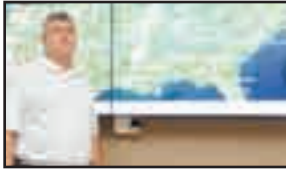


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a hazard on roads



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Readiness key to
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ARMY FLYER

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

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FORT RUCKER ★ ALABAMA

AUGUST 28, 2014

CENTER WELCOMES NEW COMMANDER



PHOTOS BY NATHAN PFALU

Lt. Gen. William T. Grisoli, director of the Army staff, passes the U.S. Army Combat Readiness/Safety Center's colors to Brig. Gen. Jeffrey A. Farnsworth during a change of command ceremony Friday at Fort Rucker as outgoing commander Brig. Gen. Timothy J. Edens and the center's Command Sgt. Maj. Leeford C. Cain look on.

Farnsworth assumes command from Edens

U.S. Army Combat Readiness/Safety Center Press Release

Brig. Gen. Jeffrey A. Farnsworth assumed command of the U.S. Army Combat Readiness/Safety Center from Brig. Gen. Timothy J. Edens Friday in a ceremony at Fort Rucker.

Lt. Gen. William T. Grisoli, director of the Army staff, hosted the event.

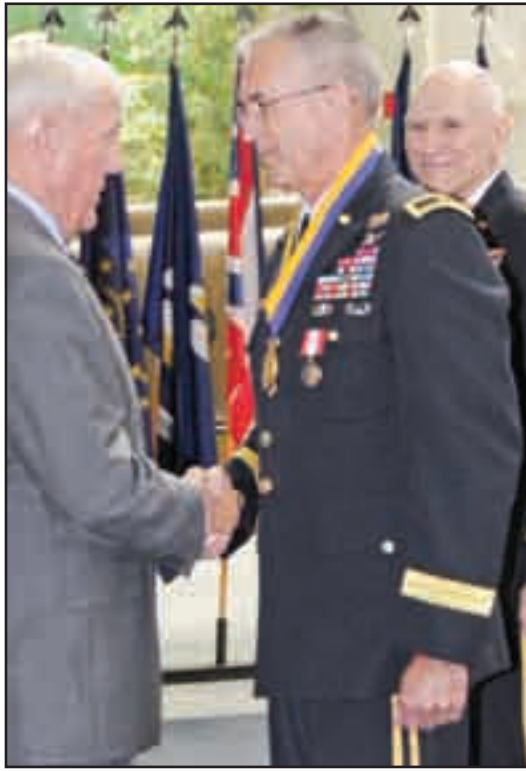
"In FY12, we closed the year with the second-fewest accidental fatalities on record," Grisoli said. "In FY13, we reached an all-time low in fatalities due to accidents. It was under Brig. Gen. Edens' leadership, and due to his persistence and commitment, that the safety culture across the Army was brought to a new height. Organizations don't prevent accidents—people do, and we should all be proud

of where our Army is today, and more importantly, where it will be five or 10 years down the road due to Tim Edens' efforts."

Farnsworth most recently served as deputy commanding general for operations, U.S. Army Space and Missile Defense Command/Army Forces Strategic Command, Redstone Arsenal.

"I look forward to working with the Soldiers and civilians whose mission is to preserve our Army's readiness through the prevention of accidental loss of our Soldiers, civilians, Families and vital resources," said Farnsworth. "In my view, there is no higher calling."

Farnsworth entered the Army in 1986 after graduating from Norwich University with a Bachelor of Science degree in civil engineering.



Brig. Gen. Timothy Edens, outgoing CRC/Safety Center commander, receives the Order of Saint Michael Gold Award from retired Brig. Gen. Rod Wolfe, as Lt. Gen. William T. Grisoli, director of the Army staff, looks on during Edens' retirement ceremony held Friday after the center's change of command ceremony at the U.S. Army Aviation Museum.

EAGLE RISING

Veteran inducted into prestigious society

By Nathan Pfau
Army Flier Staff Writer

Many feel that veterans aren't shown the respect and recognition they deserve, but the service of one Vietnam-era veteran was acknowledged Tuesday as he was inducted into a prestigious society.

Retired CW4 Robert N. Cooper was inducted into the Order of the Eagle Rising Society, an organization that recognizes people who have contributed significantly to the promotion of the warrant officer community throughout their careers.

"(Individuals inducted into the society) must have demonstrated the highest standards of integrity and moral character, displayed an outstanding display of professional competence and have served the United States Army warrant officer community with distinction over a lifetime," said the narrator during the ceremony. "Be it known and declared that Robert N. Cooper was tested and found worthy of distinguished recognition for his outstanding contributions to the Army community and the community of the warrant officers, and is hereby inducted as the 17th member of the Order of the Eagle Rising Society."

The society was established in 2004 as a joint venture between the U.S. Army Warrant Officer Career College and Military Officers Association of America, and is intended to recognize the continued dedication to the warrant officer community throughout a career, as well as after retiring from the profession.

Cooper was presented



PHOTO BY NATHAN PFALU

Cooper

a pewter medallion and certificate of induction, as well as presented with a check and lifetime membership to MOAA.

Col. Garry L. Thompson, U.S. Army Warrant Officer Career College commandant, presided over the ceremony and said no one was more deserving of such a distinguished honor.

"Today Bob joins the ranks of a very young, yet extremely prestigious society ... and joins a list of legendary names," he said.

Some of those names are well known around Fort Rucker, and include Novosel, Ruf, Startworth, along with many other distinguished service members, he added.

Retired Navy Vice Adm. Norbert R. Ryan Jr., MOAA president, was also in attendance to induct Cooper into the society and recognized the warrant officer, as well as all veterans who have served with distinction.

"It's a real honor for me to be here to see Bob inducted today into such a tremendous society," said Ryan. "To all of you that are serving or have served,

SEE EAGLE, PAGE A5

SUICIDE PREVENTION

Number of self referrals on upswing

By Nathan Pfau
Army Flier Staff Writer

Suicides in the Army are down from the same time last year, but that doesn't mean that the issue should be taken any more lightly, according to a Fort Rucker Army Substance Abuse Program official.

Traci Dunlap, ASAP suicide prevention manager, wants to make sure Fort Rucker is ready to take on Suicide Prevention Month in September by providing the people on the installation the tools and resources they need to combat the ever-present issue.

And although the numbers are down, the prevention manager said that the training and advocacy is necessary to continue to help save lives.

"The trends (in suicide) are going down, but you have to observe all the factors before you make a real assessment as to why those numbers are down," said Dunlap. "We like to think that it's because of the prevention education."

"On our installation, we have a good number of people who self-refer to behavioral health, and we're always excited about that and the increase of self-referrals," she continued. "That's what we want – for people to seek help through ASAP, behavioral health, Family advocacy or whatever it is. We want them to self-refer early so we can get the problem handled."

This year, "Happy Hour," a comedy routine that will hit on tough issues, such as suicide, will be coming to the installation at the post theater Sept. 10-11 for two sessions throughout each day.

"The show will showcase 30 minutes of comedy, followed by 30 minutes of a more serious scenario," said Dunlap. "The presenter will be talking about his own life experiences, so we're hoping that he'll be able to communicate the importance of looking out for each other to the audience."

The show will also fulfill suicide prevention and alcohol awareness training credits, but aside from receiving credit for training, Dunlap encourages people to attend for the real-world applications the training



PHOTO BY NATHAN PFALU

Gary Westling, ACE-SI facilitator, helps a group through a group activity during an ACE-SI training course March 12 at Wings Chapel.

can provide.

"This is a new way to consider viewing the topic ... and I think it's important for all of us to know that we don't need to just stand by and watch somebody struggle," she said. "It's important for us, anytime we see something going on, whether it's domestic abuse, sexual assault or any of those things ... to speak up and try to prevent these people from falling victim or hurting themselves."

Dunlap used the example of Robin Williams, a world-renown comedian loved by millions, who fell victim to depression, ultimately resulting in suicide.

"That just shows it can happen to anybody," she said. "We just need to be aware and understand that it could be happening to the person sitting next to you and you just don't know, so if you learn to be a little more sensitive to it, maybe you can help the people around you."

In addition to the show, Fort Rucker will also host the Ask, Care, Escort Suicide Intervention training course Sept. 4 and 5, which is a class set up for gatekeepers, or first-line supervisors and junior leaders to learn not only about suicide prevention, but intervention in a more

interactive, group setting, said the prevention manager.

"The nature of this class is more inviting and creates much more conversation about the topic of suicide with lots of group activities and interaction rather than a typical classroom setting," she said. "That's how we learn from each other and learn about the importance of suicide prevention – by talking with one another."

There will also be displays and booths set up throughout the month around the installation at Bldg. 5700 and Lyster Army Health Clinic to help inform and educate the public about suicide prevention.

Although September is officially Suicide Prevention Month, Dunlap said it's important to keep the topic fresh on people's minds at all times.

"If it's in your mind year round, you're just much more aware of what's going on with those around you, and you're aware of what people say and how they're acting," she said. "We don't want you to wait until September to have to say, 'Oh, I had a friend that really was going through something but I didn't help out.'"

For more information or to register for the show, call 255-7010.

PERSPECTIVE

America losing touch with its Army

By David Vergun
Army News Service

WASHINGTON — There's a growing disconnect between Americans and their Army.

A 2011 Pew Research Center survey found that only 57 percent of civilian respondents, ages 30 to 49, said they had an immediate Family member who served. The percentage dropped to one-third among respondents ages 18 to 29.

While a draft would produce a new generation of veterans from across the socioeconomic spectrum, lawmakers and the military itself are generally not advocating that, for a number of good reasons, including cost and a possible increase in disciplinary problems, similar to those seen during the Vietnam era. I saw this negative consequence firsthand from draftees after enlisting in the Marine Corps in 1974, just a year after the all-volunteer force was only beginning to gain momentum.

However, there are a number of steps that can be taken to at least reacquaint Americans with their Army.

In July, about 100 captains from across the Army met at Fort Leavenworth, Kan., with the Army chief of staff to discuss, among many other things, the need to reacquaint Americans with their Army.

They brainstormed a number of ideas, including visiting radio and TV stations to do public service announcements, particularly around the time of the Army birthday each June. The PSAs could focus on why the Army is great, why they're proud to be a part of it and so on.

Radio and TV stations are usually receptive to PSAs. There's almost always someone at the station who will be glad to assist, usually the person with a military background, or someone who has a military Family member. I have



PHOTO BY JOHN CROSBY

Members of the Indiana National Guard sing the national anthem at an NCAA Final Four basketball game in Indianapolis.

firsthand experience making hundreds of PSAs in the 1980s for the Marine Corps, so that's how I know.

At that meeting with the captains, known as Solarium 2014, Army Chief of Staff Gen. Ray Odierno said, "One of the problems the Army has is that it doesn't talk a lot about itself and what we've accomplished. We should be proud of who we are and what we've accomplished."

Besides doing public service announcements, Odierno suggested going to universities, Rotary clubs and other venues, and simply sitting down and talking "about who we are. People have misperceptions about what the Army is all about and misperceptions even about us as individuals."

The problem going to universities, or high schools for that matter, is that educators often have negative views about the military. In the case of high schools, success is usually measured by the percentage of graduates who go on to college, not those who enlist.

One approach would be to first introduce yourself and tell them you're not a recruiter. I taught high school and at the university for a while, and I know that teachers and professors often like to have guest visitors. For instance, I used to invite local business leaders to speak in my economics class.

History teachers might like a visit from a Soldier who helped make history in Iraq or Afghanistan. English teachers might, too,

for that matter. The shop teacher might like to get a visit by a Soldier who fixes trucks or tanks, or welds. And so on.

Besides the Rotary clubs, there are literally thousands of nonprofit organizations that are desperately looking for guest speakers during their monthly meetings. The bonus for the Soldiers is that these volunteer activities always shine on resumes and a free meal is often thrown in, as well. Best of all, though, is the good feeling you'll experience.

Soldiers on active duty, as well as National Guard or Army Reserve, could benefit. Those who separated or retired could be goodwill ambassadors for the Army, as well.

Many, if not most Soldiers, are humble about their experiences

in the Army, especially during wartime. So perhaps some practice with friends or Family would help in opening up. People are genuinely interested in hearing from Soldiers. I constantly hear Soldiers and other uniformed personnel getting "thank you for your service" greetings from civilians over the last 13 years — something I rarely recall before that time.

Soldiers can talk about anything they like: travels to other countries, jobs, wartime experiences, camaraderie.

An excellent topic would be the Army Profession, which is commitment, character and competence based on values and trust — something the sergeant major of the Army talks about passionately all the time and probably will keep talking about after he retires.

Rotor Wash

“The long-awaited college football season has arrived. How do you prepare for sports or game day weekends or what game day tradition does your household observe?”



**Sara E. Martin,
civilian**

"My Family enjoys running, and one of our race day traditions is I pin on my fiancé's bib number for good luck. We joke that he won't win or place if he does it himself."



**2nd Lt. Jordan Allen,
D Co., 1st Bn.,
145th Avn. Regt.**

"I haven't experienced too much southern football, but I do have a couple friends who are big fans. To get ready, we get food and beverages, and we call the friends and get set to have a good time."



**CW2 Garrett Aho,
1st Inf. Div.,
Fort Riley, Kan.**

"I invite a bunch of people over and get some food and grill out."



**2nd Lt. Tanya Oliver,
D Co., 1st Bn.,
145th Avn. Regt.**

"Make buffalo chicken dip. Buffalo chicken dip is all I ever bring to a tailgate and it always goes over well."



**Pvt. Kayla Strickland,
Fort Rucker**

"Cook and have a party. Get some wings and beverages."

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FORT RUCKER COMMANDING GENERAL

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DISTRACTED DRIVING A HAZARD ON ROADS

By Sara E. Martin
Army Flier Staff Writer

Most American’s know that when behind the wheel drivers must place 100 percent of their attention on the road, but according to the National Highway Traffic Safety Administration distracted driving is now the leading cause of car accidents in the United States.

In 2012, according to NHTSA, there were more than 3,300 deaths attributed to distracted driving. There were more than 421,000 people injured in motor vehicle crashes involving a distracted driver, and 23 percent of all car collisions in 2011 involved cell phones – that’s more than one million crashes.

All the more reason drivers on the installation need to put the cell phone down and focus on the task of simply driving, said Marcel Dumais, Fort Rucker chief of police.

