EXERCISE

Fort Rucker will hold its annual all-hazards exercise today, so people should expect some short delays at the gates and near Andrews Avenue between 8:30 a.m. and 12:30 p.m.

LEMON LOT

Facility offers deals on wheels, boats, more

Story on Page C1



TEE UP

Golf tournament supports local Army Ten-Miler team

Story on Page D1





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FORT RUCKER ★ ALABAMA

SEPTEMBER 8, 2016

EUROPEAN VOCATION

1-58th Avn. Regt. Soldiers return home to accolades

By Nathan Pfau

Army Flier Staff Writer

After nine months serving in Europe in support of Operation Atlantic Resolve, nearly 30 Soldiers returned home to Fort Rucker recently after accomplishing their mission.

The Soldiers of the 1st Battalion, 58th Aviation Regiment (Airfield Operations) celebrated their homecoming during a ceremony at the U.S. Army Aviation Museum Tuesday where the recently deployed air traffic control company's colors were cased and the unit was deactivated.

"Today marks a huge milestone where we close one chapter and begin a new chapter in this unit's history," said Lt. Col. Matt Ashburn, 1-58th Avn. Regt. commander. "We welcome home our (ATC) company, who once again answered the nation's call."

During its deployment, the company enabled flight operations in four different European countries: Germany, Latvia, Romania and Poland.

Their mission in support of Operation Atlantic Resolve was to help maintain the strength and presence on the European continent and to help ensure the safety of Task Force 3-227 aircrews and partner nation aircrews in the re-

"The task of air traffic control is one of the most complex aspects of Aviation, and this complexity increases exponentially when you provide operations for aircraft of partner nations with multiple different languages," said Ashburn.

While deployed, the unit performed split-based operations; provided ground control approach radar and tower support in Latvia; tactical terminal control system support in Illesheim, Germany; and ATC liaison assistance in Romania.

The unit also participated in multiple exercises, including Allied Spirit, Saber Junction,

SEE 1-58TH, PAGE A5



CW2 Jason Clark, 1-58th Avn. Regt. company commander, cases the colors during a ceremony at the U.S. Army Aviation museum Tuesday as the unit is deactivated after returning home from a nine-month deployment in Europe.



cine practice triage and life-saving techniques on mannequins during a mass-casualty exercise on Fort Rucker Tuesday. Throughout the training exercise, flight paramedic students were tested on their ability to appropriately assess, triage and treat three or more patients in a simulated combat situation while not only under the supervision of their instructors, but also flying in a UH-60 Black Hawk helicopter.

Students and instructors of the U.S. Army School of Aviation Medi-

CFC campaign set to kick off

By Jeremy Henderson Army Flier Staff Writer

Federal civilian, postal and military service members will once again have the opportunity to support eligible nonprofit health and human service organizations throughout the world during this year's Combined Federal Campaign.

"The Combined Federal Campaign is the official workplace giving program for the federal government of the United States," Sgt. 1st Class Myissha Tompkins, Fort Rucker installation project officer, said. "CFC's goal is to promote and support philanthropy through a program that is employee focused, cost-efficient, and effective in providing all federal employees the opportunity to improve the quality of life for all. Through the generous donations of federal employees, local charities are able to assist those in need, creating



COURTESY GRAPHIC

hope for a brighter tomorrow. However, donations are not just limited to local charities - the CFC reaches over 20,000 nonprofit organizations, providing donors with the opportunity to give both nationally and

According to Tompkins, a list of CFC partner nonprofits can be found at www.

mycfc.us. "All of these charities are eligible for CFC donations," she said. "Charities

SEE CFC, PAGE A5

BE THERE

Suicide Prevention Month efforts seek to raise awareness

By Nathan Pfau Army Flier Staff Writer

Although suicides in the Army are down from the same time last year, one suicide is one too many, according to installation

and Army leadership. That's why Fort Rucker is doing its part to raise awareness through September, which is Suicide Prevention Month, by providing opportunities for people on post to learn what they can do to help and

how suicide can affect people, according to Traci Dunlap, Army Substance Abuse Program suicide prevention program man-

This year's theme for the month is "Be

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DOD GRAPHIC

COMMUNITY - C1-6 PERSPECTIVE - A2 **ARMYWIDE** ■ B1-4

PERSPECTIVE

JOB SEARCH

Body language a key indicator of interview success, cause for alarm

By Bryan Tharpe,

Fort Rucker Soldier for Life

Have you ever watched two people having a conversation with each other? Did you notice that the body language of one usually matched the body language of the other?

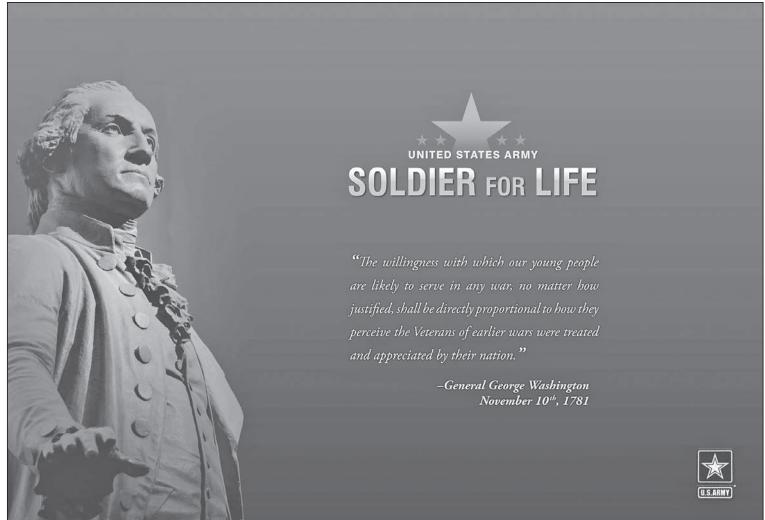
For instance, if one person crossed his or her arms during the conversation, so did the other person. And if one person put his hand on his chin, the other person did the same.

These are subconscious involuntary reactions to help us better communicate.

Do they have an important play in the job search process? Let's examine these actions and see if they can be beneficial in helping to get a job.

When you are about to be interviewed, most people have a tendency to be somewhat nervous and may appear to be a little stiff. This may be the way your body chooses to react to the stress of the moment. However, once the interview starts, you subconsciously notice the interviewer's posture and sense whether or not it's OK to relax a little.

Most people will mimic the interviewer's body language. So, good complimentary communication is transpiring on two different levels. Rarely will the interviewer notice the mimicking. Most often, in my opinion, the person in authority will be the person who others mimic. Therefore, if during the interview you notice the interviewer mimicking



you, it may be a good indication that you are gaining the interviewers confidence and respect.

Some interviewers may have a poker face and you can't tell how you are doing by their facial expressions, but they may not send the same message by their other subconscious body language. If, during the job interview, you notice the interviewer mimicking you more and more, seize the

moment with confidence. If you are getting into the salary negotiation portion of the interview, this may be a good time to ask for a larger salary or better benefits. On the other hand, if the interviewer is not mimicking you, it may be cause for alarm.

Some managers are so strong and charismatic that they seldom, if ever, will allow themselves, even subconsciously, to be overcome by someone else's personality. These managers tend to have large egos and are use to always being in control. If they are conducting a job interview, you may have trouble relaxing during the interview. One tip to get through their interview successfully is to stay focused and give them only the facts that they

Since you may never know the

11 This Sunday is the 15th

anniversary of the 9/11

attacks. Why is it important

to remember and

commemorate that day?"

personality of the person who will be conducting your interview beforehand, it is always a good idea to be extremely prepared when you begin the interview.

For more information on good communication skills or help with the job search process, call 255-2558 or visit the Soldier for Life Center located in the Soldier Service Center, Bldg. 4502, Rm.



Meghan Sebring-Morris, military family member

"I think it's important to not forget those who were lost in those tragedies."



Brenda Harris, military family member

"You've got to remember those who not only were lost during the attacks, but also those who went to fight for our nation after to defend our freedom."



Latigre Purdy, civilian

"I think it's a day to remember the importance of our first responders and the sacrifices they make to keep people



Anna Hunter, retired military

"There were so many sacrifices made that day and every day since that we can't let those who were lost that day be forgotten. It helps to remind us why we serve."



Alain Perez, civilian

"It's a day in recent history that people can remember and still feel, so it's important to remember those who were lost on that day and to remember those who were lost trying to save lives.'

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If you would like to contact the Army Flier by e-mail, please contact the editor at jhughes@ armyflier.com.

GATE ACCESS

Officials offer visitor post access procedure review

By Nathan Pfau

Army Flier Staff Writer

The need for tightened security at U.S. military installations worldwide resulted in changes to gate access procedures in the recent past, and Fort Rucker officials want to remind people what they need to access post.

All visitors age 18 and older who do not have a visitor's badge will be directed to a visitor center to apply for one as they enter the post, according to Peggy Contreras, Fort Rucker Community Police supervisor.

"To ensure that Fort Rucker is adhering to Homeland Security Presidential Directive 12, during the application process all visitors will be vetted through the National Crime Information Center Interstate Identification Index," she said. "While this is a Department of Defense-wide initiative, the Fort Rucker Directorate of Public Safety is streamlining the process for accessing the post."

Even with the badge, visitors will still need an additional form of ID that can be scanned, such



A file photo of traffic heading towards Daleville Gate.

as a driver's license, to access the post. The change does not affect people who hold a DOD ID card or Common Access Card, Army Form 1602 for contractors, or others with a federal-department issued ID. Contreras said.

There are visitor centers at the Daleville and Ozark gates. The Daleville Gate visitor center is open Mondays-Sundays from 8

a.m. to 4 p.m. and the Ozark Gate minutes, said the community pocenter is open Mondays-Fridays from 8 a.m. to 4 p.m. Visitors should plan ahead to arrive at the center at the appropriate time, according to Contreras.

The time it takes to get a badge can vary and depends largely on how many people are there when applying. Normal background checks average between 10-20

lice supervisor, she said.

Gate policy does allow for uniformed service members, adult family members, DOD employees, retired service members and their adult family members with valid DOD ID, and also CACholding contractors, to escort visitors without badges onto the installation.

Contractors with a Form 1602 are not allowed to escort and people who are escorted onto the installation must remain with their escort at all times, said Contreras.

"People who need badges. whether they are contract employees, taxi drivers, delivery drivers, civilians wanting to use the SPLASH! Park or family visiting from out of town, should work with the agency or person they have dealings with to coordinate getting a visitor badge," she said.

There are two types of passes people can obtain - sponsored and unsponsored, according to Contreras. Frequent visitors who utilize facilities or activities, or who conduct business on post regularly, can apply with the organization they visit or deal with for a sponsored pass good for a year. Unsponsored passes will last for six months.

Entry procedures for special events, such as Fort Rucker Freedom Fest, will be looked at on a case-by-case basis and will be publicized well beforehand.

For more information, call 255-

SecArmy: 'We are a joint force now'

By Stephanie Slater

U.S. Army Training and Doctrine Command Public Affairs

JOINT BASE EUSTIS-LANGLEY, Va. - Secretary of the Army Eric K. Fanning wants the nation at large to understand its

His intent is not a personal goal, but rather a mission he has directed the Army to undertake, he said during a recent visit to Joint Base Langley-Eustis Aug. 25. Fanning's day began with keynote remarks at the Army Training and Doctrine Command Commanders' Forum.

In his remarks, he described his focus and priorities for the Army's way ahead, such as resourcing, building the budget, sequestration and hot topics on Capitol Hill, and he placed special emphasis on joint warfighting, as well as transparency and communication across the Army.

"We are a joint force now. We rely on the Air Force. We rely on the Navy. But they all definitely rely on us," said Fanning. "Where that joint fight comes together in so many ways is on the ground with the Army. We need to think about that and talk about that differently than we do, and really embrace what we do in support of the joint force that nobody else can do in our military or any of the militaries in the world."

Fanning addressed questions from senior leaders present for the forum, a quarterly information-sharing gathering that guides the development and execution of Force 2025 and Beyond, and provided guidance on the execution of TRADOC core func-

He discussed cultural strategies he has observed that could benefit the Army in the

future, as well as potential risks and opportunities that may arise from the upcoming presidential election, the Army's 2017 audit readiness requirement, and the merging of medical capabilities under the National Defense Authorization Act.

Addressing a question about how senior leaders can tell the Army's story as part of the Army's "Meet Your Army," an outreach initiative, Fanning suggested that leaders tell stories "through the eyes of the Soldiers" to describe "all the amazing things that our Soldiers are doing."

The secretary also spoke with senior leaders' spouses separately, during which he took note of and addressed concerns that affect families. He also stressed his commitment to the Army's fight on sexual as-

"We've done a substantial amount of work on response but not enough on prevention," Fanning said. "I want to make the response part unnecessary and the prevention part right."

Fanning discussed the relationship between behavioral health, suicide prevention and post-traumatic stress disorder, and he related an account of his recent medical visit to receive an elbow brace. While many people don't hesitate to seek medical help for a physical ailment, he observed, that does not always seem to be the case when they are struggling with a mental issue.

"Most people's brains are more complicated than my elbow," he said. "Why would we have a stigma attached in seeing a specialist for the most complex organ in the body?"

Fanning concluded his trip with a visit to the 7th Transportation Brigade (Expeditionary) located at Third Port, where he met with vessel crew members and Army div-



PHOTO BY STEPHANIE SLATER

Secretary of the Army Eric Fanning visits 7th Transportation Brigade (Expeditionary) Third Port at Joint Base Langley-Eustis, Va., Aug. 25.

ers of the "Army's Navy" to get a firsthand

look at how they contribute to the fight. The large tug vessel master for Army Vessel Maj. Gen. Winfield Scott (LT-805), a large ocean-going tug boat with the 73rd Transportation Company, CW4 William Sherman explained the vessel's capabilities

"Recently, for the Navy, we towed one of their tugs from Guantanamo Bay (Cuba)

to Florida and we're going to tow it back in the near future," Sherman said, noting how joint missions with the Navy provide savings for the sister service.

