

COMMUNITY CORNER

Garrison commander shares back-to-school tips for Families

By Col. William Clark
GARRISON COMMANDER

On Aug. 9, I had the distinct pleasure of speaking to parents, students, teachers and administrators at the Unified School District 475 Geary County Schools' 2012 Staff General Session at the Courtyard by Marriott Hotel and Geary County Convention Center.

And with the official start of school – Aug. 15 – just days away, I'd like to offer a few tips for Families preparing to send their children back to school that the experts at USD 475 and Fort Riley's Child Youth and School Services, Army Community Service, Kansas State University Research and

Extension at Fort Riley and the Garrison Safety Office have shared.

First, if your children attend school on post, then they attend USD 475 schools.

The district has been a great partner and supporter of Fort Riley for many years.

If you have questions about enrollment or other back-to-school matters, I encourage you to call 785-717-4000. You also may visit www.usd475.org or www.facebook.com/usd475.

Parents also have a new tool at their fingertips – the new



Col. Clark

USD 475 Infofinder information program enables parents to use technology similar to MapQuest to determine their child's school, bus stop and route, drop-off and pick-up times, special bulletins and notices from schools and even the daily weather forecast.

All parents need to do is type in their home address and student's grade, and the correct information will pop up. To access Infofinder, visit www.infofinder.com/tfi/address.aspx?cid=GCS5UARNEGCL.

Now that your children are enrolled, your questions are answered by the school district, what about the first day?

The transition from summer back to school can be a difficult one for some.

Make sure to put a positive spin on going back to school. Talk to your children about what they are excited to learn about and what friends they are excited to see again.

And, if your child is anxious, ensure their those feelings are normal, too.

Read any and all paperwork your children bring home. This often contains very important information for the school year. Also, make sure emergency contact information is up-to-date.

Make sure you help your children get off to a good start – hit the books early. Don't let your children get behind in their school work. Ask about what they are learning.

Encourage healthy behavior by making sure children get

enough sleep, eat healthy meals, get exercise and play time, and stay on a schedule. This will all help your child be a healthy student.

NOW, WHAT ABOUT SAFETY?

Safety is one of my top priorities. You also may have noticed the Fort Riley Police Department began patrolling school zone areas.

As of Aug. 15, the first day of school, FRPD will begin issuing fines for those not obeying posted school zone speed limits, which are 20 mph.

Please abide by these speed limits. After all, they are in place to protect our children. Remember that pedestrians have the right of way in cross

walks – also abide by this regulation.

Parents: Ensure your children, whether walking, biking or being dropped off at school, are being mindful of the traffic around them.

The 1st Infantry Division Post newspaper began a series of articles Aug. 3 detailing information on the 2012-2013 School Year for Families with students in USD 475 schools. Continue to read the newspaper in the coming weeks for more information about the start of the school year.

If you would like to comment on this article, or suggest a topic for a future Community Corner, email usarmy.riley.incom.mbc.post-newspaper@mail.mil.

Nurse practitioner to speak at Women's Equality Observance

By Calun Reece
1ST INF. DIV. POST

Women's rights to vote came at a high price, according to Barbara Berry, Family nurse practitioner, director of nursing, Geary County Health Department, who will be the guest speaker at Fort Riley's upcoming Women's Equality Observance.

The observance, in honor of Women's Equality Month, will be from 11:45 a.m. to 12:45 p.m. Aug. 22 at Riley's Conference Center.

Berry will discuss the lives of women's rights advocates

Susan B. Anthony and Elizabeth Cady Stanton.

"These two women were visionaries and original advocates for women, and they did so much for their time," Berry said, "and they changed America forever, and they eventually changed the world."

Anthony and Stanton each encountered a life-changing experience, which made them realize the need for women to have a voice in society, Berry said.

"Lizzie (Stanton) was a little girl when she overheard her father, an attorney, tell a woman she was going to lose

her farm because her husband was dead, and she had no male heirs," she said. "Hearing this changed that little girl when she heard that."

Anthony's life-changing experience happened when she was working during the Temperance Movement and found it was not proper for a woman to speak in public, Berry said.

"At one time, she collected 28,000 signatures to take to the New York state legislature, and they said, 'There (are) too many women here. We can't accept this. This doesn't count,'" Berry said. "And that's where she came to the point

that the vote would give women a voice."

Anthony and Stanton began to reach out to women all over the nation, despite the cost of being thrown in jail, spit on and cursed at by others, Berry said.

"It's only fitting then for me to be in awe of the first women advocates in America, and those two were the first women advocates," she said.

Berry said she is an advocate as well and works with underserved women in need of health care.

"I'm in public health, and I'm an advocate for women

because there are so many women out here with so many needs," she said.

She also stresses the importance of the power of voting to better the lives of women and for all people.

"They can make changes. Voting is a very powerful tool. The two advocates were absolutely on target that voting will change things – get out and vote," Berry said.

The observance is open to the public. Food tasting will be available at the event as well.

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