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Post hosts familyfriendly celebration

Story on Page C1





**SHAPING UP** Boot camp makes fitness fun

**Story on Page D1** 





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

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FORT RUCKER ★ ALABAMA

**SEPTEMBER 17, 2015** 



Mark Shehee, Fort Rucker firefighter, sounds the bell in remembrance of those lost in the Sept. 11, 2001, attacks during a remembrance ceremony at the Fort Rucker Fire Station Sept. 11.



Shehee walks through a crowd of students to let them know that there is nothing to fear when approached by a firefighter in full firefighting gear during the First Responders Assembly at the Fort Rucker Primary School Sept. 11.

# IBERING FA

#### Community honors those lost in attacks

By Nathan Pfau Army Flier Staff Writer

As millions across the country remember that fateful day 14 years ago, Fort Rucker rific event, and to mourn our brothers and honored those lost in the Sept. 11, 2001, sisters," said Chief Jay Evett, Fort Rucker terrorist attacks with memorial ceremonies across the installation.

The Directorate of Public Safety hosted its 9/11 memorial service at the Fort Rucker Fire Station, and people ranging

from garrison leadership to military family members came out to remember those who lost their lives.

"We gather today to remember this horfire chief, during the ceremony. "It's been 14 years since that tragic event in 2001, yet as a nation we are still healing, still rebuilding and still mourning.

"As a result of the attacks, 411 emer-

gency service responders were killed that day, and our military member deaths continue to grow as they continue to combat terrorism around the globe," he continued. "I ask that you please keep all emergency service responders and military members in your thoughts and prayers as they work to keep our fellow Americans safe from harm.'

"As I reflect on the remarks here today. I focus on one word – guardian," said Lt. Col. Florentino Santana, provost marshal and director of public safety. "That's what

first responders are and that's what they do. First responders in our communities, neighborhoods and cities run toward the danger when it is present while others run away from it.

"Sept. 11, 2001, was a wakeup call to all Americans and to the realities of a dangerous world," he continued. "First responders across the country have always understood the risk of serving our community. They continue to run into dangerous

SEE REMEMBERING, PAGE A4

# **Post kicks off** FC campaign

By Nathan Pfau Army Flier Staff Writer

Helping those in need is a staple in the Army community, and the Heart of Alabama Combined Federal Campaign is just another way that people on Fort Rucker can give back.

The fundraising campaign kicked off Monday with a ceremony at The Landing where dozens of charity organizations were on hand to answer questions and educate people on how their donations can help those in need.

This year's campaign runs through Dec. 15, and Maj. Gen. Michael D. Lundy, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, challenges all volunteers to make 100 percent contact in their units to better help serve the community, according to Col. David J. Francis, USAACE deputy commander.

"There is an absolute need out there," said

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Pvt. Sebastian Hernandez and Sgt. Jimmy Sandoval, both of the U.S. Army Aeromedical Research Laboratory, speak with a charity representative during the Heart of Alabama Combined Federal Campaign kickoff ceremony at The Landing Monday.

# Leaders gather to discuss readiness, trust

By Nathan Pfau Army Flier Staff Writer

U.S. Army Aviation Center of Excellence and Fort Rucker senior leaders came together to discuss criteria of the Army Profession, which strengthen the readiness of the force - Character, Commitment and Competence. When there is a break down in these, it can lead to unit and com-

bat readiness issues such as

sexual assault.

The theme of the Army Profession and the Army Values was the foundation in the approach in this Sexual Harassment/Assault Response Program Summit held at the USAACE Headquarters on Sept. 10. The forum gave senior leaders the opportunity to discuss the fact the American people have entrusted in Army with the moral and ethical application of force. Therefore Soldiers must trust each other and

their leaders to combat the



Maj. Gen. Micheal D. Lundy, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, speaks to USAACE senior leaders during the SHARP summit in the regimental conference room of the **USAACE** Headquarters Sept. 10.

issue of sexual assault and harassment that plagues the Army's ability to have a ready and resilient force, according to Sgt. 1st Class Joseph Blackman, USAACE sexual assault response coordinator.

"We wanted to conduct the summit to allow for dialogue on our profession and the issues we face, so

we brought senior leaders in from USACCE and Fort Rucker tenant units" said Blackman. "They were able to have a candid and in-depth discussions on how improve readiness and trust."

During summit, Maj. Gen. Michael D. Lundy, USAACE and Fort Rucker commanding general,

opened the summit with a discussion on The Army Profession as the cornerstone of the dialogue and building trust in Soldiers to get after the problem. Lundy spoke on the loyalty and trust between not only Soldiers, but between the Army and the American

SEE SHARP, PAGE A5

#### School receives 1st residents in aerospace medicine



Army Flier Staff Writer

By Nathan Pfau

The U.S. Army School of Aviation Medicine received its first residents in aerospace medicine – a program that was previously handled only by the Air Force and Navy.

USASAM welcomed it's the five residents to the program during a ceremony at Lyster Army Health Clinic Sept. 9, and Lt. Col. Scott Salmon,

SEE MEDICINE, PAGE A5

Inaugural residents to the Residents in Aerospace Medicine program for the U.S. Army School of Aviation Medicine are welcomed to Lyster Army Health Clinic during a ceremony at the clinic Sept. 9.

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# PERSPECTIVE

# SOLDIER FOR LIFE

## Center welcomes spouses of transitioning service members

By Bryan Tharpe

Fort Rucker Soldier for Life Center

Transition Services Manager

Where are all the spouses?

When Soldiers come to the Fort Rucker Soldier for Life Center for the mandatory initial counseling, we tell them several times that their spouses are also welcome. Yet relatively few spouses take advantage of our five-day employment workshop, which includes Veterans Affairs briefings and job assistance services, that their military spouse attends.

Perhaps some spouses don't know that they are eligible to use the SFL Transition Assistance Program, just like their military spouse. Others may know that they are welcome, but choose not to participate.

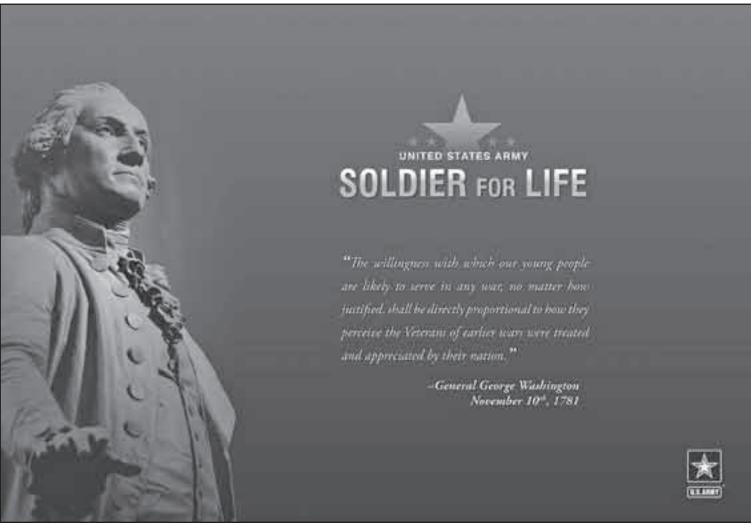
I want to strongly encourage spouses of transitioning Soldiers to use SFL Center.

Even if you are not going to job search for months or years, our job assistance workshop is worth attending. The most successful employment seekers don't wait until the last minute to start job searching.

In fact, many civilian employees lead a job-search lifestyle they are always prepared to start a new job search, if necessary. This is what we hope to teach those who may not be job hunting today, but surely will some

Before you find yourself in dire need of a job, spend those months or years researching employment trends, taking self-assessment tests and soul search-

Decide carefully what type of work will bring your personal satisfaction, as well as a pay-



possible options, begin networking in those fields. So often, it's not what you know, but who you know that gets you a job. Developing contacts and mentor relationships with people in your chosen field now will result in numerous employment leads

As for resumes, learn how to write them while SFL counselors are available to assist you and edit your work. Once you learn, you will have that skill for the rest of your life. Resumes today are tailored to each specific job you apply for, making it even more inconvenient and

it for you. The process of writing your own resume after the workshop will make all subsequent resumes easier to write in the years to come.

What are the typical interview questions? How long should your answers be? What are illegal questions and how will you answer them? What exactly should you wear to an interview? By attending a workshop, you will know the answers to these questions. You will understand interviewing protocol and strategy, and begin the self-assessment necessary to tackle any

interview question.

job-search expertise through SFL is tremendous. Department of Defense research long ago reported that separating military members and spouses who used SFL job assistance services overwhelmingly did not file for unemployment and, in fact, earned about \$6,000 a year more in that first civilian job than those who declined services.

If you think you will never need to job hunt, think again. Many women find themselves forced into the job market unprepared due to an unexpected divorce, or the death or disability of their spouse. If you believe encourage you to do your own research on the labor market, unemployment rates and downsizing, as well as discrimination, harassment and glass ceilings.

As the SFL transition services manager, I want the best for all the Soldiers transitioning from active duty back into civilian life. Likewise, I'm also rooting for the spouses.

Spouses of transitioning service members may call SFL at 255-2558 to sign up for SFL services in conjunction with their spouse's separation, or two years prior to their retirement. Again, spouses are encouraged



Small business counseling sessions begin at 9:30 a.m. Sept. 24 at Bldg. 5700, Rm. 350. What are some simple steps families can take to save money and create breathing room in a tight budget? **!!** 



Sgt. Taylor Wilds, B Co., 1st Bn., 11th Avn. Regt "Try not to eat out as much."



B Co., 1st Bn., 11th Avn. Regt. "Don't buy expensive brands of certain household items."



Staff Sgt. Jeffrey Gehringer, B Co., 1st Bn., 11th Avn. Regt.

"Work out a budget and figure out what you're spending the most of your money on."



Shari Smith, Army spouse

"Cut out unnecessary spending, like buying coffee every morning. It can add up.'



Megan Carney, **Army spouse** 

"One thing that can save a lot of money is if someone smokes in the family, cut back on smoking or quit entirely. The cost savings there is huge."

#### COMMAND

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Col. Shannon T. Miller FORT RUCKER GARRISON COMMANDER

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

By Nathan Pfau

Army Flier Staff Writer

Soldiers, families and friends came together to welcome a new detachment sergeant to the U.S. Army Air Ambulance Detach-

Sgt. 1st Class Christopher Orange, incoming detachment sergeant, assumed the position from Sgt. 1st Class Troy Rudolph as the NCO sword was passed from Maj. Brian Tripp, Flatiron commander, to Orange during a change of responsibility ceremony at the Corvias building Sept. 10.

"You can tell a lot about a unit by the senior leadership and you can tell a lot about the senior leadership by looking at the unit. By simply walking around the unit area, you can piece together what the unit leaders value as important," said Tripp. "Sergeant Orange, having worked with you already as part of the unit and at (the U.S. Army School of Aviation Medicine), I know you'll step right into the job and continue the high standards that Sergeant Rudolph has already set."

Rudolph agreed that Orange is the right man for the job, and said he hopes that the new detachment



Sgt. 1st Class Christopher Orange, incoming detachment sergeant, assumed the position from Sgt. 1st Class Troy Rudolph as he received the NCO sword from Maj. Brian Tripp, Flatiron commander, during a change of responsibility ceremony at the Corvias building Sept. 10.

in the position as he did.

"My time as detachment sergeant has been, by far, the most rewarding assignment in my military career," said the outgo-

sergeant finds as much enjoyment ing detachment sergeant. "Sergeant Orange, you and I have known each other for a long time. I couldn't have asked for a better person to take over this unit, and I know you'll take care of these Soldiers as if they were your own children."

Orange is no stranger to Flatiron, having served as a flight medic, air ambulance NCO and forward support medical platoon

He's had multiple assignments across the U.S. and the world, serving at Tripler Army Medical Center in Honolulu, Hawaii; 1st Battalion, 22nd Infantry, Fort Hood, Texas; Bamberg Health Clinic in Bamberg, Germany; 571st Med Co Air Ambulance in Fort Carson, Colorado; 2nd Battalion, 227th General Support Aviation Battalion, 1st Cavalry at Fort Hood; 3rd Battalion, 2nd GSAB, 2nd Infantry Division at Camp Humphreys, South Korea; as well as at Fort Rucker's own USASAM.

Orange said he will use his past experience to lead the unit to the best of his abilities and appreciates the opportunity to do so.

"I'd like to thank the leadership for this opportunity to play a larger role in this company," said the incoming detachment sergeant. "Sergeant Rudolph, as the detachment sergeant, your leadership to the noncommissioned officers and Soldiers, and your sound guidance to the command have been of the finest quality, setting an example for not just me to follow, but for all to emulate."

The detachment sergeant is the lifeblood of the MedEvac unit with no substitute or any questions of importance, according to the narrator of the event. It is the detachment sergeant from whom almost all unit operations emerge and the principle duty is the training of Soldiers. Detachment sergeants hold formations, instruct platoon sergeants, advise their commander, assist in the training and are responsible for the health and welfare of unit Soldiers.

"Here, you'll find an amazing, well-oiled machine of a unit that sincerely cares about its Soldiers and family members, and that lives the Army values daily and upholds the highest standards in the Dustoff mission – all of this starts with the detachment sergeant," said Tripp. "Sgt. 1st Class Orange, I look forward to the next year of command, as I know it will be just as successful as this year with you as my detachment sergeant by my side. I know you'll continue to take care of the Soldiers and family members here at Flatiron."

# Army Emergency Relief gives junior Soldiers direct access

By J.D. Leipold Army News Service and Jay Mann

Fort Rucker Public Affairs

Army Emergency Relief is making it easier for junior Soldiers to request interest-free loans and grants by applying for emergency financial assistance without involving their chain of command.

"This is a positive change, providing an opportunity to alleviate awkwardness or embarrassment a Soldier may feel when going through a financial hardship," said Beth Gunter, Fort Rucker Financial Coun-

The new policy pertains to privates through corporals and specialists who have completed initial entry training, and have a minimum of 12 months service or have completed advanced individual training – whichever comes first.

"Soldiers attending school at Fort Rucker may apply for AER assistance," explained Gunter. "Those E1s-E4s in AIT that meet the requirements will have to go through their commanders or first sergeants to complete their applications.