"We also did a barge mission for them, towing equipment," added Sherman, the most senior tug vessel master at the 73rd. "All told, we'll have saved the Navy about \$300,000, instead of using contracted civil-

News Briefs

School physical appointments

To ensure the highest continuity of care possible while providing timely access for patients requiring a school physical, Lyster Army Health Clinic will offer school physical appointments during the dates and times below. These slots will fill quickly, so people should book as soon as possible. The appointments serve to provide additional times and dates for dual-working parents and those who cannot schedule an appointment during normal business hours.

Parents should make sure to bring any required documentation to the appointment, with the patient portion filled out completely. The appointment will be for the school physical only. Any other issues will need to be addressed with the primary care clinician.

Appointments are available: Wednesday 4-6 p.m.; Sept. 21, 1-3 p.m.; and Sept. 28, 4-6 p.m.

Lyster Army Health clinic will close at noon Sept. 21 for training.

PTSD education

Lyster Army Health Clinic will offer a spouses post-traumatic stress disorder education group on Sept. 22 at 4:30 p.m. The group will take place in the behavioral health service area of the clinic. Attendees are asked to arrive by 4:10 p.m. the day of the group and enter from the external behavioral health side entrance on the left side of the

For more information, call 255-7028.

Drug and alcohol prevention training

The Fort Rucker Army Substance Abuse Program will host the Addiction Performance Project today, with performances from 10 a.m. to noon and 1-3 p.m. at the post theater, as part of its alcohol and drug abuse prevention training. The event features actor Anthony Edwards, actresses Mare Winningham and Marjolaine Goldsmith, and artistic director Bryan Doerries, who will present dramatic readings of Eugene O'Neill's "Long Day's Journey into Night."

Attending one of the sessions will fulfill two hours of the four-hour requirement of annual alcohol and drug abuse prevention training required of service members, and fully meet the two-hour annual requirement of Department of the Army

For more information, call 255-7806.

POW/MIA ceremony

Fort Rucker will host its POW/MIA ceremony Sept. 16 at 8:30 a.m. at Veterans Park in front of the U.S. Army Aviation Museum.

Thrift shop expo The Fort Rucker Thrift Shop will host its Hidden Treasures Shopping Showcase and Expo Sept. 16 from 10 a.m. to 2 p.m. in its parking lot. Various home-based vendors will set up shop in

the parking lot so people can browse their wares. For more information, call 255-9595. The central issue facility will be closed for

inventory Sept. 19-23. Normal operations will resume Sept. 26. For more information, call 255-9573 or 255-1095.

Yoga classes

Lyster Army Health Clinic offers free yoga classes Mondays, Wednesdays and Thursdays from 11:45 a.m. to 12:45 p.m. in the Lyster Activity Center, Rm. J-100, of the clinic. Participants are encouraged to bring their own mat.

Chapel's Wednesday Night Alive

The Fort Rucker Religious Support Office will host its Wednesday Night Alive service Wednesdays from 5:30-7:30 p.m. at the Spiritual Life Center, Bldg. 8939, where there's something for

the entire family, according to RSO officials. For more information, call 255-3903 or 255-

Funded legal education program

The Office of the Judge Advocate General is accepting applications for the Army's Funded Legal Education Program. Under this program, the Army projects sending up to 25 active duty commissioned officers to law school at government expense. Selected officers will attend law school beginning the fall of 2017 and will remain on active duty while attending law school.

Interested officers should review Army MIL-PER Message 16-053 and Chapter 14 of Army Regulation 27-1 "The Judge Advocate General's Funded Legal Education Program" to determine their eligibility. This program is open to commissioned officers in the rank of second lieutenant through captain. Applicants must have at least two, but not more than six, years of total active federal service at the time legal training begins. Eligibility is governed by statute - 10 U.S.C. 2004 – and is non-waivable.

Eligible officers interested in applying should immediately register for the earliest offering of the Law School Admission Test. Applicants must send their request through command channels, to include the officer's branch manager at AHRC.

send the original application to the Office of the Judge Advocate, ATTN: DAJA-PT (Ms. Yvonne Caron-Rm 2B517), 2200 Army Pentagon, Washington, DC 20310, to be received by Nov. 1. Legal officials advise people to submit their applications well in advance of the deadline.

For more information, call 255-3308.

Chiropractic open house

Lyster Army Health Clinic Physical Therapy and Chiropractic Clinic, in recognition of Physical Therapy Month, will hold an interactive openhouse Oct. 21 from noon to 3 p.m. Everyone is invited to attend.

Diabetes Basics

Lyster Army Health Clinic offers beneficiaries a four-part Diabetes Basics Program where they will learn about prevention and controlling diabetes. Classes are held Thursdays from 9 a.m. to noon at Lyster.

For more information, call 255-7986.

The Lyster Army Health Clinic Fit for Performance Weight Control Program consists of six sessions taken over a six- to 12-week period. The program is available to all active-duty military, retirees and family members. Classes are held on Tuesdays from 9-11 a.m. or 1-3 p.m. For more information, call 255-7986.

People are welcome to check out the Lyster Army Health Clinic Facebook Page for the Healthy Tip of the Day and important clinic information, such as class dates and times.

The Lyster Twitter feed is at @LysterAHC.

RAPID CAPABILITIES

New office to keep Army ahead of technological change

By C. Todd Lopez Army News Service

WASHINGTON — Modernization in the Russian military has resulted in exceptional cyber, electronic warfare, and anti-access AND area-denial capabilities that have raised concerns in the U.S. Army, particularly in the wake of Russia's 2014 invasion of Crimea and subsequent involvement in Syria.

"What we saw is that even though we are the best trained and best equipped Army in the world, our adversaries and technology don't wait on our timetable," said Maj. Gen. Walter E. Piatt, director for operations of the newly created Army Rapid Capabilities Office.

"Things keep moving. And we saw that very clearly with Russia's efforts in Crimea and Ukraine."

In an effort to ensure a rapid boost to the U.S. Army's own similar capabilities and prevent capability gaps from developing in the future, Secretary of the Army Eric K. Fanning has directed the creation of the Army Rapid Capabilities Office. That office stood up Aug. 11.

"Its purpose is to really look at urgent, immediate or emerging threats that are defined by the combatant commands that the secretary and the chief of staff believe are critical in nature," said Doug Wiltsie, who serves as director of the Rapid Capabilities Office.

The goal of the office, according to Piatt, is to ensure that the capabilities of U.S. forces supersede those of current and potential adversaries.

"We need to ... make sure that they are offset from us, not the other way around," he said. "Operations in Ukraine showed some really good examples that our adversaries developed while we were fighting a long war, mainly a counter-insurgency war in Afghanistan and Iraq."

The Army already employs multiple avenues to develop and procure gear and equipment. The traditional acquisitions process, for instance, is meant for long-term development and procurement of systems like the Armored Multi-Purpose Vehicle and the Future Vertical Lift.

"(Such systems are) designed for all phases of war in all types of terrain. So they require a much longer development and testing process," Wiltsie said.

Development through the traditional acquisition cycle typically takes longer than five years, he said.

On the short side of acquisition is the Rapid Equipping Force, which allows Soldiers or units in immediate need to file an urgent operational needs statement; the REF will respond, typically in fewer than six months, with a materiel solution that in most cases is developed on-the-fly by the Army, sometimes even in theater.

Output from the new Rapid Capabilities office is meant to hit a "sweet spot" in development timelines of between one and five years, Wiltsie said. It is meant neither for immediate solutions, nor long-term development of projects like aircraft or vehicles. Its purpose is close the capability gaps with rapidly evolving technologies that require a dedicated fast-track to approval.

"The Rapid Capabilities Office is focused on what it says: capabilities," Fanning said. "We're not embarking on creating new systems or new platforms. We're not focused on building a new helicopter, for instance.

"We're going to use this office because some technology on a helicopter isn't giving us the edge over an adversary that it should. But it might mean that some capabilities being developed for a future helicopter need to be developed faster."

A team of experts

Right now, the staff of the Rapid Capabilities Office is a bit of a skeleton crew, with Wiltsie and Piatt at the top of

It will require more than just two men and a staff to identify the most critical capability gaps, develop solutions, and then deliver them to the field in less than five years. And it will require a process different than the traditional acquisition process.

What it will take, according to Wiltsie, is active interest from senior leadership in the Army. To that end, a board of directors led by the secretary of the Army himself will serve as the top decision-makers. But other top leaders and organizations will also influence the Rapid Capabilities Office.

"In order to provide a holistic solution and a holistic assessment of what capabilities we are trying to bring to bear, you have to have Army Training and Doctrine Command's involvement as the subject matter experts in doctrine, organization, training and leadership," Wiltsie said.

"And (also) Army Forces Command, clearly, because they are the generating force command. Their operational units will be receiving the equipment, so we need FORSCOM performing the operational assessment of the equipment."

With that level of Army leadership directly involved in the identification of capabilities and procurement objectives, solutions are apt to move along much more rapidly than they would through traditional acquisition, Wiltsie

"You reduce the number of levels of oversight," Wiltsie said. "But it's the most immediate, urgent, or emerging threats that they believe the Army will encounter. So you shorten the level of oversight and you get decisions fast."

The board of directors will be responsible for identifying the procurement objectives to be developed. As of this writing, the board hasn't met, so it has yet to pass on its first development objectives. The general direction, Wiltsie said, will involve cyber, electronic warfare, and positioning, navigation and timing capabilities.

Wiltsie said the board will take counsel on the Army's needs directly from combatant commanders, and those requirements will follow the operational needs statement process.

Once the Rapid Capabilities Office board of directors decides on an objective, Wiltsie said, his office will perform an analysis and return to the board with their results



Army Rangers, assigned to 2nd Battalion, 75th Ranger Regiment, prepare for extraction from their objective during Task Force Training on Fort Hunter Liggett, Calif., Jan. 30, 2014.

and request approval to move forward for prototyping of

Upon receiving approval, the Rapid Capabilities Office will develop and test a prototype and then perform an operational assessment of the prototype's effectiveness, as well as the training and maintenance required to imple-

Wiltsie said the Rapid Capabilities Office will make use of every opportunity to perform operational assessments, including the Network Integration Evaluations and Army Warfighting Assessments held at Fort Bliss, Texas, and White Sands Missile Range in New Mexico.

Involvement of Army Forces Command at the level of the board of directors will ensure that Army units will be available to run the operational assessments. After analysis and prototyping, Wiltsie said, the Rapid Capabilities Office will either enter limited production, further refinement, or shelve the idea.

Piatt said the Rapid Capabilities Office can count on senior leader buy-in, because the leaders will be involved from the start in identifying capability gaps and in the decision-making process to move forward. That means solutions should reach the Army much faster than they would though traditional procurement.

But the process should also ensure more robust and future-proof solutions than those typically provided through the REF process.

"We're filling a gap that can meet a tactical need, in the near term, but also helps close a strategic gap, and move

existing technology together so the Soldier doesn't have that demand," Piatt said. "The Army is always evolving."

Piatt cited Army chief of Staff Gen. Mark Milley's remarks on always being prepared "for the last war," in part as an impetus for creation of the Rapid Capabilities Of-

"If we have a capability that the Rapid Capabilities Office can give the Army to [meet] that near-term need and emerging far-term gaps, we are going to close that gap," Piatt said. "I think the best thing we will be able to do for Soldiers is not put them at an un-readiness in the future, but make them ready for today and also prepared for the

Fanning said the Rapid Capabilities Office will help the Army do what successful armies in the past have always done: anticipate the future.

The Rapid Capabilities Office, he said, will ensure Soldiers always have the capabilities they need to achieve a decisive win.

"Our Army, as the principal land force of a global power, does not have the luxury of preparing to fight only one type of enemy at one time, in one place. We must be prepared across the full spectrum of conflict," Fanning said. "The Rapid Capabilities Office will enhance the Army's ability to confront emerging threats and improve our acquisitions process; it will improve our ability to provide our Soldiers what they need when they need it, and it will allow our Army to be more nimble in our efforts to stay ahead of change and innovation."



- Have a Family disaster plan and supply kit.
- Build or identify a safe room in your home.
- · Purchase and use a NOAA weather radio with a tone alert feature. This will alert vou to warnings issued by Service office.



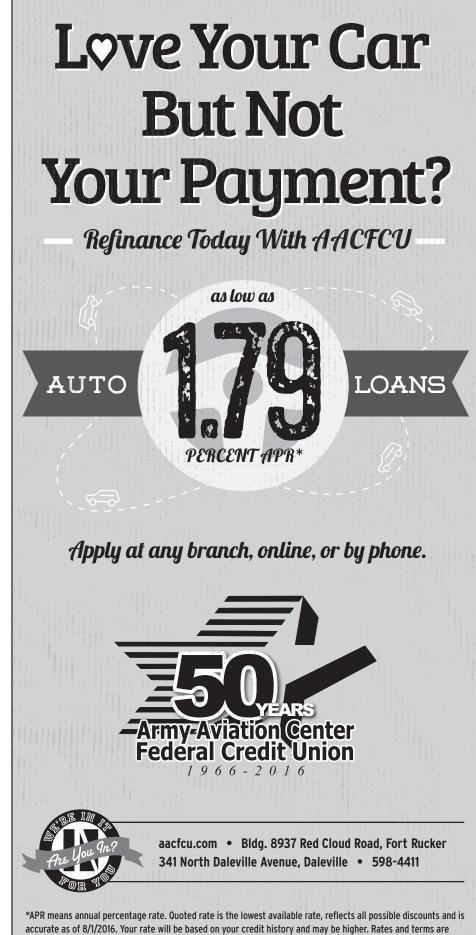


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Mon-Fri: 7:00 & 9:15

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1-58th

Continued from Page A1

Flaming Sword, Iron Pump Gunnery and two join ATC events in Hohenfels, Germany, excelling in all areas, said Ashburn.

