

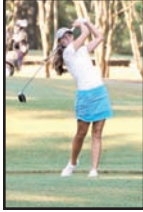
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ARMY FLYER

SERVING THE U.S. ARMY AVIATION CENTER OF EXCELLENCE AND THE FORT RUCKER COMMUNITY SINCE 1956

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FORT RUCKER ★ ALABAMA

SEPTEMBER 15, 2016



PHOTO BY NATHAN PFAU

Fort Rucker firefighters climb the stairs of Bldg. 5700 during the stair climb tribute Friday during which they climbed the equivalent of 110 floors, the amount equal to the floors in the World Trade Center, to honor those who lost their lives during the 9/11 attacks.



COURTESY PHOTO

Col. Shannon T. Miller, Fort Rucker garrison commander, poses with Fort Rucker firefighters following their climb.

9/11 REMEMBERED

Event honors 1st responders, lives lost

By Nathan Pfau
Army Flier Staff Writer

As Americans across the world were remembering the fateful events of Sept. 11, 2001, Fort Rucker was also doing its part to make sure the nation never forgets.

This year's 9/11 remembrances consisted of multiple events to honor those who sacrificed to save the lives of so many, including a stair climb, moving tribute and ceremony at the Directorate of Public Safety.

The remembrances started off with a stair climb Friday at Bldg. 5700 where Fort Rucker firefighters came together in full gear to climb the equivalent of 110 floors, the amount of floors in the World Trade Center towers, as a tribute to those firefighters who lost their lives on that fateful day 15 years ago.

People gathered in the atrium of Bldg. 5700 to applaud the firefighters for their tribute, and Col. Shannon T. Miller, Fort Rucker garrison commander, was among those who witnessed the commemoration.

"I felt extremely proud of our firefighters as they honored their fellow brothers and sisters who died tragically 15 years ago," said the garrison commander. "As the Fort Rucker first responders made their climb while pushing each other and encouraging one another, carrying the necessary life-saving equipment to make the 110 floors, I believe that we were all reminded of the courage that America's men and women had that day. They ran towards the face of danger, as the rest of the American public tried to get away from the danger."

"They were simply doing what they do and selflessly gave of themselves as they tried to rescue those who were in need," she continued. "It is important to take the time to reflect on our first responders' courage and determination because they truly represent what America is all about, and the resolve that our nation has to stand up to anything that threatens the American public and our way of life."

Mikel Featherston, civilian firefighter, was among those who braved the climb. He said it was an honor to be able to not only be a part of the climb, but also help plan the event.

"It really meant a lot to me to participate because I was in high school when 9/11 happened, and when it happened, I had already had planned on being a firefighter since I was a little kid but it reinforced my decision on what I wanted to do," he said. "To be able to help plan and take part in a ceremonial stair climb for the department that I work at was very emotional and it meant a lot to me."

Featherston said the climb was very physically demanding, but he and his fellow firefighters were able to push past the physical challenges of the climb because of what they were climbing for.

"I guess the adrenaline or emotions kept me going throughout the climb, but as soon as I was done and got my gear off and got back to the station I felt it," he said. "It wasn't as much adrenaline as you would get if you had a call that day to respond to,

SEE 9/11, PAGE A7

TCM-AB gains new leadership

By Kelly P. Morris
U.S. Army Aviation Center of Excellence
Public Affairs

A familiar face at Fort Rucker assumed the leadership role as director at the U.S. Army Training and Doctrine Command Capability Manager for Aviation Brigades during a Change of Charter ceremony at the U.S. Army Aviation Museum here Sept. 12.

Col. Ryan Coyle received the charter after it was relinquished from outgoing director, Col. Mark Moser, symbolizing the transfer of authority from outgoing to incoming director.

Ceremony host Col. Tom von Eschenbach, director, Capability Development and Integration Directorate for the U.S. Army Aviation Center of Excellence, in his remarks thanked the audience for attending the ceremony, including the leaders' family and also the members of "TCM-AB" who are "the heart and soul of the organization," he said.

"All the directorates of CDID are the engine of change in how we design, build and improve today's and tomorrow's Army," von Eschenbach said.

The driving force of those engines is to win in a complex world, in keeping with the Army Op-

SEE TCM-AB, PAGE A6



PHOTO BY KELLY P. MORRIS

Col. Ryan Coyle, incoming director, TRADOC Capability Manager for Aviation Brigades, receives the charter passed to him from ceremony host Col. Tom von Eschenbach, director of the Capability Development and Integration Directorate, after it was relinquished from outgoing TCM-AB director, Col. Mark Moser during a Change of Charter ceremony Sept. 12.

Post puts emergency response to the test



PHOTO BY NATHAN PFAU

Fort Rucker civilian and military police respond to a simulated scenario and help simulated casualties during a force protection exercise held at Veterans Park Sept. 8.

By Nathan Pfau
Army Flier Staff Writer

As the giant voice rang out over Fort Rucker, the installation's first responders prepared to respond to an incident to test their ability to react to worst-case scenario at a moment's notice.

In conjunction with Antiterrorism Awareness Month, Fort Rucker held its annual force protection exercise Sept. 8 at Veterans Park, where multiple agencies had to work together to respond to a simulated attack with multiple casualties, according to Willie Worsham, Fort Rucker emergency manager.

The scenario for this year's exercise was set during a small ceremony at Veterans Park, where approximately

SEE EMERGENCY, PAGE A7

ADDICTION

Performance seeks to get people talking about difficult subject

By Nathan Pfau
Army Flier Staff Writer

Addiction can be one of the hardest fights a person faces in life, and it affects more than just the person afflicted, so Fort Rucker's Army Substance Abuse Program is doing what it can to raise awareness of the problem and help those who might be in need of assistance.

ASAP teamed with Outside the Wire to bring the Addiction Performance Project to the installation as a way to help educate people on the dangers of addiction, as well as help people see what addiction looks like, according to Lynn O'Brien, ASAP alcohol and drug prevention coordinator.

"(This) prevention training is something new and we use this vehicle as an education tool," she said. "It's really difficult to teach about or hold training for an age-old problem, and addiction is just one of those



PHOTO BY NATHAN PFAU

Soldiers attend the Addiction Performance Project presentation hosted by Fort Rucker's Army Substance Abuse Program at the post theater.

things that is difficult to talk about. It's difficult to talk about now, it was difficult to talk about 100 years ago."

That's why ASAP looks for unconventional ways to help get

the message across by engaging its audience and getting them involved in active discussions, which is one thing the Addiction Performance

SEE ADDICTION, PAGE A7

PERSPECTIVE

TRADOC CSM

Leader development: Step up to the challenge

By Command Sgt. Maj. David Davenport
U.S. Army Training and Doctrine Command Command Sergeant Major

(Editor's note: This was originally published as a "CSM: Blog," part of the TRADOC Web site available at <http://tradoc-news.org/category/straight-from-the-csm/>.)

FORT EUSTIS, Va. — By now, you should all know that we have identified the best NCO and Soldier who will represent the U.S. Army Training and Doctrine Command in this year's Department of the Army Best Warrior Competition.

But just in case you haven't heard, our winners were Staff Sgt. Nicholas Bogert from the Fires Center of Excellence at Fort Sill, Oklahoma, and Spc. Kenneth Vice from Maneuver Center of Excellence at Fort Benning, Georgia. I am very confident that these two great Soldiers will clearly demonstrate to the other competitors that TRADOC has fit, disciplined and well-trained Soldiers within our many organizations.

As I stood on the stage waiting to announce the winners, I listened to the narrator describe the event. I was amazed at what these Soldiers had been exposed to in a little more than 72 hours of continuous training.

Here's what the narrator read to the crowd.

"The (TRADOC) Best Warrior Competition started with a physical fitness assessment that set the pace for what could be expected throughout the next four days. Over the course of the competition, these warriors were tested mentally, physically, and at times, emotionally by demonstrating proficiency in a number of areas. These areas included multiple weapon systems, M4 marksmanship and a live-fire exercise, first aid, combatives, day and night land navigation, media relations, a physical endurance obstacle course, and multiple written examinations that required early mornings, late nights, and not much room for rest. Each

competitor traveled about 30 miles on foot, while carrying a 30-pound ruck sack and weapon throughout the three-day, hands-on portion. The final event of the competition was completed as each competitor crossed the finish line at the end of the 12-mile foot march."

As I looked at each of the 19 competitors, they were tired, sore and sweaty. But they were standing there at parade rest, prideful of giving it their all throughout the competition. Winning is great, but the feeling of accomplishment and self-awareness they earned over those few days will last a lifetime. They will become better Soldiers and NCOs in our organization for stepping up to the challenge.

So here's to all of the competitors for a job well done!

Representing the Aviation Center of Excellence

Staff Sgt. Ronald L. Hinman

Representing the Maneuver Center of Excellence

Spc. Kenneth K. Vice
Staff Sgt. Blain F. Postal

Representing the Maneuver Support Center of Excellence

Spc. Dillon M. Murray
Staff Sgt. Matthew D. Poole

Representing the Fires Center of Excellence

Staff Sgt. Nicholas R. Bogert

Representing the Intelligence Center of Excellence

Spc. Robert B. Cobb
Staff Sgt. Kyle J.C. Wu

Representing the Sustainment Center of Excellence

Sgt. Eliasib Fregoso
Staff Sgt. Eva Miranda-Bernard



PHOTO BY MICHAEL CURTIS

Staff Sgt. Nicholas Bogert, Fires Center of Excellence, Fort Sill, Okla., accepts the 2016 Best Warrior Competition trophy for being named the TRADOC NCO of the Year at Fort Leonard Wood, Mo., Sept. 1. Presenting the award are Command Sgt. Maj. David Davenport Sr., TRADOC command sergeant major, and Command Sgt. Maj. Roy Ward, Maneuver Support Center of Excellence and Fort Leonard Wood command sergeant major.

Representing the Cyber Center of Excellence

Staff Sgt. Joseph S. Hicks

Representing the Army Recruiting Command

Sgt. 1st Class Joseph W. Frost

Representing the Army Cadet Command

Spc. Tyler A. Shicks
Sgt. 1st Class Michael T. Iozzo

Representing the Asymmetric Warfare Group

Sgt. 1st Class Henry W. Fayson

Representing the Army Training Center

Spc. Amanda C. Reuter
Staff Sgt. Chriss Brooks

Representing the Army Sergeant Major Academy

Sgt. 1st Class Kenneth D. Stephens

Representing the Army Medical Center and School

Spc. Matthew Seh
Staff Sgt. Jonathan L. Champion-Harris

As we begin the next round of leader development through competitions, I challenge you to step up and compete.

Who knows ... you may win, or you might not. But either way, I guarantee you will learn something about yourself.

Will I see you next year at the TRADOC Best Warrior Competition – or the Army level? I hope so.

Rotor Wash

“Fort Rucker commemorated 9/11 with various ceremonies and tributes across post. Why is it important for young children to know who first responders are?”



Taylor Serna,
FRPS custodian

"So they know who they're dealing with in case of an emergency."



Beth Calkins,
FRPS school nurse

"The chance that these children could be in an emergency situation can be high, so they won't be afraid of the people helping them. They need to know who they can trust."



Shaney Shaffer,
FRPS educational technologist

"We try and honor these first responders on the anniversary of 9/11, so we try to bring them in so they're not scared. A lot of time they're scared when they see the firemen in their (suits), so we try to tell them that they're safe."



Angel Hatcher,
FRPS 1st grade teacher

"They need to know what they look like and what to expect if they were to encounter them in any situation."



Dr. Deborah Deas,
FRPS principal

"First responders are one of the most important groups, especially for students this age. If they see something they think is an emergency they know immediately who to call. They also become acquainted with those who use additional gear in emergency situations."

COMMAND

Maj. Gen. William K. Gayler
FORT RUCKER COMMANDING GENERAL

Col. Shannon T. Miller
FORT RUCKER GARRISON COMMANDER

Lisa Eichhorn
FORT RUCKER PUBLIC AFFAIRS OFFICER

Jim Hughes
COMMAND INFORMATION OFFICER

David C. Agan Jr.
COMMAND INFORMATION OFFICER ASSISTANT

EDITORIAL STAFF

Jim Hughes
ACTING EDITOR
jhughes@armyflyer.com

Jeremy P. Henderson
SYSTEMS & DESIGN EDITOR
jhenderson@armyflyer.com

Nathan Pfau
STAFF WRITER
npfau@armyflyer.com

BUSINESS OFFICE
Robert T. Jesswein
PROJECT MANAGER
rjesswein@dothaneagle.com

Jerry Morgan
REGIONAL SALES DIRECTOR
jmorgan@dothaneagle.com

Laren Allgood
DISPLAY ADVERTISING
lallgood@eprisenow.com

Mable Ruttlen
DISPLAY ADVERTISING
mruttlen@eprisenow.com

CLASSIFIED ADS. (800) 779-2557

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

BE PREPARED

Preparedness key to staying safe during hurricane season

Army Flier
Staff Reports

As temperatures begin to cool down for fall and the southeast enters the peak of hurricane season, Fort Rucker officials are urging preparedness to help people remain safe in case of severe weather.

Although hurricane season officially began June 1, according to the National Oceanic and Atmospheric Administration, activity spikes from mid-August through mid-October, and an unruly Mother Nature can devastate lives and property. However, people can lessen their vulnerability to disaster through preparation, according to Willie Worsham, Fort Rucker emergency manager.

September is National Preparedness Month and the South is no stranger to its fair share of rough weather, so Worsham wants to make sure the people of Fort Rucker and the surrounding communities are as ready as they can be for when rough weather hits.

The month serves as a reminder that people should prepare, now and throughout the year, for the types of emergencies that could affect them where they live, work, and also where they visit. Due to the success of last year's theme, "Don't Wait Communicate, Make Your Emergency Plan Today," it will be returning for this September with a continuing emphasis on preparedness for youth, older adults, and people with disabilities and others with access and functional needs. Each week throughout the month focuses on a different theme, including floods,



Your pets are part of your family. Don't forget them when planning for an emergency.

www.ready.gov/animals

READY.GOV GRAPHIC

wildfires, hurricanes and power outages, Worsham said.

According to NOAA, an average of 12 tropical storms, six of which become hurricanes, form over the Atlantic Ocean, Caribbean Sea, or Gulf of Mexico during the hurricane season that runs from June 1 to November 30 each year.

For the South, tornadoes traditionally increase during the fall months, but other dangers like thunderstorms, lightning, flooding and icing can accompany them, said Worsham.

"With the transition of the seasons, the polar front jet stream starts pushing frontal systems across the south," he said. "It creates pretty much the same thing we see in the spring. The fronts

will come through, and during the fall the gulf is still open and still has moisture being funneled up into our area. With the colliding of the two air masses, you can get volatile weather out of it – severe thunderstorms, flooding and tornadoes.

"The key to successfully navigating Mother Nature's nastiness is preparedness," he added. "Make sure that you have a plan."

Worsham suggests that people visit the Ready Army website, which gives people all sorts of information on what to expect, how to make a kit and how to prepare for severe weather seasons and even hurricane season.

The first step is to be informed, said Worsham.

