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ARMY FLIER

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HONORING SACRIFICE

Post honors POWs, MIAs during ceremony

By Nathan Pfau
Army Flier Staff Writer

Fort Rucker reaffirmed its commitment and expressed its thanks to the nation's missing in action and former prisoners of war during a ceremony at Veterans Park Friday.

Col. Robert T. Ault, U.S. Army Aviation Center of Excellence chief of staff, spoke during the ceremony to ensure the sacrifices made by service members, both past and present, are remembered, and also to answer the question, "Why are we here today?"

"There are over 82,000 unaccounted U.S. military and civilians to this day ... and that 82,000 represents the fathers, brothers, sisters, mothers, sons, daughters and loved ones who have not returned, and nothing can replace that loss," he said. "What does that number actually mean? What does it mean to us as a nation? I would submit that this number represents our national commitment to meet tyranny head on – to stand in the face of oppression of what is right and not to yield."

Of those 82,000 missing, 73,000 of those are from World War II, over 7,500 from the Korean War, over 1,600 are from the Vietnam War and approximately 132 are from other conflicts, said Ault.



Retired Air Force Master Sergeant Arthur Osepchuk, who was a prisoner of war in World War II from March 1944 to May 1945, sits in the audience with his daughter, Dottie Warren, as they pay respects to others who have sacrificed in the line of duty during the POW/MIA ceremony at Veterans Park Friday.

"To all of those who have served, we honor you and thank you for your service and personal courage," said the USAACE chief of staff. "Your sacrifices are vital to our nation and to each and every one of us, as well as our culture."

Ault shared stories of various Soldiers who were captured or missing in action, and shared their stories of bravery in hopes that



PHOTOS BY NATHAN PFAU

Col. Robert T. Ault, U.S. Army Aviation Center of Excellence chief of staff, speaks during the POW/MIA ceremony at Veterans Park Friday.

people don't forget those who were lost.

Stories of those, such as retired Air Force Master Sergeant Arthur Osepchuk, who fought in World War II and was taken as a prisoner of war in Germany when his B-17 was shot down over Berlin.

Osepchuk, who will celebrate his 93rd birthday in October, was in attendance to pay his respects and said he was grateful for the appreciation and overwhelmed by the support. It was support like this that helped him and his fellow POWs get through their experience.

"I appreciate this, and I came here to pay my respects to the other POWs and those missing in action," he said. "As a POW, you work together to help each other. You save each other and help each other – that's the main thing."

Osepchuk, who was a POW from March of 1944 to May of 1945, said although he

and one crewmember survived through the ordeal, he will never forget those who were lost or never recovered.

Ault said that it's because of people like Osepchuk and those missing in action that the U.S. is able to enjoy the freedoms it enjoys today, and its up to each individual to honor those sacrifices.

"I'm reminded of the words of Thomas Jefferson, who said, 'In manners of style, swim with the current, but in manners of principle, stand like a rock.' We're here to stand firm on the ideas that we so dearly cherish – the principles on which we stand grounded, like a rock, against the current tide of tyranny," said the USAACE chief of staff. "The freedom and security we enjoy today is borne solidly on the backs of those who served this great nation, and continue to do so until the day we bring them all home."

LRC earns Army supply award

By Nathan Pfau
Army Flier Staff Writer

One Fort Rucker organization is flying high after achieving excellence by winning an Army-wide award.

The Logistics Readiness Center Supply and Services Division's Installation Property Book Office was awarded the Chief of Staff of the Army Supply Excellence Award for Level II Property Book Operations for superior performance of duty in supply excellence, according to Sara Oglesby, LRC Supply and Services Division chief.

"Winning this award, for me, brings together the entire organization," she said. "It's a good thing for the whole installation, the LRC and our division because the entire division pulled together to support this effort."

The LRC competed against the entire Army and more than 100 organi-



COURTESY PHOTO

The Logistics Readiness Center Installation Property Book Office receives the Supply Excellence Award from Maj. Gen. Edward M. Daly, U.S. Army Sustainment Command commanding general, and Command Sgt. Maj. Anthony M. Fourtunia, 406th Army Field Support Battalion command sergeant major during a ceremony Sept. 6.

zations that made it to the final level of the competition, said Valerie Belgrave, LRC property book officer.

The process started out with a recommendation by the organization. From there, the division had to provide several documents, compile a list of standard operating procedures and processes, and submit booklets that were created for to help their

customers.

After providing all documentation, the organization was scored and the Top 2 at each level were recommended to compete at the Army level.

The supply and services division of the LRC was recognized for a

SEE AWARD, PAGE A5



COURTESY GRAPHIC

Fort Rucker kicks off CFC

By Jeremy Henderson
Army Flier Staff Writer

More than 100 federal employees gathered at The Landing Sept. 13 to kick off Fort Rucker's Combined Federal Campaign.

Maj. Gen. William K. Gayler, Fort Rucker commanding general, marked the occasion with a few words emphasizing the importance of the campaign and expressing his appreciation for the program and the benefits it provides to those in need, said Sgt. 1st Class Myishsha Tompkins, Fort Rucker installation project officer.

Tompkins echoed the general's sentiment regarding the importance of supporting CFC and, ultimately, the efforts of local charities.

"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."

Several local charities were present at the kickoff event to give attendees a glimpse into what donations support, according to Tompkins.

"Having the local charities allows our diverse military, federal community awareness of the local area and what they contribute to help build and support the immediate community," she said.

Fort Rucker's CFC ends Nov. 21 and a closing ceremony will be held Dec. 5.

According to Tompkins, in its first few weeks, Fort Rucker's CFC has raised more than \$3,000 in online donations to push toward the campaign's \$160,000 goal.

For more information, visit <http://www.my-cfc.us>.

MAKING A DIFFERENCE

Primary school teacher earns presidential award



PHOTO BY NATHAN PFAU

Bridget Lester, FRPS gifted resource and STEM lab teacher, and recipient of the PAEMST award, goes over a STEM lab project with students Brielle Rinaldi and Fenway Crowley.

By Nathan Pfau
Army Flier Staff Writer

A Fort Rucker Primary School teacher was named one of three Department of Defense Education Activity state finalists for the nation's highest honor for math and science teachers in 2014.

Two years later, Bridget Lester, FRPS gifted resource and Science, Technology, Engineering and Math lab teacher, received the Presidential Award for Excellence in Mathematics and Science Teaching in her grade level.

Lester was one of just over 200 teachers in the U.S. who received

SEE TEACHER, PAGE A5

PERSPECTIVE

LOVE DOESN'T HAVE TO BE BLIND

CID warns of Internet romance scams

U.S. Army Criminal Investigation Command

Public Affairs Staff Report

(Editor's note: Since this is an ongoing issue, we're re-publishing this article written last year by CID.)

"He loves me, he loves me not."

The phrase has been repeated by many looking for love. In today's world of online dating and social media sites; however, the phrase may have changed from the plucking of petals to a stroke of the keys with, "he is real, he is not."

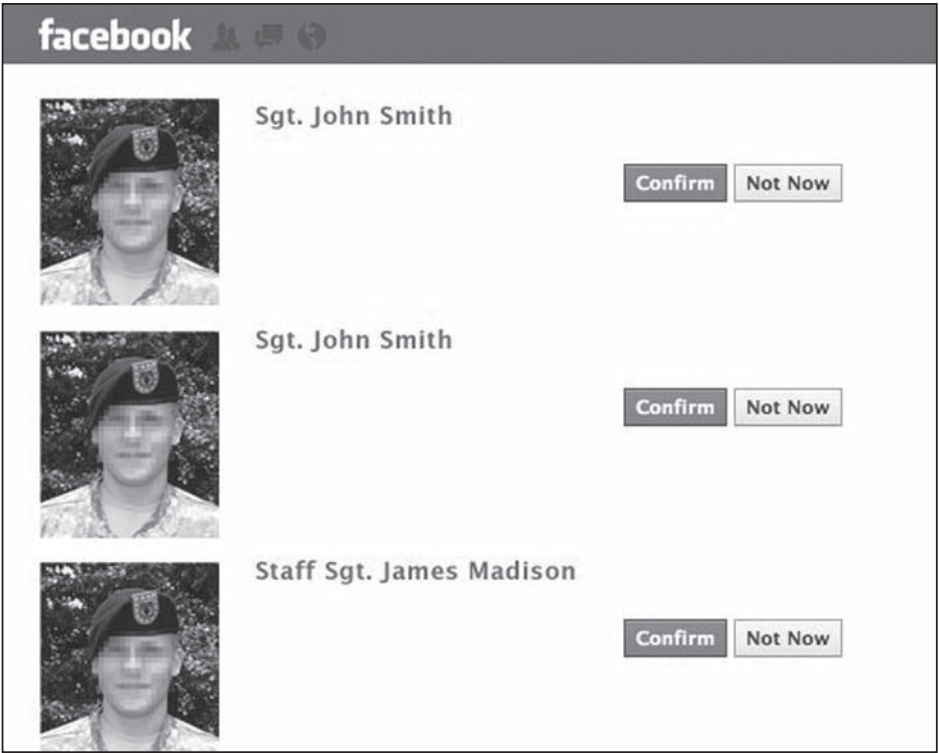
With millions of Americans turning to the Internet for love and companionship, the U.S. Army Criminal Investigation Command warns of romance scams and impersonation fraud that drains one both emotionally and financially.

In the last six months of 2014, online romance scams cost their victims more than \$82 million, according to the FBI's Internet Crime Complaint Center. The average financial loss from these romance schemes is between \$15,000 and \$20,000. The Criminal Investigation Command, commonly known as CID, reports many of these cyber criminals pose as U.S. Soldiers or senior Army officers and NCOs.

The criminals often post official Army photographs and biographies in an attempt to build trust with their victims and lure them out of personal and financial information. Officials warn that the perpetrators use both social media and online dating sites, promising love and romance to unsuspecting victims.

After the initial introduction, often through very personal, intimate conversations via instant messaging or email, the scammers attempt to manipulate and exploit their victims.

Tactics used by cyber criminals include preying on their victim's emotions and



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appealing to their sense of empathy and patriotism. Before long, the cybercriminal makes a request for money. Complying with these requests often places the victim at risk financially and opens them up to the possibility of becoming a victim of identity theft.

"We cannot stress enough that people need to stop sending money to persons they meet on the Internet and claim to be in the U.S. military," said Chris Grey, Army CID spokesman. "It is heartbreaking to hear these stories over and over again of people who have sent thousands of dollars to someone they have never met and sometimes have never even spoken to on the phone."

Grey explained that the victims are most often unsuspecting women, 30-55 years old, who think they are romantically involved with American Soldiers on the Internet, when in fact they are being cyber-

robbed by perpetrators thousands of miles away.

The perpetrators often take the true rank and name of a U.S. Soldier who is honorably serving somewhere in the world, or has even left the service, and post that information with photographs of a Soldier downloaded from the Internet. Many of them state they are serving in a combat zone or foreign country, most often West African countries.

The perpetrators give excuses for needing money, to include medical care, to return to the states, to sell their car, and to help their children.

"These thieves are very good at what they do. They manipulate the emotions of their victims and will make claims about Army regulations that the public does not know are incorrect," Grey said. "The majority of the time, the service member is not even aware their name and photo is be-

ing used in this way."

Investigators urge the public to consider the following tips.

- Be extremely suspicious if you are asked for money for transportation costs, communication fees or marriage processing and medical fees. Don't ever send money!
- If you do start an Internet-based relationship with someone, research what they are telling you with someone who would know, such as a current or former service member.
- Be very suspicious if you never actually speak with the person on the phone or are told you cannot write or receive letters in the mail. Servicemen and women serving overseas will often have an APO or FPO mailing address.
- Many of the negative claims made about the military and the supposed lack of support and services provided to troops overseas are inaccurate – check the facts.
- Be very suspicious if you are asked to send money or ship property to a third party or company. Often times the company exists, but has no idea or is not a part of the scam.
- Be aware of common spelling, grammatical or language errors in the emails.

Report the theft to the Internet Crime Complaint Center online at <http://www.ic3.gov/default.aspx>. Also, report the theft to the Federal Trade Commission. Your report helps law enforcement officials across the United States in their investigations – <http://www.ftc.gov/idtheft>, or by phone at 1-877-ID-THEFT (438-4338), or by mail at Identity Theft Clearinghouse, Federal Trade Commission, Washington, DC 20580. Report the fraud to the Federal Trade Commission on Nigerian Scams via email: spam@uce.gov.

For more information on CID, visit www.cid.army.mil/

Rotor Wash

“Fort Rucker’s 14th annual Oktoberfest will be held at the festival fields Sept. 30 from 4:30-9:30 p.m. How should people stay safe when taking part in the festivities?”



W01 Charles Matthews,
1st Bn., 145th Avn.
Regt.

"Make sure you're with your friends and stay together as a group."



Dave Baskins,
military family member

"Don't overindulge in food or drinks."



W01 Marshall Drew,
1st Bn., 145th Avn.
Regt.

"Don't drink and drive. Always have a way to get home if you're drinking."



Joseph Tallman,
Army veteran

"Be courteous of other people at the festival and try to pace yourself, and just have a good time."



2nd Lt. Robert Lindon,
1st Bn., 145th Avn. Regt.

"Don't go too crazy when having a good time with friends. Practice a bit of responsibility"

COMMAND

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FORT RUCKER COMMANDING GENERAL

Col. Shannon T. Miller
FORT RUCKER GARRISON COMMANDER

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AIRFIELD OPERATIONS

2-58th Avn. Regt. inactivates, Soldiers reorganize into companies

By Nathan Pfau
Army Flier Staff Writer

Soldiers bid farewell to their unit that can trace its history back nearly 50 years as it inactivated during a ceremony at the U.S. Army Aviation Museum Saturday.

The 2nd Battalion, 58th Aviation Regiment (Airfield Operations) may have cased its colors, but Soldiers of the unit will reorganize to become two separate air traffic services companies to support ongoing operations, according to Col. Andrew Doehring, 11th Aviation Command deputy commander.

“Today we’re starting a new history in Reserve Aviation and a new history in Army Aviation, and it’s great to be a part of this historic event,” he said during the ceremony. “Although we’re losing our battalion headquarters, we’re not losing our air traffic services capability.”

