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**'THANK YOU'** Post thanks family readiness groups

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#### **TRICARE**

Law brings changes to pharmacy benefit



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

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FORT RUCKER ★ ALABAMA

**OCTOBER 8, 2015** 

# TAKING A STAND AGAINST AB

#### Living core values key to healthy relationships

By Nathan Pfau

Army Flier Staff Writer

Fort Rucker kicked off October's Domestic Violence Awareness Month with a promise to commit to preventing domestic violence.

Col. Shannon T. Miller, Fort Rucker garrison commander, signed the Domestic Violence Awareness Month Proclamation during a ceremony in the atrium of Bldg. 5700 Oct. 1 as a way of showing the community's commitment to ending domestic violence.

"This (signing) certainly shows our commitment to (domestic abuse prevention), and I do thank you all for taking the time to participate in this event," said Miller. "You being here shows your representation as a stakeholder in that commitment to make sure that we stand strong against domestic violence."

The theme for this year's awareness is "It starts with respect: Live by core values to keep your relationship healthy and strong," and Miller said it's those core values, such as respect, that can make the difference.

"It's not just what we do day in and day out at work, but it's also what we can apply when we go home," said the garrison commander. "Respect and trust are the founda-



Col. Shannon T. Miller, Fort Rucker garrison commander, signs the Domestic Violence Awareness Month Proclamation as Nicqolle Truit, family advocacy specialist, and Katie Duncan, victim advocate, look on during the proclamation signing Oct. 1 in the atrium of Bldg. 5700.

tions of a healthy relationship – and that's whether at work or at home. Some of you are married, and you know what it's like to compromise, and that's what makes a healthy relationship – compromise that's free from abuse."

Miller said that from 2006-2011, the Army has seen an increase in reports of domestic abuse by 33 percent, with women making up 70 percent of the victims. Despite the higher number of female victims, the garrison commander highlighted that men can also be victims of domestic abuse, as well.

Along with the increase in reports across the Army, Miller said that reports have also increased on Fort Rucker, which is unacceptable.

"Here we are, a training (installation), and we've seen an increase in domestic violence," she said. "We have to be our brothers' and sisters' keepers, and recog-

nize what our Soldiers, civilians and families are going through. The bottom line is that domestic violence is never OK."

Miller said that as part of the Army family, people need to look out for one another because people never know the impact they can make in a person's life by intervening.

She said that, as a battalion commander. she had an incident of domestic violence between a husband and wife, and the way the situation was handled she was able to make a difference in the lives of the cou-

"I had to punish the individual in the unit, but when I was leaving the command. the spouse came to me and thanked me because she said it was the best thing for her marriage," she said. "I really took that to heart because you just never know how your actions can impact another person.

"No one deserves abuse, whether it's verbal, physical, emotional or sexual, because they have long-lasting effects, even if they never leave a bruise," said the garrison commander. "Let's commit to preventing domestic violence. Set the stage for your child and future relationships. Encourage that respectful communication in our Soldiers and civilians. Be a part of the solution."

To report domestic violence or abuse, or for more information, contact Fort Rucker's 24/7 victim advocate helpline at 379-7947 or the family advocacy program at



Brian and Matthew Thomas, military family members, pose with the robotic Sparky, the Fire Dog, at the post exchange Tuesday during Fire Prevention Week. For the full story, see Page A3.

#### 1-223rd welcomes new senior NCO

**By Nathan Pfau** 

Army Flier Staff Writer

The 1st Battalion, 223rd Aviation Regiment welcomed its new senior NCO as the symbolic NCO Sword changed hands from one command sergeant major to the next

Command Sgt. Maj. Scott W. McGee, 1st Bn., 223rd Avn. Regt. command sergeant major, assumed resposibility from Command Sgt. Maj. Eric N. Dalby during a change of responsibility ceremony at the U.S. Army Aviation Museum Friday.

Lt. Col. Paul Berg, 1st Bn., 223rd Avn. Regt. commander, presided over the ceremony and bid farewell to the outgoing senior NCO, thanking him for his service, while expressing his confidence in the new command sergeant major.

SEE 1-223RD, PAGE A5



PHOTO BY NATHAN PFAU

Command Sqt. Mai. Scott W. McGee. 1st Bn., 223rd Avn. Regt. command sergeant major, inspects the NCO sword as he assumes responsibility from Command Sqt. Maj. Eric N. Dalby during a change of responsibility ceremony at the U.S. Army Aviation Museum Friday.

# SPEAK OUT

### AFAP seeks ideas on making Army life better, volunteers for conference

By Jeremy Henderson Army Flier Staff Writer

No idea is too big or too small and Fort Rucker's Army Family Action Plan officials want to hear them all.

The annual AFAP conference, scheduled for Nov. 4-5, provides an opportunity for the community's collective voice to be heard and to collect ideas for streamlining processes and improving Fort Rucker's quality of life, according to Rick Kohl, AFAP program man-

"AFAP, at its best, is the voice of the Fort Rucker community," he said. "The process gives everyone a chance to voice concerns and present solutions. Fort Rucker is a diverse Army community, and soliciting issues from the community allows us to hear different viewpoints and solutions. This process helps us remain Total Army Strong."

The website to submit ideas or to register for the conference is www.ftruckermwr.com/acs/armyfamily-action-plan.

The deadline to sign up for the conference and submit ideas is Oct. 30. The Fort Rucker AFAP Office is currently looking for volunteers to assist in a variety of areas.

"There are many different volunteer opportunities," Kohl said. "There are opportunities to help with the planning and organization for the AFAP focus groups Nov. 4 and 5. There are also opportunities during the two days of the conference welcoming participants, running registration, assisting the forum staff, assisting the facilitators

and helping the participants." Although the conference submission deadline is Oct. 30, Kohl said

ideas are welcome year round. "Issues can be submitted year round online or by submitting the



issue directly to the AFAP program manager," he said. "There are AFAP issue submission boxes placed around Fort Rucker several

ence represents the voice of the

weeks before the AFAP forum." According to Kohl, the confermembers, civilians and retirees. In

**COMMUNITY** • C1-6

community and provides a fresh look into its members' needs.

"The Fort Rucker community changes as residents move in and out during the PCS cycle," he said. "There are also changes in the on-post community as retirees and Gold Star Family members move into the Fort Rucker houscommunity. The AFAP process allows for the identification of quality of life issues that are impacted by change and the process offers a

solution-focused approach."

During last year's conference, more than 685 different recommendations went forward to improve quality of life for Soldiers, family

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2012, the No. 1 issue at the Armylevel AFAP conference was started at Fort Rucker.

"In recent years, the focus has shifted to local issues," Kohl said. "For example, the (child development center) needed updates and renovations. They are now under way – some portions are complete. Also there was a lighting issue at the intersections of Andrews and Hatch, and Hatch and Combat. Improvements were made as a result of the AFAP."

According to Kohl, any issue or concern that affects the quality of life of the Fort Rucker community should be submitted.

Issues with a facility or particular organization should be reported directly to the commander or manager of that facility or online via http://ice.disa.mil/.

Individuals interested volunteering should call 255-9637. A list of volunteer positions is listed under the Volunteer Management Information System tab via Fort Rucker>ACS>AFAP on myarmyonesource.com.

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**PERSPECTIVE** • A2 **ARMYWIDE** ■ B1-4

# **PERSPECTIVE**

# 'HE IS REAL, HE IS NOT'

# CID warns of Internet romance scams

**CID Public Affairs** 

QUANTICO, Va. — "He loves me, he loves me not." The phrase has been repeated by many looking for love.

In today's world of online dating and social media sites, however, the phrase may have changed from the plucking of petals to a stroke of the keys with, "he is real, he is not."

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

In the last six months of 2014, online romance scams cost their victims more than \$82 million, according to the FBI's Internet Crime Complaint Center. The average financial loss from these romance schemes is between \$15,000 and \$20,000.

The Criminal Investigation Command, commonly known as CID, reports many of these cyber criminals pose as U.S. Soldiers or senior Army officers and NCOs. The criminals often post official Army photographs and biographies in an attempt to build trust with their victims, and lure them out of personal and financial information.

Officials warn that the perpetrators use both social media and online dating sites, promising love and romance to unsuspecting victims. After the initial introduction, often through very personal, intimate conversations via instant messaging or email, the scammers attempt to manipulate and exploit their victims. Tactics used by cyber criminals include preying on their victims' emotions and appealing to their



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

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

Grey explained that the vicsense of empathy and patrio- tims are most often unsuspect- to help their children.

ing women, 30 to 55 years old, who think they are romantically involved with American Soldiers on the Internet, when in fact they are being cyber-robbed by perpetrators thousands of miles away.

The perpetrators often take the true rank and name of a U.S. Soldier who is honorably serving somewhere in the world, or has even left the service, and post that information with photographs of a Soldier downloaded from the Internet. Many of them state they are serving in a combat zone or foreign country, most often west African countries. The perpetrators give excuses for needing money, to include medical care, to return to the states, to sell their car, and

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

Investigators urge the public to consider the following tips.

- · Be extremely suspicious if you are asked for money for transportation costs, communication fees or marriage processing and medical fees. Don't ever send money.
- · If you do start an Internetbased relationship with someone, research what they are telling you with someone who would know, such as visit www.cid.army.mil/.

- a current or former service member.
- Be very suspicious if you never actually speak with the person on the phone or are told you cannot write or receive letters in the mail. Servicemen and women serving overseas will often have an APO or FPO mailing address.
- Many of the negative claims made about the military, and the supposed lack of support and services provided to troops overseas are inaccurate – check the facts.
- Be very suspicious if you are asked to send money or ship property to a third party or company. Often times the company exists, but has no idea or is not a part of the scam.
- Be aware of common spelling, grammatical or language errors in the emails.

#### Where to go for help:

- Report the theft to the Internet Crime Complaint Center (IC3) (FBI-NW3C Partnership),
- Online at http://www.ic3. gov/default.aspx;
- · Report the theft to the Federal Trade Commission – your report helps law enforcement officials across the United States in their investigations – online at http://www. ftc.gov/idtheft, by phone at 1-877-ID-THEFT (438-4338), TTY at 1-866-653-4261 or by mail at Identity Theft Clearinghouse, Federal Trade Commission, Washington, DC 20580; and
- Report the fraud to the Federal Trade Commission on Nigerian Scams via email at spam@uce.gov.

For more information on CID.

# Rofor W

The Wounded Warrior Fall Hunt is being held now through Saturday. Why is it important to give back to wounded warriors and those who have served this country? **11** 



Jesse Martin, civilian

"Wounded warriors have made some of the greatest sacrifices that a person can make, so showing appreciation for what they've sacrificed is necessary?



Ally Martin, military spouse

"They gave part of who they are to make sure that people can have the freedoms we enjoy today."



Carl Sabern, military spouse

"Without the sacrifices made by wounded warriors and veterans, this country wouldn't be where it is today."



**Denise Richards**, military spouse

"It's only fair that we show them that we appreciate what they've done for us. We didn't ask them to make the sacrifices, they just did it, and for that we can never really pay them back."



Spc. Marcus Cart, 1st Bn., 11th Avn. Regt.

"It's our duty as Americans to take care of those who have taken care of us. What kind of people would we be if we didn't?'

COMMAND

Maj. Gen. Michael D. Lundy FORT RUCKER COMMANDING GENERAL

Col. Shannon T. Miller FORT RUCKER GARRISON COMMANDER

Lisa Eichhorn FORT RUCKER PUBLIC AFFAIRS OFFICER

Jim Hughes

COMMAND INFORMATION OFFICER David C. Agan Jr.

COMMAND INFORMATION OFFICER AS-

**EDITORIAL STAFF** 

Jim Hughes ACTING EDITOR

.... 255-1239 jhughes@armyflier.com

Jeremy P. Henderson SYSTEMS & DESIGN EDITOR... 255-2253

jhenderson@armyflier.com

Nathan Pfau

STAFF WRITER .255-2690 npfau@armyflier.com

**BUSINESS OFFICE** 

Robert T. Jesswein PROJECT MANAGER... ..702-6032 rjesswein@dothaneagle.com

Jerry Morgan

REGIONAL SALES DIRECTOR .... 702-2631 jmorgan@dothaneagle.com

Laren Allgood

lallgood@eprisenow.com

Mable Ruttlen mruttlen@eprisenow.com

CLASSIFIED ADS.....(800) 779-2557

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

# Fire Prevention Week promotes diligence

By Lisa Ferdinando

Department of Defense News

Fire Prevention Week continues through Sunday and Fort Rucker's finest are making sure that people on the installation are ready when it comes to preventing fires.

Events were held throughout the week to help educate people not only about the dangers of house fires, but also ways to make sure they remain safe in the event of a fire in their home.

Fire drills were held at the Fort Rucker schools, as well as throughout various organizations throughout the installation, and information was distributed throughout the post to help bring awareness to fire prevention and its significance.

Fort Rucker firefighters got the opportunity to meet with children at the schools, clad in their full firefighting gear as a way to show children that they aren't to be feared, especially during a fire where a child's cooperation could mean the difference between life and death, according to Greg Taylor, Fort Rucker fire inspector.



PHOTO BY SGT. 1ST CLASS CLYDELL KINCHE

Brian and Matthew Thomas, military family members, receive coloring books and fire hats from Spc. William Mitchell, Firefighter Detachment with 6th Military Police Detachment, to teach them the importance of fire prevention at the post exchange Tuesday.

"We don't want children to be afraid – we want them to know that we're here for them," said Taylor. "When firefighters are in their full gear, they can look scary and sound funny, but we want children to be able to see that we're their friends and not something they should be afraid of."

The theme for the week is "Hear the Beep Where you Sleep," and focuses on encouraging people to check their smoke detectors regularly, a habit that could save lives in the event of an emergency.

Every home should have working smoke alarms, said the fire inspector, adding that most fire-

related deaths occur between 11 p.m. and 7 a.m. while people are asleep.

