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# ARMY FLYER

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

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PHOTO BY NATHAN PFAU

Volunteers with the Fort Rucker and U.S. Army Aviation Center of Excellence SHARP Team wash cars for free. To get their cars washed, people just needed to take a moment and talk to members of the SHARP Team about local efforts to combat sexual assault and harassment.

## SHARP

*Post, USAACE combat harassment, assault*

By Nathan Pfau  
Army Flier Staff Writer

Sexual assault and harassment continue to occur throughout the armed forces, but Fort Rucker is bringing awareness to the forefront to keep senior leaders educated on the matter.

The Fort Rucker Sexual

Harassment/Assault Response Program will hold its first SHARP Summit on the installation at the regimental conference room of the U.S. Army Aviation Center of Excellence Headquarters building Sept. 10 as a way to combat sexual assault, according to Sgt.

SEE SHARP, PAGE A5

## CFC fundraising set to kick off

By Jeremy Henderson  
Army Flier Staff Writer

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

"CFC is the world's largest and most successful annual workplace charity campaign, with 141 CFC campaigns throughout the country and overseas raising millions of dollars each year," Beverly Arnold, Heart of Alabama Combined Federal Campaign director for River Region United Way, said. "Pledges made by federal civilian, postal and military donors during the Sept. 1 through Dec. 15 campaign season support eligible non-profit organizations that provide health and human service benefits throughout the world. Continuing a long-standing tradition of selfless giving, in 2013, federal employees raised over \$209 million for charitable causes around the world."

According to Arnold, the mission of the CFC is to promote and support philanthropy through a program that is employee-focused, cost-efficient and effective in providing all federal employees the opportunity to improve the quality of life for all.

"In 2014, over \$300,000 was designated by donors to charities within our local community in Alabama," she said. "Our local donors have a wide variety of charities to choose from. They can choose one of the 85 local charities that have been approved to participate in the 2015 CFC, and from the national and international charities that have been approved."

The kickoff event begins at 9 a.m. Sept. 14 at The Landing. The kickoff is free to attend, and open to all federal employees and military members.

The event begins with a "Charity Fair and Bingo" from 9-9:45 a.m.

"Many of the charitable organizations will be in attendance and available to answer any questions potential donors may have about the types of services the charity provides and why CFC dollars are so important to their charity," Arnold said. "We will have door prizes that will be given away to those that participate in the Charity Fair."

"From 9:45 a.m. until approximately 10:30 a.m., we will conduct the more formal portion of the CFC kickoff," she added. "Col. Gary Wheeler (Lyster Army Health Clinic commander) will host the event and Maj. Gen. Michael D. Lundy (Fort Rucker and U.S. Army Aviation Center of Excellence commanding general) will give a charge, schedule permitting. We will have a local speaker who we hope will motivate those in attendance to go back into their workplace and have the most successful CFC to date."

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

SEE CFC, PAGE A5



PHOTOS BY NATHAN PFAU

Runners try to make it through a barrage of powdered color as volunteers toss clouds of different hues on participants of Fort Rucker's first Color Run Saturday.

## COLOR RUN

*Record-setting attendance at fitness event*

By Nathan Pfau  
Army Flier Staff Writer

Fort Rucker hosts many runs throughout the year, but none have been as successful or as unique as the Color Run.

Nearly 850 people signed up and ran in Saturday's run that had runners covered from head to toe in all kinds of colors in what some said was the best time they've had running.

"I would say that (the run) surpassed our expectations - we really didn't know what to expect heading into it," said Anne Sullivan, fitness program coordinator. "We knew we had a great event on our hands, we just didn't know what the magnitude of that was really going to end up being."

The participation ended up being so great that additional time was required to allow for registration and the route of the run had to be changed to accommodate the extra runners.

"We had the biggest turnout for any run that I've been a part of or even heard about," said the program coordinator. "It was really exciting and so much fun."

Sullivan was only one of hundreds enjoying themselves as runners took to the route for a unique experience that they wouldn't soon forget.

Riley Davis, civilian runner, said it was one of the best times he'd had running in a race, something that he does frequently.

"I've been in a lot of races and usually it's the same thing. You get here, you set your goal, set your pace and try to beat your time that you set for yourself," he said. "This wasn't like that at all. There was a little bit of competition from a few people, but overall it was just about having a good time. That's a nice change for something like this."

Davis said the change of pace al-



Participants celebrate completion of the color run by pelting each other with colored powder.

lowed him to run with his son, Tristen, 9, which is not something that he's normally able to do.

"It was nice to be able to run with him for a change," said the Enterprise native. "It's not usually an option since most of the time these runs are competitions, but this allowed me to just keep pace with him and have a good time."

For others, the change was a nice way to incorporate fitness and fun, as well as bring people together for an all around good time, according to Alyssa Jameson, military spouse.

"I don't usually get out and run very often, but when I heard from a friend that they were going to be doing a color run, I thought it would be something interesting to try out," she said. "I had no idea it would be anything like this."

Jameson ran the race with a few of her friends and said it was one of the best times she'd had, especially while exercising.

"I'll admit that we didn't run the entire length of the race, but we didn't really have to either because we were just enjoying this experience with each other," she said. "It was less about the

fitness and more about the experience, and we just got covered in color. I never thought I could have this much fun getting so messy."

Fitness and fun is exactly what the goal of the race was - to show people that not all exercise has to be a chore, said Sullivan.

"I had hoped that some people might have had more fun than they'd ever had exercising," she said, "and I hope it left people with a very positive impression and they left the event feeling really exhilarated and energized."

The Color Run was also a learning experience for the fitness program coordinator and everyone involved in organizing the race.

"The run totally blew us all away and we had no idea that it would be so well received," said Sullivan. "It was definitely an adventure. I'm sure we'll do this again, so next year we'll be able to plan a lot better for the run."

In addition to making sure the Color Run returns next year, she hopes that the success of the event is able to open the doors to more exciting events throughout the year.

# PERSPECTIVE

## 50 YEARS AGO

### Army executes rapid buildup in Vietnam

By David Vergun  
Army News Service

WASHINGTON — In early 1965, about 50,000 U.S. troops, mostly advisers, were in South Vietnam. By the end of 1966, that number had grown to 385,000, with the majority being Army, and, by that time, they were on the offensive, said Frank L. Jones.

Jones, a professor at the U.S. Army War College, authored a pamphlet, "Buying Time: 1965-1966," published in early August by the Army's Center of Military History.

The rapid buildup was not really part of the original strategy, Jones said. The U.S. advisers, including some 1,200 Green Berets, were there to buy time to train up the South Vietnamese, who would then carry the fight to the enemy on their own initiative.

But things weren't going well. In 1965, President Lyndon Johnson's administration and military leaders became aware that South Vietnam was on the verge of collapse, Jones said. Insurgents controlled about half of South Vietnam, along with about a third of the population.

Furthermore, South Vietnamese forces were not showing a willingness to fight and many were deserting. There were even concerns that Saigon could fall unless more U.S. troops were sent in to bolster the country. The role was beginning to change from advise and assist to offensive action.

Johnson, who was a senator during the Korean War, remembered how President Harry S. Truman had been castigated by the Republicans for "losing" China. "That stayed in his memory," Jones said. He didn't want Saigon to fall on his watch.

Furthermore, the U.S. saw the world divided into communist and non-communist countries. There



U.S. ARMY PHOTO  
UH-1 aircraft of the 229th Assault Helicopter Battalion carry wounded 1st Battalion, 7th Cavalry Soldiers away during the fight for LZ X-Ray in the Ia Drang Valley of Vietnam.

were concerns that if South Vietnam fell to the communist North, other countries in Southeast Asia would follow.

Back home, not a lot of attention was being paid to the rapid buildup of U.S. forces, sometimes called the "Americanization" of South Vietnam, Jones said. Johnson's "Great Society" and civil rights legislation, as well as the space program were taking much of the spotlight.

As the buildup continued, U.S. forces were joined by those from Australia, New Zealand, South Korea, the Philippines and Thailand. This was known as the "Many Flags" campaign.

Notably absent, Jones said, were NATO allies. They already had concerns about the Soviets to their east and were apprehensive about the new U.S. focus in Southeast Asia.

#### Early battles

On Feb. 7, 1965, the Viet Cong attacked the U.S. base at Pleiku in the Central Highlands. This led to Johnson authorizing the use of strategic bombing of the North by the U.S. Air Force, an opera-

tion known as Rolling Thunder. A series of small ground battles ensued throughout the countryside as well.

Also that year, the newly-formed 1st Cavalry Division (Airmobile) was deployed to South Vietnam. While the helicopter had seen use in the Korean War for MedEvac and small troop movement, the strategy of moving larger formations by air really got its start in 1965, Jones said.

The concept of air mobility, or massive movement by helicopter, came about following the Howze Board studies, chaired by Gen. Hamilton H. Howze and overseen by Secretary of Defense Robert McNamara in 1962.

Besides airlifting Soldiers, the experiments carried out included using helicopter gunships and using heavier helicopters like the CH-47 to airlift artillery. The UH-1 Huey, a light helicopter, was relied upon to do much of the troop carrying and also serve as gunships. This was a major doctrinal change for the Army, Jones said.

In November 1965, 1st Battalion, 7th Cavalry Regiment, participated in the Ia Drang Valley

Campaign, the most well-known battle at the time. The Soldiers were ferried into position using helicopters.

A reason there were fewer pitched battles than in previous wars is because the enemy, especially the insurgents, knew the terrain well and were elusive, Jones said. North Vietnamese Army troops would come in through Laos and Cambodia via the Ho Chi Minh Trail network and fan out below the jungle canopy, hiding weapons in caches. A lot of the work done by Soldiers at this time was locating and destroying these caches.

The Army never officially entered Laos and Cambodia during this period, Jones said. This was a time of limited or restrained warfare. The Johnson administration didn't want to pull the Chinese and Soviets directly into the fighting and risk escalation into a larger conflict with the potential for nuclear weapons being used.

By 1966, Johnson became concerned that counterinsurgency, called "pacification," was getting short-shrift compared with applications of conventional force, Jones said. Gen. William C. Westmoreland, commander of Military Assistance Command, Vietnam, began to pay more attention to "pacification" efforts. MACV controlled all U.S. ground forces in Vietnam.

Pacification or nation-building involved strengthening local government, rebuilding and goodwill efforts with the local populace, so they'd support the efforts of South Vietnam. Today, as was the case then, these activities would be part of an interagency effort, Jones said.

One of the most underreported events of 1965 to 1966 was the massive logistical effort by the U.S. Army, Jones said. Sustaining

such a large force, thousands of miles from home, was a huge undertaking.

Further, a massive engineering effort was needed to build port facilities and climate-controlled structures at various bases, he said. The U.S. Corps of Engineers was a large part of that undertaking.

The Soldiers doing the fighting and supporting the logistical effort were a mixture of enlistees and conscripts, Jones said.

Unlike the Korean War, the Army Reserve was not called up in 1965 and 1966. Johnson was concerned that should he do so, he'd lose backing for the war at home, as the military would seem to be losing control.

By 1965 and 1966, the protest movement had started, but it was still nowhere near in size to the protests that would erupt later in the war.

A number of company- and field-grade officers who served in Vietnam in 1965 and 1966 would later lead the Army in the late 1980s and 1990s.

Maj. H. Norman Schwarzkopf Jr. was one such officer who served in Pleiku and other areas advising and assisting the South Vietnamese, earning two Silver Star Medals in the process.

In 1991, by then, a general, he led coalition forces in the Persian Gulf War. Schwarzkopf advocated defeating the enemy quickly and with overwhelming force, which his troops did, liberating Kuwait in a matter of days. It was unlike his experience in Vietnam, Jones said.

For a look at earlier involvement in Vietnam, see Richard Stewart's pamphlet: "The Deepening Involvement: 1945-1965" on the CMH website at <http://www.history.army.mil/>.

A future pamphlet on the later years of the Vietnam War is planned.

## Rotor Wash

“Labor Day is Monday. What are some tips to help families remain safe during a holiday weekend often filled with cookouts, boating, swimming and several hours in the sun?”



**Carl Johnson,**  
military veteran

"Use plenty of sunscreen and stay hydrated."



**Samantha Ready,**  
military spouse

"Make sure you're taking breaks when swimming and take care not to wear yourself out."



**Jeff Ballman,**  
military veteran

"If you're going out on the water in a boat, make sure everyone has on the proper life preservers and make sure they know how to swim."



**Jessica Daniels,**  
military spouse

"Just monitor how much time you and your family are spending in the sun and make sure to drink plenty of water if you're going to be outdoors for a long period of time."



**Martha Woodburn,**  
military spouse

"Just keep an eye on everyone, so they stay safe and everyone can have a good time. Keep small children away from the grill if you're grilling out."

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FORT RUCKER COMMANDING GENERAL

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FORT RUCKER GARRISON COMMANDER

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# Officials offer storm season safety tips

By Nathan Pfau  
Army Flier Staff Writer

Meteorologists have said this year's El Niño could go on record as one of the strongest in history, which leaves the door open for devastating weather patterns across the U.S.

An unruly Mother Nature can devastate lives and property, but people can lessen their vulnerability to disaster through preparation, according to Willie Worsham, Fort Rucker emergency manager.

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

The theme for this year's National Preparedness Month is Don't Wait. Communicate. Make Your Emergency Plan Today, and each week throughout the month focuses on a different theme, including floods, wildfires, hurricanes and power outages, according to [www.ready.gov](http://www.ready.gov).

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

"With the transition of the seasons, the polar front jet stream starts pushing further southward and starts pushing frontal systems farther south," he said. "It creates pretty much the same thing we see in the spring. The fronts will come through, and during the fall the gulf is still open and still has moisture being funneled up into our area. With the colliding of the two air masses, you can get volatile weather out of it – severe thunderstorms, flooding and tornadoes.

"The key to successfully



READY.GOV GRAPHIC

navigating Mother Nature's nastiness is preparedness," said the emergency manager. "Make sure that you have a plan."

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

"Army Ready is a good site you can use to help you make a plan," he said. "There are forms on there, checklists and what actions you should brief your family on, like designating a rally point if something happens to the family home."

The Ready Army website lists

the steps people should take to help keep their family safe during times of emergency.

The first step is to be informed, said Worsham. Many emergencies, like power outages, disease outbreaks and manmade accidents can happen anywhere. But certain disasters are more likely in some places than others.

At Fort Rucker, a blizzard is less likely than a hurricane, so the first information residents should gather is how to prepare for severe weather caused by hurricanes.

Ready Army suggests people should understand the local mass warning systems that officials will use to inform them on weather conditions. At Fort Rucker, the

agencies that warn of natural hazards are the National Weather Service and the U.S. Geological Survey. Part of being informed is knowing how to receive information from these agencies, said the emergency manager, adding that it is a good idea to have a backup way of receiving information in case a primary system goes down.

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

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

The next step is to make a plan. Ready Army suggests that people keep their plans practical and tuned to likely disasters that they might face. People should take the information they learned in the first step and talk about what their family plan is in each different disaster scenario. People should take into account how they will react if it is a weekend, as opposed to a workday, if their children are at school, or if an evacuation is ordered and sheltering in place is no longer an option.

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

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

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

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

For more information, visit [www.rucker.army.mil/readyarmy](http://www.rucker.army.mil/readyarmy).

## IMCOM launches Expeditionary Base Operations Support pilot

Installation Management Command  
Press Release

SAN ANTONIO — The Army is looking to its civilian workforce to provide base support operations on contingency bases around the globe.

The U.S. Army Installation Management Command is forming this capability with the Expeditionary Base Operations Support program.

Currently in a pilot phase, EBOS aims to compliment the Army Civilian Expeditionary Workforce with small teams of civilian installation management professionals that will deploy to current or opening contingency bases to support operations.

The military has been opening and running contingency operating bases for nearly 15 years. During this time a lack of continuity was identified.

This lack of experience in base operation led to inefficient management, according to Army leadership.

