LOOKING AHEAD

Army ranking 780 programs for modernization

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Fort Rucker hosts outdoor yard sale

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POPULAR DEMAND

100-plus runners take on half marathon

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VOL. 66 ■ NO. 39

FORT RUCKER ★ ALABAMA

SEPTEMBER 29, 2016

EMBERING FALLE

Post pays homage to Gold Star families

By Nathan Pfau Army Flier Staff Writer

Fort Rucker honored Gold Star families with a service to help ensure their fallen loved ones are never forgotten.

A Gold Star Mothers and Family Day service was held at the main post chapel Sunday where senior leaders, along with Soldiers, family members and friends came together to pay respect those who have made the ultimate sacrifice in service to the nation, as well as honor the families who were left behind.

"Tonight we honor those who sacrificed their lives for the sake of freedom, for the sake of duty and for the sake of others, and we honor you, our Gold Star mothers and families, for the tremendous sacrifice you've made for liberty and for the cause against tyranny," said Chaplain (Col.) Dean Bonura, U.S. Army Aviation Center of Excellence and Fort Rucker garrison chaplain, during the service.



Gold Star family members line up as they light their luminaries in honor of their fallen Soldier during a Gold Star Mothers and Family Day at the main post chapel Sunday.

"We enjoy the blessings of peace — the loss of his brother. and liberty because of others men and women who stand ready to protect our way of life. Those whom we remember today were that caliber of individual."

Chaplain (Capt.) Shawn Droge, 1st Battalion, 223rd Aviation Regiment chaplain, also spoke during the service and shared his experience with loss and grief, and how he was able to get through one of the most difficult times in his life

"Is it OK to be angry? Is it OK to be upset, to be hurt, to feel pain, frustrated and confused, and to not know what to do?" he asked. "I think it is, absolutely, because God, he understands, he loves us and he is there for us. He allows us to feel, allows us to be human, and to go through those emotions and work it out."

SEE SACRIFICE, PAGE A5



Allan Hoffman and Bob Talmadge unveil the newly dedicated 170th Assault Helicopter Company monument at Veterans Park during a ceremony Friday. See Page A3 for the full story.

DOMESTIC VIOLENCE

Survivor shares story

By Jeremy Henderson Army Flier Staff Writer

Domestic violence can change lives forever, and Army Community Service hopes one woman's story will help promote awareness and fuel prevention.

In observance of Domestic Violence Awareness Month, ACS will host the presentation, "Mildred Muhammad: Scared Silent," at the post theater Tuesday at



Muhammad

10 a.m., 2 p.m. and at 6 p.m., and Wednesday at 10 a.m. and 2 p.m.

Muhammad is the former spouse of John Muhammad, the D.C. sniper. Her presentations will entail her own personal story surrounding her life as a victim of domestic abuse. Her story is unique and speaks directly to the importance of knowing and understanding the risk factors for domestic violence, according to ACS officials.

"Her style and wit in sharing her story holds the audience's attention," Luticia Tremble-Smith, ACS family advocacy program manager, said. "Muhammad has shared her story on several military installations. I first heard her speak at the International Summit on Violence, Abuse and Trauma in 2011. Her story is significant because it addresses the impact that emotional and psychological abuse can have on victims and that domestic abuse doesn't always leave visible scars."

The event is free and open to the public, and Tremble-Smith feels everyone can benefit from hearing Muhammad's story.

"October is Domestic Violence Awareness Month," she said. "This presentation will hopefully increase the awareness of domestic violence through the sharing of her personal experience. It is not uncommon for victims of domestic violence to report abuse after hearing a personal testimony

According to Tremble-Smith, a few simple steps can help anyone become more aware and aid in the prevention of domestic violence.

"One can become more aware by learning how to identify the risk factors associated with domes-

SEE SURVIVOR, PAGE A5

Celebration kicks off Hispanic Heritage Month

By Nathan Pfau Army Flier Staff Writer

With a bit of dancing and a lot of food. Fort Rucker kicked off its celebration of the Army's diversity and observance of National Hispanic Heritage Month at the Army and Air Force Exchange Service food court Friday.

The observance runs through Oct. 15, and it kicked off with traditional Hispanic music, as well as a myriad of traditional Hispanic dishes that people from all walks of life were able to sample, said Sgt. 1st Class Pawoo Teh, Fort Rucker equal opportunity adviser.

"During this month, we celebrate the historic cultures and contributions of American citizens with ancestors from Spain, Mexico, the Caribbean, and Central and South America," he

This year's theme is Embracing, Enriching and Enabling America, which Teh said is something that Hispanic Americans have done throughout the

"Hispanics and Hispanic Americans still look at the United States as the great beacon of hope - the land of opportunity and a place that where anyone with determination, self discipline and hard work can achieve his or her goals," said the EO adviser. "We embrace the ideas that founded this nation, and we believe that the American Dream is self determination, liberty and the pursuit of happiness."

Not only do Hispanics and Hispanic Americans embrace those ideas, but



A Zumba class demonstrates the dance fitness derived from various Hispanic dances during the National Hispanic Heritage Month kickoff celebration at the post exchange Friday.

they also enrich the fabric that makes up the U.S., said Teh.

"They also bring their own traditions, culture, language, values, and work ethics and ideas to the great American table," he said. "(Hispanic Americans) enrich the culture, delivered through diversity, hard work, passion and unwavering commitment to make this country better than it already is."

That diversity and commitment is just a part of what Hispanics and Hispanic Americans have contributed to American society throughout the years, said the EO adviser. They have made contributes across the board, from the defense of this nation, to the arts, sports, public service, civil rights, business and much more.

"They enable the greatness of America by enabling America to maintain its competitive relevance and position in the global landscape as the leader of the free world," said Teh.

Although Hispanics and Hispanic Americans have made great contributions to not only the nation, but also the development of the nation, for many, the celebration of diversity was a much

"I just think this is a great way for us to get together and see that we are all just people," said Jennifer Stinson, military spouse. "Yes, our food is different, our culture is different and there are many differences we share, but at the same rate, we all eat, we all sleep, we all have families and we all love, so we're really not that different.

"No matter the differences, you're always going to be able to find similarities, and in the end we're all just human," she said. "Once people can start to see that rather than the things that make us different, I think we'll be a lot better off. I think being able to celebrate those differences is a great step in the right direction."

More observances will be held throughout the month of October. An ethnic observance will be held at the post theater Oct. 6 from 10-11:30 a.m., and a comedy and Salsa night will be

held at the Landing Oct. 14 at 7 p.m. For more information, call 255-



People line up to get a taste of traditional Hispanic food.

9862.

HEALTH • D1-4

PERSPECTIVE

TRADOC CSM:

Honoring, remembering the sacrifices of our service members

By Command Sgt. Maj. David Davenport fact cases highlight the changing nature of 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:// tradocnews.org/category/straight-fromthe-csm/.)

I would share with you a location I visited with my family during our summer

Up front, I will tell you that traveling with me is not a lot of fun because I prefer to make it up as we go along. It is a well-known fact in my family that I will pull over to check out a site based on a billboard, something heard on the radio or something that pops up on the Iinternet.

Recently, we had one of those, "Hey, let's pull over" events that really made my summer. As we drove through New York, we saw a sign about the National Purple Heart Hall of Honor. I immediately knew that this was something that I wanted my family to experience.

The National Purple Heart Hall of Honor is a state facility whose mission it is to collect, preserve and share the stories of Purple Heart recipients from all branches of service and across all conflicts for which the award has been available. The location of the gallery has historical significance as it is the location of Gen. George Washington's last encampment, as a part of the New Windsor Cantonment, as well as being the site where 137 veterans of World War I were awarded Purple Hearts on Temple Hill, just above the gallery and encampment.

The purpose of the agency's work is anchored by a powerful sculpture of a wounded Soldier being carried to safety by two comrades. Inside the gallery, artiwarfare, combatants and medical care.

The theme "Every Purple Heart has a Story to Tell" is represented by personal story cases of recipients, as well as by stories told in other themed displays. The theme "From Battlefield to Care" is told in the words of recipients, covering battlefield injuries to coming home.

The Roll of Honor is a database of As summer comes to a close, I thought Purple Heart recipients representing all wars for which the award has been available. While it is estimated that over 1.8 million awards have been presented since the creation of the Purple Heart, the database contains less than 10 percent of

> All enrollments are voluntary and made by the recipient, their family or friends. I might mention that the Roll of Honor is viewable both in the gallery and online. The version in the gallery allows for a total of six screens per recipient. The profiles can contain pictures, as well as written narratives of the recipient's experience. The online version is an abbreviated single commemoration page for each recipient.

> So why am I writing about this? First, I am impressed by the team's commitment to collect the stories of all the men and women who have been injured in the service of their country. The Hall of Honor has recorded the valor of men and women based on date of incident from April 6, 1862, to Aug. 24, 2016, during my visit, but the data base grows daily as they receive new enrollments.

> I also had a chance to walk through the gallery and speak with a Soldier who was there with his family. Medically retired, he wanted to show his children his entry into the Hall of Honor.

When he discovered I was a command sergeant major on active duty, he asked me to get the word out about the work taking place there, and how he imagined



A hallway at the National Purple Heart Hall of Honor, a New York state facility whose mission is to collect, preserve and share the stories of Purple Heart recipients from all branches of service and across all conflicts for which the award has been available.

it would help others if they knew that this Hall existed. Based on this Soldier's request and the staff's great work at the gallery, how could I not tell you about the

National Purple Heart Hall of Honor? Information on enrolling can be found at www.thepurpleheart.com, or by calling 845-561-1765.





2nd Lt. Adam Kunkle, D Co., 1st Bn., 145th Avn. Regt.

"I like to run a lot more as the weather cools down."



Spc. Hayden Baxley, 1st Bn., 11th Avn. Regt.

"I think this time of year is a good time for some cooking



Addy Thompson, military family member

"I really like decorating for this time of year."



LFall is finally upon us and

cooler weather is just around

the corner. What are some

of your favorite fall-time

activities?"

W01 Jake Kingsbury, B Co., 1st Bn., 145th Avn. Regt.

"It's not that cool around this time of year, so I still like to go to the beach when it's not as hot as it is in summer."



Katie Pettengil, civilian

"It's always nice to get together with friends around a bonfire when the weather gets

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BETTER MEN'

Monument honors lost of 170th Assault Helicopter Company

By Nathan Pfau Army Flier Staff Writer

Fort Rucker unveiled a new monument, dedicated to the 45 Soldiers of the 170th Assault Helicopter Company "Bikinis" who were lost in combat during the Vietnam War, during a ceremony at Veterans Park Friday.

Former members of the unit and family members attended the ceremony, along with Soldiers and other members of the Fort Rucker community, to remember those who fought and sacrificed, said retired Col. George Crawford, former commander of the 170th.

"It is indeed a somber day," he said. "Many of you have been to Washington, D.C., and seen the over 58,000 names (on the Vietnam Veterans Memorial Wall), and these names are on there.

"These were all Soldiers, and these were young men full of life and a lot of fun, and they gave their all," he continued. "It makes you swallow hard when you think about these people."

During the ceremony, the monument was unveiled, a wreath was placed in honor of those fallen and a roll call was performed of each of the names etched into the monument, followed by a bell toll for each fallen Soldier. Additionally, 45 seats with the names of each of the fallen service members were left empty in honor of their sacrifice.

