

## COMMUNITY CORNER

## Fort Riley to host Lt. Dan Band, Riley Roundup July 28 on post

By Col. William Clark  
GARRISON COMMANDER

Fort Riley has an exciting day planned for the community July 28 when actor Gary Sinise, known for his Oscar-nominated performance as Lt. Dan in "Forrest Gump" will bring his 12-member band to perform for the Soldiers and Families of Fort Riley.

Gary Sinise and the Lt. Dan

Band will perform at 7 p.m. outside of Riley's Conference Center. Gates open at 6 p.m.

Sinise, who currently is part of the cast of "CSI: NY," formed the band in 2004, and it has since participated in 53 USO tours, 125 USO concerts and enhanced the lives of some 264,000 troops and their Families stationed throughout the U.S., as well as in Japan, Korea, the Netherlands, Belgium and

Afghanistan, among others.

In his fourth visit to Fort Riley, I'm very excited to have Gary Sinise and the Lt. Dan Band back. It will be a fun, Family-oriented performance with a variety of musical choices.



Col. Clark

The show is free and open to the public, and no tickets will be issued. Everyone is invited, but outside food, beverages, coolers and pets are not permitted.

Lawn chairs or blankets to sit on are OK to bring. Food and beverages will be available for purchase, and alcoholic drinks will be sold.

To learn more about Gary Sinise and the Lt. Dan Band,

visit [www.ltdanband.com/index](http://www.ltdanband.com/index) or [www.garysinisefoundation.org](http://www.garysinisefoundation.org).

The concert will be preceded by the Riley Roundup. Army Community Service has "rounded-up" vendors from around Kansas to help Fort Riley Families find Family fun under the hot prairie sun.

You also can enter to win a washer and dryer set, a tablet computer and a 32-inch televi-

sion. Winners will be drawn at 6:30 p.m. on stage before the Lt. Dan Band concert. Participants must be present to win.

For more information, call 785-239-9435 or visit [www.rileymw.com](http://www.rileymw.com).

To comment on this column or suggest a topic for Community Corner, email [usarmy.riley.incom.mbx.post-news@army.mil](mailto:usarmy.riley.incom.mbx.post-news@army.mil).

## Capitol Hill PTSD awareness event highlights struggles

Katie Nelson  
ANS

WASHINGTON — Army wife Kristina Kaufmann knows the severity of post-traumatic stress disorder: She has lost three friends to suicide because of it. But she also knows the power she has to help stop it.

"As a commander's spouse, I have the opportunity to use this tragedy as a way to open the dialogue," Kaufmann said. "I have the opportunity to talk about mental health, to talk about depression, to talk about asking for help."

Kaufmann is just one of many people associated with the military who have realized the impact PTSD has had on Soldiers and civilians alike and who are working to end the deaths that may result from it.

The sergeant major of the Army and its surgeon general were among those who spoke June 27 on Capitol Hill about the Army's efforts to battle the devastating effects of PTSD and other brain injuries.

The event, dubbed "Visible Honor for Invisible Wounds," was geared toward addressing the stigmas attached to PTSD and remembering troops or Family members who have committed suicide as a result of the disorder.

Kaufmann gave the dedication for the event by speaking about her own experiences with PTSD and the shame that is brought on by it. She explained how the term "new normal" is

used to describe the reality of living in wartime and how the normalization of wartime often leads to feelings of inadequacy or inability to cope.

"Nothing about 10 years of war is normal," Kaufmann said. "And when we can call it that, it can set the bar at an unattainable height. In effect, it says if you can't live up to this new normal ... You're weak, and that you've failed, and it adds to the stigma."

Kaufmann's theme of weakness and failure was echoed by Sgt. Maj. of the Army Raymond Chandler, who gave the keynote address at the presentation. He spoke about coming close to death while in Iraq and how that experience led to PTSD. At first, he said, he was too ashamed to admit that he struggled with the issue, but he eventually sought help.

"I spent about two years in almost-weekly behavioral health care counseling in Fort Bliss, Texas," Chandler said. "And that care ... made a significant change in my life."

