

THE 1ST INFANTRY DIVISION POST

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FRIDAY, AUG. 9, 2019

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←← FORT RILEY, KANSAS →→



A pilot with the 139th Airlift Wing, Missouri Air National Guard, out of St. Joseph, Missouri, touches down a C-130 Hercules at the start of the Savage Field Landing Strip, Aug. 3.



Air Force personnel watch as a C-130 Hercules, piloted by members of the 139th Airlift Wing, Missouri Air National Guard, out of St. Joseph, Missouri, takes off from Savage Field Landing Strip, Aug. 3. Two pilots were training on the dirt landing strip.

Pilots practice landing on dirt strip

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

Air Force pilots with the 139th Airlift Wing, Missouri Air National Guard, out of St. Joseph, Missouri, used Savage Field Landing Strip at the Douthit Range complex to train on dirt landings Aug. 3.

Two C-130 Hercules took turns touching down on the 3,515-foot long landing strip just off Kansas Highways 77

and 82. The Savage FLS is 515 feet longer than the minimum space of 3,000 feet that 100,000- to 120,000-pound planes need to land on.

Lt. Col. Allan Feek, air mobility liaison officer, 621st Mobility Support Operations Squadron, said the exercise was intended to give new pilots training on dirt landing strips.

“We use dirt landings in various parts of the world,” he said. “In order to be able to

certify, they (the pilots) have to actually practice on dirt.”

Each landing was executed according to plan. Feek said there is an area 500 feet long and 90 feet wide that the pilot has to put the plane down in.

“They all touched down in the first third of that, which is the goal,” he said.

In addition to the training the pilots were receiving, Maj. Brian Barnette, navigator, and Master Sgt. John Molstad, flight engineer, were on the

ground training to be landing zone safety officers.

“That way we can come out here and do more landings like this,” Molstad said. “It allows us to be sign off and do everything we just did.”

Barnette said on Aug. 2, he and Molstad did the academic portion of the work and the Aug. 3 exercises allowed them the hands-on training they needed.

“There was a lot of training going on today,” Bur-

nett said. “This allows (us) to understand a little more about what’s going on, on the ground, than when you’re in the airplane.”

Molstad agreed that the view of the exercises is different depending on where they are situated.

“It’s nice to have a different perspective — to come out and do something a little bit different,” he said. “We both see from the front of the aircraft all the time —

we rarely get to see it from the ground.”

Also at the FLS were members of the Fort Riley Fire Department, ready to respond should there have been a need. Feek said whenever a training exercise will consist of more than four landings, they are required to have fire department support.

“It’s nice to have this facility out here and to be able to use this,” he said.

Engineers learn to use sling load method of transportation

Story and photo by Sgt. Jeremiah Woods
358TH PAD

GRAFENWOEHR Germany — Soldiers with the Field Support Company of the 1st Engineer Battalion, 1st Armored Brigade Combat Team, 1st Infantry Division, participated in a sling load operation on a range at Grafenwoehr Training Area July 30.

The Soldiers rigged and hoisted a Humvee from a CH-47 Chinook helicopter. Sling load operations are used as a method of transporting supplies and vehicles via aircraft when ground transportation is not an option.

Soldiers, primarily with the distribution platoon within the company, started with classroom instruction on how to properly rig a sling on equipment in preparation for aerial transport. During the field exercise the following day, with the help of a CH-47 Chinook flight crew with the 2nd General Support Aviation Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, the Soldiers received hands-on training on how to rig a Humvee with a sling for transport by aircraft. The helicopter then hoisted the Humvee simulating real-world transport.

“This kind of equipment transport is done in areas of operation where the area is too hostile or has too many mountains for us to take the equipment to the front lines by ground transport,” said



A CH-47 Chinook belonging to 2nd General Support Aviation Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, lifts a Humvee belonging to the 1st Armored Brigade Combat Team, 1st Infantry Division during a sling load training exercise conducted by Echo Company, 1st Engineer Battalion on a range at Grafenwoehr Training Area, Germany, July 30.

Staff Sgt. Carlos Robles, the distribution platoon sergeant, FSC, 1st Eng. Bn.

Hands-on training such as sling load operations is es-

sential to the readiness of the support company. In a real-world scenario, being able to

See SLING, page 6



Senior noncommissioned officers work through the hand release pushup event of the Army Combat Fitness Test July 30 at Long Fitness Center as part of their level three certification. Completing the course will allow the NCOs to set up, conduct and grade Soldiers taking the ACFT in the future along with train level two and level one graders.

Soldiers certified as Army Combat Fitness Test graders

Story and photo by Will Ravenstein
1ST INF. DIV. PUBLIC AFFAIRS

Soldiers from the 1st Infantry Division and Fort Riley completed a course to become certified graders and test officials for the new Army Combat Fitness Test from July 31 through Aug. 2.

Two personnel from the ACFT-Mobile Training Team instructed the Soldiers on the details of setting up the course and grading the test.

The Soldiers had to take the ACFT themselves before learning how to administer it.

“I think that opened our eyes more and made us pay attention,” said Sgt. 1st Class Amanda Bailey, 1st Inf. Div. Sustainment Brigade. “Instead of teaching us and then having us go through it. I think that added a lot of value to it.”

The train the trainer mentality of the course allowed the level-three instructors to

direct questions to the ACFT-MTT instructors, while teaching Soldiers the proper way to grade and set up the ACFT course.

“This is going to help us immensely ... we don’t have a lot of [master fitness trainers],” said Staff Sgt. David Rogge, Headquarters and Headquarters Company, 2nd Battalion, 34th Armor Regiment, 1st Armored Brigade Combat Team, 1st Inf. Div.

See ACFT, page 8

ALSO IN THIS ISSUE



BRIDGE IN ARKANSAS CITY, KANSAS, IS DEDICATED IN THE MEMORY OF 1ST INFANTRY DIVISION SOLDIER

SEE PAGE 3

ALSO IN THIS ISSUE



LEARN HOW TO ARRANGE A WEDDING ON FORT RILEY

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WOMEN FIND GOWNS, FORMALS AND RELAXATION

SEE PAGE 9

ALSO IN THIS ISSUE



SPC. SHELL HEADS EAST TO EXPLORE BONNER SPRINGS

SEE PAGE 16

1 DUTY FIRST DOWNRANGE 1

PHOTOS OF THE 1ST INFANTRY DIVISION SOLDIERS FROM DOWNRANGE AS THEY MAKE THEIR MARK ON EUROPE AND AFGHANISTAN PROVING



Staff Sgt. True Thao | 358TH PAD
 Spc. Thomas Wiegert, with Headquarters and Headquarters Company, 1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, engages his target downrange during a small arms live-fire exercise as part of Agile Spirit 19 At Orpholo Training Area, Georgia, July 30. AsG19 enhances U.S., Georgian, allied and partner forces' lethality, interoperability and readiness in a realistic training environment.



Sgt. 1st Class Victor L. Gardner | 1ST INF. DIV. SUST. BDE.
 Master Sgt. Ulysses Acheampong, 1st Infantry Division Sustainment Brigade, left, takes a photo with his brother Maj. Alexander Acheampong, 525th Military Intelligence Brigade, at Bagram Air Field, Afghanistan, Aug. 1. While deployed, the two have had opportunities to catch up and show each other support.



Sgt. Jeremiah Woods | 358TH PAD
 Soldiers with Company E, 1st Engineer Battalion, 1st Armored Brigade Combat Team, 1st Infantry Division, hook a Humvee to a CH-47 Chinook belonging to 2nd General Support Aviation Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Inf. Div., during a sling load training exercise on a range at Grafenwoehr Training Area, Germany, July 30. Training to sling load vehicles and equipment in the field is an essential part of the combat readiness mission of the 1st Eng. Bn., 1st ABCT, 1st Inf. Div., during Atlantic Resolve.



Sgt. 1st Class Victor L. Gardner | 1ST INF. DIV. SUST. BDE
 Command Sergeants Major of the 1st Infantry Division Resolute Sustainment Brigade come together to light three candles – one each red, white, and blue – during the unit's NCO Induction ceremony at Bagram Air Field, Afghanistan July 31. The candles are symbolical representations of what it is to be a noncommissioned officer.



Sgt. 1st Class Jonathan Gusta | 1ST INF. DIV. SUST. BDE
 Sgt. 1st Class Jonathan Gusta from Headquarters Troop, 1st Squadron, 4th Cavalry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, right, couples the roof support poles for the squadron main command post for their live fire exercise at the Grafenwoehr training area, Grafenwoehr, Germany, July 31. The squadron live fire exercise is part of Combined Resolve XII, which is a massive, multi-national training exercise between allied armies across Europe.



“NO MISSION TOO DIFFICULT, NO SACRIFICE TOO GREAT. DUTY FIRST.”



Soldiers from the 1st Combat Aviation Brigade salute the American flag during the National Anthem before competing in the softball regional championship game held at Storck Barracks, Illesheim, Germany, on July 29. The two teams will move on to the Installation Management Command tournament. Recreational sports provide Soldiers with different ways to improve their physical fitness, while also improving unit cohesion and morale.

Underdog team takes championship softball game

Story and photo by Pvt. Ashunteia Smith
5TH MPAD

ILLESHEIM, Germany — “We were the ‘jokes’ of the league, we started out 0-5”, said Spc. Austin Dennison, Spartans Softball team captain, Headquarters Support Company, 601st Aviation Support Battalion, 1st Combat Aviation Brigade.

Like most modern-day Cinderella teams, the Spartans came from nothing. Rank and skill level were not factors when it came to assembling the softball team. Once they arrived in Germany, they

opened up their roster to new Soldiers, giving them a chance at being a part of the team. There were Soldiers who have been playing the game all their lives, and those who never even thought to pick up a bat before joining the team.

“We went from losing every game, to playing in the regional championship game,” Dennison said.

In Army recreational sports, rotational units traditionally don't take home trophies. Units that are permanently stationed in Germany are typically the teams that are known, and somewhat expected, to take home the winning trophies.

Surprisingly this year, not only did the 1st CAB rotational unit make it to the softball regional championship game, they had two teams competing in regionals. The 1st CAB team, having already beat out other teams from the region, was guaranteed the first and second place titles. Winning the titles meant the teams automatically had a spot reserved for them in the Installation Management Command tournament.

The two teams that were competing for bragging rights were the 601st Aviation Support Brigade's Headquarters Support Company

and Bravo Company. While Bravo Company was coming off of an 8-1 regular-season record, the same could not be said for the Headquarters Support Company.

When the team first started their journey to the regional championships, they were nothing but benchwarmers with a record of 0-5. As they reached the halfway point of the season, new players were added, giving the team a new perspective. This infusion of energy and talent allowed them to turn things around, and become the regional champions and ultimately end their season with a record of 6-5.

The Soldiers were around each other from the time they woke up to participate in physical training, until when they locked up their work area, signaling the end of the workday. The Soldiers loved the game so much; there were no complaints when it was time to practice.

Every day, the Soldiers treated their practices as if they were real softball games, making sure everyone gave 100% effort. The team's leadership took notice of how motivated they were and sometimes allowed team members to be released early from work, provided they completed their

daily missions. Leadership did not mind releasing the Soldiers a little early for the day because they saw how committed they were to the sport and the team.

“It is a nice way for the Soldiers to increase their morale,” said Sgt. Maj. Greg Galassi, HSC, 601st ASB. “We're more than halfway through the rotation, so this was a nice way to help ease the Soldiers who were feeling homesick.”

Despite having to endure several hot days under the sun, with long nights to follow, the Soldiers still found a

See SOFTBALL, page 8

Program designed to help Soldiers overcome addiction

By Gail Parsons
1ST INF. DIV. POST

Editor's note: This is part one of a six part series examining alcoholism and substance abuse. Next week will be a look at how substance abuse can affect a military career.

Not everyone who ends up in the Substance Use Disorder Clinical Care Center at Irwin Army Community Hospital has an addiction problem. Until February, when the Addiction Medicine Intensive Outpatient Program started, Soldiers whose addictions were more than what could be handled at SUDCC were sent out of state to residential treatment centers. Brooke Army Medical Center in San Antonio, Texas, and Fort Gordon, Georgia, being the two most frequently used by Soldiers from Fort Riley.

The new program provides a more intensive level of treatment than the standard outpatient care for substance abuse, said Gary Klozenbucher, SUDCC clinical director.

Outpatient treatment through SUDCC is, on average, one hour a week; AMIOP meets four days a week from 12:30 to 4 p.m. and combines group and individual therapy.

“Some people ... need a higher level of care,” Klozenbucher said. “Usually people with a substance-use disorder that is more severe

than what can be treated on an outpatient level — they need more than just one day a week.”

Through AMIOP, Soldiers can be treated at Fort Riley. They spend half their day at their unit, then report to IACH.

“It prevents us sending everybody off to residential treatment,” Klozenbucher said.

Although residential treatment is still an option for some Soldiers, most are going down to outpatient treatment after completing six-weeks in AMIOP.

“We've had really good outcomes in terms of people completing the program, maintaining their recovery and actually being able to go back and return to the units,” said Shane Staedtler, Substance Use Disorder Clinical Care counselor.

ENTERING AMIOP

There are five circumstances that lead to someone being enrolled into SUDCC and subsequently the AMIOP — self, medical or command referral; biochemical, which is a when a person has a positive urine analysis or breathalyzer for alcohol use; and investigation apprehension, after they have been arrested for an alcohol or drug related incident.

After their initial evaluation with a substance abuse counselor, the Soldier is recommended either for outpatient treatment or SUDCC. If they try SUDCC and do

not have success, they can be transferred into AMIOP.

Investigation apprehension and biochemical are the two most frequent ways Soldiers end up at SUDCC.