"Soldiers may feel that the process of applying for Army Emergency Relief is too cumbersome, so instead turn to predatory lenders or payday lenders, which in turn often causes additional financial distress for the Soldier," said Gunter, "By streamlining the process, Soldiers will hopefully turn to Army Emergency Relief when faced with unexpected financial hardships."

Charles Durr, who serves as assistance chief for AER, said another reason the change was brought on is because AER feels that first year of service is essential in establishing trust between leader and a service member, and it's a kind of integration period where good financial fitness is

SOLDIERS HELPING SOLDIERS AER Total Annual Assistance \$70M 560M

being developed.

Additionally, the policy shift took place because AER has seen about a 35-percent decline over the last six years in the number of active-duty Soldiers seeking assistance, Durr said.

During calendar year 2014, AER had 35,000 requests for assistance and disbursed nearly \$46 million to help activeduty Soldiers set up homes, repair autos and take care of expenditures that were unforeseen, he said.

"We attributed the decline in asking for help to what was an intimidating, timeconsuming process, in that Soldiers would have to go to the squad leader, the squad leader to the platoon sergeant, the platoon sergeant to the first sergeant and so on," Durr said, "We think our Soldiers deserve to be afforded a streamlined process for resolving any of their short-term financial issues."

Durr said that no-interest loan requests

and grants were down for fear of a perceived stigma that's associated with asking for help and being labeled as "bad Soldiers" because they had financial issues. Some Soldiers felt their need for financial help would threaten future promotion and selection for leadership positions, or that

they might lose their security clearances. Direct access to AER has been gradual. In 2013, sergeants first class were given direct access to AER without going through their chain of command. After a further worldwide assessment, Jan. 1, 2014, AER extended direct access to sergeants and above, so it's been an incremental change over time, Durr said.

The retired command sergeant major said when Soldiers had to move through the laborious and embarrassing process of the chain of command, they would seek out alternatives like payday lenders for emergency financial assistance. Then they'd be stuck with high-interest loans.

Ways in which AER has assisted Soldiers and their Families in the past include initial deposits for utilities needed for establishing a new household, Durr said. AER can also assist with the purchase of washers, dryers, beds and other furniture instead of renting-to-own.

"We can help with auto replacement, when it's not financially sound for a Soldier to continue to dump money into auto repairs that cost more than a vehicle is worth," he said.

In mid-July, AER opened a new category of assistance – minor home repair for those Soldiers who choose to buy homes rather than rent. This new category is designed to cover repairs on interior and exterior wiring and the like, which aren't covered by basic home-owners' insurance.

"We have a significant investment portfolio – so we're postured for disasters, payless paydays, things of that nature – and this is the Soldiers' fund, so they should be able to draw from it as needed," Durr said. "We continue to look for ways to meet the emergency financial needs of our Soldiers and their families, so we have to be an organization that evolves as the Army changes."

"In 2014, The Fort Rucker AER Office provided \$270,265.19 in assistance to active duty, retired and surviving family members," said Gunter, "So far this year, we have provided \$172,405.19 in assis-

"Soldiers can call the Fort Rucker AER Office at 255-2341 for an appointment. Our office is located in Rm. 350 of Bldg. 5700, and we are open from 7:30 a.m. to 4:15 p.m.," said Gunter. "All the forms to request assistance can be found on our webpage at www.ftruckermwr.com. Emergency assistance is also available after duty hours by contacting the Military American Red Cross at 877-272-7337."

# News Briefs

#### Lyster closures

Lyster will close at noon Oct. 9 for organization day. The clinic will be closed 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.

#### 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 outprocessing, and retirees renewing their cards – all other walk-in customers will be asked to make an appoint-

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 today at 4:30 p.m. at Veterans Park, located in front of the U.S. Army Aviation Museum.

#### CIF closure

The Fort Rucker Central Issue Facility will be closed for inventory Monday-Sept. 25. Normal operations will resume Sept. 28. People with questions or concerns should call 255-9573 or 255-1095.

#### **Gold Star luminary service**

Army Community Service's Survivor Outreach Services will recognize Gold Star Mother's Day and Gold Star Family Day with a luminary service Sept. 27 at 6:30 p.m. at the Main Post Chapel. For more information, call 255-9639.

#### Change of command

The 1st Warrant Officer Company will host a change of command ceremony Oct. 9 at 11 a.m. at the U.S. Army Aviation Museum. CW4 Jerry D. White will assume command from CW4 Joseph R. Scarpill. People need to RSVP by Oct. 2 by calling 255-2646 or 255-3432.

#### 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.

#### Lyster activity classes

Lyster Army Health Clinic offers free yoga classes Mondays and Thursdays from 11:45 a.m. to 12:45 p.m. in the Lyster Activity Center, Rm. J-100, of the clinic. People are encouraged to bring their own mat, but the staff has extra if people forget. Also, free Zumba classes take place Mondays and Wednesdays at 4 p.m. in the Lyster Activity Center, Rm. J-100.

#### Thrift shop

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

For more information, call 255-9595.

#### Siren test

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

#### **Retiree council meetings**

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

For more information, call 255-9124.

# TRADOC commander shares advice

**By Michael Maddox** U.S. Army Cadet Command Public Affairs

FORT KNOX, Ky. — Professors of military science, Cadet Command Head-quarters and brigade staff members were treated to words of advice from the commanding general of the U.S. Army Training and Doctrine Command Friday during a portion of the Cadet Command's Mission Command Workshop.

While discussing the Army strategy to "Win in a Complex World," Gen. David G. Perkins described some of the challenges in accomplishing that mission including technology, which is the center of a rapidly changing battlefield.

"As you get more technology, it enables things to happen at a much faster rate," Perkins said. "There is a wider sharing of information, so you have many more decision makers able to share information and influence. Twenty or 30 years ago, you had fewer decision makers because you had fewer empowered people – fewer people had access to a lot of information – fewer people had the ability to project information, so they couldn't influence people.

"Now, you have these hyper-powered individuals – they can get on the Internet, YouTube, etc., and they don't need any bureaucracy or any hierarchy, they can just start informing and influencing people through social media and things like that," Perkins said. "Now, the number of people who can do that are unlimited. So, I think the rate of change is going to exponentially increase."

And in the Army of the future, it's going to be a must for leaders to stay technically and tactically proficient on this new component of battle.

"It's amazing the young people we get in the Army – the cadets, Soldiers – that's sort of the world they've grown up in. They're constantly connected, constantly getting information," he said. "With the current rate of human interaction, this is a continuing challenge. The rate of change is very fast, so you have got to develop methods to constantly stay up on this."

Perkins went on to speak to the audience about one of the most important tools to be effective in the Army of the future – being a versatile leader in the ever changing global community.

"We have three domains that we say leader development occurs in. One of those is self-development. It's one of the least well used in my opinion," he said. "In



PHOTO BY MICHAEL MADDOX

Gen. David G. Perkins, commanding general for the U.S. Army Training and Doctrine Command, speaks during Cadet Command's Mission Command Workshop at Fort Knox, Ky., Friday.

the Army I grew up in, it was pretty much a 'go to the school house, get whatever you need there,' and, after that, the assumption was that you weren't going to get anything new until you came back and went to the next course. For one thing, it was very difficult to access information — you would have to get a hard copy of doctrine. You couldn't go online to get it.

"So what we are trying to do now, early on, with cadets, Soldiers and instructors, is say, 'Look, the world changes daily, and we have an institutional component to leader development, but there's also a self-development portion, so you have got to figure out how you are constantly accessing information," he said. "Then there has to be a constant dialogue with your seniors, subordinates and peers – that's what mission command really is. There has to be a constant engagement in self-development and constant collaboration."

Perkins said another expectation of leaders in the fast paced world is that they have to be proactive in finding information and solutions.

olutions.
"Becoming informed is a pro-active

sport. You have to go out and become informed – you can't just sit behind your desk and be informed," Perkins said. "If someone tells me, 'I didn't know about that.' My response is, 'What are you doing about it? What do you know about it?' It's a failing on my part if I haven't taken the initiative to be knowledgeable. 'Nobody ever told me,' is no longer an excuse – you have to figure out how to be become informed to be an effective leader."

Perkins said one attribute of a great leader is still dependent on the heart of a Soldier and the values they project.

"Our leaders have to be grounded in Army values. We are a values-based organization. That is what makes us so strong. I've found in combat, that probably the No. 1 thing I rely on – that I can trust that they share the same values as I do," he said. "It's a very difficult way to raise an army if you do not have professionally committed Soldiers and leaders that are values based. If you don't, you do not attempt to do mission command because it could go bad quickly. You are empowering people and they could use that power the

wrong way."

His last word of advice was that having all of these skills still needs one thing to be a great leader – provide clarity in a complex situation.

"What we need to do is ask big questions – that's what leaders do. The first thing that leaders do is ask the big question and not get consumed by the small answers because leaders have to do what nobody else does, that's why they're a leader," Perkins said. "If you are the leader and you are not asking the big questions, nobody is. Leaders bring clarity, the staff and everyone else eventually brings accuracy. What I find too often is that we get bogged down with accuracy of all kinds of data points and things like that, and we lose clarity of the big picture of what the issue is."

The Mission Command Workshop took place on Fort Knox Friday-today, with the goal of providing attendees with the strategic vision, guidance, direction, and expectations for execution of training, leader development, and corporate restructuring to meet the Army chief of staff's directives for Force 2025 and Beyond.

# Remembering: Bell rings to honor lost

Continued from Page A1

situations everyday, and as we are reminded of the events that precipitated a campaign against terror, we must keep in mind that we must continue to be vigilant. Let's not forgot those brothers and sisters whose watch ended prematurely."

During the service, the time-honored firefighter tradition of the sounding of a bell was observed in honor of those lost in the attacks.

In the past, when firefighters began their tour of duty, the sounding of the bell signified the beginning of their shift, according to the narrator of the event. Throughout the day and night, each call to duty was sounded by a bell, and when fires were out and the alarm had come to an end, it was the sound of the bell that signaled the completion of a call. When a firefighter falls in the line of duty, the toll of the bell announces the comrade's passing.

"We utilize these traditions as symbols, which reflect honor and respect of those who have given so much and who have served so well," said the narrator.
"To symbolize the devotion that these brave souls
have to their duty, a special signal of three rings,
three times each represents
each end of our comrade's
duty."

At the Headquarters Chapel, the 9/11 Day of Remembrance service was held to remember the fallen, and provide a hopeful outlook with the theme, "Triumph from Tragedy," through multiple scripture readings and the singing of hymns.

"For many of us, today is something that has marked our careers for the last 14 years with us being in conflict, but as we gather on this day and remember on this day, all of us are affected by it," said Chaplain (Lt. Col.) Timothy Bedsole, deputy garrison chaplain. "We need to take time to reflect on what guides us and drives us, and a day like today is something we need to reflect on.

"On this day, we gather to remember. We remember the tragedy, but I want us to focus on the triumph of the things that have come from it. Let's not for-

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get this day and those who were lost that day," he continued. "Let us remember the hope that our nation is founded on that gives us strength of turning tragedy into triumph."

Across the installation at the Fort Rucker Primary School, students were observing their own remembrance by learning about first responders and the importance of their role in the community with the First Responders Assembly. Students got the chance to meet with firefighters, police officers and military police, including a military working dog.

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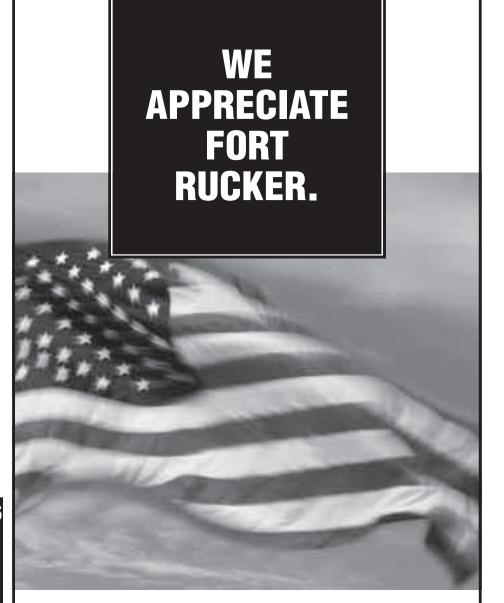
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Continued from Page A1

people that encompasses what the Army profession is

"When you think about the Army profession, it really gets after our character, our competence and our commitment," said the general. "It talks about how we must treat each other with dignity and respect. When you think about mission command, it's about building on the effective team where there is shared understanding and trust between the leader and the led. If you start getting after that, sexual assault and sexual harassment cannot thrive and we create an environment where it becomes much harder for Soldiers to violate another Soldier's dignity and respect – that increases combat readiness"

Lundy said that the behavior of sexual assault and harassment is related to how Soldiers and leaders conduct themselves. If it is occurring, there is a clear break down in one's dedication to the Army Profession and the character, competence and commitment required to be a true professional Soldier.

That sense of professionalism doesn't only apply to the Army, said the commanding general, but in all aspects of life, including the civilian world.

"Just because (a Soldier) is going off for the weekend

doesn't mean that they are off duty or that they won't be recognized in the community as a Soldier," said Blackman. "Like (the general) said, their conduct needs to reflect what it means to be an Army professional both in and out of uniform."

That level of trust that is formed between Soldiers and leaders, as well as the Army and the American people, is what allows the Army to be the fighting force it is today. Sexual assault and harassment can break that trust, Lundy

"We've got to maintain trust with the American people, because the strength of our nation is the will of the American people," he said. "Trust is absolutely critical. It gets back to this symptom that we have of sexual assault and sexual harassment that tears and breaks trust between Soldiers, between leader and led, and between us and the American people. That's why we've got to solve this through the profession and through mission command."

Lundy said he believes the best approach to SHARP training is integrating what it means to be an Army professional into all aspects of training, rather than just meeting a quota of hours that needs to be met annually.

Blackman agreed. "SHARP training should not be focused on a sit-down lecture that Soldiers need to sit through for hours to meet a criteria," he said. "It can be

something as simple as a squad leader pulling his Soldiers aside on a Friday, and having a little informal safety brief to remind them not to forget about professionalism and conducting themselves accordingly, even when they are out of uniform."