"Working with the IG (inspector general) at United States Forces-Afghanistan, one of the management issues I was seeing

was that the right skill sets weren't coming over to perform the required tasks that needed to be done on base," said James R. Peterson, an employee of the IMCOM Headquarters' IG office who recently returned from deployment.

Army senior leaders across Afghanistan and Iraq found continuity challenges and capability gaps at contingency bases managed by rotational units. As a result, installation management was inefficient, costly and over-dependent on contractors.

The EBOS pilot will produce a roster of IMCOM civilians willing to deploy to advise and assist in contingency operations of installations anywhere in the world.

The civilians will be on call until a need is identified and they are called to deploy.

With more than 31,000 employees operating more than 60 installations Army-wide, IMCOM makes the best source for EBOS, according to IMCOM Command Sgt. Maj. Jeffrey Hartless.

"IMCOM employees manage infrastructure and Soldier and family support programs on more than 60 garrisons world-wide every day," said Hartless. "No other command can say that."

Not only will EBOS make contingency base management more efficient, Hartless said, but it will also allow the Army to provide the best services for Soldiers serving in contingency operations.

An added benefit to this pilot, according to Hartless, will be a more professional and well-rounded installation management workforce.

The EBOS pilot opens deployment opportunities to more Army civilian employees and offers them an opportunity to challenge their skills with a change of pace in a fast-moving environment.

"I wanted a change from the day-to-day that I had at the time," said Reginald J. Ghiden, chief for assistance and investigations in the office of the IMCOM inspector general.

"I gained some job experience dealing with matters I don't ordinarily see in IMCOM and got to operate in a leaner environment where I could make more direct contributions," he said.

If selected for the pilot program, an Army civilian could also receive financial benefits for serving overseas. Depending on the deployment location, Army civil-

ians might qualify for both locality and hazardous duty pay on top of overtime.

"I saw the opportunity to serve and take advantage of the attractive benefits offered for serving overseas and I took it, and I've never regretted it," Ghiden said. "I would recommend it to any career DA-civilian."

### How to join EBOS

Volunteers must be serving on appointments without a time limitation, be available and willing to deploy to contingency areas, have a satisfactory rating or better with no current performance or disciplinary issues, have a valid passport and maintain proper security clearance.

Other prerequisites include medical screening, online training and IMCOM's expeditionary installation management training at the IMCOM Academy.

Volunteers must also attend a week-long training course at Camp Atterbury, Indiana, to prepare them for what to expect in an austere environment.

Interested personnel should log into Army Knowledge Online and visit <https://www.us.army.mil/suite/page/662838> for more information.

## News Briefs

### Labor Day gate closures

The Newton and Faulkner gates will be closed Friday-Monday in observance of the Labor Day holiday. Also, the Ozark and Enterprise visitor control centers will be closed Monday-Friday. The Daleville Visitor Control Center will be open during its normal hours, 8 a.m. to 4 p.m., during that timeframe.

### Lyster closures

Lyster Army Health Clinic will be closed Friday and Monday in observance of Labor Day. The clinic will reopen Tuesday.

Lyster will also close Oct. 9 for organization day, along with Oct. 12 in observance of Columbus Day. The clinic will reopen Oct. 13.

People who need medical care or advice when the clinic is closed can call the Nurse Advice Line at 800-874-2273. For emergencies, people should go to the nearest emergency room.

### Day of Remembrance

The Fort Rucker Religious Support Office will host a 9/11 Day of Remembrance Sept. 11 at 11 a.m. at the Headquarters Chapel, Bldg. 109, on Shamrock Street. The event will feature a brief inspirational program honoring the memories of those who were lost in the 2001 attacks that will also seek to renew

people's commitment to service, America and the community.

For more information, call 255-2989 or 255-2012.

### ID card appointment system

To help reduce wait times, the Directorate of Human Resources recently changed its ID Card Section to an appointment-only system Mondays-Fridays for people seeking to get ID cards.

The only walk-in customers who are seen are those who have lost their cards, need a personal identification number reset, need a DD Form 1172 issue, are in- or out-processing, and retirees renewing their cards – all other walk-in customers will be asked to make an appointment.

To make an appointment, people just need to go online and visit <https://rapids-appointments.dmdc.osd.mil/appointment/building.aspx?BuildingId=876>.

People with questions on using the appointment system or who need to verify the documents required to get an ID, should call 255-2182.

### POW/MIA ceremony

Fort Rucker will host its annual POW/MIA Recognition Day ceremony Sept. 17 at 4:30 p.m. at Veterans Park, located in front of the U.S. Army Aviation Museum.

### Library fax service change

The Center Library recently changed its policy regarding sending faxes for patrons. There is now no charge for sending faxes to local or DSN phone numbers. Long distance faxes cost \$2 for the first page (not including the cover page) and 50 cents for other pages. The Center Library is open Mondays from 9 a.m. to 5 p.m.; Tuesdays, Wednesdays and Thursdays from 9 a.m. to 9 p.m.; Fridays from 9 a.m. to 5 p.m.; and Saturdays from noon to 5 p.m.

For more information, call 255-3885.

### School physical appointments

Lyster Army Health Clinic will offer after-hours school physical appointments Sept. 10 from 4-6 p.m. to help ensure the highest continuity of care possible while providing timely access for patients requiring a school physical. The slots will fill quickly, so people are advised to book appointments as soon as possible.

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

# Army War College running parallel study

By David Vergun  
Army News Service

CARLISLE, Pa. — Army War College students began research Aug. 27 on the future size and force mix of all Army components — one of five research projects that faculty-student teams will produce with Army research funding.

On Feb. 1, the students will publish recommendations on the force structure, based on current and anticipated mission requirements, acceptable levels of national risk, in a manner consistent with available resources, and anticipated future resources.

It's no coincidence that the National Commission on the Future of the Army will also release its report and recommendations to Congress Feb. 1, said Dr. Lance Betros, a former chair of the history department at the U.S. Military Academy at West Point, New York, who has been assigned as the USAWC's first provost.

"What more fundamental question is there for the Army than what kind of an Army should we be?" asked Dr. Andrew Hill, the USAWC professor who will lead the 17-member group. Having students do parallel research will be of great value in informing Army leaders.

"This is not a rebuttal or a criticism of the commission's findings," Hill said. "In fact, we won't even have access to their report before it's released.

"This will also be a completely independent study," he continued. "The students will not be led or nudged to form a particular opinion or view."

The study will provide Army leaders with an "alternative point of view."

"Academic freedom here is alive and well," Betros said. "We want students to question, refute and challenge every assumption." Sometimes outsiders don't understand that. They think because it's the USAWC, it's the Army. "We publish some things that are scathingly critical of the Army."

For instance, this year, two members of the USAWC faculty authored a paper, "Lying to Ourselves: Dishonesty in the Army Profession," he said. It's an indictment on Army culture that's caused a lot of inward-looking analysis within the Army.

Hill said that while the commission's examination of the transfer of Army National Guard AH-64 Apache attack helicopters from the Army National Guard to the Regular Army has been the media focal point, the USAWC students will focus more on the big picture of modernization, manning and readiness, which could include the helicopter transfers, as well, he said.

Coincidentally, Hill had some involvement in advising the National Commission on the Future of the Army on how to structure their approach, a sort of campaign plan. At the time, he said, he thought this would also be a great project for students at the USAWC to look at. When the funding for it came in — that was the icing.

## About the research

Selection for those in the study was very competitive, Betros said. Those picked were well-suited based on their professional backgrounds and research experiences.

Students at the Army War College are mostly Army colonels and lieutenant colonels, or the equivalent in the other U.S. military services and federal agencies. The student body also includes 79 international fellows: military officers from 73 partner nations.

Hill said the 17 students selected are a "really capable group." Four are international students, one Air Force, one Coast Guard, one State Department and one U.S. Agency for International Development. Army National Guard has representation, as well as the active Army.

Some of the international students have made recommendations to their defense ministries regarding restructuring their



ARMY PHOTO

An Army War College class is researching the future size and force mix of all Army components.

militaries, so they've actually been through this before at their own national levels, Hill said. The U.S. military is unique, of course, but their perspectives will be valuable.

The Coast Guard officer will bring a good perspective too, since the Coast Guard has been spread thin with many diverse missions at home and abroad. They've had lots of discussions about where to put their resources and they've been very creative about it, he said.

The study cannot focus solely on the Army, Hill said, since the services have become a lot more integrated in the sense of bringing each of their unique capabilities to the combatant commanders. So the Army will need to be examined through the broader lens of the joint force.

The Army isn't the only service with ground forces, just as the Air Force isn't the only service with Aviation, he said.

"Students will be mentored by faculty members as they progress," Betros said. "All the while, they will be engaging relevant senior Army leaders in their areas."

Carlisle is well-suited for research, Betros said, pointing out that the U.S. Army Heritage and Education Center here holds a massive repository of current and historical archives from Army leaders and other sources. "It's like the National Archives at the Army level. It's the go-to place if you're doing any type of research on the Army."

Hill said students plan to develop force constructs that will be "torture tested" through wargaming various scenarios. The wargame will essentially find the boundaries for the effectiveness of a certain force size and mix, and will yield risk levels.

Betros said that the wargaming facilities are in the state-of-the-art Center for Strategic Leadership and Development, which, like the Heritage Center, is also in Carlisle.

In preparing these constructs for testing, the students will grapple with what kind of a force the Army will need in terms of future capabilities and what kinds of war will it need to prepare for, Hill said.

These are difficult topics to wrestle with as predictions in the past have not panned out to what planners anticipated, he said. Cold War-era warfare planning against a mass of Soviet tanks yielded to the counterinsurgency strategy throughout the last 12 years, for example.

Should the Army shelve its counterinsurgency strategy or prepare for a variety of contingencies? If variety, how would it balance size, modernization and readiness? What's the right mix for the Reserve components in terms of manpower and materiel, and should it be an operational part of the Army as it has been for the last 12 years? If so, where would the funding to do that come from?

These are also questions the commission is dealing with, Hill said. Because of the wide scope of the study and the time limit, "I don't think we're going to spend a lot of time making specific recommendations regarding the Apache transfer from the Guard to the

active, but the other questions, the more conceptual core questions," will be tackled.

"My hope is students challenge assumptions and sensitive issues," Hill said. For example, affordability is not just about size of the force, it's also about compensation reform. "No one wants to touch that in the military, but it gets to the affordability of the force." The students may or may not include this in their scope, he added. It's their call.

The biggest and most obvious challenge for the students is narrowing the broad nature of the study to manageable levels. Hill said he plans to offer them suggestions on ways to do that. "There are a bunch of things the students will just have to set aside or defer to other sources of good research that's already out there. Their focus will be on the more difficult and significant issues, looking at the higher-level concepts like the force structure analysis."

Besides the recommendations contained in the final report that gets published by the USAWC, Hill said he hopes the study raises the right questions for future analysis. "When people read the study, we hope they'll ask themselves questions and form their own analyses. A really good question is worth more than a mediocre explanation."

The nice thing about this study is that it's complementary to the student's academic work and the core USAWC curriculum, Hill said. They'll get a good education and make a significant contribution to the Army at the same time.

Once the work is published, Hill and Betros expect it to be briefed to leaders at the highest level, including Army Chief of Staff Gen. Mark A. Milley, who has expressed support for this and other research at the college.

"We're at one of those inflection points where we can shape strategic thinking," Hill said. "Our students have the opportunity to shape that discussion. That's a great contribution."

## Genesis of project

Last year, 16 students participated in the new Carlisle Scholars Program led by Hill.

Betros said the students were carefully selected, based on their experience and research background and they did "some fantastic work" in publishing a study, "Project 1704: A U.S. Army War College Analysis of Russian Strategy in Eastern Europe."

The USAWC students briefed the chief on that study for 90 minutes in a face-to-face meeting because of the chief's understandable interest in that topic, Betros said.

"This was really a first-rate product," Betros said. It was published by the U.S. Army War College Press and is available on the college's website now.

It became a sort of pilot project for this year's, Hill said.

## Integrated research projects

This year, the college is using the CSP as a model for multiple research projects,

Betros said. The future of the Army study is one of the five projects, known as Integrated Research Projects.

And, for the first time, the school is getting Army money to do it, Betros said. "So, instead of the Army spending millions to hire external think tanks, we're doing IRPs that allow us to funnel some of that money back into the Army."

Students do research projects every year, he said. But they've been more or less individually driven, meaning the students choose subjects they're interested in.

"We decided to make the Army War College as relevant as possible to the larger Army, so we found research topics that were of most interest to the chief of staff of the Army." Former Army Chief of Staff Gen. Ray Odierno approved the five current research projects, which, in fact, aligned with his priorities, Betros said.

Besides being of interest to the Army and the chief, U.S. Army Training and Doctrine Command's Army Capabilities Integration Center will also be closely monitoring the projects and looking at the findings, he said.

Betros said five research proposals have been submitted to the Army Study Program Office, G-8. That's the office that actually approves research funding. This year, the office will allot several million dollars during fiscal year 2016, and USAWC will receive a portion of that. It's a first, he said, calling it a significant development.

The five projects include the following.

- "Study of the Future of the Army." Funding is \$61,500, which will cover such things as travel time to visit senior leaders and subject-matter experts.
- "U.S. Army General Officer Leadership Assessment" will examine ways to produce and nurture more effective leaders and manage that talent. Army culture and leader development systems are included. Funding is \$50,165.
- "Hybrid and Gray Zone Approaches to Conflict and Their Defense and Ground Force Implications" focuses on conflicts, such as those in eastern Ukraine, Iraq and Syria. In those and other areas are a mix of hostile actors, who use a variety of methods and various capabilities, including military, criminal activity, agitation, subversion and so on, to further their goals. China, Russia and Iran also employ complex methods of intimidation to advance regional objectives. The goal would be to formulate a strategic response. Funding is \$60,672.
- "U.S. - China Competition in Indo-Asia-Pacific: Land Force Implications" will look for ways to advance U.S. national interests in the Indo-Asia-Pacific region. This study will examine the interests of regional powers — to include the United States — current U.S. strategies and their effectiveness and possible U.S. policy options. Funding is \$55,754.
- "Responding to Crises in Europe: Is the Army Prepared to Execute the Full Range of Military Operations in Europe?" will cover not only the extreme behavior of Russia in its former eastern Soviet Socialist Republics, it also will cover the security risks of the massive wave of migrants coming north into southern Europe, and security concerns given that Islamic extremists may be hiding among them. The economic and political crises in certain parts of Europe could also result in regional security concerns. The Army's role in building partner capacity will be explored, as well as the logistical challenges of moving troops and their equipment from the United States to the region, if required. Exploring ways of tempering Russian aggression would be at the top of the list. Funding is \$56,732.

The Army War College plans to continue grant-funded research like this in coming years, Betros said.

## PUBLIC NOTICE:

# Fort Rucker Solar Array

Notice is hereby given that the U.S. Army, Fort Rucker, Ala., has prepared a Final Draft Environmental Assessment (EA) for a 30-year Utilities Easement with Alabama Power for the design, construction, operation and maintenance of a Photovoltaic Solar Array System capable of a capacity greater than 10 Megawatts of renewable energy. The Easement will be for approximately 110 acres within the Fort Rucker installation boundary.

Copies of the EA have been provided for public review at the Daleville Public Library located at 308 Donnell Blvd., Daleville, AL, 36322, phone number 334-503-9119; and the Fort Rucker Cen-

ter Library, Building 212, 5th Ave., Fort Rucker, AL, 36362, phone number 334-255-3885; and the Sustainable Fort Rucker Website at <https://www.fortrucker-env.com/programs.aspx?cur=33>.

The EA will be available for review and comments for 30 days starting Aug. 13. Comments on the EA should be sent to: Ms. Leigh Jahnke, Directorate of Public Works, Environmental and Natural Resources Division, ATTN:IMRC-PWE, Building 1121, Fort Rucker, AL, 36362 or [leigh.m.jahnke.civ@mail.mil](mailto:leigh.m.jahnke.civ@mail.mil).

