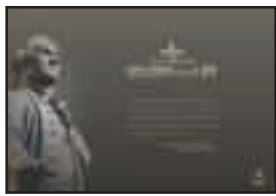


**FOR LIFE**  
Soldier for Life  
Center helps  
Soldiers transition  
**Story on Page A3**



**HELP WANTED**  
Riding Stables seeks  
volunteers for fall  
events  
**Story on Page C1**



**BOOT CAMP**  
Fall fitness program  
features new  
schedule, workouts  
**Story on Page D1**



# ARMY FLIER

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

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FORT RUCKER ★ ALABAMA

SEPTEMBER 4, 2014

## FORCE PROTECTION EXERCISE

### Post teams with community responders

By Nathan Pfau  
*Army Flier Staff Writer*

The familiar howl of the giant voice rang out Aug. 27, alerting the installation of the post-wide exercise that had first responders scrambling to think on their feet.

In conjunction with Antiterrorism Awareness Month, Fort Rucker held its annual force protection exercise, during which the installation teamed up with outside agencies to make sure the post is ready for emergency situations, according to Col. Stuart J. McRae, Fort Rucker garrison commander.

This year's simulated emergency involved an improvised explosive device that was set to detonate at some point on the installation, said Michael Whittaker, installation antiterrorism officer.

"During the scenario, there was a vehicle-borne improvised explosive device that damaged five structures next to the Directorate of

Public Safety," he said. "Because of the explosion and damaged structures, the first responders and emergency personnel couldn't just go in and pick up people because the buildings were collapsed."

Whittaker said the scenario was designed to test the installation's response in the event an attack affected the post's first responders and law enforcement officials.

"This is really a test of not only how we work together for incident command, but how our security and fire folks work when it relates to them," added McRae.

Throughout the exercise, the scenarios are treated as if they are real-life events, meaning that any simulated casualties are tended to the way they would be in an actual emergency.

"The responders came in and took the time to do everything correctly," said the antiterrorism officer. "People were put in ambulances, physically carried, checked in and (processed) as if it were a real-life event."

In addition to the explosion, there were three diversionary tactics put into play to spread the emergency responders throughout the installation, which is something that Whittaker said could happen in an actual situation.

The Fort Rucker agencies and organizations that the exercise put to work included: the Directorate of Public Safety; the Directorate of Public Works; Lyster Army Health Clinic; 1st Battalion, 223rd Aviation Regiment Air Ambulance Detachment "Flatiron;" the Logistics Readiness Center, Directorate of Human Resources and more.

Fort Rucker's agencies weren't alone when



PHOTOS BY NATHAN PFAU

**Soldiers stand guard blocking the road on Ruf Avenue in front of the Combat Readiness/Safety Center where a simulated improvised explosive device detonated during a force protection exercise designed to test the installation's readiness Aug. 27.**

it came to dealing with the simulated crisis. Local municipalities and agencies, including police departments from surrounding communities and emergency medical service responders from local hospitals all teamed with the Army to exercise their responses. The Houston County Red Cross also launched its food vehicle and fed 150 people to test its readiness and responsiveness.

"We have a fantastic relationship with all of our local municipalities, and working through emergency plans like this we can see where there are friction points, not between people, but on processes – it allows us to see where we can do better," said McRae. "We couldn't ask for better support from our local cities, and so when we discover those things, we work through them so that we can solve them if a real crisis occurs."

Putting on an exercise of this magnitude is an undertaking on a massive scale and

doesn't come without its challenges, said the garrison commander.

"The biggest challenge is that we're trying to do a notional exercise during the middle of a regular, required workday," he said. "We still have Aviation training that still needs to occur, so when we're trying to do these things, we're trying to simulate as much as possible all while still trying to go about the daily business that has to occur."

In the event of an actual crisis, however, normal business operations would come to a stand still and the installation would most likely be shut down to react to the situation, he added.

Despite the hiccups in the regular workday, these exercises are a necessity and part of a national strategy to make sure the Army is prepared, said McRae.