Many emergencies, like power outages, disease outbreaks and manmade accidents can happen anywhere. But certain disasters are more likely in some places than others. At Fort Rucker, a blizzard is less likely than a hurricane, so the first information residents should gather is how to prepare for severe weather caused by hurricanes, he said.

Ready Army recommends understanding the local mass warning systems that officials will use to inform people on weather conditions. At Fort Rucker, the agencies that warn of natural hazards are the National Weather Service and the U.S. Geological Survey. Part of being informed is knowing how to receive information from these agencies, said the emergency manager, adding that it is a good idea to have a backup way of receiving information in case a primary system goes down.

Being informed also means people knowing where evacuation points are located in the event they cannot get home or their current location becomes unsafe. Ready Army suggests people also know what circumstances would require evacuation and when they should shelter in place.

Accountability is a key part of the Army, and in a disaster this does not change. People should know the way they will contact their unit and receive instructions in the event of a disaster.

The next step is to make a plan. Ready Army suggests that people keep their plans practical and tuned to likely disasters that they might face. People should take the

information they learned in the first step and talk about what their family plan is in each different disaster scenario. People should take into account how they will react if it is a weekend, as opposed to a workday, if their children are at school, or if an evacuation is ordered and sheltering in place is no longer an option.

Building a kit is the next step in Ready Army's list. A kit is nothing more than the supplies that people and their families will need over a three-day period. That is the estimated time it might take to clear roads, restore power or have emergency crews reach people.

After a disaster, emergency responders will address critical needs first and might not be able to get to people right away. A disaster kit will allow people to take care of themselves and their families, freeing up emergency responders to focus on the critically injured and restoring infrastructure.

Ready Army suggests people have multiple kits in different locations, like their car, office and home, because they never know where they will be when disaster strikes.

The final step is to get involved. The Army has joined the Department of Homeland Security and Federal Emergency Management Agency in America's PrepareAthon! – a nationwide campaign to increase emergency preparedness and community resilience.

For more information, visit <http://www.rucker.army.mil/readyarmy/>.

REMEMBERING: President, Pentagon leaders honor 9/11 victims

By Terri Moon Cronk
Department of Defense News

WASHINGTON – In the 15 years since terrorists attacked the United States, the steadfast love and faithfulness of survivors, families and friends of those who died have been an inspiration to President Barack Obama and the entire country, the commander-in-chief said at the Pentagon 9/11 Memorial observance Sunday.

Following a moment of silence, and against the backdrop of an American flag that draped the side of the Pentagon where terrorists attacked on Sept. 11, 2001, by flying American Airlines Flight 77 into the western side of the building, the president said the question of how America preserves the legacy of the victims lies in the generation of those who have stepped forward to defend the nation since then.

They are the "men and women in uniform, diplomats, intelligence, homeland security and law enforcement professionals – all who have stepped forward to serve and who have risked and given their lives to help keep us safe," Obama said.

"Thanks to their extraordinary service, we've dealt devastating blows to al-Qaida. We've delivered justice to Osama bin Laden. We've strengthened our homeland security. We've prevented attacks. We've saved lives," the president said. "We resolve to continue doing everything in our power to protect this country that we love. And today, we once again pay tribute to these patriots, both military and civilian, who serve in our name, including those far away from home in Afghanistan and Iraq."



PHOTO BY E.J. HERSOM

President Barack Obama speaks at the 15th anniversary of 9/11 commemoration ceremony at the Pentagon Memorial in Arlington, Va., Sunday. To the president's left are Defense Secretary Ash Carter and Marine Corps Gen. Joe Dunford, the chairman of the Joint Chiefs of Staff.

It is important for America to stay true to the spirit of Sept. 11 by defending the country and its ideals, he noted. "Fifteen years into this fight, the threat has evolved. With our stronger defenses, terrorists often attempt attacks on a smaller but still deadly scale. Hateful ideologies urge people in their own country to commit unspeakable violence. We've mourned the loss of innocents from Boston to San Bernardino to Orlando."

But terrorists know they cannot defeat the United States, he emphasized.

"Groups like al-Qaida (and the Islamic State of Iraq and The Levant), know they

will never be able to defeat a nation as great and as strong as America," Obama said. "Instead, they've tried to terrorize in the hopes that they can stoke enough fear that we turn on each other and that we change who we are or how we live."

That's why it is so important today for America to "reaffirm our character as a nation – a people drawn from every corner of the world, every color, every religion, every background – bound by a creed as old as our founding, E Pluribus Unum. Out of many, we are one," the president said.

The attack on the Pentagon at 9:37 a.m.,

15 years ago was motivated by barbarism and hate, Defense Secretary Ash Carter told the audience, calling it "An attack that rattled the world, shook this mighty building and took 184 lives from us here ... as well as thousands more in New York and Pennsylvania."

Because of the millions of service members who have volunteered to serve and sacrifice since that fateful day 15 years ago, the United States has hammered those who attacked us "with every manner and measure of American power," Carter said, "(by) choking terrorist networks, thwarting looming attacks and bringing Osama bin Laden to eternal justice."

Regardless of what groups terrorists call themselves, "nothing changes who terrorists are or what we'll do to protect our country ... we possess limitless resolve to win, and the wind of goodness [is] at our backs," he said.

"It's been said the manner in which a nation or community cares for its fallen reflects the people's respect for their land and their loyalty to high ideals," said Marine Corps Gen. Joe Dunford, the chairman of the Joint Chiefs of Staff.

"We're here today in that spirit to honor those who lost their lives on 9/11, to maintain our commitment to never forget, and to demonstrate our loyalty to high ideals," Dunford said.

"Those who were taken from us prematurely will be able to look down and know that their lives had meaning," the chairman said. "And they will be able to take pride in how we are carrying on their legacy."

News Briefs

POW/MIA ceremony

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

Thrift shop expo

The Fort Rucker Thrift Shop will host its Hidden Treasures Shopping Showcase and Expo Friday from 10 a.m. to 2 p.m. in its parking lot. Various home-based vendors will set up shop in the parking lot so people can browse their wares.

For more information, call 255-9595.

CIF closure

The central issue facility will be closed for inventory Monday-Sept. 23. Normal operations will resume Sept. 26. For more information, call 255-9573 or 255-1095.

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, 1-3 p.m. and Sept. 28, 4-6 p.m.

Funded legal education program

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

Interested officers should review Army 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.

PTSD education

Lyster Army Health Clinic will offer a spouses post-traumatic stress disorder education

group on Sept. 22 at 4:30 p.m. The group will take place in the behavioral health service area of the clinic. Attendees are asked to arrive by 4:10 p.m. the day of the group and enter from the external behavioral health side entrance on the left side of the clinic.

For more information, call 255-7028.

Yoga classes

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

Chapel's Wednesday Night Alive

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

For more information, call 255-3903 or 255-3946.

BE THERE

DOD: Suicide prevention theme resonates with troop values

By Terri Moon Cronk
Department of Defense News

WASHINGTON — Preventing suicide requires the commitment of all in the Defense Department, Marine Corps Gen. Joe Dunford, chairman of the Joint Chiefs of Staff, said in a videotaped message at the Sept. 7 Suicide Prevention Month kickoff at the Pentagon.

Marine Corps Lt. Gen. Robert R. Ruark, military deputy to the acting Secretary of Defense for personnel and readiness, echoed the chairman in his keynote remarks, and said this year's theme, "Be There," serves to raise awareness among military and civilian personnel, veterans, and their families and friends.

"The bottom line is that we care about our Soldiers, Sailors, Airmen, Marines and Coast Guardsmen, and that (caring) has to continue after their service ends," Ruark said.

The general recounted three stories of those who took or tried to take their lives when he commanded 4,000 troops and a base comprising 8,000 people in Iraq in 2008. A lance corporal, he said, took his life with a week left in his deployment.

"It just floored me," Ruark said. "And what I found out was we were doing all the right things," to prevent suicide.

A memorial service was conducted for the departed Marine, Ruark recalled.

"I remember the outpouring of grief ... for me, it was a significant learning point," he said.

The second suicide Ruark experienced was a colonel — an attorney who was deployed to help with the Rule of Law. Ruark said he brought in experts comprising a combat stress team and psychologists to help personnel deal with grief.

"We had pilots, tankers, logisticians ... everybody showed up because it bothered them," he said.

When Ruark's phone rang late one night in 2009, a young Marine corporal was in the surgical unit after attempting suicide with a self-inflicted gunshot to the head. The surgeon said the young Marine's vital signs were stable. "I remember thinking, 'He's going to have to live with this,'" Ruark recounted.

The general recalled that he met the young corporal two years later at Camp Pendleton, California. Ruark recalled that the scarfaced young man told him, "Sir, I wish I knew then what I know now."

"If we can impart this knowledge and prevent (suicide) and get people to work beyond the immediacy of the moment and how things may be, they can go on to do well," the general said.



PHOTO BY SPC. TREVOR WIEGEL

Marine Corps Lt. Gen. Robert R. Ruark, military deputy to the acting Secretary of Defense for personnel and readiness, was the keynote speaker for the Suicide Prevention Month kickoff event at the Pentagon Sept. 7.

The services have good strategies to fight suicide, Ruark said.

"There is so much to reducing the number of suicides," he said. "It's a long-lasting commitment. You've got to have a strategy and campaign, and we've done that for eight years. Beyond basic leadership, it's dealing with the newer challenges our young people and veterans (deal with)."

Ruark said many veterans want to reconnect with their battle buddies and other veterans, and often do so at reunions, athletic events and clubs. "It's going on throughout the United States, and the public supports them."

Such regular connections help with such issues as suicide, the general said. "It's one tool we can use."

"It's tied to science," said Keita Franklin, the director of the Defense Suicide Prevention Office. "Social support is a key indicator for saving lives by being successful in suicide prevention. So reunions are a perfect forum for social support where they can extend well beyond their service time."

Franklin warned against the dangers of social media that must be taken seriously. A DOD social media study found

service members are talking about their risks online in open domains, she said.

"I don't want folks to ignore that," Franklin said. "Know that it's not attention-seeking. Despite the fact they have 300 friends on social media, be that friend and offer yourself the crisis line number — because ignoring those posts is dangerous."

"There is a way to use the immediacy of social media to your advantage," Ruark said. "A sergeant major once told me you need to befriend your troops on Facebook if you really want to see what's going on."

This year's "Be There" theme will resonate with troops because it aligns with the military's values of camaraderie, honor, courage and commitment, Ruark said.

"'Be There' will resonate because it's a way to hit home that (suicide) is preventable," the general said. "We need to address every commander so he makes resilience part of his or her drumbeat when talking to units. And we can help people cope with the immediacy of certain issues and how severe they may be by thinking about the broader picture."

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

Sierra's current job involves offering "re-integration 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 be-

cause 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," he said. "We've done a good job in telling them it's not a sign of weakness to seek help."

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."

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 to 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.

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 fellow 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.

Another defense is the Army's embedded behavioral health program. Behavioral health

teams are embedded in units to ensure that Soldiers won't have to leave work to access services at a clinic or hospital.

There are 62 teams supporting 176 operational units now, West said. The Army's goal is to reach 65 behavioral health teams in 197 units. West would like to achieve an even number, but funding and manning restrictions must be taken into account.

"I've been out to various areas and they were very well received. The line really appreciates it," West said of the embedded behavioral health teams.

"We've found there's a decrease in hospitalization rates as well for behavioral health issues. So where before you had to send Soldiers to a hospital and got to a point where they were in such a dire position that they had to be hospitalized — that decreased by 40 percent."

The teams, she said, are composed of psychologists and psychiatrists and social workers. A total of 1,700 of these providers are embedded in units and in military treatment facilities, a number that's doubled over the last several years.



ARMY PHOTO

Soldiers of C Company, 2nd Battalion, 23rd Infantry Regiment, 1st Stryker Brigade Combat Team, 4th Infantry Division, work as a six-member team to lift a heavy log over their heads 20 times while competing in the Ivy Heptathlon during Iron Horse Week in 2015.

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PHOTO BY NAVY SEAMAN CHRISTOPHER MICHAELS

An MH-60S Seahawk helicopter prepares to deliver cargo to the flight deck of the aircraft carrier USS Dwight D. Eisenhower during a replenishment mission with the fast-combat support ship USNS Arctic in the Arabian Gulf Aug. 12 in support of Operation Inherent Resolve.

Counter-ISIL strikes target terrorists in Syria, Iraq

By Amaani Lyle
Department of Defense News

SOUTHWEST ASIA — U.S. and coalition military forces continued to attack Islamic State of Iraq and the Levant terrorists in Syria and Iraq Sunday. Combined Joint Task Force Operation Inherent Resolve officials reported Monday.

Officials reported details of yesterday’s strikes, noting that assessments of results are based on initial reports.

Strikes in Syria

Attack, bomber, fighter and remotely piloted aircraft conducted 16 strikes in Syria.

- Near Shadadi, nine strikes engaged eight ISIL tactical units and destroyed 14 fighting positions, two bulldozers, a command-and-control node, a vehicle bomb, a vehicle and a vehicle bomb facility.
- Near Raqqah, six strikes destroyed 10 ISIL supply routes, three oil pumpjacks and other oil drilling equipment.
- Near Dayz Az Zawr, a strike destroyed two ISIL oil tractor trailers.

Strikes in Iraq

Attack, fighter and remotely piloted aircraft conducted seven strikes in Iraq, coordinated with and in support of Iraq’s government.

- Near Baghdadi, a strike engaged an ISIL tactical unit and destroyed a vehicle.
- Near Mosul, a strike engaged an ISIL tactical unit and destroyed four fighting positions.
- Near Qayyarah, two strikes engaged an ISIL tactical unit and destroyed six rocket rails, a mortar system, two vehicles, 11 assembly areas, a tunnel entrance, a vehicle bomb, a vehicle bomb factory and a command-and-control node.
- Near Ramadi, a strike engaged an ISIL tactical unit and destroyed a tunnel entrance and a checkpoint.
- Near Sultan Abdallah, a strike destroyed an ISIL vehicle bomb factory.
- Near Tal Afar, a strike engaged an ISIL tactical unit and destroyed a vehicle.

Task force officials define a strike as one or more kinetic events that occur in roughly the same geographic location to produce a single, sometimes cumulative, effect.

Therefore, officials explained, a single aircraft delivering a single weapon against a lone ISIL vehicle is one strike, but so is multiple aircraft delivering dozens of weapons against buildings, vehicles and weapon systems in a compound, for example, having the cumulative effect of making those targets harder or impossible for ISIL to use.

Accordingly, officials said, they do not report the number or type of aircraft employed in a strike, the number of munitions dropped in each strike, or the number of individual munition impact points against a target. Ground-based artillery fired in counterfire or in fire support to maneuver roles is not classified as a strike.

Part of Operation Inherent Resolve

The strikes were conducted as part of Operation Inherent Resolve, the operation to eliminate the ISIL terrorist group and the threat it poses to Iraq, Syria, the region and the wider international community. The destruction of targets in Syria and Iraq further limits ISIL’s ability to project terror and conduct operations, officials said.

