

THE 1ST INFANTRY DIVISION POST



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FORT RILEY, KANSAS

Fort Riley utility privatization moves forward as planned

By Gail Parsons
1ST INF. DIV. POST

The privatization of the utilities on Fort Riley continues with the water and wastewater operations having been transferred to a contractor. In March, the electricity transferred to City Light and Power and the process has begun to choose a contractor for the natural gas service.

Supervisor engineer technician with the Utilities and Energy Branch, Johnny Webb, said the utilities privatization is a Department of Defense directive issued in 2008 as a cost-savings measure.

Branch director Jeff Williamson had led the work on privatizing Fort Leavenworth, Kansas, before coming to Fort Riley.

"When he came here the focus was 'how can we privatize and come in line with the Department directive,'" Webb said. "So the procurement process started in 2014. It took this long to go through the process; do the procurement, narrow down the selectees and actually award a contract."

WATER, WASTEWATER

As of midnight June 30, the entire water and wastewater system went to the control of American States Utility Services under a 50-year contract.

Headquartered in California and Virginia, ASUS, has utility contracts with several military installations nationwide. Webb said for every post the company creates a Limited Liability Corporation and names it in relationship to the post. Here, the LLC is Fort Riley Utility Services.

The company will oversee a variety of utility assets, including, according to the ASUS website, one million feet of water piping and over

750,000 feet of wastewater piping; 11 storage tanks with nearly six million gallons of storage capacity; 43 wastewater lift stations; 11 wells; five booster pumping stations; one water treatment plant and one wastewater treatment plant.

The wastewater treatment plant they are inheriting is the only one of its kind in Kansas Webb said. What makes the advanced wastewater treatment plant unique is the way waste is processed.

"If you'd ever seen the plant on Custer Hill that's now closed, it had big clarifier tanks that had to run to process the waste," he said. "Now there is only one big advanced tank and one clarifier. (The waste) runs through and it actually produces what they call a Class A biosolid. So, what's left at the end of the process is a usable by-product."

Once the tests are run to ensure it meets the Class A specifications, the waste can be used for composting and to fertilize the ranges.

One of the first orders of business for ASUS is to begin slip-lining some of the older water pipes on post.

Slip-lining is a method of rehabilitating and restoring structural stability to existing pipes. The process calls for installing a smaller carrier pipe into the larger host pipe.

Webb said part of the procurement process included having an independent company complete an assessment of the utility infrastructure on Fort Riley.

"They identified what they called ISDC, Initial System Deficiency Corrections," he said. "All of those old lines, the ones when you turn the water on and it's brown and you have to let it run a while, those

See UTILITY, page 6

Military Police win Best Law Enforcement Team Competition



Multi-National Battle Group - East hosted a Best Law Enforcement Team Competition at Camp Bondsteel, Kosovo, June 20. Participants fought to call themselves the best military police team as they tested their mettle with an active-shooter lane, a fitness challenge, a police vehicle skills range, a 9mm pistol range, a high risk traffic stop, an engagement skills trainer and subduing a subject. The competition included participants from six allied and partnered countries including the Kosovo Security Force Police, Kosovo Police, Kosovo Border Police, Swiss Military Police, German Military Police and the U.S. Military Police.

Story and photo by Spc. Jarel Chugg Guerra
19TH PUBLIC AFFAIRS DETACHMENT

CAMP BONDSTEEL, Kosovo — Law-enforcement officers throughout Kosovo competed to showcase their skillsets and share tactical experiences in the Best Law Enforcement Team Competition June 20. Each two-person team worked together throughout seven lanes.

The competitors were expected to complete different tasks showcasing

their law-enforcement proficiency ranging from an active-shooter scenario to dummy drags, a shooting range and a high-risk traffic stop.

"Myself and my partner started the competition with high hopes," said Sgt. Joseph Adams, desk sergeant with the 977th Military Police Company, 97th Military Police Battalion, 89th Military Police Brigade. "We have been training a lot, but after going through three or four different lanes, reality struck. Other

teams were good and we were like, crap, this is going to be very competitive."

Adams and his partner, Pfc. Vivian Whitman, a military police officer with the 977th MP Co., both agreed that they found one particular event challenging.

"We had to carry a 180-pound dummy up a flight of stairs then we had to drop off a dummy then carry a lighter dummy to another station," said Adams,

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Junction City offers Soldiers a new Home Away from Home

By Gail Parsons
1ST INF. DIV. POST

When a young person joins the Army they leave their home, they leave their families and they become a member of a larger family.

Within that family are people like Sgt. Mike Devlin, a National Guard Soldier who left active duty after about 16 years of military service. But after leaving, he still felt a connection to the young men and women who serve every day.

Upon hearing about the new Home Away From Home program, he knew it would be something he and his wife Carolyn would enjoy.

"Not being active duty anymore and having all those Soldiers around, I thought it was a pretty good idea," he said. "We had always fostered Soldiers in our home when I was on active duty."

He heard about the program from his friend, Junction City Vice Mayor Phyllis Fitzgerald, who, unknown to him at the time, had already spoken to his wife about it.

The program matches families with single Soldiers. A form is filled out to match people with similar interests.

Devlin said he wanted to be a host family "to help Soldiers get ahead, to help them be more productive. It's all about them really."

Retired military, active-duty Soldiers, civilians — it doesn't matter, anyone who wants to host a Soldier, or more than one, can sign up. The Soldier they are matched with becomes like family. They do things together, go places together or just hang out.

"If you like people and you want people to be around then go do it," he said. "The reason we do it is because not everyone has either the opportunity or

thought to do those things, so we take them along. We do everything from barbecues, to bowling, to fishing."

They've also taken trips together — anything to just help the Soldier get off post and see there is more to life than just sitting in the barracks. "Go out and live," he said.

The Home Away from Home program can provide a young Soldier who has just moved hundreds of miles from the support system they grew up with the experiences in life they still need.

One of the Soldiers the Devlins host has never had a driver's license, so they are helping her learn to drive. Another Soldier needs a vehicle; Devlin has been able to steer him in the right direction.

The Soldiers they host are from California, Montana, Wyoming, Georgia and Pennsylvania.

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Changes in barracks program places control at lower echelons

By Andy Massanet
1ST INF. DIV. POST

Editor's note: This is the first part of a three-part series on changes in management of Fort Riley barracks and what that entails.

They might not have been obvious, but changes have been afoot in how Soldier barracks, or dormitories, are managed and maintained at Fort Riley. Those changes were mandated by the Army's Office of the Assistant Chief of Staff for Installation Management, and required all posts to be at Initial Operating Capacity compliance no later than July 31.

Fort Riley has completed the work for IOC compliance and has been so a full month before the July 31 deadline, said James Weaver, area manager for the Army Barracks Management Program, formerly the First Sergeant's Barracks Program.

Control of the day-to-day operations for the facilities will now rest at lower echelons than previously, Weaver said. That will be made easier by the implementation of the enterprise military housing program, or eMH; a program designed for, and first implemented by the U.S. Navy, but thereafter adopted by all other military services, including the Army.

"I used to work with the brigades FSBP teams and together we (the brigades and the Fort Riley garrison) saw to the room assignments, maintenance and performed the

See BARRACKS, page 7

WHAT'S IN THIS ISSUE



CHILDREN AND PARENTS SPEND TIME IN THE WATER

BUBBLE GUPPIES HELPS YOUNG CHILDREN GET USE TO THE WATER WHILE HAVING FUN WITH THEIR PARENTS

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ALSO IN THIS ISSUE



IT'S SHOCKING WHAT FORT RILEY CONSERVATIONIST DO TO HELP FISHERMEN, FISH

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ALSO IN THIS ISSUE



SPC. SHELL TRIES TO HANG ON FOR EIGHT-SECONDS AS HE CHECKS OUT LOCAL RODEOS AND LEARNS ABOUT THE DIFFERENT EVENTS SHOWCASED THERE

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Soldiers battle fictitious dragons at Warrior Zone



Sitting in the center at the head of the table Warrior Zone Recreation Aid Stephanie Hughes gives a scenario to several “Dungeons and Dragons” players June 30. New and experienced players are invited to sessions on Saturday afternoons.

Story and photo by Gail Parsons
1ST INF. DIV. POST

Fort Riley Soldiers have gone out and battled the enemy. They are warriors; but they can't do backflips, slip on an invisibility cloak, or slay dragons on a real battlefield. So instead, they gather at the Warrior Zone for Dungeons and Dragons.

About a dozen people showed up on June 30 at the Warrior Zone to step out of the real world and into a fantasy world in which they had to analyze a situation, contemplate the best move and work toward a final goal.

Spc. Blake Nartowicz with Troop A, 5th Squadron, 4th Cavalry Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division has

played Dungeons and Dragons for about 15 years.

He recalled the day he learned about it.

“There’s this game store back home (in Corpus Christi, Texas) called Armchair Commanders, I just walked in and there was nerd stuff everywhere, I was like ‘this is cool,’” he said.

He asked about a game some people were playing and they invited him to join them. From then on, he was hooked and now he “represents Fort Riley’s nerds,” he said.

He quickly acknowledged that Dungeons and Dragons attracts all types of people - even the jocks.

“It’s a fun game,” he said. “The reason I like it is you throw dice, it’s a chance, kind of like gambling but you don’t

lose money. You get to choose a fantasy hero to be and that’s kind of fun. You get to do something heroic - you can’t run around killing dragons in real life.”

On Fort Riley he started playing the game at someone’s home. After returning home from deployment he learned Recreation Aid at the Warrior Zone, Stephanie Hughes, arranged to have the game at the center.

Cpl. Daniel Bartlett, 1st Battalion, 5th Field Artillery Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, started playing the game about a year and a half ago when Hughes hosted the games at her house.

He said despite being a shy person, he accepted an invitation to go to a D&D session.

“It really does help to just kind of gather and nerd out,” he said. “It allows you to do the things that you don’t normally do, or create worlds.”

He and Nartowicz said the Saturday afternoon games are a great way for Soldiers to get out of the barracks and do something.

“It’s more fun than people think it is,” Bartlett said. “It’s very interactive, especially if you’re not used to sitting in groups - it is definitely an ice breaker.”

The Warrior Zone is designed to give Soldiers a place to relax and have fun, D&D is just one of many events they host.

“It certainly beats drinking yourself away,” Nartowicz said.

Annual comprehensive exercise scheduled for Fort Riley July 11

STAFF REPORT

A full-scale exercise is scheduled for July 11, at Fort Riley. During the day, residents, employees and community members should be aware there is likely to be an increase in emergency response vehicles and “Giant Voice” loudspeaker announcements. Additionally, certain roads on the installation may be closed and traffic could be rerouted in certain locations. Drivers are asked to be patient and allow extra time when traveling on post. The exercise is a way to test and train installation emergency preparedness. The annual exercise involves Fort Riley assets and community partners to help test, sync and evaluate all emergency response processes and procedures.

Special Training

Sgt. Patrick Jubrey | CAB PAO

Spc. Ryan Wolfe, Military Working Dog Handler, 523rd Military Working Dog Detachment, 73rd Military Police Detachment, 97th Military Police Battalion, helps calm Military Working Dog Santa as Sgt. Beau McIntosh, flight paramedic, Company C, 2nd General Support Aviation Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division, administers an IV June 27. This training gave the medic practice in military working dog treatments in flight and gave the handler a chance to see how his dog would react prior to deployment.



