_index/heat\\_app.html](http://www.osha.gov/SLTC/heatillness/heat_index/heat_app.html).

# HEAT SAFETY

## Heat safety for families

To avoid heat injuries this summer, the Kansas Division of Emergency Management advises following these safety tips:

- Stay out of the heat as much as possible. Limit outdoor activities until the cooler part of the day.
  - Cover your skin with lightweight, light-colored clothing that reflects heat and sunlight.
  - Pay attention to your hydration status and be sure to drink plenty of fluids.
- Sunburn reduces your body's ability to dissipate heat, so if you must work outside for an extended period, use sunscreen and drink plenty of water to avoid dehydration. Make sure there is someone available to check on you.
- Keep a close eye on children and check on elderly neighbors. Watch for signs of heat-related illness, such as sunburn, dehydration, heat cramps, heavy sweating, weakness, skin that is cold and pale or hot and dry and high body temperature.
- Call 911 for suspected heat-related emergencies. Heatwaves become more dangerous each day they continue. The cumulative effect of the excessive heat on the body leads to more cases of heat-related illness and death. You can save a life by getting someone into an air-conditioned room for just an hour or two.

KDEM officials suggest having a plan for where your family can go if there is a power outage. Many communities offer cooling centers, or consider a trip to the movies, a mall or the library if you know someone who does not have a working air conditioner in their home.

Additional information on what to do regarding extreme heat conditions may be found at [www.nws.noaa.gov/om/heat/index.shtml](http://www.nws.noaa.gov/om/heat/index.shtml).

## Heat safety for pets

To protect your pet from extreme heat:

- Ensure outside pets have water and plenty of shade. Bring pets inside for cooling breaks during the hottest part of the day.
- Check on pets frequently to ensure they aren't suffering from the heat. If you're gone during the day, ask a neighbor to check on them.
- Don't leave your pet in an enclosed vehicle. A car's internal temperature can reach dangerous levels in just a matter of minutes. A car's interior may go from 80 degrees to 99 degrees Fahrenheit in as little as 10 minutes. In 20 minutes, it can reach nearly 110 degrees. After an hour, it's at 123 degrees.

More information on heat safety for pets can be found at [www.humanesociety.org/animals/resources/tips/pets\\_safe\\_heat\\_wave.html](http://www.humanesociety.org/animals/resources/tips/pets_safe_heat_wave.html).



For more information, contact the Garrison Safety Office at 785.239.2514. To learn about safety across the installation, visit [www.riley.army.mil/Units/GarrisonCommand/Safety](http://www.riley.army.mil/Units/GarrisonCommand/Safety).



## FIT FOR THE FIGHT



Spc. Noemi Mendez with the 97th Military Police Battalion, 89th Military Police Brigade, practices take-down maneuvers with Staff Sgt. Rafael Verdejo, Headquarters and Headquarters Battalion, 1st Infantry Division, during a combatives drill Aug. 7 at Long Fitness Center. A combatives tournament will be part of the Commander's Cup challenge during Victory Week 2017.

### 'Big Red One,' Fort Riley units to fight in upcoming Victory Week combatives tournament



Spc. Ike Horn (bottom) with the 97th Military Police Battalion, 89th Military Police Brigade, and Staff Sgt. Rafael Verdejo, Headquarters and Headquarters Battalion, 1st Infantry Division, practice combatives drills Aug. 7 at Long Fitness Center in preparation for Victory Week 2017's combatives tournament.

Story and photos by Sgt. Casey Hustin  
19TH PUBLIC AFFAIRS DETACHMENT

Victory Week 2017 will give "Big Red One" units a chance to fight for the Commander's Cup with the combatives tournament scheduled to begin at 10 a.m. Aug. 16 through 18, and at 1:30 p.m. Aug. 24, for the finals on at Long Fitness Center at Fort Riley.

While some of the 1st Infantry Division combatives competitors have wrestling, jujitsu or boxing backgrounds, the training combatives encompasses can be vital to a service member's survival.

"The most basic function as a Soldier is to close the distance and kill the enemy," said 1st Lt. Zachary Bregovi, executive officer for the 97th Military Police Battalion, 89th Military Police Brigade. "If the first time you've experienced something that intense is at that moment, you'd have a tendency to freeze up."

Bregovi, who will compete in this year's tournament, said increasing the frequency of combatives training within units would benefit service members in performing specific combat functions, especially those in law enforcement.

"In combatives you learn skills that make you an asset to a unit, as opposed to a liability, if you know how to defend yourself," Bregovi said.

Combative skills are perishable unless they are practiced regularly, he said.

"Law enforcement should incorporate those techniques to improve effectiveness and survivability," Bregovi said.