“A distracted driver is normally someone using an electronic device that distracts the user and reduces the user’s situational awareness,” said Dumais, adding that devices can impair driving and mask or prevent recognition of emergency signals, alarms, announcements, on-coming vehicles and pedestrians.

But distracted driving isn’t only using a cell phone, he continued. Having too many people in a vehicle, listening to loud music, eating, shaving, putting on makeup, having a passenger in such a posi-

tion to interfere with the driver’s view or children pulling the drivers attention away from the road can be distracting to the driver.

Even though using a cellular device isn’t the only cause of distracted driving, on the installation it does violate regulation.

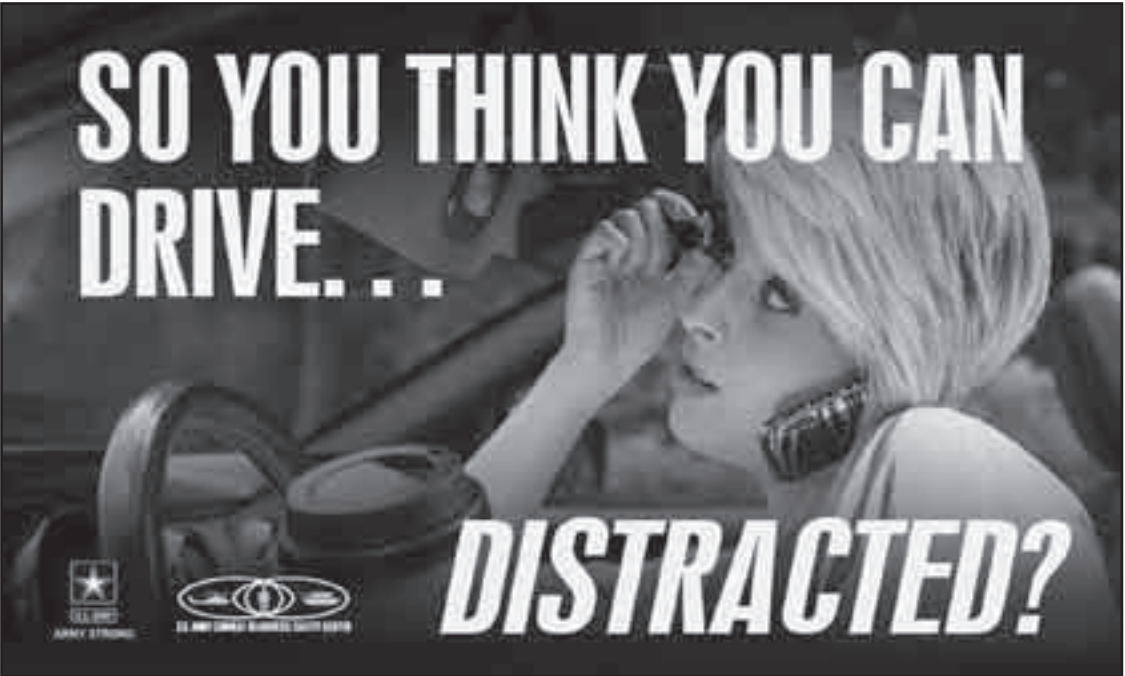
“If a person is driving on post and using an electronic device such as a cellular phone, personal data assistant, global positioning system, videogame or any electronic device that sends or receives electronic mail or text messages and is pulled over by Fort Rucker police personnel could receive a \$55 citation,” he said. “The ticket will be placed in the police blotter and if the violator is a Soldier the ticket will be viewed by their chain of command.”

Dumais said that upholding this standard can save lives, and that if a passenger is in a car where the driver is handling one of these devices they need to ask them to stop.

According to the NHTSA 48 percent of young drivers have seen their parents drive while talking on a cell phone and have been in a car while the driver was texting, which may or may not influence them in turn to text while driving.

A scary statistic, said Dumais, is one-in-five drivers of all ages confess to surfing the web while driving.

It is not surprising that 77 percent of young adults who are now at driving age who are used



U.S. ARMY COMBAT READINESS SAFETY CENTER GRAPHIC DESIGN

With the number of people dying in crashes involving a distracted driver on the rise, 3,331 in 2011 compared to 3,267 in 2010, safety officials are determined to educate individuals on the dangers of distracted driving.

to having their mobile device on them at all times are very or somewhat confident that they can safely text while driving, and 55 percent claim its easy to text while they drive, according to NHTSA.

Text messaging, according to NHTSA, makes a crash up to 23 times more likely, dialing 2.8 times, talking or listening 1.3 times and even reaching for a device increases a driver’s risk of having an accident 1.4 times more likely.

“I believe anyone riding in a vehicle has the responsibility of being a good passenger, they’re the co-driver, they should assist the driver whenever possible, be

looking for potential hazards and alert the driver whenever possible,” continued Dumais.

Drivers need to be in the right frame of mind before they drive their vehicle, said the chief of police.

“Utilize hands free devices if you must answer calls. If you don’t have a hands-free device safely pull over in a parking lot, place the vehicle in park and then answer the call,” he added.

Distracted driving is not only dangerous for people in vehicles, but pedestrians as well.

“You may be the cause of someone else dying on a street, and distracted driving can change your life forever,” said Sharon

Manning, installation safety director. “Death by distraction is real. Distracted driving is increasing and people are of the mentality that it won’t happen to them.”

NHTSA classifies distracted driving into three categories: visual (taking your eyes off of the road), manual (taking your hands off the wheel) and cognitive (taking your mind off driving).

“If we are honest, every one of us is guilty of one of these distractions,” continued Manning. “It’s up to us to decide what we are going to do about it. We have a responsibility not only to ourselves, but to others on the road-way.”

Liason officer offers free French refresher

By Nancy Rasmussen
Fort Rucker Public Affairs

Since his arrival at Fort Rucker, the French liaison officer has embraced its Soldiers, Families, civilians and surrounding communities with enthusiasm. Now, this distinguished officer has arranged to conduct a free French language and culture class at the post.

Beginning Tuesday, French Lt. Col. Eric Merck will introduce adult students to a free, 12-week French refresher curriculum targeting those who have either high school- or college-level familiarity with the language.

“Merck has not only planned some French language refresher training, but also instruction in culture, customs, courtesies, travel considerations, French cuisine and wine selections,” said Henry “Chick” Eagle III, supervisory education services specialist at Fort Rucker’s Army Education Center.

Merck is an active world citizen, and while completing his two years here, he takes every opportunity to visit various parts of the United States in an effort



PHOTO BY NANCY RASMUSSEN

French Lt. Col. Eric Merck, Fort Rucker French liaison officer, explains his vision of the 12-week French language refresher course to Henry “Chick” Eagle III, supervisory education services specialist at the Fort Rucker Army Education Center.

to get to know the American people.

“Sharing friendship is key to learning about people. Reaching out to introduce yourself and making an effort to find common ground is what ties us together,” Merck said.

If there is one thing he would like students to take away from his French refresher class, Merck hopes it is the way to properly introduce themselves in French.

“My father encouraged me to introduce myself to foreigners passing by when I was growing

up. He would hand me a loaf of bread, a bottle of wine and some cheese, and tell me to take it to ‘them’ and introduce myself, so they would feel welcome,” Merck said.

Dec. 23, the last class date and, coincidentally, Merck’s

birthday, he plans to celebrate with sharing his Family tradition of bread, wine and cheese with his students.

“It will be a kind of reward for completing the 12-week course,” he said.

“The class is free to anyone over the age of 18, with the only admission requirement being some high school or college French language experience, or other French language background,” Eagle said.

With a class size limit of 30, and half that number already enrolled, those interested are encouraged to sign up soon.

“The success of this first French class may open up opportunities for other Fort Rucker language training events,” Eagle said. “Merck and I are putting the French class in motion with a sincere hope that it will be a valuable and culturally enlightening event.”

Eligible adults should contact the education center to register for the class, which will begin Tuesday in Bldg. 5700, Rm. 282, at 5 p.m. Call Eagle at 255-9288 or send an email to henry.eagle.civ@mail.mil.



PHOTO BY NATHAN PFAU

Women’s Equality Day

People line up to take a Women’s Equality Day quiz during the Women’s Equality Day celebration in the atrium of Bldg. 5700 Tuesday. During the celebration, people were able to take part in a mini health fair, view a women’s history book display, win prizes, browse job application process information, and meet and greet with Fort Rucker’s female firefighters.

News Briefs

Ancestry research

Fort Rucker’s Religious Support Office, along with area experts, will provide an opportunity for people to learn more about searching for ancestors and why this past-time is gaining universal popularity during a free seminar entitled Understanding Our Stories from Stories of the Past On today at 7 p.m. at the Spiritual Life Center, Bldg. 8939. The seminar is open to anyone interested in learning how to discover their Family history through new and current research methods and technology. For more information, call 255-3447.

Case lot sale

The Fort Rucker Commissary will hold a case lot sale Friday-Sunday. For more information, call 255-9177.

ATSCOM, TAOG change of responsibility

Air Traffic Services Command and the 164th Theater Airfield Operations Group

will host a dual change of responsibility ceremony Sept. 12 at 3 p.m. at the U.S. Army Aviation Museum. At the ceremony, Command Sgt. Maj. Jason J. Palfreeman will assume responsibility as command sergeant major of ATSCOM from Command Sgt. Maj. Richard A. Mitchell; and Command Sgt. Maj. Shawn L. Jones will assume responsibility as command sergeant major of the 164th TAOG from Command Sgt. Maj. Jorge O. Soriano.

Military pay closure

The Defense Military Pay Office will close at noon Friday for off-site training. All DMPO customers are being asked to visit the office with their pay inquiries or clearance papers prior to the office closure. Soldiers with a military pay emergency or who need to clear DMPO during this time should call James Fails at 379-4973 or Sharon Sims at 389-5970 for assistance. The office will reopen Tuesday at 7:30 a.m.

SMA challenges students to think about future

By Jonathan Koester
U.S. Army Training and Doctrine Command

FORT BLISS, Texas — As Sgt. Maj. of the Army Raymond F. Chandler III spoke to the incoming class of the U.S. Army Sergeants Major Academy Friday at Fort Bliss, he challenged members of Class 65 to look to the future and decide what kind of Army and NCO Corps they want to have.

“What do you want your Army to be?” Chandler asked. “As you look toward the future, what do you want your NCOs or your petty officers to be able to do? You are the people who are going to lead our Army in the future. I’m retiring in five months. You will decide what the Army of 2025 will be.

“You will decide what the NCO corps will be,” Chandler said. “If you look at the many challenges that we have today within our Army, or in the future, it will be an NCO at the end of the day who will get us that last 300 yards. You will decide whether we are successful.”

Chandler warned the class that as the Army continues to build rigor across the NCO Education System they will be challenged academically at the USASMA in ways they perhaps haven’t been before.

“Last year, we had several students who did not make it [academically],” Chandler said. “Now think about that. If somebody has had misconduct in your past experience in NCOES, they might have been dismissed. But did you ever know someone who got dismissed for academics? Probably not. We’re changing the dynamic. It’s not cooperate and graduate. It’s learn, grow and excel. Because the future of our Army is going to be in environments where non-commissioned officers using Mission Command will determine our success on the battlefield.”

But in addition to challenging the group of future sergeants major, he asked them to take some time during their 10 months of coursework to take care of themselves and their Families. Chandler noted that all of the students have been under a tremendous load during the past 13 years of conflict, but that now they aren’t in charge of anything but learning and developing as leaders.

“Some of you have physical or invisible wounds that you need to get taken care of,” Chandler said. “You are at the right place, at the right time, to get them taken care of. Don’t squander the opportunity. As a person who spent two years in behavioral health here at Fort Bliss on a twice-a-week basis, I know you can get help. Get the help that you need, so that you can be a better leader and an example to your Soldiers.”

Chandler also took the time to give Class 65 students some historical perspective on just how far the USASMA has come, since its first class more than 40 years ago.

“What a lot of people don’t know is that in 1973, half of the staff and faculty were officers,” Chandler explained. “They were not non-commissioned officers or retired non-commissioned officers – they were officers. And if you think about our education system since 1973, and today in 2014, the strides of those who have come before us, to get us to a point now, where the academy has no assigned officers. The trust between non-commissioned officers and officers, I don’t believe, is anywhere more manifest than at [the USASMA].

“This is the center of the NCO Corps,” Chandler said. “Anything that applies to an NCO is either touched, or developed,



Sgt. Maj. of the Army Raymond F. Chandler III spoke to the incoming class of the U.S. Army Sergeants Major Academy at Fort Bliss, Texas, Friday.

or reviewed, or approved through this location.”

After speaking to Class 65, Chandler took time to address a story in a recent issue of “Army Times” about a recent promotion board saying too many E-8 Soldiers were coming in overweight. The board also took to task those Soldiers’ raters for sometimes incorrectly annotating Soldiers’ height and weight. Chandler said raters, like all NCOs, must be dedicated to meeting Army standards and helping those who don’t meet those standards to take action.

“It’s a mark of your commitment to the Army profession,” Chandler said. “If you’re unwilling to abide by the Army values and ensure that person is measured by what is the truth, then I question your ability to be committed to the Army overall. It’s a very simple thing. It’s a twice a year check, as part of [an Army Physical Fitness Test] to see that a person can meet the Army standard. And if a person cannot meet the Army standard, we’ve got a duty to uphold that standard. That means taking the appropriate actions to ensure that Soldier is monitored and evaluated in the Army Weight Control Program.”

Soldiers spending more time in garrison now, and in the coming years, shouldn’t be an excuse for NCOs to allow standards to slip, Chandler said.

“First of all, I don’t like the term ‘garrison Army,’ because we’re not going to sit around and paint rocks,” Chandler said. “We are going to be a more home-stationed Army, a training Army and an Army of preparation. We’re still an Army that is going to deploy, whether that’s toward a hostile environment or to help partner nations, or to show our readiness across the world.

“People have struggled with the weight control program for as long as we’ve had one,” he continued. “The issue at hand now is, are we enforcing an Army standard? Yes, I’ve seen people who are overweight, but I’m trusting that their leaders are enrolling them and monitoring them and leading them toward meeting the Army standard. When that doesn’t happen, we have a challenge in our Army about our commitment to the Army profession.”