To be safe, people should check all smoke detectors in the home at least once a month, and remember to change the batteries for the detectors at least twice a year, said Taylor. An easy trick to remembering when to change the batteries is to do so when the times change for Daylight Savings Time, he said.

To make sure people across the installation were able to get this information, firefighters set up a table at the post exchange Monday where they distributed information, and even coloring books and fire hats for small children.

The displays were also a chance to debut a robotic version of Sparky, the Fire Dog, which came complete with its own fire engine that could squirt water at passersby.

Natalie Hornsby, military spouse, said she thought it was a great way to reach out to her children and remind them about fire safety.

"I think it's very important for children to understand the importance of fire safety," she said. "A lot of times at a young age, kids can have a fascination with fire because they don't really understand how dangerous it can be, so having them be able to learn about it is great."

Hornsby admitted that she doesn't check her smoke detection devices as often as she should, but she'll do her best to maintain the recommended monthly checks.

"Sometimes you just forget about it, but it's really important to make sure you don't because all it takes is one faulty alarm and you might not be able to catch a fire in time or have enough time to get everyone out," she said. "You don't really think about it too much when you're going about your daily business, but now that it's kind of been highlighted, it's a good reminder to have."

Firefighters will have their table set up at the post exchange through Friday, as well as host open houses at all fixed fire stations from 10 a.m. to 3 p.m.

For more information on fire prevention and safety, visit www. nfpa.org.

### Awareness Month bolsters ways Army can 'stay protected while connected'

U.S. Army Cyber Command Press Release

WASHINGTON — In recent months, headlines about cybersecurity incidents have captured national attention. From the Office of Personnel Management to the Sony Pictures intrusion, it has become clear that a single cyber intrusion can affect large numbers of people and cost millions of dollars in damage.

While these incidents garnered significant media attention, they represent a very small piece of a much larger picture, akin to individual pixels in a high-resolution image.

"It only takes one careless or malicious act anywhere on our networks to threaten Army operations," said Lt. Gen. Edward C. Cardon, commander of Army Cyber Command and Second Army.

There are two assumptions the Army operates on each day: networks will become more and more vital to operations, and networks and the systems on those networks

are constantly at risk.

To help stem the tide of malicious acts by hackers, non-state actors, nation states and insider threats, the Army must be able to count on a third assumption: individual users will remain vigilant when operating on Army networks. That's why the Army's third Cybersecurity Awareness Month observance this month focuses on risk management at the user level, the first line of defense against attacks in cyberspace.

"Cybersecurity is everyone's mission," Cardon said. "Most vulnerabilities and malicious acts against Army systems could be prevented by following and enforcing cybersecurity standards and policies."

The 2015 theme, "Stay Protected While Connected," stresses that vigilance and good online habits by individuals and organizations are critical to keeping Army networks, information and personnel safe.

Beyond educating the workforce, the Army has chosen Cybersecurity Awareness Month to launch a requirement tasking or-



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ganizations to develop plans that integrate cybersecurity risk assessment, management and mitigation into all phases of operations.

"This year the Army will focus on the measures all commanders, leaders and supervisors must understand to assess and manage risk, as well as techniques to effectively and continuously monitor people, processes and technologies necessary to identify, evaluate and respond to insider threats," wrote Army Secretary John M. McHugh in a memorandum outlining the

priorities of this year's observance.

Those plans, measures and techniques include: identifying and routinely reviewing the status of privileged users and ensuring they meet all access requirements, assessing personnel for insider threat indicators, minimizing system administrative privileges, completing necessary training, developing processes to monitor user accounts and activities and control access, identifying sensitive information the organization creates or handles and certifying that it is properly protected, ensuring that personnel and physical security measures to safeguard systems are adequate and promoting a culture that embraces the belief that online misconduct is not in keeping with the Army values.

"The Army must create a culture of awareness at every echelon," McHugh wrote. "Proactive measures can help the Army safeguard the integrity of Army networks and systems, and protect information and personal data."



COURTESY PHOTO

# **Instructors of the Quarter**

Fort Rucker honored its top instructors of the quarter during a ceremony Sept. 29 at the U.S. Army Aviation Museum. Honored were: Kevin Axton, Headquarters and Headquarters Company, 1st Battalion, 212th Aviation Regiment, Civilian Academic Instructor of the Quarter; Jeffrey Davis, F Co., 1st Bn., 212th Avn. Regt., Civilian Flight Instructor of the Quarter; Staff Sgt. Nathan Teach, F Co., 1st Bn., 212th Avn. Regt., NCO Flight Instructor of the Quarter; Staff Sgt. Jeremy Dorries, U.S. Army Aviation Center of Excellence NCO Academy, NCO Academic Instructor of the Quarter; CW3 Nathaniel Weber, A Co., 1st Bn., 14th Avn. Regt., 110th Avn. Bde., Officer Flight Instructor of the Quarter; and Capt. Cara Coleman, U.S. Army School of Aviation Medicine and Officer Academic Instructor of the Quarter.

# **News Briefs**

#### Gate closures

The Newton and Faulkner gates will close for Columbus Day Monday. All other gate hours remain the same as normal.

#### Change of command

The 1st Warrant Officer Company will host a change of command ceremony Friday 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.

#### Lyster cooking demonstrations

Lyster Army Health Clinic's free healthy cooking demonstration is scheduled for Oct. 23 at 11 a.m. Everyone, including children, is invited to attend.

#### Military pay closure

The Defense Military Pay Office will close at noon Oct. 30. All DMPO customers should visit the office with their pay inquiries or clearance papers prior to the closure. Soldiers with a military pay emergency during this time should call 317-319-7604 for assistance. The office will reopen Nov. 2 at 7:30 a.m.

#### **Retirement ceremony**

Fort Rucker will host its quarterly retirement ceremony Oct. 30 at 2 p.m. in the U.S. Army Aviation Museum.

All are welcome to attend and thank the post's latest retirees for their service.

#### Breast cancer awareness

Lyster Army Health Clinic will promote breast cancer awareness during October. Information tables will be set up in the clinic and the post exchange sporadically throughout the month of October.

Mammogram bus dates: Oct. 26, and Nov. 9, 16 and 30. Patients can call 255-7000, No. 4 to schedule and get eligibility information.

#### Clinic closure

Lyster Army Health Clinic will close for its monthly training Oct. 21 at noon. The clinic will also be closed starting at noon Friday for organization day.

### Lifespace Center classes

The Lyster Army Health Clinic's Lifespace Center will host the following classes.

- **Army Move!** Tuesdays at 9 a.m. and 1 p.m. The next six-part series begins Oct. 13 from 1-3 p.m.
- **Diabetes Basics** A new series that begins every month with Class No. 1 always being the first Thursday of the month from 9 a.m. to noon.
- **Healthy Heart** This class is currently on hold. Lyster officials tentatively expect the class to resume Nov. 13 from 9-11 a.m.

#### Lyster update

People can check out the Lyster Army Health Clinic Facebook page for the healthy tip of the day and other clinic information, such as class dates and times. People can also check out its Twitter feed at @LysterAHC.

#### AAFES loyalty program

To celebrate the launch of the MILITARY STAR® rewards program, the Army and Air Force Exchange Service is pumping up gas savings by doubling the discount for MILITARY STAR cardholders. From Oct. 9-11, drivers fueling up with a MILITARY STAR card at Fort Rucker gas stations will receive 10 cents off per gallon instead of the everyday 5-cents-per-gallon dis-

"The extra savings are a part of the exchange's launch of its new MILITARY STAR rewards program," said Beate Bateman, Exchange Express manager. "The rewards program – and extra fuel discounts, such as this one – help the exchange give back to Soldiers and their families."

#### 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.

## Reintegration teams train SERE school grads, families

By Eric R. Lucero U.S. Army South Public Affairs

In the movies, kidnap victims or prisoners of war often come home to parades and marching bands as large crowds cheer the returnees emerging from the airplane and waving to the masses.

A few short steps later, spouses hug them as children run to embrace their parents after an extended period of time apart.

Lost in the movies is the real-world application of how that process of reuniting families works and what exactly happens from the moment of recovery to the first seconds returnees spend with their loved ones.

With that in mind, a group of Soldiers and civilians left Fort Sam Houston, Texas, to travel to Fort Rucker to work with recent graduates of the Survival, Evasion, Resistance and Escape school and their families to rehearse the process of reuniting recent captives with their families, and returning them back to full duty.

"This scenario is as close as we can get to the real thing," said Mike Moccia, a U.S. Army South SERE and personnel recovery specialist. "Through these interactions with the returnees and their families, we are setting the conditions to get the individuals back to a healthy lifestyle and return to society."

The exercise at Fort Rucker is conducted four times per year and is designed to start at the conclusion of Level-C SERE school training to create a realistic flow from the captivity environment into the post-isolation process for the Army South reintegration teams, the SERE school graduates and their families.

The reintegration program is a structured process that not only engages returnees through a de-briefing activity, but allows them a chance to normalize their ordeal and their return to society. The program also reaches out to the families involved, so that they and their loved ones are better equipped to be able to digest what has happened, as well as assist in their loved ones' return to the world they knew before captivity.

Returning from captivity, all personnel have the same basic needs: medical stabilization, gaining control and predictability over their life, telling their story in a healthy way, getting their emotions normalized, and re-engaging socially and with family

"It's a reassuring feeling knowing that my family will be taken care of in the event I may find myself isolated in the future," said CW2 Justin Owen, a flight school student assigned to B Company, 1st Battalion, 145th Aviation Regiment. "One of the biggest challenges a Soldier faces during time away from his family, whether it is through school assignments or deployments, is returning home and having your family understand what you've been through. With this reintegration process, it will be a really big difference going home and having my wife feel like she was included in everything and having an idea of what I have been through."

The Army South group was comprised of military de-briefers from the 470th Military Intelligence Battalion and members of the family assistance teams. The two teams' mission centers entirely on the returnees and returning them to the lives they knew. Normally, a third group would join the team for the reintegration process, but the medical team responsible for an initial health evaluation and treatment were unavailable for this trip.

Forgoing their medical evaluations, the SERE students were whisked away from their class peers and shuttled to a remote



PHOTOS BY EBIC B. LLICEBO

Warrant Officer Joshua Bone (right), a recent Survival, Evasion, Resistance and Escape school graduate, tries to recall details of his captivity as Spc. Keith Lewis, a de-briefer assigned to the 470th Military Intelligence Battalion, listens Sept. 18 at Fort Rucker. Bone was one of five SERE students who volunteered to participate in a post-isolation reintegration exercise hosted by U.S. Army South Sept. 15-21.

location in a small van where they were met by Moccia, who explained to them what their role was and the importance of the training they were preparing to take part in.

Each returnee was then escorted into a room to meet with de-briefers to begin the process of trying to recall any information from their time in captivity. The immediate de-briefings are important in these scenarios because the experience is still fresh in the returnee's mind. This experience and the relaying of the information to the debriefing team can often lead to invaluable information in regard to lessons learned while in captivity and intelligence.

"The post-isolation de-briefing process is an important step," said Moccia. "The first thing we do is make sure the returnee knows he is important, he has a mission to complete, and that he may have information that is vital for the military in order to keep other people from getting isolated and to save lives."

Owen believes the de-briefings were an important step for him retaining his SERE training.

"Being able to re-tell my experience in isolation really helped me to remember everything I learned during my training," said Owen. "During my training, there were times where I told myself, 'I really need to remember this later.' Having the opportunity to say it out loud and tell the story of my captivity helped bring back some of those memories that would have possibly been lost."

In addition to recalling information for intelligence-gathering purposes, the debriefing also serves as a cathartic experience for the returnees. Part of that healing process is a step called storytelling, where the returnee learns to speak about his experiences numerous times and learns how to effectively tell his story.

"People who have been isolated often experience traumatic emotional events while in captivity," said Moccia. "If they don't learn to deal with these traumatic events, they'll process them in different ways and often, when not processed right, it becomes difficult to re-enter their healthy lifestyle. We have them tell their story repeatedly, in an emotionally healthy manner so they can face those issues that happened to them and gain some toolsets to help them deal with those issues once

they re-enter their normal life."

Moccia believes the unique relationship Army South shares with the SERE school at Fort Rucker is critical to replicating the details the Army South team might encounter in a real-world reintegration mission.

"Bringing our teams out to this situation, where they can interact with a person who has been as close as possible to an isolated scenario, really gives us an opportunity to train our de-briefers in as realistic environment as possible," said Moccia.

While the de-briefing teams were busy working with the returnees, the family assistance teams used their time to prepare the families – families who were truly separated from a loved one.

"The value our teams will get out of this is the ability to experience real families and real emotions," said Moccia. "During isolation, real things happen to real families and real emotions happen between them. This process replicates almost exactly what happens during a real-world isolation process."

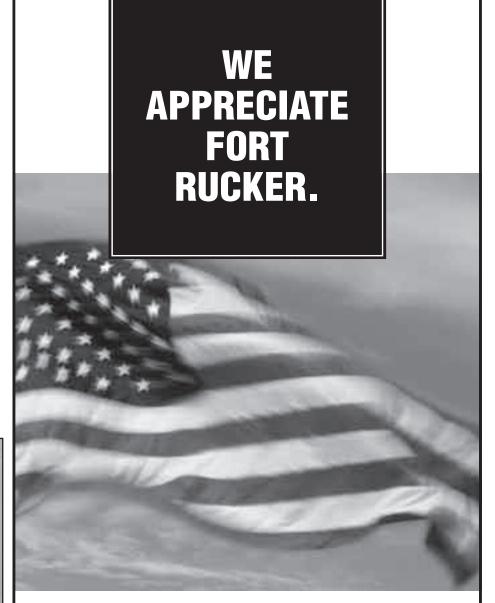
It is the experience gained during the Fort Rucker post-isolation exercise that Moccia feels will enable his family assistance teams to be successful when called

to execute a real-world reintegration mission.

"This isn't a simulator. This is a real situation with real people with real problems, real challenges and real goals to meet, and our teams do that very well," said Moccia. "When they take that back and have to execute a real-world mission, as they walk into a home of a family of a Soldier, they are ready for it."