The battalion will now reorganize into two air traffic services companies: F Co., 7th Bn., 158th Aviation Regiment, which will call



PHOTO BY NATHAN PFAU

Lt. Col. Daniel McClintock (right), outgoing 2-58th Avn. Regt. commander, cases the unit colors during an inactivation ceremony at the U.S. Army Aviation Museum Saturday.

Fort Rucker home; and F Co., 5th Bn., 159th Avn. Regt., which will find its home in Fort Knox, Kentucky.

“Reorganizing these two ATS companies will provide each (gen-

eral support Aviation battalion) with the same structure as their active component counterparts, and I’m confident that this will allow for greater opportunities in the future,” said Doehring. “Most of you

will embrace this change and overcome the short-term challenges this presents, and we will all be a better Reserve Aviation for it.”

During the ceremony, Lt. Col. Daniel McClintock, 2-58th commander, relinquished command of the unit, and although his time in command was short, Doehring said it was time well spent.

“Lieutenant Colonel McClintock’s time in command has been cut short by a year, but in that year in command he’s gotten about two years of actions done,” he said. “Dan, I know that you’re not ready to be done with this yet, but in this short year you’ve done an outstanding job.”

McClintock said that although the time to give up command is bittersweet, he is proud of what his Soldiers were able to accomplish during his time with them.

“I came on board 12 months ago to the best airfield operations battalion, and we’re one of only three battalions in the 11th Aviation Command that successfully trained, validated and deployed,”

he said. “Watching what you’ve done in the past 12 months has been my best privilege as an officer.

“Here is where I’ve seen the senior NCOs and Soldiers actually doing the mission,” he continued. “Here’s where I also saw warrant officers stand up and take charge when they needed to. Here is where I saw the officers take care of Soldiers and make sure every individual was ready for the next mission – it was impressive.”

Although his time in command was cut short, McClintock and Doehring said they were both honored to be a part of Aviation history.

“It’s been my honor to be here today and be able to share this part of making Aviation history,” said Doehring. “The entire command is very proud to have had the 2-58th AOB. Her history is rich, strong and will remain. The future is bright with our two new ATS companies, and it’s an exciting day to be a part of Army Aviation and Army Reserve Aviation.”

SecDef: DOD vows to bring home missing warriors

By Terri Moon Cronk
Department of Defense News

WASHINGTON — The Defense Department recommitted itself to its solemn pledge to make every effort to bring home all of its missing men and women to their families, Defense Secretary Ash Carter said at the National Prisoner Of War and Missing in Action Recognition Day ceremony on the Pentagon’s River Terrace Parade Grounds Friday.

“We’re honored to be joined today by former POWs, individuals who endured captivity courageously and honorably during World War II, the Korean War and Vietnam,” the secretary said.

“To the families attending today and around the world – whether you’ve been reunited or are still waiting for your loved one – thank you for your patriotism and courage in the face of uncertainty, and thank you for all you’ve given to this country.”

DOD works hard to meet its commitment to yesterday’s personnel to honor their service and their families, Carter said.

“We know what it means to the men and women serving today, those who will serve in the future and their families as they see



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everything we’re doing to provide the fullest possible accounting of those who served before,” he told his audience. “They know we’ll do the same for them.”

Service members will stop at nothing to accomplish their missions – whether they are called upon to stand with allies and stand up to Russia’s aggression in Europe, manage change in the vital Asia-Pacific region, deter North Korea’s provocations, counter Iran’s malign activities, or defeat the Islamic State of Iraq and The Levant –

because “they know we’ll stop at nothing, and make every effort to bring them home to their families,” the secretary said.

“Together, we can meet our sacred commitment to the force of yesterday, today and tomorrow,” Carter said.

Air Force Gen. Paul J. Selva, the vice chairman of the Joint Chiefs of Staff, declared on behalf of Marine Corps Gen. Joe Dunford, the chairman of the Joint Chiefs of Staff, and every service member, “We salute you for your patriotism, courage

and bravery. Thank you for your being here today.

“It is truly an honor to be here today as we pay homage to often unsung heroes,” Selva said, noting that, “former POWs and their families have taught today’s military the meaning of legacy of honor and duty (which) we strive to carry out every single day.”

To the families of those still missing in action, Selva said their sacrifice is humbling, “and we thank you for your faith and perseverance. You are for us a beacon of hope.”

The vice chairman extolled the families of prisoners of war and service members missing in action for the sacrifices they have made in rebuilding their lives, enduring the hardship of not knowing, and living with the difficulty of holding out hope.

“The motto that flies on the POW and MIA flag is one that we’ve internalized to our very core,” Selva said of the words, “you are not forgotten” that appear on the flag.

“We will never forget. It is emblazoned on our hearts as is the memory of every member that we have lost in battle, and remains missing in action,” the vice chairman said.

SecArmy visits troops in Afghanistan

By Maj. Chris Ophardt
*Secretary of the Army
Public Affairs*

WASHINGTON — With a mine-resistant ambush-protected vehicle and an unmanned aircraft system as the backdrop, Secretary of the Army Eric Fanning answered questions from Soldiers and civilians assigned to U.S. Forces Afghanistan, including 1st Cavalry Division, at a town hall event at Bagram Airfield, Afghanistan, Friday.

“I want the Soldiers to know there is nothing more that I enjoy than coming to the field and spending time together,” said Fanning. “We greatly appreciate the sacrifices they are making, along with (the sac-

rifices made by) their families back home.”

The stop was the secretary’s first in a multi-day trip across Central Command’s area of operation to visit Soldiers and gain firsthand knowledge of the Army’s support of critical missions in a combat theater.

“It’s always nice to talk to somebody at the level at the Pentagon ... to discuss what we feel as Soldiers,” said WO1 Raul Lewis of Charleston, South Carolina.

During the town hall, the Soldiers’ questions touched on a number of topics that ranged from how the Army is taking care of family members, to what shape the Army will take in years to come, to how it will meet advances of potential adversaries.

Fanning discussed the recent creation of the Rapid Capabilities Office, which is

meant to prototype and field technology to arm and equip Soldiers more efficiently. The office is part of a broader effort by Fanning to improve the acquisitions process for Soldiers.

He explained the office is meant “to get capabilities to the field as fast as possible,” and provide vital support for Soldiers as they deploy to places like Afghanistan. The office shows the Army is “doing what we can to have the decisive edge that our Soldiers need in the field.”

Sgt. Hand Cooper of Norfolk, Virginia, said that Fanning, “told us where we are heading in the future. It means somebody in the Pentagon is actually coming down to speak to us one on one – somebody is looking out for us.”

Fanning also told Soldiers that the Army must “focus on, appreciate and include diversity, and get as many points of view in on a problem set as possible.”

To foster this kind of environment throughout the Army, Fanning said the Army must “find people that take risks and make sure that we reward that and show it is not a zero-defect culture.”

He went on to say, “failure is how you learn and know that you are pushing the envelope.”

At the conclusion of the town hall, the secretary thanked all for attending and for their continued service. He personally presented coins and shook the hands of all Soldiers present. He concluded the visit with a group selfie.

News Briefs

Clinic construction

Lyster Army Health Clinic will begin a canopy construction project Friday at the front of the clinic. The tentative completion date for the project is January. The work will impact the use of the left-side entrance at the front of the clinic. The main clinic doors will be open and operational during this time.

Retirement ceremony

Fort Rucker will conduct a retirement and awards ceremony for Col. Matthew Lewis, U.S. Army Combat Readiness Center deputy commander, Monday at 3 p.m. at the U.S. Army Aviation Museum.

CIF closure

The central issue facility will be closed for inventory through Friday. Normal operations will resume Monday. For more information, call 255-9573 or 255-1095.

PTSD education

Lyster Army Health Clinic will offer a spouses post-traumatic stress disorder education group today at 4:30 p.m. The group will take place in the behav-

ioral 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 clinic.

For more information, call 255-7028.

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.

Pay office closure

The Defense Military Pay Office will close Oct. 21 at noon. All DMPO customers are asked to visit the DMPO with pay inquiries or clearance papers prior to the closure. Soldiers with a military pay emergency during this time should call 317-319-7604 for assistance. The office will reopen Oct. 24 at 7:30 a.m.

Chiropractic open house

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

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 ac-

tive duty while attending law school.

Interested officers should review Army MILPER 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.

Investing in Army ‘worth every nickel,’ chief tells lawmakers

By David Vergun
Army News Service

WASHINGTON — “What we want is to deter. Nobody wants to have a war. The only thing more expensive than deterrence is actually fighting a war, and the only thing more expensive than fighting a war is fighting one and losing one,” said Chief of Staff of the Army Gen. Mark A. Milley.

“This stuff’s expensive, we’re expensive – we recognize that,” Milley said of the Army. “But the bottom line is: it’s an investment that’s worth every nickel.”

Milley, along with the chiefs of the Navy, Air Force and Marine Corps, were on Capitol Hill Sept. 15 to discuss budgetary issues with the Senate Armed Services Committee.

Regarding the current end-strength of the total Army, Milley said, the Army is properly sized for what it is doing right now: fighting terrorism and conducting counterinsurgency operations in Iraq and elsewhere.

In Afghanistan, for instance, he said the Army is continuing to train, advise and assist Afghan security forces to maintain stability there so that the government, the economy and security can be sustained and improved over time.

But the current situation will most certainly change, Milley told lawmakers.

“The risk comes if we have a conflict with a near-peer, high-end competitor,” he said. “Those are contingencies the secretary



PHOTO BY 1ST LT. HANNAH MORGAN

The 2nd Cavalry Regiment’s 1st Platoon, Iron Troop arrives for scheduled stops in the Baltic area of Europe in their Strykers and support vehicles March 22, 2015. Chief of Staff of the Army Gen. Mark A. Milley noted NATO spending has increased as a result of a renewed Russian threat.

of defense and others have talked about: China, Russia, North Korea or Iran; each of which is different, operationally and tactically, and would require different types and levels of force.”

Milley said if one of those contingencies took place now, “our risk would significantly increase ... and if two of them happened at the same time, I think its high risk.”

BUDGET FOCAL POINTS

Milley told lawmakers that the Army’s short-term equipment modernization strategy will con-

tinue to focus on the “five key capability areas” that are currently considered lagging. Those areas include aviation, command and control of networks, integrated air and missile defense, combat vehicles, and emerging threat programs.

Near-term innovation efforts are focused on overmatch, mobility, lethality, mission command and force protection, with specific emphasis on systems such as vertical lift, directed energy weapons, missile defense or long-range precision fires.

For the long term, he said, the

Army is looking for “balanced, predictable resources,” and will continue making readiness the No. 1 priority.

Milley offered up as an example of the Army’s readiness posture the suggestion that, due to counter-insurgency operations in Iraq and Afghanistan since 2001, armor officers of today, up to the rank of major, have had very little experience in maneuvering tanks against opponents. And artillery battalions, he said, have not fired battalion-level fires systems in 15 years.

“We have to rebuild that,” he

said. “It’s going to take considerable time and effort on our part.”

PREDICTABLE BUDGETS NEEDED

If sequestration returns next month, Milley said, another 16,000 Soldiers would have to be cut, and it would take much longer to rebuild the Army and lower risk.

The chief called for a sustainable and predictable budget.

“If all we’re doing is planning things year-to-year, things like multi-year contracts are harder to do because (vendors) don’t know if they can count on us” to pay for it, Milley said. When that happens, “the unit price goes up. So it’s built-in inefficiency, it’s built-in cost overruns – it’s not a good situation.”

IMPORTANCE OF RESERVE

“A significant chunk of the Army” is in the Guard and Reserve, Milley told lawmakers, who were anxious about possible cuts in their states.

“Bottom line is, they’re indispensable to the Army in a sustained land campaign overseas,” he said. “There’s a lot of combat power in the Guard and a lot of combat service support, such as logistics units, in the Reserve. So the Army couldn’t fight, feed itself, couldn’t maneuver, couldn’t conduct any sort of extended land campaign anywhere in the world without the Guard and Reserve. It’s absolutely critical to what we’re doing.”

Advances in robotics could mean robot teammates for Soldiers

By David Vergun
Army News Service

ADELPHI, Md. — Army researchers are developing new advances to enable autonomous robots to operate more like teammates and less like tools.

Key to reaching this goal of achieving an effective robot-Soldier team will be enabling the robot to better understand the Soldier’s or the commander’s intent, said Joseph Conroy, an electronics engineer with the Electronics for Sense and Control team at the Army Research Laboratory.

The current generation of unmanned aerial and ground vehicles employed by the Army require a human operator, but the job of interpreting the intelligence, surveillance and reconnaissance data is labor intensive, Conroy said, and that can result in a much longer than real-time analysis.

Current generations of vehicles also rely excessively on GPS connectivity for positioning, he said. Similarly, information acquisition, particularly video, relies on high bandwidth wireless communications.

MUM-T EXERCISE

In late 2014, Army Research Laboratory personnel brought aerial robots to Fort Benning, Georgia, to test with the infantry in a Manned/Unmanned Teaming exercise sponsored by the u.s. Army Training and Doctrine Command. The robots were representative of current commercially-available capabilities and emerging capabilities developed through academic research.

The purpose of the exercise, Conroy said, was to determine how Soldiers could make use of autonomous systems in an operational setting. It confirmed that autonomous systems



PHOTO BY KIMBERLY BRATIC

A 25th Infantry Division Soldier remote controls a Kobra 710 during the Pacific Manned Unmanned - Initiative at Marine Corps Training Area - Bellows, Hawaii, July 22.

can be a battlefield asset, particularly maneuvering ahead of the Soldier, he said.

The robot could help a soldier by identifying disturbed ground, which is a sign of a buried improvised explosive device. It could also examine the interior of a building and look around a corner or over a berm.

There is a sweet spot of autonomy, Conroy noted, where the robot is advanced enough not to be a burden for a Soldier, but not so advanced that it exhibits what is generally thought of as artificial intelligence.

“We want to push the level of autonomy up just enough so that there’s a specific suite of behaviors the robot can execute very efficiently and reliably based on the commander’s intent, with as little guidance as possible,” he said.

FUTURE GENERATION

Army researchers envision a greater degree of on-board perception and processing to enable a wider variety of mission scenar-

ios, enhanced robustness, and real-time intelligence, Conroy said.

Furthermore, a greater degree of intelligence could allow vehicles to work with the Soldier rather than be operated by the Soldier. However, he cautioned that care must be taken that the vehicle performs as the Soldier or commander expects. An autonomous system must be able to infer its operator’s intent and desires for its behavior.

