

THE 1ST INFANTRY DIVISION POST



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FORT RILEY, KANSAS



Training for Disaster



ABOVE: Soldiers from Company C, 2nd General Support Aviation Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division, perform a tail-to-tail patient transfer as part of their Environmental Disaster Training at Sherman Army Airfield, Fort Leavenworth, Kansas, June 27. **INSET:** While in route from the University of Kansas Medical Center in Kansas City, Kansas, to Sherman Army Airfield, Fort Leavenworth, Kansas, Sgt. James Marin-Garcia, crew chief with Company C, 2nd General Support Aviation Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division, prepares to install an IV into a simulated patient while Staff Sgt. Richard Aguilar, flight medic with Company C, continues to look for other issues while the crew is in flight, June 27.

Story and photos by Sgt. Patrick Jubrey
1ST CAB PUBLIC AFFAIRS

Soldiers from Company C, 2nd General Support Aviation Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division, completed their Evacuation Disaster training with a culminating event June 27. The training had multiple elements that allowed for different types of training to take place at different locations throughout Kansas, from administering fluids intravenously to a military working dog while

in flight to landing on the roof of a Kansas City hospital. This training was far from routine and was designed to enhance the mission readiness of “Charlie” company’s Medical Evacuation.

“The intent of this mission was to do platoon-level collective training for the (Forward Support MEDEVAC Platoon); the way the MEDEVAC is set up is each individual platoon is supposed to be able to operate independently of each other and establish a network of support for the division,” said Chief Warrant Officer 3 Billy Sierra, instructor pilot with Co. C. “In this case,

we did a simulated deployment of the platoon in support of the Mission Essential Task List, or METL, to an off-site location, which was Topeka, Kansas, and we established small operations in a simulated-event natural disaster response.”

While training started out as a platoon-level mission, it soon evolved into a company-level training event, with many working pieces that helped bring this training event successfully together.

See DISASTER, page 8

Nebraska guard makes noise on Fort Riley

By Will Ravenstein
1ST INF. DIV. POST

Explosions from hand grenades broke the still air July 6 as members of Company E Long Range Surveillance, 134th Infantry Regiment, 92nd Troop Command, Nebraska Army National Guard, spent their next to final drill weekend on Fort Riley training hard.

“Being the last long range surveillance (unit), we really like to get the guys out and get them actively engaged in as many infantry tasks as we can,” said Co. E executive officer, 1st Lt. Dalton Boden. “This weekend we have a whole bunch of crew-served (weapons) to go through as well as throwing the M67

frags and as well as doing the M320, 40mm shoulder fired grenade.”

The Murdock, Nebraska, native said that his Soldiers stay busy when they are training.

“We just got done with annual training up in Montana,” he said. “We shot 30 live AT4’s, blew almost 30 pounds of C4, did a HELO-CAST up there and a live-fire break contact with claymores. They’re busy. We expect a lot from these guys.”

The high level of hands-on training is what makes things feel more real for Lincoln, Nebraska, native Spc. Jameson Collier.

“It really makes our job seem more real,” he said. “It’s a shame that they are taking

away the LRS. I feel that we’re a valuable tool to the Army as a whole; but I guess we will have to wait for it to come back. Our LRS unit is one of the last ones. It will be retiring its colors in August.”

The weekend on Fort Riley, which included firing the M2 .50 caliber, M240 7.62mm and M249 5.56mm machine guns on July 7, was not the first time the company visited Fort Riley. They participated in Operation Danger Focus II, February 2017, and they utilize the ranges anytime they need to qualify or conduct familiarization fire with the M2 and M240 machine guns Boden said.

See NEBRASKA, page 6



Kimberly Green | POST

Spc. Liam Christensen, Company E Long Range Surveillance, 134th Infantry Regiment, Nebraska Army National Guard, releases a grenade at Range 25 July 6. The 51 members of the LRS company were on Fort Riley for their monthly drill. Training included grenade live fire, .50 caliber live fire and M240 and M249 machine gun live fire.

Exercise tests level of financial readiness

By Sgt. Walter Carroll
1ST INF. DIV. SUST. BDE. PUBLIC AFFAIRS

Soldiers from Headquarters and Detachment B, 9th Financial Management Support Unit, Special Troops Battalion, 1st Infantry Division Sustainment Brigade, conducted a certification exercise June 18-22 at Fort Riley. The CERTEX simulated a deployed environment and was designed to test the unit’s level of financial management readiness as they begin to stand on their own, as well as to be ready for any future deployments.

During the exercise, the Soldiers set up a mock customer service office and a cash counting office, which allowed them to practice their military occupational specialties.

“This certification exercise is something to gauge how we would be in a deployed environment,” said Sgt. 1st Class Seymour M. Ladia, an internal control manager with 9th FSMU, STB, 1st Inf. Div. Sust. Bde. “We have different sections, including our dispersing section, our commercial vendor services cell and our (military pay) office. It’s just similar to that of a deployment environment where a customer or Soldier will come in to get their finance questions answered.”

For their certification, Lt. Col. Andre Brown, director of the operations support team, U.S. Army Financial Management Command, and his team came to Fort Riley to conduct the unit’s validation.

The operational support team provides training and an assessment to the financial management support center, all the way down to FMDSs, which are financial management support detachments, Brown said. “Here at Fort Riley we’ve been given a task to evaluate the financial management support unit as well as one detachment of the financial management support detachment in order to assess them for the Objective-T, which allows the commander and their higher to determine where they are, training wise.”

While there, the finance Soldiers were able to participate in ways other than practicing their craft.

Pfc. Yaa Agyemang, finance clerk, Detachment A, 9th FSMU, played the role of a customer to further the simulation.

“I feel the service was very effective,” Agyemang said. “Issues were handled in a decent manner.”

Overall, Agyemang said she had a lot of confidence in her sister detachment.

“I think the unit will do great down range,” Agyemang said. “They seemed to have learned a lot on top of what they already know.”

The CERTEX was not only a validation exercise for the unit, but also gave the leaders an opportunity to assess themselves and their Soldiers.

“My experience during the CERTEX overall was positive,” said Sgt. Lilita Koreba, a disbursing

See CERTIFIED, page 8

WHAT'S IN THIS ISSUE



CELEBRATING 100 YEARS AS A CORPS

THE WARRANT OFFICER CORPS TURNED 100 YEARS OLD JULY 9. FORT RILEY CELEBRATED WITH A FUN RUN AND A CAKE CUTTING.

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INSTANT FRUIT SALAD AS WATERMELON CRAWL WAS HELD AT CUSTER HILL AQUATIC CENTER

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ALSO IN THIS ISSUE



SPC. SHELL SPLASHES IT UP VISITING AREA WATER ATTRACTIONS

SEE PAGE 16

Taking care of Fort Riley barracks means daily care by residents, company first sergeant

By Andy Massanet
1ST INF. DIV. POST

Editor's Note: This is part two of a three part series describing how Soldiers' barracks are maintained at Fort Riley. This part deals with managing the inside of the barracks; part three will deal with the outside.

When it comes to the daily implementation of the Army Barracks Management Program, the primary responsibility falls to the company level with battalion oversight, said James Weaver, area manager for the Army Barracks Management Program.

"The unit first sergeant is responsible for all of the day-to-day operation of barracks management," Weaver said. "The day-to-day operations consists of room assignments, room terminations inspections, key control, after hour's lockouts, repair and upgrade maintenance, Demand Maintenance Order request for furniture replacement, common area custodial, police call, lawn care and snow and ice removal."

But there is a tool that makes it easier for unit first sergeants to track those things: enterprise Military Housing program. The eMH program is used for keeping track of where every Soldier lives, occupancy rates, vacant beds, rooms blocked for maintenance, DMOs that have been submitted to the Directorate of Public Works for repair, R&U maintenance, furniture replacement and other tasks.

The unit first sergeant, or his or her barracks manager, will make the room assignments for all newly arriving Soldiers using eMH, Weaver said. Soldiers officially take possession of property when they read and sign the check-in hand receipt. All Soldiers

are assigned and responsible for property management for their unit. The hand receipt annotates who the room is assigned to, the house rules as to appropriate care and behavior and a list of items found to be in good condition upon receipt of the room key.

The occupant and first-line supervisor will conduct a joint room inspection. They will specify defects or shortcomings of the room and furnishings. If the item needs repair or replacement and a description of any maintenance required.

"All residents are responsibility for their day-to-day room cleaning and the care of furniture and other fixtures in their room," Weaver said. "The occupants bear the responsibility for care and daily upkeep."

"Every Soldier has three responsibilities when they take possession of government property," Weaver added. "They must make sure it's clean, serviceable and accounted for."

Cleanliness and serviceability are the key components when it comes to barracks rooms. The unit's barracks manager or first-line supervisors perform a joint inspection of the room with the occupants. The room must meet the Installation and Management Command cleanliness standards.

IMCOM has issued a comprehensive list of standards for the major areas that include the following:

- Entrance door
- Floors
- Walls, ceilings and wood-work
- Cabinets
- Bathrooms
- Closet and interior storage
- Windows and window components

- Light diffusers and air vents

Those standards include a precise definition "clean." The IMCOM directives state that "clean" means "free of dirt, debris, dust, residue, black marks, spots, stains and grease, food, cobwebs, streaks and smears, lap marks from washing, sticky substances, labels, urine, algae, lime deposits, mold, mildew, lint, insects and odor."

The occupant will sign the joint inspection check-in form generated from eMH which includes the furnishings and a copy of that is placed in the Soldier's historical file.

Quarters must be clean and ready for occupancy; if they are not, the Soldier should not accept them.

"This is the Soldiers home this is where they spend a lot of their time and Soldiers will not be happy if furnishings and equipment are damaged, falling apart, missing or sub-standard — no matter how well maintained the rest of the barracks is," Weaver said.

When a Soldier has completed his or her tour of duty here at Fort Riley they schedule a room termination inspection with the unit first sergeant or unit barracks manager.

All furnishings have a wear-out date. For furniture that has been found to be normal fair-wear and tear, Weaver said, the unit supply sergeant can exchange it at the FMO warehouse one for one.

However, Weaver added, for furnishings that goes beyond fair-wear and tear, the unit will determine if the Soldier will be held financially liable for the damages before it can be exchanged at the FMO warehouse.



Courtesy photo
When it comes to the Soldiers' barracks, normal wear and tear is expected. However, abuse of furnishings and appliances could possibly result in the Soldier responsible being charged for the item. The items pictured are examples of cases where the item has exceeded normal wear and tear. The chair cushion has been ripped open and the microwave oven shows damage from metal being placed inside during operation.



"Chairs that are threadbare and worn would likely indicate normal wear and tear, but rips and tears of seat cushions might be damaged considered beyond normal wear and tear," Weaver said. "By the same token, a microwave oven that has been misused — operated with metal inside or having evidence of physical abuse, for example — might also be considered excessively damaged."

Those determinations are made with a Room Termination Inspection during which time inspectors — which could include the supply sergeant, first sergeant or first-line supervisor — will check room to see if the IMCOM cleaning standards have been

met and document all damages to Real Property and missing or damaged furniture items.

But Weaver emphasizes that "there is no 'gotcha' aspect to any of this. We just want things to get fixed or repaired in a timely matter."

VOLUNTEER SPOTLIGHT CONNIE CRONIN



Cronin regularly volunteers at the USO Fort Riley and is always reliable. She is always presents a delicious meal for Soldiers and their families and maintains an immaculate center. Cronin always makes everyone feel welcome and is very good at providing information and guidance for them when they have questions

or concerns, the award nomination form said. In 2017 Cronin volunteered over 226 hours at USO Fort Riley. Cronin has logged 312 hours of service to Soldiers by serving breakfast and lunch at USO Fort Riley and according to Jane Brookshire, "she really lights up the room while she volunteers."