Comments will be addressed and incorporated into the Final EA.

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Mon-Fri: 7:00 & 9:10

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MISSION IMPOSSIBLE ROGUE NATION - PG-13

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Tues-Thurs: 7:00 & 9:30

II STRAIGHT OUTTA COMPTON - R

Fri-Mon: 1:30, 4:15, 6:50 & 9:30

Tues-Thurs: 6:50 & 9:30

III SOUTHPAW - G

Fri-Mon: 1:45, 4:10, 7:00 & 9:20

Tues-Thurs: 7:00 & 9:20

# SHARP: Education essential to raising awareness

Continued from Page A1

1st Class Joseph Blackman, USAACE sexual assault response coordinator.

"The objective of the summit is to inform leaders and validate the USAACE SHARP program while addressing the challenges that are specific to USAACE," said Blackman. "It's basically a forum where senior mission commanders will be able to address issues through in-depth presentations."

Each year, the chief of staff of the Army hosts a SHARP Summit, and through that summit he invites all general officers and principal NCOs across the Army to hold summits of their own, according to Blackman.

"This is the first time we're doing it here and we will have a total of eight different speakers throughout the summit," he said. "I will provide a review of the program, as well as some data trends that are specific

to our installation for those in attendance, which is made up of brigade command teams and other senior leaders."

Some of the topics of discussion will be education on the processes of going through a sexual assault investigation, as well as in-depth views into different aspects of those investigations, such as the Special Victim Counsel Program, Blackman said.

"We've invited a sexual assault nurse examiner who will come in and talk about the sexual assault forensic exam, which should be an eye opener," said the SARC. "The (Criminal Investigation Command) will also come in and talk about the entire investigation process from start to finish to better help people understand everything that goes into an investigation like this."

Although Soldiers can oftentimes feel that they are being bombarded with SHARP training, Blackman said that there is still a lot that they and commanders don't know, which is one of the main reasons behind

the summit.

"The goal of this is to enable those commanders to make informed decisions if they have a situation like this occur under their command," he said. "For example, with the SVC program, which is a relatively new program within the SHARP program, a lot of young commanders may not understand fully what the SVC program has to offer."

That education is necessary because sexual assault is not something that is easily prepared or practiced for, said Blackman, adding that since incidents don't occur very often, thankfully, it's not something that can be put into practice very often.

"If you compare this battle drill to something like shooting an M-16, you can go to the range every day and shoot a live gun for practice, but you can't go through a live sexual assault every day for practice," said the SARC. "You can practice for an Army Physical Fitness Test and get better

at physical training, but how to properly execute the chain of events that need to occur after a sexual assault is not something that you can practice every day.

"That's why something like this is necessary," he said. "And, yes, Soldiers might feel like they're being bombarded by sexual assault training, but, in reality, we're not being bombarded enough because it's still happening."

The situation at Fort Rucker is not as severe as it is in other locations, added Blackman, but if there has been even one incident, then there's been one too many, he said.

"It's like having a casualty. One casualty is one too many, and it is a casualty," he said. "It takes away from the readiness of that unit and it degrades a unit's ability to complete its mission and conduct day-to-day operations. That's why we need to take care of Soldiers and make sure they're properly informed."

## CFC: Donations support local services

Continued from Page A1

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

"The local Heart of Alabama CFC received \$808,000 in pledges during the 2014 campaign," she said. "The average donor gave over \$365 to the charities of their choice."

"Our goal for 2015 campaign is \$815,000," she added. "This goal is set by the Local Federal Coordinating Committee. LFCCs act as the campaign's board of directors and, as such, have direct oversight of the finances and conduct of the CFC in their community. The LFCC is compiled of commanders, directors and postmasters from the local federal community. At Fort Rucker, Col. Gary Wheeler, commander of U.S. Army Aeromedical Center, serves on the board."

Federal employees and military members have a reputation as being extremely generous in their chari-

table giving and with their volunteer efforts, Arnold said.

"Many of the local charitable organizations rely solely on the financial support of individual donors," she said. "Without federal employees having a heart to give back to their communities through the CFC, many of these charities would not be able to sustain their operations and continue to provide these much needed services in our communities."

"The Greek word for encouragement is 'paraklesis,' which literally means to be called to one's side," she added. "The CFC is just one way to stand by those in need by providing a donation to charitable organizations that assist us when we are in need. It is one way to encourage others and be called to one's side when support is needed."

According to Arnold, the CFC is primarily focused on "fundraising" within the federal community.

"Each year we ask our federal offices and military organizations to provide volunteers who serve as the CFC project officers and keyworkers during the campaign," she said. "During the months of September through December, these volunteers

take on the extra responsibility of 'asking' their coworkers to support the CFC through a charitable donation. They become the 'boots on the ground' and are key to the success of our fundraising efforts."

"These volunteers make the face-to-face ask, collect traditional paper pledge forms and inform their coworkers of online giving options, such as MyPay," she added. "Without these volunteers, we could not be able to communicate the CFC efforts to over 200 federal organizations and 16,000 federal employees within the Heart of Alabama campaign area."

CFC will also host an awards ceremony Dec. 7 at 1 p.m. at the U.S. Army Aviation Museum to recognize the federal and postal offices and military organizations that successfully reached their CFC dollar fundraising goal.

"We will also recognize those individuals who volunteered as CFC project officers and keyworkers, and thank them for the time and commitment they showed to the CFC through conducting their own campaign," Arnold said.

For more information, 323-2560 or visit [www.heartofalabamacfc.org](http://www.heartofalabamacfc.org)

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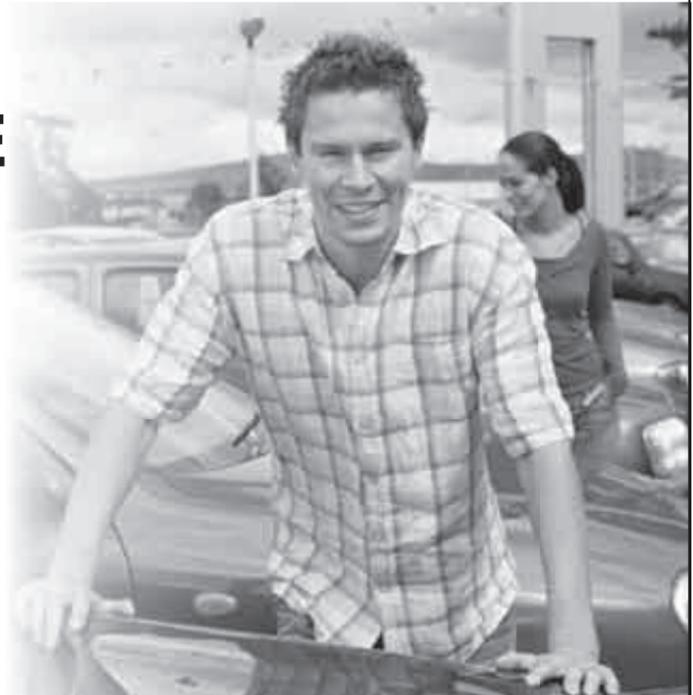
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**611 West College**  
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**102 Falcon**  
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**Jan Sawyer 406-2393 MLS #20151533**
- 6 Reindeer:** \$90,000: 1.40± acres:  
**Jan Sawyer 406-2393 MLS #20151556**
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**400 RICHLAND:** This home has a cozy private feel that is minutes from Ft. Rucker. This home includes an extra storage shed, outdoor gazebo for entertaining guests, plenty of ceiling fans for year around fresh air, 2-car garage & plenty of storage. Don't miss this one. **CHRIS ROGERS 406-0726**

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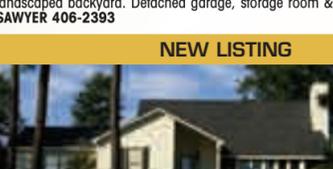
**403 WHISPERING PINES:** Over 2,150SF ± in this well maintained 4BR/2BA with bonus sewing/craft room. Original hardwood flooring in living room & dining room. Fresh interior paint. Huge walk-in closet in one bedroom with extra space for another closet or computer area. 4th bedroom was used as a den by current owner. Very nice eat-in kitchen with tons of cabinets plus pantry. Newer countertops. Screened in porch with skylights looks out over landscaped backyard. Detached garage, storage room & a green house. **JAN SAWYER 406-2393**

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SEPTEMBER 3, 2015

## CUTTING-EDGE

### 12th CAB receives new CH-47F MYII Chinooks

By Spc. Nicholas Redding  
12th Combat Aviation Brigade  
Public Affairs

ANSBACH, Germany — The first five of nine CH-47F MYII Chinook helicopters arrived at Katterbach Army Airfield Aug. 21.

The MYII Chinook is the latest and most cutting-edge CH-47F platform to date, which allows pilots to fly the airframe through the clouds or in degraded visual environments — increasing the combat readiness of the 12th Combat Aviation Brigade.

The new helicopters also increase the 12th CAB's freedom of movement throughout the European theater. The upgrades to the avionics instruments now adhere with European mandates for GPS capabilities in rotary wing aircraft. This ensures the 12th CAB can participate in any NATO operation



CH-47 Chinooks fly in a convoy formation Aug. 21.



PHOTO BY SGT. THOMAS MORT

CH-47 Chinooks from H Company, 1st Battalion, 214th Aviation Regiment, 12th Combat Aviation Brigade, take off en route to Bremerhaven, Germany, Aug. 21.

SEE CHINOOKS, PAGE B4



PHOTO BY CAPT. ADAN CAZAREZ

In support of Operation Red Fury, paratroopers assigned with 1-508th Parachute Infantry Regiment, 2nd Brigade Combat Team, 82nd Airborne Division, move to their loading zone as rotor wash from an 82nd Combat Aviation Brigade UH-60 Black Hawk creates a dust cloud. The 1-508th PIR conducted an air assault into its objective. The training helped to increase the unit's interoperability between the ground and Aviation units.

## 82nd CAB training benefits joint team

By Staff Sgt. Christopher Freeman  
82nd Combat Aviation Brigade  
Public Affairs

FORT BRAGG, N.C. — The 82nd Airborne Division is no stranger to the concept of working with other services and countries.

The 82nd Combat Aviation Brigade partnered with joint terminal attack controllers from the U.S. Air Force for an aerial gunnery exercise to refine their skills in providing Aviation support to ground forces commanders.

Troopers from 1st Squadron, 17th Cavalry Regiment, 82nd CAB conducted their aerial gunnery exercise at Fort Bragg, allowing crews to qualify, preparing them for an upcoming team shooting event at Fort A.P. Hill, Virginia.

"As JTACs, we serve as air liaison officers," said Air Force Tech. Sgt. Nicholas Burrell, a JTAC working with 1st Squadron, 73rd Cavalry Regiment, 2nd Brigade Combat Team. "We go forward and support close air support missions.

"Once we have communications with the aircraft we are controlling, it's on the ground command to determine what the priorities of targeting are. This allows us to direct the helicopter to the appropriate target," he added.

SEE 82ND CAB, PAGE B4

## 2-6th Cav. Regt. ends Korea tour



PHOTO BY CHUNG IL KIM

A CH-47 Chinook from the 3rd General Support Aviation Battalion, 2nd Combat Aviation Brigade, completes an air assault Aug. 21 at the Rodriguez Live Fire Complex in South Korea.

By Sgt. Jesse Smith  
2nd Combat Aviation Brigade  
Public Affairs

CAMP HUMPHREYS, South Korea — Low fog covered the sides of the mountains. The air was wet and sticky, with an occasional breeze. Helicopter blades began to spin, kicking up the air along with grass and dirt.

One by one, each helicopter took to the sky in sequence. Rockets ripped through the air, ground forces advanced and Soldiers assaulted the objective — Army training.

The Soldiers from the 2nd Combat Aviation Brigade completed Exercise Furious Talon Aug. 21 at the Rodriguez Live Fire Complex at Camp Humphreys. The event

SEE TOUR, PAGE B4

## Character, training help Soldier save man's life

By Sgt. Jesse Smith  
2nd Combat Aviation Brigade  
Public Affairs

CAMP HUMPHREYS, South Korea — An act of heroism, by definition, is an act of great bravery or courage.

A firefighter rescues a child from a burning building. A bomb dog detects a bomb and prevents the loss of many lives. A Soldier saves a man from being hit by a speeding train.

If all of these events are the definition of being heroic, then a Soldier from the 2nd Combat Aviation Brigade could be considered a true hero.

Cpl. Tristan L. Booth, a native of Maple Valley, Washington, and the senior cable system installer and maintainer from Headquarters and Headquarters Company, 2nd CAB, rescued a man who had fallen onto a train track May 3 at the AK Plaza in Pyeongtaek.

The weekend was coming to a close much like many other weekends before it, with Booth saying goodbye to his fiancée at the time, Juran Hyun, as she headed back to Seoul on the subway.

The couple was sitting on a bench waiting when Booth overheard a Korean civilian making strange noises and



PHOTO BY JESSE SMITH

Col. William Taylor, 2nd Combat Aviation Brigade commander, presents an Army Commendation Medal to Cpl. Tristan L. Booth, senior cable system installer and maintainer from the Headquarters and Headquarters Company, 2nd CAB, Aug. 5 at Camp Humphreys, South Korea.

acting as if he was drunk. Booth paid him no attention at the time, and he and Hyun moved to a different bench do to the amount of people moving into the area.

"A few minutes after we moved, I heard a loud bang and saw everyone moving to the edge of the platform and looking down toward the tracks," Booth said. "Once we got to the crowd, I could see a man lying face up on top of the track." He quickly reacted and jumped

down, along with a civilian, to try and help the man who had fallen. It took them two or three attempts to lift the heavy man to the top of the platform before they could get themselves out of harm's way.

"I didn't know if a train was going to come or not," he said. "I am still in shock that I jumped down there."

Once they were safe on top of the platform, Booth noticed a severe laceration on the man's head. Booth remembered he had a T-shirt in his backpack and rushed to retrieve it. He began applying pressure to the wound and started to make sure the man was not going into shock.

"My basic knowledge of combat lifesaver first aid helped me remember what to do instantly," he said. "My deployment to Afghanistan gave me experiences with situations where I need to react quickly, which really helped me."

Booth stayed with the man and comforted Hyun until paramedics arrived to the scene. After the situation was over, many Korean civilians thanked him for helping save the man.

SEE TRAINING, PAGE B4



PHOTOS BY STAFF SGT. CHRISTOPHER FREEMAN

Air Force Senior Airman Cameron Medford, joint terminal attack controller with the 14th Air Support Operations Squadron, takes notes prior to communicating with an OH-58 Kiowa Warrior.



A rocket is fired from an OH-58 Kiowa Warrior.

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# Chinooks: Less maintenance required

Continued from Page B1

and project heavy lift capability anywhere in Europe.

"It's a step in the right direction towards the future of instrument flight operations," said Capt. Philip J. Leathhead, the commander of H Company, 1st Battalion, 214th Aviation Regiment. "We can fly with the use of instruments integrated with the GPS, whereas before we were limited with the older systems."

The outgoing aircraft logged a substantial amount of hours during the past four years at Katterbach.

These hours came from two rotations to Afghanistan and numerous NATO operations.

"These new aircraft do not require the amount of maintenance the older ones did," said Staff Sgt. Ryan W. Azevedo, standardization instructor for H Co. "The unit can actually start fresh."

Among the many upgrades, the new cargo loading system features will provide a way to quickly load and unload cargo, said Staff Sgt. Jason L. Tabansky, flight engineer instructor for H Co.

"We can go from transporting cargo to passengers in a matter

of minutes," said Tabansky. The aircraft floors in the new Chinooks are similar to Air Force cargo planes. The floor panels can be flipped over to use the rollers.

Other notable upgrades to the MYII include, but are not limited to, the Common Missile Warning System, Extended Range Fuel System II and the Digital Automatic Flight Control System.

The Chinook, the Army's only heavy-lift helicopter, is a critical asset for transporting troops, supplies, and providing various combat support and combat service support operations.