Adrian Mighty, husband to recent SERE school graduate, Spc. Cameil Mighty, feels his interaction with the family assistance teams has helped him overcome any anxiety about seeing his wife after weeks without contact – something that was not available to him during her time away at basic training or other military schools she has attended.

"I think working with the family assistance teams is a great thing because they give you an idea of what our loved ones have experienced and provide an idea of how to react once they come back," said Mighty. "I feel really good. In the past, I felt left out. With the reintegration program, it helps me feel like part of the solution in helping my loved one back to a normal, healthy life."



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Adrian Mighty prepares to hug his wife, Spc. Cameil Mighty, a recent SERE school graduate, after seeing her for the first time in three weeks Sept. 20.

# Perkins provides insight into future

**By David Crozier** 

U.S. Army Training and Doctrine Command Command Communications

FORT BLISS, Texas – In an age of uncertainty, the commanding general of U.S. Army Training and Doctrine Command spent the morning of Sept. 30 providing clarity on the Army's operating concept and the role of the senior NCO in mission command.

Gen. David G. Perkins began the discussion by explaining the purpose of TRADOC and its role in the future force to the 454 students of Sergeants Major Course Class 66 at the U.S. Army Sergeants Major Academy.

TRADOC does a lot of things, Perkins said, but it is known as the architect of the Army – the designers of the future Army, which is looking at 2025 to 2040 and what capabilities the Army needs to have. TRADOC is the "design-build firm" for the Army.

As the designer of the Army Operating Concept, Perkins said the institution took a look at past concepts and found the 1981 Air-Land Battle Operating Concept to be a powerful example of what the operating concept does – ask the big questions.

"The first question it asked was 'What echelon of war are we going to design the United States Army to operate in?' That is a big question. It didn't get wrapped around small questions," he said.

Perkins cautioned the group to take the time to ask big questions and not get wrapped around the axle with small answers.

"Before you march off on small answers, the most important thing you have to do is define the problem. Define the problem you are trying to solve before you spend all night trying to solve it," Perkins said. "Beware of people who define the problem by taking the answer they want and rewording it in the form of a problem."

The second thing an operating concept does, Perkins said, is describe the operating environment. AirLand Battle was designed to go to battle with Russia in the central plains



PHOTO BY DAVID CROZIE

Gen. David G. Perkins, commanding general of U.S. Army Training and Doctrine Command, talks to the 454 students of Sergeants Major Course Class 66 at the U.S. Army Sergeants Major Academy on Fort Bliss, Texas, Sept. 30.

of Europe alongside NATO, a well-known coalition. Everything was known in AirLand Battle Concept.

The problem the AirLand Battle Concept identified was "Fight outnumbered and win." Using that template, Perkins said, TRADOC came up with "Win in a Complex World," with complex being defined as unknown, unknowable and constantly changing.

"As an NCO, you have to understand the logic of how we get to where we are," he said. "Words have meaning and the good thing about doctrine is you get to define what the meaning is. All I need to know is whether I am building an Army for a known world or an unknown world. Because those are two different armies. If it is unknown, you design, build and buy things differently."

In order to win in a complex world, Perkins said the Army must conduct unified land operations and ask itself the big question, "But what are we for?"

"It is very powerful once you decide what you are for, because you can start grading what you do," he said.

To come up with that answer, TRADOC used Google's mission – to organize the world's information and make it universally accessible and useful – as an example that provides clarity in purpose. From there, TRADOC defined what the Army is for – "To seize, retain and exploit the initiative to get to a position of relative advantage.

"That could be to get the advantage against the Taliban, Hurricane Sandy, some humanitarian disaster – whatever you are dealing with," he said. "(It is a) relative advantage because the world is constantly changing – what is an advantage today may be a disadvantage tomorrow."

Turning his focus to mission command, Perkins said to conduct unified land operations, the Army must institute mission command, a multi-warfighting function and command philosophy. "In mission command, we balance command and control – not to ensure compliance, but to empower the initiative."

Perkins said leaders need to give their

Soldiers the mission-oriented orders by understanding, visualizing and describing the mission.

"Mission command is all about leadership because if you don't have leadership, you cannot execute mission command," he said. "If you can't conduct mission command, you can't do unified land operations, and if you can't do unified land operations, you probably are not going to win in a complex world."

Perkins also urged the class to "never lose clarity in the search for accuracy," and that its job was to conceptualize and not get caught up on the small things.

TRADOC's commanding general ended with a discussion on the Army profession, where he told the students they are the stewards of the profession.

"You own the profession," he said. "Because you own the profession, we lean on you – we trust that you know what you are doing, you will give your life to do that and that is the only reason we are ever going to be able to win in a complex world."

## Domestic violence prevention starts with respect

By Jessica Marie Ryan Installation Management Command Public Affairs

SAN ANTONIO — "The core values for a good and healthy relationship mirror the Army core values," said the family advocacy program manager for Headquarters, Department of the Army.

"Love, respect and trust will be at the forefront for any healthy relationship," explained Lt. Col. Ricky J. Martinez. "However, relationships will also need other core values such as honesty, integrity, commitment, selflessness and courage to be completely successful."

In October, Army leaders at all levels will emphasize the positive impact of Army Values on relationships as they join the nation in observing Domestic Violence Awareness Month. Domestic violence awareness campaigns will bring awareness to an issue which undermines the Army Values and has the potential to end careers – and even lives.

This year's Department of Defense theme is "It starts with respect: Live by core values to keep your relationship healthy and strong." The Army will focus its efforts on publicizing its resources that help Soldiers and family members develop life skills and maintain positive relationships.

During the month, military installations worldwide will execute events that high-



light prevention programs and services available to Soldiers and family members. Notable campaign efforts include purple ribbon – the symbol for domestic violence awareness – ceremonies, training classes and workshops featuring keynote speakers and survivors, wellness fairs, signing pledges and public service announce-

"Our programs are designed to promote awareness, encourage reporting, provide safety for victims and ensure treatment or administrative action for offenders," said

The Army Victim Advocacy Program, a program within Installation Management Command, provides prevention, education and intervention services for victims. According to the Army Family and MWR

website, the program is for service members, their current or former spouses, an individual with whom the service member shares a child and significant others of service members who live together. Services are available 24 hours a day, seven days a week.

Trained professionals help victims with dealing with crisis response, understanding reporting options and even obtaining military and civilian protective orders. They also accompany victims to medical exams and court protection hearings.

Even though these services like these exist, victim advocacy coordinators also aim to educate couples on practicing good communication skills so their relationship troubles do not escalate to violent behavior.

"We want to build the understanding

that seeking out external resources such as counseling, couples' retreats and workshops during difficult times is a sign of strength and also helps sustain healthy, intimate relationships," said Tina Felder-Jones, the victim advocate coordinator at Fort Stewart and Hunter Army Air Field, Georgia.

Through the help of Felder-Jones and her team, victims are able to seek support and start a better life. A survivor – who wished to remain anonymous – wrote a comment card to her office and expressed gratitude for their help.

"It would have been a much darker road for me if I had not had the courage to step into your doors," the anonymous domestic violence survivor said.

A message that Martinez and other family advocacy program managers want to make loud and clear is that every person can help in preventing domestic violence.

"Everyone plays a role in upholding the community values and standards that support safe, healthy relationships for everyone in our military communities and civilian communities," said Martinez.

Fort Rucker Family Advocacy Program officials encourage anyone who feels like they are a victim of domestic abuse to call their hotline at 379-7947. For any questions, concerns or desires to file a report, the community may reach the program at 255-3898.

# 1-223rd: Senior NCO vows to continue making 'the mark of excellence'

Continued from Page A1

"Dalby is the epitome of a command sergeant major and has given to this battalion every day of his service, even to the last weekend," said Berg. "But as one door closes, one opens, and I'd like to welcome Command Sgt. Maj. Scott McGee and his family to the Spartan Battalion.

"I know the Army has selected the right person for this battalion," continued the lieutenant colonel. "I believe, with your background as varied as this battalion is, you will do great."

McGee comes to Fort Rucker from Fort Bragg, North Carolina, where he spent the last 10 years with various Aviation units. He has served in multiple assignments across multiple continents, including many leadership positions, such as flight operation NCO and flight operation NCO in charge for the 2nd Bn., 52nd Avn. Regt. at Camp Humphries, South Korea; flight operations NCOIC for the 3-229th Attack Helicopter Regiment (Airborne) in Fort Bragg before being deployed with the unit to Bosnia; ammunition NCOIC

and assault command post NCOIC for the 82d Airborne Division's 1-17th Cavalry; to most recently as the G3 sergeant major for the U.S. Army Special Operations Aviation Command (Airborne).

"I'm humbled by the opportunity to stand here as command sergeant major for the Spartan Battalion," said McGee. "I look forward to serving with the Soldiers, and standing with you and Tonya, as we serve this family. Maggie and I are proud to be a part of this organization."

McGee thanked all of those who helped him get to the position he now holds, including his predecessor, who he worked with in the weeks leading up to the ceremony.

Dalby expressed his confidence in the incoming command sergeant major and offered advice to help with Mc-Gee's new assignment.

"Command Sergeant Major McGee, you are inheriting a great battalion full of outstanding servant leaders," said the outgoing CSM. "After working with you for the last two weeks, I believe the Army selected the right person for

this job. The challenges that lie ahead – I have no doubt that you will succeed. Trust your first sergeants (and) commanders to get the job done. If you have their backs, they will have yours."

The 1-223rd is one of the most diverse units in Army Aviation, according to Dalby, operating five different airframes, flying more than 110,000 flight hours in its 27 graduate and undergraduate programs of instruction, a task that McGee said he's looking forward to undertaking with the help of his fellow Soldiers.

"To the Spartan Battalion Soldiers who welcomed me with open arms, I stand with you as we continue to be the best battalion in the brigade," he said. "We will be as those who came before us were – the Spartan battalion, the mark of excellence."





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**OCTOBER 8, 2015** 

# FORWARD THINKING

### Army asks manufacturers for proposals on new Apache engine

**Army News Service** Staff Report

WASHINGTON - In mid-September, the Army asked industry to provide preliminary design review proposals for the Improved Turbine Engine Program, which will eventually replace the existing General Electric T700-GE-701C/D engines that now power AH-64 Apache and UH-60 Black Hawk aircraft.

Engine manufacturers have until Nov. 9 to submit those design proposals. The Army will then select from those submitted proposals up to two manufacturers who will compete for 24 months to be chosen as the single manufacturer of the Improved Turbine Engine.

"This is Army Aviation's No. 1 modernization program. Ultimately, the warfighter needs the ITEP," said Lt. Col. Curt Kuetemeyer, product manager, Improved Turbine Engine Program, during a Sept. 28 press conference.



ARMY PHOTO

An AH-64 Apache.

manager for the Improved Turbine Engine and Future Vertical Lift, said he is confident that bidding contractors will have able Turbine Engine program.

Rich Kretzschmar, project the chops to design an engine that can meet the demands of the ITEP program, having worked already on the Advanced Afford-

"We feel very confident that the original equipment manufacturers that are selected can build on what they have demonstrated either in the AATE program or

outside of the AATE program, because we fully expect other engine vendors that didn't participate in AATE to participate in this program, as well," Kretzschmar said. "We feel confident they can mature that technology towards the specific requirements we have for ITEP and get to production."

Kuetemeyer said the ITEP's increased engine power means further range for the Black Hawk, more time on an objective and more troops or equipment that can be carried, "all resulting in more lethal, more effective missions."

The more efficient ITE will mean fewer fuel convoys needed on dangerous missions, and that reduces risk to Soldiers who would be involved in those logistics convoys. Additionally, in the last 10 years, there have been 36 AH-64 and UH-60 Class A and B mishaps that have occurred where inadequate power or power management

SEE FORWARD, PAGE B4



Marines with the 1st Raider Battalion Multiple Service Operation Test 8123 conduct vehicle interdiction with the 160th Special Operations Aviation Regiment. The Army Aviators helped the Raiders conduct the exercise to sustain and improve MSOT's abilities.

# U.S., NATO participate in exercise

By Staff Sgt. Brooks Fletcher 16th Mobile Public Affairs Detachment

ADAZI MILITARY BASE. Latvia — U.S. paratroopers from the "First Rock" Battalion, 173rd Airborne Brigade, out of Vicenza, Italy, and five other NATO countries wrapped up the week-long, Latvian-led Silver Arrow exercise Sept.

With several key leaders in attendance, including Brig. Gen. Timothy Daugherty, 4th Infantry Division deputy commanding general, and Minister of Defense to Latvia Raimonds Bergmanis, participants used the exercise's culminating event to put on a demonstration of force.

"This exercise helps exhibit the strengths that every nation brings to the fight and how we can come together to make a better allied force," said 1st Lt. Evan Eyster, 1st Battalion, 503rd Infantry Regiment, 173rd Airborne Brigade. "It sends the message that we are cohesive and ready to work with one another."

With more than 1,000 participants, Silver Arrow is a cooperative training exercise among Canada, Denmark, Germany, Latvia, the United Kingdom and the United States.



Infantry soldiers from the Canadian army pull security after dismounting a UH-60 Black Hawk from the 3rd Combat Aviation Brigade, 3rd Infantry Division out of Hunter Army Airfield, Ga., during a situational training exercise as part of Silver Arrow 2015 in Adazi, Latvia, Sept. 27.

Lt. Col. Michael Wagner, battalion commander for First Rock, which has been deployed to Latvia and training since June as a part of Operation Atlantic Resolve, said it has been a great experience for his Sky Soldiers to be able to come here and conduct operations alongside of the their NATO brethren.

"Sometimes people may not understand or appreciate how good other nation's forces are, but all of the countries here have been trained to at a high standard," Wagner said.

Along with validating the company's mission-essential task list and unit proficiency, the situation training exercise saw the U.S. Army paratroopers working with troops from the Danish, Latvian and German

militaries as the opposition forces hindering the mission of the blue force comprised of light infantry troops from the British and Canadian armies.

