

THE 1ST INFANTRY DIVISION POST

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« FORT RILEY, KANSAS »

'Avengers' come home to Fort Riley

Financial Soldiers support operations in Afghanistan

Story and Photo by Sgt. Takita Lawery
1ST INF. DIV. SUST. BDE. PUBLIC AFFAIRS

About 24 Soldiers assigned to Company C, 230th Financial Management Unit, 541st Combat Sustainment Support Battalion, 1st Infantry Division Sustainment Brigade, redeployed Aug. 8 to Fort Riley after a nine-month deployment to Afghanistan.

The "Avengers" company deployed in November 2014 to Bagram and Kabul in support of Operations Enduring Freedom and Freedom's Sentinel.

While deployed, the Soldiers provided financial management operations, to include pay support to all service members, civilians and contractors to the eastern, northern and capital regions of Afghanistan. They accurately dispersed U.S. and Afghan currency while facilitating a near-cashless battlefield and paying-agent process and enhancing the development of host-nation banking systems.

"I believe it was the determination and willingness of the Soldiers and maturity of the leaders to get the job done," said Capt. Andrea D. Matthew, Avengers company commander.

The Avengers also closed a finance office at the New Kabul Compound, opening a new one closer to the Kabul International Airport to provide services to Soldiers and Department of Defense civilians in the outlying forward operating bases.

When asked about special moments of the deployment, Matthew highlighted two Soldiers.

Spc. Ricardo E. Escobar, a financial management technician

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Capt. Andrea D. Matthew and 1st Sgt. Colbie Jackson, the commander and senior noncommissioned officer of Co. C, 230th FMU, 541st CSSB, 1st Inf. Div. Sust. Bde., uncased the unit's colors Aug. 8 near the 1st Inf. Div. Sust. Bde. headquarters during a redeployment ceremony at Fort Riley. The uncasing ceremony signified the unit's completion of a nine-month deployment to Afghanistan in support of Operations Enduring Freedom and Freedom's Sentinel.

'Diehard' Soldiers train with Spider landmines



1st Lt. Tyrell Foster | 1st Bde. Eng. Bn.

Spc. Isaac Robledo (left) and Pvt. Gregory Savage (right), both combat engineers with Co. B, 1st Bde. Eng. Bn., 1st ABCT, 1st Inf. Div., arm the M-7 Spider Landmine July 31 at Range 7 on Fort Riley, Kansas. The purpose of the training was to demonstrate the capabilities of the new anti-personnel networked munitions system.

Soldiers first to detonate new system at Fort Riley

By 1st Lt. Tyrell Foster
1ST BDE. ENG. BN.

FORT RILEY, Kan. — Soldiers assigned to Company A, 1st Brigade Engineer Battalion, 1st Armored Brigade Combat Team, 1st Infantry Division, participated in training with the M-7 Spider Landmine July 31 at Range 7.

The Spider is an anti-personnel networked munitions system that can be securely commanded and controlled from up to 1,500 meters away. The new landmine requires human interaction to arm the system.

"The Spider replaces anti-personnel landmines ... it's a smart system, a 'Man-in-the-Loop' anti-personnel munitions system," said Mike Fol, a civilian training instructor with the U.S. Army Armament Research, Development and Engineering Center. "Here, you can discriminate and choose who you want to engage with lethal or non-lethal effects."

Fol, a native of Bloomsbury, New Jersey, said the Spider system was much better than the old anti-personnel mine systems that could only be detonated by the originator.

"Old landmines would be victim-activated, it didn't matter if a friendly, a non-combatant or the enemy stepped on it – it's going to blow up," Fol said.

See SPIDERS, page 3



1st Lt. Tyrell Foster | 1st Bde. Eng. Bn.

Michael Fol, (left), a civilian training instructor with the U.S. Army Armament Research, Development and Engineering Center, instructs Soldiers of the 1st Bde. Eng. Bn., 1st ABCT, 1st Inf. Div., on how to properly set-up and arm the M-7 Spider Landmine July 31 at Range 7 on Fort Riley, Kansas.

Fort Riley takes lead on resilience training

By Staff Sgt. Jerry Griffis
1ST INF. DIV. PUBLIC AFFAIRS

Fort Riley and the 1st Infantry Division now have a greater advantage against adversity after graduating 19 Soldiers from a Master Resilience Training – Facilitator course at the Victory Center July 31.

The course trains Soldiers to become level-two master resilience trainers and teaches them the skills necessary to facilitate the level-one course in addition to their normal duties. Graduates of the level-one course are able to teach their fellow Soldiers the skills necessary to be resilient and thrive during times of stress and adversity.

Professionals from the Victory Center provide physical, emotional, social, family and spiritual support to Soldiers, families and Department of the Army civilians.

See RESILIENCE page 3



Staff Sgt. Jerry Griffis, 1st Inf. Div.

Erin Towner, master resilience trainer and performance expert, teaches a class of level two MRT students July 30 at the Fort Riley Victory Center. Towner said the skills taught in the MRT course help students identify patterns in thinking that they can then use to combat adversity.

Two women, 94 men complete swamp phase, earn Ranger Tab

Story by Fort Benning Public Affairs

FORT BENNING, Ga. — The U.S. Army Maneuver Center of Excellence leaders announced August 17 that 94 men and two women met the standards of the Swamp Phase and will graduate the Ranger Course, Aug. 21.

Ranger School is the Army's premier combat leadership course, where Ranger students learn how to overcome fatigue, hunger and stress to lead Soldiers during small unit combat operations. The graduation ceremony will be held on Victory Pond on Fort Benning.

The Ranger Course is 62-days of training and testing on leadership and small unit tactics, which pushes students to their mental and physical limits by forcing them to operate on minimal food and sleep. Approximately 34 percent of students recycle at least one phase of the course, adding to the physical and mental fatigue. Students who completed all phases of Ranger School proved their determination, physical stamina and mental toughness. Each earned the right to wear the Ranger Tab.

"Congratulations to all of our new Rangers," Army Secretary John M. McHugh said. "Each Ranger School graduate has shown the physical and mental toughness to successfully lead organizations at any level. This course has proven that every Soldier, regardless of gender, can achieve his or her full potential. We owe Soldiers the opportunity to serve successfully in any position where they are qualified and capable, and we continue to look for ways to select, train, and retain the best Soldiers to meet our nation's needs."

Students learn how to operate in three environments: woodlands in Fort Benning, mountains in Dahlonga, Georgia, and coastal swamp in Eglin Air Force Base, Florida. Within those environments they completed a physical fitness test consisting of 49 push-ups, 59 sit-ups, a five-mile run in 40 minutes, and six chin-ups; a swim test; a land navigation test; a 12-mile foot march in three hours; several obstacle courses; four days of military mountaineering; three parachute jumps; four air assaults on helicopters; multiple rubber boat movements; and 27 days of mock combat patrols.

Approximately 165 men and two women began the challenging training in the coastal swamps of Eglin Air Force Base, Aug. 1. Additionally, Ranger students selected to recycle the Swamp Phase will start the phase again Aug. 29.

See RANGERS page 3

The next USAG Resilience Day Off will be:

Sept
4

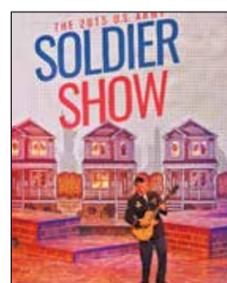
SAFETY HOLIDAY

As of Thursday, August 20

226

days have passed since the last vehicular fatality at Fort Riley, seventeen more and the post will celebrate with a safety holiday to take place at each unit's discretion.

HIGHLIGHTS



SPC. AUSTIN WEST MOVED FROM TECHNICIAN TO PERFORMER AT THE 2015 ARMY SOLDIER SHOW AT MCCAIN AUDITORIUM. SEE PAGE 9

ALSO IN THIS ISSUE



THE 2015 ARMED FORCES RUGBY TEAM TAKES ITS THIRD CROWN IN AS MANY YEARS. SEE PAGE 13

Division Soldiers support Fort McCoy Combat Training Exercise



Photos by Scott T. Sturkol | Fort McCoy
Soldiers from the 1st Squadron, 4th Cavalry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, unload tactical vehicles from train cars Aug. 5 as part of buildup operations for Combat Support Training Exercise 15-03. The exercise, coordinated by the 86th Training Division, takes place throughout August. The CSTX is an exercise designed to help Army Reserve units increase their readiness rate by providing unit commanders with a formal assessment of their staff and company-level and below collective training proficiency. The "Quarterhorse" squadron will support this process by providing opposition forces support for the exercise. More than 13,000 service members trained at Fort McCoy during the first week of August with most of those service members participating in CSTX. Units participating in CSTX focus their training on the mission the unit will perform in a deployed mission environment.

Survey Shows 63 percent of Soldiers still like 'Ike'



C. Todd Lopez
ARNEWS

WASHINGTON — Preliminary results show a majority of Soldiers want to wear the Ike jacket for dress and black socks for physical training, and a survey on proposed uniform changes was extended until Aug. 31.

Last month, 120,000 active duty, Army National Guard and Army Reserve Soldiers were offered an online survey regarding new uniform options.

While ten percent of those offered logged in and voiced their opinion, Sgt. Maj. of the Army Daniel A. Dailey wants a more "robust response" from Soldiers before making any recommendations.

"It's a healthy survey sample, but I'd like to be sure it's what most Soldiers want before we move forward," said Dailey.

He directed the survey period be extended for an additional two weeks.

"This survey reflects Soldier uniform suggestions collected by the sergeant major of the Army and other senior enlisted leaders over the last six months," reads the email invitation to Soldiers, which asks them to participate in the survey. "As the SMA prepares to make recommendations to either the Army Uniform Board or the Army chief of staff on these suggestions, he wants to know what you think. Your votes will be tallied and used to inform the final decisions on possible changes to the wear and appearance of Army uniforms."

Preliminary results from the first two weeks of tabulation have been released.

The first survey question asked Soldiers their opinion on the wear of black socks, rather than white socks, with the Army Physical Fitness uniform. Of the 12,050 Soldiers who answered the question, 66.7 percent — or 8,032 Soldiers — voiced support for the wear of black socks.

In regard to the "Eisenhower Jacket," 62.8 percent agreed that purchase and wear should be an option but not a requirement.

Dailey also received positive feedback on the Eisenhower Jacket from outside the confines of survey respondents.

"The veteran community is really excited about the nostalgia aspect of the 'Ike' Jacket," Dailey said.

Another uniform item included in the survey was the headgear for drill sergeants.

There are two "campaign hats" for drill sergeants. Those for male drill sergeants feature a flat brim around the hat. For female drill sergeants, the brim is folded up on the wearer's left side. The survey asked if there should be a "single style of headgear

for all drill sergeants." More than 60 percent of respondents said "yes."

Another headgear question asked if there should be a single style of service cap for all Soldiers. In particular, the question was if the "bus driver hat" should be authorized for both male and female Soldiers. According to survey results, 66.7 percent of Soldiers said "yes" to that question.

The first four survey questions, regarding socks, the Eisenhower jacket, the campaign hat for drill sergeants and the service cap, involve changes to uniform policy that would require no cost for the Army.

Black socks would be an authorized purchase for Soldiers, for instance. The Eisenhower Jacket would not be a required uniform item — it would be manufactured by companies outside the Army and would be an optional uniform item. The Army would not buy the Eisenhower Jacket for Soldiers. Soldiers would buy it if they wanted it. Finally, the campaign hat and the service cap are in the Army inventory. There would be no need to create a new item.

One additional question on the uniform survey asks if the blue service cap should be required headgear for use when wearing the Army Service Uniform, for senior noncommissioned officers, officers and warrant officers. A little more than half of respondents, 55.8 percent, said "yes" to that question.

For the question regarding the blue service cap, making the cap a requirement for E-7s and above could incur a cost to the Army, as the cap or an allowance would have to be provided to at least some Soldiers.

"Additional analysis will be used before a final decision is made on any item that could result in a cost to the Army," said an Army official.

Dailey agreed fiscal responsibility is paramount to any decision on uniform changes.

"Being good stewards of the tax-payers' money is critically important," said Dailey. "While we value Soldiers' preferences and opinions on uniforms, we must always consider how any changes could affect our bottom line."

Dailey plans to endorse the final data. Additionally, he must present Soldier selections to the chief of staff and in some cases the Army uniform board for approval before any changes can be made. If changes are approved, Soldiers would not be able to wear new items until further official instruction. Guidelines and timelines for wear would be released via All Army Activities, or ALARACT, messages to the force.

Enterprise Email mailbox size limits to be enforced

By Army CIO/G-6

WASHINGTON — Effective Oct. 1, the Defense Information Systems Agency, or DISA, will enforce existing Department of Defense Enterprise Email, or DEE, Service Level Agreement, or SLA, mailbox size limits, to lower costs and improve efficiency and Outlook start-up times.

Each of the Army's more than 1.4 million DEE accounts has a storage limit. Most users fall into the Basic class, with a maximum storage limit of 512 megabytes.

Business class users, with an operational requirement for a larger storage size, have a maximum storage limit of 4 gigabytes. Previously, those storage limits have not been enforced.

Even without strict enforcement, most Army users have stayed within their maximum allowable email storage. As of July 31, 2015, however, Army reports indicate that more than 75,000 Army personnel are storing more than 4GB of email. More than 7,700 user mailboxes exceed 10GB of storage each. That level of heavy use makes for a

slow, inefficient and costly email system for both the individual user and the Army as a whole.

"Using email effectively is one way that today's Army personnel can help reduce costs and make communications more agile, from the homefront to the tactical edge," said John Howell, U.S. Army Program Executive Officer Enterprise Information Systems, or PEO EIS, product director for Enterprise Email, or PD EE. "Each user has a role to play to help facilitate state-of-the-art access to email from any location, by being

mindful of the limits already in place to reduce costs and launch times."

Clearing out old, outdated emails are good practice for any user. But, what if you aren't already in the habit? When users are at risk of exceeding their size limits they will receive auto-generated warnings when their mailboxes approach authorized limits. Basic users will receive the warning if their mailbox exceeds 410 MB of storage, while business users will receive the warning if their mailbox exceeds 3.7 GB of storage.

"The warning emails serve as a heads-up for users, to remind them to clear out extra emails

before their mailbox size starts to impact their ability to use the email system," said Howell. "We have resources and information available to help individuals who aren't sure how to get a handle on their email's storage issues."

If an individual's email storage exceeds its limit—512MB for basic users, and 4GB for business users— they will receive a second warning that the account will no longer be able to send email until the mailbox is cleared out. If the email account continues to grow—beyond 700MB for basic users, or 4.6GB for business users—the user will receive the third and final warning that the account will also lose its ability to receive

incoming mail. At that point, anyone sending email to the outsized account will receive a non-delivery notification.

It is especially important to note that users can still store everything they were storing before, just not in their Outlook inbox. Additional email can be stored in personal folders as .pst files located on local drives or shared drives in accordance with local command policies.

Find tips and strategies for reducing your email's storage overload on the Army Enterprise Service Desk's Customer Support website at esd-crm.csd.disa.mil/app/home/.

WWW.1DIVPOST.COM

AVENGERS Continued from page 1

assigned to Co. C, was described as a stand-out Soldier, processing the most military pay transactions within Afghanistan and Kuwait. Escobar processed more than 1,244 transactions a month with an accuracy rate of 98.2 percent, exceeding the Defense Finance and Accounting Services standard of 97 percent.