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GARRISON SPOTLIGHT

CPL. JEREMY BISHOFF



Cpl. Jeremy Bishoff is employed with the Directorate of Emergency Services as a Department of the Army Civilian Lead Security Guard. Since joining the Access Control Team in November of 2017, Bishoff has consistently demonstrated his ability to lead by volunteering to take on several

additional responsibilities within the team.

Bishoff has recently graduated from a week-long Controlled Force Course which certified him to instruct Defensive Tactics within the Directorate. He has also mentored several new employees in his capacity as a Field Training Officer.

These duties are crucial to the Access Control Team and the Directorate of Emergency Services to maintain trained and certified guards.

Bishoff’s instruction and mentorship are a key component to the constant growth and development of the Access Control team. His daily actions greatly enhance the security of all civilians, Soldiers and family members on Fort Riley.

Local winner named for Exchange, Commissary sweepstakes



Kirk Hutchinson | Garrison Public Affairs

Pfc. Thomas Taylor, 2nd Battalion, 34th Armor Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, poses with William Rasco, left, Commissary director and Robin Ayling, Exchange general manager, after winning a \$300 gift card June 28 during the “Fill Your Fridge for Free” sweepstakes.



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Ceremony honors June retirees

POST REPORT

The following individuals were honored during the June 27 Retirement Ceremony for their dedication to the Army.

Lt. Col. Charles Caudill, Headquarters Support Company, Headquarters and Headquarters Support Battalion, 1st Infantry Division, 20 years of service.

Maj. Michell L. Auck, Irwin Army Community Hospital, Medical Command, 23 years of service.

Chief Warrant Officer 3 Damond J. Dannaldson, Company B, 101 Brigade Support Battalion, 1st Armored Brigade Combat Team, 1st Infantry Division, 20 years of service.

Command Sgt. Maj. Bryan W. Schoenhofer, Headquarters Support Company, Headquarters and Headquarters Battalion, 1st Infantry Division, 27 years of service.

First Sgt. Jason S. Miller, Headquarters and Headquarters Company, 2nd Armored Brigade Combat Team, 1st Infantry Division, 26 years of service.

First Sgt. Jason C. Gurney, Headquarters and Headquarters Company, 2nd General Support Aviation Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division, 22 years of service.

Sgt. 1st Class Nathan W. Havice, Headquarters Support Company, Headquarters and Headquarters Support Battalion, 1st Infantry Division, 20 years of service.

Sgt. 1st Class Robert S. Hardie, Headquarters and Headquarters Company, 2nd Battalion, 70th Armor Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, 20 years of service.

Sgt. 1st Class William M. Linnabary, Headquarters Support Company, Headquarters and Headquarters Battalion, 1st Infantry Division, 23 years of service.

Sgt. 1st Class William H. Maldonado, Company G, 1st Combined Arms Battalion, 63rd Armor Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, 22 years of service.

Sgt. 1st Class Leslie M. Etheridge Jr., Company C, 1st Engineer Battalion, 1st Armored Brigade Combat Team, 1st Infantry Division, 21 years of service.

Staff Sgt. Bruce A. Mayer, Headquarters and Headquarters Battery, 1st Battalion, 7th Field Artillery Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, 20 years of service.

Training reboot will extend time at One Station Unit Training, bolstering lethality

By Terri Moon Cronk
DOD NEWS

WASHINGTON — Infantry Soldiers could receive another eight weeks of training, stretching the instruction from 14 weeks to 22 weeks, Sgt. Maj. of the Army Daniel A. Dailey said during a forum at the Pentagon June 25.

The extended training will kick off in a pilot program beginning in July and ending in December, Dailey said. Following the pilot, it is expected that the redesigned One Station Unit Training, or OSUT, would start in 2019, he added.

OSUT is a training program in which recruits remain with the same unit throughout Basic Combat Training and Advanced Individual Training. Army training programs are conducted this way, including those for Infantry, M1 Abrams crew, combat engineers, cavalry scouts and military police.

The goal of the extended training is to improve Infantry readiness, lethality and proficiency before the Soldiers arrive at their first duty station, Dailey explained.

“We want to make our Soldiers more capable; we want to give those units receiving those young men and women a better product, and we owe the young men and women coming to the Army the best training we possibly can [give them],” he said.

Dailey said extending the training is neither new nor urgent. “We’ve been looking at it for a long time,” he said of the additional eight-week instruction.

BALANCING REQUIREMENTS

“We know we can get a better product if we make it long. If we kept people in basic training for a year, we could make an even better product. This is a balance between requirements, resources and readiness and time. So, there’s no urgency driving this other than the fact that we know that we can do better,” the SMA said.

The Army has packed a lot into basic training, and it needs to be extended, he added.

“We can do better, and the nature of the complex environment we live in is really what’s driving us to give our units a more capable product in the end,” Dailey said.

Extending OSUT involves increasing readiness and thus preparing for the future, he said. “The pilot program is the first step toward achieving our vision of the Army of 2028,” adding to increased lethality, he added.

Some areas of concentration in the 22-week OSUT pilot include additional weapons and vehicle maintenance training and extended field training exercises, he said.

Extending training in other combat arms is dependent upon the results of the infantry pilot program, the SMA said.

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Forgetting the Great War: Plea for remembrance, learning

By Charles Bowery Jr.
EXECUTIVE DIRECTOR OF THE UNITED STATES ARMY CENTER OF MILITARY HISTORY

This year marks the 100th anniversary of the American battles of World War I. A century ago, May 28, men from the First Division, American Expeditionary Forces, went “over the top” outside a tiny village called Cantigny, in northern France, to conduct the first all-American offensive action of the war.

A week later, two regiments of U.S. Marines had their baptism of fire in a bucolic place called Belleau Wood, in the Marne River Valley east of Paris. In the six months that followed, some 2 million American Soldiers, Marines, and Sailors served and fought in 12 separate campaigns and the occupation of Germany that followed. More than 100,000 of those men and women did not return, and some 30,000 rest in American cemeteries in France, Belgium and the United Kingdom.

Over the coming months, the U.S. Army and Marine Corps will conduct a number of observances, both here at home and in Europe, to commemorate America’s involvement in World War I. The United States government has also formed a World War I Centennial Commission, with the mission of raising awareness and education across the country. The commission is engaged in a campaign to construct a National World War I Memorial in Washington, D.C.

Frank Buckles of West Virginia, the last living American veteran of World War I, passed away in 2011. His death accelerated our national process of forgetting about the “Great War,” as many termed it at the time. This neglect is not a recent development. Even as American troops shipped out “over there” in 1917, the nation was deeply divided over U.S. involvement in the conflict. The nation was in the process of receiving thousands of immigrants from the belligerent nations, and domestic problems included labor disputes and violence, segregation and a struggle for women to obtain voting rights.

The United States mobilized some 4 million men and women to serve during the war, and suffered almost 300,000 casualties in the horrific fighting in Europe.

The fractious, imperfect peace that followed, including President Woodrow Wilson’s failed League of Nations, added to the national ambivalence over the conflict advertised by many as a “war to end all wars.” The experience of African-American Soldiers, thousands of whom



Courtesy photo
American troops undergo grenade training in France during World War I.

volunteered and served overseas, fighting a two-sided war against a battlefield enemy and their own systematic oppression at home, awakened the civil-rights movement, while it added to the national uncertainty about what the war meant.

The war catapulted the U.S. into a global leadership role that it was, at the time, unwilling to accept, and it spawned socio-political resistance and rebellion in the form of socialist movements, the Jazz Age, the “Roaring Twenties” and the advent of the Great Depression. The coming of another world war, which came to be seen as an unalloyed Good War, allowed many in America to put aside the experiences of 1914-1918.

American society likes to remember its martial past in black and white, with technologically advanced and numerous American fighting men always on the side of good, and a triumphant process of victory followed by reconciliation. This is the way the nation came to remember its own Civil War, even as it accommodated the losing side in our collective memory and marginalized African-American voices until very recently. World War II has become an industry of tourism and remembrance for the United States and its allies, because it is largely seen in those terms. World War I simply does not fit this framework; it offers more frustration than closure, more conflict than resolution.

For the United States military services, World War I is something of an origin story. A Soldier, Sailor, Marine, Airman

or Coast guardsman serving today would recognize his or her counterpart in 1918; the policies, procedures and technologies that underpin our 21st-century forces saw their beginnings in World War I. For the American military, this centennial is a teachable moment, and it is worthwhile for young men and women in uniform to understand the scale of national mobilization in that war. The vast majority of those 4 million were citizen-Soldiers, volunteers from civilian life.

I would encourage all Americans to take a moment over the next few months to learn something about the World War I era. There are echoes of this age in literally every aspect of our lives today.

Using the resources of the World Wide Web, research your family’s World War I history. Look around wherever you live; you will probably see a World War I memorial or a building dedicated to those who served in the war. They are all around us, as the national commission’s “Hundred Cities, Hundred Memorials” campaign so aptly describes.

Take a moment to learn about the wartime experiences of African-Americans and women. Investigate the cultural impact of Americans abroad: did you know that African-American Soldiers introduced jazz music to Europe? American women used their service in many wartime roles to jumpstart the women’s suffrage movement that gained them the right to vote in 1919. Indeed, the timing of the 19th Amendment is not a coincidence.

‘The future is hanging upon your action’: How American forces turned the tide in WWI

By David Vergun
ARMY NEWS SERVICE

WASHINGTON — By March 1918, it appeared Germany was gaining the upper hand in its fight against allied forces during World War I.

The Russian army on the Eastern Front had collapsed, allowing about a million soldiers from Germany and other Central Powers nations who had been engaged there to move against British, French, Canadian and a small contingent of U.S. forces on the Western Front.

The German Spring Offensive, March through June 1918, was designed to win the war before U.S. troops arrived in substantial numbers, said Air Force Lt. Col. Mark E. Grotelueschen.

And the Germans nearly succeeded, said Grotelueschen, who authored the U.S. Army Center of Military History

World War I pamphlet “Into the Fight: April-June 1918.”

By April 1, the Germans had 26 percent more soldiers than all the allied force, and had captured more territory than they had since the war started in 1914. By May 27, they came within 35 miles of Paris. More than a million people fled the French capital and the British contemplated an evacuation of the continent.

When the Spring Offensive began March 21, there was just one American division, the 1st Infantry Division, at the line of trenches that marked the front line. The other divisions — the 2nd, 42nd and 26th — were still in their final phase of training by the French in a quiet sector away from the front.

In May and June, around 460,000 U.S. Soldiers and Marines poured into France to bolster the war effort, he said.

BATTLE FOR CANTIGNY

On April 17, the 1st Infantry Division marched toward Cantigny, in northern France. Before their march, Gen. John Pershing, commander of the American Expeditionary Force, gave them a pep talk that left a lasting impression, Grotelueschen said.

Pershing said in part: “You are the finest Soldiers in Europe today. ... Our people today are hanging upon your deeds. The future is hanging upon your action in this conflict.”

Among those Soldiers listening intently to Pershing was Lt. Col. George C. Marshall, the future Army chief of staff, who would later lead the Army through World War II, Grotelueschen said.

During the division’s first few weeks, there were no German infantry attacks, Grotelueschen said. But that didn’t mean it was a safe zone.

The artillery fire was nearly continuous and often included mustard gas, he said. Enemy aircraft adjusted artillery fire and occasionally bombed and strafed the American positions.

The battle for Cantigny lasted from May 28-30. It was the first American attack ever to use airplanes, tanks and flamethrowers, in addition to mortars and artillery — what is today referred to as combined arms warfare.

It was also the first American-led battle of the war, with the other participants being French troops, Grotelueschen said.