WARRANT OFFICER CORPS TURNS 100 YEARS OLD

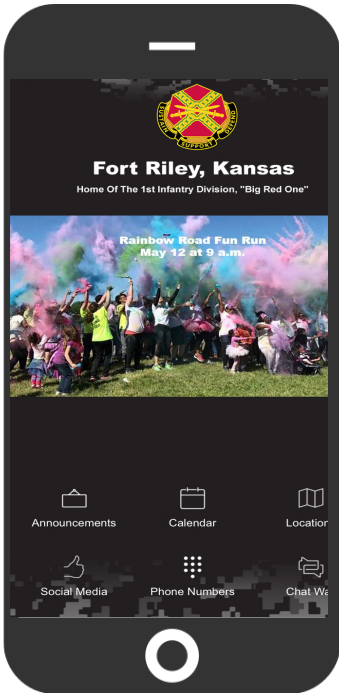


Kimberly Green | POST

TOP: Chief Warrant Officer 2 David Wyman, Company D, 1st Attack Reconnaissance Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division, and Nathan Brooks, retired chief warrant officer 3, were the guidon bearers for the Warrant Officer Centennial Fun Run July 9. July 9 marked the 100th birthday of the Warrant Officer Corps. **ABOVE:** Chief Warrant Officer 2 Justin-Mark Ellis, Company D, 82nd Brigade Engineer Battalion, 2nd Armored Brigade Combat Team, 1st Inf. Div., and Chief Warrant Officer 5 Tim Connor, Headquarters and Headquarters Company, 1st Armored Brigade Combat Team, 1st Inf. Div., cut the cake to commemorate the 100th birthday of the warrant officer corps at the Demon Dining facility July 9. **Right:** Chief Warrant Officer 5 Anthony C. Nistico, Company B, 601st Aviation Support Battalion, 1st CAB, 1st Inf. Div., reads Army War Bulletin 43 to fellow warrant officers July 9. His uniform is a World War I era warrant officer's uniform loaned to him from the 1st Infantry Division Museum.



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Exceptional Family Member Program helps career, family

Story and photo by Chad L. Simon
1ST INF. DIV. PUBLIC AFFAIRS

“I had no clue in what to do when we were getting her diagnosis and learning about autism; it just helps so much,” said Nikki Ratledge, wife of Staff Sgt. Jamie Ratledge, 1st Engineer Battalion, 1st Armored Brigade Combat Team, 1st Infantry Division. “With my husband being gone so much, it was like I had a friend with Laurie (McCauley, Exceptional Family Member Program installation manager) and everyone at the EFMP”

Prior to Ratledge’s 2-year-old daughter, Kensington, being enrolled in the EFMP, Ratledge had little knowledge of the program, what the program provided to military family members or how helpful the program was.

“I had no idea of what the EFMP was before we were in it,” Ratledge said. “I didn’t realize there was a whole community part. It is a lot more community oriented than I realized.”

The Exceptional Family Member Program provides comprehensive and coordinated support programs and services to families with members who have special needs.

Staff Sgt. Kelly Greenidge, targeting noncommissioned officer with 1st Infantry Division Artillery, didn’t know much about EFMP before his son, Kyle, was admitted to the program right after Greenidge arrived at Fort Riley from South Korea in 2016.

Like most Soldiers, Greenidge was just aware of the EFMP in the fact that the program is proactively engaged in a Soldier’s next duty assignment.

“We don’t want to bring families to an installation where services aren’t available because it causes more stress in multiple ways,” McCauley said.

According to McCauley, the EFMP is consistently fighting the stigma that having a family member in the program is somehow harmful to a Soldiers’ career.

McCauley and her staff explain to Soldiers that in extreme situations the Soldier can still execute their orders, but they may have to go on an unaccompanied tour for two years. The Soldier can also speak with their branch manager to get an assignment changed. At that point, it is up to the Soldier and his/her family to make a choice.

“What we know to be true is that if we can get the family and the Soldier to where the family member’s needs can be met, then the Soldier can continue with their career,” McCauley said.

Greenidge said he feels having his son in the EFMP makes him a better Soldier and doesn’t see the program as a threat to his career in any way.

“It makes me a better person and Soldier in general because I am more aware of programs and what it can offer to families,” Greenidge said. “A month-and-a-half ago a Soldier in my section



The Exceptional Military Families with Special Needs program is provided by members of the Army Community Service. Fort Riley’s ACS is located at 7264 Normandy Drive, on Custer Hill.

came in with his son for speech therapy and I did not know (he had a son in EFMP). Now we can relate more. You build empathy, and you are aware what families are going through.”

While Ratledge enjoys the family environment and events the program hosts, Greenidge most appreciates the professional services the program offers.

“The EFMP brought in a bunch of speakers at Riley’s Conference Center last year,” Greenidge said. “It was good — it was the whole day. They even had a family that was prior military from Fort Riley with an autistic child. They came and gave their story. There were speech therapists that came and gave their lectures. At that time I didn’t know anybody else so it was really helpful.”

The EFMP also assists Soldiers and their families in the local communities, whether it be Junction City, Manhattan or the smaller towns in the area surrounding Fort Riley.

“One of the things we do that is vital to our families is that we continue to make partnerships with the communities,” McCauley said. “We work closely with the school districts. I know I can pick up the phone and call, and they know me. We also assist with therapists. We can get them in the right direction and the right therapies, they can make huge progress.”

According to McCauley the EFMP is a mandated program, but one of the program’s main goals isn’t tangible, it is to provide empowerment to families.

“One of the things we want to do is to empower a family,” McCauley said. “When a family has a member with special needs they may feel a little more isolated.

“There are several things we do to encourage empowerment. We meet with them one-on-one, giving them the right type of resources and connections, and following up with them to make sure that happens.”

Fort Riley student recipient of 2018 Corvias employee, family scholarship

The Foundation has awarded more than \$600,000 to Employee Families since 2006

EAST GREENWICH, Rhode Island — Corvias Foundation, a private, charitable foundation and the charitable arm of Corvias, is announcing the two recipients of this year’s Employee Scholarship Program. The program has awarded sixteen higher education scholarships to employee families since 2006, totaling more than \$600,000, making a difference in employee’s lives well beyond the office.

“It is inherent to our core principles to give back to our community but also to be the best place to work,” said Janet Colantuono, Corvias principal and board member of Corvias Foundation. “We support education in the communities where we live and serve, and that includes our employees and their families. We are just as committed to creating more educational opportunities for our employee families.”

Under the Employee Scholars Program, up to \$50,000 scholarships are awarded to

employee dependents who have demonstrated outstanding academic performance and are reaching higher to achieve their aspirations in a very competitive academic environment. Two children of Corvias employees were selected for the 2018 awards, one from our office in Fort Riley, Kansas and one a member of our team at Fort Sill, Oklahoma.

The scholarships provide reliable, recurring financial assistance over each student’s four years of study, as well as a support network that is committed to their academic and professional growth. Students receive scholarships in the amount of up to \$12,500 per year for four years to pursue a secondary education at colleges and universities around the country. Among this year’s scholarship recipients are aspiring engineers, doctors, lawyers, scientists, and entrepreneurs.

Alise Santos of Junction City High School has participated in cross country, Scholar’s Bowl Trivia Debate Team, and National Honor Society. Alise aspires to be a military doctor and will begin her studies this fall at Stony Brook University. Her mother, Stephanie Santos, is a leasing consultant at our Fort Riley office. In addition, her father is an active-duty Soldier, stationed at Fort Riley.

“This scholarship will help me reach my goal of becoming a military doctor and let me save more money towards medical school,” said Alise.

Caylin Talk of Norman High School has enjoyed kickboxing and kayaking. Caylin plans to pursue pediatric audiology at the University of Central Oklahoma. Her father, Mike Talk, is a facilities director at our Fort Sill office.

“This scholarship has a huge impact on my family,” said Mike Talk, Corvias Facilities Director at Fort Sill, OK. “Knowing that Caylin’s tuition is covered and she can focus on her studies takes a tremendous amount of stress off my wife and me.”

Caylin said, “By receiving this scholarship I am able to pursue my dream of graduating college without having to depend on my parents to help me remain financially stable. This scholarship not only allows me to graduate with minimal dues, but it has given me the opportunity to pursue a career that I feel so passionately about without having to be tied down or held back by student loans.”

Ryan Donovan, Corvias Employee Scholar Program alum, has excelled since being awarded his scholarship in 2009. He has since graduated from Virginia Tech with

degree in Mathematics and Mechanical Engineering and is currently living and working in Boston, Massachusetts, as an engineer with the international firm, BR+A Engineering.

Ryan is one of the first to welcome Alise and Caylin to the Corvias family, saying, “It wasn’t until after graduation that I realized what an amazing network the scholarship created, in addition to all the support that was offered while I was in school. I’ve learned so much about many different aspects of life that never crossed my mind until they were brought up within our circle of scholars and friends. The support everyone provides each other is amazing, and a huge bonus to the constant support I’ve received from the Corvias team.”

Corvias founder John Picerne created the Corvias Foundation in 2006 to inspire students, college and university campuses, and military families to reach higher. Since its inception, the foundation has been committed to supporting military families in the pursuit of higher education and has awarded more than \$7 million through 397 scholarships to the children and spouses of active-duty services members.

Command Sgt. Maj. Shane C. Short takes over at Warrior Transition Battalion



Jorge Gomez | IACH Public Affairs
The Fort Riley Warrior Transition Battalion and Irwin Army Community Hospital welcome Command Sgt. Maj. Shane C. Sport and his family to the home of the “Big Red One.” As the WTB senior enlisted advisor, Sport has responsibility over the singular mission of healing Soldiers in Transition.

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Army Combat Fitness Test set to become new test of record in late 2020

Story and photo by Sean Kimmons
ARMY NEWS SERVICE

FORT EUSTIS, Virginia — Army senior leaders have approved a new fitness test designed to prepare Soldiers for combat tasks, reduce injuries and lead to cost savings across the service.

The six-event readiness assessment, called the Army Combat Fitness Test, is intended to replace the current three-event Army Physical Fitness Test, which has been around since 1980.

Beginning October 2020, all Soldiers will be required to take the new gender- and age-neutral test. Before that, field testing set to begin this October will allow the Army to refine the test, with initial plans for up to 40,000 Soldiers from all three components to see it.

“The Army Combat Fitness Test will ignite a generational, cultural change in Army fitness and become a cornerstone of individual Soldier combat readiness,” said Maj. Gen. Malcolm Frost, commander of the Army’s Center of Initial Military Training. “It will reduce attrition and it will reduce musculoskeletal injuries and actually save, in the long run, the Army a heck of a lot of money.”

At least six years of significant research went into the test’s development as researchers looked at what Soldiers must do fitness-wise for combat.

“Throughout that research and testing, the goal was to provide our leaders with a tough, realistic, field-expedient assessment of the physical component of their Soldiers’ individual readiness,” said Sgt. Maj. of the Army Daniel A. Dailey. “The ACFT is scientifically validated and will help better prepare our Soldiers to deploy, fight and win on any future battlefield.”

Roughly 2,000 Soldiers have already taken the test, previously called the Army Combat Readiness Test. They also provided feedback as part of the Army Training and Doctrine Command and Forces Command pilots that began last year at several installations.

“The current PT test is only a 40 percent predictor of success for performing in combat and executing warrior tasks and battle drills,” Frost said. “This test is approximately an 80 percent predictor of performing based on our ability to test the physical components of combat fitness.”

SIX EVENTS

While the ACFT keeps the 2-mile run as its final event, it introduces five others to provide a broad measurement of a Soldier’s physical fitness. The



Spc. Efren Gandara performs leg tucks during a pilot for the Army Combat Fitness Test, a six-event assessment designed to reduce injuries and replace the current Army Physical Fitness Test.

events are completed in order and can take anywhere from 45 to 55 minutes for a Soldier to finish.

- **Strength deadlift:** With a proposed weight range of 120 to 420 pounds, the deadlift event is similar to the one found in the Occupational Physical Assessment Test, or OPAT, which is given to new recruits to assess lower-body strength before they are placed into a best-fit career field. The ACFT will require Soldiers to perform a three-repetition maximum deadlift (only one in OPAT) and the weights will be increased. The event replicates picking up ammunition boxes, a wounded battle buddy, supplies or other heavy equipment.
- **Standing power throw:** Soldiers toss a 10-pound ball backward as far as possible to test muscular explosive power that may be needed to lift themselves or a fellow Soldier up over an obstacle or to move rapidly across uneven terrain.
- **Hand-release pushups:** In this event, Soldiers start in the prone position and do a traditional pushup, but when at the down position they release their hands and arms from contact with the ground and then reset to do another push-up. This allows for additional upper body muscles to be exercised.
- **Sprint/drag/carry:** As they dash 25 meters five times up and down a lane, Soldiers will perform sprints, drag a sled weighing 90 pounds, and then hand-carry two 40-pound kettlebell weights. This can simulate

pulling a battle buddy out of harm’s way, moving quickly to take cover, or carrying ammunition to a fighting position or vehicle.

