

Commander's Corner

Col. Kevin G. O'Connell, Commander

Dear First Sustainment Brigade and Family members.

The pace of live around the brigade hasn't slowed down much, even with the extra time given us before our deployment. We will still deploy to Iraq sometime in the month of September. As we learn definite dates, we will pass those on. This past week, we continued our preparation for deployment by conducting convoy live fire exercises, conducting licensing on our vehicles, and beginning our deployment SRP's. Getting all those shots and records updated is essential to a safe and successful employment. Containers are being loaded and ready for sealing next week. Soldiers are still on the range qualifying on their weapons. Thanks for all your extra work.

We also welcome our two new Family Readiness Support Assistants to the team; both started working on 23 July. They got to work quickly as they participated in our monthly, BDE FRG Steering Committee Meeting on Thursday. The BDE also held our quarterly, Volunteer Recognition Ceremony for our 3rd QTR, FY 07 volunteers. I'd like to say a special thanks and congratulations to all our faithful volunteers. These are people who work behind the scenes and fill a definite need. Another highlight later this week will be a staff ride by bus to Cantigny in Illinois for the leaders within the BDE. There's an outstanding museum there for the First Infantry Division we will be touring.

Finally, our deployment ceremony is set for Friday, August 24 at the Cavalry Parade Field down on the Main Post. Time is 0900. Bring your family for this great event to honor and support our unit. Thanks again for all you do!

Sustain to Victory!

COL Kevin O'Connell



Col. O'Connell looks over drawings of the to be constructed 1st Sustainment Brigade Headquarters and Support buildings.

DIGEX

Story by Pfc. Andrea Merritt
1st SB PAO

Officers and senior non-commissioned officers of the 1st Sustainment Brigade attended the digital exercise, which began July 9 across from the Battle Simulation Center.

The DIGEX is a two-week exercise used to familiarize Soldiers with the Army Battle Command Systems, a computer command and control system that will be used when the brigade deploys to Iraq.

"The goal for this exercise ... is to get (the Soldiers) exposure to these systems and get them into the battle rhythms we'll use to help them understand how we will operate in theater

when we deploy," said Lt. Col. Tim Clement, officer in charge of operations for 1st SB.

The brigade staff went to Fort Bragg, NC, April 2007 for a mission readiness exercise to help them prepare for deployment. Since then, an influx of new Soldiers have arrived to the 1st SB and needed an opportunity to train on the systems, Clement said.

The first week of the exercise focused on individual training with the ABCS and maneuver control stations as well as other software that will be used down range.

The second week of the exercise will operate like an actual tactical operations center.

See Digex on Pg. 4

Command Team

CUSTER HILL BEDDOWN FACILITIES
FORT RILEY, KANSAS



Battalions & Brigade Headquarters

BLACK VEATCH

SP80

Breaks Ground

PN 65132
COF (3)

SP840

8410

8412

SP82
Equipment Storage



Col. O'Connell was joined by Lt. Col. McCurry, Command Sgt Maj. Cardoza, Lt. Col. Brem and Maj. Howard for a ceremonial ground breaking at the site of the new 1st Sustainment Brigade Headquarters building.

Along with the headquarters building there will be a number of support buildings to include the future home of the Special Troops Battalion. The new buildings are scheduled to be complete and ready to occupy by December 2008, just in time for the redeployment of the 1SB and the STB.



Digex Continued from Pg. 2

“Kind of like we did at our MRX, we will have some simulations where there will be an attack on our (forward operating base) and we will react to that. There will be a convoy that gets hit with an IED and we’ll react to that,” Clement explained.

“We’re trying to replicate, as much as possible, what’s going on in Iraq right now,” Clement said.

They even replicated the set-up of the work environment the unit will have in Iraq once they take over for the 15th Sustainment Command, who is currently deployed, Clement said.

“The main objective of these two weeks, for myself, was to get a better understanding of my new job position and how the staffs work together and how all the computer systems work and integrate together,” said Sgt. 1st Class Mark Vandewoestyne, HHC 1st SB plans noncommissioned officer for support operations.

“It’s helped me a lot so far because I understand where all the information is coming from, how it is fed into the server, who’s doing it and why,” Vandewoestyne said of the exercise.

“Even though it’s a lot of classes and a lot of information to soak up, you have to keep using it to stay proficient on it. The more training you can get on a system, the more it helps,” Vandewoestyne said.

This will be Clement’s third long-term deployment and he noted advancements in the systems the Army uses today. His first deployment was in 1990 during

Desert Storm when radios and minimal satellites were the main forms of communication.

At the start Operation Iraqi Freedom I, communications had matured some, but they primarily used satellite and radios. Clement said.

The systems used by the Army today give leaders the capability to see what is happening on the battlefield as it happens, which allows leaders to influence decisions such as rerouting a convoy if necessary, Clement said.

“The goal is to get people as much exposure to these systems and to the daily routine they’ll be using in Iraq so when they do go there, there’s not a huge learning curve for them,” Clement said.

“We’ll have about ten days with the brigade that we’re replacing to transition with them so as much as we can do to prepare before we go the better,” Clement concluded.



Support Army Recruiting

\$2K Referral Bonus Program

(\$2K) ARS-SMART is also the gateway for those eligible sponsors who are making referrals for the **\$2,000 Referral Bonus Program**. Soldiers, USMA Cadets, ROTC Contracted Cadets, Future Soldiers, Army component retirees and Department of the Army Civilians may receive a Referral Bonus for referring anyone, except immediate family members, if those referrals result in an enlistment into the Army or Army Reserve.

For complete details on the Referral Bonus Pilot Program & eligibility, visit the ARS-SMART Web site.

For more details go to: www.2K.army.mil

Identity Theft is real;**“It Happened to me”**

Story by Capt. Jamie Peer

1st Sustainment Brigade S-1

On July 1st this year, I received a phone call from one of my credit card companies in reference to some unusual activity on a particular account. Basically the only reason I had the account was for one of those “12 month interest free” deals and I had made the final payment probably two months earlier and had just never closed out the account. Since I knew I had never used the account for anything other than my original purchase, I was surprised and told them to cancel the purchase and the card immediately. They told me that since had not yet shipped the gift certificates (in the amount of \$200) they would cancel the purchase and the account immediately. No harm, no foul, or so I thought.