British Army Lt. Col. Sanjay Turner, commander of the 1st Battalion, Irish Guard, talked about what it means for all the participants to come together and work in such a synchronized manner.

"Like any multinational opportunity, it's great for us to operate alongside our allies and ease all of the inevitable frictions of language, equipment, tactics, so that if we are called to fight, side-byside, we do so as effectively and as victoriously as possible," Turner said. "History has proven that collective defense is the most effective defense.

We come together as an alliance, one that is a lot older than me and has served its purpose before, to ensure Europe and the world is safe and prosperous for collective identity and certainty that aggression will never be stood for."

Exercises like Silver Arrow contribute to the mission of Operation Atlantic Resolve, an ongoing, multinational partnership focused combined-training and security cooperation between NATO allies. Soldiers from the 1st Battalion, 503rd Infantry Regiment were the first U.S. unit to deploy into the Baltic and Black Sea region in support of Operation Atlantic Resolve in 2014 following Russia's annexation of Crimea.

## DRONE **SWARM**

Network Integration Evaluation tests synchronized UAS use

By John Hamilton Army News Service

WHITE SANDS MISSILE RANGE.

N.M. — In this season's Network Integration Evaluation taking place on White Sands Missile Range and Fort Bliss, Texas, coordinated units of remotelyoperated and automated aircraft will be used to represent a possible threat on tomorrow's battlefields.

Members of the Targets Management Office with Program Executive Office for Simulation Training and Instrumentation are using off-the-shelf quad and octocopters and flying them in groups. The endeavor is part of an Army Test and Evaluation Command program to study possible use, effectiveness and countermeasures for the deployment of large numbers of synchronized drone

"ATEC is our customer, they tasked us to come out and look at swarming, the variations and the payloads we can apply to this," said James Story, an engineer with the Targets Management Office, PEO STRI. "We saw this as a threat that wasn't being addressed and ATEC

While drones are seeing expanded use, with many different countries building, deploying and selling large airplanesized drones for military purposes, smallscale drones are still gaining a foothold, mostly due to the technical limitations involved. That technology is expected to improve, and the small-scale drone be-

SEE SWARM, PAGE B4



Dozens of small off-the-shelf drones sit idle while program officials conduct system checks to prepare them for flight preceding Network Integration Evaluation 16.1.

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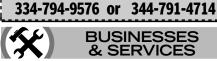
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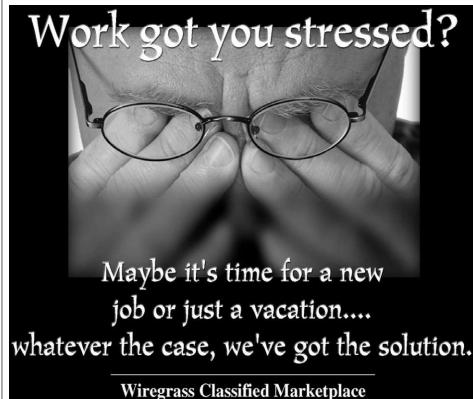
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# Forward: ITEP requests corrosion resistance

Continued from Page B1

were contributing factors. The ITE engine closes that engine margin gap. An aircraft with an ITE will no longer be engine limited.

By the fourth quarter of fiscal 2018, the Army expects to select just one of those engine manufacturers to produce the ITEP. At that time, the Army will commit to a Milestone B decision, and award an engineering and manufacturing development contract that will allow the chosen vendor to conduct development leading to production and fielding of the ITEP.

Low-rate initial production for ITEP is scheduled for the third quarter of FY2024 and full-rate production is scheduled for the fourth quarter of FY2026.

The ITEP is a 3,000 shaft horsepower engine program that provides advanced turboshaft propulsion capabil-

ity, primarily for application to the Army's Black Hawk and Apache helicopters.

The ITEP is based on the Operational Energy Initial Capabilities Document focusing on fuel and maintenance savings, as well as worldwide performance in high and hot conditions at 6,000 feet and 95 degrees. Also, ITEP focuses on the development and qualification of a new centerline, turboshaft engine that is needed to support operational energy requirements necessary to ensure the Black Hawk and Apache remain operationally effective well into the 21st century.

#### **Strengthening Army Aviation**

Both the UH-60 Black Hawk and AH-64 Apache, as well as other variants of helicopters, currently operate with the T700-GE-701C/D engine that has 1,900/2000 horsepower. The ITEP provides 3,000 shaft horsepower

with a significant fuel consumption decrease and maintenance cost decrease. It will also incorporate a condition-based maintenance plus package, and a horsepower-to-weight increase.

The ITEP also calls for corrosion resistance that will allow it to function in joint operations, in particular with the Navy and the Marine Corps, where resistance to salt water is a critical.

Kretzschmar said the Army expects to operate jointly in the littoral environment, and is looking at being able to support future cooperation with the Navy and Marine Corps.

"So, helicopters have to be compatible with ship landings," he said. "Because of that marine environment, we have to pay attention to corrosion. They look at coating, maintenance schedules and how the engines are designed."

### Swarm: Missions test drone's ability to drop small payloads

Continued from Page B1

come more viable as a possible weapon, and it's that preparation for the future that is driving the swarming project.

"Right now there's hardly anyone doing swarms, most people are flying one, maybe two, but any time you can get more than one or two in the air at the same time and control them by waypoint with one laptop, that's important," Story said. "You're controlling all five of them and all five of them are a threat."

Normally used by hobbyists and photographers, the quadcopter style drones don't represent a huge threat in their current state. The tiny aircraft have a flight time of only a few minutes and have a limited payload capacity. This makes them ill suited for the surveillance missions drone aircraft are most commonly associated with, which require an aircraft that can stay aloft for long periods of time, and carry heavy zoom and thermal camera systems.

The concern comes from the affordability of the off-the-shelf systems. Small military drones, custom designed for the military mission and outfitted with the latest hardware, can get quite expensive. The Tarantula Hawk Micro Air Vehicle, a VTOL capable military drone about the size of a large bucket, comes with a price tag in the hundreds of thousands of dollars, with hundreds of thousands more needed to train an operator. An off-the-shelf quadcopter, like the 3-D Robotics Iris series used in the test, can be bought for around \$1,000 and requires almost no training to operate.

For the NIE, the off-the-shelf drones will be configured to carry special payloads for specific mission functions. Cameras, bomb simulators, expanded battery packs and other systems will be tested on the aircraft to develop and analyze potential capabilities of the drones. By conducting the flights at WSMR, the engineers can evaluate things like actual flight time and performance, as well as payload capabilities. Using data collected from the WSMR flights, the engineers hope they can increase the flight time of the drones and make other improvements to make them more comparable to more expensive military drones.

"The payloads make the difference. When you add video – the camera, the heavier battery for more flight time – so for the smaller bird here the flight time goes from about 15 minutes, to about seven minutes of flight time," Story said. "That's part of what we're doing here is seeing if we can increase the flight time."

From a military perspective, this low price tag of the off-the-shelf drones can translate to a level of disposability. A militarized version of one of these aircraft could be equipped with light weapons like

small bombs they can drop, or be flown into a target and exploded like a cruise missile.

Even still, the threat of a single drone of this type is fairly small, as they lack hardened systems and armor, making them easy to shoot down using even a simple sportsman's shotgun. By coordinating dozens of drones or more into a single swarm, it's theorized the tiny aircraft could overwhelm a defender, presenting far more targets then can be easily destroyed and allowing at least some weap-onized drones to reach their target.

"Even if you defeat one or two, if one of them slips past the guard that can pose a problem," said Michael Francis, integrated product team lead for the multirotor targets program.

In preparation for the NIE mission, PEO STRI came to WSMR in September to conduct initial flight tests at Condron Army Airfield. Using flight and navigation software also available off the shelf, the engineers and technicians were able to put up to 10 drones in the air at a time, conducting basic maneuvers and formations, and return to the launch point. While simple in appearance, the ability to put 10 drones in the air and execute a flight plan is a key step in the development and analysis of swarm tactics.

For the NIE, PEO STRI personnel will be deploying the drones as a kind of fire support unit. Acting as a member of the opposing force, the drones will be used for short-range missions, flooding the airspace with drones to generate disruptive radar signatures, as well as being used as a kind of spotter, using simple video cameras to try and locate Soldiers and units.

"We're going to be flying proving the opposing force with swarm type assets, giving them radar saturation and getting eyes on using a video downlink," Francis

There are also plans to fit the drones with the ability to drop packets of flour, simulating the ability for the swarm to drop small bombs, allowing the drones to perform short-range strike missions.

Drone-test missions can be a big challenge to plan and execute. Fortunately WSMR has unrestricted military airspace, allowing the testing of remotely operated or autonomous aircraft at any altitude within the range's 3,200 square miles.

Certifying the systems through WSMR's flight safety office and establishing safe operations procedures was challenging, but the result is the ability to evaluate a new threat to the Soldier.

"There's a lot of paperwork, for frequency and safety issues, but it's definitely worth it. This is the first time integrating into the NIE and it's a great group of guys working at Fort Bliss and White Sands that helped us along the way," Francis said.



PHOTO BY JOHN HAMILTON

Five small off-the-shelf drones launch from White Sands Missile Range, N.M., Sept. 3 in preparation for Network Integration Evaluation 16.1.



COLLEGE OF COMMERCE



The U.S. Army Aeromedical Research Laboratory is conducting studies on hearing and listening. We are seeking volunteers with relatively normal hearing that are available to the Fort Rucker area for at least 1 year to join a listening panel from which you may be selected for hearing research studies.

The time required to join the panel will be approximately 2 hours for which payment will be up to \$40, made by check, for completing the protocol. Soldiers on duty status cannot be paid for their participation but are welcome to volunteer for the listening panel.

If you are interested in volunteering to participate in this research, please call Mr. JR Stefanson at 334-255-6825, earl.w.stefanson.ctr@mail.mil or Mr. Chris Latin 334-255-6822, christopher.s.latin2.ctr@mail.mil.

Story on Page C3

**OCTOBER 8, 2015** 



Family readiness group members take part in a friendly game of Family Feud during an FRG open house at the Corvias building Oct. 1.

# Post thanks family readiness groups

By Nathan Pfau Army Flier Staff Writer

Army families take care of one another, and with everything military families face, with relocations, separation and general challenges, Corvias Military Housing and Fort Rucker are committed to giving back to those who serve the Army family.

A family readiness group open house was held at the Corvias building Oct. 1 as a way to say thank you and show appreciation to those FRG members who sacrifice their time to improve the life of Army families and Soldiers on Fort Rucker, according to Curtis Williams, mobilization and deployment program manager.

"The FRG open house is about showing appreciation to those who work within the FRGs here

on the installation, so we come together and we celebrate them," said Williams. "This is our way of telling them 'thank you' for supporting our families, our Army and all of the programs that are out there. They commit so much to others, so this is our way to commit to them and show our appreciation for their commitment, which makes a difference in the lives of others."

During the open house celebration, people were able to visit different tables that highlight different organizations on post to see what opportunities are available on post. Door prizes were given out throughout the night, with a grand prize given out to those who visited every table.

People also had the chance to

groups went head to head, but not before being treated to dinner.

Paula Dahlgren, military spouse and FRG member for the 1st Battalion, 14th Aviation Regiment, said it was great to be appreciated, but also an honor to be able to represent the Army families on post.

"To be able to work with these families and support them, it makes me feel very proud to have that opportunity," she said. "Being at Fort Rucker, you never know if something might happen, so we all want to know one another so that we can be there for each other if we need to. Being in an FRG is about building a friendship and a bond."

support families for anything they first termers, and having a good "Family Feud," as different FRG support, said Dahlgren. They right looks like, and that's part said.

also host activities and functions to help create and solidify those bonds that help to make Army families more cohesive.

It's because of that bond that it is important to show FRG members how much their efforts are appreciated, said Maj. Gen. Michael D. Lundy, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general.

"I want to thank all of you for everything that you do because what you do is very important to our families and our Soldiers," he said. "FRGs are very important not only for what we do throughout the Army, but especially for what we do (on Fort Rucker.)

"We have a lot of young Sol-FRGs pass information and diers who come through here as of what we do here," continued Lundy. "We're in a very dangerous business here, so one of the things that our FRGs do for us is to help us through trying times. This open house is about showing our appreciation to those FRGs and telling them 'thank you' for supporting our families, our Army and all of the programs that are out there."

Lundy's wife, Paula, agreed and said that FRGs are important for families, so that they can have someone to go to if they have any questions.

"The FRGs are extremely important, and it's important for those families and Soldiers to have that group where they can ask the questions, and to have the group that keeps them informed, participate in a friendly game of might need, including emotional FRG structure shows them what so we truly appreciate you," she



Chaplain (Capt.) Nwag Bara gives a sermon during the Blessing of the Animals service Saturday in front of the Main Post Chapel.

## **ACS** makes volunteering

By Jeremy Henderson

Army Flier Staff Writer

Lending a helping hand to the local community is now even easier than before thanks to a new Army Community Service online instructional video.

The video walks participants through the volunteer registration process and demonstrates how to access the listing of volunteer opportunities within the Fort Rucker installation, according to Beth Gunter, Army Emergency Relief officer.

"Volunteers donate the gift of their time to enhance our community," she said. "By registering in the Volunteer Management Information System, they can record their volunteer hours. This record system is accessible from any installation. It allows users to find volunteer opportunities and provides a historical record to manage their Volunteer Service Record, which can be beneficial for developing a resume."

VMIS is also a means for the installation to provide online recruitment for volunteers, and to communicate with the volunteers and the organization points of contact, she added.

"Because we realize the benefits of having volunteers register within

VMIS, and that maneuvering the site the first time may be daunting, an instructional video was developed to walk through the steps of registering and applying for a volunteer opening," Gunter said.