"Even though it's great to reminisce about what they did, what's really important is how they did it," said the battalion commander. "In every incident, the team before you did not just keep the standards, they exceeded them. They consistently earned top honors amongst their first (combat Aviation brigade) teammates, whether in marks-

manship, Soldiers skills or just plain leadership.

"Most notably, they culminated their rotation supporting Exercise Anakonda '16 in Poland," he continued, "which is U.S. Army Europe's premier multinational training event that involved over 31,000 participants from 24 partner nations."

CW2 Jason Clark, 1-58th ATC company commander, echoed Ashburn's praise of the unit and said he couldn't be more proud to have had the opportunity to serve with the Soldiers of the 1-58th.

"Even though this was only for a short period of time,

I will never forget the experience," he said. "The Soldiers standing before you had a tough mission. And, needless to say, they accomplished each mission without fault."

Clark said with the small number of personnel in rotation, the unit overcame further difficulties by junior leaders stepping up and assuming roles above their pay

"They had to adapt to situations outside their comfort zones and they succeeded with flying colors," he said. "They all worked hard and conducted the mission as true professionals."

Continued from Page A1

provide many needed services in our community. The benefits are too many to

Although 2015 totals are not yet available, Tompkins said, the 2014 national CFC raised \$193 million. The 2015 CFC southeast tri-state region raised \$1,854,628 and Fort Rucker's CFC raised \$155,365, which is close to 2016's \$160,000 fundraising goal.

A kickoff event begins at 9 a.m. Sept. 13 at The Landing. The kickoff is free to attend, and open to all federal employees and military members.

"A formal presentation will begin promptly at 9 a.m.," Tompkins said. "(Maj. Gen. William K. Gayler, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general) will provide opening comments and endorse the campaign at that time. After the presentation, attendees will be invited to visit with CFC partner charities to learn about the services that the charities provide. A light breakfast will be provided."

According to Tompkins, CFC donations support a range of charities from military and veteran support to assisting a local animal shelter; providing services through disaster relief organizations and through health

and medical care organizations; supporting our local education programs to faith-based programs and services. She added that CFC provides access to every type of program and service that is available through 501(c)3 non-profit charities.

Tompkins added that federal employees can support the campaign in other wars.

"Though the main method of CFC support is through financial donations, federal employees can help spread awareness about our mission through word of mouth, social media participation and coworker encouragement," she said. "Without the support of federal employees, the CFC would not be able to help connect charitable organizations

with these individuals."

Federal employees and military members have a reputation as being extremely generous in their charitable giving and with their volunteer efforts, Tompkins said.

"Every year, CFC partner charities depend on the caring donations of federal employees," she said. "No matter your cause or favorite charity, every dollar counts when it comes to meeting community needs through charitable services."

CFC will also host a closing ceremony on Dec. 5 from 1-2:30 p.m. at the U.S. Army Aviation Museum to announce total contributions and recognize volunteers.

For more information, visit www.mycfc.us.

Awareness

Continued from Page A1

There. Be there for your buddy, be there for your family, be there for yourself!"

"What we're asking is that everyone take a minute and be there for someone who they think might be going through a difficult time," said Dunlap. "We want to help people to understand that being there for someone means the simplest of things: sending a text, sending a message on (social media) or sending an email. It doesn't have to be stopping anything you're doing and running to where the person is."

That type of small interaction with someone could mean a world of difference to someone who might be on the verge of suicide or having unhealthy thoughts, said the suicide prevention program manager.

"I think people would be really amazed how the smallest touches really affect people who feel like they might have been forgotten about," she said, "and it's an excellent message because you can carry it all year long, and that goes for all programs."

Dunlap said the theme doesn't apply to just suicide, but can also be a motto people adopt for other issues, such as someone who's been through a sexual assault or had issues with domestic violence.

"This is a perfect theme for all of those different programs and it pulls all of us together," she said. "While the exact issue that we deal with is different, at the core of it, as bystanders or people of different backgrounds, if we're there to support each other, we can make those times somewhat easier and hopefully help to resolve the issue – it's almost like common sense."

Throughout the month, events will be held to help bring about the awareness and educate people on the struggles that many who have had thoughts of suicide might go through and what they can do to help.

A viewing of "Honoring the Code," will be held at the Spiritual Life Center Sept. 16 from 1-2:30 p.m. and provides an in-depth look at the moral injury of veterans who have served in previous wars.

"It talks about how, in their duty as Soldiers, some of the things that they had to participate in truly conflicted with their own personal morals and how that really lingers with them years later," said the suicide prevention program manager.

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In addition to the viewing, awareness is meant to help people will have the opporpeople know the signs and tunity to talk with chaplains what to look out for, as well as to try and understand and have an open discussion to learn more about the iswhat it is people are going through, said Dunlap.

There will also be training

events going on throughout

the month, including Ap-

plied Suicide Intervention

Skills Training sessions to-

day and Friday, and Sept.

29-30. For more informa-

Saturday is also World

Suicide Prevention Day,

where people will gather at

different venues to light a

candle for those lost to sui-

cide. All of the training and

tion, call 255-7923.

"Some of the warning signs people need to look out for are severe changes in behavior, such as a real deep swing in the behavior of the individual - one way or the other," she said. "They should also look for severe use or abuse of alcohol or drugs.

"Also, anybody who has multiple difficulties all happening at once - a death in the family, a divorce, children having problems, things like that," she continued. "Any time you see those issues compile themselves at one time in a person's life, that person is probably at high risk even if they want to admit it or

Dunlap suggests that people look at the big picture in someone else's life and put themselves in their shoes and ask themselves if it's something they would be able to deal with easily, and if they do notice the signs to take them seriously.

That's where the theme for the month comes in,

she said. People should do what they can to be there for that person, and even if they don't feel comfortable intervening directly, get their first-line supervisor involved.

"Take it to their first-line supervisor or their leader - don't just shove that to the side," she said. "Some people are really intimidated to get involved in a situation like that because it is so serious and so heavy, so I would take it to their firstline supervisor and let it be known if you really feel like someone's at risk.

"Suicide prevention is the

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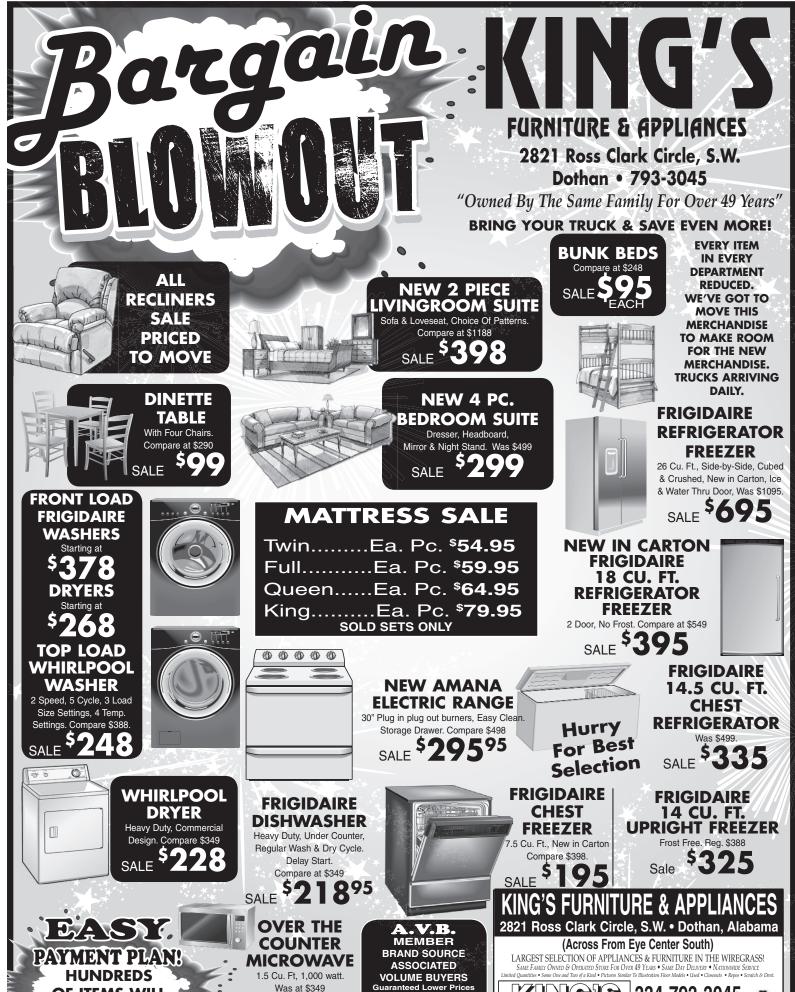
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responsibility of each of us on this installation, but at the same time it's understood that it can be difficult to get involved," continued Dunlap. "People should take those cries for help they might notice seriously. How would you feel if you notice it and never say anything?"

For more information, call 255-7923.

People can also call the National Suicide Prevention Hotline, 1-800-273-8255 if they need help, or visit www.suicidepreventionlifeline.org to chat anonymously about their suicidal ideations.



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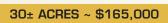


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SEPTEMBER 8, 2016



Pvt. Travis Harper, AH-64 Apache mechanic and crew chief assigned to the 82nd Combat Aviation Brigade, services the tail landing gear during Joint Readiness Training Center Rotation 16-09 at North Fort Polk, La., Aug. 27.

'IT'S BEEN FUN'

All American, Screaming Eagles CABs work as 1

By Spc. Ryan Mercado 3rd Brigade Combat Team 82nd Airborne Division Public Affairs

FORT POLK, La. — As the sun rose over the Geronimo Drop Zone within the bayous of Louisiana, the quiet air was quickly disrupted by small-arms fire as a squadron of grounded AH-64 Apaches came under attack by the South Atropian People's Army.

The enemy forces were expecting an easy victory, but they encountered fierce resistance set forth by a joint collection of U.S. and British servicemembers, working in tandem to repel the assault. Soldiers assigned to the 82nd and 101st Combat

Aviation Brigades of the 82nd and 101st Airborne Divisions were working to support paratroopers assigned to the 3rd Brigade Combat Team, 82nd Abn. Div., during a simulated deployment to the fictional country of Atropia at the Joint Readiness Training Center Aug. 27.

Crew chiefs assigned to the 82nd and 101st CAB held the responsibility for maintenance of their respective Apache AH-64s during the 12-day training exer-

"Every time I work on a helicopter and I watch them take off, it brings that motivation to keep working on them and reminds

SEE TOGETHER, PAGE B4

12th CAB completes combat aerial gunnery

By Capt. Jaymon Bell 12th Combat Aviation Brigade Public Affairs

GRAFENWOEHR, Germany — The 12th Combat Aviation Brigade recently completed its combined combat Aviation gunnery July 30-Aug. 24 at the Grafenwoehr Training Area.

Aviation gunnery trains individuals, crews, and companies on weapons proficiency and validates the operational readiness of the unit.

The 1st Battalion, 3rd Aviation Regiment maximized the training event through integrating war fighting functions from other USAREUR elements.

This combined event met multiple training objectives for each unit that was involved.

The battalion hosted fire support and UAS assets from 173rd Airborne and 2CR as well as multi-national and special operations Joint Terminal Attack Control-

The 12th CAB followed the three phase gunnery progression and integrated additional elements during each phase.

During Phase 1, individual aircrew members attend classroom training and simulators to improve their academic understanding of the critical skills required during weapons operations.

In the second phase, AH-64 crews qualified on the 30mm cannon, 3.75in rockets and also simulated the firing of Hellfire missiles. The aircrew phase also integrated JTACs from Germany, Belgium, Slovakia, USASOC and Sweden as live players during a team employment scenario.

The JTACs directed pairs of AH-64s on to targets in order to train junior controllers and improve pilot airground integration with an active ground force in close proximity.

"It's a much more dynamic and realistic scenario with actual friendlies on the range," said CW3 Daniel Vinson, the battalion tactical operation officer for 1st Battalion, 3rd Aviation Regiment, 12th CAB.

Both the Apache pilots and JTACs participated in a combined after-action review for each scenario. This review allows the ground and air element a chance to evaluate the success of the scenario by reviewing the gun tape footage, and provide their counterpart with positive direct feedback.

The collective phase is the final and capstone event of combat Aviation gunnery. During this phase, the battalion staff from 1st Bn., 3rd Avn. Regt., planned a three-company attack that incorporated field artillery fires, forward arming and refueling points and unmanned aircraft systems for reconnaissance.

U.S. paratroopers from C Company, 4th Battalion, 319th Airborne Field Artillery Regiment, 173rd Airborne Brigade, provided the M777 155mm Artillery Systems. Soldiers from 2CR piloted an RQ-7 Shadow in order to train on manned-unmanned teaming techniques.

A Co., 1st Bn., 3rd Avn. Regt. utilized CH-47F Chinooks equipped with the Extended Range Fuel System from H Co., 1st Bn., 214th Avn. Regt., to refuel the AH-64s. The support mission, known as a Fat Cow, extends the distance at which attack Aviation units can operate.



A Soldier from 1-3rd Avn. Regt., 12th CAB, performs forward arming and refueling operations at Grafenwoehr, Germany,



A Soldier assigned to the 2nd Brigade Combat Team, 101st Airborne Division, guides a pilot into place during sling-load operations Aug. 11 at Camp Buehring, Kuwait. Sling-load operations allow U.S. Army Central to move artillery, trucks, shipping containers and more for mobile operations in the Middle East.