Then, on July 15th, I received another phone call from another credit card company. This time, someone had racked up over \$1800 on my card, with purchases still pending from the night before. I asked them what in the world the purchases were for and where they were made and they proceeded to read me a list of several local businesses, airline ticket agencies and taxi services. Immediately it all clicked...and I KNEW who was doing it...and the worst part was she lived inside my house and was responsible for watching my kids!

I had hired a live-nanny just 4 months prior...mainly because my husband has been deployed since last September and I have two toddler girls that need as much of my time as I can give them once I get home. I decided a live-in nanny would provide me some flexibility for those early morning and late nights at work when the daycare center is not open yet, and for when

See ID Theft continued on Pg. 12

Tech News

By Maj. Jason Coster

1st Sustainment Brigade, S-6

Military Members can purchase Microsoft Office 2007, Microsoft Visio and Microsoft Project for \$20 per copy. In order to take advantage of this benefit, go to: <https://hup.microsoft.com/>, register with your military AKO email address, and use the program code: 0AB01F772D. You will need a credit card for payment. I've used this and it works.

The Army also has made available, for free, Anti-Virus, Firewall anti-spy ware programs. To download and use these programs go to AKO, login, and then type in the following web address into the address bar: <https://www.us.army.mil/suite/portal/index.jsp> or type "Antivirus Services" into the AKO search window. Be SURE to un-install ANY OTHER ANTI-VIRUS, SPYWARE or FIREWALL programs you have BEFORE YOU INSTALL these programs. Not doing so puts you at significant risk for PROBLEMS. I recommend and prefer the Symantec products. Once you get the programs installed, set them to update automatically and daily.



"Re-up, you're crazy not to take the money!" Stop by SSG Amerine's office and see if you qualify for a special bonus. SSG Amerine is located inside the STB building.

CSM Time

CSM Frank G. Cardoza



Command Sgt. Maj. Cardoza directs traffic at the 1st Infantry Division change of command rehearsal.

The Big Red One invades

HOLLYWOOD

Call of Duty 2: Big Red 1 is a World War II video game for home consoles. It differs from other games



in the *Call of Duty* franchise-



ise in that it focuses on a single Allied formation in the War: the U.S. Army's *First Infantry Division*, which also went by the nickname *Big Red One* due to their unique patch.



BIG RED ONE

Samuel Fuller's valedictory war picture, *The Big Red One* follows the First Infantry Division from Africa to Europe during the years 1942 through 1945. Released in 1980, Lee Marvin portrays the division sergeant he's tough and experienced, to be sure, but he takes on his job with cool professionalism rather than Hollywood bravado. Look for it in your local video store.

Hollywood is fascinated with the 1st ID. Here are a few examples when the Big Red One invaded Holly-

CAN YOU HANDLE THE H.E.A.T.

Pfc. Francisca Vega
1st Infantry Division, PAO

It would be unthought-of to hear Soldiers cheering in excitement during a Humvee roll over, but that is exactly what the Soldiers from 1st Sustainment Brigade did during H.E.A.T. June 29 at Camp Funston in preparation for their deployment.

the training.

“The more you know, the better you survive,” said Staff Sgt. Edwin Pulido, who went through the training. “Training makes you more aware and helps you know what to do instead of panic.”

The simulators gave the Soldiers a realistic feeling of what it’s like to be in an inverted vehicle, said Smith.

Many of the Soldiers had never experienced a roll over prior to the training, so they got more than they were expecting.

“The training built my confidence in knowing that my teammates can get out of the Humvee safely,” said Capt. Nicole Ward, a H.E.A.T. trainee.

Training with two Humvees in the course was very beneficial, added Capt. Yolanda Gore, who also experienced the trainer. It gave an opportunity to work with the different latches in the vehicles. “It was very realistic,” said Gore.

Other Soldiers liked the insight they received from the simulators and how they should carry themselves and their equipment during a roll over.

“It teaches you not to shoot your friend in the back because you know how to carry your weapon,” said trainee Pfc. Erika Keown.

Overall the Soldiers from 1st Sust. Bde. felt better prepared for their pending deployment.

“Now we know what to expect, what could happen,” said Staff Sgt. Beverly Neal, who has deployed before. “We’re not going into it blind.”

Because of the heavy armor on its top, a Humvee could completely flip over if it started to roll.

Aside from training Soldiers on how to exit the vehicle safely, the training is also intended to convince them to use seatbelts.

Many Soldiers choose not to use seatbelts in the vehicles in theater because they think they can’t get out of the vehicles as fast as if they didn’t wear them, said Smith. But normally the Soldier’s first reaction to a roll over isn’t to get out anyway.

H.E.A.T, or the Humvee Egress Assistance Trainer, is designed to limit injuries and help Soldiers get out of rolled Humvees with their lives by increasing their confidence, said Sgt. 1st Class DL Smith, non-commissioned officer in charge of



Special Troops Battalion Voice

Lt. Col. Robert D. Brem, Commander



Definitely not for the money

By Kelly M. Caron

Who are we? We are a group of very special people dedicated to the families of 24th TC 2/2 HET and other military units around the world. We are family members just like you that have full time jobs, homes full of children, and piles of laundry. We are your Family Readiness Group. What do we do? We give you the resources to handle situations that may arise and to help you develop skills to be a self-sufficient and strong individual. Why do we do it? Definitely not for the money. We do it, because we have been there. We know what it is like to be new to the military and to have so many questions.

We are so excited about having this wonderful group of volunteers that have come forward to give of themselves. There is a vast range of personalities and experiences. Some have been in the military for years with just as much FRG experience. Others are new to both the military and the FRG Program.

One thing we have in common though is our dedication to the FRG Program and the family members.