- **Leg tuck:** Similar to a pullup, Soldiers lift their legs up and down to touch their knees/thighs to their elbows as many times as they can. This exercise strengthens the core muscles since it doubles the amount of force required compared to a traditional situp.
- **2-mile run:** Same event as on the current test. In the ACFT, run scores are expected to be a bit slower due to all of the other strenuous activity.

The ACFT gauges Soldiers on the 10 components of phys-

ical fitness: muscular strength and endurance, power, speed, agility, aerobic endurance, balance, flexibility, coordination and reaction time. The current test only measures two: muscular and aerobic endurance.

TEST SCORING

The vast majority of policies with the APFT will likely be carried over to the new test.

Scoring could be similar with 100 points for each event for a maximum of 600. Minimum scores, however, may change depending on a Soldier’s military occupational specialty. Soldiers in more physically demanding jobs may see tougher minimums, similar to how OPAT evaluates new recruits.

“The more physically challenging your MOS, the more you’ll be required to do at the

minimum levels,” said Michael McGurk, director of research and analysis at CIMT.

Another difference is that there are no alternate events planned for this test, he said.

Soldiers will still get adequate time to rehabilitate from an injury. But under a new “deploy-or-be-removed” policy, Defense Secretary James Mattis said in February that troops who are non-deployable for more than 12 months will be processed for administrative separation or referred to the disability evaluation system.

“Generally speaking, somebody who has a long-term permanent profile that precludes taking a fitness test may not be retainable for duty in the Army,” McGurk said.

As part of its culture change, the Army is building a Holistic Health and Fitness System to produce healthier and fitter Soldiers. The new test is one piece of the system, in addition to the OPAT, the improvement of fitness centers, and healthier options at chow halls.

Army researchers studied foreign militaries that have rolled out similar holistic programs and found them to be highly successful.

The Australian army, for instance, introduced it to their basic training and saw a roughly 30 percent reduction in injuries.

“Do I know we’re going to have a 25-30 percent reduction? No, but I certainly hope we will,” McGurk said. “We think [the test is] well worth it and it’s the right thing to do for Soldiers in any case.”

Feedback from Soldiers so far has also been overwhelmingly positive.

“As we all know, physical fitness training can become rather monotonous if people train the same way,” McGurk

said. “So, a lot of them saw this as a great change and how it required them to use different muscles.”

While some Soldiers may disagree with replacing the current test, McGurk said that fitness has come a long way from 40 years ago when the APFT was first developed.

“In 1980, running shoes were relatively a new invention,” he said. “The Army was still running in boots for the PT test back then. Change is difficult, but we’re an Army that adapts well to change.”

ARMY VISION

In early June, senior leaders outlined what the Army should focus on over the next decade to retain overmatch against potential adversaries.

The 2028 vision statement, signed by the Army’s secretary and chief of staff, calls for modernized equipment, particularly the development of autonomous systems. It also stresses the need for physically fit and mentally tough Soldiers to fight and win in high-intensity conflict.

“Technology is going to be dominant and we need a lot of things that we’re looking at through modernization,” Frost said. “In the end, you still need the United States Army Soldier to be able to seize and hold terrain.”

The ACFT is a foundational method, leaders believe, that the Army can use to start a new era of fitness and obtain Soldier overmatch in combat.

“The current leadership ... has really coalesced and understands the importance of fitness itself and the importance of the PT test to drive that change in culture,” Frost said. “They’ve made the decision and we’re ready to execute.”

Army Combat Fitness Test

The six-event ACFT tests all of the major muscle groups and provides an accurate, scientifically-validated assessment of a Soldier's readiness based on the tasks a Soldier may encounter in training or combat. The events are completed in order and Soldiers must complete all six events in 50 minutes or less.

Strength Deadlift: Soldiers lift the maximum weight possible, three times, under control, replicating a litter carry or the movement of ammunition and supplies. The event tests lower body muscular strength, coordination and balance.

Hand Release Push-ups: Soldiers start in the prone position, do a traditional push-up but when at the down position they release their hands and arms from contact with the ground before re-setting and pushing up. The number of successfully completed repetitions is counted over a 2-minute period.

Sprint-Drag-Carry: For this timed event, Soldiers will complete five laps for a total distance of 250 meters. During the five laps, Soldiers will perform sprints, drag a 90-pound sled and hand-carry two 40-pound kettlebell weights. The event tests a Soldier's movement skill under anaerobic conditions: sprinting, dragging, carrying, turning and moving sideways. It replicates moving a casualty to safety, moving supplies or moving under fire.

Leg Tucks: From a straight-arm hang, Soldiers must raise their legs up so that their knees or thighs touch their elbows. Soldiers are tested on the number of successfully completed repetitions. Soldiers will stop when they are unable to continue or they have reached the two minute time limit. This event replicates climbing up and over walls.

Standing Power Throw: Soldiers throw a 10-pound ball up and backwards over their heads for maximum distance. The throw replicates the movement required to assist a buddy over an obstacle or the power required to leap across a ditch. The event tests explosive power and coordination of legs, and arms.

2-Mile Run: The 2-mile run is conducted outside on a track or paved course. Soldiers run two miles as quickly as possible, replicating movement to contact over distance. At the completion of the 2-mile run, the Soldier's time is recorded, and the Army Combat Fitness Test is completed.

Pets of the Week

THESE LOVABLE PETS ARE WAITING TO BE ADOPTED....

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TRAFFIC REPORT

ACCESS CONTROL POINT HOURS

Those with a valid military ID card, or who have an access pass or badge, wanting access to Fort Riley on weekends should use Estes, Ogden, Henry or Trooper gates.

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

The access control point hours are:
Henry/Trooper/Ogden/Estes:
Open 24/7. Commercial traffic at Estes is required to have an access pass or badge prior to trying to access.
12th Street:
Open from 5 a.m. to 7 p.m., Monday to Friday, closed weekends and federal holidays. This gate will have inbound commercial vehicle lanes only. Although personally owned vehicles will be allowed access, there is no designated POV lane.

Outbound traffic is not authorized. Badges and passes may be issued to commercial drivers prior to access at the gate.
Grant:
Grant Gate is open from 5 a.m. to 8 p.m. Monday through Friday. It is closed weekends and federal holidays.

COLYER MANOR PROJECT

This project began March 19, and is expected to take approximately one year to complete. During this time, you may notice increased construction machinery, traffic and noise during the hours of 7 a.m. to 5 p.m.

Additionally, residents will encounter the following detours during the project:

- Access to Venable Drive will be available via G Street only. Craig Avenue will be closed.
- Access to Booth Avenue, Hosmer Court and Attucks Court will be available via Colyer Avenue/Pistol Range Road only. King Avenue and Booth Avenue South of Pistol Range Road will be closed.

Parents with school-age children should note that bus routes and pick up/drop off locations may be affected by these detours. Please contact Unified School District 475 at 785-717-4049 for details.

RILEY ROUNDTABLE

If you could have any animal in the world for a pet, what would it be and why?



“Spider monkey; Ace Ventura – you can train them to help you out and they are fun to have around”

SPC. JOHNNY BROWN
COLUMBIA, SOUTH CAROLINA

299th Brigade Support Battalion, 2nd Armored Brigade Combat Team, 1st Infantry Division



“Monkey, because I am childish and it would fit my personality better than any other animal.”

PVT. MICHAEL LOOPER
MUSTANG, OKLAHOMA

977th Military Police Company, 97th Military Police Battalion



“Wolf. It’s a lot like a dog, but a lot cooler.”

PFC. JARED LUTZ
MAYFIELD, KENTUCKY

977th Military Police Company, 97th Military Police Battalion



“A dog because they are so cute and you can take care of them.”

MIA RODRIGUEZ
SAN ANTONIO, TEXAS

Eight-year-old daughter of Pfc. Yuleisy Rodriguez, 258 Human Resources Company



“Cat, because it’s furry.”

VERONIKA VALOAGA
HOPKINSVILLE, KENTUCKY

Seven-year-old daughter of Staff Sgt. Daniel Valoaga, Detachment A, 9th Finance Management Support Corp.

THE 1ST INFANTRY DIVISION POST

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

SAFETY CORNER

Safety Advisory: Playground safety tips during summer

By Tom Anderson
GARRISON SAFETY OFFICE

Team Riley, playgrounds are synonymous with fun for most kids. For parents or grandparents, allowing children an opportunity to expel some of their seemingly endless energy is a benefit and a blessing! While playgrounds have become safer and more kid friendly, many remember be scorched on hot metal slides...ouch, there are still many factors that can minimize the fun and lead to serious injury.

Playgrounds allow kids to challenge their fears, test their boundaries and build confidence. Playgrounds are awesome and kids should enjoy them to the fullest.

According to the National Program for Playground Safety 61 percent of all playground injuries happen on public playgrounds. This is why it is extremely important to provide supervision while letting your children enjoy public playgrounds. However, home playgrounds can also be a source of injury. It is estimated that 19 percent happen on home playgrounds. Whether children are playing on playgrounds in the public or in the backyard, injuries can still happen.

Parents need to recognize the areas that have the great potential for injury so they can be extra diligent during supervised play. The top four pieces of equipment associated with injuries are climbers – 23 percent, swings – 22 percent, slides – 17 percent and overhead ladders – 9 percent. The equipment that elevates a child off the surface of the playground, creates the greatest risks for injuries. These injuries include fractures – 36 percent, contusions and abrasions – 20 percent, lacerations – 17 percent, and strains and sprains – 12 percent. The leading cause of fatal playground injuries is strangulation, followed by falls to the playground surface.

Some tips for safe play:

- Supervision: All playground activities must be supervised by adults.
- Temperature: Cooler temperatures in the morning will help reduce the probability of burns.
- Ultraviolet Rays: Use of sunscreen reduces the chance of sun burns; however, sun heated playground equipment may cause burns when coming in contact with skin.
- Shading: Look for shading — equipment is

general cooler in the morning and will remain cooler if the playground is shaded.

- Hydration: Ensure water is readily available for hydration.
- Age Appropriate: Playground equipment is designed and installed for three age groups toddlers ages 6–23 months, preschool ages 2–5 years old and grade school 5-12 years old.
- Divide: Not all playground equipment is suitable for every child; smaller children must learn to negotiate ramps before they can learn to climb on ladders; always check the playground equipment age limit.
- Impact Attenuation: Playground surfacing is extremely important to minimize injury. Ensuring that the surfacing, especially under elevated equipment, is suitable to cushion a fall, is crucial. The level of loose fill material under swings and climbers is determined by the critical fall height of the equipment. As a rule of thumb, loose fill should have a depth of at least nine inches. Remember,

playgrounds with rubber, fiber or some other shredded material is subject to compact and settle, but the minimum even with settling should still be nine inches. Sand, which is a much harder surface, creates a better potential for injury when falling from an elevated surface. In addition, sand may contain animal feces or hide burrowing insects. Sand and other loose fill should be raked and checked before play.

Team Riley, although all Army installation playgrounds are inspected at least annually, some playgrounds are used more than others. Playgrounds with heavy foot traffic tend to wear down much faster and may experience maintenance issues between inspections that only users of the playground will identify.

If a playground is in need of repair, contact the Directorate of Family, Morale, Welfare and Recreation, 785-239-3467 or the Garrison Safety Office 785-240-0647. If the playground is located in the housing area, contact Corvias.

ASK DR. JARGON

Not who, but what you know!

Dear Doc Jargon,
My husband keeps sending me emails about events in the local area that he gets at his new unit. He always puts the letters “FYSA” at the beginning of his email. Now, I don’t understand exactly what that means and I’m too afraid to take a guess at it. I see it in the email trail also to him from his first sergeant so I know it isn’t some flirty comment

from my hubby to me. Can you decipher the code on this one?

Sincerely,

Confused Wife

Dear confused,
You are right that FYSA is not a flirty comment from your spouse. But it is a chuckle-worthy thought. What it really means is “for your situational awareness” and it is

a quick way of saying “here’s some information you might need or might be interested in.” Sometimes the term requires an action but most of the time it is all about simply passing information. When you get one of these from your husband you can respond however you like – but if the info will help you get to know people here, I encourage you to act on the info and

go see the area and what it has to offer. Also, if you want to be a little ahead of him in the information game, then check out our Fort Riley Mobile App in the app store or play store. There are tons of events on and off the installation and you might be the one to FYSA him first after checking it out.