SEE EXERCISE, PAGE A5



**Col. Stuart J. McRae, Fort Rucker garrison commander, briefs a news crew on the simulated events that occurred during a mock press conference at the U.S. Army Aviation Museum after a force protection exercise designed to test the installation's readiness Aug. 27.**

## SHARP program works for victims

By Nathan Pfau  
*Army Flier Staff Writer*

Sexual assault affects victims for a lifetime, and one way the Army is helping to mitigate the traumatic effects those victims face is by providing victim advocates.

The Army's Sexual Harassment/Assault Response Prevention Victim Advocacy Program provides victims of sexual assault a support system as they work through a report of sexual assault, whether restricted or unrestricted, according to Joni Martin, Fort Rucker sexual assault counselor.

"When a person has a sexual trauma, the victim advocate's job is to advocate for that person," said Martin. "What they do is take the service member or Family member to appointments, go with them if they need to meet with command and even intercede with the unit command if they need to."

The victim advocate can also assist with moving the victim to another unit, escorting patients to inpatient treatments and generally being there for the victim when needed, she added.

The Army transitioned from a civilian victim advocacy program to one that is a more standardized process for the Army, to include victim advocates in each unit who are Soldiers to better serve the victims.

"I was very skeptical to start when the transition happened and I wasn't too happy about it, but I am now," said Martin. "The civilian victim advocates didn't have the insight into the Army that the military victim advocates do."

"(The advocates) are getting the training to be the support system they need to be for the victims, but they also bring that military knowledge that helps them maneuver things in the Soldier's world," she continued. "It's also someone that the victim could better relate to and it keeps them from feeling alone in their unit."

Martin said the role of the victim advocate is vital in the process to working through a sexual trauma, adding that the advocates provide her a peace of mind knowing that the victims are in good hands.

"When a sexual assault occurs, the victim advocate immediately gets involved," said the sexual assault counselor. "The victim advocate brings the patient here for their appointments and sits and waits while the victim has their appointment, so I don't have to worry what's going to happen to them after the appointment. I know the victim advocate is going to be there for them."

This support system is vital because, contrary to popular belief, a sexual trauma is a trauma of the mind, not the

SEE SHARP, PAGE A5

## CELEBRATING DIVERSITY

### Hispanic Heritage Month events honor culture

By Jay Mann  
*Fort Rucker Public Affairs*

The Army is a mixing bowl of cultures that produces Soldiers who recognize bonds that extend beyond each others' backgrounds, but celebrating those different backgrounds that make up the Army is one way Soldiers can make their Army bonds even stronger.

Fort Rucker's Hispanic Heritage month kicks off Sept. 12, and from 11:30 a.m. to 1 p.m. at the Army and Air Force Exchange Service Food Court. Soldiers, civilians, and Families are invited to attend the celebration.

"There will be food sampling, door prizes, Latin music, Latin dance performers, and cultural displays and exhibits," said Sgt. 1st Class Jason Garcia, equal opportunity adviser for 1st Aviation Brigade. "Free food, entertainment and fellowship on a Friday will make the weekend that much better. There will also be live music from the 98th Army "Silver Wings" Band jazz ensemble and Enterprise Elementary School students."

The Army celebrates the many different cultures that make up American society, said Garcia.

"It is important to recognize the contributions that come from these different cultures," he said. "What I hope for is that people learn from these events about the contributions made by Hispanics to all facets of American Society, from industry, science, and military to civil rights and the way America is enriched by this beautiful culture."

Other events throughout the month will be a story-time reading at the Center Library Sept. 19 from 10:15-11 a.m. for children up to age 6, a bowling tournament and trivia



PHOTO BY NATHAN PFAU

**Soldiers serve up Hispanic cuisine during last year's Hispanic Heritage kickoff. This year's kickoff is Sept. 12, 11:30 a.m. to 1 p.m. at the AAFES Food Court.**

## Hispanic Heritage Month events

**SEPT. 12** — Kickoff event at AAFES Food Court from 11:30 a.m. to 1 p.m.

**SEPT. 19** — Story time reading at Center Library from 10:15-11 a.m.

**SEPT. 26** — Bowling tournament and trivia contest at Rucker Lanes from 11:30 a.m. to 1 p.m.

**SEPT. 27** — Gate-to-gate run hosted by the Fort Rucker Physical Fitness Center, registration runs from 7:30-8:30 a.m. at the parking lot by the Daleville Gate and run starts at 9 a.m.