According to Mirian Houston, Exceptional Family Member Program system navigator, the video is an all-in-one guide for first-time volun-

"The video is all that is needed to become a registered volunteer," she said. "If there are questions or if the volunteer is not able to access the VMIS web page, then ACS personnel will assist them in the ACS Center.

"If special training is needed, such as (family readiness group) or safety, then the training will be provided within the organization where they are providing the service," she add-

According to Gunter, volunteerism provides an opportunity for newcomers to become acclimated to the area.

"Volunteering encourages people to become an active part of the community," she said. "Giving of themselves enhances the organizations within the Fort Rucker community. Their generosity improves programs and services

"Through their active involvement,

they promote relationships, inspire others and create positive changes," she added. "Volunteers can find personal fulfillment through the donation of their talents and time, while broadening their experiences and enhancing their skills.

Curtis Williams, ACS Mobilization and Deployment program manager, echoed Gunter's sentiment.

"No Army community survives without the contribution of outstanding volunteers," he said. "Volunteers have always been a difference maker. Because of their roles as family members and other key components, they add a dimension to the team that keeps it going in the right direction. Volunteers better equip the Army and nation by saving time, money and other resources."

For access to the instructional video, visit www.FTruckermwr.com. Users should then click the "ACS" tab followed by clocking the "Army Volunteer Corp" tab. The AVC page has a link to the Army One Source site, or you can go to https://www. myarmyonesource.com/familyprogramsandservices/volunteering/ vmis/vmishome.aspx

For more information about ACS, volunteer opportunities or website access, call 255-4363 or 255-2341.

## OPPORTUNI **Project: National Disability**

**Employment Awareness Month** and Assistive Technology Expo

Volunteers needed to assist with setting up and breaking down of the event, which takes place today, 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.

SEE OPPORTUNITIES, PAGE C5

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

#### **Resilience training**

Army Community Service will host resilience training Tuesday 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 Friday.

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

#### Newcomers welcome

Army Community Service will host a newcomers welcome Oct. 16 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.

#### **Comedy Live**

Comedy Live returns to The Landing Oct. 16 from 8-9:30 p.m. For details, call 255-1749.

#### **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. 15. 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 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.

#### Outdoor yard sale, flea market

The Fort Rucker Fall Outdoor Yard Sale and Flea Market is scheduled for Oct. 17 from 7-11 a.m. at the festival fields. The outdoor event provides the opportunity for the Fort Rucker community to buy and sell used household items in a consolidated fashion. The event is open to the public. Booth space fees apply to sellers and no commercial vendors are allowed. A limited numbers of tables are available to rent. Registration to sell is due by Wednesday.

Rates for space to sell for active-duty military, family members, retirees and Department of Defense civilians are \$20 for a 15x20, \$30 for a 30x20 and \$10 for a table. For the general public, rates are \$30 for 15x20, \$40 for 30x20 and tables are \$10.

For more information, call 255-1749.

#### **Ghostly Get Together**

Fort Rucker Youth Center members are invited to take part in the Ghostly Get Together Youth Lock-In Oct. 23-24 from 6 p.m. to 6 a.m. at the center. Admission is free for all active Middle School Teen members, ages 11-18 years. Guests are welcome to attend for \$10 and a photo ID is required for age verification. The event will include scary movies, spooky games and giveaway creepy prizes, and also basketball tournaments, video game challenges, the rock climbing wall, and arts and craft activities. Attendees will also get to go to Frite Nite at the Fort Rucker Riding Stables.

For more information, call 255-2260 or 255-2271.

#### **Frite Nite**

Frite Nite returns to the Fort Rucker Riding Stables Oct. 23-24 from 7-11 p.m. The is event is open to the public. For more information, call 598-3384.

#### Center Library fall carnival

Center Library will host its fall carnival Oct. 27 from 4-5:30 p.m. Light refreshments will be served, and there will be a costume contest, pumpkin carving contest and Halloween craft activity. The event is open to authorized patrons.

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

#### Halloween craft

The Gift (R)

The Center Library will host a Halloween craft activity Oct. 27 from 3:30-4:30 p.m. for children ages 3-11. Space is lim-



PHOTO BY STAFF SGT. JENNIFER C. JOHNSON

### **Army 10 Miler sendoff**

A scene from the opening ceremony of last year's Army 10 Miler at the Pentagon in Washington, D.C. Fort Rucker Family, and Morale, Welfare and Recreation invites the community to a meet-and-greet and sendoff for this year's Fort Rucker Army 10 Miler Team today from 5-6:30 p.m. at The Landing Zone. Light snacks will be available. For more information on the Army 10 Miler team, call 255-2296.

ited to the first 65 children to register. Light refreshments will be served. The activity is open to authorized patrons.

To register or get more information, visit the library or call 255-3885.

#### Relocation readiness workshop

Army Community Service will host its relocation readiness workshop Oct. 30 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 move.

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

#### Right Arm Night

The Landing Zone will host Right Arm Night Oct. 29 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.

#### **Volunteer recognition ceremony**

Army Community Service will honor Fort Rucker volunteers at the quarterly Army volunteer recognition ceremony Nov. 2 at 1:30 p.m. in the U.S. Army Avia-

For more information, call 255-1429.

#### **EFMP** information and support group

The Exceptional Family Member Program invites all active-duty military families who have an exceptional or specialneeds family member to its information and support group meeting Nov. 3 from 9-10 a.m. at The Commons, Bldg. 8950. The topic for the meeting is holidays and traveling with a special-needs family member. Tools and resources will be discussed that can assist families have a successful trip. The group offers camaraderie, friendship, information exchange, idea sharing, community resources, support and assistance with finding solutions, according to EFMP officials.

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

#### **Army Family Action Plan**

Fort Rucker's Army Family Action Plan conference is scheduled for Nov. 4-5 at Wings Chapel from 8 a.m. to 4 p.m. The grassroots community program helps resolve issues that impact Soldiers and their families, retirees, civilians and survivors.





People can submit issues to the AFAP until for AFTB in the app store for Apple de-Oct. 30.

For more information, call 255-9637.

#### **Army Family Team Building app**

People can now complete Army Family Team Building training through AFTB's new app. Visit http://www.ftruckermwr. com/acs/army-family-team-building/ find the direct link to the app. Once complete, people can contact Fort Rucker AFTB to receive their certificate. Search

For more information, call 255-9637.

#### Mom & Me: Dad too!

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

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

#### RUCKER MOVIE SCHEDULE FOR OCTOBER 8-1

**Thursday, October 8** 

Friday, October 9

Sinister 2 (R)

Saturday, October 10

American Ultra (R)

Sunday, October 11

War Room (PG)

......7 p.m. ......7 p.m. ......1 p.m. .....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.

Religious Services



Soldiers, from 2nd Brigade Combat Team, 101st Airborne Division (Air Assault), carry the remains of the 248 101st Soldiers who perished in the crash of Arrow Air Flight 1285 near Gander International Airport in Newfoundland, Canada, Dec. 12, 1985. The remains of Amy Gallo's late husband, Sgt. Richard S. Nichols, lay in the third coffin from the left.

## Widow turns grief into gracious deed

By Staff Sierra Fown Army News Service

**FORT** CAMPBELL, Ky. — On the early, frosty morning of Dec. 12, 1985, Amy Gallo's Tennessee home was filled with the aroma of freshly baked cinnamon rolls. They were her husband's favorite and he hadn't had them in more than six months.

Like many mothers, Gallo was juggling the sometimes overwhelming tasks of cooking, cleaning and tending to her two children. Her youngest, Sarita, had just began walking and was exploring every square inch of their home with her newly-found ability.

Gallo's then 3-year-old son, Chip, was quietly sitting in the living room watching "He-Man," a popular cartoon in the 1980s.

This Thursday morning there wasn't anything particularly unusual, except the young family was excitingly awaiting the return of their Soldier, Sgt. Richard S. Nichols, who had just spent the past six months in Sinai, Egypt, for a peacekeeping mission. Nichols was assigned to the 3rd Battalion, 502nd Infantry Regiment, 2nd Brigade Combat Team, 101st Airborne Division (Air Assault) on Fort Campbell as an infantryman.

Gallo's mind was all over the place, anxiously planning in her head what she would wear, how her children would react and how her life would finally return back to normal – just in time for Christmas.

"Daddy's dead."

Gallo looked up in shock at Chip, who was staring back with a blank stare. Gallo asked him to repeat what he said, surely convinced that she had misheard him.

"Daddy's dead," he repeated with conviction. "Come look."

the living room where a "Breaking News" banner was scrolling across the bottom of the television

screen. "He-Man" had been interrupted to broadcast a plane crash that occurred in Gander, Newfoundland, carrying 248 Fort Campbell Soldiers returning from Sinai, Egypt.

Gallo's palms began to sweat as screen showed a map with a dotted line that stretched from the airport in Canada to the very place Gallo shared a home with her family, displaying the route the plane was taking. It was a map similar to what Gallo showed her son earlier that morning when they sat together at the table, and she pointed and said, "That's where daddy is and this is where he's going."

Gallo's heart sunk further every time words and phrases like "dead" and "no survivors" echoed through the television. Frantically, Gallo called her husband's first sergeant's wife to confirm that what she heard was a mistake.

"I called her and she said 'Amy, oh Amy, I'm coming to get you," said Gallo, as she reminisced on that morning that happened nearly 30 years ago. "Once she picked me up, she looked at me and just said, 'I'm so sorry,' and that's when I knew it was true and that he was gone."

Following the news of the crash, hundreds of family members and fellow Soldiers filled the Fraternelli Gym on Fort Campbell – the very same place they were expecting to greet their Soldiers upon their return.

"There was so much chaos and confusion because no one knew who was on that plane," said Gallo. "We didn't have cell phones and computers back then. It was a long and heartbreakspouses and children, so they could be home earlier to be with their families.

"Here they were trying to give a gift and it backfired," Gallo said. "I couldn't imagine how they felt."

Although the Army has made significant progress on crisis management since the Gander crash, those systems were not in place in the 1980s. A loss of this magnitude was foreign to the service, and unfortunately the widows and widowers of Task Force 3-502 felt the brunt of that mismanagement.

"Instead of telling us right away that the plane had crashed, they told us that it was running late," Gallo said. "They wanted to notify Red Cross, and psychiatric and get all these different people in place first to help us. I get it, but it took a long time for a lot of us to forgive them."

With the aching sting of grief of the loss of their significant others still painfully existent, Gallo and a few other widowed women formed an alliance between them and relied on each other heavily for the support that was suddenly ripped from them.

"We cried together – we built each other back up from the pit of the bottom that we found ourselves," Gallo said. "We were a little support system and were there for each other when we had to be."

Gallo took her grief, coupled with the appreciation of the widows who provided her with the support she so desperately needed, and began volunteering to assist other widows during that initial notification wincircumstances behind their deaths.

"I was kind of on call for the units who knew about my story and I would go in about five minutes after the 'men in green' would," Gallo said. "I would come home with bruises sometimes from these women who would hold on to me so tight."

"You feel like you don't belong to anyone anymore," Gallo said. "It's an indescribable emotion."

The 30th anniversary of the crash is approaching and Gallo has been heavily involved in the planning of the commemoration that will be held. Every year, Fort Campbell holds a remembrance ceremony and, with the exception of one, Gallo has attended every single event.

"This is will be the first time since 1985 that a lot of these women will be at Fort Campbell again," Gallo said. "It will be an extremely painful reminder for some and I'm sure we'll all still be there for them like we were all those years

ago." Gallo has since remarried and has had three other children. Her children with Nichols, Sarita and Chip, are grown and now have children of their own.

Chip had his first son Sept. 10 of this year. His name?

Richard S. Nichols, in memory of his father.

**Building 8940** 

9 a.m. Catholic Mass Sunday 11 a.m. Liturgical Protes-

Main Post Chapel,

**WORSHIP SERVICES** 

**Headquarters Chapel**,

8 a.m. Traditional Protes-

Except as noted, all

services are on

**Building 109** 

tant Service

Sunday.

tant 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

Spiritual Life Center, **Building 8939** 

(4th Sunday)

10:15 a.m. CCD (except during summer months)

#### **BIBLE STUDIES**

**Tuesdays Crossroads Disciple**ship Study (Meal/Bible Study) Wings Chapel, 6:30 p.m.

**Protestant Women** of the Chapel Wings Chapel, 9 a.m.

and Directory

Bringing People Together Thru Faith

and 6 p.m.

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

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

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

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

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

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

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

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

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

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

p.m.

**Saturdays Protestant Men of** the Chapel

Wings Chapel (1st Saturday), 8 a.m.







# AAAA CHILI COOK-OFF

Pictured are scenes from previous Army Aviation Association of America Chili Cook-off events. This year's event, the 23rd annual AAAA Chili Cook-Off, is scheduled for Oct. 31 at the Fort Rucker Festival Fields. The event features a chili cook-off, chili tasting, children's activities, music, refreshments and a costume contest. The event runs alongside the post's Spooky 5k run (see D4, Sports Briefs, for more information on the run). People can still sign up to take part as a chili cooking team. The cost is \$20 and teams must register by 4 p.m. Oct. 21. Awards will be given for best tasting, best in show and people's choice. The event begins with a safety briefing for cooks at 7:30 a.m., a costume contest at 8:15 a.m., chili tasting at 10:30 a.m., judging at noon and awards presentation at 2 p.m. For more information or to register for the chili cook-off contest, visit www.chili5k.com, visit the AAAA Aviation Center Chapter Facebook page or send an email to aaaachilicookoff2015@gmail.com.

# WIREGRASS COMMUNITY CALENDAR

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

#### **ANDALUSIA**

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

#### DALEVILLE

**OCTOBER** — The Daleville Farmers Market takes place Thursdays throughout October from 2-5:30 p.m. on the corner across from Bojangles. Local farmers sell produce, including pumpkins, sunflowers, honey, jelly, pickles and more.