The bulk of the fighting was done by Soldiers of the 28th Infantry Regiment. They suffered 941 killed or wounded, while the German toll was around 1,500.

“In the gruesome calculus of an attritional war, the fledgling AEF had done what it needed to do. It had killed and wounded more of the enemy than it had lost,” Grotelueschen noted, adding that it “showed friend and foe alike that Americans will both fight and stick.”

The Cantigny battle would become a theme for the months to follow until the end of the war, Nov. 11, 2018, he said. “The inexperienced Americans helped stop German attacks with tenacious defense; proved able to push the Germans back at various points along the line; and, with rare exceptions, held on to whatever terrain they seized.”

DEFENSE OF CHATEAU-THIERRY

On May 31, elements of the 3rd Infantry Division began arriving in the vicinity of the Chateau-Thierry in northern France.

House-to-house fighting ensued. At one point, the French thought the Germans would capture the city, so they blew up the main bridge across the Marne River, leaving some American forces stranded on the other side.

The U.S. Soldiers put up a brave counterattack, making a “critical contribution to the massive French effort to stop the Germans,” who were now within artillery shelling distance of Paris, Grotelueschen said.

Philippe Petain, commander of the French army, wrote a special citation for the U.S. 7th Machine-Gun Battalion, he said. It read in part: “In the course of violent combat, particularly the

Commander says Security Force Assistance Brigade adds extensive tactical depth in first 100 days in Afghanistan

By Lisa Ferdinando
DOD NEWS

WASHINGTON — Nearing its 100th day of deployment in Afghanistan, the highly trained and specialized 1st Security Force Assistance Brigade is seeing results, the unit's commander said.

"We confirm that we had the right training to prepare us to train, advise, assist, accompany and enable our Afghan partners," Army Col. Scott Jackson told Pentagon reporters via video conference June 13 from Kabul, Afghanistan.

"The manner in which the SFAB operates requires a degree of specialized training, providing self-sufficiency in difficult and complex situations," he said.

In the time the brigade has been in Afghanistan, Jackson explained, the troops have witnessed Afghan forces taking the fight to the enemy and using their own resources. Afghan forces have used air assets, artillery and ground maneuvers with success in the fight.

The Army announced the creation of SFABs in February 2017.

The 1st SFAB was designed and equipped for the specialized mission in training, advising, assisting, accompanying and enabling Afghan forces from the kandak to the corps level, Jackson said.

DID YOU KNOW?

Security Force Assistance Brigades are opportunities for highly skilled Soldiers to join professional, highly trained formations whose core mission is to train, assist, accompany and enable operations with allied and partner nations in order to develop their security force capabilities. Security Force Assistance Brigades do not replace or assist Special Forces in their foreign internal defense role, but offer a capability to combatant commanders to help build partner conventional forces.

A kandak is roughly the size of a battalion.

'EXTENSIVE TACTICAL DEPTH'

SFAB members are volunteers who were selected based on their high level of technical expertise, physical fitness and potential ability to advise a foreign security partner force, Jackson explained.

"Since our arrival we have deployed advisory teams to every Resolute Support regional command and partnered them with Afghan army, police and border force elements ranging from kandak to Afghan brigades and police districts and all the way up to Afghan corps,

division and police zones," he said.

The commander explained the SFAB has provided ground maneuver-focused teams, and specialty teams focused on engineering, field artillery, military intelligence, logistics and communications.

"Through echelons and functionality, the 1st SFAB has added extensive tactical depth to the overall Resolute Support advising mission," he said.

GOAL TO IMPROVE PARTNERS

The U.S. Soldiers, Jackson explained, establish a solid relationship with that organization, represent the United States well, and then make the partner better and self-sustainable.

"Simply put, the goal is to make our partners better in every measurable way," Jackson said.

The SFAB is making "great progress" in supporting the Afghan forces so they can maintain unequal fights, keep up the pressure against the enemy and effectively use their resources.

The brigade will define its success in terms of its partners in the coming months, he said.

"When we leave, our partners will be more technically and tactically capable, more offensive minded, more self-sustaining and deserving of the trust of the Afghan people," Jackson said.



Army Staff Sgt. Angela Kim, a combat medic assigned to 2nd Battalion, 1st Security Force Assistance Brigade, adjusts a tourniquet, May 8, during a medical evacuation exercise for Afghan medical soldiers at the Regional Military Training Center-Kandahar in Kandahar, Afghanistan.

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.

Afghanistan pilots receive training on Black Hawks

BY USASAC PUBLIC AFFAIRS

The first training rotation of a Mission Qualification Team, made up of 16 Afghan air force members, has graduated. The Afghanistan military is demonstrating its dedication to providing a peaceful, secure country for its citizens.

With the war in Afghanistan at 17 years, the Security Assistance Training Management Organization is taking another step in preparing the Afghan military forces to provide security for their own country.

This was the first MQT that U.S. military and government civilians have begun training through a partnership that teaches qualified Afghan pilots how to use the battle-proven UH-60 Black Hawk helicopter. The MQT will complete 3-4 training rotations per year and has the ability to train 16 pilots and 16 crewmembers in each rotation.

The UH-60 Black Hawks will provide the Afghan air force and special mission wing with additional capabilities, speed and range over the aging MI-17 currently used.

USASATMO is a partner in the success of Afghan security forces and will continue to partner with countries that wish to fight terrorism and provide a stable and peaceful world.

The three-month course includes not only instruction on how fly the aircraft, but also how to use it in combat operations. MEDEVAC, air-lift, transportation and sling load operations are

taught to the Afghan pilots. Luigi Dicarolo, director of Regional Security Assistance Command-Central, understands the importance of this training and believes knowing how to fly the aircraft is only the first step.

"We are also training the non-rated crewmembers that are needed in the cabin of the aircraft such as door gunners. Afghans, trained in a top-notch aircraft, to conduct air operations in Afghanistan is a force multiplier for the Afghan Air Force," Dicarolo said.

Afghan pilots chosen for this opportunity are carefully selected and must have received necessary training before flying one of the new Black Hawks.

Maj. Nathan Stockton, security assistance training manager, said "the pilots have been selected based on prior flight experience coming through the Afghan MI-17 program; flight training at Fort Rucker, Alabama; and other contractor provided Initial Entry Rotary Wing training programs."

Although the Afghan Air Force so far has only agreed to one year of training, USASATMO expects this to be a four to five year partnership in order to ensure there are enough trained pilots and crewmembers to operate all 163 aircraft Afghanistan will receive from the United States. So far 10 aircraft have been delivered to the Afghan air force, but two to four more will be received monthly.



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RILEY ROUNDTABLE

If someone was writing the story of your life, what would the first sentence be?



““Why not?” I’m one of those guys who takes risks, who’s up for doing anything. That’s why I’m here, someone said ‘you should join the Army.’ I said, ‘why not.’”

PVT. JOSHUA CORNELL
REDDING, CALIFORNIA

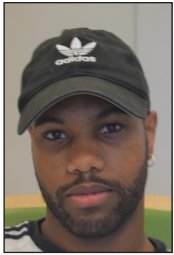
1st Squadron, 4th Cavalry Regiment,
1st Armored Brigade Combat Team, 1st
Infantry Division



“At that moment, I knew I messed up.”

PFC. SCOTT DANIELS
PIKEVILLE, KENTUCKY

1st Engineer Battalion, 1st Armored Brigade
Combat Team, 1st Infantry Division



“Hi, my name is Shaquill Marquin Martin and this is my life story.”

PFC. SHAQUILL MARTIN
NEW ORLEANS, LOUISIANA

Company E, 1st Attack Reconnaissance
Battalion, 1st Aviation Regiment, 1st Combat
Aviation Brigade, 1st Infantry Division



“It would have something to do with bad luck. I can trip over air.”

SPC. BLAKE NARTOWICK
CORPUS CHRISTI, TEXAS

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



“He was a loving father.”

COREY VAN ZLIKE
JUNCTION CITY, KANSAS

Recreation aid at Warrior Zone

THE 1ST INFANTRY DIVISION POST

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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: Heat safety risk with energy drinks

GARRISON SAFETY OFFICE

For those who participate in outdoor activities or work in the heat, beware of consuming energy drinks. Drinking these sugary concoctions raises the risk of heat illness because drinking highly caffeinated beverages can promote dehydration. Typically loaded with caffeine, a diuretic, the beverages can sap the water bodies need to perspire and maintain a healthy metabolic temperature.

TOP-10 INGREDIENTS IN ENERGY DRINKS:

- Caffeine
- Taurine — amino acid
- Sugar
- Guarana — more caffeine
- Vitamins
- Ginseng — energy boost, also lowers blood sugar
- Green Tea Extract — more caffeine
- Green Coffee Extract — more caffeine)
- Ginkgo Biloba — fights mental fatigue
- Carnitine — promotes fat burning

The dangers of drinking too many energy drinks at one time include:

- Cardiac arrest — for those with underlying heart conditions. This is due to the ingredients causing more forceful heart contractions.
- Headaches and migraines — this is due to caffeine withdrawal symptoms.
- Increased anxiety — for those with anxiety history.
- Insomnia — when abused these drinks can cause people to miss sleep and in turn causes impaired functioning and is dangerous for safety-sensitive environments.
- Type 2 Diabetes — because many energy drinks are very high in sugar, they can eventually wear out the insulin producing cells which lead to Type 2 diabetes.
- Drug interaction — some ingredients can interact with prescription medications, especially those taken for depression.
- Addiction — people can become addicted to

energy drinks, and this can cause various health problems.

- High blood pressure — caffeinated products can elevate a person's blood pressure, where If underlying blood pressure problems exist the effects can be detrimental.
- Jitters and nervousness — this is due to the increase in caffeine.
- Niacin Overdose — Niacin in small doses can still make you sick.

The dangers that energy drinks pose to young people, according to the World Health Organization, is concerning since 68 percent of adolescents consume them. The WHO recommends that:

- A caffeine upper limit be established
- Enforce labeling requirements and sales restrictions to minors
- Enforce regulation of the industry to responsibly market products
- Train health care workers to recognize and treat overdoses

- Screen patients with a history of substance abuse for heavy consumption of energy drinks
- Educate the public about the dangers of consumption and mixing energy drinks with alcohol
- Consume in moderation. Moderation is key as with anything

STAY HYDRATED TO BEAT THE HEAT

The healthiest liquid for your body is water; there is no better substitute. Before working in the heat, start to hydrate the night before and continue throughout the day. If you wait until you are thirsty then you are too late. Limit the amount of caffeine intake and be extremely cautious with energy drinks.

Please also refer to site safety rules for the areas in which we work, as policies vary for heat illness prevention and some may prohibit the use of energy drinks. As always your safety is of the utmost importance, you have the right and responsibility to stop work that is unsafe.

ASK DR. JARGON

This warrants your approval!

Hello Doc Jargon,

My wife is thinking about becoming a warrant officer in the Army; she's an E-5 now. What is a warrant officer exactly? How does he or she fit into the rank structure?

Signed,

Interested Husband

Dear Husband,

Well, a simple answer would be that, in the rank hierarchy, a warrant officer ranks below the commis-

sioned officers and above the noncommissioned officers. Military courtesy demands enlisted members render a salute to them.

But that is nowhere near the entire story.

In the Army, warrant officers make up the technical foundation of the unit they are in. They are highly trained in specialties like intelligence, aviation or military police.

Although they make up less than three percent of total Army strength, warrant offi-

cers have vital responsibilities that includes training Soldiers, organizing and advising on missions and advancing within their career specialties.