“I'm hoping that we'll see more self-referrals once (a revised) policy is really well established,” said Samantha Sampson, SUDCC social services assistant speaking about a policy that will allow Soldiers to enroll without their command being informed. “There are some parameters there — as long as they don't trigger any of those outliers, then they can get substance use care with all the same privacy and as they can get in behavioral healthcare.”

At Fort Riley, at least 90% of the Soldiers enrolled in SUDCC or AMIOP are there because of alcohol. Despite opioid addiction being a major concern in the civilian world, Fort Riley is not experiencing it on a similar scale Klozenbucher said.

“There was a period of time, maybe five or 10 years ago, that we were just seeing a lot of that,” Klozenbucher said. “I think people within the system are staying on top of that. Previously, doctors were being told to treat pain and they were prescribing large amounts of opiate drugs to treat that pain. I think they're much more careful about that now and much more aware of addiction.”

For more information about SUDCC or AMIOP call 785-240-8208.

Kansas bridge memorializes local fallen division Soldier

By Staff Sgt. Simon McTizic
2ND ABCT PAD

Barely able to vote, Kevin Gilbertson walked into his house and gave his mother a big surprise. No one in her immediate family had made that commitment before — the commitment of sacrifice and to serve their country.

“I kind of stopped and looked at him,” said Keeley Frank, Gilbertson's mother. “The first question I had was, ‘how did you even come about this or decide you want to join?’ Nobody in our family served in the Army before. He said, ‘Well, the recruiters have been coming to the school (Jefferson High) to recruit kids to go into the Army when they graduated, and I decided to do it.’”

He joined after high school in 2001, and in 2007 Sgt. Kevin A. Gilbertson of the 1st Battalion, 77th Armor Regiment, 2nd Brigade Combat Team, 1st Infantry Division, on his second tour in Iraq, was shot on Aug. 29 by enemy forces in Ramadi and died two days later. He was 24. His survivors included a wife, infant son and step-son.

Bridges for the Fallen and the city of Arkansas City, Kansas, paid special tribute by naming the bridge over the Arkansas River in his honor, Aug. 3.

Bridges for the Fallen is a program started by Rob Mador of Massachusetts in 2012. It is a nonprofit organization that facilitates getting bridges in all of the U.S. states named to help honor Gold Star Families. The term Gold Star describes a family member who has lost a loved one in military



Will Ravenstein | Post

Keeley Frank, mother of Sgt. Kevin A. Gilbertson, reveals the sign dedicating a bridge in Arkansas City, Kansas, after her son Aug. 3 during a ceremony in their honor. Gilbertson was killed in action Aug. 3, 2007 while a member of 1st Battalion, 77th Armor Regiment, 2nd Brigade Combat Team, 1st Infantry Division, in Ramadi, Iraq, during his second tour.

service during combat from World War II through present day.

“This bridge is the first entry into Kansas and the last bridge you'll cross as you leave Kansas,” said Larry Alley, Kansas Senator. “The bridge is a symbol of strength, honor and respect, and it becomes part of the family, the fallen warriors' legacy and part of their history. The bridge will pass the torch under countless generations and show them who their fallen warrior was and their sacrifice to our nation.”

Fellow soldiers shared their experiences and memories of Gilbertson.

“He was a solid, dependable Midwestern guy, always the last to take cred-

it,” said former platoon leader, Maj. Nate Strickland of the United States Army Futures and Concept Center, Fort Eustis, Virginia. “He was always the first to come up with some new ideas on how to make the platoon better, and he wasn't the type of guy to go and shout at somebody. It was a joy to be around someone who loved being a Soldier.”

The community was recognized for their support.

“I am truly humbled by the turnout of this community to recognize him,” said Col. Tom Murtha, 2nd Armored

See BRIDGE, page 6

Fleas are more than just an annoyance to our furry friends.

tip #1
Treat your animals year-round

FOR MORE INFORMATION VISIT FORT RILEY'S ENVIRONMENTAL DIVISION:

[HTTPS://HOME.ARMY.MIL/RILEY/INDEX.PHP/ABOUT/DIR-STAFF/DPW/ENV-DIV](https://home.army.mil/riley/index.php/about/dir-staff/dpw/env-div)

U.S. ARMY

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Looking Back: Building's purpose was, still is installation maintenance

By Scott Rhodes
USAG PUBLIC AFFAIRS

A collection of buildings now serve as the hub of activity for the Directorate of Public Works, the installation's primary element for the maintenance of the installation, infrastructure and the environment.

Building 332 on Dickman Avenue was built in 1897 out of native limestone.

According to the Army Corps of Engineers, building 332 was originally a Quartermasters Stable. Directorate of Public Works maintenance records, from 1935 refers to the facility as a motor transport garage and Repair Shop. A westward expansion of the building was completed on an unknown date.

Today, the structure continues to serve as a maintenance facility for DPW.

The small building immediately north of building 332 is building 333. It opened in 1948 as a dispatch/administration building.



Buildings 332 and 333 as they were after 1948 and as they look today.

CIVILIAN SPOTLIGHT

EDWARD MCKENDRY
DIRECTORATE OF PLANS, TRAINING,
MOBILIZATION AND SECURITY
TRAINING TECHNICIAN,

The Fort Riley Danger Voice Signal University was selected as the test unit for the implementation of courses in the Army Training Requirements and Resources System



by the U.S. Army Cyber Center of Excellence. McKendry worked in partnership with the DVUSU instructors and the Cyber COE Course Managers in Fort Gordon, Georgia, to develop the ATRRS catalog, standard naming conventions, and course codes for 15 classes. The classes developed were approved by the Cyber COE, entered into ATRRS, and implemented as the gold standard for all U.S. Army Signal Universities, impacting the efficiency and effectiveness of ATRRS records across the Army's Cyber training footprint.

McKendry's subject matter expertise with ATRRS enhanced training readiness and combat effectiveness for Soldiers throughout the Army.

Army iWATCH encourages vigilance

By Patrick Burch
ANTITERRORISM OFFICER

It is likely you have heard of neighborhood watch programs where community members are encouraged to report suspicious or criminal activity.

The Army's iWATCH program is similar. The iWATCH program is designed to educate military community members on how to identify suspicious behavior and report it. The intent is to enable law enforcement and security officials to investigate the activity and take protective measures as needed.

Fort Riley military community members need to know there are two key elements to the iWATCH program. The first is a passive element, which is focused on educating the community by providing public service announcements and literature on how to identify suspicious activity and be aware of what is going on around them.

The second element is an active element, which requires Fort Riley military community members to take action to report suspicious behavior.

We should all be aware there have been instances in the past where suspicious activity reports have resulted in the prevention of an act of terrorism.

An example would be the clerk from the store processing a video tape for would be attackers and realized it was a propaganda video and called the FBI, thus thwarting the attack by the Fort Dix Six, a group of six radical Muslims targeting Fort Dix, New Jersey.

Another example would be the arrest of Robert Alberg, who planned to manufacture ricin, a deadly biological agent. It all began with a telephone call from a clerk at a seed store.

An alert street vendor reported the rapid departure of a man from an SUV parked illegally in Times Square, which led to the arrest of the Times Square bomber.

All of these attacks could have been deadly had citizens not recognized the suspicious behavior and reported it.

In the next few weeks, you will see details about the iWATCH program on social media platforms, brochure stands, issues of the installation newspaper and message boards.

You should also see posters in public areas with information on the iWATCH program.

As a member of our community, we ask that if you see the following activities, report them immediately to the military police, or if you live off the installation, to your local police.

- People drawing or measuring important buildings
- Strangers asking questions about security procedures
- Briefcase, suitcase, backpack, or package left behind
- Vehicles left in no parking zones in front of important buildings

- Intruders in secure areas where they do not belong
- Persons wearing clothes that are too big and too hot for the weather
- Chemical smells or fumes that seem out of the ordinary for the specific location
- People asking questions about sensitive information such as building blueprints, security plans, or VIP travel schedules without a need to know
- People purchasing supplies or equipment that can be used to make bombs or weapons or purchasing uniforms without having the proper credentials.

If you see any of the above activities, call the Fort Riley Military Police desk at 785-239-6767 or the Fort Riley Protection Branch at 785-239-6044.

All iWATCH reports will be investigated by installation law enforcement or local police.

Comptroller program for military, civilians

ANNETTE WASHINGTON
CDFM, DFM3, PROPONENCY
PROGRAM MANAGER

The Acting Assistant Secretary of the Army for Financial Management and Comptroller, Comptroller Proponency Office has extended the application deadline for the Cohort 2021 Defense Comptroller-ship Program to Oct. 4.

The DCP is a long-term training opportunity for civilians and military personnel from all services and career programs. The DCP is open to grades GS-11-13,

however, GS-14 personnel may apply. Army military selection priority is for active and Active Guard Reserve officers and non-commissioned officers in senior ranks of Captain to Major, Sgt. 1st Class, Master Sgt. and for junior rank of Sergeant Majors.

The DCP is a joint, premier academic program at Syracuse University, Martin J. Whitman School of Management and Maxwell School of Citizenship and Public Affairs.

The 14-month, 60-hour graduate curriculum pos-

tures FM leaders to deal with complex fiscal and economic challenges at both operational and strategic levels. Successful completion of the DCP yields a Master of Business Administration with concentration in business analytics, Executive Master of Public Administration and a test-based FM professional credential.

The program begins May 13, 2020 and concludes July 30 2021.

For more information on the program contact:

Civilians: Annette Washington, email annette.washington.civ@mail.mil or call 703-614-4137.

Active Component Officers: Branch Assignments Officer, Maj. Alicia D. Scott, emailalicia.d.scott.mil@mail.mil or usarmy.knox.hrc.mbx.opmd-fsd-fi-branch@mail.mil or call 502-613-6196

Active Guard Reserve Officers: Maj. Sean R. Nettles, email sean.r.nettles.mil@mail.mil or call 502-613-6194.

Non-commissioned officers: Sgt. 1st Class Shamekia E. McCurdy, email shamekia.e.mccurdy@mail.mil or 502-613-5351.

TRAFFIC REPORT

ACCESS CONTROL POINT HOURS

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

For more information about Fort Riley access procedures, visit home.army.mil/riley/index.php/about/visitor-info.

The Fort Riley Visitor's Control Center is open Monday to Friday from 5 a.m. to 11 p.m., weekends and federal holidays from 8 a.m. to 4 p.m.

The access control point hours are:

Henry, Four Corners and Trooper

Open 24/7. Expect delays at Henry ACP through February. Due to construction, lanes will be reduced.

Estes:

Open 5 a.m. to 7 p.m. daily. Commercial traffic is required to have an access pass or badge prior to access.

Ogden:

Open from 5 a.m. to 10 p.m. daily.

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.

Personally owned vehicles are allowed access, there is no designated personally owned vehicle lane.

Outbound traffic is not authorized. Drivers must have a pass or badge.

Grant:

Grant Gate is open from 5 a.m. to 8 p.m. Monday through Friday. It is closed weekends and federal holidays.

Custer Avenue Closure:

The project to repair bridge 204 which closes Custer Ave. from McCormick Road to Beeman Place is suspended due to eagles nesting in the area.

Trooper Drive Repairs

Trooper Drive road repairs between McCormick and the Rifle Range Road round-a-bout have started with work being performed on the side of road without traffic restrictions during the day time hours. This will allow a shortened time period required to close the road for repairs.

Police bump it up

August 12 to 18, for the safety of families and their children, 97th Military Police Battalion and Fort Riley police will focus enforcement of speed limits in the following communities:

Hampton, Gordon, AP Hill and Bragg. In addition to enforcement via radar, portable speed bumps will be temporarily placed.

Speed bump enforcement will continue in other communities and locations on Fort Riley; that schedule will be published on the Garrison Facebook page and website www.home.army.mil/riley.

Driving is a privilege and responsibility at all times and in all locations; we depend on one another to always drive cautiously and observe all traffic laws.

BUSTED

JULY 22

Spc. 24 CTC, 541 CSSB, 1st Inf. Div. Sust. Bde., speed 21 and up

JULY 23

Pvt. CO. C, 2nd Bn., 70th Armor Regt., 2nd ABCT, 1st. Inf. Div., expired registration

Staff Sgt. 1st Bn., 7th FA Regt., 2nd ABCT, 1st. Inf. Div., improper turning movement

JULY 25

Spc. SIS, HHBN, 1st Inf. Div., failure to yield right of way

Cpt. HHC, 1st Bn., 18th Inf., Regt., 2nd ABCT, 1st. Inf. Div., speed 21 and up

Pvt. HSC, HHBN, 1st Inf. Div., failure to maintain lane

Pvt. HSC, HHBN, 1st Inf. Div., expired registration

Pvt. HSC, HHBN, 1st Inf. Div., no proof of insurance
Civilian improper backing

JULY 26

Pfc. A Trp, 5th Sqdn., 4th Cav. Regt., 2nd ABCT, 1st. Inf. Div., following too close

Pfc. A Trp, 5th Sqdn., 4th Cav. Regt., 2nd ABCT, 1st. Inf. Div., expired registration

JULY 27

Pfc. 116 MP Co, 97 MP Bn, 89 MP BDE, speed 21 and up

Pfc. HHC, 1st Bn., 63rd Armor Regt., 2nd ABCT, 1st. Inf. Div., speed 21 and up

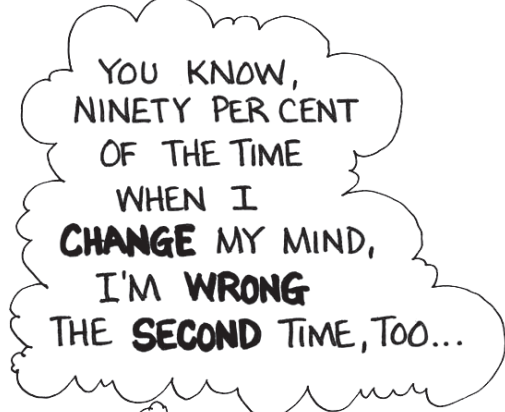
OTHER CITATIONS

July 23: Two parked in govt vehicle only spaces

July 24: Following too close, improper backing

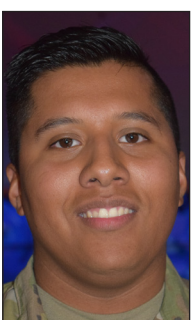
HOME.ARMY.MIL/RILEY

GRUNT



RILEY ROUNDTABLE

What did you want to be when you grew up?