"With this deployment being my first, I feel like it was a great experience because I gained a lot of training," said Escobar, a 26-year-old native of Gaithersburg, Maryland. "There were loads of hard work, but as a team we made it fun."

Sgt. Hector J. Velázquez, a financial management technician assigned to Co. C, also distinguished himself during the nine-month tour. Velázquez ensured the successful transition of the finance office from the New Kabul Compound to the Kabul International Airport location. The Fairlawn, New Jersey, native also conducted the initial reconnaissance of the location and made sure the move was conducive to a finance office's ability to function, Matthew said.

Velázquez has three other deployments under his belt, but said his most recent

was special because it was the first to Afghanistan and he worked with Soldiers who kept his spirits up throughout the deployment.

"I've worked with a great team of eight Soldiers who have done an outstanding job in helping to make our missions successful and making the deployment seem not so long by us always staying busy," Velázquez said.

Matthew said the company's motto, "We all we got," held true during the entire deployment as everyone consistently took care of each other.

RANGERS Continued from page 1

Nineteen women and 381 men started Ranger Class 06-15, April 20. Eight women successfully completed RAP week; however, all were recycled into Ranger Class 07-15 as Darby inserts for a second attempt at patrolling. After the second Darby Phase attempt, five were dropped from the course and three were given a day one recycle into Ranger Class 08-15, starting the course again June 21.

These three women successfully met the standards of the Benning Phase and moved on to the Mountain Phase, July 10. All three women passed the knot test, military mountaineering skills assessment, the foot movement up Mount Yonah, and were given opportunities to lead patrols. One woman recycled into Ranger Class

09-15 to start the Mountain Phase again, Aug. 9.

Two women received a passing grade in the mountains during platoon level combat patrols and moved on to the Swamp Phase, Aug. 1. The two women also met the standards of the Swamp Phase, proficiently leading waterborne platoon level combat patrols and will earn the Ranger Tab, Aug. 21.



Story by Fort Benning Public Affairs

Soldiers conduct Airborne and Air Assault Operations during the Ranger Course at Camp Rudder on Eglin Air Force Base, Florida, Aug. 6.

RESILIENCE Continued from page 1

According to Army Regulation 350-53, Comprehensive Soldier and Family Fitness, the Army established Master Resilience Training to increase resilience and enhance performance of Soldiers, families and Department of the Army civilians. The regulation defines resilience as the mental, physical, emotional and behavioral ability to face and cope with adversity, adapt to change and recover, learn and grow from setbacks.

"When we run the level-one course, we have facilitators," said Sgt. 1st Class Daniel Mason, Comprehensive Soldier and Family Fitness level one and two course coordinator, "and that's what we are in the process of doing in this course ... making more facilitators for Fort Riley."

Mason said the goal was to create more MRTs across not only Fort Riley, but also the Army. There are more than 550 level-two MRTs throughout the Army and the 19 students that graduated July 31 will move on to create more level-one instructors.

"The effect that we are trying to build across the Army is a ripple effect," Mason said. "That ripple effect is what is going to cause change and it's going to help our Soldiers."

The Master Resilience Program was initiated in 2009, and though it has gone through some revisions over the years, its goal has remained the same – helping Soldiers, families and Department of the Army civilians develop techniques for resilience and enhancing performance while coping with adversity.

"As a program, we believe that people have unlimited potential," said J. Shawn Perry, Fort Riley training center manager. "We know as leaders that sometimes you have to really encourage and help people discover their unlimited potential."

This process, which is at the core of the Army's resilience training, is what the recent graduates hope to instill in the level-one instructors they will now begin teaching.

"I feel that when you come through the level one and they introduce the skills to you, that's intense in itself," said Staff Sgt. Derrick Lee, 101st Brigade Support Battalion, 1st Armored Brigade Combat Team, 1st Infantry Division, "but level two, when you start to understand everything behind the skills and everything that comes into play and how it's almost a web of connected skills, to grasp that concept is very challenging."

The concepts may be challenging, but so is the course itself, said Staff Sgt. Hannah Nunley, 97th Military Police Battalion, 89th Military Police Brigade.

"The class is very intense because it's a lot of material in a short amount of time," Nunley said. "We are testing our skills getting ready to go be teachers of teachers."

Nunley said the skills she learned from the course will enable her and the other students to not only be better battalion-level MRTs, but will also allow

the skills they have learned to filter down through their units to the lowest levels. Army leaders requires all company-level elements to have a level-one MRT. Battalion-level MRTs have the ability to instruct level-one trainers and to manage the MRT program for their battalions.

Erin Towner, master resilience trainer and performance expert, described what the students learned as "skills that help people look at patterns that they have in their thinking."

The trainer said once these skills and patterns are identified, students can then begin looking at these patterns as helpful or a hindrance to their goals and performance.

Towner, who started as a level-one MRT in 2010, said when she first began to work with the Army, there was one motto that always stuck with her. Towner would hear Soldiers say, "Suck it up and drive on," and always thought how appropriate this was to the course.

"These skills are how to drive on, how a person can suck it up, drive on, get over, get through, bounce back but move forward," Towner said.

Towner also commented on the importance of communication in relation to the skills taught in the course.

"We look at relationships in terms of communication and how to have stronger relationships, both professionally and personally," Towner said.

Lee said the key to success with the level-two training is being able to teach MRT skills to lower echelons below the battalion level. "I think if it's emphasized properly, the effects are endless – from your professional to your personal relationships," Lee said. "I don't believe there is a person on this earth that couldn't benefit from the skills that we learn."

Mason said the skills taught at MRT classes teach are applicable not to just professional life, but life as well. Mason likened the skills to a toolkit.

"You have a tool to prepare for when an adverse activity happens," Mason said. "You can pull one of your tools out of your toolkit and it can help you combat that so you can bounce back."

Mason said he travels throughout the country instructing level-one and level-two courses and there are sometimes people who are skeptical.

"For those people I say, 'Try it,'" Mason said. "Try the skills on for size, because I think when people try these skills out and actually look at themselves in the mirror then I would venture to say that will change a lot of opinions."

For more information about master resilience training or other programs at the Fort Riley Victory Center, call 785-239-8835 or visit at 7285 Normandy Dr. on Fort Riley.

Dan McCallister named Employee of the Month

Story and photo by Hannah Kleopfer
1ST INF. DIV. POST

Many employees of the Garrison were recognized Aug. 13 for their hard work and dedication. However, one employee stood out. Dan McCallister, Directorate of Public Works, was awarded the Garrison Employee of the Month, with Ms. Della McCallister accepting the award on his behalf. The award included a check for \$500.

"Seeing the fruits of your labor really makes a difference. That's the gratitude I get out of seeing the award," said McCallister.

McCallister has performed the duties of energy engineer and energy program manager for the past two months. He also has acted in the role of Energy Management Control Systems operator, managing schedules of heating ventilating and air conditioning equipment of 200 buildings across installation and monitored temperature set point compliance with installation. McCallister also developed several energy conservation projects that will save an estimated \$190,000 next year in utility expenses.

After McCallister was named Employee of the Month on Thursday, Jeff Williamson, Director of Public Works had a few things to say at the ceremony.

"Dan tries to save us money everyday. I appreciate everything he does," said Williamson.

"These are things I just think are part of my job. I do go above and beyond because my boss has got his hands tied with everything he does already and we're kind of short handed anyway, so it's really a team effort. As long as I can provide help in a day, that's really all I'm doing," said McCallister.

Receiving this monthly award makes McCallister eligible to compete against other monthly winners for Employee of the Quarter, 4th Quarter, Fiscal Year 2015.



Della McCallister accepted the Garrison Employee of the Month award on behalf of her husband Dan McCallister at the ceremony August 13, 2015.

SPIDERS Continued from page 1

Fol said because a Soldier was always in control of the choice to launch or disarm a tripped device on the Spider System, they were allowed to choose when to engage and what kind of munitions, lethal or non-lethal to use. That minimizes civilian casualties.

"With the Spider, we can add M18A1 Claymore mines to provide a final protective line of fire for the defense since it has a 60-degree fan of fire," Fol said.

The training was conducted at Fort Riley in nine days and divided into two phases. The first phase consisted of the issuing of equipment and classroom instruction and the second phase consisted of hands-on training and a live-fire event.

"It is the first time Fort Riley has detonated this system out here," said 1st Lt. Lewis Hunsberger, a platoon leader with Co. A, 1st Bde. Eng. Bn., 1st ABCT, 1st Inf. Div. "It is always great seeing new effects and capabilities added to our Army."

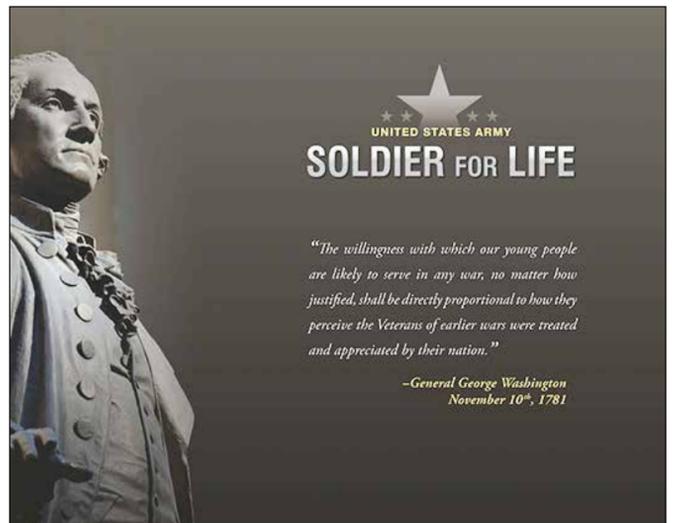
Hunsberger said the "Diehard" battalion engineers were chosen to participate in the training because Companies A and B received the first shipment of Spiders this month.

"The training was pretty cool," said Pvt. Michael Benet, a combat engineer with Co. A, 1st Bde. Eng. Bn., 1st ABCT, 1st Inf. Div. "It's another tool for us to use and a great alternative to using landmines."

Benet, a native of Chickasha, Oklahoma, said the spider was very user friendly.

Hunsberger, a native of Pittsburgh, said the purpose of the Spider range was to train and demonstrate the capabilities of the munitions control unit.

"Understanding the limitations of this system will allow 1st Engineer Battalion units to better integrate this added capability into their planning process," Hunsberger said.



Battling Parkinson's Disease should not dim a legacy

Elaine Sanchez
BROOKE ARMY MEDICAL CENTER

JOINT BASE SAN ANTONIO-FORT SAM HOUSTON, Texas — Just the other day I called my dad to chat. We small talked about the weather, my kids and work before the conversation turned to his upcoming birthday.

I asked him about the year he was born and there was silence.

The man who used to crunch and compute lengthy numbers faster than I could enter them in a calculator couldn't recall his age.

My dad has been battling Parkinson's disease, a degenerative

disorder of the nervous system, for about five years now. It's stripped him of his ability to drive, ride a bike, and rattle off dates in his beloved military history. His former rapid-fire speak has ground to nearly a halt and his speed walk replaced with a hesitant shuffle.

About 1 million Americans live with Parkinson's disease, according to parkinsonassociation.org, along with an estimated 7 to 10 million people worldwide. While medications can help with symptoms — such as tremors, slowed movement, rigidity, and impaired balance — there's no known cure.

It's been tough watching my dad's steady decline. I call each day hoping to hear a sliver of his old brilliant self: a clever joke or a World War II quiz with way too many hints. Whether from the disease or the medication, he struggles for thoughts and those moments have grown few and far between. While I'm grateful for his presence, I really miss my dad.

I've always admired my father, a scholar and dedicated doctor beloved by his patients. As a child, I'd sit in his waiting room anxious to catch a glimpse of him in his bright white lab coat and his stethoscope slung around his neck, escorting his cancer

patients out with quiet words of encouragement.

Years later, I swelled with pride when my dad, a prior Vietnam-era Army officer, told me he had decided to join the Air Force Reserve in his 40s. He'd regale me with stories about his tanker missions overseas as a flight surgeon, and his triumphs and challenges after assuming a command. During my visits to his home at the Jersey shore, we'd walk together on the boardwalk — my dad always wearing his well-worn military veteran hat — discussing history and science to the cadence of waves crashing against the shore.

This disease may be taking his memories, but nothing can dim his legacy. My father taught me to study hard, give my all at work and show kindness to others. He helped hundreds of people with cancer and served his country through two wars and over two decades. He is among the countless aging veterans of past wars who deserve our continued gratitude and care.

As I walk to my office in San Antonio Military Medical Center I see veterans dating back to World War II, but rarely stop to talk. It's far too easy to see illness and age rather than incredible stories

of service and sacrifice. I wish I'd learned more about my father's past. I may have missed that chance, but can honor his legacy by taking time to talk with the veterans and retirees I pass in the hall each day.

When my dad's birthday arrives this year, I will gently remind him of his age and express my admiration for the life he's led. And when he goes to his birthday dinner in his favorite "Proud to be a veteran" hat, I hope people look beyond his stooped posture and shaking hands to thank him for his service. I know I will do the same for our veterans here.

Preventive care heads off disease before it starts

TRICARE

This month, the Military Health System providers emphasize preventive care. TRICARE covers preventive care benefits so you and your family can stay ready and resilient.

Preventive care starts with vaccines. At a young age children are immunized against harmful illnesses and diseases. According to the Centers for Disease Control and Prevention, vaccines are the best way to provide immunity to children and adults before they get sick. Antigens in vaccines are dead or weakened. This means they are not strong enough

to make you sick, but their presence causes you to produce the antibodies that fight the disease.

Another part of preventive care is screenings and exams. Children should complete these to ensure they are healthy as they grow and develop. Their height, weight, vision and hearing are checked regularly. Well-child care is covered for all TRICARE beneficiaries from birth to five years old.

If you have TRICARE Standard, and get care from a TRICARE-authorized provider, there are no out of pocket costs. Prime beneficiaries can get well-

child care from their primary care manager or another network provider. There are no costs for well-child care when seen by a network provider.

Adults develop a higher risk for certain diseases like high blood pressure, prostate or breast cancer. There are additional screenings available. Your TRICARE plan determines how you are covered for these screens. Certain screenings are exempt from cost-shares and others are covered only when received in conjunction with an immunization or vaccine. You can see what's covered on the TRICARE website.

Don't forget about dental care as part of TRICARE's preventive services. Although dental coverage is separate from medical coverage, they are equally important. The American Dental Association, American Academy of Pediatric Dentistry and the American Association of Pediatrics all recommend children have their first dental appointment before their first birthday and every six months after. TRICARE has three dental plans available and the plan you get depends on your eligibility.

Everyone should see their doctor from time to time, even if they are healthy. Preventive care is essential to health care.

Leaders strive to keep Soldiers safe from heat injuries

Story and photo by Noelle Wiehe ARNEWS

FORT BENNING, Ga. — Heat is one of the highest risks any Soldier will face here on Fort Benning, said Jill Carlson, safety director for the Maneuver Center of Excellence.

"You have to understand, here at Fort Benning, we have heat casualties in every month of the year," Carlson said.

The frequency of heat casualties has to do with the experience of the population of the type of Soldiers on the installation, Carlson said, noting that Fort Benning is a training installation.