Sincerely,

Doc Jargon

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West Point promotes STEM learning in South Africa

By Maj. Al Phillips
ARMY NEWS SERVICE

MUIZENBERG, South Africa — Representatives of the U.S. Military Academy promoted science, technology, engineering and mathematics learning to 70 gifted students here June 25 in partnership with the African Institute for Mathematical Sciences.

The contingent, including Samuel Ivy, a mathematics professor, and two West Point cadets, Patrick Cowan and Matthew Rivera, spent three days partnering with faculty at AIMS to promote STEM education, facilitating practical modules and fostering further confidence in learning for the African students.

The outreach event was made possible through efforts between the U.S. Embassy in Pretoria, U.S. Africa Command, West Point, and the researchers, staff, and graduate students at AIMS South Africa.

Students were selected from Luhlaza High School and Joe Slovo Engineering High School in the Khayelitsha Township, and from the Thope Foundation and the Molomhlaba Organization — two non-government organizations focused on transforming the lives of young girls through education.

“We are very honored to be a part of something special,” Rivera said. “Being a cadet at West Point is an opportunity unimaginable and is something learners such as these, chosen to be here, should also be afforded.”

“Exposure and awareness of the opportunities within STEM and exposure to universities like West Point will establish future dividends for all stakeholders,” Ivy said.

PILOT PROGRAM

The U.S. Military Academy usually runs the education workshop for underserved communities in the United States, with varying modules on STEM topics depending on the local interests. The AIMS program was the first such workshop held overseas.

“This is a pilot program for an enduring partnership between U.S. academies and the AIMS network both here in South Africa and across the continent,” said Navy Lt. Cmdr. Carl Pearson, the Africom research, development, testing and evaluation liaison. “We’re looking forward to working together on future events that expand the horizons of Africa’s youth,” he said.

“The connectivity to the future begins here,” Cowan said.

Ivy and his cadets brought a “programmable circuit” lab to the training. The lab highlights the Arduino platform, an open-source miniature programmable computer with uses including education, home automation and rapid prototyping in research labs.

Using this platform, the workshop introduced the South African students to technological discovery through several exploratory exercises.

The event was a smashing success, with pairs of students building and programming several different device configurations, said Thomas Pritton, a senior at Cape Town’s Heathfield High School.

“This workshop is very interesting and rewarding because a learner can design and build their own device for computer everyday use,” he said.



Courtesy photo

U.S. Military Academy Cadet Matthew Rivera provides an overview of the education programs offered at West Point to South African students in order to promote Science, Technology, Engineering and Math (STEM) education as part of the U.S. Africa Command outreach efforts with the African Institute for Mathematical Sciences in Muizenberg, South Africa, June 25.

CONTINUOUS DISCOVERY

AIMS, founded in 2003, advocates empowering Africa’s youth to shape its future, solve global challenges and drive economic self-sufficiency. It encourages growth and learning in partnership with six universities, including Cambridge and Oxford in England; Cape Town, Stellenbosch and Western Cape in South Africa; and Paris Sud XI in France.

“We love math and we love what math is about but we

must continue to discover,” said Barry Green, AIMS South Africa director. “We want to build a stronger South Africa and continent from a medical perspective to a banking environment, and mathematics is the gateway.”

The STEM learning program with West Point could not have occurred at a more symbolic time, Pearson said. The workshop coincides with South Africa’s National Youth Month, with activities to inspire the next generation of scientists, technologists, in-

novators and leaders in the nation.

These academic engagements in South Africa and elsewhere on the continent are part of larger, long term collaboration between broad U.S. research enterprise and African partners.

“We are in this for the long haul, and STEM outreach activities like these today are introducing us to the people we will be working with 10, 20 years from now,” Pearson said.

Agreements at higher government and academic levels,

like the research, development, testing and evaluation framework and the New York National Guard State Partnership Program with the South African Defense Force highlight the value that both countries place on such collaborations.

“These sort of partnerships benefit the citizens of both countries, extending far beyond just military capability improvements to yielding the better life that science helps create,” Pearson said.

WWW.RILEY.ARMY.MIL

WATER SAFETY tips

- Wearing a life jacket can save your life
- Never exceed your swimming abilities or swim alone
- Alcohol and water are a deadly combination
- Your involuntary gasp reflex can kill you
- Proper rescue of a person overboard
 - The “Reach, Throw, Row, Go for Help” rescue method is used to avoid multiple drownings.
- Drowning is a silent killer
 - Four signs of a drowning victim are head back, mouth open, no sound and arms outstretched moving simultaneously in an above-the-water, up-and-down stroke that appears as if they are slapping or playing in the water.
- Be aware of carbon monoxide (CO) poisoning
- Take a boating course
 - Learn valuable tips that can help save your life in unexpected situations by taking a NASBLA (National Association of Boating Law Administrators) approved boating safety course.
- Learn to swim well and practice floating
- Watch your children

If only takes an average of 20 seconds for a child to drown.

- Never dive in lakes and rivers (open waters)
- Don’t depend on floating or air-filled toys
- Cold-water immersion—know the signs
 - Cold-water immersion follows four stages, starting with cold shock, followed by swimming failure, then hypothermia and finally post-rescue collapse.
- Boat with consideration for others
- Inspect your equipment
 - It is your responsibility to make sure you have all the required equipment on board, as well as checking your engine, ventilation, backfire flame arrestor, electrical systems and trailer before you go.
- Watch for dangerous waves or signs of rip currents
- Prepare for sudden weather changes
 - File a float plan with a responsible person before you go boating. Take a weather radio with you so you can check weather conditions while boating.
- Wade with caution
- Obey all signs and buoys
- Don’t rock boat

To find out more about the National Water Safety Program, visit the U.S. Army Corps of Engineers at www.usace.army.mil/Missions/Civil%20Works/Recreation/National%20Water%20Safety%20Program/, or contact the Corps’ Northwestern Division at 816-389-2000 or the Fort Riley Garrison Safety Office at 785-240-0647.

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NEBRASKA Continued from page 1

“It’s really convenient to have access to the ranges to support this training,” he said. “The big thing is being able to shoot our 240s and our .50 cal. Those are things we just can’t support in Nebraska. Most the time we go over to Greenleaf Training Site over in Hastings, Nebraska, and they can only support the SAW. Being able to come down here and shoot the big guns is good especially for the younger guys.”

For Collier, the weekend on Fort Riley was just about getting the training.

“It’s always fun to train with live ammunition and get some training,” he said. “Even though we are in the guard, we get to use facilities like this and really get a good hands on understanding of things. (We) actually get training that other guard units don’t have so that’s nice to do that.”

The future is uncertain for the members of Company E, but their morale remained high as they focused on the task at hand knowing they needed to accomplish their goals for the weekend.

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EastWest Yoga JC

An East West Yoga JC Story of the Week

MEET TRACY

"Underneath a shy smile and soft spoken presence, a huge heart and strong determination radiates from within. Her connection to the practice and to others is naturally beautiful." - Charmion

What other wellness/fitness methods have you done?

I go workout at my lunch hour every day, but my mind is still a mess when I leave the gym. The difference with yoga is that I still sweat and get a good workout, but it isn't aggressive or goal-oriented. There is a peace of mind to the yoga workouts, and I don't watch the clock when I do it. It separates my brain from time, which is a benefit all its own.

- Tracy



Photos by Mikayla Horn Photography

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Senior Army noncommissioned officer talks Security Forces Assistance Brigades, benefits

Leaders,

The United States Army is continuously working to fill the Security Force Assistance Brigades.

These SFABs are the Army's newest units designed specifically to conduct security force assistance operations to train, advise and assist partner nation security forces in support of Combatant Command requirements worldwide.

Our traditional brigades will focus on preparation for full-spectrum operations.

The first SFAB, consisting of highly skilled senior officers and noncommissioned officers with proven warfighting expertise, was activated at Fort Benning, Georgia, in October 2017. These volunteers will lead the Army in combat readiness and excellence, while the unit will be optimized for the train, advise and assist mission, and will be built on infantry and armored brigade combat team models.

Under the FORSCOM stable of deployable units, SFABs develop the capability and capacity of partnered security forces by conducting security force assistance

activities to strengthen host government ability to defend itself from external and internal threats.

SFAB volunteers will receive the latest personal equipment, and arrive to the battlefield using wheeled vehicles including a combination of up-armored HMMWVs, HMMWVs and LMTVs. Volunteers will receive a multitude of training to include common core operations, advising, communications, foreign weapons and foreign language training, culminating with division-level sponsored capstone exercises at one of the Combat Training Centers prior to deployment.

During the release of the FY 18 MSG/E8 Promotion List, selection rates for those serving in SFAB were 50 percent vice the Army-wide selection rate of 23.5 percent.

The high selection rate demonstrates the caliber of NCOs that are volunteering for this important assignment and we believe will resonate with Soldiers considering SFAB opportunities.

Pre-requisites for assignment to this Elite fighting force include:

1. Volunteer
2. Maintain a secret security clearance
3. Score 85 points on the Defense Language Aptitude Battery
4. Score at least 240 points on the Army Physical Fitness Test
5. Maintain your Deployable Statusus
6. Demonstrated exceptional moral aptitude by upholding Army Values
7. Be branch qualified in your pay grade - We are looking for former squad leaders, section chiefs and platoon sergeants
8. All volunteers must have demonstrated excellence in past performance and be noted for exceptional potential

Incentives for enlisted SFAB volunteers include

1. \$5,000 lump sum Assignment Incentive Pay (AIP) as long as they are permanently assigned to a SFAB and serve in the unit for at least 12 months. Once permanently assigned, volunteers must remain in good standing throughout the AIP tour

2. Reserved NCOPDs, SGT through MSG for all personnel assigned to SFAB
3. Promotable Specialist awarded 799 promotion points upon CATC graduation
4. SDAP pay of per month \$75
5. Tactical Broadening Assignment
6. Choice of Duty Station upon successful completion of SFAB assignment
7. Retention Bonuses of \$4,800 up to \$52K depending on qualifying MOSs, Grades, and reenlistment term-length

Our ability to train and operate effectively with partner nation forces in current and future conflicts will remain key to the successful application of 21st Century Land Power. If you have what it takes to join this highly selective, all-volunteer force, call or email your branch manager at Human Resources Command today.

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DISASTER Continued from page 1



Sgt. Patrick Jubrey | 1st CAB Public Affairs
Staff Sgt. Richard Aguilar, flight medic with Company C, 2nd General Support Aviation Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division, hooks up to the hoist, while Sgt. James Marin-Garcia, crew chief with Co. C, makes last-minute adjustments to complete the hoist training at Sherman Army Airfield, Fort Leavenworth, Kansas, June 27.

“The person responsible for developing the plan is the platoon leader himself with the consult of his senior warrant officer, and his platoon sergeant,” Sierra said.

This was not an easy task to develop, especially when they had about three weeks to complete the planning. Still, the platoon leader, platoon sergeant and their senior warrant officer crafted an event that would simulate a training environment in which there would be little time to fully plan a casualty evacuation, Sierra explained.

“In the real-world MEDEVAC missions are extremely dynamic, so we have to be able to respond to any type of event,” Sierra said. “It can be the way we fly the aircraft to how the crew members complete their responsibilities in the back, even how the medical personnel treat the patient. There are a lot of unknowns.”

Most attack mission plans are deliberate and strategic, when it comes to immediate casualty evacuation sometimes you are not given ample amount of time to plan things perfect. The more experienced Soldiers from Company C had the opportunity to show the less experienced Soldiers ways to execute the mission and avoid common mistakes.

“We are training with the new Soldiers so they can learn from our mistakes and learn what their involvement will be when deployed,” said Sgt. James Marin-Garcia, a crew chief with Co. C. “In a way we are handing the next group of Soldiers the torch of information.”

With previous deployment experience and a nursing degree from Puerto Rico, Marin-Garcia was able to bring additional value to the mission by mentoring and teaching his fellow crew chiefs.

“I was able to teach and mentor the crew chiefs on how to help out the medics and be a better asset to mission,” Martin-Garcia said.

Marin-Garcia also had the chance to exercise and sharpen some skills that are important to the MEDEVAC mission.

The training “helps a lot in different ways — now we can learn how to land on top of roofs,” Marin-Garcia said. “Honestly this is my first time landing on top of the roof. It’s not easy to land (on the roof) because everything is moving and there are extra obstacles like cranes. The environment is different.”

The unit also teamed up with 523rd Military Working Dog Detachment, 97th Military Police Battalion, and brought Santa, one of their military working dogs, and his handler, Spc. Ryan Wolfe of the 532rd.