PHOTO BY SGT. THOMAS MORT  
Staff Sgt. Ryan W. Azevedo, a CH-47 helicopter repairer and standardization instructor for H Co., observes the shipping port inside the new CH-47F MYII over Bremerhaven, Germany, Aug. 21.

## 82nd CAB: Training supports complex mission sets

Continued from Page B1

The mission not only allowed JTACs the chance to hone their skills, but gave the pilots experience in integrating with the controllers, simulating real-world events, said Maj. Andrew Herzberg, operations officer, 1-17th Cav. Regt.

He added that integrating the JTACs with

the OH-58 Kiowa Warriors that the CAV uses gives the crews a chance to work with people experienced in controlling aircraft and guiding them to their target.

"This opportunity to work with the JTACs gives us a chance to see how the U.S. Air Force controls aircraft," Herzberg said. "This allows some of our newer crews to gain an understanding of how JTACs integrate into

our mission set of providing armed reconnaissance to the ground forces commander."

Aerial gunnery also allows the pilots to qualify on Table 6, enhancing their capabilities to support the ground forces commander, he added.

"Once the pilots are qualified on this table, it allows them to support units with more complex mission sets," said Herzberg. "It

also allows us to work on more advanced gunnery tables, such as Table 9. Table 9 utilizes two Kiowas in engaging specific targets, which requires more coordination between the aircraft."

Soon, the troopers will head to Fort A.P. Hill to qualify on Table 9, giving supported units more options when requesting Aviation assets from the CAV.

## Tour: Exercise marks bittersweet end to time in Korea

Continued from Page B1

saw all four rotary-winged aircraft belonging to the 2nd CAB in use, along with ground forces from the 2-1st Cavalry.

Sgt. Yesenia L. Martinez, an Aviation operations specialist for the 2nd Squadron, 6th Cavalry Regiment, 2nd CAB, played a key role in the exercise.

"This mission was all about recon, security, attack and the air assault," Martinez said. "It was great to be able to intertwine all of these components by working with all of the different units inside of the 2nd CAB."

Martinez was in charge of making sure there was a correct flow of information throughout the exercise,

while maintaining awareness to ensure everything was running smoothly.

"Out here, we aren't just doing our jobs," she said. "There is an added pressure which instills a reality into the Soldiers and makes us ready to fight tonight."

She said each aircraft does something different and specific. They need to know and learn about the ground forces, because both the air and ground forces work together and protect one another.

She believes that she and her Soldiers have learned a great deal throughout the exercise.

"The amount of training and the scale forces our Soldiers to develop quicker here in Korea," Martinez said. CW3 Kristopher Bassett, the squadron master gunner

for the 2-6th Cav. Regt., was part of the planning and operations before and during the exercise.

Bassett said he likes seeing how the timing and planning has come together for the exercise. The planning was very long and strenuous.

"We don't normally get to do exercises like this," he said. "Not in other places and not to this scale."

He went on to say the exercise is bittersweet due to it being his unit's last one here in Korea, and with the OH-58 Kiowa's.

Though it may be 2-6th Cav. Regt.'s last exercise in Korea, the unit ended on a strong note and the integration of air and ground forces worked seamlessly to complete the mission, according to the Soldiers.

## Training: Soldier praised for high character, selflessness

Continued from Page B1

Master Sgt. Bryan Vann, the NCO in charge of the 2nd CAB communications section, is one of Booth's mentors.

"He is a person with high character who wants to constantly be a better person and

Soldier," Vann said. "He likes to take care of other people and I'm not surprised he did this."

Booth was presented with an Army Commendation Medal Aug. 5 for his efforts to save the man's life.

"We wanted to make sure we did our due

diligence and recognize him for this wonderful deed he performed," Vann said. "Most people don't want to go out of their way to help someone, but he went out of his way because he is selfless."

Booth said if this were ever to happen to him again, he would not hesitate to jump

back onto those tracks despite how terrifying it was.

He said he does not think he is a hero, but the hundreds of witnesses on the crowded platform who watched him stay true to the Army values and save a man's life might feel differently.

**OPELIKA-AUBURN NEWS**  
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Costumes are not required, but we will have prizes for the best costumes.

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<p style="text-align: center; font-weight: bold; color: #00FF00;">AWARDS FOR</p> <ul style="list-style-type: none"> <li>Top Male/Female Runner</li> <li>Runners by Age Division</li> <li>Best Individual Costume</li> <li>Best Group Costume</li> <li>Best Pumpkin 12 &amp; under</li> <li>Best Pumpkin 13 &amp; up</li> </ul>	<p style="text-align: center; font-weight: bold; color: #00FF00;">PUMPKIN CARVING CONTEST</p> <p style="text-align: center;">Show off your carved pumpkin on our stage for the chance to win a special prize</p>	<p style="text-align: center; font-weight: bold; color: #00FF00;">SCHEDULE OF EVENTS</p> <table style="width: 100%; border: none;"> <tr><td style="width: 20%; color: #00FF00;">8:00</td><td>Activities Begin</td></tr> <tr><td style="color: #00FF00;">8:15</td><td>One Mile Fun Run</td></tr> <tr><td style="color: #00FF00;">8:30</td><td>Race Begins</td></tr> <tr><td style="color: #00FF00;">9:30</td><td>Awards</td></tr> </table>	8:00	Activities Begin	8:15	One Mile Fun Run	8:30	Race Begins	9:30	Awards
8:00	Activities Begin									
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FOR MORE INFORMATION OR TO REGISTER VISIT [OANOW.COM/RUN](http://OANOW.COM/RUN)



SEPTEMBER 3, 2015

## HELPING THE HOMELESS

### Stray facility offers 2nd chance for abandoned pets

By Nathan Pfau  
Army Flier Staff Writer

Hidden on Andrews Avenue, toward the Enterprise Gate, lies the last respite for many strays found on post.

The Fort Rucker Stray Facility, which is open from 8 a.m. to noon, Mondays-Fridays, is located in Bldg. 8829 and is used to support the garrison in managing the stray population on post by finding new homes for these otherwise homeless animals, according to Capt. Janas Gray, Fort Rucker Veterinary Treatment Facility officer in charge.

As odd as it may sound, Fort Rucker does have a stray population, whether from animals wandering on the installation from off post, or people abandoning them before a move, and that population needs to be managed, she said.

Typically, people will find a stray and contact the Fort Rucker Military Police to have them pick the animal up to be taken to the stray facility, said Gray.

“That’s what usually happens, but sometimes people will pick the animals up themselves, which I encourage them not to do,” she said. “We encourage people not to pick up strays themselves, because they might be bitten or they might scare the animal off.”

Once an animal is brought into the facility, it is examined to make sure there are no medical issues and scanned for microchips to make sure the animal doesn’t already have an owner who might be searching for them.

“Some animals that we find do have owners and they will often call us to find out if we have their animal, which is why it’s so important to have pets microchipped,” she said. “This can help us get (people’s) pets back to them safely.”

Once an animal is found to be healthy with no medical issues and with no microchip, it is deemed adoptable, said Gray.

When encountering a stray, Gray advises that people call the military police at 255-2222 to let them know that there is a stray and the area they encountered it. If the MPs are able to catch it, the animal will be impounded at the stray facility.

“Individuals should not approach a stray because that animal might have rabies or other diseases,” she said. “They can still look normal, but you just don’t know until they bite you. Also, don’t feed strays because they will tend to linger



Joylin Andermann, animal caretaker at the Fort Rucker Stray Facility, checks Domino for a microchip at the stray facility Tuesday.

PHOTO BY NATHAN PFAU

“When deciding to adopt, people need to know for sure they want a pet and the responsibilities that go along with it.”

— CAPT. JANAS GRAY  
FORT RUCKER VETERINARY  
TREATMENT FACILITY OFFICER IN  
CHARGE

around.”

Gray also advises people against releasing their pets into the wild if they are moving or they can’t take care of them anymore.

“Once Soldiers know they are PCSing, they need to start posting on social media and bulletin boards to try and have their pets adopted. Soldiers know well in advance when they are moving, so they should have plenty of time, and they are more than welcome to come post something in the vet clinic,” she said. “Think about your pet well in advance. If you know you’re not able to take your pet with you, go ahead and prepare in advance to start finding a new home for your pet rather than just releasing it.”

There are also things people should take into consideration when adopting a pet, which is a big responsibility, said the vet clinic OIC.

“When deciding to adopt, people need to know for sure that they want a pet and the responsibilities that go along with it,” she said. “People need to know what they can handle because pets can be a lot of work. Proper nutrition is important, as well as grooming, and pets

also need love – that’s very important. “Also, make sure you have the time to dedicate to them,” she continued. “You don’t want to get a hyper lab and never be at home with it. Those are things to take into consideration.”

Gray said people should also take into consideration any pets they currently have in their household. When introducing a new pet, she suggests introducing them slowly to get the animals acclimated to their new home and family members.

Adoption fees vary per species and needs of animals, but include vaccinations, and microchipping. The facility welcomes donations, such as dry or canned food for dogs, puppies, cats or kittens, as well as blankets, toys and towels. Donations can be dropped off at the Fort Rucker Stray Facility.

For more information, call 255-0766 or visit <http://www.facebook.com/fortruckerstrayfacility/> for updates on the newest available animals.

## WANTED

### Volunteers needed for ‘Frite’-ful mission

By Nathan Pfau  
Army Flier Staff Writer

Frite Nite at the Fort Rucker Riding Stables is one of the spookiest and most popular events held throughout the year on the installation, but without the help of volunteers, the night of horror wouldn’t happen at all.

In years past, the production has required the help of more than 200 volunteers to help put on what is one of Fort Rucker’s largest events that serves thousands of patrons.

Nearly 2,000 people showed up for last year’s Frite Nite, so for this year’s event, scheduled for Oct. 23-24, to be just as successful, Allan Jaworski,

Riding Stables program manager, is putting out an open call for volunteers to help in any capacity they can.

“We need volunteers to help with makeup, costumes, decorations and setting up,” said the program manager. “Our volunteers work on construction before the event, help with running the show and then the dismantling of everything after the event.”

Volunteers from all ages are welcome, 12 and older, and will be used in many different aspects, including acting, so those people who have a knack for the performing arts should let their talents be known, said Jaworski.

Volunteers are needed to help be-

fore, during and after the event, including getting the stables ready for the night, setting up, managing the lines the night of the event, helping with parking, as well as acting in the production to scare the wits out of thrill seekers.

Hundreds of volunteers go into making the production a reality, so people from all over, including classes and school clubs are welcome to volunteer, as well. Without the help of volunteers, Frite Nite would not be able to exist in its current form, said the program manager.

Jaworski added that if people are interested in volunteering that they make sure they are able to have proper access to the post, which requires a visitors pass if they are not ID card holders.

Although the event is meant to be a fun experience for all involved, the program manager said safety is always a top concern.

“We will go through briefings and lessons learned quite often and we will keep people briefed along the way,” he said. “By the time that everything is setup, we just hope to have a good time.”

In the past, the event has showcased everything from werewolves and giant spiders to haunted corn mazes and killer clowns, and this year’s production will have its share of frightening sights to keep people on their toes throughout the event, according to Jaworski.

For more information on volunteering before, during or after the event, call 598-3384.



PHOTO BY NATHAN PFAU

Zombies join the fun at the Trail of Nightmares at the Fort Rucker Riding Stables Frite Nite last year.

## VOLUNTEER OPPORTUNITIES

### Project: Hispanic Heritage Half Marathon

Volunteers are needed to assist with registration and refreshments for the Sept. 19 race. If interested, call 255-2296.

### Project: Oktoberfest

Volunteers are needed for the Sept. 25 event. If interested, call 255-1749.

### Project: Frite Nite

Volunteers are needed Oct. 23 and 24 for the event. If interested, call 598-3384.

### Position: Zumba or Dance Instructors

A certified volunteer interested in teaching in a group fitness setting is needed. If interested, call 255-3794.

### Position: Marketing Coordinator AFAP Conference

Volunteer needed to attend required Army Community Service and Army Family Action Plan volunteer training sessions; attend AFAP Advisory Council meetings; submit AFAP marketing status report during advisory council meetings; develop promotional advertising to enhance the visibility of AFAP, including flyers, posters, pamphlets, newspaper, TV and installation briefings; attend after action review meetings and

SEE OPPORTUNITIES, PAGE C5

# ON POST

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

## Operation Rising Star auditions

Operation Rising Star is coming to Fort Rucker and auditions will be Sept. 10 and 17 from 7-9 p.m. at The Landing Zone. Auditions are open to active duty and family members ages 18 and older. People need to register by today by calling MWR at 255-9810. Twenty-two garrisons have signed up to host Operation Rising Star audition competitions Sept. 1-30. Online submissions from active-duty military participants will also be accepted for this year's competition Sept. 21-Oct. 4. The public will be able to vote at [www.oprisingstar.com](http://www.oprisingstar.com) for the two top online vocalists to join the 10 garrison competitors in the finals. Operation Rising Star is one of several Installation Management Command Army Entertainment programs that provide Soldiers and family members the opportunity to showcase their talents, build life skills, and enhance individual resilience and self-reliance. The Top 10 vocalists from the garrison competitions – selected by a panel of judges – will compete in the Army-wide finals in San Antonio, Texas, in November.

## 'The Price is Right' at The Landing Zone

The Landing Zone offers people who eat dinner there between now and Sept. 11 a chance to win tickets to "The Price is Right Live" in Dothan. Patrons receive one entry into the drawing for tickets each time they dine at The Landing Zone during dinner hours. The drawing will be held Sept. 11.

For more information, call 598-8025.

## Child, Family Find Campaign

The Exceptional Family Member Program will conduct its Child and Family Find Campaign throughout September to identify active duty military families with special needs. Special needs can include physical, intellectual, developmental delays, and emotional impairments that require special treatment, therapy, education, training or counseling. Enrollment is mandatory for Soldiers who are active duty, Reserve Soldiers in the USAR-Active Guard Reserve program and Army National Guard personnel serving under authority of Title 10, United States Code who have EFMs. Mobilized and deployed Soldiers are not eligible. When possible, Soldiers are assigned to an area where the medical and special education needs of their EFM can be met. If you are a Soldier with a family member with a special need or disability or have knowledge of someone who is disabled or with a special need, call the EFMP at Lyster Army Health Clinic at 255-7431. Lyster's EFMP conducts EFM screenings, enrollments, updates and dis-enrollments. By regulation, Soldiers in EFMP are required to update their EFM enrollment every three years or sooner if services for special needs are no longer required. For EFMP advocacy services, respite care, information and referral services, free educational and training opportunities, resource library and relocation assistance, call 255-9277.

## Financial readiness training

Army Community Service will host its financial readiness training Friday from 7:20 a.m. to 4:15 p.m. in the Soldier Service Center, Bldg. 5700, Rm. 284. Personal financial readiness training provides a practical approach to help Soldiers manage their money more effectively. This training is required for all first-term junior enlisted Soldiers (E-1 through E-4). Spouses are also welcome to attend.

For more information, call 255-9631 or 255-2594.

## Deep sea fishing trip

Fort Rucker Outdoor Recreation will host a deep sea fishing trip aboard the Vera Marie in Destin, Florida, Sept. 12. All trip goers need to do is sit back, relax and enjoy a day of fishing, according to ODR staff. The bus will depart Fort Rucker at 4 a.m. from the West Beach, Lake Tholocco parking lot and return at 9 p.m. ODR recommends people bring a small cooler with drinks and snacks (no glass). The staff plans to stop on the way back to get food, but the cost for food is not included in the price. The cost is \$65 per person, plus a tip. The price includes transportation to and from Destin, bait, rod, reel, fishing license, six-hour fishing trip, and people's fish cut and cleaned at the end of the trip. The trip is open to the public, but limited to 36 participants.

For more information or to sign up, call 255-4305 or 255-2997.