Warrant officer ranks include W-1 to W-5. By regulation when speaking to warrant officers, it is proper to address them as either sir or ma'am, or Mr. or Ms., though they are also often addressed as "chief." But that is unofficial.

Interestingly, warrant officers exist in all U.S. services

except the U.S. Air Force, which stopped producing WOs about 40 years ago.

If your spouse is thinking about becoming a warrant officer, she should know the requirements are demanding, both educationally and physically. For more information, go to www.goarmy.com/careers-and-jobs/current-and-prior-service/advance-your-career/warrant-officer.html.

Sincerely,

Doc Jargon

Stand-to: Independence Day

WHAT IS IT?

Independence Day is a celebration of the birth of United States of America and honors the U.S. Army's commitment to defend the nation since 1775.

This is a day to honor the Continental Congress' adoption of the Declaration of Independence, which signified the forming of a sovereign and independent country without the colonial rule.

July 4, 2018 marks the 242nd anniversary of America's independence.

WHAT HAS THE ARMY DONE

When Congress declared independence, the Continental Army and the militia in the service of Congress became known collectively as the Army of the United States, instead of the Army of the United Colonies.

America celebrates July 4 as Independence Day to celebrate the patriotism and love of the country. The Army has stood ready for 242 years, since the Founding Fathers declared independence, to go to battle to preserve the flag and freedoms. The 189 streamers attached to the Army Flag staff denote the campaigns fought by the Army throughout history to defend America's independence.

In times of war and peace, America's Army has helped the country celebrate Independence Day.

On July 4, 1778, George Washington and the American Army celebrated the second anniversary of the signing in

New Jersey with cannon fire and a musket salute. It wasn't until after the War of 1812 that observing Independence Day became commonplace.

Today, no other single holiday celebrated in America represents the love Americans have for their country than this day.

WHAT CONTINUED EFFORTS DOES THE ARMY HAVE PLANNED?

Each Independence Day is a reminder of how the Army meets the nation's defense needs. America's sons and daughters will continue to carry the same patriotism and ideals of the Founders with them as they serve in harm's way in places like Iraq, Afghanistan, and Syria.

Soldiers are ready to defend the vital national interests at home and abroad.

Independence Day is an opportunity when the Army can reflect and thank Soldiers, Civilians and the Families of the Total Army for their service, bravery, and patriotism.

WHY IS THIS IMPORTANT?

The Fourth of July celebrates the birth of the nation, founded on the principles of liberty and freedom. The Army exists to fight and win the nation's wars and to preserve the freedoms outlined in the Declaration of Independence.

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COMPETITION Continued from page 1

originally from Radcliff, Kentucky. “Then disassemble and reassemble our weapons, pick up a lighter dummy move it to another station, where we had to shoot an M4. Once we completed that station we picked up another dummy that was 180 pounds and carried it to the final station and hand-cuff two individuals.”

After a long, hot day, the participants gathered together to talk among each other and await the results of the competition, each unsure of how other teams performed. The winners were announced naming Adams and Whitman as the overall winners of the first official law-enforcement competition.

“I was shocked and kind of overwhelmed; it was awesome,” Whitman said. “We had high hopes for the first few events and we hit one event and it kind of brought us down because we hit too many cones, the driving

event. It brought us down but you just got to keep pushing.”

The competition showcases the opportunity afforded to the military policemen, from Fort Riley, in working with allied and partnered forces in Kosovo.

“The multi-national law enforcement competition definitely provided a great opportunity for us to strengthen relationships and observe and compare tactics and techniques with other multinational police in Kosovo,” said Capt. Shelby Pimentel, provost marshal with the 977th MP Co., 97th MP Bn. “Overall, it was encouraging to see many police officers come together, build camaraderie and have fun. This was our first time hosting the event at Camp Bondsteel and we look forward to doing it again in the near future.”

The platoon is currently deployed in support of the Multi-National Battle Group – East in Kosovo, supporting peace keeping missions with NATO forces in Kosovo.

HOME Continued from page 1

“It’s been a huge blessing for us to have our son also have a family that is loving him, that’s there for him and take him under their wing.”

Becky Wilson | Mother of Pvt. Zachary Wilson

PEACE OF MIND

Many young people who joined the Army left behind loved ones who worry and miss them. The Home Away From Home program can give those parents peace of mind.

Becky Wilson of Pittsburgh, Pennsylvania, said she was really pleased that her son Pvt. Zachary Wilson, 41st Engineer Company, 1st Engineer Battalion, 555th Engineer Brigade, 7th Infantry Division, signed up for the program.

“We are quite far from our son,” she said. “He is very much a homebody and loves to be around the family. So it’s been a huge blessing for us to have our son also have a family that is loving him, that’s there for him and take him under their wing.”

Her husband and brother served in the military in the early and mid 1980s so she is familiar with the sacrifice the young Soldiers and their families make. She also likes knowing there is someone with experience nearby to help out.

“I know Mike has been very encouraging to our son and helps him keep his head above water,” she said. “There are times when (Zachary) needs to get off base, there are times the he needs to just get away.”

By being part of the Home Way program he has somewhere to go and he has someone who has the military experience to guide him.

“It is difficult to transition — going from boot camp to their duty station,” Wilson said. “Everybody and everything is unfamiliar. So for him to have a family who has been in the service and is still in the service and is very familiar with the

area and knows what is available to him, who can get him connected to the right people and right things, has been such a peace of mind for me. As a mom I know he is being loved and being cared for as if I was there in Kansas.”

THE PROGRAM

When Fitzgerald took the chair position on the Military Affairs Council, which is part of the Junction City Area Chamber of Commerce, she started researching what other military installations did to help connect single Soldiers with families.

She found a program at McConnell Air Force Base in Wichita, Kansas, that connected Airmen to families in the area.

Using their program as a starting point, Fitzgerald rewrote it to meet the needs of Fort Riley Soldiers.

She brought the idea up to Garrison Commander Col. John D. Lawrence, who put his support behind it and about a year later, in December 2017, and rolled it out in the Fort Riley community.

Now there are 39 host families and 69 Soldiers matched with those families, but there are many more Soldiers who could be placed.

“My biggest hurdle is that I have more Soldier applications than I have host families,” she said.

If anyone is interested in learning more about the program or to register for it, they can visit www.junction-citychamber.org and click on the MAC tab.

WWI Continued from page 3

31st of May and the 1st of June, 1918, it disputed foot by foot with the Germans the northern outskirts of Château-Thierry, covered itself with glory, thanks to its valor and its skill, costing the enemy sanguinary losses.”

JOINT OPERATIONS

While the 1st and 3rd Infantry Divisions were engaged in battle, the 2nd Infantry Division,

made up of a conglomeration of Army and Marine regiments, was arriving in the vicinity of Lucy-le-Bocage, also in northern France.

Some of the most brutal fighting of the war was done by U.S. Marines in a forest known as Belleau Wood June 6 to 26.

“The allies were desperate not merely for good news, but especially for

reassurances to the tired French and British forces that the Americans had entered the fight at last,” Grotelueschen said. “For their part, the Germans could not ignore the fact that in those battles the rookie 2nd Infantry Division (had) severely damaged regiments from four experienced German divisions. The tide was turning.”



Courtesy photo | 1st Inf. Div. Public Affairs
Soldiers from 2nd Armored Brigade Combat Team, 1st Infantry Division, leave formation to waiting family members July 2 after returning from a deployment to Europe.

Lunch time, opportunity to train



Courtesy photo
Fifty members from the 1st Combat Aviation Brigade attended an informal “Happiness Matters” workshop offered by the Family Advocacy Program at USO Fort Riley on June 28.

VISIT THE 1ST INFANTRY DIVISION POST ONLINE AT

http://www.jcdailyunion.com/1st_infantry_division_post/

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BARRACKS

Continued from page 1



Andy Massanet | Garrison Public Affairs

Eryk Hayden, housing management specialist, provides training for Soldiers on the enterprise military housing program. The eMH helps with the management of sleeping space/room assignments/terminations, track furnishings, schedule inspections, track maintenance and repair and issue certificates of non-availabilities. It also makes it easy to divide the barracks into floors, rooms, and common areas.

inspections,” Weaver said. “We (the garrison) will still be here and we’ll always be available to assist the Soldiers, but now much of the work previously done by (brigade) FSBP teams will be at the battalion level and below.”

For that reason, garrison housing staff have been training Soldiers to accomplish this work. It’s no small task, said Weaver, a certified housing inspector.

“You’re talking about structures that are essentially fully furnished apartment buildings,” he said. “And, they cost between \$12 million and \$14 million dollars each. So we need to make sure they are well-taken care of.”

Soldiers will use eMH, which, according to a story published May 9 on the www.army.mil website, “helps them manage sleeping space or room assignments or terminations, track furnishings, schedule inspections, track maintenance and repair and

be direct exchanged at the FMO warehouse,” Weaver said.

Users – Soldiers at the unit level assigned by their leadership — will be responsible for day-to-day operations and input into eMH, and requests for accounts must be established through our UH team, said Eryk Hayden, housing management specialist, who provides specific training for Soldiers on the program.

“eMH can also create the termination letter that finance needs to help the Soldier complete out processing,” Hayden said.

Weaver added that the lowest echelon at Fort Riley now tasked with barracks management is the battalion and company level, usually first sergeants and commanders.

All of this is a major shift from the days when brigades worked directly with Fort Riley garrison staff to manage barracks, Weaver said. The result usually meant a long day for those responsible.

“I used to drive around and physically check all 62 barracks for damages after a big storm,” Weaver said. “That is something I will continue to do but we also need the eyes of the command and that of the Soldiers to check for any storm damage.”

Small damages and repairs such as patching small holes, spot painting and replacing light bulbs are performed by company R&U Soldiers appointed by their

unit leaders. If the work needing be performed is beyond the level of R&U personnel then the unit submits a Demand Maintenance Order to Directorate of Public Works.

According to the May 9 story, the ABMP replaced the First Sergeant’s Barracks Program 2020, or FSBP 2020, on Feb. 1.


“The new Army Barracks Management Program provides 360

degrees of support,” said Shenise Foster, the housing systems program manager with Army’s Office of the Assistant Chief of Staff for Installation Management, in that story. “Everybody has ownership in this program. From the Soldier ... to the unit commanders and garrison housing offices, all the way up to HQ IMCOM and Department of the Army Headquarters.”


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Robinson Fitness Center receives new multi-use flooring

Upgrades to gym help land Alpha Warrior 35-foot Battle Rig

By Will Ravenstein
1ST INF. DIV. POST

Work began April 16 on a new floor in Robinson Fitness Center with the removal of the equipment.

“It was an old basketball court floor and they do replace

“Robinson will have its own ninja warrior style workout. The first at Fort Riley.”

JESSIE MENDON
RECREATION ASSISTANT, ROBINSON FITNESS CENTER

those every 20 years or so; but that building is a lot more than 20 years old,” said Directorate of Family, Morale, Welfare and Recreation sports specialist Reed Scott. “The last time it was replaced it was to play basketball

on, a normal, maple basketball court. Then there was an overlay because some equipment was brought in. It was decided that the better use of the facility would be for equipment — cardio and weight equipment than

for basketball. That brings us up to now; years have gone by since that has happened. They found some termite and water damage and they just decided to replace it.”

The new flooring was scheduled for inspection July 4 after 30 days of curing.

“You can lightly walk on it, they just don’t want anything heavy put on it yet,” Scott said. “It’s a service, if I’m not mistaken, is nowhere else on Fort Riley. It’s called Pulastic Clas-

sic 110; it’s a poured-in-place (flooring) and the color is Oxide Green.