"Daredevil."

SPC. JATNIEL MARIN
BATESVILLE, ARKANSAS

1st Support Maintenance Company



"A Deputy Sheriff."

SPC. JUAN GUAJARDO
DEL RIO, TEXAS

1st SMC



"NFL player."

PVT. ZACHARY GREENE
WICHITA, KANSAS

1st SMC



"Same thing that I still want to be – a criminal psychologist."

SELENA GONZALES
GRAND RAPIDS, MICHIGAN

Recreation aid at SpareTime Interactive Entertainment



"A Soldier."

PFC. ALVIN LORETO
SAN FRANCISCO, CALIFORNIA

346th Military Police Company,
530th Military Police Battalion

THE 1ST INFANTRY DIVISION POST

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SAFETY CORNER

Back-to-school safety tips for children

Dawn J. Douglas
GARRISON SAFETY OFFICE

Team Riley, it went by so fast, but summer is almost over. This means that back-to-school season is upon us once again. While school shopping for supplies, clothes and meals, one of the most important task parents should complete before sending children back to school is the talk about safety.

While there are a lot of ways children can get injured, the most common safety topics are:

- Bus Safety
- Backpack Safety
- Playground Safety
- Sports Safety

SCHOOL BUS SAFETY

Team Riley, school buses are designed for safety, with flashing lights, giant mirrors, high seat backs and that bright yellow color. Riding a bus to school is safer than riding in the family vehicle or walking. Many school buses are equipped with lap and shoulder belts to ensure the safest ride for children. Children need to know the importance of wearing seatbelts and imitation is the best example.

Getting on the Bus: Speak to your children about safety while waiting for the bus including staying away from traffic, selecting the safest route to the bus stop, and paying attention to instructions given by crossing guards and the school bus driver. In addition, remind your child not to take an alternate route. If his/her bus is not available, instruct your child to call and inform you before getting on a different bus.

Behavior on the Bus: Remind children, if seatbelts are available, they should buckle up. Allowing the bus driver to operate the bus without distraction is important in getting your child to his/her destination safely. Speaking to children in advance about appropriate behavior on the bus key discussion points include remaining seated, keeping head, arms and hands inside of the bus.

Getting Off the Bus: Exiting the bus can be very dangerous — crowding behavior can cause trips and falls. Explaining to children that they must use handrails while exiting, make sure vehicle drivers can see them when they are crossing the street, and crossing at designated

cross walks can help prevent accidents and injuries.

Remember, according to the National Highway Traffic Safety Administration, more school-age pedestrians have been killed during the hour before and after school than any other time of day. And, although drivers are required by law to stop for a school bus when it's loading or unloading passengers, they might not. Children should not rely on them to do so.

BACKPACK SAFETY

Team Riley, when you move your child's backpack after he or she drops it at the door, does it feel like it contains 40 pounds of rocks? Maybe you've noticed your child struggling to put it on, bending forward while carrying it, or complaining of tingling or numbness. If you've been concerned about the effects that extra weight might have on your child's still-growing body, your instincts are correct.

Backpacks that are too heavy can cause a lot of problems for kids, like back and shoulder pain, and poor posture. The American Chiropractic Association recommends a backpack weigh no more than 10% of a child's weight. In addition, select backpacks that have padded back and shoulder straps, multiple compartments, compression straps on the sides or bottom to stabilize content and have some type of reflective material.

PLAYGROUND SAFETY

Forty years ago everything on the playground was made of metal. Slides were so hot they could burn skin; spinning merry-go-rounds jerked and slung kids in different directions and monkey bars put children 10 feet in the air with rock-hard earth or concrete underneath.

Fortunately, playgrounds are not made like that anymore and that's a good thing. But a recent study by the Centers for Disease Control and Prevention finds that emergency departments still see more than 20,000 children ages 14 and younger for playground-related traumatic brain injury each year.

The biggest injury concern on playground are falls. Some of the top equipment associated with injuries are climbers, swings, slides and overhead ladders, according to the National Program for Playground Safety. To prevent traumatic

head injuries parents should make sure that:

- Playgrounds have adequate surfacing to absorb the impact of falls. Rubber mats, loose fill material, shredded tires should be at least 12 inches deep
- The area under and around play equipment should be free and clear of obstructions at least six feet in all directions
- Watch out for bolts, hooks rungs etc. that could catch strings or items of clothing. Children should never wear drawstring hoodies on playgrounds
- There should be no opening that measures between 3.5 and 9 inches to prevent head entrapments
- Playgrounds should have adequate supervision and equipment should be age appropriate. Toddlers should not play on equipment that was designed for school age children.

It is also important to remember that for a little while at the beginning of the school year the summer sun is still blistering which means there is potential for thermal injuries on metal and dark plastic playground equipment. If the equipment is exposed to direct sunlight, parents should check it before allowing young children to play. If it is hot to the touch for an adult hand, it has the potential to burn a child because their skin is thinner.

SPORTS SAFETY

One of the biggest issues involving sports related injuries is concussions. Every three minutes a child in the U.S. is treated for a sports-related concussion. Don't think it's just football players — or boys — who bang their heads. For sports in which girls and boys participate, girls suffer 56% of concussions, according to a study published by the National Athletic Trainers' Association.

Know the symptoms of concussions; vacant stare, confusion, forgetfulness, glassy-eyed, disorientation, clumsiness or poor balance, slowed speech and changes in moods, behavior or personality.

Team Riley, send your children off to school equipped with everything tool they need to be able to achieve maximum success, including safety. For more information, contact the USAG, Safety Office, 785- 240-0647.

Total Force – larger, stronger military

Dear Doc Jargon,

I was listening to one of those Fort Riley Minutes on the radio and I heard the announcer say something about the "total force."

I'm familiar with a Joint Force being Army and another service or nation, but I have not heard the term total force before. Does it have anything to do with the Atlantic Resolve mission in Europe that our Soldiers are participating in?

I admit I was paying attention to the road and not listening as closely to the rest of the Fort Riley Minute.

Sincerely,

Terminally Challenged

Dear Terminally Challenged

Well, thanks for listening to the radio spots, and thank you for paying closer attention to your driving. After all, safety first.

As for the term, it is meant to encompass the entire picture of the Army or the American forces — active, Guard and reserve. The idea is that the total force is more than one component and that they can seamlessly blend and operate together as one cohesive "Total Force." This means we are bigger and stronger than any one component on its own.

Keep listening and keep driving safe too.

Sincerely
Doc Jargon

Email your military lingo questions to Doctor Jargon at doctorjargon@gmail.com.

Better Living: Z-Man Gecko Gloves

By Collen McGee
USAG PUBLIC AFFAIRS

The Defense Advanced Research Projects Agency has an invention that can make a U.S. Soldier as nimble as a gecko and able to climb the smooth glass outer wall of a city skyscraper like a uni-formed version of Marvel's Spider-Man.

INTRODUCING THE DARPA Z-MAN PROGRAM

The program includes a multi-faceted suction device that uses the weight of the climber to activate the many suction devices in panels that attach to the building. The

second part of the program is "Gecko Nanoadhesive."

The Z-man project, according to DARPA's website, is bio-inspired climbing technology. The mechanical device allowed a 218-pound man carrying a 50-pound pack to scale a 25-foot glass wall. That technology was developed for DARPA by Draper Laboratory of Cambridge, Massachusetts.

"The gecko is one of the champion climbers in the Animal Kingdom, so it was natural for DARPA to look to it for inspiration in overcoming some of the maneuver challenges that U.S. forces face in urban envi-

ronments," said Dr. Matt Goodman, the DARPA program manager for Z-Man in an article on DARPA's website. "Like many of the capabilities that the Department of Defense pursues, we saw with vertical climbing that nature had long since evolved the means to efficiently achieve it. The challenge to our performer team was to understand the biology and physics in play when geckos climb and then reverse-engineer those dynamics into an artificial system for use by humans."

To watch the paddles in action, check out the video at www.sciencemag.org/

news/2014/11/gecko-inspired-adhesives-allow-people-climb-walls.

The accompanying article also lists the challenges of how DARPA researchers had to learn to distribute the climber's weight evenly to allow the adhesive paddles to work like the thousands of sticky hairs on the feet of a gecko.

They had to grip tightly and release easily for smooth movement.

According to the article on the website of Science Magazine, the researchers are now working with NASA to build adhesive equipped robots that can catch space junk.

The next USAG Resilience Day Off is

August

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SLING Continued from page 1

conduct sling load operations on a vehicle or equipment would be a necessity should ground transportation be considered too dangerous or impossible.

"Ground resupply isn't always an option based on whatever the circumstances may be," said Capt. Jerry Pittman, the S4 officer for the 1st Eng. Bn. "It really broadens the scope of resupply and logistics when we can incorporate both ground and aerial operations."

The opportunity to train with a helicopter element and the ability to see the process first hand is a unique experience for the Soldiers and valuable training that contributes to their readiness as a company and the readiness of the battalion as a whole.

"We don't do this often, so it is definitely a good experience to have," Robles said. "Especially for the new Soldiers that have never been around an aircraft or have never hooked up to the aircraft with all the equipment that the sling load has."

"I would say that the distribution platoon itself is much more lethal," Pittman said. "They are much more capable. They'll continue to train and continue to perfect their craft and that will improve their lethality. For the brigade



Sgt. Jeremiah Woods | 358TH PAD

Army Sgt. Rhealyn Brown, a wheeled vehicle mechanic with Echo Company, 1st Engineer Battalion, 1st Armored Brigade Combat Team, First Infantry Division, directs a CH-47 Chinook belonging to 2nd General Support Aviation Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, as it prepares to lift a Humvee belonging to the 1st Armored Brigade Combat Team, 1st Infantry Division during a sling load training exercise on a range at Grafenwoehr Training Area, Germany, July 30. Training to sling load vehicles and equipment in the field is an essential part of the combat readiness mission of the 1st Eng. Bn. during Atlantic Resolve.

as a whole, logistics and resupply is so much a part of the big picture. It is absolutely crucial that the maneuver units are being supported and this will definitely streamline that process of resupply and logistics. Being able to maneuver a brigade

on the battlefield, half the fight is sustainment."

After the training exercise, Soldiers were given the opportunity to ride in the helicopter and experience the capabilities of the aircraft from the passenger seats.



BRIDGE Continued from page 3

Brigade Combat Team, 1st Inf. Div., commander. "Perhaps that is because after 18 months of sustained conflict, communities across our nation have shared a similar loss. Regardless of the communities that raised them, set our heroes off to war, love them, taught them right from wrong and regrettably welcomed them home to their eternal resting place. We have all lost someone like Kevin."

Among those in attendance at the ceremony were Gilbertson's mom, stepfather, Senator Larry Alley, Senator Pat Roberts, Senator Kevin Braun and Representative Bill Rhyley.

Although Gilbertson's hometown was Cedar Rapids, Iowa, his mother and step-father live in the area and will travel on the bridge named after him.

"We are very proud of him," Frank said. "He is our Hero!"



Will Ravenstein | Post

Maj. Nate Strickland, United States Army Futures and Concept Center, Fort Eustis, Virginia, speaks about his time as a platoon leader with 1st Battalion, 77th Armor Regiment, 2nd Brigade Combat Team, 1st Infantry Division, and the effect of the loss of Sgt. Kevin A. Gilbertson during a bridge dedication ceremony Aug. 3 in Arkansas City, Kansas.



Fort Riley - Central Kansas Chapter



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Army training aids Soldier in saving life

By Joe Lacdan
DEFENSE MEDIA ACTIVITY

FORT MEADE, Md. — When Matt Oldham saw the black SUV erupt in flames, he sprinted toward the fire.

The Army specialist's heart raced as he approached the injured driver, whose vehicle had collided into the brick building across the street from the Dallas Holocaust Museum, where Oldham worked as a security guard.

It had started as an ordinary, quiet summer night. Oldham, a member of the Texas National Guard, had volunteered for the nightshift because of graffiti recently strewn upon the museum's new building.

The blaring crash broke the silence.

The accident occurred at about 12:40 a.m., with an ensuing fire trapping the driver inside.

"I heard the tires screech," Oldham said. "It was a very large crash."

Oldham peered through the windows on the west side of the museum to assess the situation before he instinctively began running toward the wreckage.

"My whole family has served all the way back through World War I," Oldham said. "So it's always kind of been in my nature to serve and to ... run toward fire — literally. It was kind of like muscle memory or instinct; whatever you want to call it. I knew I had the training, the equipment to help. I couldn't not act."

Two Dallas police officers hunkered over the vehicle, attempting to free the injured driver from the vehicle with no luck. The front end of the SUV lay crunched against broken glass and brick. The impact sandwiched the driver between the building and car.

Carrying a tourniquet, the Wylie, Texas, native credited the combat buddy care and lifesaver training he received at Fort Ben-

ning, Georgia, with helping him perform the successful rescue.

As the flames rose around him and the heat began to flicker on his skin, the 22 year old said he remained focused on extracting the trapped man.

"I definitely didn't realize the magnitude of the fire," Oldham said. "Or destruction of the vehicle from the driver's side because you couldn't really see it as much. You just kind of block all that out; you focus on your tasks."