The summit also provided a forum for leaders to see and understand the process 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.

It's that level of understanding that Blackman said could help leaders better educate their Soldiers on the is-

"I definitely think it (the summit) served its purpose, and I think that we had the correct audience because they (the leaders) are the people who have the best ability to effect change," he said. "They're the ones who create the environment of standards, professionalism and accountability as well as lead by example through character, commitment and competence." Blackman continued, "I hope that, first and foremost, they inculcate the CG's guidance. I hope they understand where we sit as an organization and what tools they have at their disposal to continue to improve our dedication to our Soldiers and our profession," Blackman added.

# Medicine: Post welcomes 1st aerospace medicine resident

Continued from Page A1

Army Aerospace Medicine Residency director, said the reason to bring the program to Fort Rucker, and disengage them from the Air Force and Navy programs was a "no brainer."

"What we found is, in our historic training programs, we weren't necessarily getting the product out that we needed," he said. "Our program has been an ad hoc experience with both the Air Force and the Navy for several years. It was an excellent program, but we weren't getting the combat Aviation brigade Soldier at the end of it that we really needed".

The residents who will become what the Army needs are Maj. Jason MacDonnell, 1st Battalion, 212th Aviation Bridage; Capt. Albert Lee, 1st Bn., 212th Avn. Bde.; Maj. Sonya Horwell, 1st Bn., 223rd Avn. Bde.; Capt. Scott Cygan, 1st Bn.,223rd Avn. Bde.; and Capt. (P) Courtney Hayes, 1st Bn., 14th Avn. Bde.

"Most of the experience previous to this was Air Force-centric or Navy-centric programs that were designed to develop their professionals in aerospace medicine, and not necessarily the operational needs of the Army," Salmon said. "So, we wanted to bring the program here, bring them back in the fold, expose them on a daily basis to as much Army Aviation as we could, and, therefore, (help them) learn the exact medical capability and integration that we need at the combat Aviation brigades."

The residency director added that the capability for that wasn't available in Pensacola, Florida, where residents would previously train with the Navy. Although there are still residents currently training with the Navy program, no more people will matriculate through that program, he

"The training brigades here had a need," said the program director. "They didn't have the support that they needed in some of the physiologic classes in training opportunities. We saw an opportunity not only to integrate into the clinical, but also to provide that support and have our guys learn what the right way is under supervision of other aerospace medicine specialists who are central to Fort Rucker.'

Col. Jeffrey Foe, USASAM deputy commander, welcomed the inaugural residents to the program.

"What's unique about this is this is the first time that we've brought aerospace medicine and occupational health training to the Lyster Army Health Clinic and the home of Army Aviation," he said, adding that the significance cannot be understat-

"More than 55 years ago, the very first resident in aerospace medicine, Spurgeon Neel, trained with the Air Force back in 1959," said Foe.

Neel is widely known in Army Aviation as the "father of Aviation medicine," and even has a building named after him on Fort Rucker. That training that Neel began in 1959 continued in the Air Force up until the 2000s, when the training moved to the Navy in Pensacola, said Foe.

"We stayed with them until the present time, in which circumstances presented itself that made sense that we would bring this training to the home of Army Aviation," said the deputy commander.

The residents seemed ready and eager to take on the program, and Horwell said she was excited about the integration.

"It feels great," she said. "Getting to integrate with the units is a fundamental part of later on becoming a brigade surgeon, so having this experience to play into our residency is a key piece of it."

## Campaign: Donations support wide range of local charities

Continued from Page A1

Francis during the kickoff ceremony. "The way you guys make that happen is by doing 100 percent contact, and I thank you guys for what you are doing. You're really important in making this mission happen and serving those who need it in our local community."

CFC donations support a range of charities ranging from military and veteran support programs, to assisting local animal shelters to children's organizations, according to Beverly Arnold, Heart of Alabama CFC director for River Region United Way.

Last year's local Heart of Alabama CFC received \$808,000 in pledges, with more than \$300,000 of that designated by donors to charities in the Wiregrass area, but Arnold said she hopes to beat that amount this year with a goal of \$815,000.

"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

During the kickoff event, Melinda McClendon, guest speaker for the event, spoke on the importance of the campaign and donations provided by the community.

'You can't tell by looking at someone if they need help," she said. "You never know what people might be going through and what kind of help they might need."

Emily Santos, civilian employee, attended the event and said that there's no question that she wants to participate in the campaign to help those in need.

(McClendon) said," said Santos. "I want to be able to help those who are less fortunate than I. I'm fortunate enough in life to have a job, have a loving family and have most of the things in life that make me happy. Not everyone is

"So, if I'm able to give just a little bit of what I have to be able to provide someone a little bit of relief to help them get to their happiness, then I want to do that," she said. "Giving back is just part of who we are as people, I think, so it's just something that we all need to start do-

Those who wish to pledge have different options to do so, including traditional paper pledges, as well as using MyPay, which is an option for people to pay directly out of their paycheck, according to Arnold.

# **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 30year 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 bound-

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 Center 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.

Comments will be addressed and incorpo-

rated into the Final EA.



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#### SEPTEMBER 17, 2015



Paratroopers perform a successful exit from a CH-47 MYII Chinook.

# Chinooks support Sky Soldiers



Paratroopers load into a CH-47F MYII Chinook for their training jump.

By Sgt. Thomas Mort 12th Combat Aviation Brigade Public Affairs

GRAFENWOEHR TRAINING AREA, Germany — Two 12th Combat Aviation Brigade CH-47F MYII Chinooks supported 280 Soldiers of 1st Squadron, 91st Cavalry Regiment, 173rd Airborne Brigade "Sky Soldiers" for airborne training Aug. 31 at Grafenwoehr.

The 173rd Airborne Brigade, based in Vicenza, Italy, is the Army Contingency Response Force in Europe, and is capable of projecting ready forces in 18 hours or less to conduct a full range of military operations across the United States European, Central and Africa Commands areas of responsibility, according to U.S. Army Europe officials.

"We're out here today supporting 1-91st Cavalry Regiment in their air drops, so they can maintain their airborne proficiency and

currency with jumps. For us, it's good to be able to come out and support these units that are here in Europe," said WO1 Lucas Odum, CH-47 pilot for H Company, 1st Battalion, 214th Aviation Regiment "Big Windy."

Soldiers from the 173rd Airborne Brigade are currently deployed throughout Europe as part of Operation Atlantic Resolve, an ongoing, multinational partnership focused on joint training and security cooperation between the U.S. and other NATO allies. As the Army's only forward-stationed airborne brigade, paratroopers from the 173rd live and train alongside NATO allies daily.

The new CH-47F MYII Chinook helicopters increase the 12th CAB's freedom of movement throughout the European theater. 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.

# ON DISPLAY

Army puts Apache, Black Hawk on display in Poland

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

KIELCE, Poland — The 12th Combat Aviation Brigade participated in the Polish Armed Forces' Exhibition of Equipment and Armaments Sept. 2 at the Targi Kielce Exhibition and Congress Center.

The four-day event focused on showcasing military technology for Poland's Technical Modernization Plan for the Polish armed forces 2013 2022.

The 2nd Battalion (Attack Reconnaissance), 159th Aviation Regiment provided one AH-64 Apache attack helicopter and 4th Battalion, 3rd Aviation Regiment of the 3rd Combat Aviation Brigade from Savannah, Georgia, provided a UH-60 Black Hawk to complete the static display.

This event was a great opportunity for Soldiers in the 12th CAB to interact with the Polish public and members of the military by explaining how our helicopters and aviation personnel operate.

"I've seen the AH-64 on television and in the movies before, but never in person," said Lt. Grezegorz Banaszek, with Poland's 7th Aviation Squadron, 25th Air Calvary Brigade. "I can't believe I'm sitting in the cockpit now."

This was the second static display for the 12th CAB in Poland. Two AH-64 Apaches also participated in the Polish Armed Forces Day parade Aug. 15 in Warsaw.

"This is my first exposure to the Polish military," said CW2 Andrew Maney, from 2-159th Avn. Regt. "I was impressed by their eagerness to partner with American forces and desire to improve interoperability between our forces."

The 12th CAB is currently conducting training missions throughout Europe in support of Operation Atlantic Resolve.

Atlantic Resolve is an ongoing multinational partnership focused on combined training and security cooperation between NATO allies. It is intended to improve combined operational capability in a range of missions, and ensure the continued peace and stability for a strong Europe, according to U.S. Army Europe officials.



CW2 Andrew Maney, 2nd Battalion (Attack Reconnaissance). 159th Aviation Regiment, 12th Combat Aviation Brigade, explains the operational capabilities of the AH-64 Apache to Polish Lt. Grezegorz Banaszek, 7th Aviation Squadron of the 25th Air Calvary Brigade, Sept. 2.



Soldiers from the 3rd Special Forces Group move a simulated casualty, played by a fellow 3rd Group Soldier, to a UH-60 Black Hawk assigned to C Company, 3rd General Support Aviation Battalion, 82nd Combat Aviation Brigade, during partnered training at Fort Bragg, North Carolina, Sept. 8. C Co., known as "All-American DUSTOFF," serves as the only aerial medical evacuation team in the 82nd Airborne Division.

# **FUTURE TECH**

#### Robots clear site for future Fort Bragg aerial gunnery range

**By William Farrow** U.S. Army Engineering and Support Center Public Affairs

HUNTSVILLE — From the safety of a 40-foot-long, 8-foot-wide truck-drawn mobile command center parked on a gravel and dirt road, four 20-something technicians sip soft drinks while fixed on their individual computer screens.

Using video game controllers connected to laptop computers, the technicians maneuver heavy forestry equipment up to a mile away. Viewing the terrain, via cameras mounted on the equipment, they safely maneuver around obstacles, as the equipment they control cuts and clears vegetation growing in areas littered with potentially dangerous unexploded ordnance.

The U.S. Army Engineering and Support Center at Huntsville is using this innovative robotic range clearance process on Fort Bragg, North Carolina, before construction can begin on the installation's new \$40 million live-fire aerial range that will soon provide Army rotary wing aircraft aerial bombing and target prac-

Huntsville Center has been a leader in the development of robotics for work at ordnance cleanup sites



Ray Velazquez, Environmental Chemical Corporation senior project manager, describes operation of a "MOOG" Pan/Tilt/Zoom Thermal and Visible Imaging System to Spencer O'Neal, U.S. Army Engineering and Support Center, Huntsville, vegetation clearance project manager.

around the country and at installations worldwide since 2005, and Bob Selfridge, Huntsville Center chief geophysicist and robotics technical lead for the vegetation clearance program, said newly developed second generation robotics equipment is certainly the safest and most economical way to clear the 80-year-old muni-

tions range. "We're removing and cutting the vegetation to improve the line-of-site for the pilots and observers who will use the range. Because of the potential risks associated with UXOs in the ground, removing the trees, shrubs and woody vines from the range tar-

get areas is a daunting task. Our solution is to utilize remotely operated forestry mulchers, tree shears and feller bunchers to do the job," Selfridge said.

"We've been working closely with the Environmental Chemical Corporation team, which includes their three key subcontractors: Applied Research Associates, Inc.; QinetiQ of North America; and Explosive Ordnance Technologie, Inc. The improvements in the reliability and robustness of the newly developed robotic kits have significantly increased ease

SEE FUTURE, PAGE B4

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**B2** 

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#### **GENERAL**

THE CITY OF ENTERPRISE IS ACCEPTING APPLICATIONS FOR THE POSITION OF:

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The employee is responsible for the appearance of all city owned vehicles and Public Works equipment. Maintains and ensures the appearance of all job sites. Responsible for keeping proper inventories needed to maintain vehicles and equipment. Performs other duties as assigned. Applicants must possess some experience in the area of car maintenance and detailing and must be able to lift weight up to 50 lbs. as well as perform heavy manual labor for extended periods of time.

Starting Salary: \$9.32/HR

#### **OPENING DATE:**

September 15th, 2015 **CLOSING DATE:** 

September 29th, 2015 To apply visit: www.enterpriseal.gov

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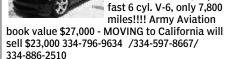
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# 25th CAB supports Sapper competition in Hawaii

**By Sgt. Ian Ives**2nd Stryker Brigade Combat Team
Public Affairs

WAHIAWA, Hawaii — Combat engineers of the 65th Brigade Engineer Battalion, 2nd Stryker Brigade, 25th Infantry Division; C Company, 3rd Battalion, 25th Combat Aviation Regiment, 25th ID; and engineers assigned to the Combat Assault Company, 3rd Marine Regiment participated in the Pfc. Gaviola Expert Sapper Competition Aug. 24-28 on Schofield Barracks, Wheeler Air Field and Bellows Air Force Station in Waimanalo.

The Pfc. Gaviola Expert Sapper Competition is joint, engineer-specific training designed to keep engineers combat ready through rigorous training to prepare them for U.S. Army Sapper School.

Soldiers participating in the competition competed in events based on their combat engineer military occupations. Events included, a helocast and air-to-land operations with a CH-47 Chinook, a rappelling course, a demolitions course, and training



PHOTO BY SGT. IA

Combat engineers move to a CH-47 Chinook to begin a helocast operation where they will be expected to jump into the ocean while moving at speeds over 10 knots per hour Aug. 28 during the Pfc. Gaviola Expert Sapper Competition in Hawaii.

scenarios that tested their skills in communications, medical evaluations, reconnaissance, detecting unexploded ordnance, and chemical biological radiological and nuclear defense.

"Soldiers, over a five-day period, are participating in an event called the Expert Sapper Competition where they will be trained and tested in both engineer specific tasks and basic Soldiering tasks," said Sgt. 1st Class Alex MacDougall, the NCO in charge of the recon lane assigned to 65th

BEB

MacDougall helped to build and test the recon lane for the Sapper competition and will be evaluating Soldiers coming through his lane.

Due to incoming bad weather, senior leaders of the 65th BEB thought about putting the testing and training on hold; however, for the engineers, that was not the case.

"There is always a contingency plan, but, as we say in the Engineers Corps, if it's not raining, you're not training," said MacDougall.