Coalition nations that have conducted strikes in Iraq include the United States, Australia, Belgium, Canada, Denmark, France, Jordan, the Netherlands and the United Kingdom. Coalition nations that have conducted strikes in Syria include the United States, Australia, Bahrain, Canada, Denmark, France, Jordan, the Netherlands, Saudi Arabia, Turkey, the United Arab Emirates and the United Kingdom.

For more on Operation Inherent Resolve, visit <http://www.inherentresolve.mil/>.

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Experts examine intelligence challenges at summit

By Amaani Lyle
Department of Defense News

WASHINGTON — As the 15th anniversary of 9/11 approached, a panel of federal agency and military leaders shared their perspectives of enduring and emerging issues in the cyber and intelligence communities at the third annual Intelligence and National Security Summit Sept. 8.

Among the panelists were Navy Adm. Michael Rogers, commander of U.S. Cyber Command and director of the National Security Agency, and Robert Cardillo, director of the National Geospatial-Intelligence Agency, who each described the cyber and intelligence transition from a closed environment to a demanding agile environment.

“America is a nation about ‘can do’ and the power of innovation,” Rogers said. “You can’t get the ‘can do’ and you can’t innovate if you can’t even have a conversation.”

Among those conversations, panelists said, are ways to further integrate artificial intelligence and human analysis, which Rogers asserts is not a binary solution. “Machine learning helps you get

to scale to address global problems — at the same time you need to ask yourself ‘how does that fit and where is the human dynamic in all this?’”

Rogers explained this concept carries particular significance in cyber defense.

“If you can’t get to some level of AI or machine learning with the volume of activity that you’re trying to understand when you’re (defending) networks from activity of concern, if you can’t get to scale, you are always behind the power curve — it’s got to be some combination of the two.”

Cardillo echoed Rogers’ sentiment in the evolution of artificial intelligence and innovation writ large, adding that while a solely human-centered approach to answer questions is possible, data is now exposed in ways that could be confusing absent AI assistance.

“I see the opportunity of transition being just that — where you could redefine the value proposition in a way that might be hindered by the past — and I mean that in a good way — the success of the past can keep you from making that next innovation,” he said. “We may not have been as open to the commercial application as

we had been in the past ... or the academic engagement in way that I know we are now, so I see those opportunities coming.”

Another opportunity, Cardillo explained, involves streamlining the information technology pool and its data analysis systems.

“We’ve come to understand that the way we built systems in the past, the way we developed applications, the way we brought [information technology] to the analysts’ desktop, won’t work in the future,” he said. “It’s not agile, it’s not responsive enough, it’s not timely.”

As such, cyber and intelligence leaders have created smaller teams with a sharper focus on a particular task, which shortens the development cycle by creating development capability next to operational capability.

“We call them rapid feedback teams, small groups of dedicated analysts, IT specialists, data scientists, computer programmers that work on a problem set, an intelligence outcome,” Cardillo said. “As they’re working on that technical capability, they’re getting that immediate feedback from the analyst about what’s working and what’s not.”

The work, he said, is being done at both classified and unclassified levels.

“It’s the necessity of the mission that’s going to drive us forward, Cardillo said. “How quickly can we scale that from those small teams to the large teams and some of that is a component of the budget but we’re doing it as quickly as we can.”

As dual-hatted leader of Cybercom and NSA, Rogers championed keeping the two entities aligned but separate. “Cyber command in particular gains more capacity, more capability as the demands on cyber command’s time, resources and capabilities just continue to grow, and I think you need two people full-time focused on this.”

As the administration transitions, Rogers said he hopes to gauge the expectations, insights and priorities of what federal and military leaders value, in order to help form new policies and new priorities.

“(When) the rate of change is so high, as new people come back into the government, you can’t just assume that things are the same as they were in olden years,” he said, adding that he hopes to see ongoing

dialogue at a nation state level about how to turn concepts into reality.

Rogers also noted that one of NSA’s initiatives is to develop cross-fertilization between the public and private sector, particularly by drawing creative, insightful minds from the industry and conversely creating opportunities for government and military employees to do the same. “We have got to create a construct where people can work with us for a while, go to the private sector and come back but also bring people from private sector whose insights might have value — that’s fundamental to the future for us.”

Ultimately, Cardillo said, the necessity of the mission will continue to drive the cyber intelligence community forward. “There simply is a demand signal ... and the adversary signal demands that we make these changes.”

Hosted by two professional associations, Armed Forces Communications and Electronics Association, or AFCEA International and the Intelligence and National Security Alliance, the summit is the premier gathering of senior decision makers from government, military, industry and academia.

TCM-AB

Continued from Page A1

erating Concept, according to von Eschenbach.

Von Eschenbach welcomed Coyle as “no stranger to the team,” with relevant experience to bring to the new role.

“I’m sure he will continue to carry the torch, along with other big rocks that he just inherited,” he said.

Coyle’s most recent assignment was doctrine division chief for the Directorate of Training and Doctrine here.

Commissioned in 1995, Coyle is a graduate of the US Military Academy. His previous assignments include squadron commander of 7th Squadron, 17th Cavalry Regiment, 159th Combat Aviation Brigade, Fort Campbell, Ky.; Aviation planner for the 101st Airborne Division staff; and squadron operations officer for 2nd Squadron, 6th Cavalry Regiment, 25th Combat

Aviation Brigade, Wheeler Army Airfield, Hawaii.

His deployments include Operation Joint Forge in Bosnia and Operation Iraqi Freedom.

Coyle thanked his family members in the audience for their support and their presence as he took the reins at TCM-AB. He also thanked Moser and the TCM-AB team for showing him the ropes during the transition time.

“I’m humbled to join such an extraordinary team of professionals comprised of those in uniform, Department of the Army civilians, and the contractors that have made, and continue to make, such a positive impact on Army Aviation,” Coyle said.

A TRADOC Capability Manager, empowered by a charter, serves as the warfighter’s representative for all systems assigned under the charter.

For “TCM-AB,” these areas include all

user activities and capability developments of Aviation survivability, aircrew integrated systems, tactical air traffic services, Aviation sustainment, and Aviation mission command and interoperability.

In a society where instant gratification is the norm, being a driver of change in capability development can often be difficult, especially in a world that grows increasingly more complex, according to von Eschenbach.

To explain a capability manager’s job more in layman’s terms, von Eschenbach described the role of the TCM, not as a manager of a product line, but as a manager responsible for ensuring the products “talk to each other, that they survive a kinetic and cyber attack, they’re user friendly and maintainable, and they operate in all conditions. This task also has to be accomplished while mediating the differences between the products, and breaking down stove pipes at

each product line,” he said.

It’s a tough job Moser and his team did well, he said.

“He shouldered ... this large responsibility and simultaneously juggled the hottest issues in Army Aviation without fail,” von Eschenbach said.

Moser in his remarks thanked leaders and family in the audience, including his father, Paul, a veteran who served in the Navy during World War II.

Moser commended the team of employees at TCM-AB for their efforts in understanding, documenting, and developing the capability requirements for Aviation Soldiers, and for seeing it through to fruition with their acquisition teammates and industry.

“The bottom line is they want to ensure the delivery of that capability into the hands of our Soldiers,” he said.

Moser plans to retire from the US Army.

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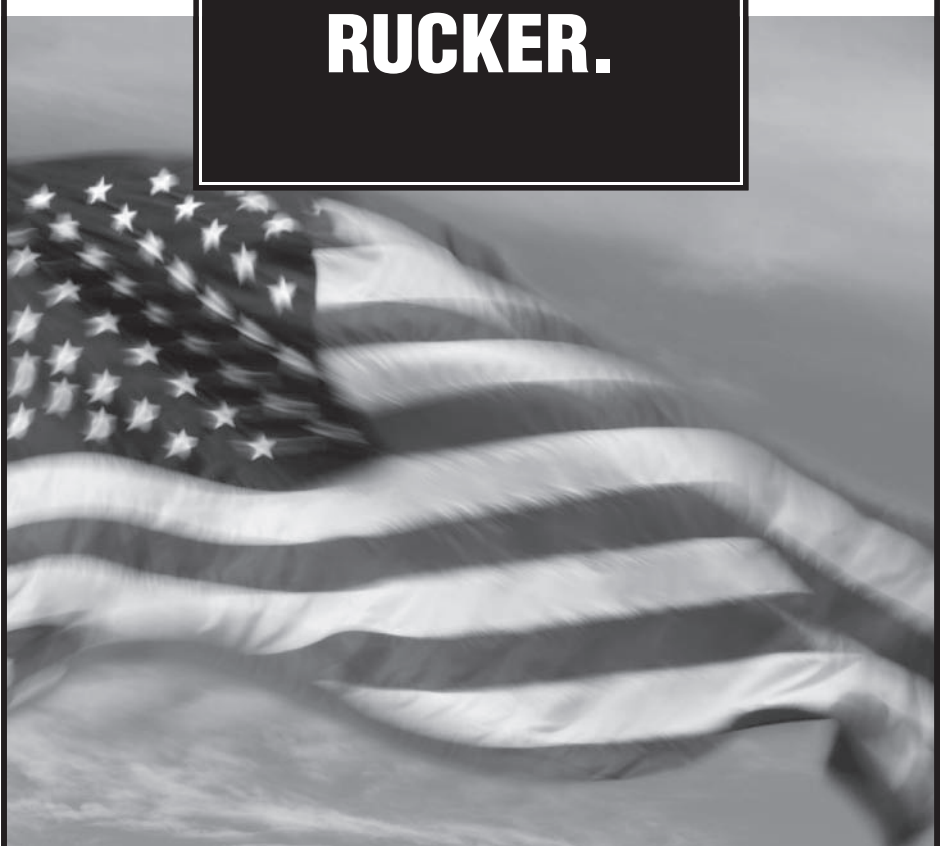
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ABOVE THE BEST



PHOTO BY KARI HAWKINS
Versal Spalding, a T700 field service engineer for the Program Executive Office for Aviation, explains the operations of a T700 engine to Capt. Sam Calvert, a maintenance test pilot at Fort Bliss, Texas. The display was part of the Aviation and Missile Command's AMCOM 101 for Aviation Aug. 17-19 at Redstone Arsenal.

Command hosts AMCOM 101 for Aviation

U.S. Army Aviation and Missile Life Cycle Management Command
Public Affairs Staff Report

REDSTONE ARSENAL. — Two hundred Aviation leaders from both the active and reserve components participated in the event known as AMCOM 101 for Aviation at the Bob Jones Auditorium Aug. 17-19.

The Aviation and Missile Command hosted the event, which provided commanders and Soldiers with the best knowledge and tools the materiel enterprise has to offer.

"AMCOM is a powerful organization," Gen. Dennis Via, commander of the Army Materiel Command, told the Aviation leaders. "It is critical that we maintain the best aircraft in the world."

Via provided a quick overview of AMC and how the U.S. Army Forces Command, and Training and Doctrine Command fit into the picture.

"We are operating in a new era and have to sustain expeditionary forces," Via said. "Right now we have eight areas that we are monitoring and if one of them changes, the world as we know it will change. Readiness is the key."

The Army chief of staff's first priority is readiness.

"You stand in a fully equipped Army to prevent wars," Via said. "And you do this by readiness and a well-equipped Army. Everyone wants to buy our helicopters because we have the best helicopters in the world. But our aircraft are aging and

SEE AMCOM, PAGE B4



PHOTOS BY SPC. JORDAN YATES
An Aviator from the 3rd Battalion, 501st Aviation Regiment, Combat Aviation Brigade, 1st Armored Division prepares to land his UH-60 Black Hawk for a live-fire exercise that took place Aug. 30 at Pabrade, Lithuania.

LIVE FIRE

Armor Soldiers leverage Black Hawks during training

By Pfc. James Dutkavich
24th Press Camp Headquarters

PABRADE, LITHUANIA — Soldiers from Battle Company, 3rd Combined Arms Battalion, 69th Armor Regiment, 1st Armored Brigade Combat Team, 3rd Infantry Division based out of Fort Stewart, Georgia, conducted a joint live-fire exercise Aug. 30 Pabrade.

Soldiers executed a live-fire event that was a cumulative representation of all their training thus far. They used a variety of vehicles and weapons during this exercise including the M1A2 Abrams tank, M2A2 Bradley fighting vehicle with support from UH-60 Black Hawks.

Soldiers from 3rd Battalion, 501st Aviation Regiment, Combat Aviation Brigade, 1st Armored Division, based out of Fort Bliss, Texas, provided Aviation support. Black Hawks being integrated into the mission is something that was new to some of the infantry Soldiers.

During the live fire, Soldiers breached objectives and volleyed towards a checkpoint while Bradleys and Abrams tanks engaged their targets.

All of this was conducted in the same manner during the night iteration using mortar illumination rounds to light the sky so that Battle Company Soldiers could move to their objective. This type of training goes hand in hand with the 3rd Bn. 69th Arm. Rgmt.'s motto, "Speed and Power."

This was the first time that all of these elements were operating and firing at the same time in the same mission. The incorporation of aerial support in this training was a valuable addition to the unit.

"This training is a very unique opportunity to us because being in a mechanized unit we don't always get aviation assets. They are mechanized infantry men, so they need to know the mechanized fight and the dismounted fight," said Capt. Joel Marbut, native of, Athens, Ala., Battle Company commander. "This is only the second time that I've seen air assets being used since I've been with the battalion and on Fort Stewart. It's very unique and a great opportunity for the Soldiers."



HANG ON!

PHOTO BY CAPT. ADAN CAZAREZ

A UH-60 Black Hawk crew chief with the 82nd Combat Aviation Brigade, 82nd Airborne Division, hangs on as the aircraft maneuvers to Holland Drop Zone on Fort Bragg, N.C., Aug. 24.

Aviation Soldiers conduct survival training at Fort Drum

By 10th Combat Aviation Brigade
Public Affairs

FORT DRUM, N.Y. — Soldiers from 3rd General Support Aviation Battalion "Phoenix Battalion," 10th Aviation Regiment, 10th Combat Aviation Brigade conducted a realistic battalion-sized survival, evasion, resistance and escape training exercise Aug. 8-12.

The training exercise, led by CW3 Eddie Goode, battalion personnel recovery officer, was created in lieu of the Army's online training course, SERE 100.2 Level A, a requirement for all Army personnel traveling outside of the United States for theater entry.

"In today's technology and environment, personnel recovery and SERE training is usually last to be included in a training plan," Goode said. "So we took what is taught on SERE 100.2 and created realistic training situations for the Soldiers in our battalion, which, by the way, was

SEE TRAINING, PAGE B4



COURTESY PHOTO

Soldiers with C Company, 3rd General Support Aviation Battalion, conduct a hoist operation with an HH-60M Black Hawk during a battalion training exercise Aug. 8-12 at Fort Drum, N.Y.



A Soldier from 3rd GSAB communicates with an incoming aircraft while awaiting extraction.

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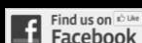
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AMCOM

Continued from Page B1

we need to ask: are we making the right investments in Science and Technology for the next generation of aircraft? Will we be able to sustain these new weapons systems?"

Via said that the transition to sustainment is a balance, and that that balance needs to meet the chief's readiness priority.