**OCT. 3** — Salsa Night at Silver Wings Golf Course from 7-11:30 p.m.

contest at Rucker Lanes Sept. 26 from 11:30 a.m. to 1 p.m., the Fort Rucker Physical Fitness Center will host a gate-to-gate run Sept. 27 at 9 a.m. with registration running from 7:30-8:30 a.m. in the parking lot by the Daleville Gate, and Salsa Night at Divots on the Silver Wings Golf Course Oct. 3 from 7-11:30 p.m.

"Salsa night will be the capstone event of the month and I'm really excited about it," said Garcia. "There will be a DJ, Latin-American and Hispanic music, and dancing. People who do know how to dance will

be showing people who don't know how to dance, how to dance."

President Lyndon Johnson approved the first National Hispanic Heritage Week and it was extended to a month in 1988 by President Ronald Reagan. The month stretches from Sept. 15 to Oct. 15 to coincide with the anniversaries of the independence of eight Latin American countries: Mexico, Costa Rica, Nicaragua, Chile, El Salvador, Guatemala, Belize, and Honduras. The celebration also runs through Columbus Day.



# PERSPECTIVE

## War of 1812: Part of Army's proud history

By David Vergun  
Army News Service

(Editor's note: This is the first of a three-part series on the Chesapeake Campaign. Part II will continue with the attack on Bladensburg and Washington, D.C.)

WASHINGTON — The failure to capture Canada, the retreat at Bladensburg, and the burning of the capitol 200 years ago this week are part of what people generally remember about the War of 1812, according to an Army historian.

This largely forgotten war, however, was by-in-large a success for the U.S. Army, given the circumstances prior to June 1812, when the war started, according to Glenn Williams, U.S. Army Center of Military History.

Williams edited a pamphlet, "The Chesapeake Campaign," which will be available in print or online by the middle of September at <http://www.history.army.mil/html/bookshelves/collect/wo1812-bseries.html>. Dr. Charles P. Neimeyer of the Marine Corps University History Department authored the pamphlet.