I recently helped out with our Monthly Moral Calls and the immense gratitude from family members was incredible. I specifically recall one conversation with Larry, a father of a deployed soldier. Larry repeatedly said how grateful he was for the phone call and what it meant to him to have someone to talk to

Modular and flexible HR organization that supports three core Human Resources competencies - casualty; postal; and R5 (reception, replacement, return to duty, R&R, and redeployment) at the theater level.

The primary personnel actions internal to an organization would be performed by their S-1 while the HR company would be responsible for the core competencies would fall under the responsibility of the HR Cell.

The Human Resources Company would be responsible for providing the manpower assets in order to execute. Why go through all this trouble? Well, this new concept seeks to eliminate the need to unplug personnel services capabilities from a garrison structure to support wartime deployments

Under the current structure, the Special Troops Battalion has an embedded HR Operations cell comprised of eight individuals. According to the HR Operations Cell OIC, MAJ Fernandez, "Our mission is to provide HR technical expertise and guidance to HR units and elements."

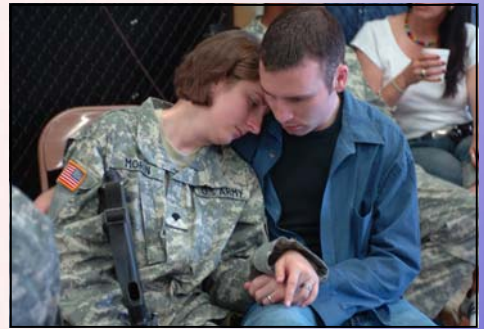
From July 16th to July 20th, the 510th HR Company's Commander and First Sergeant met with LTC

Story by Capt. Xarhya Wulf

1 STB Human Resources Operations

"I need to submit my leave form" announced a service member as he walked into the Special Troops Battalion Human Resources Operations cell. I looked at him and shook my head in dismay as one of my NCOs pointed him in the right direction. He is but one of many who have confused the HR Operations cell with the S-1 office. And there *is* a distinction between the functions of the S-1 and the HR Operations cell and HR Company. So what is it?

It all began with the Army's review of theater operations and the implementation of transformation. In the Human Resources community, transformation took shape in the form of Personnel Services Delivery Redesign (PSDR). PSDR seeks to eliminate Personnel Services Battalions (old PSBs) while creating a



15th

Finance Departs...



HHC, 1st Sustainment Brigade

Capt. Adena J. Weiser, Company Commander



Capt. Weiser offers a few kind words after promoting PV2 Justin Barker to Pfc.

Hello, Knights. I'm 2LT Patrick McBride, the new HHC executive officer and platoon leader for 1st and 2nd Platoon. I am glad to be a part of such a great unit and team. The training pace around here during the first two weeks of July was fairly easy-going, by our high standards, allowing plenty of time for 4th of July summer fun. These days, though, things are anything but relaxed. We've got to complete our many day-to-day duties in between time spent at ranges, training classes, RFI issue, SRP, and putting our personal affairs in order as we draw nearer to deployment. The pace will

continue to be hectic this month and next as we get our containers packed to send down range, run weapons ranges, complete our CFLCC training, take care of medical and dental issues, and square away our personal situations. Don't let it overwhelm you, Knights! Someone once said, "99% of success is just being there." That doesn't mean you don't need to keep working as hard as you've all been working. The "being there" part means don't back down. Don't give up and walk away. You are Soldiers. You are equal to any task you are given!

Take inspiration from MSG Alexander, SSG Morris, SGT Wright and SGT Aguirre (and his wife SGT Aguirre), who have re-enlisted this month. And from SPC Kruschik, PFC Barker and PFC Cline who have been promoted. Let's not forget SFC Carroll who was recognized with a Brigade Certificate of Achievement for her outstanding work as our Unit Prevention Leader. Congratulations to these Soldiers who

have done such great things for the Army.

All of us here at HHC extend our condolences to CPT Sanders, SSG Simmons and PFC Cline. It is hard losing someone you care about and our thoughts and prayers go out to these Soldiers and their Families.

Recently HHC participated in the Division Change of Command. Major General Ham turned over the flag as the 1st Infantry Division Commander to Major General Durbin. Thanks to all of the Soldiers who participated in the ceremony. You represented the unit proudly and we commend you.

With our multiple missions it is important to remember to lighten your stress load. Share your troubles with someone before they get too big. Talk to a friend or relative, or the chain of command. Take advantage of the many community services offered, like our FRG. Pay some attention to your hobbies. But remember, safety first in all we do, on and off duty. Hang in there, Knights. Have fun and stay safe in the midst of all this work and summer heat.

Physical Training "Tip of the Month"

Fired Up!!

1st Sgt. James C. Snowden, HHC 1SB

A Knights induction



1st Sgt. Snowden watches Staff Sgt. Lindly press out a series of required push-ups to become an official Knight.

TREAD CAREFULLY

Running on a tread mill is a wee bit different than running on solid asphalt. A treadmill pulls the ground underneath you, plus being indoors means that your body doesn't feel any wind resistance. So next time try this on for size:

If you want the closet simulation to outdoor running, set the treadmill at a 1-percent incline. Upgrade the incline to set an even faster perceived pace.

Here is an example:

Let's say that you are running a 7:00 treadmill pace, then this would be equivalent to a 7:30 outdoor pace. However if you set the treadmill at least to a 1-percent incline then you would now be running a 7:09 outdoor pace.

How's that for speed, Knights?

Next month I'll be talking about Goals!

Family Readiness Group Update

Zamary Rosario, HHC Family Readiness Group Leader

Hi Families!

Wow! Summer is going by so fast; it's almost back to school again. For those of you with school age children here is some information that could be valuable to you:

School Liaison Officer: The SLO can be reached at 239-9539 for school related information and services. Hours: Mon-Fri from 8am-5pm in Bldg 6620, Normandy Dr. Appointments recommended.

School Age Services: The National After School Association nationally accredits the School Age Services program. SAS provides childcare in Bldg. 5810 for 1-5 grade children. Children can attend between the hours of 6am-6pm.