“It was training for both; the medic was training on giving an IV to a dog just in case they are in a situation where a (military working) dog might need one,” said 1st Lt. Chad Wisnowski, Co. C section leader. “Also then the dog needs to get accustomed to the rotor wash and sound of the aircraft, at the same time getting use to needles.”

This exercise was the culmination of prior weeks of training.

“This event was the final event from two weeks of collective training with medics and communications,” Wisnowski said. “As it started with being a platoon operation, it evolved into more of a company size training event. It was a great opportunity to use this to challenge the medics, crew chiefs and the pilots. We are looking to do more training like this in the future.”

CERTIFIED Continued from page 1

technician with Det. B. “I feel like it gave us all the opportunity to better understand what it would be like to perform our roles in theater.”

Koreba said the exercise gave her a new way to understand leadership.

“Being the noncommissioned officer in charge of the CVS section helped me progress as a leader because it forced me to experience what it takes to lead my team under pressure,” Koreba said. “I was able to encourage and push the members of my team and facilitate us efficiently working together to accomplish the tasks we’d been designated.

“I hope from the CERTEX that I and my Soldiers accomplished a greater level of not only proficiency but also confidence in our ability to excel at what we are trained to do.”

Koreba said the exercise benefited all involved.

“I think the CERTEX was important because it enabled us all to gain experience,” Koreba said. “Having direct access to subject matter experts and their advice, assistance and feedback meant we could not only gain knowledge and advice, but were also provided the opportunity to identify errors we were making and how to learn from and efficiently rectify them.”

According to Ladia, with the knowledge and experience they have gained, the unit will now be able to certify Det. A, 9th FMSU, this year.

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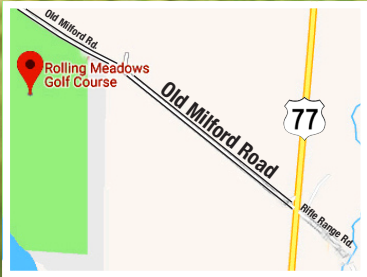
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Victoria Aguilar, 9, daughter of Cpl. Cesar J. Aguilar, Company B, 2nd Battalion, 34th Armored Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, enjoys her time at the Watermelon Crawl by smashing watermelons with a sledgehammer July 7.

a SMASHING success

Fort Riley residents beat the heat with assistance of Watermelon Crawl event

Story and photos
by Kimberly Green
1ST INF. DIV. POST

The heat drove many Fort Riley residents and their friends to Custer Hill Aquatic Park on July 7 where Directorate of Family and Morale, Welfare and Recreation staff were waiting with free, cold watermelon, watermelon-eating contests, greased watermelon relays, watermelon smashing and many other watermelon-themed activities.

DID YOU KNOW?

- This was the third year Directorate of Family and Morale, Welfare and Recreation hosted the **Watermelon Crawl** at Custer Hill Aquatic Park.

This is the third year D F M W R has hosted the Watermelon Crawl at Custer Hill Aquatic Park and attendance has grown every year. This year, Melissa Phelps, DFMWR recreation specialist and coordinator for the event, made sure there were plenty of melons to go around.

“We brought 155 watermelons this year,” she said. “We had 300 hundred (people) attend last year and we are hoping to top it this year.”

Debbie McAllister, mother-in-law of Sgt. Benjamin Porod, 2nd Battalion, 70th Armor

See CRAWL, page 12



Adults battle for control of the greased watermelon during a relay game at the Directorate of Family and Moral, Wellness and Recreation's annual Watermelon Crawl event at Custer Hill Aquatic Center July 7.



Contestants at the Watermelon Crawl overload watermelon with tens of dozens of rubber bands July 7 at the Custer Hill Aquatic Center. To see the outcome of this activity, turn to **PAGE 12**.

Performance Triad program targets civilians' fitness

Six-month program to focus on exercise, sleep and nutrition

By Gail Parsons
1ST INF. DIV. POST

DID YOU KNOW?

- Bod Pod** is a machine that takes measurements including weight, height, body mass and cholesterol.

EXERCISE

Balancing family, work and other responsibilities can leave little, if any, room in a busy schedule for working out.

Soldiers are required to attend physical training, but the civilian workforce has to find time on their own to fit it into their day.

Fitness Coordinator Ken Roynon said it is no less important for civilians to be mindful of health and fitness.

The Performance Triad, scheduled to start Aug. 20, gives them three hours of administration time per week to devote to a trio of health and wellness topics — sleep, exercise and nutrition.

Participants have to be civilian employees, cannot have taken part in a Civilian Wellness Program in the past and must have their supervisor's approval.

The six-month program starts with a Bod Pod body analysis.

Bod Pod is a machine that takes measurements including weight, height, body mass and cholesterol. The analysis is repeated halfway through the program and again at the end as a measurement of one's progress.

For the first five weeks participants go to Whitside Fitness Center to attend classes over their lunch break on Mondays, Wednesdays and Thursdays.

“What I try to do is set up five weeks of all different classes so you can get a taste of all the different things that are available,” Roynon said. “I give them a session with a personal trainer to go through the fitness center to be shown how to use the equipment and there is a section where I have one or two personal trainers get together with them and give them a group personal trainer session so they get a taste of everything we do.”

Participants also will receive a 30-day pass to attend any of the classes for free.

“The goal with the fitness portion of it is to try to get folks to see that exercise is not as bad as they might think it is,” Roynon said. “Lots of people think that you just have to run five miles or lift a hundred pounds and that's not necessary.”

See TRIAD, page 13

Campers get view from the top during visit to post airfield

Air traffic control tower tour gives kids behind-scenes look

By Kimberly Green
1ST INF. DIV. POST

Put 22 elementary-aged kids in an air traffic control tower and there are bound to be some wild questions asked. That is exactly what happened July 6 when Child and Youth Services' summer camp program visited Marshall Army Airfield's air traffic control tower and simulator. CYS gives school-aged children the opportunity to tour various locations across Fort Riley every summer in order to shed light on some of the behind-the-scene missions of the 1st Infantry Division. Among the locations kids are visiting this summer is the airfield.

Jessica Dillion, air traffic control specialist, has conducted these tours for children before.

“They're always like, ‘Oh, cool! Planes,’” she said “Sometimes they ask questions — like crazy kids questions like, ‘have you ever seen them crash?,’ So I just think they think it's cool to see the cool military planes and like — look at how fast these go.”

David Heisler, air traffic control specialist, works with Dillion in the tower and he too has been asked interesting questions over the years when students tour the towers.

“Once I was asked if there was a machine gun on the roof and I was like, ‘No, we don't have a machine gun on top of the tower,’” he said.

Not long after the campers filed into the small room, a helicopter spun up — starting spinning its blades. Heisler patiently pointed out not only how they track military planes, helicopters and Gray Eagles that fly on and near Fort Riley but civilian aircraft as well. The air traffic controllers at the airfield

See AIRFIELD, page 13

Over-the-counter medications make feeling better easier

Self-help program a hit at Irwin Army Community Hospital

Story and photo
by Kimberly Green
1ST INF. DIV. POST

Not every ailment requires a trip to see a primary care doctor. Irwin Army Community Hospital's pharmacy technicians understand the need for its patients to have access to care even if it's just a case of the sniffles.

“The goal is if you're not feeling well to let us help you instead of sending you away or having you pay money out of pocket,”

“The goal is if you're not feeling well to let us help you instead of sending you away or having you pay money out of pocket.”

JENNIFER BELLISARIO | PHARMACIST,
IRWIN ARMY COMMUNITY HOSPITAL

Jennifer Bellisario, pharmacist and assistant chief of pharmacy services, Irwin Army Community Hospital, said.

The Non-Prescription Drug Self-Care Program offered at IACH, Flint Hills Medical Home, the Post Exchange and Farrelly Health Clinic pharmacies allows patients to self-treat ailments such as heartburn, seasonal allergies, diaper rash,

constipation and yeast infections at home by offering over-the-counter medications at no cost and without a prescription from their doctors.

The program has been in existence for years, but not all installations use the program, and in the past, the process of obtaining OTCs was more difficult.

“It has changed for us here and for the better,” Bellisario

said. “At most Medical Treatment Facilities you read educational material and take a quiz. Then you bring your passing quiz results to the pharmacy where we will give you a card — a self-care over-the-counter card. We have discontinued that practice.”

Bellisario said the long wait to receive a self-care card in the past prohibited many patients from visiting the pharmacy when they most needed care from a trained pharmacist. Streamlining the process has decreased the amount of time sickly patients spend waiting on the medications they need to feel better.

See MEDICATION, page 12



Dr. Judy Dickie, outpatient pharmacy supervisor, demonstrates how easy it is for sick patients to access over-the-counter medications to pharmacy technician Pfc. Brittany Holden, IACH, MEDDAC, at Irwin Army Community Hospital pharmacy July 5.

FORT RILEY POST-ITS

BETTER OPPORTUNITIES FOR SINGLE SOLDIERS

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Custom services at the center include: matting and framing services, laser engraving and computerized engraving and custom made wood products.

Hours of operation are Mondays and Tuesdays 1 p.m. to 8:30 p.m. — Wednesdays, Saturdays and Sundays 9 a.m. to 4:30 p.m. — Thursdays, Fridays and holidays, the center is closed. For more information call 785-239-9205.



USD 475 SUMMER LUNCH PROGRAM

Now through July at 27 12th Street Community Center and Dorothy Bramlage Public Library

Breakfast also served at JCHS 8 – 9 a.m.

USD 475 Child Nutrition Services

www.usd475.org

785-717-4000

CYS CHILDCARE HIRING EVENT

Do you or someone you know love working with children and are looking for a job? Join us for the CYS Childcare Provider hiring event July 24 from 9 a.m. to 1 p.m. at 6620 Normandy Drive.

Wondering what you should bring with you to the event?

- Hardcopy federal resume with 3 professional references
- High School Diploma/GED or College Transcripts
- Social Security Card and Birth Certificate/Passport
- Appropriate interview attire as interviews will be conducted during the event
- Applicants are encouraged to apply early at www.USAJobs.gov (Search Keyword: “NAF,” Location: “Fort Riley” or in person at this event)

For more information, please call 785-239-2325. We hope to see you there!

OUTDOOR ADVENTURE PARK OPENS

Check out disc golf course, the foot golf course, climbing wall or zip across the air on the zip line.

Outdoor Adventure Park hours — Sunday through Tuesday, 10 a.m. to 7 p.m.

Wednesday - CLOSED

Thursday through Saturday, 10 a.m. to 7 p.m.

Visit the food truck from 11 a.m. to 1:30 p.m. weekdays and 11 a.m. to 2 p.m. weekends. The snack bar will also be available after the food truck leaves.

Book the family obstacle course and zip line tower online at webtrac.mwr.army.mil/webtrac/rileycyms.html.



BLUE STAR PROGRAM

The Directorate of Family and Morale, Welfare and Recreation offers the Blue Star Program to family members who are geographically separated from their service member. The benefits are also open to Gold Star families and Soldiers in the Warrior Transition Battalion. Discounts and events are available to those enrolled in the program. For information about eligibility, call 785-239-2172 or email bluestar@rileymwr.com.



SUMMER READING PROGRAM

The Fort Riley Library will host story time every Wednesday at 1:30 p.m. come listen to a story, enjoy a snack drink and a creative craft. This event does count towards the Summer Reading Program minutes for each participant.

TACO TUESDAY AND PASTA WEDNESDAY

Stop by Riley’s Conference Center for lunch 11 a.m. to 2 p.m.

Taco Tuesday features an all-you-can-eat meal with a choice of meat, hard and soft shell tacos, salsa bar, rice, beans, salad bar and dessert.

Pasta Wednesday features pasta main dish, green beans, focaccia and Greek salad.

The buffet costs \$9.95, which includes a drinks. A salad bar only is available for \$5.95. For more information 785-784-1000.

FORT RILEY REEL TIME THEATER SCHEDULE

Friday, July 13
Superfly (R) 7 p.m.

Saturday, July 14
Oceans 8 (PG-13) 2 p.m.
Superfly (R) 7 p.m.

Sunday, July 15
Tag (R) 5 p.m..
Theater opens 30 minutes before first showing.
For more information, call 785-239-9574.
Regular Showing: \$6, children are \$3.50, children 5 and under are admitted free.
3D Showing: \$8
First Run: \$8.25, 3D; First Run: \$10.25

FORT RILEY LEISURE TRAVEL

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

Great Wolf Lodge - Kansas City Hotel: Blackout dates apply. Water park 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.