## Resilience training

Army Community Service will host resilience training Tuesday from 9-11:30 a.m. at The Commons to help people learn



FILE PHOTO

## ATV trail ride

Fort Rucker Outdoor Recreation will host an all-terrain vehicle trail ride Sept. 26 from 7 a.m. to 1 p.m. Pre-registration is required, and the cost is \$20. Drivers must pass the safety driving test through ODR before participating. Participants must also provide their own protective gear, including helmets, boots, etc., that must be worn at all times. The event is open to the public, ages 16 and up. For more information or to sign up, call 255-4305 or 255-2997.

the skills that will make them and their families more resilient. Participants will receive training in two to three skills, such as goal setting, activating events through consequences and hunt the good stuff. People need to register by Friday.

For more information and to register, call 255-3735.

## Carnival animal crafts

The Center Library will host a carnival animal craft activity Sept. 15 from 3:30-4:30 p.m. for children ages 3-11. Light refreshments will be served. Space is limited to the first 65 children to register. The activity is open to all authorized patrons.

For more information and to register, stop by the Center Library or call 255-3885.

## EFMP information, support group

The Exceptional Family Member Program invites all active-duty military families who have an exceptional or special needs family member to attend its EFMP information and support group meeting Sept. 15 from 9-10 a.m. at The Commons, Bldg. 8950. The topic for the meeting is It's School Time: Are You Ready? Tips, tools and resources will be discussed that can assist families in making this a successful school year. The group offers camaraderie, friendship, information exchange, idea sharing, community resources, support and assistance with finding solutions, according to EFMP officials.

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

## Basic special education, IEP webinar

Army Community Service's Exceptional Family Member Program and Family Advocacy Program invite everyone to attend a free basic special education and individualized education plan webinar Sept. 17 from 9:30-11:45 a.m. at The Commons, Bldg. 8950, on Seventh Avenue. This webinar is designed to ensure educational success through informed participation of parents who have children with disabilities. Topics include: basic special education, effective communication and IEP. The webinar is for the parents of children with disabilities for the purpose of increasing their knowledge of the special education process. Parents will gain a working knowledge of the laws that govern special education and how to navigate through this process.

The project is presented by the Alabama Network for Children with Disabilities, a project of the Alabama Parent Education Center. Registration is required by Sept. 15. For more information, call 255-9277.

## Employment readiness class

The Fort Rucker Employment Readiness Program hosts orientation sessions monthly in the Soldier Service Center, Bldg. 5700, in the Army Community Service multipurpose room, with the next session Sept. 17. People who attend will meet in Rm. 350 at 8:45 a.m. to fill out pa-

# DFMWR

# Spotlight

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perwork before going to the multipurpose room. The class will end at about at 10:45 a.m. The sessions will inform people on the essentials of the program and provide job search tips, as well. Advance registration is required and attendance at a session is mandatory for participation in the program.

For more information, call 255-2594.

## Newcomers welcome

Army Community Service will host a

newcomers welcome Sept. 18 from 8:30-11 a.m. at The Landing. Active-duty military, spouses, foreign students, Army civilians and family members are encouraged to attend. A free light breakfast and coffee will be served. For free childcare, people can register their children at the Fort Rucker Child Development Center by calling 255-3564. Reservations must be made 24 hours prior to the newcomer welcome.

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

## FORT RUCKER MOVIE SCHEDULE FOR SEPTEMBER 3-6

### Thursday, September 3

Paper Towns (PG-13) .....7 p.m.

### Friday, September 4

Pixels (PG-13) .....7 p.m.

### Saturday, September 5

Vacation (R) .....7 p.m.

### Sunday, September 6

Mr. Holmes (PG) .....1 p.m.

# Remembering Hurricane Katrina

By Jim Garamone  
Department of Defense News

WASHINGTON — Forecasters said the hurricane would be bad, but no one expected a Katrina.

Hurricane Katrina hit the American Gulf Coast Aug. 29, 2005, causing initial destruction from Texas to Florida. It wreaked such damage over such a large area that it changed the way the U.S. government responds to disasters.

According to the National Hurricane Center, Katrina was directly responsible for around 1,200 deaths, making it the third most deadly hurricane in American history. It caused \$108 billion in property damage, making it the costliest hurricane to strike the U.S.

DOD personnel were in the middle of rescue and recovery efforts for weeks and months after the storm hit. More than 60,000 members of the U.S. military forces were on the ground, first saving and then sustaining lives.

## An enormous effort

It was an enormous effort with 18,000 active-duty service members joining 43,000 National Guardsmen that focused on Katrina relief operations.

And they were needed. When Katrina hit, it caused a storm surge that inundated whole coastlines, according to National Hurricane Center Service measurements. The storm had sustained winds of more than 120 mph. Portions of Louisiana and Mississippi received 15 inches of rain.

Katrina knocked out power and the communications grid crashed. Bridges, underpasses and roads were all closed. Flooding forced relief personnel to detour for miles.

## Huge storm

The size of the storm caused its



A Soldier directs Hurricane Katrina victims as they exit the back of an Army CH-47 Chinook during relief efforts in New Orleans Sept. 3, 2005.

own set of problems. The storm surge in Mobile Bay — fully 70 miles east of where Katrina hit land — was still between 12 and 16 feet. Hurricane force winds lashed the Florida Panhandle.

Typically, hurricanes lose force quickly once striking land. Not Katrina. Tornadoes and rain lashed inland areas up into Georgia. Hurricane Katrina affected over 93,000 square miles of the United States, an area almost as large as Great Britain, and left an estimated 5 million people without power, according to the Federal Emergency Management Agency.

Levees protecting the city of New Orleans weren't high enough with the storm surge overtopping some of the protective berms and breaching others. At a U.S. Senate hearing after the storm, Army Corps of Engineers officials said there were 55 breaches in the levee system protecting the city.

## New Orleans experiences storm

New Orleans officials estimated that 80 percent of the population evacuated, but that still left between 50,000 and 60,000 people who were hunkering down in their homes or in last-chance shelters, like the Superdome. The

levee failures flooded about 80 percent of the city. Some 26,000 people who had taken refuge in the Superdome were surrounded by water.

The city also sustained wind damage.

The Mississippi coast was devastated. Pass Christian, along the Gulf Coast, disappeared. The storm surge and winds scoured the town, leaving nothing but concrete slabs where brick homes once stood. The surge picked up the whole section of a bridge that carried Route 90 and deposited the huge concrete structure 200 to 300 meters inland. Strangely, the other two lanes of the bridge remained in place. More than 80 percent of the structures in Pass Christian were destroyed or rendered uninhabitable, according to local officials who had set up a headquarters in a relatively unscathed gas station.

In Biloxi the surge picked up freight train cars full of chicken and the winds broke them apart. For weeks, the smell was something to behold.

Seabees based in Gulfport, Mississippi, began work with their base essentially underwater.

## Rescue efforts commence

U.S. Coast Guard and Na-

tional Guard personnel moved in as soon as conditions allowed. Coast Guardsmen were the first on the scene with any kind of organization. Coast Guard helicopters skittered across the city rescuing people from rooftops, from flooded streets and providing the eyes for those following in their wake. The Coast Guard helicopters were soon followed by Coast Guard boats. The airport in Mobile became the world's largest Coast Guard base with choppers from around the service flying missions. Overall, Coast Guard personnel rescued 33,544 people during Katrina operations, according to their records. For its response, the Coast Guard received the Presidential Unit Citation.

National Guardsmen tried to move into the city even as the winds were blowing and the rain was falling. Fallen trees and flooded roads stalled their progress, said Guardsmen. Many of the Guardsmen had lost their homes, yet they were heading out to help others. There was confusion about what powers Guardsmen had and who they reported to.

In New Orleans, order had broken down. Shortly after the hurricane passed, looting began and reports out of the city mentioned everything from murder to rape to carjackings. Later investigations found the reports were exaggerated, but it was no exaggeration that the city was in dire straits.

## Multi-service effort

National Guard forces entering the city conducted humanitarian, search-and-rescue, evacuation and security missions, officials reported. While Coast Guard, Air Force and Army helicopters sought out those trapped in attics or roofs, National Guardsmen and police conducted house-to-house searches. The doors marked with an X and informa-

tion in the various quadrants saying who searched the house, what was found and when the search was conducted, soon became a familiar sign.

The Guardsmen were soon joined by active-duty Soldiers and Marines.

Navy and Coast Guard vessels sailed up the Mississippi River to lend the help their crews and facilities could provide. In time, 28 ships — 21 Navy and seven Coast Guard — were stationed in the affected region.

Coordinating the DOD effort was Army Lt. Gen. Russel L. Honore, who commanded Joint Task Force Katrina. Honore, a Louisiana native, became a legend for his gruff, no nonsense approach. "He got things done," then-New Orleans Mayor Ray Nagin said of Honore.

## Getting back to normal

The Army Corps of Engineers set about mending the breached levees and getting the pumping stations that usually kept the below-sea-level city dry working again. It was October before the floodwaters were pumped out.

There are still signs of Katrina in New Orleans and along the coast. Then-President George W. Bush said recovery would take years. He was right. A decade on, the area is still rebuilding. New, deeper levees were emplaced, new water control apparatus erected. Some areas were elevated, while others were cleared. It remains a work in progress.

Katrina has served as a warning against complacency, Federal Emergency Management Agency officials said. It is an example of why people should take evacuation orders seriously and be prepared for emergencies.

The loss of life and the damage from Katrina was so severe, that the National Weather Service officially retired Katrina from the Atlantic hurricane naming list.

## NORTHCOM applies lessons hurricane taught

By Jim Garamone  
Department of Defense News

WASHINGTON — U.S. Northern Command was not quite 3 years old when it was thrust into the rescue and recovery phases of Hurricane Katrina's aftermath.

The lessons from the storm continue to resonate with NORTHCOM, said Tim Russell, the vice director for future operations at in the command's Colorado Springs, Colorado, headquarters.

The command has thorough plans on how to respond to a disaster in the United States, he said.

These include not only hurricanes, he noted, but also fires, earthquakes and manmade disasters.

The Defense Department has tremendous resources and the ability to get them where needed, said Donald J. Reed, deputy chief of NORTHCOM's civil support branch. "Logistics, security, communications, medical support, aircraft — the list goes on," he said.

## Need for planning

One lesson the command learned from Katrina was the need to do all planning with state and local officials, Reed said.

"If something happens," he explained, "all (parties) need to know how NORTHCOM knits in with local, state and (Federal Emergency Management Agency) efforts.

"There are reams of papers on those plans," he continued. "There are authorities the NORTHCOM commander has been given by the (defense) secretary to get capability that may be more proximate to the incident site from another service and direct them to be moving in anticipation of a formal request from FEMA."

In 2005, this wasn't the case. NORTHCOM was a new command, having been established in 2001 following the 9/11 attacks. "We were just getting our arms around our components," Russell said. "We didn't have any forces, and we didn't have any authorities to go after forces."

To get forces, the command had to apply for them, and that was not a very nimble process, Russell said. That has changed, he added, and the NORTHCOM commander now has the authority he needs to get forces.

## Dual-status commanders

Another aspect learned from the Katrina response was command of the forces involved. While most of the troops in Joint

Task Force Katrina were National Guardsmen on Title 32 state orders, many were Title 10 active-duty service members with different chains of command. NORTHCOM since has established dual-status commanders.

"We have a Guardsman who also accepts a federal commission, or we have a federal general officer who takes a state commission, and he is able to provide that unity of effort over Guard and Title 10 federal forces in the same battlespace, working the same problem," Russell said.

But much of what the command learned was around the need to build relationships for the defense mission of supporting civil authorities. "We work with the National Guard and the services to ensure they understand what our role is," Russell said. "In 2005, it was not understood what the DOD role was."

State and local officials also didn't know what DOD could bring to the effort, how long it would take to get forces and capabilities where they were needed, and they didn't understand how DOD would knit into state and local efforts, Russell said.

"Now they are getting it," he added. "We still have a lot to do, but I think there is a growing recognition of what the Department of Defense's capabilities are and what our roles can be and, more importantly, there is a sense of trust and a better relationship among local, state, Guard and interagency partners."

NORTHCOM has a directorate — the J-9 — that is the "home room" for interagency representatives, Russell said. The J-9 has reps from the various states, as well as from the Department of Homeland Security, FEMA and the Army Corps of Engineers.

"We have all the organizations from within government that could be involved with a 'defense support of civil authorities' event in one place," he said. "They live here. Immediately, we have people who understand how NORTHCOM will be operating in any given event."

The National Guard is the biggest partner for the command and NORTHCOM's deputy commander is a National Guard lieutenant general. The Coast Guard is also integrated at all levels of the command. "The tone and the conversations with our Guard and interagency partners are changing," Russell said.

## Major change in strategy

What also has changed is the strategy

behind employing DOD assets, Reed said. During Katrina, the doctrine in place was called "sequential failure," meaning local officials had to fail and then the state effort had to fail before federal help could come in. Katrina changed this. Local, state and federal planners work together now.

"We are fully engaged in integrated planning with DHS and our other partners, and that has a huge, huge impact on our efforts," Reed said. "It's gone from a sequential to a simultaneous event. We're not seen as threatening to the National Guard or the state, we're seen as part of a concerted effort, and that enhanced our ability to get the right stuff to the right place."

The command works constantly on plans and has a group that looks at possibilities around the nation and what the appropriate response should be. Plans do not get dusty on shelving in the headquarters, but are con-

stantly updated with changes in populations, changes in terrain, changes in threats or changes in technology.

The communications system has been reinvented since Katrina and that must be taken under consideration. Remotely piloted vehicles also add a technology that can be used to survey situations, Russell said.

Both men said they are concerned about complacency, noting that Katrina showed what Mother Nature can do, and the command never wants to think they have everything covered.

"It's been 14 years since 9/11 and 10 years since Katrina, and we haven't had a disaster to that level since then, but that doesn't mean the threats are not still there," Reed said.

"We at NORTHCOM, we are not complacent," Russell said. "We spend a lot of energy planning and maintaining relationships that will help us in the event of a disaster."

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# Coffee County hosts preparedness fair

**Coffee County Community Emergency Response Team**  
Press Release

The Coffee County Emergency Management Agency and Coffee County Community Emergency Response Team will host the fourth annual Emergency Preparedness Fair and Safety Saturday Sept. 5 from 10 a.m. to 2 p.m. at the Enterprise Civic Center at 2401 Neil Metcalf Road.

The fair is part of National Preparedness Month, which is a whole-community approach to disaster response. The fun-filled, family day event is designed



to raise awareness about home safety and individual emergency preparedness.

The preparedness and safety event features several awareness displays and demonstrations to

help citizens see how a few simple steps now can increase safety and emergency preparedness in homes, businesses and communities throughout the county.

Emergency response vehicles and resources, such as the Arrive Alive Tour by Unite – a texting and driving simulator – mobile command post, bomb squad, hazardous materials vehicles, sheriff's posse, search and rescue helicopters, Bloodmobile, Red Cross, United Way, electrical safety, pet preparedness, fire safety house, and other preparedness and safety organizations will be on site.

Free safety preparedness how-to literature, such as how to build an emergency supply kit and develop a family emergency communications plan, will be distributed. Information regarding fire safety and prevention, as well as information on preparing for natural disasters, such as floods and tornadoes, will be available.

Upcoming training opportunities that promote community preparedness, such as first aid, CPR and storm spotting classes, will be announced at the event.

For more information, call 894-5415 or 894-5375.

## WIREGRASS COMMUNITY CALENDAR

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

### ANDALUSIA

**ONGOING** — Andalusia Public Library offers free practice tests. Patrons can choose from more than 300 online tests based on official exams such as the ACT, SAT, GED, ASVAB, firefighter, police officer, paramedic, U.S. citizenship and many more. Patrons may select to take a test and receive immediate scoring. Test results are stored in personalized individual accounts, accessible only to patrons. Call 222-6612 for more information.

**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.andalusialegiopost80.org](http://www.andalusialegiopost80.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.

### DOTHAN

**ONGOING** — The Tri-States Coin Club meets the third Monday of each month at 7 p.m. in the back room of Interco Coins located at 2314 Ross Clark Circle. Described as designed for all ages, the event begins with a short meeting followed by a coin auction. For more information, call 393-2376.