See FRG Pg. 13

Happy Birthday

- Staff Sgt. Dwayne Fletcher
- Sgt. 1st Class Lawrence Patterson
- Sgt. Breconta Houston
- Master Sgt. Leonardo Morales
- Maj. Castaner Fernandez
- Staff Sgt. Kevin Green
- Staff Sgt. Winnfred Jones
- Chief Warrant Officer 2 Robert Gordon
- Staff Sgt. Inita Barton
- Capt. Eric Sutton
- Capt. Dominick Supersad
- Sgt. Spurgeon Shelly
- Chief Warrant Officer 2 Malinda Williams
- Capt. Stephen Kildow
- Sgt. 1st Class Luis Delarocha-rozco
- Capt. Pedro Bulgado
- Spc. Raymond Velez
- Spc. Katie Sasser

See Birthdays on Pg. 16

July events

Aug. 1-2 - Soldier Show, 7 p.m., McCain Auditorium (free to the public)

Aug. 7 - Brigade BOSS Meeting, 9:15 a.m., HHC Conference Room

Aug. 13 to 17 - Viva Las Vegas (leave required, 35 slots only all deposits are non refundable, last day to sign up is 1 August)

Aug. 23 - CG's Summer Concert Series, 7 p.m., Meade Heights Playground, Ft. Riley

Aug. 24 - 1st Sustainment Brigade Deployment Ceremony, 9 a.m., Cavalry Parade Field

Aug. 24 - Women's Equality Day Observance, 11:45 a.m., Riley's Conference Center



TRACKER



"A clean weapon is a good weapon." Soldiers from the Brigade inspect and clean weapons.

Several Soldiers re-enlist.

Soldier on the Street

We asked Soldiers the following question: "What are you doing to prepare for deployment?"



I'm getting my life right with God. I'm also speaking with a financial consultant to learn how to properly manage my money while I'm down range.

Pfc. Daniel McClain



Who's the best Soldier here? Me. I'm getting my finances straight, storing my car in a very safe place, explaining to my family what's going on and not to worry too much and support me, spending more time having fun with family and friends.

Spc. Vanessa Savageau

Make sure my mental health is stable. I'm also making sure finances and bills are covered, and tying up all my contingencies.

Spc. Petersen



A movie worth seeing

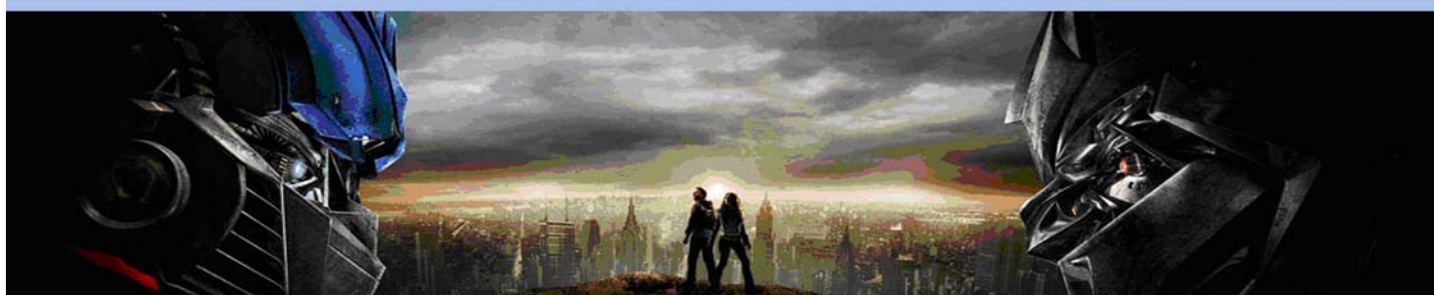
Review by Staff Sgt. Bryant Maude, PAO

In my humble opinion, this summer's hottest movie is Transformers. When I heard they were making a movie



based on the old transformer action figures, my initial reaction was "Hollywood has no originality". After watching the movie on the big screen, I quickly changed my mind. This movie has it all; a compelling

story, an ordinary Joe (Shia LeBeouf) turn hero, a beautiful love interest (Megan Fox) and US Army Special Forces taking charge and kicking A__!! But the real draw was the Transformers themselves. These action figures were so real you found yourself empathizing with their struggle to ward off the evil Decepticons as they attempted to locate and destroy the "CUBE". My advice; Do not wait for the DVD, this film deserves to be watched on the Big Screen.



Sustain to Victory

ID Theft Continued from Pg. 4

my children were sick and I just couldn't miss work. I have to admit, it was also an added perk to have someone doing all the cooking, cleaning, and picking up so when I got home, I could just completely focus on the kids. I found her through an on-line nanny service and after I had done a background check and called some of her references, I hired her. Plus, she was a good deal, but boy, did I get way more than I bargained for.

Since she had unlimited access to all my home office files: bank statements, military records, investment account information, and most conveniently ALL of my current and previous credit card statements, it took her no time at all to discover which accounts were still active and which were not and ended up putting an additional \$200 in gift certificates two other accounts that I had left open. What's worse is when the credit card company called my home phone on July 14th, just one day prior to them calling me on my cell phone, she had answered my phone, given them my Social Security number AND my date of birth to validate that I had in fact made the unusual amount of purchases on that extra credit card. Lovely woman, let me tell you!