Despite the weather, Soldiers continued to push forward by doing their best to get the most out of the training. One junior combat engineer, Pfc. Zacchaus Robinson, saw this as an opportunity to improve as an all-around Soldier.

am not strong at and how I need to improve," said Robinson, a combat engineer with B Co., 65th BEB.

The training is important for the Soldiers

"This training will help me see what I

The training is important for the Soldiers of 65th BEB because of the various tasks

demanded; however, Soldiers were not the only ones who received this training. A small group of engineers from the Marine Corps also participated in the exercise.

"This training is a culmination of events for everyone in the Combat Engineer career field that not only applies to the Army, but to the Marine Corps, as well," said Cpl. Roberto Lopez, a combat engineer with the Combat Assault Company, 3rd Marine Regiment.

Lopez has worked with the Army before to do training such as this and realizes its importance.

"It's been good working with the Army," said Lopez. "We are excited to be here and they are excited to have us out. This training will help me refresh on some of the things we do not do as often, such as rappelling."

Regardless of the service, the training that took place has helped combat engineers maintain combat readiness specific to their military occupation specialty and prepare them for future deployments, said MacDougall.

# Future: Kit provides large cost savings to military projects

Continued from Page B1

of use, reduced training time and substantially increased production. The robotic systems we developed are efficiently performing the work at Fort Bragg while reducing risks associated with buried UXOs," Selfridge said.

Spencer O'Neal, Huntsville Center vegetation clearance project manager for the Fort Bragg project, said there's certainly a lot of risk associated with personnel driving equipment while clearing the area and using the robotic equipment to do the job is the sensible thing to

"Manual removals methods are dangerous and expensive to implement, and armored equipment can only protect the operator from fragmentation, but not the over pressure from larger munitions that could possibly explode during the cleanup operations. Using the second-generation remotely controlled heavy equipment to clear the dense vegetation covering the impact area here at this Fort Bragg range has been highly successful and is potentially saving lives," O'Neal said.

Charles Pregeant, lead engineer of the Huntsville Center team, said the equipment used in the line-of-site clearance process is typical state-of-the-art, track-based utility machines used in the timber harvesting industry, and each piece can be leased locally from suppliers at any specific location.

However, the modular control kit – the brain that maneuvers the machines' steering, acceleration and braking, and hydraulic lift boom (or arm) operation – is mobile and can be mounted onto most of the heavy equipment

in less than half-an-hour. Pregeant said this allows technicians to move operations from one project location to another location without having to transport the heavy forestry removal equipment.

"You just lease the heavy machinery at the new site and attach the modular control kit onto the newly leased equipment. This provides an extraordinary cost savings to the project when transportation costs of these large machines are over \$10,000 each," he said.

Pregeant said to operate the equipment once the control kit is installed, a signal with a reach of up to a mile is sent from an antenna to a receiver mounted atop the field equipment. For remote areas, the Huntsville Center team designed and fabricated two mobile command centers that are located on heavy-duty pickup trucks capable of driving deeper into forested areas.







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awareness
Story on Page C3

**SEPTEMBER 17, 2015** 



Sgt. Ted E. Bear has on his lederhosen in preparation for the Sept. 25 Oktoberfest at the festival fields.



Gabby Sisson, military Family member, gets her face painted by then Private 1st Class Goya Kanyinda, 164th Theater Airfield Operations Group BOSS representative, at last year's Oktoberfest.

# OKTOBERFEST

# Post bosts family-friendly celebration

**By Jeremy Henderson** *Army Flier Staff Writer* 

Lively music and authentic German cuisine are just two of the treats in store for visitors to Fort Rucker's 13th annual Oktoberfest celebration Sept. 25.

Kristi Fink, Fort Rucker Directorate of Family and Morale, Welfare and Recreation special events coordinator, said the event is the perfect way for families to celebrate the arrival of fall.

"Oktoberfest is such a great family-friendly event," she said. "We have so many different activities for the kids and adults."

different activities for the kids and adults.

"This will be the third year we will have

a Volkswagen 'Show N Shine' with 15-20 vintage Volkswagens," she added. "We will have inflatables, rides, ponies, games, crafts, pumpkins and much more for the kids. The German food and music is always enjoyed by all"

The event takes place from 4:30-9:30 p.m. at the festival fields.

Oktoberfest will feature live German music by Sonnenschein Express; traditional German food, including bratwurst and schnitzel; a keg toss competition; a Volkswagen Show N Shine; inflatables for children; a pumpkin patch; craft activities;

Attendees can expect a few surprises dur-

ing this year's celebration, as well.

"We have added a Volksmarch starting at 4:30 p.m.," Fink said. "Patrons can walk or run starting from Festival Fields to Beaver Lake red trail and back. It's free and open to the public. Registration forms are available at either physical fitness center on post and also at the event. The route will be open from 4:30-6 p.m., with the entrance closing at 5:20 p.m."

About 4,500 people attended last year, according to Fink, and attendance is expected tobe equally strong this year.

The Daleville Visotors Control Center will remain open until 6 p.m. Sept. 25 to accommodate passes for the event.

"Make sure to bring a valid driver's license in addition to the gate access pass," Fink said. "Give yourself plenty of time to get through the gates and also to get a gate access pass, if needed."

The event is free, but vendors will be present to sell food and refreshments. Vendors only accept cash and an ATM will be available on site.

Coolers, backpacks, pets, glass containers, weapons, bicycles, scooters, roller blades and skateboards are prohibited at Oktoberfest. In the event of inclement weather, the event will relocate to The

Landing ballroom from 4:30-9:30 p.m. For more information, call 255-1749.



SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION GRAPHIC

# Observance highlights behavioral health

**By Jay Mann**Fort Rucker Public Affairs

For the last 26 years, National Recovery Month in September has celebrated the gains made by people in recovery, and has reinforced the positive message that behavioral health is essential to overall health.

"Behavioral health is an integral part of one's overall health," said Belinda Jellison, Fort Rucker behavioral health counselor. "To be aware of how you are coping with life stressors, to ensure you are utilizing positive, healthy coping strategies versus leaning on unhealthy strategies such as alcohol, drugs, unhealthy relationships, other addictive behaviors, negative thinking, is vital to ensuring your overall health and wellbeing when we speak of behavioral health.

"We also know that problems in the behavioral health realm do impact a person's physical health," Jellison explained. "Behavioral health issues, such as depression and anxiety, can exacerbate health problems, such as chronic pain, gastrointestinal issues and headaches."

Recovery Month also promotes the message that recovery in all of its forms is possible. During the month, Soldiers are encouraged to take action to help expand and improve the availability of effective prevention, treatment and recovery services for those in need.

"Self-awareness is the No. 1 way to be proactive in your mental health," said Jellison. "If you are tuned in to your mind and body, you will notice if you are having difficulty before that difficulty snow-

balls into a larger issue.

"The term mindfulness is being used quite a bit in the mainstream now, and this refers to a state of being where you are increasingly self aware," she added. "The great thing is if a person is lacking in the ability to be self aware, they can learn this through various mindfulness practices, from deep breathing strategies, meditation, yoga and much more."

There are many programs available to the Fort Rucker community that focus on behavioral health and recovery.

"The behavioral health clinic is available to any service member, veteran or family member eligible for TRICARE services," said Jellison. "We have short-term counseling available through primary care with our integrated behavioral health team. We have Military Family Life consultants on the post who specialize in life coaching. Chaplains are assigned to each unit, and are available for support and guidance. Army Community Services has many classes and workshops available that help individuals learn how to manage stress, parent, handle finances and more. And Morale, Welfare and Recreation offers great opportunities to get out and get involved.

"We cannot deny that stigma still exists as far as behavioral health – this goes for within the military ranks, as well as in the general civilian population. However, we have come a long way in reducing this stigma," she said. "If a Soldier comes forward for help, the focus is going to be on assessing what that Soldier needs in order to get better. The goal is on assisting the Soldier to get back in the fight, if at all possible. There have been many Sol-

diers who have come in for help and have gone on to continue with successful careers.

"It is likely that many of them would not have been as successful had they not come in to get help when they did. You can only carry so much in your rucksack before things start to fall apart," Jellison said. "There are many leaders coming forward and focusing on their own behavioral health needs, which I believe goes a long way in reducing the stigma.

"We lose 22 veterans a day to suicide. For 2015 alone, we have already had 198 confirmed or suspected suicides of active duty personnel across the Department of Defense. This is not a private issue. It is an epidemic," she said.

"When someone feels their only way out of the pain they are feeling is to end their life, they need pillars of support around them. Those pillars are us," Jellison continued. "We are our brother's and sister's keepers, and it is everyone's responsibility to look left and right and take care of those around us.

"Know what resources are around you. Don't be afraid to pick up the phone and call," she said. "I have heard many times over my years as a counselor the relief expressed by a person who had been so close to taking their life, but was able to get help instead. And I have been present in the heart-wrenching moments after someone has taken their life, and their family members and friends are left behind to ask the unanswerable question, "Why?"

To find out more about behavioral health, call 255-7028.

## 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: Octoberfest

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

# Project: National Disability Employment Awareness Month and Assistive Technology Expo

8 October 2015, 0930-1330 (Building 5700). Volunteers needed to assist with setting up and breaking down of the event, which takes place Oct. 8, 9:30 a.m. to 1:30 p.m. Soldiers and civilians are needed. If interested, call 255-2363

#### Project: Frite Nite

Volunteers are needed Oct 23 and 27 for the event. If interested, call 598-3384.

#### 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 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.

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

#### Newcomers welcome

Army Community Service will host a newcomers welcome Friday 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.

#### Small business counseling

Army Community Service will offer free small business counseling with one-on-one sessions available Sept. 24. Sessions will be held in the Soldier Service Center, Bldg. 5700, Rm. 350. Areas of counseling may include, but aren't limited to: advertising, organizational structures, financial planning, inventory controls, management, marketing, personnel planning, pre-business planning and sales techniques. Appointments are scheduled every 30 minutes, starting at 9 a.m. People should call the employment readiness program at 255-2594 to make an appointment. The event is sponsored by the ACS Employment Readiness Program and the Troy University Small Business Development Center. The counseling is open to active-duty Soldiers, National Guard and Reserve members, retirees, Department of Defense civilian employees and their eligible family members.

#### **Right Arm Night**

The Landing Zone will host Right Arm Night Sept. 24 from 4-6 p.m. Right Arm Night is an Army tradition, promoting a night of camaraderie and esprit de corps as leaders come together and treat those who help them accomplish the mission. Complimentary appetizers will be served while supplies last. Right Arm Night is held every month, and both military and civilians are welcome. For more information, call 598-8025.

#### Oktoberfest

A scene from last year's Oktoberfest. Fort Rucker's 13th annual Oktoberfest will take place Sept. 25 from 4:30-9:30 p.m. at the festival fields. Oktoberfest will feature live German music by Sonnenschein Express; traditional German food, including bratwurst and schnitzel; a keg toss competition; a Volkswagen Show & Shine; inflatables for children; a pumpkin patch; craft activities; and more. For more information, call 255-1749.

#### Oktoberfest Volksmarch

The inaugural Fort Rucker Volksmarch is scheduled for Sept. 25 at 4:30 p.m. at the festival fields. The volksmarch will begin immediately following the Oktoberfest opening ceremony. The march will progress via Andrews Avenue and Third Avenue to the Beaver Lake Trail, around Beaver Lake on the red trail and back to the festival fields. The route will feature festive music and a water point. The route will be open from 4:30-6 p.m. with the entrance closing at 5:30 p.m. Volksmarch T-shirts will be available for purchase. The event is free and open to the public. Registration forms are available at both physical fitness centers and MWR Central.

For more information, call 255-2296.

#### 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



## **Gold Star Family Day Luminary Service**

Army Community Service's Survivor Outreach Service will host a Gold Star Mother's Day and Gold Star Family Day Luminary Service Sept. 27 at 6:30 p.m. at the Main Post Chapel. For more information, call 255-9639.

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.

#### Relocation readiness workshop

Army Community Service will host its relocation readiness workshop Sept. 25 from 9–10 a.m. in Bldg. 5700, Rm. 371D. Soldiers and spouses will receive information from the military pay office on benefits, entitlements, advance pay, government travel card and more. They will also receive information on Army Emergency Relief and budgeting, preparing for employment before moving (for spouses), compiling the necessary documents and forms for exceptional family members moving overseas, and relocation checklists and websites to help prepare for a

Space is limited, so people should register early by contacting the relocation readiness program at 255-3161 or 255-3735.

#### ScreamFree Marriage Workshop

The Fort Rucker Family Advocacy Program will offer a ScreamFree Marriage workshop Oct. 2, 9 and 16 from 11 a.m.-1 p.m. at The Commons, Bldg. 8950. FAP will cover childcare for interested participants. All children must be enrolled in child, youth and school services in order to utilize childcare. Childcare space is limited and must be coordinated well in advance of the event.

The deadline to register for the event is Sept. 29. Call 255-3898 to register for the event and to discuss childcare coordination.

#### **Parenting Children with Special Needs** Workshop

Army Community Service will host its Parenting Children with Special Needs Workshop Sept. 29 from 5:30-7:30 p.m. at The Commons, Bldg. 8950, Seventh Avenue. The workshop will provide tools and techniques on challenges of parenting a child with a disability, communication tips, stress management techniques and resources available to parents. The workshop is open to military families. People need to register by

For more information, call 255-9277.

#### **FRG Open House**

Army Community Service will host a Family Readiness Group Open House Oct. 1 from 5-8 p.m. at the Corvias building on Andrews Avenue. The open house is designed to bring together FRG liaisons, advisers, leaders, coleaders, treasurers, hospitality and newsletter editors, as well as their family members.

For more information, call 255-9578.

#### **Employment readiness class**

The Fort Rucker Employment Readiness Program hosts orientation sessions monthly in the Soldier Service Center, Bldg. 5700, in the Army Community Service multipurpose room, with the next session Oct. 1. People who attend will meet in Rm. 350 at 8:45 a.m. to fill out paperwork 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

......7 p.m.



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.

#### Financial readiness training

Army Community Service will host its financial readiness training Oct. 2 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 firstterm junior enlisted Soldiers (E-1 through E-4). Spouses are also welcome to attend.