Aircrews support quartermasters



Army Reserve Soldiers from the 824th Quartermaster Company out of Fort Bragg, N.C., proceed to board the rear cabin of a CH-47 Chinook as part of the Combat Support Training Exercise at Fort McCoy, Wis., Aug. 17.

By Spc. Christopher Hernandez 345th Public Affairs Detachment

FORT MCCOY, Wis. — The CH-47 Chinook is known for its multirole versatility and technological capabilities. It has also been a mainstay in the U.S. Army inventory for approximately 50 years of service.

Although the Chinook has been refurbished and upgraded numerous times, the Army Reserve Soldiers of B Company, 7th Battalion, 158th Aviation Regiment operate the most recent F model of the transport helicopter.

The 7-158th Avn. Regt out of Olathe, Kansas, lent its support to the 824th Quartermaster Company, an Army Reserve unit out of Fort Bragg, N.C., during the Combat Support

SEE AIRCREWS, PAGE B4

Students turn mantras into instinct

By Abigail Meyer Fort Bliss Public Affairs

FORT BLISS, Texas — At the base of the Fort Bliss Air Assault School rappel tower, hundreds of rucksacks are lined up in neat rows.

Students sit patiently awaiting instruction. Groups of two pass by, always jogging and repeating "Air Assault!" in unison, over and over. This is a training environment that fosters discipline and attention to detail, according to Sgt. 1st Class Jose Ramirez, NCO in charge, Fort Bliss Air Assault School, Iron Training Detachment, 1st Armored Division.

"It's not only mentally challenging, it's very physically challenging, as well," Ramirez said. "We have a lot of exams, a lot of data that they have to keep up with. It's also a very condensed course. A lot of information's being given to the students in a matter of days and they have to be tested in the next day or so."

Standing in line, students waited for their turn down the tower. It was Day 7 of the 12-day course. With arms folded, they made their way to the edge, reciting the mantra to the cadre, "Right hand, brake hand." Descending the ropes, students use their right hand to "brake."

Students start the course by walking down the wall and, by the end of it, they will exit an airborne helicopter, rappelling to the ground.

"Safety is one of the biggest things," Ramirez explained. "We do emphasize (the mantras) later on when

SEE INSTINCT, PAGE B4



Students rappel down a 30-foot tower as part of the rappel phase of Air Assault School at Fort Bliss, Texas, Aug. 19.

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SEPTEMBER 13TH, 2016

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All applications or resumes must be received by Wednesday, Sept. 14th before 3 p.m., or until positions are filled.

For additional information contact Samson Police Department at 334-898-7118 or Samson City Hall at 334-898-7541, Monday-Friday from 7 a.m. until 4 p.m.

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Together:

Continued from Page B1

me why I am here," said Pvt. Travis Harper, a crew chief assigned to the 82nd CAB.

After every air mission, quality assurance and control are essential tasks for the equipment and crew's readiness. Harper said they thoroughly perform system maintenance and radio checks, while providing area security to those around them.

He works not only with the crews to ensure they are mission capable, but also alongside his counterparts from the 101st CAB spurring a friendly rivalry.

"They help us (and) we help them," said Harper. "Every time we ask for a favor, they're there to give a hand, and we try to return the favor."

The friendly competition between the two CABs elic-

its a "one team, one fight" mindset that keeps motivation and morale alive, not only within the CAB units, but also the 3BCT, said Spc. Eric Hawkins, a Soldier assigned to

"It's been great working with the 82nd, their pilots and command team," he said. "We have a little rivalry going between each other in regards to workload and eliminating targets during the exercise, but it's been fun."

Aircrews =

Continued from Page B1

Training Exercise Aug. 17 at Fort McCoy. The primary focus of the 158th Aviation Regiment Chinook crew members was coordinating with Soldiers on the ground to transport cargo, said CW3 Marc Boxberger, Aviation officer and one of the CH-47F Chinook pilots.

"Our mission was to help facilitate training with sling loads for ground troops," Boxberger said. "We deploy on a generally regular schedule and provide support to all (ground) units."

Furthermore, members of the 7-158th Avn. Regt. embrace the opportunity to improve their own skill sets in this training exercise.

"Anytime we're able to go out and do nonstandard loads, it's great training for us because we're able to work with a crew on the ground," said Staff Sgt. Ryan Elkins, a CH-47 helicopter mechanic. "(About) 90 percent of the time, we'll actually hang out at the bottom of the aircraft and manipulate the sling sets ourselves. But today, we were able to work with a ground crew, so training with that as far as ground troops versus Aviation – is awesome."

One of the most astonishing features



Sgt. 1st Class Michael Noche (right), a CH-47 Chinook mechanic, monitors a crate of MREs attached to one of the undercarriage sling hooks of the helicopter.

of the Chinook is the gargantuan amount of weight the transport helicopter can lift while in flight. This feat is attributed to the four cargo hooks affixed to the undercarriage of the helicopter.

"The forward hooks are rated at 17,000 pounds each, the center cargo hook is rated at 26,000 pounds and the tandem hooks are rated at 25,000 pounds," said Sgt. 1st Class Michael Noche, a CH-47 helicopter mechanic. "In total, the max push weight of the helicopter is 50,000 pounds. I've done a 50,000-pound load before, but obviously, you can't take it very far as it eats up fuel quite a bit."

Stowing cargo on the Chinook is not

limited to the cargo hooks, as the rear cabin of the helicopter can also be utilized for that purpose.

"It can carry up to 33 combat-loaded troops or any other type of cargo you can think of that can fit in the back," Elkins said. "We can also load two Humvees in the back of the Chinook instead of slinging them."

The weight-load capacity was demonstrated in CSTX when the CH-47F Chinook transported a 400-gallon water trailer and food ration crates uploaded by ground elements of the 824th Quartermaster Com-

"The Chinook is an extraordinarily versatile aircraft, with each engine pushing 5,000 horsepower at the shaft for a total of 10,000 horsepower," Elkins said. "Under most circumstances, depending on weight, we have single-engine capability, meaning if we lose an engine or take one off-line, we can pick it up and still fly.

"In short, the Chinook can do what three Blackhawks can do," Elkins said.

Soldiers of the 7-158th Avn. Regt. began their stint at CSTX Aug. 16 and concluded their training regimen Aug. 19. The remaining Army Reserve units participated until Aug. 26.

Instinct

Continued from Page B1

we're going out of the aircraft or while they're doing anything with dangerous equipment. We try to instill it in their brain, so it becomes natural instinct."

Any Soldier can attend the course, with the permission of their command. This cycle, the course is attended by 36 students from various units outside of Fort Bliss – Soldiers from active duty, National Guard, Reserve and three Airmen.

"They're learning the fundamentals of air assault operations, moving equipment and personnel, also as an attack force," Ramirez said. "They'll know every helicopter used in the Army arsenal, the capabilities in the Army and how they can use it for each of those, either to transport equipment or for any support as far as attack is concerned."

The course is physically and mentally demanding. To graduate, students must complete an obstacle course, a 2-mile run, a 6-mile march, then a 12-mile foot march, and two hand written tests: one on hand and arm signals and another an inspection with the sling loads.

Student Sgt. Maj. Jamie Price said he was glad to be back with Soldiers after graduating from the Army Sergeants Major Academy Fort Bliss in June.

"I'm motivated every day because, with your peers, it's a lot different than it is with a lot more junior Soldiers and junior officers," said Price, who is en route to Fort Campbell, Kentucky, for his next duty assignment.

Soldiers shouldn't attend the course on a whim, according to Capt. Jacqlyn Tsao, assigned to Indianapolis Recruiting Battalion, Indiana. She knew what she was getting herself into and highly recommends preparing beforehand.

"Definitely be physically fit coming in here," she said. "It doesn't matter how fit you are, if you've never used that muscle group before you're not going to

be able to do it. Ruck march as much as possible."

Soldiers conquered the rappel tower and the descent from UH-60 Black Hawks, adding a new skillset to their repertoire and a new badge for their uniform. The most recent course graduated 174 students Aug. 24.

Air Assault School is held once a quarter. The Iron Training Detachment plans to hold a Rappel Master Course in October. Soldiers must be air assault qualified to attend.



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Story on Page C3

SEPTEMBER 8, 2016

Fort Rucker Lower

Facility offers deals on wheels, boats, more

Levien THAN Into Sinto

By Nathan Pfau *Army Flier Staff Writer*

Fort Rucker's Lemon Lot exists to help ease the burden of transition by providing a place for Soldiers and their families to sell their big-ticket items.

The lot, located on Andrews Avenue, provides a space for Soldiers to sell their privately-owned boats, cars, recreational vehicles, motorcycles, trucks, all-terrain vehicles, tow trailers and more to anyone who has access to Fort Rucker, and Soldiers and families members, retirees, DOD employees, even contractors are eligible to utilize the 146 slots available to rent, according to Joan Varner, program manager at the arts and crafts center.

The secure gates of the paved space currently protect more than 20 used vehicles and trailers day and night.

"This lot sells the car for them. It couldn't get any simpler. The vehicles basically walk off the lot," she said, adding that even an airplane was once sold on the lot.

The price to place an item in the lot varies depending on how large the item is and spaces are available for rent by the month. Each person wishing to sell their vehicle on the lot must provide their registration, and a title or a bill of sale to show ownership, said Varner. Clients also need to have a matching I.D., and vehicle owners must be present or have power of attorney for item being sold, and must register in person at the Fort Rucker Arts and Crafts Center.

Varner confirmed that there is heavy foot traffic at the lot, adding that when one person leaves, another person drives in to take a look.

"The fact that it's on base and super accessible is great. Plus, Soldiers and veterans trust each other," she said.

The benefits of selling a vehicle on the Lemon Lot are notable and Varner said that clients usually walk away happy.

Buying and selling at the Lemon Lot can be a speedy process with vehicles coming

and going every day.

"Soldiers price it themselves and sell it



FILE PHOTOS

A 1927 Mercedes Benz sits on display for sale at the Lemon Lot in 2014.

themselves by putting their contact numbers on the vehicle," said Varner. "People buy every day. I had a man who sold his vehicle after two days on the lot. If you price it right, it will definitely sell."

Varner added that since Soldiers are always coming and going, there is always someone wanting to buy or sell, and that two trips to the lot are never the same, especially during the high permanent change season of summer.

Things turn over quickly on the lot, according to Varner, because they are priced to sell. "If you have anything you want to sell and sell now, come place it on the Lemon Lot."

The Lemon Lot is located on Andrews Avenue between the Soldier Service Center and Army and Air Force Exchange Service gas station towards Enterprise beside the motorcycle safety course lot.

For more information, call 255-9020.



Michael Odom, civilian, checks his Ford Mustang one last time before he leaves it at the Lemon Lot in 2014.

IN REMEMBRANCE

Stair climb, Moving Tribute, ceremony bonor 9/11 sacrifices

By Jeremy Henderson *Army Flier Staff Writer*

Fort Rucker will mark the 15th anniversary of the Sept. 11, 2001, terrorist attacks with ceremonies in the next two weeks.

The first ceremony takes place Friday at Bldg. 5700, according to Jeremy Guernsey, Fort Rucker Fire Department A-shift fixed station captain.

"Starting at 8:46 a.m., when the (World Trade Center) North Tower was hit, the fire department will participate in a stair climb," Guernsey said. "The goal for each firefighter is to climb the equivalent amount of stairs adding up to the 110 floors the firefighters of the (New York Fire Department) faced that day in the World Trade Center Towers"

According to Guernsey, each participant will be given a picture of one of the firefighters who died. The picture will have the firefighter's name and company. The pictured will be taped to the participant's back or air pack during the climb to remind participants and spectators why the tribute is being conducted.

"(Sept. 11, 2001,) was the most horrific terrorist attack that has taken place on American soil, killing 2,996 people," Guernsey said. "Until that day, most Americans believed that nothing like that could happen here. However, we came together and defined what kind of individuals make up this country. The first



Mark Shehee, Fort Rucker firefighter, sounds the bell in remembrance of those lost in the Sept. 11, 2001 attacks during last year's remembrance ceremony.

responders ran into those buildings, not knowing the dangers that lay ahead. The passengers of Flight 93 fought back and made the ultimate sacrifice. 'We will never forget.' We all say it, but this is our way of showing it, of ensuring that those words have meaning and that the heroes of that day, whether firefighter, police, EMS, or anyone else that gave all are remembered and honored."

The next tribute ceremony, the Stephen Siller Moving Tribute, takes place Sept. 11 beginning at 7:30 a.m.

"Stephen Siller was an off-

duty FDNY firefighter that strapped 80 pounds of gear on and ran nearly 2 miles through the Brooklyn Battery Tunnel to reach the Trade Center to help his fellow firefighters and victims on that dreadful day," Guernsey said. "The Moving Tribute will begin at Bldg. 5001, travel down Kingsman Street and continue for 2.33 miles to end back at Bldg. 5001 just before the 9/11 ceremony begins."

According to Guernsey, the

According to Guernsey, the moving tribute is a perfect opportunity for youth to better understand an integral piece of our nation's history.

"Reading or watching videos gives the individual the ability to detach themselves from that day and the sacrifices that were made," he said. "By walking with us during the moving tribute or observing the ceremony and hearing the bell ring or the bagpipes bellow, will provide attachment to the sacrifices made that day.

"Any time a community comes

"Any time a community comes together in remembrance or to honor individuals brings everyone involved closer together," he added. "It brings to surface that day and the unity the nation experienced – the overwhelming

display of patriotism, pride and selflessness."

The 9/11 Ceremony will begin shortly after the moving tribute at 9 a.m. at Bldg. 5001.

"During the 9/11 ceremony, several firefighters from our department will say a few words to honor one of the 343 (firefighters) that perished that day," Guernsey said. "Lt. Col. Florentino Santana, Fort Rucker DPS director, will be speaking and Fire Chief Jeremy Evett will give the closing remarks."