Enhanced localization capabilities in GPS-denied environments or during periods without constant communication with a base station could allow for environmental awareness and intelligence gathering even during periods of radio frequency outages, he added.

Being able to perform intelligence, surveillance, and reconnaissance on-board the platform when communications or GPS goes down would be a huge advantage, Conroy said. The mission could still be completed and once communications are restored, the data could be dumped.

Writing the algorithms

for such an intelligent military vehicle is even more challenging than designing a driverless car, according to Conroy, because military vehicles must be able to travel off-road in fog or brownout conditions with adversarial forces nearby and possible denial of wireless communications.

Once autonomous systems are capable of understanding their environment, rather than just relaying raw sensor information, typically in the form of video, to an operator, a wider range of mission support scenarios will be possible, Conroy predicted.

The autonomous systems would process the information about its environment onboard, using analysis and perception algorithms, before sending or saving the data, he said. The data would be greatly reduced in size from the original, thus freeing up bandwidth for other operations.

FOCUSING ON THE SOLDIER

Eventually, the Army researchers’ efforts to enable efficient human-robot

teaming may involve actually instrumenting the Soldiers themselves, said William Nothwang, team leader for the Electronics for Sensing Control team.

Nothwang said the lab is moving towards an effort called “Continuous, Multifaceted Soldier Characterization for Adaptive Technologies,” which will focus on methods to assess and predict moment-to-moment changes in individual Soldier states under real-world conditions, such as fatigue or stress.

“We design tools to the lowest capability to enable the maximum usage, meaning we leave a lot of capability, human capability, on the table,” he said. “If we can understand a Soldier’s current capability and adapt the tool to that capability level, we can get a lot of that human capability back.”

In other words, the robotic teammate would be capable not just of speech recognition, but also of understanding a Soldier’s capability level and factoring that into its response to the current situation and its mission.

Sensors on the Soldiers like “next generation-Fitbits” might provide the robot with some of the required information, he added, but to be effective on the battlefield, whatever solution is employed for a Soldier-robot team must be scalable to many teams of Soldier-robot teams.

Such a solution must also be lightweight and small in size, given all other required items Soldiers must carry. Conroy admitted that “we’ve just scratched the surface,” and it will take years, if not decades, for the technology to mature.

Key research initiatives to enable useful systems include the development of the following.

-- Algorithms to enable obstacle avoidance for

near-ground point-to-point navigation.

-- Geolocation sensing and inference that can provide a position solution without GPS for up to days at a time.

-- Target recognition and tracking algorithms that can reliably extract signals from data corrupted by noise.

-- Enhanced methods of enabling on-board processing of data, including leveraging commercial graphics processing units and development of application specific integrated circuits.

-- Speech recognition and physiological instrumentation that works in a real-world, tactical environment.

Conroy is part of a much larger multidisciplinary group of scientists and engineers interested in hitting the right balance of autonomy in robotics.

The exercise also helped identify current technology gaps and what capabilities and research questions it would be most useful to focus on in near-term development.

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Award

Continued from Page A1

variety of factors, said Belgrave.

“We service pretty much everybody on the installation, with the exception of MEDCOM and FORSCOM units,” she said. “We maintain the accountable records of property for (Installation Management Command, the LRC and many other organizations.)”

The organization maintains nearly 80,000 items with a value of about \$6.9 billion, said the property book officer.

“We maintain the fiduciary records for

those items and we issue it down the line, and we break it down by each organization,” she said.

Some of the accomplishments that helped the organization win the award include creating example booklets, as well as a new Property Accountability and Responsibility Class for all customers. Also, they managed to bring their customer due-out reconciliation up from a failing 81 percent to a consistent 97 percent or higher for the last six months, which was accomplished through requisitioning and reorganizing the organizations to fit the standards, said

Belgrave.

“Also, we are using new tools for our customers, such as the in-brief and out-brief documents that were created,” she said. “I do a lot of training now, and these tools that we use are issued out to everybody and we’ve heard that they’re very helpful.”

Although Belgrave was instrumental in helping the organization win the award, it was the collective work of the team that earned the award, she said.

“This gave us all a chance to come together,” said property book officer. “I think

this is a good thing, because we are providing a service to the customers and by winning this it shows that we do know what we’re talking about, so this validates what we were trying to do to begin with.”

From here, both Belgrave and Oglesby said they hope to be able to maintain their level of excellence to be able to serve their customers the best they can.

“We want to maintain this standard that we’ve established and find more innovative tools to allow us to stay on top and continue to be as good as we are today,” said Belgrave.

Teacher

Continued from Page A1

the honor, and one of only three DODEA teachers to be recognized during a ceremony in Washington, D.C.

Lynn Irwin, FRPS first grade teacher, observed Lester’s teaching style and saw her potential to win the award and nominated her colleague in April 2014.

“I had been able to watch Ms. Lester teach our children about the engineering process through her STEM lessons. She would pull our classes and we would get one solid week a month of STEM and completely go through an engineering project,” said Irwin. “She was doing such an amazing job with the children, and the children were really learning that process and they were fine-tuning math and science skills and incorporating technology. I just saw the positive effects it was having on the kids.”

The award wasn’t anything Lester was expecting.

“I got an email and didn’t think anything of it, but about 30 minutes later Ms. Irwin came down and told me that she nominated me for an award,” said Lester. “She told me she read the description and I was the first person who popped in her head, so she nominated me.”

Throughout the initial process, Lester had just one month to prepare a 10-page reflection essay, 10 additional pages of supplemental writing, as well as a 45-minute unedited video of her teaching process that she had to submit. From there it was more than two years of follow-up emails and background checks until finally in August she found out she had been selected.

“Until it really happens, it doesn’t feel real,” she said. “It didn’t really hit me until I walked into Constitution Hall in Washington, D.C., when we were all dressed to get our awards.”

Although Lester said she never expected to win such a prestigious award, doing so gave her a sense of validation that what she was doing was actually making a difference.

“I know I’m my own worst critic and always thinking of what I can do to better myself. I think



Lester goes over a STEM lab project with students Eva Medford and Ellery White.

this award validated what I do. Sometimes I feel like I’m just in my own four walls and I think to myself, ‘Am I really making a difference?’ she asked. “You don’t normally see it, and it could be years down the road before you see it, and I feel like that was the biggest thing for me. This helped me see that I know I

can learn and improve, and there are ways to improve no matter how good you are.”

Throughout her teaching experience, Lester said she not only has the opportunity to cultivate young minds, but also has the chance to learn from her students.

“In the very beginning when I first started (the

STEM lab) it was quite different than where I am now,” she said. “I started off using a resource book that I had gotten from a meeting and it was really good to start, but then I realized that the children really loved the science aspect of all of this, so I added more science to it.

“Then I realized that my

students were wasting a lot of these materials and not truly thinking about the materials they’re choosing, so I imposed a budget on them, which makes them think even more,” she continued. “If you walked into any of my classes during the same phase, all of the children’s projects would be different because the kids have different insights.”

It’s that type of teaching that helps her children become more self reliant and to not only think on their own, but work with other students to brainstorm.

Lester said she likes to think of herself as more of a facilitator and to allow the children to work out problems on their own to come up with their solutions, which is vital to her teaching philosophy – allow the children an opportunity to fail.

“You’re going to experience failure in your life and I always tell my kids that you haven’t failed unless you’ve given up, because you’re going to learn from

it,” she said. “I think it helps them that they’re allowed to fail, and sometimes it’s better to fail because you don’t just become comfortable and it gives you the opportunity to learn.”

It’s that type of thinking and teaching style that Irwin said can inspire not only children, but other teachers, as well, to work hard to reach their goals.

“I think people in the teaching profession are always hesitant to toot their own horns and some teachers don’t even realize how good they are at what they’re doing,” she said. “(Lester) is the best STEM teacher I’ve seen because there are a lot of teachers who work with children on STEM projects at other grade levels, but doing that with children who are 5 and 6 years old, and having them actually glean and understanding of the process is impressive. I think she’s really preparing these children for real-world experiences and I don’t think just anybody can do what she does.”

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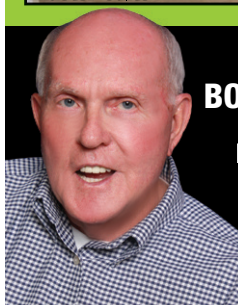
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POOL ~ \$187,000



208 LEGACY: This 3BR/2BA with pool in Legacy Farms is a must see! Come schedule an appointment today! **CHRIS ROGERS 406-0726**

NEW LISTING ~ \$236,000



305 PRIVATE ROAD 1438: Welcome to PARADISE, this property has it all. Bi-level home with large entry foyer & staircase up or down. Downstairs is your main living area with formal dining room, large den with wood-burning fireplace & built-ins that goes from the front of the house to the back overlooking the neighbors pond. Kitchen with breakfast bar, office, 1/2 bath & large mudroom/storage room with built-ins that you enter from the garage. The laundry room is also on the ground level along with the screened porch. **EVELYN HITCH 406-3436**

\$339,000



486 AVERETT: This traditional-style home with 4BR/4BA sits on approximately 1.75 acres. Master suite is located on the main floor, 2 of the bedrooms are upstairs & share a common living space & an additional bedroom & bath are located on the other side of the home. This additional bedroom features a private deck & a separate entrance from the outside. This home also has 2 fireplaces, a bonus room/den & a sunroom that opens to a large patio. A must see property! **SOMMER RAKES 406-1286**

\$109,900



111 BLACKHAWK: Brand new paint & flooring throughout. This cute home is in a great location & is move-in ready. Stove & dishwasher have recently been replaced. Nice floor plan with a large grand room that is open to the dining area. Lots of natural light in this home. Screened back porch is a wonderful outdoor space that is large enough for overflow & outdoor entertaining. The detached shed/work shop has electricity. The yard has beautiful shade trees. **ROBIN FOY 389-4410**

\$167,000



12 ASHLEY: Beautiful, well maintained home on corner lot is located near Ft Rucker & shopping. You'll love the spacious kitchen with beautiful cabinets & stainless steel appliances. Laundry room is conveniently located next to kitchen. This home has immaculate floors, tray ceilings, updated light fixtures, wood floors, & a deck for cookouts or relaxing. Spacious backyard is ready for entertaining or just hanging out! Utility room in 2-car garage. Come & see this home & all its extras! **MARGE SIMMONS 477-1962**

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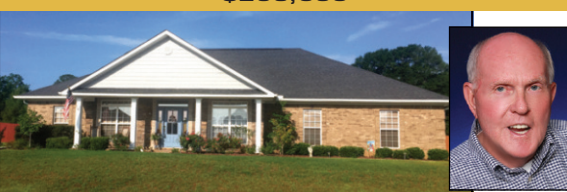
528 VICTORIA: Nice split level home with 3BR/2BA on large lot, newly reworked large deck & gazebo. New vinyl siding & new garage doors. Must see. **JACKIE THOMPSON 406-1231**

POOL ~ \$164,500



403 CANDLEWOOD: Great location & price on a 4BR/2BA with salt water swimming pool. New salt cell with 3-yr warranty, 2015. Just installed new pool pump. New laminate flooring & carpet. New microwave hood, other appliances are newer. Formal living room or an office/study whichever you prefer. Formal dining & eat-in kitchen. Large family room with wood burning fireplace. Huge storage room plus a great shed with electricity. Large, level back yard surrounded by wood privacy fence. Chain link fence around the pool for extra safety. **JAN SAWYER 406-2393**

\$268,000



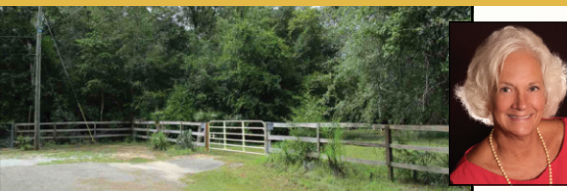
203 SONYA: Excellent brick home with split floor plan. Features grand foyer, open living room with fireplace, tray ceilings, formal dining room, breakfast nook, granite countertops, ample cabinets, pantry, beautiful flooring, covered porch & patio, fenced yard with fire pit & much more. Convenient to Ft Rucker & shopping. **BOB KUYKENDALL 369-8534**

\$45,900



28 SOMERSET PARKWAY ~ DALEVILLE: Super convenient to Ft Rucker. Wonderful townhouse priced to sell. 2BR/2.5BA, very nice complex. **PAT LEGGETT 406-7653**

NEW LISTING ~ \$89,300



9195 PALM ~ GENEVA: Are you looking for that private GET AWAY, but don't want to have to travel too far, then STOP because this is IT! Just on the outskirts of the City of Geneva, you have city water & Alabama Power for electric & the utilities are underground with your own transformer close to the property. 3BR/2BA manufactured home with eat-in kitchen, living room & laundry with washer & dryer. 13 acres of wooded land with all kinds of trees, hardly any pines & a small creek on the property. **EVELYN HITCH 406-3436**

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112 MAGNOLIA: Nice 4BR/2.5BA home featuring a bonus room, laundry room & deck overlooking the wooded backyard! This home offers room to grow! **Sommer Rakes 406-1286**

\$116,500



36 BRECKEN RIDGE: Great location, one level, 2BR/2BA. Move-in ready. **TERRI AVERETT 406-2072**

GATEWAY ~ \$424,900



301 ARROWHEAD: Absolute must see on 1.7± acre corner lot in Gateway! Main level offers a stunning study with cherry paneling, formal living room with fireplace opening to a large raised terrace overlooking beautifully manicured grounds, formal dining room, relaxing family room opening to covered porch, wet bar & spectacular kitchen with dining area, pantry & informal sitting area with fireplace. Upstairs 3 spacious bedrooms & laundry room. The fantastic master suite has a wood burning fireplace & private second floor balcony. **JUDY DUNN 301-5656**

\$227,000



313 SOUTH OAKRIDGE: Charming Victorian, south of Enterprise in Oakridge Forest in a very wooded setting, lots of space for the entire family. **FRAN & DON KALTENBAUGH 790-5973**

\$145,000



406 MAPLE: Gigantic addition to the rear of this house has so many possibilities. Owner used as a family room, but w/a large bath & 2 walk-in closets. It could be used as a master bedroom. An office area with built-ins is included in this room. A separate living room, dining room, den w/built-ins, 3BR/2BA & the kitchen complete this home. There is a detached workshop w/double doors & a separate shed with a ramp for mower storage. Located near Holly Hill Elem. & Dauphin Jr. High. Plantation shutters. **JAN SAWYER 406-2393**



PHOTOS BY STAFF SGT. TOMORA CLARK

Paratroopers with D Co., 52nd Inf. Regt., walk toward a CH-47 Chinook to conduct the unit's final jump Sept. 1.