Oldham saw the injured man crunched inside the steering column of the vehicle. He scanned the man's body for injuries and learned the man had suffered a compound fracture, broken bones in both arms and a partially-amputated right foot. He also had a partially-crushed chest, though his airway remained intact, Oldham said.

The man remained conscious, though heavy intoxication and shock prevented him from communicating. Oldham said the injured man is expected to survive, though he will likely be taken into custody for driving under the influence.

Oldham said the collision gave him his first opportunity to exercise his combat lifesaving skills that he could use in a future deployment. He deployed from 2017-2018 to the Horn of Africa with his National Guard unit: C Company, 3rd Battalion, 144th Infantry Regiment from nearby Seagoville, Texas.

While in Africa, he participated in airbase defense, patrols and general theater security. But he didn't encounter anything during the nine-month deployment like he did in Dallas.

"You try to kind of block it out because it is traumatic," he said. "Especially if you've really never seen things like that. I've seen plenty of pictures in training ... it's different when you see it in person. And being an infantryman, it's very similar to a combat injury."



Staff Sgt. True Thao

U.S. Army Pfc. Jordon Dockery, with Alpha Company, 1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, fires blank rounds from a M240 during Expert Infantryman Badge testing at Novo Selo Training Area, Bulgaria, July 23. The EIB test measures a Soldier's physical fitness and ability to perform to standards of excellence in a broad spectrum of critical Infantry skills.

QUICK-FIRE CHALLENGE



Staff Sgt. True Thao

LEFT: U.S. Army 2nd Lt. Joseph Agay, with Alpha Company, 1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, low crawls under concertina wire during Expert Infantryman Badge testing at Novo Selo Training Area, Bulgaria, July 24. RIGHT: Pfc. Clay Skelton with Headquarters and Headquarters Company, 1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division decontaminates his M4 Carbine in a simulated chemical/biological attack during Expert Infantryman Badge testing at Novo Selo Training Area, Bulgaria, July 24. The EIB test measures a Soldier's physical fitness and ability to perform to standards of excellence in a broad spectrum of critical Infantry skills.

Innovative system could help make Army fuel cells more efficient

By U.S. Army CDC Army Research Laboratory Public Affairs

RESEARCH TRIANGLE PARK, N.C. — As part of an effort to address the gap the Army faces in the need for long-lasting power and batteries for warfighters, the Army Research Office funded a research team who developed an artificial intelligence system that officials say identifies a promising material for creating more efficient fuel cells.

Researchers said the system, developed at Cornell University, is a potential breakthrough in both materials science and machine learning. It relies on a collective of algorithmic bots each performing a distinct task and sifts through hundreds to thousands of combinations of elements to create a map of

phases — arrangements of atoms in relation to each other — that humans can then use to determine which might work as a new material.

"The exciting part about basic science research is you can't always predict where the results will lead," said Purush Iyer, division chief, network sciences at Army Research Office, an element of the U.S. Army Combat Capabilities Development Command's Army Research Laboratory. "We funded this research to better understand collective intelligence (wisdom of crowds). While material science application, such as design of novel alloys, were always on the cards, the serendipitous nature of the eventual outcome, that of a catalyst to aid in designing better fuel cells, is solving a problem

of immense importance for the Army — battery power in the field — shows the importance of investing in basic research."

The problem forced researchers to develop a new approach, they said.

"[It] really pushes the frontier of AI to derive physically meaningful solutions," said Dr. Carla Gomes, professor of computer science and director of the Institute for Computational Sustainability, and first author of the paper published in June in Materials Research Society Communications.

Researchers seeking to improve fuel cells for cars are searching for a catalyst to allow them to replace hydrogen, which is difficult to store, with methanol. But because no known materials are efficient

catalysts for methanol oxidation, a new material is needed, said co-author John Gregoire, Ph.D., a staff scientist at the California Institute of Technology.

"If a viable catalyst exists, it's going to need to be discovered by combining elements of the periodic table, and the number of combinations is so vast that it can't be done with traditional experimentation," Gregoire said.

Researchers also need to understand the crystal structure because solids may have multiple phase structures and each one behaves differently as a catalyst.

"Humans can solve the phase map for simple composition systems containing two elements," Gregoire said, "but whenever there are more than two elements, it's too much informa-

tion for humans to process, and we need AI to assist."

Existing machine learning approaches, however, were not well suited for the constraints of scientific discovery. Solutions must not only be plausible but also obey the laws of physics and chemistry, Gomes said.

To meet the challenge, Gomes and colleagues developed a system called CRYSTAL for crystal phase mapping, in which multiple bots each take on part of the problem, from predicting the phase structures of various combinations to making sure those predictions obey the rules of thermodynamics.

Gomes said CRYSTAL was inspired partly by the IBM Watson supercomputer, which used a community of AI agents coming up with different possible

solutions to beat human champions at "Jeopardy!"

Using the system, researchers were able to identify a unique catalyst, composed of three elements crystallized into a certain structure, which is effective for methanol oxidation and could be incorporated into methanol-based fuel cells.

"This is an important discovery that challenges our understanding of catalysis, and an important research direction toward designing the next generation of catalysts," Gregoire said.

"The outcome of this research is to make battery power readily, and continuously, available to soldiers in a form that is safe and easily transportable, which could have a huge impact on the lives and performance of our soldiers," Iyer said.

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ACFT Continued from page 1

Each of the different certification levels have responsibilities and limits as to what they can do.

A level-one ACFT grader completes a three-hour validation training and has the knowledge, skills and ability to:

- Validate a testing location
- Validate the testing equipment to standard
- Grade the six ACFT test events to standard

The level-one grader may be used to familiarize their unit with the ACFT and prepare Soldiers to take the test or receive training from level-two graders.

“I think this helps out a lot because I know that they’ve gone through the training,” Rogge said. “It’s a much more effective test, but it’s going to take much more planning and coordination.”

Level-two graders complete a two day validation training and have the knowledge, skills and ability to:

- Complete the functions of a level-one grader
- Serve as a testing officer in charge or NCO in charge to run a unit ACFT
- Administer a 90-day record ACFT
- Train level-one graders by providing the three hour validation training

Level-three graders complete a three-day validation training and must hold the Master Fitness Trainer certification. Level-three graders have the knowledge, skills and ability to:

- Complete the functions of both level-one and two graders
- Train ACFT level-two graders by providing the two day certification training

“Level threes really get three days’ worth of training,” said Sgt. 1st Class Joseph Brown, ACFT-MTT, Fort Eustis, Virginia. “We talk about the overall grading and the responsibilities



Will Ravenstein | Post
Sgt. 1st Class Chad Jones, Company B, 1st Combined Arms Battalion, 63rd Armor Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, pulls the weighted sled during the Sprint, Drag, Carry event of the Army Combat Fitness Test July 30 at Long Fitness Center. Jones and other senior noncommissioned officers completed the ACFT as part of their level three certification to administer the ACFT to their Soldiers.

of the NCOIC, OIC. Their job is to then go back and produce level twos and level ones and really familiarize their Soldiers with the ACFT itself.”

The ACFT is still in a fielding phase with standards and expectations almost set for the Oct. 1, 2019 launch date. The ACFT-MTTs are ensuring that the latest information for the program is relayed to units, Brown said.

“Because ... it’s in a field test phase and we are still kind of tweaking those standards right now,” he said. “So, our job is to let these level threes know if there is any new information. Also, they can be using their ACFT Field Manual to still keep those stan-

dards in line during the field test. We also have things available right now, like the army.mil/acft microsite so Soldiers can go on there, look at those standards so they are aware of them right now.”

Soldiers should refer to Field Manual 7-22, “Army Physical Readiness Training,” or army.mil/acft for ways to train and prepare for the implementation of the ACFT. Fort Riley Soldiers can also refer to the 1st Infantry Division Post newspaper section, Form Matters, to see examples of beneficial exercises. Soldiers can expect to take the ACFT no later than October 2020 when it becomes the Army physical fitness test of record.

SOFTBALL Continued from page 1

way to keep up morale and stay motivated. Most Soldiers spoke about how playing softball gave them that piece of home they were missing. As the Soldiers continued to practice, they slowly started to gain confidence.

Going into the regional championship game, the HSC Spartans did not feel too confident knowing that their opposing team, Bravo Company, had only lost one regular season game.

“No one really expected us to make it this far,” Dennison said. “We had to prove them wrong.”

At the start of the game, HSC came out the gate swinging, determined to give it their all. By the fourth inning, the Spartans had already established a healthy lead of 6-2.

Throughout the game, they kept their momentum and scored in every inning. Each player had their chance at batting and playing in the outfield — there were even a few home runs.

It was only right that the Cinderella-like team had the picture-perfect ending to their long journey. HSC beat Bravo Company, 11-4, after a seven-inning game.

Players rejoiced and showed good sportsmanship as they shook hands and exchanged friendly smiles. The Brigade Commander, Col. Bryan Chivers, Brigade Command Sgt. Maj Scott Nutter, and the Brigade Command Chief Warrant Officer, CW5 Matthew Fitter, presented each team their trophies.

After the trophies were handed out, Chivers shared a speech highlighting the importance of morale and congratulated the Soldiers on a job well done.

“At the end of the day, winning or losing doesn’t matter because we all love the game,” Chivers said, “You guys are out here creating friendships, while also building readiness and improving unit morale. That’s the most important part to take home with you.”

The HSC Spartans are now headed to the IMCOM tournament.

“It’s been a crazy ride and I’ve made a lot of good friends through this sport,” Dennison said. “I can’t wait to see what the next game has in store for us.”

Program targets repeat offenders

U.S Army

WASHINGTON — The Department of Defense now has a new investigative tool to help identify perpetrators of sexual assault.

The new Catch a Serial Offender — or “CATCH” — Program, operational as of August 5, is run by the Naval Criminal Investigative Service for all branches of the U.S. Armed Forces and the National Guard. CATCH gives people making a Restricted Report of sexual assault an opportunity to anonymously disclose suspect and incident information to help the Department of Defense identify repeat offenders.

The details the victim provided to the CATCH Program are compared to others’ CATCH entries and other sexual assault reports. If the information appears to match with other allegations one victim’s submission on a suspect matches another victim’s submission, the participating victims are notified privately. Participants can then decide whether to convert their Restricted Report to an Unrestricted Report and participate in the investigation of the suspect.

“Victims of sexual assault deserve our best support and resources,” said Dr. Nate Galbreath, acting director of the DOD Sexual Assault Prevention and Response Office. “We’re excited for the launch of

CATCH, which will empower victims to disclose information about their assailant or assault in a safe and confidential way.”

Participation in the CATCH Program is voluntary. Victims can also decline to participate in the process at any point, even after being notified that there was a potential match, with no negative consequences if the victim does not agree to participate.

“Research suggests that some suspects commit multiple incidents before being reported or caught. With CATCH, the Department has a new tool to identify these suspects,” said Dr. Galbreath. “What’s great about this new program is that both currently serving and veteran service members who made a Restricted Report can participate. We hope that those who have since left the Service will consider contacting a Sexual Assault Response Coordinator and opt into CATCH.”

Each Service will assign military criminal investigative organization investigators/analysts to the “MCIO CATCH Program Team” to run inquiries against the CATCH system on a regular basis. The National Guard Bureau will also assign a point of contact from the Office of Complex Investigations for investigative matters. In addition, each service and NGB headquarters will designate one Sexual Assault Prevention and Response (SAPR)

CATCH POC to work closely with the MCIO CATCH Program Team and coordinate match notifications. Mr. Nathan Evans, of the Army Sexual Harassment/Assault Response and Prevention Division, is the Army’s CATCH POC.

Victims should contact their SARC for more information on the CATCH Program or to make a report of sexual assault. To locate the nearest SARC, the Department of Defense Safe Helpline provides a responder database available at <https://www.safehelpline.org/nearme>.

With restricted, or confidential reporting, the adult sexual assault victim can access healthcare, advocacy services, and legal services without a notification to command or law enforcement. Under Unrestricted Reporting, victims may also access these support services, but both the command and law enforcement are notified and the report is referred for investigation.

To speak to someone immediately, call the Safe Helpline for anonymous and confidential, 24/7 support at 877-995-5247 or www.safehelpline.org.

Safe Helpline is the DOD’s provides specialized services including one-on-one crisis intervention and support, peer-to-peer support, information, resources, and self-care exercises, available anytime and anywhere (in the U.S. or overseas).

For more information call: 785-239-2583




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Effective April 22, 2019, the Employee Benefits and Information System (EBIS) will be upgraded to the GRB Platform™. The GRB Platform™ is an enterprise system that provides Army-serviced employees with access to information regarding government wide benefit programs such as health insurance, life insurance, the Thrift Savings Plan (TSP), retirement, and more. You can review the coverage for each benefit you are enrolled in as well as other benefits you may want to take advantage of in the future. Additionally, the GRB Platform™ contains a variety of resources and tools such as benefit program documentation, fact sheets, informational videos, electronic forms, calculators, and links to external websites.

Total Compensation Statement:
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- Federal Employees’ Group Life Insurance (FEGLI)
- TSP

Calculators:
Several estimators and calculators are available so you can perform “what-if” scenarios concerning your retirement benefits:

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- High-3 Average Salary
- TSP Contributions
- TSP Withdrawal
- FEGLI Premiums
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- Social Security

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The GRB Platform™ contains a comprehensive resource library of documents, videos, forms, and links relating to each government-wide Federal benefit program. With e-learning capabilities, you are a click away from accessing a catalog of engaging courses to support planning and understanding of your retirement and benefits. These courses are designed to reach employees at all stages of their careers, including orientation for new employees.

Access Information:
To access the new GRB Platform go to: <https://www.ebis.army.mil/>

Common Access Card (CAC) log on only. There is no longer a user name and password requirement. When you log in for the first time you will view a brief tutorial video about the GRB Platform.