PHOTOS BY MARTHA C. KOESTER

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6:00 p.m. - 9:00 p.m. M & W

Elba Elementary School
Room 4B
6:00 p.m. - 9:00 p.m. TU & TH

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Building 4502, Room 131
9:00 a.m. - 12:00 p.m. TU & TH

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Army officer competes for 1-way ticket to Mars

By Walter T. Ham IV
20th Chemical, Biological, Radiological, Nuclear and Explosives Command

FORT CAMPBELL, Ky. — A U.S. Army officer from the 20th Chemical, Biological, Radiological, Nuclear and Explosives Command at Fort Campbell is in the running for a one-way ticket to Mars.

The potential Martian colonist is 1st Lt. Heidi Beemer, the decontamination platoon leader for the 63rd Chemical Company, 83rd Chemical Battalion, 48th Chemical Brigade. The unit is part of the 20th CBRNE Command, the U.S. Army's only formation that combats chemical, biological, radiological, nuclear and explosive threats around the globe.

Beemer has been accepted into the selection process for Mars One, a Netherlands-based non-profit-sponsored mission to the Red Planet in 2025.

"This will be the most important feat man will ever partake in, and as a representative I will have the opportunity to start the first global civilization in which people from all cultural and socioeconomic backgrounds come together with the common goal of representing Earth," said Beemer.

"Other benefits of this mission will affect life on Earth," said Beemer. "Improvements will be seen in the field of medicine, water conservation, food production, communication, and the list goes on and on. This mission will not just touch the lives of those living on Mars, but it will also be felt by all citizens of Earth for years to come."

Beemer is competing with more than 705 applicants from 99 different countries for the Mars mission. Beemer said the next round of the selection process will include interviews later this year.

Other American military personnel have applied for the program, including a U.S. Navy SEAL, a U.S. Navy journalist, a U.S. Air Force CV-22 Osprey pilot, a U.S. Army combat engineer and numerous pilots and flight surgeons.

Beemer said the competition will narrow the field of applicants down to the final 24 Martian colonists.

The journey to Mars will take about seven months and the colonists will travel in groups of four, with new groups arriving every two years. Once on Mars, they will occupy living pods. Robots will build the living quarters and produce the oxygen and water necessary for the first colonists.

Each additional group will bring more supplies with them.

To prepare for the mission to Mars where the weather can range from 95 degrees in the equatorial summer to -289 degrees at the winter polar caps, Beemer trained as the executive commander and crew geologist at the Mars Desert Research Station in Utah.

The Virginia Military Institute graduate also recently



COURTESY PHOTO

First Lt. Heidi Beemer trains as the executive commander and crew geologist at the Mars Desert Research Station in Utah.

participated in the 17th Annual International Mars Society Convention in Houston, Texas, where she and other applicants discussed why they want to participate in the mission to Mars.

Beemer said her background as a Chemical Corps officer makes her ideally suited for the Mars mission.

"Being in the Chemical Corps has taught me how I react during adverse situations," said Beemer. "Doing training like the toxic agent training facility has given me confidence in my ability to react when the environment outside of my suit and mask have the capability to kill me. Knowing that I can calmly handle this pressure will be a distinct advantage living and working on Mars."

Beemer said she has been interested in Mars since the Sojourner rover landed there, more than 17 years ago.

"My passion for Mars and space exploration began in 1997, when I was 8 years old," said Beemer, a Virginia Beach, Virginia native. "The Sojourner rover landed on the Red Planet on July 4, 1997, and gave humans a glimpse of the rust-colored Martian surface."

"I knew that Mars was going to be the future, and I felt called to be a part of this important step for humanity."

To most, the desolate landscape of Mars is uninviting; to me it was the next frontier," said Beemer. "I remember telling my 8-year-old self that the only way we will find the answers locked inside of our solar system would be to send humans – to send me."

Eagle: Veteran credits Family for success

Continued from Page A1

thank you for your example. Serving a cause greater than self is something we're really counting on."

Fellow Eagle Rising Society members William R. Walton and Robert L. Huffman were among those in attendance to see Cooper join their ranks.

Cooper said he was honored to be inducted into the society and join the list of prestigious names, and never thought his career would turn out the way it did when he joined the Army in 1957 during the draft.

"I was a high school dropout when I came into the Army, but it was a good fit for me," he said. "It gave me the opportunity that I needed, and gave me the ability to get my col-

lege degree and (travel the world)."

After joining the Army, Cooper's first assignment took him to Germany in 1958 with the 10th Engineer Battalion. Throughout his career he has served in multiple countries across many different continents, and has been awarded a multitude of awards, including the Distinguished Flying Cross with oak leaf clusters, the Bronze Star Medal, the Meritorious Service Medal with oak leaf cluster and the Air Medal, just to name a few.

Cooper completed flight school in 1969 at Fort Wolters, Texas, and is a master Army Aviator with more than 4,000 flight hours, 1,000 of which were combat flight hours over Vietnam.

He retired from the Army in 1987 with more than 30 years of active federal service, 18 of which he served as a warrant officer, and continued to serve the Army after retirement through a flight training contract at Fort Rucker as assistant director of safety for 15 years.

As the ceremony came to a close, Cooper thanked his Family members, past and present, Veterans of Foreign Wars Post and wife of 51 years, Ditte, for all the support they gave him

throughout the years that "allowed him to become the man he is today."

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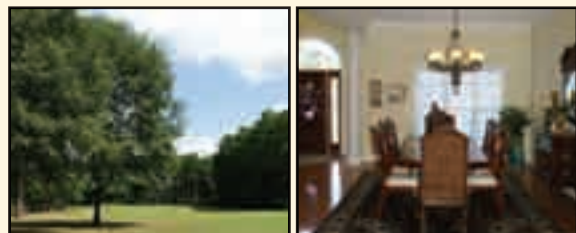
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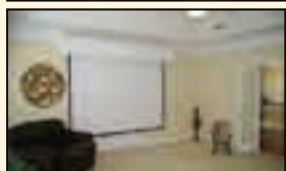
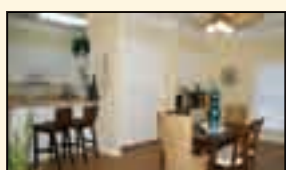


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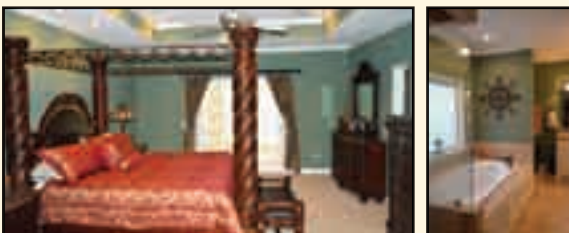
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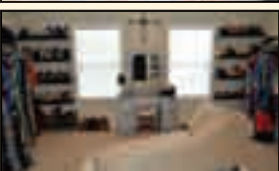
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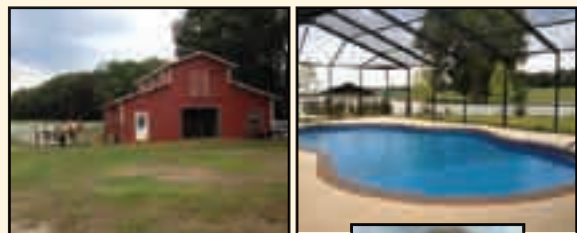
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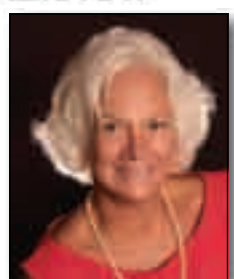
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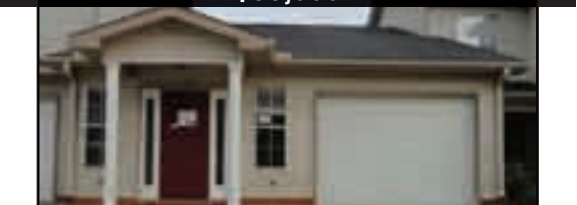
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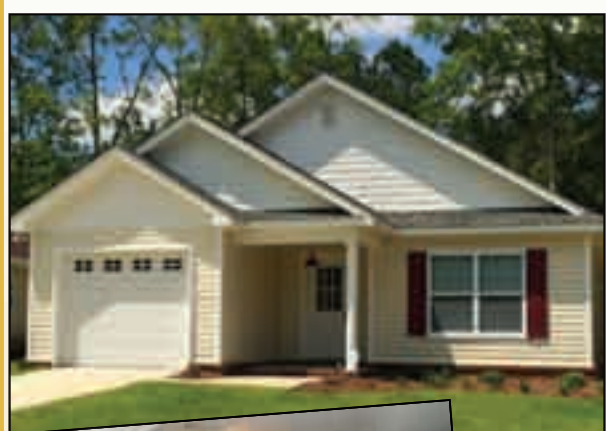
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AUGUST 28, 2014

Army Aviation, Air Force collaborate



PHOTO BY SGT. THOMAS DUVAL

Soldiers and Airmen load a UH-60 Black Hawk into an Air Force C-17 Globemaster III from the 62nd Airlift Wing out of Joint Base Lewis-McChord, Wash. The C-17 landed on an old Israeli airstrip in the Sinai Peninsula of Egypt Aug. 19.

By Sgt. Thomas Duval
Task Force Sinai Public Affairs

EL GORAH, Egypt — Weighing more than 17,000 pounds, the UH-60 Black Hawk — when not being carried by its own rotors — is not the easiest piece of Army equipment to move from one point to another. So, what happens when one of these military chariots becomes non-mission capable in the desert and needs advanced maintenance?

When faced with this exact challenge, Soldiers from Aviation Company, 1st Support Battalion, Task Force Sinai, teamed up with Airmen from the 62nd Airlift Wing based out of Joint Base Lewis-McChord, Wash., to find the answer.

Their solution, when written on paper, was simple: load the UH-60 into the belly of a C-17 Globemaster and transport it back to Germany for maintenance. Despite its simplicity on paper, the planning and coordination to accom-

plish the mission proved more difficult, said Maj. Kenneth Davis, Aviation Company commander.

“There was a lot of preparation work put in from all the different contingents from the security forces through the support battalion and everyone came together throughout the force to make this happen with very few problems throughout the process,” said Davis.

Lt. Col. Aaron Hardy, commander of 1st Support Battalion, echoed Davis’ sentiment about the planning process and took time to highlight what made this mission unlike any other airlift before it.

“There are 14 contingents that make up the Multinational Force and Observers, and I can honestly tell you that almost all of them participate in some way to help get this done,” said Hardy. “It was one team effort.”

Despite the different moving parts,

SEE AVIATION, PAGE B4

On display



PHOTO BY CAPT. STEVEN STUBBS

Maj. Gen. Charles Flynn, commanding general of 25th Infantry Division, loads a rocket into an OH-58D Kiowa Warrior during an Aviation capabilities tour demonstrated by Soldiers of the 25th Combat Aviation Brigade at Pohakuloa Training Area, Hawaii, Aug. 16. During the tour, Flynn loaded ammunition into an AH-64E Apache Guardian and a UH-60 Black Hawk, and flew in the co-pilot seat of both the Kiowa and Apache.

BREAKING BARRIERS

101st CAB conducts joint forced entry training

By Sgt. Duncan Brennan
101st Combat Aviation Brigade Public Affairs

FORT POLK, La. — Aircrews from 6th Battalion, 101st Combat Aviation Brigade, 101st Airborne Division (Air Assault), flew in support of 1st Brigade Combat Team, 101st Airborne Division (Air Assault), during their rotation to the Joint Readiness Training Center at Fort Polk Aug. 14.

The flights were part of the training for future engagements that the 101st CAB might be called to fight in.

“This was a joint forced entry,” said Capt. Ross Skilling, assistant operations officer, 6th Battalion, 101st CAB. “It utilizes combined arms in order to synchronize coordination into taking an objective. It deals with the coordination from everything from infantry, artillery, sustainment, Aviation, and can involve the Air Force or other services. The difference between a joint forced entry and an air assault, is that different branches of service take part in it. In the 101st Airborne, air assault is our specialty, so that was our primary means of conducting this mission.”

When dealing with dangerous situations, a lot of planning has to go into ensuring that the aircrews and passengers are achieving the mission in the safest way possible. In a combat environment, planning an operation of this complexity does not always allow for the luxury of time.

“From the receipt of the



PHOTO BY SGT. DUNCAN BRENNAN

A CH-47 Chinook helicopter from B Company, 6th Battalion, 101st Combat Aviation Brigade, 101st Airborne Division (Air Assault), approaches Soldiers from A Company, 426th Brigade Support Battalion, 1st Brigade Combat Team, 101st Airborne Division (Air Assault), during cargo sling-load operations Aug. 14 during a joint-forced-entry mission at the Joint Readiness Training Center at Fort Polk, La.

order to execution is supposed to be 96 hours,” said Skilling. “Ours was a little less than that. Prior to coming to JRTC, we did a lot of coordination and created a plan to plan. That was essential in making this a success.”

With the mission cycle compressed, and so much at stake, a lot of time is put into planning and rehearsals. Since the mission was at night, having aircrews that were rested would be a significant consideration.

“It is flat-out harder to fly at night,” said Maj. Chad Corrigan, operations officer, 6th Bn., 101st CAB. “You have to be more vigilant when you make your plan, to plan that you protect the company, platoon and crew members’ time so those Soldiers are as rested as you can get them. You don’t

want them standing around wasting their time, because you don’t know what you’re doing. You want to have a plan and rehearse the plan, so that when it’s go time, your crews are sharp and can execute safely.”

Soldiers with 6th Bn., 101st CAB are no strangers to operating during night hours. It is a part of normal training and certification. There is a difference when they’re flying over terrain that is unfamiliar, especially when they have other factors that increase the difficulty.

“Missions are a lot easier to do back home,” said Skilling. “You’re flying routes you already know, and going to landing zones that you’ve been to a hundred times. Here, you’re learning new rules and you have role players involved.

The Joint Readiness Training Center does a good job of making everything as realistic as possible.”

The training done at JRTC will help shape how air assaults and joint forced entries are conducted on the future, as Army Aviation continues to adapt to new missions.

“I think these operations and exercises make a huge difference in our ability to fight future conflicts,” said Corrigan. “Our ability to use helicopters fits with our doctrinal structure of how we’re supposed to fight in the Army. Our doctrine is built around the concept of seizing and maintaining the initiative over the enemy. Using helicopters to move, think and counter punch faster than our enemies, is what we do at the 101st Airborne Division.”

Aviators, MPs train together to Protect, serve

By Sgt. Jonathan C. Thibault
4th Combat Aviation Brigade Public Affairs

COLORADO SPRINGS, Colo. — To protect and serve is a job Soldiers from the 759th Military Police Battalion take pride in and they trained with flight medics Aug. 7 to add another life-saving skill to their tool bags.