CW5 Anthony Reed, 1st Aviation Brigade, was among those in attendance and spoke during the



A wreath lay in front of the newly dedicated 170th Assault Helicopter Company monument at Veterans Park during a ceremony Friday where 45 chairs were designated for the Soldiers of the unit who were lost during the Vietnam War.

ceremony.

"I grew up watching the Vietnam War on TV, and at the time I did not understand what they were sacrificing, but I knew that I was watching brave men risking their lives, and some giving their lives to defeat an enemy of the United States," he said during the ceremony. "I did not comprehend those sacrifices they were making until I actually went to war."

Reed said he sits in his office every day and sees the tail fin of an aircraft that was shot down in

Cambodia in 1970, during which copter unit's techniques, tactics all crewmembers were lost. It provides him with a somber reminder of the sacrifices service members have made throughout the years.

"From 1965 to 1971, the heroics of the Bikinis are well documented," he said. "The Bikinis have earned numerous valorous awards, and if you look at the brigade colors, some of the streamers are a direct result of the 170th.

"The Bikinis went to war without the benefit of previous heliand procedures," he continued. "They developed them on the fly, and some of those tactics, techniques and procedures that were developed by the Bikinis are still used today."

Reed provided a John Stuart Mill quote that spoke to him of the sacrifices that each of those Bikinis made throughout the war.

"War is an ugly thing, but not the ugliest of things," the quote reads. "The decayed and degraded state of moral and patriotic feeling

which thinks that nothing is worth war is much worse. The person who has nothing for which he is willing to fight, nothing which is more important than his own personal safety, is a miserable creature and has no chance of being free unless made and kept so by the exertions of better men than himself."

"As a citizen Soldier of this great country, I want to thank you for your sacrifices and bravery, and being the better men," said Reed to the Soldiers of the 170th.

SecDef describes security challenges, budget issues at Senate panel hearing

By Terri Moon Cronk

Department of Defense News

WASHINGTON — With just eight days remaining before the end of the fiscal year, Defense Secretary Ash Carter implored the Senate Armed Services Committee to pass the fiscal year 2017 defense budget request

Carter and Marine Corps Gen. Joe Dunford, chairman of the Joint Chiefs of Staff, appeared before the committee to testify on national security challenges and ongoing military operations.

Carter said the U.S. military's five key challenges involve Russia, China, North Korea, Iran, and the Islamic State of Iraq and the Levant.

He also outlined the many significant achievements made in Iraq and Syria against ISIL, and said while work remains, the U.S.led coalition is making progress.

The secretary took on a more serious tone when he said that as an institution, DOD has three grave budgetary concerns with which Congress can help.

"One (is) budget gridlock and instability," Carter said. "Two, micromanagement and overregulation, and three, denial of needed reforms. As you've heard consistently from me and DOD senior leaders, all three are serious concerns."

DOD needs Congress to come together



PHOTO BY NAVY PETTY OFFICER 2ND CLASS DOMINIQUE A. PINEIRO

Defense Secretary Ash Carter testifies before the Senate Armed Services Committee in Washington

around providing normal, stable, responsible budgets, Carter told the committee.

"The lack of (budget) stability," he said, "represents one of the single-biggest strategic risks to our enterprise at DOD. You heard the same from the service chiefs last week. Such budget instability undercuts stable planning, the efficient use of taxpayer dollars (and) often in ways taxpayers can't even Budget uncertainty baffles U.S. allies and

emboldens its foes, the secretary said. "It's managerially and strategically unsound, and it's unfairly dispiriting to our troops, to their families and our workforce," he said. "And it's inefficient for our defense industry partners."

Now, just eight days away from the end of the fiscal year, Carter said, "instead of stability, we're going into fiscal year 2017

with yet another continuing resolution – for the eighth fiscal year in a row, (and) that's a deplorable state of affairs."

The longer a continuing resolution lasts, the more damaging it is, the secretary said.

"It's not just a matter of money," he said, but where the dollars are. For example, the CR that goes past December would undermine our plan to quadruple our European Reassurance Initiative."

This is a time when the United States must be with its NATO allies and stand up to deter Russian aggression, Carter added.

"However, I cannot support any approach to the defense budget that moves us toward sequestration, or away from bipartisanship. And not at the expense of stability that comes with it. Not if it shortchanges the needs of our warfighters," the secretary said.

"(And) not if it means funding lower priorities instead of higher priorities," he added. "Not if it undermines confidence and the ability to pass bipartisan budget deals, which could lead to the imposition of sequestrations, \$100 billion in looming automatic cuts

"I'm confident and hopeful that we can come back together again," Carter told members of the Senate panel.

"Today, America is fortunate to have the world's greatest military. Our friends and allies know it, and critically, our potential adversaries know it too," he added.

News Briefs

Band deactivation

The 98th Army "Silver Wings" Band will deactivate during a ceremony Friday at 1:30 p.m. at the U.S. Army Aviation Museum.

Retiree health fair

The 42nd annual Fort Rucker Retiree Health Fair is scheduled for Oct. 28 from 8 a.m. to noon at Yano Hall, Bldg. 4605. All retirees and their family members are welcome to attend. Lyster Army Health Clinic, along with other agencies, will have booths with information on topics ranging from health and disease-management information, physical therapy, fitness, nutrition and more. Light refreshments will be available along with several door prize drawings.

For more information, call 255-2292.

Retirement ceremony

Fort Rucker will host its quarterly retirement ceremony Oct. 28 at 2 p.m. at the U.S. Army Aviation Museum. All are welcome to attend and honor the post's latest retirees for their service.

Siren test

The Installation Operations Center conducts a test of the emergency mass notification system the first Wednesday of each month at 11 a.m. At that time people will hear the siren over the giant voice. No actions are required.

Retiree council meetings

The Fort Rucker Installation Retiree Council meets the first Thursday of each month in The Landing at 11:30 a.m. The meeting is an open forum and all retirees are invited to attend. Retirees are also encouraged to apply for one of the open positions on the council. For more information, call 255-9124.

Lost and found

People who have lost or misplaced property while on Fort Rucker can call the Directorate of Public Safety's lost and found point of contact at 255-3239 to inquire if their property has been turned in. To claim their property, people must be able to demonstrate ownership of the property. DPS retains property found or turned in at special events held on the installation, such as Freedom Fest – the most common items turned-in are keys, cell phones and wallets.

Diabetes Basics

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

For more information, call 255-7986.

Weight control

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

For more information, call 255-7986.

The Fort Rucker Thrift Shop is open

Wednesdays-Fridays from 10 a.m. to 2 p.m. The thrift shop needs people's unwanted items. People can drop off donations at any time in the shed behind the shop (former Armed Forces Bank building) located in front of the theater next door to the bowling alley. Donations are tax deductible.

For more information, call 255-9595.

Lyster update

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

The Lyster Twitter feed is at @Lyster-

Pay office closure

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

Army ranking 780 programs for modernization

By C. Todd Lopez Army News Service

WASHINGTON — This year, as part of a Strategic Portfolio Analysis and Review, the Army will "rank order" all 780 or so of its equipment programs - from helicopters to boots to rifles – in terms of their impact on warfighting.

The results of that analysis will be made available to Army leaders to help guide them in making decisions on how to allocate dwindling Army modernization funds better.

In the fiscal year 2017 budget request presented to Congress, about \$125 billion was allocated to the Army. Of that, about 18 percent, or \$23 billion, was earmarked for modernization, including research, development, testing and evaluation, as well as procurement of new equipment. That's about a 33 percent drop in modernization funding from 2011, said Lt. Gen. John M. Murray, deputy chief of staff, Army G-8.

That drop in funding comes because the Army doesn't expect to get an increase in its base budget, and it is prioritizing readiness and force structure over moderniza-

"The priority is retaining force structure and readiness - nobody tells us to do that," Murray said. "That is a deliberate choice by the senior leaders of the Army. They understand the risk we have taken in modernization. And they understand it's a compounding risk."

Still, Murray said, the Army needs to plan now to provide the Army of the future with the tools it will need to fight, and it needs to take action now to make that happen, despite an understanding that more money is probably not going to materialize.

"It would be irresponsible of the Army, of me in particular, to sit back here and say there's nothing



PHOTO BY AIR FORCE TECH. SGT. MATT HECHT

The Army's AH-64 Apache program is one of nearly 800 programs in the Army that will be evaluate for their contribution to warfighting effectiveness through a recently announced Strategic Portfolio Analysis and Review.

we can do until we get more money," he said.

The idea of the SPAR, he said, an idea that originated inside the G-8, is to take a look at all existing Army programs, as well as some concepts or ideas the Army might like to have, and prioritize them in a way that will allow Army senior leaders to make "some very tough choices" about what should be kept and what should be let go.

Murray said the G-8 – working with agencies like U.S. Army Training and Doctrine Command, U.S. Army Forces Command, the Office of the Assistant Secretary of the Army for Acquisition, Logistics and Technology, the Army G-3, and others, and with the help of the Center for Army Analysis – will evaluate each of the Army's 780 or so equipment programs inside a specially developed modeling and simulation program, to determine their relative worth to the Army, in terms of contribution to

the warfight.

"We'll try to measure their contribution to what the chief has talked about, a decisive action, highend warfight," Murray said. "What does an M1 tank contribute to a high-end warfight, through modeling and simulations?"

Murray said they'd run their simulation with the tank, for instance, and measure the outcome of that scenario. Then they'd run the same simulation without the tank.

"My fundamental thought is, when the capability is in, you are going to come to a certain outcome," Murray said. "If the capability is out, that end state should be different. If it's not, then you have to question the value that capability adds to that warfight."

While Murray acknowledges that with Army programs "everything we're doing is important to somebody," as part of SPAR, all equipment programs, regardless of the portfolio they are in, will

be evaluated as falling into one of four "buckets," in order to make recommendations on how limited modernization resources might be applied to them moving forward.

I: Accelerate or find a way to bring into the portfolio.

II: Sustain at current level of re-

sources. III: Some resources can be taken

away for investment elsewhere. IV: Take most or even all resources away.

The SPAR process will be completed and the outcome of that process will be presented to both the secretary of the Army and the chief of staff of the Army, sometime before April of 2017, for use in development of the 2019-2023 Program Objective Memorandum, known as the POM.

Murray said the SPAR is not itself a final decision on the future of Army programs, but is instead meant to provide well-researched material upon which Army leaders can make those decisions.

"One of the intended outputs is to tee up some hard decisions for the senior leadership," Murray said. "And whether those decisions get made or not, that's not my purview, but is well within their purview."

Another aspect of SPAR, Murray said, is that it will provide him validation for the answers he often provides when asked what he thinks the Army could do with additional funding.

"I've been asked 50 times, 'if you had more money what would you do," he said. "And when you give an answer, they 'say show me the analysis.' Well, this is the analysis. If we need to modernize, and we need to get ready for the next fight that is coming, then we need to start laying a mark on the table, and that's the intent of doing this."

Murray said both existing Army programs, as well as concepts that the Army doesn't currently have as programs of record, but might want to become involved in, will be evaluated through SPAR. One such example is directed energy

"We would make some assumptions of what it would perform like, what kind of vehicle it would be mounted on, and play it the same way in the model, and see if it makes a significant difference in the outcome of the scenario," he

Murray said evaluation of Army programs with SPAR is already underway. If the analysis turns out to be valuable, he said, he expects the process to be repeated again every year, in time for providing input to the following year's POM.

"It's all about finding resources within the budget we've been given to accelerate the critical capabilities for our future warfight, or to go after new programs, new technologies, for that future warfight," Murray said.