"We've made great strides, really, and I really equate that to commanders and leaders engagement into it and the importance of it," Carlson said.

As part of U.S. Army Training and Doctrine Command protocol, units on Fort Benning go through training on how to prevent becoming a heat casualty.

Commanders also have leeway to adjust training times, training uniforms and to

reverse cycles in order to avoid heat casualties, Carlson said.

At training sites, a wet bulb is read every hour by a trained Soldier. Within the wet bulb, there are three bulbs, which measure different things in the atmosphere: a wet bulb, or WG, a dry bulb, or DB, and a black bulb, or BB. Each bulb is read and all numbers coincide to provide a wet bulb globe temperature, or WBGT, reading. The reading is only used when temperatures reach 78 degrees and higher.

When the temperature rises to 90 or higher, it is considered heat category five and cadre will typically start using extreme caution with their troops while working in the heat and doing physical training.

When WBGT readings are in the fifth category, Soldiers are urged to drink at least one quart of water per hour while performing any work.

The Fluid Replacement and Work/Rest Guide within the Heat Illness Prevention Guide advises work-to-rest ratios, as well as how many quarts of water per hour should be con-



A Soldier performs one of the hourly checks on a wet bulb to determine the current heat level during a field training exercise on Fort Benning, Georgia.

sumed when the WBGT is high.

Additional mitigation factors include immersion coolers filled with ice and water, misting fans, ice sheets, field showers and Power Breezers and the battle buddy system, Carlson said.

While Carlson said heat casualties do still occur on Fort Benning, the last heat-related death was actually from over consumption of water, or hy-

pernatremia, while a Soldier was on a 12-mile foot march.

Protocols on the installation are to evacuate at 101 degrees or higher. During the heat season, Carlson said between 500 and 600 heat casualties are reported, but only a small percentage are heat stroke or exhaustion.

"I applaud the commanders for doing that, because that really is the right thing to do," Carlson said.

IRWINFORMATION

Q: My daughter is pregnant; will TRICARE cover her maternity care?

A: Yes but only if she's TRICARE-eligible. TRICARE covers prenatal, labor and delivery, and postpartum care (through the 6th week after delivery), and treatment of pregnancy complications. Your grandchild won't be covered unless his

or her father is a sponsor who is TRICARE-eligible.

If you have a question for IrwINformation, send it to IACHInformation@amedd.army.mil or call 785-239-8414.

If you have a question for IrwINformation, send it to IACHInformation@amedd.army.mil or call 785-239-8414.

TRAFFIC REPORT

ALL SCHOOL ZONES IN EFFECT

School zones will be in effect beginning August 3. This is a precautionary warning period prior to school starting August 17. Tickets will not be issued during this time. Be vigilant. Some school zones have lights and others have posted times.

ROAD STRIPING UNDERWAY

Road striping and crosswalk painting has begun. The work will first involve all major thoroughfares on Fort Riley, then move onto secondary roads. In addition, stripes on parking lots at post schools will also be painted. Motorists may be re-directed to the road shoulders, but no roads are expected to close. All are asked to exercise extreme caution while driving in these areas.

HAMPTON PLACE

A portion of Hampton Place, from Jackson Avenue north to Ashby Drive, will be closed to thru traffic through September. A pe-

destrian and bike detour is in place during this time. The closure is part of the demolition and construction project in the Warner Peterson Community. Access to Custer Hill Elementary School will be available from Ashby Avenue. For more information, contact Corvias Military Living at 785-717-2200.

ACP HOURS OF OPERATION

Access control point hours are:

Four Corners/Trooper/Ogden: Open 24/7

Henry: Open 24/7

12th Street: Open from 5 a.m. to 7 p.m., Monday to Friday; 8 a.m. to 5 p.m., Saturday; closed on Sunday and federal holidays.

Rifle Range: Close to all traffic.

Grant: Open from 5 a.m. to 7 p.m., Monday to Friday; 8 a.m. to 5 p.m. Saturdays; closed Sundays and federal holidays.

Estes: Open from 5 a.m. to 7 p.m., Monday to Friday; 8 a.m. to 5 p.m., Saturday; closed on Sunday and federal holidays.

TUESDAY TRIVIA CONTEST WINNER

The Aug. 18 question was: Where do I find all the links and information for jobs on Fort Riley?

Answer: <http://www.riley.army.mil/Units/Partners/CivilianPersonnelAdvisoryCenter.aspx>

The winner is: Haylee Morris. Haylee is a Fan of the Fort Riley Facebook page.

Every Tuesday, check out Fort Riley's Facebook page for the Fort Riley Tuesday Trivia question at www.facebook.com/FortRiley.

Every answer will be available somewhere on the official Fort Riley website at www.riley.army.mil.

CONGRATULATIONS, HAYLEE MORRIS!

WWW.FACEBOOK.COM/FORTRILEY

RILEY ROUNDTABLE

August is anti-terrorism month. What do you do to stay vigilant?



"I make sure to keep my eye out on social media. If you don't know someone you shouldn't friend them on things like Facebook."

PVT. SAMANTHA WOLF
COLORADO SPRINGS, COLORADO

Alpha Company, 101st Brigade Support Battalion, 1st Armored Brigade Combat Team, 1st Infantry Division



"I make sure that I am smart about my social media."

SGT. SERGIO BERNAL
SAN JOSE, CALIFORNIA

Juliette Company, 270th Armored Brigade, 1st Infantry Division



"I try to take different routes going home. I also pay attention to vehicles that are out of place since I live in a small town."

STAFF SGT. TIMOTHY LEDER
ABILENE, KANSAS

1st Battalion 16th Infantry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division



"I take my CAC card with me at all times and delete emails that I think are have important information in them."

LT. SAM WASS
HICKORY, NORTH CAROLINA

82nd Engineer Battalion, 2nd Armored Brigade Combat Team, 1st Infantry Division

THE 1ST INFANTRY DIVISION POST

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Maj. Gen. Wayne W. Grigsby, Jr.

PUBLIC AFFAIRS OFFICER

Lt. Col. Sean Ryan

PRINTER

John G. Montgomery

FORT RILEY EDITORIAL STAFF

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Patti Geistfeld

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Andy Massanet

STAFF WRITER

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CONTACT US

For business or advertising matters, call The Daily Union in Junction City at 785-762-5000.

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LETTERS TO THE EDITOR

The Post welcomes letters to the editor. Letters should not contain any libelous statements or personal accusations. Letters accepted for publication must include the writer's full name and phone number. Letters may be edited for space, but never for content. Send a fax 785-239-2592 or e-mail usarmy.riley.imcom.mbx.post-newspaper@mail.mil

TIPS FOR IWATCH

When it comes to vigilance, trust your instincts

Story by Hannah Kleopfer
1ST INF. DIV. POST

Anti-Terrorism month is designed to remind us to always be alert to activities or behaviors that are odd or suspicious.

One resource is iWatch, an Army-wide anti-terrorism initiative.

"See Something, Say Something," is a slogan Patrick Burch, Fort Riley's Anti-terrorism Officer, firmly believes.

"I stress the golden rule in my briefing, which is that if it doesn't look right, it's probably not right," said Burch.

What do people report? "We get a variety of incidents that come into iWatch including suspicious emails or phone calls," said Burch.

According to iWatch's brochure, if it doesn't look, smell or sound right, report it. When reporting, include the date and time of the incident, where it happened, what you

saw and a description of those involved. If there is a vehicle, include the license number.

To report call 785-240-WARN or 785-283-MPMP

or email usarmy.riley.imcom-central.list.iwatch@mail.mil. Another way to report is to call 1-800-CALL-SPY. in an emergency, call 911.



ARMY CAREERS

Soldiers must complete school before promotion

Story and photo by C. Todd Lopez
ARNEWS

WASHINGTON — Soldiers will no longer be promoted without first completing related professional military education courses, or PME, according to recently-signed Army Directive. Soldiers will need to complete schooling before they are allowed their new stripes.

"By linking structured self-development and the NCO Education System (NCOES) to subsequent promotion, we better prepare NCOs (noncommissioned officers) for the complexities of today's operational environment while reinforcing the benefits of a deliberate, continuous, sequential and progressive professional development strategy," wrote Army Secretary John M. McHugh in Army Directive 2015-31, which was released Aug. 13.

Beginning with the January 2016 promotion month, pinning on the sergeant will require that Soldiers have first completed the "Basic Leader Course", which was formally known as the "Warrior Leader Course." For Soldiers who want to pin on staff sergeant rank, they must first have completed the Advanced Leader Course.

"Soldiers on the recommended list who are not graduates of the respective course will not be considered fully qualified for promotion pin-on regardless of their accumulated promotion points," the directive reads. "These Soldiers will remain on the recommended list in a promotable status, but they will not be selected for promotion pin-on until they become fully qualified by completing the required course and a promotion requirement exists."

Soldiers expecting to pin on sergeant first class as a result of a fiscal year 2016 selection board must first complete the Senior Leader Course before pinning on their new rank.

"Conditions are set so we can enforce a standard for Soldiers to complete



Soldiers will no longer be promoted without first having completed related professional military education courses, according to recently-signed Army Directive. Soldiers will need to complete their schooling before they are allowed their new stripes.

professional military education - that is the NCOES platform - before promotion to the grade in which it was designed to support," said Gerald J. Purcell, personnel policy integrator within the Army G-1.

Purcell said that a Soldier, who is otherwise qualified to be promoted from corporal or specialist to sergeant, will be on the promotion list. But when that Soldier's name is next to fill an Army promotion requirement, if that Soldier is found to have not completed PME - for a specialist seeking sergeant, this means Basic Leader Course - then the Soldier will be passed up for that promotion.

"There will be a filter in place that takes their name off the list of fully-qualified names," Purcell said. "They will get skipped. Even if they have more promotion points, they will not be considered fully-qualified to pin the grade of sergeant on."

The Soldier who is skipped for promotion due to a lack of PME still stays on the promotion list. But once that Soldier gets the

PME, he or she doesn't automatically get stripes. Instead, the Soldier will have to wait for a future requirement.

Since the 1980s, Purcell said, the Army has allowed "conditional promotions," where Soldiers could get their stripes without having had the corresponding professional military education. "We had NCOs walking around who weren't school-trained, with a follow-on requirement they complete the training or they were going to be reduced," he said. "Today, the leadership believes there is a capability to provide Soldiers an opportunity to go to training, complete the training, and consequently, have all of the fundamental training in place before they are asked to perform at the next higher grade."

With the new PME requirement, a Soldier's stripes will not just be an indicator of rank or pay - it will be an indicator that the Soldier has been trained as a leader, Purcell said.

"When you see a Soldier wearing a sergeant rank, you know that Soldier is going to have been trained formally

through an education system to prepare him or her and give them tools to succeed at that grade," Purcell said. "So the Soldier is going to have all the tools in their kit bag to fully succeed at their grade."

The new policy also similarly affects National Guard Soldiers where enlisted Soldiers on a promotion list whom have completed their structured self-development requirements will be selected and assigned to higher grade vacancies. Soldiers selected for higher grade vacancies without the NCOES requirement will have 24 months to complete the level of NCOES required for promotion pin-on or will be removed from the position. Additionally, the directive makes changes to the retention control point for active-duty and Army Reserve Soldiers. According to the regulation, effective October 1, Soldiers selected for promotion to sergeant first class and master sergeant will not get an extended retention control point until they actually pin on their higher rank.

FROM THE CHAIRMAN OF THE JOINT CHIEFS OF STAFF

Concerns expressed about refugee, immigration Crisis in Europe

By Jim Garamone
DOD NEWS
DEFENSE MEDIA ACTIVITY

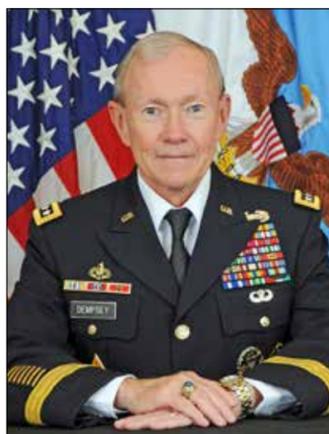
DUBLIN, Ireland — The chairman of the Joint Chiefs of Staff said Aug. 18 he is worried about the effects migration, immigration and mass migration are having in Europe.

Army Gen. Martin E. Dempsey told the Irish Defense Force staff at Cathal Brugha Barracks here that a recent United Nations report said that there were 60 million refugees in the world today.

"Can you imagine there are that many people that are away from where they normally live their lives?" he asked.

This means 42,500 families a day are displaced, the chairman said. Dempsey said his concern is twofold: First, it is a humanitarian disaster, and second, it encourages those affected to turn to violent extremist groups.

"Family units break down education breaks down, so you have not just a near-term problem but you end up having a generational problem," he said.



Gen. Martin Dempsey
Chairman, Joint Chiefs of Staff

This combination of a humanitarian refugee crisis mixed with the rise of violent extremism is a 20-year problem and must be addressed as such, the chairman said.

Governments normally try to solve these complex and perplexing problems one year at a time, he said, because that is the way budgets work. That will not work with these issues, Dempsey noted. "Frankly, we're moving at a pace that is not keeping pace with that threat," the chairman said. "And we really need to awaken to it as a society, as a culture, as a civilization."

The refugee and migration issue is already impacting Europe, he said. Internal domestic politics in some European countries are being dramatically affected by the refugee crisis, Dempsey said, with fringe groups increasing their share of governments across Europe in reaction to the failure to address the refugee crisis.

"This could affect stability and peace on the continent," he said. "I don't know where this goes. Normally, when I don't know where things go, I get worried about them. And I'm here to say that I am worried."

Wars fought by ground troops, new Army chief says

Story and photos by Todd Lopez ARNEWS

WASHINGTON — Continued freedom in America requires a continued commitment to maintaining strong, equipped, well-led and well-trained ground forces, said the Army's 39th Chief of Staff Gen. Mark A. Milley.

"There are many who think wars only can be won from great distances - from space, the air, the sea. Unfortunately, those views are very, very wrong," Milley said.

Milley spoke immediately following his oath as the new chief, assuming responsibilities from Gen. Ray Odierno, who retired during the same ceremony Friday morning on Joint Base Myer-Henderson Hall, Virginia.

"War is an act of politics, where one side tries to impose its political will on the other," Milley said. "And politics is all about people. And people live on the ground. We may wish it were otherwise. But it is not. Wars are ultimately decided on the ground, where people live, and it is on the ground where the U.S. Army, the U.S. Marine Corps and the U.S. Special Operations forces must never, ever fail."

The general warned that flagging commitment to maintaining ground forces will have a devastating cost in terms of lives and freedom.

"If we do not maintain our commitment to remain strong, in the air, on the sea, and yes, on the ground, we will pay the butcher's bill in blood, and we

will forever lose the precious gift of our freedom," he said. "As your chief of staff, I will ensure we remain ready as the world's premier combat force. Readiness to fight and win - ground combat is and will remain the U.S. Army's No. 1 priority. And there will be no other No. 1. We will always be ready to fight today, and we will always prepare to fight tomorrow."

Milley most recently served as commander of U.S. Army Forces Command on Fort Bragg, North Carolina, before replacing Odierno, who served as chief of staff for nearly four years and retired after having served 39 years in the Army.