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

#### **Resilience training**

Army Community Service will host resilience training Oct. 13 from 9-11:30 a.m. at The Commons to help people learn 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 Oct. 9.

For more information and to register, call

#### SCHEDULE FOR SEPTEMBER 17-20 MOVIE

**Thursday, September 17** 

.....7 p.m.

Ant-Man (PG-13)

Friday, September 18 Fantastic Four (PG-13)

Saturday, September 19

The Man From U.N.C.L.E. (PG-13)

**Sunday, September 20** 

Shaun the Sheep Movie (PG)

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

# Ruck march raises awareness

By Bob Reinert

USAG Natick Public Affairs

NATICK, Mass. - Three Soldiers who work at the U.S. Army Research Institute of Environmental Medicine at Natick Soldier Systems Center have completed 200 miles of a ruck march from Boston to New York to raise awareness of veteran suicides.

Reserve 1st Lt. Kristen Heavens, who came up with the idea, Staff Sgt. Shaun Morand and Spc. Sonya Edler were part of a relay team from Active Heroes' Carry the Fallen-Team Minuteman, which left Sept. 8, and shared the 220-mile march from the Massachusetts State House in Boston to New York's Freedom Tower with about 50 pounds on their backs.

The team arrived in New York on the 14th anniversary of 9/11 to raise awareness of veteran suicides and to remember all those who lost their lives on and since that fateful day in the fight against terrorism. They then participated in the Carry the Fallen 9/11 Memorial Ruck in New York Saturday.

Their hope is to reduce the 22 suicides occurring daily among veterans. That's more than 8.000 each year, or in excess of 100,000 since 9/11. The Boston-New York ruck march symbolically covered 10 miles for each of the 22 daily suicides and it took place during National Suicide Prevention Week.

By doing the ruck march, Heav-

ens, Morand and Edler honored Justin Fitch, a retired Army major, who finished his career at Natick and has terminal colon cancer. Fitch, the former Team Minuteman leader, has devoted his remaining days to ending veteran suicides. As they ruck march, the team is carrying Fitch's gear.

"He wakes up to pain every, single day - physical, mental, everything," said Heavens of Fitch. "Yet, he still chooses to drive on and still chooses to be positive."

Fitch, now living in Wisconsin, was obviously touched by what his former teammates accomplished in his name.

"I am humbled and honored by this meaningful effort from such great members of my team," Fitch said. "While it has my name attached, it is not about me - it is about the 22-plus veterans committing suicide daily.'

The three Soldiers from Natick. who used leave and vacation time to do the ruck march, pushed their own limits. While all of them have done charity rucks in the past – including Heavens' grueling 54.4mile effort back and forth on the Boston Marathon course - none has tackled anything close to this epic trek through Massachusetts, Rhode Island, Heavens' and Morand's home state of Connecticut and New York.

"The distance that we're traveling is much further than we'll have traveled in the past," Morand said. "You'll ruck for six hours,

then you'll be logistics support for six hours and then you'll sleep for six hours."

Three ruckers are marching at a time. They are followed by support crew in a pair of vans, one of which has seats removed to accommodate sleep.

On Saturday in New York, they added a symbolic 9.11 miles in the 9/11 event.

"Getting started that morning is going to be tough," Morand said. "Getting your feet going that morning is going to be tough."

"We'll make it through that," Heavens said. "Nine miles after you've done 220 shouldn't be tremendous. I mean, we can kind of push through that."

If motivation wanes along the way, the three need only to remember the cause they are sup-

"I think just the fact that we've got 22 veterans a day committing suicide is just appalling in this country," Morand said. "So, something needs to be done, and to raise that awareness is, I think, such a high priority."

Heavens agreed that it's all about focusing attention on veteran suicides.

"One of the biggest things I always say is, everybody has their baggage - it's all how you carry it," Heavens said. "And this is to kind of symbolize that we'll carry it with you. We want to help you, and we're here for you. We'll carry it for you."



First Lt. Kristen Heavens, center, Staff Sgt. Shaun Morand, left, and Spc. Sonya Edler of the U.S. Army Research Institute of Environmental Medicine, arrive at the New York border Sept. 11 during a Boston to New York ruck march to raise awareness about veteran suicides.

# Warriors receive therapy through service dog training program

By Sgt. 1st Class Jon Cupp

Army News Service

**SUPPORT ACTIVITY NAVAL** BETHESDA, Md. — Wounded, ill and injured warriors seeking to treat many of the unseen symptoms of stress have an internship at their disposal designed to help them face those challenges through interaction with a few eager canine companions.

The Walter Reed Wounded Warrior Service Dog Training Program internship provides therapy while allowing military service members on Naval Support Activity Bethesda and Fort Belvoir, Virginia, to train dogs, which will later be given to other disabled warriors.

"What's unique about the service dog training program is that we work with clinicians here from occupational therapists to recreational therapists and social workers to set goals with the service members. The goals will help them, as they train the service dogs, to eventually transition back to the civilian world," said Carolyn Ford, a service dog training instructor for the program.

"Some of the specific goals that we help them with include socialization, emotional regulation and reduction of isolation, because a lot of times (wounded warriors) will go to appointments and then go back to their rooms, isolating themselves, so we want to get them out and get them active," Ford said.

"The program can help people who have trauma, depression, anxiety and stress (among other conditions)," said Col. Matthew St. Laurent, chief of occupational therapy and department of rehabilitation for the Walter Reed National Military Medical Center who oversees the program.

"We all know that through the humananimal bond there is an endocrine hormonal production going on called oxytocin, which is a 'feel good' hormone," St. Laurent said. "So, training a service dog can help someone who may be going through PTSD or depression. We know that it relaxes them and calms their nerves."

Military service members are recommended for the program by people on their care team, to include nurse case managers, primary care managers, occupational therapists, recreational therapists or social workers, among others.

Once they are accepted into the program, the service member goes to work with service dog trainers during train-thetrainer sessions. For the first sessions, the service members spend time developing a bond with the dogs they're training.

Over the course of the program, participants learn how to groom the animals, brush their teeth, clip their nails, check for any possible health issues, train the dogs to ignore distractions and teach the dogs various tasks that will allow them to assist veterans who have physical disabilities.

Service dogs learn as many as 90 tasks during the training, to include picking up dropped keys, retrieving things from the refrigerator, helping people undress, open doors and turn off light switches, among a host of other duties.



PHOTO BY SGT. 1ST CLASS JON CUPF

Before grooming the animal, Spc. Stephone Carmichael, a patient and Soldier in transition with the Warrior Transition Brigade-National Capital Region, checks service-dog-in-training Annie for any lumps or other potential health concerns during a training session of the Wounded Warrior Service Dog Training Program at Naval Support Activity Bethesda, Md., Aug. 25.

One of the biggest aspects of therapy with regard to training the dogs on commands involves emotional regulation, a complex process, which includes the ability to regulate one's state or behavior, said Emily Mittelman, a clinical service dog instructor for the program whose family hails from Ambler, Pennsylvania.

"There's more to the program than just the socialization piece, the participant in the program can learn emotional regulation by being able to shift their voice to do the correct tones for commands or praise," Mittelman said. "They are essentially retraining the way they think about talking to people and dogs.'

The emotional regulation, which can help ease stress and depression through mood adjustment, has been compared to giving commands to the dogs in the strong intonation of someone like actor and former California governor Arnold Schwarzenegger, but then giving praise in a lighter, happy sounding intonation like that of Mickey Mouse.

The program utilizes a positive tone as the dog's reward, which instructors said keeps the dogs engaged to continue train-

"We want to make sure that whatever task we are training the dog to do that we're giving positive reinforcement so we are rewarding the dog for good behavior," Mittelman said. "Which means the dog is going to want to do it over and over again."

"The dog in training may not respond to you if you display a depressive tone," St. Laurent said. "A dog attends to affection and loves when you cheer it on."

Service dogs trained in the program are mainly mobility dogs – those trained to help people who have some form of physical disability, such as an amputation.

According to St. Laurent, with many service members suffering from survivor's guilt, making it back from combat when others didn't, the program offers a way for them to give back to fellow veterans.

"A lot of service members leave the battlefield with a feeling of so much guilt that they may develop post traumatic stress re-

actions," St. Laurent said. "I can tell them that I can't erase their past experiences, but maybe I can provide them some tools for living by inviting them to train a dog for a fellow vet."

The dogs used for the WWSDTP are loaned to the program by a local non-profit organization, which breeds the dogs specifically to be service animals. The program receives Golden Retrievers or Labrador Retrievers from the organization when the dogs are about 16 weeks old.

Once the dogs complete the program at about the age of 2 years old, they are returned to the non-profit organization and partake in a graduation ceremony, where they are placed with a wounded, ill or in-

For Spc. Stephone Carmichael, an infanryman and New York native, who is now a patient assigned to the Warrior Transition Brigade-National Capital Region, the program was a way to help him deal with a traumatic brain injury suffered after being injured in an improvised explosive device blast in Afghanistan in July 2014.

"It definitely helps me in terms of my TBI as it helps me to recall things better, especially when giving and reciting commands to the service dogs," Carmichael said. "It's also a pretty relaxing atmosphere and I like working with the animals.

"I've definitely benefited from the program. It gives me a sense of accomplishment that I'm helping someone else while also helping myself with my TBI," he added.

When Staff Sgt. Steven Betancourt, a lo-

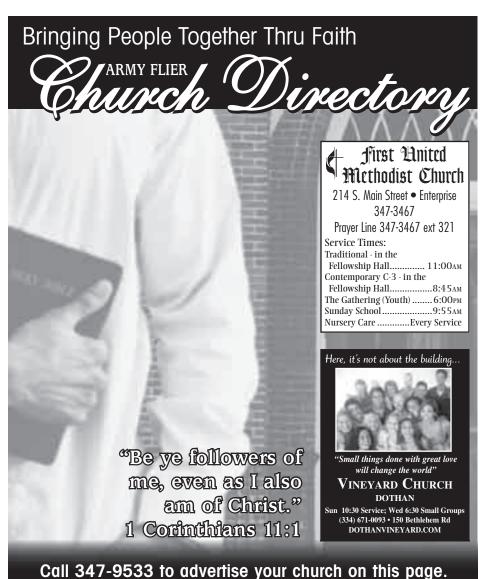
gistics specialist and New York native who is now assigned as a patient with the WTB-NCR, was severely injured in an accident at Kandahar, Afghanistan, in early 2014, he suffered through the stress of a nearly debilitating spine injury that left him with hip problems and other major issues.

"Learning how to adapt when you're healing is a whole complicated process dealing with changes and how to go on with your future. It's not easy, but whenever I get (stressed), I set up times to work with the dogs," Betancourt said. "When I leave (after working with the dogs), I'm happy, smiling and I have a great time. When you come to work with the dogs, your frame of mind changes and everything becomes

Having a mobility issue himself, Betancourt said, has allowed him to be uniquely qualified to assist in training a mobility

"I'm not able to walk like the average person anymore because I have a limp, and due to the spine injury, I'm limited and will never run again," Betancourt said. "So, when I come here, I have the dog walk at my pace, which is not the average person's pace. The dog has to learn how to adjust to me. So, once I leave, this dog will now be able to help someone else with my condition because he's programmed to walk at a certain pace. It's great to be able to help a wounded warrior in that way."

Currently, there are about 12 dogs being trained in the WWSDTP by wounded, ill or injured warriors at both NSAB and Fort Belvoir.



# 'Explore The Outdoors' in Florida

**By Lori Ceier**Walton Outdoors

DEFUNIAK SPRINGS, Fla.
— Walton Outdoors hosts the annual Explore The Outdoors Festival Oct. 10 from 10 a.m. to 2 p.m. at Live Oak Landing's Black Creek, located at 229 Pitts Ave. in Freeport.

The free, fun-filled day is geared towards introducing children of all ages to the wonders of exploring the outdoors. Activities are held behind the First Presbyterian Church.

Hands-on activities include fishing, boating, kayaking, wildlife encounters, interactive educational exhibits, nature-based crafts and more.

The water activities are designed for children age 6 and up. Food vendors are on hand.

Activities and exhibits in-

- Fishing on Black Creek
- Fish Florida fishing rod giveaways
- Fishing education with Florida Fish and Wildlife Conservation Commission
- Kayaking with Snaggy Bend Outfitters
- Emerald Coast Hydrobikes
- Archery with Freeport Parks and Recreation
- Boating with Wounded Warrior Fishing
- E.O. Wilson Biophilia Center exhibit
- Birding with the Choctawhatchee Audubon Society
- Florida Fish and Wildlife Conservation Commission wildlife exhibit
- Topsail Hill Preserve State Park exhibit
- Northwest Florida Astronomy club
- Choctawhatchee Basin Alliance touch tank
- Smokey the Bear and his
- friends from Forestry
   Falling Waters State Park
- snake exhibit
- Washington County exhibitTri-County Head Start fun
- Florida Public Archeology Network
- Emerald Coast Science Center
- Friends of South Walton Sea Turtles
- Nature based crafts
- Do it yourself wood crafts with Lowe's
- Freeport Town Planters Society craft
- Deitrich's Honey Farm
- Wood crafts
- Officer Snook Water Pollution Program
- Food purchases available from Grayton Beach Catering and Kona Ice.

For more information, visit http://www.waltonoutdoors.com/explorefest/.

# WIREGRASS COMMUNITY CALENDAR

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

#### ANDALUSIA

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

ONGOING — 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.

#### **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

**SEPT. 19-20** — The National Peanut Festival main exhibit building will play host to the 25th annual Wiregrass Model Railroad Show and Sale from 9 a.m. to 5 p.m. Sept. 19 and 10 a.m. to 4 p.m. Sept. 20. Admissions is \$5 for adults, while children ages 12 and younger are admitted for free. The annual show is billed as one of the largest model railroading events in the southeast.

For more information, call 790-6284.

**SEPT. 25-26** — The fourth annual PorktoberQue is scheduled for 5-10 p.m. Sept. 25 and 10 a.m. to 7 p.m. Sept. 26 at the Houston County Farm Center. Admission is \$4 for the event that features a polka party, collectible steins, accordion music, German music, and rock music, car shows, children's activities and barbecue.