'EMOTIONAL DAY'

Airborne unit makes last jump before deactivation

By Staff Sgt. Tomora Clark
For Army News Service

FORT HOOD, Texas — As the only airborne unit at Fort Hood prepares to deactivate, paratroopers with D Company, 52nd Infantry Regiment (Long Range Surveillance) completed their last jump at Rapido Drop Zone Sept. 1. The paratroopers jumped from a CH-47 Chinook.

An LRS unit is a specially-trained group of Soldiers who are used by combatant commanders to gather intelligence within enemy territory in front of the forward line of troops by providing continuous surveillance while on reconnaissance missions.

The jump helped keep jumpmasters and paratroopers current on their certifications while maintaining proficiency in airborne operations. It was a significant day for most of the unit's members.

"It's an emotional day in the airborne community considering we are the last airborne LRS unit to conduct airborne operations," said Staff Sgt. Nathan Raymond, an infantry Soldier with D Co., 52nd Infantry Regiment (LRS). "I've been airborne for 11 years now and the thought of possibly moving on to a non-airborne assignment — it makes me emotional."

"This is my first unit and to see

it deactivate. It's sad. (This unit) will always hold a special place in my heart," said Pfc. Dylan Howard, an infantry paratrooper with the LRS unit. He has been in the military for one year.

Not only were the Soldiers saddened to see the unit deactivate, their leadership was, too.

"Today is bittersweet for me. It's been a lot of fun, and it was an honor to serve in this unit. But, this is a very sad day because this is the last jump before the unit's deactivation," said Capt. William Fuller, the commander of the LRS unit since May.

"This will be the last airborne



A paratrooper exits a CH-47 Chinook.

SEE AIRBORNE, PAGE B4



PHOTO BY PFC. JASMINE BALLARD

Soldiers with the 3rd Brigade Combat Team, 4th Infantry Division, provide security during Decisive Action Rotation 16-09 at the National Training Center in Fort Irwin, Calif., Sept. 6.

Unmanned resupply vehicle could reduce combat casualties

By David McNally
U.S. Army Research Laboratory
Public Affairs

ABERDEEN PROVING GROUND, Md. — Researchers and engineers showcased a Joint Tactical Aerial Resupply Vehicle during a recent visit by the commanding general of the Army Research, Development and Engineering Command.

The JTARV, a rectangular-shaped quadcopter also known as the hoverbike, could someday make it possible for Soldiers on the battlefield to order resupply and then, minutes later, receive supplies from an unmanned aircraft system. In 2013, 60 percent of U.S. combat casualties were related to convoy resupply.

"Convoy resupply involves having a route clearance package, which means more vehicles," Sgt. 1st Class Daniel Guenther, an enlisted adviser at the ARL Weapons and Materials Research Directorate, told Maj. Gen. Cedric T. Wins on the general's first visit since assuming command of RDECOM in August.

"Those need to be coordinated in advance. This negates the need for all that. Basically what this does is give us speed and agility on the battlefield."

Army researchers envision a future JTARV flying low to the ground or at thousands of feet at speeds of 60 miles per hour or more. With a payload capacity of up to 300



PHOTO BY CONRAD JOHNSON

Maj. Gen. Cedric T. Wins, commanding general of the U.S. Army Research, Development and Engineering Command, learns about a prototype version of the Joint Tactical Aerial Resupply Vehicle from Sgt. 1st Class Daniel Guenther, ARL Weapons and Materials Research Directorate, during Sept. 8 visit at Aberdeen Proving Ground, Md.

pounds, the vehicle could provide vital resupply at short ranges.

"Anywhere on the battlefield, Soldiers can potentially get resupplied in less than 30 minutes," said Tim Vong,

SEE RESUPPLY, PAGE B4

Astronaut, SecArmy discuss space life

By David Vergun
Army News Service

WASHINGTON — Retired Army colonel and astronaut Timothy Kopra discussed his experiences on the International Space Station Sept. 13 during a Facebook Live hosted by ABC News.

Joining him for the broadcast from the "Moving Beyond Earth" exhibit at the Smithsonian National Air and Space Museum, was Secretary of the Army Eric Fanning, who served as moderator during the discussion, taking questions from an ABC News studio audience and Facebook.

Kopra returned from his second mission on the International Space Station earlier this year, on June 18.

SPACE FOOD VS. MRES

One of the most challenging issues with space travel is how to get sufficient amounts of food and water into space for the astronauts to consume during often lengthy journeys. Unsurprisingly, the topic generated a number of questions from the live stream audience.

Processed and dehydrated food in space is well balanced and healthy, Kopra said, but it "clearly would be healthier if we could grow our own."

During his own space missions, Kopra said, they

SEE ASTRONAUT, PAGE B4



PHOTO BY STAFF SGT. MARCO LECHUGA

Retired Army Col. Timothy Kopra, an astronaut with NASA, poses inside the cupola as the station orbits over the Earth below in May.

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Airborne

Continued from Page B1

operation that an LRS unit will conduct in the Army. All of the other LRS companies are in the process of shutting down and deactivating,” he said.

But what did it mean to the paratroopers to complete their last jump?

“It wasn’t the fact that this was the last jump that meant more to me and held a deeper meaning,” said Howard. “It was the fact that I had the opportunity to jump one

last time with fellow Soldiers, people I came to know as family.”

“Although this is my last jump with such an awesome unit, I’m extremely proud to meet all of the criteria and receive my master parachutist badge today,” said Raymond, who received his badge with the unit in a brief ceremony at the drop zone.

Although the LRS company is a III Corps operational asset, they are also administratively task organized under 3rd Squadron “Longknife,” 3rd Cavalry Regt. Many of

the unit’s Soldiers will be reassigned to other companies within 3rd Cavalry Regiment.

Fuller said he believed many of the unit’s members will always cherish some events, even after deactivation.

“As a unit, we loved physical training, live-fire exercises, and airborne operations,” said Fuller. “But as the commander of the last LRS unit in operation, when I get to see Soldiers execute a mission to perfection knowing that they’ve been training for several weeks, it’s always a deeply satisfying moment.”

Astronaut

Continued from Page B1

opted to grow inedible flowers, but on previous space missions that he had not taken part in, astronauts had grown lettuce in the space station. He told Fanning the astronauts reported that lettuce grown in space tasted pretty good.

Asked how astronaut food compared to Army food, specifically meals, ready-to-eat, Kopra said both are OK. He had consumed MREs for five months during Operation Desert Storm. An MRE, he said, wasn’t “necessarily your favorite, but it was good.”

The differences between dining on Earth and in space go beyond the food itself, Kopra said. In space, astronauts must be very careful when eating dinner in zero gravity, because things can float off and “make a big mess” in the space station. One of the joys of coming back to Earth, he said, was not having to worry about that.

Everything needed for life on the space station, including water, is brought from Earth, he said. With no way to procure more water, the space station’s atmosphere is recy-

cled to produce water. Even urine and sweat are recycled and purified for drinking.

KEEPING IN TOUCH

Kopra made it clear that his family was the thing he missed most, emphasizing that NASA did a remarkable job of connecting him with his loved ones.

“NASA does a great job of keeping family in touch,” he said. “They have an Internet protocol telephone so you can call your family and there’s a video teleconferences once a week with the family.”

Asked about what his family thinks of him being in space, he replied, “They think it’s cool, but they’re nonplused. It’s business as usual for them,” since he has been in the astronaut program since 2000.

He added that he has two children – a son who is a cadet at the U.S. Military Academy, West Point, New York, and daughter who is attending Princeton University.

missed his family the most, but gravity was a close second. Working in zero gravity is a real challenge, he said, because everything must be done so meticulously.

“Not having to worry about that level of detail (now) is really a blessing,” he said. “So I’m glad to be back.”

Returning to Earth gravity after both missions was also hard, he admitted.

“Your body adapts to space,” he said. “It loves zero gravity and doesn’t like 1-G when you get back, so the first day is very rough. After two weeks, strength and balance return, and recovery comes quickly.”

Kopra said he also missed the fresh smells of Earth.

“When we landed in Kazakhstan and opened the hatch, the smell of all that grass was almost overpowering,” he said.

INTERCONNECTED

“How are sunsets different in space?” asked Fanning.

The views from space can leave you with a sense of how interconnected everything is, Kopra said, and the views of phenomena like

the rising and setting sun and the coral reefs in the Bahamas can be awe-inspiring.

“You see ships going through the Suez and Panama Canals, you see the contrails of planes, you see the roads of different cities connecting each other,” he said. “Even more dramatic is seeing how black it is beyond our planet, so it really makes you recognize that we’re alone.”

ON BECOMING AN ASTRONAUT

It takes a lot of hard work to become to make the space program, but joining the Army doesn’t hurt. So far, around 20 or so Soldiers have become astronauts. Kopra recommended that young people who are interested in becoming astronauts focus on excelling in subjects like take math, science and engineering.

When Kopra returned to Earth from his last mission, his replacement to command the International Space Station was another Soldier, Jeffrey Williams, who happened to set a U.S. record for the most cumulative days in space, 534. He returned just last week, beating Astronaut Scott Kelly’s record.

Resupply

Continued from Page B1

associate chief of the Army Research Laboratory’s Protection Division. He likened the concept to “Amazon on the battlefield.”

“We want to have options like that,” Vong said.

While the current prototype is electric, researchers are looking at a hybrid propulsion system that may dramatically increase its range. They are also exploring increasing the payload capacity to 800 pounds and extending the range to 125 miles.

“We’re also looking to integrate

advanced intelligent navigation and mission planning,” Vong said. “We’re looking to end up with a modular, stable platform that can be used for even more dynamic and challenging missions.”

The laboratory began exploring the J TARV concept in the summer of 2014. They discovered a manufacturer, Malloy Aeronautics, and a systems integrator, SURVICE. The laboratory entered into a contract and quickly moved from concept to full-scale prototypes.

Earlier this year, ARL transferred the program to another RDECOM organization, Army

Armament Research, Development and Engineering Center at Picatinny, New Jersey; however, the lab still serves as subject matter experts on aeromechanics, assessment, analysis, propulsion, intelligence and controls and materials and structures.

“We’re taking a spiral approach,” Vong said. “We’re looking at adding sensors for obstacle avoidance and building a semi-autonomous capability. This will help the craft to avoid obstacles like powerlines, buildings, or trees, he said. “It will also allow the vehicle to operate in degraded

visual environments.”

In June 2016, the Marine Corps joined the program to make it a joint effort.

“I’m very impressed,” Wins said. “It’s my first opportunity to come out to the Army Research Lab. As the new commander, I’m just getting around to all the (Research, Development and Engineering centers) and the labs.”

The general specifically wanted to be briefed on the J TARV.

“I’m hearing a lot about it,” he said. “I wanted to see what it was all about. It demonstrates to me the high quality of the workforce.

It also shows what our people are doing and how they’re thinking about the problem of how the Army will fight in the future.”

In addition to many other industry, government and academic partners, the J TARV project is teaming with the Office of Naval Research and Near Earth Autonomy, a company with many employees associated with Carnegie Mellon University, to demonstrate full autonomy in near future.

The general said he plans to make more visits with scientists and engineers across the command.





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SEPTEMBER 22, 2016



PHOTOS BY NATHAN PFAU

LEFT: Lia Brown, military family member, takes a ride on a pony during last year's Oktoberfest. **TOP:** Greyson Parrish, military family member, has his face painted by a volunteer as his mother, Nicole, looks on. **BOTTOM:** Wyatt, Makayla and Ian Otto, military family members, paint pumpkins that they picked out in the pumpkin patch as their mother, Nicole, watches.



OKTOBERFEST

Food, fun, live music on tap at festival fields

By Nathan Pfau
Army Flier Staff Writer

As millions flock to Munich, Germany, for the annual Oktoberfest, people on Fort Rucker can enjoy their own little taste of Deutschland at the home of Army Aviation.

The installation will hold its 14th annual Oktoberfest celebration Sept. 30 at the festival fields from 4:30-9:30 p.m. to celebrate German culture with food, games, music and fun for all ages, according to Aida Stallings, Fort Rucker

special events coordinator.

"People can come out and enjoy German food, live music, a variety of vendors, children's games, rides and bounce houses," she said. "There will also be a best-dressed contest at 7 p.m., as well as a kid's craft tent where children can enjoy a bit of butterbeer."

People can also take part in the Volksmarch, which will begin at 4:30 p.m., where patrons can either run or walk. People can register for the Volksmarch at either fitness facility or at the event.

The ceremonial keg tapping will

be at 5 p.m. and, as in years past, the Sonnenschein Express will return to Fort Rucker to entertain guests with traditional German folk music.

Admission is free and open to the public, but Stallings reminds visitors to the installation that they must have a visitors pass to enter the installation unescorted. People can obtain a visitors pass from one of the two visitor control centers located at the Daleville and Ozark gates.

The Daleville VCC is open Mondays-Sundays from 8 a.m. to

4 p.m., and the Ozark VCC is open Mondays-Fridays from 8 a.m. to 4 p.m.

Janice Erdlitz, Directorate of Family, and Morale, Welfare and Recreation marketing manager, said it's important for the installation to celebrate cultural diversities.

"We always try to offer several fun, energizing events for our Soldiers, families, retirees and civilians in the Wiregrass," she said. "We know we have a diverse community and we always want to offer something everyone can enjoy."

"So many of our Soldiers and families have been stationed in Germany, and they miss the culture and experiences," she continued. "Our annual Oktoberfest is just one way we try bring back some of the fun and exciting aspects of German culture to our Soldiers and families."

People are also reminded not to bring coolers, backpacks, pets, glass containers, weapons, bicycles, scooters, roller blades or skateboards to the event.

For more information, call 255-9810.