### Paper Army

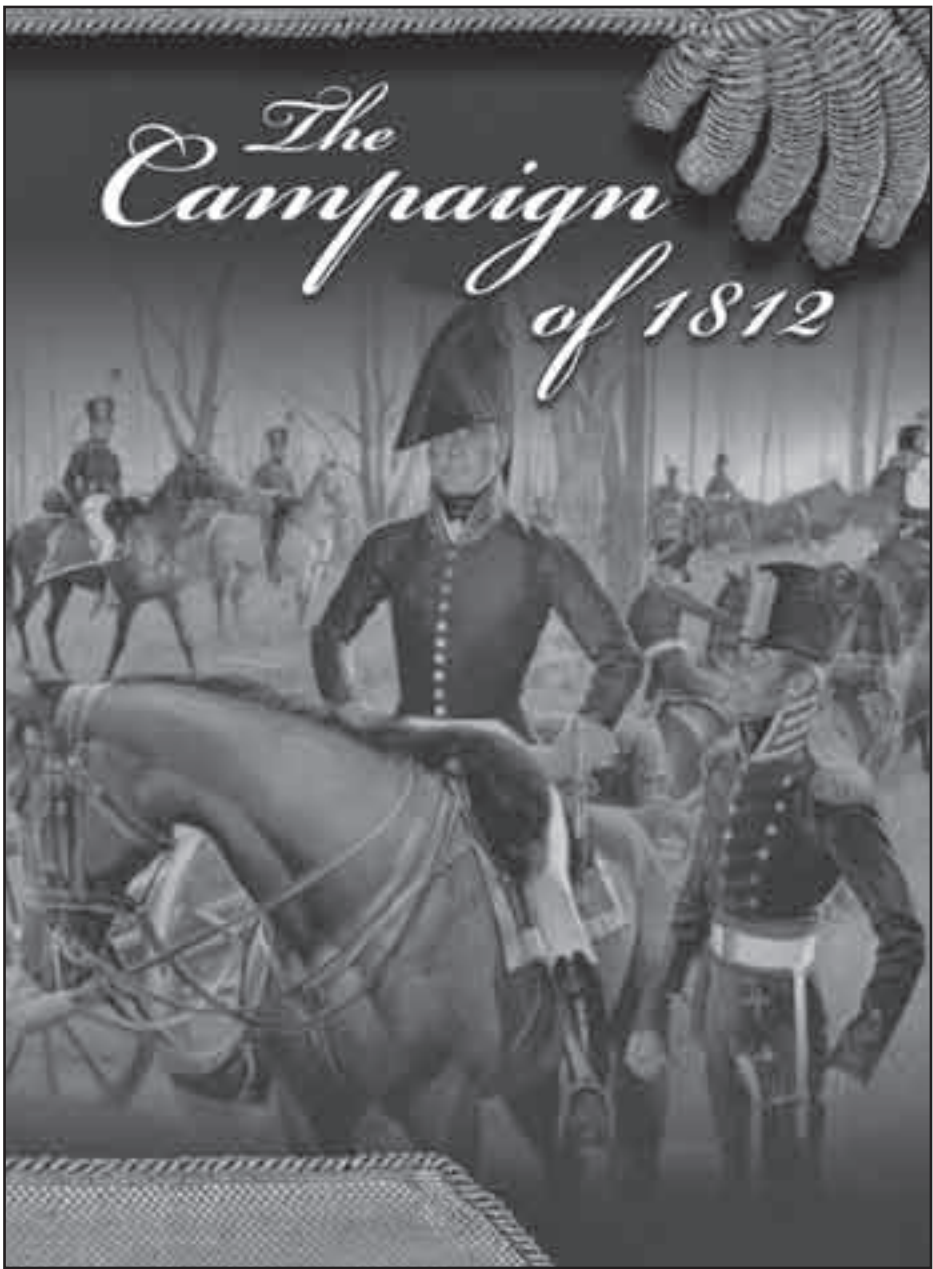
Before the War of 1812, the regular Army was about 10,000 strong – "on paper," Williams said, meaning units were authorized but men would still need to be recruited and trained for them. The actual strength was around 5,000 to 6,000 Soldiers.

The British, on the other hand, had tens of thousands of seasoned veterans, who were fighting Napoleon's Army in Europe. That campaign was won by Britain and her allies in 1814, freeing up these soldiers for North American service.

And the British navy was second to none in the world and would take command of the seas around the U.S. for the duration of the War of 1812, Williams said, with the U.S. Navy having success only in single-ship actions.

In 1812, there were few seasoned U.S. Army officers and NCOs for the 35,000-man Army authorized by Congress. Those who had fighting experience on the Indian frontier were placed in charge of new units.

In some respects, the problems of manning prior to the war resemble other pre-war periods in American history, leading



COURTESY, U.S. ARMY CENTER OF MILITARY HISTORY

up to the world wars, Korea and even today, Williams explained.

Over the last few years, Army Chief of Staff Gen. Ray Odierno has told lawmakers during testimony on many occasions that the Army is approaching a critical point where, if manning levels, readiness and modernization continue to decline, the Army is in danger of becoming a hollow fighting force. Although history doesn't repeat itself, Williams said occurrences often seem similar.

What about calling out the Reserve and National Guard during the War of 1812?

They didn't exist in name or capability as today's reserve component does, Williams said.

cargoes in violation of U.S. neutrality and the involuntary removal of American Sailors from ships to serve aboard British vessels, called impressment. This angered Americans, but didn't drive them all to want a full-fledged war against the United Kingdom again, Williams said.