For more information, visit http://www. PorktoberQue.com.

**ONGOING** — The American Legion Post 12 holds monthly meetings on the second Thursday of each month at 7 p.m. Meetings are held at the VFW on Taylor Road. For more information, call 400-

## ENTERPRISE

5356.

**ONGOING** — Mondays through Thursdays each month, Aqua Zumba and EPRD water aerobics will be held by instructor Natalie Showers from 7-8 p.m. Price is \$5 per class and registration is not required. For more information, call 348-2684.

ONGOING — The Boll Weevil Dance Club meets every Friday from 7-10 p.m. at the Enterprise "Jug" Brown Recreation Center. Cost is \$5 per person. Groups of five or more receive a 20-percent discount. Event is described as providing exercise and fellowship opportunities. Free refreshments are served and every fourth Friday night of the month is covered dish night. For more information, call 347-

**ONGOING** — The National Active and Retired Federal Employees Association Wiregrass-Enterprise Chapter 1807 regularly meets every fourth Wednesday of the month at Ryan's Steakhouse Restaurant. Lunch begins at 11 a.m. followed by the program, speaker, and a question and answer period. All federal employees, active or retired, are invited to attend the luncheon meetings. NARFE members discuss important information that relates to federal employees and the programs and benefits available to them. NARFE is a nonprofit association dedicated to improve the benefits of federal employees. For more information, call 393-0492.

#### 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.

— Tuesdays and ONGOING 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. 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.

**SEPT. 20** — Ridgecrest Baptist Church will host its annual fall revival services at 9:15 a.m. with Sunday school and worship service at 10:30 a.m. Evening service will be at 6 p.m. Evening services Monday-Wednesday will be at 6:30 p.m. For more information, call 774-5610.

**SEPT. 27** — Ridgecrest Baptist Church will host comedy team Dirt Road Sports at 6 p.m. Admission is free and all are invited to attend. For more information, call 774-5610

**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.

OCT. 3 — The Claybank Jamboree is scheduled for Oct. 3 and officials expect 8,000 people to attend. Applications for art, craft and food vendors are being accepted. This interested can get an application at www.ozarkalchamber.com/forms. For more information, call 774-9321.

#### PINCKARD

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

Methodist Church. For more information, call 983-3064.

#### SAMSON

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

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

#### TROY

OCT. 24 — Charles Henderson High School will host a fundraising 5K race featuring various obstacles and a mud pit beginning at 9 a.m. at the Troy Recreational Center on 601 Enzor Road. Registration is \$30 per person. Runners who pre-register before Oct. 16 will receive a free T-shirt. Those who register after Oct. 16 will receive a T-shirt while supplies last. Runners may register on site the day of the register or online at http://www.chhs.troyschools. net/. Trophies will be given for the top three finishers in each category. A Little Trojan Warrior Dash, for anyone under age 12, begins at 10:30 a.m. Registration is \$15 per person. For more information, call 334-566-3510.

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

#### WIREGRASS AREA

SEPT. 27 — New Hope Freewill Baptist Church, 3819 County Road 31, Abbeville, will host its Family and Friend Day at 2:30 p.m., featuring guest speaker Bishop J. L. Milton of Bethel Church in Damascus, Georgia. All churches are invited to fellowship. Dinner will be served.

**ONGOING** — The Marine Corps League, Wiregrass Det. 752, welcomes all Marines, Navy corpsmen and chaplains, and their families, to its monthly meetings. Meetings are held the first Thursday of each month at 7 p.m. Attendees are welcome to arrive early for food and camaraderie. The next meeting will be at the Golden Corral in Dothan. For more information, call 718-4168 or 805-7335.

# **Beyond Briefs**

#### 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.

#### 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.

#### National Shrimp Festival

Gulf Shores will host the 44th annual National Shrimp Festival Oct. 8-11. Admission is free. The festival is held at the public beach access where Highway 59 ends at Highway 182. The festival is billed as one of the nation's premier outdoor festivals, attracting 250,000 people, featuring over 300 vendors that offer fine art, arts and crafts, a retail marketplace, outdoor world and, of course, shrimp. Two stages offer continuous musical entertainment while children are welcome to enjoy the children's activity village, where they create their own art and participate in other activities. The event will also feature a sand sculpture contest.

For more information, visit http://www.myshrimpfest.com.

#### '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 mont-

gomeryzoo.com/announcements/ballet-and-the-beasts.

The Montgomery Zoo is located at 2301 Coliseum Park-

#### 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.

#### Zombie Walk and Prom

The annual Montgomery Zombie Walk and Prom, which serves as a fundraiser and food drive for the Montgomery Area Food Bank, is scheduled for Sept. 25 at 7 p.m., as the walking dead trudge their way from the intersection of Perry and Dexter Avenue to Riverfront Park. This year's event will also include food and other vendors, as well as live music from the band Outside the Inside. The zombie walk will also be led by the St. Andrew's Pipe and Drum Band, and four hearses this year. All participants are asked to bring non-perishable food items as a donation.

For more information, visit www.facebook.com/MontgomeryZombieWalkAndProm.

# Dropout shares her struggles, triumphs

By David Vergun Army News Service

WASHINGTON — Linda Singh, a then 16-year-old high school honor student living in Frederick, Maryland, had dreams of playing basketball at the University of Maryland and majoring in engineering.

Then, one night, her dreams were crushed.

Singh, who is now a major general and adjutant general for the Maryland Army National Guard, spoke at the Pentagon Sept. 8. Her topic, "A Different View: Living Through Adversity," was sponsored by the Office of the Pentagon Chaplain.

For a long time, Singh said she was too ashamed and embarrassed to tell anyone what happened that night. Over time, with healing and help from friends, she finally

She had just turned 16, and was out drinking with friends and a close family member, who was on leave

Later that evening, she returned home with that close family member who was staying at her house, she said. She went to bed and about an hour later, "this individual was on top of me. I did not know what to do. I was shocked. Once I got my grips about me, I tried to get him

"I had loved him dearly," she said, "and I would have never thought he would have done something like that."

Singh said she was devastated. The next day she stayed in her room because she couldn't face her parents.

When that person returned to his duty station, she approached her parents to tell them what happened to her, because, she said, her dad was "hot tempered" and might have done something to that individual had she told them when he was still at home.

If Singh was expecting sympathy and understanding, that notion was quickly dispelled.

"What I wasn't expecting was my mom telling me, 'you probably encouraged it. What did you do? Who else are you sleeping with? Are you sleeping with your dad?""

At that point, she said she lost it and "went at" her mom. Her father intervened, however.

"That's the last day I ever stayed at home. I had to leave," she said, adding that it wasn't just that incident. She was a difficult person to be around.

"I had no idea where I was going. I found myself without a home," she said.

She said she was too embarrassed to tell other family members about what took place that night, so she sometimes stayed with friends and sometimes slept outside. "If it's not too cold it's not so bad sleeping outside."

Singh also dropped out of high school.

Eventually, she said she got a job in a mall, where there happened to be a recruiting office for the National Guard. At that time, in 1981, not having a high school diploma wasn't a bar to enlistment.

The problem for her, she said, is that she was 17 and needed her parents' signatures. The last thing she wanted to do was to see them. Fortunately for her, she said the recruiter took the paperwork to her parents and they

Enlisting in the Army was a no-brainer, she said. Pay, food, education, a place to sleep and job training. "This saved my life. I don't know where I'd be if I hadn't put

Since Singh was very athletic, she said basic training was a breeze. She added that she loved it and even got a letter of commendation.

After boot camp, she quickly got her high school diploma, and continued to advance in her career and education. But not all was smooth sailing in the years ahead.

At this point, Singh offers words of advice and encouragement for others who may be going through similar hardships and difficulties that she experienced.

#### When the going gets tough

Her No. 1 piece of advice is when difficulties arise, the chaplain should be one of the first people to see, she

"I talk to my chaplain all the time," even today, she said. What is said between you is confidential and "you can sound off" on a whole range of issues.

"I think that having a strong family network is extremely important. It's something I've tried to instill in my two daughters," she said.

Singh said she's blessed to be married to a great husband. They've been married 25 years. She said her husband's family is great, too, and has been a stand-in for the family she always wishes she'd had.

#### **Expand the support**

You've got to build and expand your support network, she said, particularly if your family isn't supportive.

"When you're going through challenges, you've got to surround yourself with people who can help you see a different side of things," she said. "I've built my life surrounding myself with people that have the personality and genuineness that I enjoy. That can really help bring you through the toughest times.

"I don't know what I would have done without some of those folks," she said. "They're still a part of my life."

#### **Engage in activities**

Basketball was one of the activities that helped Singh get through the tough times and kept her mind off her

"When I was on that court, nothing else existed," she said. "I played basketball all the time. That's where I was comfortable. That's where I had more confidence and power. It just kind of helped me. It made me somebody."

#### Others may have it worse

Realize others may have it worse than you, she said. When she was deployed to Afghanistan, she said she witnessed children living in dreadful conditions in a refugee camp. She used to visit the camp and made friends with a young girl. She'd often bring some food for her.

The girl and her brother were later killed by insurgents because they were protecting Soldiers, she said.

"Even my worst day is not like what they experience," she said, referring to children. "If I could have taken ev-



Maj. Gen. Linda Singh speaks to a Soldier at the Pentagon Sept. 8.

ery single one of those kids home with me, I would have brought them all back with me.

"Don't feel sorry for me. I led a blessed life," she said.

#### Report abuse

When Singh arrived at her first duty station to check in, the Soldier processing her paperwork said he doesn't want females, especially pregnant females, in his Army, she said. She was pregnant with her first child at the

Singh had a talk with the sergeant major and "that person was soon gone," she said.

When she was an E-4, her supervisor, an E-7, asked her to go out with him to a car show. She said she declined.

The E-7 then called her at home. She said he told her: "When I tell you to do something, I expect you to do it." She reported the incident to her first sergeant and soon

She said her first sergeant was so impressed with her character and commitment that he suggested she become an officer. So she did.

It pays to report abuse right away. It's the right thing to do, she said.

#### Take harassment seriously

he was gone, too.

When she was a company commander, an E-4 who worked for her had a strange infatuation for her. She said he'd leave flowers on her seat. She said she laughed it off and let it go, but then things started to take a serious

He made references of his sex organs to her and even tried to kiss her, among other things.

Singh said she realized it was no longer an innocent flirt and he, too, was soon gone.

The behavior of senior leaders is often dishonorable, as well, she said, pointing out that she's gotten rid of a number of senior leaders under her command, even those she's known for years.

"I've put out more senior-level folks in the last two years than you can imagine. They have no place in this organization," she said.

Leaders need to make the ethical decisions and take a stand, she emphatically said. Unethical behavior like assault and harassment is "plaguing our military, it's plaguing our culture, it's plaguing our schools, it's plaguing our society."

#### Don't hold things inside

"I've held things inside way too long. I've carried around a lot of anger," Singh said. "Now, there's a higher being that takes it on for me.

"I now talk to my husband about things I never talked to him about before," she said.

She encouraged others to reach out to someone who appears to have a challenge or an issue

#### Perpetrators need help, too

While stopping abusers and helping the victims is the first priority, Singh said she's always tried to offer professional help for the perpetrators. It's up to them whether or not they accept it, she said.

"Don't just push them out the door. They may turn around and do it to someone else. At least offer it," she

She commented that the best thing she can do for her own mother is to love her.

#### What others said

After Singh's presentation, others in the audience had comments on her message.

Lt. Col. Tyrone Bentinck said Singh's message was one of hope and inspiration. The 20-year-Army veteran said he hopes other leaders have the courage to take a stand and do the right thing when confronted with similar situations. "It's about taking care of your Soldiers."

Bentinck, who has three daughters, said he plans to talk to them about what Singh said.

Air Force Maj. Gen. Garry C. Dean, special assistant to the chief, National Guard Bureau, thanked Singh for her message and said all leaders, whether military or civilian, need to be held accountable.

Singh replied that she agrees, but added the caveat that whenever there's an incident, it's important to do a thorough investigation before accusing anyone. "Wrongly accusing someone can be the worst thing. Let the investigation run its course."

Dean also thanked Singh for her "great leadership during the Baltimore riots and helping restore peace in the city." Her National Guard Soldiers were called out by the governor following the death of Freddie Gray in

"We each have a story to tell, just as she has told hers. I'd encourage you to share it with others," Pentagon Chaplain (Col.) Kenneth Williams said. "As I walk around this building, I see a lot of people

who appear to have the burden of the world on their shoulders," he said. "I don't know what that burden is. Sometimes they share it with me and sometimes they "There are people in this world who drain us of spiri-

tual, emotional and physical energy, and then there are people in this world that encourage us and empower us and fill us up with emotional, spiritual and physical energy."

Williams encouraged everyone to ask themselves which type of person they are.

He said that Singh has "dedicated her heart, soul, mind and body to providing people with hope. She's a victorious survivor whose life demonstrates phenomenal perseverance and powerful hope."

Singh serves as the 29th adjutant general of Maryland. The adjutant general is responsible for the daily operations of the Maryland Military Department, which includes the Maryland Army National Guard, Maryland Air National Guard, Maryland Emergency Management Agency and Maryland Defense Force.

She is a senior adviser to the governor and is responsible for the readiness, administration and training of more than 6,700 members of the military department with an annual budget of more than \$314 million. As the adjutant general, she serves as the official channel of communication between the governor and the National Guard Bureau and serves as a member of the governor's cabinet.

Singh is a longtime Maryland resident, where she currently resides with her husband and two daughters. She received her commission in 1991 through Officer Candidate School at the Maryland Military Academy in Reisterstown, Maryland. Her military career spans more than 30 years of service in both the enlisted and officer ranks.

She has served in staff and command assignments at every level, including deployed assignments in Kosovo and a combat tour in Afghanistan supporting Operation Enduring Freedom. Her previous military assignments include commander of the Maryland Army National Guard and director of the Joint Staff, Maryland National Guard.

Her military decorations include the Bronze Star Medal, the Meritorious Service Medal with two Bronze Oak Leaf Clusters, the Army Commendation Medal, the National Defense Service Medal with Bronze Service Star, the Kosovo Campaign Medal, the Afghanistan Campaign Medal, Global War on Terrorism Service Medal, NATO Medal (two), the NCO Professional Development Ribbon, the Maryland Distinguished Service Cross and the Virginia National Guard Bronze Star Medal.