Closing with a reemphasis on life cycle sustainment execution being critical, Via said that AMCOM has the best logistics assistance representatives in the Army.

Last, Via discussed the mission alignment for AMCOM.

"We are doing this to better support our warfighters," he said. "Change is hard and we experienced a little push back, but that is expected. This is the right decision and ensures that we are aligned with the chief's priorities. We operated this way before Sept. 11."

AMCOM, along with other Aviation-focused Army organizations, has a to-do list of recommendations focused on better enabling Army aviation that are the result of a recent holistic assessment. Those recommendations were presented by Lt. Gen. Kevin Mangum, the deputy commanding general to TRADOC.

"There are 63 recommendations that we need to take holistically as a Branch, and AMCOM, as an enterprise, is going to figure out how to steer this ship and get after this," said AMCOM commander Maj. Gen. Douglas Gabram as he introduced Mangum. "AMCOM has the

sustainment part of those recommendations. We hope you see how it's all nested together. This is a great opportunity for you to see how aviation leadership talks about this. I hope you ask questions and take this chance to be engaged. There are take-aways for you all to be better leaders so you can take our place someday."

Mangum said the recommendations from a recent Aviation study can be applied Army wide.

"What we found was not unique to Army aviation. These are recommendations for just about everybody across the Army. The survey showed that we need to invest in individual and collective readiness," Mangum said.

The study focused on readiness, policy, training, sustainment, force structure, leadership and resources, and involved a diverse group of Army units that included both active duty and reserve components. Calling the recommendations "critical" to the future course of Army Aviation, Mangum said they would ensure the Army regains decisive action readiness.

"I'm very proud that you are where you are," Mangum told the AMCOM 101 attendees. "I'm proud that you are in a place to fix Army Aviation. Army Aviation has done what we believed it was capable of and has done so brilliantly for 15 years."

Mangum will present an action plan in early September to the vice chief of staff of the Army. The action plan will involve redefining the roles and functions of the Aviation maintenance companies and Aviation support companies, and of the maintenance depots and the maintenance

responsibilities of Soldiers in the field, for examples.

"Some of these are quick wins and some will take a lot of work," he said. "But we've got to make the leap and do it. We need to ask ourselves that if we don't do it, how much will it cost to keep this great capability for the Army's Aviation units?"

The Aviation sustainment strategy now being crafted will focus on: reducing the logistics footprint, reducing the Soldier burden, increasing operational availability, becoming more expeditionary; decreasing operations and sustainment life cycle costs.

Maj. Gen. William K. Gayler, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, told the attendees that he remembered the early days of AMCOM 101 for Aviation, when he was among a group of about 12 commanders invited to AMCOM. Today's large number of Soldiers in attendance representing all ranks and Aviation units is impressive, he said.

"To see all of you here speaks volumes of where we have gone," he said. "We exist solely for the ground force commander. We provide reach, protection and lethality."

Aviation modernization priorities for the next five years include an improved turbine engine, aircraft survivability equipment and the CH-47 F Block II, Gayler said. In 10 years, Aviation modernization should include an upgraded visual environment, lethality improvements and future unmanned aircraft systems.

And, in 15-30 years, modernization should include the future vertical lift aircraft, he said, adding the aircraft is critical to infuse an aging Aviation fleet.

Brig. Gen. Bob Marion, program executive officer for Aviation, said that the success of Army Aviation since 2003 has resulted in the largest portfolio in the Army, and the development of the F model Chinook helicopter, the E model Apache helicopter and the M model Black Hawk helicopter.

"We need Soldiers to fly, fight, maintain and sustain these fleets," Marion said. "We wouldn't have our (\$7.3 billion) budget and we wouldn't have these aircraft if we weren't delivering for our Army. Your ability to deliver capability is what is enabling our branch."

In 2003, when the Army cancelled the Comanche development program and used its technology to modernize existing helicopters, decisions were made that still influence today's Aviation fleet, Marion said.

"We are now at a moment in time, like we were in 2003, when leadership in Army Aviation made the right decisions, so that when our formations needed to deploy that capability was there," he added.

Gabram wrapped up the three-day event.

"Maintenance is a Green Tab responsibility – maintenance is training and AMCOM can help," the commander said. "Be engaged – readiness depends on it. When in doubt, call – AMCOM is here to make you successful."

Training

Continued from Page B1

a first for many of them."

According to Executive Order 10631, Code of Conduct for members of the Armed Forces of the United States, there are basic standards that military service members must meet if they are isolated or held against their will. In order to meet the standards, the code of conduct also provides the essential information required to survive honorably during an isolation or captivity situation.

"Having a military occupation of high risk, our Soldiers must be trained to survive and if captured 'return with honor' – as the survival school motto goes," Goode said. "They must be mentally and physically prepared to face whatever challenges they

are faced with, wherever they may be."

The week-long event consisted of five training lanes, each one tailored around the five personnel recovery proficiencies: architecture and doctrine, communicate, preserve life, navigate and endure hardship.

It was here that Phoenix Soldiers learned how to procure water and properly filter it for human intake. They also learned how to construct a shelter while blending it in with the environment and they learned how to set up snares for food procurement.

And if that wasn't enough, they also received lessons on how to properly strip the meat off an animal, cook it and preserve the rest for later consumption.

Goode said this was the most memorable and exciting portion for many of the

students.

"They expected this to be another mandatory boring training exercise," he said. "Instead, I had Soldiers come up to me and tell me this was the best training they've received. And that's understandable, I mean, who wouldn't want to leave the office, motor pool, hangar or even firing range to filter water directly from a pond, catch your own food and build a fire from nothing?"

The last portion of the training exercise consisted of extracting Soldiers from the field using the battalion's UH-60 Black Hawk helicopters. In order for this to happen, the Soldiers vector them in using smoke and signal mirrors while in a secured pickup zone posture. Then, two Soldiers at a time conducted live hoists from

an HH-60M Black Hawk.

Although not all recoveries are conducted by air, according to Goode, this can be the fastest means available with the most advantageous course of action due to combat Aviation.

By the end of the week, the Soldiers walked away with a better understanding of isolation and captivity.

Before even leaving the field, Goode was starting to plan for the next battalion SERE training exercise.

"The next one will include winter training," he said. "People may not appreciate learning how to build a fire in the summer, but the winter and its negative degrees will change their minds very quickly. Remember, 1,000 days of evasion is better than one day of captivity."

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SEPTEMBER 15, 2016



PAWS UP!

Splash! end of summer event goes to the dogs

By Nathan Pfau
Army Flier Staff Writer

Splash! Pool and Spray Park opened its gates to Soldiers, family members and civilians, and also family members of the canine variety, to help end summer with a bark.

The Directorate of Family, Morale, Welfare and Recreation held its Dog Day of Summer where people and their four-legged family members were invited for a final swim before the park closed for the season Saturday, according to Robert Koren, DFMWR aquatics manager.

“We did the dog swim to give a final blowout to end the season for the facility,” he said. “We just thought it would be something different for people to do – bringing their dog to the pool for a couple hours for a bit of swimming instead of just the traditional swimming.”

Throughout the day, people and their furry companions were invited to take a swim in the pool and play around the spray park.

Jenna Matlin, military spouse, said this was the first time she’d had the opportunity to bring her dog, Sammy, to a public swimming area.

“I just think this is the greatest thing,” she said. “Sammy is very social and she loves playing with other dogs, but I’ve never had the chance to let her swim with other dogs and she’s loved it, so far.”

“She loves to swim, so this was perfect for her,” she added. “I honestly can’t think of anything better for my dog than to have something like this for her to do.



PHOTOS BY NATHAN PFAU

W01 Jake Goodall, B Company, 1st Battalion, 145th Aviation Regiment, watches his dog, Irene, a Belgium Malinois, jump into the pool to retrieve her toy during Dog Days of Summer at Splash! Pool and Spray Park Saturday.



Dogs swim together during Dog Days of Summer at Splash! Pool and Spray Park Saturday.

I wish she could do this every weekend.”

For 2nd Lt. Martin Stanley, 1st Battalion, 145th Aviation Regiment, the day was a great opportunity for him to bring his dog, Shelby, out for a day of mingling.

“This has really been a good time for us,” he said. “I love to keep my dog active and she ab-

solutely loves swimming, so this was perfect for her. I definitely hope they continue to do stuff like this for the dogs, and they should do it more often.”

This was the first time DFMWR hosted a Dog Day of Summer, and Koren suggested it since he experienced similar activities at other installations, so he said he wanted



Hannah Gabbard, military spouse, plays fetch with her dog, Rosco, in the spray park of Splash! Pool and Spray Park during Dog Days of Summer Saturday.



Dogs edge toward the water to their other four-legged friends as people and their furry family members enjoy a day at Splash! Pool and Spray park during Dog Days of Summer Saturday.

to bring the furry action to Fort Rucker.

“It’s never been done (here) before,” he said. “When I came to take the position here on Fort Rucker, one of my jobs was to come up with new programming and new events for people to take part in, so this is just one of the events we did to incorporate

something different to the community and the garrison.

“It’s important to bring events like this to the installation for the community because this is what we do – we’re the fun people for post,” he said. “Not just for Soldiers, but their families, retirees and civilians alike, and it’s been absolutely great so far.”

THE BASICS

Workshops ease transition, break language barrier

By Jeremy Henderson
Army Flier Staff Writer

Relocating to a new area can be challenging, especially when you don’t speak the native language, but the Fort Rucker Army Community Service now provides classes to help learn the basics.

The Relocation Readiness Basic Conversational Spanish Workshop takes place every Thursday from 10-11:30 a.m. at the Allen Heights Community Center.

Participants will gain a basic understanding of the Spanish language and should be prepared for a fun and interactive class.

“Classes are currently being offered as standalone lessons,” Ruth Gonzalez, relocation readiness program manager, said. “It would benefit participants to attend as consistently as possible. Each class reviews previous topics and participants are encouraged to practice with each other. If a participant is unable to attend, class topics are also available for the participant to review and practice at home.”

According to Gonzalez, all language workshops are free and open to Soldiers, their families, and Department of Army civilians.



ARMY GRAPHIC

“As participants receive orders to PCS to an area where any of the languages are spoken, they can ease the stress of transitioning by learning the basics of the language and the cultural differences that they may experience,” Gonzalez said. “Our [English as a Second Language] workshop assists the spouses who want to be able to function in our country, as well as our area. Learning about the differences in the different areas in the U.S. and the manner in which people speak English helps the spouses in their adaptation to our country.”

“Participants meet Soldiers, family members and civilians who will also be moving to a similar location or will be returning to the assignment and want to refresh their language abilities,” she added. “Participants are also

able to interact with their volunteer instructors who are native born speakers and can share their experiences in the country they represent.”

Gonzalez said the workshops were developed in response a Needs assessment offered to the Fort Rucker community.

“Learning another language will always be beneficial to all people,” she said. “Although an individual may not be moving to a Spanish-speaking region, our military consists of multi-cultural personnel. Being able to communicate with others within one’s unit and understand their cultural differences, helps to build cohesion, understanding and hopefully a sense of camaraderie in a unit.”

According to Gonzalez, future workshops will provide the opportunity to learn even more lan-

guage basics.

“We are currently offering German and Spanish, as well as English as a Second Language for our international spouses,” she said. “We hope to be able to offer Korean in the near future.”

Future conversational language workshops include:

- Spanish Workshop: Every Thursday from 10-11:30 a.m. at the Allen Heights Community Center.
- German Workshop: First, second third Tuesday of the month from 11:30 a.m. to 12:30 p.m. at the Bowden Terrace Leasing Center.
- ESL Workshop: Wednesdays from 9-11 a.m. at the Allen Heights Community Center.

“Pre-registration isn’t required, but we do ask that anyone interested in attending any of the

workshops call the ACS Relocation Readiness office,” Gonzalez said. “Classes are conducted by volunteers. If a class is cancelled, we place announcements on the ACS and [Directorate of Family, Morale, Welfare and Recreation] Facebook pages as well as send current participants an email notification. New students will be made aware of any changes to class when they call.

“Relocating in the military can be difficult and stressful, especially when it’s your first move away from home or away from your country,” she added. “Moving within our United States can be a cultural shock for some of our military if they are inexperienced. By learning another language and the cultural differences that may be associated with the area that you’ll be assigned to, Soldiers and family members will hopefully appreciate those differences and not feel threatened by them. It also opens up so many opportunities to meet people of all cultures and experiences as well. Learning a new language and a different culture can help make moving fun and exciting.”

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

ON POST

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

Family emergency preparedness training

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

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

Mom & Me: Dad too!

Army Community Service hosts its Mom & Me: Dad too! playgroup Mondays from 9:30–11 a.m. at The Commons. The playgroup is for families with children ages birth to 3 years old.

For more information, call 255-9647 or 255-3359.

Tot Time

Army Community Service hosts its Tot Time playgroup Wednesdays from 9:30-11a.m. at The Commons, Bldg. 8950. The playgroup is for children 12-36 months and their caregivers. The playgroup provides programs and activities that enhance caregiver-child interaction, and stimulate child growth and development.

For more information, call 255-9647 or 255-3359.

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. 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.

Newcomers welcome

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

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

Oktoberfest River Cruise

MWR Central will host an Oktoberfest River Cruise day trip Sept. 24 for a ride on the Harriott II Riverboat in Montgomery. Docked beside the uniquely built Riverwalk Amphitheater, this elegant 19th century riverboat is center stage of Montgomery’s entertainment district, according to organizers. The trip will depart Fort Rucker from Bldg. 5700 at 4 p.m. to board the cruise no later than 6:30 p.m. The boat cruise is 7-9 p.m. The cruise includes live entertainment and is for people ages 21 and over. Cost is \$40 per person. Registration is due by Friday and is limited to 28 people.

For more information, call 255-2997.

Feeding Your Child Workshop

The Fort Rucker New Parent Support Program and Lyster Army Health Clinic Nutritional Medicine are hosting the Feed-



FILE PHOTO

Trail ride

A scene from a previous trail ride. Fort Rucker Outdoor Recreation will host its ATV and Dirt Bike Trail Ride Sept. 24 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.

ing Your Child Birth to 5 Workshop Sept. 23 from 9-11 a.m. at the Munson Heights Community Center. Pre-registration is required by Monday, and the workshop is subject to cancellation if no one registers by the deadline.

For more information or to register, call 255-3359, 255-9647 or 255-9805.

EFMP support group

The Exceptional Family Member Program invites all active-duty military families who have an exceptional or special-needs family member to attend its information and support group meeting Tuesday from 9-10 a.m. at The Commons, Bldg. 8950 on Seventh Avenue. The topic for the meeting is “It’s School Time: Are You Ready?” Tips, tools and resources will be discussed that can assist parents and children make this a successful school year. The meeting will also provide an opportunity for parents to share positive experiences with one another. The EFMP Information and Support Group offers camaraderie, friendship, information exchange, idea sharing, community resources, support and assistance with finding solutions, according to EFMP officials.

For more information and to register, call 255-9277.

Yarn It Darn It

Center Library invites people to bring their needles and yarn to it Yarn It Darn It event Sept. 27 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.