**ONGOING** — Disabled American Veterans Chapter 87 will host a dinner and meeting at 6 p.m. the third Thursday of each month at the Doug Tew Recreation Center. For more information, call 836-0217, Ext. 123, or send an email to [davchapter87@gmail.com](mailto:davchapter87@gmail.com).

**ONGOING** — Ballroom dancing lessons are offered Tuesdays at 6:30 p.m.

at the Cultural Arts Center. Lessons will teach the Fox Trot, East Coast Swing, Rumba and Waltz. The cost will be \$2 per person per night. For more information, call 791-9407.

### ENTERPRISE

**ONGOING** — Disabled American Veterans Chapter 9 Enterprise-Coffee County located at 201 W. Watts St., meets the first Saturday of the month at 8:30 a.m. We help veterans with claims Monday - Thursday 9-11 a.m. and other times by appointment. 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.

**ONGOING** — Every Monday and Tuesday of each month at 7 p.m. the city of Enterprise hosts line dancing. Fee is \$3 per class. For more information, call 348-2684 or visit [www.cityofenterprise.net](http://www.cityofenterprise.net).

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

prior to attending class. Call 894-2350 for more information.

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

### OZARK

**SEPT. 4** — St. Michael's Episcopal Church will host a classical guitar concert at 7 p.m. The classical guitarist is Adam Larison, who plays not only well-known classical music on the guitar, but also lesser-known music and newly commissioned works from young composers.

Following the free concert, there will be a meet-the-musician reception in the parish hall.

**NOW-SEPT. 26** — The Dale County Council of the Arts and Humanities will hold its 15th annual Regional Art Exhibition at the Ann Rudd Art Center/Dowling Museum, 144 East Broad Street.

**SEPT. 18-20** — The Ann Rudd Art Center and Dowling Museum will host a stained glass art class from 8 a.m. to 5 p.m. The cost is \$200. For more information, 774-7322. The classes are sponsored by the Dale County Council of Arts & Humanities.

### 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.

## Beyond Briefs

### Friday Fest

Friday Fest in downtown Panama City, Florida, is Bay County's largest street festival with more than 200 show cars, 50 vendors and live bands – filling up six blocks of Harrison Avenue the first Friday of each month from 6-10 p.m. Local shops and restaurants stay open late.

### Ark of India exhibit

Ark of India: An Alabama Artist Explores Southern Asia is an exhibit about discovery at the History Museum of Mobile. It is an account of late 19th and early 20th century India as seen by Alabama artist Roderick D. MacKenzie, using his paintings, drawings, sculptures, photographs and writings. MacKenzie spent more than a decade in India, a place he described as exotic, dangerous, and colorful. He rode with princes on tiger hunts, climbed mountains along India's Northern border, and swam in the sacred Ganges River.

The exhibit runs now through September. Admission costs \$7 for adults, \$6 for senior citizens and \$5 for students.

The History Museum of Mobile is located in historic downtown Mobile at 111 South Royals Street. Traveling on I-10 East or I-10 West, exit Water Street/Downtown, Exit 26B. Turn left at the first traffic light onto Government Street. Turn left at the next traffic light onto S. Royal Street. The History Museum of Mobile is on the left.

For more information, visit: [http://historymuseumofmobile.com/ark\\_india\\_exh.php](http://historymuseumofmobile.com/ark_india_exh.php).

### Broadway Under the Stars

The Montgomery Symphony Orchestra will host its 29th annual Broadway Under the Stars Sept. 10 at 7:30 p.m. at

Alabama Shakespeare Festival-Blount Cultural Park, at One Festival Drive. People are welcome to pack a picnic, bring lawn chairs, blankets and coolers, and enjoy an evening of Broadway hits at the free event.

For more information, call 334-240-4004 or visit [www.montgomerysymphony.org/](http://www.montgomerysymphony.org/).

### Coastal Clean-up Day

Panama City Beach, Florida, invites everyone to come out Sept. 19 from 10 a.m. to 1 p.m. at Russell Fields City Pier across from Pier Park to take part in International Coastal Clean-up Day. Officials will hand out gloves, trash bags and water as volunteers help tidy up the beaches. The pier is at 16101 Front Beach Road.

For more information, call 85-0233-5045.

### Zoobilation

People are welcome to dance to the groove, delight in food samplings from the finest eateries in the River Region, try their luck at the vast collection of auction items and rub elbows with fellow animal lovers at the Montgomery Zoo's Zoobilation Sept. 17 from 6-10 p.m. Zoobilation is a fundraiser geared for adults only -- all guests must be 21 years old or older. Tickets will be on sale soon, and can be purchased at the Zoo's gift shop and museum, and online.

For more information or to buy tickets online, visit [montgomeryzoo.com/announcements/zoobilation-2014-the-wildest-party-in-town](http://montgomeryzoo.com/announcements/zoobilation-2014-the-wildest-party-in-town).

The Montgomery Zoo is located at 2301 Coliseum Parkway.

### Jasmine Hill Gardens

Jasmine Hill Gardens and Outdoor Museum features over 20 acres of year-round floral beauty and classical sculpture, including a new statuary honoring Olympic heroes. People are invited to take a stroll through the outdoor

gardens and experience flowers blooming throughout each season. Tours are available for groups of 20 or more.

For more information, call 334-263-5713 or visit [www.jasminehill.org/](http://www.jasminehill.org/). Jasmine Hill Gardens and Outdoor Museum is located at 3001 Jasmine Hill Road, Wetumpka.

### 'Ballet and the Beasts'

The Montgomery Zoo will host the Montgomery Ballet in a free performance under the stars at "Ballet and the Beasts" at the zoo Sept. 25. Gates open at 6 p.m. and the performance will begin at dusk. Attendees are welcome to bring picnic blankets and chairs.

For more information, call (334) 240-4900 or visit [montgomeryzoo.com/announcements/ballet-and-the-beasts](http://montgomeryzoo.com/announcements/ballet-and-the-beasts).

The Montgomery Zoo is located at 2301 Coliseum Parkway.

### Peanut Boil Festival

Luverne will host its Peanut Boil Festival Sept. 26 from 8 a.m. to 5 p.m. at Turner Park. The festival includes more than peanuts, including arts and crafts, a beauty pageant, a car show, a 5K fun-run and walk, entertainment under the big tent and food. The park is located at 1300 S. Forest Avenue. Admission is \$2 for adults and children 8 and younger are admitted free.

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

### Montgomery Biscuits

The Montgomery Biscuits, the Double-A affiliate of Major League Baseball's Tampa Bay Rays, plays in the Southern League. The Biscuits' season is in full swing with regular games at Montgomery's Riverwalk Stadium.

For information on the team, including the schedule, ticket prices, directions to the stadium and the latest news, visit [www.biscuitsbaseball.com](http://www.biscuitsbaseball.com).

# Battalion takes part in projects

By Lt. Col. Jefferson Wolfe  
7th Civil Support Command  
Public Affairs Officer

GRAFENWOEHR, Germany — Army Reserve Soldiers traveled to Bulgaria, Serbia and Georgia, assisting military engineers to renovate schools and getting to know the local populations.

The 457th Civil Affairs Battalion, a unit in the 361st Civil Affairs Brigade, sent 11 Reserve Soldiers in four teams there in August. Two full-time active Reserve Soldiers also participated.

The Soldiers conducted humanitarian civic assistance missions, providing support to engineer teams from around the military, said Staff Sgt. Amelia Bayer, who is also a traditional Reserve Soldier on orders at the battalion headquarters in Grafenwoehr to help coordinate the short-fuse mission.

The 457th, a downtrace unit of the 7th Civil Support Command and the 21st Theater Sustainment Command, had only about 2 1/2 weeks to get the entire mission together. The battalion worked with multiple subordinate units to find 11 Reserve Soldiers, who could take time away from their daily lives and jobs on very short notice.

"It was a series of miracles," she said of being able to put the mission together so quickly.

One of the keys to success was the help of a contract linguist coordinated by the Intelligence Program Support Office, G3, U.S. Army Intelligence and Security Command, which helped the teams secure a linguist in less than a day, Bayer said.

"They've been incredibly helpful," she said, noting this year's combined efforts will help build relationships to facilitate future missions.

Throughout August, the teams conducted the HCA missions.

"The HCA event itself was originally designed to provide troop training opportunities to U.S. military engineers in order to enhance their readiness, but we were able to also train CA Soldiers by pairing efforts," Bayer said.

HCA is unique because it not only involves coordinating local projects, but also emphasizes engaging the local population to raise awareness of the United States' role in their communities, Bayer said.

Soldiers on HCA missions work directly on the projects while in uniform, she said. This is different than the unit's traditional humanitarian aid assistance role, which involves working with local contractors to complete community projects. In those cases, the local population may never see a U.S. Soldier in uniform.

The teams assisted the engineers on four HCA construction projects, two in Bulgaria, and one each in Serbia and Georgia.

"Ideally, this type of mission is conducted through (the U.S. European Command) State Partnership Program, where 22 National Guard states are partnered with different countries," Bayer said. "This is the first time that EUCOM has ever paired CA teams with engineer construction teams,



Local Georgian children pose for a photo with a U.S. Soldier after a meeting about a school renovation project in Gori, Georgia, Aug. 18.

with the idea being that the CA teams would enhance the value of the project by informing community leadership about the construction as it is ongoing, as well as address any issues that may come up during the course of the project. This pilot initiative was widely successful. "

All teams were involved in school renovation projects.

In Bulgaria, the CA team partnered with Bulgarian State Partners, the U.S. Army Reserve's 412th Theater Engineer Command's 390th Engineer Co. from Chattanooga, Tennessee. The schools included a preschool and a kindergarten.

"My goal was to shoulder tasks that would otherwise take away from their ability to focus on their two projects: rebuilding a roof for a kindergarten (in) Veliko Turnovo and renovation work at a daycare/ kindergarten in Tserova Korja," said Maj. Bradley Shelton, officer in charge of the 457th's Bulgaria team.

One of the first things the project needed was local interpreter support, he said.

"My team actively searched for volunteers from the local community to support both the engineer and CA efforts by engaging the local university, searching social media and through day-to-day contacts with people who speak English," Shelton said.

The team found the answer in the hotel, where the engineers were staying. The owner's daughter volunteered her time to support both missions. Her skill allowed team members to focus our effort away from searching for an interpreter to engaging local key leaders, he said.

The Bulgarian soldiers volunteered on one of their days off to help clean the playground, paint the equipment, chop wood and perform other general grounds maintenance tasks, he said.

The team in Veliko Turnovo participated in a plaque ceremony at the renovated kindergarten. Local children, teachers and citizens were able to walk through the school and see the completed work.

"The engineer Soldiers hosted a dinner with the Bulgarian military company and, overall, the military-to-military relationship was outstanding," he said. During the event, which was covered by local media, traditional bread and salt was handed out, and a local girl's dance team conducted a routine for the audience.

In Georgia, the Georgia National Guard Engineers from the United States worked with the Georgian military to complete the renovation of a school in Gori. The Georgia National Guard is a state partner with the country of Georgia.

The team saw a large community involvement with the renovation efforts, as many local men, women and children helped, too, Bayer said.

The Georgia team helped facilitate a town hall meeting of about 100 local citizens, including parents and students, to discuss the progress. It also helped to improve communications between U.S. Embassy,

the country team, school officials and community leaders.

The team also helped to involve local men, women and children, too, by inviting them to participate in the painting of the school's interior.

The Serbia team assisted the Redhorse Squadron of the Ohio Air National Guard in the renovation of a school gymnasium.

They also participated in the American Corners program, visiting several cities to help raise awareness about the work the United States is doing in the country. The team took part in the 10th anniversary ceremony for the program in the city of Bujanovac.

U.S. Ambassador to Serbia Michael D. Kirby, other embassy officials, the local mayor, American Corners representatives and members of the community attended the event.

Team members also coordinated with the town's television station for interviews and local coverage of their efforts at the school.

"Every mission was different," Bayer said. "Each team needed something different and, hopefully, that lays the groundwork for the future."

The brigade hopes to continue to build relationships with the engineers and the embassy teams in the three countries to continue HCA missions in the coming years, she said.

The Bulgaria teams found the local leaders very receptive to future projects.

"We were warmly received by everyone we engaged about potential projects in their area, with the local and regional mayors often personally showing us project sites," Shelton stated. "Word has gotten around that U.S. forces do a good job and want to help local communities, so leaders are accepting and even encourage U.S. military presence in their towns for HCA projects despite the political and local sensitivities towards foreign military."

It remains essential to select the right projects and to work with the local officials to complete the project correctly, he said.

"The key to successful projects with long-term implications is more in the selection of the right project that they want, more so than what works best for us," Shelton said. "Successful projects are well maintained and even expanded upon by the local government, and the people who were directly impacted by the project are grateful and remember that it was the U.S. military that did it."

## Opportunities: Weekly listing of volunteer positions on post

Continued from Page C1

provide input for the final AAR; serve as a spokesperson for the AFAP program; and adhere to guidelines as outlined in Army Regulation 608-47, AFAP program handbook and the installation AFAP Program standard operating procedure. The conference is Nov. 4-5. If interested, call 255-9637.

### Position: AFAP Facilitators

Volunteers needed to serve as neutral steward of work group; keep workgroup focused during breakout sessions; encourage participation by group members; maintain timeline set forth by AFAP coordinator; work with group recorder, transcriber, issue and staff support personnel, and subject matter experts for accurate reporting of issues; ensure delegates complete symposium evaluation forms and forward to the AFAP coordinator; ensure concise and precise wording of proposed issues and recommended solutions; focus energy of the group on a common task; suggest alternative methods and procedures; protect individuals and their ideas from attack; help group find win-win solutions; attend AAR meetings and provide input for final AAR; and serve as a spokesperson for the AFAP program. If interested, call 255-9637 or 255-1429.

### Position: DFMWR Training Clerk

Volunteer needed to file correspondence, cards, invoices, receipts, and other records in alphabetical or numerical order, or according to the filing system used; add

new material to file records; and create new records as necessary. If interested, call 255-1898.

### Position: Library Activities Support

Duties: Following basic and well-established library procedures, assists library staff in performing one or more of the following duties: shelving books, periodicals, newspapers; disposing of library materials; physical processing of new materials; maintaining and preserving collections (includes shelf reading and cleaning/repairing materials); morning routine of collecting/shelving materials from tables and chairs, collecting items from book drop, checking status of printers/copiers; interlibrary loans; reserve book program; overdue notices; serials check-in; story time (includes reading stories); summer reading program; teen/adult programs; displays and exhibits; special events; and library beautification projects.

If interested, call 255-1429.

### Position: ACS Greeter I&R

Volunteer needed to assist in: welcoming and directing clients into ACS; answering the telephone; and providing light clerical support relative to ACS Information and Referral Program. If interested, call 255-3161.

### Position: ACS /ESL Volunteer Teacher

Volunteer needed to provide language instruction to foreign-speaking individuals interested in speaking English. If interested, call 255-3735.

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# Religious Services

## WORSHIP SERVICES

Except as noted, all services are on Sunday.

**Headquarters Chapel, Building 109**  
8 a.m. Traditional Protestant Service

**Main Post Chapel, Building 8940**  
9 a.m. Catholic Mass Sunday  
11 a.m. Liturgical Protestant Service  
12:05 p.m. Catholic Mass (Tuesday - Friday)  
4 p.m. Catholic Confessions Saturday  
5 p.m. Catholic Mass Saturday

**Wings Chapel, Building 6036**  
8 a.m. Latter-Day Saints Worship Service  
9:30 a.m. Protestant Sunday School  
10:45 a.m. Wings Crossroads (Contemporary Worship Protestant Service)  
12 p.m. Eckankar Worship Service (4th Sunday)

**Spiritual Life Center, Building 8939**  
10:15 a.m. CCD (except during summer months)

## BIBLE STUDIES

**Tuesdays**  
**Crossroads Discipleship Study (Meal/Bible Study)**  
Wings Chapel, 6:30 p.m.  
**Protestant Women of the Chapel**  
Wings Chapel, 9 a.m. and 6 p.m.