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COMMUNITY CORNER

Time at Fort Riley filled memories to last lifetime

An honor to work with great professionals, for world's-best Army

By Col. John D. Lawrence
FORT RILEY GARRISON COMMANDER

The bittersweet moment of saying farewell has arrived. As I change command with Col. Stephen Shrader today, I have nothing but fond memories of my two years of service with the Fort Riley garrison and 34 plus years of serving in the United States Army. I couldn't have asked for a more rewarding career and am so thankful for the many opportunities, challenges and friends that have come my way. I am humbled by the many well wishes my family has received as we begin our transition. As I reflect back on the two years I am filled with pride that I was privileged to serve with the garrison team supporting this historic post and the 1st Infantry Division.

I'd like to take this opportunity to send a special thank you to the incredible teammates I've worked with here — both on and off post. To be a good leader, you need to be surrounded by a dedicated team of people and that is what each of you are. I am amazed each and every day by your hard work, dedication and commitment to customer service — it's been an honor to work with such a fine group of people.

Increasing readiness across the Army is the number-one mission. At Fort Riley, we train about 30,000 military members each year. This is possible through the quality of our training areas, infrastructure and equipment and through the teamwork of the senior mission commander, division staff and my fellow brigade teams with the garrison. The dedication and selfless service of this combined team of Soldiers, civilians working together and synchronizing efforts make Fort Riley the ultimate training platform.



Colonel Lawrence

During my time here, I've focused on partnerships that support our Soldiers, families, civilian employees, contractors, veterans and retirees. The partners' number nears 100 and include numerous Flint Hills Region associates, National Guard, Reserves, veterans' organizations and other Department of Defense counterparts. Together, we've created phenomenal training, education and "Soldier for Life" opportunities.

After multiple tours at Fort Riley throughout my career, I also have a special connection with our Flint Hills partners. They provide an integral role and work together with us to ensure quality services in the community to support our military, civilians and families. The Installation Command commander, my boss, says that the Fort Riley partnerships should strive to emulate. He said during his visit here there's something unique about Fort Riley — we have some sort of "special sauce." I couldn't agree more. Partnerships like these are only possible through a culture of teamwork, transparency and open and honest communication. I believe we've achieved all of these. The awards speak for themselves — numerous employee and team awards, monthly and quarterly awards, headquarters Army awards, DOD awards and many more. These are a testament to the values-based team here that gives their heart and soul to this garrison and Fort Riley.

Day-in and day-out the team here at garrison is focused on our customer so we don't really think about what we have done because we are always looking out to the future. But when you stop and take a look back at the accomplishments over two years, the results of the garrison's hard work become crystal clear. Here are just a few of the projects we've worked together in my short time here:

- Victory Fest, a celebration of the 1st Infantry Division's 100th anniversary; hosted a community concert with four big-name bands for more than 4,500 people
- Instituted the Energy Savings Performance contract
- Ribbon-cutting for the Soldier for Life Transition Assistance Program training towers

- Heroes MAKE America veterans' training program, a partnership between Soldier for Life Transition Assistance Program, USO and the National Association of Manufacturers
- Hosted three Army Community Partnership workshops to develop Inter-governmental Support Agreements
- Hosted the Housing the Force DOD housing workshop; by-name requested for the following year
- Donated houses and playground equipment to the Kickapoo tribe as part of Operation Walking Shield
- Established Fort Riley as a secondary mobilization platform
- Opened a stray animal facility that has had over 179 adoptions and no animals euthanized

These and countless other accomplishments took place at a time when monetary resources were short and we were going through mandatory personnel reductions. Thanks to the hard work and innovative thinking of the Civilian Personnel Advisory Center and teamwork among our garrison directorates, we were able to accomplish these and end the drawdown with zero civilian layoffs. And by the way, you maintained the commitment to excellence through it all. Please remember this one thing as you come to work every day and feel like things are getting routine or monotonous — what you do, no matter how big or small, affects the life of a Soldier, family member or someone in the community. Keep up the great work!

Ladies and gentlemen, it has been a true honor and pleasure serving as your garrison commander and as a Soldier in the U.S. Army — the greatest Army in the world. What's made it the most rewarding was the opportunity to work with an outstanding group of professionals who have a passion for service. Thank you for the memories; I look forward to the next chapter.

— To comment on this article or to suggest a topic for Community Corner, email usarmy.riley.imcom.mbx.post-newspaper@mail.mil.

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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
Sunday Mass.....	1200
Mid-day Mass— Mon., Wed., & Fri.....	1200
IACH Chapel	239-7872
Mid-day Mass— Tue. & Thur.	1200
Jewish Service	
For Sabbath Services please contact the Division Chaplain at 240-6268/910-273-0767.	
Open Circle Service	
Kapaun Chapel	239-0834
Fort Riley Open Circle— SWC	
1st & 3rd Wednesday monthly.....	1800

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AWANA

785-239-0875

Resumes in Fall

Protestant Women of the Chapel (PWOC)

For more information email rileywpoc@gmail.com or Facebook "Fort Riley PWOC"

For more information email riley@pwoc.org

Resumes in Fall Check for Summer Gatherings

Catholic Women of the Chapel (CWOC)

For more information email fortrileycwoc@gmail.com or Facebook "Fort Riley CWOC"

Resumes in Fall Check for Summer Gatherings

Check for schedule over Training Holiday weekends

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COMPETITIVE RUN • STROLLERS AND PETS PROHIBITED

10 mile run is FREE for Active Duty Military and is a qualifier for the Fort Riley Army Ten-Miler team

ALL PARTICIPANTS MUST COMPLETE REGISTRATION

Keeping pets safe over summer

By Gail Parsons
1ST INF. DIV. POST

As the mercury rises, so do the dangers pets face. Animals are just as susceptible to burns and heat stroke as people are.

Susan Buckley, animal caretaker at the Fort Riley Stray Facility, offers advice and tips to keep the furry members of the family safe this summer.

TAKE CARE OF PAWS

Walking on hot pavement, gravel, dirt, blacktop, drive-ways, streets, wooden surfaces and parking lots can burn a dog's paws.

Buckley said a basic rule to follow is if the ground is too hot for a person to walk bare-foot on, it is probably too hot for the paws.

There are booties made to protect the paws from the heat, but not all dogs will wear them.

"The best thing is to keep them home, keep them safe, keep them in the air conditioning with lots of water," she said. "If you have to take them out, take them in the morning or late evening."

Knowing those precautions are not always possible, she advises, carrying the smaller dogs out to a grassy area.

"But keep in mind the grass, as it gets dry, becomes pretty sharp on their feet," she said.

Smaller dogs that are not used to being outside a lot are especially susceptible. The parched, sharp grass can cause microscopic cuts.

NO HAIRCUT IN SUMMER

No matter how hot it gets, shaving a dog's long, thick fur coat will not make it cooler. It can have the opposite effect and cause the dog to overheat.

Buckley said her own two Siberian Huskies will go out and sunbathe for 15 to 20 minutes at a time and enjoy it.

"Their fur is not just insulation against the cold air, it's an insulation against the heat," she said.

The fur also protects the animal from the effects of dirt and water by creating a barrier



PHOTO COURTESY OF K-STATE NEWS

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

between foreign objects and the skin.

STORMS, LOUD NOISES

The time for fireworks may be over, but thunderstorms are still likely and can cause anxiety and fear in pets.

Pet owners can wash or spray bedding or wipe the interior of a crate with essential oils to decrease anxiety.

Lavender can be as soothing to animals as it is to people, Buckley said.

Thundershirts are another product on the market to help calm an anxious dog.

"It is very similar to the wrapping an autistic child to help them feel comfortable and calm," she said. "Thundershirts work the same way."

If people are leaving the house and know a storm is forecasted, they can leave the radio or television turned on to help mask the noise.

KEEP LITTLE PETS COOL

For small, outdoor pets, like rabbits, she said to freeze some plastic drink bottles filled with water. The animals will lay close to those to cool off.

The bedding in the bottom of the cage should also be taken into consideration.

"We reduce the amount of litter we use in the summer because the plastic is actually

cooler than a layer of the wood chips," she said.

NOT ALL WATER GOOD

If the dogs will be outdoors and around ponds or lakes, Buckley recommends protecting them against Giardia and Leptospirosis.

Giardia is a parasite that can live in a dog's intestines. It mostly infects older dogs and puppies. Dogs become infected when they swallow Giardia that may be present in water.

Leptospirosis is a disease caused by infection with Leptospira bacteria.

Vaccines are available to prevent both diseases.

"We go out to Moon Lake or Milford Lake and my dog stops and gets a drink at the pond, I'm not worried it's covered," she said. "Both of those are pretty nasty sicknesses. It's kind of like giving them the flu."

FLEAS AND TICKS

Buckley said the ticks have been bad this year. She recently had a dog at the facility that had a bacterial infection from a tick.

There are several over-the-counter flea and tick medications, but there's also some natural remedies.

She said garlic is an effective means to controlling the fleas

and ticks and the flies around her horses.

"I use a processed product," she said. "Garlic in high doses can be toxic so don't just grab garlic out of the cupboard and feed it to them."

The processed garlic product for animals can be purchased from a pet store.

TRAVELING

Most pet owners know not to leave a pet in a vehicle while they go out to eat or go shopping.

If a dog is traveling in the back of a pickup truck with a camper shell, Buckley said to make sure the vents are open.

"It gets pretty hot, pretty fast," she said. "Just traveling down the road the heat will generate from the road up into the bed of the truck."

She recommends lining the bed of the truck with something like a light colored stall mat for horses to keep it from getting too hot and potentially burning the dog.

Before hitting the road, pet owners can check out where dogs are allowed.

There are some stores that offer kenneling services for short periods of time. There are also pet day care centers where people can leave an animal while they go sightseeing or shopping.

TUESDAY TRIVIA CONTEST



The question for the week of July 10 was: Who at Fort Riley can I talk to about getting my kids enrolled in school and find out about local schools?

Answer: <https://riley.armymwr.com/programs/school-support-services>

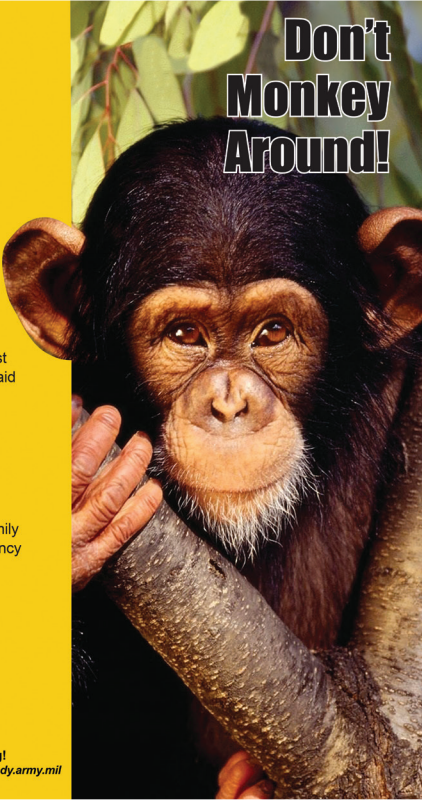
This week's winner is Ashley Johnson, spouse of Sgt. 1st Class Kevin Johnson, a respiratory therapist at Irwin Army Community Hospital.

Pictured above are Ashley and Kevin Johnson, along with their three daughters.


CONGRATULATIONS ASHLEY!

Make a three day emergency kit.

- Your emergency kits must include water, food, first aid supplies, medicines and important documents.
- Prepare a kit at home. Consider having kits in your car and at work.
- Your emergency kit will enable you and your Family to respond to an emergency more quickly.



Don't Monkey Around!



It's up to you. Prepare Strong!
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Warrior Zone holds monthly watch party

Soldiers enjoy easy access to view fights on UFC 226 card

Story and photo by Will Ravenstein
1ST INF. DIV. POST

The Warrior Zone staff hosted the monthly Ultimate Fighting Championship pay-per-view July 7 with UFC 226: Miocic vs. Cormier.

“It started last year in August back when the (Floyd) Mayweather-(Conor)McGregor fight,” said Quinton Williams recreation manager, Warrior Zone. “We started then and just kept doing it every month. Since it was our anniversary party we decided to merge it as a new program and event we were going to do here as well as continue our yearly traditional birthday party with the cake and stuff like that.”

The event has been popular, Williams said, with crowds reaching 40 to 60 Soldiers.