DFMWR SPOTLIGHT

A detailed poster for the 2016 Oktoberfest at Fort Rucker Festival Fields. The poster features a central banner with the word "Oktoberfest" in a large, stylized script. Above it, "WILLKOMMEN" is written in a curved banner, and "FORT RUCKER FESTIVAL FIELDS" is in a straight banner. Below the main title, it says "FREE ADMISSION • OPEN TO THE PUBLIC*" and "2016". The date "FRIDAY, SEPTEMBER 30" is prominently displayed. The poster includes a "Schedule of Events" section with a timeline from 4:30-9:30 PM, listing activities like German Food, Volksmarch, Keg Tapping, and Games & Activities. It also mentions "Live Music by Sonnenschein Express" and "Pumpkin Patch". At the bottom, there's a "SPECIAL EVENTS" section with the phone number (334) 255-9810 and the website RUCKER.ARMYMWR.COM. Logos for sponsors like USAA, Honda, Boeing, and First Command are also present.

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 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.

FORT RUCKER MOVIE SCHEDULE FOR SEPTEMBER 15-18

Thursday, September 15

Nerve (PG-13)7 p.m.

Friday, September 16

Bad Moms (R)7 p.m.

Saturday, September 17

Suicide Squad (PG-13)4 p.m.
Sausage Party (R)7 p.m.

Sunday, September 18

Jason Bourne (PG-13)1 p.m.
Bad Moms (R)4 p.m.

IN REMEMBRANCE

15 years later, Army Pentagon personnel remember 9/11

By Gary Sheftick
Army News Service

WASHINGTON — After 15 years, the number of those injured on 9/11 and still working in the Pentagon is dwindling.

Lt. Col. Brian Birdwell, who suffered third-degree burns on over 60 percent of his body, is now a state senator in Granbury, Texas.

Sgt. 1st Class Chris Braman, who pulled numerous casualties out of the Pentagon's smoldering embers, is now retired in California. Doctors have told him that his lungs, which were damaged by the toxic smoke on 9/11, would do better in the low humidity out west.

"Most people I know have either retired or gone on," said Carl Mahnken.

Mahnken is one of those deeply affected by 9/11 and still working in the building.

At 9:37 a.m. on Sept. 11, 2001, Mahnken was blown backward in his chair after American Airlines Flight 77 hit the side of the Pentagon just down the hall from where he sat at his computer.

"I got thrown directly backward," he said. Then his computer monitor landed on his head, causing a contusion about the size of a golf ball.

"It happened real quick, in the blink of an eye -- it happened that quick," he said.

ESCAPE TO TRIAGE

Mahnken and co-worker David Theall picked themselves off the floor and grabbed onto wires to guide their way forward out of the building.

"You could hardly walk, because all the walls were down," Mahnken said. "Dave kind of found a hole and we all ended up getting out on Stairwell 54, and started helping people out and helped with triage."

A major had been badly burned. "We loosened his shoes, ripped his pants open so they could see the exposed burns and kept talking to him so he wouldn't go into shock."

An Army nurse by the name of Patricia Horoho, then a lieutenant colonel, showed Mahnken how to set up intravenous needles and bags.

More than a decade later, he met Horoho after she had been promoted several ranks and was serving as the Army's surgeon general. "I said, 'General Horoho, you don't remember me, but on 9/11'" She looked at him closely for a second and then gave him a huge hug.

"It doesn't matter where you are, you connect to people (from) that day," Mahnken said.

DETERMINATION

The day after the 9/11 attack, Mahnken went back to the Pen-



ARMY PHOTO

Helicopters land to evacuate casualties from the Pentagon on Sept. 11, 2001.



PHOTO BY PETTY OFFICER 1ST CLASS CHAD J. MCNEELY

A Freedom Walk participant finds the name of a family member who died in the World Trade Center on a flag displayed at the Pentagon Sept. 10, 2006, for the fifth anniversary of the 9/11 attacks.

tagon and spent a 12-hour shift in the Army Operations Center as a public affairs representative there. "I just remember the determination on everyone's face -- you know this wasn't going to stop us."

He was extremely busy in the days and months that followed. Discussions in the AOC focused on the Taliban in Afghanistan. In addition, he was taking graduate courses and serving as an Army Reserve officer when not in the Pentagon.

Two years later, he realized some people were having coping issues.

"It takes a long time," he said, to cope with traumatic events like 9/11.

Operation Solace helped counsel some survivors in the months immediately following the attack, Mahnken said, but he feels the dynamics of group sessions would have helped even more. "When people have these issues, it can't be explained away ... there's a particular process that you have to go through. It's like grieving or anything else."

Before the attack, Mahnken had been helping train officers in media relations and was in an office adjacent to a new first-floor studio when the plane hit about 100 feet away.

He conducted interviews in the days following 9/11 with the "Washington Post," CNN, Fox and "People" magazine.

Mahnken has continued to work with Army Public Affairs, and now liaisons with military service groups and veteran service groups. He arranges for group leaders to visit the Pentagon on a periodic basis.

What really ticks him off is when someone suggests that the 9/11 attack on the Pentagon was exaggerated.

"I feel like, as we come up on this anniversary, have we forgotten?" Mahnken asked.

RECOVERY TEAM NCOIC

"I remember it like it was yesterday," said retired Sgt. 1st Class Christopher Braman about the 9/11 attack on the Pentagon.

Braman -- a staff sergeant at the time -- was working in the Penta-

gon's General Officer Mess when the plane hit the building. Having recently transferred there from a Ranger unit, he ran to the sound of the boom.

He spent about 60 hours digging through the smoldering ruins as a volunteer who became the NCO in charge of the recovery team.

He pulled Sheila Moody from the twisted steel of the collapsing building, and she credits him with saving her life. He carried out many others who were not as fortunate.

Other first responders came and went, but Braman worked on, pumped with adrenaline, until he was finally ordered to leave. His burnt uniform was peeled off and sent to the U.S. Army Quartermaster Museum at Fort Lee, Virginia.

PERSONAL RECOVERY

Doctors at the Pentagon's DiLorenzo Health Clinic took X-rays of his lungs and found they were cloudy from the smoke, asbestos, jet fuel and other toxic fumes he had breathed in at the crash site.

He was eventually diagnosed with a type of "industrial asthma," Braman said. He sometimes found it difficult to breathe in the high humidity of northern Virginia. So, when he retired, he moved back home under doctor's orders to the arid climate of southern California.

"I feel much better," he said.

Braman has had two separate operations on his spine in which metal rods were inserted.

"That's from years of jumping out of planes," he said. "But I exacerbated the discs from all the recovery work I did and it pushed the discs into the spinal fluid."

He had to learn how to walk all

over again, he said about his first operation at Walter Reed Army Medical Center. "I still have issues where my hands and feet will go to sleep," he said. He also still gets periodic therapy at the gym.

"I still take 13 different meds ... twice a day," he said. "It is what it is."

GIVING BACK

Braman has shared his memories of 9/11 with audiences at hundreds of events nationwide over the last 15 years. First he was sent as a representative of the Army, then he decided to keep doing it on his own.

"I still speak all over the country about 9/11 and terrorism awareness," he said.

He works with the sheriff's office where he now lives in Orange County, California as a terrorism liaison officer. He spoke to nine troops of Boy Scouts at a recent event. He also travelled to West Virginia recently and spoke to a coal miner's association. "I tell the story about 9/11 ... but I tell them, know your equipment, know your men, and rely on your training."

He also works with veterans through the Wounded Warrior Project and helps them overcome their post-traumatic stress disorders.

"I help them work through their triggers," Braman said.

PTSD TRIGGERS

Braman has learned to recognize and control his triggers. Years ago when he talked about 9/11, he would sometimes feel goose bumps and experience paralyzing flashbacks of the human remains he had bagged.

"I've given my wife anxiety over the years," he said. "I'm very hypersensitive still ... I get up in the middle of the night to check and make sure the house is secure."

When he moved to California, it was tough to go through some of his belongings from 2001. He said he felt a "tingling in the back of the neck" and his hair stood up.

"It happens less and less," he said, but every once in a while a trigger goes off, making him feel like he's there again.

'ABOUT ALL OF US'

"It wasn't just me who went back in the building to do all that stuff," he said. "9/11 is about all of us."

"No matter where I go, whether it be the smallest town or the largest city, there's somebody who's either related or knew somebody at any of the three crash sites," he said. "That's crazy in itself, in how much it affected the whole country."



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Gold Star mother finds calling after son's death

By Jessica Marie Ryan
Installation Management
Command Public Affairs

FORT SAM HOUSTON, TEX-
AS — Right before his deployment
to Afghanistan, Marine Capt. Jesse
Melton III told his mother, “Mom,
I want to go change the world and
make a difference.”

At 29, Melton already made a
big impact on his family, church
and community. He learned to
serve others at an early age, and
was inspired to serve in the mili-
tary by his father and grandfather.

His life, however, was cut short
during that fateful deployment in
2008. He and two other Marines
were killed while supporting com-
bat operations in the Parwan prov-
ince. He was not scheduled to be
on duty, but took the place of a fel-
low Marine.

His mother, Janice Chance, of
Owings Mills, Maryland, saw his
death as a platform to serve others.
Calling her son “my quiet storm,”
she saw firsthand the difference
he made on others and wanted to
continue the legacy of service he
started.

“I cry, but I don’t drown in my
tears, and I am determined not
to be paralyzed by my pain. It’s
a new normal for us (Gold Star
mothers),” she said. “Nothing can
replace the loss of a child, but you
move forward and make a life of
service.”

In 2009, Chance became in-
volved with Army Survivor Out-
reach Services after she was con-
tacted by a coordinator at Aberdeen
Proving Ground, Maryland. SOS
is the official Army program dedi-
cated to providing support services
to surviving family members,
including those in other military
branches. It is an Army Communi-
ty Service program and is a part of
the Installation Management Com-
mand’s G9 Directorate.

Chance was already familiar
with the Army community. Al-
though she is the surviving mother
of a Marine, her daughter, Jenine
— inspired by her brother — be-
came an Army officer and served
two tours in Iraq before separating
from service.

“Our children’s service stopped,



PHOTO BY DANIEL KUCIN, JR.

Chance consoles Gold Star member Donna Robinson (center) during a remembrance ceremony in honor of Gold Star Mother's and Family's Day last year at Fort Meade, Md.

but SOS is making sure that they
are not forgotten and that we (the
parents) are still in the Army fam-
ily,” she said.

Chance began to attend SOS
events and met other survivors at
the Army installations in Mary-
land. She soon found herself help-
ing them.

As the president and chaplain for
the American Gold Star Mothers,
Inc., Maryland Chapter, Chance
worked with SOS coordinators in
welcoming mothers new to the
area and to the program.

“Because I’m the chaplain, I
receive a lot of phone calls from
moms who are facing challenges.
I link them to the SOS coordina-
tors,” she said.

In addition to SOS, Chance vol-
unteered in her community. A re-
tired registered nurse, she spends
her days helping veterans through
organizations such as the Ameri-
can Red Cross and Veterans Affairs
Medical Healthcare System. In the
last year, she estimated that she put
in over 800 hours and drove over
8,000 miles to conduct volunteer
work.

To Chance, volunteering is ther-

apeutic.

“Grief turned in is destructive,”
she said. “When I volunteer at Wal-
ter Reed (National Military Medi-
cal Center) and when I go the VA
(Veterans Affairs hospitals), I can
say, ‘Mission complete,’ for that
day. I made a difference in some-
one’s life. I encouraged someone. I
listen to them. I let them know that
I appreciate their service and sacri-
fice. I think I’m more blessed than
they are. I get more joy from serv-
ing. I have learned that it is more
blessed to give than to receive.”

Chance’s work in the communi-
ty does not go unnoticed. Voncile
Farmer, the SOS support coordina-
tor at Fort Meade, Maryland, first
met Chance during a Gold Star
Wives Day event in 2014. She saw
how Chance helped other survivors
with dealing with their grief.

“She puts her heart into the
program,” said Farmer. “She gets
the word out to educate the com-
munity about the survivors, the
(Gold Star) pins and SOS. Telling
her story helps others heal. Telling
her son’s story helps the commu-
nity and keeps his story and legacy
alive.”



PHOTO BY JESSICA MARIE RYAN

Gold Star mother Janice Chance shared mementos of her son, Marine Capt. Jesse Melton III, in her Owings Mills, Md., home July 20.





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RAISING AWARENESS

Soldier honors friends lost to suicide with Denali climb

By John Budnik
*U.S. Army Corps of Engineers
Public Affairs*

JOINT BASE ELMENDORF-RICHARDSON, Alaska — Braving snowstorms, hauling gear and risking your life might not sound like fun to most people, but if you're a mountaineer, they can make for an ideal summer vacation.

For Capt. Stephen Austria, project engineer in the Army Corps of Engineers, an unguided expedition in June climbing the highest mountain in North America, Denali (formerly known as Mount McKinley), was a dream come true. He made the climb with his girlfriend, Rebecca Melesciuc, hoping to raise some awareness of Soldier suicide.

"Not many people want to do things like that. It is cool to say I have climbed it," Austria said of the 20,310-foot peak.

During the climb, Austria carried an American flag to honor Soldiers he knew who had taken their own lives, including his best friend and fellow Soldier with the 82nd Airborne Division. The flag had been with Austria on every mission while he was deployed to Iraq.

"(Soldier suicide) is a bigger issue than what some people make it out to be," he said. "I climbed for veterans in general, too. It is a unique family that we are a part of."

Austria and Melesciuc began planning their journey to Denali more than a year ago. The two winter camped in Hatcher's Pass near Palmer to master their equipment, acclimate to the cold, and practice cooking outside. The duo also trained in avalanche and crevasse rescue and honed their knot-tying skills, Austria said. Preparation was key for the pair.

The couple packed about 280 pounds of supplies for the 28-day trek, including cold weather clothing, avalanche beacons, climbing equipment, sleeping gear, probes, shovels, sleds and 100 pounds of food. As a testament to Melesciuc's toughness, she carried more than her weight in provisions, Austria said.



COURTESY PHOTO

Capt. Stephen Austria, project engineer in the USACE-Alaska District's Foreign Military Sales Program, and fiancé and climbing partner, Rebecca Melesciuc, take a break from descending Denali, the tallest peak in North America, for a photo.

Aside from the physical demands of the climb itself, the two found the psychological challenges of the excursion (like fighting boredom during bad weather) particularly difficult.

"It is mostly mental," Melesciuc explained. "I really wanted to sprint up that mountain, but it is about making the right call when the weather is bad and waiting it out. You need to take care of yourself."

Inclement weather prevented the couple from reaching the summit, but Austria accomplished a major milestone in life by proposing to Melesciuc on an overlook at 14,000 feet in elevation — the highest point

the two reached.

"We really wanted to see this area of camp called Edge of the World," Melesciuc said. "There were two park rangers out there moving a weather station, and Stephen asked if they could take our picture. The ring was hiding in the coat. He dropped down and proposed. It was a surprise."

Ultimately, the three weeks on the side of a mountain and the days they spent trapped in a tent served as a good test for the newly-engaged couple.

"We were not killing each other, yet," Austria joked. "We were still talking."