Carter thanks troops, discusses concerns in worldwide troop talk

By Lisa Ferdinando

Defense Media Activity

WASHINGTON — To remain the best force in the world, the U.S. military must maintain readiness, and be flexible enough to attract and retain the best talent, Defense Secretary Ash Carter said Sept. 21 in a worldwide troop talk.

At the top of the hourlong event from the Pentagon, Carter thanked the service members in the room and around the world for all they do for the na-

"You are what make ours the finest fighting force the world has ever known. It's our people. It starts with our people," Carter said. "So that's my whole day and all my attention basically centered on our folks."

He took questions through social media and from service members in locations around the world, including Baghdad, Kabul, Afghanistan; Guam; on the USS Zumwalt advanced warship; and at the U.S. Military Academy at West Point, New York.

Carter said he is "pleading" with lawmakers for budget certainty. In the meantime, the department is "managing as best we can. We need the resources that are necessary to defend the country and keep our force the finest."

The department's top priority is readiness, the secretary said, and that comes from funding that is dependable.

"We never want anybody to go into harm's way who isn't fully trained for the mission they're going into - that's got to be job one," he said.

Carter talked about how the department has recently instituted a number of positive changes regarding personnel, including the expansion of parental leave and an updated transgender policy.

The changes are all about building a strong and ready force of the future, he said.

"Wherever we can afford to be flexible, we should be flexible, so on maternity leave, for example, we've doubled the length of that (to 12 weeks)," he said. "We've looked at the readiness implications and decided it was way worth it in terms of retention, compared to any impact it had on readiness."

And, he pointed out, openly transgender service members can now serve without worry about being discharged for being transgender.

"I need to make sure as secretary of defense that not only do we take care of you, but that there comes behind you a generation that's as fine as you are," he explained about maintaining a strong, all-volunteer force.

The secretary outlined a number of global priorities for the military, including maintaining a presence in the Asia-Pacific, Europe, and the Middle East. Concerns, he added, include Russia and Iran, as well as the continued fight against the Islamic State of Iraq and the Levant.

"In the last 18 months, we've also gotten a lot of results in what will be the certain crushing of ISIL in Iraq and Syria and everywhere else in the world," he said.

The United States will be in the Middle East for a long time, he said, in response to a question from Army Staff Sgt. Rory Radtke who's serving in Baghdad.

"It's a big world out there and we're going to be there," Carter said. "And you bet, we'll be in your region even after ISIL is defeated -- and ISIL will be defeated."

After asking about cybersecurity and hearing Carter explain how defending the networks is a top concern, West Point cadet Adam Kratch had another pressing question for the defense chief: "Who do you have winning this year, Army or Navy?'

Carter said, amid laughter, that he could not an-



PHOTO BY AIR FORCE TECH. SGT. BRIGITTE N. BRANTLEY

Secretary of Defense Ash Carter answers questions during a Worldwide Troop Talk at the Pentagon in Washington, D.C., Sept. 21.

added that he will be attending the annual, much-

swer that question, but anticipated football match-

game, but I can't say. I'm a joint guy here," Carter "It's always a great said.

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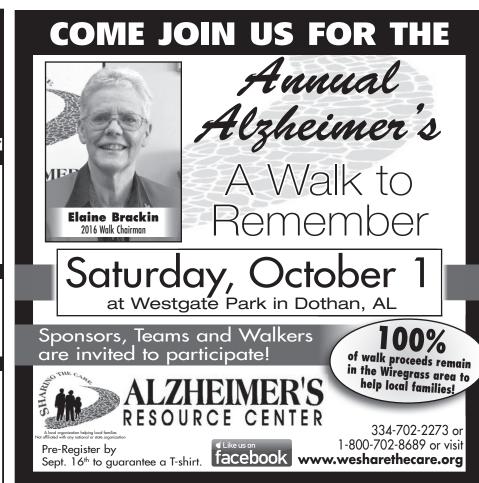
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System gives Soldiers ability to manage life insurance online

By Paul D. Prince Army G-1 Public Affairs

WASHINGTON - Active-duty, and eligible Reserve and Guard Soldiers soon will have the ability to adjust their Servicemembers' Group Life Insurance and Family SGLI coverage with just a few clicks on a computer or smart device.

The Department of Veterans Affairs collaborated with all the Services to develop the SGLI Online Enrollment System. This self-service system replaces the antiquated, paper-based process currently used by all the Services. Soldiers will now use SOES to manage the amount of their SGLI and spouse coverage and to name and update beneficiaries.

"Total force readiness remains the Army's top priority, and financial readiness is a part of that," said Larry Look, chief of compensation and entitlements in the G-1. "Fielding innovative personnel systems such as SOES is an investment toward enhancing the financial readiness of individual Soldiers and the respective departments."

SOES is being implemented in phases meaning that each service will not automatically have access upon the system's launch. Marines are scheduled to gain access in early fall. However, the Army will be the last of the services to gain access, expected around April, because of the Army's larger population in comparison to the other services.

"Soldiers will receive a notice from their unit leadership announcing SOES access is available to them," Lock said. "It is fast, easy, and safe for our members' use."

SOES can be accessed by logging onto www.dmdc.osd.mil/milconnect, signing in, and then clicking on "SOES" under the "Benefits" tab. Soldiers may log in



Fort McCoy, Wis., Soldiers take advantage of post computer centers.

to SOES with their CAC or DS Logon to verify their SGLI coverage and beneficiaries are up-to-date.

This modernization to the Army's Human Resources system at large also serves as an admin tool for commanders and Army HR personnel to better support Soldiers and Families. It is expected to enhance the Army's capability to lessen and ultimately eliminate "out-of-service" debt. These cases often include service members who are ineligible to receive coverage due to an AWOL status.

Under the old system, errors have cost the Army more than \$2 million annually in overpayment claims and more than \$9 million annually in claim payments due to incorrectly processed coverage restora-

"Commanders, unit HR specialists, and appointed administrators can better validate, monitor and report SGLI elections for an entire unit or a single Soldier," Lock said. "Additionally, Casualty Assistance Officers will have a central source to obtain beneficiary and coverage information in the unfortunate event of a Sol-

"The Army is modernizing many of its HR systems to be more user-friendly and aligned with 21st Century HR best practices," he added. "SOES will give Soldiers greater flexibility and freedom in managing the entitlements they have earned and enhance mission focus and readiness."

Soldiers who enlist into the Army on or about April will still be required to use DD Form SGLV-8286 to manage their SGLI and Family SGLI coverage.

Sacrifice

Continued from Page A1

Droge said that through learning to love God and learning of his love for us can help through the grieving process, and comfort can be found in places that one might least expect. For Droge, it was through his new job at the time as a community counselor.

"Here I was a new counselor for a week and this happened to my brother," he said. "What I noticed is through that next month, I had so many people come see me for grief counseling ... and for some reason God sent them to me. I realized that the more I helped people, the more I started to

People seek the comfort of others who have been through similar situations, said the 1-223rd chaplain. And that's OK.

"I think that's why you come to events like this, because you've all been through

this, at one point or another," he said. "Sometimes it's difficult to understand why things happen. We still can't do this alone. We need God and we need each other."

Through that understanding is where people can hope to find comfort, he said, and part of that comfort is to know that the sacrifices that were made were not made in vain, added Bonura.

"God understands your sacrifice," said the USAACE chaplain. "He understands the motivations of men and women who volunteer in service, volunteer to serve a cause larger than themselves and who are willing to lay down their lives for it.

"They did it freely without coercion or necessity, and sadly their lives were taken on the field of battle and we miss them," he continued. "Nevertheless, we will never forget them or their sacrifice. Their sacrifice counted. It mattered - it made a difference."

After the service, a luminary service was held where family members lit a luminary in honor of their fallen Soldier - just one way to help ensure that those who were lost are not forgotten.

loss of your loved one - they gave everything," said Bonura. "Know that all of us share in your grief. We grieve with you. They gave their lives freely, but that act of love matters. We are here to honor you be-"I know that you continue to grieve the cause you share in the fruits of sacrifice."

Survivor

Continued from Page A1

tic violence before it begins, and by learning how to promote respectful and healthy behaviors in relationships," she said. "Learn healthy communications skills. Learn safe and appropriate ways to raise the issue of domestic violence with family, friends and coworkers."

According to Muhammad's website, she is a certified consultant /Office on Victims of Crime, CNN contributor, domestic abuse survivor, humanitarian, certified advocate, trainer and educator, and author.

According to the National Coalition Against Domestic Violence, one in three

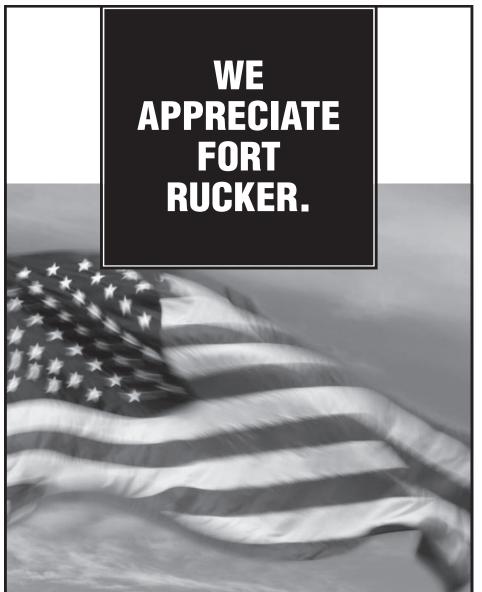
women and one in four men have been physically abused by an intimate partner. Domestic victimization is correlated with a higher rate of depression and sui-

cidal behavior. However, physical abuse is not the only form of domestic violence to consider, according to Tremble-Smith. Psychological abuse can be just as damaging and often harder to detect.

According to the NCADV, psychological abuse involves trauma to the victim caused by verbal abuse, acts, threats of acts, or coercive tactics. Perpetrators use psychological abuse to control, terrorize and denigrate their victims – 48.4 percent of women and 48.8 percent of men have experienced at least one psychologically aggressive behavior by an intimate partner.

Victims of psychological abuse often experience depression, post-traumatic stress disorder, suicidal ideation, low self-esteem and difficulty trusting others, according to NCADV. Acts include convincing the victim he or she is crazy, denying victim access to money or other basic resources, isolating the victim from friends and family, deliberately doing something to make the victim feel diminished or embarrassed, or humiliating

For more information on the subject, call 255-3898.



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CZECH-IN OUT

12th CAB Apaches support allies at Ample Strike 16

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

LIBAVA, Czech Republic — Five AH-64 Apaches and 60 support personnel from the 12th Combat Aviation Brigade participated in Ample Strike 16 Sept.

Ample Strike 16 is the third iteration of a Czech Republic-led Joint Terminal Attack Controller air-to-ground live-fire exercise with over 1,500 participants from 18 countries. The goal of Ample Strike is to provide pilots and JTACs with direct live-fire feedback through the execution of a realistic combat scenario.

JTAC control of rotary-wing attack and fixed-wing fighter and bomber fires assets is a critical combat capability in NATO that enables ground force commanders direction of available air forces to generate lethal effects.

Helicopters from B Company, 1st Bat-

talion, 3rd Aviation Regiment, 12th CAB, flew multiple, two-hour iterations per day in support of both dry-fire and live-fire JTAC certifications.

The battlefield scenarios included a Czech T-72 main battle tank, four BMP-1 infantry fighting vehicles, and numerous Czech Soldiers as the opposing force. This increases the training value for the JTAC's and for the Apache pilots.