OCT. 8-9 — Shyne Your Life Light Ministries will host its Breaking Bread Discipleship Gathering at Local Lodge 2003, 345 U.S. Highway 84 West. The gathering will feature an inaugural service Oct. 8 at 7 p.m. and Training for Reigning workshops Oct. 9 from 9 a.m. to 2 p.m. The cost for the workshops is \$15. For more information or to buy tickets, call 806-0768 or visit www.shyneyourlifelight.com.

#### DOTHAN

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

**ONGOING** — Disabled American Veterans Chapter 87 will host a dinner and meeting at 6 p.m. the third Thursday of each

month at the Doug Tew Recreation Center. For more information, call 836-0217, Ext. 123, or send an email to davchapter87@ gmail.com.

#### **ENTERPRISE**

ONGOING — Beginning Taoist Tai Chi classes are available at the Enterprise YMCA and the Episcopal Church of the Epiphany. Classes include ongoing beginning, health recovery and continuing classes in the Taoist Tai Chi Society. Morning, afternoon and evening classes are available. For a schedule of classes or to get more information, visit www.taoist.org, or call 348-9008 or 347-4663.

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

#### OZARK

**OCT. 10** — Artist Jeffrey E. Babine will offer a drawing course at the Ann Rudd/ Dowling Museum, located at 144 E. Broad Street. The classes will run Saturdays from 9:30-11:45 a.m. until Nov. 7. The classes will present the visual elements of art to give students a good background to create drawings. Cost of the five week course is \$50. The class will be limited to 12 students. For more information, including supplies students will need, call 774-7145.

**OCT. 10** — Registration for the Ozark Breast Cancer Walk begins at 8 a.m. and the walk starts at 9 a.m. at the Super Sav parking lot. People are welcome to wear a costume or dress in pink for the costume contest portion of the 2- and 3-mile event. Cost is \$25. For more information, call701-7119.

#### 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-

#### 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.

#### **WIREGRASS AREA**

OCTOBER-NOVEMBER — The Frank Jackson Trail Masters presents the eighth annual Scarecrows in the Park at Frank Jackson State Park on Opine Road in. The event features more than 500 scarecrows along over 4 miles of walking trails. For those unable to walk the trails, golf cart tours are available. To schedule a tour, call 334-488-5033. There is no charge to view the scarecrow exhibits; however, the state park entrance fees will apply.

### **Beyond Briefs**

#### **Pirates of the High Seas Fest**

Panama City Beach will host its annual Pirates of the High Seas Fest Oct. 9-10 at Pier Park. The free festival will take pirate fun to a whole new level, according to organizers. The event will feature a scavenger hunt, pirate invasions, a children's parade and main parade, live music, fireworks and

For information, visit http://www. visitpanamacitybeach.com/.

#### Kolomoki Festival

The 45th annual Kolomoki Festival is scheduled for Oct. 10 from 10 a.m. to 4 p.m. at Kolomoki Mounds State Park, Georgia. The festival features food, shopping, boat tours, Native American demonstrations, singing and dancing performances, music, and antique tractor parade and more. There will also be a children's section.

For more information, call 229-724-2150 or visit http:// gastateparks.org/KolomokiMounds.

#### World firefighter challenge

The 2015 Scott World Firefighter Combat Challenge will be held Oct. 19-24 in Montgomery at the parking lot adjacent to Embassy Suites at 300 Tallapoosa Street. Organizers said the challenge simulates the physical demands of real-

life firefighting and includes climbing a five-story tower, hoisting, chopping, dragging hose and rescuing a life-sized victim, all while wearing full gear. A top chef firefighter district cook-off competition will also be held in conjunction with the event and children can run their own scaled-down version of the challenge, as well as get rides on fire trucks.

For more information, call 334-625-2469 or visit www. firefighterchallenge.com/.

#### Alabama 500

Talladega Superspeedway will play host NASCAR Oct. 23-25 during the Alabama 500 weekend. For more information, including exact times for the two races and ticket prices, visit http://www.talladegasuperspeedway.com.

#### **Alabama Cotton Festival**

The 23rd annual Alabama Cotton Festival will pack downtown Eclectic with concerts, contests, food, and arts and crafts from 8 a.m. to 2 p.m. Oct. 24. Vendors will line Main Street with a wide variety of food and unique wares, as local dancers and bands perform, and ladies vie for the tiaras of Alabama's Cotton Queens. Music by the Josh Brannon Band and The Springs will highlight the event. The festival also features a variety of contests, including a car show, photography and art contests, and the annual taste-off for best

For more information, call 334-541-3581 or visit http:// www.townofeclectic.com.

#### **DAV 5K Run Atlanta**

People are welcome to participate and show their support for service members by walking, running or motorcycle riding at the Disabled American Veterans 5K Run Atlanta scheduled for Nov. 14, 8:30 a.m., in Atlanta. Registration fee is \$30 for adults 18 and over and motorcycle riders, and \$15 for youth ages 6-17. Veterans, active-duty military, Reservists, National Guard members and cadets may participate for free, or pay \$15 if they would like a custom long-sleeve shirt with service branch on it, when registered by Oct. 15.

For more information, send an email toaldaytrain@charter. net or call 334-447-8811.

#### **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.

# Veterans commemorate 71st anniversary

By J.D. Leipold Army News Service

WASHINGTON — Four 3rd Infantry Division Soldiers who had fought their way through Europe during World War II were welcomed at Arlington National Cemetery Sept. 19 as part of a commemoration of the 71st anniversary of the 6th Army Group's Campaign in France, which took place Aug. 15, 1944, through Feb. 9, 1945.

Lt. Gen. John M. Murray, Army G-8 and one-time commander of the 3rd Infantry Division, addressed equally the four veterans, now in their late 80s to mid-90s, who sat at the front of the amphitheater, as well as currently-assigned 3rd Infantry Division Soldiers, mostly in their 20s, who sat at the

"What I really think is the most special thing today is the folks in the front row who are exceptionally special, by the fact that if you look from my perspective you really have here the bookends of the United States Army in the front row and the back row," Murray said. "We've got the last (of a) generation that has built our legacy as an Army, that has built our foundation as a country, that has given us the freedoms, liberties and the rights that we all enjoy each day."

And in the back row, he said, gesturing to the younger Soldiers, "you've got the generation that will carry that forward into the future and build on the legacy, which you handed them, build on the honor that you've established for the Army and the



Col. Didier Gros, military attache to France; Lt. Gen. John M. Murray, Army G-8; retired Capt. C. Monika Stoy; and Sam leronimo, sergeant of the Guard at Tomb of the Unknown Soldier, render salutes after the placement of a wreath by the French Embassy honoring the Soldiers who participated in Operation Dragoon.



The military attache to the Embassy of France, Col. Didier Gros, presents a certificate of appreciation to a WWII Soldier and member of the 3rd Infantry Division, Robert Jackson, during the commemoration of the 71st anniversary of the 6th Army Group's campaign in France held at Arlington National Cemetery

Speaking for Army officers now at the height of their careers, in positions now where they are neither the oldest nor the newest of living Soldiers, Murray acknowledged the contributions of those who built the Army he entered and those who will carry it forward.

"For those of us in the middle, I'm thankful to both of those generations: the generation that gave me the foundation that I have built upon for 33 years and the generation that will carry that legacy forward," he said. "I look back on history and I admire what you have accomplished. And I look forward to what you will accomplish."

The military attaché to the French Embassy, Col. Didier Gros, has commanded the French army's 1st Infantry Regiment the oldest of its units, established in 1479. He told the WWII Soldiers that they weren't just American veterans.

"To us, you are also French veterans who sacrificed and suffered a lot while many of your friends never made it back," Gros said. "So rest assured, we (Mayor Regis Martin of St. Marc Jaumegarde, France) are truly

honored and grateful for all that you did to free France and millions of Europeans."

Gros said that French citizens back in Europe never forget the sacrifice American Soldiers made, because the reminders of that sacrifice are all around them.

"Thousands of your comrades-in-arms made the ultimate sacrifice," he continued. "They are resting in American cemeteries on French soil, a constant reminder of their commitment to their fight for our freedom. Indeed, today, wherever one travels throughout France, the Soldiers who fought in World War II are never far away: memorials and flags dot cities and villages while streets are named after famous commanders of those battles."

#### **Rock of the Marne**

A little more than 71 years ago, the 7th and 6th Army Groups, to include the 3rd Infantry Division, began their great slug through the European fronts. They engaged in offensive ground combat operations in North Africa, Sicily, Italy, France, Germany and Austria.

On Aug. 15, 1944, the Soldiers of the 3rd



WWII veterans of the 3rd Infantry Division gather at Arlington National Cemetery Sept. 19 to commemorate the 71st anniversary of the 6th Army Group's campaign in France between Aug. 15, 1944, and Feb. 9, 1945.

Infantry Division, helped launch Operation Dragoon, the invasion of southern France, when they landed at St. Tropez, advanced up the Rhone Valley, through the Vosges Mountains, and reached the Rhine at Strasbourg Nov. 26-27, 1944.

After maintaining defensive positions, the 3rd Infantry Division helped clear the German army from Colmar Pocket and Alsace, France. That was accomplished by Jan. 9, 1945. It had been a brutal winter with more than three feet of snow and temperatures down to -4 degrees.

The 3rd Infantry Division was activated 98 years ago in November 1917 at Camp Greene, North Carolina.

Eight months after its activation, the division saw combat for the first time in France. On July 14, 1918, the division earned its lasting distinction. The division was protecting Paris by holding a position on the banks of the Marne River. While surrounding troops retreated, the 3rd Infantry Divison, including the 30th and 38th Infantry Regiments, held its ground. It was there the Soldiers earned their moniker, "Rock of the Marne."

Following the formal commemoration at the cemetery, the veterans laid wreaths at the Tomb of the Unknown Soldier, the grave of Audie Murphy and the monument to the 3rd Infantry Division.

"We find strength in the bravery and sacrifice of the Dogface Soldiers of the Marne division ... heroes and warriors, some standing with us here today, who helped preserve the ideals of our nation," Murray said. "This monument serves as an enduring reminder of those Soldiers and gives us comfort knowing they rest now with the

## Opportunities: Weekly listing of volunteer positions on post

Continued from Page C1

#### **Position: AFAP Facilitators**

AFAP is scheduled for Nov. 4-5. Volunteers needed to serve as neutral steward of work group; keep workgroup focused during breakout sessions; encourage participation by group members; maintain timeline set forth by AFAP coordinator; work with group recorder, transcriber, issue and staff support personnel, and subject matter experts for accurate reporting of issues; ensure delegates complete symposium evaluation forms and forward to the AFAP coordinator; ensure concise and precise wording of proposed issues and recommended solutions; focus energy of the group on a common task; suggest alternative methods and procedures; protect individuals and their ideas from attack; help group find win-win solutions; attend AAR meetings and provide input for final AAR; and serve as a spokesperson for the AFAP program. If interested, call 255-9637.

#### **Position: DFMWR Training Clerk**

Volunteer needed to file correspondence, cards, invoices, receipts, and other records in alphabetical or numerical order, or according to the filing system used; add new material to file records; and create new records as necessary. If interested, call 255-9801.

#### Position: Army Volunteer Assistant (ACS)

Assist with keeping accurate listing of available jobs and volunteer opportunities. Assist with setting up files. If interested, call 255-3643.

#### **Position: New Parent Support Volunteer (ACS)**

Assist with filing, putting together client packets and baby bundles. Will also assist the nurse specialist, social worker and nurse home visitor on an as-needed basis. If interested, call 255-3359.

#### Position: AFAP Issue Manager/Subject Matter **Expert Coordinator**

AFAP is scheduled for Nov. 4-5. Attend required volunteer training sessions. Attend AFAP Advisory Council meetings. Submit AFAP Issue status report during meetings. Track all issues submitted for the annual AFAP Conference and place in appropriate workgroup for discussion. Train issue support person. Prepare tasker memorandum. Work with AFAP coordinator and ACS director to ensure each issue is assigned an SME prior to being placed in a workgroup. During conference, work closely with issue support volunteers to ensure understanding of issues and ensure copies of installation and Army issue update book are provided for issue managers. Update priority issues in installation issue update book from replies from proponents and the commander's steering committee. Attend AAR meetings and provide input for the final AAR. Serve as a spokesperson for the AFAP program. If interested, call

#### **Position: Fort Rucker Community Spouses Club**

**Membership Chair** 

255-9637.

Attend board meetings, submit end of the year afteraction report, and prepare and submit proposed budget to include revising the budget. If interested, call 255-9578.

#### **Position: Activities Support**

Following basic and well-established library procedures, assists library staff in performing one or more of the following duties: shelving books, periodicals, newspapers; disposing of library materials; physical processing of new materials; maintaining and preserving collections (includes shelf reading and cleaning/repairing materials); morning routine of collecting/shelving materials from tables and chairs, collecting items from book drop, checking status of printers/copiers; interlibrary loans; reserve book

program; overdue notices; serials check-in; story time (includes reading stories); summer reading program; teen/ adult programs; displays and exhibits; special events; and library beautification projects.

If interested, call 255-3643.

#### Position: Hollyday Bazaar Co-Chair

Form a committee from general membership to assist with Hollyday Mart planning and execution. Maintain detailed accountability of all financial transactions. Maintain a record of all committee volunteer hours and submit monthly records to the volunteer coordinator.

If interested, call 255-9578.



## Soldiers support disaster response exercise

**By Sgt. 1st Class Matthew Chlosta** 7th Civil Support Command Public Affairs

LVIV, Ukraine – Soldiers from the 7th Civil Support Command joined the Defense Threat Reduction Agency-Europe and 25 allied partner nations as part of the U.S. Army Europe "Strong Europe" campaign in support of the NATO consequence management Exercise Ukraine 2015 Sept. 21-24.

Army Reserve Soldiers from the 7th CSC's Headquarters and Headquarters Company, the Medical Support Unit-Europe, the 773rd Civil Support Team, the 2500th Digital Liaison Detachment and the 361st Civil Affairs Brigade participated in the Euro-Atlantic Disaster Response Coordination Center's emergency disaster response command post and field training exercise.