People living in Virginia, Maryland and Washington, D.C., where the Chesapeake Campaign took place from 1813 to 1814, were divided as well. Federalists generally wanted to maintain good relations with Britain, while the other party, the Jeffersonian Republicans, favored good relations with the French.

Baltimore, a port city and the third largest city in the U.S. at the time, regarded war as a potential economic calamity, since England was its largest trading partner. Even Francis Scott Key, who would become famous later on for writing the "Star-Spangled Banner," opposed the war.

But once the war started, Americans who had opposed it generally rallied 'round the flag, including Key, Williams said. Key served as an artillery officer in the District of Columbia militia and fought at the Battle of Bladensburg.

In 1812, things didn't go well for the Army as it invaded Canada, which was then known as British North America. The U.S. Army was poorly trained and led, and had significant logistical weaknesses, according to U.S. Army command historian Steven J. Rauch.

Rauch authored the pamphlet "The Campaign of 1812," which describes the war in detail leading up to the Chesapeake Campaign. It can be found on the CMH website at [http://www.history.army.mil/html/books/074/74-2/CMH\\_Pub\\_74-2.pdf](http://www.history.army.mil/html/books/074/74-2/CMH_Pub_74-2.pdf).

Richard V. Barbuto, a professor at the U.S. Army Command and General Staff College, said, "Congress and the Madison administration had not entirely understood the difficulties of expanding the Army and Navy from their meager pre-war strengths. Few citizens were willing to join the Regular Army. There were not enough experienced officers and NCOs, and dependence on state militias was misplaced."

Barbuto's detailed accounts appear in two brochures on the CMH website at [http://www.history.army.mil/html/books/074/74-3/CMH\\_Pub\\_74-3.pdf](http://www.history.army.mil/html/books/074/74-3/CMH_Pub_74-3.pdf).

## Rotor Wash

“A car seat safety class takes place Sept. 9 from 9-10 a.m. at Bldg. 8950. What should Families keep in mind before turning the key on road trips?”



**CW2 Eric Smith, TDY from Springfield, Mass.**

"Don't rush, take your time and stay on your schedule. If something gets off track, just relax because you don't want to be an angry driver."



**W01 Kyle Sam, 1st Bn., 145th Avn. Regt.**

"Check your oil, belts and all your fluids. Make sure to buckle up and have alternative routes planned just in case the weather is bad."



**Staff Sgt. (P) Andrew Latz, B Co., 1st Bn., 11th Avn. Regt.**

"Make sure your tires are good and inflated. Make sure you get enough rest the night before."



**2nd Lt. Jose Bictora, 1st Bn., 145th Avn. Regt.**

"Check the weather before you head out, especially toward the end of summer."



**Marcus Edgar, civilian**

"Make sure you plan out your routes and have an emergency kit in your car in case you get stranded."

### COMMAND

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FORT RUCKER COMMANDING GENERAL

**Col. Stuart J. McRae**  
FORT RUCKER GARRISON COMMANDER

**Lisa Eichhorn**  
FORT RUCKER PUBLIC AFFAIRS OFFICER

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If you would like to contact the Army Flier by e-mail, please contact the editor at [jhughes@armyflyer.com](mailto:jhughes@armyflyer.com).



# Soldier for Life

## Center helps transition Soldiers to civilians

By Jay Mann  
Fort Rucker Public Affairs

The Fort Rucker Soldier for Life Center is not only a place for Soldiers transitioning out of the military – new Soldiers will soon become very familiar with Soldier for Life starting in October.

Formerly the Army Career and Alumni Program, Soldier for Life is a place where Soldiers can seek help when undergoing the transition from the military to a civilian career field, according to Bryan Tharpe, center transition services manager.

“People need to stop by and start talking to us early,” Tharpe said. “It’s never too early to ask questions and get information.”

Although this is a commander-driven requirement, the center tries to help by identifying Soldiers that are 18 months from their separation date, added Tharpe.