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

**Wednesdays**  
**Catholic Women of the Chapel**  
Wings Chapel, 8:30 a.m.

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

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

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

**Adult Bible Study**  
Soldier Service Center, 12 p.m.

**Youth Group Bible Study**  
Spiritual Life Center, 5:30 p.m.

**Adult Bible Study**  
Spiritual Life Center, 6 p.m.

**Thursdays**  
**Adult Bible Study**  
Spiritual Life Center, 9 a.m.

**Latter-Day Saints Bible Study**  
Wings Chapel, 6:30 p.m.

**Saturdays**  
**Protestant Men of the Chapel**  
Wings Chapel (1st Saturday), 8 a.m.

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SEPTEMBER 3, 2015

# SUNRISE YOGA

*Class provides stress relief, benefits overall health, fitness*

By **Jeremy Henderson**  
Army Flier Staff Writer

Hectic work and school schedules often increase stress, but yoga can be a valuable tool for reducing stress, and increasing overall health and fitness.

A sunrise yoga session takes place Sept. 12 from 7:30-9 a.m. at Lake Tholocco. Attendees are advised to bring their own mats, if possible. Cost will be \$3.50 and must be paid in cash. All experience levels are welcome, according to Anne Sullivan, fitness program coordinator and certified yoga instructor.

The session will be vinyasa flow, which essentially means breath-based movement, Sullivan said.

"A vinyasa yoga class will involve a sequence of standing poses, linked with breath, followed by a series of poses down on your mat," she said. "It's entirely breath based, so the sequence is accessible for all levels – literally everyone."

The benefits of yoga range from stress reduction and joint pain relief to increased mobility and muscle tone, Sullivan said.

"After one session, you might feel an emotional release that might surprise you," she said. "You might also feel very sore in some new places."

"On your mat, yoga invites you to enter a place of physical stress, even discomfort, and then intentionally create a space with breath between stimulus and response," she added. "If you can bring that skill into your day-to-day life, you've just given yourself incred-



PHOTO BY JEREMY HENDERSON

Anne Sullivan, fitness programs coordinator and certified yoga instructor, guides students through a half pigeon pose to stretch hips and hip flexors.

ible power over your thoughts, emotional responses and actions. It's life-changing."

According to Sullivan, yoga focuses more on the quality of breath and less on the ability to obtain the perfect pose.

"Advanced vinyasa yoga means the capacity to stay in breath and body awareness throughout the entire sequence," she said. "So if you can breathe and notice the sensations in your body, you will have a great practice. And if you've never practiced before, find a

spot where you can watch others, as well as hear the instructor's guidance. And no, you do not need to be flexible to enjoy a great yoga practice."

Sullivan suggests dressing in loose, comfortable clothing for the outdoor session.

"It's Alabama in late summer, so expect some heat and humidity," she said. "Wear light, comfortable clothing that will move with your body. Know that you'll be practicing barefoot on your mat, and bring a towel

and a water bottle. We will provide mats for those who need them."

The cost of the sunrise session is \$3.50 and must be paid in cash.

Additional weekly sessions are also available at Fortenberry Colton Physical Fitness Center: Mondays at 11 a.m., Tuesdays at 6:30 p.m., Wednesdays at 10 a.m. and 5:15 p.m., and Thursdays at 9:45 a.m. and 6:30 p.m.

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



PHOTO BY JENNY STRIPLING

Lori Baughman, patient educator in the Lifespace Center at Lyster Army Health Clinic, speaks with beneficiaries on the importance of healthy sleep, activity and nutrition during the Performance Triad health event Aug. 28.

# EAT, MOVE, SLEEP

*Lyster hosts Performance Triad health event*

By **Jenny Stripling**  
Lyster Army Health Clinic  
Public Affairs Officer

Lyster Army Health Clinic has been busy spreading the word about the Army's Performance Triad by hosting a Performance Triad health event Aug. 28.

The Performance Triad – sleep, activity and nutrition – is a comprehensive plan that utilizes public health initiatives to improve health by helping Soldiers, families and civilians make better choices in their Lifespace, which is that time not spent with a health care provider where people make their own decisions regarding their health.

The Performance Triad is designed to increase the partnership between health care providers and Soldiers, their families and civilians, leading to increased resilience, readiness and health.

The Performance Triad health event kicked off in the Lyster Lifespace Center with a healthy cooking demonstration designed specifically for children's taste buds. Lyster dieticians prepared, cooked and served barbecue chicken tortillas, sweet potato fries and a health chocolate peanut butter smoothie to participants.

Lori Baughman, patient educator in the Lifespace Center, said the main

focus of the Lifespace Center is to educate all beneficiaries on a variety of health related topics.

"Since opening the Lifespace Center a few months ago, our main focus has been helping patients identify their BMI (body mass index) and understand what they can do to make positive changes in their lives in the areas of sleep, activity and nutrition – The Performance Triad," said Baughman.

Baughman said the Lifespace Center is in place to assist beneficiaries in identifying areas in their lives where health could be improved upon and sharing information on class offerings within the clinic. The Performance Triad event is just one way Lyster is reaching out to beneficiaries who need guidance and help with their health.

"Many people feel they can take care of their health issues on their own," said Capt. Angela Green, chief of the Lyster Lifespace Center. "While this may be true, we are here to help them realize there is so much more they might learn by simply speaking with our experts here in the Lifespace Center."

The Lifespace Center at Lyster also offers four computers which are common access card-enabled for use by all beneficiaries to complete and print such things as GAT 2.0, Army Move! questionnaire, secure messaging and

more.

There is also a large kiosk with the five pillars of Army strength that provide information about each department within the clinic and other services around Fort Rucker. A children's activity center with table top tablets is available to educate children on the Performance Triad.

Cooking demonstrations take place the fourth Friday of every month at 11 a.m., centering on healthy meals for the entire family with recipe cards and nutrition analysis available at each demonstration.

The Lifespace Center is continually working to develop new programs that involve not only Lyster beneficiaries but civilian employees as well. Green said they are open to any other suggestions or requests for other programs or improvements.

"This is Fort Rucker's Lifespace Center," said Green. "We want people to utilize the space, get healthier and become more informed."

How can you utilize the Lifespace Center to improve you and your family's health? Beneficiaries can be referred by their primary care physician, by calling 255-7038 or stopping by the patient education office to make an appointment. The patient education office is open Mondays-Fridays from 7:30 a.m. to 4:15 p.m.

## SIGNS OF SUICIDE: 'Watch your buddy's 6'

By **Capt. Donell L. Barnett**  
U.S. Army Public Health Command

You are helping to reduce suicides in the Army. Soldiers at every rank continue to make efforts to help their buddies who might be struggling with thoughts of hurting themselves. We must continue to support our fellow Soldiers because one suicide is too many.

All branches of the military have ramped up suicide prevention efforts. One example of this is the Army Applied Suicide Intervention Skills Training, which focuses on recognizing opportunities for leaders and buddies to intervene.

The ASIST program encourages leaders to monitor common risk factors for suicide, such as:

- Failed or strained intimate relationships;
- Previous suicidal behaviors, thoughts or attempts; and
- Behavioral health problems.
- Additionally, leaders, family members, buddies and friends can intervene when there are warning signs, such as:
  - Changes in behavior like eating and sleeping habits, or work performance;
  - Suicide-related talk, hints or expressing a wish to die; and
  - Isolation or withdrawal from social situations.

The Army also has collaborated with various institutions to help understand Soldiers who experience suicidal behavior. The Army Study to Assess Risk and Resilience in Servicemembers project has studied suicidal behavior in the Army, and the findings were noteworthy.

1. Fourteen percent of Soldiers have considered suicide at some point in their lifetime.
2. There is a strong relationship between receiving a rank demotion and suicide risk, especially for Soldiers who have been recently demoted.
3. Life role problems, e.g., problems with home life, work performance, social life or close relationships, are also associated with increased suicide risk and other behavioral health problems.

Other studies also highlight increased suicide risk for Soldiers with early life traumatic events, financial problems and non-deployment related factors such as adjusting to a new unit and family-related stress.

Many factors can lead to suicidal behaviors. Still, you do not have to be a behavioral health provider to know when something is wrong or something has changed. You are in the best fighting position to watch your buddy's 6.

1. Have the courage to ask. It's better to upset someone than to lose a life.
2. Familiarize yourself with the suicide warning signs, and what they might look like in different jobs and duty locations.
3. Recognize that everyone feels defeated at times, and when combined with life stressors, it can be difficult for your buddy to get out of a slump by himself or herself.
4. Know where help is. If your buddy is concerned about going to a behavioral health provider, advise him or her to talk with a chaplain, medical provider or an anonymous crisis hotline.
5. Be willing to escort and support your buddy throughout the process – you might be the lifeline that he or she needs.

# DOWN TIME



## Just Like Cats & Dogs by Dave T. Phipps



## Trivia test by Fifi Rodriguez

# T R I V I A

1. TELEVISION: What was the name of Wilma and Fred's daughter on "The Flintstones"?
2. ROYALS: Which English king founded the House of Tudor?
3. GEOGRAPHY: Lapland is a region of what country?
4. GENERAL KNOWLEDGE: What is the name of the Communist Party newspaper of Cuba?
5. ART: What French sculptor unveiled a bronze work in 1904 called "Le Penseur"?
6. MYTHOLOGY: Which Greek Muse presides over love poetry?
7. HISTORY: In what war were tanks first used?
8. MOVIES: Who were the two male stars in the film "The Philadelphia Story"?
9. MEASUREMENTS: What is 1/100th of a second called?
10. ASTROLOGY: What is the 11th sign of the zodiac?

See Page D4 for this week's answers.

## Super Crossword

## FELINE FINDER

- ACROSS**
- 1 To's counterpart
  - 4 Nukes and the like
  - 8 Ball club's leading hitter
  - 14 Writer — Lee Masters
  - 19 Cariou of "Sweeney Todd"
  - 20 Prefix with sol or space
  - 21 From scratch
  - 22 Society peon
  - 23 OR hookups
  - 24 Start of a riddle
  - 27 Riddle, part 2
  - 29 Model Campbell
  - 30 Caesar's "I came"
  - 31 Architect's drawing
  - 32 To the extent that
  - 35 In chains
  - 37 Reddish-orange dye
  - 39 Gilbert and Sullivan's "When I Was —"
  - 41 LI times two
  - 42 Like 1, 3 or 5
  - 43 Fiddle, part 3
  - 53 Ballpoint tip
  - 54 Pants length measures
  - 55 1040EZ pro
  - 56 — Martin (car make)
  - 57 "Exile" New Age singer
  - 59 State, in Nice
  - 60 It spins to let people in
  - 62 Geller of mentalism
  - 63 Pas' counterparts
  - 65 Slippery like a fish
  - 68 Toyed (with)
  - 71 Riddle, part 4
  - 75 "Diff'rent Strokes" family name
  - 77 Plow pullers
  - 78 Hustled
  - 79 Long groove
  - 80 Model Cheryl
  - 82 Actress Thompson
  - 85 Taste tests
  - 89 Result
  - 92 Gobbed
  - 93 Leaves stranded
  - 96 Backwoods "uh-uh"
  - 97 End of the riddle
  - 100 Punk/folk singer
  - 101 Org. with bag inspectors
  - 102 Ditty
  - 103 President Garfield's middle name
  - 105 Architecture, painting, etc.
  - 110 Coffee shop worker
  - 115 Hugging pair
  - 116 — about (close to)
  - 117 Rub down
  - 119 Start of the riddle's answer
  - 121 End of the riddle's answer
  - 125 Pacific tuna
  - 126 Part of TWA
  - 129 Squeal
  - 130 Troop's drill leader
  - 131 Passes out
  - 132 Banks on many covers
  - 133 Holy ones: Abbr.
- DOWN**
- 1 Motorola Razer, e.g.
  - 2 Relished
  - 3 Waiting in the wings
  - 4 Baba — (Radner role)
  - 5 Conductor Zubin
  - 6 Barrel scrapings
  - 7 "— Flubber" (film sequel)
  - 8 Wolf's howl
  - 9 Uncertainties
  - 10 Shows a smile to
  - 11 Dracula player Lugosi
  - 12 Request from
  - 13 Herb of the mint family
  - 14 DDT-banning gp.
  - 15 Movie house alternatives
  - 16 One impaling
  - 17 Coeur d'—, Idaho
  - 18 Overhauled completely
  - 25 NYC bus org.
  - 26 Obstacle
  - 28 "Anderson Cooper 360" ainer
  - 33 Chicago mayor — Emanuel
  - 34 "Oh, wool"
  - 36 — knot (finish lacing up)
  - 38 He fought Foreman
  - 40 Webster's, e.g.: Abbr.
  - 44 Not recurring
  - 45 Fast jet retired in '03
  - 46 No-calorie drink
  - 47 No-calorie drink
  - 48 Pointy-eared, stocky dog
  - 49 Actress Shire
  - 50 Take — for the better
  - 51 Additional
  - 52 Oklahoma city
  - 58 Like most car radios
  - 60 New Year's song word
  - 61 Race hopeful
  - 64 Bread-filled dispenser
  - 66 Braggarts' problems
  - 67 Not careful
  - 69 Rondo or Rio
  - 70 Millennium
  - 71 One-up
  - 72 '40s computer
  - 73 "— Billy Joe"
  - 74 Slow to react
  - 75 Three, in Berlin
  - 76 Ladder piece
  - 81 British fellow
  - 83 Do the lawn
  - 84 Me, in Paree
  - 86 Behind on payments
  - 87 Jipijapa-leaf headwear
  - 88 Bikinis, e.g.
  - 90 Pronouncing
  - 91 Tuscan city
  - 93 "Every — king"
  - 94 PC brand
  - 95 "— Na Na"
  - 98 Bust officers
  - 99 Bundt cake vessel
  - 104 Beer offerer
  - 105 Pays, as the bill
  - 106 Start for red or structure
  - 107 Six-time All-Star
  - 108 Robber
  - 109 Annual toy toter
  - 111 "Every dog has — day"
  - 112 Reposition
  - 113 Crying
  - 114 Al Capp's "LT" guy
  - 118 J preceders
  - 120 Abbr. on a meat stamp
  - 122 Seattle-to-L.A. dir.
  - 123 Suffix with exist or insist
  - 124 Scale steps



See Page D4 for this week's answers.

## Weekly SUDOKU

by Linda Thistle



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

**DIFFICULTY THIS WEEK: ★★★**

★ Moderate    ★★ Challenging  
★★★ HOO BOY!

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See Page D4 for this week's answers.

# KID'S CORNER

### Junior Whirl by Hal Kaufman

**PENNY ARTS!** Cut penny wheels produced a card with one's weight and fortune. Here's a simple computer that provides a person's weight and age. Ask someone to give you his or her weight, and, if you divide it by 176, you'll get his or her age. Corrected correctly, resulting amount will show person's weight at age 176.

**PARTY ANIMAL!** Gringos: "It's time to home." Gringos: "Just one more drink." Gringos: "It's not parties." Gringos: "Remember, you're only COOL, END." Rearrange cap letters for sense.

**GET IT ALL TOGETHER**

All's well that ends well in the poem. In eight-verse words containing the word ALL, depict of progress, as well as determined in accordance with the no. of letters given below.

1. Sentences to pollen, for instance.
2. Dance site.
3. Long-necked animal.
4. Completely washed, as a car.
5. Good naturally.
6. Unexpected good fortune.

See how quickly you can discover the words. You can't for this one! See how many you can find.

**SCHOOL'S IN!** Who will be the first to touch the schoolhouse door — page 1, 2, 3 or 4? Guide, then trace through lines.

### Wishing Well

**EYE-SPY!** In this reflection, one pair of every shade? Add colors ready to the color key above. Color: 1—Red, 2—L. Blue, 3—Yellow, 4—L. Brown, 5—Flash tones, 6—Cl. green, 7—Purple.