In total, the 7th CSC sent 25 Soldiers to Ukraine. Overall, the exercise featured more than 1,100 participants, including more than 800 Ukrainian civil emergency responders.

The mission for the 7th CSC Soldiers was to train in planning and conducting foreign consequence management operations in support of NATO allied and partner nations in a realistic training environment, said Col. Tyra Harding, officer in charge of the 7th CSC effort and the U.S. Headquarters Element during Ukraine 2015.

"Three of the 7th CSC missions are foreign consequence management, humanitarian assistance and disaster response," she said. "The goals for the U.S. team in this exercise were to develop relationships and interoperability."

The 7th CSC team was able to meet its training objectives in several ways, Harding said

"The 773rd Civil Support Team participated in various exercise scenarios with Hungary and Poland's HAZMAT units," she said. "In addition, the Medical Support Unit-Europe worked with emergency room first responders from Spain, Moldova and Ukraine to establish a robust triage site."

During the first two days of the exercise, the 7th CSC and units from different countries trained together, practicing tactics and techniques and to learn each other's standard operating procedures. The goal was to integrate as cohesive partner teams to respond to the exercise scenarios during the final two days.

On day three, the exercise portion began. The NATO EADRCC direct staff was in charge of creating and sending out the training events to the participants, and observing their responses.

"We execute disaster scenario injects and help manage the overall conduct of the exercise," said Lt. Col. Jason Welch, executive officer for the 2500th Digital Liaison Detachment, 7th CSC, as the day kicked

One of the scripted training events involved an earthquake caused by fracking. The disaster led to a mine collapse, a chemical explosion and a forest fire.

"We're actually working with several different nations," said Lt. Col. Valens Plummer, lead physician with the MSU-E.

The MSU-E worked with Ukrainian,



PHOTOS BY SGT. 1ST CLASS MATTHEW CHLOSTA

Capt. Tiffany Schnakenberg, Medical Support Unit-Europe, 7th Civil Support Command, conducts triage on a patient with simulated injuries during NATO consequence management Exercise Ukraine 2015 Sept. 24.

Moldavan, and Spanish emergency services, conducted initial assessments, triage of patients with simulated injuries and transportation of patients from a simulated building collapse.

"It actually has been an excellent experience working with them (the Ukrainian search and rescue)," Plummer said.

The United States augmented the Ukrainians and worked as a totally integrated team, he said.

"I've been very pleased with the interaction that we've had with them," Plummer said. "One thing that I've actually learned is that it is possible even though you have different languages to be able to work together."

An additional technology was also tested during triage, called Telemedicine.

Telemedicine is a NATO Science for Peace and Security Programme with a solarpowered satellite dish, connected to a laptop and a video streaming capable camera.

Using Telemedicine, Plummer was able to speak to a specialist in Romania, who was able to consult about the best course of treatment for a simulated patient.

Also on day three at a different location, the 773rd Civil Support Team partnered with Hungarian and Polish chemical, biological, radiological or nuclear teams to assess suspected CBRN sites lead by the Ukrainian and Armenian search and rescue

"We all have different tactics, techniques and procedures, and learning each other's and being able to coordinate activity and work together has been outstanding," said Staff Sgt. Shawn McKenna, a site survey team leader, 773rd CST, 7th CSC. "It's a great learning experience for everybody – them, as well as us."

One CBRN scenario on Day 3 saw the combined partnered U.S.-Hungarian team



Staff Sgt. Nicu Tirnoveanu and Staff Sgt. Douglas Clemence, both from Medical Support Unit-Europe, 7th Civil Support Command, help load a patient onto an ambulance during the exercise.

conduct a site survey. Members took samples from the simulated residence of a suspected hemorrhagic fever patient, which were then handed over to the Polish CBRN lab for testing.

"It was very good to work together to cooperate with the American side," said Laszlo Csok, team leader of the Hungarian CBRN team. "This mission together was successful, so I appreciate it. It enhanced the cooperation between nations. I hope that we have some similar opportunity in the future to work together again."

Day 4 included a massive demonstration event with a realistic collapsed building scene straight out of a Hollywood block-buster film. It included smoke, simulated explosions, airplanes, parachute rescuers, search and rescue canine units, and a forest fire followed by a closing ceremony.

"Our participation in this exercise allows us to work with and develop relationships



An Armenian search and rescue team member leads Staff Sgt. Shawn McKenna, a site survey team leader, and Hungarian firefighter Balazs Laczik to a search and recovery site.

with the allied countries in a non-kinetic environment," Harding said. "We've built strong bonds and communication during this realistic training scenario with our NATO allies and partner nations which will strengthen our ability to respond in the event of a real world disaster emergency response."

# VISIT US ONLINE AT WWW.ARMYFLIER.COM.

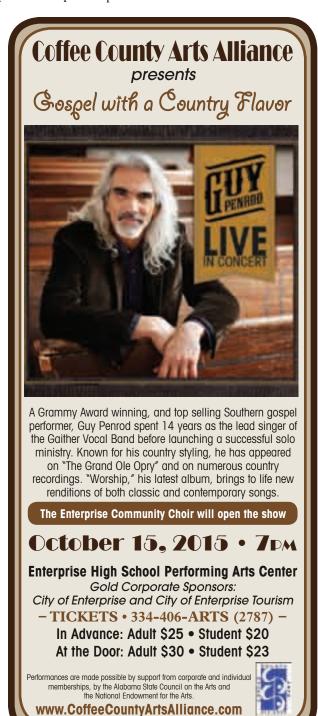


COURTESY PHOTO

### Pick-of-the-litter

Meet Shadow, an approximately 8-9-month-old female short-hair cat available 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.









**BULL'S-EYE** Army marksmen earn 2016 Olympic Team Story on Page D3

**OCTOBER 8, 2015** 

# TRIGAR

# Law brings changes to pharmacy benefit

**Lyster Public Affairs Office** Press Release

A new law that went into effect in October requires most TRI-CARE beneficiaries to get brand name maintenance drugs from TRICARE Pharmacy Home Delivery or a military pharmacy.

If beneficiaries keep using a retail pharmacy for these drugs, they will have to pay the full cost. Active duty service members are exempt from the law's requirement.

Maintenance drugs are those people take regularly for a long time, such as drugs to control blood pressure or cholesterol. The law doesn't apply to drugs people take for a short time, like antibiotics or generic drugs. The law also doesn't apply to beneficiaries living overseas, or who have another insurance plan with prescription drug coverage

"Lyster Army Health Clinic Pharmacy and other military



pharmacies are a great way to fill your maintenance and all other medications, since you can get up to a 90-day supply and there's no cost for TRICARE beneficia-

ries," said Lt. Col. Tai Bolaji, chief of Lyster Pharmacy. "Contact the Lyster Pharmacy at 255-7178 to see if your prescription is

Beneficiaries affected by the change should have received letters from Express Scripts, Inc., the TRICARE Pharmacy contractor. These letters tell beneficiaries

they are taking an affected drug and explain their options. Beneficiaries can also call Express Scripts at 1-877-363-1303 to see if they are affected.

After Oct. 1, Express Scripts will send another letter to beneficiaries who continue using a retail pharmacy for affected drugs. After that, beneficiaries have one more chance to fill these prescriptions at a retail pharmacy before they have to pay 100 percent of the cost of their medication.

TRICARE Pharmacy Home Delivery is a safe, convenient and low-cost option to get maintenance drugs. People can get up to a 90-day supply, as opposed to a 30-day supply from a retail pharmacy, and it offers a \$176 savings per year on people's copayments for every brand name drug they switch to Home Delivery.

For more information about this change to TRICARE's pharmacy benefit, visit www.tricare.mil/ RxNewRules.

### **SAFE DISPOSAL**

Lyster offers new medication drop-box

By Jenny Stripling Lyster Army Health Clinic Public Affairs

In an effort to improve safety among the Fort Rucker community, Lyster Army Health Clinic added a new option for medication disposal for its beneficiaries.

Located in the pharmacy lobby, the new MedSafe drop box allows patients to safely dispose of any unwanted or expired medications.

Medications play a critical role in treating health conditions. When those medications are no longer needed, it's important to properly dispose of them to reduce accidental exposure or intentional misuse.

The MedSafe drop box is accessible during normal pharmacy hours and can accept most medications. Medications should be left in the original packaging when possible.

According to the Drug Enforcement Agency, unused medications in homes create a public health and safety concern because they are highly susceptible to accidental ingestion, theft, misuse and abuse.

Disposing of medications protects people and the Earth

- Preventing the poisoning of children and pets;
- Deterring misuse;
- · Avoiding health problems resulting from accidentally taking the wrong medication; and
- · Keeping medications from entering streams and rivers when poured down the drain or flushed down the toilet. The MedSafe does not allow:
- · Any illegal Schedule I drugs heroin, cocaine, marijuana, etc.;
- · Sharp containers, needles, syringes, batteries, aerosol spray cans, trash, medical devices, chemicals or other hazardous materials; and
- Liquids over 4 ounces liquids under 4 ounces must be sealed in a plastic bag.

For questions about safe medication disposal or any other questions pertaining to the pharmacy, call 255-7178.

# Army to enlist robots to pull Soldiers off battlefield

By C. Todd Lopez Army News Service

WASHINGTON — Most Americans have seen at least one war movie where, at some point, a fresh-faced young private is hit with some shrapnel. From the ground, he calls out for the unit medic – another young guy, from another small town, whose quick reaction and skill just may save

In the near future, however, it may no longer be another Soldier who comes running to his side. Instead, it might be an Army-operated unmanned aircraft or ground system, said Maj. Gen. Steve Jones, commander of the Army Medical Department Center and School and chief of the Medical Corps.

"We have lost medics throughout the years because they have the courage to go forward and rescue their comrades under fire," Jones said. "With the newer technology, with the robotic vehicles we are using even today to examine and to detonate IEDs (improvised explosive devices), those same vehicles can go forward and retrieve casualties."

Jones spoke at an Association of the U.S. Army-sponsored medical conference near the Pentagon Sept.



One day, unmanned vehicles, similar to but larger than this small unmanned ground vehicle. may roll onto battlefields to rescue downed Soldiers, said the commander of the Army **Medical Department Center and School.** 

"We already use robots on the to recover injured Soldiers could be battlefield today to examine IEDs, to detonate them," he said. "With some minor adaptation, we could take that same technology and use it to extract casualties that are under fire. How many medics have we lost, or other Soldiers, because they have gone in under fire to retrieve a casualty? We can use a robotics device for that."

Jones said unmanned vehicles used

armored to protect those Soldiers on their way home. But the vehicles could do more than just recover Soldiers, he said. With units operating forward, sometimes behind enemy lines, the medical community could use UAS to provide support to them.

"What happens when a member of

SEE ROBOTS, PAGE D3

#### New Orleans Indianapolis US. Philadelphia J. Tampa Bay vs. Houston US.A.Y. Glands seattle us. Tennessee was an Diego Col. Tom von Eschenbach CDID (20-8)Capt. Louis Hill 6th MP (20-8)Jim Hughes PAO (23-5)Capt. Mike Simmons (19-9)Sharon Storti (20-8)

# OWNITM















#### Just Like Cats & Dogs

by Dave T. Phipps



# Rodriguez

1. THEATER: Which musical featured a song with the lyrics, "I feel pretty, oh so pretty"

2. MEDICAL: In human beings, what causes a goiter?

3. GEOGRAPHY: In what city would you find the Brandenburg Gate? 4. MUSIC: Which Southern rock band had a hit single with "Imaginary Lover"?

5. MOVIES: In which movie did longtime game host Bob Barker make his debut?

6. SCIENCE: What does an ornithologist study?

7. COMPUTERS: What kind of computer file carries the extension

8. ANIMAL KINGDOM: What is the adjective used to describe horses? 9. LANGUAGE: What is a pan-

10. FAMOUS QUOTATIONS: Who once said, "Outside of a dog, a book is man's best friend. Inside of a dog, it's

too dark to read"?

See Page D4 for this week's answers.

#### **Super** Crossword

#### HOO'S HOO

#### ACROSS 38 Lateral or Nano and Shuffle 39 2012-13 6 Lion group American 11 Be in accord

- (with) Miguel 15 Loses 42 Warm, as firmness 19 Stairway 47 Refinery
- post 20 Eyelid makeup 52 Sit-up 21 Albany-Buffalo
- waterway 23 "The Piano" star
- 25 Like a lens for seeing the big picture? 26 Environs
- 27 Goaded (on) 28 Clutter
- 29 Southern beauty
- 30 Ignited 31 Fetch 32 "All the President's
- Men" actor 34 One who designs something 36 Barely
- obtain, with "out" "- certainly 37 will not!"

38

23

26

34

61

78

110 114

121

103 104 105 106

- cycle lead-in
  - 77 Horseshoe's League MVP 78 "This leftovers
- waste 50 Suffix with beat
- muscles 53 '60s hipster 55 Actress
- Fanning number (speed ratio) 57 Prior to
- 58 Teacher's union: Abbr. 59 D.C. VIP 60 Mille -
- (Minnesota county) 61 St. Louis landmark
- 62 Dejected 63 Joan of 64 Timid
- 65 Coup d'-(revolution) 66 Lecherous guy To the -
- 67 power 68 Bites lightly 69 Matted earth 70 Enjoy Vail

62

122

95

- 79 Be on TV 80 Many an heir
  - 83 Italy's Villa 84 Writing fluid 85 Sty animal 86 Olive

73 Whodunit

warmly

outrage!"

Very old

Olds

82 — Domini

place

74 Greet

- (Popeye's gal) 87 Belgian river to the North
- Sea 88 Be livid 90 Gillette tools 93 Indigo, e.g.
- 95 Operated 97 Mimicker 98 Starbucks orders 103 Old Los
- Angeles Times gossip columnist
- 108 Teapot part Simpsons' merchant 110 Phony name

39

58

63

73

80

123

See Page D4 for this week's answers.