The JTACs maneuvered on the enemy during each iteration with support from fixed wing or rotary wing air support. They were engaged by the BMP-1 at close distance and later had to deal with the T-72 that was over 2 km away.

This live scenario provides JTAC's and pilots instant feedback that is not gained during computer based training. It also provides an accurate representation of armored vehicle heat signatures.

The Czech Republic, Germany, Hungary, Poland, Slovenia and Lithuania also contributed aircraft to the exercise.



Czech and British soldiers pose in front of a T-72 and AH-64 Apache after a graded JTAC iteration at Ample Strike 16 Sept. 5-16 near Libava, Czech Republic.

E Co., 1st Bn., 3rd Avn. Regt., also conducted valuable training through a 400-mile convoy with 15 vehicles, and establishing forward arming and refueling points in an austere environment.

The 1-3rd Avn. Regt. provides essential close air support to NATO ground forces, but also represents a lethal maneuver formation capable of defeating enemy armor on the battlefield.



Fort Bragg, N.C., installation emergency services and the 82nd Combat Aviation Brigade conducted a partnered quarterly pre-accident training exercise Sept. 12. The training exercise is an annual requirement to validate emergency response training in the event of an aircraft accident.

INCREASING READINESS

10th CAB conducts paradrop operations with Airmen

By Capt. Linda Gerron 10th Mountain Division

FORT DRUM, N.Y. - Soldiers from 2nd Battalion, 10th Aviation Regiment, 10th Combat Aviation Brigade, 10th Mountain Division (LI), provided Aviation support to the Airmen of the 274th Air Support Operation Squadron out of Syracuse during a paradrop training event Sept. 10 at Fort Drum.

This mission was particularly significant for the 2-10th Avn. Regt. flight crews and the 274th ASOS Airmen as this was the first time both branches had collaborated together for parachute operations training.

"This is a task we don't do often," said CW3 Peter Latham, 2-10th Avn. Regt. air mission commander. "It's always a great opportunity when you get to work with other agencies. We all say and do things differently, so it's good to come together and hash out the little details and differences that exist in between."

According to Senior Master Sgt. Eric Muller, superintendent for the 274th ASOS, personnel successfully executed 70 T-10 parachute static line jumps from four UH-60 Black Hawks during the sixhour training event. Before that, the 274th ASOS and the 2-10th Avn. Regt. flight crew conducted multiple rehearsals, along with jump refresher training, as a way to mitigate the risks of up to seven aircraft operating in a single area.

"(The 2-10th Avn. Regt.'s) priorities and emphasis was on training and safety, but accepting risk in order to integrate with parachutists and U.S. Air Force personnel," Muller said. "Their willingness to train, adapt and integrate multiple assets into a small area showcased their ability



PHOTOS BY CAPT. LINDA GERRON

A 2-10th Avn. Regt. UH-60 Black Hawk flies over the Panther Drop Zone as part of a paradrop training exercise Sept. 10 at Fort Drum, N.Y.

and adaptability in joint operations. Their willingness and desire to increase the level of training that benefited all parties was truly exceptional."

As the mission came to an end, all units involved successfully met their intended training objectives. The 2-10th Avn. Regt. qualified seven pilots and 16 crew chiefs on paradrop operations, and the 274th ASOS effectively completed their parachute training operations with multiple air

When asked about future training with the 2-10th Avn. Regt., Muller said, "Ab-

"We plan on conducting fast rope training, integrating them into live-fly and livefire missions on a range," he said. "This will increase the level of training for all parties by integrating and accounting for all assets that will increase our combat



Airmen from the 274th Air Support Operation Squadron don their parachutes.

preparedness and overall readiness.

"Joint warfare is paramount as a (joint terminal attack controller), and integrating with the 2-10th Avn. Regt. is the right direction for realistic training scenarios," Muller added.

Ist AD CAB aids **MedEvac** training

By Sgt. 1st Class Matthew Chlosta 7th Mission Support Command Public Affairs Office

KAISERSLAUTERN, Germany -Army Reserve medics and active duty helicopter pilots worked together Sept. 9 to practice loading and transporting pa-

Soldiers with the 7th Mission Support Command Medical Support Unit-Europe conducted medical evacuation orientation and training with the 1st Armored Division's Combat Aviation Brigade on and above NCO Field on Daenner Kaser-

The training was designed to improve efficiency, create realistic training and familiarization with the safe use of Army MedEvac UH-60 Black Hawks during the MSU-E's annual training exercise.

"Today, we had an Aviation MedEvac unit come down and we basically practiced the interaction, the handoff techniques," said 1st Lt. Daniel Clark, an operations officer with the MSU-E.

In the morning there was an aircrew safety orientation and familiarization brief to the MSU-E Soldiers followed by cold-load training.

"It was great," said Staff Sgt. Jessie Turner, flight medic with the 1st Armored Division's Combat Aviation Brigade. "I feel like we reinforced skills that we both had."

The afternoon session was more intense with hot-load litter training, hoist operations with short flights above and around the NCO Parade Field or landing zone. This allowed the MSU-E Soldiers to understand how to keep future patients stable during on load and off load from a MedEvac helicopter.

Turner said they trained with specialized litters, which are used to load patients into their aircraft when they are unable to land due to the terrain.

Clark said it was important for his Soldiers to know what to expect when a MedEvac helicopter arrives and "how to approach the helicopters, how to load patients on, and how to interact with their

SEE TRAINING, PAGE B4



PHOTO BY SGT. 1ST CLASS MATTHEW CHLOSTA Soldiers from the 7th Mission Support Command Medical Support Unit-Europe get ready to conduct medical evacuation training with the 1st Armored Division's Combat Aviation Brigade, Sept. 9 at Daenner Kaserne, Germany.

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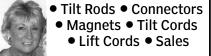
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EYE IN THE SKY

Soldiers teach Kenyan Defense Forces how to fly

By Air Force Staff Sgt. Tiffany DeNault

Combined Joint Task Force-Horn of Africa Public Affairs

A KENYAN MILITARY TRAINING FACILITY, Kenya – Members of Task Force Hurricane, 1st Battalion, 124th Infantry Regiment, conducted unmanned aircraft system training with members of the Kenyan Defense Force Sept. 8 to Saturday.

KDF Military Intelligence Battalion members received basic training on assembly, disassembly, repair and preventative maintenance for the RQ-11 Raven.

The two-week training not only helped to continue fostering multinational relationships within the Horn of Africa, but it also gave the KDF additional knowledge and a new capability on the battlefield, said U.S. Army Sgt. 1st Class Charles Lewellen, 1-124th Inf. Rgt. and NCO in charge of the Raven training.

"This (training) is going to help them survey the battlefield to be able to see what their obstacles are and what they can do through African Union Mission in Somalia in order to combat terrorism throughout the Horn of Africa," said U.S. Army Staff Sgt. Charles Wirks, 1-124 Inf. Rgt. and Raven master trainer.

The class of about 40 KDF sol-



PHOTO BY AIR FORCE STAFF SGT. TIFFANY DENAULT

U.S. Army Staff Sgt. Charles Wirks, 1st Battalion, 124th Infantry Regiment and Raven master trainer, and members of the Kenyan Defense Force Military Intelligence Battalion, set up a computer system in preparation to fly an RQ-11 Raven Sept. 13 Kenyan training facility.

diers came with various levels of UAS experience, but they all valued the instructors' knowledge and experience with the Raven to help them in future real-world situations.

"Using the experience the trainers have passed to us as students, we look forward to getting as much (knowledge) as we can from them, so that we can be more ca-

pable," said KDF Cpl. Geoffrey, Military Intelligence Battalion. "The lessons gave us the experience to integrate into our standard operating procedures to become better prepared and better pilots."

The course provided classroom lessons on basic care and assembly on the Raven, computer programs used in flight, how to tactfully employ it and flying lessons. The students flew the Raven for daytime and nighttime practice, as well

"Our teams are trained to support the companies in combat. They provide reconnaissance and surveillance, so it's good we have the platforms to be able to see (what is ahead)," said KDF Senior Sgt. Kasyoka. "We have that eye to see the other side and it's good

to provide that (imagery) to the commander to make a decisive action. This is why we feel it's very important to have this training."

At the end of the day, the training comes to show CJTF-HOA's continuing commitment to support AMISOM troop contributing countries. The instructors were able to pass on their knowledge to the students, and, in return, the students kept the instructors on their toes with advanced technical questions during the classes, said Lewellen.

"The students have been very receptive and came wanting to learn more," Wirks said. "During the training, we get to see them face to face, see where their concerns are and they see how we operate with the systems. It's great to have an open communication with them."

As a troop- contributing country to AMISOM, the KDF will now be able to take lessons learned from the Raven training and apply them in the defense force's continued efforts to counter terrorism throughout the Horn of Africa, Lewellen said.

"The experience has been incredible and we realize there is so much (to learn) about the (UAS)," Kasyoka said. "The (UAS) are the future – it's the eye in the sky for the commander on the ground. It's a good experience and fun, too."

Training[®]

Continued from Page B1

crew chief and flight medic in order to do ground handoffs and make the real-life scenarios work when we really have to.

"Our medics were really excited to work with a flight medic and learn the other side of being a medic," Clark said.

"Today we practiced a few techniques incorporating a Black Hawk helicopter platform," Spc. John Duncan, a medic with the MSU-E, 7th MSC, said. "First of

which was loading a patient onto a litter and the second of which was actually loading a litter onto the helicopter."

After that, the training involved hoist operations during which members of the crew dropped from the helicopter and picked up a simulated casualty from the ground, he said.

"It was very exciting," Duncan said. "I think it gave a lot of insight into how the operation typically works and what some of our capabilities are with that platform,

as well."

A major concern for medics when transporting patients is not to cause further damage, Duncan said, "and understanding what happens in the last phase of care when you're transporting somebody."

The training gave some insight as to how patients are transported and how they are loaded, he said. It also gave the medics some considerations as they hand patients off to the flight crew.

"It was a good review of our Soldier hope to do it again sometime," he said.

skills, some of our basic Soldier skills, such as radio operation and then the liter carries," Duncan said. "It tied everything together into a more cohesive, real training exercise.

Duncan said the training is more effective when, "you can actually visualize what's happening and incorporate it into a more realistic setting."

Turner said it was great training.

"I appreciate everyone that was here and





Story on Page C3

SEPTEMBER 29, 2016



Shoppers check out the wares during a previous outdoor yard sale.

TRASH OR TREASURE?

Fort Rucker bosts outdoor yard sale

By Nathan Pfau Army Flier Staff Writer

Shopping for that special something can often be a chore, but Fort Rucker is making it easy with its annual outdoor yard sale where one person's trash can be another's newfound treasure.

This year's yard sale will be Oct. 15 from 7-11 a.m. at the festival fields, and provides members of the Fort Rucker and surrounding communities an opportunity to buy and sell their used household items to a broad audience, according to Aida Stallings, Fort Rucker special events co-

ordinator. "It's a great way for military families on and off post to be able to sell their household goods," she said, adding that military families are often moving, so the event provides a great way for those fammaking a little extra cash.

It's also a great way for families just getting to the installation to find items they might need for their homes, she said.

The yard sale is a great place for people to find all types of items ranging from baby clothes to furniture, said Stallings.

"There are numerous toys, household items, collectibles and more," she said. "It's great way to find some amazing deals right before people PCS or when they arrive on post."

The event is open to the public, and booth spaces are available for rent, said Stallings, adding that no commercial vendors are allowed.

