



# REVEILLE

## **RICK WRIGHT AWARDED 2017 KENTUCKY VETERANS OF THE YEAR'S MALE DISTINGUISHED FRIEND OF VETERANS AWARD**



Rick Wright

Rick Wright, Coordinator/Counselor for Veterans Upward Bound the past six years, has been awarded with the *Distinguished Friend of Veterans* award recognizing and honoring one non-veteran male and one non-veteran female who have demonstrated a great heart of service for Kentucky veterans. Recipients of this award are nominated by the Kentucky Veterans of the Year Steering Committee. Selection requires a unanimous support of the nominee by the Committee. Kentucky Veterans of the Year are thankful for and proud of the work Rick does with veterans at Western Kentucky University, Veterans Upward Bound, South Central Kentucky Veterans Council, and so many other of his endeavors.

This will be the third year the Kentucky Veterans of the Year has given this award. The 2017 Kentucky Veterans of the Year's *Male Distinguished Friend of Veterans* award will be given at this year's banquet on November 6, 2017 at the Brown & Williamson Club (inside Papa John's Stadium) in Louisville, KY. The banquet is from 6 pm to 8:30 pm. This year's banquet is a tribute to WWII veterans. The emcee will be Pat Waters, the grandson of Gen. George S. Patton. The featured speaker is Dr. E. Bruce Heilman, a WWII Marine Corps veteran who fought in Okinawa and Chancellor of the University of Richmond (Richmond, VA). Also expected to be present is Woody Williams, the last surviving Medal of Honor recipient of the Battle at Iwo Jima.



## **VETERANS UPWARD BOUND 25TH ANNIVERSARY CELEBRATION**

Veterans Upward Bound's 25th Anniversary Celebration will not only be honoring veterans with awards and scholarships, but will also be celebrating the fact that our program has proudly served more than 2500 southern Kentucky veterans since 1992. Our program is the only one in the state of Kentucky and we serve veterans from Warren, Allen, Barren, Butler, Edmonson, Hart, Logan and Simpson counties.

The banquet will take place on August 18 at the Sloan Convention Center beginning at 6:00pm. The guest speaker will be Gary Gray, Veteran Upward Bound's original director and the individual that wrote the program's initial grant. Governor Matt Bevin has declared August 18 Veterans Upward Bound Day in Kentucky and the proclamation will be read at the banquet by Lt. Governor Jenean Hampton.



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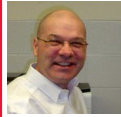
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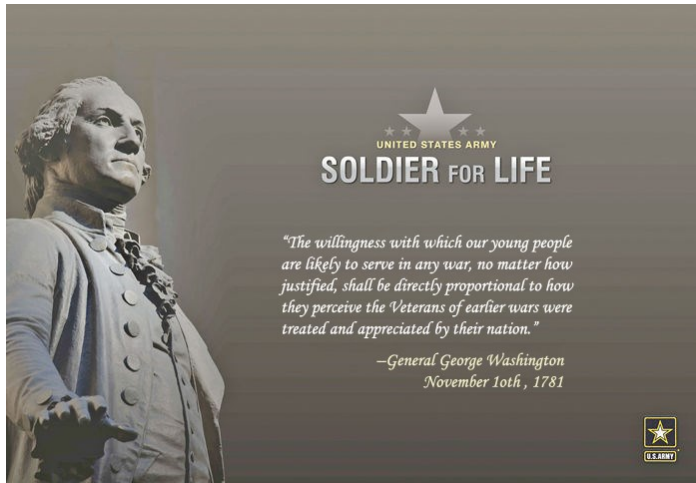
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## SOLDIER FOR LIFE CENTER SEEKS TO EASE SOLDIERS' TRANSITION



There comes a time in soldiers' lives when they must transition back to civilian life, which for many can be stressful, but the Soldier for Life program aims to help make that transition a smooth process. The Soldier for Life – Transition Assistance Program Center is a place where soldiers get help when undergoing the transition from the military to a civilian career field. Although this is a commander-driven program, where all soldiers are expected to begin SFL-TAP before they get within 12 months of their transition date, the center tries to help commanders by identifying soldiers who are 18 months from their separation date, as well as providing other information-based tools.