For those who may not be able to attend a remembrance ceremony, Guernsey said a simple pause can honor the past.

"Observe a moment of silence for the ones that lost their lives that day," he said. "Offer up prayers for the fallen, their family and friends, and the safety of our military members, veterans and first responders. Volunteer at your church, community, or school – sacrifice some of your time in honor of those that sacrificed all."

What do these ceremonies mean to Guernsey?

"It represents bravery and selfless sacrifice," he said. "I choose to remember the self-lessness that was displayed that day instead of focusing on the unimaginable actions of a group of terrorist. The events of 9/11 proved that we, as a nation, no matter political views, religious beliefs or background, can put all that aside and come together when it matters most."

YOUR WEEKLY GUIDE TO FORT RUCKER EVENTS, SERVICES AND ACTIVITIES. DEADLINE FOR SUBMISSIONS IS NOON THURSDAY FOR THE FOLLOWING WEEK'S EDITION.

Dog swim

SPLASH! Water Park will host a Dog Days of Summer dog swim Saturday from noon to 4 p.m. No patron swimming will be permitted while dogs are in the water for health and safety considerations. People are welcome to bring their dogs with their favorite toy and let them get their swim on before summer ends. Fee is \$5 per dog. People need to complete a registration form at the Fort Rucker Physical Fitness Center front desk at Bldg. 4605 on Andrews Avenue. At the time of registration and payment, all dog owners will be required to attach a copy of their dog's vaccination records for health and safety considerations.

For more information, including event rules, visit http://rucker.armymwr.com/us/ rucker/ft-rucker-events/dog-days-summerdog-swim. People can also call 255-2296.

White-water rafting trip

MWR Central will offer a white water rafting trip down the Chattahoochee River Saturday. This is a beginner-level trip, so people don't need to worry if they have never done it before, according to MWR Central officials. Price is \$59 per person, and that includes transportation to and from Columbus, Georgia, and a two-hour instructor-led trip. The bus will depart from Bldg. 5700 at 9 a.m. and return to Fort Rucker around 6 p.m. The trip is limited to 28 people, who must be 7 years

For more information and to register, call 255-2997.

Family resilience training

Army Community Service will host family member resilience training Monday from 8:30 a.m. to 2:30 p.m. at The Commons. The course is designed to give Army family members the tools they need to become more resilient in all the challenges that life may throw

For more information, call 255-3161 or 255-3735.

Tropical craft

The Center Library will host a tropicalthemed craft session Tuesday from 3:30-4:30 p.m. for children ages 3-11. The event is open to authorized patrons and is Exceptional Family Member Program friendly. Light refreshments will be served. Space is limited to the first 65 children registered.

For more information or to register, stop by the library or call 255-3885 for more information or to register.

Conversational Spanish workshop

Army Community Service Relocation Readiness will host its basic conversational Spanish workshop Thursdays from 10-11:30 a.m. at the Allen Heights Community Center. Pre-registration is required. For more information or to register, call 255-2887 or 255-

Conversational German workshop

Army Community Service Relocation Readiness will host its basic conversational German workshop Tuesdays from 11:30 a.m. to 12:30 p.m. at the Bowden Terrace Leasing Center. Pre-registration is required. For more information or to register, call 255-2887 or 255-3161.

Single parent family game night

Army Community Service and the Army and Air Force Exchange Service will host single parent family game night Sept. 15 from 5-7 p.m. at the post exchange food court. Free giveaways will be included and the event will be exceptional family member friendly. The game night is an initiative of Fort Rucker Community Health Promotions Council Family Resiliency Work Group. Registration deadline is Friday and the event is limited to the first 20 families to register. The game night is open to single parents who are activeduty or retired military, DOD employees and their families.

To pre-register or get more information, call 255-3359 or 255-9647.

EFMP Child and Family Campaign

The Fort Rucker Exceptional Family Member Program will conduct its process of identifying active-duty military families with special needs during its Child and Family Campaign now through Sept. 30. Special needs can include physical, intellectual, developmental delays, emotional impairments that require special treatment, therapy, education, training or counseling, according to EFMP officials.

Enrollment is mandatory for Soldiers with EFMs. Mobilized and deployed Soldiers are not eligible. When possible, Soldiers are as-



PHOTO BY NATHAN PEAU

Oktoberfest

A scene from last year's Oktoberfest. Fort Rucker will host its 14th annual Oktoberfest Sept. 30 from 4:30-9:30 p.m. at the festival fields. The event will feature live German music by Sonnenschein Express; traditional German food, including bratwurst and schnitzel; a keg toss competition; inflatables for the children; a pumpkin patch; craft activities; and more. The event is open to the public. For more information, call 255-1749 or 255-9810.

signed to an area where the medical and special education needs of their EFM can be met. Soldiers with a family member with a special need or disability or have knowledge of someone who is disabled or with a special need, should contact EFMP at Lyster Army Health Clinic, 255-7431.

Lyster's EFMP conducts EFM screenings, enrollments, updates and disenrollments. Army Regulation 608-75, EFMP, requires Soldiers to update EFM enrollment every three years, or sooner if services for special needs are no longer required.

For EFMP advocacy services, respite care, information and referral services, free education and training opportunities, resource library and relocation assistance, call Army Community Service EFMP at 255-9277 or

Employment readiness class

The Fort Rucker Employment Readiness Program hosts orientation sessions monthly in the Soldier Service Center, Bldg. 5700, in the Army Community Service multipurpose room, with the next session Sept. 15. People who attend will meet in Rm. 350 at 8:40 a.m. to fill out paperwork before going to the multipurpose room. The class will end at about 11 a.m. The sessions will inform people on the essentials of the program and provide job search tips, as well. Advance registration is required and attendance at a session is mandatory for participation in the program.

For more information, call 255-2594.

Family emergency preparedness training

The mobilization, deployment and stability support operations manager and the installation emergency manager wants to help Fort Rucker families be prepared for emergencies with training Sept. 22 from 9-11a.m. in Bldg. 5700, Rm. 371A. When it comes to emergencies and disasters, it's not a question of if, but when, according to training organizers. The additional requirements placed upon families are constantly increasing.

For more information and to register for the event, call 255-9578 or 255-3161. Pre-registration is required by Sept. 16. Free childcare will be available, but people need to call 255-3564 in advance.

Newcomers welcome

Army Community Service will host a newcomers welcome Sept. 16 from 8:30-11 a.m. at The Landing. Active duty, spouses, foreign students, Army civilians and family members are encouraged to attend. A free light breakfast and Starbucks coffee will be served. For free childcare, register children at the child development center by calling 255-3564. Reservations must be made 24 hours prior to the newcomers welcome.

For more information, call 255-3161 or 255-2887.







Join Silver Wings Golf Course as we Tee Up for ATM Army Ten Miler)

5 non-members

Afternoon Option: Friday, September 30 12 pm – Shotgun Start

-OR-Morning Option: Saturday, October 1 3 am – Shotgun Start

SIGN UP FOR FRIDAY OR SATURDAY TODAY! REGISTRATION DEADLINE: SEPTEMBER 26

SILVER WINGS GOLF COURSE BLDG. 20067, COMBAT RD., (334)255-0089 RUCKER.ARMYMWR.COM OPEN TO THE PUBLIC

Oktoberfest River Cruise

MWR Central will host an Oktoberfest River Cruise day trip Sept. 24 for a ride on the Harriott II Riverboat in Montgomery. Docked beside the uniquely built Riverwalk Amphitheater, this elegant 19th century riverboat is center stage of Montgomery's entertainment district, according to organizers.

The trip will depart Fort Rucker from Bldg. 5700 at 4 p.m. to board the cruise no later than 6:30 p.m. The boat cruise is 7-9 p.m. The cruise includes live entertainment and is for people ages 21 and over. Cost is \$40 per person. Registration is due by Sept. 16 and is limited to 28 people.

For more information, call 255-2997.

RUCKER MOVIE SCHEDULE FOR SEPTEMBER 8-11 FORT

Thursday, September 8

Ghostbusters (*PG-13*) 7 p.m.

Friday, September 9 **Jason Bourne** (*PG-13*)7 *p.m.*

Saturday, September 10

Studio Appreciation Advance Screening – Free Admission (PG)4 p.m. **Sunday, September 11**

The Secret Of Pets (*PG*)1 *p.m.* **Bad Moms** (*R*)4 *p.m.*

TICKETS ARE \$6 FOR ADULTS AND \$5 FOR CHILDREN, 12 AND UNDER. MILITARY I.D. CARD HOLDERS AND THEIR GUESTS ARE WELCOME. SCHEDULE SUBJECT TO CHANGE. FOR MORE INFORMATION, CALL 255-2408.

5210 RULE

Doctor gives tips on avoiding childhood obesity

By Wesley P. Elliott Army Medicine Public Affairs

JOINT BASE SAN ANTO-NIO, Texas — The Army needs volunteers to be healthy enough to answer the nation's call, but more than 12.7 million U.S. children and teenagers are classified as overweight or obese.

September is National Childhood Obesity Awareness Month and officials hope to bring attention to the fact that childhood obesity is a health issue that puts children at risk for health problems, such as Type 2 diabetes, high blood pressure, heart disease and stroke, but it is preventable through lifestyle changes.

Lt. Col. (Dr.) John Oberlin, Pediatric Endocrinologist, BAMC Pediatric Subspecialty Clinic said, "We focus on childhood obesity to prevent what is referred to as premature adult diseases in children."

According to the Centers for Disease Control and Prevention, the key to achieving and maintaining a healthy weight isn't short-term dietary changes - it's about a lifestyle that includes healthy eating and regular physi-

Sep 2016 childhood **AWARENESS** Sleep, Activity and Nutrition Help Fight Obesity

PHOTO BY PFC. EMILY HOUDERSHIELDT

cal activity. People should change their eating style by making small changes over time.

"I recommend that my patients follow the '5210 rule' in regards to healthy weight control - eat

five servings of vegetables or fruit, get two hours or less of screen time on electronic devices per day, one hour of physical activity, and zero sweetened beverages such as sodas or juice,"

Oberlin said.

He added that the 5210 rule is fairly universal, but his clinic has added a nine to the rule to represent the nine hours of recommended sleep per night because

when people are properly rested, they make better decisions and tend to avoid unhealthy lifestyle

Healthy eating habits are a key factor for maintaining a healthy weight, and the ChooseMyPlate. gov website can assist with finding nutritional information on foods, tracking calorie intake, planning meals and finding healthy recipes.

Physical activity is important, and children learn behaviors from their parents, soparents should seek to be active - walk around the neighborhood, go on a bike ride or play basketball at the park. Parents should demonstrate the behaviors they want their child to emulate and establish their child's healthy behaviors early.

Oberlin recommends that parents should look for creative ways to manage the time, or use apps and games to get kids outside.

"If your child wants more than the two hours of screen time, you can let your child earn the extra time by doing healthy activities such as outside play or eating more healthy foods," said Oberlin. "It's better if it's a family activity with the parents involved."

Iron Horse Soldiers spend day at NFL Boot Camp

By Sgt. 1st Class John Cortez 4th Infantry Division Sustainment Brigade

ENGLEWOOD, Colo. — For Sgt. Travis Johnson, Headquarters and Headquarters Company, 4th Special Troops Battalion, 4th Sustainment Brigade, 4th Infantry Division, Thursday mornings are normally spent freshening his basic Soldiering skills during Sergeant's Time Training.

Aug. 25, however, was a little different because he, along with nine other Soldiers representing Fort Carson, participated in an NFL Boot Camp held at the UC Health Training Center Fieldhouse -the practice facility for the Denver Broncos.

USAA teamed up with the Denver Broncos and invited 50 members of the military stationed in Colorado out to the Broncos practice facility to train like the Super Bowl champs. The morning started with the 50 service members conducting warm-up exercises before breaking off into 10 teams to compete in five football drills similar to those that are used to evaluate NFL talent.

Former professional and college football players supervised the drills, which consisted of team ball catching, the gauntlet, tackling dummy five-man relay, sled push, and kneeling power ball launch.

"It feels good to be invited by the Denver Broncos to come here, hang out and do some of the things they do," Johnson said. "It's easy to tell that they appreciate the military and I'm grateful for the experience."

For Pfc. Kailey Starlin, Headquarters and Headquarters Troop, 3-61st Cavalry Regiment, 2nd Infantry Brigade Combat Team, 4ID, the NFL Boot Camp gave her a greater respect for what professional football players go through.

"This has been an awesome experience," Starlin said. "My hometown (Lincoln, Nebraska) doesn't have an NFL team, so to be able to come hang out with the Denver Broncos and experience a little bit of what they go through was great."

It was a great experience not only for the service members participating in the drills, but also for those supervising the drills,



Service members stationed throughout Colorado warm up before participating in the NFL Boot Camp Aug. 25 in Egnlewood, Colo.

"I feel very blessed to be here," said Winter, who played in Super Bowl XXIX. "People might say, 'Oh, he's only running them through drills,' but I'm around some of the best people on Earth. For me to be around service members who love their country, it's truly a thrill to be here."

Once the Soldiers completed their drills, they attended a barbecue buffet while they watched the Broncos practice. Photo opportunities were also available with a few of the Broncos cheerleaders, Miles (the team's mascot), and two of the three Vince Lombardi trophies the Broncos have earned. Once practice was over the service members and their guests were invited to go down to the outside practice field and meet the Broncos players and get autographs.

"It's truly a dream come true and an honor to come here representing my unit and Fort Carson during this NFL Boot Camp," said Spc. Nicholas Payne, Headquarters and Headquarters Company, 4th Combat Aviation Brigade, 4ID. "This isn't something



Spc. Nicholas Payne (middle left), 4th Combat Aviation Brigade, and his wife, Samantha (middle right), pose with Denver Broncos cheerleaders and Vince Lombardi trophies won by the Broncos in Super Bowl XXXII and XXXIII.