Soldiers from C Company, 2nd General Support Aviation Battalion, 4th Aviation Regiment, 4th Combat Aviation Brigade, 4th Infantry Division, taught medical evacuation training to Soldiers during their battalion Immortal Challenge Competition in Colorado Springs Aug. 7.

“It was good training for the 759th MPs and us,” said Maj. Eric Carlson, executive officer, 2nd GSAB, 4th Avn. Rgt. “It helped us sharpen our skills and helped them learn new ones. Everyone should know what it is like to call in for medevac support and how to properly facilitate the moving of the injured, which could possibly save (a) life.”

Medevac aircrew members taught MPs many life-saving procedures that are useful domestically, as well as in deployed environments.

“After we ruck marched to our motor pool, we received briefings on medevac procedures and first aid from flight medics,” said Spc. Mariana Pearce, a military police Soldier, 984th Military Police Company, 759th MP Battalion. “We started with buddy aid training. The medics then told us about lessons-learned medical applications from deployment, as opposed to how a Soldier would do the same application here in the states.”

Second Lt. Noella Taylor, platoon leader, 984th MPs, helped coordinate MedEvac training for the competition, and sees it as a helpful tool for her military police officers.

“This is a big deal with our company’s culture,” said Taylor. “Our Soldiers are going through events such as medevac scenarios, room clearing, first aid lanes and learning about the history of Fort Carson. After rucking more than 15 miles, they are given a written test. The winners will receive an Army Achievement Medal.”

Pearce embraced the competition and set aside her fears.

“This will be my first time in a Black Hawk, and I’m terrified of heights,” said Pearce. “I won’t let my fears get in the way of maybe a once-in-a-lifetime opportunity to fly on a Black Hawk, because who knows if I’ll ever get to do it again.”

The Aviation Soldiers look forward to bringing realistic and useful training to their fellow Fort Carson ground commanders.

“This is just how we do business,” said Carlson. “It’s a part of our unit’s initiative and culture to supply the best training and support to all ground commanders who need or want it. We are honored to support them.”



PHOTO BY SGT. JONATHAN C. THIBAUT

Soldiers from the 759th Military Police Battalion get ready to be transported to Butts Army Airfield, Colo., from Pershing Field, on a UH-60 Black Hawk from the 4th Combat Aviation Brigade, 4th Infantry Division, during a competition on Fort Carson Aug. 7.

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Starting Salary: \$9.09/HR

OPENING DATE:

AUGUST 15th, 2014

CLOSING DATE:

AUGUST 29th, 2014

To apply visit:
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employee assists to load recyclables or
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Starting Salary: \$16,910.40

OPENING DATE:

AUGUST 26th, 2014

CLOSING DATE:

SEPTMEBER 9th, 2014

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Aviation: Teamwork helps accomplish mission

Continued from Page B1

everyone’s hard work and planning came to fruition Aug. 19, as the Airmen of 62nd Airlift Wing flew about 1,700 nautical miles to come to the aid of their Army battle buddies.

“The Airmen were very happy to help us get the Black Hawk back to Germany for repairs so we can continue on with our mission,” said Davis. “Without the Air Force’s support to backhaul this UH-60, it would sit on the ground here and be non-mission capable, and we wouldn’t be able to use it to support Task Force Sinai and the Multinational Force and Observers.”

Landing on a former Israeli airstrip at the MFO’s North Camp in Egypt and guarded by the watchful eye of Colombian security forces and Canadian air operations team, the massive C-17 landed in the Sinai Peninsula shortly after 1 p.m.

After a brief greeting, Soldiers and Airmen began unloading supplies. Once the belly of the Globemaster was emptied, they began the precision loading of the UH-60. Working as one team with one goal they were able to secure the Black Hawk in less than one hour.

“This was a total team effort. It wasn’t, ‘here you go, Army, load this’ or ‘Air



PHOTO BY SGT. THOMAS DUVAL

Soldiers and Airmen load a UH-60 Black Hawk into an Air Force C-17 Globemaster III from the 62nd Airlift Wing out of Joint Base Lewis-McChord, Wash. The C-17 landed on an old Israeli airstrip in the Sinai Peninsula of Egypt Aug. 19.

Force load it,” said Hardy. “Everyone wanted to get the mission done – from the time they landed they wanted to support us and we wanted to support them.”

Once loaded, the Airmen transported the aircraft to Germany where it is scheduled to undergo advanced maintenance before returning to the desert. The process may take weeks

or months, but Davis said the maintenance is necessary, as his rotary-wing aircraft act as a lifeline to the MFO and its mission.

“Everything went as expected, if not better than expected,” Hardy said. “We had some hard-working and hard-charging Soldiers and Airmen who came together and got the mission done.” The MFO’s UH-60

Black Hawks play a vital role in accomplishing the organization’s mission to observe, verify and report compliance of the Egyptian-Israeli peace treaty. The mission of the MFO has been recognized as one of the longest Peacekeeping operations in history, a history that now includes U.S. Airmen from the 62nd Airlift Wing.

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AUGUST 28, 2014



BE PREPARED

Readiness key to surviving disasters



Willie Warsham, installation emergency management officer, displays the map used for tracking severe weather patterns.

By Nancy Rasmussen
Fort Rucker Public Affairs

Suppose that Cairns Army Airfield weather reported that a massive tornado would hit the Fort Rucker community sometime between 1 and 3 p.m. today.

Suppose the Fort Rucker Installation Operations Center predicted post housing areas would experience widespread electrical outages, water contamination and structural damage.

Suppose community members were asked to execute their emergency preparedness plans.

Now suppose that as sirens blare across the installation, instead of panic, post Soldiers and their Families approach the emergency with relative calm and steadfastly execute well-planned readiness strategies.

That's the positive emergency-response scenario Fort Rucker leaders are striving

for.

"The Department of Homeland Security has designated September as National Preparedness Month, and Fort Rucker Soldiers, Families and Civilians are encouraged to take stock of their own readiness and use the multiple agency resources available to make sure they are prepared when disasters strike," said Col. Stuart J. McRae, Fort Rucker garrison commander.

"In support of Family emergency preparedness, in 2008, the Army developed the Ready Army campaign and promoted the slogan, Get a Kit. Make a Plan. Be Informed. Posted on the installation Internet site (<http://www.rucker.army.mil/readyarmy>) is a link to helpful resources including printable documents, a Kid's Campaign and hazard-specific fact sheets. Among the print resources are 'Emergency Preparedness for the Army Community,' that includes tips on preparing a 72-hour emergency kit, the complete Ready Army brochure and other self-help information," he said.

"Ready Army identifies the steps vital to emergency preparedness. These steps include getting an emergency supply kit, making a Family emergency plan, becoming informed about potential emergency situations, and getting involved in community preparedness and response efforts," said Willie Worsham, Fort Rucker installation emergency management officer.

"National Preparedness Month is an important reminder about each American's civic responsibility to prepare for emergencies," said Michael Chertoff, former Homeland Security secretary, in 2008. "Those with the capacity and wherewithal to help themselves must do so in advance, so that in the event of an emergency, responders can first assist those who are unable to tend to themselves.

"From wildfires and earthquakes to hurricanes tropical storms and flooding, recent events remind us more than ever that we must prepare ourselves and our Families for a disaster. This is the time, each year, when every American should ask the question, 'Am I ready?'" Worsham said.

In addition to Ready Army resources, the American Red Cross offers online and mobile emergency preparedness information (<http://www.redcross.org/prepare/disaster-safety-library>), shelter locations and up-to-the-minute weather reports by region.

"Whenever disaster strikes, it is vital that Families are familiar with what to expect from their local, county and state emergency response teams. Learn where the closest shelter is and what to take with you, as well as what is not allowed," said James Casel, Wiregrass Area Chapter American Red

Emergency preparedness Q&A

Q: What is the best way to be prepared for all hazards emergencies?

A: Play it smart. Preparing for emergencies doesn't take a lot of time or effort, but it brings you peace of mind. Three simple steps can help you and your Family prepare for all hazards — Build a Kit. Make a Plan. Be Informed.

Be Informed — Emergencies can arise from weather and other natural hazards, industrial and transportation accidents, disease epidemics and terrorist acts. Anticipate the emergencies most likely to affect you and your Family, and learn about related procedures including mass warning and notification and the Army Disaster Personnel Accountability and Assessment System. Being informed also means knowing first aid and appropriate response measures. Knowing what to do can make all the difference when seconds count.

Make a Plan — You and your Family members may not be together when an emergency strikes. Planning ahead for various emergencies will improve your chances of keeping in touch, staying safe and quickly reuniting.

Build a Kit — Assemble a collection of first aid supplies, food, water, medicines and important papers to sustain you and your Family until a crisis passes. Consider the unique needs of your Family and pets, then assemble emergency supply kits in your home, car and workplace.

Get Involved — Prepared individuals build stronger communities. In an emergency, you may be in a position to provide help to not only your family, but to those in your community. Learn how to receive training, how to volunteer, and how to share your knowledge and skills with others.

Q: What items should I put in my emergency kit?

A: For an emergency kit, collect enough supplies to last for at least three days. Keep a kit prepared at home, and

consider also having kits in your car and at work and a portable version in your home ready to take with you. These kits will enable you and your Family to respond to an emergency more quickly, whether you have to shelter in place or evacuate. Also take into consideration whether your area is likely to face a specific threat and purchase items accordingly. For a list of suggested items, download the Emergency Kit Fact Sheet from the Ready Army website.

Q: What is a Family Emergency Plan? How do I make one?

A: Your Family also should have a plan for who you will call and where you will go if there is an emergency. When creating a Family emergency plan, consider the range of potential emergencies and all the places you and your Family might be. Talk to your children about what will happen if they are in school at the time of the emergency, and make sure they understand where you intend to be.

Army Families, in particular, need to know what to do if an emergency occurs particularly when their Soldier is deployed. In case you can't reach each other directly by phone or email, have an out-of-state friend or relative you can both contact to leave word that you're okay and learn the ADPAAS to ensure you are ready to report your status. Soldiers downrange need the peace of mind that their Families are safe so they can focus on their mission at hand.

Discuss your plan with the Family and set up practice evacuations or shelter-in-place drills to ensure everyone knows what to do and where to go in the event of an emergency.

Recommended information for a Family Emergency Plan can be found on the Ready Army website under Emergency Preparedness for the Army Community.

(Source: ReadyArmy.gov)

EXCEPTIONAL FAMILY MEMBER PROGRAM

Agency helps special-needs Families

By Nathan Pfau
Army Flier Staff Writer

Taking care of an Army Family takes a lot of hard work, love and dedication, and Families with special needs can make that undertaking a top priority with one Army program.

The Exceptional Family Member Program at Fort Rucker is designed to help active-duty Soldiers and Family members who have any type of special need and ensure that those services are available to them as they move throughout their military career, said Marion Cornish, EFMP program manager.

"Our mission is to help identify Soldiers who have Family members with special needs and make sure the services are available to them," said Cornish.

The term "special needs" covers a broad spectrum, said the EFMP manager, and includes Family members who need early intervention services, special education services, counseling services, speech therapy, physical therapy, occupational therapy, specialized care services, even if it's only once a year, and a myriad of other requirements.

There are two major components to the EFMP program, said Cornish: the support side, which is Army Community Service, which provides patient referrals, advocacy, workshops, trainings and respite care; and the medical side, which falls under Lyster Army Health Clinic, which oversees health

screenings, enrollment and disenrollment, and updates to medical records.

"When disenrollment is involved for whatever reason, the Soldier must make sure to visit the nearest Army medical EFMP office to do so, even if they are stationed at a post of a different armed forces branch," she said.

Cornish said Families who need to enroll in EFMP or want to see if they are eligible for EFMP services should call to make an appointment.

The screening process starts off at the EFMP website, www.efmp.amedd.army.mil, which will give Family members access to forms that they must fill out, said the EFMP manager.

"Even with those forms, those Family members need to touch base with their medical EFMP office because they will be able to take them step-by-step through the whole process," she said. "Some services will require the health care provider's signature."

Once the paperwork is done and filed, Family members will be screened by a physician at LAHC to make sure everything is in order, and Cornish reassures that Families won't have to go through the process alone.

The most popular service is respite care, said Cornish, which helps primary caregivers of qualifying Families get time away from their daily routine. If a Family

SEE EFMP, PAGE C3

Child Find campaign starts

By Marion Cornish
EFMP Manager

The Exceptional Family Member Program is identifying active duty military Families with special needs. Special needs can include physical, intellectual, developmental delays, emotional impairments that require special treatment, therapy, education, training or counseling.

Enrollment is mandatory for Soldiers with Exceptional Family Members. This includes active-duty Army, Army Reserve Soldiers in the USAR-Active Guard, Reserve program and other Soldiers on active duty exceeding 30 days, and Army National Guard personnel serving under authority of Title 10, United States Code. Mobilized and deployed reservists and National Guard are not eligible.

Enrollment allows the assignment manager at Army personnel agencies to consider the documented medical and special needs of EFM's in the assignment process. When possible, Soldiers are assigned to an area where the medical and special education needs of their EFM can be met. This will depend on a valid personnel requirement for the Soldier's grade, specialty and eligibility for the tour. All Soldiers are still eligible for worldwide assignments.

If you are a Soldier with a Family member with a special need or disability or have knowledge of someone who is, contact the EFMP at Lyster Army Health Clinic, 255-7431. Lyster's EFMP



conducts EFM screenings, enrollments, updates and disenrollments. AR 608-75, Exceptional Family Member Program, requires Soldiers to update EFM enrollment every three years or sooner if services for special needs are no longer required.

For EFMP advocacy services, respite care, information and referral services, free educational and training opportunities, resource library and relocation assistance, call ACS EFMP at 255-9277.

EFMP Child and Family Find Campaign activities include: a post exchange display, Monday-Sept. 16; story time at the Center Library, Sept. 12, 10:15-11 a.m.; Center Library bibliography display throughout September; and an EFMP Fun Day, Sept. 10, 11:30 a.m. to 1 p.m. at the event field on Seventh Avenue and Castle Way (In case of inclement weather, event will be held Sept. 17).

For information and to register, call 255-9277.