In any event, the first thing I did after I got off the phone with the credit card company on July 15th was call the police and report identity theft. They immediately sent a police dispatch to my home and, fortunately, my nanny was just returning from the grocery store. When she came inside, the police officer asked to see in her wallet (she consented) and he actually found the credit card in her wallet! Of course, she acted as though she had no idea how in the world it could have gotten in there, but this guy was good and didn't buy any of it for a second. She was immediately arrested, handcuffed, and put in jail. Unfortunately, this is only the beginning of the victim's identity theft headache. I spent the next

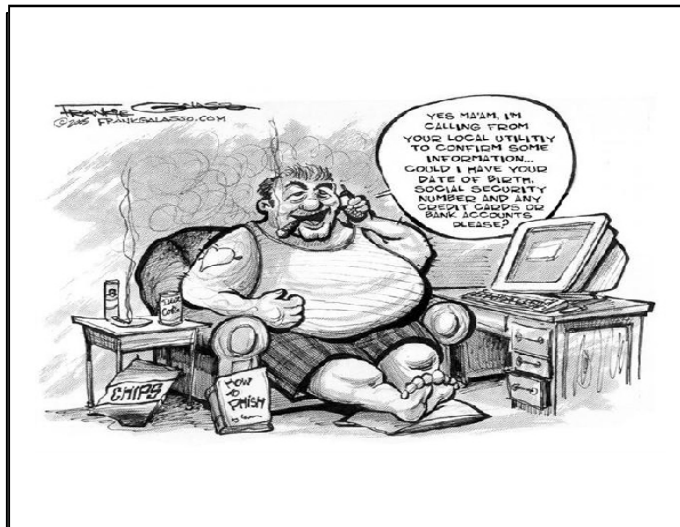
three days switching over my back accounts, resetting passwords on everything, changing the automatic withdrawals for all my investment to the new bank accounts and calling every agency in the world that deals with identity theft issues, credit bureaus, fraud departments, and even the Federal Trade Commission. I now consider myself an expert on identity theft...at least from the victim's standpoint.

Unfortunately, credit card companies are used to dealing with this type of fraud all of the time. I found out that over \$37 BILLION are lost annually to fraud, theft, and other administrative errors. But that also means, that credit card companies are pros at this

my I realize my case is extreme in respect to the fact that I basically had a stranger living in my house, who had unlimited access to my life. But, the truth is, she could have very easily obtained the same information from my garbage can or my purse, depending on what I throw away or keep in my purse. But, in reality, none of it could have happened if I kept all of my documents in a lockable filing system and closed out any and all accounts that I was not actually using or intending to use again. The only card she didn't hit was the one I keep on me at all times and its probably because she knew I used it all of the time and checked .statement on it almost daily.

We all know that hand-sight is

20/20 and my main motivation for writing this story was not to blast out to the world how naïve I can be, or how bad people need to feel for me. We all live and learn and it actually could have been 1000% worse had I not been notified immediately by the credit card companies and been given the opportunity to



fraud stuff and they knew exactly what to do for my situation. After talking to the police to confirm everything was legitimately fraudulent, they zeroed out the balance on all my accounts, so I owed them nothing, and turned over the issue of repayment to the authorities. They will be the ones prosecuting my former nanny to the fullest extent of the law, which I almost feel bad saying, is just fine by me. But, that really only means she will end up doing no more than 30 days in jail before she is put on probation for whatever amount of time (forever seems too short at this point, but I digress).

handle it before the bill collectors started calling. I also am very thankful that I had a very professional police officer who knew just the right things to ask and exactly where to look, so that I did not have to confront her myself and give her the opportunity to lie to me and then destroy my card before the police we able to use it as evidence. I am also thankful my husband is on the opposite side of the world right now, or else someone else might be going to jail for something a little more extreme...and messy.

Of course, in retrospect, given my

See *ID Theft* continued on Pg. 13

ID Theft Continued from Pg. 12

personality and how easily I trust people, it doesn't surprise me that this happened. It also doesn't stop me from feeling a little bit (ok, a lot!) dumb for trusting someone I barely knew with so many of my most important things...and more importantly, my children. But if there is one thing I've learned in life its this: If other people can learn from your mistakes and it even prevents one other person from making the same mistake, then its worth it.

And, after describing this situation and how bad it made me feel to have someone do this to me, a good friend of mine put it to me this way: Its better to help honest people stay honest. If you leave things out that may be a temptation, even the best person may succumb to it depending on what else is going on in their lives. In the end, its just better to keep your important things put away, in a secure place, and then you can just enjoy people's company without ever having to worrying about what they might take from you. I have great friends, and they often give great advice that I wish I didn't have to take but apparently the advice is out there for a reason. And now I know, in this case, its definitely worth following.

Finally, I would like to share some resources I ran across while I was becoming an identity theft expert.

You may be surprised how many open accounts you actually have... and will help you pinpoint which ones you still need to close out. In my opinion, if you don't use it, lose it!

Hope this helps make the next 15 months go a lot less eventful for all of you. Trust me; there are a lot better uses for your time.

FRG Continued from Pg. 10

Programs: 4-H, photography, fine arts, and woodworking. Children may also participate in field trips

Life Lock: <http://www.lifelock.com> -I signed up for this and think its definitely worth the \$99 a year. The founder of the company actually advertises it by giving out his Social Security number over the radio!

Federal Trade Commission's website on ID Theft: <http://www.ftc.gov/bcp/edu/microsites/idtheft/>

Good information on what to do if you believe your identity has been compromised.

And without a doubt...obtain a FREE copy of your Annual Credit Report at <https://www.annualcreditreport.com/cra/index.jsp>

such as bowling, skating, and visits to the Arts and Crafts Center. SAS also has a technology and homework lab to assist children with their schoolwork. 239-9220.

Middle School and Teen Program. The Fitness room and gym are open daily after school. 4-H projects, art projects, photography are offered weekly. Homework room available daily after school, 3:30-5pm. Please note that there may be a cost involved with some activities and early sign up might be required. 239-9222.

Now this doesn't mean that summer is over, there still some fun stuff to do out there, let see what I found for you: You can still visit the swimming pools, Custer Hill Pool is at Bldg. 7465 open from 11am-8pm with double slide, a picnic area, diving board, it also has a separate baby pool with a new slide; Main Post Pool next to the Riley Conference Center, it features a double slide, diving board, a separated baby pool also with a new slide. Don't forget the Mommy and Me class, next one will be August 11 from 10-11am at the Custer Hill Pool.

Family Fun Nights at the Riley Wheels Skating Rink at Kind Field House, Bldg 202 offers the Inflatable Night Aug 10 8-10pm.