“At the same time, you get people from combatives that come up and watch it, normal fans come up and watch it — I mean a lot of our non-regul-ars come up here and watch it just to keep from going out to watch it,” Williams said.

The fight and Warrior Zone’s proximity to Red Bank, New Jersey, native Spc. Eli Gray, Headquarters and Headquarters Company, 1st Division Sustainment Brigade, barracks is why he attended for the evening.



Spc. Eli Gray, Headquarters and Headquarters Company, 1st Division Sustainment Brigade, Pvt. Alexander Dennis, 1st Squadron, 4th Cavalry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, and Pvt. Kelly Bearheels, 1st Sqdn., 4th Cav. Regt., 1st ABCT, 1st Inf. Div., react to a punch during the Ultimate Fighting Championship bout at the Warrior Zone July 7.

“I think it’s amazing,” he said. “Before you had to go to a bar or Buffalo Wild Wings or something like that. I live right across the street so it really works out. That’s why we came over here. It’s really convenient to have it here.”

A firefighter before joining the Army, Gray said he would meet up with other firefighters at local establishments or someone’s home to watch the pay-per-view events. The money savings alone is a plus for him.

Gray said that watching the preliminary fights also peaked his interest in joining the Fort Riley Combatives Team.

“I was just watching a fight now and being here at Fort

Riley, I thought about being on the combatives team,” he said. “I just sent a message to the combatives team on Facebook because it really interests me. When I was watching the fight we were talking about combatives. Then it clicked that I’m new to Fort Riley and I should see if they have a combatives team (here), and they do. So I hope to be able to do that.”

Warrior Zone extends its normal operating hours to accommodate the watching of the fights as many go past the normal closing time. This allows others who are not interested in the fights to take advantage of the services as well.

“We run business as normal. We just stay open a little later to accommodate them,” Williams said. “We let people continue to play the games. People can still enjoy their games, their computer games but once we hit those final rounds we start kicking them off slowly. Nothing really changes — it’s free UFC. We keep the kitchen open a little later; they can play their games a little later than normal. It works out. The fight normally lasts later than we are normally open ‘til.”

The next pay-per-view will be held August 4 live from the Staples Center, Los Angeles, California.

CRAWL Continued from page 9



Kimberly Green | POST

A watermelon explodes after contestants at the Watermelon Crawl, overloaded it with rubber bands July 7 at the Custer Hill Aquatic Center.

Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, said the waterpark and the free watermelon provided by DFMWR was just the break they needed from the dry, hot Kansas weather.

McAllister said that her 2-year-old granddaughter Paislee Porod was enjoying the toddler-sized slides and the popsicles provided by the Better Opportunities for Single Soldiers volunteers at the event.

The Watermelon Crawl is more than just a children’s event. Soldiers and parents formed teams for one of the greased watermelon relay races. This resulted in a battle to retrieve a slippery watermelon

from the middle of the pool. Each team worked together to beat the other in being the first to hoist the melon out and over the side of the pool for the win.

Volunteers from BOSS offered \$1 popsicles to swimmers and helped MWR staff with events and games throughout the afternoon.

“We are doing this to give Soldiers the opportunity to get popsicles and enjoy the sun,” said BOSS Representative Spc. Ricardo Zamora, Irwin Army Community Hospital.

Pfc. Kody Seiler, BOSS volunteer, 1st Combined Arms Battalion, 18th Infantry Regiment, 2nd Armored Brigade Combat Team, 1st Inf. Div.,

said the event was a great time to spread the word about the group.

“The Watermelon Crawl is a great event to help promote our program to everyone, he said. “We provide recreation and community service opportunities to Soldiers in the barracks as well as married Soldiers to get their volunteer hours.”

Watermelon smashing was another adult favorite. Anyone who was feeling particularly tough wielded a sledgehammer against a melon of their choosing, sending rind and pulp flying in all directions.

A new event this year was to apply rubber bands, one-by-

one, to the outside of a watermelon until it burst. The tricky part was not knowing when the melon was going to give. More than one person walked away after receiving an unexpected watermelon shower.

Sara Heatley works for DFMWR in marketing but was spending her afternoon volunteering at the Watermelon Crawl with her daughters Sariah, 7, and Jordyn, 2.

“It’s been amazing,” she said. “Aside from the waterpark, we have enjoyed the watermelon smashing contests and the watermelon eating.” This was their first time attending and Sara said they’ll be back for next year’s event.

FORM MATTERS



45-DEGREE SIDE LUNGES

A 45-degree side lunge is a meeting in the middle between the side and back lunges.

As with all lunges, this one too can be done while holding weights either to the front or on the shoulders.

Public Health Nurse Capt. Eddie Murray said people should be fully comfortable with executing the move without weights before adding them.

Spc. Matt Lamora with 2nd Battalion, 70th Armor Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, demonstrates the proper form of a side lunge at 45 degrees.

1. Stand with the feet shoulder distance apart, in what is called a mid-stance.
2. Step back with one leg bringing it to the side and back at a 45 degree angle away from your body. Look forward, keep the torso straight and make sure the knee does not extend over the toes.
3. Keeping your left heel firmly planted push off with the right foot to return to the starting position.
4. Repeat on the opposite side.

For more instruction on this and other exercises, download the PRT app.

Fort Riley Mass Warning and Notification System Smartphone App

The Fort Riley Mass Warning and Notification system now includes a mobile notification smartphone application.

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MEDICATION Continued from page 9

There are 42 medications offered to eligible Tricare beneficiaries including retirees and guard members.

If a guard member is not in the pharmacy’s system, they need to visit patient administration and be added.

To request one of the medications from the list, patients simply go to the military pharmacy of their choice and check in at the kiosk with their military identification card.

Bellisario said the program works really well and is simple. Patients approach the window at the pharmacy and tell the pharmacist or pharmacy tech-

nician they don’t feel well and explain their symptoms. The symptom information helps the pharmacy staff recommend an appropriate medication to treat that ailment.

One of the advantages of the Non-Prescription Drug Self-Care Program is the quality of patient care the program provides on an individual basis.

“Every time they (patients) come to the window they will have an interaction with a pharmacist,” Bellisario said. “Why would we send one of our patients to Walgreens to buy something over the counter and maybe not have the op-

portunity to speak with a pharmacist? Every drug that they receive over-the-counter (at IACH) we do type into their Composite Health Care System profile. So, it does screen the drug against all of their other medications to ensure that there is no drug interaction. That’s very important.”

Consistent access to quality patient care is Bellisario’s top priority for her patients in the pharmacy and purchasing over the counter medications without speaking to a pharmacist can have disadvantages.

“Some patients don’t recall what all their meds (prescrip-

tions) are for and they could end up on duplicate therapy,” Bellisario said.

Speaking to a pharmacist before starting a new medication, even an over-the-counter one, is the best way to safeguard that no patient is taking unnecessary or excessive amounts of any medication. A pharmacist can also recognize when a self-treated ailment may need to be evaluated by a medical doctor, such as with recurrent infections or lingering sickness.

“If you’re feeling ill, and would like to speak to the pharmacist, please come in,” Bellisario said. “We can help you.”

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AIRFIELD Continued from page 9



Kimberly Green | POST

Air traffic control specialist David Heisler shows children the ins and outs of running Marshall Army Airfield from the air traffic control tower on Fort Riley July 6.

also control the skies over a large part of the surrounding community including Manhattan Regional Airport.

Dillion said that she has an “abstract job” and that coming up and seeing what they do and asking questions is how people really understand how interesting and, at times, complicated the job of an air traffic controller can be.

After touring the tower and asking whether the glass was bulletproof, the CYS group moved downstairs to the simulator where the children were surrounded by screens that mimic the airfield outside exactly. The simulator allows air traffic controllers and pilots the opportunity to train even when there are no helicopters scheduled to fly or when weather grounds missions.

Davina Cunningham, CYS supervisory program specialist and chaperone for the trip,

was asked by one of her campers if she would rather fly a Black Hawk, a Chinook or an Apache, to which she carefully chose an Apache. Cunningham thinks that the best part about the summer program is “giving the kids a hands on look into what goes on.”

A show of hands revealed that the group was divided. About half liked the air tower the best and the other half preferred the simulator. As the campers tried to sway their fellow campers with opposing opinions to their side, they talked about how seeing the airfield impacted them.

“When I come here — when I’m in the Army, I want to work in the tower and control the Apaches,” one student said.

Each student in the group is military-affiliated and each had a story to tell about a friend or family member in the service.

“I think this is really helping them to appreciate the community in which they live and to learn a little more about the community in which they live,” Cunningham said. “I think this is awesome. They drive past this area every day. Some live in Manhattan. Some live in Junction (City), but at some point they drive past the airfield, and to come down here and see the inner workings is really cool.”

The airfield was not their last stop on the summer tour; July 10 they will be getting a front-row seat to how Explosives Ordnance Disposal Soldiers use robots to detonate explosives. July 13 the campers will get a chance to see a drone and finally on July 25 they will visit a motor pool to see tanks. They visited the historic Commanding General’s Mounted Color Guard July 3.

TRIAD Continued from page 9

Exercise class can be dance, yoga, BODYPUMP — there are many options. The idea is to get them going to the gym enough so when the six months are over, they have experienced the benefits and want to continue.

NUTRITION

A health and wellness program cannot be complete without information on nutrition. Roynon said the nutrition classes will go over some of the better foods to eat, as well as how and when to eat.

“I think the important thing is to teach them it’s not one extreme to the next,” he said. “It’s not that you can’t ever eat ribs and you have to eat salad every day. It’s teaching them that you don’t have to boil a pot of carrots to be healthy.”

There are also healthy alternatives to the way food is prepared. For example, on barbecue meat — use a rub instead of a sauce, trim the fat off the pork and choose lean meats like chicken and fish.

“It’s also teaching things like how big your portions should be and how many vegetables you should be trying to eat,” he said. “So it’s not like you can’t eat steak, you just don’t want it to be a Fred Flintstone’s kind of steak.”

SLEEP

The American dream for adults who are not too young

or retired is to get eight hours sleep, Roynon said.

But the dream is often elusive.

“We talk to them about things to do before and after sleep to help them sleep better,” he said. “Ways to program yourself so you can get more sleep (and) what the effects of alcohol and smoking can have on your sleep.”

Many people cannot sleep through the night, but they are often causing their own insomnia.

“We know a big problem in the military is the caffeine issue, especially with young Soldiers,” he said. “They don’t know if they sit back and drink three or four Cokes before bed they’re going to lay there and stare at the ceiling ... or they don’t know that chocolate is loaded with caffeine and things of that nature.”

Alcohol is another factor in insomnia. It can help people fall asleep, or pass out quickly, but frequently the person wakes up after only a few hours.

SUCCESS RATE

Roynon said he knows of one person who lost 78 pounds after starting a civilian wellness program. Another attendee worked at Irwin Army Community Hospital, but wanted to be a police officer.

“He couldn’t get into the academy because he couldn’t

pass the fitness test,” Roynon said. “His goal was to get through this and then go through the police academy and he did. So it wasn’t such a good news story for (IACH), but for him and his goals in life it was.”

While there are no stats kept, he said he has spoken to people who have completed the program. He estimates at least 20 percent have continued to go to the fitness center and others started independent routines.

While the program benefits the individual, it also improves the overall workforce on Fort Riley.

“A healthier workforce is a better workforce,” he said. “If government employees are in better shape, if they are healthier, they’re getting more sleep, they’re more productive in their position, they’re happier with their where they’re at. I think by offering this as a free program to government employees it’s an incentive for them to also say to themselves ‘wow, my job really did this to help me to become a better person’ — so it is motivational.”

People who are interested in signing up should email Roynon at kenneth.m.roynon.naf@mail.mil and carbon copy their supervisor. Each tranche is 15 people. If 30 people should sign up, they will have two.