Right Arm Night

New facility survey

Employment Readiness Class

Back-to-School Skate Party

Financial readiness training

Grandparents Day Brunch

A black and white photograph of three young women posing together. The woman on the left is looking towards the camera with a playful expression. The woman in the center is wearing large, dark sunglasses and a feather lei, smiling. The woman on the right is also wearing a feather lei and holding a mustache prop over her mouth, with her hand raised in a playful gesture. They are all wearing casual clothing.

FILE PHOTO

Girls' Night Out

EFMP information, support group

September craft activity

Car seat safety class

EFMP Fun Day

Infant, child CPR

Library Database 101

FRG leadership training

DFMWR Spotlight

Fort Rucker Family & MWR Upcoming Events & Activities



2014 FALL BOOT CAMP

Sept. 15 – Oct. 24

Ready for a Fitness Challenge?
Fort Rucker's Physical Fitness Center is offering a challenging fitness camp which will leave you feeling energized, recharged and motivated. **\$100 per participant.** Payment due in full by Sept. 15th.

FORTENBERRY-COLTON PHYSICAL FITNESS CENTER, (334) 255-3794
 Open to Authorized Patrons EFMP Friendly



3 vs 3
Indoor Soccer
Tournament

**Saturday,
September 6th
Begins at 9 am**

\$40 per team

Teams must register
before Saturday, Sept. 6th
Tournament format:
double elimination

Fort Rucker Physical Fitness Center, (334) 255-2296
Open to the Public EFMP Friendly

For more information visit www.fttruckermwr.com.

FORT RUCKER MOVIE SCHEDULE FOR AUG. 28 - 31

Thursday, Aug. 28

Sex Tape (R) 7 p.m.

Friday, Aug. 29

Tammy (R) 7 p.m.

Saturday, Aug. 30

The Purge: Anarchy (R) 7 p.m.

Sunday, Aug. 31

Guardians of the Galaxy (PG-13))
.....2 p.m.

Army warns: Beware of predatory lenders

By **Lisa Ferdinando**
Army News Service

WASHINGTON — Need money fast? Need a new car? No problem! Instant approval for members of the military!

While advertisements for immediate cash and merchandise are appealing, service members can land in hot water if they are not careful.

Soldiers, especially junior-enlisted, are targets for high-interest car loans or payday loans with exorbitant rates, said Maj. Emma Parsons, Department of the Army banking officer.

“There are a lot of predatory lenders out there,” she said.

Soldiers should proceed with caution, she said, noting that the Consumer Financial Protection Bureau says a small-dollar payday loan could equate to an annual



PHOTO BY DAVE VERGUN

Soldiers are urged to take advantage of free financial counseling available at all installations, to help avoid the pitfalls that could put them under a mountain of debt.

percentage rate of nearly 400 percent.

Unaffordable debt coupled with service charges and late fees can quickly spin out of control, putting unsuspecting service members un-

der a mountain of debt, she said.

That is why it is so important for Soldiers to have a plan for their money.

Among the mandatory services that on-post financial institutions

provide are counseling and education partnered with Army-trained personal financial managers, Parsons said.

Trained financial counselors are present on every installation, she said. Soldiers are urged to meet with a counselor and utilize these free services, to help avoid the pitfalls that would put them in financial straits.

Talking to the financial expert can put the situation in perspective and help the service member navigate away from avoidable problems, such as spending beyond one’s means and signing on to a quick loan loaded with fees and a high interest rate, she said.

While emergencies do arise, counseling can guide a service member on how to manage money and what are the best options when those situations do occur, she said.

Falling into debt impacts readiness and morale, and directly affects the work performance of the Soldier, Parsons said. Soldiers who become delinquent on their debts could have their wages garnished, and risk losing a promotion or a high-level security clearance.

For the most junior Soldiers, this might be the first time they are receiving a paycheck, said Maj. Helen Thomas, the banking liaison officer at Fort Bragg, N.C. It’s important they spend wisely and not fall into the trap for quick money or gleaming new merchandise they don’t need and can’t afford.

“I see it all the time. Young Soldiers come to us for counseling after they’re in a financial bind – we want to help them before the problem happens,” she said. “Let’s catch them before they make those decisions.”

No time to rest for Fife and Drum Corps

By **Jim Dresbach**
Joint Base Myer-Henderson Hall

JOINT BASE MYER-HENDERSON HALL, Va. — The Spirit of America itinerary of Boston to Albany, New York, to Hershey, Pennsylvania, go together like rehearsal, travel and new drill choreography, for The United States Army Old Guard Fife and Drum Corps.

Now in the final weeks of rehearsals, August afternoons have been reserved for Conmy Hall run throughs, as the 69 members, usually dressed in their Colonial America-era finery, are informally preparing for two shows.

On any given afternoon, two divisions split the Conmy floor. One group is Spirit of America-bound, while the other troupe will venture to Estes Park, Colorado, for the Longs Peak Scottish-Irish Highland Festival.

The simultaneously-scheduled performances are an example of the break-neck schedule the musical corps faces in the upcoming weeks. Months prior to the Spirit of America and the Colorado actual show dates, music selections and timelines were put into place.

“We had music solidified and handed out

a few months ago, so the way that we’re going to do it, is everybody is given some memorization dates, and throughout that process, we get together and rehearse as an organization. At that time, it’s the music that we lock in,” explained Staff Sgt. John Brandt, a corps bass drummer. “Then we review some drill that we previously worked on. As of [early August], we’re cleaning up that drill, and over the next week, we really solidify the music.”

Fife and Drum snare drummer Staff Sgt. Shane Nickels will be performing in his first Spirit of America shows when the Army ceremonial units roll up the east coast.

He said describing the schedule as hectic would be an understatement.

“We just got back; the whole corps went to Indianapolis for Drum Corps International Championships,” he said. “We did a three-day tour there. Now we came right back into full-day rehearsals, so it definitely is tiring, but I’d rather be busy than not doing anything.”

In all, four snare drummers, two bass drummers, eight buglers and eight fifers will be on the road to Massachusetts, New York and Pennsylvania, in September. Bugler Staff Sgt. Daniel Toussaint promises preci-



PHOTO BY RACHEL LARUE

Members of The United States Army Old Guard Fife and Drum Corps practice for Spirit of America in Conmy Hall on Joint Base Myer-Henderson Hall, Va., Aug. 12. Through September, Spirit of America will be traveling to Boston; Albany, N.Y.; and Hershey, Pa. For the full schedule, visit www.spiritofamerica.mdw.army.mil.

sion, excellence and showmanship.

“It will be the same top level we always perform at,” said Toussaint. “Our show is actually similar in some ways musically to the last Spirit of America. But parts have been added, so it is a different show. A lot of us are learning new parts and learning new

steps.”

Spirit of America performance dates and locations include Boston’s TD Garden (four shows) on Sept. 12 and 13; Albany’s Times Union Center, Sept. 19-20; and the Spirit of America entourage plays in Hershey, Sept. 26-27.

EFMP: Program focuses on wellbeing of Families

Continued from Page C1

meets all the requirements, they can receive this service for a maximum of 40 hours a month at no cost to them.

“Sometimes there’s a lot our Families with special needs have to go through,” Cornish said. “So if you can get a break, even just for a

little while, you can come back refreshed and ready to deal with the things you have to deal with on a regular basis.”

This time can be used to catch up on daily routines, errands or even simple things like grocery shopping, said the EFMP manager.

“A lot of us don’t un-

derstand how much an undertaking it can be just to go to the grocery store if you have a Family member with special needs,” she said. “We don’t think about all the orchestration involved.”

On occasion, a Soldier’s request for a specific duty station can be denied based on the needs of the Fam-

ily, but in the rare circumstances in which a Soldier’s request is denied or that Soldier is moved to a place where there are no services for their Family member, EFMP is there to help the Family explore other options.

Though enrollment

in EFMP may affect the places a Soldier can go, it won’t affect any promotions as information about EFMP enrollment is never provided to the board that determines promotions, said Cornish.

“If you’re in doubt, just call us and talk with us

and we can give you some preliminary information over the phone,” she said. “The program is designed to help, and the end result is the Army concerned for the overall wellbeing of the Family.”

For more information, call 255-9277.



PHOTO BY NATHAN PFAU

Marion Cornish, Exceptional Family Member Program manager, reads to Families during a Story Time session for the EFMP Child Find Campaign last year.





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Mon-Fri: 7:00 & 9:20

II TEENAGE MUTANT NINJA TURTLES - PG-13
Sat-Sun: 1:45, 4:00, 7:10 & 9:20
Mon-Fri: 7:10 & 9:20

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Enterprise Information 347-547-5531

III GUARDIANS OF THE GALAXY - PG-13
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Mon-Fri: 7:00 & 9:20

IV LET'S BE COPS - R
Sat-Sun: 1:45, 4:00, 7:00, 9:10
Mon-Fri: 7:00 & 9:10

COLLEGE CINEMA • ENTERPRISE

I IF I STAY - PG-13
Sat-Sun: 1:45, 4:00, 7:00 & 9:10
Mon-Fri: 7:00 & 9:10

II AS ABOVE SO BELOW - R
Sat & Sun: 2:00, 4:00, 7:10 & 9:10
Mon-Fri: 7:10 & 9:10


III THE NOVEMBER MAN - R
Sat & Sun: 1:45, 4:00, 7:00 & 9:10
Mon-Fri: 7:00 & 9:10

Church Directory

“Be ye followers of me, even as I also am of Christ.”
1 Corinthians 11:1

First United Methodist Church
Traditional Worship Service
8:30AM & 11:00AM
Contemporary Worship - New Connection
8:45AM & 11:00AM
The Gathering - Youth
5:45PM
Sunday School
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Nursery Care: During all services
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efumc@adelphia.net
Prayer Line (24 Hours) 334-393-7509

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Events celebrate Labor Day weekend in Alabama

By Edith Parten
Alabama Tourism Department

MONTGOMERY — Farm-to-table foods, re-enactments of famous battles and a commemoration honoring coon dogs highlight this year’s Labor Day weekend activities across Alabama.

Some 20 events celebrate Labor Day beginning Friday with the world’s largest peanut boil in Luverne to the 75th annual Coon Dog Cemetery Celebration Monday in Tusculumbia.

Boiled peanuts, sweet potatoes, gumbo, moon pies and barbeque are a few of the foods Families can enjoy over the weekend to celebrate Labor Day during the Year of Alabama Food. Fresh vegetables abound at the World’s Largest Peanut Boil and the Sweet Tater Festival in Cullman. A moon pie eatin’ contest is the highlight of the Labor Day Celebration at Tannehill Ironworks Historical Park in McCalla and Creole gumbo, shrimp and crawfish are plentiful at the 41st annual St. William’s Seafood Festival in Guntersville.

Families can also celebrate animal-themed events such as the Labor Day Celebration at the Coon Dog Cemetery where hunting dogs are honored, graves are decorated and tall tales are swapped in the “Liars Contest.” The small town of Ider has been parading mules, horses and carriages for more than 100 years.

The Alabama Tourism Department suggests the following Labor Day weekend events with Family fun in mind.

St. William’s Seafood Festival
Celebrate the Year of Alabama Food Saturday in Guntersville by enjoying St. William’s famous seafood that includes Creole-style gumbo, Cajun boiled shrimp and fresh crawfish. Catfish and barbecue dinners are also available from 10:30 a.m. – until sold out. The drive-thru is open for shrimp and/or gumbo at 7:30 a.m. and is open until sold out. For more information, call (256) 455-4133 or visit www.stwilliamchurch.com.

Cars by the Creek
Prizes are awarded for the top 20 cars and top 10 trucks Saturday in Montevallo. The child who catches the most fish wins a prize. Registration is from 8-11 a.m. and presentations take place at 2 p.m. Fee for participants. For more information, call (205) 665-1519.

Tuskegee Labor Day Fly-In
The Tuskegee Labor Day Fly-In takes place at the Tuskegee Airmen National Historic site Saturday. For more information, call 727-3200 or visit www.nps.gov/tuai.

Battle for Decatur
Civil War re-enactors fight it out in mock battles Saturday through Monday at 2 p.m. daily. Camps are also open for viewing. Admission is free. For more information, call (800) 524-6181 or visit www.decaturcvb.org.

World’s Largest Peanut Boil Festival
Patrons can enjoy arts, crafts, children’s

activities, sweets and boiled peanuts during the World’s Largest Peanut Boil Festival Friday through Monday from 9 a.m. until 5 p.m. daily in Luverne. More than 17 tons of peanuts will be cooked. Admission is charged. For more information, call 335-4468 or visit <http://www.crenshawcochamber.com/peanutboil/>.

Art in the Park
More than 150 artists and craftsmen from the Southeast and Southwest show off their works of art during Art in the Park Sunday in Scottsboro from 8 a.m. until 5 p.m. Children’s activities, music and food vendors are also included in the event. Admission is charged. For more information, call (800) 259-5508

Labor Day Weekend Concert
The Labor Day Weekend Concert on Lake Martin is Sunday from 7-10 p.m. in Alexander City. Gates open at 5 p.m. Guests are encouraged to bring lawn chairs and picnic baskets. Tickets are available through Ticketmaster. For more information, call (256) 397-1019 or visit www.RussellLandsonLakeMartin.com.

Sweet Tater Festival
The Sweet Tater Festival is Sunday from 1-4 p.m. and Monday from 8 a.m. until 3 p.m. at Dowling Memorial Park in Crane Hill. The event features arts and crafts, door prizes, a flea market, rides, games, live entertainment, and plenty of sweet taters. Admission is charged. For more information, call (256) 531-7916 or visit www.sweettaterfestival.com.

Alabama Blues Federation Jazz on the Grass
The seventh annual Alabama Blues Federation Jazz on the Grass is Monday from 11 a.m. until 7 p.m. in the Rolling Hills Community just off Troy Highway 231. Marcus Anderson, Reggie Hines and P.J. Spraggins perform. Lawn chairs, coolers and food are encouraged, although vendors will sell food and drinks at the event. Admission is charged. For more information, visit <http://wvasfm.org/post/7th-annual-jazz-grass>.

Ider Mule Day
Ider Mule Day begins Monday at 9:30 a.m. The event features a parade of mules, horses and carriages as well as a display of antique cars and tractors, handmade arts and crafts, music, barbecue and children’s activities. Admission is free. For more information, call (888) 805-4740 or visit www.discoverlookoutmountain.com.