OUTGOING CHIEF OF STAFF

Odierno began his military career after graduating from the U.S. Military Academy at West Point, New York, in 1976.

At the change of responsibility ceremony, the outgoing chief of staff remarked at how the Soldiers of the 3d U.S. Infantry Regiment (The Old Guard), performing there, reminded him of Soldiers still serving around the world.

Soldiers still in Iraq "are the best of who we have - attempting to train and advise Iraqi security forces," Odierno said. "I think of our Soldiers in Afghanistan, continuing to build an Afghan army. I think of our Soldiers in Eastern Europe, reassuring our allies. By the way, a Soldier was the 'Man of the Year' in

Lithuania last year. That's who our Soldiers are. They are in Republic of Korea, supporting our allies. (They are) fighting the global war on terror around the world. That's why I stayed in this uniform for so long - because of our Soldiers, and their dedication and commitment to this nation."

Odierno also touched on both the officer and noncommissioned officer, or NCO, corps, saying they were the best in the world. The NCO corps, he said, makes the Army different than any other army in the world.

"They are our standard bearers," he said. "They are what changed our Army over the last 40 years (that) I have had the opportunity to serve. It has been the changing nature of our NCOs that has transformed our Army. And they continue to do that today."

Of officers, he said, he has confidence they will continue to preserve America's freedom by providing competent leadership for the Army that protects the nation.

"As we stand here, we have the finest officer corps, in my opinion, in our nation's history," Odierno said. "I have complete confidence in the officers that we have in the Army today and of their ability to lead us into an uncertain future."

The Army today, Odierno said, is admired by America's allies, feared by America's adversaries and remains an essential part of the joint force.

"And I know they will continue to do whatever they are asked, wherever they might be asked to do it - they will be there prepared," he said, adding that with Milley, "The Army is in great hands."

The general also credited his ability to continue to serve to the strength of his own Family - especially his wife, Linda, whom he said has stood by his side since he was a cadet at West Point.

"She is the epitome of selfless service," he said. "She has always put others before herself. She has always been by my side through the good and



Army Secretary John M. McHugh, far left, swears in Army Chief of Staff Gen. Mark A. Milley as the 39th chief of staff of the Army during a ceremony on Summerall Field, Joint Base Myer-Henderson Hall, Va., Aug. 14. Milley's wife, Hollyanne, holds a Bible.

the bad. She has always been the strength of our Family. She has been a role model for so many spouses throughout the Army, because she always treated everybody with dignity, respect, and with a little touch of love. She sacrificed her entire life for me. I can never repay her for that."

During his time as chief of staff, Odierno served under Army Secretary John M. McHugh. During his tenure as secretary, McHugh worked with three chiefs of staff, including Gen. George W. Casey Jr. and Gen. Martin E. Dempsey, who now serves as chairman of the Joint Chiefs of Staff.

"Ray is as fine an officer as I have ever known," McHugh said. "He's a leader wholly committed to the Army - doing so the last four years in Army headquarters. He's wholly dedicated to the people and relationships that compel our mission and to the broader strategy framed within the Department of Defense. More importantly, at all times he's been faithfully committed to the men and women of the U.S. Army, and the men and women of the U.S. military."

McHugh said Odierno "firmly believes that Soldiers

are not in the Army, but they are the Army. It's always been his number 1 job to serve them well and serve them honorably. And whether it is a fighting hole in Tikrit or visiting a wounded warrior in hospital bed at Walter Reed National Military Medical Center, Ray has been the consummate leader, distinguished and thoughtful. He leads with a quick mind, calloused hands and a servant's spirit."

NEW CHIEF OF STAFF

Defense Secretary Ash Carter told those at the change-of-responsibility ceremony that he has great confidence in Milley's ability to lead the Army into an uncertain future.

"He's the right officer to lead the Army over the next four years, to shape our force, to continue restoring its readiness, to get there quickly and to win - as our nation expects of its Army. Mark is a leader, a warrior, and a statesman," Carter said.

The secretary said he has had personal visibility of Milley's command ability. In 2013, he said, the two were together on the day Taliban fighters attacked the U.S. consulate in Herat, Afghanistan.

"As we flew there, I saw him take decisive command of the scene," Carter said. "In addition to decades of such operational experience, Mark clearly also has the strategic vision needed to build on what Ray started. I have confidence - I know he'll succeed, because he carries that same unyielding commitment to Army, to Soldier, and to family."

Milley's new boss, McHugh, said he's seen Milley lead Soldiers both at home and overseas, as well as at FORSCOM.

"At all times he's lead with distinction, in both war and peace," McHugh said. "He's a remarkable leader, and I'm confident he'll be an exceptional chief of staff of the Army and member of the Joint Chiefs."

Dempsey said going forward, the Army will be smaller and different than what it has been. But the Army will still do what the nation asks it to do, and to do that, Soldiers must be well-trained, well-led and well-equipped.

"You are an inspired choice to lead our Army into the future and you are going to be terrific," Dempsey said.



Newly sworn in Army Chief of Staff Gen. Mark A. Milley addresses attendees at the Army change-of-responsibility ceremony on Summerall Field, Joint Base Myer-Henderson Hall, Aug. 14.

Initial Entry Training cadets build performance skills

Story and photos by Becky Farmer
ARNEWS

FORT KNOX, Ky. — For the first time, approximately 2,100 future Army leaders going through Cadet Initial Entry Training, or CIET, received performance training to help them develop the mental skills intrinsic to the Warrior Ethos.

Master resilience trainer-performance experts, or MRT-PEs, from Comprehensive Soldier and Family Fitness Training Centers across the Army delivered the training to each of the nine Cadet Initial Entry Training regiments from June 6 - Aug. 3.

“Our primary weapons system is in our brain, especially when it comes to building officers,” said Col. Andy Morgado, commander of U.S. Army Cadet Command 3rd Reserve Officer Training Corps Brigade, who explained the importance of strengthening mental skills for future officers.

This summer, Morgado is also the commander of Task Force Leader, CIET, on Fort Knox, Kentucky.

As part of the CIET, the cadets, typically between their sophomore and junior years in college, endure an intense four-week introduction to Army life, which includes leadership training, the aim of which is to motivate and qualify cadets for entry into the senior ROTC program.

To better prepare these young cadets for the rigors of Army life and the challenges of leadership, CSF2 and Cadet Command decided to dedicate an eight-hour block of instruction at the beginning of each CIET regiment's course for each cadet to learn the fundamentals of three critical mental skills: confidence, concentration, and composure, often referred to by cadets as the “Three Cs”.

Adapted from training provided to Army basic trainees on Fort Jackson in 2009, the “Three Cs” is how CSF2 is helping to achieve Maj. Gen. Combs', commander, U. S. Army Cadet Command, vision of “adaptive, creative, critical thinkers, who can solve problems in new, unique ways.”

“I was at the eight-hour classroom and practical exercise training, and it was very well received,” Morgado said. “So, as a brigade commander, I'm trying to figure out how I can bring some of that (training) to reinforce some of the (ROTC) curriculum we have.”

To begin the session, the MRT-PEs explained what they meant by each of the “Three Cs.” Confidence is the degree of certainty you have in your abilities. Concentration is paying attention to what is most relevant to avoid distractions. Composure is effectively mobilizing and restoring your energy to keep your composure under pressure.

Following the lecture portion, the cadets split up into three groups to delve deeper into the theory behind each skill and conduct exercises to understand the importance of each, as well as to reinforce using the skills in a variety of situations.

“When I met each CIET platoon yesterday, I told them (the training they received from CSF2) was spot on. We never got anything like this when we were starting out (as cadets). They just told us, ‘Go do it. Tough it out.’ The MRT-PEs taught them



Cadets from 9th Regiment, Cadet Initial Entry Training, build confidence in themselves and their team by completing unfamiliar tasks, in this case, working together to keep a ping pong ball stabilized by pulling string taut, while moving it from point A to point B.



Cadets, from 9th Regiment, Cadet Initial Entry Training, do their best to concentrate on solving a puzzle in the midst of distraction.

how to think about how they think,” said Lt. Col. Glenn Howie, professor of military science at East Tennessee State University and A Company, 9th Regiment Training, Advising, and Counseling Officer at CIET.

The class was also an opportunity for the cadets to build their nascent teams. The cadets “came (to Fort Knox), met their drill sergeants, they had to dump all their stuff out, and they're thinking, ‘oh my gosh, what did I sign up for,’” Howie said. By day three of the class, the performance training gives the students “a chance to work together, work as a team. I could see the teamwork start to build,” he said.

Over the next few weeks, the cadets have ample opportunity to employ their new skill sets, as they tackle events such as a high ropes course, a tear gas chamber, M16 rifle marksmanship range and days out in the field patrolling. Before each of these events, MRT-PEs reinforce the “three Cs” of confidence, concentration and composure, to keep those skills fresh in cadets' minds.

“All the training I found extremely effective, but the most outstanding aspect is seeing the cadets themselves saying how worthwhile and useful it is. And they can take the idea that's introduced to them at an early stage in the (CIET) process, and are still referring back to that training in subsequent evolutions,” Morgado said. “Cadets have identified that it is clearly value-added.”

“Cadets get it ... They understand they are going to succeed or fail by what's going on in their head and how they deal with that,” Morgado said.

The last regiment of CIET graduates, and the cadets will take back the lessons of the “three Cs” to each of their schools' ROTC programs Aug. 12.

The “three Cs” are just part of the performance training available across the Army at CSF2 training centers. Like they did with CIET, training can be tailored to the needs of the organization.

Celebrating National Purple Heart Appreciation Day, a day to remember



Ashley Bell | AR News

Former Army Chief of Staff Gen. Ray Odierno presents the Purple Heart to U.S. Army Spc. Thomas Wirthlin during a ceremony on Forward Operating Base Azzizullah, Afghanistan, Aug. 7, 2013.

By Vanessa Villarreal
3RD INFANTRY DIVISION

BAGRAM AIRFIELD, Afghanistan — May 9 during a combat patrol around Bagram Airfield Pfc. Matthew Aiken's vehicle was struck by an improvised explosive device. As the vehicle's gunner, Aiken's upper torso and head were directly exposed to the detonation. At Bagram's Craig Hospital, it was determined he received a concussion because of his proximity to the IED detonation.

May 20, for his exceptional meritorious service to the United States for Alpha Company, 21st Engineer Battalion, Task Force Solid, U.S. Forces - Afghanistan, Aiken was awarded the Purple Heart.

June 30, Pfc. Tyler Cook was returning to the New Kabul Compound on a mounted patrol. Approximately 200 meters from the compound, a vehicle-borne IED detonated in front of his vehicle. Also with him was Pvt. Zachary Lovett, who was driving. Both Soldiers, from Delta Company, 2nd Battalion 15th Field Artillery, 10th Mountain Division, Fort Drum, New York, received the Purple Heart for injuries received in action caused directly by enemy forces.

Aug. 7 is National Purple Heart Appreciation Day and marks the anniversary of the oldest military award awarded in the name of the President of the United States to any member of an Armed Force or any civilian national of the United States wounded or killed, or who died after being wounded.

On Aug. 7, 1782, George Washington, then commander-in-chief of the Continental Army, established the Badge of Military Merit, a predecessor to the Purple Heart. Once the Revolutionary War

ended, the award was forgotten until 1918, when Gen. John J. "Blackjack" Pershing suggested a need for an award for merit. It was not until 1932 that the Purple Heart was revived.

At first, the Purple Heart was only awarded to Army and Army Air Corps personnel and could not be awarded posthumously. In 1942, President Franklin Roosevelt signed an executive order allowing the Navy to award the Purple Heart to Sailors, Marines and Coast Guard personnel. Also that year, the Purple Heart was made available for posthumous award to any member of the military killed on or after Dec. 7, 1941.

The Badge of Military Merit was only awarded to three Revolutionary War Soldiers: Sgt. Elijah Churchill, 2nd Continental Dragoons, and Sgt. William Brown, 5th Connecticut Continental Line Infantry May 3, 1783; and Sgt. Daniel Bissel, 2nd Connecticut Continental Line Infantry June 10, 1783.

According to the U.S. Army Center of Military History, eligibility and conditions for the award are defined in Army Regulations 600-8-22. Paragraph 2-8e carries the notice that "any member of the Army who was awarded the Purple Heart for meritorious achievement or service, as opposed to wounds received in action, between Dec. 7 1941, and Sept. 22, 1943, may apply for award of an appropriate decoration instead of the Purple Heart."

The Purple Heart is ranked immediately behind the bronze star in order of precedence among personal awards. According to the National Purple Heart Hall of Honor, New Windsor, New York, there's not a consistent record that was kept since the award was established in 1932. It's estimated that the total number awarded is 1.8 million.

Army nanosatellites to empower Soldiers

By Jason B. Cutshaw
USASMDC/ARSTRAT PUBLIC AFFAIRS

REDSTONE ARSENAL, Ala. — One Army project is making the future of satellite communications more responsive to Soldiers' needs.

The U.S. Army Space and Missile Defense Command/Army Forces Strategic Command's Nanosatellite Program, or SNaP, will be a small satellite communications, or SATCOM, constellation. This allows communication across great distances using existing UHF tactical radios.

"SNaP is a technology demonstration with the goal of showing the military utility nanosatellites can provide to the disadvantaged user," said Thomas E. Webber, director, SMDC Technical Center Space and Strategic Systems Directorate. "The primary uses are beyond line of sight communications and data exfiltration. SNaP is a natural fit for the command since we are the Army proponent for space and also the SATCOM provider."

The command is engaged in organizing, manning, equipping and training space forces for the Army. The Army is the largest user of space and space-based capabilities.

In many remote areas radio over-the-horizon communication from the field to higher headquarters, like the brigade, is nonexistent. Army scientists and researchers built the SMDC-ONE nanosatellite as an innovative technology solution. The ONE stands for Orbital Nanosatellite Effect.

SMDC-ONE was a technology demonstration, which showed nanosatellites in low Earth orbit could be used for beyond-line-of-sight communications and data exfiltration. Three next-generation SNaP nanosatellites are scheduled

to launch this year and an undetermined number could go up afterward.

SNaP is a 5-kilogram mass cube satellite, or CubeSat, which costs about \$500,000 and is about the size of a loaf of bread. It provides data and over-the-horizon communications capabilities. It also has multi-functional relay capability with five times the data rate of SMD-ONE.

"SNaP will provide beyond-line-of-sight communications and data in disadvantaged environments to the warfighter and provide communication ability for users, who might not otherwise have communications, due to user location or overhead cover," said Jeff A. Stewart, technical manager, SMDC Space Division.

Another difference from previous satellites is this is the first CubeSat launch with propulsion capability and SMDC's first with deployable solar arrays for battery charging.

"SNaP uses deployable solar arrays versus fixed arrays to increase power generation over SMD-ONE," Stewart said. "SNaP also has a propulsion capability for station keeping to maintain constellation spacing."

On previous satellites, solar panels were attached to the sides. At any one time, only two panels would be pointed at the sun. With deployable arrays, operators can orient all four toward the sun.

"Nanosatellites in low-Earth orbit are traveling approximately 17,000 mph and are about the size of a football, which makes them very survivable," Webber said. "Providing the ability for our warfighter to communicate in an environment where traditional SATCOM is unavailable can literally be the difference between life and death."