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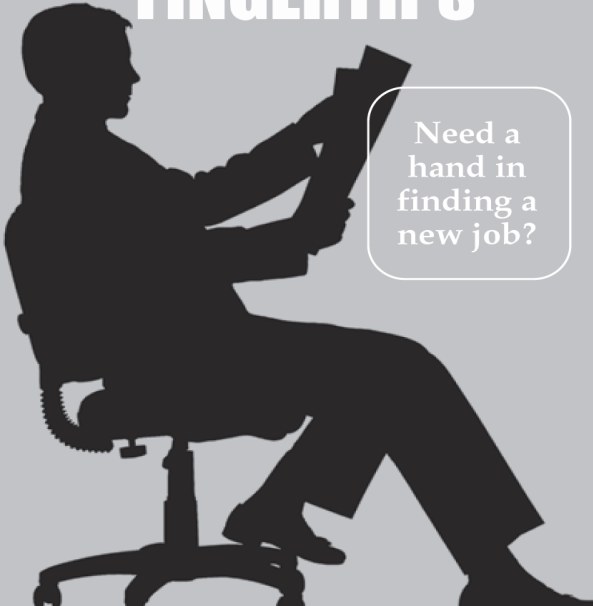
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6			1	2	3		4

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3	2	6	5	7	4	9	1	8
7	5	9	8	1	3	4	6	2
8	4	1	2	9	6	7	3	5
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Cracker Barrel  115 N East St JUNCTION CITY (785) 762-5567		Now Offering Catering <i>Delivery Available • Contact Gerald (785) 762-5567</i>						
Coach's  720 Caroline Ave. JUNCTION CITY (785) 238-5522		Buy 1 Coach's Burger get 1 half off All Day \$2.50 tall beers	65¢ Tacos \$2.50 tall beers	Chicken Fried Steak Dinner \$10 \$2 bottles	STEAK NIGHT \$9 Steak Dinner \$2 pints	Fajitas \$9 Margaritas \$3 Specialty pints \$2.50	Ribeye Dinner \$16 \$2 Coors It pints	
Stacy's Restaurant  118 W Flint Hills Blvd JUNCTION CITY (785) 238-3039		<u>July 15th</u> • Roast Beef • Smoked Pork Chop • Chicken Dijon Sr. Size \$8.00 Reg. \$9.00 Inc Tax	<u>July 16th</u> Goulash Sr. Size \$7.00 Reg. \$8.00 Inc Tax	<u>June 17th</u> Pork Cutlet Sr. Size \$7.00 Reg. \$8.00 Inc Tax	<u>July 18th</u> Salisbury Steak Sr. Size \$7.00 Reg. \$8.00 Inc Tax	<u>July 19th</u> Fried Chicken Sr. Size \$7.00 Reg. \$8.00 Inc Tax	<u>July 20th</u> Baked Steak Sr. Size \$7.00 Reg. \$8.00 Inc Tax	<u>July 21st</u> Cook's Choice
The Cove at Acorns Resort  3710 Farnum Creek Rd. MILFORD (785) 463-4000		Bloody Mary & Mimosa Bar 12-4 pm	1/2 Price Appetizers	\$2.00 OFF All Tacos	Kids Eat Free w/ purchase of Adult Meal	Fajita Night Chicken \$12 Steak \$15 Long Island Ice Tea \$5	Crab Legs \$22	Prime Rib Special \$20 for 10-oz cut \$25 for 14-oz cut
TymeOut  101 Continental Dr JUNCTION CITY (785) 238-7638		Closed	Closed	Homemade Schnitzel \$9.99 Open 10:30am-1:30pm 4pm-9:30pm	Bison Burger \$9.99 Open 10:30am-1:30pm 4pm-9:30pm	6oz Steak \$8.88 Open 10:30am-1:30pm 4pm-9:30pm	16 oz KC Strip \$24.99 Prime Rib \$21.99 Surf 'n' Turf \$19.99 10:30am-1:30pm 4pm-10pm	16 oz KC Strip \$24.99 Prime Rib \$21.99 Surf 'n' Turf \$19.99 Open 4pm-10pm
The Donut Hole  431 W. 18th St. JUNCTION CITY (785) 579-4730		More than Just Sweets A VARIETY OF DONUTS AND BREAKFAST FOOD BAKED FRESH DAILY Croissant Sandwich, Glazed Donut & Soda for \$5.00 anyday						
IHOP  321 E. Ash St. JUNCTION CITY (785) 238-4800		CATERING AVAILABLE Catering Available (Contact Crystal) 785-238-4800						
Munson's Prime  426 Goldenbelt JUNCTION CITY (785) 238-1135		Sunday Brunch \$15.00 per person <small>Kids under 6 eat FREE 11AM TO 2PM</small>	Bierocks \$8.00	TexMex Tuesday \$8.00	Wings Wednesdays 50¢	Lasagna \$8.00	Meatloaf \$8.00	Prime Rib 12oz \$22.00 16oz \$28.00 5pm - Close
KC's Kitchen & Catering  1634 N. Washington JUNCTION CITY (785) 579-4006		ON SALE: QUALITY GROUND BEEF FOR COOKING & GRILLING						
KC's Kitchen & Catering  1634 N. Washington JUNCTION CITY (785) 579-4006		HOME OF THE BEST CHILI DOGS <i>Daily Specials</i> Fried or Smothered Pork or Chicken Catfish - Tilapia - BBQ Ribs - Philly Cheese Steak ** Also serving the famous Pusan Diner Bulgogi**						

Local Restaurants:
Imagine Your Dinin' Deals Here!
Contact your sales representative at 785-762-5000. **Online at jcdailyunion.com**



Holster your pistols and saddle up for a ride along with Spc. Shell next week as he heads west to check out Dodge City.

★ JULY 13, 2018

HOME OF THE BIG RED ONE

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BY 1ST INF. DIV. POST STAFF

With temperatures reaching in the high 90s and higher, Kansas residents are looking for fun ways to cool off. Waterparks, pools and splash pads are exciting and affordable ways to stave off the heat and there are many to choose from on Fort Riley and in the surrounding area.

MCPHERSON WATER PARK
www.mcphersonwaterpark.com
511 Lakeside Drive
McPherson, Kansas
620-755-2688

McPherson Water Park, located just off of Interstate 135, 20 minutes south of Salina, advertises “600,000 gallons of fun!” It offers an assortment of activities for families looking to escape the swelter of summer. The park includes a two-story waterslide that empties into a 500 foot lazy river, a 50 meter lap pool, an area just for diving and a splash zone. There is also a “family friendly” section where small children can play in shallow water and use smaller slides.



Kimberly Green | POST

The bucket drop in the splash pad area of the Custer Hill Aquatic Park drenches swimmers in gallons of cool water July 7.

In addition to the park's rides, it can be rented after hours for private parties. Normal operating times are Saturdays through Thursdays from 1 to 7 p.m. and on Fridays from 1 to 8 p.m. Friday nights, 5 p.m. to close, are always family nights with the admission being a total of \$10 for two adults and all children in the family. July 13 the park will host a Disney theme night when visitors will be able to compete in Disney themed games, win prizes and spend the evening listening to Disney music. July 27 the park will hold a luau complete with grass skirts and Caribbean games such as limbo. Soft pretzels, mini-pizzas, nachos, popcorn and ice cream are some of the food items available in the park's concession stands. “We pride ourselves on professionalism and fun; that's our motto — professional fun,” McPherson Water Park

aquatic director Kyle Roberts said. “It's a safe environment. When parents come here they can almost see from one end through the entire facility. We aren't the biggest water park, but we aren't small either. It's safe and fun.”

CUSTER HILL AQUATIC PARK
https://riley.armymwr.com/programs/aquatics
7465 Normandy Drive
Fort Riley
785-239-4854

When looking for fun in the sun, Fort Riley has it covered with its very own water park. The Custer Hill Aquatic Park located on post next to the Custer Hill Bowling Center opened in 2017 with a 15 foot water climbing wall, a three meter high dive, a fast moving water channel, 30 foot double slides and a water basketball goal. For the serious swimmers, three lanes remain open for lap swimming.

Custer Hill Aquatic Park offers many activities for the younger or less experienced swimmers. The zero-depth entry zone into the 50 meter swimming pool is ideal for young children and new

Feature and Splash Pad, 315 S. 3rd St. Both locations offer free and safe splash pads with fountains, water spouts, buckets, wading troughs and more to keep the kids entertained during summer months. Within walking distance from the City Park is Manhattan's largest playground. Covered pavilions and rest rooms are available in both play areas.

JUNCTION CITY MUNICIPAL SWIMMING POOL
1005 W 5th St.
Junction City, Kansas
785-762-6422

The Junction City Municipal Swimming Pool is a 50 meter, eight lane Olympic sized pool according to the city's website, www.junctioncity-ks.gov/pview.aspx?id=1687.

Last renovated in 1988, the pool complex features an intermediate pool, three feet deep, a toddler wading pool and a triple slide installed in 2005.

The slide features a 360 degree, 180 degree and 90 degree turning tubes originating from a 28 foot tall structure. The city offers both individual and family passes while the pool is open. The pool will remain open until school begins and will reopen around Memorial Day next summer.

For more information about passes contact the pool or check out the 12th Street Community Center's Facebook page, www.facebook.com/12thStreetJC/?fref=ts

GREAT WOLF LODGE
www.greatwolf.com/kansas-city
10401 Cabela Drive
Kansas City, Kansas
800-608-9653

Great Wolf Lodge offers indoor waterpark fun and dry-land activities. A stay at the hotel includes access to the waterpark, kept warm at 84-degrees year-round. Access is exclusive to hotel guests, but a limited number of additional passes can be purchased by guests for people who are

not spending the night. There are kid-friendly activities, a range of dining options, an adult-friendly wine down service and more. Each night's stay provides water park access from 1 p.m. on the day of arrival until the park closes on the day of departure. Among the water activities, the park has several slides, a lazy river, hot tubs and a water tree house. There are areas of the park suitable for toddlers.

When finished at the water park families can dance at the Jammie Jamboree or at the Hustle and Howl dance party. Before bed, the children can settle down for the Nightly Story Time.

A fitness center, spa and miniature golf are also offered for patrons on site.

Prices vary depending on the room and date, but GWL offers its Howling Heroes program, which gives military members a 30 percent discount on room rates.

KENWOOD COVE AQUATIC PARK
www.kenwoodcove.com
701 Kenwood Park Drive
Salina, Kansas
785- 826-7430

Salina's premier aquatic park features 1,400 feet of slides, thrill rides, a children's play area and attractions for the whole family.

Plunge 35 feet from one of the park's four adventure slides. Drop 12 feet then swirl around the tornado slide before falling into a pool below. Hop on an inner tube and glide 275 feet down the river slide into the Lil' Smoky Lazy River or, catch a wave in the wave pool.

The park features Caribbean-inspired décor, lush foliage and crashing waves to mimic an island experience.

Prices vary depending on age. Day and season passes are available, as are group package prices. Check out their website for more details.

Special events at the park include a cardboard boat race July 21 and a pooch plunge



Tea Sambuco | POST

Jordyn Heatley, age 2, beats the heat by shooting water cannons at her older sister at the splash pad in Custer Hill Aquatic Park located on Fort Riley July 7.

Aug. 20. The rules and registration for special events are on the website.

OCEANS OF FUN
www.worldsoffun.com/play/oceans-of-fun
4545 Worlds of Fun Ave.
Kansas City, Missouri
816-454-4545

Just over the Kansas border in Kansas City, Missouri is the Oceans of Fun water park, which is part of the Worlds of Fun amusement park complex. The water park features an array of adventure levels from extreme water slides at Predator's Plunge to the calming current of the Caribbean Cooler lazy river. Kids can enjoy various pint-sized slides, geyers and fountains found at Crocodile Isle, and will surely want a chance to climb the giant water playhouse, Paradise Falls.

Over at the Surf City Wave Pool, the tide is high every 10 minutes with over one million gallons of water creating waves.

The Aruba Tuba are two 400 foot twisting inner tube slides that splash into Coconut Cove after a vertical drop of 43 feet. Diamond Head, Predator's Plunge and Sharks Revenge are just a few of the other

high-adrenaline slides at the park. There are several ticket options listed on the website.

SCHLITTERBAHN WATERPARK
9400 State Ave.
Kansas City, Kansas
913-312-3110

Schlitterbahn Waterpark Kansas City boasts about never having to leave the water as guests float along an endless river that connects the parks 19 attractions. The Soaring Eagle ZipLine is an added expense ride that allows riders to fly over the park and is the only ride not connected to the river system.

Rivers are the heart of Schlitterbahn and Kansas City features fun-filled waves, rapids, chutes and slides, according to the park's website, www.schlitterbahn.com/kansas-city/rides. Float the day away together in the park's massive river system, or enjoy the Storm Blaster Water Coaster and don't forget about the fun kids playgrounds. Get a refreshing beverage at the heated pool and swim-up bar.

Schlitterbahn offers military discounts year-round at the gate.



Kimberly Green | POST

Swimmers try out their rock climbing skills on Custer Hill Aquatic Park's 15 foot climbing wall July 7.