Labor Day Celebration, Moon Pie Eatin’ Contest
Family fun abounds at the Tannehill Ironworks Historical State Park in McCalla during the annual Labor Day celebration and Moon Pie Eatin’ Contest Monday from 10 a.m. until 3 p.m. The event features homemade crafts, music, barbecue and more. Admission is charged. For more information, call (205) 477-5711 or visit www.tannehill.org.

WIREGRASS COMMUNITY CALENDAR

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

ANDALUSIA

ONGOING — The American Legion Post 80 hosts bingo nights Tuesdays and Fridays at the Legion Hall, 32335 N. US Hwy. 29, from 4:30 to 9 p.m. The organization also has a dance, with live music, every Saturday from 7:30 to 11:30 p.m. All proceeds from the bingo events go to help local veterans and their Families, as well as causes such as Girls State, Boys State and scholarships for high school students. For more information, call 222-7131 or visit www.andalusialegionpost80.org.

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

DALEVILLE

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

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

DOTHAN

ONGOING — The American Legion Post 12 holds monthly meetings on the second Thursday of each month at 7 p.m. Meetings are held at the VFW on Taylor Road. For more information, call 400-5356.

ONGOING — The Wiregrass Museum of Art hosts First Saturday Family Day the first Saturday of every month at 10:30 a.m. The event is recommended for elementary-aged children. For more information, visit wiregrassmuseum.com or call 794-3871.

ONGOING — Wiregrass Suicide Prevention Services holds bi-monthly suicide survivor support groups the second and fourth Monday of each month at 6 p.m. at 148 E. Main Street. The support groups are for anyone who has lost a friend or loved one to suicide. Children’s groups are also available. For more information, call 792-9814.

ENTERPRISE

ONGOING — The DAV Chapter No. 9 monthly meetings are held on the second Thursday of each month at 6 p.m. in the Baptist Center located on East Lee Street. For more information, call 308-2480 or 475-4373.

ONGOING — The American Legion Post 73 meets at the American Legion/Doer’s Shrine Club building at 200 Gibson Street on the fourth Saturday of each month, beginning at 8 a.m. The building is across the street from the Lee Street Baptist Church. For more information, call 347-5961 or 447-8507.

ONGOING — Veterans of Foreign Wars Post 6683, John Wiley Brock Post, membership meetings are at the post headquarters on County Road 537 every third Tuesday of the month at 7 p.m. For more information, call 406-3077, 393-6499 or 347-7076, or visit the VFW Post 6683 on Facebook.

ONGOING — Enterprise State Community College holds classes to teach English as a second language at the Fort Rucker campus Mondays and Wednesdays from 9 a.m. until noon in Bldg. 4502, Rm. 131.

ONGOING – Fabulous Fourth

Friday continues downtown on Main and College Streets. The event begins at 5:30 p.m. every fourth Friday of each month. Various activities, such as art walks, inflatables, car shows and local musicians, plus lots of shopping opportunities are available. For more information, call 348-2738.

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 — Disabled American Veterans Chapter 99 maintains a DAV service office in the New Brockton Police station every Tuesday and Wednesday from 10 a.m. to noon. All veteran services provided are free. For more information, call 718-5707.

ONGOING — The New Brockton DAV Chapter 99 offers college scholarships of \$500 to applicants that are children of U.S. military veterans who have fallen or were wounded, medically discharged wounded veterans and spouses of fallen Soldiers. Applicants may already be attending college or have been accepted at a certified college or university. Applications and additional information can be picked up at the New Brockton Police Department Tuesdays and Wednesdays from 10 a.m. to noon.

OZARK

ONGOING — AL-ANON will hold weekly meetings on Mondays at noon at

the Lutheran Prince of Peace. For more information, call 618-513-1258.

ONGOING — The Friends of Ozark holds a monthly meeting on the second Tuesday of every month at 6 p.m. at the Ozark-Dale County Library. For more information, call 477-6221 or email wcholmes53@hotmail.com.

PINCKARD

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

SAMSON

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

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

TROY

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

WIREGRASS AREA

ONGOING — Veterans Of Foreign Wars Post 3073 Wiregrass Post membership meetings are at the post headquarters at 1426 Taylor Road every third Tuesday of the month at 6:30 p.m. There is a fish fry every Friday night from 5-7 p.m., then karaoke begins at 6 p.m. For more information, call 793-7912.

Beyond Briefs

Zoobilation 2014

The Montgomery Zoo will host its Zoobilation 2014 Sept. 18 from 6 p.m. to closing time. Billing it as “the wildest party in town,” zoo officials said the fundraiser event features dancing, entertainment by Tony McCutchen on steel drums and Cockeyed Camel, food sampling from River-Region restaurants, an auction a chance to rub elbows with area animal enthusiasts. Tickets cost \$50. For tickets or more information, visit www.montgomeryzoo.com or call 334-240-4900.

Paddle board race

A paddle progression stand-up paddle board race takes place Sunday at 11 a.m. at Carl Gray Park behind Gulf Coast State College in Panama City, Fla. Registration begins at 9 a.m. Registration costs \$20 for the 5-mile race and \$10 for the 1-mile fun paddle.

For more information, visit facebook.com/SunjammersPaddleProgressionChallenge.

Free concert

Denver Public Library in Panama City, Fla., will host a free concert Sept. 6 from 6-9 p.m. featuring Raychill Muller and

Corey Peterson, who blend the sounds of sultry vocals colored with saxophone echoes and harmonies, according to a press release. The library is located at 2808 W. 12th St.

For more information, call 850-215-8780.

Chasin’ the Sun Music Festival

Panama City Beach, Fla., will play host to the annual Chasin’ the Sun Music Festival Sept. 12-14 at Aaron Bessant Park at 600 Pier Park Drive. The event features three days of music from a variety of bands. Ticket prices range from \$10 for a child’s one-day pass to \$100 for a three-day VIP pass.

For more information, visit www.visitpanamacitybeach.com.

Director: Changes afoot as DODEA schools open

By Claudette Roulo
Defense Media Activity

WASHINGTON — Fort Rucker schools went back in session Aug. 5, but Monday marked the first day back to class for most students in the Department of Defense Education Activity school system.

While Fort Rucker and a few other DODEA schools across the southern states began opening earlier this month, the majority of schools opened Monday, said Tom Brady, director of DODEA.

“I’m very pleased to say that the openings have gone exceedingly well,” Brady said.

About 78,000 students returned to 181 DODEA schools around the world, he said. That’s a slight decrease from last year’s 80,000, Brady noted, adding that the decline was expected given the reductions in overall force structure.

Students will be seeing new instructional materials and more technology this year, he said. DODEA has invested in new social studies, science, arts, and physical education materials in addition to building five new schools and undertaking an extensive repair and maintenance program.

And, Brady said, DODEA’s “remarkably dedicated” teachers received additional professional development over the summer.

Classroom technology

The introduction of new technology into DODEA’s classrooms is progressing well, he said.

“We’ve invested another at least \$7 million in school-level [technology],” Brady said. DODEA’s computer replenishment program, in which the oldest computers are the first to be replaced, is showing good progress, he noted.

“We’re also monitoring our one-on-one computer program and we’re looking at some tablets. We’re trying to get the right mix for the right schools,” Brady said.



PHOTO BY NATHAN PFAU

Students cross the street on their bikes, on foot and with their families during the first day of school at Fort Rucker Elementary School Aug. 5.

In addition, DODEA is expanding online education programs, he said.

“The more I travel, the more it was clear to me that we have great schools that don’t have the capacity – they aren’t large enough to put [in] all the programs that we’d like to do, and I don’t want any student to miss an opportunity,” Brady said. “And although it’s difficult, we can do online schools, and if the child is really motivated, why should they be denied the opportunity? So, we’re expanding the catalog, and I’m very pleased with the performance of the online curriculum and online education.”

First 100 days

Brady became DODEA director in March, so this will be his first full school year as director. He said he’s particularly excited about DODEA’s future.

During his first 100 days in office, Brady said he made it a priority to see schools in operation and meet with parents, teachers and administrators around the world. Brady traveled more than 27,800 miles, visiting eight

of DODEA’s 14 districts and 79 schools in Korea, Japan, Germany, Belgium, the Netherlands, Kentucky, North Carolina and Georgia.

“The whole purpose was to listen,” he said. “I got an opportunity to hear first-hand from students – and that was the best part, to talk to students – the teachers, parents, commanders ... on what was right and what could be improved in DODEA, and I thought it was very, very worthwhile.”

Priorities

Two priorities became clear during his travels, he said.

First, the critical need to establish an aligned curriculum – college- and career-ready standards that will be implemented throughout the DODEA system. This includes professional development for teachers to prepare them for the new standards and an assessment to measure progress. This will ease the process of transitioning to new schools for DODEA’s highly mobile student population, not just within the DODEA system, but also into schools in the 46 states that have

adopted the common core curricula.

“We have standards, we can improve the standards,” Brady said. DODEA must execute those standards so that students are prepared to make choices that are most advantageous to them.

“And to do that is to make sure that they’re prepared through the use of the standards ... when they get to the junior and senior year, they’re ready to go out and make choices based on their wants and not be driven to choices that they’re not prepared to make because of inadequate preparation,” Brady said.

Parental involvement is essential to this effort, he said. Research has shown that student performance improves at least five points by a parent simply entering a school building.

“So, if we’re going to influence positively student performance, then we need partners and we need parents to be partners,” he said.

The second priority is to execute some behind-the-scenes changes, he said, to include reorganizing the educational director-

ate to better align with DODEA’s responsibilities and to ensure the human resources department is attracting the most talented teachers and administrators. This is aimed squarely at the problem of raising student achievement across the board and improving school operations.

“We’ll begin that work almost immediately,” Brady said.

The DOD mission

DODEA’s schools play an important role in maintaining readiness, he said.

“As we look at a combat-ready force, we all know intuitively that we want our armed forces members to be looking at that mission and accomplishing it,” Brady said. “We would be a distractor if they’re worried about their family and they’re worried about their children’s education.”

DOD Families can entrust their children to an outstanding school system, he said, and know they’re going to get a top-notch education.

“That’s one less worry for that parent, or parents, who are facing very demanding jobs. So, I think we add to readiness, obviously,” Brady said.

Budget

DODEA schools are blessed, the director said, because DOD is unswerving in its dedication to adequately funding education.

“I’m always concerned about resourcing. I’m always concerned that we’re putting the resources where they need to be, and that’s with the classroom and to the teacher and child,” he said. “Unlike many of the public school superintendents who face yearly budget cuts – draconian budget cuts – DOD is committed to our students,” Brady said. “And so I’m very concerned that we spend resources well, but right now I am not in a position, thankfully, to have to look at which education programs to cut and what teachers to cut. So we are doing very, very well.”

Campaign focuses on improving student performance

By David Vergun
Army News Service

WASHINGTON – “A ready and resilient Soldier needs a ready and resilient Family,” said Maj. Bethany A. Belanger, registered dietician, nutrition lead for Performance Triad System for Health.

A great way to make this happen, she said, is by getting parents and children engaged on the importance of sleep, activity and nutrition: the three pillars of the Performance Triad.

With August being Performance Triad month, this is a good time for a Back to School Campaign that focuses on getting the entire family involved in setting up their children for success, she added.

Belanger offered some useful tips that will increase children’s health and performance in school.

Sleep

School-aged children need more sleep than adults – about 8 ½ to 11 hours per night, Belanger recommended. Roughly 30 to 40 percent of children are not getting enough.

Because kids can be high-strung, especially in the evening, it’s important to create an environment conducive to sleep. An hour before bedtime, parents should initiate “winding down activities,” she said.

Turn off the TV, end social media and computer game time and cease physical activity at least an hour before sleep. These activities are stimulating and make it difficult for children to fall asleep. Instead, she offered, have them read a book or take a warm shower, things that



PHOTO ILLUSTRATION BY PEGGY FRIERSON

Back to School Campaign focuses on improving student performance through better sleep, activity and nutrition, the pillars of the Performance Triad.

induce relaxation.

Activity

Throughout the day, children sit way too much, she said. Sedentary behavior can lead to weight problems and hinder their school performance. Regular physical exercise activates children’s brains, helping them to focus and pay attention in school.

Rather than recommending specific exercise regimens, Belanger said the

basic idea is to get kids to move and burn off excess energy. They should accumulate at least 60 minutes of physical activity daily.

Besides formal exercise plans and school sports, Belanger said children can go to the playground, walk the dog and have recreation time with their parents. These simple recreational activities are fun, easy to plan and increase time spent together as a family.

Nutrition

It’s been said many times that breakfast is the most important meal, and that’s true, Belanger said, especially for children heading out to school.

Breakfast will boost students’ energy levels, thereby improving their cognitive performance and help them focus better on their lessons, she said.

The best plan is for the entire family to eat breakfast together – and other meals as well, she said. Having Family time together at meals promotes good nutrition habits, as well as social development.

To save time, prepare part or all of breakfast the night before and spend a few hours on the weekend preparing foods for weekly Family meals, she said.

For children, healthy meals and snacks should

include about 50 percent fruits and vegetables, as well as whole grains, dairy, lean protein and healthy fats such as nuts. Food choices from each food group should be natural as opposed to processed, she said, adding that’s the same advice for adults.

Parents also need to monitor their children’s caffeine intake.

“You can get caffeine from many sources besides coffee,” she said.

Soda, tea and energy drinks are other common sources and their effect is cumulative. Many sources can also be high in sugar and calories. Consuming caffeinated drinks regularly impacts children’s health and their ability to pay attention and focus in school.

Caffeinated beverages also impact a child’s sleep.

Belanger recommends children not consume caffeine at all, and especially not within six to eight hours of bedtime.

Instead, she offered, drink milk or water. For the sweet tooth, she said a good replacement for soda is fruits, which are naturally sweet and contain vitamins, minerals and fiber.

Parents also need to get into the habit of reading labels on food products, Belanger said. Fat, calories, salt, sugar, additives and ingredients should all be monitored.

Finally, Belanger said that while it’s a tall order for parents to monitor their children’s sleep, activity and nutrition, they have the “biggest influence” on their children. Also, it’s not just enough “to tell your kids what to do. You have to be the role model.”

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COURTESY PHOTO

Pick-of-the-litter

Meet Kai, an approximately 9-week-old orange tabby female who is available for adoption at the Fort Rucker stray facility. She is healthy and full of love. Adoption fees vary per species and needs of animal, which includes all up-to-date shots, the first round of age-appropriate vaccinations, microchip and spaying or neutering. 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/](http://www.facebook.com/fortruckerstrayfacility/) for constant updates on the newest animals available for adoption.