Alabama Coastal BirdFest registration now open

Alabama Coastal Birdfest

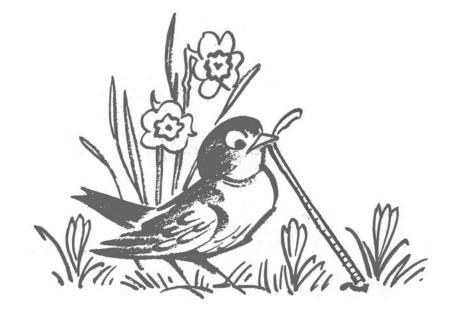
Press Release

SPANISH FORT — Registration is now open for the 13th annual Alabama Coastal BirdFest, which takes place throughout Baldwin and Mobile counties, Oct. 5–8.

Birders know the Alabama Gulf Coast is a prime spot to see birds during the fall migration and BirdFest has attracted visitors from more than 27 states and Canada since 2004—many returning multiple times.

For both experienced birders and those new to birding, BirdFest offers more than 30 expertly-guided tours, evening dinner events, workshops, and the free, family friendly Bird & Conservation Expo. Now a "birding and nature festival," BirdFest features trips that highlight local and migrating birds, wildflowers, alligators, dolphins, and other creatures that share our world.

Many BirdFest trips are by bus and depart from 5 Rivers Delta Resource Center in Spanish Fort. Other trips allow partici-



pants to meet the bus or drive to the trip

"These trips are great for people who live near or are vacationing near the various sites," John Borom, BirdFest founder, said. "Someone near Weeks Bay, Fort Morgan, Gulf Shores, Bon Secour, or Dauphin Island, for example, might choose to drive and meet the group rather than ride a bus from 5 Rivers. For many other trips, riding the bus from 5 Rivers is perfect and easy. Bus trips include lunch and are a great opportunity to meet other birders. We try to have something for everyone.'

BirdFest trips include walking tours, comfortable boat rides, and more adventurous canoe and kayak excursions.

This year's keynote speaker is Dr. John Dindo, an associate director of Dauphin Island Sea Lab. He will talk about natural and man-made changes in local habitats and the effect they have on bird popula-

BirdFest's Bird and Conservation Expo is a fun family day that takes place Oct. 8 at the Halstead Amphitheatre on the Faulkner campus in downtown Fairhope.

The Expo includes displays, exhibits, raptor and snake shows, a touch tank, birdhouse build, and lots of hands-on fun for

Admission is free and open to all. Advance registration is required for all trips, workshops and evening events. Registration closes on Sept. 23 at 4 p.m.

To learn more and to register, visit www. AlabamaCoastalBirdFest.com.

REGRASS COMMUNITY CALENDAR

IF YOU WOULD LIKE TO ADVERTISE YOUR EVENT, EMAIL JIM HUGHES WITH ALL THE DETAILS AT JHUGHES@ARMYFLIER.COM.

ANDALUSIA

ONGOING — The American Legion Post 80 has regular meetings the second Monday of the month, starting at 6:30 p.m., at the Legion Hall. For more information, call 222-7131 or visit www.andalusialegionpost80.org.

ONGOING — The American Legion Post 80 hosts a dance with live music every Saturday from 7:30-11:30 p.m. For more information, call 222-7131 or visit www. andalusialegionpost80.org.

DALEVILLE

ONGOING — Veterans of Foreign Wars Post 6020 Franchise J. Ballard Post membership meetings are at the post headquarters on State Road 84 every third Thursday of the month at 7 p.m. Breakfast is served Sundays, and games and TVs are available for entertainment. Meetings are open to all. The post can host parties, weddings, and hails and farewells. For more information, call 598-6211, 598-1297, 598-6211 or 379-9187.

ONGOING — Daleville Chamber of Commerce meets the second Wednesday of each month at noon at the Chamber of Commerce office in the Daleville Cultural and Convention Center. For more information, call 598-6331.

DOTHAN

ONGOING — The Wiregrass Museum of Art will host its next seasonal public film series, Screen on the Green, the first Friday of October and November in the museum's garden beginning at 7:30 p.m. – and admission is free. The public is invited to bring lawn chairs and blankets. A local food truck will be on hand to satisfy movie-watching cravings and the museum will provide free popcorn. Tim Burton's "Beetlejuice" will be shown Oct. 7 and Steven Spielberg's "Hook" Nov. 4. A spring series of films will be announced in January. In case of inclement weather, movies will be show in the Great Hall of WMA's Conference Center.

OCT. 1 — The Alzheimer Resource Center will host its 24th annual Alzheimer's A Walk to Remember at Westgate Park in front of the recreation center. Registration and team pictures will take place at 7:30 a.m., opening ceremonies at 8:30 a.m. and the walk will begin at 8:45 a.m. For information or to pre-register, visit www.wesharethecare. org, or call 334-702-2273.

ENTERPRISE

SEPT. 10 — The Coffee County Emergency

Management Agency and Coffee County Community Emergency Response Team will host their fifth annual Emergency Preparedness Fair and Safety Saturday from 10 a.m. to 2 p.m. at the Enterprise Civic Center, 2401 Neil Metcalf Road. The event is part of National Preparedness Month, which is a whole-community approach to disaster response. The event will feature several awareness displays and demonstrations to help citizens see how a few simple steps now can increase safety and emergency preparedness in homes, businesses and communities throughout the county. For more information, call 334-894-5415 or 334-806-1994, or send an email to coffeecocertcoord@hotmail.com.

SEPT. 24 — New Life Pentecostal Church will host its Community Fun Fair from 1-5 p.m. at the corner of Hwy. 84 and County Road 709. The free family event will feature games, inflatables, mechanical bull riding, an obstacle course, a dunk tank, food and more.

GENEVA

ONGOING — The Geneva County Relay for Life meets the last Tuesday of the month at 6 p.m. at the Citizens Bank. For more information, call 248-4495.

MIDLAND CITY

ONGOING - Residents are invited to town hall meetings on the first Tuesday of each month at 5:30 p.m. at Town Hall, 1385 Hinton Waters Ave.

For more information, call 983-3511.

NEW BROCKTON

SEPT. 22 — Disabled American Veterans Chapter #99 will meet at 6 p.m. in the New Brockton Senior Center, located one block behind the police station. Food and drinks will be served, followed by regular chapter business. The chapter also extends an invitation to veterans throughout the Wiregrass to join new members as both DAV and DAV Auxiliary. For more information, call 334-718-5707.

ONGOING — Tuesdays and Wednesdays, from 9-11 a.m., Disabled American Veterans Chapter 99 maintains a service office in the New Brockton Police Station at 202 South John Street. The office will assist veterans who were injured or disabled while in military service. DAV service officers help veterans and their spouses with disability compensation claims, Veterans Affairs pensions, death benefits, VA medical care, Social Security disability benefits, veterans job programs, homeless veterans services and other veteran services. All veteran services are provided free of charge. For more information, call 718-5707.

OZARK

SEPT. 16 — St. Michael's Episcopal Church will host Duo 220 classical guitarists in concert at 7 p.m. Adam Larison and Andrew Stroud are the two classical guitarists in Duo 220. Following this free classical guitar concert will be a meet the artists reception in the parish hall. St. Michael's Episcopal Church is located at 427 Camilla

ONGOING — Every Wednesday, the Ozark-Dale County Public Library hosts free Wii Zumba from 5:30-6:30 p.m. Teens and adults are invited. For more information, call 774-5480.

ONGOING — Every Monday through Friday, aerobic classes are open to the public at the Autrey Recreation Center from 8-10 a.m. Call 774-2042 for more information.

PINCKARD

ONGOING — The public is invited to the Cross Country Workshop every Sunday at 6 p.m. at the Pinckard United Methodist Church. For more information, call 983-3064.

ONGOING — The Samson City Council meets monthly the first and third Tuesdays at 5:30 p.m. at the Samson Community Center.

ONGOING — American Legion Post 78 meets monthly on the second Tuesday at 7 p.m.

TROY

ONGOING — Troy Bank and Trust Company sponsors senior dance nights every Saturday night from 7-10 p.m. at the J.O. Colley Senior Complex. The complex is transformed into a dance hall and features music from the 40s, 50s, and 60s with finger foods and refreshments. For more information, call Janet Motes at 808-8500.

WIREGRASS AREA

SEPT. 25 — New Hope Freewill Baptist Church, 3819 County Road 31, Abbeville, will host its family and friend day at 11:15 a.m., featuring guest speaker Pastor Randy Sewell, Solid Rock Missionary Baptist Church of Jacksonville, Florida.

Beyond Briefs

Zombie Walk and Prom VI

The annual Montgomery Zombie Walk and Prom, which serves as a fundraiser and food drive for the Montgomery Area Food Bank, will kick off Sept. 30 at 7 p.m. as the walking dead trudge their way from South Perry Street at Dexter Avenue to The Alley. All participants are asked to bring non-perishable food items as a donation.

For more information, visit www.facebook.com/events/803545789746146/.

Seagrass ecology class

The Apalachicola National Estuarine Research Reserve in Florida will offer a seagrass ecology class Sept. 9 from noon to 4 p.m. The class will feature an overview of the delicate seagrass ecosystem, basics of life in a seagrass bed, as well as the intricate ties between organisms, and the importance of conservation and protection efforts in the area. Participants will put their knowledge to the test in a guided snorkeling tour of the crystal clear seagrass beds in St. Joseph Bay. Class fee is \$25

per person and registration is required. At-

tendees must know how to swim and bring their own snorkeling gear.

For more information or to register, visit gulfalliancetraining.com or call 850-670-

Zoobilation

People are invited to dance to the groove, delight in drinks and food samplings from the finest eateries in the River Region, try their luck at the vast collection of auction items and rub elbows with other animal lovers at the Montgomery Zoo Zoobilation Sept. 15 from 6-10 p.m. Zoobilation is a fundraiser geared for adults only – all guests must be 21 years old or older.

Individual tickets are \$50 and can be purchased online, or at the zoo's gift shop and museum.

For more information, call 334-240-4900 or visit www.montgomeryzoo.com/announce-

ments/zoobilation-splashofblue.

Climb at Cape St. George Lighthouse The Cape St. George Lighthouse on St. George Island, Florida, will host a climb to the top of the lighthouse top of the

lighthouse to see spectacular views of the

sunset and full moon Sept. 16 from 7:30-9 p.m. Light refreshments will be served.

For more information or to make a reservation, call 850-927-7745. More information on the lighthouse is available at www.stgeorgelight.org/.

Union Station Car Show

The Union Station Car Show is scheduled for Sept. 17 from 9 a.m. to 3 p.m. at Montgomery's Historic Train Shed. Over 100 cars will be on display. Admission into the show is free. The event will also feature live music, food and activities designed for the whole family. Awards will be given in various categories – it costs \$25 to enter the show.

To enter a car or get more information, call 334-625-2125 or visit www.funinmontgomery.com.

International coastal cleanup

Panama City Beach, Florida, will host its international coastal cleanup Sept. 17 from 9-11 a.m. at 1610 Front Beach Road. People are welcome to help out at the event to help keep area beaches clean and safe

for all wildlife, according to organizers. All equipment will be supplied to volunteers and a free day pass to Russell-Fields Pier will be given to those who participate. For more information, call 850-233-5045.

Hank Williams birthday bash

The Hank Williams Museum in Montgomery will host a birthday bash in honor of the late singer Sept. 17 from 9 a.m. to 4 p.m. For more information, visit http:// www.thehankwilliamsmuseum.net/.

Creative Con

The Panama City Creative Con is scheduled for Sept. 17, from 10 a.m. to 6 p.m., and Sept. 18, from 11 a.m. to 5 p.m., at the Marina Civic Center, 8 Harrison Avenue, Panama City, Florida. Creative Con is entering its seventh year as a community event, with each year seeing significant growth, according to organizers. Creative Con is designed to foster career development for aspiring artists and creative people, and encourage young people to pursue their passions and develop the tools they already have in their love for the creative realms.

For more information, including ticket prices, visit http://www.pccreativecon.

Friends, family secretly arrange Soldier's reunion with K-9 partner

By Mike Bowers Fort Leonard Wood Public Affairs

FORT LEONARD WOOD, Mo. -Normally, Fort Leonard Wood's Military Police Memorial Grove is a place where tribute is paid to those military police Soldiers who gave their all in serving their

Aug. 28, the sacred ground, framed by the crossed pistols of the Military Police Corps, served as the backdrop for a reunion of two living military police warriors.

There Sgt. Jon Paul Perry, a military working dog handler, was reunited with Rex, his explosives detection German Shepherd partner. The two had served together in three deployments to Afghanistan over the course of six years.

Perry's parents, his classmates and Mission K9 Rescue arranged the surprise re-

"It's amazing how fast they retire," observed Perry, moments after Rex greeted him by enthusiastically licking his face, too excited to obey Perry's command to sit. It was an emotional scene for both of

"You've gotten fat," Perry told his old friend. "But you're going to have a good life with my mom for a few months."

Assigned to the 69th Military Working Dog Detachment, Fort Carson, Colorado, Perry is currently at Fort Leonard Wood attending the new patrol explosive detector dog enhanced course. He is scheduled to graduate in November.

"I think we're like an old married couple –I know him, and he knows me," said Perry, a Tok, Alaska native. "We've been through some hot stuff together, and I owe

Perry had applied to adopt Rex after leaving Germany a year ago when he found out his partner was unable to continue serving his country due to hip problems common to his breed.

Perry knew the adoption was approved, but he had no idea Rex was being transported to Fort Leonard Wood. A major player in the clandestine operation was Sgt. 1st Class Charles Shepker, PEDD-E Course manager, Perry's former kennel master in Germany.