Singh is a graduate of the U.S. Army Command and General Staff College and the U.S. Army War College where she received a master's degree in Strategic Studies. She holds a bachelor's degree in business administration from Columbia Union College, a master's degree in business administration, military management from Touro International University, a master's certificate in Six Sigma from Villanova University, is a graduate of the U.S. Northern Command Joint Task Force Commander's course and is a fellow from the International Women's Leadership program at Harvard University/INSEAD.

In her civilian job, she's a management consultant.

#### **Army statistics**

- · Female Soldiers who said they experienced "unwanted sexual contact": FY10, 6 percent; FY12, 7.1 percent; FY14, 4.6 percent.
- Male Soldiers who said they experienced "unwanted sexual contact": FY10, 1 percent; FY12, 0.8 percent; FY14, 1.2 percent.
- Estimated Soldiers who were sexual assault victims: FY10, 8,600; FY12, 8,800; FY14, 8,500
- Soldier victims who reported sexual assaults: FY10, 1,316; FY12, 1,248; FY14, 2,077.
- Army's prosecution rate: 59 percent.
- Conviction rate: 75-80 percent.
- Civilian cases charging Soldier offender prosecution rate: 14 percent.
- In 88-90 percent of founded allegations of wrongful sexual contact (FY12-14), commanders took disciplinary action against offenders.

According to the Department of Justice's Office of Sex Offender Sentencing, Monitoring, Apprehending, Registering and Tracking office:

- Approximately 30 percent of sexual assault cases are reported to authorities;
- 9.3 percent of cases of maltreatment of children in 2012 were classified as sexual abuse;
- 62,939 cases of child sexual abuse were reported in
- About 20 million out of 112 million women (18 percent) in the United States have been raped during
- Only 16 percent of all rapes were reported to law en-
- In 2006 alone, 300,000 college women (5.2 percent) were raped; and
- Among college women, about 12 percent of rapes were reported to law enforcement.





## Pick-of-the-litter

for adoption at the Fort Rucker stray facility. She is loving and well-behaved. For more information on animal adoptions, call the stray facility at 255-0766, open from 8 a.m. to 3 p.m. All adoptable animals are vet checked and tested for felv/ fiv (for cats) or heartworm for dogs (over six months) and on flea prevention. The facility needs donations such as dry or canned foods for cats, dogs, kittens and puppies, as well as blankets, toys and towels. Donations can be dropped off at the stray facility. Visit the Fort Rucker stray facility's Facebook page at http://www. facebook.com/fortruckerstrayfacility/ for constant updates on the newest animals available for adoption.



# **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

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



Only 2 Weeks to Vote Online

# kepekan. Strong. Boston. Strong.



#### Join us for our Healthy Woman 8th Anniversary Celebration.

Rebekah Gregory is a simple small-town woman and mother whose life was changed forever by the Boston Marathon bombings on April 15, 2013. She was one of the 17 people permanently injured during the act of terrorism, becoming an amputee at the age of 26. Instead of being bitter, Rebekah encourages others, while telling her story and own daily obstacles. She believes that life's struggles teach us lessons – and make us better versions of ourselves.

#### Thursday, October 1

**Enterprise Civic Center • 2401 Neil Metcalf Road** 

6:30 p.m. Dinner and Guest Speaker (Doors open at 5:30 p.m.)

\$25 per person, general admission | \$300 for reserved table of eight Purchase tickets at MCEHospital.com/HealthyWoman.

For more information, call 334-348-8868.



Story on Page D3

**SEPTEMBER 17, 2015** 

# **Boot camp makes fitness fun**

By Jeremy Henderson Army Flier Staff Writer

Fort Rucker fitness instructors hope to help everyone fight the cold weather slump and kick start the battle against sweet holiday treats during fall boot camp Sept. 28 through Nov. 6.

Lynn Avila, Fort Rucker fitness programs coordinator, said the program is designed to meet everyone at their current fitness level, and help them reach new heights by targeting different muscle groups and implementing a variety of training techniques.

"Our program is developed to five areas of fitness - functional fitness, strength, flexibility, high intensity interval training and endurance," she said. "We design a program that encompasses those areas and we include a fun day to add friendly competi-

The six-week transformation program challenges participants to run the hills, trails and stairs of Fort Rucker, conquer an obstacle course, enjoy game day on the football field and practice yoga at Lake Tholocco.

"Each day we will travel a different av-



Previous Boot Camp participants take part in early morning workouts. This year's Fall Boot Camp runs Sept. 28 to Nov. 6.

enue of fat burning," Avila said. "Whatever your goal might be - endurance, weight loss, adopting a new routine – we can help you achieve it at boot camp."

The camp will help people increase their fitness, boost their energy levels and have fun, according to Avila. Participants can also expect to see improvements in cardio fitness, stamina and strength, and body

'We have well-trained, professional fitness instructors who can help anyone at

any fitness level safely push and better themselves to reach their individual goals," she said. "Whether we have 10 people or 30 people in the class, our instructors can adjust their approach to meet any fitness level and meet each person's needs."

Avila said it is important for people to challenge their physical abilities, and explore new fitness venues or activities.

The program is from 8:30-9:45 a.m. five days a week, starting Sept. 28 and ending Nov. 6. The cost of the program is \$100 per participant, due in full by Sept. 28.

The price includes: training with certified personal trainers and group fitness instructors, access to all group fitness classes during the six weeks, a 2015 Fall Boot Camp T-shirt, and nutritional tips and informa-

Orientation will be held on the first day of boot camp, Sept. 28, at 8:30 a.m. at the Fort Rucker Physical Fitness Center.

Each registration packet will be reviewed for high-risk participants and people will be contacted if a doctor's release is needed before the orientation.

For more information, call 255-3794.



Runners participate in last year's Fort Rucker Hispanic Heritage Gate to Gate run. Saturday, runners will make Fort Rucker history by running in the first Hispanic Heritage Half Marathon and Relay.

# Runners to make history

By Jeremy Henderson Army Flier Staff Writer

Runners will make Fort Rucker history as they take their first strides Saturday during the inaugural Hispanic Heritage Half Marathon and Relay.

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

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

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

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

According to Avila, a bus will transport team members to and from the 6.5-mile mark to meet their partners and complete the second half of the race.

"We will have fruit and refreshments at the halfway point, as well," she said.

"This is an excellent opportunity for anyone who wishes to attempt a low-key half marathon with less competition before they attempt a larger race," she added.

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

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

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

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

Race day registration will be from 6-7:15 a.m. The half marathon will start at 7:30 a.m. at the Fort Rucker Physical

Participants are encouraged to pre-register at either PFC or MWR Central. The race costs \$12 per individual with the no shirt option and \$30 with tech shirt (while supplies last). Teams cost \$60 for twoperson relay team – includes tech shirts (while supplies last).

The event is open to the public. Trophies will be awarded to the top male and female finishers, and the winning team. Medals will be awarded to male and female second-10th-place-finishers, and to the second-third-place teams. All finishers will receive a participation medal.

For more information, call 255-2296.

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

## Summit aims to put brain injuries on level with post-9/11 trauma care

By Gary Sheftick

Army News Service

FALLS CHURCH, Va. — Since the 9/11 terrorist attacks, the military has made leaps and bounds in combat trauma care, said an Army two-star general as he opened a threeday Department of Defense summit on Psychological Health and Traumatic Brain Injury Sept. 9.

"In 2001, as a general surgeon, we carried the same battlefield dressing that was present in World War I," said Army Maj. Gen. Brian C. Lein, commander of the U.S. Army Medical Research and Materiel Command and Fort Detrick, Maryland.

Now, he said every Soldier on the battlefield has coagulation dressings to stop traumatic bleeding.

"Every Soldier is walking around with a tourniquet. Every Soldier is walking around with a Joint First Aid Kit," he said. "They have a device that relieves tension pneumothorax. We have a device that relieves obstructed airways and a device that stops bleeding. Those are the three biggest things that stop battlefield loss where we are to-

There's a system of joint trauma care now from the battlefield all the way to Walter Reed or Brooke Army Medical Center, he

That same type of system is needed for traumatic brain injury, Lein said. Improvements are being made, but more can be done, and he hopes the three-day summit will help spark innovations.

"We were not prepared going into this prolonged conflict on how we were going to take care of behavioral health on the battlefield. We had no idea of the effects of traumatic brain injury on our Soldiers, Sailors, Airmen and Marines," Lein said.

"We have pushed our behavioral health providers far forward on the battlefield," he said, adding telemedicine is now used for behavioral health more than anything else.

In Afghanistan, providers use virtual behavioral health centers to communicate on computers with experts back in the United States, he said.

"That being said ... we have a long way

"We've got to get after diagnosis, treatment, prevention, tracking, and ultimate full recovery from these illnesses and injuries that I think this center is after," Lein said regarding the Defense Center of Excellence for Psychological Health and Traumatic Brain Injury, where the summit was taking

"We owe it to our sons, daughters, brothers and sisters to build a system – and take care of these injuries so that they are not treated as lepers," he said. "We owe them more and I think we all need to be committed to getting them back again to you – getting them healed just like we can do."



PHOTO ILLUSTRATION BY PEGGY FRIERSON

A summit aims to put brain injuries on level with post-9/11 trauma care.

Kunsus City

Cincinnati us. Buffalo

Philadelphia Seattle vs. Green Boy M. V. Jets vs. ohs



Col. Tom von Eschenbach CDID



Capt. Louis Hill

(6-1)

6th MP



Jim Hughes PAO (6-1)



Capt. Mike Simmons



Sharon Storti (5-2)





















# OWN I'ME













Rodriguez

1. U.S. STATES: What is the highest

Owl's message from the federal gov-

3. RELIGION: When is Maundy

4. MUSIC: Which pop singer was

DISCOVERIES: Who is credited

U.S. PRESIDENTS: Which presi-

SCIENCE: What has happened to

8. ANIMAL KINGDOM: What is

9. GEOGRAPHY: Where is the

10. LITERATURE: What 19th-cen-

tury poet wrote that "the United States

themselves are essentially the greatest

See Page D3 for this week's answers.

the average gestational period for a

a cell that has undergone necrosis?

Thursday in the Christian religion?

called "The Man from Memphis"?

with discovering streptomycin?

dent had a pet badger?

Lombardy region?

capital city in the United States? 2. SLOGANS: What was Woodsy

ernment?





7 "The Ledge"

8 Never-

9 Shove

baby!"

12 See 68-

Down

14 Kiwi's kin

16 Unsuited

18 Garson of

23 Author Ayn

28 Garden tool

soapbox

34 Too curious

"Tell Me

13 Lobbying gp.

15 0, in soccer

17 University of

Dame

Hollywood

ending

actress Tyler



## Super Crossword

#### **OPEN MIKES**

#### ACROSS

- Like zany adventures 7 Give the goahead to 10 Occurrence 19 Peter of films
- 20 Alongside of 21 The bulk of Turkey is in it 22 It flows to the
- Dead Sea 24 Form a conjecture 25 — diet
- (stimming) 26 Thom footwear
- 27 Countrified 29 Nuptial leader? 30 Astronaut
- training complex 35 "Feliz --- tat-tat
- 39 Outer: Prefix 40 Shown to be a fact
- 41 Bank account amt. 42 Christmas
- tree, often 49 Haiti's Préval 50 Lemonlike 52 Reagan's attomey
- general Edwin 53 Loy of old Hollywood

19 22

25

79

93

109

115

125

102 103 104

98

- 54 Galilee native 56 French suffix
- with jardin 58 Darts skill 59 Nozzie connectors
- 63 Part of an Australian territory in the Indian Ocean 67 Puccini
- specialties 69 Potter or Klink: Abbr.
- 70 "O" shape 71 It's not an instinct 78 Unshackles
- 79 Gary's state: Abbr. 80 Be overrun (with)
- 81 Ilie of tennis 83 Cheap cigar 86 Buddhist monks
- 88 In (as first 126 Secretive found) 89 Actor Garcia Seat of Glades
- Florida 95 Suffix with peril or /igor 96 Helmsman

under Capt.

County.

- widow 99 Roof part 101 First artificial satellite
  - 102 Capital south of the Yazoo 109 — -Magnon

98 Lennon's

- 110 "At the Core\* (1976 sci-fi film)
- 111 In (stuck) 112 Opponent 115 Extend one's arm behind
- one 119 1954 Bogart film, with "The"
- 122 Cover, as a nerve fiber 123 Parts of 67-
- Across 124 Male royal 125 Event
- marking a turning point

U.S. gp.

#### 127 Sowed

- DOWN 1 Spell-casting 2 Loads
- 3 Animated "explorer

99

119

123

126

See Page D3 for this week's answers.

105 106 107

- -liver oil 5 One way to serve pie 6 Tendencies
- 31 Took to the 32 Cartoon pic 33 Midterm, e.g.
  - More\* airer 36 Plural "is" Otto -Bismarck 41 Bric-a-
  - 43 Eye, to Henri 44 Pre-bought
  - 45 Singer Halliwell 46 Italy neighbor

47 Disengaged,

as an engine

- 48 King of ancient Egypt 51 Elbow's
- place 52 Dwellers on 10 "— la vista, ancient Crete 54 "There — old 11 Molded jelly
  - saying ... 55 Nessie's home, e.g. 57 PC undo key
  - 59 "Total patient care\* practice 60 Willing to try
- 61 Jet boat brand 20 Finishes first 62 Guess wrong, say
- 64 Thomas 30 Hepcat's talk Edison 65 Animation 66 Airport
  - monitor abbr. 68 With 12-Down, bit of stage
  - scenery 72 Crème crème
  - 73 Wally's sitcom bro One-named plus-size
  - model 75 Specific printings Redding

77 Fink (on)

76 Soul singer

- 82 Basement flooding preventers
- 84 Totally get, in slang
- 85 Cravings 87 Build
- 89 Italian wine
- town 90 Wimpled one 91 Livy's 551 92 Hearty laugh
- 94 "Yoo-95 Egg
- capsules 97 Burst
- 100 Rubbish barrel 101 Regal title
- 102 Banana Republic rival
- 103 Sports venue 104 Beach site
- 105 O'er opposite 106 Papier-
- 107 Peeved 108 Souci or serif lead-in
- 112 Stumble
- 113 A single time 114 Got a load of
- 116 Fidel's cohort 117 That gal
- 118 Common coll. degrees 120 "Give -
- rest\* 121 Tether

# Weekly **SUDOKU** by Linda Thistle 6



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

#### DIFFICULTY THIS WEEK: \*

★ Moderate ★★ Challenging \* \* \* HOO BOY!