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Religious
Services

WORSHIP SERVICES
Except as noted, all services are on Sunday

Headquarters Chapel, Building 109
8 a.m. Multi-Cultural Worship Service

Main Post Chapel, Building 8940
9 a.m. Catholic Mass Sunday
11 a.m. Traditional Worship 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 Contemporary Worship Protestant Service
1 p.m. Eckankar Worship Service (4th Sunday)

Spiritual Life Center, Building 8939
10:45 a.m. CCD (except during summer months).

BIBLE STUDIES

Tuesday-
9 a.m. Protestant Women of the Chapel, Wings Chapel
5:30 p.m. Youth Group Bible Study, Spiritual Life Center
6 p.m. Protestant Women of the Chapel, Wings Chapel
7 p.m. Adult Bible Study, Spiritual Life Center

Wednesday-
8:30 a.m. - Catholic Women's Bible Study, Spiritual Life Center
11 a.m. Above the Best Bible Study, Yano Hall
11:30 a.m. 164th TAOG Bible Study, Bldg 30501
12 p.m. Adult Bible Study, Soldier Service Center
6 p.m. Adult Bible Study, Spiritual Life Center

Thursday-
9 a.m. Adult Bible Study, Spiritual Life Center
6:30 p.m. Latter-Day Saints Bible Study, Wings Chapel
6:30 p.m. Wings Bible Study (Meal/Bible Study), Wings Chapel

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AUGUST 28, 2014

HITTING STRIDE

Fort Rucker's 10-miler team preps for D.C. run

By Nathan Pfau
Army Flier Staff Writer

After a record-breaking race during last year's All-Army 10-Miler, the Fort Rucker 10-Miler team is prepping to take on the behemoth race again in hopes of repeating last year's success.

With a potential of up to 35,000 runners competing in the All-Army 10-Miler in Washington, D.C., Oct. 12, the Fort Rucker Flyers have no shortage of competitors to go against, and Staff Sgt. David Seymour, NCO Academy and Flyers' team captain, said they're out to break records.

"Last year, we broke the post record for the 10-miler team by just under two minutes, with a total time of 3 hours, 57 minutes and 38 seconds," said the team captain. "Hopefully, this year we'll be able to hit a time around 3:55, which would be a tremendous improvement overall."

Seymour, who's on his third year running for the team, said that the team has lost its strongest runner from the previous year, but despite the loss, the new team is stronger than its predecessor.

"I think, with this team, we can break our record by another minute or so, which would set the bar higher for our team," he said.

The team consists of eight members, to include: Seymour; CW4 Stephanie Rose, Headquarters Headquarters Company, 1st Battalion, 14th Aviation Regiment and co-captain; CW4 William Staniewicz, A Company, 1st Bn., 145th Avn. Regt.; Capt. Byron Critchfield, U.S. Army School of Aviation Medicine; Capt. Nicole Solana, USASAM; Capt. Gregory Griffith, A Co., 1st Bn., 145th Avn. Regt.; Staff Sgt. Raymond Huff, NCOA; and 2nd Lt. Kenneth Fischer, D Co., 1st Bn., 145th Avn. Regt.

Of those eight team members, only the best times for four of the eight will be counted toward the team's overall score – the top female and top three males.

"We're hoping to finish top 10 out of all the Army teams and top 15 out of all the teams, and there are more than 400 teams



PHOTO BY NATHAN PFAU

Runners on the Fort Rucker 10-miler team, Flyers, take to the road on a practice run at West Beach at Lake Tholocco Thursday.

that enter the race," said Seymour. "We should have five or six runners finish top 100 for military, so the team is very strong from bottom to top."

Fort Rucker's team was picked after 12 weeks of tryouts, and everything from practice participation, attitude and ability were factors that were taken into consideration, said the team captain.

"Throughout the selection process, one of the biggest factors that we were looking for was practice participation," he said. "We wanted people who were willing to show up."

"You're not going to improve and you're not going to help the team if you're not there, so the more practices you made throughout the 12 weeks, the more likely you were to get picked," he continued. "Practice participation and overall ability has been the two main factors."

Since choosing the team, the Flyers have

been building up to a 75-mile week, per runner, and are currently running between 40-50 miles per week.

All of the runners will be competing in races throughout the Southeast to use as practice during the coming weeks leading up to the Army 10-miler, and as a team the last race the Flyers will compete in together before the big race will be the post gate-to-gate run.

"We try meet up to practice three to six times a week depending on where we are in the training, but each team member will run according to our plan, which has each runner running anywhere from six to seven times a week with one rest day if necessary," said Seymour.

The team currently meets to run every Sunday at 6 a.m. at West Beach on Lake Tholocco, and Tuesdays and Thursdays at 5:30 a.m. with a 6 p.m. make-up practice run.

Seymour said the practices are open for anyone to join, and simply asks that people have a good attitude if they wish to participate.

Although the installation's 10-miler team has high hopes for the upcoming competition, each contest isn't without its hurdles.

"Our biggest challenge for any runner going into any competition is staying healthy. We have to balance training with fatigue and recovery," said Seymour. "Making it to the starting line healthy is the most difficult part of racing."

The team is able to overcome those obstacles by evaluating each runner as they go along, balancing recovery and nutrition, and seeing how each runner feels on a day-to-day basis.

As everything falls in place, Seymour said he and his team are ready to take on the Army 10-miler with full confidence.

Lyster doctor earns spot on Rucker 10-miler team

By Katherine Rosario
Lyster Army Health Clinic Public Affairs

Heading out for a run doesn't usually involve much planning, however, competing for a spot on the Fort Rucker Army 10-miler team requires planning for the proper balance of sleep, activity and nutrition.

Capt. Bret Lehman, optometrist for Lyster Army Health Clinic, earned his spot on the Army 10-miler team by practicing good sleep habits, sticking to a workout plan and making healthy food choices.

Lehman has been running competitively since 2003 and has completed two half-Ironman's and several triathlons. When he was stationed at Fort Bragg, N.C., he competed for the 10-miler race and finished in the top 20 out of 3,000 runners.

"I raced in the Fort Bragg 10-miler run-off for three consecutive years," he said. "My times improved every year."



PHOTO BY NATHAN PFAU

Capt. Bret Lehman, runner on Fort Rucker's Army 10-Miler team, the Flyers, stretches before a practice run with the team Thursday.

Fort Rucker's 10-miler run-off had about 75 participants this year, and Lehman said he knew he had a better chance to make the team. In early June, he came in third out of the group of runners.

"Going into the event, my mindset was that if I am in the Top 10, then I will make the team," Lehman said. "I came to find out that was not the case and the run-off was just to see who was interested in joining the team."

Two additional run-offs, a 5- and 10-mile run, were held in July and August. It was also mandatory for runners to attend three team practices each week.

Sleep, activity and nutrition played a big role in his road to success, he said.

"Sleep was very important. I had to make sure I was approaching bed by 9 p.m. Monday to be ready for the next day," he said.

After Tuesday morning practices, he would eat at the dining facility on post to make sure he replenished calories quickly.

"I drank chocolate milk, water and an electrolyte drink in the morning, and I would make sure I drank plenty of water throughout the day," he said. "I'm usually pretty good about eating three solid meals per day, so besides increasing my calorie intake, I didn't have to change too much."

To help him through his long runs, Lehman said he started stretching more.

"I had a lower back muscle strain and some hip pain, so I had to increase how long I stretched and adjusted my strengthening exercises at the gym," he said. Overall, he committed to stretching for about 15 minutes every day.

Lehman encourages those thinking about running to sign up for a race and train with a friend.

"Allow yourself two months to train for your first race and don't be afraid to incorporate brief periods of walking into your runs," he said.

People finding their balance of sleep, activity and nutrition are keys to performing their best, and Lyster can help them reach their goals. The nutrition care department offers healthy cooking classes once a month, where a registered dietician shows people how to prepare healthy, balanced, great tasting meals the whole Family will enjoy.

People with questions about the proper amount of sleep and how to safely increase their level of activity, should contact their primary care manager by either scheduling an appointment or messaging their doctor directly through Secure Messaging.

App feedback welcome

By David Vergun
Army News Service

WASHINGTON – Important information and helpful links on sleep, activity and nutrition – the three components of Performance Triad – are now available as an app that can be downloaded to any smartphone.

While the Performance Triad, Version 1.0, is useful in its current form, future versions will contain interactive features, according to Lt. Col. Myong S. Woo, Health Informatics officer, technical lead for Performance Triad.

The Army Office of the Surgeon General would like to receive feedback from Soldiers, Army civilians and Family members about exactly what they would like the app to feature, she said, as app developers are meeting next month to discuss future versions.

Commanders have already expressed interest in an interactive dashboard feature that would allow them to provide guidance to their troops or answer any questions or concerns they might have, she said, adding that Soldiers would have complete control of their confidentiality.

Perhaps Soldiers would like a daily inspirational message or tips on managing work, while getting the proper amount of sleep, or a nutritional tip of the day. Other possibilities, she said, include entering steps taken per day and hours of sleep or food eaten to track sleep wellness or calories.

Feedback like this will help guide future app development, Woo said, noting that "it's now very much a work in progress."

Users can visit their app store for this free app for iPhone, Android or Windows. Search for "Performance Triad" and download the app to the smartphone.

Once the app is downloaded, avatars of a Soldier, Army civilian,



PHOTO BY DAVID VERGUN

Important information and helpful links on sleep, activity and nutrition – the three components of Performance Triad – are available as an app that can be downloaded to any smartphone.

Family member and retiree will be displayed. Users should click on their avatar, which will open up content most applicable to them, she said.

Content in the app is organized by the three sleep, activity and nutrition categories. Within each category are such things as frequently asked questions and links to helpful sites like Army wellness centers, the Human Performance Resource Center and Operation Supplement Safety.

After reviewing the content, users should click on "review" to provide feedback, she said, adding that it would be excellent if squad leaders and other leaders can promote the app to their Soldiers and their own Family members.

The app supports the Army's Ready and Resilient Campaign by giving Soldiers and Family members the tools they need to maintain peak performance, Woo concluded, adding that August is Performance Triad month, and it's also the one-year anniversary when the first Performance Triad pilot course started.

The Army Public Health Command, U.S. Army Training and Doctrine Command, U.S. Army Combined Arms Support Command and U.S. Army Sustainment Center of Excellence also participated in the app's development and will participate in future revisions, Woo said.

DOWN TIME



TRIVIA

1. MOVIES: Which movie character delivered the famous tagline: "Why so serious?"
2. EXPLORERS: Who was the first explorer to circumnavigate the globe?
3. LITERATURE: What was the original title of Jane Austen's "Pride and Prejudice"?
4. INVENTIONS: Who is credited with inventing Band-Aids?
5. FAMOUS QUOTATIONS: Who once said, "I don't know the key to success, but the key to failure is trying to please everybody?"
6. LANGUAGE: In British slang, what is a "torch"?
7. MUSIC: Which character on "Sesame Street" had a hit single with the song "Rubber Duckie"?
8. GEOGRAPHY: What Central American nation lies between Honduras and Costa Rica?
9. TELEVISION: Which sitcom featured the character Cliff Clavin, and what was his profession?
10. ANATOMY: What is the common name for the axilla?

See Page D4 for this week's answers.

Super Crossword

WHAT THEY ALL HAVE

ACROSS

1 — dish (biology lab container)
6 French river
11 "Hey, buddy, over here"
15 Bow shapes
19 "Dad" co-star Hawke
20 Building wing
21 Blues singer — James
22 It may hit a bull's-eye
23 Ringing-up places
26 Kitchen draw
27 High-flying toy
28 Nutrition info
29 Altar promise
30 — stop to
32 With 83-Down, glacial epoch
33 Egyptian beetle
35 Common back-to-school buys
39 Kind of eye surgery
41 University official
42 Arrives
43 Hollywood stars, say
48 La Scala star
51 Jean — (Revlon brand)

DOWN

1 Light kisses
2 Body of moral values
3 Sorority letter
4 Relay runner
5 Ballpoint fluid
6 Acclaim
7 Toronto site
8 Mag for execs
9 Do another lube job on
10 Radiated, as charm
11 House cat, e.g.
12 "Hurry up!"
13 Walk codely
14 Small sample
15 Rumpus
16 Guy using a CB
17 Davy of the frontier
18 Accents
24 1969 Tony winner Jerry
25 Branching point
31 "Nashville" network
34 "Alas and —"
36 Kiev's land: Abbr.
37 Nil
38 Chaplin's fourth wife
40 Confound
43 Part of SPF
44 Get a lungful

ACROSS

52 Lawlessness
53 Stacks with folds
57 Singer Barry
58 City near Phoenix, on an envelope
61 Mendes or Longoria
62 Plant that's the source of poi
63 Pig sound
64 — Piper
67 Do-nothings
72 Pastiche
73 Family trees show them
76 Telling sign
77 Rocked from shock
79 Writer — St. Vincent Millay
80 Granted
81 "La Dolce —"
82 Grassy field
84 Footwear part
86 Hybrid offspring of two kinds of roaring cats
87 Anglers' tools
93 Impartial
95 "Do —" others —
96 Repeated word in a Dons Day song title

DOWN

97 Casanovas
100 Specialist on a running track
102 "Nothing — it seems"
105 Tricks
106 Coaster sites
110 Cause long-lasting anger
115 Hollywood's Cage, to pals
116 Hip-hop pal
117 —Kosh
118 Tavern cask
120 Spots in la Seine
121 Roman 202
123 Operators are involved with them
127 2009 Wimbledon semifinalist Tommy
128 Dreaded dino
129 Fixes text
130 Once upon —
131 Bone in the forearm
132 Old oil name
133 Feeling
134 Things that this puzzle's nine longest answers have

ACROSS

45 One of TV's Partridges
46 Hip dude
47 Vacation facility
49 Peace sign
50 Counsel
54 Olympic swimmer's assignment
55 Operatic bass Pinza
56 Dog paw part
59 Relative of -ette or -trix
60 Timetable, for short
63 Humorist Nash and others
65 Frozen waffle brand
66 Turning tuner
68 Comic Jon
69 Political exile
70 Rip again
71 Sounds like an angry dog
74 Blue dye from a plant
75 "... we speak"
78 Drug magnate Lily
83 See 32-Across
85 Opposite NNE

DOWN

86 Verdi's "— Miller"
87 Mustache named for a Chinese criminal
88 Hostile
89 Native of a Caribbean island nation
90 Weeder's tools
91 Chips brand
92 Brewery kiln
94 Oomph
98 Mork from —
99 Pirates' guns
101 Crimson, e.g.
103 Per each unit
104 Pageant bands
107 Unglossy
108 Pitchers
109 — Island
111 Mafia boss Frank
112 Fashionable Calvin
113 "— at 'em!"
114 Sialom turns
119 To be, to live
122 "Well, this — surprise!"
124 Prefix with skeleton
125 Writer Anais
126 Mineo of movies

See Page D4 for this week's answers.

Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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See Page D4 for this week's answers.

KID's CORNER

Junior Whirl

by Hal Kaufman

100 An-O-Tu: You are challenged to find an An-O-Tu route through the number house with a total of exactly 100. Numbers are to be used only once. Squares are to be used only once. Squares are to be used only once. Squares are to be used only once.

ANIMAL WORD ROUNDUP

100 An-O-Tu: You are challenged to find an An-O-Tu route through the number house with a total of exactly 100. Numbers are to be used only once. Squares are to be used only once. Squares are to be used only once. Squares are to be used only once.

Wishing Well

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

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HOCUS-FOCUS

BY HENRY BOLTHOFT

Can you trust your eyes? There are at least six hidden words in this picture. Can you find them? Check answers with these clues.

1. A word for a type of food. 2. A word for a type of food. 3. A word for a type of food. 4. A word for a type of food. 5. A word for a type of food. 6. A word for a type of food.

Scientists discuss physical performance

By Bob Reinert
USAG Natick Public Affairs

NATICK, Mass. – In an era of downsizing and budget cuts, placing the right Soldiers in the right jobs, keeping them healthy and optimizing their physical performance have never been more important.

With that in mind, 325 scientists from around the world gathered in Boston Aug. 18-21 for the 2014 3rd International Congress on Soldiers’ Physical Performance to share ideas and increase efficiency in those areas.

“The whole notion here is to get international scientists together to network and to have scientific exchange and dialogue, with a goal of really trying to have a better understanding of how to improve the health and performance of our Soldiers,” Dr. Brad Nindl, ICSP co-chair, told participants in a media roundtable Aug. 19. “If you look at the program here, so many countries, so many militaries, are working on the same issues.”

Nindl, science adviser at the U.S. Army Institute of Public Health for the U.S. Army Public Health Command and an Army Reserve lieutenant colonel, noted the fiscal constraints under which the U.S. military is now operating.

“So things are going to get leaner,” Nindl said. “To improve efficiency, I think we have to look to collaborating with our international neighbors. My goal would be that when people leave here that they have a network of fellow scientists who are working in similar areas.”

Nindl’s co-chair, Marilyn Sharp of the U.S. Army Research Institute of Environmental Medicine at Natick Soldier Systems Center, has been working to develop physical performance standards for Soldiers in an effort to predict who would be the best fit for a given job.

“Our goals right now are to try to come up with ways to place the best Soldier in the right job, and in that way, we will reduce injuries and optimize performance,” Sharp said. “This is coming at a critical time. Everyone has to be able to do their job and do it well



PHOTO BY MEGAN LOCKE SIMPSON

Spc. Arielle Mailloux gets some help adjusting her prototype Generation III Improved Outer Tactical Vest from Capt. Lindsey Pawlowski Aug. 21, 2012, at Fort Campbell, Ky. Both Soldiers were then with the 1st Brigade Combat Team Female Engagement Team, 101st Airborne Division (Air Assault). The prototypes were designed specifically for the needs of female Soldiers.

as we reduce the number of Soldiers that we have in our Army.”

As the Army rolled out its Performance Triad, which focuses on improving Soldiers’ activity, nutrition and sleep, the international gathering also looked at ways to keep warfighters healthy.

“There’s so much scientific information known in terms of how to improve Soldiers’ sleep, activity and nutrition that the challenge for all of us is to operationalize this for the Soldier on the ground, for the leader on the ground,” Nindl said. “There are many things that we can do, many effective strategies that we can implement, if we continue to be innovative.”

“The way that’s going to be successful, I think, is by partnering with other nations, our international partners, and by breaking down stove pipes, breaking down communication barriers across different Army commands, different Army units, so that there’s a unity of effort going forward.”

Advances in Soldier equipment

present ongoing challenges for these scientists.

“I think Soldier load has been a problem for decades,” Sharp said. “And every time we lighten Soldiers’ load, we add another piece of equipment to make it worse.”

Sharp added that Soldier load has steadily increased since the Civil War, despite a recent 20-year effort to lighten it.

“The amount of load that you carry both in absolute terms and relative to your body weight is going to increase your injuries while you’re deployed,” Sharp said. “So I believe it’s a very big problem that we need to continue to work to solve.”

Dr. Nigel Taylor, an associate professor in the Centre for Human Physiology, School of Medicine, University of Wollongong, Australia, said that location of the load is also important.

“For instance, placing one kilogram on the foot is eight times more metabolically inefficient than placing that one kilogram on

the torso,” Taylor said. “So it’s not just the load that they’re carrying – you’ve got to be smart about where it’s located, as well.”

Sharp noted that load can inhibit a Soldier’s ability to move.

“We’ve seen, particularly, women whose body armor goes across the hip joint,” Sharp said. “They can’t do their job effectively. They’re far less mobile than they need to be.”

According to Nindl, training and advances in material science and textiles can help with Soldier load, which is more than just a matter of comfort.

“When you survey the medical evacuations from a combat theater over 10 or 12 years – 35,000 medical evacuations, plus – the major reason for those medical evacuations was not due to combat-related injury, but is due to musculoskeletal injury. And most of those injuries are from training and overuse,” Nindl said. “I think a lot of those injuries would be related to load carriage, as well.

Musculoskeletal injuries, particularly of the lower body, are a major problem, a major threat to our force, whether in garrison or whether in a combat theater.”

Sharp said she hopes that these scientists return home with “a better understanding of what other countries are doing in a more detailed way. A better understanding of the science of Soldiers’ physical performance will continue to be critical in ensuring each country’s national security.”

Taylor said it’s not enough for scientists to sit and wait for the next paper or book to come out with new information on Soldier physical performance. He added that years can be wasted that way.

“Knowledge is not a static phenomenon,” Taylor said. “It’s continually growing. We need to be contributing to the growth, sharing our knowledge, and learning from others in all countries, because no one country has a monopoly on expertise.”

Troops salute Team USA basketball players

By David Vergun
Army News Service

WASHINGTON — A group of U.S. service members presented military-style identification tags – also known as “dog tags” – to Team USA basketball players Aug. 20 in New York’s Madison Square Garden during the halftime ceremony of the Team USA and Dominican Republic exhibition game.

Joint Chiefs Chairman Army Gen. Martin E. Dempsey, National Basketball Association Commissioner Adam Silver and Team USA Coach Mike Krzyzewski attended the ceremony.

Team USA won the game, 105-62.

Team USA and Dominican Republic basketball players are preparing to compete at the International Basketball Federation

World Cup championship tournament slated to start later this month in Spain.

Last night’s presentation is part of the “Commitment to Service” relationship the U.S. military has with USA Basketball.

The service members presented each member of the team with two dog tags.

“The dog tag is an iconic symbol in the military in the sense that it represents courage and trust,” Dempsey said. “We wear them around our necks wherever we serve.”

The ceremony was a way for American service members to show that they appreciate the players giving their time and energy to also represent America, the chairman said.

The ceremony was part of the partnership between the U.S. military and USA basketball. That partnership “brings together members



PHOTO BY NAVY PETTY OFFICER 1ST CLASS DANIEL HINTON

Army Gen. Martin E. Dempsey, left, chairman of the Joint Chiefs of Staff, shows off a dog tag before the U.S. national men’s basketball team’s exhibition game against the Dominican Republic at Madison Square Garden in New York Aug. 20.

of the best military in the world with members of the best basketball teams in the world,” Dempsey said.

The dog tags feature the United States’ flag and a three-word inscription on the bottom: leadership, service, teamwork. The back of the tag has the player’s name and other data.

The second dog tag features the name of a Soldier, Airman, Marine, Sailor, or Coast Guardsman next to the player’s name, “so they can remember at this moment in time, the United States military wished them not only good luck but also expressed our pride in them for representing our coun-

try,” Dempsey said.

Representing the United States is a big responsibility, the chairman said.

“I still remember to this day the first time I put on the uniform, and on our utility or daily uniform over your left breast pocket it’ll say United States Army or United States Navy or United States Marine Corps, United States Air Force,” Dempsey said.

“I can only imagine the first time these ... young men, pull that jersey on with USA emblazoned on the front,” he added. “That’s got to mean something.”

Dempsey and Silver are looking to build the current Hoops for Troops program into the Commitment to Service program. This program calls for service members and basketball players around the country to “commit together to do something in the commu-

nities around which these bases are built,” the chairman said.

“One of the things the commissioner has always said, the reason we have become so close, their organization and ours, is that they actually are committed not just to winning games, not just to financial gain,” Dempsey said. “It’s a business, right, but also to developing these young men. And I’ve got to tell you, this is an extraordinary opportunity for them to develop as young men.”

FIBA, derived from the organization’s French name, Fédération Internationale de Basket-ball, is an association of national organizations that governs international competition in basketball. The FIBA World Cup championship games are slated to be played in Spain between Saturday and Sept. 14.

PUZZLE ANSWERS

Super Crossword

Answers

PETRI LOIRE PSST ARCS

ETHAN ANNEX ETTA DART

CHECKOUTCOUNTERS OODOR

KITE RDA IDO PUTA ICE

SCARAB RULEDNOTEBOOKS

LASIK DEAN COMES

FILMACTORS DIVA NATE

ANARCHY PLEATEDPANTS

CHUCK MESA AZ EVA

TARO OINK PIED IDOLERS

OLIO GENEALOGIES OMEN

REELED EDNA GAVE VITA

LEA INSOLE LIDER

FISHINGPOLES NEUTRAL

UNTO SERA WOMANIZERS

MILER ISAB RUSES

AMUSEMENTPARKS FRANKLE

CCII DAWG OSH KEG ILES

NCII TELEPHONESYSTEMS

HAAS TREX EDITS ATIME

ULNA ESSO SENSE LINES

Weekly SUDOKU

Answer

1 8 4 3 7 9 5 2 6

7 2 9 6 5 4 8 3 1

3 5 6 8 1 2 7 9 4

4 1 3 7 9 6 3 5 8

8 9 5 4 2 3 1 6 7

6 7 2 5 6 1 9 4 3

2 4 8 9 3 7 6 5 1 5

5 6 1 2 4 8 3 7 9

9 3 7 1 6 5 4 8 2

Answers

1. The Joker (Heath Ledger) is "The Dark Knight"

2. Ferdinand Magellan

3. "First Impressions"

4. Earle Dickson

5. Bill Cosby

6. Frankly

7. Ernie

8. Nicaragua

9. "Lovers" (postal worker)

10. Annapolis

SPORTS BRIEFS

Stars and Strikes

Rucker Lanes will host its Stars and Strikes Labor Day event Monday from 10 a.m. to 10 p.m. The event will feature 25-cent games and 50-cent shoe rental. Regular pricing applies to other menu items. For more information, call 255-9503.

Bowling leagues

Registration for bowling leagues at Rucker Lanes is available at the front counter. Leagues are open to the public, and all ages and levels are welcome. Fees, schedule and league specifics will be discussed at the league’s first meeting. People need to register for a league by the first meeting date. Mixed leagues are for men and women, ages 18 and older. United States Bowling Congress Juniors is for ages 8 to 18. USBC Roll n’ Glow is for children from walking age up to age 7. All league tournaments are open to anyone, ages 18 and older. All league participants must be USBC certified, which people can do at Rucker Lanes or at league meetings. USBC Junior and USBC Roll n’ Glow registration fee includes USBC certification. For more information,

Soccer 3-vs.-3 indoor tournament

The Fort Rucker Physical Fitness Center will host a soccer 3-vs.-3 indoor tournament Sept. 6 at 9 a.m. The tournament will be in the double elimination format. People must register before Sept. 6 and the cost of registration is \$40. Organizers encourage teams to have more than three players because of the rapid succession of the game during the tournament. Trophies will be awarded to first, second and third place teams. For more information, call 255-2296.

Silver Wings members club championship

Silver Wings Golf Course will host its members club championship Sept. 6-7. Tee time will be posted no later than 3 p.m. Sept. 5. People must register to play by noon Sept. 4. Entry fee is \$45, plus cart fees. The staff will make Saturday pairings based on handicap. Sunday’s pairings will be based on first-

SEE BRIEFS, PAGE D4

BRIEFS

Continued from Page D3

round scores. The sign-up sheet is located in the golf shop. For more information, call 598-2449.

Mother Rucker's open Sundays

Starting Sept. 7, Mother Rucker's will be open Sundays from 11 a.m. to 11 p.m. For more information, call 503-0396.

Enterprise baseball

Enterprise's semi-pro baseball is need of players. For more information on the team, call 347-4275 or 464-1729.

Batting cages open

The Fort Rucker batting cages are open Tuesdays and Thursdays from 4-8 p.m., Saturdays from 10 a.m. to 6 p.m. and Sundays from 1-5 p.m. Reservations must be made prior to using the batting cages by calling youth sports and fitness at 255-2257 or 255-2254.

Fall Boot Camp

Fort Rucker Physical Fitness Center will host its six-week Fall Boot Camp Sept. 15- Oct. 24. Organizers describe the Boot Camp as a challenging and entertaining fitness camp packed full of outdoor activities to deliver a significant increase in people's fitness levels, and leave them feeling energized, recharged and motivated to maintain their newly transformed fitness regimen. The program is from 8:30-9:45 a.m. five days a week. The cost of the program is \$100, due in full by Sept. 15. The fee includes: training with certified personal trainers and group exercise leaders, access to all group fitness classes during the camp, T-shirt, and weekly tips and nutritional information. Orientation will be held on the first day of boot camp Sept. 15 at 8:30 a.m. at the Fort Rucker Physical Fitness Center football field.

For more information, call 255-3794.

Zumba Challenge

The Fortenberry-Colton Physical Fitness Center will host a two-hour Zumba Challenge Sept. 25 from 5:30-7:30 p.m. The cost is \$3.50 or people may use their Fitness Card. Door prizes will be given and refreshments will be provided. The challenge is open to all authorized patrons.

For more information, call 255-3794.

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