For assistance, contact:
Army Benefits Center-Civilian (ABC-C)
Specialists are available Monday through Thursday from 7:00 am CT to 5:00 pm CT
DSN: 520-2222, Commercial (785) 240-2222, and Toll-Free 1-877-928-9287

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Fort Riley women search the racks at Army Community Services Gift the Gown event for the perfect dress Aug. 3.

Found the dress

Gift the Gown event allows Fort Riley Soldiers, spouses to find the right outfit

Story and photos by Carisa Huntwork
1ST INF. DIV. POST

The staff of USO Kansas, Fort Riley Center made sure spouses who went to Gift the Gown, at Army Community Services Aug. 3, left feeling pampered.

Bellus Academy, from Manhattan, Kansas, was at the event to do hair, makeup, waxing and manicures. There were racks of gowns for the women and a rack of tuxedos and suits for the guys.

"This is a national USO event," said Theresa Guadagno, center operation supervisor of USO Kansas. "I love getting all the spouses together. It is a fun event. It gives spouses something to do and keeps them engaged on post. You can come eat, drink coffee and Bellus is here."

"They (the staff) help you find your size, and they encourage you and let you know what looks good on you,"

AUDRIANNA MARTIN | WIFE OF SPC. MYRICK MARTIN, 2ND BATTALION, 70TH ARMOR REGIMENT, 2ND ARMORED BRIGADE COMBAT TEAM, 1ST INFANTRY DIVISION

Events like Gift the Gown help bring spouses out to learn what is available in the community, she said. Not wanting to exclude the male spouses they try to include tuxedos and suits.

If someone wants to make a gift of a gown or male dress attire, they can bring it to the USO.

See CLOTHES, page 10



Pampering was on order as students from Bellus Academy, Manhattan, Kansas, treated Fort Riley women to manicures, hair and makeup treatment during the Gift the Gown event at Army Community Services Aug. 3.



Volunteers, Army Community Service employees, friends and family members helped as Fort Riley women looked through the racks to find the perfect dress for future engagements Aug. 3 during the Gift the Gown event.

Faith-based groups launch new year

By Carisa Huntwork
1ST INF. DIV. POST

Fall season launches the start of the new year for the faith-based groups on Fort Riley. There are several groups that meet on post throughout the week and are geared to all stages of life.

AWANA

Kids from three years old through 12th grade are welcomed to join AWANAs which is derived from Approved Workmen Are Not Ashamed. They meet on Sundays from 2:30 to 4:30 p.m. at Victory Chapel.

"AWANA is awesome," said Erin Kerbs, spouse to Sgt Thomas Kerbs, 1st Battalion, 5th Field Artillery Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division. "It is all donation based, they try to make it free for everyone to attend. "You can drop off school-aged kids. They have a workbook, badges you can earn, and they have little uniforms."

The fall session will start Sept. 8.

CLUB BEYOND

Club Beyond is for middle school through high schoolers. This is a place for them to get together and have fellowship with their peers.

Nancy Power, Club Beyond director at Fort Riley, said their heart is to love on the kids who come through and "bring youth to the feet of Jesus and teach them who he is and that he loves them the way they are."

A typical time at Club Beyond consists of a sign in process, worship, a Bible-based lesson and a snack.

Club Beyond meets at Victory Chapel Sundays from 5:30 to 7:30 p.m. The new season starts August 18. There is not a requirement to sign up in advance. For more information call 513-519-3151.

PROTESTANT WOMEN OF THE CHAPEL

"Protestant Women of the Chapel is an organization that

See PROGRAMS, page 10

Girl Scouts want you to join them



File photo

Rachel Barrera, 9, daughter of Staff Sgt. Angel Barrera, 1st Squadron, 4th Cavalry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, stacks boxes of Girl Scouts cookies as her sister, Katie, 6, prepares to pick up another box. The duo helped load 1,600 cases of cookies April 4 into the USO Fort Riley store room after selling cookies with their troops, 5681 and 1810.

By Carisa Huntwork
1ST INF. DIV. POST

The Girl Scouts are hosting a sign-up event, New G.I.R.L., on Aug. 15 at the 12th Street Community Center in Junction City from 6 to 7:30 p.m. This is a free open-house event.

G.I.R.L. stands for go-getter, innovator, risk taker and leader. "Girl Scouts is great for the military because it creates that instant community for girls that move so often, so everywhere they go they can have that instant peer-to-peer relationship with girls who are going through the same thing," said Anngelina Swift, Girl Scout troop leader.

Girl Scouts teach life skills children can use later in life, she said.

See SCOUTS, page 14

Historical Society has recruiting, other events upcoming

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

The annual Historical and Archaeological Society of Fort Riley Ice Cream Social and Membership Drive is Aug. 11 from 2 to 4 p.m. at Custer House, 24 Sheridan Ave., and there will be more than just ice cream.

"We saved 10 of the pies from last year," said Darlene Stamm, HASFR president. "And so, we will bake those 10 pies and we will have the

ice cream. We will have our ghost books and t-shirts for sale. And there will be people in historical dresses."

She said they will also sign up people who want to be members of HASFR. Anyone interested in the history of Fort Riley or wanting to volunteer for any of the events HASFR does, like the Ghost Tours and Tour of Homes, are invited to sign up at the event.

There will also be other organizations at the Ice Cream Social with infor-

mation for families of Fort Riley.

For anyone interested in joining HASFR, contact the membership chair, hasfrmembership@gmail.com.

OTHER EVENTS

On Aug. 23 from 4 to 6 p.m. at Sheridan Hall, 407 Pershing Ct., HASFR members and the Fort Riley Cultural Resources Program staff will host a Historic Chat on the prehistory and

See MEMBERS, page 14

Members of the Historical and Archaeological Society of Fort Riley dress up during the Junction City S u n d o w n Salute Parade July 4. The members put on several events on post throughout the year and are looking for new members.



WEEKEND WEATHER OUTLOOK

FRIDAY



HI: 86 F

LOW: 73 F

SATURDAY



HI: 88 F

LOW: 70 F

SUNDAY



HI: 97 F

LOW: 77 F

FORT RILEY POST-ITS

Fort Riley MWR

Residents who like to walk or run on the trails at the Outdoor Adventure Center should be aware that the Bowslinger 3-D Archery Tournament is Aug. 24. People should plan accordingly and stay off the track while the event is in progress.

Fort Riley MWR

Fort Riley's first Riley's Rascal Soap Box Derby is Aug. 10 from 10 a.m. to 2 p.m. This is a free event. People are invited to watch the downhill races and cheer on their favorite homemade vehicle or team, which will compete for speed and art. The races are on Buffalo Soldier Rd. at Camp Funston. For more information call 785-239-4983.

Lets go to the movies @ Barlow Theater

Friday, August 9 - Stuber (R) 7 p.m.
Saturday, August 10 - The Secret Life of Pets 2 (PG) 2 p.m. and Crawl (R) 7 p.m.
Sunday, August 11 - Crawl (R) 5 p.m.

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

USD 475

The first day of school at all Fort Riley Elementary School and Fort Riley Middle School is Aug. 12. Watch for children and stay alert at the start and end of the school day. School speed zones are in effect for days school is in session. Also be sure to stop when a school bus has the stop sign out.

Fort Riley leadership

People who want to know more about the programs, events and services available in Fort Riley and the surrounding community can attend the Fort Riley Town Hall at Riley's Conference Center, 446 Seitz Ave. Learn about community topics and upcoming events, during this one-hour informational briefing Aug. 14 at 12:30 p.m. Speakers include garrison organizations, Army Community Service, USO Kansas and more.

Fort Riley Spouses Club

The Fort Riley Spouses Club will have its annual Open House Super Sign-up on Aug. 15 from 10:30 a.m. to 1 p.m. This event will include a free lunch and information about resources available in the community. Come learn about the Fort Riley Spouses Club and what their mission is. People who are interested in joining will be able to do so at the event.

MWR Animal Shelter

Bring your furever friend to the Animal Shelter to celebrate National Microchip Day on Aug. 15. The Animal Shelter will be verifying microchips in cats and dogs and offering microchip services to animals that are not chipped. Cost: \$35 per Microchip. For more information, contact the Fort Riley Animal Shelter, 224 Custer Ave. at 785-239-6183.

HASFR

The Historical and Archaeological Society of Fort Riley Ice Cream Social and Membership Drive is Aug. 11 from 2 to 4 p.m. at Custer House, 24 Sheridan Ave. In addition to ice cream, volunteers will serve up slices of apple pie to get people ready for Fall Apple Day in September.

CLOTHES Continued from page 9

"I have only seen people leave happy," Guadagno said. The USO is planning to host this event again in early November. "They added more (services) since last year," said Audianna Martin, spouse to Spc. Myrick Martin, 2nd Battalion, 70th Armor Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division. Martin said she attended this event last year before a ball, and she is going to another one; she said she was excited to come back. "They (the staff) help you find your size, and they encourage you and let you know what looks good on you," Martin said. She appreciated the staff for being so friendly and encouraging. In addition to the clothing and pampering, there was a class on ballroom etiquette. Jane Brookshire, installation volunteer coordinator and Army family teambuilding/Army family action plan program coordinator, gave one-on-one etiquette lessons at the event. She said sometimes they would have larger classes at the beginning of the sessions, but this event was laid back enough where the one-on-one worked well. "I just came because I was interested in learning more about the etiquette," said Tiffany Rounba, spouse of Sgt. Stephane Rounba, 541st Combat Sustainment Support Battalion, 1st Infantry Sustainment Brigade. "They have a lot of different options (for gowns) ... bringing a girlfriend would make this fun too." As spouses and children looked through the racks of dresses, the dressing rooms filled up with people who were coming in and out dressed up to show off the gowns they had found that they loved. Spouses left with a gown, a pair of shoes, a sewing kit and a bag full of Mary Kay product.

PROGRAMS Continued from page 9

is on nearly every Army base," said April Griffen, Titus 2, which is a title given to women within PWOC. "No matter where you PCS to, you will likely find a PWOC to get plugged in to." She said the main goal of PWOC is to help women grow in their faith by providing community paired with Bible Study. "You will dive deeper into the Bible with PWOC," she said. "There will be a time of worship music and a short biblically based devotion each week. PWOC here at Fort Riley is great about offering a wide variety of Bible Studies to meet the needs of our Ft. Riley ladies. No matter if you are a long-time believer or just exploring your faith, there is a study and place for you at PWOC." Topics they discuss vary from parenting, marriage, or studying a specific topic or book in the Bible. "PWOC is a wonderful and welcoming place to get plugged in to. There is deep sense of family and community within our Ft Riley PWOC," Griffen said. "It's the perfect place to meet your new best friend. If you are looking to grow in your faith, I highly recommend giving it a try." PWOC offered free childcare starting at age six months. Protestant Women of the Chapel will start its fall schedule Aug. 20 and meet on Tuesdays either from 9 to 11:30 a.m. or 6:30 to 8 p.m. The group meets at Victory Chapel. **CATHOLIC WOMEN OF THE CHAPEL** Catholic Women of the Chapel meets on Wednesdays

from 9 to 11:30 a.m. at St. Mary's Chapel. "The fall kickoff will be this month. Childcare drop-off is located on-site," said Nicolette Okara, wife of SSG Jason Okara, 1st Battalion, 5th Field Artillery Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division. "There is prayer time — usually saying prayers, reciting the rosary, or doing the Stations of the Cross." Okara said after prayer, is socializing and enjoying a brunch that members bring. The meeting itself is from 10 to 11:30 a.m. and is when they go over announcements and talk about the book they are studying. "Last Fall, we studied Omnipotent and in the spring it was Having a Mary Heart in a Martha World," she said. "A new book will be chosen for this fall and is provided to members free of charge. "I enjoyed spending time with other ladies of the Catholic faith and discussing ways we can live our faith every day. The books we studied were very enjoyable and are ones I go back to even after the study was over." People can join in at any time. Some members are only able to come every few weeks and some once a month. Catholic Women of the Chapel also does outreach based on what the board members choose. "Last year, their outreach efforts were organizing dinners for the Warrior Transition Unit, providing soup and supper on Fridays during Lent, and providing dinner to the families that celebrated First Confirmations," she said. The first fall session of CWOC will be August 21st.

Fort Riley Religious Support Office

Effective 4 Aug, Protestant service ChapelInXt will begin worship at 0900 and Children's Church will start at 0910 at Victory Chapel. Sunday Mass will be held at St. Mary's Chapel at 0900 and 1130 at Victory Chapel. Sunday Catechism will start at 1030 at Victory Chapel.

Chapel Program Kick-offs

- 18 Aug – Club Beyond – Faith Based Youth Program for 6th-12th grades - meets weekly on Sundays from 1730-1930 at Victory Chapel
- 20 Aug – Protestant Women of the Chapel (PWOC) meets weekly on Tuesdays from 0900-1130 at Victory Chapel
- 21 Aug – Catholic Women of the Chapel (CWOC) meets weekly on Wednesdays from 0900-1130 at St. Mary's Chapel
- 21 Aug – Homefront Heroes meets weekly on Wednesdays from 1830-1930 at Victory Chapel
- 8 Sep – AWANA for ages 3yrs – 12th grade meets weekly on Sundays from 1430-1630 at Victory Chapel

Fort Riley Religious Support Office
 2560 Trooper Dr. Fort Riley, KS 66442
 785.239.3359/0834 or usarmy.riley.usag.mbx.chaplain-office@mail.mil

HOMEFRONT HEROES

"Homefront heroes is geared towards the cycles of deployment and is faith based," Griffen said. "You will be encouraged to grow in your faith. However, we understand the diverse group of ladies that attend and want to meet every woman where she is at. We don't want to be exclusive to deployment, because we know here on Fort Riley the tempo is really high. We know pre-deployment and reintegration are hard. Most are touched by deployment in some ways, so we are open to all." Home Front Heroes meet every Wednesday at Victory Chapel from 6:30 to 7:30 p.m. During this time spouses gather for an uplifting message. The fall session begins on Aug. 21.