SMDC plans for future constellations of relatively low-cost nanosatellites deployed in

mission-specific, low-Earth, which provide cost-effective, beyond-line-of-sight data communications capabilities.

"SNaP will provide resiliency to the warfighter communication capability by providing beyond-line-of-site communications when no satellite communication is available due to a denied or degraded environment," Webber said.

SNaP seeks to use small satellites to provide dedicated coverage to a wide range of under-served users in remote areas.

"SNaP is another step for the command toward providing a communications capability available to and commanded by the unit level," Stewart said. "SMDC-ONE laid the groundwork upon which SNaP is expanding."

The U.S. Southern Command is partnering with SMDC, the U.S. Naval Postgraduate School and other Department of Defense organizations to evaluate emerging nanosatellite technologies through the SNaP Joint Capability Technology Demonstration.

The project will evaluate the effectiveness of small, lower-cost satellites, which provide communications capabilities, enable mission command on the move and allow tactical leaders to synchronize actions, seize the initiative and maintain situational awareness, officials said.

"SNaP is designed for UHF communication with existing Army and coalition radios," Webber said. "The advantage low-Earth orbit provides is the fact that satellites are so much closer to the Earth, which allows much lower signal levels to be received and processed."

The command delivered three nanosatellites in March for a 2015 launch with United Launch Alliance on Vandenberg Air Force Base, California.

IN BRIEF

TRAFFIC UPDATES

For traffic updates, see the Traffic Report on page 4 or visit www.riley.army.mil and click on "Advisories."

GENERAL INFORMATION

For general information about events and services at Fort Riley, visit www.facebook.com/FortRiley or follow @FortRiley on Twitter.

POST-WIDE YARD SALE SET FOR SEPT. 19

The ever-popular Fort Riley Post-Wide Yard Sale is set for Sept. 19 from 8 a.m. to noon.

It's important to note that non ID-cardholders must get a visitor's pass before the event.

Those who wait until the day of the yard sale can expect long delays at the Visitor Control Center. Up to 2,000 people are expected to come to Fort Riley.

Those planning a visit are encouraged get their passes in advance.

Also, only post residents can sell items. Those coming onto the post are not allowed to bring items on post to sell.

FORT RILEY SPOUSE CHOIR

The Fort Riley Spouse choir is accepting new members. If you love to sing and want to spend time with other Army spouses, then this group is definitely for you. Practices are at the band rehearsal hall at 8630 Sustainment Drive at 6:30 p.m. Thursday nights.

IMPORTANT REMINDER

Visitors to Fort Riley are reminded that a temporary Fort Riley Access Badge or Pass is required for anyone without a Department of Defense ID card. If you know the exact date of your visit, it is highly recommended to get a temporary badge or pass early by stopping by the Visitor Control Center, calling 785-239-2982 or emailing usarmy.riley.imcentral.mbx.des-vcc@mail.mil

Please note there are longer wait times for passes during periods of higher traffic-especially weekday mornings and weekday afternoons-when Soldiers and civilian employees are traveling to work and physical fitness activities.

If you're unable to get a pass early, make sure to allow extra time the day of your visit to get through processing at the Visitor Control Center.

Please visit our website at <http://www.riley.army.mil/Units/GarrisonCommand/EmergencyServices/AccessInformation>

SPOUSES' SIP AND CHAT

Spouses of active duty service members are welcome to join USO Fort Riley for coffee, snacks, friends and fellowship from 9:30 to 11 a.m. on the third Wednesday each month. USO Fort Riley is located at 6918 Trooper Drive. For more information, call 785-240-5326.

RILEY RIDE

Heading to Aggieville for drinks? Get home to Fort Riley safely with Riley Ride. The transportation service is open to all Department of Defense ID cardholders and runs Friday and Saturday evenings. For more information, call 785-239-5614.

ALCOHOL SALE POLICY

All Army and Air Force Exchange Service locations at Fort Riley are no longer selling alcohol from 11 p.m. to 7 a.m. daily.

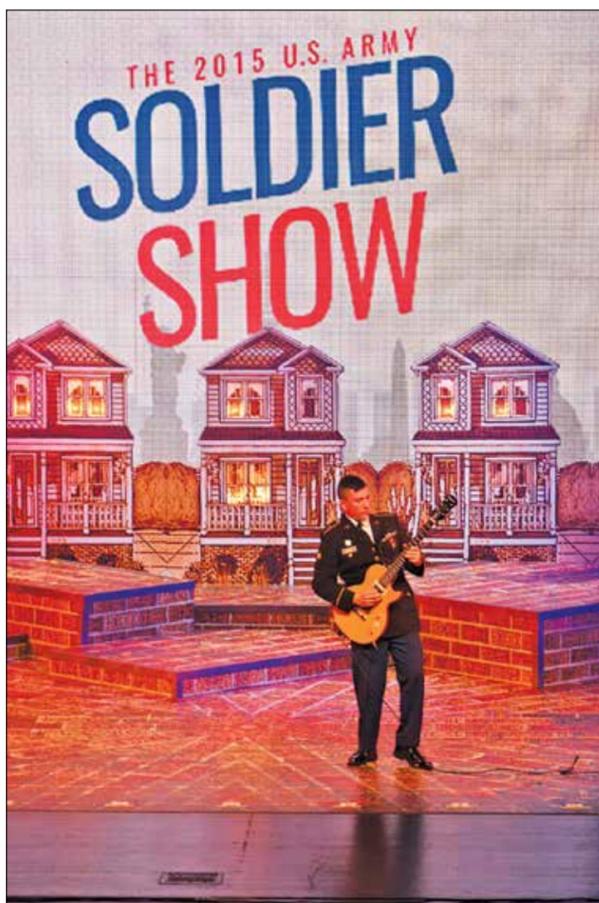
PUBLIC WORKS SERVICE

In emergency utility service situations like power outages, contact the Fort Riley Public Works Service Desk at 785-239-0900 to report the problem. You also may call your neighborhood office, and the staff will report the outage for you. For your neighborhood office phone number, visit <http://riley.corviasmilitaryliving.com/>, click on "Residents" and "About Our Neighborhoods."

For tips on how to prepare and cope with a power outage, visit www.acsim.army.mil/readyarmy/Power_Outage_Fact_Sheet.pdf.



★★★
= WE SERVE =



Spc. Austin West, 172nd Chemical Company, 84th Explosive Ordnance Disposal, 1st Armored Brigade Combat Team, 1st Infantry division, opens up the Soldier Show August 11 at McCain Auditorium in Manhattan, Kansas. West is a technician on the tour, but was asked to open for his 'hometown' audience of Fort Riley.

Home opener

Fort Riley Soldier rocks out at Soldier Show on, off stage

Story and photos by Maria Childs
1ST INF. DIV. POST

Fort Riley's own Spc. Austin West took the stage with his electric guitar for about 10 minutes before the official show began August 11 at McCain Auditorium in Manhattan, Kansas.

West, a Soldier from 172nd Chemical Company, 84th Explosive Ordnance Disposal, 1st Armored Brigade Combat Team, 1st Infantry Division, auditioned with Army Entertainment in San Antonio, Texas in February. He didn't find out he would be on the show until March.

"When I first wanted to do it - I wanted to audition for guitar," West said, "The recruiter told me we didn't have a position for a guitar player in the show but offered for me to be a tech."

As a stage technician, West isn't a familiar face on the Soldier Show as a performer. He was selected at this show to perform the opening act with his electric guitar and he was a

See SOLDIER SHOW, page 12

"I wanted to do something with music and I thought this was a great opportunity to do a little bit of my fun side as well as my Army side."

SPC. AUSTIN WEST | 1st INF. DIV.



Game night lets families relax without electronics

USO's monthly event offers family members two-hour escape from digital world

MORE INFORMATION

• For more information about USO Fort Riley events, call 785-240-5326.

Story and photos by Maria Childs
1ST INF. DIV. POST

Rose Moody, wife of Chief Warrant Officer 2 Damien Moody, 1st Sustainment Brigade, 1st Infantry Division, saw an advertisement for Unplugged: Family Game Night and invited her neighbors to join her family for a night of board games Aug. 14 at the USO Fort Riley building.

The monthly game night does not allow electronics. It was designed as a way to get families to come together and have a fun time, according to Jill Iwen, director of USO Fort Riley. This program began about a year ago and has grown.

"I think it's pretty cool to get people together and bring families together," Moody said.

Moody participated in other USO Fort Riley activities like the No Dough Dinners but never attended the family game night. During the two hours, Moody, her children and their neighbors, the Padilla family, played many games including Operation, Jenga and the Game of Life.

For Erica Padilla, wife of Staff Sgt. Francisco Padilla, 2nd Battalion, 34th Armor Regiment, 1st Armored Brigade Combat Team, 1st Inf. Div., this was her first time playing board games.

"She invited me and I've never played board games before, so this was my chance," Padilla said. "It's a lot more entertaining than being on a phone all the time."

See GAME NIGHT, page 12



Gabriela Padilla, daughter of Staff Sgt. Francisco Padilla, 2nd Battalion, 34th Armor Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, pulls a tile from the Jenga stack while she focuses on not knocking over the tower during USO Fort Riley Unplugged: Family Game Night August 14 at the USO Fort Riley building. Game nights are scheduled monthly at the USO Fort Riley.

"This year, I would like to send the particular message of thanks for the things you all do as educators for our military families and our military children."



COL. ANDREW COLE JR.
RILEY GARRISON COMMANDER

Welcome back event full of pride, gratitude

Fort Riley touts the role personnel in USD 475 play in helping military families

By Hannah Kleopfer
1ST INF. DIV. POST

Staff members at USD 475 of Geary County are ready for the 2015-16 school year. On Aug. 12, Fort Riley Garrison Commander Col. Andrew Cole Jr. addressed the USD 475 General Session for school district board members, teachers, and staff. The 8 a.m. session was held at Junction City High School's



MORE INFORMATION

Shenk Gymnasium. Hugh Davis, USD 475 Executive Director of Communications welcomed the staff and introduced Col. Cole.

"This year, I would like to send the particular message of thanks for the things you all do as educators for our military families and our military children," Cole said. He continued by expressing how the professionals at USD 475 made great impacts on Fort Riley while the parents are making great sacrifices for our nation.

"We have worked together with USD 475 to promote Fort Riley and the Flint Hills region as a great place to work and live, to set and complete educational goals, to enjoy recreational opportunities, to experience a low cost of living, better than most in the region, and that the Flint Hills are a great place to raise a family," Cole said.

Col. Cole was not the only one to express pride in the school district and the community it creates. District School Board President Brian Field concluded his speech by thanking the staff for being part of the best school district in the state of Kansas.

• To contact Geary County Schools USD 475, visit www.usd475.org or call 785-717-4000 or stop by at 123 N. Eisenhower in Junction City.

COMMUNITY CORNER

Resiliency — build it in ourselves, our families

By Col Andrew Cole
GARRISON COMMANDER

enduring concept and acquired through regular training.

The things we can count on in life are difficulties and challenges. Do you know how to cope when life gets difficult? The resiliency program provides training and self-development tools, so that Soldiers, family members and Army civilians are better able to cope with adversity, perform better in stressful situations, and thrive in life. It teaches skills that support social, emotional, family, spiritual and physical resilience.



Colonel Cole

The Army leadership view is that Soldiers, Army civilians and family members are all important parts of the team. I looked to the Army Ready and Resilient Website for some resources to help us.

WHY IS IT IMPORTANT?

- A healthy mind and body are essential to individual and unit readiness.
- Resilience combines mental, emotional, and physical skills to generate optimal performance (i.e. readiness) - in combat, healing after injury, and in managing work and home life.
- Resilient individuals are better able to bounce back and overcome adversity by leveraging mental and emotional skills and behavior by seeking out training.
- Individual resilience can be built, maintained, and strengthened when viewed as an

READY, RESILIENT PROGRAM

- Provides comprehensive resilience training to develop coping skills and behaviors and increase capabilities.
- Educates and promotes preventative measures that encourage self-awareness, deter high-risk behaviors, and support healthy alternatives to produce positive outcomes.
- Develops improved methods for leaders and commanders so they can better identifying "at risk" and "high-risk" Soldiers and provide early intervention.
- Emphasizes leadership involvement, empowerment and accountability to promote help-seeking behavior.
- Produces an enduring cultural change that yields an Army environment to support and develop its members to perform their best both personally and professionally.
- Enables them to overcome setbacks, recover and grow from adversities and thrive on a sustained basis.
- Challenges its members and leaders to embrace and live by the Army profession, values and ethics.
- Produces a supportive Army climate that ensures its members are treated with dignity and respect while sustaining a resilient force.
- Institutes a scientific process for measuring success and implementing lessons learned so Army systems and processes can be restructured as needed
- Promotes resilience throughout the Total Army.

'Back to School' dance begins year

Teen center staff hosts event that reconnects kids

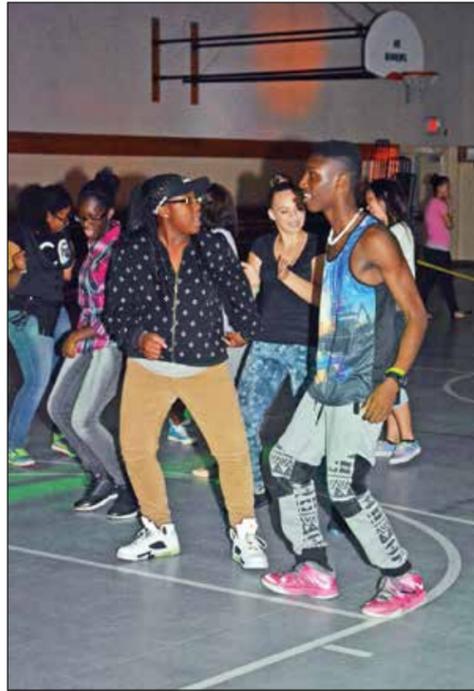
Story and photo by Maria Childs
1ST INF. DIV. POST

The staff at Child, Youth and School Services helped the Fort Riley community celebrate the return of school by hosting a teen dance for children in 6th through 12th grades.

Zachary Hart, director of the teen center, said this dance is a way for students to reconnect with their friends before the school year begins as well as try to meet new friends. The event was open to teens who visit the center frequently as well as outside guests. Pizza was provided.

"We tried to make this the biggest dance of the year because this is how we introduce all the incoming students to CYSS," Hart said. "All the kids who have been here invite all their friends. It's kind of like our open house."

Hart said he is active in the community and looks for ways to invite military children to use CYSS services at the teen center. During the school year, the teen center staff provides snacks as well as



Enjoying the dance put on by the teen center staff are, from left, Jailyann Brooks, Emonni Barber, Jessica Stuber and Khalil Smith. The center's director said the event was a way for students to reconnect with friends before the beginning of the new school year.

a space for students to do their homework or hang out with friends.

"I ask kids to come here all the time," Hart said.

Khalil Smith, sophomore at Manhattan High School, said he enjoyed the dance

and seeing his friends before school begins.

"I just like to hang out with friends and dance," Smith said.

Smith attends CYSS dances each month, plays in CYSS basketball

MORE INFORMATION

• The next teen center dance is scheduled for Sept. 11 and the theme is Oktoberfest. For more information about the teen center and its events, call 785-239-9222.

"We tried to make this the biggest dance of the year because this is how we introduce all the incoming students to CYSS."