“After 30 days is when they will inspect,” he added, “they could find something wrong but I don’t anticipate that. If they do find something wrong that could carry it on, if not and they say ‘it’s all good to go’ they will start putting equipment back. Our equipment is in the CONNEX’s right now.”

This new floor material is considered to be a multi-

use flooring according to the manufacturer. It can be used for sports and gym equipment saving a facility money in having multiple surfaces in the same vicinity.

“From what we are told, I’ve never seen this before myself, it’s a multi-use floor that is supposed to be long lasting,” Scott said. “Considering we are going back to equipment, I think it’s a great idea.”

See FLOOR, page 12



Riley Gallatin, 2, giggles as she tries to reach for a rubber duck during the June 30 Bubble Guppies class at Eyster Pool. Riley’s mother, Erin Gallatin, kept tabs on her while her father, 1st Lt. Eric Gallatin, 2nd Battalion, 70th Armor Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, swam with her sister, Noelle.

taking the PLUNGE

Bubble Guppies teaches water safety with fun, games

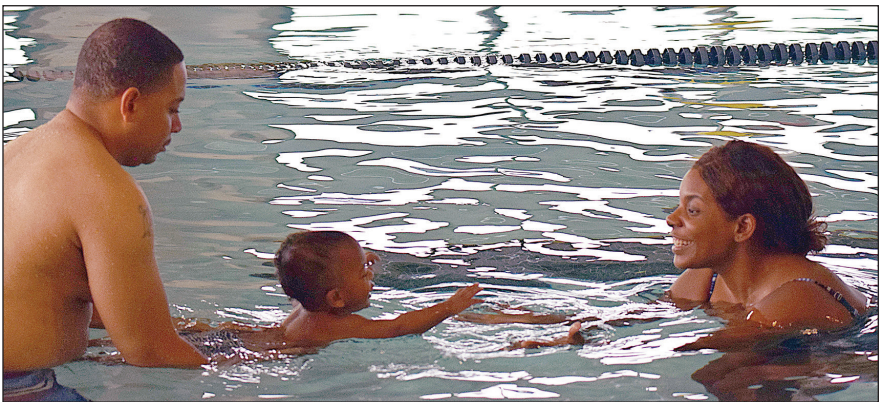
Story and photos by Gail Parsons
1ST INF. DIV. POST

Every other Saturday morning, the sound of splashing at Eyster Pool is accompanied by the sound of children laughing.

“Motorboat motorboat go so slow, motorboat motorboat go so fast, motorboat motorboat step on the gas,” sang Samantha Goudey on June 30 as she led parents and children in movements designed to help the youngsters become accustomed to the water.

“We want to get little kids comfortable with the water,” she said. “If something was to happen, they were to go to the lake with their friends or go to the pool with their friends, you don’t want them to be scared of getting into the water, or if they should fall in you don’t want them to panic — you want them to be comfortable.”

See PLUNGE, page 13



Lanelle Witcher, 15 months old, under the careful eye of his father, Sgt. Lanelle Witcher, 116th Military Police Company, 97th Military Police Battalion, tries to swim a couple of feet to his mother, Latoya Witcher, during a Bubble Guppies class at Eyster Pool June 30.

SPLISH SPLASH

- Bubble Guppies is open to children 6 months to 5 years old, meets every other Saturday at Eyster Pool and costs \$5 for a family.

“Thousands, if not millions, of insect species are part of the food chain, and that alone is a benefit to humans.”

JAMES NECHOLS
ENTOMOLOGY PROFESSOR,
KANSAS STATE UNIVERSITY

Studying bugs with benefits

Researchers find many reasons to appreciate creepy crawlies

By Mary Lou Peter
and Stephanie Jacques
K-STATE NEWS

Insects outnumber humans by more than a billion to one. They buzz, creep and crawl into nearly every facet of human life. Kansas State University researchers have given these curious creatures the benefit of the doubt and found bugs can help people in many ways.

Entomology professor James Nechols, who has studied biological control of pests for more than 30 years, said it’s hard to name just a few of the most beneficial insects because there are so many.

Nechols calls them “beneficials” and they fall into five categories: pollinators that help fertilize plants; predatory and parasitic insects that kill other insect pests; weed-eating insects; scavengers and decomposers that feed on dead animals or plants and help break down nutrients to support plant growth; and those that are part of the food chain — in other words, a lot of creepy crawlies.

“Thousands, if not millions, of insect species are part of the food chain, and that alone is a benefit to humans,” Nechols said.

Whether people like them, ignore them or squish them, insects are unavoidable. Better understanding of beneficials through research can help us increase the odds of harnessing them to help battle pests, pollinate crops and even comprehend genetics to lead to better medicines.

See BUGS, page 12

BODYPUMP train-the-trainers event coming to Fort Riley

Training will consist of classroom study, hands-on activity

Photo and story by Gail Parsons
1ST INF. DIV. POST

The Les Mills BODYPUMP instructor training will be hosted at Fort Riley for the first time July 28 and 29 at Whitside Fitness Center.

BODYPUMP is one of several licensed fitness programs developed under the direction of Les Mills, a former track and field Olympian from New Zealand. It is a barbell workout using light to moderate weight with high repetition.

Several BODYPUMP classes are offered at gyms on post. One of the instructors, Public Health

“The whole philosophy is to help as many people as possible get active and learn about moving and how the body moves.”

CAPT. EDDIE MURRAY | BODYPUMP CLASS INSTRUCTOR

Nurse Capt. Eddie Murray, said they want to have more people trained in the program because of the fluid nature of Fort Riley residents. Of the four instructors who teach BODYPUMP on post only one is from the area, the other three, including himself, will move away.

“It is good to have a large group of instructors because we all have to move around in the military,” he said.

The training will take two days and consist of a combination of classroom study and hands-on activity. Participants

will learn the science behind the programs before learning the moves and how to present a class.

“They will teach you the philosophy behind the Les Mills organization; they call it the tribe and we welcome people to the tribe,” Murray said. The whole philosophy is to help as many people as possible get active and learn about moving and how the body moves.”

He recommends people bring their lunch, snacks and water and expect to work hard.

“They evaluate you on your execution and give feedback on

DID YOU KNOW?

- BODYPUMP training is a barbell workout using light to moderate weight with high repetition.

the spot, then you keep on doing it until you get it right,” he said. “It takes some getting used to if you’ve never spoken before in that kind of setting. You have to get used to talking into the mic while giving cues — it can be difficult.”

The instructor has to be thinking a step ahead of what action is happening at the moment so he can give the right cues to the class as they move through the exercises.

See BODYPUMP, page 12



Fort Riley community members take part in a BODYPUMP Class on April 21 at King Field House. Representatives from BODY PUMP will be on Fort Riley to help train individuals interested in becoming BODYPUMP instructors. To register, or learn more about the class, people can call 785-239-2583 or go to www.lesmills.com/us/instructors/instructor-training.

FORT RILEY POST-ITS

BETTER OPPORTUNITIES FOR SINGLE SOLDIERS

Watermelon Crawl — July 7 at Custer Hill Pool, visit BOSS office for more information.

Skydiving Trip — July 14 feel the rush of free-falling. Price per Soldier is \$190, BOSS covers half this. Soldier is responsible for \$95 plus extras like photos or video of the jump. Sign up required by 4 p.m., July 13 in the BOSS office inside the Warrior Zone.

UFC 226 — Saturday July 7 Miociv vs. Cormier live from Las Vegas, Nevada. Prelims start at 7 p.m.

Your BOSS needs representatives! To continue the great activities planned and to plan more.

In addition to the fun stuff, BOSS has your back for your career too. Several times each month the group gathers to prep you for your next board.



CARS AND COFFEE

This month's edition of Cars and Coffee takes place 11 a.m. to 2 p.m., July 15, at the Warrior Zone. Enjoy waffles, coffee and cars with fellow vehicle enthusiasts. All visitors to the Warrior Zone must be 18 or older. Event is free.

For more information, call 785-240-6618.

ARTS AND CRAFTS CENTER

Framing and Matting — A framing and matting class is scheduled for 6 p.m., July 9 at the Arts and Crafts Center, 6918 Trooper Drive, Fort Riley. Cost is \$10. Subjects covered in this one-night class include material selection, mat cutting, frame chopping and assembly, and glass cutting.

Advanced registration required.

All materials are provided for hands-on instruction. Students will not be working on their own projects. This class is required before using the matting and framing area. For more information call 785-239-9205.

Other services: 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.



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 6
Oceans 8 (PG-13) 7 p.m.

Saturday, July 7
Action Point (R) 2 p.m.
Deadpool 2 (R) 7 p.m.

Sunday, July 8
Oceans 8 (PG-13) 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.

FREE AUDIO BOOKS

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This service is open to all veterans, service members and their families residing in Kansas.

For more information, visit www.Kansas.3LeafGroup.com

Stay up to date with everything happening on Fort Riley and in the surrounding communities.



Scan this code and download the Fort Riley APP

COMMUNITY CORNER

Start of summer a time to enjoy fun with the family

Don't let opportunities to enjoy the Flint Hills region pass you by

By Col. John D. Lawrence
FORT RILEY GARRISON COMMANDER

It's officially summer, which brings additional opportunities for outdoor activities, vacations and other fun together with family and friends. As Army professionals, we often move to different communities, but fail to take advantage of the opportunities to enjoy what the area has to offer. No matter where you are, every community has something available and that holds true for the communities surrounding Fort Riley. Whether you choose to participate in your favorite recreational pursuits or explore the surrounding communities, the Flint Hills Region has something for you.

I think most people really want to get out and participate in events, but either don't know what to do or end up just reverting to old routines and habits

of daily life — the grass needs mowing or maybe it's easier to play a video game or watch TV. It takes just a little effort and planning to get out and participate in activities. How many times have you said, "I wish I had tried that activity or gone to that event" when it was too late? It's not too hard — just find out what's happening and make a plan to go get involved and have some fun.

A new and convenient resource where you can find out what's happening on post and in the surrounding communities is the Fort Riley mobile app. It's free and available in the App Store and Google Play Store. Also, the 1st Infantry Division Post newspaper has the Travel and Fun section on the back page that features a different place or type of activity each week. The Family and MWR guide has information about activities and events on post and you can find a monthly newsletter called "Get Outside the Gate" at www.riley.army.mil/Services/Family-Services/Army-Community-Service/. Before choosing to attend an event, check out the MWR Leisure Travel Office; they have a variety of discount tickets for local events as well as travel information.

Just as you have to prepare for readiness, your career or

education, you have to make a plan to live life to the fullest by becoming informed, making a plan and engaging in chosen activities. You can make the choice to put down the electronics, get out of the house and be fully engaged in what the community around you has to offer. As you look back on your time at Fort Riley, make it a goal to say you fully experienced and enjoyed the opportunities offered in the Flint Hills area.

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



Colonel Lawrence

WORSHIP

Protestant Services

Victory Chapel	239-0834
ChapelXt Protestant Service	
Sunday Worship.....	1100
Children's Church.....	1115-1215
Morris Hill Chapel	239-2799
Gospel Protestant Service	
Sunday School.....	0900
Sunday Worship.....	1100
Main Post Chapel	239-0834
Traditional Protestant Service	
Sunday Worship.....	1030

Catholic Services

Victory Chapel	239-0834
Sunday Mass.....	0845
Sunday Catechism.....	1000
Saint Mary's Chapel	239-0834
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

Club Beyond - Faith Based Youth Program

Grades 6th - 12th, Meets Sundays

Combined MS/HS Youth 1830-2015 at Victory Chapel
785-370-5542

Club Beyond is a Non-Federal Entity and is not part of the DoD or any of it's components and it has no government status.