Worship Opportunities	
Protestant Services	
Victory Chapel	239-0834
ChapelInXt Protestant Service	
Sunday Worship	0900
Children's Church	0910
Morris Hill Chapel	239-2799
Gospel Protestant Service	
Sunday School	0900
Sunday Worship	1100
Main Post Chapel	239-6597
Traditional Protestant Service	
Sunday Worship	1030
Children's Church	1045-1130
Catholic Services	
Victory Chapel	239-0834
Sunday, Confession (and by appointment)	1100
Sunday Mass	1130
Sunday Catechism	1030
Saint Mary's Chapel	239-6597
Sunday Mass	0900
Daily Mass – Mon., Wed., & Fri.	1200
IACH Chapel	239-7872
Daily Mass – Tue. & Thur.	1200
Pagan/Wiccan Service	
Kapanan Chapel	239-4818
Fort Riley Open Circle – SWC	
1st & 3rd Wednesday monthly	1800

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Proper nutrition important to retiring healthy, strong

By Gail Parsons
1ST INF. DIV. POST

This is the third of three articles addressing the health of Soldiers after they leave the Army. The Army Wellness Center staff offers a Retire Strong class to help Soldiers maintain a healthy lifestyle when they transition out of the Army.

When a Soldier retires, their life will change in many ways, including no longer being required to wake up at 0-dark-30 and go for a two-mile run. There's no longer a requirement to watch one's weight or maintain a fitness schedule.

The loss of those requirements may come as a welcome part of retirement for some Soldiers. However, statistics provided by the Fort Riley Army Wellness Center show that within five years of retirement, the percent of Soldiers who are obese exceeds the national average for people in the same age category.

"We see a lot of weight gain once our service members retire (and) get out because of that decrease of physical activity," said Kendra Seat, director of the Army Wellness Center. "But they continue to maintain their energy input or calorie intake."

She said it is not uncommon for Soldiers to gain up to four pounds a year in the first few years after retirement.

Just because a Soldier has been in the Army for 20-plus years and successfully maintained their desired weight, it does not mean their nutritional intake has been healthy. They were able to create a balance, which is disrupted when they stop exercising.

"Being in the Army does not mean their nutrition is where it needs to be," said Amber Scharbo, health educator. "They know how to exercise and they are very good at that, but nutrition is often still kind of vague for them."

When leaving the regimented Army lifestyle, people should consider energy balance, Seat said. By that, she means looking at energy in versus energy out.

"Energy in is going to be anything we put in our body — food, liquids — everything that goes in," she said. "Our energy out is everything from not only dedicated exercise, but our daily lifestyle and activity, and also our resting metabolic rate."

Ideally, retirees will keep a balance between their diet and exercise. When Sharbo and Seat speak of a balanced diet they said they are not referring to a short-term, quick loss of weight. They are speaking of the foods a person habitually consumes.

KEEP A BALANCED DIET

There are three macronutrients the body needs — proteins, fats and carbohydrates.

Proteins are for muscle repair and growth. Fats are vital for the body processes and energy throughout daily activities. Carbohydrates are the chief source of fuel.

"Everyone is going to require a different amount of each of those macronutrients," Seat said. "However, we need all of them in order to have a balanced diet. We always want to encourage people to eat nutrient-dense foods — there is a difference between calorie-dense and nutrient-dense."

Whole foods — where the food itself is the main ingredient, without a lot of chemicals and processing — are the ideal choice. Seat used a comparison of a granola bar versus raw mixed nuts as an example.

"The granola bar will include things like added sugar, salt, additional flavorings and preservatives," she said. "Whereas if you had just raw mix nuts or roasted nuts, typically, they're just going to have a little bit of salt on them and they've been cooked. You're going to have more nutrients in that mix nut combination."

The whole foods or nutrient-dense foods are going to provide more nutrition. And usually going to be at a lower calorie cost as well, she said. Whole foods tend to fill a person up quicker so the overall caloric intake tends to be less as well.



"Your fruits and vegetables are going to stretch further in that fullness factor," Seat said. "[They] are a prime example of nutrient-dense and being able to consume more at a lower calorie cost."

While she doesn't advocate never having any processed or calorie-dense foods, she encourages people to limit them.

"Granted, they are the things that people tend to gravitate toward because they're easy and readily available," she said. "You're getting very little energy from these types of calories."

HYDRATION

Another piece of the nutritional puzzle is hydration. As people age, it becomes more important, Seat said.

"Hydration is important for everyone," she said. "But as you get older, your body's ability to conserve water is reduced and your thirst senses become less acute. Your body's ability to respond to changes in temperature also changes over time. Dehydration is often a cause of morbidity and mortality in our elderly population."

One of the slides in her Retire Strong program lists the following reasons water is important:

- Composes 75% of the brain
- Regulates body temperature
- Makes up 83% percent of the blood

- Removes waste
- Composes 22% of the bones
- Cushions the joints
- Helps carry nutrients and oxygen to the cells
- Moistens oxygen for breathing
- Helps convert food to energy
- Protects and cushions the vital organs
- Helps the body absorb nutrients
- Makes up 75% of the muscles

PORTION CONTROL

Portion control is also important in maintaining a healthy weight.

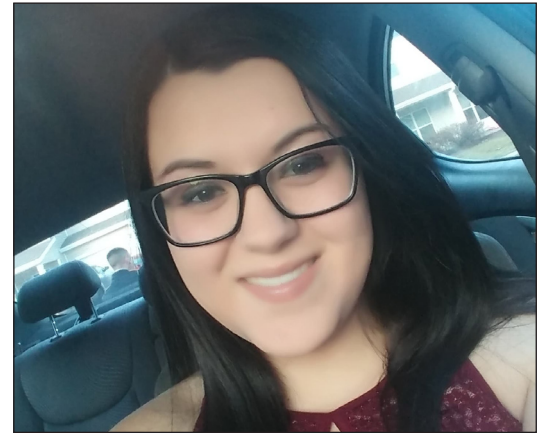
Seat recommends using the My Plate method when determining the proper amount of each food group. My Plate is a guide for people to consider when they evaluate what they are consuming.

Under this method, the majority of a person's plate will consist of fruits and vegetables, which are the nutrient-dense options.

"You're going to feel like you're getting a lot even though your calories are going to be very low," she said. "You'll be getting a good portion of protein and whole grains there with it, along with your dairy, if necessary."

"At the end of the day, you want to remember that food goes into our bodies to help our bodies perform," she said.

TUESDAY TRIVIA CONTEST



The question for the week of July 23 was: Where can I find things to do on post, including links to everything from arts and crafts to hunting and fishing, fitness, education and a lot more?

Answer: home.army.mil/riley/index.php/about/things-to-do/post

This week's trivia winner is Francesca Gonzalez, spouse of Cpl. Christopher Gonzalez, Headquarters and Headquarters Company, 1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division.

Pictured above is Francesca Gonzalez.

CONGRATULATIONS FRANCESCA!

HEALTHY EATING



COURTESY PHOTO

Quick Bean and Tuna Salad

For the Performance Triad, please use the nutrient and serving size information provided below.

Recipe Analysis: (1 serving = 1 1/3 cup)

Per Serving: 381 calories; 20 g protein; 13 g fat, 31 g carbs (1.5 carbs: 1 protein)

Recipe = 1 servings of vegetables, 0 servings of fruit (0 vegetable per serving, 0 fruit per serving)

**This recipe is from Dr. Mariam Ballejos, Joint Base Lewis-McChord, Washington.*

INGREDIENTS (4 SERVINGS)

- 1/2 whole-grain baguette, torn into 2-inch pieces
- 3 TBSP olive oil
- 1-16 oz. can cannellini beans, drained and rinsed
- 2 small dill pickles, cut into bite-sized pieces
- 1 small red onion, thinly sliced
- 2 TBSP red wine vinegar
- 1/4 tsp. pepper
- 7-ounce pouch tuna, no salt added, drained and rinsed
- 2 TBSP finely chopped fresh parsley

STEPS (15 MINUTES)

1. Preheat broiler. Place the baguette pieces on a heavy cookie sheet and brush with 1 TBSP of the oil. Place under broiler for about 1 to 2 minutes, until golden. Turn the bread pieces and broil for an additional 1 to 2 minutes.
2. In a large bowl, combine the remaining oil, beans, pickles, onion, vinegar, and pepper. Fold in the broiled baguette pieces. Divide the mixture among four bowls and top with the tuna and parsley.
3. Tip: To change up this recipe, you can try tuna seasoned with lemon pepper.

cookpad.com/us/recipes/727196-quick-bean-and-tuna-salad #FitFirst

LAST PARTY OF SUMMER



Carissa Huntwork | POST

Homefront Heroes had their last summer meet-up at the Warner Peterson pool. They decided to celebrate with some swimming and a potluck on July 31.

BACK TO SCHOOL FUN RUN!

SATURDAY, AUGUST 10
9:30 AM
COLYER FORSYTH COMMUNITY CENTER

Corvias is hosting our first ever Back to School FUN RUN! Join us on August 10th for a 1 mile fun run or walk along the community walking trail. We'll have music, prizes and refreshments plus FREE school supplies (while supplies last). Registration is required- call or visit your community office to sign up!

Colyer Forsyth Community Center
22900 Hitching Post Rd.
10 August 9:30 AM

Contact your Neighborhood Office for more details.
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\$5 Season pass holders are FREE

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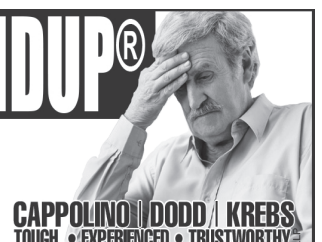
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FORM MATTERS

Rack Pull Deadlift

By Gail Parsons
1ST INF. DIV. POST

With slight variations the deadlift will work different muscle groups.

With a rack pull deadlift there is a smaller range of motion, which allows a person to lift heavier weight, said Jena Wangerin, certified personal trainer and New U instructor at Whitside Fitness Center.

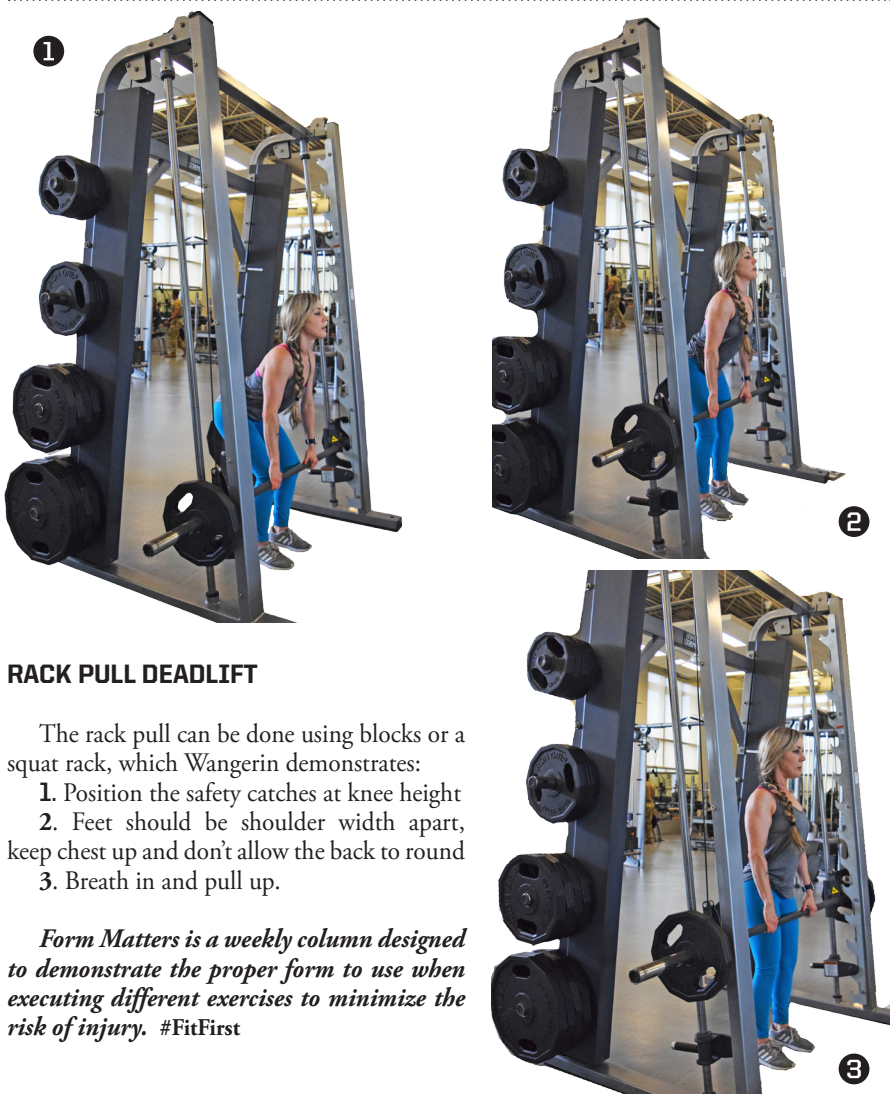
"Instead of starting from the ground, you're starting from your knee height," she said. "You're taking the initial pushing with

your legs out of the equation, starting from your knee and pulling up."

This allows a person to work on their grip strength, which will carry over into other exercises and daily life.

The exercise targets the same muscle groups as a regular deadlift, but hits the lats and forearms a little more.

"You're still hitting the lower back and you're still going to feel it in the glutes, the hamstrings and the backside in general but just not as much — you're not going to engage as much as you would from the ground up," she said.