Booth cost for ID Card holders, including active-duty service members and dependents, retirees, Reserve and De-

ilies to get rid of some extra weight while partment of Defense civilians is \$25 for 15'x20' space; \$35 for 30'x20' space; and \$10 for tables.

> Cost for the general public: \$35 for 15'x20' space; \$45 for 30'x20' space; and \$10 for tables. Applications and payments can be

> made at MWR Central in Bldg. 5700, and all applications and payments must be received no later than 4:30 p.m. on Oct. 12.

> Electricity is also available on the event field on a first-come, first-served basis, and participants must bring their own extension cords, if needed, said Stallings. Additionally, all participants are responsible for their individual change funds, and participants are allowed canopies, but no tent stakes may be longer than 12 inches.

For more information, call 255-1749.



Guy Bryan Pickett stands with a Justin Bieber cutout he gave away at a previous yard sale.



Tim Powell and Matt Evda dropped by Highlands Elementary School in Dothan Sept. 21 to help fifth grade students who reported for duty on their first day of being official members of the Highlands' Flag Corps. The Soldiers taught students about the flag, including how to fold it, carry it, raise and lower it, and more.

Fort Rucker Soldiers W01s

WHAT'S COOKIN'?

BOSS serves up life skills with new series

By Jeremy Henderson Army Flier Staff Writer

Learning cooking skills can cut a person's costs and improve overall nutrition, and an upcoming class will help arm single Soldiers with the knowledge they need to navigate the kitchen.

Fort Rucker's Better Opportunities for Single Soldiers will host the first in a series of Life Skills Cooking Classes Wednesday from 4:30-6 p.m. at the BOSS Building, Bldg. 8350.

"This event will focus on food preparation, cooking and how to keep foods out of the danger zone to prevent contamination and spread of illness," Aida Stallings, DFMWR community recreation division business

manager, said. "They will also learn how to make more nutritional food choices on the run."

According to Stallings, the

Wednesday class will focus

healthy foods, along with how to prepare quick and easy meals using skillets, Panini presses, ovens and slow cookers.

"Too many times going to a on overall kitchen safety and fast food restaurant is so much

easier than preparing a nutritious meal for one," Stallings said. "The Soldiers will be given hands-on lessons on quick, nutritious meals that are low cost and great tasting."

The next classes take place Nov. 2, she said, and will focus on outdoor food preparation and safety. Participants will learn how to make healthy food choices for grilling, along with quick and easy preparation methods.

The class guarantees space for the first 20 BOSS Soldiers to register; however, Stallings said they will attempt to make space for any single Soldier who wishes to attend.

"We only ask participants bring an open mind and an empty stomach," Stallings said.

According to Stallings, the next Life Skills classes include zip-lining and horseback rid-

For more information, call 255-9810.



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

AUSA Family Forum virtual delegates

The Association of the United States Army invites people to be virtual delegates for its military family forums presented at the annual meeting and exposition Monday-Wednesday. By registering as a virtual delegate, people agree to receive exclusive information on all speakers and panelists, watch the AUSA Military Family Forums (live streaming or recorded versions), share the information with their networks of military family members or helping professionals, and participate in an after-action survey.

Forums will be posted on the AUSA Family Readiness homepage at www.ausa.org/ military-families and the Professional Page at www.army.mil/professional/. People will have the opportunity to submit questions to the family forum panel members via the AUSA Family Readiness Facebook page at www.facebook.com/AUSAFamily.

For forum schedules, descriptions and to register, visit:

http://rucker.armymwr.com/us/rucker/ft-rucker-events/association-unitedstates-army-ausa-family-forum-virtualdelegates?eID=544588

People who would like to view the forums as a small group are welcome to go to the Soldier Service Center, Bldg. 5700, Rm. 350. For more information, call 255-9888.

Relocation readiness workshop

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

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

DVAM special presentation

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

For more information, call 255-3898.

Book clubs

The Center Library hosts a book club for adults the third Tuesday of each month from 5-6 p.m. Light refreshments will be served.

The Center Library hosts a book club for teens the third Saturday of each month from 4-5 p.m. Light refreshments will be served. For more information, call 255-3885.

BOSS cooking class

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

For more information, call 255-9810.

Youth movie trip

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

For more information, call 255-2271.

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 Oct. 13. 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



Oktoberfest

A scene from last year's Oktoberfest. Fort Rucker will host its 14th annual Oktoberfest Friday 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.

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.

Comedy Live

Comedy Live is scheduled for Oct. 14 from 8-10 p.m. at The Landing. The event is open to the public for ages 18 and up. People can buy tickets in advance for \$12 at the catering office at The Landing. Tickets at the door will cost \$16. VIP tables are available for \$150 per table with 10 seats per table. Following Comedy Live, The Landing will host Salsa Night from 10 p.m. to midnight. Salsa Night will cost \$5 per person for ages 18 and over. For patrons attending Comedy Live, the Salsa Night admission fee is waived.

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

Get R.E.A.L. Class

Army Community Service will host its Rucker Experience Army Learning - Get R.E.A.L. - Class at Silver Wings Golf Course Regimental Room Oct. 14 from 8:30 a.m. to 2:30 p.m. The class is designed to help people learn about life at Fort Rucker, make new friends and be an interactive day of fun learning, according to Army Family Team Building officials. Child care vouchers will be available. Registration is required by Oct. 14.

For more information and to register, call 255-9637.

Outdoor yard sale

The Fort Rucker Fall Outdoor Yard Sale and Flea Market is scheduled for Oct. 15 from 7-11 a.m. at the festival fields. The outdoor event provides the opportunity for the Fort Rucker community to buy and sell used household items in a consolidated fashion. The event will be open to the public. Booth space fees apply to sellers. Booth cost for active-duty military, family members, retirees, Reservists and Department of Defense civilians: 15x20 is \$25, 30x20 is \$35, and tables are \$10 each. Cost for the general public: 15x20 is \$35, 30x20 is \$45 and tables are \$10 each. No commercial vendors will be allowed. Registration is due by Oct. 12. People can register at MWR Central, 255-2997.

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

Family resilience training

Army Community Service will host family member resilience training Oct. 17 from 9-11:30 a.m. at The Commons. The course is designed to give Army family members the tools they need to become more resilient in all the challenges that life may throw at them.

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

FRG Leadership Academy

Army Community Service will host its

Join Silver Wings Golf Course as we Tee Up for ATM (Army Ten Miler). \$75 non-members \$65 members Afternoon Option: Friday, September 30 12 pm – Shotgun Start -OR-Morning 18 Holes Option: Four person team scramble. Saturday, October 1 8 am – Shotgun Start Maximum of 36 teams per day.

Family Readiness Group Leadership Academy Oct. 18-19 from 8:15 a.m. to 2 p.m. at the Fort Rucker Spiritual Life Center, Bldg. 8939. This two-day forum focuses on teaching resiliency and communicating various components of FRGs. Discussions will be conducted in breakout sessions to capture individual knowledge, leadership skills, resiliency and abilities of all those who attend. Pre-registration is required by Oct. 14.

SILVER WINGS GOLF COURSE

BLDG. 20067, COMBAT RD., (334)255-0089

RUCKER.ARMYMWR.COM OPEN TO THE PUBLIC

A free childcare voucher is available for

use. Call 255-3564 for childcare reservations - children must be registered with child, youth and school services. A complimentary lunch will be available. The forum is open to spouses and family members, and FRG advisers, leaders, co-leaders, treasurers, hospitality members, newsletter editors and social media coordinators.

To register, visit https://www. eventbrite.com/e/frg-leadership-academytickets-27758902625. Formore information, call 255-9578 or 255-3161.

FORT RUCKER MOVIE SCHEDULE FOR SEPT. 29-OCT. 2

Thursday, September 29

Friday, September 30

Saturday, October 1

Magnificent Seven (PG-13)4 & 7 p.m.

Sunday, October 2

Pete's Dragon (*PG*) 1 *p.m.* **Operation Chromite** (R)4 p.m.

HONOR FLIGHT

Korean people will preserve legacy of American servicemembers

By C. Todd Lopez Army News Service

WASHINGTON — About 88 veterans of the Korean War arrived in the nation's capital for a visit to the Korean War Memorial Saturday.

The veterans, who came to Washington courtesy of Blue Ridge Honor Flight out of Ashville, North Carolina, laid a wreath at the memorial and also received from the Korean government a medal commemorating their service. Attending the event with the veterans was Gen. Vincent K. Brooks, U.S. Forces Korea commander, and Maj. Gen. Shin Kyoung-soo, a Korean defense attaché to the United States.

Shin told veterans, who gathered around he and Brooks near the memorial, that he disagrees with the common characterization of the Korean War as "the forgotten war." Instead, he prefers "the forgotten victory."

Korea, he said, is now one of the world's top economies, is one of the top trading partners of the United States, and is one of the most innovative nations in the world. And like the United States, Shin said, Korea can now also afford to send its own soldiers around the world to preserve the peace and maintain democracy.

Korea, he said, is modern, well off and free

"During the Korean War, and even after, Korea was a country who needed support from the United Nations," Shin told veterans. "Now Korea is a donor nation. Now Korea is enjoying freedom, democracy and a market economy. How did this happen? How is this possible? It's because of your sacrifice - your dedication to protect my country and my people."

The general told the veterans that he and his countrymen remember what they did for Korea, because they now enjoy daily the prosperity that was made possible by American service members 63 years ago.

"The Republic of Korea, and the Korean Army, will not forget your sacrifice and your dedication during the Korean War, and even after the Korean War," he said. "We will remember your sacrifice forever. We will pass down your legacy to our future generations."

The Korean War began June 25, 1950, and ended with an armistice on July 27, 1953. In all, on both sides of the conflict, more than 4.4 million military personnel and civilians were wounded, killed or went missing in action.

Today, the United States military maintains a presence on the Korean peninsula, and is committed to the defense of that nation, which is one of America's greatest allies in the Pacific.

"Our numbers are lower than they have been in history, but our commitment is no less," Brooks said.

Brooks, who is responsible for the more than 28,000 U.S. service members forwardstationed on the Korean peninsula, told veterans at the memorial that the troops he commands today are carrying on the legacy that they established during their own service during the Korean War.

"I want to tell you how much I personally appreciate all that you did in your time,' Brooks said. "You would be very pleased, if you had the chance to come back to the Republic of Korea, to see what that looks like. It is impressive. There is no question that what you did made a difference. And we who serve now are simply following in your footsteps to make sure that nothing ever puts that at risk."

Initially, Brooks was not planning to be at the memorial with the veterans. But he was, coincidentally, in the United States at the same time, meeting with senior Army leaders at the Pentagon, and discussing the current situation on the Korean peninsula with defense and policy leaders.

"When I heard there was going to be an honor flight with 88 Korean War veterans on the day I was scheduled to fly back, I didn't want to miss it," he said. "I chose to come here, and I'll fly back to Korea as soon as I leave the ceremony.'

Even now, 63 years after the end of the Korean War, Brooks said it remains important to continue to recognize the service of veterans.

"For those of us who served, we need to make sure we are acknowledging that we are part of a long line," Brooks said. "And these veterans are that line. So while we can recognize them, we should do so."

TIME IN HELL

Brownie McCall was among the 88 veterans who came to visit the Korean War Memorial. He was drafted into the Army in 1951. "I was invited in by my president," he said.