Both agree that scaling more mountains is in their future. They plan to return to Denali and eventually reach the summit. In the meantime, they will focus on Austria's Army career and other expeditions. Melesciuc adores the Chugach Mountain Range and hopes to climb several of its peaks this year.

Until their return, Denali will be waiting for them.

"Being up there in the Alaska Range, a lot of people do not understand how huge the mountains are there and what is in Alaska," Austria said. "It is out of this world."

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Theatre invites audience to Neverland

Southeast Alabama Community Theatre
Press Release

DOTHAN - Southeast Alabama Community Theatre launches a new season with the all-kids production of Peter Pan Jr., Sept. 14-17.

Fly away to Neverland with Peter and the Darling children in this adaptation of Disney’s animated film. Wendy Darling loves to tell stories to her brothers, but when her father announces she must move out of the nursery, Peter Pan comes to visit and whisks all the children away to Neverland. They meet the Lost Boys, Mermaids, Indians, and the infamous pirate, Captain Hook! SEACT presents Peter Pan Jr. on the Dothan Opera House stage Sept. 14-17 with support from Miller Orthodontics with flying effects provided by ZFX, Inc. This show is appropriate for all audiences with each performance approximately 1 hour with no intermission. SEACT considers the content “G.”

Tickets are available online at www.SEACT.com, www.DothanCivicCenter.org

or by contacting the Dothan Civic Center Box Office at 615-3175. The box office is open 8:30 a.m. to 4:30 p.m. weekdays and is located on the second floor of the Dothan Civic Center.

Tickets are \$18 for adults and \$16 for students, seniors age 65 and older military with identification (limit 2). Performances are at 7 p.m. Sept. 14-17, with a 2 p.m. matinee on Sept. 17. The Dothan Opera House lobby opens at 6 p.m. with tickets on sale if the performance is not sold out. Reserved seating begins at 6:30 p.m. (Tickets sales begin at 1 p.m. for matinees and reserved seating begins at 1:30 p.m.

Southeast Alabama Community Theatre (SEACT) has a mission to provide a continuing source of quality live entertainment and theatrical experiences on stage and behind the scenes for the Wiregrass area. The SEACT season is made possible by generous support from subscribers and personal and corporate contributions.

For more information, call 794-0400 or visit www.seact.com.



WIREFLASS COMMUNITY CALENDAR

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

ANDALUSIA

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

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

DALEVILLE

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

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

DOTHAN

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

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

ENTERPRISE

SEPT. 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

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

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

OZARK

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

ONGOING — Every Wednesday, the Ozark-Dale

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

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

PINCKARD

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

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.

WIREFLASS 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.

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

ONGOING — A German coffee takes place the last Thursday of every month except November at 10 a.m. at The Landing on Fort Rucker. The group has been meeting for more than 40 years.

Beyond Briefs

Climb at Cape St. George Lighthouse

The Cape St. George Lighthouse on St. George Island, Florida, will host a climb to the top of the lighthouse top of the lighthouse to see spectacular views of the sunset and full moon Sept. 16 from 7:30-9 p.m. Light refreshments will be served.

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

Union Station Car Show

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

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

International coastal cleanup

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

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

Hank Williams birthday bash

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

Creative Con

The Panama City Creative Con is sched-

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

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

Theatre in the Mind

The Alabama Shakespeare Festival will host its free Theatre in the Mind series on various Saturdays between Sept. 17 and May 6 from noon to 1 p.m. The series is designed to help people gain new insights into ASF productions through the acclaimed Theatre in the Mind and Bard Talk lecture discussions. Designed around the plays ASF presents each

season, people can participate in free pre-show discussions with authors, cast members, designers and directors. The discussions are hosted by Dr. Susan Willis, ASF’s resident dramaturg.

Schedule: Sept. 17 – Charlotte’s Web; Oct. 1 – The Mousetrap; Oct. 15 –Special Theatre in the Mind event for Shakespeare Celebration; Nov. 26 –A Christmas Carol; Feb. 4 – Because of Winn-Dixie; Feb. 18 –The Two Gentlemen of Verona; March 11 –Sherlock Holmes; March 25 –Dauphin Island; and April 22 –The Tempest; and May 6 –Rep Actor’s Discussion (after matinee) and Narrated Changeover.

Theatre in the Mind is free and open to the public. Reservations are not required -- people may pick up their tickets at the box office counter just before each lecture. People do not need to be a ticket holder to that day’s performance to attend the lecture.

For more information, call 334-271-5353, or visit www.asf.net/Education/Theatre-in-the-Mind.aspx.

Army archaeologist aids search for missing service member in Vietnam

By Elizabeth M. Lockyear
U.S. Army Corps of Engineers

ALBUQUERQUE, N.M. — A steep mountainside. A large search area based in part on fading memories. Language barriers. Potential unexploded bombs.

These were a few of the challenges U.S. Army Corps of Engineers Albuquerque District archaeologist Jeremy Decker encountered as part of a recovery team with the Defense POW/MIA Accounting Agency in Vietnam this spring.

The DPAA is responsible for fulfilling a sacred promise to U.S. military service members. Should they be killed in battle, the nation pledges to do everything in its power to bring them home to their families.

The USACE has a long history of supporting DPAA's mission. Because of the many archaeologists it employs, USACE has been able to partner with DPAA in the effort to recover missing servicemen.

Last fall, when the request for volunteers went out, Decker seized the opportunity to join a DPAA recovery team. Ultimately his team was assigned a case involving a missing Soldier from a helicopter crash in the jungles of Vietnam — one of the more than 1,600 service members from the Vietnam War still unaccounted for according to DPAA's website.

"The mission was so interesting, and I had heard about it before and wanted to volunteer," said Decker.

Decker's experience was the culmination of years of research and investigation by DPAA. Since the end of the Vietnam War there have been efforts to account for missing U.S. military personnel. However, it wasn't until the 1990s that the Vietnamese and U.S. governments reached a level of cooperation that allowed American teams on the ground in Vietnam to search for and recover missing service mem-



PHOTO BY JEREMY DECKER

U.S. Army Corps of Engineers archaeologist Jeremy Decker works at the excavation site on the side of a steep mountain.

bers.

Going in, Decker wasn't sure how the legacy of the Vietnam War would affect his work there. Would the people there be hostile to the team? "The people in the community treated us very well and were very friendly. The younger people, in particular, were very interested in interacting with us and learning about American culture," he said.

Long before DPAA even begins to think about the possibility of a recovery team, they perform extensive research to get as much information as possible on where to look. In Decker's case, investigators examined the records and accounts of witnesses of the crash — including not just Americans who survived, but also Vietnamese villagers who lived nearby at the time and Vietnamese military personnel involved with the crash.

From these accounts, the researchers put together a general idea of where to look for the crash site. Then they evaluated the site

to see if witness accounts were plausible and consistent with the physical terrain. Only then, with a reasonable search location narrowed down, could they send in a recovery team.

A recovery team generally consists of about 10-15 Americans — all U.S. military representing all branches of the service. The only exception is the recovery leader who is always an archaeologist or anthropologist, and can be either military or civilian.

As the team's recovery leader, Decker was in charge of all the archaeological work while the team was in-country. "Anything related to the archaeology was my decision," he said. This included things such as exactly where they would dig, how the labor would be divided, and determining what artifacts were relevant to the case. He also was in charge of evidence handling and the chain of custody should anything be found.

"It was really a great challenge.

I enjoyed it. To sort of problem solve that kind of difficult situation," he said. "Things we typically wouldn't have to deal with here in the U.S."

DPAA arranged for locals to help with the excavation work. About 60 local workers assisted with general labor, primarily hauling and screening dirt.

While their work helped with the excavation, it wasn't without a few challenges. Decker said he usually works with eight to 10 people who have archaeological training on a site in the U.S. In this case, because no one else had archaeological training, Decker had to teach everyone what to do on the site.

Decker also faced challenges posed by the physical terrain. He described himself as a "desert archaeologist," and said he is used to "working on fairly flat ground, at a fairly small excavation site that is usually determined by where the ruin under investigation is located."

In Vietnam, the site he was excavating was on a steep, forested mountainside. Originally jungle, in the 50 years since the war the land had been cultivated and is now a eucalyptus tree farm. Decker also said the site was much larger than what he usually encounters in the U.S.

One of the main methods archaeologists employ while excavating a site is to sift the dirt, screening out the larger objects of interest. The best place to do this is on level or fairly level ground — not on the side of steep incline.

Due to the scale of the project and the amount of dirt that needed screening, Decker had to be creative, building a metal chute from the excavation site to the nearest level ground where screens were set up. Using gravity, the chute transported the dirt down the mountainside.

Because the local workers didn't speak English, communication was another challenge. While the team had a couple of interpreters, the language difference still slowed things down, especially at first.

At the beginning of the trip, Decker said he had visions of being able to run a metal detector over the excavation site and find some initial evidence such as metal pieces from a uniform or plane wreckage. His enthusiasm for this method didn't last. During the Vietnam War there were so many bombs and munitions dropped on Vietnam, that even today, decades later, the use of a metal detector is impractical. There is still enough shrapnel and munitions that remain in the ground that a metal detector would be constantly set off.

Unexploded ordnance was a constant concern as they presented a significant threat and could shut down the site. Luckily the team only encountered a single piece of UXO and it was disposed of by the team's UXO technician.

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.m.d

Adult Bible Study
Spiritual Life Center, 7 p.m.

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

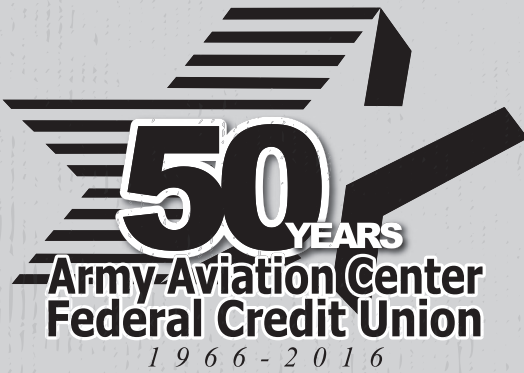
Above the Best Bible Study
Yano Hall, 11 a.m.

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SEPTEMBER 15, 2016

GOING PRO

Local golfers get to tee-up, learn from LPGA stars



PHOTO BY NATHAN PFau

Emee Herbert, LPGA professional, takes a swing during the 2016 Silver Wings Golf Course Pro-Am Golf Tournament Saturday.

By Nathan Pfau
Army Flier Staff Writer

It's not often that amateurs get the chance to play with the pros, but during one of Silver Wings Golf Course's most popular tournaments, golfers were able to do just that.

The 2016 SWGC Pro-Am golf tournament was held Friday-Sunday as Lady Professional Golf Association professionals from all over came to take part in the fun before taking on the course for a tournament of their own.

The pro-am tournament was a 36-hole team event, which had teams comprised of one professional player and three amateurs playing Team Stableford, which is a point system where teams lump their scores together and add their scores to a pot depending on how well they shoot. Unlike traditional scoring in golf, the objective in Team Stableford is to have the highest score, rather than the lowest.

Although scores are compiled at the end and there is a winner an-

nounced, for most, the pro-am tournament is less about winning and more about friendly competition and the love of the game.

Emee Herbert, LPGA professional, has participated in the pro-am tournament before and said she loves to do so because it gives here a chance to play with those who have fought and continue to fight for our country.

"I really had a great time last year, and I think it's just awesome to be able to come back and play with the veterans and be involved with the Army," she said. "I'm appreciative of everything that they do and I think this is just a great cause. It's a lot of fun and they treat us really well out here."

Herbert, who has been playing golf for about 20 years, said not only does she enjoy the company, but the facilities on Fort Rucker, as well.

"(The course) is so nice and it feels like home to me," she said. "The greens are great and they're faster than they were last year, but this is just a good course - it's just

a lot of fun."

David Farone, civilian participant, said he got into the game of golf just two years ago and loves to use the time on the course as a release, adding that he wasn't going to miss a chance to play with professionals to get some pointers.

"How often do you get to play with people who actually play the game of golf for a living?" he said. "I thought this was a great chance for me to see how good I really am, and once I find out that I'm not that great, see what I can do to make myself better."

Farone said he doesn't take the game too seriously, but the competition can get the best of him at times.

"This is a game I like to come out and play to relax, but I can't say that sometimes when you get into that competitive spirit that it doesn't get the best of me," he said. "But playing in this tournament, I don't feel any of that pressure at all. I just want to have a good time and see if I can learn a few things."

5 Soldiers, 16 Army vets on Team USA for Rio Paralympics

By David Vergun and Gary Sheftick
Army News Service

WASHINGTON — Four active-duty Soldiers, an Army Reserve second lieutenant and 16 Army veterans were part of Team USA when athletes entered Maracana Stadium for opening ceremonies of the Paralympic Games Sept. 7 in Rio de Janeiro.

Staff Sgt. John Joss and Sgt. 1st Class Shaun Tichenor are scheduled to compete on the USA Shooting Team. Sgt. Elizabeth Marks is scheduled to compete in swimming and Staff Sgt. Michael Lukow is scheduled to compete in archery.

Army Reserve 2nd Lt. David Garza is scheduled to play soccer with Team USA. He was commissioned a second lieutenant in the Military Intelligence branch when he graduated college in May.

Jass and Tichenor are both members of the U.S. Army Marksmanship Unit at Fort Benning, Georgia. Marks and Lukow are both with the Army World Class Athlete Program.

SGT. ELIZABETH MARKS

Marks began her Paralympic competition the morning after the opening ceremonies as the 100-meter breast stroke preliminaries got under way.

Marks finished first in the 100-me-



PHOTO BY TIM HIPPS

Sgt. Elizabeth Marks of the U.S. Army World Class Athlete Program wins the women's 100-meter breaststroke June 30 at the Mecklenburg County Aquatic Center in Charlotte, North Carolina.

ter breast stroke event at the U.S. Paralympic Swimming Team Trials on June 30 in Charlotte, North Carolina. She was just one-hundredth of a second off the world record, finishing in 1:28:54 and beating 17-time Paralympic medalist Jessica Long.

Marks also finished second in the 100-meter backstroke in the trials on July 2 and third in the 200-meter medley preliminaries. She is the first WCAP Soldier to qualify for the USA Paralympic Swim Team.

"I'm excited that I get the chance to represent the United States of America's colors in any way that I'm allowed," Marks said at an interview during the trials.

Marks suffered bilateral hip injuries in 2010 while serving as a combat medic in Iraq. She underwent three operations to restructure her hips.

Marks began swimming in 2011 at the Brooke Army Medical Center in Fort Sam Houston, Texas.

An illness in 2012 caused a further reduction of mobility in her legs and decreased her lung capacity, leading to her experiencing disorientation and vision issues when swimming.

In 2014, she went to London to compete in the first Invictus Games, but she fell ill while travelling and was put on life support for 10 days. She nearly died from a respiratory infection and was in a medically-induced coma for almost two months. She woke up in the same hospital in Germany that she had been medically evacuated to from Iraq four years earlier.

She said it took her a while to bounce back, but at this year's Invictus Games at Walt Disney World's ESPN Wide World of Sports she won four gold medals. She also won a bronze at the 2015 CanAm Para Swimming Championships.