There is also Story Time at the Library at Bldg 5306, behind the Armed Forces Bank, at 11:30 and 1:30 every Sat.

The entire family is welcome to participate in aerobic exercise, fitness game, and much more! Where? What? Family Fitness Night, August 17 from 6:30-7:30pm at Ft. Riley Teen Center, Bldg. 5800. 239-9223.

The Library also invites us for a Labor Day Ice Cream Social, at the Fort Riley Post Library, Sat, Sep 1 at Bldg. 5306 from 1-3pm, variety of flavors are going to be served.

Back to School Party! Come to Eyster Pool from 1 to 4 pm on August 4 for fun and prizes.

Hey! I know it's a lot, but there is even more, most of the activities I retrieve them from the Complete guide of Activities for Fort Riley and MWR and for those of you that live on post they mail them to your house quarterly, and for those that don't you can get them at the Childcare Center, at the Bowling Alley and several other places.

Please don't stay at home feeling sorry for yourself because there is nothing to do, there is a lot out there for us, we just need to go out and use all the resources that are provided.

And remember if you are new to the company, we are here for you. I hope you enjoy what's left of summer and I wish the students a successful year.

Zamary

1st Sustainment Brigade Signal Company

Capt. Rubin R. Neypes, Company Commander

Greetings WARBIRDS! We had a very eventful month of July and we're looking forward to an even better August. I'd like to start out by congratulating SPC Wright and CPL Wiles for achieving Battalion Soldier of the Quarter and Battalion NCO of the Quarter. These awards are only given to one soldier out of the Battalion. Their hard work and presence are great assets to our Company.

Another incredible achievement was awarded to SPC Christopher Johnson for being on the Commandant's list for WLC. For those who don't know, only the top of the class are awarded this. A slew of promotions also made this last month eventful. PFC Parker and PFC Oakley were both promoted from PV2 and SGT Wiles will be promoted from CPL in a few days.

A few new additions have joined the company recently. SSG Alexander and 2LT Wilcox are now Warbirds and we are pleased to have them join this great company. Please welcome them as you see them around the Company Area. Unfortunately, along with new additions we also have a soldier departing the Company. PFC York has been a pleasant presence around the Company. He is retiring from the military and will be missed.

That is all for this month. Remember to have fun and be safe in everything you do.

The month of July has come and gone so quickly. August is sure to be a busy month and will probably move at the same high speed pace as the months that precede it. There are so many activities and events scheduled for the days ahead. First of all I want to thank everyone who helped with the FRG meeting on July 27th. Our meetings could not be as productive without those of you who volunteer your time and service.

On August 6, the signal company is planning to have a bake sale. Please look for fliers and emails for time and place. We would appreciate any support we receive. The pre-deployment brief is coming up soon as well. August 14th is the day to mark on your calendars. The brief will be located at Riley's Conference Center and will start at 1800 hours. The Pre-deployment Ceremony is scheduled for August 24th at 9 am. It will be located at the Calvary Parade Field. Please check your email for more upcoming events and activities.

Please be on the lookout for AFTB training starting this fall. This is wonderful information that ranges from learning about Army acronyms and military resources to team building and communication. Day, night, and weekend classes are available. Child care is provided. Contact Becky Willis at ACS at (785)239-9435.

Enjoy the month of August, it will be busy with school starting and numerous activities. As always stay safe and if you have any questions, concerns, or information you would like to share please contact me at (706)478-1263 or monica.l.neypes@us.army.mil.



Capt. Neypes promotes Pvt. Parker to Pfc.

Not for the money Continued from Pg. 7

that understood his situation. He has one son deployed and one that will soon be going as well. The sincerity in his voice spoke volumes.

You are very welcome Larry. Larry is just one example, everyone I spoke with had a special story they wanted to share. There were also many questions, some easy to answer and others not so easy, but no question was ever silly or stupid.

A heartfelt thank you to all FRG Volunteers around the world, your dedication and enthusiasm for military families is priceless.

1ST INFANTRY DIVISION BAND

CG'S SUMMER CONCERT SERIES

All concerts are free and open to the public. Bring your lawn chairs and blankets and enjoy the music.

August 23
7 p.m.
Troy Band
Meadow Ridge playground,
Jackson Avenue
Center Hill, Fort Riley

...

Sept. 13
7 p.m.
Cannon Band
Bentley Park,
Sheffield Circle
Main Post, Fort Riley



(L) Congratulations to SPC Wright on being Battalion Soldier of the Quarter.
(R) Congratulations to CPL Wiles on being NCO of the Quarter.



BOSS rocks "Battle of the Bands"

Story by Pfc. Andrea Merritt
1st Sustainment Brigade, PAO

Five bands and two solo artists entertained a crowd as they battled for a \$600 prize during the BOSS Battle of the Bands contest July 21st Rally Point.



Each contestant had a chance to win the hearts of the audience and the judges by performing a twenty-minute set.

"A twenty-minute set was a way for the bands to show they have a variety of music. It lets them pick out different songs to showcase," said Sgt. Ajita Curry, BOSS president.

"We were giving away money so we wanted to make sure everyone had enough time to do their best," Curry said.

Variety was the spice of the night because each band played a different type of music. By the end of the night, the audience had heard alternative, light rock, reggae, hip hop and blues rock.

"So far, it's pretty good. Some bands are good and some - not so much. It's just really cool to see the clash of music," said Spc. Ryan McKessy, a Soldier with the 977th Military Police Company who was home on R&R from Iraq.

As the bands played, the judges paid close attention. Their faces were serious, but at times they could be seen

tapping their feet or rocking their heads to the beat of the music.

There were also two other judges from the Department of the Army Entertainment Division. They travel to different installations across the United States to scout talent for the Festival of

Performing Arts.

"I made it a point not to watch the judges," said Aliyah Stephens, the lead singer for The Incinerated Windsock Quartet, a reggae band from Junction City.

"It seems like people were having a good time and as long as everybody has fun you can't go wrong," Stephens said.