9 Act 10 Slip up 11 Gem seller

- 111 "I you so!" 112 Parts of hulls 113 Alternative to Fox
- Sports 114 Hockey face-off spot 116 New York
- Bay explorer 118 Shincovering footwear 119 At the acme
- 121 Fabric unit 122 First lady

120 Singer

after Eleanor 123 Fees 124 Was over

#### DOWN 1 Split 50-50 2 Illinois city 3 Little birds with big eyes

- 4 Oscar Hoya 5 Cagey 6 Connect to get power 7 Like some
- pheasants and ducks 8 Former Acura model

12 From Erin

14 Fat foot spec 15 More stable — -Saxon

13 Tries to buy

at auction

- Family name in wine
- 18 Lustrous 22 Hack 24 Main female characters
- 28 Does some modifying 31 Storage box
- 32 Depression president 33 Noble 35 Tycoon on
- The Girls Next Door 40 Like some kitschy yellow
- phones 41 Pumps (up) 43 "Airport"
- Oscar winner 44 Joyful feelings
- "Scarface" 46 Tries to find diagnostically
- 47 Know-it-alls 48 Big name in French lexicography

42

60

65

82

100 101 102

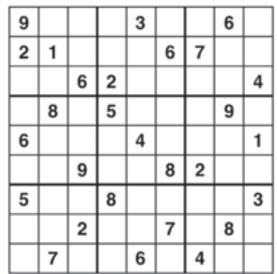
59

98

- 49 Precise 51 S&L holding
- -- -la-la! 70 Vocalized for the doc 71 Next of -
- 72 Perturbs 74 1992 and '96 also-ran 75 180 on the
- road 76 Influx of forty-niners 89 Rubs out
- 91 Unlucky 92 Chafes at 94 Nevertheless
- 96 Observe 99 Coral colonists
- 100 Gave lip to 101 Fight against 102 Soaked up some rays
- 103 Sack (footbag brand) 104 Kagan of
- justice 105 Beanery 106 Outmoded 107 Pitted scars
- 112 Lotto relative 113 Early garden 115 Steal from
- 116 On an ad basis 117 Suffix with
- strict

## Weekly **SUDOKU**

by Linda Thistle



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

#### DIFFICULTY THIS WEEK: \* \*

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

See Page D4 for this week's answers.

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# KID'S CORNER

120

124





SPELLBINDER

SCORE Iti points for using all the letters in the word below to form

BARNACLE

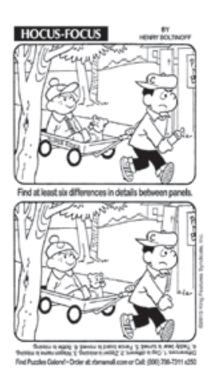
THEN score 2 points each for all words of four letters or more found among the letters.

Try to scare at least 56 points



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

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# Soldiers earn 2016 Olympic berths

By Brenda Rolin Fort Benning Public Affairs

FORT BENNING, Ga. — Two Soldiers from the U.S. Army Marksmanship Unit are headed to the 2016 Olympics in Rio de Janeiro after earning automatic berths on the Olympic team in September.

Sgt. 1st Class Michael McPhail, a 2012 Olympian, won his seat for men's 50-meter prone rifle, and 2008 Olympic gold medalist Staff Sgt. Glenn Eller won his for men's double trap.

McPhail, who is the No. 1 men's 50-meter prone shooter in the world, won a gold medal – his third this year – and a U.S. Olympic Team berth Sept. 3 at the 2015 International Shooting Sport Federation World Cup Final Rifle and Pistol in Munich, Germany

The nomination for the Olympic team is McPhail's second bid for an Olympic medal. The Darlington, Wisconsin, native finished ninth in the men's 50-meter prone rifle event during the 2012 Olympic Games in London.

"I'm glad I shot well," McPhail said. "The goal was to make the Olympic team."

McPhail said the Army provides many advantages for its athletes to ensure they succeed.

"First, we have a very good coach," he said. "Sergeant 1st Class (Jason) Parker is, without a doubt, the very best coach I have ever had in any sport in any time of my life – that's a huge bonus. Next, the way our team operates between (Parker) and Sergeant 1st Class (Walter) Craig, the goal is winning Olympic medals.

"Then, the Custom Firearms Shop is second to none," McPhail added. "It's a confidence booster when you go to the line and know that you have the best equipment in the world. And it all comes down from the command group, whose intent is to win Olympic gold medals, and that falls all the way down to the Soldier."

McPhail said he is going to take some



Staff Sgt. Glenn Eller, center, U.S. Army Marksmanship Unit, flashes the gold medal he won in men's double trap Aug. 11 at the 2015 International Shooting Sport Federation World Cup Rifle, Pistol and Shotgun in Gabala, Azerbaijan. At left is silver-medalist Steven Scott of Great Britain and right is bronze-medalist Vasily Mosin, Russian Federation.

and his wife await the arrival of their second child, but will start training again by December.

Eller, currently ranked No. 1 in the world for men's double trap, earned his seat on the Olympic team Sept. 14 at the 2015 ISSF Shotgun World Championships in Lonato, Italy, where he placed sixth.

"It was an amazing feeling, knowing all the hard work paid off for my fifth nomination," Eller said. "The automatic berth gives me the time and ability to wrap my head around competing in another Olympics. My priorities will be on winning, not just making the team."

This is the fifth time Eller has been on an Olympic team, and he is the only male time off in the next few weeks while he American shotgun competitor who has

achieved this distinction, according to officials from USA Shooting, the organization chartered by the United States Olympic Committee as the national governing body for the sport of shooting. The organization implements and manages developmental programs, and sanctions events at the local, state, regional and national levels.

Eller, of Katy, Texas, won a gold medal Aug. 11 for men's double trap at the 2015 ISSF World Cup Rifle, Pistol and Shotgun in Gabala, Azerbaijan, that took place Aug. 6-16. Eller is also a two-time world champion and has medaled at 14 World Cups.

"The Army has given me the structure, support and opportunity to train at and compete at the highest level," he said. Eller will head to the 2015 ISSF World

All Olympic team nominations are subject to the approval of the U.S. Olympic Committee.

Cup Final Shotgun in Nicosia, Cypress, Oct. 15-21. After that, he said he will plan his year around peaking during the 2016 Olympic Games, so he will have the most confidence in winning.

Athletes who want to compete in the Olympics must qualify in their shooting sport discipline to participate on their country's Olympic team. Athletes have two ways to qualify. Athletes may earn automatic berths through high finishes in international world shooting sport events in the year prior to the games or win in the Olympic trials, which are a few months prior to the Games.

## U.S. troops stand beside Vietnamese soldiers at World Games



The U.S. Armed Forces Men's Soccer Team and soldiers from the Republic of Vietnam march together into the opening ceremony of Mungyeong Athlete's Vil-

By Gary Sheftick Army News Service

MUNGYEONG, South Korea U.S. service members stood side by side Vietnamese troops Sept. 29 during the opening ceremony of Mungyeong Athletes Village as delegations began arriving for the Military World Games.

103 nations will participate in the 6th Conseil International du Sport Militaire, or CISM World Games, in and around Mungyeong. The games are held every four years, and this time the United States will field 16 teams in sports that include track and field, basketball, martial arts and

The U.S. Armed Forces Men's

Soccer team was the first American squad to arrive in South Korea. Only they and soldiers from the Vietnamese army stood in front of the stage for the opening ceremony of the athletes village.

A South Korean television reporter asked Army Sgt. Chris Krueger how it felt to stand beside Vietnamese troops 50 years after American service members fought in that nation. Krueger, a soccer player and member of the 3rd Infantry Division from Fort Stewart, Georgia, reminded the reporter of the CISM motto: "friendship through sports."

"It's a great experience being together with other nations," he said, adding that friendship through sports helps keep world peace. "Together through sports is a great way to create a relationship with other nations."

The mayor of Mungyeong was at the ceremony to greet the troops and welcome them to South Korea.

"We should all be you, who preserve the peace, and share friendship and love through sports," said Mayor Yun Hwan Ko, through an interpreter. He wished the troops fond memories of their stay in South Korea.

Krueger went up on stage to greet the mayor. On behalf of the U.S. delegation, he accepted the gift of two small replicas of the Military World Games mascots - Haeraon and Haeraoni birds who, according to ancient Korean mythology, live inside the sun.

The birds represent "Soldiers of the Sun - ensuring peace, friendship and harmony," reads host-nation literature. The birds each have three legs, and those legs represent the three military branches: the Army, Navy and Air Force, all collaborating together. The mascots were designed to be "friendly guardian angels" of the festival, with the mission of spreading happiness.

Two nearly-six-foot likenesses of Haeraon and Haeraoni were spreading happiness among service members at the ceremony. They were hugging the troops and posing for photographs with them.

U.S. service members also posed for photos with the Vietnamese troops. They posed together up on stage as a unit and down on the field in small

"It's good not just to participate, but to interact," said Capt. Andrew Hyres, an Aviation support company commander stationed on Joint Base Lewis-McChord, Washington. He is one of two player-captains of the U.S. Armed Forces Men's Soccer Team.

Along with men's soccer, U.S. service members will compete in the following sports at the games: archery, women's soccer, modern pentathlon, taekwondo, basketball, golf, parachuting, triathlon, cycling, judo, sailing, track and field, wrestling, marathon and shooting.



Members of the U.S. Armed Forces Men's Soccer Team and soldiers from the Republic of Vietnam cheer the official opening of Mungyeong Athlete's Village for the 6th Conseil International du Sport Militaire World Games in Mungyeong, South Korea, Sept. 29.

### Robots: Simulator feedback allows further training for combat medics

Continued from Page D1

the team comes down with cellulitis or pneumonia? We have got to use telemedicine to tele-mentor them on the diagnosis and treatment," he said, adding that UAS could be used for delivering antibiotics or blood to those units to keep them in the fight. "So, you don't have to evacuate the casualties, so the team can continue its mission."

#### Sensors

Other technology that Jones said already exists, sensors that could monitor a Soldier's vital signs, for instance, might also one day make their way to the battlefield, being worn by Soldiers full time.

"Army Medical Research and Materiel Command is actually developing physiological sensors that Soldiers can wear," Jones said. "And in a few years, they will be able to field this. They can be wearing the sensors and we

can just monitor them. And we can do that remotely."

The general likened the sensors to something like a "Fit Bit," which Soldiers might wear now to monitor their heart rate and steps taken.

"This is just a step forward that will monitor other physiological parameters," he said. "Do they need to push more water? How many calories have they consumed? There is a lot of information we can provide commanders that they can use to manage their Soldiers."

The same sensors could be used to triage casualties automatically, so that those injured Soldiers whose vital signs are the worst are the ones who get rescued first.

"If you see a casualty whose heart rate is way up, whose respiratory rate is way up, that may be an indication they lost a lot of blood, and need treatment now, as opposed to a casualty whose vital signs are stable and you wouldn't have to treat as quickly," he said.

The same sensors can also be installed on UAS that

might one day rescue Soldiers when they go down.

Jones also discussed the use of "GoPro" cameras on Soldiers to document wounds and treatment that is administered. Such video, he said, can be transmitted real-time to follow-on treatment facilities where it can be used by physicians there to better understand exactly what treatment a Soldier has already received.

Additionally, such footage could be used to provide feedback to the medics who performed the initial care to help them improve their skills. The Army is doing something similar now, he said, through the use of medical

"(We) train combat medics in simulators, and record treatment they provide and play it back for them," he said. "We show them how they entered the scene, how they surveyed their casualties, how they decided which casualty to treat or not treat. And then we talk to them about the treatment they actually provided."



Virginia Tech

Oklahoma Duke us. us.Texas

Georgia vs. vs. Nebraska Florida us. Tennessee

California California vs. Utah



David C. Agan Jr.

(17-11)













Kent Anger, **DPTMS** 













**Todd Conyers** USAACE

(14-14)















Wes Hamilton

(18-10)













John Tkac (17-11)













## SPORTS BRIEFS

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

The Fort Rucker Wounded Warrior Fall Hunt continues through Saturday. People can buy tickets for the prize drawings at outdoor recreation and MWR Central. Prizes will be given away at 11 a.m. Saturday at Lake Tholocco. Tickets cost \$5 each and proceeds go to benefit wounded warrior support at Fort Rucker. People do not need to be present to win one of the prizes. For more information, call 255-4305.

Columbus Day Stars and Strikes Rucker Lanes will offer its Stars and Strikes promotion Monday from 10a.m. to 10 p.m. People can bowl for 25 cents per game and get 50-cent shoe rentals per person.

For more information, call 255-9503.

#### 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

Sunrise Yoga Fort Rucker Sports, Fitness and Aquatics will host Sunrise Yoga at West Beach, Lake Tholocco Oct. 17 from 7:45-9:45 a.m. All experience levels are welcome. A limited number of yoga mats will be provided, but people are encouraged to bring their own, if possible. The event is open to the public.

For more information, call 255-3794.

#### Spin challenge

Fortenberry-Colton Physical Fitness instructors will hold a two-hour spinning challenge each month, with the next one taking place Oct. 20 at 5:30 p.m. at the PFC. The challenge is open to all authorized PFC patrons. Each class costs \$3.50 or people can use their class card. Each session will feature door prizes and refreshments.

For more information, call 255-3794.

# PUZZLE ANSWERS

Super Crossword -Answers ROUE

3

16. Groudto Mere



Opelika Municipal Park • Saturday, October 17

Presented by Opelika-Auburn News & Opelika Parks & Rec.

#### AWARDS FOR

Top Male/Female Runner **Runners by Age Division Best Individual Costume Best Group Costume Best Pumpkin 12 & under** Best Pumpkin 13 & up

#### PUMPKIN CARVING CONTEST

Show off your carved pumpkin on our stage for the chance to win a special prize

### SCHEDULE OF EVENTS

8:00 **Activities Begin** 

One Mile Fun Run 8:15

8:30 **Race Begins** 9:30 **Awards** 

FOR MORE INFORMATION OR TO REGISTER VISIT OANOW.COM/RUN