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See Page D3 for this week's answers.

# KID'S CORNER

127





| 2 1  | Os, | 78 |  |  |  |  |  |  |
|--|-----|----|--|--|--|--|--|--|
| ANDS ONI It's apple-picking time out at the farm. Apply these some 1—Red. 3—1, blue. 3—1 Feithe. 4—1, brown, 5—Pesh, 6—green, 7—Ck, brown, 8.—Ok, green, 9—Grep. |     |    |  |  |  |  |  |  |
| SPELLBINDER  |     | _  |  |  |  |  |  |  |
| SCORE III points for using all the<br>latters in the word below to form<br>two complishe words:<br>CLERICAL  |     | _  |  |  |  |  |  |  |
|  |     |    |  |  |  |  |  |  |
| THEN score 2 points each for all words of four letters or more found among the letters.  |     | _  |  |  |  |  |  |  |
| Try to some at least 10 points.  |     |    |  |  |  |  |  |  |



fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.

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# Capitol Hill workout commemorates 9/11

**By C. Todd Lopez** *Army News Service* 

WASHINGTON — Some congressional staffers, and even some military officers serving in legislative liaison positions, might have never worked so hard as they did during a 9/11-themed "workout of the day" in the Upper Senate Park on Capitol Hill.

"What we got going on right here today is a commemoration for 9/11," said Maj. Adisa King, who works in the Army's Senate Liaison Division. "It's a workout of the day and it's a chance to commemorate 9/11 by looking at all the numbers."

The number of repetitions for each exercise during the workout correlated with some aspect of the 9/11 terrorist attacks. King planned the early-morning event, which brought out more than 50 service members and senate office staffers.

Included among those exercises were:

- 220 box jumps or knee tucks representing the two, 110-story World Trade Center towers;
- an 11-repetition shuttle run for American Airlines flight 11, which crashed into the north tower;
- 175 lunges for United Airlines flight 175, which crashed into the south tower;
- 77 deep squats for American Airlines flight 77, which crashed into the Pentagon;
- 93-yard bear crawl for United Airlines Flight 93, which crashed into a field in Shanksville Pennsylvania:
- crashed into a field in Shanksville, Pennsylvania;343m Skeedco drag for the number of firefighters
- killed;
- 72 clapping pushups for the number of police officers killed: and
- 2,977 burpees for the total number of victims killed. "We are going to do something here that makes you re-

member those numbers," he said.

When 9/11 happened, King was a first lieutenant and

was in the "mountain phase" of Army Ranger School.

"That's when they told us we got attacked," King said.

"When they told us that, it changed everything for every Ranger School student. We were in the mountains then, and we knew where we had to go – we had to go to the mountains (in Afghanistan). Everybody's senses turned on. It was a moment of silence as you are marching and moving out. We knew we were going to war."

At about 8 a.m., music started pumping from loud speakers and participants broke into eight teams, each to perform a different exercise. Soldiers bear-crawled next to Sailors, and Marines lunged alongside airmen and Hill staffers.

Teams rotated between each of seven stations so they could perform all of the exercises. In between, everyone did burpees. And at the end of the hour-long workout, all the participants gathered in a group to do even more burpees, so that they could together accomplish a total of 2,977 repetitions.

Emma Kenyon, who works as a staff on the Senate Special Committee on Aging, said it was one of the toughest workouts of her life.

"But everybody was real supportive, they gave a lot of encouragement, and I really appreciated it," she said. "This was a great way to pay homage to, or to honor the people in some way whose lives had been lost, and those people who helped survivors or are survivors."

Kenyon was in fifth grade at the time of 9/11 and said at the time she and her classmates weren't yet old enough to understand the meaning of what had happened.

"Later, it became clear what had happened," she said. "But at that age, it didn't sink in what terrorism was, what it all meant. It was just the initial impact that something scary had happened."

Army Maj. Donna Buono, who also works in the Army's Senate Liaison Division, helped plan the workout. She said she hopes the event will become a yearly thing. She was but a sophomore in college in Missouri when she first



PHOTO BY C. TODD LO

More than 50 service members and senate office staffers participated in a 9/11 commemorative workout on Capitol Hill, Sept. 11.

heard about the events of 9/11.

"I was on my way to French class with my best friend," she said. "We heard about it on the radio on our way to class. We still had class, and we really didn't know what was going on until we got back out."

She said it wasn't until she got home and turned on the news that she and her roommates learned the full scope of what had happened.

While Buono was a Reserve Officer Training Corps cadet at the time, she said it didn't occur to her and her fellow cadets just exactly what the results of 9/11 would mean to them as future military officers.

"But it has defined my life," she said. "Our lives."

Navy Capt. Sarah Joyner, director of the Navy's Senate Liaison Office, was invited by the Army to participate in the workout.

"I came out because on 9/11 I had friends in the Pentagon, friends on the ground," she said. "I lost friends and fellow shipmates in what happened in the Pentagon. I wanted to make sure I remembered them and their families, and what all the firefighters and policemen and all those people that serve our country do in their various ways."

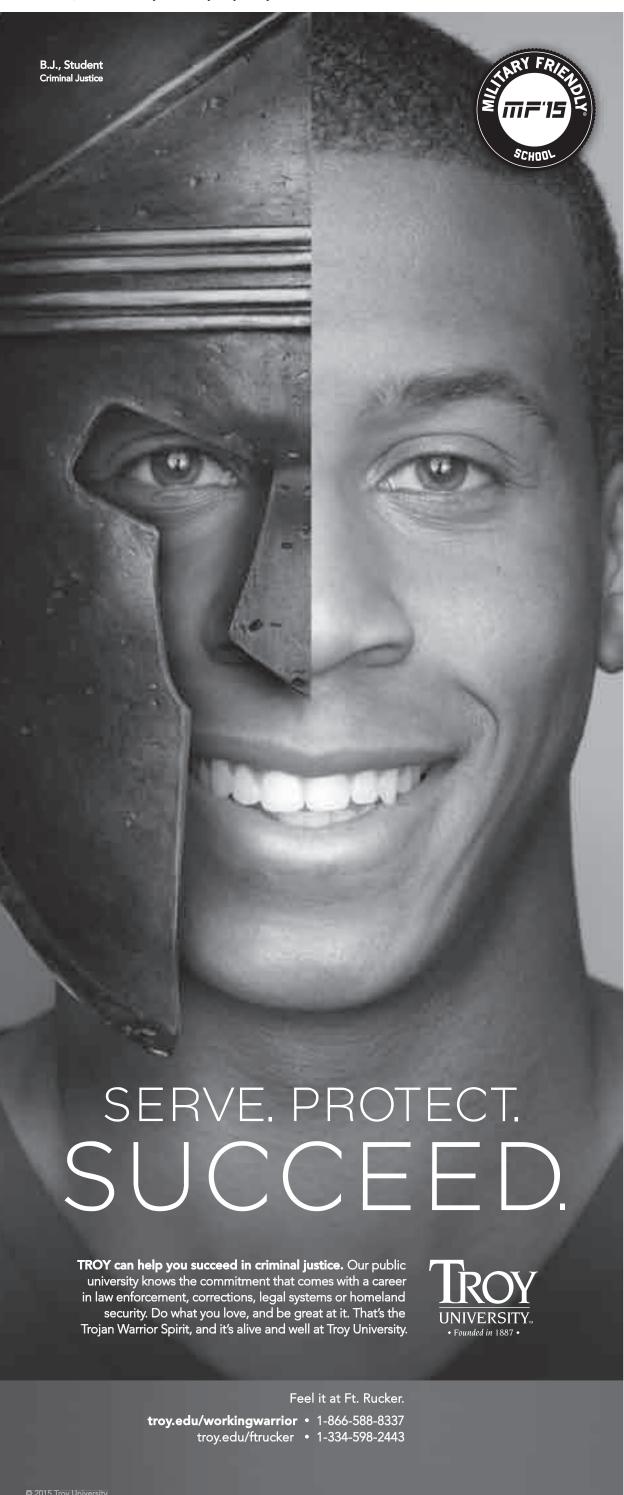
Joyner now works on Capitol Hill to help make sure the Navy gets all the information it needs from lawmakers – and the other way around as well. But she is also an F-18

When 9/11 happened, she was stationed at Naval Air Station Lemoore, California.

"I was on my way to man-up a jet when I heard that the first tower had gone down," she said. "Somebody came out and said somebody just hit the tower – an airliner hit the tower. We went back in and checked out what was happening. By the time we got in, the second tower was being hit and we knew things had changed – our world had changed.

Joyner now has done five deployments. Included among those was one immediately after 9/11, where she was able to join with a multi-national/multi-service group to respond in Afghanistan.

She said that the Army-planned workout was tough, and that the joint-service participation and involvement by Capitol Hill staffers really made it clear that defending the nation is a team effort.



#### PUZZLE ANSWERS

#### Super Crossword -



#### TRIVIA

| Asswers                             |
|-------------------------------------|
| L. Sania Fy, New Mexico (7,000 feet |
| attence sala fercel)                |
| 2. "Give a boot, don't pollute!"    |
| 3. Thursday before Easter, marking  |
| the Last Supper                     |
| 4. Livin                            |
| 5. Selmon Wakessure                 |
| 6. Theodore Roosevelt ("Jourst")    |
| 7. It has died.                     |
| 8.28-31 days                        |
| 2. Northern Italy                   |
| (0, Walt Whitmett                   |
| 10, wan wannan                      |
|                                     |
|                                     |
| Weekly CHROKII                      |

#### — Weekly SUDOKU –

#### Answer

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

## **SPORTS BRIEFS**

#### 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

For more information, call 255-3794.

Fort Rucker Outdoor Recreation will host three dove hunts, with the first shoot Saturday starting at noon. The next two shoots will be held Sunday, with the first shoot from sunrise until 11:30 a.m. and the second shoot from noon until legal shooting time. The cost for each shoot is \$20 per person. Youth ages 6 to 15 years will be allowed to hunt with a guardian, with the understanding that the youth and guardian must sit side by side – an additional \$5 per youth, per day will apply. Eye protection must be worn at all times. Space is limited to the first 15 hunters who register. The event is open to the public.

Hunters will draw numbers to determine which station they will use. A safety brief will be given each morning of the shoot.

For more information, call 255-4305.

#### Oktoberfest Volksmarch

The inaugural Fort Rucker Volksmarch is scheduled for Sept. 25 at 4:30 p.m. at the festival fields. The volksmarch will begin immediately following the Oktoberfest opening ceremony. The march will progress via Andrews Avenue and Third Avenue to the Beaver Lake Trail, around Beaver Lake on the red trail and back to the festival fields. The route will feature festive music and a water point. The route will be open from 4:30-6 p.m. with the entrance closing at 5:30 p.m. Volksmarch T-shirts will be available for purchase. The event is free and open to the public. Registration forms are available at both physical fitness centers and MWR Central.

For more information, call 255-2296.

#### ATV trail ride

Fort Rucker Outdoor Recreation will host an allterrain 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

For more information or to sign up, call 255-

4305 or 255-2997.

#### Cobra Demo Day

Silver Wings Golf Course will host a Cobra Demo Day Oct. 3 from 9 a.m. to 3 p.m. All new Cobra golf irons and woods will be available to try out. Custom fitting is available for anyone who wants to put in an

For more information, call 598-2449.

#### **Wounded Warrior Fall Hunt**

The Fort Rucker Wounded Warrior Fall Hunt is scheduled for Oct. 7-10. For more information, call 255-

#### 2-Man Buddy Bass Tournament

Fort Rucker Outdoor Recreation will host a Two-Man Buddy Bass Tournament Oct. 17 at Lake Tholocco. The tournament will run from 6 a.m. to 2 p.m. Prizes will be awarded, including cash prizes for the top three weigh-in totals and a special prize for the biggest fish. Participants must have a valid Alabama State Fishing License, a Fort Rucker Post Fishing Permit and a Fort Rucker Boating Safety Completion Card. The event is open to the public and costs \$100 per team. There will be 25 slots available, so early registration is encouraged.

To sign up or get more information, call 255-4305.

#### Ladies Guest Day at Silver Wings

Ladies are welcome to bring a guest to Silver Wings

Golf Course every Tuesday from 7 a.m. to 1 p.m. through September. The cost for guests is \$25 and includes cart, green fee, one bucket of range balls and lunch. Members who bring a guest will receive 20-percent off lunch at

For more information, call 598-2449

#### Family Fun Day at Silver Wings

Silver Wings Golf Course will host its Family Fun Day every Sunday starting at 1 p.m. now through December. This family experience is intended to introduce people to the game in a fun environment and help develop life-long golfers. The cost is \$20 for one adult and one junior, which includes cart rental, any applicable green fees, and one bucket of balls for nine holes.

For more information, call 598-2449.

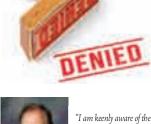
The Directorate of Family, Morale, Welfare and Recreation offers Disc Golf - played much like traditional golf, but instead of using a ball and clubs, players use a flying disc. DFMWR welcomes novices and experienced players to bring their friends out and enjoy some friendly competition. The 18-hole disc golf course is located at Beaver Lake. People can visit the Fort Rucker Physical Fitness Facility to check out a disc and give it a try. There is a \$10 deposit required per disc. The Disc Golf course is open to the public. Disc check-out is open

to authorized patrons only. For more information, call 255-2296.

#### Kast Carolina Ole Miss vs. Wake Forest Alabama US.Arm) David C. Agan Jr. (5-2)Kent Anger, **DPTMS** (6-1)**Todd Conyers** USAACE (5-2)Wes Hamilton NEC (5-2)John Tkac DPS



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