About 50 to 60 transitioning Soldiers a month visit the Fort Rucker Soldier for Life Center, according to Tharpe. “The VOW Act of November 2011 mandates that all Soldiers with 180 days of active duty attend transition classes prior to separation from the military.”

There are also Career Readiness Standards that transitioning Soldiers have to meet, he said.

“The biggest problem we are facing right now is that Soldiers are not coming to talk to us 12 months before their separation, but it is not just happening here, it is an Army-wide problem,” said Tharpe.

He said that if someone shows up at the last minute before their separation date, the Soldier for Life Center will not leave a Soldier without help.



PHOTO BY JAY MANN

Bryan Tharpe, transition services manager at the Fort Rucker Soldier for Life Center, helps transitioning Soldiers prepare for careers outside of the military.

“We will do a warm handover to the Department of Labor or Veterans Affairs, even take them down and introduce them, but we will not just leave someone hanging,” said Tharpe. But he added that the Army is rolling out a new program Oct 1 that will address this problem.

The Soldier for Life Cycle will be an online program that follows Soldiers from the beginning of their service until their Expiration of Term of Service date. “During their first year, Soldiers have certain courses that they have to take

anyway. With this program, they will be putting the courses into the Army Training and Certification Tracking system, and it will follow them throughout their career until they transition out of the military,” said Tharpe.

In the program, Soldiers will develop certain civilian career skills throughout their Army career progression that build on one another until the Soldier reaches the end of their service, be it one or 20 years. “The problem now is that Soldiers don’t know what they don’t know, and we’re waiting till the end to

tell them,” he said.

CRSs will be introduced early and throughout a Soldier’s career with touch points at their first duty station, first year of service, reenlistments, deployments, promotions and, finally, at their transition out of the military. “By the time they reach their ETS, they will be ready for a civilian career, and will only need to pull everything they have already done together,” he said.

Spouses can visit the Soldier for life Center as well as their transitioning service member. “Well,

they are a team, right?” said Tharpe. “If ever they had to team up and do something together, getting out of the military is the time. The spouses have to know just as much as the Soldier so they can help each other.”

Soldiers approaching their ETS or thinking about transitioning to a civilian career can stop by Bldg. 4502 or call 255-2558.

“Come talk to us early,” said Tharpe. “Soldiers should complete a pre-separation briefing no later than 12 months before they separate from the military.”

# Register early to vote absentee

Keith D. Wilbur  
Fort Rucker Voting Assistance Officer

(Editor’s note: This is the first in a series of articles on voting.)

The 2014 mid-term elections take place Nov. 4 with campaigns in full swing between now and then for 36 U.S. Senate seats, all 435 House of Representatives seats and 35 state governorships.

Additionally, numerous other state and local municipal issues will be decided by registered voters from their respective areas.

Fort Rucker Soldiers and Family members who want to vote in those upcoming elections need to register with their voting

officials back home in time to allow this to happen.

That is where this office and the FVAP.gov website can help. The Federal Voting Assistance Program works to ensure Service members, their eligible Family members and overseas citizens are aware of their right to vote, and have the tools and resources to successfully do so – from anywhere in the world.

FVAP assists voters through partnerships with the military services, Department of State, Department of Justice and election officials from 50 states, U.S. territories and the District of Columbia.

The Federal Voting Assistance Program exists to:

- Assist uniformed services and overseas

voters exercise their right to vote so that they have an equal opportunity with the general population to have their vote counted;

- Assist states in complying with relevant federal laws by providing current information; and
- Advocate on behalf of the uniformed services and overseas voters, identifying impediments to their ability to exercise their right to vote and proposing methods to overcome those impediments.

To successfully vote absentee, Soldiers and Family members should:

- Allow plenty of time to request, receive and return their ballots;
- Notify their local election official each time their mailing address changes;

- Become familiar with their state’s absentee voting deadlines and procedures to make sure their ballot is properly executed and will be counted; and
- Complete a Federal Write-In Absentee Ballot early if unsure of the time required to return the ballot to meet the state’s deadline.