1st Responder Day at FRPS



PHOTO BY NATHAN PFAU

LEFT: Fort Rucker firefighters talk to children at Fort Rucker Primary School about the importance of a firefighter's uniform and tools, and remind children not to be afraid of firefighters in their suits during First Responders Day Sept. 14. **TOP:** Children watch as a firefighter gears up. **MIDDLE:** Joker, a military police working dog, and his handler put on a demonstration for the students as another dog handler explains the importance of military working dogs to ensure the safety of the installation. **RIGHT:** Joker enjoys some time with his toy.



ON POST

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

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 EFM's. Mobilized and deployed Soldiers are not eligible. When possible, Soldiers are assigned 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 255-3643.

Army Family Team Building app

People can complete Army Family Team Building training through AFTB’s app. Visit <http://www.ftruckerarmy.com/acs/army-family-team-building/> to find the direct link to the app. Once complete, people can contact Fort Rucker AFTB to receive their certificate. Search for AFTB in the app store for Apple devices. For more information, call 255-9637.

International Spouses Get Together

Army Community Service hosts its International Spouses Get Together the first Friday of every month at 9 a.m. at the Allen Heights Community Center. According to ACS officials, the get together is a place for spouses to find support, and help with finding resources for obtaining U.S. citizenship, education, drivers licenses and more. Multilingual volunteers are available.

For more information, call 255-3735.

Yarn It Darn It

Center Library invites people to bring their needles and yarn to it Yarn It Darn It event Tuesday from 5-6 p.m. The free monthly event will offer patrons a chance to learn how to crochet, knit or do needlework. The group will meet every fourth Tuesday from 5-6 p.m. and is open to authorized patrons ages 18 and older.

For more information, visit the Center Library or call 255-3885.

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. 29. 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.

Right Arm Night

The Landing Zone will host Right Arm Night Sept. 29 from 4-6 p.m., hosted by the Combat Readiness Center. Right Arm Night is an Army tradition, promoting a night of camaraderie and esprit de corps as leaders come together and treat those who help them accomplish the mission. Complimentary appetizers will be served while supplies last. Right Arm Night is held every month, and both military and civilians are welcome.

For more information, call 255-0768.

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 a volksmarch; 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 volksmarch will take place from 4:30-6 p.m. Participants will receive beads and a German



PHOTO BY NATHAN PFAU

Gold Star Mother’s and Family’s Day

A scene from last year’s service. There will be a Gold Star Mother's and Family's Day Luminary Service at the Fort Rucker Main Post Chapel Sunday from 6:30-7:30 p.m. People are welcome to attend to remember surviving military mothers and family members, and honor the legacy of their loved ones who died in service to the nation. For more information, call 255-9637 or 255-9639.

Oktoberfest hat as a souvenir for completing the volksmarch. Cost to participate is free and people can register at the physical fitness center or at the event. The event is open to the public.

For more information, call 255-1749 or 255-9810.

Relocation readiness workshop

Army Community Service will host its relocation readiness workshop Sept. 30 from 9-10 a.m. in Bldg. 5700, Rm. 371D. Soldiers and spouses will receive information on benefits, entitlements, advance pay, government travel cards and more.

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

DVAM special presentation

In observance of Domestic Violence Awareness Month, Army Community Service will host the special presentation, “Mildred Muhammad: Scared Silent,” at the post theater on Oct. 4 at 10 a.m., 2 p.m. and at 6 p.m., and Oct. 5 at 10 a.m. and 2 p.m. Muhammad is the former spouse of John Muhammad, the D.C. sniper. Her presentations will entail her own personal story surrounding her life as a victim of domestic abuse. Her story is unique and speaks directly to the importance of knowing and understanding the risk factors for domestic violence, according to ACS officials. She is a certified consultant with the Office of Victims of Crimes, CNN contributor, certified victim advocate and author.

For more information, call 255-3898.

BOSS cooking class

Better Opportunities for Single Soldiers will host its Life Skills Cooking Class Series at the BOSS Building Oct. 5 and Nov. 2 from 4:30-6 p.m. The event will focus on food preparation, cooking and how to keep foods out of the danger zone. The Oct. 5 class will focus on overall kitchen safety, and healthy foods with quick and easy meals using skillet, Panini presses, ovens and slow cookers. The Nov. 2 Class will focus on outdoor safety, and healthy foods with quick and easy meals using grills and blenders. Space is limited to the first 20 BOSS Soldiers to sign up.

For more information, call 255-9810.

Youth movie trip

The Fort Rucker Youth Center will host a trip to Dothan for pizza and a movie Oct. 8. Cost is \$20 per teen. The trip will depart the center at 1 p.m. and return by 7 p.m. Limited space is available. Youth must sign up at the youth center and be registered with child, youth and school services.

For more information, call 255-2271.

Comedy Live

Comedy Live is scheduled for Oct. 14 from 8-10 p.m. at The Landing. The event is open to the public for ages 18 and up. People can buy tickets in advance for \$12 at the catering office at The Landing. Tickets at the door will cost \$16. VIP tables are available for \$150

DFMWR SPOTLIGHT



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\$60 AFTER SEPT. 18**

Refreshments will be provided. Trophies will be awarded to the top 3 overall male and female finishers. Trophies will be awarded to male and female finishers in 10 age categories. All finishers will receive a participation medal. Top three teams will receive a banner and medals.

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Pre-register at the Fort Rucker Physical Fitness Center, (334) 255-2296 or MWR Academy Central, (334) 255-2997. EFMP Friendly

Fort Rucker FMWR Sports, Fitness and Aquatics Branch
rucker.armymwr.com

per table with 10 seats per table. Following Comedy Live, The Landing will host Salsa Night from 10 p.m. to midnight. Salsa Night will cost \$5 per person for ages 18 and over. For patrons attending Comedy Live, the Salsa Night admission fee is waived.

For more information, call 255-9810 or 255-0769.

Outdoor yard sale

The Fort Rucker Fall Outdoor Yard Sale and Flea Market is scheduled for Oct. 15 from 7-11 a.m. at the festival fields. The outdoor event provides the opportunity for the

Fort Rucker community to buy and sell used household items in a consolidated fashion. The event will be open to the public. Booth space fees apply to sellers. Booth cost for active-duty military, family members, retirees, Reservists and Department of Defense civilians: 15x20 is \$25, 30x20 is \$35, and tables are \$10 each. Cost for the general public: 15x20 is \$35, 30x20 is \$45 and tables are \$10 each. No commercial vendors will be allowed. Registration is due by Oct. 12. People can register at MWR Central, 255-2997.

For more information, call 255-1749 or 255-9810.

FORT RUCKER MOVIE SCHEDULE FOR SEPTEMBER 22-25

Thursday, September 22	Friday, September 23	Saturday, September 24	Sunday, September 25
Pete’s Dragon (PG-13)7 p.m.	Magnificent Seven (PG-13)4 & 7 p.m.	Studio Appreciation Advance Screening — Free Admission (PG-13)4 p.m.	Magnificent Seven (PG-13)1 & 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.

ABOVE, BEYOND

Army chief recognizes volunteers for service to Soldiers, veterans

By David Vergun
Army News Service

WASHINGTON — Chief of Staff of the Army Gen. Mark A. Milley honored four individuals with the Outstanding Civilian Service Award during the Chief of Staff of the Army Salute Sept. 15.

“They love those who serve and want to make a true difference, not only for the nation, but they want to make a true difference for our Soldiers, our families,” said Milley at the ceremony, which was held in conjunction with a twilight tattoo ceremony at Joint Base Myer-Henderson Hall.

The civilians honored that day included country musician Trace Adkins; John Bunch, founder of the nonprofit Operation Open Arms; Dr. Briana Goff, a researcher of traumatic brain injury; and Spencer Kympton, founder of the nonprofit The Mission Continues.

Adkins has used “his country music and success on the movie scene as a platform for supporting you and I in uniform and all of our families,” Milley said.

The country musician is widely known for his public advocacy of the Wounded Warrior Project, and he also lends his talent to supporting Til Duty is Done, a nonprofit organization that strives to eliminate veteran homelessness, and that also helps prepare veterans to re-enter the workforce, Milley said.

Adkins is also a strong supporter of Operation Homefront, a nonprofit organization aimed at building strong military families that also provides mortgage-free homes to eligible injured veterans, Milley said.

Since 2002, Adkins has entertained around 50,000 Soldiers and family members at 100 performances on 45 military installations and in nine countries, including Iraq and Afghanistan, Milley said. Adkins was the first entertainer to travel to the Middle East with the USO.

OPEN ARMS

A Merchant Marine captain, “GiddyUp” Bunch, a former Marine, decided to use his successful fishing charter as a platform to provide a unique service for veterans, Milley said.

Bunch was inspired by a conversation with a Soldier on leave from a combat zone to provide the Soldier with a free fishing charter, and the act of kindness rapidly expanded into what is known today as Operation Open Arms.

Since it started in 2015, more than 150 businesses, associations and individuals in Florida have sponsored the organization, Milley said.

Besides providing vacations for service members, Operation Open Arms has facilitated weddings, paid for counseling services and, most recently, helped a family honor their Marine who



ARMY PHOTO

Chief of Staff of the Army Gen. Mark A. Milley honored four individuals with the Outstanding Civilian Service Award during the Chief of Staff of the Army Salute Sept. 15.

died in a helicopter crash.

In all, Bunch has helped more than 3,400 service members with benefits valued at more than \$12 million, Milley said.

Bunch is so humble and so focused that he once declined an invitation of personal thanks from former President George Bush for an invitation. “Why did he turn it down? He did it to take a Soldier on a free charter to go fishing,” Milley said. “He didn’t want to break his date with a Soldier to have a date with the president of the United States.

He made his commitment to that sergeant six months prior, and he kept his commitment.”

TBI RESEARCH

Goff has taken the lead nationally to examine the effects of military deployments on service members and their families, Milley said.

She has served as a strong advocate for families as director of the Institute for the Health and Security of Military Families at Kansas State University, where she specializes in identifying

trauma symptoms among Soldiers and their family members.

Goff also teaches speech and language support for traumatic brain injury recovery and she researches the long-term effect of TBI on the well-being of veterans and families, the chief said.

In her work, she facilitates the collaboration on best practices between a large number of organizations as well as the military, aimed at understanding trauma and healing, he added.

(Editor’s note: For more on Goff’s work, see Page D3.)

Singer Trace Adkins a big fan of veterans, wounded warriors

By David Vergun
Army News Service

WASHINGTON — Country singer Trace Adkins tries to do a USO tour almost every year, if possible, said his manager, J.W. Williams.

“All I can say is, ‘thank you,’” to veterans, Adkins said, adding that he continues to try to support veterans in the best way he knows how, “and hopefully bring a smile to people’s faces every now and then, and sing some songs they may enjoy hearing and just let them know that they’re appreciated and I’m just trying to do my tiny little part.”

For his many acts of morale boosting and charity, Adkins was presented with the Outstanding Civilian Service Award at the Chief of Staff of the Army Salute during a twilight tattoo ceremony at Joint Base Myer-Henderson Hall, Virginia, Sept. 15.

MORE THAN SINGING

Williams, himself an Army veteran, said that Adkins has also been the spokesman for the Wounded Warrior Project since 2008, and has also volunteered to work with Operation Homefront and other nonprofit organizations.

Adkins said it was a privilege to volunteer his time to honor those who’ve served and sacrificed. Many of those heroes, he said, struggle with visible and invisible

wounds and the Wounded Warrior Project is there to help them.

Operation Homefront provides emergency financial assistance to military families and wounded warriors. It also builds mortgage-free homes for struggling veterans.

Through his music and spokesman efforts, Adkins draws the attention of would-be donors to those worthy causes, Williams said.

“He advocates all the time,” Williams said. “This isn’t just an on-camera thing. He lives this. We’re all tied very closely with this. We’ve got skin in the game.”

TRYING TO PAY BACK

Adkins explained how he got interested in veterans’ causes.

“I realized early on when I started working with veterans organizations and doing things with the military, that when you have an opportunity to associate with heroes and hang out with heroes, it’s an incredibly rewarding experience,” he said. “I just think that we, as a people, owe a huge debt to the men and women that serve and protect our way of life.

“So I just continue to try to pay back, to try to let them know that I really appreciate what they do and they’re never forgotten and that we always remember what a fantastic job they’re doing and what a hard job it is,” he added.



PHOTO BY SPC. ANGELA LORDEN

Country music star Trace Adkins meets Soldiers during his visit to Camp Arifjan, Kuwait, as part of the USO’s 75th Anniversary Concert Series June 8.

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PHOTO BY KEVIN WALSTON

Adkins performed for a standing-room-only crowd April 17, 2015, at Bagram Airfield as part of his USO tour of Afghanistan.

Luverne peanut boil festival set for Saturday

Army Flier
Staff Reports

Luverne will host its Peanut Boil Festival Sept. 24 from 8 a.m. to 5 p.m. at Turner Park downtown, 1300 Forest Avenue. Admission is \$2, but children ages 8 and younger are admitted for free. This festival includes arts and crafts vendors, a beauty pageant, a car show, a 5K fun-run and walk, entertainment and a variety of food vendors.

For more information, visit <http://www.crenshawcochamber.com/peanutboil/>.



WIREGRASS 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

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.

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.

ONGOING — Disabled American Veterans Dothan Chapter 87 maintains a service officer at its office at 545 West Main St. (Mixon Business Center) Tuesdays and Wednesdays from 9 a.m. to 2 p.m. The chapter will assist veterans who were injured or disabled while in military service. DAV service officers help veterans and their spouses with disability compensation claims and other

veterans benefits. All veteran services provided are free of charge. For more information, call 836-0217, Ext. 123, or send an email to davchapter87@gmail.com.

ENTERPRISE

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.

ONGOING — Veterans of Foreign Wars Post 6683, John Wiley Brock Post monthly membership meetings for the VFW Post 6683 and Auxiliary are on the third Tuesday of each month at 7 p.m. at the post headquarters building located at 2615 Coffee County Road 537. The post mailing address is P.O. Box 311752 Enterprise, AL 36330. For more information, call 334-464-1171 or the auxiliary at 334-464-2222. The post also has a Facebook site at [vfw post 6683](https://www.facebook.com/vfwpost6683).

ONGOING — Disabled American Veterans Chapter 9 Enterprise-Coffee County meets the second Thursday of each month at 6:30 p.m. at Shane’s Rib Shack. For more information, call 308-2480.

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

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.

ONGOING — Adult education classes are offered in Rm. 12 at New Brockton High School, 210 South Tyler St., Mondays and Wednesdays from 6-9 p.m. All classes are free for individuals 16 years old or older who are

not enrolled in public school. Individuals must take an assessment test prior to attending class. Call 894-2350 for more information.