About 50 to 60 transitioning soldiers a month visit the Fort Rucker SFL-TAP Center. AR 600-81 and the VOW Act of November 2011 mandates that all soldiers with 180 days of active duty attend transition classes not later than 12 months prior to separation from the military. There are also Career Readiness Standards that transitioning soldiers must meet and one of the biggest problems that the center is facing is that soldiers are not coming to talk more than 12 months before their transition – a problem that is not only local, but Army wide. If someone shows up at the last minute before their separation date, the Soldier for Life Center will not leave them without help.

The Army rolled out a new program in October 2014, the Soldier Life Cycle, which teaches young advanced individual training graduates at their first permanent-party duty station, things that only the soldiers who are transitioning are currently learning. The new goals are to inform and arm the new soldiers with information that will serve them well over their careers early on, and not have to wait to the end of their career to find out about them.

The Soldier Life Cycle follows soldiers from the beginning of their service until their Expiration of Term of Service or retirement date. In the program, soldiers will develop certain civilian career skills throughout their Army career progression that build on one another until the soldier reaches the end of their service, be it one or 20 years.

Career Readiness Standards are introduced early and throughout a soldier's career with touch points at their first duty station, first year of service, reenlistments, deployments, promotions and, finally, at their transition out of the military. Spouses can visit the Soldier for Life Center, as well as their transitioning service member.

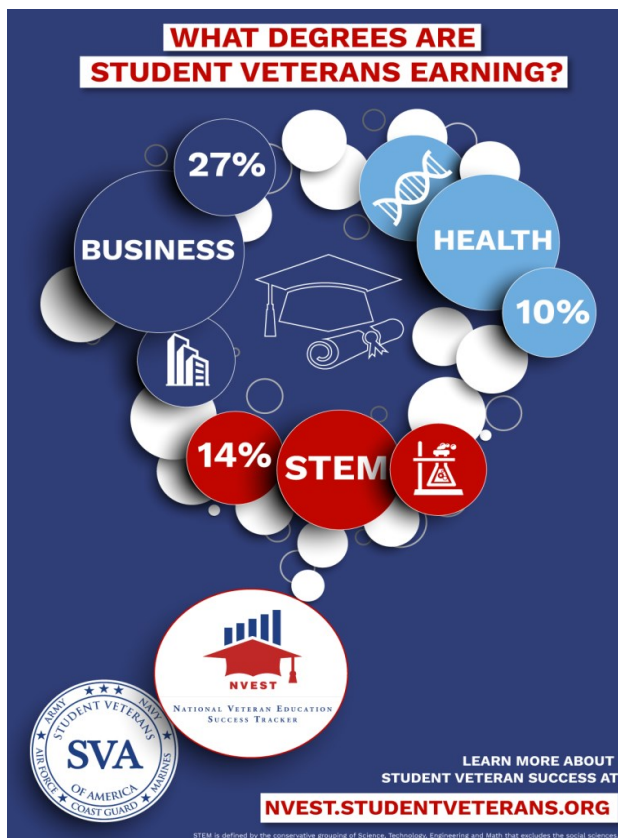
Soldiers must complete a pre-separation briefing more than 12 months before they separate from the military. Soldiers two years from retirement or 18 months from their ETS, or who are thinking about transitioning to a civilian career can call 1-800-325-4715 for information and to find the nearest SFL-TAP Center.



## STUDENT VETS ARE CHASING HIGH-PAYING CAREERS

After more than six years of existence, the *Post-9/11 GI Bill* proves that veterans are serious about their schooling. The first of three reports by the Student Veterans of America (SVA) to gauge the academic success of vets using the education benefit was released earlier this year. So far, it appears these scholars are attacking their lessons like a military objective. “Based on the initial results, today’s student veterans represent the best source of potential and current achievers in higher education,” according to the National Veteran Education Success Tracker (NVEST) report. One section of the report studied the types of degrees that *Post-9/11 GI Bill* users are pursuing. It noted that these student vets are using their education benefits to “position themselves for the civilian workforce by earning degrees in marketable and high-demand majors.”