Chandler's personal experience with asking for help with PTSD was followed by Army Surgeon General Lt. Gen. Patricia Horoho reporting on ways the Army is working to combat the disorder and how those treatments can be effective.

Horoho said in 2011, the Army spent \$171 million on behavioral health support like the counseling Chandler went through. She added this year's

budget for the same treatments is now \$181 million. The money is going toward developing new technologies like telebehavioral assistance for Soldiers both in Afghanistan and in the U.S.

Horoho stressed the point that these aids also were directed toward military Family members and how the Army recognizes PTSD affects spouses and children, in addition to the Soldiers themselves.

"What we've learned over these 11 years (at war is) that we not only need to treat the Soldier, but we have to treat the entire Family," she said. "They're all affected by the stressors of war."

Vietnam veteran Earl Kinard, who attended the event, gave a firsthand account of what living with PTSD is like and how he is often reminded of the trauma of combat.

"Certain things like helicopters, like military situations that I see in films sometimes (trigger it)," he said. "As you get older, you try to hide it ... When I came out of Vietnam, I tried to do the work instead of fretting about it ... (But) I've been through hell."

For veterans like Kinard, the Army's commitment to bringing the suffering associated with PTSD and related disorders to light seems to be a step in the right direction.

"The Army is doing good," Kinard said. "The Army sees a problem and they try to solve the problem."



Calvin Rescoe | POST

DeCa awards four scholarships from the Scholarships for Military Children program July 12 during the Fort Riley Network meeting at Riley's Conference Center. Each military child received a \$1,500 college scholarship. This year's scholarship winners were Ty Bivens, high school senior, Pike Valley High School, Scandia, Kan.; Jessica Massie, college junior, Central Christian College, McPherson, Kan.; Courtney Gill, college junior, K-State, Manhattan; and Warren Scipio, high school senior, Manhattan High School, Manhattan.

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be a graduating high school senior or currently enrolled in a four-year program with a minimum 3.0 grade point average. Community involvement also was part of the judging process of potential scholarship winners.

This year applicants were required to submit an essay answering the question: "Whose

four faces would you place on a 21st Century Mount Rushmore type of monument, and why?" The people chosen had to be non-fictional, U.S. citizens and alive between the years of 1850 to 2011.

The scholarship program is managed and administered by The Fisher House Foundation and is funded by the manu-

facturers and vendors who sell their groceries at the military commissaries as well, Howell said.

"This is a pretty nice program that DeCa has. Every year, DeCa shows their continued involvement in the community where each of our installations are," he said.

### HOUSE FILL AD

## Bucket lists, cemeteries show changing attitude toward death

K-STATE MEDIA RELATIONS

MANHATTAN — Bucket lists are more than goals or accomplishments a person wants to achieve before dying. They also are a way for people to discuss death — even though most people probably would rather avoid doing so, according to a Kansas State University historian.

"Much of American culture in the 20th century has been engagement in death avoidance," said Albert Hamscher, the university's Kenneth S. Davis professor of history. "Bucket lists signify a willingness at least to discuss death again. But note how it is purely secular in its contours. It focuses on the here and now rather than the hereafter, which has been how people typically frame death."

Death avoidance is a relatively new phenomenon in Western society, according to Hamscher. Philippe Aries, a 20th-century French historian, referred to the attitude as "the forbidden death" in his book, "Western Attitudes Toward Death from the Middle Ages to Present." Instead of being exposed to it, which commonly happened in Europe until recent generations, people have been shielded from death. This avoidance became more popular with medical advances and increased secularization.

"Religion has always given death a frame of reference," Hamscher said. "Absent that, death becomes a frightening topic. Death can appear frightening in that context because it has no larger explanation. It's an existential black hole."

Medical advances also have facilitated this shift through isolation of death to the elderly

and those in institutional settings. Hamscher said the remoteness from the death process can often result in a person not experiencing death in their Family for 20 or 30 years.

Hamscher's interest in historical attitudes toward death and dying was piqued by visits to cemeteries, which he said help

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