"There was a sign up when we got there," he said, recalling his arrival in the country



Gen. Vincent Brooks, commander of U.S. Forces Korea, places a medal around the neck of Korean War veteran William Hartley Saturday at the Korean War Memorial in Washington, D.C.

in 1951. "A big sign hanging on an arch. It said 'don't worry about going to heaven, because you spent your time in hell.' That's what I think about it."

In Korea, he said, he initially served as a combat infantryman with the 1st Cavalry Division, and carried an M1 Garand rifle. He was ultimately injured in combat and received a Purple Heart for his injuries.

"It was about midnight," he said. "When the Chinese send all those troops against you, they are going to run over you. Some of them ran by me. I ran out of hand grenades, but they didn't. I was lying in a prone positon, and I was firing the M1, and a hand grenade rolled up on me and I tried to throw it, and it went off.'

He said he was knocked out for about six hours.

"I came to before daylight," he said. "I was bleeding fiercely - from my nose and ears and eyes. My rifle was blown apart,

As a result of his injures, he said, he was unable to continue to fight. He was later transferred to military intelligence and served with the 45th Infantry Division.

For McCall, it was his first trip to the Korean War Memorial.

"I'll never forget it," he said, gesturing to the 19 stainless steel statues within the memorial that represent a platoon on patrol. "The Soldiers there ... seeing them with their M1 Garands and walking through that foliage – that brings back memories."

THEY SAY THANK YOU

Hilliard Staton, who joined the Navy in 1947, eventually got a commission in the U.S. Marine Corps in 1952. He found himself in Korea in 1953, where he was a tank platoon leader with 1st Marine Division, 1st Tank Battalion.

Staton was one of two veterans who laid a wreath at the memorial during the honor flight visit.

"Seeing this monument today brings back a great deal of memories," he said. "And they're not all pleasant. This is the most magnificent memorial I can imagine. It reminds me of the darkness of the night. I think about the cold, and I think about the variety of men who served with me during that period.'

Staton said he arrived in Korea during the last year of conflict there.

"By the time I got there, it was more like World War I," he said. "We were almost trench warfare along the line. We were in support of the Turkish brigade. Our primary job was to fire at night to prevent the Chinese from taking more land. We had the lines, they wanted the lines. Our job was to not let them take it and their job was to try to get it back. That's mostly what we were doing."

Not all Korean War veterans have been back to Korea since the end of the conflict there. But Staton has been, and he said he's impressed by what he saw there.

"It is a most fantastic country now," he said. When he was there in 1953, he said, "I never saw a paved road. I never saw glass in any windows. I never saw any towns while I was there. But now, the town of Seoul could be Chicago, or Philadelphia. It is a most modern, beautiful city. And the Korean people are the most wonderful people you could imagine: very industrious, hardworking and can accomplish anything they want to do. And they tell us, that while we have been in a lot different wars, in a lot of



Brooks speaks with Korean War veterans.

different countries since we were there, they are still the only country that says thank you to us. And they do."

A NATION'S BIRTH

James Jean, who enlisted in the regular Army in June 1950, laid a wreath at the memorial along with fellow veteran Staton. He served as a cryptographic specialist, arriving in Korea in May 1951.

"I came in through Busan, and went by train up to the central front and joined the 7th Infantry Division there," he said. "I remember the smell. It was a poor country. The houses they lived in. The powder on the road. The rice patties. We never saw paved roads. When we had a monsoon, the mud was so thick you couldn't drive a Jeep, and the tank couldn't move. Nothing could move. It was eight or nine inches of mud. I'd say it was well below third-world in looks to me, as a kid."

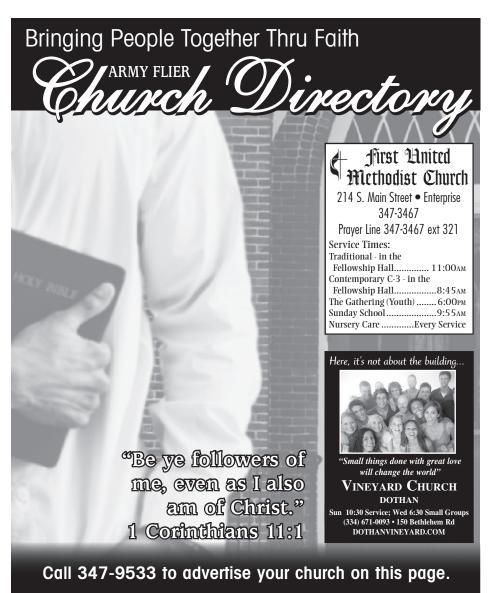
Since then, he said, he's been back to Ko-

rea three times to visit. A lot has changed since he first arrived there more than 60 years ago, he said.

"I stood on the 12th floor of the hotel and looked out on the boulevard," he said. "It's eight paved lanes of traffic. Two middle lanes were busses. There were 12 different bus routes. There were nine subways. You could get on a train in Seoul, and be in Busan in 2 hours and 10 minutes. You can't do that here.'

On one trip he made to Korea, he said, he visited Panmunjom, at the Joint Security Area on the demilitarized zone between South Korea and North Korea. There, he was paired up with a Korean school girl as part of the educational tour set up for him and fellow veterans by the Korean govern-

He said he continues to correspond with her. She calls him "halabeoji," which means "grandfather." He calls her "sonnyeo," which means "granddaughter."



COURTESY PHOTO

Library series welcomes veterans

Pictured above are panel participants in the Ozark-Dale County Public Library's "Dialogues on the Experience of War" series conducted Sept. 15. It is a six-part program covering World War I and the Vietnam War. Front row, from left: Dr. Mark Wilson, Auburn University; Lou Hennies, Facilitator; Nilsa Hall, veteran; Earl Hyers, Facilitator; Sandra Holmes, Library Director; and veterans Bill Morris, Bob Harry. Back row, from left: veterans Bob Bunting, Harry Grainger, John Whitener, Bill Osteen, Alex Brown, James Harris, Jim McKinley. This project is made possible by a grant from the National Endowment for the Humanities in coordination with Auburn University. The next meeting will be held Oct. 20th at 6:30 p.m. in the Alice Doughtie Room of the Library. Participation on the panel is open to all veterans in our area and the public is invited to attend. For more information, call 774-5480.

WIREGRASS COMMUNITY CALENDAR

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

ANDALUSIA

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

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

DALEVILLE

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

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

DOTHAN

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

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

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

service. DAV service officers help veterans and their spouses with disability compensation claims and other veterans benefits. All veteran services provided are free of charge. For more information, call 836-0217, Ext. 123, or send an email to daychapter87@gmail.com.

ENTERPRISE

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.

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.

ONGOING — The American Legion Post 73 meets at the American Legion building at 200 Gibson Street on the fourth Saturday of each month beginning at 9 a.m. The building is across the street from the Lee Street Baptist Church. For more information call 447-8507.

GENEVA

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

MIDLAND CITY

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

For more information, call 983-3511.

NEW BROCKTON

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

ONGOING — Adult education classes are offered in Rm. 12 at New Brockton High School, 210 South Tyler St., Mondays and Wednesdays from 6-9 p.m. All classes are free for individuals 16 years old or older who are not enrolled in public school. Individuals must take an assessment test prior to attending class.

For more information, call 894-2350.

OZARK

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

For more information, call 774-5480.

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

For more information, call 774-2042.

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

PINCKARD

ONGOING — The public is invited to the Cross Country Workshop every Sunday at 6 p.m. at the Pinckard United Methodist Church.

For more information, call 983-3064.

SAMSON

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

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

TROY

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

For more information, call Janet Motes at 808-8500.

WIREGRASS AREA

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

Drum and dance project

The Global Arts Society of Panama City, Florida, host its African Caribbean Drum and Dance Project Saturdays through Nov. 19, from 9:30-11 a.m. at its facility at 819 E. 11th Str. Bldg. 10. According to organizers, admission is free, but donations to benefit the society are welcome The African Caribbean Drum and Dance Project offers an abundance of opportunities to learn and explore culture through dance and percussion instrumentation. Using a variety of instruments, body-music, choreography, vocals, and group drumming activities, musicians and dancers will build on their natural rhythm sensibilities.

For more, visit http://www.bayartsevents.com/event/african-caribbean-drum-dance-project/.

'Charlotte's Web'

The Alabama Shakespeare Festival

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

For more information, call 334-271-353.

Zombie Walk and Prom VI

The annual Montgomery Zombie Walk and Prom, which serves as a fundraiser and food drive for the Montgomery Area

Food Bank, will kick off Sept. 30 at 7 p.m. as the walking dead trudge their way from South Perry Street at Dexter Avenue to The Alley. All participants are asked to bring non-perishable food items as a donation

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

Pirate fest

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

For more details, visit http://www.visitpanamacitybeach.com/piratesofthe-highseas/.

Jazz by the Bay Festival

Panama City, Florida, will host the 16th annual Jazz by the Bay Festival Oct. 7-8 at Oaks by the Bay Park from 6:30-11:59 p.m. The free festival will include 10

hours of jazz over the two days played by six bands playing various styles of jazz.

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

Zoo Boo

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

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

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



Gen. Mark A. Milley, second from left, 39th chief of staff of the Army, and Candy Martin, president of American Gold Star Mothers, Inc., lay a wreath at the Tomb of the Unknown Soldier Sunday in Arlington National Cemetery, in Arlington, Va.

Army observes Gold Star Mother's Day

By David Vergun Army News Service

ARLINGTON, Va. — "No words can be said to ease your pain and no ceremony can fill the void you feel," Chief of Staff of the Army Gen. Mark A. Milley told Gold Star mothers, families and friends at Arlington National Cemetery Sunday.

"None of us can imagine the pain of your loss," he continued. "But, each and every one of you Gold Star mothers exhibit grace and strength, and the U.S. Army and the entire nation is in your debt."

The event was the commemorative ceremony for the 80th year of Gold Star Mother's Day, which is the last Sunday in September each year.

The chief, who served in Iraq and Afghanistan, said he thinks daily about the 242 Soldiers who lost their lives under his command. He recalls their dedication to the Army and to each other.

"Commanders, including myself, put your sons and daughters in harm's way," he said. "Each of us asks, 'was it worth it?'"

They served and died to protect the Constitution and the many freedoms Americans have today, he said, adding, "(If) you ask the ghosts of the fallen if it was worth it," they would tell you that freedom was worth fighting for.

In the last 15 years of war, 5,367 service members have lost their lives in Iraq and Afghanistan, he noted. Today, 187,000 Soldiers are deployed around the

world, many in harm's way.

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Just yesterday, the general said, he was at the Walter Reed National Military Medical Center visiting three Soldiers who were critically wounded in Afghanistan.

Milley encouraged Gold Star mothers and families and everyone else to continue to tell the stories of the sacrifices their sons and daughters made, not just on Gold Star Mother's Day, but every day of the year.

"Your sons and daughters live on by the work you are doing every day," he said, addressing some two dozen Gold Star mothers. "Your strength and resilience makes us all stronger and gives meaning to our service."

The chief also laid a wreath at the Tomb of the Unknowns.

Religious Services :

WORSHIP SERVICES Except as noted, all ser-

vices 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

Spiritual Life Center,

(4th Sunday)

months)

Bldg. 8939 10:15 a.m. CCD (except during summer

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. Adult Bible Study Spiritual Life Center,

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CLOSED SUNDAY

7 p.m. WEDNESDAYS **Catholic Women**

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

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

1-14th Avn Regt **Bible Study** Hanchey AAF, Bldg. 50102N, Rm 101 11:30 a.m.