OZARK

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.

ONGOING —AL-ANON will hold weekly meetings on Mondays at noon at the Lutheran Prince of Peace. For more information, call 618-513-1258.

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.

SAMSON

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. 23 — The Army Aviation Museum Foundation will host its 21st annual Golf Classic Sept. 23 at Silver Wings Golf Course. Funds raised from the tournament will be used to restore one of the aircraft in the museum’s collection. The aircraft is a UH-1M Huey “Heavy Hog,” Tail No. 446. The event will include a ball drop where people can make a donation to get balls marked with a number. These balls will be dropped onto a green by a Vietnam-era Huey and the person’s whose ball lands in or closest to the hole will win a prize package. For more information, call 334-598-2508 or 1-888-Army-Avn.

Beyond Briefs

Ballet and the Beasts

The Montgomery Ballet will put on a free performance under the stars at “Ballet and the Beasts” at the Montgomery Zoo Sept. 23. People are welcome to bring picnic blankets and chairs. Gates will open at 6 p.m. and the performance will begin at dusk.

For more information, call 334-240-4900 or visit montgomeryzoo.com/announcements/ballet-and-the-beasts.

Drum and dance project

The Global Arts Society of Panama City, Florida, host its African Caribbean Drum and Dance Project Saturdays, now through Nov. 19, from 9:30-11 a.m. at its facility at 819 E. 11th Str. Bldg. 10. According to organizers, admission is free, but donations to benefit the society are welcome. The African Caribbean Drum and Dance Project offers an abundance of opportunities to learn and explore culture through dance and percussion instrumentation.

Using a variety of instruments, body-music, choreography, vocals, and group drumming activities, musicians and dancers will build on their natural rhythm sensibilities.

Formore,visit<http://www.bayartsevents.com/event/african-caribbean-drum-dance-project/>.

‘Charlotte’s Web’

The Alabama Shakespeare Festival will present its production of “Charlotte’s Web,” based on the novel by E. B. White, now through Oct. 20 on Saturdays and Sundays at 2 p.m. and 4 p.m., and select Thursdays and Friday at 7:30 p.m. ASF officials describe the story as a timeless tale about love, loss, friendship and courage. “Charlotte’s Web” shares the story of Wilbur, a lonely little pig, whose life is transformed by the efforts of Charlotte, a kind and generous spider, who teaches him about the power of belief and the true meaning of friendship. Charlotte’s Web is sponsored by Edith Johnston Crook. The play is recommended for ages four and up. For exact show times and to purchase tickets, visit www.asf.net/Plays-and-Shows/2016-2017-Season/Charlotte-s-Web.aspx.

For more information, call 334-271-5353.

Estuaries Day

The Apalachicola National Estuarine Research Reserve will celebrate National Estuaries Day Sept. 23 from 1:30-6 p.m. in Eastpoint, Florida. Activities will include dozens of free educational activities for children and adults, including marine animal touch tanks, lessons on casting a fishing rod and estuary-themed games.

During Estuaries Day, visitors will be able to interact with researchers and vol-

unteers from the Apalachicola National Estuarine Research Reserve, St. Joseph Bay State Buffer Preserve, the Environmental Cooperative Science Center, Florida Fish and Wildlife Conservation Commission, Gulf Specimen Marine Lab, and Florida State University Coastal and Marine Lab.

Attendees can also tour the ANERR’s 5,400-square-foot Nature Center with its three large, clear sided aquariums filled with local sea life, an 80-foot long mural depicting the area ecosystems, and a hands-on Bay Discovery Room.

For more information, call 850-670-7700 or visit apalachicolareserve.com/.

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/.

Pirate fest

Panama City Beach, Flroida, will host its Pirates of the High Seas Fest Oct. 7-9 at Pier Park and Capt. Anderson’s Marina. The free festival will feature a scavenger hunt, pirate invasions, children’s parade, main parade,

live music, fireworks and more.

For more details, visit <http://www.visitpanamacitybeach.com/piratesofthehigh-seas/>.

Jazz by the Bay Festival

Panama City, Florida, will host the 16th annual Jazz by the Bay Festival Oct. 7-8 at Oaks by the Bay Park from 6:30-11:59 p.m. The free festival will include 10 hours of jazz over the two days played by six bands playing various styles of jazz.

For more details, visit <http://www.bayartsevents.com/event/16th-annual-jazz-by-the-bay-festkival/>.

Zoo Boo

The Montgomery Zoo will host 13 nights of horror and fun at its Zoo Boo starting Oct. 13. Zoo officials welcome people to climb aboard the Haunted Hay Ride or mosey on over to the Pumpkin Pull for a good, old-fashioned, non-scary, traditional hay ride. The event will also feature games, bouncy castles, concessions and more.

Gates open nightly at 6 p.m., and the first Haunted Hay Ride will pull out at dusk. Event fee is \$15 for ages 3 years old and older. Ticket includes entry, one ride on either the Haunted Hay Ride or the Pumpkin Pull Hay Ride and one sheet of game tickets – 10 tickets per sheet.

For more information, call 334-240-4900 or visit montgomeryzoo.com/announcements/zoo-boo-week-1.



ARMY PHOTO

The groundbreaking ceremony for the National Army Museum at Fort Belvoir, Virginia, Sept. 14 was performed by Sgt. Maj. of the Army Daniel A. Dailey; Chief of Staff of the Army Gen. Mark A. Milley; retired Army Chief of Staff Gen. Gordon R. Sullivan; Secretary of the Army Eric Fanning; Katherine Hammack, assistant secretary of the Army for Installations, Energy and Environment; and retired Gen. William W. Hartzog, vice chairman of the Army Historical Foundation.

CHIEF OF STAFF:

Army Museum a tribute to all Soldiers who served

By David Vergun
Army News Service

FORT BELVOIR, Va. — “This museum will remind all of us what it means to be a Soldier, what it means to serve with incredible sacrifice, with incredible pride,” said Chief of Staff of the Army Gen. Mark A. Milley.

“And most importantly, this museum is a tribute to those 30 million Soldiers who’ve worn this distinguished uniform ... and their loved ones who supported them,” he said.

Milley, Secretary of the Army Eric Fanning, other Army leaders, donors, guests and Gold Star families attended the ceremony and groundbreaking of the National Army Museum at Fort Belvoir Sept. 14.

“We’ve waited 241 years for this moment,” Secretary Fanning said of the groundbreaking for the museum. “It’s almost impossible to separate the Army’s story from this nation’s story. In so many ways, the history of the Army is the history of America.”

The museum will be free-of-charge to visitors, and is expected to open in 2019. Plans for the 185,000-square-foot facility include more than 15,000 pieces of art, 30,000 artifacts, documents and images.

The Army’s chief of staff said he believes the museum will offer visitors an experience they can’t find in history books or online, and that a visit to the museum will enhance visitor’s knowledge of United States and its Army and convey, “the cost and the pain of the sacrifice of war, not in dollars, but in lives.”

In the museum, Army weapons, uniforms, equipment, and letters written by Soldiers at war will help visitors better connect with their Army, Milley said.

TELLING AMERICAN STORY

The Army, Fanning told the audience, is even older than the nation it defends, and its history and the nation’s have been intertwined since the beginning.

From the Revolutionary War to the wars in Iraq and Afghanistan, the Army has borne the greatest share of America’s losses, Fanning said. Fully 85 percent of all Americans who have given their lives in defense of the U.S. and its interests have done so while serving in the Army.

Besides fighting the nation’s wars, Soldiers have also been pioneers, Fanning said, citing the achievements of Capt. Meriwether Lewis and 2nd Lt. William Clark. Together, they led a team to explore and map the western U.S., an effort that came to be known as the Lewis and Clark Expedition.

Another example cited by Fanning was the effort by the Army Corps of Engineers to aid the construction of the nation’s roads, railroads, canals and bridges.

In the 20th century, he said, Army scientists guided America to new frontiers, pioneering advances in aviation, creating solar cells and launching America’s first

satellite into space.

Fanning said he is reminded of the Army’s pioneering history every day by a framed piece of regimental colors in his office. Those colors are what remains of the standard carried in the Civil War by the 54th Massachusetts, the Army’s first African-American regiment.

That small piece of flag will be displayed in the National Army Museum, “joining thousands of artifacts that will help tell our shared story,” Fanning said. “The museum will strengthen the bonds between America’s Soldiers and America’s communities.”

A VIRTUAL MUSEUM

Retired Chief of Staff of the Army Gen. Gordon R. Sullivan, who now serves as the chairman of the Army Historical Foundation Board of Directors, said the museum is meant to “tell the comprehensive story of the Army history as it finally deserves to be told.”

That story, he said, will include all components of the Army, and will also include the story of the Continental Army, which existed even before the birth of the U.S.

The museum, he said, will also be a “virtual museum, without walls, having connectivity with all of the Army museums.”

Also significant, Sullivan said, is the museum’s location. The site chosen at Fort Belvoir is less than seven miles from Mount Vernon – the home of the Continental Army’s first commander-in-chief, Gen. George Washington.

TELLING THE SOLDIER STORY

Retired Gen. William W. Hartzog, vice chairman of the Army Historical Foundation Board of Directors, said one of the first things visitors will see when they enter the museum is a series of pictures and histories of individual Soldiers.

“We are all about Soldiers,” Hartzog said.

During the groundbreaking ceremony, attendees heard some of those stories for themselves. Capt. Jason Stumpf of the 92nd Civil Affairs Battalion, 95th Civil Affairs Brigade at Fort Bragg, North Carolina, for instance, took the stage to talk about his wife, 1st Lt. Ashley White-Stumpf.

“She was doing what she did for a greater good and she always believed this,” he said. She was killed in Afghanistan in 2011.

“She only wanted to help and answer the call,” he continued. “Ashley would be the first to stand in the entryway and say she’s not the only one that answered the call. Many before and many after her will do the same thing.”

White-Stumpf’s story will be one of many told at the new Army museum. Another will be that of now-deceased Staff Sgt. Donald “Dutch” Hoffman, uncle to Brig. Gen. Charles N. Pede, who now serves as the assistant judge advocate general for Military Law and Operations.

Pede said his uncle got the name “Dutch” because he grew up as a tough kid on the streets of Erie, Pennsylvania, and was always in trouble or “in Dutch.”

Dutch enlisted at age 17, Pede said, and soon found himself in Korea. During his first firefight, Dutch had been scared. But shortly after, he attacked an enemy machine gun position by himself, rescuing wounded Soldiers and carrying them to safety. He earned a Silver Star for his actions.

He would later be wounded in battle and left for dead, Pede continued. But a “miracle-working” Army doctor brought him back to life.

Finally, now-retired Brig. Gen. Leo Brooks Jr. spoke about his late father, retired Maj. Gen. Leo A. Brooks Sr. When Brooks the senior entered the Army in 1954, his journey was filled with challeng-

es, Brooks Jr. said, as the Army had only recently become desegregated.

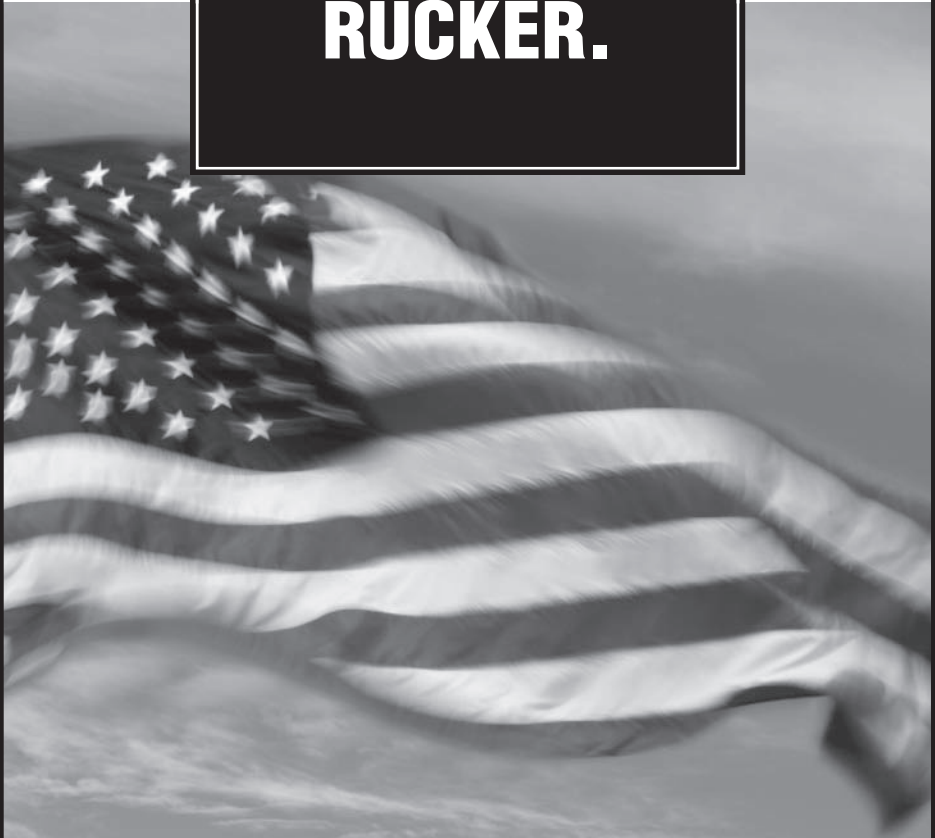
Brooks senior had to earn the respect of others as a leader, his son said. That he became a leader was due to the sacrifices of others before him.

Brooks junior said he and his brother, Gen. Vincent K. Brooks, who now serves as commander of U.S. Forces Korea, U.N. Command and Combined Forces Command, both looked to their father for guidance – and followed him into the Army.

We “naturally followed in his profession because we could see and feel the nobility of the Army’s core values he instilled,” Brooks junior said.

Today, the Army is the only military service without its own national museum. The National Museum of the United States Army, to be built on 80 acres of land at Fort Belvoir, will remedy that.

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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.

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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MILITARY MEMBER BENEFIT #31:

Get our free online Leaving the Military Guide to help with your transition to civilian life.

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SEPTEMBER 22, 2016

TATER TO TROT

Program helps beginner runners make the distance

By Jeremy Henderson
Army Flier Staff Writer

Fort Rucker's annual Turkey Trot 5K kicks off Nov. 21 and a new program aims to help more runners lace up this year.