RACK PULL DEADLIFT

The rack pull can be done using blocks or a squat rack, which Wangerin demonstrates:

1. Position the safety catches at knee height
2. Feet should be shoulder width apart, keep chest up and don't allow the back to round
3. Breath in and pull up.

Form Matters is a weekly column designed to demonstrate the proper form to use when executing different exercises to minimize the risk of injury. #FitFirst

Get your coffee buzz at Daily Buzz



Inside the Daily Buzz during the open house Aug. 1 customers were eagerly waiting to try the new drink selection on campus. The Daily Buzz is located inside Building 206 on Custer Avenue.

Story and photo by Carisa Huntwork
1ST INF. DIV. POST

The Daily Buzz coffee shop opened at 206 Custer Ave. with an open house, August 1. It will be open Monday through Friday from 6:45 a.m. to 2 p.m. In conjunction with the open house, Fort Riley Education Services showed off its new classrooms, which students will use when the fall semester begins.

"The idea (for the coffee shop) came about with my mom and her husband; they work on post ... he said 'we need a local coffee shop on Fort Riley,'" said Carrie Zimmer, owner/operator of Daily Buzz.

She said she started with a coffee bus, which was parked next to Burger King on Custer Hill. The bus will now be the Daily Buzz Mobile.

Zimmer said the shop has a full coffee bar with hot and cold coffee, Italian sodas and pastries. There will eventually be more food options when she sees what people want.

"I've been in the food industry my whole life, I like talking to customers and learning their stories," Zimmer said. "Especially in the morning, the first start to their day; I like giving them good service and good coffee. Something to look forward to, that first sip of coffee and you think yep today is going to be good."

On the first day open, customers lined up to place an order.

"This is a really good idea, she (her daughter) was talking about driving all the way across post to go get Starbucks," said Jamie Prather, Daily Buzz's first customer, wife of retired Sgt. 1st Class Corey Prather.

Prather said she had just heard about the opening that day and was happy to be the first customer for the Daily Buzz.

She said not only is the coffee shop convenient, but it is also reasonably priced.

During the open house, the coffee shop was full of people looking at the map Zimmer had provided for people to place stickers on their hometown. The line wrapped around the tables and people were saying how it was cool that there is now a coffee shop on campus with great prices.

While people visited the new coffee shop they also got a peek at the new classroom space.

"This is a new building with Kansas State University web development technology services," said Fradon Martin, guidance counselor with Fort Riley education services.

A booth was located in front of the coffee shop where AFFES sponsored a giveaway for anyone who purchased a drink. There was also a guidance counselor to speak with any students or prospective students about attending and financial assistance.

"We has 75 people come through, that was a success," Martin said.

Soldiers vie in survival of fittest at 2019 CrossFit Games

Story and photo by
Devon L. Suits
ARMY NEWS SERVICE

MADISON, Wis. — The sound of cheering carried across the Alliant Energy Center as the top athletes from over 100 countries took the field Thursday during the 2019 CrossFit Games opening ceremony.

Amongst a sea of U.S. competitors, Lt. Col. Anthony Kurz and Capt. Chandler Smith took it all in as they looked around the crowded North Field. Kurz proudly displayed his Army Special Forces flag as a nod to the Special Forces community. Those cheering included members of the U.S. Army Recruiting Command and Warrior Fitness team who were there to support their teammates and engage with the fitness community.

It took Smith and Kurz years to get to this moment, as they stood ready for the "world's premier" CrossFit competition. At this level, victory would not come easy, considering each workout would test the limits of their athletic ability and resolve.

CAPT. CHANDLER SMITH

Just hours after the opening ceremony, Smith was back on the field for his workout in the men's individual bracket. He was ranked 40th overall at the start of the games.

There was a lot at stake during the first cut of the competition. Out of the 143 men participating, only 75 would make it to the next round. The first workout was also designed to be a true test of strength and endurance.

Each competitor would need to complete a 400-meter run, three legless rope climbs, and seven 185-pound squat snatches, in under 20 minutes. The field of competitors would then be ranked based on their overall time. For some athletes, the first workout was more than they could handle.

Smith came out strong and maintained his overall pace. In the end, he took second place -- 35 seconds behind the leader, Matthew Fraser.

"I knew my competitors were going to come out fast," Smith said. "I wanted to stay

within that top three. By the third set, I wanted to pick up on my squat snatches. This was a good start for the rest of the weekend."

Moving into the second cut of the competition, Smith looked loose and determined to continue on his previous success.

Competitors had 10 minutes to complete an 800-meter row, 66 kettlebell jerks, and a 132-foot handstand walk. Like the first round, athletes would be ranked and scored on their overall time.

Smith was not far behind the leader after the first exercise. Sitting in a good position, he moved into the 16-kilogram kettlebell jerks and quickly fell behind after a series of "no-repetition" calls by the judge.

Smith placed 48th overall in the workout and only 50 athletes would move on to compete on day two.

Through it all, he wasn't overly focused on his position, he said. For the first time in a long time, Smith said he was having fun, and he planned to approach each workout with the same high level of intensity.

"The experience has been phenomenal because I have been around a lot of folks that stayed positive," he said. "I have learned so much about what it takes for me to perform at my peak. This will hopefully help me in the future in regards to maximizing [my] performance potential."

On day two of the competition, Smith competed in three events.

The day started with a 6,000-meter ruck with increasing increments of weight.



Capt. Chandler Smith, a member of the U.S. Warrior Fitness Team, competes in the men's individual competition at the 2019 CrossFit Games in Madison, Wisconsin, Aug. 3. During the sprint event, competitors had to complete an out-and-back race across field. Upon their return, athletes had to cut through several tight turns before crossing the finish line.

Competitors then moved to the "sprint couplet" event, where they had to complete a 172-foot sled push, 18 bar muscle-ups, and a second sled push back to the finish line. Smith placed fourth in the ruck and 32nd in the sprint couplet.

The last event of the day took place in the arena, where athletes had 20 minutes to complete as many reps as possible. Each rep included five handstand pushups, 10 pistol squats, and 15 pull-ups. Smith placed 13th in the final workout of the day, landing him a spot in the top 20.

"I would give my performance a nine out of 10,"

he said. "I met my goal of making it to the last day and maintained the right competitive attitude throughout the competition."

Moving on to day three, Smith had one last workout to try to break into the top 10. During the sprint event, competitors had to complete an out-and-back race across North Field. Upon their return, athletes had to cut through several tight turns before crossing the finish line.

Smith gave his all, but at the end of the workout, he tied for 13th place. Officially cut from the competition, he held his head high as he

walked off the field ranked 15th overall.

"I controlled everything I could, and gave my absolute maximum effort on all events," he said. "I feel like I made significant growth this year. I will try to replicate my training and couple it with my improved mental onset

to achieve a better result here at the CrossFit Games next year."

Overall, Smith is honored to represent himself as both a Soldier and an athlete, he said. He feels lucky to represent the force at large, knowing there

See GAMES, page 14

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Tying the knot on Fort Riley

By Carisa Huntwork
1ST INF. DIV. POST

Anyone attached to a military unit on Fort Riley can have their wedding on post without a venue charge.

The Avilan family cited the simplicity of the process as one factor in choosing the Main Post Chapel for their ceremony.

"I was able to Facebook message the Main Post Chapel where the chaplain responded and agreed to meet us," said Kate Avilan, spouse to Spc. James Avilan, 601st Aviation Support Battalion, 1st Combat Aviation Brigade, 1st Infantry Division. "We met with him, and he described the process as too easy. He explained that a few hours before our ceremony, the church would be unlocked for us to decorate, and the rooms were available for changing and getting ready for the ceremony. He would wear a suit or his dress uniform, whatever we wanted. The process was very simple and totally free of any costs. We just set up, had our wedding, and he signed our marriage certificate."

There is also no cost for the military chaplains to perform the ceremony.

"As a Chaplain, we cannot charge for our services," said Chap. (Lt. Col.) Brad Godding. "We are paid by the United States government to provide our services to servicemen and women,

free of charge. Also, there's no charge to use any of the facilities itself."

He said the worship services and scheduled groups that regularly meet would take precedence over a wedding. But there is plenty of time in the schedule for a couple interested in doing a vow renewal or wedding. There is a requirement for premarital counseling before the chaplains can officiate a first-time marriage ceremony.

Any property on post can be used to hold a wedding including chapels, parks and any other area on Fort Riley. "We have some of the most beautiful chapels in the Army because of their age and how they were built," Godding said. "They make wonderful and intimate wedding locations. We have the Main Post Chapel, which is a gorgeous facility with great acoustics in it, and we have our St. Mary's Chapel, which dates back to the 1800s. It is absolutely gorgeous with great faith images in the windows."

He said when choosing to have a wedding on Fort Riley, there are many benefits. Not only will it cut the cost of a wedding, but there is also the military component. Couples can choose to have the chaplain and guest dress in their best military attire or can have them wear traditional wedding clothing.

"On the premarital side of things, take advantage of the



COURTESY PHOTO

Kate and Spc. James Avilan, 601st Aviation Support Battalion, 1st Combat Aviation Brigade, 1st Infantry Division had utilized the services offered free on Fort Riley to hold their wedding at the Main Post Chapel.

Chaplain and family life facility, which can provide premarital counseling, it can really help in the long run, Godding said. "There's a lot of focus on the day of the wedding; this is the life spent thereafter. Premarital counseling is about building the right foundation for life after the day."

The USO Kansas staff and volunteer host Gift the Gown event that has a small selection of wedding dresses. The USO is also available free of charge to reserve after hours as a venue for a reception. For more information about having a wedding or vow renewal on Fort Riley, contact the unit's Chaplain.

HASFR Historical & Archaeological Society of Ft. Riley

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• Men's Bow Hunter \$45	• Check-In 6:30-8:15am
• Women's Open \$45	• Food Sales Begin 6:30am
• Women's Bow Hunter \$45	• Shooters Meeting (required) 8:30am
• Active Duty \$35	• Tournament Starts 9:00am
• Traditional \$35	• Door Prize Drawings 1:45pm
• Youth (Ages 8-17) \$25	• Cash Prize Shoot-Offs 2:00pm

Online processing fee not included. All prices increase by \$10 for same-day registration.

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

The AtHoc Notifier is a smartphone app which displays as a purple globe on your main mobile phone screen. It is available for iOS and Android smartphones.

The app is not currently approved for government mobile devices.

Be Army ready - Stay informed

For more information and installation instructions visit <https://home.army.mil/riley/index.php/about/dir-staff/DPTMS/ready-army>

ARMY EMERGENCY RELIEF

Multicultural Session

Highlighting Japan

Day and Time
August 22
10:00 - 11:00 am

At: Army Community Service (ACS)
Building 7264 Normandy Drive

A perfect opportunity for Foreign-born Spouses to meet other spouses and find out important and up-to-date information about Fort Riley.

Children are more than welcome to attend (no childcare provided)

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- PACE YOURSELF
- STAY COOL INDOORS
- SCHEDULE OUTDOOR ACTIVITIES AFTER PEAK HOURS

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- BRING PETS INSIDE FOR COOLING BREAKS
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- LIMIT EXERCISE ON HOT DAYS
- WATCH FOR HOT PAVEMENT

For more safety information, contact the Garrison Safety Office at 785.240.0647 or visit online at <https://home.army.mil/riley/index.php/about/dir-staff/safety-office>

May 18 • July 20 • August 17 • September 21

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Session 2: 10:15-11:15AM Session 4: 1:15-2:15 PM

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SCOUTS Continued from page 9

"It is a way to get out and do things girls wouldn't do... such as community service to archery and Girl Scout camps," she said. "They will experience outdoor skills, civic engagement, science, technology, engineering, art, mathematics and entrepreneurship."

Swift said at the girls can come to the event and participate in activities to see what it will be like to be a Girl Scout.

"When you are being a leader you need to be helpful," said Anngelina's daughter Hannah Swift, 9, as she talked about what she has learned in Girl Scouts.

Hannah said Girl Scouts help make learning fun and she would recommend it to other children. She said they can go on field trips such as the Omaha zoo, where she was able to spend the night at the zoo and sleep next to the animal habitats.

There are a variety of troops on Fort Riley. Those who cannot attend the event and would like more information can call 816-759-3025.

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American Red Cross
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Interested in becoming a Dental Assistant?!?!
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Program Information:

- Must be Military ID Holder (active or retiree), U.S citizen and graduated from High School.
- Program will start: Sept. 9, 2019 to mid April 2020
- Program provides hands-on training and classroom instruction consisting of 800 hours.
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Lonestar

GAMES Continued from page 12

are so many talented Soldiers in the fitness field throughout the Army.

"The biggest lesson I can pass on: keep a positive perspective," he said. "The nature of the Army means our schedules are unpredictable and constant [athletic] training can be hard to come by."

Soldiers that learn to work past those scheduling conflicts will have a better respect for their journey, Smith said. In the end, there is always an approach a Soldier can take to be successful — they just have to find it.

"Leaders in the Army don't see problems, they see solutions," he added.

LT. COL. ANTHONY KURZ

The men's master competition started on day two of the CrossFit Games. Kurz, a Special Forces officer assigned to the Asymmetric Warfare Group at Fort Meade, Maryland, was competing in the 40- to 44-year-old age bracket.

Kurz got into CrossFit shortly after graduating from the Special Forces qualification course. While assigned to the 5th Special Forces Group at Fort Campbell, Kentucky, he received his level-one CrossFit certification and delved deeper into the sport.

Whenever he deployed as an Operational Detachment Alpha, or ODA commander, Kurz and his teammates would often engage in CrossFit-type workouts to keep them fit for the fight, he said.

"In an ODA, everybody is always competitive. We would do our [CrossFit] workout of the day and post them on the board. That healthy rivalry makes you better," he said.

"We have some phenomenal athletes in the Special Forces community, but they train for something different," Kurz said. "It was good to represent them [at the CrossFit Games]."