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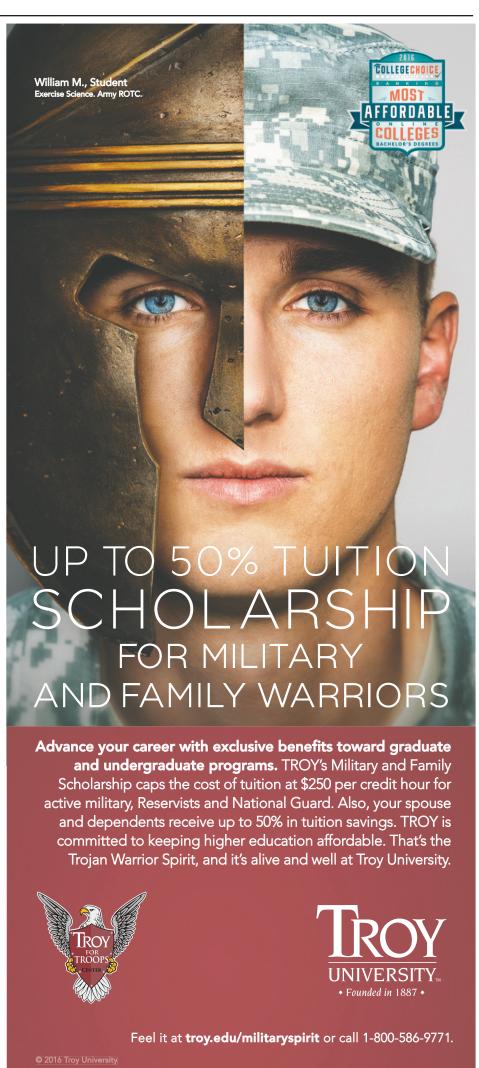
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SEPTEMBER 29, 2016

BACK BY POPULAR DEMAND

100-plus runners take on half-marathon challenge

By Nathan Pfau Army Flier Staff Writer

More than a hundred runners, family members and friends took part in Fort Rucker's second Hispanic Heritage Half Marathon Saturday.

Originally created due to popular demand, Lynn Avila, Fort Rucker fitness programs coordinator, said bringing the run back this year was a no brainer.

"It's been requested (here) and it's an event that has done well at other posts, so it's a rewarding challenge for anyone who chooses to participate," she said.

For those who didn't want to take on the full 13.1-mile race alone, they were able to take to the course as a team of two runners, splitting the distance, but even if that was too much to handle, a 2-mile fun run was available to those who haven't quite built up to the half-marathon challenge yet.

"This is an excellent opportunity for anyone who wishes to



Runners sprint off the line during Fort Rucker's second Hispanic Heritage Half Marathon Saturday.

attempt a low-key half marathon with less competition before they attempt a larger race," said Avila.

The winners in each category were: Daniel Comacho, overall winner with a time of 1:24:34; Ashlee Romani, female overall winner with a time of 1:32:59; Christine Wandhal, female master winner with a time of 1:40:30; Patrick Joyce, male master winner with a time of 1:42:01; Jeff Osler, male grandmaster winner with a time of 1:52:05; and Nina Korges, female grandmaster winner with a time of 2:00:36.

The team to come in first was team Enchiladas and Guac with a cumulative time of 1:34:32.

For some, the race was less about the competition and more about the chance to spend time with friends and family, while getting a little bit of fitness in.

Jalissa Daniels, military family member, said she wasn't ready for a half marathon, but was more

than happy to come out and support her friends.

"I'm not one to run long distances like that," she said. "I do just fine with a 5K run, but I need some more time to build up to a half marathon, but I'm more than happy to support my friends who want to run in it."

Daniels said it was also a good opportunity to celebrate the diversity of the nation, which can be seen in the faces of the runners in the race.

"Just look at the people who are running," she said. "They're made of up all different races, colors and creeds, and I think that's what's so amazing about our country.

"There is just so much diversity and we really do have to celebrate that," she continued. "It's not just about one culture or even one country, but all the cultures and countries that those cultures came from, and the people that brought them here. Without the diversity we see today, our country would be a very different place – I like how far we've come."

Surgeon general says medical readiness a 3-pronged endeavor

By David Vergun

Army News Service

WASHINGTON — "Our priority is very simple," said Lt. Gen. Nadja Y. West, commander of Army Medical Command and surgeon general of

"Chief of Staff of the Army Gen. Mark A. Milley has told me and told us all what that is. It's readiness. (Milley) says, 'Readiness is No. 1 and there is no other No. 1."

West and others spoke Sept. 22 at the Association of the United States Army's Institute of Land Warfare hot topics forum: "Army Medicine: Enabling Army Readiness Today and Tomorrow." During her remarks, West explained that, when it comes to Army Medicine, she sees readiness as



Lt. Gen. Nadja Y. West, commander of Army Medical Command and the surgeon general of the Army, speaks with Under Secretary of the Army Patrick J. Murphy at the AUSA's Institute of Land Warfare hot topic forum Sept. 22.

a three-pronged endeavor.

The first prong is the "current fight." That means having a force that's medically ready to undertake any mission or go anywhere when asked. The medical force itself must be ready as well, West added.

The second prong is the "future fight." That means having the medical capability and delivery that the Army and joint force needs.

The third is the "always fight." West said that means, "always taking care of those entrusted to our care: Soldiers for Life and Family mem-

CURRENT FIGHT

Brig. Gen. Michael J. Talley, command surgeon, Army Forces Command, reminded the audience that the Army is no longer using the Army Forces Generation Model that it used during most of the years Soldiers were deploying to Iraq and Afghanistan.

The Army is now using the Sustained Readiness Model, which means all units must be ready to deploy at all times. "Non-deployables are no longer acceptable," he said, adding that, "demand is too high," referring to the fact that fewer Soldiers are being asked to do more around the world.

The Army has upgraded its e-Profile system by adding a Commander Portal that gives commanders eyes on medical readiness, he pointed out,

from the unit level down to the individual Soldier level. The portal gives commanders a real-time view of each Soldier's medical and dental readi-

The Commander Portal is boosting readiness, he said. "Populations can no longer hide two to three years" in a non-deployable status.

The medical readiness of the Guard is improving as well, according to Brig. Gen. Jill K. Faris, assistant surgeon general for Mobilization, Readiness and National Guard Affairs, Medical Services Corps. Nationally, it has climbed from 20 percent ready in 2006 to 86.5 percent in 2016, he

FUTURE FIGHT

Army researchers in a number of laboratories around the U.S. are working on new technologies that can protect the Soldier of the future on the battlefield and at home.

Col. Matthew Hepburn, an infectious disease physician and program manager at the Defense Advanced Research Projects Agency, said his team is intent on preventing a medical surprise that could impact national security.

DARPA is working on making devices that will be useful in the future fight, he said, including one

SEE READINESS, PAGE D3

Army testing Stellate Ganglion Block for PTSD

By Wesley P Elliott Army Medicine Public Affairs

JOINT BASE SAN ANTONIO, Texas -Three Army medical treatment facilities are currently enrolling participants in a study to test the effectiveness of the stellate ganglion block procedure on re-



lieving the symptoms of post-traumatic stress dis-

The SGB procedure is occasionally used to treat PTSD symptoms at Army treatment facilities. Womack Army Medical Center, Tripler Army Medical Center, and Landstuhl Regional Medical Center will use the study to evaluate an estimated 240 participants over an 18 month period.

The research study will evaluate whether numbing the stellate ganglion, a set of nerves and nerve cells at the base of the neck, is helpful in reducing symptoms of PTSD.

The stellate ganglion acts as a relay station for the fight or flight response and the SGB procedure has shown to control pain in the head, neck, and arms. Army Physicians recently published a paper describing a consecutive series of 166 service members with PTSD who were treated with SGB and roughly 70 percent of the patients were shown to have improvement in their PTSD symptoms.

"There is a critical need to address PTSD among service members and provide evidence-based ef-

SEE PTSD, PAGE D3

Midmi us. Cincinnati Seattle us.

Oakland vs. vs. Attorito Baltimore

San Francisco Kanas City

N.Y. Giants vs. Minnesota



David Agan















Jim Hughes







6th MP (13-8)

Capt. Jason Jordan



Capt. Mike Simmons (13-8)























MAY THE LIVES OF ALL THOSE WHO AREN'T ABLE TO EVACUATE IN TIME--THE









YES ... BUT WHY?

DOC, DO WE HAVE ACCESS TO SOME EXPLOSIVES?

OF COURSE, BUT YOU DON'T MEAN TO...











126 Seven days

and thread

Gym class,

127 Parthenon

goddess 128 Trump

briefly

cases

DOWN

132 Some hosp.

1 Bread seed

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cone's base

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(1964 hit)

6 The long

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symphonies

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129 Antsy

LOST CAUSE YET,

CREATING A MAIL SLOT

ACROSS

- 1 Mails a dupe to 4 Peak in the Cascades
- 10 1975 shark thriller 14 Lost intensity
- 19 "You here" 20 — -Davidson
- 21 Saab of fashion 22 Stare angrily 23 What planes
- are in when they're taking off and landing? 25 "Heck!"
- 26 MetLife rival 27 Nepal locale — Pérignon 29 Climb a rope right after waking
- up? 31 "Which of you is good
- at copying signatures? 35 Poker pro
- **37** Houston until 2013
- 38 Ancient Aegean land 41 So-so

44 Spectral hue

19

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69

76

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105 106 107

- Ungar 36 Beholds
- 43 Furlong divs.

48 Big tree branch used to decorate a

 $\Delta \Delta$

- shop? 53 Big computer of the 1940s 54 Frustrates
- 56 Delhi coin 57 Tame some
- mean dogs? "— girl!" **64** Uno + uno
- 65 Anniversary unit 66 AQI monitor 67 Four of
- 68 Skill, to Cato 69 Law degs. held by the Obamas 70 Comment when a
- surface only allows for a glossy finish? 75 -Friday's
- restaurant 76 Dot in la Seine 77 Off-limits
- acts 78 Wad of gum, 121 Flubs it up e.g. **79** Carrie's "Star
- Wars" role 80 Prefix with soul
- 81 Beer head 82 Fashionably stylish grain 125 "It's — of the husk?

45

72

93 94

126

130

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116 117

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81

100

- Writer Nin 92 Spiced tea brewed in a business workplace?
 - 95 Multi-vehicle crash 97 Church bench

87 Big boo-boo

89 Tactics

- 100 Fed. crash-
- probing agcy. Tear-eliciting vegetable 103 "Nowhere Road" singer
- Steve 105 Nailed **108** Happy
- 110 Ensnared by a tree branch? 114 Bit of gear
- used by a videography student? 118 Simple tune
- 119 Ames' state 120 John Belushi catchphrase 122 Apt phrase spelled by the deleted
- puzzle's theme answers

times"

33

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7 Replay view briefly 8 Actor Lange 9 Mate's "yes"

- 10 Sci-fi knight 11 "Sadly .. 12 Telegrams 13 Hill bigwig 14 "Holy moly!"
- 15 Sneeze response 16 Take a soak 17 Bert's pal 18 University biawias

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standoff site

Stimpy 30 Zap, in a 32 Black

29 Toon pal of

- (very dark)
 33 Oil field sight 130 Uses needle 34 Boo-boos
 - 39 Nile goddess 40 P.R.'s ocean 42 Wear down 45 Small peeve 46 Lah-di- — 47 See 2-Down
 - 49 Honshu port **50** Software reviser, e.g. 51 Peach State
 - 52 Wiesbaden native, e.g. 53 Vase handle 55 Like some
 - citrus tastes 57 "Goodness me!" 58 Kind of
 - lettuce 59 De-intensify 60 "Eh" marks 62 Little birdie
 - 63 Big bang producer 67 Prefix with
 - 71 Furthermore 72 Cell stuff 73 Energy 74 Boozer 79 Many oz.