**SPELLBINDER**

SCORE 10 points for using all the letters in the word below to form two complete words.

FRESHMAN

FINEN score 2 points each for all words of four letters or more found among the letters.

Try to score at least 30 points.

### Wishing Well

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

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

### HOCUS-FOCUS by HERRY BOLTINOFF

Find at least six differences in details between panels.

# Army hosts 1st women's rugby camp

By Gary Sheftick  
Army News Service

FORT INDIANTOWN GAP, Pa. — Sixteen service members — half of whom were Soldiers — reported to the military's first training camp for women's rugby Aug. 23.

Armed Forces Sports has been working for about a decade to set up a female rugby program, said Steven Dinote, who directs the sports program for the Department of Defense.

"It's been a struggle finding a tournament we can actually participate in," said Dinote, adding that this year when the week-long training camp ends, the women's team will compete in the USA Rugby Elite City Sevens Tournament in Philadelphia.

Several women on the team said they have been waiting excitedly for Armed Forces Sports to stand up a program, and have been playing in local clubs and tournaments in the meantime to keep their skills.

Rugby has been one of the fastest-growing sports in the United States over the past four or five years, said Army Capt. Andrew Locke, who volunteered to coach the women's team. He led the players through drills during the camp on the pitch at Fort Indiantown Gap.

Locke, who was a quarterback at the U.S. Military Academy at West Point, New York, his freshman year before switching over to rugby,



PHOTO BY GARY SHEFTICK

First Lt. Teneha Middleton is shown defending against a member of the Armed Forces Men's Rugby Team during a drill on Fort Indiantown Gap, Pa., Aug. 25.

played on the USA Men's National Rugby Team last year. He now serves as a talent scout and coach for the national team, also known as the Eagles. In addition, he plays as scrum half for the Armed Forces Men's Team.

"The Army wanted to get this off the ground and give women an opportunity to play," Locke said. The service thought about putting together an All-Army team, he said, but decided that the way to go — at least for the first year — was to establish a joint Armed Forces Team.

Marine 1st Lt. Jane Paar is player-captain of the inaugural team. Paar also plays as prop and hooker on the Women's National Rugby Team, and hopes to play with Team USA in the Olympics next year in Rio.

"This is an awesome opportunity," Paar said of being able to captain the Armed Forces Team. "I'm really excited."

She said the team has some good runners and everyone's fit.

"What more could you want on a seven's team?" she asked. In seven's rugby, seven athletes play seven-minute halves and the game is fast.

"It's physical, it's mental, it's such a great sport," said Paar, adding that it also helps develop military skills.

Army Capt. Simona Shipp said rugby develops teamwork. "There's no such thing as a superstar in rugby," she said, emphasizing that it takes the entire team working together to win.

Shipp, a staff judge advocate attorney at Fort Wainwright, Alaska, plays with a Fairbanks rugby club when she's not on duty.

She said rugby helps develop confidence, not only on the pitch, but in other fields, as well. "In the middle of calamity, you have to keep a straight head."

Army Capt. Ashley Sorensen goes by the nickname "Viking" because she sometimes wears her blonde hair in two braids when she

plays. Sorensen, who serves with the 303rd Ordnance Battalion (Explosive Ordnance Detachment) at Schofield Barracks, Hawaii, broke the Guinness world record for the fastest mile run in a full bomb suit.

Sorensen ran the mile in 11 minutes, 6 seconds and broke the EOD record by more than 2 1/2 minutes. She brings that same speed and endurance to rugby, though she's recovering from a knee injury suffered last year when tackled high while playing for the Hawaii Harlequins.

Air Force 2nd Lt. Emily Raney said her Army father supports her in the sport. Col. Lance Raney is chief of Consultants and Clinical Policy at the U.S. Army Medical Command headquarters in Falls Church, Virginia.

The younger Raney serves at Hill Air Force Base, Utah, where she plays for the Salt Lake City Slugs recreational rugby team. She also plays as wide receiver, safety and kicker for the Utah Falcons, a semi-pro women's tackle football team.

Sgt. Cerrin Allyn Eldridge was one of only three enlisted players at the training camp. She's a parachute rigger for the 725th Brigade Support Battalion at Fort Richardson, Alaska.

"I'd like to see the sport grow in the military," said Eldridge, adding that she was delighted that the armed forces women's rugby program has gotten under way, as her opportunities to play in Alaska

were limited.

"This gives us an opportunity to come down here and play in beautiful weather against really good teams and meet really other really good rugby players," she said.

The female players have come together to play well as a team in just a few days, she said.

"Any kind of rugby team, usually the minute we meet, we all of a sudden start bonding," Eldridge said. "We all play one of the roughest sports out there."

Navy Petty Officer 3rd Class Mallory Michaels, a corpsman, was another enlisted player at the training camp. She serves as a full-timer at a Navy Reserve operational support center in New Hampshire.

Michaels said she has broken her wrist and all 10 of her fingers at one time or another playing rugby. Sometimes, she just splinters them in cardboard to get back in the game that she says she loves so much.

As a corpsman, Michaels said she often helps treat other players injured at rugby club games, even though she's off duty. She said the sport not only provides her fitness training, it also provides training in her rate or military occupational specialty.

Michaels began playing rugby at Lock Haven University in central Pennsylvania. She said she felt right at home on Fort Indiantown Gap as UH-60 Black Hawks flew along a ridge of the Blue Mountains in the background.

## Army Medicine research scientists work to eliminate heat-related injuries

By Steven Galvan  
Army Medicine

FORT DETRICK, Md. — A team of research scientists at the Department of Defense Biotechnology High Performance Computing Software Applications Institute, Telemedicine and Advanced Technology Research Center, U.S. Army Medical Research and Materiel Command on Fort Detrick are working to eliminate heat-related injuries to military service members.

Srinivas Laxminarayan, Ph.D., a research scientist at the DOD BHSI, said every year there are more than 2,000 cases of heat injuries in the military. "Surprisingly, 93 percent of those cases are from non-combat operations."

Laxminarayan presented the information from the study during the 2015 Military Health System Research Symposium in Fort Lauderdale, Florida, Aug. 17-20.

"So, the question that we are trying to answer is, 'can we reduce those numbers?'" Laxminarayan said. "If we can predict the body's core temperature, which is the leading indicator of an impending heat injury, we can potentially avoid the problem."

In the study, the research team developed estimation and prediction models using data from Soldiers performing field-training exercises, which involved setting up concertina wire, digging ditches, marksmanship drills, running, rolling and jumping as part of approach to a target, for 12-14 hours on Fort Bragg, North Carolina, in summer 2011.

mental factors (ambient temperature and relative humidity) were measured every hour. The Soldiers' core temperatures rose above 38.5 degrees Celsius (101.5 degrees Fahrenheit), which is a potential heat-injury-causing threshold."

The research team's modeling framework consists of two components. The first component is a set of mathematical equations that relates the non-invasively measured physiological factors, such as heart rate, skin temperature and activity, and the two environmental factors to the core temperature. The second component is an algorithm that uses the measured heart rate and skin temperature to customize the model parameters to account for factors, such as the level of fitness of the person, whether the person is acclimatized to the location or not, and the type of uniform being worn.

"So, basically, the algorithm adjusts six model parameters to account for these factors," Laxminarayan said. "Thus, the model provides an individualized core temperature estimate."

Laxminarayan said that the team is validating the model on data from other studies collected in different environmental conditions from a heterogeneous set of individuals. The goal is to ultimately develop an application that uses data from commercially available fitness trackers with a smartphone.

"If we incorporate our models into a smartphone application that can provide an early warning of an impending rise in the body's core temperature, using real-time data from a fitness tracker, then we can possibly reduce the incidences of heat injuries," Laxminarayan said. MHSRS combined three previous conferenc-

es, including the former Advanced Technology Applications for Combat Casualty Care Conference, the Air Force Medical Service Medical Research Symposium and the Navy Medicine Research Conference. By combining these conferences into one event, the meeting served as a critical strategy session for leaders to set future milestones for the Department of Defense's deployment-related medical research programs, centered on the needs of the warfighter.



Introducing the new Lifespace Center at Lyster, located right inside the main entrance.

Designed to take care of your entire families healthcare needs, questions, and concerns.

Four wall mounted computers (CAC enabled) for soldiers to complete the GAT 2.0 assessment and assist with the Army Move Program "Move23" and PHA Part 1 questionnaire. You can access other info such as Ice Comments, TRICARE Online & RelayHealth.

We provide additional health education for all beneficiaries, including established classes such as Diabetes "Basic", Army Move, Healthy Heart, and Sleep Hygiene.

- You can be referred by your Primary Care Manager
- You can refer yourself by calling 255-7038 to make an appointment
- You can simply walk in between the hours of 7:30 AM & 4:15 PM.

Cooking demonstrations, 4th Friday of every month at 11:00 AM. Food samples and recipes with nutritional and cost analysis will be available.

The Lifespace Center is excited to teach you how to prepare healthier meals on a budget, encourage you to get and stay moving, and enable you to take charge of making healthier decisions in your livespace — where you live, work and play.

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# DEAD MAN RUNNING

10.24.15

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flying monkeys  
and we're not afraid to use them.

[dothaneagle.com/zombie](http://dothaneagle.com/zombie)

**DOTHAN EAGLE**  
Real People. Real News.

# Brain trauma experts talk impact, emerging care options

**By Ramin A. Khalili**  
U.S. Army Medical Research and Materiel Command

FORT LAUDERDALE, Fla. — The health and longevity of the human brain took center stage at the 2015 Military Health System Research Symposium during a media roundtable event in Fort Lauderdale Aug. 19, featuring several of the country's premier experts on traumatic brain injury.

The roundtable, entitled "TBI Research Across the Spectrum of Severity: From the Battlefield to the Athletic Field," focused chiefly on emerging techniques in both diagnosis and care of TBI in both military and athletic settings.

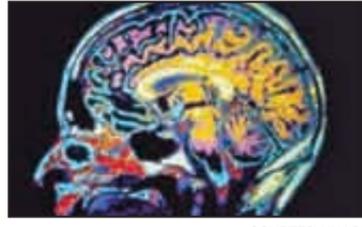
"The mechanisms are similar," said Dr. Thomas McAllister, co-chair of the joint National Collegiate Athletic Association-Department of Defense Concussion Assessment Research Education Consortium, referring to a landmark \$30 million initia-

tive to study head injuries in both student-athletes and military service members. "In both cases we're dealing with young, healthy, highly-trained people engaging in high-risk behaviors."

"These problems are so complex that they require large studies and that's exactly what the military needs," said Col. Dallas Hack, senior medical adviser to the principal assistant for research and technology for the U.S. Army Medical Research and Materiel Command.

Hack addressed the DOD's stated intent to continue funding TBI research efforts despite the conclusion of combat operations in the Middle East.

"Historically, the major advances that have been made to improve the health and welfare of our society have often taken decades," said Col. Todd Rasmussen, director of the Combat Casualty Care Research Program. "They haven't just been short-term scientific projects."



COURTESY IMAGE

Experts from across DOD took part in a roundtable discussion focused on traumatic brain injury research at the 2015 Military Health System Research Symposium in Fort Lauderdale, Fla., Aug. 19.

With regard to emerging care options for people suffering from TBI, the assembled experts agreed with the DOD's current multi-pronged approach, which uses both pharmacological and materiel solutions to combat the effects of TBI.

Products such as the Defense Automated Neurobehavioral Assessment tool, which essentially acts as a brain thermometer, are

developed alongside more clinically-based efforts such as light therapy, in which TBI patients are exposed to low levels of near-infrared light for a set period of time in an effort to restore damaged tissue or cells. A clinical trial phase for the first-ever blood test for TBI is set for completion in March, Hack said.

"It's kind of like managing your 401(k) portfolio," said Dr. Terry Rauch, director of medical research for the Office of Health Affairs, regarding the multi-pronged strategy. "You want to be somewhat diversified in your approach."

According to the assembled experts, increased focus and attention on TBI will be just as important in the coming years as the systematic approach used to combat the problem.

"It's the brain that makes us who we are, even more so than the heart," said Katherine Helmick, deputy director of the Defense and Veterans Brain Injury Center.

## SPORTS BRIEFS

### Silver Wings Club Championship

The Silver Wings Golf Course Members Club Championship is scheduled for Saturday and Sunday. Tee Times will be posted by 3 p.m. Friday. People need to register by noon today in the Silver Wings Pro Shop. Entry fee is \$50 plus cart fees. The golf course staff will make Saturday pairings based on handicap. Sunday's pairings will be based on first round scores. The sign-up sheet is located in the golf shop.

For more information, call 598-2449.

### Youth sports coach recruitment

The youth sports and fitness program is looking for prospective coaches for all of its sports activities. Fort Rucker offers a wide range of sports to the youth of the community, including basketball, football, tennis, soccer and more. People interested in helping community youth by volunteering to coach youth sports should stop by the recruiting table at the Fort Rucker Physical Fitness Center on Andrews Avenue Sept. 16 from 10 a.m. to 2 p.m. Training will be held Sept. 26 at 9

a.m. at the youth center gym, Bldg. 2800. For more information, call 255-2257 or 255-0950.

### Back in Shape Challenge

The Directorate of Family, and Morale, Welfare and Recreation will host its Back to School, Back in Shape Challenge now through Sept. 25. People can compete to rack up the greatest number of group fitness classes attended. Those who attend 20 or more classes in that timeframe will receive prizes and be entered to win 25

percent off the price of registration for Fort Rucker's Fall Boot Camp, which begins Sept. 28, or win a one-month unlimited group fitness class pass. People can stop by the front desk at the Fortenberry-Colton Physical Fitness Center to sign up and create their official competition log. Participation in the competition is free. Group fitness classes cost \$3.50 for a single class, \$15 for two weeks of unlimited classes and \$30 for one month of unlimited classes.

For more information, call 255-3794.

## PUZZLE ANSWERS

Super Crossword

Answers

FRO	WMDS	BIGBAT	EDGAR
LEN	AERO	AFRESH	PROLE
IYS	WHENMYSILKY	HAIRE	
PETCAT	GOT	NAOMI	VENI
PLAN	ASFARAS	FETTERED	
HENNA	ALAD	CII	
ODD	LOSTWHAT	ISTHENAME	
NIB	TNSEAMS	CPA	ASTON
ENYA	ETAT	STILE	URI
MAS	EELY	TINKERED	
OF	THEORGANIZATION		
DRUMMOND	OXEN	RAN	
RUT	TIEGS	EMMA	SIPS
ENDUP	ATE	MAROONS	NAW
IGOT	INCONTACT	WITH	ANI
TSA	TUNE	ABRAM	
FINEARTS	BARISTA	ARMS	
ONOR	CHAFE	THEBUREAU	
OF	MISSINGPERSIANS	AHI	
TRANS	ETHANE	FRED	RAT
SARGE	FAINTS	TYRA	STS

Weekly SUDOKU

Answer

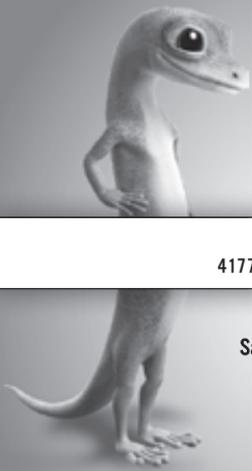
2	3	7	4	8	5	1	9	6
5	6	4	1	2	9	7	3	8
1	8	9	3	7	6	4	2	5
4	7	1	8	5	3	9	6	2
3	9	2	6	1	7	8	5	4
8	5	6	2	9	4	3	1	7
9	4	5	7	3	2	6	8	1
6	1	3	5	4	8	2	7	9
7	2	8	9	6	1	5	4	3

## Trivia

### Answers

1. Pebbles
2. Henry VII
3. Finland
4. Granma
5. Rodin, "The Thinker"
6. Erato
7. World War I
8. James Stewart and Cary Grant
9. A "jiffy"
10. Aquarius

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# NEXT STEP →

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