ZACHARY HART
TEEN CENTER

tournaments and visits the teen center almost every day during the school year. He said he is actively involved in the events.

"I'm excited to see my friends," Smith said.

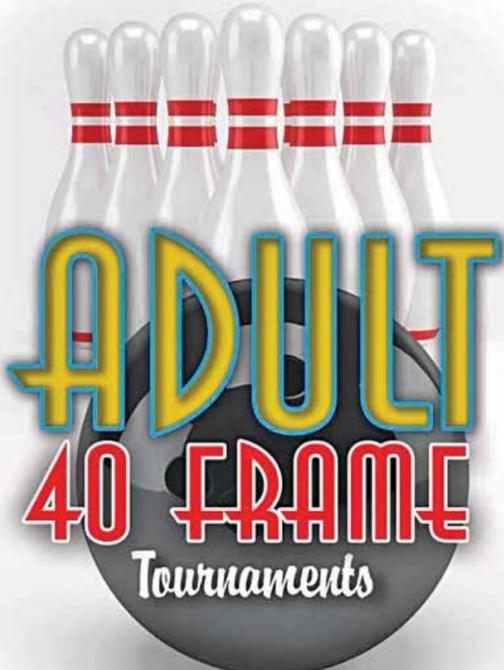
The next teen center dance is scheduled for Sept. 11 and the theme is Oktoberfest.

For more information about the teen center and its events, call 785-239-9222.



WWW.FACEBOOK.COM/FORTTRILEY

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WIN FUN PRIZES!



JUNE 27 • JULY 25 • AUGUST 29

TOURNAMENT RUNS FROM 4-7PM EACH NIGHT

\$20 entry fee • Open to ages 16+
Open to the public

Information: 785-239-4366



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BARBECUE

EVERY
FRIDAY
APRIL-SEPTEMBER



ELEVEN
O'CLOCK
UNTIL IT'S GONE!

1 MEAT
\$6.50

2 MEATS
\$9.50

3 MEATS
\$12.50



PLATES COME WITH TWO SIDES AND A ROLL

CHICKEN, PULLED PORK, BRISKET, RIBS, SMOKED TURKEY DRUMSTICKS
THE MENU CHANGES WEEKLY! • ADDITIONAL MEATS: \$3 EACH

FOR MORE INFORMATION, CALL 785.240.6618



Scholarship money available through national programs

Essay contests reach students in 6th to 12th grades

Veterans of Foreign Wars

Each year, nearly 38,000 high school students from across the country enter to win a share of the \$2.2 million in educational scholarships and incentives awarded through the VFW's Voice of Democracy audio-essay competition.

The Voice of Democracy program provides students in grades nine through 12 the opportunity to express themselves in regards to democratic ideas and principles.

The national first-place winner receives a \$30,000 scholarship paid directly to the recipient's American university, college or vocational-technical school. Other national scholarships range from \$1,000-\$16,000, and the first-place winner from each state VFW Department wins a minimum scholarship of \$1,000 and an all-expense-paid trip to Washington, D.C.

WHO CAN ENTER

The Voice of Democracy Program is open to students in grades nine through 12 who are enrolled in a public, private or parochial high school or home study program in the United States and its territories.

HOW TO ENTER

Go to the website www.vfw.org/uploadedFiles/VFWorg/MY_VFW/VoiceofDemocracyEntryFormandBrochure.pdf to access the Voice of Democracy 2015-16 entry form and brochure.

The 2015-16 theme is: "My Vision for America." Students should record their reading of the draft to an audio CD or flash drive. The recording can be no shorter than three minutes and no longer than five minutes (plus or minus five seconds).

Entries begin at the Post level. Once the student creates their essay and completes the audio version they can submit their typed version, CD/flash drive and the Voice of Democracy entry form to their local participating VFW Post by the Nov. 1 deadline.

JUDGING CRITERIA

Originality is worth 30 points: Treatment of the theme should show imagination and human interest.

Content is worth 35 points: Clearly express ideas in an organized manner. Fully develop a theme and use transitions to move smoothly from one idea to the other.

Delivery is worth 35 points: Speak in a clear and credible manner.

PATRIOT'S PEN PROGRAM

Each year more than 125,000 students in grades six through eight enter the VFW's Patriot's Pen youth essay contest. The first-place winner from each state competes for national awards totaling \$50,000, with each first-place state winner receiving a minimum of \$500 at the national level. The national first-place winner wins \$5,000 and an all-expense-paid trip to Washington, D.C., in March.

2015-16 ESSAY THEMES

- **Voice of Democracy theme:** "My Vision for America"
- **Patriot's Pen theme:** "What Freedom Means to Me"

The essay contest encourages young minds to examine America's history, along with their own experiences in modern American society, by drafting a 300- to 400-word essay, expressing their views based on a patriotic theme chosen by the VFW Commander-in-Chief.

WHO CAN ENTER

The Patriot's Pen program is open to students in grades six through eight, who are enrolled in a public, private or parochial school or home study program in the United States and its territories.

HOW TO ENTER

Go to the website www.vfw.org/uploadedFiles/VFWorg/MY_VFW/PatriotsPenEntryFormandBrochure.pdf to access the Patriot's Pen 2015-16 entry form and brochure.

The 2015-16 theme is: "What Freedom Means to Me." Students can ask a teacher or youth group leader to supervise their progress in the competition. Then students can contact a local participating VFW Post and establish a contact person who is a member of that Post or its Ladies Auxiliary.

Essays must be no less than 300 and cannot exceed 400 words. They should be submitted to the Post, along with the completed Patriot's Pen entry form no later than the Nov. 1 deadline.

JUDGING CRITERIA

Knowledge of the theme is worth 30 points; entrants must demonstrate they have thoroughly researched the issue.

Theme development is worth 35 points. Authors should be prepared to address all relevant questions about the theme such as who, what, where, when and why, and explain how the theme relates to their own experiences.

Clarity of ideas is worth 35 points. The essay must be in an easy-to-understand format that leaves the reader with a clear understanding of explanations related to the theme.

PROBLEMS ACCESSING APPLICATIONS

If you experience problems with downloading or printing the application, please try to access the entry forSm using Internet Explorer. If you continue to experience problems, please contact the VFW National Headquarters at kharmer@vfw.org for assistance.

All Kansas VFW posts participate in the VOD program. Posts close to Fort Riley are:

Post 8773 Junction
• Chairman: Vince Van Cleave
• Phone: 785-375-9442

Post 1786 Manhattan
• Quartermaster: Gary Kraner
• Phone: 785-477-1889

Post 11374 Ogden
• Quartermaster: Florence White
• Phone: 785-341-0289

ICE CREAM SOCIAL FUN



Hannah Kleopfer | POST

The 2015 Historical and Archeological Society of Fort Riley Ice Cream Social was Aug. 15 at the Historic Custer House from 3 to 5 p.m. The event included build-your-own ice cream sundaes, apple pie tasting from Libby Custer's own recipe, historic dress and tours of the house. Guests also previewed the 2015 American Flag Rag Quilt and could purchase tickets for the drawing which to be held at the 2015 Apple Day Festival Sept. 26.

GOOD PRESS

- In the *Princeton Review's* "The Best 380 Colleges," Kansas State University received top rankings as No. 4 for happiest students, No. 5 for students who love their college and best-run colleges and No. 6 for best quality of life.

Publications rank K-State high in four categories

Princeton Review, Forbes cite school for student satisfaction

K-STATE NEWS AND COMMUNICATIONS SERVICES

MANHATTAN, Kan. — The annual Princeton Review of top colleges ranked Kansas State with top rankings in 4 categories for the 2016 edition of "The Best 380 Colleges." The Princeton Review, an education services company, surveyed more than 135,000 college students to rank schools in 62 categories. The book identifies the top 20 schools in each category.

It places K-State as a top college with happy students. The school received top rankings as No. 4 for happiest students, No. 5 for students who love their college and best-run colleges and No. 6 for best quality of life.

"These four Top 10 national rankings help define the character of the K-State family," said Pat Bosco, the university's vice president for student life and dean of students. "This kind of recognition year after year reflects a culture that is a direct result of K-State's excellent faculty, academic advising and student life support. It is



KANSAS STATE UNIVERSITY FILE PHOTO

The Princeton Review ranks Kansas State University No. 4 for happiest students. The school also is mentioned in "America's Top Colleges" by Forbes.

"This kind of recognition year after year reflects a culture that is a direct result of K-State's excellent faculty, academic advising and student life support."

PAT BOSCO | KANSAS STATE UNIVERSITY

wonderful to be recognized and celebrated for traits that we think are everywhere — but are obviously unique to the K-State way of life."

Kansas State University is also mentioned in "America's Top Colleges" by Forbes, which names 650 of the nation's best educational

institutions based on student satisfaction, post-graduation success, student debt, graduation rate and academic success.



Check out Custer Hill Bowling Alley's specials by going to www.rileymwr.com and clicking on "Bowling."

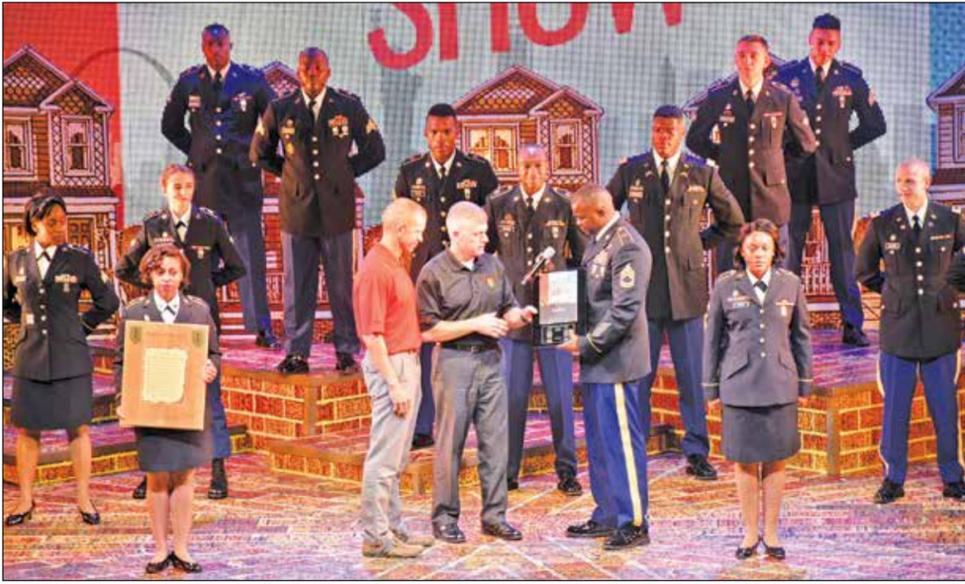


Photo by Maria Childs | POST

Sgt. 1st Class Michael Carter, NCO of the Soldier Show, presents Fort Riley Commanding General Maj. Gen. Wayne W. Grigsby Jr. and Command Sgt. Maj. Michael Grinston with a plaque as a token of appreciation from the Soldier Show. The Big Red One representatives also presented Carter with a plaque to remember Fort Riley.

SOLDIER SHOW Continued from page 9

a familiar face to the crowd as the only Fort Riley Soldier participating in the show. West was told about an hour before the show he would open for his 'hometown' crowd.

"I wanted to do something with music and I thought this was a great opportunity to do a little bit of my fun side as well as my Army side," West said. "I've been all over the East coast and I'm only 21," he said.

West said being a technician for the Army Entertainment has opened doors for him he never thought he would see.

"In the beginning, when you think about the process they don't tell you 'hey you're going to make it' they say things like 'good luck,' 'we might see you,'" he said. "You're thinking 'well I don't know if I'm going to make it,' and when they tell you it's a relief because you think 'wow, I did this.'"

He said it took three weeks to find out if he made it on the show.

He continues to keep in contact with his unit, and he said it reminds him what a great opportunity this is to grow and still be part of the Army.

"They're in the field and I'm in New York City," West said.

West said he has used leadership skills the most while doing this job. In the Army, West is a radio repairman, also known as a signal support specialist. He said it transitioned well to what he is doing on tour.

"I'm all about helping people," West said. "I like seeing people progress as well as myself so when they go on stage and stuff I'm backstage dancing."

The Soldier Show had 18 performers and 5 technicians. West said being accepted as a member of the Soldier Show family was an honor as it is very competitive to be selected.

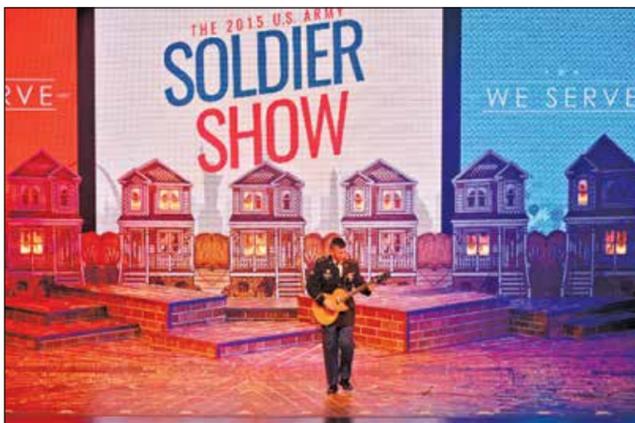


Photo by Maria Childs | POST

Spc. Austin West, 172nd Chemical Company, 84th Explosive Ordnance Disposal, 1st Armored Brigade Combat Team, 1st Infantry division, opens up the Soldier Show August 11 at McCain Auditorium in Manhattan, Kansas. West is a technician on the tour, but was asked to open for his 'hometown' audience of Fort Riley.

In a 9 month period, the cast does about 64 shows addressing issues Soldiers face such as deployments, irregular schedules and mourning the loss of another Soldier.

Kim Wargo, Directorate of Family and Morale, Welfare and Recreation, said the show was a great way for members of the community to connect with the military community. She thought the show did a great job highlighting what it means to be a Soldier.

"I thought it did a great job of showcasing many different facets of Soldiers lives, from physical training in the morning, to dealing with sexual harassment, to deploying Soldiers, and to mourning the loss of family," Wargo said. "It was very impactful and made me appreciate the service of these men and women even more than I already do."

For West, it is not the end of the road. He has been offered another three years of with the Soldier Show. He said this is a relief because sometimes it's hard to know what comes next in the Army – and he hopes to grow from the opportunity and advance his skill set.

"That's a bigger relief than saying 'hey I made the Soldier Show,'" West said. "To know that they are offering you three more years because of the hard work they see in you."

West said his favorite part is belonging to something bigger than just him, and visiting Fort Riley reminded him of just that.

"You can feel like you're at home, but yet you still belong to the military," West said.



Maria Childs | POST

Rose Moody, wife of Chief Warrant Officer 2 Damien Moody, 1st Sustainment Brigade, 1st Infantry Division, pulls a Jenga tile from the stack during USO Fort Riley Unplugged: Family Game Night August 14 at the USO Fort Riley building.

GAME NIGHT Continued from page 9

Iwen said the event is supposed to let families take the time to sit down and simply enjoy each other's company.

"We're also in this digital age where people just don't sit around and talk anymore," Iwen said. "When I grew up, every Sunday we popped popcorn and brought out Monopoly."

Iwen said with it being a digital age, families are getting caught up in their life events and forgetting to go back to basics and sit down and talk.

Iwen said, families are not intentionally avoiding coming together but it is just harder.