Remember, registering early is best. Early submission of a Federal Post Card Application allows voting officials time to verify and validate the information submitted to them, then send out the ballot information with time to complete and return the ballot so it can be counted in the Nov. 4 elections.

For more information, call the Fort Rucker Voting Assistance Office at 255-1839.

## News Briefs

### 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.

### CFC kickoff

The Heart of Alabama Combined Federal Campaign kicks off Sept. 15 during a ceremony at 9 a.m. at The Landing. The annual charity fundraising campaign runs Sept. 15-Oct. 15. For more information, call 255-9261.

### Clinic closure

Lyster Army Health Clinic will close at noon Sept. 19 instead of Sept. 17. The pharmacy will also close at noon.

### POW/MIA ceremony

Fort Rucker will host its POW/MIA ceremony Sept. 19 at 8:30 a.m. at Veterans Park in front of the U.S. Army Aviation Museum.

### CIF closure

The Fort Rucker Central Issue Facility will be closed for inventory Sept. 22-26. The CIF will resume regular operating hours Sept. 29. For more information, call 255-1095.

### Opportunity knocks

The following internal positions are available on Fort

Rucker: Executive Assistant, GS-0301-11, Vacancy No. SCEG142268581175126, with Army Training and Doctrine Command, with a closing date of Friday; Human Resources Specialist (Classification, Recruitment and Placement), GS-0201-07/11, Vacancy No. SCEG142453831194201, with Civilian Human Resources Agency, with a closing date of Tuesday; and Human Resources Assistant (Classification, Recruitment and Placement/OA), GS-0203-05/07, Vacancy No. SCEG142483841195611, with CHRA, with a closing date of Tuesday.

For more on government jobs, see [www.usajobs.gov](http://www.usajobs.gov).

Lyster Army Health Clinic reports the following openings: Contact Representative, GS-0962-07, can be found at <https://www.usajobs.gov/GetJob/ViewDetails/378851300>, closes today; Audiologist, GS-0665-12, can be found at <https://www.usajobs.gov/GetJob/ViewDetails/379168500>, closes Monday; and Supervisory Dietitian, GS-0630-12, can be found at <https://www.usajobs.gov/GetJob/ViewDetails/379231400>, closes Monday.

For more on the Lyster openings, call 255-7189.

### Marriage 101

Marriage 101, a premarital seminar and training, will be held on the second and fourth Tuesdays and Wednesdays of each month from 1:30-4:30 p.m. at the Spiritual Life Center, Bldg. 8939. Marriage 101 is mandatory for those wishing to get married at Fort Rucker, according to Chaplain (Capt.) Troy D. Allan.

For more information, call 255-3447 or 255-3903.

### Thrift shop

The Fort Rucker Thrift Shop is open Wednesdays-Fridays from 10 a.m. to 2 p.m. The thrift shop needs people’s unwanted items. People can drop off donations at any time in the shed behind the shop (former Armed Forces Bank

building) located in front of the theater next door to the bowling alley. Donations are tax deductible.

For more information, call 255-9595.

### Siren test

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

### Retiree council meetings

The Fort Rucker Installation Retiree Council meets the first Thursday of each month in The Landing at 11:30 a.m. The meeting is an open forum and all retirees are invited to attend.

### Alcoholics Anonymous

Alcoholics Anonymous meets Thursdays at 7 p.m. at the Spiritual Life Center, Bldg. 8939, Rm. 38. AA is described by chapel officials as a fellowship of men and women who share their experience, strength and hope with each other so that they may solve their common problem and help others to recover from the use of alcohol. The program is focused on spirituality and religion, having an impact on changing a person’s life.

For more information, contact the religious support office at 255-2989.

### Fire extinguisher servicing

The Fort Rucker Fire Department is unable to provide people portable fire extinguisher service, but it is still able to conduct annual inspections and tag replacements. For six-year maintenance, recharges and hydrostatic testing, there are local businesses that can assist people.

For more information, call 255-3316.



# Army prepares for ‘deep future’ megacities

By David Vergun  
Army News Service

WASHINGTON – Within about two decades, roughly 60 percent of the world’s population will live in cities, particularly megacities of more than 10 million, according to a recent National Intelligence Council projection.