83 Rodeo miss

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82 Slay

- 84 MS-to-MI dir. 85 Lac liquid 86 Grow mature
- 88 Investigation discoveries 90 Philosopher — -tzu
- 93 Morales of film
- 94 Scott Pelley's milieú 96 Shiba -
- (dog breed) 97 Preceding 98 Bow-making material
- 99 Software running in browsers
- 102 Tenet **104** Keep (don't reveal)
- 105 Turn to try for a homer
- 106 Small oil container 107 Have home
- cooking 109 Side (with)
- 111 Actress Rigby
- valent 112 Eagles' kin 70 Contaminate 113 Actress Rich
 - **115** Zilch 116 Work group **117** Pleads, e.g. 122 Track unit
 - 123 Verb suffix in the Bible 124 "Gnarly!"

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See Page D3 for this week's answers.

NICE COMPANY PARTY. THE FINGER FOODS ARE GOOD BUT I AM MORE OF A FIST GUY

Just Like Cats & Dogs

Rodriguez 1. COMICS: What is the name of

by Dave T. Phipps

Batman's butler?

2. LITERATURE: Who is the leader of the wolves in "The Jungle Book"? 3. GEOGRAPHY: Which two

islands in the Mediterranean Sea are governed by Italy? 4. U.S. PRESIDENTS: Who was

president during World War I? 5. HISTORY: What was the name

of the airship that exploded over New Jersey in 1937? 6. LANGUAGE: What is a baby's

pacifier called in Great Britain? 7. EXPLORERS: What was the

name of Christopher Columbus' flag-8. NICKNAMES: What U.S. city

calls itself "The Biggest Little City in the World"? 9. MEDICAL: What is the modern

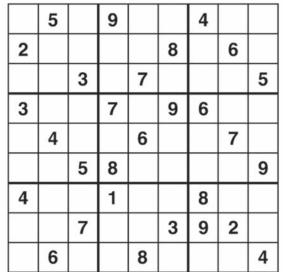
name for a disease once called "consumption"? 10. FAMOUS QUOTATIONS: What children's author wrote, "You have

brains in your head. You have feet in your shoes. You can steer yourself in any direction you choose"?

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.

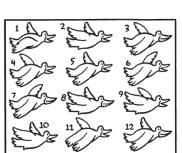
DIFFICULTY THIS WEEK: ◆

♦ Moderate ♦ ♦ Challenging ♦ ♦ ♦ HOO BOY!

See Page D3 for this week's answers.

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KID'S CORNE



BIRDS OF A FEATHER! Two of the above early winter vacationers look exactly alike. Can you find them in less than 30 seconds? Answer: Birds 2 and 10.

umn to one word in the right.

AN INTERESTING NUMBER! Professor Flunkum challenges you to find a number that, when 5 is deducted from it, or when it is divided by 5, will give you the same result. Answer: The number is 6 1/4. The result in each case is 1 1/4.

LINK-UPS! Here's a list of 12 short words, divided into two SEAS ORE columns. Turn them into six longer words by linking them WIN RED together. To do this, draw a line from one word in the left col-ASH LED BAR CAPE Апамега: Бедасаре, міплом, таскіей, авлоге, спаттей, раттаде.



G

G

GL

word asked for. **DEFINITION:**

G

 A foolish person (sl). First-time home for many. 3. Famous tree of the South. 4. They steal things. 5. Bad drivers do this 6. What the lottery winner did.

ANAGRAM: bola + golf hell + eggs gain + loam slur + grab gait + teal

tion, the letters in the two anagram words

must be unscrambled and used to form the

FIND THE BIG WORDS!

Using the defi-

nitions below, you must find

the eight eight-

that fit into the

framework on

the left. For

defini-

each

plug + reds 7. A large tropical bird. golf + main 8. A children's jumping game. flag + rope Answers: 1. Goofball. 2. Eggshell. 3. Magnolis. 4. Burglars. 5. Tailgate. 6. Splurged. 7. Flamingo. 8. Leaptrog.

Wishing & Well® 5 2 5 8 Ε В 3 4 5 2 4 5 6 8 3 U A SWUE X 4 5 2 5 3 6 3 7 8 8 O E Ε S O R Т Α 2 4 6 3 5 4 7 2 3 6 0 R 0 Ε 8 6 5 6 3 4 D Ρ N U G 0 Т U 2 4 3 8 2 4 3 8 MYWRE O E Α 7 2 8 7 8 7 8 7

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

SNCRGHBEECSKT

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Continued from Page D1

device, a Mobile Analysis Platform, which is now in active transition to the Department of Defense. The battery-operated, hand-held portable device takes blood samples at the bedside and provides immediate and accurate laboratory readouts.

The device could be transformational, he said. It could save precious time waiting for lab results to be processed.

DARPA is also developing a multiplex assay that will be able to diagnose a Soldier with an in-

fectious disease with immediate readouts. The disease could be anything from influenza to dengue fever or Ebola. Hepburn called it a "Swiss Army knife," because the device is meant to serve so many functions. It's still in the development stage.

DARPA is also working on sensors that can be implanted in Soldiers' skin to monitor such things as oxygen uptake, he said.

Army medical researchers are coming up with new medical technology, too. For example, Jaques Reifman, a research scientist at the Army Medical Research and

Materiel Command, developed a device, called APPRAISE, that can quickly and accurately detect internal bleeding, which cannot be detected by taking vital signs.

Anders Wallqvist, deputy director of the Army's Biotechnology High Performance Computing Software Applications Institute, said uncontrolled and undetected bleeding is the No. 1 killer on the battlefield, so Reifman's device could make a significant impact.

The device has received two U.S. patents and is now awaiting Food and Drug Administration clearance and a licensing agreement with a commercial partner, according to Reifman.

For his research, Reifman was awarded the Samuel J. Heyman Service to America Medal Sept.

ALWAYS FIGHT

Dr. Tracy W. Gaudet, executive director, Office of the Patient Centered Care and Cultural Transformation. Department of Veterans Affairs, said that the traditional Department of Veterans Affairs health care system uses a "disease care" model focused on treatment of disease, illness or injury.

According to Gaudet, VA aims to become more proactive in preventing illnesses and injuries.

Similar to the Army's Performance Triad approach, VA's new approach is known as a "whole health approach," she said, and it focuses on improvements in sleep, activity and nutrition.

Besides that, the whole health approach looks at techniques for reducing stress and depression and other disorders that are often precursors to illness. Gaudet noted that the Army is following the same path with its ready and resilient programs.

Continued from Page D1

fective treatments," said Dr. Bradford Walters, chief medical officer at RTI International and principal investigator of the project.

According to Walters, "Stellate Ganglion Block has shown great promise in effectively treating PTSD in a few case reports and series, but to date, no rigorous, randomized, controlled trials have been reported in the literature."

Although the SGB procedure has been used to treat PTSD symptoms at Army medical facilities, there has never been a scientific study to evaluate if the procedure is helpful or if the positive results are caused by a placebo

The randomized, three-year study will test and characterize the efficacy and acceptability of Stellate Ganglion Block for the treatment of PTSD symptoms. The research for the study is funded by a grant of over \$2 million from the U.S. Department of Defense, Defense Medical Research and Development Program.

"If our study shows that the procedure delivers positive results and is acceptable for service members, providers, and families, Stellate Ganglion Block will represent a new treatment option for PTSD, with the potential for near-immediate relief of symptoms," said Kristine L. Rae Olmsted, research epidemiologist at RTI International and co-investigator of the project.

FORT RUCKER SPORTS BRIEFS

Rucker Lanes construction

The Rucker Lanes is undergoing construction now through Nov. 1 to improve the facility. The snack bar and bingo corner should remain operational, but might experience some limited unavailability.

Bowling will be open for regular business hours Saturday-Oct. 23 and closed again Oct. 24-31. Construction is scheduled to be finished and Rucker Lanes will be operating at regular business hours starting Nov. 1. 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

Youth gymnastics classes

Fort Rucker Child, Youth and School Services will hold gymnastics classes now through Dec. 20 on Mondays, Wednesdays and Thursdays at the school age center, Bldg. 2806. Classes are offered for preschool - coed - (age 3-5) up though Level 5 (age 16). Cost varies from \$25-\$50 per month. Students can join classes at any time.

For more information, call 255-1867

Fort Rucker PFC renovations

The Fort Rucker Physical Fitness Center, Bldg.

4605, will undergo a minor renovation project to paint the front entrance lobby area Oct. 10-16. During this timeframe, the front entrance doors, lobby area and hallway will be closed to all patrons. The entrance and front desk operations will move to the gymnasium exit doors located closest to the front parking lot. The racquetball hallway can be utilized to access the locker rooms. The front entrance area will reopen Oct. 17.

For more information, call 255-2296.

Youth basketball registration

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

Coaches are needed and people interested can call 255-2257 or 255-2254.

For more information and to register, call 255-2257 or 255-2254.

Adult swimming lessons

Fall swimming lessons for ages 18 and older will be conducted at the Fort Rucker Physical Fitness Center Indoor Pool, Bldg. 4605 on Andrews Avenue. Cost is \$50 per participant. Each session includes eight classes that will be held Tuesdays and Thursdays in October. People need to register at least three days prior to the start of the session at the Fort Rucker Physical Fitness Center. Beginners classes run 5:15-6 p.m. and intermediate classes run 6:15-7 p.m.

For more information, call 255-2296 or 255-

Two-Man Buddy Bass Tournament

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

For more information and to register, call 255-4305

Party in Pink

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

For more information, call 255-3794.

Biggest Buck Contest

Fort Rucker Outdoor Recreation will host its Big Buck Contest Oct. 15-Jan. 30 during daylight hours. Entry fee is \$25 per person and the contest is open to the public. Participants must be registered before harvesting their buck -- bucks must be harvested on Fort Rucker to qualify. Fort Rucker requires that individuals ages 16 and older have an Alabama State Hunting License, a Fort Rucker Post Hunting Permit and a Hunter Education Card.

For more information and to register, call 255-





Stanford Vs. Washington

Air Force vs. Georgia

us. Michigan Lousiana



Kent Anger





USAACE

Todd Conyers

(14-7)

Jeff Frey

(13-8)

Wes Hamilton

(13-8)

John Tkac (14-7)

Oklahoma State











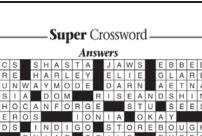












Weekly SUDOKU

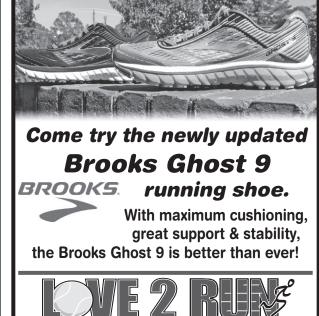
1 | 6 | 9 | 2 | 8 | 5 | 7 | 3 | 4

Trivia

ч

Answers 1. Alfred Pennyworth . Akela 3. Sicily and Sardinia 4. Woodrow Wilson 5. Hindenburg 6. A dummy Santa Maria 8. Reno, Nev. 9. Tuberculosis 10. Dr. Seuss

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