The most popular degrees — by a wide margin— were those in business management, marketing and related support services fields. The NVEST report found that some 27 percent of vets earned a degree in these disciplines. After business degrees, the NVEST report found that the next most popular disciplines were those in the STEM (science, technology, engineering and mathematics) fields. When grouped together, the NVEST study found that 14.4 percent of student vets had either earned or were pursuing STEM degrees. Coming in as the third-most-sought degrees were health-related. More than one in 10 (10.4 percent) student vets claimed these majors. Overall, SVA — which has been an official partner of VFW since 2013 — found that nearly 350,000 vets have obtained degrees since the *Post-9/11 GI Bill*’s inception in August 2009. It predicted that “if the trend remains accurate,” the program will allow some 100,000 vets annually to earn degrees. One question the initial study did not answer is why student vets were so successful in college. Statistics did show that vets using the *Post-9/11 GI Bill* were slightly older than their classmates. But that might only be part of it. To access the full report, visit [nvest.studentveterans.org](http://nvest.studentveterans.org).







## DITCH THE JUNK FOOD!

According to *U.S. News & World Report*, junk foods trigger addictive behavior. To fight off temptation, the magazine offers eight tips:

- ◆ *Know your trigger foods.* And make them a treat for when you go out to eat.
- ◆ *Stock up on healthy foods.* Fill your fridge with fresh fruits and vegetables, and keep healthy snacks on hand.
- ◆ *Eat consistent meals.* Going too long without eating causes your blood sugar to drop, which contributes to cravings.
- ◆ *Balance your plate.* Make sure all your meals have plenty of protein, fiber and healthy fats, which slow digestion, stabilize blood sugar and keep you full.
- ◆ *Practice the five-ingredient rule.* Cut back on unhealthy highly processed foods by checking the label.
- ◆ *Develop a new routine.* If you always have dessert after dinner, change your routine.
- ◆ *Manage stress levels.* Food cravings are often a response to stress. Find an alternative.
- ◆ *Get to bed earlier.* Inadequate sleep stimulates brain centers, increasing junk food cravings.

Adapted from The American Legion June 2017 issue

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## Important Numbers and Dates

<p><b>Catherine McKee, WKU VA Certifying Official</b> (270) 745-3732</p> <p><b>Stephanie Gabbard, VA Voc-Rehab, B.G. Office</b> (270) 846-2092</p> <p><b>Military Student Services, WKU</b> (270) 745-5837</p> <p><b>Shawn Stovall, SKYCTC VA Certifying Official</b> (270) 901-1188</p> <p><b>Department of Employment Services, Bowling Green</b>            Don "Mac" McGlothlin (270) 746-7265  <b>VA Regional Office, Louisville</b> (502) 566-4482  <b>VA Regional Office, Nashville, TN</b> (615) 695-6384  <b>BG VA Community Based Outpatient Clinic</b> (270) 782-0120  <b>VA Medical Center, Louisville</b> (800) 376-8387  <b>VA Medical Center, Nashville, TN</b> (800) 228-4973  <b>Military Records Branch, Frankfort</b> (502) 607-6041  <b>American Legion, Bowling Green</b> (270) 781-3574 Veterans Service Officer  <b>Veterans of Foreign Wars, Bowling Green</b> (270) 781-1872</p>	<p><b>JUL 4</b> Independence Day, VUB Closed</p> <p><b>AUG 4</b> ACT Registration Deadline for SEP 9</p> <p><b>AUG 18</b> VUB 25th Anniversary Celebration</p> <p><b>SEP 4</b> Labor Day, VUB Closed</p> <p><b>SEP 9</b> ACT Test Date</p> <p><b>SEP 22</b> Registration Deadline for OCT 28</p> <p><b>OCT 28</b> ACT Test Date</p> <p><b>NOV 3</b> ACT Registration Deadline for DEC 9</p> <p><b>NOV 22-24</b> Thanksgiving Holiday, VUB Closed</p> <p><b>DEC 9</b> ACT Test Date</p> <p><b>DEC 18-29</b> WKU Winter Break, VUB Closed</p> <p><b>JAN 1</b> New Year's Day, VUB Closed</p>
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\*Please call early for information on test dates. VUB may pay testing fees, but to do so we must have your application at least six weeks prior to the registration postmark deadline.