Moody said the family-friendly atmosphere is what keeps her coming back for their events.

"It's family-oriented," Moody said. "For people who say there's nothing to do, there's always something to do, you just have to look."

For more information about USO Fort Riley events, call 785-240-5326.

NOW SHOWING

Barlow Theater is now in digital!
 Tickets cost \$6.00 for adults and \$3 for children
 Tickets for 3-D and first-run movies cost extra.
 Children younger than 5 are admitted free.



FRIDAY, AUGUST 21
 • Ant-Man (PG-13) 7 P.M.

SATURDAY, AUGUST 22
 • Minions (PG-13) 2 P.M.
 • Train Wreck (PG-13) 7 P.M.

SUNDAY, AUGUST 23
 • Ant-Man (PG-13) 5 P.M.

For movie titles and showtimes, call
785-239-9574



Play a round at Custer Hill Golf Course.

Winter hours are weather dependent. Call ahead at 785-784-6000.

Sports & Recreation

IN BRIEF

BOWLING SPECIALS

Monday to Friday: From 11 a.m. to 1 p.m., pizza and salad buffet, \$6.99
 Monday to Friday afternoon specials: From 11 a.m. to 1:30 p.m., \$2 games and \$2 shoes.
 Wednesday to Friday: From 1 to 6 p.m., \$2.50 games and \$2 shoes.
 Saturdays: From 11 a.m. to 6 p.m., \$2.50 games and \$2 shoes.
 Sundays: From noon to 6 p.m., family fun, \$35 per lane, which includes two hours of bowling, one large two-topping pizza, two pitchers of soda and shoes for up to six people.
 Wednesday – Dollar Night: From 6 to 9 p.m., \$1 games and \$1 shoes.
 Thursday – Quarter Mania: From 6 to 9 p.m., \$5 cover, which includes shoes and 50¢ games.
 Friday – Red Pin: From 6 to 9 p.m., \$10 for 3 games with shoes and prizes
 Extreme: From 9 p.m. to midnight. Cost is \$9, which includes shoes and up to three hours of bowling. Cost is \$7 for children.
 Saturday – Extreme: From 6 p.m. to midnight. Cost is \$9, which includes shoes and up to three hours of bowling.

4TH AND GOAL

The Warrior Zone staff is celebrating its 4-year anniversary with a party full of indoor and outdoor events August 23 from 11 a.m. to 11 p.m. There will be pool, poker and gaming tournaments as well as basketball and football tournaments.
 For more information, call 785-240-6618.

SPEEDOS AND FIDOS

Bring your dog and enjoy a nice swim with your pooch! Come to Custer Hill Swimming Pool from 11 a.m. to 2 p.m. September 13.
 This event is open to all DOD ID cardholders and is free. The only requirement is current proof of vaccination for pets to participate.
 For more information, call 785-239-4854.

YOUTH SPORTS OFFICIALS

Child, Youth and School Services is looking for officials for youth outdoor and indoor soccer, flag football, basketball, baseball and softball.
 Volunteer and paid positions are available. Training provided and experience is not necessary. A background check is required.
 For more information, call CYSS Sports at 785-239-9223 or 785-240-5207.

LOOKING FOR A WAY TO SERVE VETERANS?

Team Red, White and Blue is a national veterans outreach organization enriches lives of America's veterans by connecting them to their community through physical and social activity. For more information, visit www.teamrwb.org.
 For Team RWB local chapter events, see "Team RWB Fort Riley" on Facebook.

SKEET AND TRAP

An introductory clinic is offered by appointment covering basics of sport of shooting. Gun rental, ammo and protective equipment are provided.
 Cost is \$11.25 per round and \$6.25 for ammunition. For more information, call Outdoor Recreation at 785-239-2363.

ISPORTSMAN SYSTEM

Fort Riley has an automated check-in-out system, iSportsman. Individuals can register at the Fort Riley iSportsman webpage at www.fortriley.sportsman.net.
 Everyone recreating in a Fort Riley training area must use the iSportsman website. Check-in and Check-out may be done with any personal device with Internet access or visit the iSportsman Kiosk at 1st Division and Vinton School roads or the Environmental Division Office, Building 407, during normal business hours.
 For more information, contact the Environmental Division at 785-239-6211.

Rugged Rugby



Tim Hippi | IMCOM PUBLIC AFFAIRS

Spc. Stephen Johnson of Fort Bragg, N.C., helps All-Army to a come-from-behind 19-12 victory over All-Navy in the 2015 Armed Forces Rugby Sevens Championship on Friday at Infinity Park in Glendale, Colo. With the victory, All-Army improved to 2-0 in the tournament.

Soldiers win third consecutive Armed Forces Rugby Sevens crown

By Tim Hippi
 IMCOM

GLENDALE, Colo. — The All-Army team won its third consecutive crown at the 2015 Armed Forces Rugby Sevens Championship Tournament Aug. 14-15 at Infinity Park, home of the Glendale Raptors, one of the nation's premier rugby clubs.
 The Soldiers went 5-0 against teams from the Air Force, Navy, Marine Corps and Coast Guard in the Armed Forces division of the world-class Serevi RugbyTown Sevens Tournament, which also drew teams from America,

Canada, Mexico, Bermuda and the Bahamas.
 Five All-Army players and their coach were named to the All-Armed Forces Team. U.S. Army World Class Athlete Program rugger Sgt. Mattie Tago, 1st Lt. William Holder and 1st Lt. Ben Leatigaga of Fort Carson, Colorado, were joined by Spc. Faleniko Spino of Joint Base Lewis-McChord, Washington, and Ohio Army National Guard Spc. Zach Forro, along with head coach Col. Mark Drown of the Utah Army National Guard.
 "That's the byproduct of a good group of guys," said Drown, who tentatively plans to take

the All-Armed Forces Team to a tournament in Victoria, Canada, next spring. "I feel like the caboose because the train definitely is the players, and when they do well, I get to ride along."
 Holder scored two tries to lead All-Army to a 43-12 victory over All-Air Force in the gold-medal game. All-Army got one try apiece from WCAP Capt. Andrew Locke, Leatigaga, Spino and Sgt. Anthony Welmers of the Michigan Army National Guard during the Soldiers' rout of the Airmen, who got two tries from Capt. Eric Duechle

See RUGBY, page 14

LOCAL FOOTBALL

K-State lineman effective leader

By Kelly McHugh-Stewart
 K-STATE SPORTS INFORMATION

Cody Whitehair has come a long way the past four years at K-State.
 The 6-foot-4, 305-pound offensive lineman has overcome adversity — he's switched positions three times — and, heading into his senior season, has become a key leader on the K-State football team.



K-State Lineman Cody Whitehair

"He has great respect for his teammates," said head coach Bill Snyder, who was quick to compliment Whitehair. "They respect his leadership. He has the ability to guide and direct young people in the right direction, certainly with the offense but also collectively with our team. He's a quality player, too. He's a good offensive tackle, but he can play across the board. He's going to be an excellent player; a quality leader."

When it comes to this year's offensive line, Whitehair has the most experience. He started 38 of his 39 career games, earned back-to-back Second Team All-Big 12 honors in 2013 and 2014, and he is a two-time member of the Preseason All-Big 12 squad. Heading into the 2015 season, Whitehair was selected to the Outland Trophy watch list and also earned Preseason All-America honors from Athlon.

Going back to what Snyder said, Whitehair can play across the board. He started his career as a right tackle and also saw time as a left guard. After moving back to right tackle during

See LINEMAN, page 14

Small-town Army NCO shaped by family, war, football

By Keith Oliver
 SOLDIERS, DEFENSE MEDIA ACTIVITY

FORT MEADE, Md. — Russ Currie had not yet been born when his uncle, Jerry Lee Patrick, was killed in Vietnam.
 An icon in his hometown of Eustis, Florida, Patrick was an accomplished football player, who wanted to join the Army since he was a kid. At the high school's traditional "class night" the week of graduation, the somewhat reserved teenager surprised many by walking alone onto a bare stage and performing "The Ballad of the Green Beret."
 "When he started singing, I don't think there was a dry eye in the audience," remembered Dawn (Gosnell) Diehl, then a 7th grader. "For me, it made the war a reality. It hit home that our boys were going to join in that fight."

Patrick spent the rest of that short summer of 1966 getting in top shape for boot camp and airborne school, hitting the blocking sled on his alma mater's practice field in addition to running and lifting weights. Less than two years later — March 31, 1968 — he was gone, caught in a hail of enemy fire while leading a special forces patrol in the Thua Thien Province.

At the end of the 1969 football season, the Eustis Panthers inaugurated the Jerry Lee Patrick Memorial Award to be presented to the graduating senior, who had best exemplified its namesake on and off the field.
 Fast forward to 1992. The award had been mysteriously discontinued for more than a decade until some of Jerry's teammates from the 1963 state championship team found the trophy in a closet and had it refurbished, including individual plaques to ensure its perennial status and featuring a rubbing of Patrick's name from the Vietnam Veterans Memorial in Washington, D.C.
 Later that year, the restored honor was bestowed on Jerry's own nephew.
 Known today as Sgt. 1st Class Russell B. Curry, #60, the same jersey number worn by Uncle Jerry, went



Currie Family Courtesy Photos

Left: Staff Sgt. Russ Currie, now a sergeant first class, wears the distinctive blue-striped patch of the 3rd Infantry Division, known as the "Rock of the Marne" for its battle exploits in France during World War I. The placement of the patch on his upper right shoulder identifies him as a combat veteran. Right: According to his mother, Jerry Lee Patrick, Currie's uncle, considered graduation from airborne school as his most significant Army training milestone.

on to attend Florida State University, join the military, get himself hand-picked for the Army's vaunted Old Guard ceremonial unit and pull two combat tours in Iraq.
 "My Uncle Jerry was my inspiration for becoming a Soldier. And he is still an inspiration to me," Currie said.
 "In high school, my best friend Brea Croak took a rubbing of his name from 'the Wall' on a trip to D.C.," he said. "Later, when my Army unit would conduct road marches from Arlington, across the Key Bridge and all along the Potomac River, I made it a point to always visit the Vietnam Memorial and touch Uncle Jerry's name."
 A self-described career student, who was "a little dog chasing his tail around" in college, Currie disenrolled from FSU with broken walk-on aspirations and a blown-out knee. He's since completed his bachelor's degree and is now enrolled in a masters program.
 The Army "paid back" his tuition loans and at basic training, saw something special in both his size of 6 feet 2 inches, 230 pounds, and character, sending Currie to the Military Dis-

trict of Washington to join the 3rd U.S. Infantry Regiment (The Old Guard), where he served as a casket bearer with the "Full Honors" team.
 After September 11, 2001 and in the days and weeks following, "everything changed," said Currie, recalling the horror and sickening aftermath of a terrorist-piloted airliner crashing into the Pentagon. Now he was part of Operation Noble Eagle — with a specific focus on search and recovery.
 "I can't tell you (that) one or two funerals outweighed them all," said Currie of his time in the nation's capital, "but the Pentagon ones meant a lot because we had worked to find the remains. We were with our comrades-in-arms at both locations (the Pentagon and Arlington National Cemetery)."
 He was also in the detachment that traveled to Dover Air Force Base in Delaware to receive some of the first American Soldiers killed in major unit combat in Afghanistan, just six months after 9/11.
 Back at home station, serving as "head of detail" for one particularly young casualty, Cpl. Matthew Commons, Currie said that "now

there was a personal connection" and a full-circle feel to the Pentagon attack, as his duties required him to somberly come face-to-face with his nation's response both here and in the terrorists' backyard.
 "My outlook, my life, my service ... everything changed," he said. "I now understood my true debt to society, my opportunity to serve."
 And serve he has. Currie's 16 years in uniform have seen him on Fort Sill, Oklahoma; Fort Stewart, Georgia; and riding into his own combat experiences in Baghdad in 2005 and through the nasty streets and alleys of Sadr City during the American forces' "surge operations" in 2007.
 Currie was also stationed at the Landstuhl Regional Medical Center in Germany, working with badly wounded combat veterans during that portion of their tailored, doctor-monitored pilgrimages to top stateside facilities.
 The infantry Soldier is presently posted at Camp Shelby, Mississippi, where, for four years, he has trained soon-to-deploy National Guard units for rotations in Afghanistan and other contingencies.
 He and his wife Brandy, herself a former Soldier and Afghanistan veteran, anticipate orders to a new assignment soon. And the couple is expecting their sixth child this month.
TEAMMATE AND COACH
 That baby will be born into a family, whose bloodlines evoke quiet honor and a strong sense of purpose, according to at least one observer.
 Kevin McClelland played on the Eustis Panthers with Patrick and after three decades (which included his own time soldiering in Alaska and elsewhere), the career educator was now Currie's head coach.
 McClelland, who attended Arkansas State on a football scholarship, was Eustis' senior star quarterback when Patrick was a rare sophomore starter. "Jerry Lee was tougher than a piece of rawhide," he said. "He didn't have

See FOOTBALL, page 14

Rugby Continued from page 13

of Joint Base San Antonio, Texas.

"We knew Air Force was suffering from some injuries," Drown said. "We were fully healthy with a deep bench. Playing a full 10-minute half (for the championship, as opposed to 7-minute halves in pool play) was definitely to Army's advantage, and we did the rotation to take advantage of it. We were able to run Air Force out of their rotation, their pattern and their depth. That's what really broke Air Force's back."

Led by the two-try performance of Tago, the Soldiers opened at noon Friday with a 52-0 shutout of the Marines. Leatigaga, Spino, Forro, Maj. Nate Conkey of Joint Base Lewis-McChord and Spc. Melendez-Rivera of Fort Bragg, North Carolina, each added a try. Holder and Locke also booted three conversions apiece.

Rugby Sevens play is quick and dynamic, played over two seven-minute halves. Teams of seven players each advance the ball down the field by passing, running, and kicking the ball in order to score a try, similar to a touchdown in American football. A try is scored by touching the ball to the ground in the opponent's try zone and is worth five points. After a try, a team has the right to score two points by placekicking the ball through the goalposts.

"The Marines got off to a back foot and we were able to get a good score line on them," said Drown, who thought the 52-point margin of victory was a record for All-Army in Rugby Sevens competition. "When Ben is moving the ball around and spreading it, and all of a sudden he keeps it, it's pretty much guaranteed he's going to break that line. And Mattie Tago, if you give him any room, he's going to really cause problems. A powerful runner, he is still learning. He's been in the World Class Athlete Program for about 90 days now, and I know he's learned a lot. He's going to do nothing but grow and mature. I think he's going to be a phenomenal asset (for the U.S. national team.)"

Spino switched from football to rugby at Del Campo High School in Fair Oaks, California, because of "the brotherhood." He has since won two Armed Forces gold medals.

"This is the best team I've ever been a part of," said Spino, 21. "I had never been a champion in any sport until I was with the All-Army Team. I would love to be selected for WCAP. I don't know if I'm ready quite yet, but I'm definitely working my game to get there."

Later Friday afternoon, All-Army rallied from a 12-0 deficit for a 19-12 victory over All-Navy. Leatigaga, Holder and Tago scored the tries, and

Holder was good on two of three conversion attempts to keep the Soldiers unbeaten. Petty Officer 2nd Class Brandon Smith of Virginia Beach, Virginia, and Constructionman Dejon Dawsey of PWD Sigonella in Sicily, Italy, tallied tries for the Navy.