Micah McElderry, Fort Rucker fitness specialist, said the seven-week 2015 From Tater to Trot Couch to 5K Running Class helps anyone at any fitness level complete a 5K with confidence.

"Our goal is to transform you from couch potato to runner, getting you to begin running a 5K, or 3.1 miles, on a regular basis in just two months," she said. "Our program is less of a running program than a walking and jogging program. It's not until week four when we will be doing a continuous run."

"We will also have a program for those who are currently running 2 miles or more several times a week and are wanting to improve their 5K time," she added.

According to McElderry, the beginner-friendly class is designed to condition runners to run 3 miles on a regular basis in just under two months. Participants team up with other beginner runners to learn running tips, obtain weekly running plans and safely prepare to run a 5K.

"The benefits of implementing a consistent cardiovascular program, like running are too numerous to ignore," she said. "Common health issues can be positively affected, prevented or controlled just by exercising."

"This class is perfect for individuals who are hesitant about starting a new fitness program," she added. "The class helps runners become motivated and accountable alongside others who are at the same fitness level."

Classes, which begin Tuesday, are Tuesdays and Thursdays beginning at 8:30 a.m. at the Fort Rucker Physical Fitness Center, Bldg. 4506, on Andrews Avenue. Cost is \$3.50 per class and pa-



PHOTO BY TORI EVANS

Runners dress in their St. Patrick's Day best as they participate in the Shamrock Shuffle 5K/10K race last year.

trons may use a fitness card purchased at either PFC. Fitness cards are \$15 for two weeks or \$30 for a month of unlimited classes.

"I always say, 'Rome was not built in a day,'" McElderry said. "The cardinal rule of the new runner is to be patient. Your body needs time to adapt to this new activity you're asking of it. It may be uncomfortable at first, but

you'll begin to see results fairly quickly.

"All the same, it's important to build gradually," she added. "When starting a new exercise program everyone will feel self-conscious. This is part of training anything. It takes time to build confidence. The key to developing an active lifestyle is baby steps. Start with something you

can do right now, with what you have. Go for a 10-minute walk. Little changes really can change everything."

Participants should get a good night's rest, preferably seven to eight hours, before each class, and also eat breakfast and drink 12 ounces of water an hour beforehand, according to McElderry.

"They should wear light-weight breathable clothing, comfortable shoes and bring water to drink," she added. "We will be stretching before and after we run each day as a class."

Throughout the course of the 8-week program, we will learn proper footwear and attire, nutrition, running tips, receive weekly training plans and other activities, such as strength and cross training, that will condition them for the 5K," she added. "Participants will be given homework each weekend to help them continue to blossom into runners."

For more information, call 255-3794 or 255-2296.

BACK BY POPULAR DEMAND

Runners set to compete in Hispanic Heritage Half Marathon

By Jeremy Henderson
Army Flier Staff Writer

Hundreds of runners made Fort Rucker history last year as they took their first strides at the inaugural Hispanic Heritage Half Marathon and the event returns Saturday to greet a new crop of competitors.

The community's voice helped make the half marathon a reality, according to Lynn Avila, Fort Rucker fitness programs coordinator.

"The race was created due to popular demand," she said. "It has been requested and it is an event that has done well at other posts. It will be a rewarding challenge for anyone who chooses to participate."

The 13.1-mile distance could seem daunting to novice or casual runners, but Avila said forming a team still provides a challenge for any runner.

"Two people can form a relay team," she said. "That splits the distance evenly and provides a challenge for anyone."

A bus will transport team members to and from the 6.5-mile mark to meet their partners and complete the second half of the race, according to Avila. "We will have fruit and refreshments at the half way point, as well."

"This is an excellent opportunity for anyone who wishes to attempt a low-key half marathon with less competition before they attempt a



PHOTO BY TORI EVANS

Runners take their opening strides during the inaugural Hispanic Heritage Half Marathon last year. This year's race begins at 7 a.m. Saturday.

larger race," she added.

Rest and nutrition are just as important as physical training when preparing for race day, according to Avila.

"Definitely eat well and hydrate," she said. "If you are runner who likes to have energy packets or snacks during the run, definitely bring those."

Avila said encouraging signs will be placed along the route to motivate runners during the run.

"We wanted to create something to break up the scenery and encourage our runners during this challenging race," she said.

Race day registration will be from 6-6:45 a.m. The half marathon will start at 7 a.m. at the Fort Rucker Physical Fitness Center on Andrews Avenue.

Participants are encouraged to pre-register at either PFC or MWR Central. The race costs \$15 per individual with the no shirt option, \$30 with tech shirt while supplies last. Teams cost

\$60 for two-person relay team – includes tech shirts while supplies last.

The event is open to the public. Trophies will be awarded to the top three overall male and female finishers, and the winning team. Trophies will also be awarded to male and female finishers in 14 different age groups. All finishers will receive a participation medal. The top three teams will receive a banner and medals.

This year's half marathon will feature a two-mile fun run, open to all ages, beginning at 7:30 a.m.

Road closures

Road closures during the event include: Third Avenue will be closed Saturday from 7-11 a.m. from the intersection with Gladiator to the merge with Andrews Avenue, Andrews Avenue to Hatch Road and Hatch Road south and east towards Newton to the turnaround point.

For more information, call 255-2296.



MHIS GRAPHIC

Experts: Teamwork key to preventing Soldier suicides

By David Vergun
Army News Service

WASHINGTON — Staff Sgt. Miguel Sierra vividly recalls himself and his staff handling logistical matters in the aftermath of a sailor committing suicide.

As a behavioral specialist and the NCO in charge of the Army Health Clinic at Schofield Barracks, Hawaii, Sierra said this experience impressed upon him the importance of teamwork and the need for Soldiers to maintain awareness of signs of distress among their fellow Soldiers.

Sierra recalls that just nine years ago, Soldiers would receive "after the fact training," meaning that units provided suicide education only following a suicide.

"When that happened enough times, people realized the issue was more serious than it was," he said. "Now, commanders and NCOs are getting the word out about suicide prevention. They're being more proactive and less reactive."

These days, commanders are more respectful of the advice of psychologists, psychiatrists and other health professionals who are trained to identify suicide risk factors and conditions that can serve as precursors to suicide like traumatic

SEE TEAMWORK, PAGE D3

PIGSKIN PICKS



Houston vs.
New England

Cincinnati
vs. Denver

Minnesota
vs. Carolina

San Diego vs.
Indianapolis

Pittsburgh vs.
Philadelphia

Chicago
vs. Dallas

Atlanta vs.
New Orleans

 David Agan PAO (7-7)							
 Col. Tom von Eschenbach CDID Director (8-6)							
 Jim Hughes PAO (7-7)							
 Capt. Jason Jordan 6th MP (9-5)							
 Capt. Mike Simmons DPS (10-4)							

DOWN TIME

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FLASH GORDON

BY JIM KEEFE 9-18

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NEXT! RECKONING!

Just Like Cats & Dogs by Dave T. Phipps

IRONIC, ALL YOUR GARAGE SALES AND NOW THE ONE THING WE REALLY NEED IS ANOTHER GARAGE.

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Trivia test

by Fifi Rodriguez

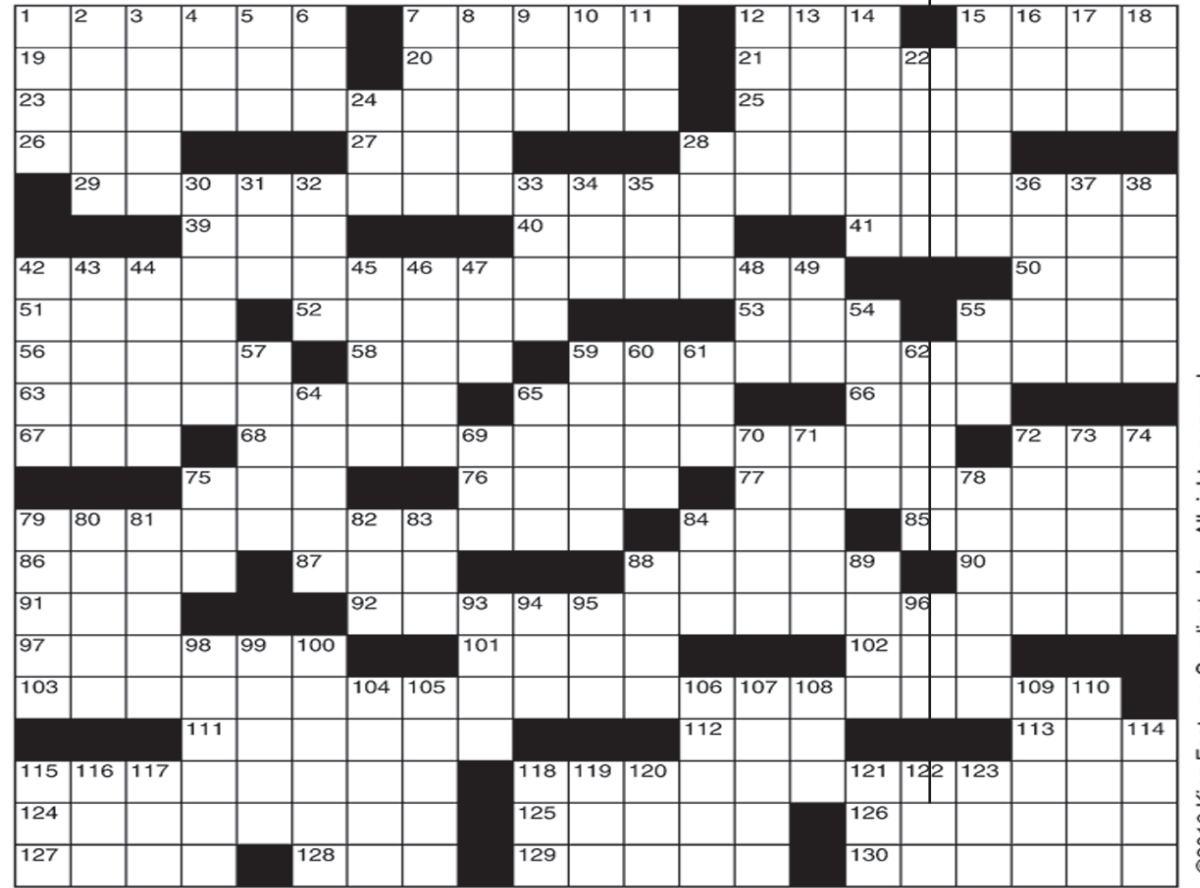
TRIVIA

1. GEOLOGY: What is pumice made of, and what is its most unusual characteristic?
2. ANATOMY: How much blood does the human body contain, on average?
3. MONEY: How many ridges does a dime have?
4. GEOGRAPHY: What is the current name of the country once known as British Honduras?
5. LANGUAGE: What is unusual about the sentence, "Pack my box with five dozen liquor jugs"?
6. HISTORY: When was the euro introduced as legal currency?
7. U.S. PRESIDENTS: Which two presidents had sons who also became presidents of the United States?
8. MUSIC: What was Elvis Presley's first No. 1 hit on a national chart?
9. MOVIES: What actor played the character of Charlie Allnut in "The African Queen"?
10. ANIMAL KINGDOM: What is a group of coyotes called?

See Page D3 for this week's answers.

Super Crossword

- ACROSS**
- 1 Sum total
7 Extra-large
12 Texter's "No way!"
15 Biathlon pair
19 Flung
20 Negative particle
21 Large town with a harbor
23 "Absolutely out of the question!"
25 Says again and again
26 Lose all power
27 Sandra of "Gidget"
28 "For shame!"
29 1982 coming-of-age comedy
39 Nuptial beginning
40 Almost here
41 Parade site
42 Manhattan's 229 West 43rd Street, familiarly
50 Up to, shortly
51 Calendar unit
52 See 117-Down
53 Debtor's slip
55 Shop with cold cuts
- 56 Ding-a— (dopes)
58 Prefix with cycle
59 Suffered misfortune
63 Try hard
65 Ruin the secret
66 Bean holder
67 "Give — buzz"
68 Almost always
72 Exploring aid
75 "Who am — judge?"
76 Ballpoint fills
77 "Judging Amy"
78 co-star
79 1978 #1 hit sung by Lionel Richie
84 Mont Blanc, for one
85 Interior look
86 Actresses Charlotte and Cassidy
87 L minus IX
88 Pricey
90 Slipper, say
91 TV plugs
92 Dickens novel opener
97 Makes irate
101 Salt's call
102 Inspired stuff
- 103 Start of a parent's rebuke to an insistent kid
111 Villains' looks
112 Hall & Oates, e.g.
113 — -ray
115 Unit of naval vessels
118 "Out with the old, in with the new"
124 With direct ancestry
125 Information stand, often
126 Nullify
127 Gem mined in Australia
128 "Rescue us!"
129 Trims, as text
130 Gorilla studier Dian
- CROSS-MULTIPLICATION**
- 10 — mot
11 "Dear Yoko" dedicatee
12 Poppy drug
13 Watchword
14 — Green (old eloping site)
15 Excoriate
16 Sewing —
17 Suffix with Balkan
18 Part of CBS: Abbr.
22 "Hardcore Pawn" network
24 Idaho county
28 Garr of films
30 Shrub with milky latex
31 — -la
32 Many Nam vets' kids
33 Participating
34 Playa — Rey
35 Rove (about)
36 Lay to rest
37 Part of SAG
38 DNA shape
42 Plant tissue
43 Paris' river
44 Post-lecture session, for short
45 John of song
46 Wilkes—, Pennsylvania
47 Prefix with cycle
48 Zippo
49 Liquidy gunk
54 Let out of a cage
55 Pop
57 "A votre —!"
59 Happening by chance
60 Grub
61 Wall St. takeover
62 Perfected
64 Withdrawn painkiller from Merck
65 Tie
69 First dynasty of China
70 N.J. borough
71 Laid-back sort
72 Like a stud
73 Not friendly
74 Ovenware glass
75 Pluralized -y, often
78 — Rides Again" (old western film)
79 Junked stuff
80 Didn't get a choice
81 Stitch again
82 Prince in "Aladdin"
83 Soused
84 Part of NCAA: Abbr.
- 88 Eye irritation
89 Ring out
93 Infant cries
94 Sleuth's cry
95 Like pre-1991 Russ.
96 Caesar of TV
98 Dutch beer
99 Major fad
100 Fishing lines
104 Mello — (soft drink)
105 Inside looks?
106 That is, in Latin
107 Pulls up into a fold
108 "Wow!"
109 Tonys' kin
110 Forearm bones
114 Grotesque
115 Rapper — Rida
116 Cup edge
117 With 52-tilted
118 Classic Jaguar
119 Give a hand
120 King, in Toulouse
121 Pound sound
122 Recent prefix?
123 Auto rental add-on



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See Page D3 for this week's answers.