AWANA

785-239-0875

Resumes in Fall



Protestant Women of the Chapel (PWOC)

For more information email rileypwoc@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

Pets of the Week

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Biologists tackle Fort Riley fish

Electrofishing survey allows staff to adjust fish levels in ponds

Story and photos by Maggie Ziffer
1ST INF. DIV. POST

During the electrofishing survey at Breakneck Lake, Fort Riley, June 26, the fish are stunned with an electrical shock, netted and put into a live well, then measured and weighed and returned to the water.

“The purpose of the electrofishing survey is to see what’s in there and what we might need to do in order to improve conditions for fishermen,” said Tom Duckworth, wildlife biologist with Fort Riley’s conservation branch.

Duckworth and fellow wildlife biologists Brian Monser and Steven Wahle began the survey by measuring several lake metrics, such as the temperature and clarity of the water. Depending on the conductivity of the water — indicated by how clear or murky it is — the team can adjust the wavelengths and the amount of power going out into the water.

“When we survey these ponds, we go around the perimeter and we sample,” Wahle said. “We get a small amount of fish that are in that pond.”

Wahle said that the data they collect is put into a program called the Aquatic Database Analysis System, which then calculates the total densities for each species that are in each pond.

“It gives us an idea of if we do need to stock fish, or we do need to make a change to our management plan,” Wahle said. “Maybe we have a pond that we want to stock catfish in. But we don’t want to put 500 pounds of catfish in the pond if there’s no food for them. So we would want to make sure there is plenty of bluegill.”

One example of a recent management plan implemented at Breakneck Lake was for largemouth bass populations. Several years ago, the bass weren’t reproducing as quickly as they should, so Fort Riley implemented a catch and release policy for bass in Breakneck Lake.

“And that worked,” Wahle said. “Our numbers came back up.”

“Now it really looks like these largemouth bass need something to eat,” Duckworth said. “So we need to provide more forage fish, more prey species or more cover. It really helps to provide more cover for the prey species so they can escape and reproduce more than if the water is really clear and there is no cover.”



Wildlife biologists Brian Monser and Tom Duckworth work to net fish that have been temporarily stunned with an electric current during the annual electrofishing survey at Breakneck Lake June 26. Once caught, weighed and measured, the fish are returned to the water. The survey provides data on what types and densities of different species of fish live in each pond and assists the Fort Riley conservation branch in making educated wildlife management decisions that promote sustainability.



Wildlife biologist Tom Duckworth shows off a largemouth bass during the annual electrofishing survey at Breakneck Lake June 26.

“The purpose of the electrofishing survey is to see what’s in there and what we might need to do in order to improve conditions for fishermen.”

TOM DUCKWORTH | WILDLIFE BIOLOGIST,
FORT RILEY CONSERVATION BRANCH

Making these adjustments helps ensure each species population remains stable and Fort Riley’s ponds can continue to support fishing enthusiasts.

“Recreational fishing is really popular on Fort Riley,” Duckworth said. “It’s one of the number one pursuits, especially this time of year. These surveys help us make good management decisions based on what we see.”

Fort Riley’s fish management program is also supported through cooperative effort between Fort Riley and the Kansas Department of Wildlife, Parks and Tourism’s Community Fisheries Assistance Program, which funds the restocking program on post.

Although the majority of Fort Riley’s ponds sustain themselves with bass and

bluegill, the conservation branch does stock channel catfish and trout.

The partnership with Kansas Department of Wildlife, Parks and Tourism is partly due to Fort Riley’s proximity of Milford Lake and Tuttle Creek Lake, two of the largest lakes in Kansas.

“Because of that, the majority of the fishing licenses that are sold in Northeast Kansas are bought by military or military families,” Wahle said.

“We work with our local district fisheries biologists with Kansas Parks and Tourism to go over our numbers,” Duckworth said. “If we see something that we need to improve on, or that we have questions on, we’ll meet with them.”

Another resource the conservation branch has to man-



Wildlife biologists from Fort Riley’s conservation branch weigh and measure fish caught during the annual electrofishing survey at Breakneck Lake June 26.

age fish populations is the iSportsman website.

Excluding Moon Lake and Cameron Springs, the two ponds in the cantonment area, all fishing sites require fishermen to check in and out of iSportsman. When they check out, fishermen are asked to answer a few questions, which assist the conservation branch, like the number and type of fish caught. They are also asked to give a rating of their overall fishing experience that day.

iSportsman helps the fishermen, too, by providing information about which ponds have been stocked, what they’ve been stocked with and what species of fish are in each pond. Although Fort Riley technically has 29 fishing ponds on post, some of them may be dry at any given time due to lack of rainfall. iSportsman includes that information, as well as letting recreationists know what training areas are open and closed.

Fishing on Fort Riley is free and open to the public. All fishermen are required to have a state fishing license and register with iSportsman at <https://fortriley.isportsman.net/>.

TUESDAY TRIVIA CONTEST



The question for the week of July 3 was: Where can I find information about visiting Fort Riley’s historic attractions, including driving and walking tour directions?

Answer: www.riley.army.mil/Portals/0/Docs/About/Museums/WalkingTour.pdf
also
www.riley.army.mil/About-Us/Museums/

This week’s winner is Lena Hall, an office manager for the Hillsboro Chamber of Commerce and Hillsboro Convention and Visitors Bureau and spouse of Kansas National Guard Soldier Sgt. Sam Hall, Headquarters and Headquarters Battery, 1st Battalion, 161 Field Artillery Regiment, Hutchinson, Kansas.

Pictured above are Sam and Lena Hall.

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10-5-2 PRAIRIE RUN

JULY 21, 6AM • KING FIELD HOUSE

Advance registration: \$15

Through July 2 • Online only

Includes race t-shirt

Late registration: \$20

July 3-20 • Online only

Includes towel

On-site registration: \$20

July 21, 6-6:30am

Includes towel

Youth 17 and under are free

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

PROTECT: AUTOTUNED

CAR AND AUDIO

EXHIBITION

OPEN CLASS SHOW

June 17th | 2-6 PM

WARRIOR ZONE 7867 Normandy Dr.

Registration ends: 4pm • Judging: 4-5:30pm • Awards: 5:30-6pm

\$25 entry, includes all categories and 1 meat BBQ plate

\$5 off each entry for crews of 5 or more

COMPETITION CATEGORIES

Best Interior • Best Body • Sickest Paint Job

Project Car • Best Sound • Best in Show

The Warrior Zone is open to patrons 18 and older

Find us on Facebook at BOSS and the Warrior Zone

785.240.6618

Mario Kart Tournament

\$5 entry @ 6 PM

BUGS Continued from page 9

EATING THE ENEMY

Nechols and his K-State entomology colleagues, Brian McCornack, John Ruberson and J.P. Michaud, plus many others, are examining biological control of plant pests, or controlling insect pests with other insects — beneficial insects, that is.

Insect and weed pests destroy millions of acres of crops each year, putting a huge dent into a farmer's bottom line and ultimately raising food and feed production costs. To combat the problem, pesticides have been developed to kill the pests. But pesticides entail both financial and environmental costs.

"Nature has its own predators and parasites that can take care of a significant number of the pest insects plus other pests, such as weeds," Nechols said. "Farmers wouldn't have to spend as much money on pest control if they could take advantage of what is available for free. But often pest controls — especially pesticides — kill beneficial insects that provide biological control as well as pollinators."

The total estimated global potential loss from all biological pests in crops, including insects and weeds, varied from about 50 percent in wheat to more than 80 percent in cotton production, according to a 2006 research paper, "Crop losses to pests," in the Journal of Agricultural Science. The responses were estimated as losses of 26 to 29 percent for soybean, wheat and cotton, and 31, 37 and 40 percent for corn, rice and potatoes, respectively.

Using non-pesticide options like biological controls as an alternative has many benefits.

"It reduces the likelihood that pests will develop a tolerance to pesticides, which results in ineffective chemical control," Nechols said. "It is safer for the environment, and it is sometimes the only feasible economical way to control pests — especially invasive species that occupy thousands or millions of acres of land."

In his own work, Nechols has studied the use of beneficials to combat the invasive Russian wheat aphid and has evaluated using biological control for squash bugs, an important pest in pumpkins and squash. Because not all pests are found in farm fields, some of Nechols' research has focused on the best ways to control spider mites and thrips using predators in greenhouses.

"There are no biological controls in a greenhouse, so we looked at the best timing and most efficient distribution methods for releasing predators that can be purchased by producers," Nechols said. "Knowing the right number of predators to order also is important because it's possible to get too many or too few, which either wastes money or results in poor control."

K-State Research and Extension entomology specialist Jeff Whitworth works with farmers every day to find the best ways to minimize damage to crops from insect pests. Extension specialists like Whitworth are a conduit, taking the knowledge gained through research and connecting it with real-life, everyday situations for Kansans.

"Aphids can be the bane of farmers and gardeners," said Whitworth, who added aphids are also called "plant lice." Where you find aphids, you'll also find other insects that feed on them, making these species beneficial insects. The insect that inspired a nickname for the VW bug, the lady bug — also called a lady beetle — is a beneficial insect that preys on aphids, many of which are harmful to vegetable and other crops, such as corn and soybeans.

"Whenever we have a lot of aphids in a field, we always see more lady beetles," Whitworth said.

A recent aphid threat in grain sorghum is the sugarcane aphid, which was first detected in Kansas just three years ago. Kansas is the top sorghum-growing state in the country. McCornack, Michaud and a team of researchers are investigating controlling sugarcane aphids with lady beetles.

Another dainty-sounding insect whose name belies its



PHOTOS COURTESY K-STATE NEWS
TOP AND ABOVE: Many species of insects, including bees, butterflies and, yes, even lady bugs — are not only beneficial but necessary to our quality of life on Earth, say researchers from Kansas State University.

predatory ways is the common lacewing, whose larvae, and sometimes adults, also feed on aphids.

"Lacewings can eat a significant number — more than 100 — of aphids a week plus several other pest insects species," Whitworth said.

With a quick stab of its mouthparts, another insect called the assassin bug can kill aphids and much larger insects. Although they are an asset to farmers and gardeners, assassin bugs also can deliver a painful bite to humans. Wasps, ground beetles and minute pirate bugs — also called flower bugs — are examples of other beneficials. But despite their large numbers, beneficials' efforts often go unnoticed.

"Biological control is often unseen in the field and therefore underestimated," Nechols said. "Most of the benefits we get from beneficial insects are undervalued because people aren't aware of how many there are or how much of a factor they can be in controlling other pests."

Nechols pursues two goals in his research. The first is to more efficiently and economically control field pests by protecting and taking advantage of free, natural biological control. The second is to promote and protect pollinators essential to the food supply. He and other scientists use methods known as integrated pest management to make farmers and ranchers aware of beneficials and help protect agricultural crops without harming natural biological controls and pollinators.

"Some people say there's no good insect but a dead insect, but up to 97 percent of insects are beneficial to the environment in one or more ways," Nechols said.

THE BEE'S KNEES

Entomology doctoral student Shelly Wiggam, working with McCornack and Greg Zolnerowich, professor of entomology, is researching the effects of various rangeland management practices on essential habitat and floral resources of native pollinators. She surveys native bee and butterfly communities on privately owned cattle ranches in the southern Great Plains.