In the Friday nightcap, Holder, Faleniko, Melendez-Rivera and Tago scored tries in All-Army's 26-5 victory over All-Coast Guard. Holder and Locke added two conversions each. Petty Officer 2nd Class Eric Geckas of Coast Guard Station Tybee Island, George, scored for Coast Guard.

"The Navy and Coast Guard came out and gave us really great games," Drown said. "We just saw their athleticism, and they've got good coaches. Those tight games were just an indicator of where our Armed Forces program overall is going."

On Saturday, Welmers scored two tries and Forro added one to lead All-Army to a 22-12 victory over All-Air Force in the teams' final game of pool play. Duechle and Staff Sgt. Joseph Sentino of Nellis Air Force Base, Nevada, scored tries for the Airmen.

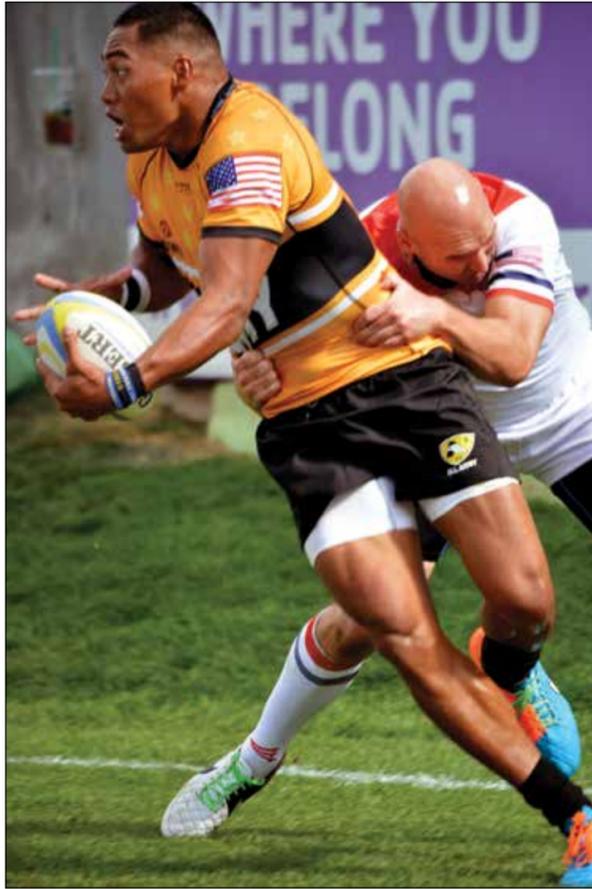
Forro switched from high school football and wrestling to rugby and began playing with the Cleveland Crusaders before joining the Army. He said the Armed Forces tournament was the highest level at which he has competed.

"Getting that gold medal around your neck is the best feeling in the world," said Forro, 22, of Mentor, Ohio. "For some of these guys, this is their third time, but for me, it's the first time. This is the most beautiful place I've ever played. The whole experience has just been awesome."

"This is the first time I've played in a tournament like this, and hopefully not the last," Forro added. "It was a huge learning experience, listening to some of the veterans on my team. I was very happy to get the playing time that I did, and when I did, I tried to come in and make an impact. I used my fitness and little bit of knowledge to do what I could."

Drown said that was the beauty of this All-Army squad. "Every different player on the Army team stepped up at a different time," Drown said. "They were really good about the changes in the lineup because I was throwing a lot of different combinations in there."

He went on to say players like to get used to each other, but if everybody's using our system,



Tim Hippias | IMCOM PUBLIC AFFAIRS

U.S. Army World Class Athlete Program rugger 1st Lt. Ben Leatigaga helps All-Army to a 43-12 victory over All-Air Force in the gold-medal game of the 2015 Armed Forces Rugby 7s Championship Tournament on Saturday at Infinity Park in Glendale, Colo.

it shouldn't matter who's right and left.

"We were firing on all cylinders," Drown said.

Drown also saluted the support his team received from WCAP and the Army National Guard.

"The Army WCAP program has been the catalyst for us being successful," he said. "I don't think we would be here winning three in a row without the World Class Athlete Program because these players are playing under the WCAP and they graciously release them to play and train with us when they are not committed to the national program. I have to give them total kudos -- it's been a force multiplier for us. I don't think we'd be holding medals without the WCAP support."

"Another thing that's been a key component is the National Guard's support through each state of having their Soldier-rugby players available to play. This year we had four Guardsmen on the team, two who actually suited up and two who were in the pool (of players) we had here. Not having the National Guard would have made it very hard for us to achieve the gold medal."

The WCAP is a group of Soldiers who are nationally and world-ranked in their respective Olympic sports. They train fulltime and compete on the national and international levels with a goal of making Olympic, Pan American Games and U.S. World Championship teams.

All-Army Sports provides Soldiers an opportunity to attend a training camp and compete against teams from other branches of the U.S. military at Armed Forces Championships for several sports. The All-Armed Forces Teams selected at those tournaments advance to additional national or international competitions.

Drown said Air Force officials have asked him how he managed to tap into the National Guard's pool of players.

"It's really just word of mouth and state support from the different commands, and it's been unbelievably successful," Drown said. "They can go onto Army Sevens on Facebook and hit us there, and we'll let them know where we're going to be so we can go see them play."

All-Army has won three consecutive Armed Forces Rugby Sevens championships since losing the inaugural tournament to the Marines when Armed Forces switched from the 15-man format.

"It validates what these players have done over three years," Drown said. "It validates our whole concept of the total rugby year-round, as much as possible. It validates the commands letting these guys get away to represent the U.S. Army, so hat's off to the different commands. I know it's a burden to lose a Soldier, but what they're doing is really great for Army morale and sports, in general, for the Armed Forces."

Lineman Continued from page 13

his sophomore season, Whitehair made one more switch and played his entire junior year at left tackle.

"I've had to play a few different positions," Whitehair laughed, "but I think it's helped me grow and it will help me adapt to a lot of different adversity that I may have to go through in life. My football career has trained me for that."

In his final Cat season, Whitehair was voted a team captain, a position he takes to heart.

"I've been a leader by example -- that's kind of my leadership style, but lately I've had to step up with my vocal leadership with all the younger guys we have and really demand excellence out of them," Whitehair explained.

"That's been my point of trying to improve my leadership; I'm trying to be more vocal. This year's (line) is a different group. It's a young group, so we just have to help our guys, build their confidence and we'll be alright."

Whitehair can't help reminiscing. He red-shirted his first season with K-State to get the hang of things, so once he hit the field his red-shirt freshman year, he was ready.

"I remember coming in and seeing the talent and the people that are in this conference. It was eye opening," said Whitehair about his early days at K-State. "Coming in from Abilene, Kansas, a 4A school, I was the biggest guy, I was one of the stronger guys in our district. So coming to K-State where

everybody is big, everybody is strong and everybody is fast, it was different."

In the past three years, Whitehair has played a key role in the Wildcats' 28-11 record and three straight bowl berths. He was a part of a Big 12 Championship (2012), a Buffalo Wild Wings Bowl victory (2013) and now will work toward greatness one final time as a Wildcat.

"It just seems like it's flown by, honestly," closed Whitehair. "I feel like it was the other day I just started my first camp and now here I am starting my last camp."

"But I'm really looking forward to my senior season. I'm looking forward to playing one more year with these guys."

Football Continued from page 13

a lot to say. He was just one tough, rawboned kid."

That tenacity and selflessness "made it a mission" for McClelland, teammate Art Hilbish and others to resurrect the Jerry Lee Patrick Memorial Award, he said.

Nobody knew that now-Coach McClelland would be saying much the same about a Panther of another generation, calling Currie "a big ol' kid, who was very intelligent. On the practice field and in games, he was the epitome of mental toughness and dedication."

THE GOLD STAR MOM

Such comments mean a lot to Patrick's mother and Currie's

grandmother, twice-widowed Mary Patrick Hammond, who lives with daughter Lynnette Currie and her family in Andersonville, Tennessee.

As a Gold Star Mother, a distinction accorded women who lose a child in combat, Hammond heard similar words from men who trained and fought alongside Patrick.

"Absolutely the best human being I ever met," squad-mate Tom Bailey posted on a memorial website. "Jerry Lee, you left me too soon. I ride my motorcycles in memory of you and Bobby Rera."

Hammond received letters from her son's fellow Soldiers and corresponded "a long time

with one particular boy who came to see me," she said. "It seemed to help him to talk it out as he was fighting his own battle with what we now call PTSD (post-traumatic stress disorder)."

Known as "Miss Mary," the 91-year-old stays at Norris Elementary. "I helped in the classroom three times a week until last year," she said. "Now I'm the school grandmother."

She teaches Sunday school and regularly visits the local nursing home, where she brings encouragement and mentors adults in reading.

Her first husband, Charles, died in Eustis when Patrick was 12 years old and it was his World

War II Army uniform that Hammond used to stitch together a reasonable facsimile for her son's turn at the mic at that class night so many years ago.

Even in the midst of her grief when the Family learned of Patrick's battlefield death, Hammond was comforted by the fact that "his life's ambition was to be a Soldier and, as a sole surviving son, he even had to fight to get over to Vietnam. Jerry was exactly where he wanted to be. Many mothers did not have that comfort."

Currie was not the least bit surprised upon hearing Hammond talk of Patrick's selflessness and desire to serve. "We were brought up that way."



Travel & Fun in Kansas

IN BRIEF

WICHITA

Event: Blacktop Nationals Car Show

When: Aug. 21 to 23

Where: Event locations vary in Wichita, Kansas. Consult the website.

Web: www.blacktopnationals.com

Blacktop Nationals is the premiere midwestern car show, based in Wichita. Since 2010, Blacktop Nationals has taken over downtown Wichita and filled it with every type of car you can dream up.

WAMEGO

Event: OZtoberfest

When: Sept. 26

Where: Wamego, Kansas

Web: www.visitwamego.com/events/oztoberfest

The Road to Oz, otherwise known as Highway 99 and Lincoln Avenue, brings to life "The Wizard of Oz" one of America's best-known fairy tales. This year, celebrate the American classic film with us in Wamego!

Events include:

- ◆ Antique Car Show
- ◆ Oz Costume Contest for all ages
- ◆ Emerald City Stage
- ◆ Munchkinland children's inflatables
- ◆ Oz Market, food vendors
- ◆ Special Guests
- ◆ Yellow Brick Road Bike Ride – This event begins and ends at the Wamego High School on Sept. 26. Before choosing from three different routes varying from 16 to 50 miles, fill up on breakfast served from 6:30 to 7:45 a.m.

MANHATTAN

Event: 16th Annual Flint Hills Festival of Wines

When: Aug. 28

Where: Event locations vary in Manhattan, Kansas. Consult the website.

Web: www.flinthillswinefest.com

Festival of Wines is an annual wine and food sampling event, and proceeds benefit the local Homecare & Hospice organization and The Good Shepherd Hospice House.

The festival begins with a wine dinner and live auction at Colbert's Restaurant, Colbert Hills. This year's multi-course dinner features wines from the Hess Collection including: Hess Select Sauvignon Blanc, Hess Shirtail Creek Vineyard Chardonnay, Hess Select Pinot Noir, Hess Select Treo and Hess Allomi Cabernet Sauvignon.

JUNCTION CITY

Event: Little Shop of Horrors

When: Aug. 27 to 29

Where: C.L. Hoover Opera House 135 W. 7th St.

Web: www.jclt.info/

In this dark comedy, cowardly florist assistant Seymour Krelbourn discovers a new and unusual plant, which he names Audrey II after his coworker crush.

The foul-mouthed carnivorous plant promises to bring Seymour fame and fortune as long as he continues to feed her what she desires most: blood.

Little does Seymour know the ravenous plant's maniacal plans for world domination.

Directed by the husband and wife team of Michael and Jennifer Brown.

TOPEKA

Event: Downtown Topeka Farmers Market

When: Every Saturday until Nov. 7

Where: 12th and Harrison.

Web: www.downtowntopekafarmersmarket.com

Enjoy browsing through fresh produce, flowers, baked goods, crafts, arts, textiles and more at this yearly favorite.

The Downtown Topeka Farmers Market is open from 7:30 a.m. to noon every Saturday through Nov. 7. Come rain or shine, make sure you stop by 12th and Harrison to pick up some delicious fruits and veggies, as well as one of a kind treasures.

By Colleen McGee

FORT RILEY PUBLIC AFFAIRS

As the triple-digit heat index gives way to cooler temperatures, the fine arts season in Kansas is set to begin, during which you can attend musical and theatrical performances that appeal to a wide variety of art patrons.

This week's Travel and Fun in Kansas page is dedicated to helping you find the cultural events you and your family may enjoy.

You can see a performance of 'Ring of Fire' in Abilene, at the Great Plains Theater or listen to a symphony in Salina or at the McCain Performing Arts Center.

Along with local and regional performance groups there are national and international stars gracing the stages in the surrounding area.

This season boasts Ronnie Milsap and Jackson Browne at The Stiefel Theater for the performing Arts in Salina. Check out The McCain Performance Series that lists The Charlie Daniels Band, Jay Leno, Aaron Neville and the Vienna Boys Choir.

With the abundance of venues and variety of entertainment offerings, this year within the region, there is no reason to forego the arts.

This page lists only a few of the area venues. Check with the Directorate of Family, Moral, and

Welfare's Leisure Travel Office.

Though they may not have discount tickets to every performance, you just might find a great buy at an area event you wouldn't have known about.

Their office is open at 10 a.m. and can be reached at 785-239-5614. You can also check out the recurring specials at the www.rileymwr.com web page.

You may even find an on-post event where you and your child can become the next Picasso or Monet through

the Mommy and Me Masterpiece or the Ladies Night Cocktails and Canvasas at Rally Point.

Wherever you look, there is something for the art lover in the Fort Riley area. Get online and plan your arts exploration.



The Stiefel Theatre
for the Performing Arts
Downtown Salina, Kansas
785-827-1998
www.stiefeltheatre.org

GPT Great Plains Theatre
www.greatplains theatre.com
785-263-4574
Office address: 311 NW 3rd St. Abilene, Kansas

Salina Symphony
DIAMOND JUBILEE
60TH ANNIVERSARY SEASON
Stiefel Theatre Box Office: 151 S. Santa Fe, Salina, Kansas
Phone: 785-827-1998
www.salinasymphony.org

SALINA COMMUNITY THEATRE
www.salinatheatre.com
Tickets 785.827.3033
303 E. Iron Ave. Salina, Kansas
Also featuring acting, dancing and vocal classes

TOPEKA PERFORMING ARTS CENTER
www.tpactix.org/
214 SE 8th Avenue, Topeka, Kansas
785-234-2787

KANSAS STATE UNIVERSITY
McCain Performance Series
211 McCain Auditorium
1501 Goldstein Circle
Manhattan, Kansas
785-532-6428
www.k-state.edu/mccain/
Mccain@k-state.edu

THE COLUMBIAN THEATER
521 Lincoln Ave. Wamego, Kansas
800-899-11893
www.columbiantheatre.com

WICHITA SYMPHONY
Century II Concert Hall
225 W. Douglas, Suite 207
Wichita, Kansas
316-267-5259
Box Office: 316-267-7658
Email: symphony@wso.org