Some service members are glad to have the opportunity to be trained in combatives, including Spc. Treilon Parkmon, shower, laundry and clothing repair specialist with the 541st Combat Sustainment Support

See COMBATIVES, page 18

### Co-ed softball league brings together Soldiers, family members at Fort Riley

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

It's the bottom of the seventh inning and the final batter for The Misfits team steps up to the plate. The bases are loaded with the score 6 to 5, in favor of the Softball Jersey team. The batter swings and hits the ball, launching it well out of each of any of the outfielders. As they scramble to get the ball to the bases, The Misfits players rush home plate — one, two, three and four all making it home.

The first game of the Community Life Co-Ed Softball League season is over with a final score of 6 to 9. The Misfits win.

"It was a fight," said Sgt. 1st Class Dustin Garner, captain of The Misfits and Soldier with 1st Battalion, 5th Field Artillery Regiment, 1st Armored Brigade Combat

"We all, and I'm talking about everybody as an installation, we all need to build esprit de corps together because at the end of the day, we're all going to deploy together somewhere."

SGT. 1ST CLASS DUSTIN GARNER

1ST BATTALION, 5TH FIELD ARTILLERY REGIMENT, 1ST ARMORED BRIGADE COMBAT TEAM, 1ST INFANTRY DIVISION

Team, 1st Infantry Division. "We were down throughout the whole thing."

Despite their loss, Softball Jersey remained in good spirits and Staff Sgt. Steven Weber, 2nd Battalion, 70th Armor Regiment, 2nd Armored Brigade Combat Team, 1st Inf. Div., said they played well despite half their team having never played softball.

"We had a lot of people who have never played the

game before, so we did really well," he said. "I've been playing for three seasons now and we have guys that have never played. Four females that have never played and two guys that this is their first season as well."

Five teams with a maximum of 14 players are participating in this season. Unlike the intramural softball league,

See SOFTBALL, page 18



Sara Robles of the Softball Jersey team, wife of Staff Sgt. Joseph Robles, Headquarters and Headquarters Company, 2nd Battalion, 70th Armor Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, runs to the home plate during the first game of the Community Life Co-Ed Softball League season Aug. 2 at Sacco Softball Complex. Unlike the intramural softball league, the Community Life Co-Ed Softball League is open to Soldiers and family members, as long as they are over the age of 18.



SOFTBALL Continued from page 17

the Community Life Co-Ed Softball League is open to Soldiers and family members, as long as they are over the age of 18. Incorporating Soldiers and family members helps bring together a tighter community, Weber said.

“It gets them (spouses) out, so the spouses aren’t just sitting at home, they can make friends as well because as much as we deploy, it’s good for them to know people and socialize. Just have fun,” Garner said of the league. “A lot of people focus on building esprit de corps with the units. We all, and I’m talking about everybody as an installation, we all need to build esprit de corps together because at the end of the day, we’re all going to deploy together somewhere.”

While Weber’s teammates are mostly from the same unit, Garner said his team is a mix of people from all over introduced to one another through a shared interest in softball. This makes the league a great way to create new friendships.

“We all love to play,” he said. “We play in Chapman (Kansas) ... We



Season Osterfeld | POST

**Sgt. 1st Class Dustin Garner, captain of The Misfits and Soldier with 1st Battalion, 5th Field Artillery Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, runs onto third base during the first game of the Community Life Co-Ed Softball League season Aug. 2 at Sacco Softball Complex. The first game of the season ended with a final score of 6 to 9 after The Misfits had four players make it home in the bottom of the seventh inning, securing the win.**

play in tournaments. It’s just something to do. We love the competitiveness. We get new friendships. I didn’t know any of these people before we started playing. I met one person out of here actually in 2015. I subbed for their team when I needed them, so I messaged her when I got back (from deployment) and they

said they had a new team and said I could, so when we got back from Korea we started.”

Due to the low number of teams in the league, registration for the season will continue through Aug. 23. Registration is \$200 per team. The season runs through Sept. 27. For more information, call 785-239-2813.

COMBATIVES Continued from page 17

Battalion, 1st Infantry Division Sustainment Brigade.

Parkmon was the Victory Week 2016 combatives tournament champion and will compete again this year.

“Eventually, we might have to go to hand-to-hand combat,” Parkmon said. “Combatives prepares you more for that.”

Parkmon said he is glad to have taken combatives level-one training and looks forward to completing level two. He aspires to instruct combatives in the future, he said.

“Every fight we end up in is not going to be with a weapon in our hand,” Parkmon said.

The public is invited to observe the Big Red One demonstrate their close-combat skills at Long Fitness Center for the Commander’s Cup challenge during Victory Week.



Sgt. Casey Hustin | 19TH PAD

**First Lt. Zachary Bregovi (second from left) with the 97th Military Police Battalion, 89th Military Police Brigade, teaches take-down maneuvers during a combatives drill Aug. 7 at Long Fitness Center. A combatives tournament will be part of the Commander’s Cup challenge during Victory Week 2017.**

HAVE A STORY IDEA?

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## August 19, 2017

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