STAFF SGT. MICHAEL LUKOW

The 6-foot-3-inch infantryman is a member of the Army World Class Athlete Program. He is a native of Alamosa, Colorado and lives in Salt Lake City, Utah.

In 2008, Lukow lost his right foot and injured the other foot while serv-

SEE RIO, PAGE D3

Sun	Mon	Tue
1	2	3
8	9 Doctor Appointment	10
15	16	17

ARMY GRAPHIC

Missed medical appointments impact readiness

By Kirk Frady
Army Medicine

FORT SAM HOUSTON, Texas — When people miss a medical appointment, it keeps others — Soldiers, family members and retirees — from using that appointment slot for medical care they really need.

Generally speaking, a no-show is defined as a patient who has an appointment who neither uses that appointment, nor cancels or notifies the treatment facility of an inability to keep the appointment.

Missed appointments, or no-shows, impact not only the health of the Soldier or family member, but also impact the medical readiness of the Army fighting force.

When beneficiaries fail to cancel or show up for

SEE READINESS, PAGE D3

PIGSKIN PICKS



	N.Y. Jets vs. Buffalo	Cincinnati vs. Pittsburgh	Dallas vs. Washington	Kansas City vs. Houston	Tampa Bay vs. Arizona	Green Bay vs. Minnesota	Philadelphia vs. Chicago
David Agan PAO (3-4)							
Col. Tom von Eschenbach CDID Director (3-4)							
Jim Hughes PAO (3-4)							
Capt. Jason Jordan 6th MP (4-3)							
Capt. Mike Simmons DPS (4-3)							

DOWN TIME



Just Like Cats & Dogs

by Dave T. Phipps



Trivia test

by Fifi Rodriguez

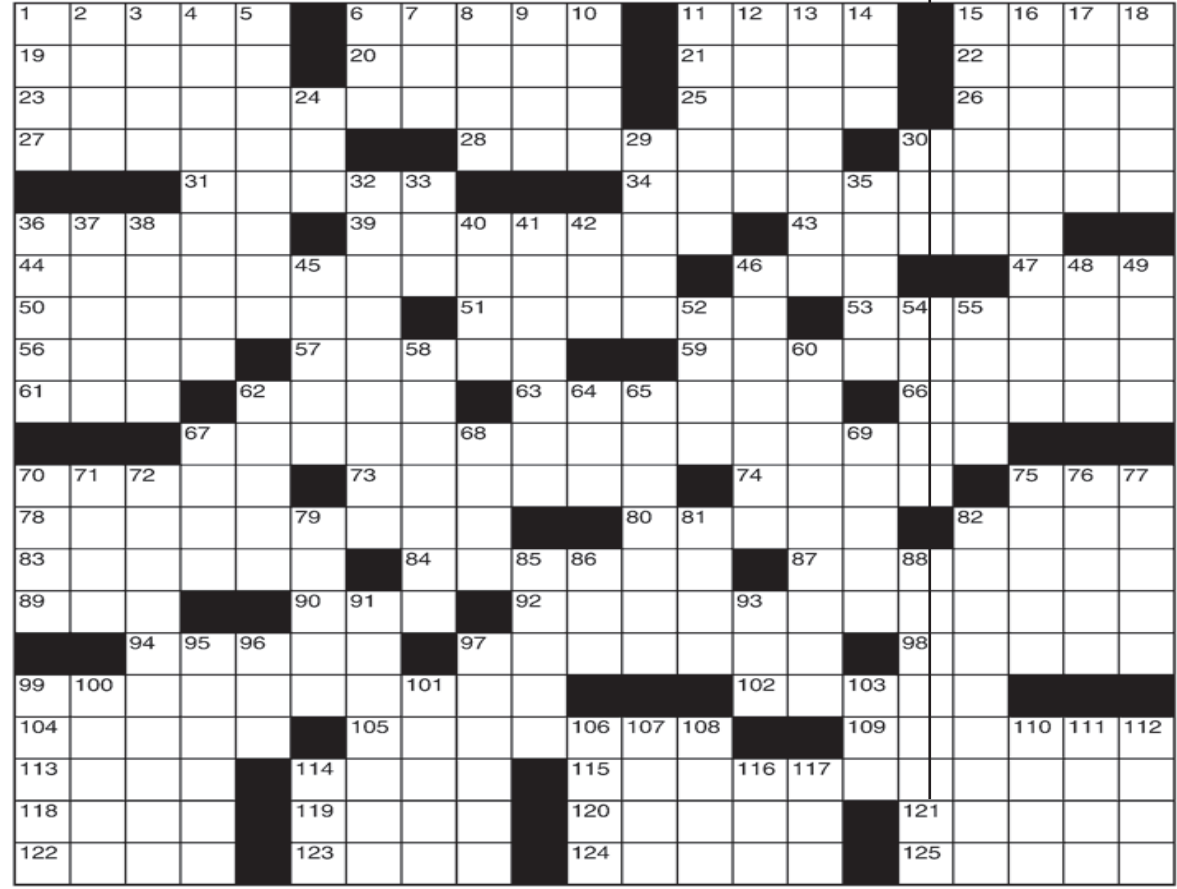
TRIVIA

1. LANGUAGE: How many letters are in the Russian alphabet?
2. MOVIES: Who rode a horse named Trigger in old Western movies?
3. CITY NICKNAMES: Which U.S. city is known as the "The Big Easy"?
4. GAMES: What chess piece can move only diagonally?
5. GEOGRAPHY: Kathmandu is the capital of which country?
6. AUTOS: What is the best-selling car of all time?
7. GENERAL KNOWLEDGE: What is the current name of the country once known as Siam?
8. ENTERTAINERS: Which actor was known for the line, "Baby, you're the greatest"?
9. TELEVISION: What is the name of the company featured in the Wile E. Coyote cartoons?
10. SCIENCE: What part of the cell contains the DNA and controls the cell?

See Page D3 for this week's answers.

Super Crossword

- ACROSS**
- 1 Mafia VIPs
 - 6 Chocolate substitute
 - 11 Maintain
 - 15 Molecule bit
 - 19 Animated
 - 20 North Pole explorer
 - 21 "My Friend —" (old radio show)
 - 22 Erie or Eyre
 - 23 It has many food aisles
 - 25 Used a sketchpad
 - 26 Diploma holder
 - 27 Arise
 - 28 — of Aquitaine
 - 30 Flip one's lid
 - 31 Result of an armistice
 - 34 Rialto locale
 - 36 Actress
 - 39 Like some double-decker buses
 - 43 Yak's land
 - 44 Strong rapids, say
 - 46 Opposite of 31-Across
 - 47 Wallach of "Lord Jim"
- DOWN**
- 1 Docket entry
 - 2 Grad
 - 3 Popeye prop
 - 4 Charge too much for
 - 5 Bilko's rank
 - 6 Pro with IRS returns
 - 7 — Lingus
 - 8 Fall tool
 - 9 Ex-Dodger
 - 10 Gig billionth
 - 11 Hold hostage
 - 12 Dashing
 - 13 Retired
 - 14 Clawed foot
 - 15 1990s vice president
 - 16 Fast whirling dance of Italy
 - 17 Striped-legged beast
 - 18 Jason's wife
 - 24 "— culpa!"
 - 29 Come at — (not be free)
 - 30 Dollop
 - 32 Lack of bravery
 - 33 Fuel economy org.
 - 35 Top spot
 - 36 Walk on
 - 37 Oscar winner Berry
 - 38 S-curves
 - 40 Kett of comic strips
 - 41 Week-old baby, e.g.
 - 42 Singer's syllable
 - 45 Collection
 - 46 More quirky
 - 48 Bore false witness
 - 49 Tiny, to a tot
 - 52 Tesla Motors CEO Musk
 - 54 New staffer
 - 55 Tennis stat
 - 58 Carmen with fruit hats
 - 60 Puget Sound city, in an address
 - 62 Pink-slipping
 - 64 Gal in the family
 - 65 Home for the sick
 - 67 Threshold
 - 68 Joking
 - 69 Amtrak sight
 - 70 Baby's cry
 - 71 Comic King
 - 72 Beat-keeping
 - 75 One in utero
 - 76 John of tractor fame
 - 77 Beneficial thing
 - 79 Portioned
 - 81 Dye in blue jeans
 - 82 1942 horror classic
 - 85 John or John Quincy
 - 86 "U R funny!"
 - 88 Cut-covering cloth
 - 91 Pancake alternatives
 - 93 Take it on the — (flee)
 - 95 Ren's cartoon pal
 - 96 "For — a jolly good fellow"
 - 97 At a distance
 - 99 Fertile areas in deserts
 - 100 Open, as a pill bottle
 - 101 Amtrak sights
 - 103 NYSE event
 - 106 Apple on a desk, maybe
 - 107 Towering
 - 108 Accordingly
 - 110 Small stream
 - 111 Middle of many a sig.
 - 112 Offshore
 - 114 Kwik-E-Mart storekeeper
 - 116 Swerve
 - 117 Put in writing

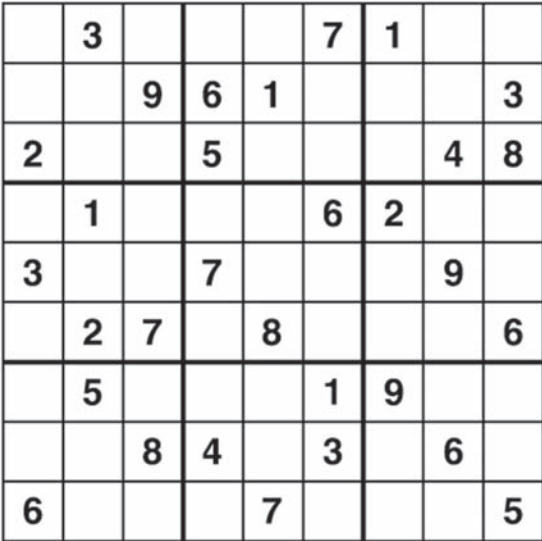


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See Page D3 for this week's answers.

Weekly SUDOKU

by Linda Thistle



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

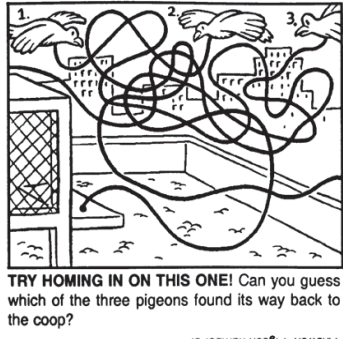
DIFFICULTY THIS WEEK: ♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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See Page D3 for this week's answers.

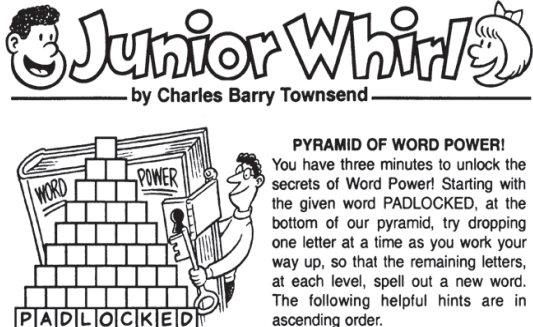
KID's CORNER



A CONEY ISLAND RED-HOT STUMPER! See if you can cut the mustard on this AlphaMath problem. You must replace the letters in the board with the digits 0, 1, 2, 3, 4, 6, 7, 8, and 9 so that you have a correct addition problem. The same letters get the same digits. Try to get the highest possible total.

IT'S A "SIN" IF YOU DON'T GET THEM ALL! In this puzzle all of the words get progressively longer, and they all start with SIN. Some hints are:

1. SIN (in place).
2. To inform against (slang).
3. Between then and now.
4. Burns the ends off.
5. Found on fishnets.
6. A monotonous voice tone.



WORD POWER! You have three minutes to unlock the secrets of Word Power! Starting with the given word PADLOCKED, at the bottom of our pyramid, try dropping one letter at a time as you work your way up, so that the remaining letters, at each level, spell out a new word. The following helpful hints are in ascending order.

WORD POWER! You have three minutes to unlock the secrets of Word Power! Starting with the given word PADLOCKED, at the bottom of our pyramid, try dropping one letter at a time as you work your way up, so that the remaining letters, at each level, spell out a new word. The following helpful hints are in ascending order.

1. A secured gate.
2. To bring negotiations to a standstill.
3. A well-dressed superhero.
4. Needed something.
5. A car window decoration.
6. Covered with a metal skin.
7. An ungentlemanly individual.
8. A public notice.
9. Lowest passing grade.

Answers: (from the bottom up): 1. Padlocked. 2. Deadlock. 3. Locked. 4. Locked. 5. Deal. 6. (from) Deal. 7. Deal. 8. Deal. 9. Deal.

Wishing Well®

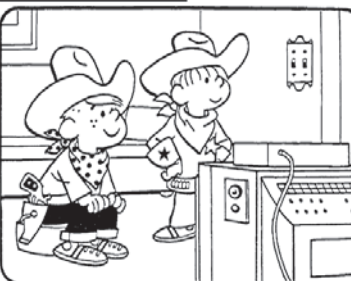
4	6	2	8	2	3	4	7	4	3	6	2	5
N	H	A	G	R	V	O	S	B	I	U	O	B
4	6	7	2	8	4	5	3	7	4	3	4	2
A	S	P	S	O	R	E	C	E	R	T	I	Y
3	4	8	4	2	4	8	3	8	5	6	4	2
O	E	A	R	A	T	L	R	S	G	T	O	T
8	3	8	2	3	5	6	3	4	6	7	5	6
A	Y	C	T	I	R	L	S	O	E	N	A	T
3	6	7	3	7	2	4	6	7	3	4	6	3
N	O	D	E	W	I	H	S	I	A	I	U	R
5	2	4	6	2	6	4	2	5	8	2	6	8
C	T	G	C	U	C	H	D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

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.

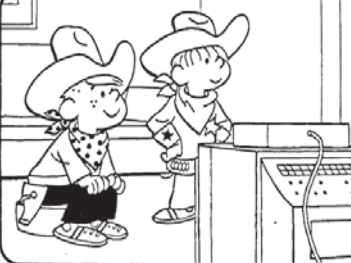
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HOCUS-FOCUS

BY HENRY BOLTINOFF



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Rio

Continued from Page D1

ing in Bagdad when an explosively formed penetrator, known as an EFP, struck his vehicle. He took up archery while rehabilitating from his injuries.

He learned to walk on prosthetics and braces by retrieving his arrows. The more consistently he hit the targets, the easier the walks became, he said. Lukow is a recipient of the Iraq Campaign medal, Purple Heart and National Defense Service Medal, among others.

In 2011, Lukow earned a silver medal in the Parapan American Games. In 2014, he took another silver in the Pan American Championships. In 2014 and 2015, he competed as a member of the Czech Republic Team.

He qualified to compete for Team USA in Rio at the final event of a three-phase qualification series in Chula Vista, California, earlier this year.

STAFF SGT. JOHN JOSS

Joss is scheduled to compete in the prone rifle event. He enlisted in 2004 and has been a member of the Army Marksmanship Unit since 2012.