At the end of the show, the judges tallied up the scores and declared Prahjex, a blues rock band from Junction City, the winner.

It may have been the composition of the music. It could have been the vocals of their lead singer, Ramsey "Fatman" Martin, who performed barefoot because his band members gave him "crap" for wearing sandals and socks, or it could have been the round off he did that landed them in first

place.

"I used be (master of ceremony) for the pep rallies in high school and the flip used to get everybody pumped up. I haven't done that in a while. I'm surprised I landed on the note," Martin said.

Prahjex plans to use the prize money to help them record a CD and put out some demos, Martin said.

"We're ecstatic. We're going to write more music, play more shows and blow more minds," said Jeremy Casillas, the bass player for the group.

Other winners of the contest included Moving Rushmore, a light-rock band from Manhattan who won the second-place prize of \$300 and The Incinerated Windsock Quartet placed third and won \$100.

"Primarily, the show is worthwhile. It has good continuity in that it allows Soldiers show their skills to the general community. It's a great atmosphere," said Sgt. Quentin Custis, a human resources noncommissioned officer for the Special Troops Battalion, 1st Sustainment Brigade.





A Great American

A Great American

Story by Staff Sgt. Bryant Maude

1st Sustainment Brigade, PAO

I'll never forget the day I met Dexter King. It was just after the '96 Olympic Games in Atlanta. I was in the Limo business at the time and a client asked me to join him for lunch, which happened often. We sat outside at the Cigar Bar in Midtown Atlanta and after puffing on an Arturo Fuente for a few minutes a gentleman joined us at our table. I was introduced to Dexter King; he smiled and shook my hand. At this point they started to discuss business and I found myself tuning out their conversation and conducting one of my own in my head. Over the years I had met a lot of famous people, but it is rare to meet great people. I couldn't help thinking that I was in the presence of the son of a great man, the Reverend Dr. Martin Luther King Jr.

A few days later I drove to 501 Auburn Avenue, stopped the car and got out. I stood there for quite a while, staring at the simple home where Dr. King was born and raised. The home is part of a collection of homes that are protected by the National Park Service. A few blocks up to my left was the King Center and back to my right Ebenezer Baptist Church. Dr. King was a co-pastor at Ebenezer Baptist with his father from 1960 to 1968.

I discovered later that Dr. King attended Morehouse College in Atlanta where he earned a B.A. degree



"I have a dream!"

in Sociology. He would go on to earn a Bachelor of Divinity degree from Crozer in 1951 and earn a Ph.D. degree from Boston College on June 5, 1955. But it was his later work in the civil rights movement and his "I have a dream" speech that he would be most remembered for.

Twelve years later I'm in the Army and live a thousand miles from Auburn Avenue in Atlanta and yet my memory of that day is crystal clear. I discovered greatness that day and it didn't take a lecture or a class. It wasn't mandated that I recognize his greatness and there was no pressure for me to share this story. I recognized greatness by the results of one man's passion for equality, his desire to inspire greatness and I can see the results of his work in the men and woman around me, men like 1st Sgt. Snowden and Capt. Sutton, woman like Pfc. Merritt and Staff Sgt. Williams. I could go on and on.



The next time you find yourself in Atlanta take an hour or two and visit a great man. His spirit lives on at 501 Auburn Avenue, N.E. Atlanta, Georgia and if you listen closely you can still hear his thunderous voice ringing out from behind the pulpit of Ebenezer Baptist Church.

"If you want to be important, wonderful; if you want to be recognized, wonderful; if you want to be great, wonderful, but recognize that he who is greatest among you shall be your servant. That's the new definition of greatness."

Dr. Martin Luther King, Jr.

Chaplain's Thoughts

Chaplain Terrence E. Hayes, Brigade Chaplain

Soldiers learn to build a results-oriented team

Story by Pfc. Andrea Merritt, 1st SB PAO

What does clucking like a chicken have to do with team building?

Absolutely nothing unless you were one of the 15 Soldiers from the 1st Sustainment Brigade who attended the "Building a Results-Oriented Team" seminar July 6 at Rock Springs 4H Camp in Junction City.

Soldiers and noncommissioned officers from the S3 section and personal security detail team attended the seminar to

learn how to deal with people who have different personalities.

During the first part of the seminar, Soldiers took a personality test that revealed which of the four different personalities they were; D, I, S or C.

A D-personality was more dominant and known for taking charge of a group. An I-personality is an influencer and is known for being optimistic, enthusiastic, personable and creating an enjoyable atmosphere. An S-personality is steady and is known for being supportive, agreeable and a good listener. They are a more passive personality. A C-personality is conscientious

and known for being more analytical and cautious. They need to gather all the facts before they make a decision.

After figuring which category they fell into, the Soldiers had to decide which personalities their friends, family or co-workers had. Through this exercise they were able to gain a clearer understanding of the people around them and gather insight

on how to deal with them more effectively.

"(Soldiers) needed (the seminar)," said Capt. Larry Vanhook, the

chaplain for the Special Troops Battalion, 1st SB. "Especially those in charge of Soldiers."

"I had my chaplain's assistant take it. He was an "I" and we learned how we can better be in sync about things since I know his temperament we will know how to address certain issues," Vanhook said.

Once the classroom portion of the seminar was complete, everyone went outside to begin the actual team-building exercises.

The first exercise was the barnyard exercise. Everyone stood in a circle and counted from one to four. Each number was assigned an animal

to imitate, such as a cow, horse, chicken and sheep.

The Soldiers swallowed their pride, got on all fours, closed their eyes and clucked, moo-ed, baah-ed and neighed until they found the other



members in their group.

"It felt really silly going 'baah, baah like a sheep ... clucking like a chicken or going 'moo, moo'," said Sgt. 1st Class Wibke Griffin, the 1st Sustainment Brigade safety noncommissioned officer.

"It was all in fun. I was laughing a lot because I figured everybody was looking at me, but they were in the same situation so it wasn't so bad," Griffin said.

