

COMMUNITY CORNER

Avoid heat-related injuries by taking proper precautions during summer

By Col. William Clark
GARRISON COMMANDER

Across the nation, unusually high temperatures are plaguing our towns. We've already had our share of more than 90-degree days in Kansas.

Therefore, I want to remind you, as you enjoy these warm summer months, please keep in mind the role the temperature may play in your activities.

Whether you are mowing the lawn, taking a motorcycle ride with a buddy, playing a

friendly game of softball, riding bikes with family or out on the lake with friends, take proper precautions to avoid heat injury.

Hydration and good nutrition are two of the most important aspects of preventing heat injury.

When in hot temperatures for prolonged periods of time, the key is to stay cool – and



Col. Clark

keep your body temperature regulated. Staying cool may be as simple as making simple changes to your fluid intake, activities and clothing during hot weather.

To protect your health and safety when temperatures are extremely high, remember:

- Pay attention to weather reports and adjust daily routines accordingly.
- Schedule physically strenuous activities for cooler times.
- Allow several days to adjust to hot environments.
- Dress in light, loose, cool-

ton clothing. Wide-brimmed hats help keep you cool as well.

- When working outside, take periodic rest breaks in a cool area.
- Drink plenty of noncarbonated fluids before, during and after physical activities. Avoid alcohol and caffeine, which are diuretics – substances that increase water loss via the urine.

- If you are taking medication, ask your doctor about its side effects.
- Keep cool with fans, air conditioning and cool baths or

showers.

- Get plenty of sleep and eat light, nutritious and non-fatty meals.

- Never leave anyone in a closed, parked vehicle.
- Rest in the shaded areas often and don't forget your sun block.

Many experts have said that the months between May and August are the most dangerous.

More than half of all injuries occur during these four months.

Family barbecues, swim-

ming, fishing, softball, hiking, boating and camping are just a few of the activities that fill perfect summer days. Let's make sure we only leave these events with great memories – not sunburns and heat exhaustion.

Have a safe and happy summer.

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



Calun Reece | POST

Families enjoy the Aloha Nights pool party June 16 at Custer Hill Pool. Games for all age groups were available, including a special Father's Day game for fathers and their children.

More than 300 people attend Aloha Nights at Custer Hill Pool

By Calun Reece
1ST INF. DIV. POST

Aloha Nights made a big splash June 16 at the Custer Hill Pool.

"This is our summer pool party that we have every year – right now about 300 (people are here), so it's been a really good (turn out)," said Hedy Noveroske, swimming program manager, Directorate of Family and Morale, Welfare and Recreation.

Games for different age groups were included at the event. A special Father's Day

game also was part of the pool party.

The fathers were on one side of the pool and the children were on the other side. The fathers had to find their children while blindfolded and then took their children back to the side of the other pool. The first father to do so won. Noveroske said.

Prizes for the dad who won included a cooler, lawn chair, bug repellent, weights and a \$75 gift card, she said.

The event also featured a meal including boneless pulled pork, baked beans and fresh

fruit like pineapple and strawberries.

Everyone seemed to have a favorite part about the Aloha Nights event, Noveroske said.

"My favorite part is I want to go swimming – I swim," said Desiree Pritchett, 7, Morris Hill Elementary School student.

Other young attendees said they liked playing games with their friends at the event.

"I just want to play that watermelon game – it's a game that we play," said Lilly Wynne, 6, Custer Hill Elementary School student.

Fort Riley hosts 1st Autism Outreach Clinic screenings

By Calun Reece
1ST INF. DIV. POST

Parents of children with potential developmental disorders were able to forgo the long wait times for a diagnosis by attending the first Autism Outreach Clinic at Fort Riley June 15 at the Child, Youth and School Services building.

"This clinic is directed at children and parents as well as their primary care providers concerning children who are showing some signs and symptoms of autism or autism-type disorder," Webb said.

The clinic is an outreach program of developmental specialists from Fort Riley and local partners who go out to communities to evaluate children with potential special needs, said Col. Craig Webb, acting commander, Irwin Army Community Hospital.

By meeting with all the developmental specialists at once – instead of in multiple appointments – wait times for parents seeking a diagnosis for their child are lessened.

"That's the really neat thing about this clinic – it's a multidisciplinary clinic. So they have a developmental pediatrician; they have a speech pathologist; they have a child psychologist; they have a nurse practitioner – all working together, in the same place at the same time to evalu-

ate this child with the parents," Webb said.

The usual wait time for a child to have an evaluation for autism or similar disorders can be months long, he said.

"There's a scarcity of developmental pediatricians throughout the entire United States, especially here in Kansas – and so typically the wait time to get a child in for a developmental evaluation of this type is greater than six months," Webb said.

The nearest developmental pediatricians are located in Kansas City, Wichita and Lincoln, Neb., said Edward L. Westover, Exceptional Family Member Program coordinator and special needs adviser, IACH.

"So far we've saved money for families having to travel to Kansas City – got their diagnosis within a shorter amount of time," Westover said.

The clinic was a shared effort between IACH, EFMP, Army Community Services, University of Kansas Medical Center and Scottish Rite Children's Hospital.

The process was rather quick for bringing the clinic to Fort Riley and took about two months, Webb said.

"The immediate positive outcome is that we have seven children who had to wait less than two months to get this evaluation, and if we're able to continue this – which we plan

on continuing – then that wait time will be significantly decreased, and that in itself is a huge benefit to the parents," Webb said.

The initial plan is to have the clinic at Fort Riley on a quarterly basis and then based on demand and availability, he said.

The clinic also may aid in earlier diagnosis and, in turn, earlier treatment.

"Once you get your diagnosis, then you can get all the services associated with it," Westover said.

A diagnosis for each child will be given within a week or so after being evaluated at the clinic, Webb said.

If parents are concerned about the developmental status of their child, the first thing they need to do is to bring it to the attention of their primary care provider, Webb said.

"If their primary care provider is not a pediatrician, I have pediatricians in each of our primary care clinics and those providers can go to the pediatricians to seek further guidance," Webb said.

Parents also are encouraged to be patiently persistent if they think something is wrong with their child.

"It's OK to be persistent and ask the primary care provider to look into it," Webb said.

For more information call 785-239-7198.

Local school district receives DoD 'Steam into STEM' grant

USD 476 GEARY COUNTY SCHOOLS

Unified School District 475 Geary County Schools recently announced it received a \$2-million grant from the Department of Defense entitled, "Steam into STEM."

The grant from the Military-Connected Local Educa-

tional Agencies for Academic and Support Programs will fund improvements in science, technology, engineering and mathematics, or STEM-related student achievement at the three secondary schools – Fort Riley and Junction City middle schools, as well as Junction City High School.

The grant will aid in engaging students in STEM activities, infusing new technology into curriculum and providing professional development for teachers.

For more information about the grant, call 785-717-4066.

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