One way to track the bees is by placing tiny radio transmitters on bumblebee queens. Wiggam is tracking the queen bees throughout the Flint Hills and Red Hills of Kansas to help ranchers implement land management practices that help these beneficial insects while potentially increasing profits.

"The research I'm conducting throughout Kansas and the Great Plains on private working ranches has never been done before," Wiggam said. "My research focuses on how to conserve and restore native pollinators on for-profit cattle ranches in native grassland systems while maintaining landowner profitability and operation functionality."

Each of the bumblebee transmitters — complete with a tiny battery, circuit board and antenna — that Wiggam places on the queen bees weighs 0.2 grams. Wiggam — who is ac-

"Anytime you can understand the physiology of the organism, you can find targets to fight it, to control it, to manage it."

SUSAN BROWN |
DISTINGUISHED PROFESSOR
OF BIOLOGY, KANSAS STATE
UNIVERSITY

tually allergic to bee stings — attaches the transmitter and places the bee back on the plant where she caught it to see where it goes next.

Nechols said Wiggam's work is important for Kansans. Researchers have many unanswered questions about native wild bees' roles as pollinators — especially considering the rapid global decline of wild native bees and butterflies in recent decades, he said.

Wiggam said that landowners can manage their ranches to benefit pollinators and maintain profitability by using patch-burn grazing, where burning and grazing are less uniform, allowing some areas of a pasture to rest. The practice creates greater habitat structure and plant diversity, which supports increased native pollinator diversity. Wiggam found three times the number of native bee species and two times the number of butterfly species in patch-burn grazing pastures compared to traditionally managed pastures.

"The queens of some of our most threatened bumblebee species in North America prefer patch-burn grazing pastures at much higher rates and are more successful than in traditionally managed pastures," Wiggam said. "Queens use each part of a patch-burn grazing pasture for a different purpose to complete different aspects of their life cycle, which all creates a successful nest that supports the production of worker, drones and queen bees all growing season long."

In addition to mimicking the Great Plains ecosystem before European settlement, patch-burn grazing has also been shown to maintain or increase profitability and herd sustainability through livestock gain and reproductive success.

BUG OF DIFFERENT COLOR

Susan Brown, university distinguished professor of biology, is taking one of farmers' and homemakers' most hated adversaries away from crops and pantries and into the lab. Her life's work has centered on developing the red flour beetle, a pest that feeds on flour and dry cereals, as a model organism for developmental biology.

Model organisms like the beetle — the fourth insect to have its genome sequenced thanks to Brown and her collaborators' work in 2008 — are intensively studied to understand how biological factors work and are an example for other organisms or systems. The flour beetle can help scientists like Brown understand

genetics and developmental biology, which is necessary to develop gene-targeting medicines and pest control.

"The biggest benefit of studying the beetle is the power of genetic analysis," Brown said. "All good model systems have a few things in common. You need something that is small, grows really fast, has a short life-cycle and has a lot of progeny. Then you can do genetics."

The beetle's ability to survive in home flour containers and cereal boxes can be exploited in a laboratory to benefit scientific discovery — making what would be a pest in the wild into a beneficial bug. If scientists can understand basic biology of model organisms, then they can apply that information to help people by developing pest management strategies.

"Anytime you can understand the physiology of the organism, you can find targets to fight it, to control it, to manage it," Brown said. "You want that whether it's a vector of a disease, a vector of a plant pathogen or just destructive in its own right."

The beetle can be compared to the fruit fly — the rival model organism also commonly used for genetics research and the first insect to have its genome sequenced.

"The reason we worked on the beetle was because it was still an insect but it looked very, very different than a fruit fly," Brown said. "We wanted to know how developmental mechanisms work and how the beetle looks and develops so differently than the way a fruit fly develops."

Brown keeps about 30 different strains of beetles in jars with plenty to eat — pesticide-free flour from a nearby natural grocery store — and uses them as a teaching tool. They have helped researchers see that the beetle has more similarities to humans than the fruit fly, which makes the beetle even more important to understanding human genetics.

K-State's lab-pampered beetles offered a way for Brown and her colleagues to develop genetic maps and molecular tools to see a beetle's genes in action. After they had the genome sequence, Brown started using RNA interference, or RNAi, as a tool to study gene function during the beetle's growth from egg to adult. These tools have helped scientists with understanding development and controlling diseases and pests using the information in the genome — an organism's entire genetic system.

"Everything that scientists are doing now is moving more and more toward precision medicine, which requires an understanding of an individual's genome," Brown said.

Brown used RNAi to look at the development of the beetle's segmentation into head, thorax and abdomen, which happens in waves. This is opposite of the way that the fruit fly develops — all at once — and more like humans, who gradually develop segments, or vertebrae, also in waves.

"Basically, all the things that you need to understand the insect genome are the same things that you need to understand the human genome," Brown said. "Our research with the beetle gives a basic understanding of the evolution of developmental mechanisms, embryogenesis and gene networks."

This research has helped Brown organize a fight against another pest: the Asian citrus psyllid. The tiny tree sap-sucking bug carries bacteria that cause citrus greening disease, which has decimated groves of citrus trees in Florida and is now threatening citrus trees in Texas and California. Brown and her colleagues are in the beginning stages of a study supported by a \$6 million grant from the U.S. Department of Agriculture to help fight the problem.

"If we do the basic biology on the insects, that will give us targets that might aid in insect control or keep them from spreading the bacterium from tree to tree," Brown said. "We are targeting things that will either block the psyllid's ability to transmit or take up the bacterium. Anything that we look at to kill the bacterium in the insect can also be tried to kill the bacterium in the tree."

FLOOR Continued from page 9

This improvement leads to a new piece of workout equipment arriving in September for installation inside Robinson, the Alpha Warrior 35 foot Battle Rig.

"Robinson will have its own ninja warrior style workout," said Robinson Fitness Center recreation assistant Jessie Mendon. "The first at Fort Riley."

The Alpha Warrior set up has visited Fort Riley in the past with workouts available for the limited time it was here. This will be a permanent fixture in the gym that includes 15 different obstacle groups with additional accessories to be added later Scott said.

"We will go back into conventional use," he said. "Just prior to this coming, then we will determine what equipment is in worse condition, we don't need or what can be moved to make space for this. We will physically move things out of the way and put the Battle Rig in. Then, at a point that has not been determined yet, timewise, there will be some accessory equipment that goes with it, such as, stuff we already have — kettlebells, plyo boxes, platforms, bumper plates. It's supposed to be so you can do a complete circuit. However, somebody can just go up and workout on just one aspect of it. You don't need to do a complete circuit. We will work that out as we go."

The Battle Rig is scheduled to arrive Sept. 4 with installation beginning then and finishing on Sept. 5.

The MWR employees will go through training on the

DID YOU KNOW?

- The Alpha Warrior set up will be a permanent fixture in the gym that includes 15 different obstacle groups with additional accessories to be added later.

equipment to ensure that Soldier safety stays in focus.

"We are working closely with the Garrison Safety Office," Scott said. "They already have all the publications for it. Once they do set it up, they are going to talk to us about maintenance on it. We always talk about the word training, myself included and we're going to change that a little bit. Training indicates showing you how to spin around and do cartwheels on it. The initial training will be the maintenance, care, and inner workings of it as opposed to how you think about how a ninja warrior goes flying through it."

"That is supposed to be coming later," he added, "I do not have anything yet firm on that. When they leave it will be ready to go. We should have maintenance manuals and know what to check, how often to check it."

As for the future, once the equipment is installed, Scott said he is not opposed to a group hosting a Fort Riley ninja warrior style event.

"If it can be safely done and it benefits who wants it — sure we are open to it," he said.

BODYPUMP Continued from page 9

The course gives the instructors word-for-word what they need to say to deliver the class.

"Anyone that is passionate about fitness and injury prevention (can be an instructor)," he said.

The class is \$290, after July 17 the cost goes up to \$349. Murray said Soldiers can receive reimbursement through their Veteran's Administration benefits.

The weekend is the first phase in becoming certified.

"After you pass the weekend you get 60 days to learn the entire choreography," he said.

Once it's learned students need to submit a video of themselves leading a class. Murray said he and the other certified instructors will work with people to help them learn how to instruct and shoot the video.

"We know the proper camera angles, so they can see you execute all of the movements — full body from the toes to your fingertips," he said. "We have a nice close group and we support new instructors who are working their way through submitting their videos. It's all on the website, but it's helpful to have someone walk you through it step-by-step."

Murray said the participants in the instructor class

PUMP YOU UP

- To register, or learn more about the BODYPUMP class, people can call 785-239-2583 or go to www.lesmills.com/us/instructors/instructor-training.

will learn the newest choreographed routine, which will be released at a Fort Riley class on July 14. People who are interested in registering to be a BODYPUMP instructor can go to the July 14 class and get an idea about what they will be learning. The two-hour class will start at 8:30 a.m., people are asked to come around 8 a.m. to register.

There are 16 slots open and there is a minimum of 10 needed to hold the class. If Fort Riley has the class, it opens up an opportunity for other Les Mills events to be held on post.


"We have the Soldiers here, we have the fitness focus," he said. "BODYPUMP helps people recover from injury — I've done it myself."

To register, or learn more about the class, people can call 785-239-2583 or go to www.lesmills.com/us/instructors/instructor-training.



FORM MATTERS

SIDE LUNGES



SIDE LUNGES

With each variation of the lunge, a different muscle is worked. A side lunge will work many of the same muscle groups as a forward or back lunge, but adds the abductors. “You want to work your muscles in as many angles as possible,” said Public Health Nurse Capt. Eddie Murray. “If we only did the forward lung – we are only getting to work on muscles in that one plane.”

Spc. Matt Lamora, 2nd Battalion, 70th Armor Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, said the Army’s Physical Training needs to be supplemented. He said he goes to the gym at least once a day.

“I go to improve myself,” Lamora said. “PT depends on what your noncommissioned officer wants to do. After PT, you still have to come to the gym and do it yourself – improving yourself is on you.”

He demonstrates proper form for a side lunge.

1. The first position of a side lunge is the same as a front or back; stand upright, back straight, feet about shoulder distance apart.
2. Take a large step to the right, keeping your left leg extended bend the right knee. Make sure the knee does not extend past your toes
3. Push off with your right foot to return to the start position
4. Repeat on the left side.

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

PLUNGE Continued from page 9

After a period of instruction with games, the children and their families had free play time. Some children found enjoyment in simply climbing the ladders in and out of the pool. Others floated around on floatation mats and played with inflatable balls and rubber ducks.

A child spied the slides at the deep end of the pool and headed off full steam only to be brought back to the safety of the shallow end.

Sgt. Lanelle Witcher, 116th Military Police Company, 97th Military Police Battalion, and his wife, Latoya Witcher, have been bringing 15-month-old Lanelle to Bubble Guppies since he was 6 months old.

“We are new parents and we saw that this was one of the things that he could do at six months old,” Latoya said. “We were looking for something — what can you do? What kind of sport can you get into? We saw Bubble Guppies started at six months so we were super excited about it.”

For the past nine months, they have been bringing their son and he absolutely loves it, they said.

But he’s not the only one.

“Having them in the water and interacting with them also strengthens the bond between parent and child,” Lanelle said.

In the pool with the Witchers were Erin Gallatin and her husband 1st Lt. Eric Gallatin, 2nd Battalion, 70th Armor Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division. Erin watched 2-year-old Riley while Eric kept up with their daughter, Noelle.

Erin said they started bringing the girls simply as an activity to get them out of the house and it’s an activity they can do together as a family. It has the added bonus of being something that could save their life.