Coming into the Games, Kurz was ranked fourth overall and first in the online qualifier. Behind the scenes, he was recovering from a minor shoulder injury, he said.

During his first timed workout, Kurz completed a 500-meter row and 30 bar-facing burpees. He placed fifth out of 10 athletes in

his bracket. Hours later, he was back on the floor for his second event. He maintained an excellent position to move up the ranks.

During the second workout, athletes needed to complete five rounds of exercises. Each set included three rope climbs, 15 front squats, and 60 jump rope "double-unders."

The combination of upper body exercises exacerbated his pre-existing injury, Kurz said. In frustration, he let out a loud yell during the event as he finished in last place.

"I was only pulling with one arm," he said. "At this level of competition, if something goes wrong, there is nowhere to hide. It is frustrating, but it was also a great learning experience. Everybody wants to be on top of the podium."

The final event for the day was a 6,000-meter ruck run with increasing increments of weight after each lap. Kurz placed fifth in the workout.

On day three of the games, Kurz had to complete two workouts. The first event was the sandbag triplet. Athletes started with a 90-foot handstand walk, then moved to the air bike to burn 35 calories. They then had to carry a 200-pound sandbag for 90 feet to the finish line. Kurz placed seventh in the event.

The second event of the day, known as the "down and back chipper," was the most taxing workout thus far. Kurz had to complete an 800-meter run, 30 handstand pushups, 30 dumbbell thrusters, 30 box jump-overs, and 30 power cleans. Competitors had to then go back through the same exercises, finishing the event with the run.

Kurz set a deliberate pace, knowing the event would depend on how his shoulder fared on the second set of handstand push-ups. On the last 10 reps, fatigue and a series of "no-reps" bogged him down, he said. Time expired while he was on his last 800-meter run, and judges were calling on him to stop. He kept running and crossed the finish line while the event crew was setting up for the next heat.

"I never quit on a workout, and I wasn't going to start today," he said. "You have got to take the small victories. I



Devon L. Suits | ARMY NEWS SERVICE
Lt. Col. Anthony Kurz, a member of the U.S. Army Warrior Fitness Team assigned to the Asymmetric Warfare Group in Fort Meade, Md., competes in the Men's Masters (40-44) Division at the 2019 CrossFit Games in Madison, Wis., Aug. 3, 2019. During his second event, Kurz had to complete three rope climbs 15 front squats, and 60 double-unders over five rounds for time

was once told: 'Persistence is a graded event.' It is something that has always stuck in my head."

Kurz laid it all on the line on the final day, submitting two of his best workouts of the competition. During the two-repetition overhead squad workout, Kurz lifted 280 pounds and placed second in the event. Moreover, he took first place in the final workout, known as the "Bicouplet 1."

Kurz placed ninth overall. "I'm glad I was able to fight back on the last day and go out with an event win. Looking back, ninth isn't what I expected, but I'm proud of my performance," he said. "I think I turned in the best performance possible given the limits of my body."

"We always say that in combat you can have the best plan, but the enemy always gets a vote on how things go. This is

no different. I had solid plans going into the WODs, made the right adjustments on the fly, and pushed through the adversity. I capped it all off with an event win — I'll take it."

In the end, Kurz was proud to represent the Army and the Special Forces community, he said.

"As I look back at my old [Special Forces] team and I feel like many of them could have done the same thing if given the opportunity and the time to train," he said. "I feel very lucky. My life led me in a certain way, and I was able to take all this time to get to this level."

"I'm super stoked that people are still excited, given how the weekend has gone for me," he added. "It has been frustrating and humbling. Even though there were setbacks, I gave everything I had and I'm walking away with my head high."

MEMBERS Continued from page 9

history of Fort Riley. Children can participate in archaeology-themed activities.

From Sept. 16 to 20 at the Culinary Lab, 813 Marshall Dr., HASFR members and volunteers will be making, baking and wrapping apple pies, which will be for sale at Fall Apple Day. Interested

volunteers can email hasfrpiequeens@gmail.com for times and to sign up.

"We need volunteers for Apple Day prep if you like to bake, said Rachel Olson, HASFR vice president. If you would like, come down and help make Libby Custer's apple pies." Fall Apple Day is Sept. 21 from 9 a.m. to 4 p.m. at Artil-

lery Parade Field. Volunteers are needed to help with pie sales. Contact hasfrpresident1@gmail.com to sign up.

The 2019 Ghost Tours are Oct. 26 starting at 3 p.m. and volunteers are needed to help with the tours. For more information, email hasfrghostess@gmail.com.

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EMPLOYMENT

Help Wanted

The Junction City Union is currently looking for a District Manager in the Circulation Department. Duties include working with carriers of all ages, delivering routes as needed, increasing circulation through sales and promotions, and assisting customers. Must be able to work independently and have strong people and communication skills. Reliable transportation required. Afternoon, Evening and Sunday hours. This is a full-time salaried position with a competitive benefits package. Applications accepted at: 222 W 6th St Junction City

Help Wanted

Assistant cook needed, 5 hrs. M-F. Benefits are sick leave, holidays, paid vacation. Application and job description at the Geary County Senior Center, 1025 S. Spring Valley Rd., Junction City, KS. Send resume to 401 Houston, Manhattan KS 66502 Call 1-800-432-2703 for information. EOE/AA

The Junction City Union is looking for an independent contractor for newspaper delivery in the Chapman area. Reliable transportation, valid driver's license and insurance, and a phone number are required. Contact Bonnie at (785) 776-8808, ext 260 for more information.

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su | do | ku

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

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

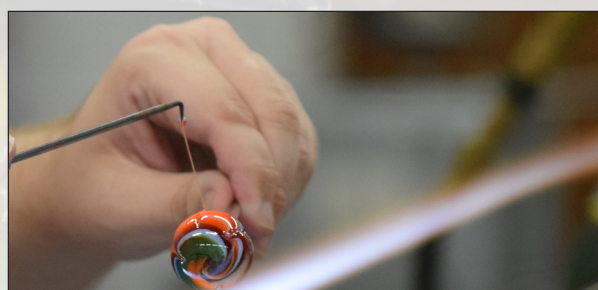
Last Sudoku's Answers

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



Sp. Shell is on the hunt for sunflowers next week.

Travel & Fun in Kansas



Above: Daily demonstrations show visitors to Moon Marble how a marble is made. **Left:** Moon Marble has a large assortment of marbles made by glass artists.

No one loses their marbles in Bonner Springs

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

The Kansas City Renaissance Festival brings hundreds of thousands of visitors to Bonner Springs every year.

With a cast of 150 performers, 16-acres are transformed into a world where knights joust, the queen is honored and fairies roam the land. Many attendees wear costumes and enjoy shows on 20 stages scattered about the park. There are rides and games for the children and more than 160 booths with food, crafts, art and jewelry, according to www.travelks.org.

The festival is open Saturdays and Sundays from Aug. 31 until Oct. 14, Labor Day and Columbus Day. The Kansas Travel and Tourism website recommends a minimum of three hours to visit the festival and it could be an all-day event.

While the festival brings large crowds to Bonner Springs and has for more than 40 years, there is more to the city.

ZIPLINING

Zip KC offers several ziplining tours for day and night.

Their most popular tour, according to their website www.zipkc.com, is the Tower Tour, which provides panoramic views from downtown Kansas City to Lawrence. This ziplining adventure is composed of five lines and reaches speeds of up to 50 mph. The first tower is 65-foot tall with an ascent of 77 steps and runs a quarter of a mile.

The Ultimate Adventure Tour takes visitors through all nine lines of the park. There is also a sunset and a nighttime ziplining tour.

OUTDOOR CONCERTS

Providence Medical Center Amphitheater is an open-air performance venue in Bonner Springs near the Kansas Speedway and Legends shopping center. According to the amphitheater's website, www.providencecamp.com, the venue can host up to 18,000 people, including about 3,100 reserved seats and multiple open-air suites.

Their schedule of events includes the Knotfest Roadshow, featuring Slipknot, Volbeat, Gojira and Behemoth

Aug. 17; Suicide Boys with Denzel Curry, Shoreline Mafia, City Morgue, GERM, Night Lovell, Shakewell and Trash Talk Aug.

18; Papa Roach on their Who do you Trust tour, with special guests Asking Alexandria and Bad Wolves Aug. 24; Throwback Throwdown 2019 featuring Clay Walker, Lonestar, Mark Wills and Kerosene 6 Sept. 6; Breaking Benjamin With Chevelle, Three Days Grace and Dorothy Sept. 7; and Sept. 8 Blink-182 will celebrate the 20th anniversary of Enema of the State and will perform that album. Their special guests will be Lil Wayne and Neck Deep.

MOON MARBLES

From the outside, Moon Marbles does not appear to be anything special. Tucked between the railroad track and a busy highway, the gray walls and dusty parking lot don't give an inviting vibe, something owner Lynda Sproules readily admits.

But this little shop stays busy and has visitors from all over the country and the world.

"Last week we had 60 students from Taiwan come in," she said.

What started out as a furniture restoration business began morphing into what it is today when Linda and her partner Bruce Breslow started making marble games from scrap wood. They needed marbles so Bruce purchased 12 cases. Soon people were coming in to buy them — one thing led to another and the woodshop took a backseat to marbles, then games and novelties and the making of marbles.

"It was a total accident," she said of the store's start. "It's just one of those serendipitous things."

She knows the location is not the best and they could thrive in a larger place with a better parking lot, but she isn't ready to make that move.

If she did, she would have to move many rooms and shelves packed with an odd assortment of merchandise.

"If it's weird, it's here," she said pointing out bars of soap with the word "but" printed on one side and the word "face" on the other, which was sitting next to a pack of squirrel underpants.

With the exception of a toy robot, none of the or games are battery operated. They have shelves of classic games and several toys out for children and adults to play with.

But it's the marbles that occupy center stage. They have a wall full of containers of machine-made marbles of many sizes. There are buckets, baskets and even a treasure chest full of marbles.

"The thing we specialize in here is the handmade marbles," she said. "We have artist friends from all over the country that we also buy marbles from, so there's a vast selection."

Glass artists will give demonstrations throughout the day on how to make a marble. Demonstrations take about 30 minutes and give viewers an idea into what makes them special.

"Machine marbles are pretty," Sproules said. "But a lot of the handmade marbles are just exquisite. They even have little scenes in them, little creatures, sometimes little worlds of their own. Some of the artists do these vortex type marbles. They're constantly learning different ways to manipulate the glass and come up with new designs and do really cool things with the glass."

DOWNTOWN

Downtown Bonner Springs is only a few blocks but has an eclectic assortment of gift and niche shops. The quiet streets wake up and become a hub of activity during the annual Tiblow Days, a celebration in remembrance of a Delaware Indian who was a fur trader and the founder of Bonner Springs.

"It's our city's hometown pride festival," said Jen Anders, executive director of the Bonner Springs/Edwardsville Area Chamber of Commerce.

Tiblow Days or not, Anders said one of the must-stop places is Third Space Coffee.

"Third Space Coffee is the hidden gem that keeps our whole downtown alive," she said. "It's got some of the best, freshest food on the spot. And its croissants are to die for, but the coffee and the atmosphere are very cool. You don't even feel like you're in Bonner Springs, it's very eclectic and comfortable."

For quilters there is a quilt shop. There's also home décor and antiques. Karen's Country Kitchen has jams and cheeses.

Every third Thursday the shops host a Sip and Shop event with discounts and drinks for customers.

"Downtown Bonner Springs is filled with different specialty shops," said Betsy Smith, recreation and tourism coordinator for Bonner Springs. "Fashion accessories, clothing, home décor, collectibles, fabric, toys and marbles will await your arrival."

AGRICULTURE HALL OF FAME

Everyone's life is touched every day by agriculture.

"Yet today, few people understand or appreciate agriculture as the dynamic and pervasive force that has shaped our nation's past and that will shape the world's future," is a statement on the Agriculture Hall of Fame in Bonner Springs website www.aghalloffame.com.

"Your lives are all touched by agriculture — everyone," said Cameron Lee, museum curator. "If you eat anything, even fast food, you're interacting with agriculture to some extent."

The National Agricultural Center and Hall of Fame was created by a federal charter of the 86th Congress and signed by President Dwight D. Eisenhower Aug. 31, 1960. It remains the only national agriculture center and hall of fame, although some states do have their own.

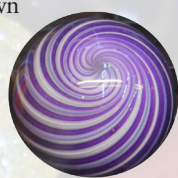
Visitors will experience the history of agriculture and rural life in America with a tour of unique and antique equipment farmers across the country used. Included in this eclectic collection is a model of an experimental wind wagon, a horse drawn oil tanker and art depicting rural life.

Lee said people who are, "interested in agriculture, in American history at all, and getting to know where that started and how it's evolved over the decades and centuries," will enjoy the museum.

Behind the main building is the farm town with several buildings people can tour including the one-room school house built in 1913 in Piper, Kansas, and a small train to ride around the pond.

Throughout the year, they have special events. Oct. 12 is the International Lineman's Rodeo. Linemen from all over the world compete in pole-climbing and other contests.

On Dec. 14 and 15 is Santa's Express, a 5K Run and 1-mile Reindeer Walk.



The Aug. 22 to 25 celebration features live music, a carnival, craft vendors, food trucks and a parade. While wandering about downtown, whether it's on



1: The Moon Marble company may seem small on the outside but inside it is filled with toys and hundreds of thousands of marbles. **2:** The National Agriculture Hall of Fame has a small train to take guests around the property. **3:** Downtown Bonner Springs has an eclectic variety of shops including a quilt store and antique shops.

4: The National Agriculture Hall of Fame celebrates the American farmer. Behind the museum is a mock farm community. **5:** Third Space Coffee is a cornerstone of Bonner Springs downtown.

For more information about Bonner Springs visit www.bsdcwchamber.org/