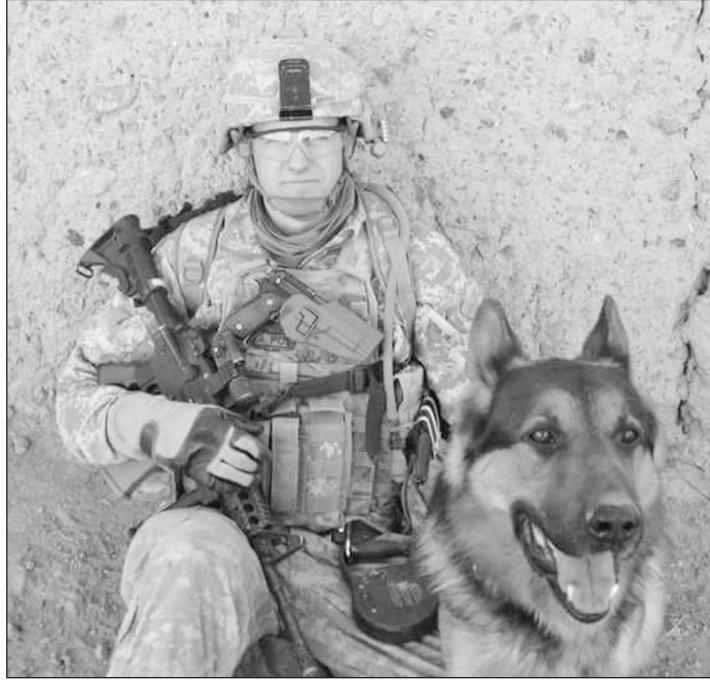
The surprise plot involved Shepker telling Perry's class they had a special project at the MP Memorial Grove. Perry's parents and relatives were hiding when Perry and his classmates strolled in. Shepker emerged with Rex straining on his leash, pulling to greet his longtime master.

"They were an outstanding dog team," Shepker said. "When you talk about a Soldier who is totally dedicated to being a dog handler and one who loves his dog, that's Sergeant Perry."

It's rare for a dog and handler to serve together for such a tenure and even rarer that the handler gets to adopt the dog, according to Shepker.

"Having a dog team paired for such a long time is almost unheard of - just because every three years, due to PCS, the team is broken up," Shepker said. "Perry is fortunate to have had the opportunity to spend two tours in Germany at the same kennel with the same dog. I know how much he loves that dog."

Perry's mother, Sandra, was on the verge



Sgt. JonPaul Perry, assigned to the 69th Military Working Dog Detachment, Fort Carson, Colo., and attending training at Fort Leonard Wood, Mo., poses with Rex during a past deployment to Afghanistan.

of tears seeing the two reunited.

"JonPaul and Rex are meant to be together," she said. "The bond between them

She should know. For the past 12 years, she and her three search and rescue dogs have offered their services, free of charge, to the Warrenton Fire Department and other law enforcement agencies in the St. Louis metropolitan area.

"You can have your worst day and, when you go out with your dog, you're better," she remarked.

Perry's biggest hug, other than the one he gave to Rex, was reserved for Kristen Maurer, Mission K9 Rescue president. Her nonprofit organization, based in her hometown of Houston, Texas, arranged Rex's flight from Germany to Houston.

Maurer travelled by van to complete the

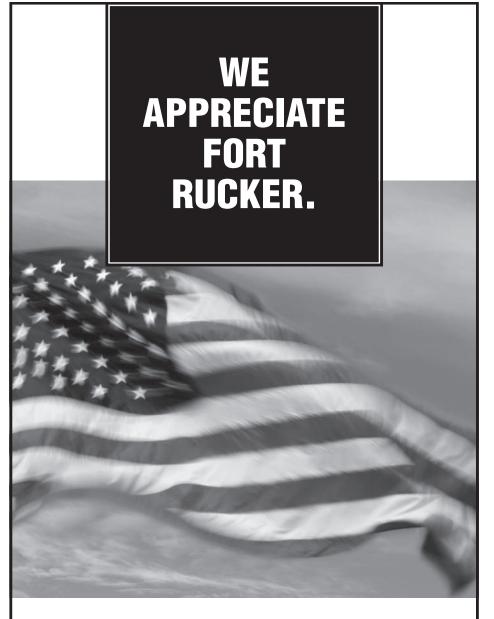
"Rex and JonPaul have spent so much time together - more than most dogs and their military handlers. They're back together, and that is how it is supposed to be," she said. "I'm just honored we get to do these reunions and placements. We're so grateful for their service."

Rex has served during four Afghanistan deployments with more than 250 combat missions and conducted countless VIP and secret service security missions, according to Perry. The two deployed to Afghanistan in 2010, 2012 and 2014.

In all, according to Perry, he and Rex were credited with conducting more than 200 combat patrols and locating multiple improvised explosive devices and enemy weapons caches.

After their last tour was shortened due to an injury sustained by Perry, the pair returned to Germany where military veterinarians determined that Rex, at just 9 years old, would be unable to continue

"I don't know what he's going to do anymore (in retirement), as he's been working his whole life," Perry said. "He can get as fat as he wants and sit on as many couches as he wants - just whatever he wants to do. He's the best dog I ever had and the best dog I ever will have. Now, he's going to be mine for the rest of his life. I owe



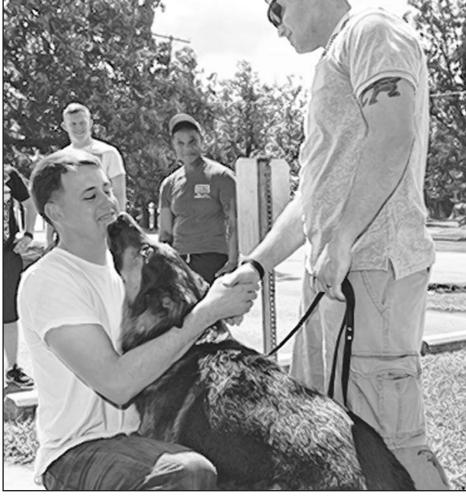
Southeast Alabama Medical Center employees and medical staff thank Fort Rucker for its commitment to the security of our community and our country. We extend our appreciation to the soldiers and military families for their personal sacrifices.





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Religious Services

WORSHIP SERVICES

Except as noted, all services are on Sunday.

Headquarters Chapel, Bldg. 109 8 a.m. Traditional Protestant Service

Main Post Chapel, Bldg. 8940

8:30 a.m. Catholic Confessions 9 a.m. Catholic Mass 11 a.m. Collective Protestant 12:05 p.m. Catholic Mass (Tuesday-Friday)

4 p.m. Catholic Confessions (Saturday)

5 p.m. Catholic Mass (Saturday)

Wings Chapel, Bldg. 6036

9:30 a.m. Protestant Sunday School 10:45 a.m. Latter-Day Saints 10:45 a.m. Wings Crossroads

(Contemporary Worship Protestant Service)

11 p.m. Eckankar Study (4th Sunday)

Spiritual Life Center, Bldg. 8939

10:15 a.m. CCD (except during summer months)

BIBLE STUDIES

TUESDAYS

Crossroads Discipleship Study

(Meal/Bible Study) Wings Chapel, 6:30 p.m.

Protestant Women of the Chapel

Wings Chape, 9 a.m. and 6 p.md

Adult Bible Study Spiritual Life Center 7 p.m.

Spiritual Life Center, 7 p.m.

WEDNESDAYS

Catholic Women of the Chapel Spiritual Life Center, 9 a.m.

Above the Best Bible Study Yano Hall, 11 a.m.

1-14th Avn Regt Bible Study

Hanchey AAF, Bldg. 50102N, Rm 101

11:30 a.m.

164th TAOG Bible Study Bldg. 30501, 11:30 a.m.

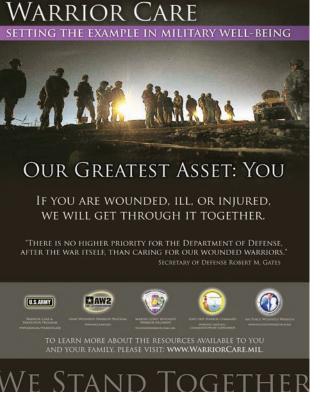
Precepts Bible Study Soldier Service Center, 12 p.m.

Kingdom Kidz & Youth Group Bible Study

Spiritual Life Center, 5:30 p.m.

Adult Bible Study

Spiritual Life Center, 6 p.m.



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PAIN AWARENESS

Army working to measure pain more effectively

Story on Page D3

SEPTEMBER 8, 2016

Golf tournament supports local Army Ten-Miler team

By Nathan Pfau Army Flier Staff Writer

After a longstanding tradition of competing in the Army Ten-Miler, Fort Rucker's team is in jeopardy of not being able to compete this year in Washington, D.C., but one organization on the installation is doing its part to help send the team to represent the post.

The Silver Wings Golf Course is holding the Tee Up for Army Ten-Miler to help raise funds to send the local team to compete in this year's race, according to Stan Tanna, SWGC assistant business manager.

"We want to do what we can to support our Soldiers, so they can go up there and compete," he said.

Tee Up will be a two-day tournament where people will have the opportunity to play 18 holes in four-person scramble teams, and people have the option to play on one of two days, with shotgun starts Sept. 30 at noon and Oct. 1 at 8

Fees to participate in the tournament are \$65 for members and \$75 for non-members, and include tournament course fees, range golf balls, tee gifts, tournament meal and prizes, and proceeds will be used to help support this year's 10-miler team head to Washington to compete.

Tanna said a maximum of 36 teams can be supported per day and encouraged people to sign up early. The deadline to register for the tournament is Sept. 26.

Not only is the tournament a great opportunity to support those participating in the Army 10-miler race, but it's also a great way for the course to showcase what it has to offer people on Fort Rucker, said the assistant business manager.

Silver Wings Golf Course is a 27-hole championship facility that boasts Bermuda greens and one of the most challenging layouts in the region, said Tanna. While most courses boast 18 holes, SWGC boasts three 9-hole courses – Red, White and Blue – each with their own subtle differences.

The Red and Blue courses are pretty straight forward, while the White Course features many more targets to hit,

The fairways of the courses are lined with trees, change in elevation depending on the holes and can provide plenty of challenges for players. Each hole has a 150-yard marker on the fairway to provide golfers something to shoot for when lining up their shot, Tanna said.

Silver Wings Golf Course also features a 300-yard long lit practice range, putting ranges, a fully-stocked golf pro shop, Divots Restaurant & Grille, and meeting and banquet rooms, he added.

The facility is open to the public and offers many membership benefits, including unlimited green fees, advanced tee times, golf shop merchandise discounts, member-only tournaments, discounted outside tournament fees, complimentary U.S. Golf Association Golf Handicap and Information Network handicap, and reduced room fees and food minimums in Divots' Banquet Room.

Tanna said the tournament is a great opportunity for people to not only support the runners, but a great way to get to some leisure time in for a good cause.

For more information or to sign up, call 255-0089.



Tessa Teachman, LPGA professional, lines up her shot during the 2015 SWGC Pro-Am Golf Tournament at Silver Wings Golf Course

Army captures 4th straight Armed Forces Rugby crown

By Steven Dinote

Armed Forces Sports

GLENDALE, Colo. - The Army captured its fourth straight title at the 2016 Armed Forces Rugby Sevens Championship after a 55-5 win over Air Force.

All-Army dominated pool-play, going 4-0 against teams from the Marine Corps, Navy, Air Force and Coast Guard in the Armed Forces Championship division of the world-class Serevi RugbyTown Sevens

The tournament also drew teams from across the United States, Canada, United Kingdom, Bermuda and the Bahamas to Infinity Park in Glendale, Colorado, Aug. 26-27.

After defeating the Marine Corps 27-7, Air Force reached the championship match for the fifth straight year and aimed at a rematch against Army after suffering a 41-0 opening loss against the green machine.

Army's Spc. Rocco Mauer of the Utah National Guard scored four tries in the championship, as Army routed the Air Force again, 55-5 for gold.

"When we played Air Force in the final, we knew that Air Force learned some lessons in the tournament," said Col. Mark Drown, Army head coach. "We've seen them improve and get a higher scoring margin as the games continued. This win is



Army players pass the ball during their 55-5 rout over the Air Force to win their fourth consecutive Armed Forces Rugby Championship in Glendale,

huge emotionally and for reward and effort, it's been fantastic."

"Feels good," said Army team captain Capt. Andrew Locke of the World Class Athlete Program. "We had some lean years during the Global War on Terrorism. Air Force dominated during the 2000s, so it feels good now to get our program set."

The 2016 Armed Forces Championship returned to the City of Glendale for its fifth straight year and is held in conjunction with the Serevi Rugbytown 7's Tournament, one of the top tournaments in the nation. The service branches compete in a round robin, pool-play format to determine the two top teams that advanced to the championship

During pool play, Army outscored its opponents 125-21. Air Force and Marine Corps each defeated Coast Guard and Navy as they led into the final match of the Armed Forces pool-play with records of 2-1. After quick scores by both squads, the Airmen kept their foot on the gas and overran the Marines 27-7.

The Marine Corps finished third overall with a record of 2-2, as Navy (1-3) finished fourth and Coast Guard (0-4) finished fifth.