Both girls were born in Hawaii and already love the water.

“We want them comfortable around the water, you don’t want them to have an accident, and with all the dangers that goes with swimming, you want them comfortable,” she said. “If they are comfortable they won’t panic if they find themselves in a situation.”

Bubble Guppies is open to children 6 months to 5-years-old and meets every other Saturday.

The cost is \$5 for a family.

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SUNDOWN SALUTE



ABOVE: Spc. Alyssa Arroyo, 1st Heavy Attack Reconnaissance Squadron, 6th Cavalry Regiment, 1st Combat Aviation Brigade, 1st Infantry Division, Serenity Massey, 9-year-old daughter of Spc. Cedric Maynor, Headquarters and Headquarters Troop, 1st Sqdn., 6th Cav. Regt., 1st CAB, 1st Inf. Div., and Spc. Jasmine Santibanez, 1st Sqdn., 6th Cav. Regt., 1st CAB, 1st Inf. Div., ride on the Freak Out June 29 during the 2018 Sundown Salute in Junction City, Kansas. RIGHT: Chaplain (1Lt) Josh Barney takes part in the Sundown Community Worship July 1 in Heritage Park, Junction City, Kansas. Barney offered praise for the Fort Riley Chaplains and the Geary County Ministerial Association Cooperation during the worship service.

Photos by Will Ravenstein | POST



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su | do | ku

	6			8		1		
		7		4			2	
			1					
	2		5	7				8
	5		8	1	3			
1		4	3	2			5	
9		5						
		2						7

Level: Advanced

What Is su | do | ku?

The objective of the game is to fill all the blank squares in a game with the correct numbers. There are three very simple constraints to follow. In a 9 by 9 square sudoku game:

- Every row of 9 numbers must include all digits 1 through 9 in any order
- Every column of 9 numbers must include all digits 1 through 9 in any order
- Every 3 by 3 subsection of the 9 by 9 square must include all digits 1 through 9

Last Sudoku's Answers

6	9	4	1	5	2	7	3	8
2	1	3	7	8	6	4	9	5
5	7	8	9	4	3	6	2	1
4	3	7	2	6	8	1	5	9
8	5	9	4	1	7	2	6	3
1	6	2	3	9	5	8	7	4
9	8	6	5	2	4	3	1	7
3	4	5	6	7	1	9	8	2
7	2	1	8	3	9	5	4	6

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								*certain restrictions apply
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Spc. Shell takes to the water as he explores area water parks, splash pads and aquatic centers next week.



Courtesy photo

A rider leaps from his steed during the calf wrestling event at Wild Bill Hickok Rodeo in Abilene, Kansas.

RODEO SEASON IS HERE

Garth Brooks' 1991 hit song 'Rodeo' summed up the feeling for many rodeo riders when he sang — "Well, it's bulls and blood, it's dust and mud, it's the roar of a Sunday crowd ... It's the ropes and the reins and the joy and the pain — and they call the thing rodeo."

Summer in Kansas means rodeo time for communities around the state. Riders attempt to hang on for eight seconds as they mount a 1,500 to 1,900 pound bull bent on throwing the rider off.

Teams compete to be the fastest to rope calves released from a chute like the cowboys of old would do on the range when needing to inspect or brand a calf.

Female riders showcase their speed and togetherness with their horse as they charge around three barrels set up in the arena.

All this excitement pays homage to the ways of the West.

The modern rodeo is based on activities found on early ranches dating back to the 1700s according to www.rodeoafacts.com/rodeo-history. Cattle drives ended in stockyards and the cowboys held informal competitions among themselves to determine the best riders, ropers and all-around drovers.

With the disappearing lifestyle of the western frontier, thanks to the expansion of the railroad, the popularity of rodeos grew and began to spread across the country — giving rise to the professional rodeo competitor.

A monetary prize is awarded to top finishers along with a more traditional prize — a belt buckle.

THE EVENTS

The Junction City Rodeo Association, junctioncityrodeo.weebly.com/events.html, explains each event as follows, and many rodeos offer similar events

Bareback Riding: Ready to ride, the cowboy lifts one hand in the air while the other hand holds tightly to the rigging, a leather hand-hold placed around the horse. Once out of the chute, the rider must keep his feet above the horse's shoulder before its front hooves hit the arena dirt on the first jump. This is called "marking out." Points will be deducted from the rider's score if he fails to mark his horse out, and will be disqualified if his free hand touches the horse, himself, or the rigging at any time during the ride. The cowboy must rely on his strength and technique, without assistance from any equipment during the eight-second ride.

Saddle Bronc Riding: Rodeo's classic event evolved from the Old West when gritty cowboys fought to tame nature by breaking and training wild horses from their cattle ranches. As soon as the chute opens, the rider's hand tightens around the soft woven rein attached to the horse's halter, and

the dance begins. A rider can receive a point deduction for simply missing his "mark out." The rider can also be disqualified if he touches any part of the horse or his body with his free hand at any time during the eight-second ride.

Breakaway Roping: Breakaway roping is a variation of Tie-Down Roping where a calf is roped, but not thrown down and tied. It is a rodeo event that features a calf and one mounted rider. The hot pursuit does not begin until the calf reaches its head start point and triggers a trip lever, releasing the barrier in front of the roper's chute. Once the barrier has released, the horse runs out of the box while the roper attempts to throw a lasso around the neck of



Courtesy photo

A bareback rider is thrown off the back of a horse during his ride at the Wild Bill Hickok Rodeo in Abilene, Kansas.

the calf. Once the rope is around the calf's neck, the roper signals the horse to stop suddenly. The rope is tied to the saddle horn with a string. When the calf hits the end of the rope, the rope is pulled tight and the string breaks. The breaking of the string marks the end of the run.

Tie Down Roping: Derived from the practical method cowboys use to gather cattle for medical treatments or branding. The hot pursuit does not begin until the calf reaches its head start point and triggers a trip lever, releasing the barrier in front of the roper's chute. In seconds, the roper and horse will go from a standstill to full tilt gallop, racing after the calf and against the clock. The horse is trained to move backward to maintain tension on the rope. With strength and adrenaline, the rider lifts the calf, lays it on its side and ties three of the calf's legs. The calf must remain tied for six-seconds after the rider remount his horse.

Calf Scramble: Participants ages 6 to 12 attempt to pull a ribbon from the tails of the calves released in the arena. The first three participants to bring a ribbon to the center of the arena will receive first, second and third place prizes.

Ranch Bronc Riding: The ranch rodeo bronc riding event is derived from the need for horses to be broke to ride, turned into usable ranch horses in the pasture. It is in some ways similar to traditional

saddle bronc riding. Time starts for each ride when the horse comes out of the bucking chute with a rider for an eight-second ride. Unlike Saddle Bronc Riding and Bareback Riding there's no mark outs. Ranch Bronc Rider can use a night latch and must use a regular working saddle and one-rein backing horse halter.

Boot Scramble: This event will consist of participants ages 3 to 5 taking off both boots or shoes which will be put in a pile; participants will run down to the pile to search for their boots or shoes, putting them back on and running back to the judge. First, second and third place will be awarded a prize.

Mutton Bustin': In the event, a sheep is held still, either in a small chute or by an adult handler while a child is placed on top in the riding position. Once the child is seated atop the sheep, the sheep is released and usually starts to run in an attempt to get the child off. There are no set rules for mutton busting. Age, height, and weight restrictions on participants generally prevent injuries to the sheep, and gear such as spurs are banned from use. Children are required to wear helmets and parents must sign a waiver.

Mini Bulls: Opportunity for youth to experience bull riding on a younger bull. Western wear and safety equipment are required. Parents must sign a waiver.

Team Roping: Two riders on horseback are positioned on either side of the steer's chute in preparation for the wild chase. After the steer gains a head start, the first roper, known as the header, must rope the steer in one of three ways: around both horns, around one horn and the head or around the neck. If the header ropes the steer in any other fashion, the team is disqualified. After the header ropes the steer and quickly dallies his lasso (ties it around the saddle horn), he must quickly turn the steer to the left to set up his partner, the heeler. The heeler's task is to lasso both of the hind legs. Time is called when both horses turn to face each other with no slack in the ropes holding the steer.

Barrel Racing: Timing is everything in barrel racing as a contestant's run is racing against a clock and measured in hundredths of a second. Entering the arena at full speed, the horse and rider race to complete a cloverleaf pattern around the three barrels in a triangle formation before crossing the timer and exiting the arena. Riding at top speed, the rider and horse must be accurate or else they risk knocking over a barrel and adding a penalty of five precious seconds to their total time.

Junior Barrel Racing: Opportunity for youth to experience barrel racing. Western wear is a requirement.

Bull Riding: A bull rider must be made tougher than most men, as bull riding is often considered the most dangerous sport in rodeo. A bull rider can be disqualified for touching the bull or himself with his free hand during the ride. A bull rider's dream is an eight-second ride, time isn't the only factor in the score. The bull's bucking efforts account for half of the rider's points. The cowboy must ride for eight-seconds to have a qualified ride.

AREA RODEOS

MCPHERSON COUNTY FAIR RODEO
JULY 20 TO 21
MCPHERSON COUNTY FAIR
GROUND
CANTON, KANSAS

Part of the McPherson County Fair the two-day rodeo will feature bareback bronc riding, bull riding, barrel racing, saddle bronc riding, steer wrestling, team roping and tie down roping. The Central Plains Rodeo Association and the Kansas Pro Rodeo Association are the sanctioning bodies for the event.

JUNCTION CITY RODEO
JULY 20 TO 21
GEARY COUNTY FAIR GROUNDS
JUNCTION CITY

The two-day event begins with a performance by the Silver Buckle Drill Team. This group of riders perform choreographed routines set to music and according to their website, www.silverbuckledrillteam.com, the riders and their horses on the Silver Buckle tradition of speed, precision and expertise in entertaining.

On July 21, the day begins with the Exceptional Family Member Program's Special Needs Rodeo where children have a chance to "Cowboy Up" as they are escorted by their own cowboy or cowgirl through each rodeo event, activities will include steer roping, hand-rocked bareback riding, and arena rides with Rodeo Queen Candidates.

NORTH CENTRAL KANSAS RODEO
JULY 25 TO 26
CLOUD COUNTY FAIR GROUNDS
CONCORDIA, KANSAS

In conjunction with the Central Plains Rodeo Association the two-day rodeo will feature bareback bronc riding, bull riding, calf roping, barrel racing, saddle bronc riding and steer wrestling. The event begins at 8 p.m. on both nights.

72ND ANNUAL WILD BILL
HICKOK RODEO
AUG. 1 TO 4
EISENHOWER PARK
ABILENE, KANSAS

Nearly 500 cowboys and cowgirls, world champions and the "young gun" contenders alike, make their way to Abilene each year to compete for prize money and the hopes of adding points to qualify for the National Finals Rodeo. Events include bareback bronc riding, barrels, bull riding, barrel racing, mutton bustin', saddle bronc riding and tie down roping.

KANSAS BIGGEST RODEO
AUG. 2 TO 4
PHILLIPSBURG, KANSAS

For 75 years people have flocked to Phillipsburg to attend the largest rodeo in Kansas.

Spectators will be able to watch bareback bronc riding, barrels, bull riding, calf roping, barrel racing, mutton bustin', steer wrestling, team roping and tie down roping.

The downtown parade will be held Aug. 2 at 2 p.m.



Courtesy Photo

A rodeo clown shares a special moment with one of the Fort Riley Exceptional Family Members during the Exceptional Family Member Program Rodeo at the Geary County Fair Grounds.