Weekly SUDOKU

by Linda Thistle

7			8					3
		6			4	7		
	8			5				6
	3		7			2		
		5		3				9
2					5		8	
		3		7				2
	9		6			4		1
1					2			5

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!

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See Page D3 for this week's answers.

KID's CORNER

Riddle Card

1. Who goes to bed with his shoes on?
2. What gates are like church bells?
3. What old weapon is like an angry lover?
4. How can you make a tall man short?
5. What is the hardest key to turn?

Illustrated by David Coulson

Answers: 1. A horse 2. Toll gates 3. A cross-bow 4. Borrow a key 5. A donkey

Junior Whirl

by Charles Barry Townsend

LIAR, LIAR, PANTS ON FIRE!

In the old days, an untruth was rewarded with a soap sandwich. In the grid shown here, we have room for eight words, each of which contains a "LIE." Using the following hints, see if you can find them before the young man above gets a second helping.

1. Type of baseball pitcher.
2. Politicians speak at them.
3. He wastes his time.
4. Goats or clubs.
5. Soft, semisolid sandwich fillers.
6. Small, lace table napkins.
7. Old-time public transportation.
8. An Italian boatman.

Answers: 1. Relief 2. Rallies 3. Dailies 4. Dishes 5. Jellies 6. Dollies 7. Trolleys 8. Gondolier

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7 8 5 7 4 8 6 2 4 5 3 8 3
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8 3 6 5 3 5 2 4 6 7 8 4 6
S U U D A I D P C F U L C
7 2 4 6 3 8 4 6 2 7 4 5 8
E O O E R A R S O I E L L
5 3 5 8 7 3 7 6 4 5 6 3 4
I E G C S U F S N E H N E
5 4 8 5 4 6 3 6 3 4 6 8 4
N W O T I A D S A D T U E
8 2 3 7 2 8 7 3 2 3 4 6 3
R R U U O T L N P T A E E
8 6 8 3 7 2 6 2 6 2 4 8 8
S N H D L E E N D S S I P

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 to right. Then read the message the letters under the checked figures give you.

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HOCUS-FOCUS

BY HENRY BOLTINOFF

Find at least six differences in details between panels.

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Healing retreats may reduce PTSD symptoms

By David Vergun
Army News Service

WASHINGTON—Preliminary results indicate that therapeutic retreats can reduce post-traumatic stress symptoms in veterans, and improve relationships for both veterans and their caregivers.

The results come from four-day healing retreats studied by the Institute for the Health and Security of Military Families. During the retreats, participants were presented with a variety of activities, including PTSD education, acupuncture, yoga and art therapy, according to Dr. Briana S. Nelson Goff, director of the institute.

For her work in PTSD therapy and research, Goff was presented with the Outstanding Civilian Service Award at the Chief of Staff of the Army Salute during a Twilight Tattoo ceremony at Joint Base Myer-Henderson Hall, Virginia Sept. 15.

A VARIED APPROACH

What works for one person



PHOTO BY DAVID VERGUN

Preliminary results indicate that therapeutic retreats can reduce post-traumatic stress symptoms in veterans and improve relationships for both veterans and their caregivers.

might not work for another, Goff said. So the participants – veterans and their spouses, parents and battle buddies – were exposed to a variety of different experiences. In addition to traditional therapeutic activities, participants engaged in group recreational activities like kayaking, hiking, and dance lessons.

The beneficial effects of the activities can be cumulative, Goff said, rather than relying on one intervention alone to reduce PTSD symptoms.

“We are here to supplement or assist with their treatment, not replace their treatment,” Goff said, adding that not all of veterans who attended the retreats were receiv-

ing formal treatment.

The retreat model, known as Bridging the Gap, first began in 2011 with Soldiers from Fort Riley, Kansas, and veterans from Kansas City and Wichita. Over time, the model has expanded to Chicago, Florida, Georgia, and Washington, D.C., according to Goff. To date, 12 retreats have taken place, and more than 200 veterans and their caregivers have attended.

The group at each retreat is quite small, and each service member or veteran who participates must attend with a caregiver – a spouse, parent, sibling – anyone who will be there to support the person. The only financial cost to the attendees, Goff said, is transportation to the retreat. Bridging the Gap is branching farther out so veterans won’t need to travel as far.

Since 2015, funding for the retreats has been provided through a grant from the Walter Reed Society, a nonprofit group that aims to benefit Walter Reed Army Medical Center and its educational,

patient, treatment, and research activities.

PTSD RESEARCH

At the retreats studied by Goff, data were collected using standardized questionnaires and each day participants were administered non-invasive salivary cortisol testing. Cortisol is the stress hormone in the body. Higher levels of the hormone in the saliva indicate higher levels of stress, she explained.

Goff said data from the salivary cortisol testing is currently being analyzed and results could be available as early as this month. This additional data will provide unique information about whether the retreats are having a positive impact on the participants’ physical health.

“Our data indicates that they are experiencing lower PTSD symptoms by the end of the retreat,” she said. “This (cortisol testing) will allow us to learn whether there are any biological and physiological changes over the four days.”

Teamwork

Continued from Page D1

brain injury and post-traumatic stress disorder, he said.

Sierra’s current job involves offering “reintegration program” guidance to Soldiers returning from deployment. He sits down with them and discusses the challenges they will face in the peacetime environment and briefs them on the services that are available should they feel depressed.

However, he is quick to add that, just because a Soldier hasn’t deployed, that doesn’t mean the soldier isn’t at risk.

There was a time when Soldiers felt too ashamed or embarrassed to seek help for suicide, depression, PTSD and other behavioral health issues, he said. That only further alienated them.

“It is still not easy for Soldiers to come and see us, but over the last five years

we’ve done a good job in telling them it’s not a sign of weakness to seek help,” he added.

Now, even commanders and first sergeants are sharing with Soldiers about their own struggles with depression or PTSD.

“Their testimony is even more effective than what I do,” he said. “The message is, it’s OK to seek help.”

SUICIDE IDEATION SYMPTOMS

Warning signs that a Soldier may be contemplating suicide, Sierra said, can include a simple change in demeanor, the manifestation of unusual behaviors, or a Soldier avoiding interaction with his or her children, spouse or coworkers.

Fellow Soldiers are perhaps best positioned detect such signs early on, according to Lt. Gen. Nadja Y. West, Army surgeon general and commander of the

Army Medical Command.

“Who knows what a person is like better than the person you’re with every day? That person can sense a demeanor change,” West remarked at a Defense Writers Group Aug. 18.

The first time a behavioral health specialist meets with a person, the specialist will be unfamiliar with the person’s usual behavior and personality and, for that reason, may not immediately recognize a difference in attitude or outlook.

A battle buddy or spouse who interacts with the person every day, on the other hand, might easily notice such a difference.

BUDDY AIDE PROGRAM

Sierra said that the Army has been implementing ACE training for some time, with ACE standing for ask, care, escort.

ACE teaches individuals, such as a fel-

low Soldier, to ask if the buddy is doing OK and is trained to care, watching for outbursts, signs of depression, giving away possessions or talking about feelings of helplessness.

That buddy can then escort, or get that person to the chaplain or behavioral health expert for care and treatment, he said.

Soldiers are also trained in ways to engage that person so they don’t fear, “What if I mess up when I approach them?” he added.

West said the Army has seen a dramatic increase in behavioral health visits by Soldiers, from 900,000 patients two years ago to over 2 million within the past year.

The increase doesn’t mean the problem is getting worse. It means the word is getting out that seeking help is OK, she added.

PIGSKIN PICKS



	Georgia vs. Ole Miss	Wisconsin vs. Michigan State	Florida vs. Tennessee	Louisiana vs. Auburn	Army vs. Buffalo	Stanford vs. UCLA	Arkansas vs. Texas A&M
 Kent Anger DPTMS (11-3)							
 Todd Conyers USAACE (11-3)							
 Jeff Frey NCOA (10-4)							
 Wes Hamilton NEC (10-4)							
 John Tkac DPS (11-3)							

Super Crossword

Answers

AMOUNT JUMBO OMG SKIS
TOSSED ANION PORTCITY
ATHOUSANDXNO ITERATES
DIE DEE TUTTUT
FASTXATRIDGE MONTHIGH
PRE NEAR AVENUE
XSQUAREBUILDING TIL
YEAR SLANT IOU DELI
LINGS TRIT FELLONHARDX
ENDEAVOR BLAB POD
MEANINEXOUTOFTENMAP
ITO INKS TYNEDALY
THREEXALADY ALP DECOR
RAES XLIT STEEP SHOE
ADS ITWASTHEBESTOFX
STEAMS AHOY AIR
HOWMANYXHAVEITOLDYOU
SNEERS DUO BLU
FLOTILLA XARECHANGING
LINEALLY KIOSK REPEAL
OPAL SOS EDITS FOSSEY

Weekly SUDOKU

Answer

7	2	1	8	9	6	5	4	3
3	5	6	1	2	4	7	9	8
9	8	4	3	5	7	1	6	2
6	3	8	7	1	9	2	5	4
4	7	5	2	3	8	6	1	9
2	1	9	4	6	5	3	8	7
8	4	3	5	7	1	9	2	6
5	9	2	6	8	3	4	7	1
1	6	7	9	4	2	8	3	5

Answers

- It is formed by magma, and it's the only rock that floats.
- 10 pints
- 118
- Belize
- It contains all the letters of the alphabet.
- Jan. 1, 1999
- John Adams and George Bush
- "I Forgot to Remember to Forget"
- Humphrey Bogart
- Band

Puzzle Answers

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FORT RUCKER SPORTS BRIEFS

Rucker Lanes limited access

Now through Monday, bowling is 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.

Trail ride

Fort Rucker Outdoor Recreation will host its ATV and Dirt Bike Trail Ride Saturday from 7 a.m. to 1 p.m. Pre-registration is required, and the cost is \$20. Drivers must pass the safety driving test through ODR before participating. Participants must provide their own ATV or dirt bike, and also provide their own protective gear, including helmets, boots, etc., that must be worn at all times. The event is open to the public, ages 16 and up. For more information, call 255-4305.

Hispanic Heritage Month Half Marathon

The Fort Rucker Physical Fitness Center will host a Hispanic Heritage Half Marathon Saturday at 7 a.m. Participants are encouraged to pre-register. Forms are available at either PFC. Refreshments will be provided. The event is open to the public. For more information, call 255-2296.

Tater to Trot Couch to 5K

The Fort Rucker Physical Fitness Center will host its Tater to Trot Couch to 5K Running Class Tuesday-Nov. 15. The beginner-friendly running class is designed to help people get race-ready to complete their first 5K, or simply transform them from couch potato to runner, according to PFC officials. The goal is to get participants running 3 miles on a regular basis. Participants will learn running tips, obtain weekly training plans and condition themselves to complete the Turkey Trot Nov. 19. People can look for class times on the October Group Fitness Schedule. Cost is \$3.50 per class and people can use their fitness cards. The class is open to authorized patrons. For more information, call 255- 2296 or 255-3794.

Tee Up For ATM

Silver Wings Golf Course will host its Tee Up for Army Ten-Miler Sept. 30 and Oct. 1, with a registration deadline of Sept. 26. The tournament is designed to support the Fort Rucker Army Ten-Miler team. The format will be 18 holes, four-person team scramble with a maximum of 36 teams per day. Two play time options are available: afternoon option, Sept. 30 at noon with a shotgun start; or morning option, Oct. 1 at 8 a.m. with a shotgun start. Cost is \$75 for non-members and \$65 for members. Cost includes tournament course fees,

range golf balls, tee gifts, tournament meal and prizes. Mulligan's will be sold two for \$10 each or \$40 for a team. The tournament will be open to the public.

For more information, call 255-0089.

Youth basketball registration

Child, youth and school support youth sports fall basketball registration will take place Oct. 1-31. Cost is \$40 to participate and additional children will receive a percentage discount to be determined at parent central services during registration. Teams will be broken down into age groups: Training League - ages 6-8; PeeWee League - ages 9-10; Minor League - ages 11-12; Junior League - ages 13-14; and Senior League - ages 15-18. Children must meet age requirements by Sept. 1. A current sports physical and a valid CYSS registration are required for participation. There will be a parents meeting Nov. 3 at 6 p.m. at the youth center gymnasium, Bldg. 2800, Seventh Avenue. Coaches are needed and people interested can call 255-2257 or 255-2254. For more information and to register, call 255-2257 or 255-2254.

Adult swimming lessons

Fall swimming lessons for ages 18 and older will be conducted at the Fort Rucker Physical Fitness Center Indoor Pool, Bldg. 4605 on Andrews Avenue. Cost is \$50 per participant. Each session

includes eight classes that will be held Tuesdays and Thursdays. People need to register at least three days prior to the start of the session at the Fort Rucker Physical Fitness Center. Beginners classes run 5:15-6 p.m. and intermediate classes run 6:15-7 p.m. For more information, call 255-2296 or 255-9162.

Two-Man Buddy Bass Tournament

Fort Rucker Outdoor Recreation will host its Two-Man Buddy Bass Tournament Oct. 8 from 6 a.m. to 2 p.m. at Lake Tholocco. Entry fee is \$100 per team. Only 25 slots are available. The Top 3 weigh-in totals will receive a cash prize, and there will also be a prize for biggest fish. Participants must have an Alabama State Fishing License, Fort Rucker Post Fishing Permit and Fort Rucker Boater Safety Completion Card.

For more information and to register, call 255-4305.

Party in Pink

Fortenberry-Colton Physical Fitness Center will host its Party in Pink spin session Oct. 13 from 5:30-7:30 p.m. to help bring awareness to Breast Cancer Prevention Month. People are welcome to dress in pink and take part in the two-hour spin challenge. Refreshments will be served. For more information, call 255-3794.

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