For the next exercise, everyone had to stand on a log. Once they were on the log, they were told to line up in the order of their birthdays. This is where the challenge came in. They could not step off or fall off the log.

Due to a natural lack of balance by some, many of the Soldiers fell off the log, but after attempting a few different methods to pass one another they stuck with a plan and it worked.



Happy Birthday

Birthdays Continued from Pg. 10

- Sgt. Judy Fryer
- Sgt. Artur Podoykin
- Spc. Yamil Riveracolon
- Pfc. Andrea Merritt
- Pfc. Jacob James
- Pfc. Michael Cheek
- Sgt. Nancy Rollins
- Spc. Gene Lucas
- PV2 Michael Buza
- Spc. Alicia Kruschik

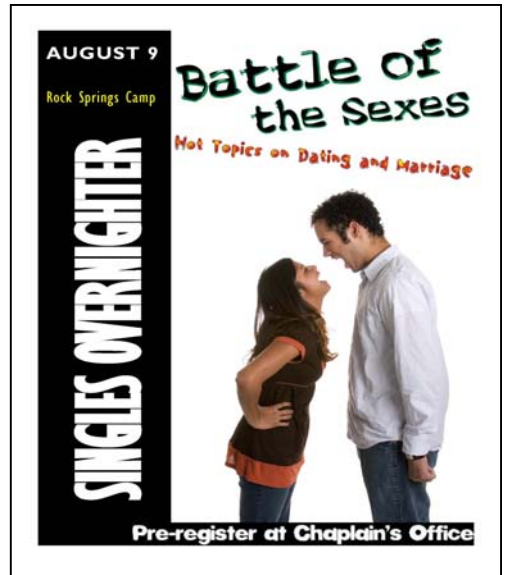
Chaplains Hayes and VanHook are offering a few "Retreats" for Married and Single Soldiers. The Family Wellness Retreat is scheduled for August 17-19 and offers child care for those with children. The Singles Retreat is scheduled for August 9th and will be at the 4H Camp in Rock Springs. To register contact Spc. Lucas at 785-249-2557 or stop by the STB building.

Need a good read down range? Try "A Piece of Cake"

Review by WO1 Danielle Ellis
1st STB, S-3

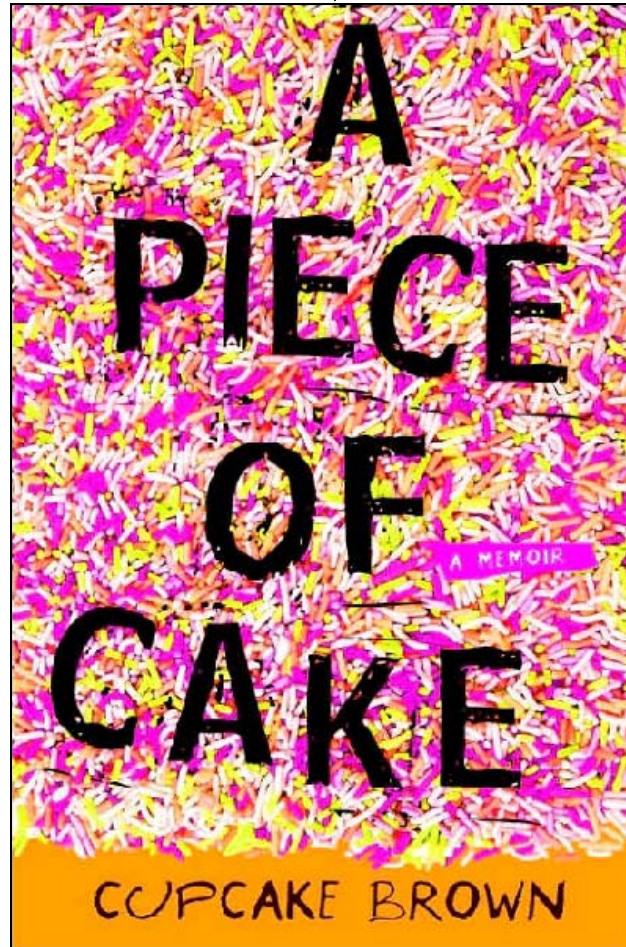
"I just needed help-anyway I could get it and from whomever I could get it. So I decided to talk to God right then and there. Just like I was. No religion, no prayers or holy verses, no rules, no deals, no bargains." "Piece of Cake" is a heartbreaking memoir of life at its darkest. As you join Cupcake in her journey to hell and back, you will be filled with emotions. Cupcake was an adolescent who suffered through years of pain, frustration, and abuse. Though this book has the propensity to bring out feelings of anger, sadness and at times laughter, it also paints a vivid picture of triumph and redemption. A picture of trust, when all else has failed, faith, in what the eyes can't see, and most of all God's love.

Cupcake Brown (born LaVette Brown) grew up much like any other African American child in the 1970s. She came from a warm, loving home with a mother who would do anything for her and her brother, and a father who completely adored her. In an instant Cupcake's life changes when she finds her mother dead in her bedroom. The man she grew up calling "daddy" was found not to be her father, therefore she and her brother end up in foster home after foster home, up and down the west coast. This is where her hell begins. At 11 years old, Cupcake was placed in the custody of an abusive foster mother, where she was repeatedly raped and beaten. She ran away several times and while on her travels, Cupcake is introduced to alcohol, drugs and prostitution. This begins her downward spiral that would last for several years. After many abusive boy-friends, a failed marriage, several miscarriages, the inability to stay clean, and her thoughts of suicide by HIV, leaves Cupcake in a mere existence. She'd rather be dead, but she's still alive with absolutely no purpose in life except to



air as the author reveals an underworld of drugs, addiction, gang-banging, and prostitution. This is

not a religious book and the author does not attempt to force the idea of a higher power upon you. Rather, this book is an example of God's grace and his mercy told through the author's personal journey of life after death.



If you have a favorite book to share with the readers

of this publication; send a short review to Staff Sgt. Bryant Maude or Pfc. Andrea Merritt. We'll be sure and put it in the newsletter.

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