He lost a portion of his right leg from injuries in Iraq when the vehicle he was riding in was caught in an ambush in 2007.

Joss has competed alongside the best prone rifle shooters in the country, having made one event final at the 2015 USA Shooting National Championships and finishing sixth overall at the 2016 Paralympic Team Trials.

SGT. 1ST CLASS SHAUN TICHENOR

Tichenor is scheduled to compete in the pistol and air pistol events. He was added to the Paralympic Shooting Team on Aug. 26.

Tichenor lost his right leg due to injuries sustained in the Arghandab River Valley, in Kandahar Province, Afghanistan, when deployed with the 10th Mountain Division's 3rd Brigade Combat Team in 2012.

While clearing improvised explosive devices from the road so that the rest of his company could pass through, he stepped on a pressure-plate IED. It shattered his heel bone and dislocated his ankle.

After being evacuated to state-side hospitals, Tichenor learned that he would never run again if he kept his leg, so he chose to have it amputated. After a year of recovery, he was able to run once more using a prosthetic.

Tichenor was assigned to the Army Marksmanship Unit's International Team in January 2013 as a shooter and instructor. In 2014 and 2015, he was the Paralympic National Champion for

10-meter Air Pistol.

DAVID GARZA

Army Reserve 2nd Lt. David Garza suffered a near-death car accident in 2012. He said his friends and family got him through the tough times and thanks them for supporting his will to get back on the soccer field. Garza said he's glad to have a second chance at life and the opportunity to live out his dream of playing soccer.

Playing in the 2014 Copa Americas Cup, he helped Team USA earn a bronze medal.

He was commissioned a second lieutenant in May this year when he graduated from Cal State University Dominguez Hills. He now serves with the 314th Military Intelligence Battalion in San Diego.

The following Army veterans will also be competing:

JOSH BRUNAIS

Former Staff Sgt. Josh Brunais' sport is soccer. He is a member of the U.S. Olympic Committee Athlete Career and Education program, which delivers career and education services aimed at enhancing performance and personal development for both current and retired Team USA athletes. Brunais is from Stafford, Virginia.

PATRICIA COLLINS

Retired Col. Patricia Collins' sport is the paratriathlon. In 2013, she won silver at the ITU Paratriathlon World Championship and in 2015 she won a bronze at the ITU World Paratriathlon.

In 2006, Collins was hit by a car. Her lower left leg was amputated in 2007. Since that time, she's made two parachute jumps.

LIA CORYELL

Former Pvt. Lia Coryell will be shooting a compound bow in the W1 women's category in Rio. She first competed on Team USA last year, when she was selected to the World Archery Para Championships and Parapan American Championships teams, following a solid performance in the World Archery Para Championships Team Trials.

TOM DAVIS

Retired Staff Sgt. Tom Davis is a newcomer to Team USA, specializing in road cycling. Davis is a combat-wounded veteran who has been cycling since 2012.

He joined the Army in 2002. In 2006, he rode shotgun in a Humvee as it drove through Ramadi, the most dangerous city in Iraq at the time. While turning, the truck ran over an improvised explosive device. The blast threw the truck two stories in the air. It flipped backward and landed on its roof. Due to his injuries, Davis had his

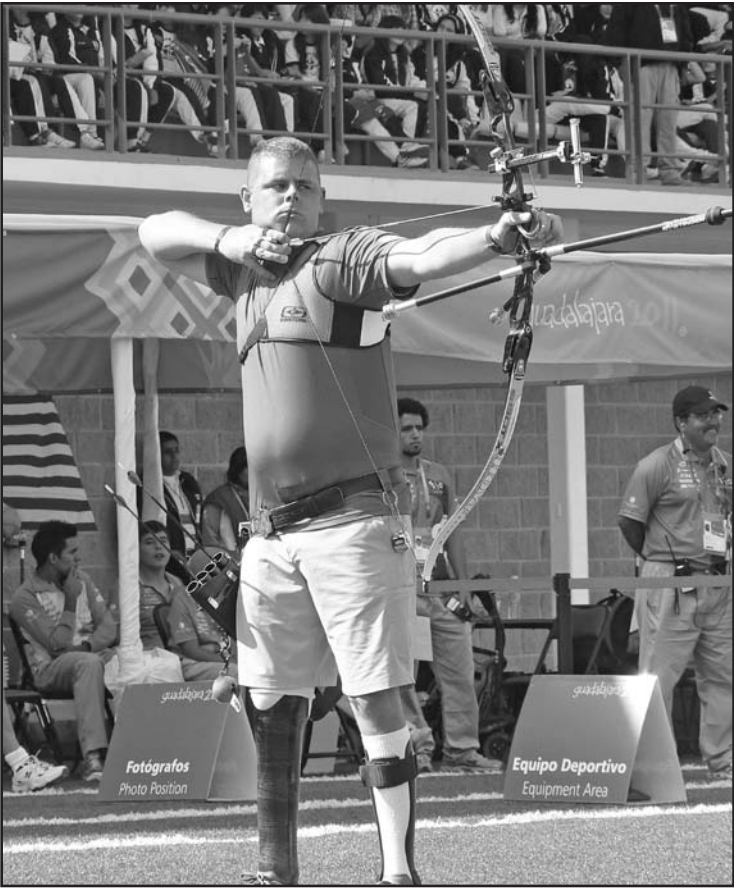


PHOTO BY BETH BOURGEOIS

Sgt. Michael Lukow competes in archery at the Parapan American Games in Guadalajara, Mexico, Nov. 17, 2011, where he won a silver medal.

left leg removed.

He lives with his wife Jamie and four children in Fremont, Indiana. In his spare time, he enjoys coaching youth sports.

DAVID GARZA

2nd Lt. David Garza's sport is soccer, which was his childhood sport. He suffered a near-death car accident in 2012. He said he is grateful to receive a second chance at life and the opportunity to live out his dream of playing soccer.

SETH JAHN

Seth Jahn's sport is soccer. Jahn deployed three times to Afghanistan and Iraq with the Army's 20th Special Forces Group (Airborne), where he was severely injured in 2010 while directly supporting combat operations. He was told he would never walk again.

Four years later, he served as a co-captain on the U.S. Paralympic National Soccer Team. Jahn was introduced to Paralympic sport through the military rehab program and started training with the U.S. Paralympics National Soccer Team in July 2014.

After serving for the better part of 12 years, he officially retired from the military in the fall of 2014. He is proficient in four languages: English, Spanish, Dari and Pashto and is pursuing his master's degree in intelligence management.

He has climbed three of the world's tallest mountains since his 2010 injury: Mounts Kilimanjaro, Blanc, and Elbrus, and plans to attempt Mt. Everest and Denali this year. He also raced cars in the Eurocup Formula Renault 2.0 and has fought in two Muay Thai matches

in Thailand.

KARI MILLER

Former Sgt. Kari Miller's sport is sitting volleyball. Over the years, she has won many medals, beginning in 2007 with a silver at the Sitting Volleyball Invitational. In 2008, she won a bronze at the WOVD Intercontinental Cup and the same year, a silver at the Beijing Paralympic Games.

In 2009 she took gold at the Parapan American Zonal Championship and gold at the Eurocup. In 2010, she took gold at the WOVD World Cup and gold at the Parapan American Championships and silver in the WOVD Sitting Volleyball World Championships.

In 2011, she took gold in the Parapan American Zonal Championships. In 2012 she earned gold at the Volleyball Masters and silver at the London Paralympic Games. In 2015 she earned gold at the Parapan American Games. In 2016, she earned gold at the World ParaVolley Intercontinental Cup.

Miller became an amputee in 1999 as a result of a drunk driver hitting the car she was riding in. Miller currently serves as a community programs coordinator for the Air Force's Wounded Warrior Program.

SHAWN MORELLI

Retired Maj. Shawn Morelli's sport is road cycling and track cycling. While deployed as an engineer officer in Afghanistan in 2007, Morelli was seriously injured by an IED. The result was neck, nerve damage, brain trauma and blindness in her left eye.

Her first competition was at a

2010 Warrior Games. She broke the women's C4 pursuit world record at the 2016 UCI Para-Cycling Track World Championships.

She is working on a doctorate in public and community service, but her studies and dissertation are on hold while she's training. In 2015 she was honored by Major League Soccer team Sporting Kansas City during its Salute to Troops campaign.

DAN REGAN

Retired Staff Sgt. Dan Regan's sport is sitting volleyball. He earned silver medals at the 2010, 2011 and 2015 ParaPan American Games.

Regan served 12 years in the Army. He was injured during a boating accident, which resulted in his right leg being amputated above the knee and muscle and nerve damage to his left leg.

JENNIFER SCHUBLE

Former 2nd Lt. Jennifer Schuble's sports i road cycling and track cycling. She is a three-time Paralympian and five-time Paralympic medalist. She set a world record in the track time trial at the Beijing 2008 Paralympic Games.

While attending the West Point Military Academy to become a commissioned officer, Schuble competed as a varsity athlete in three separate sports. One day, during hand-to-hand combat class at West Point, Schuble sustained a traumatic brain injury. She later sustained an additional traumatic brain injury in a car accident. In 2004, she was diagnosed with multiple sclerosis.

SCOT SEVERN

Retired Spc. Scot Severn's sports are shot put, discus and javelin. He has won a number of medals, including golds at the 2008, 2010, and 2012 Paralympic National Championships, a silver at the 2011 Parapan American Games, and a silver at the IPC Athletics World Championships.

In 1989, Severn was on duty with the Army Reserve at Camp Grayling, Michigan when he was struck by lightning. The direct strike threw him 40 feet and caused external as well as internal burns and nerve damage that resulted in him becoming a quadriplegic. He began bowling soon after his accident and still competes. He started participating in wheelchair sports in 2003.

On Labor Day 2006, he hand-cycled across the Mackinaw Bridge in Michigan with Gov. Jennifer Granholm as part of the governor's mentoring program. He currently serves as the sports director for the Michigan Paralyzed Veterans of America.

Readiness

Continued from Page D1

their appointment, their healthcare provider can't simply shift the rest of the day's appointments up to fill their space. In short, that time slot goes unused and is wasted time for the healthcare providers and their staff.

"There are approximately 48,000 average appointments missed monthly across the entire Army, which equates to a no-show rate of approximately 6 percent," said Michael Griffin, deputy chief of the Health Plan Management Office for U.S. Army Medical Command. "That is based on

approximately 814,000 appointments booked or made each month."

Army Medicine currently treats or provides care for approximately 1.4 million beneficiaries enrolled in its military treatment facilities worldwide.

While an MTF cannot charge you a fee for missing your appointment, a civilian healthcare provider may charge you. American Medical Association policy says a doctor may charge for a missed appointment – or failing to cancel 24 hours in advance – if the office advises patients they will be charged if they miss an appointment. That fee can range

from \$20-\$40 and isn't covered by TRICARE.

Having said that, it's best that people keep their appointments or reschedule them at least 24 hours in advance. If they're being seen at a MTF or clinic, they can do this through TRICARE online or call the local central appointment line.

TRICARE Online is available 24 hours a day, seven days a week. People can use the portal to set appointment notifications, and set up email and text message reminders. For those who know they can't make the appointment, they can cancel their appointments right then.

Super Crossword

Answers

CAPOS	CAROB	KEEP	ATOM
ALIVE	PEARY	JIRMA	LAKE
SUPERMARKET	DREW	GRAD	
EMERGE	ELEANOR	GOAPE	
PEACE	CALIFORNIA		
THOR	OPEN	TIBET	
RAGING	WATERS	WAR	ELI
ELECTRA	TOATEE	SHALIT	
ALEE	ORMAN	LIT	STIGLES
DES	AUDI	ASHORE	READY
EXPIRATION	DATES		
MARDI	CARESS	ETRE	FDA
ALIGNMENT	PART	ACEES	
MANEGE	DEALIN	LIGATES	
ANG	TWA	DOCILE	NATURE
OSHEA	YALE	LAW	UPSET
OUSTED	FROM	MAIZE	
ANTIS	FANSITE	PEORIA	
SCAM	ALID	MARY	POPPINS
EARP	PELE	ALGAE	ALLIE
SPRY	USSR	CLOWN	DELTA

Weekly SUDOKU

Answer

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

Answers

- 33
- Roy Rogers
- New Orleans
- The bishop
- Nepal
- Toyota Corolla
- Thailand
- Jackie Gleason as Ralph Kramden in "The Honeymooners"
- Acme
- Nucleus

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PIGSKIN PICKS



	Alabama vs. Ole Miss	Mississippi State vs. LSU	Texas A&M vs. Auburn	Army vs. UTEP	Michigan State vs. Notre Dame	Ohio State vs. Ohio	Texas vs. California
 Kent Anger DPTMS (7-0)							
 Todd Conyers USAAE (6-1)							
 Jeff Frey NCOA (5-2)							
 Wes Hamilton NEC (6-1)							
 John Tkac DPS (7-0)							

FORT RUCKER SPORTS BRIEFS

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

Fort Rucker Hog Hunt
Fort Rucker Outdoor Recreation will host a hog hunt now through Sept. 22. Team categories include: two-man trapping and two-man weapon. Entry fee is \$70 per team. Cash prizes for first-third places and for the biggest hog. Cash prizes are based on total entry fees: 40 percent for first place, 30 percent for second place and 10 percent for third place for each category. A cash prize will also be awarded to the team that harvests the biggest pig.
For more information, call 255-4305 or visit rucker.armymwr.com.

Deep sea fishing trip
MWR Central will host a deep sea fishing trip Sat-

urday aboard the Vera Marie in Destin, Florida. All participants need to do is sit back, relax and enjoy a day of fishing – everything else is taken care of, according to organizers. The bus will depart at 4 a.m. from Bldg. 5700 and return at 8 p.m. Organizers advise bringing a small cooler with drinks and snacks – no glass. The cost is \$75 per person, plus tip. The price includes transportation to and from Destin, bait, rod, reel, fishing license, six-hour fishing trip, and people's fish cut and cleaned at the end of the trip. The trip is limited to 42 participants.
People can sign up at outdoor recreation, 255-4305; or MWR Central, 255-2997.

Fall Fitness Boot Camp
The Fort Rucker Physical Fitness Center will host its six-week Fall Fitness Boot Camp beginning with an orientation Monday at 8:30 a.m. The camp features outdoor activities designed to deliver a significant increase in people's fitness levels and leave them feeling energized, recharged and motivated to maintain their newly transformed fitness style, according to trainers at the PFC. All sessions take into account people's varying fitness levels and abilities. The PFC staff's seeks to help people reach their goals,

whether they are meeting new people, learning workout techniques, getting nutritional advice, challenging themselves or others. The camp will be held five days a week from 8:30-9:45 a.m. – ending Oct. 28.
The camp includes: Training with certified personal trainers and group exercise leaders, access to all group fitness classes during the camp, a camp T-shirt, and weekly nutritional tips and information. During the orientation, each packet will be reviewed for high-risk participants and people will be contacted if a doctor's release is needed before orientation.
For more information and to register, call 255-3794.

Trail ride
Fort Rucker Outdoor Recreation will host its ATV and Dirt Bike Trail Ride Sept. 24 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 Sept. 24 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 Sept. 27-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.

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