"The formula started five years ago," said Army's winning coach. "For us to be successful, we needed to find a network of young players, some veteran players and establish a work ethic and code of conduct among our rugby community," Drown

"We focus on getting the right guys," said Locke. "When you're in the 13th and 14th minute and you have to dig deep, you really have to dig deep for the guys to the left and right of you. It's no different if you're in a platoon or a rugby team. You got to believe that I have to dig deep for the guy next to

The Armed Forces Rugby Championship is the only Armed Forces competition where all five service branches are represented individually, with the Coast Guard competing as its own squad. Normally, Coast Guard athletes compete with the Navy throughout

This camaraderie is evident in the selection of the Armed Forces All-Tournament Team, which named the best seven players of the championship. The selections fol-

- Army: 1st Lt. Will Holder of Fort Carson, Colorado, and Sgt. Rocco Mauer.
- Marine Corps: 2nd Lt. Grant Penney of Twenty-Nine Palms, California.
- Navy: Lt. j.g. Ricky Neel-Feller of Naval Station Bremerton, Washington, and Petty Officer 2nd Class Michael Fletcher of Andrews Air Froce Base,
- Air Force: Senior Airman Ben Haapapuro of Los Angeles Air Force Base, Calif.
- Coast Guard: Petty Officer 3rd Class Jethro Hauser of Air Station Clearwater, Florida.

Tentatively, players from the services are looking to assemble in Vancouver next spring to compete against rugby teams from other nations, with Drown at the helm of the U.S. Armed Forces Team.

"We look for that player who is running off the ball and supporting off the ball," said Drown. "Not the guy who is just running in and darting through people."

He added that coaches also look for character. "We're looking for the whole-man model for the Armed Forces player."

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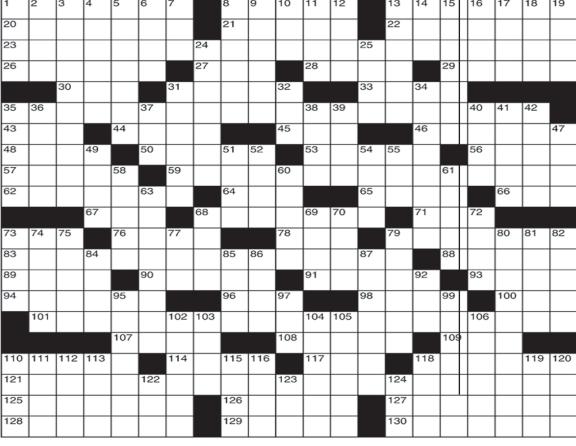
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See Page D4 for this week's answers.

Just Like Cats & Dogs

by Dave T. Phipps

GOOD NEWS, IF YOU WANT MORE OF THESE HEALTH SMOOTHIES, I HAVEN'T EMPTIED THE MOWER BAG YET.

Rodriquez

1. GEOGRAPHY: What is the name of the dam that created Lake Mead? 2. LITERATURE: Who wrote essays

about attempting to speak French, titled "Me Talk Pretty One Day"? 3. U.S. PRESIDENTS: What politi-

cal party did President Zachary Taylor represent when elected?

4. GENERAL KNOWLEDGE: How many time zones does China have?

5. MOVIES: Who starred in the movie "Mommie Dearest," and what actress did she portray?

6. FOOD & DRINK: What ingredient gives gin its distinctive taste?

7. MYTHOLOGY: The Minotaur and his labyrinth were said to be located on which Greek island?

8. ACRONYMS: What does ROM stand for?

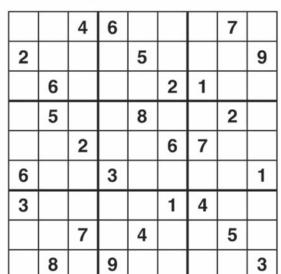
9. ANIMAL KINGDOM: About how many eggs can a queen bee lay each day?

10. TELEVISION: What was the name of the family dog on "The Simp-

See Page D4 for this week's answers.

Weekly **SUDOKU**

by Linda Thistle



Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

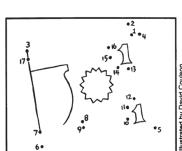
DIFFICULTY THIS WEEK: ◆◆◆

♦ Moderate ♦ ♦ Challenging

♦ ♦ ♦ HOO BOY! © 2016 King Features Synd., Inc.

See Page D4 for this week's answers.

KID'S CORNE

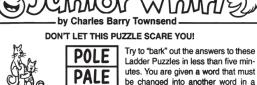


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IT'S MAGIC! Use the numbers 5 through 14 to fill in this Magic Number Square. The numbers in each horizontal row and vertical column should total 51. We've filled in six of the squares. The rest is up to you. Use trial and error - and a

16 E 21 **20** 🖔 Our answer: First row: 12, 15, 19, 5. Second row: 18, 6, 11, 16. Third row: 7, 21, 13, 10. Fourth row: 14, 9, 8, 20. [51]



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be changed into another word in a series of moves. During each move, change one letter in the previous word to form a new word. We changed POLE to CATS in four moves. Can you change the following words in four moves each?

1. BURN to COOK

2. GOLD to BARS 3. HARD to LUCK

4. LEAD to MINE 5. WIND to SAIL

6. WIND, WAND, SAND, SAIL. 3. HARD, HARY, LARK, LURK, LUCK, 3. HARD, HARY, LARK, LUCK, 4. GOLD, BOLD, BARD, BARS, 4. EUR, BORD, BARD, BARS, AND, BARD, BARD, BARD, AND, BARD, B

Wishing 🏝 Well® N M R 0

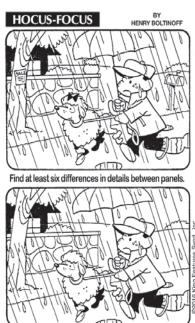
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HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left Then read the message the letters under the checked figures give you.

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PAIN AWARENESS MONTH

Army working to measure pain more effectively

By Wesley P Elliott Army Medicine Public Affairs

JOINT BASE SAN ANTO-NIO, Texas — September is Pain Awareness Month and the U.S. Army is working to effectively measure and treat patients' pain and recovery using the new Pain Assessment Screening Tool and Outcomes Registry.

Pain is the most frequent reason U.S. patients seek physician care according to the National Institutes of Health, and chronic pain is a critical issue affecting the readiness of the Army's fighting force, according to Joseph Phillips, pain program manager, U.S. Army Surgeon General's Office.

To address Soldiers' pain issues, Army Medicine leadership has established Interdisciplinary Pain Management Centers, IPMC Light clinics, and Primary Care Pain Champions to provide state-of-theart rehabilitative, integrative and interventional pain care, he said.

"Pain Management in the Army enhances the functionality of our Soldiers by addressing their chronic or acute pain and reducing the necessity for opioids; allowing our Soldiers to be ready to serve," Phillips said. "The issue with addressing pain is that currently we lack an evidence-based data system to drive clinical and programmatic



Spc. Ricardo Alvarado and Air Force Master Sgt. Thomas Courtney take pain assessments at Madigan Army Medical Center's Interdisciplinary Pain Management Center.

decision making."

Phillips explained that patients can describe their pain in different ways – what may be a described as a pain level of 9 on a 10-point scale by one patient, may be described by another as a 3.

Also after treatment, one patient may describe their reduction in pain as moving from 9 to 3 and another as 3 to 2, but both have re-

gained the same level of functionality due to the reduction of their chronic or acute pain.

"The PASTOR tool allows for a more efficient way to judge pain using self-reported questions about the level of functionality, movement, and lifestyle to evaluate pain and improvement through treatment," said Phillips.

The PASTOR tool originates

from an eight-year, \$100 million National Institutes of Health program that developed the patient reporting tool.

"With PASTOR we can generate outcome driven data that can help us to decide which treatments are most effective for different types of pain and we can better allocate resources and specialties to the clinics," said Phillips. "While one treatment may show a reduction in pain for neck and lower back issues it may not show a reduction in leg or nerve pain and now we can evaluate the effectiveness of the different treatments or modali-

The Army Pain Program aims to decrease a patient's dependence on the health care system and opioids through treatment regimens that require aggressive physical therapy, weight loss, smoking cessation and regular exercise. Treatment goals are individually developed with the patient and patient's fam-

Additionally, Army pain clinics implement a wide range of treatments to assist Soldiers in managing pain including steroid injections and implantable neural stimulators, as well as alternative treatments such as active neuromuscular re-education, yoga, tai chi, qigong, acupuncture, chiropractic care, therapeutic massage and breathing exercises.

PASTOR is currently in a threesite pilot including Madigan Army Medical Center Joint Base Lewis McChord, Wash., Walter Reed Army Medical Center, Washington, D.C., and Balboa Naval Hospital, San Diego, Calif., but will soon expand to the other pain management facilities across the U.S. Army.

Army marksman joins U.S. Paralympic Shooting Team

By USAMU PAO

Press Release

FORT BENNING, Ga. — A second Soldier from the U.S. Army Marksmanship Unit was added to the 2016 U.S. Paralympic Shooting Team Aug. 26.

Sgt. 1st Class Shaun Tichenor is competing in the sport pistol and air pistol events during the 2016 Paralympic Games that began in Rio De Janeiro Wednesday.

Tichenor joins his USAMU teammate, Staff Sgt. John Joss, on a U.S. Paralympic Shooting Team that was already the largsport, according to USA Shooting. Other competitors include

Mike Tagliapietra, McKenna Dahl, Jazmin Almlie-Ryan, Tammy Delano, Tricia Downing and Marco DeLaRosa.

Tichenor is the fourth activeduty Soldier to be selected for the U.S. Paralympic Team. Staff Sgt. Michael Lukow will compete in archery, and Sgt. Elizabeth Marks will compete in swimming. The team also includes 16 Army vet-

Tichenor joined the Army in 1997. He was assigned to the USAMU's International Team in January 2013 as a shooter and instructor. In 2014 and 2015, he est in the short history of the was the Paralympic National Champion for 10-meter Air Pis-



Sgt. 1st Class Shaun Tichenor practices to compete in sport pistol and air pistol events at the 2016 Paralympic Games.

FORT RUCKER SPORTS BRIEFS

Rucker Lanes limited access

Now through Sept. 26, bowling will be unavailable at Rucker Lanes while the facility undergoes renovations. The snack bar is expected to remain operational, but might experience some service interruptions. An updated operational status will be posted at the bowling center, on the bowling center marquee and on the Fort Rucker MWR Facebook page. For more information, call 255-9503.

Fort Rucker Hog Hunt

Fort Rucker Outdoor Recreation will host a hog hunt now through Sept. 22. Team categories include: two-man trapping and two-man weapon. Entry fee is \$70 per team. Cash prizes for firstthird places and for the biggest hog. Cash prizes are based on total entry fees: 40 percent for first place, 30 percent for second place and 10 percent for third place for each category. A cash prize will also be awarded to the team that harvests the big-

For more information, call 255-4305 or visit rucker.armymwr.com.

Youth Start Smart Soccer

The National Alliance for Youth Sports and Fort

Rucker Youth Sports present the Start Smart Soccer program Monday-Sept. 28. Start Smart is a sixsession instructional program that helps children learn the basics of soccer: kicking, dribbling, trapping, throw-ins and running. The program helps prepare children for organized soccer using safe equipment to teach them basic skills. Start Smart Soccer is open to children ages 3-4 and requires 100-percent parent participation. The program will meet Mondays and Wednesdays for three weeks starting Monday from 5-5:45 p.m. at Baseball Field 2 on Division Road. Cost is \$20 per participant and includes a T-shirt. To register, visit parent central services or use Webtrac.

For more information, call 255-2254 or 255-

Youth Start Smart Football

The National Alliance for Youth Sports and Fort Rucker Youth Sports present the Start Smart Football program Tuesday-Sept. 29. Start Smart is a six-session instructional program that helps children learn the basics of football: kicking, punting, throwing, catching, running and agility. The program helps prepare children for organized football using safe equipment to teach them basic skills.

Start Smart Football is open to children ages 6-8 and requires 100-percent parent participation. The program will meet Tuesdays and Thursdays for three weeks starting Tuesday from 5-5:45 p.m. at Baseball Field 3 on Division Road. Cost is \$20 per participant and includes a T-shirt. To register, visit

parent central services or use Webtrac. For more information, call 255-2254 or 255-

Deep sea fishing trip

MWR Central will host a deep sea fishing trip Sept. 17 aboard the Vera Marie in Destin, Florida. All participants need to do is sit back, relax and enjoy a day of fishing - everything else is taken care of, according to organizers. The bus will depart at 4 a.m. from Bldg. 5700 and return at 8 p.m. Organizers advise bringing a small cooler with drinks and snacks - no glass. The cost is \$75 per person, plus tip. The price includes transportation to and from Destin, bait, rod, reel, fishing license, six-hour fishing trip, and people's fish cut and cleaned at the end of the trip. The trip is limited to

People can sign up at outdoor recreation, 255-4305; or MWR Central, 255-2997.

Fall Fitness Boot Camp

The Fort Rucker Physical Fitness Center will host its six-week Fall Fitness Boot Camp beginning with an orientation Sept. 19 at 8:30 a.m. The camp features outdoor activities designed to deliver a significant increase in people's fitness levels and leave them feeling energized, recharged and motivated to maintain their newly transformed fitness style, according to trainers at the PFC. All sessions take into account people's varying fitness levels and abilities. The PFC staff's seeks to help people reach their goals, whether they are meeting new people, learning workout techniques, getting nutritional advice, challenging themselves or others. The camp will be held five days a week from 8:30-9:45 a.m. – ending Oct. 28.

The camp includes: Training with certified personal trainers and group exercise leaders, access to all group fitness classes during the camp, a camp T-shirt, and weekly nutritional tips and information. During the orientation, each packet will be reviewed for high-risk participants and people will be contacted if a doctor's release is needed before

For more information and to register, call 255-3794.





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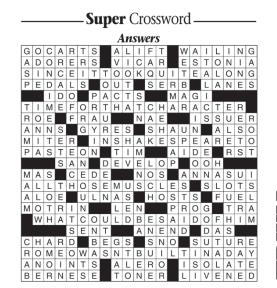








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10. Santa's Little Helper





For more information contact Cheryl Altemara at 205.348.4501 or email caltemara@culverhouse.ua.edu

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