Some of those inhabitants will be bent on terror, and destruction of the regional and global community and the Army must be prepared to deal with that threat, according to Lt. Gen. H. R. McMaster, director of the Army Capabilities Integration Center, speaking at a media roundtable Aug. 28.

The roundtable was part of Exercise Unified Quest, which was conducted Aug. 17-22, which included a megacity disaster scenario set in what McMaster termed the “deep future,” 2030 to 2040. Constructive simulation, using computers, was used to create a fictitious environment, weapons, and red, blue and green players, meaning enemy, friendly and host-nation military, he said.

Academia, members of the other military services, coalition partners, and experts on future global events participated in the exercise.

The scenario was plausible, but extreme in nature, in order to stress the capabilities of the Army, which operated against an adaptive insurgency, criminal element, failed government and humanitarian crises. The emergency was caused by a dam bursting with an ensuing flood and a disease outbreak.

There were some key takeaways



PHOTO BY STAFF SGT. BRONCO SUZUKI

**Pvt. Anthony Salazar patrols Baghdad in 2007. Megacities of the “deep future” will be twice as large as Baghdad, and terror and violence could lurk within, setting up a challenging environment for Soldiers to operate in.**

from the exercise.

“You can’t just pour brigade after brigade into a megacity. They’ll just get swallowed up,” said Col. Kevin Felix, chief of the Future Warfare Division, who also participated in the media roundtable.

By being swallowed up, he meant operating in a dense urban landscape where command and control becomes problematic and where the enemy hides itself and its weaponry among the civilian populace. Some of that weaponry in the scenario turned out to be biological and chemical.

The red players, or enemy, “surprised us as well. They did less

fighting than expected,” Felix said. “They focused on the long game, keeping their heads down,” waiting for the government to fail and the right time to set their plans in motion.

Felix compared their tactics to the Japanese during the Battle for Okinawa. The Americans in 1945 were allowed to land on the beaches relatively unopposed, while the enemy hid in well-concealed and protected caves in the hills farther inland, biding their time.

To operate in a deep future megacity, the Army is preparing its Soldiers today to have a better understanding, respect and apprecia-

tion of cultural differences as they train with regionally aligned forces worldwide. Felix said relationships can make a big difference in the outcome of a megacity intervention.

Also, he said Soldiers who can adapt, understand complexities, ask the right questions and have knowledge of group dynamics will be the ones who succeed.

McMaster pointed out that the Army cannot take technological superiority for granted in future conflicts. It is becoming increasingly easy for non-state actors to acquire sophisticated technologies and that is expected to be an increasing concern. These technologies include

cyber capabilities, new types of weaponry and devices that can disrupt the electromagnetic spectrum.

If anything, new technologies will make the future battlefield an even more complex and chaotic environment, where Soldiers will have to be able to make split-second decisions and be comfortable operating in ambiguity, he said.

Because of the stress of uncertainty and potential violence and the high cognitive load placed on them, Soldiers will need to be especially resilient. Their training must reflect this and be as realistic as possible, McMaster continued.

Because of the confined spaces, Soldiers in a future megacity operation will likely operate in small groups. The danger is that some of these groups could become isolated and pinned down, he said. Therefore, these groups must be mutually supported and linked closely with combined arms assets and joint capabilities.

The Soldiers also need to have improved equipment such as lighter weaponry and ammunition and autonomous systems, he said. Operational energy will increasingly be important to reduce the logistics footprint as lines of supply become extended. Operational energy includes such things as fuel and battery efficiencies, lighter materials, advanced engine and transmission systems and non-petroleum fuels such as solar.

But while maintaining the edge on new technologies is vital, “the most intelligent and capable system will always be our Soldiers and leaders,” McMaster stressed.

## 2 Vietnam War Soldiers, 1 Civil War to receive Medal of Honor

By David Vergun  
Army News Service

WASHINGTON — The White House announced Aug. 26 that retired Command Sgt. Maj. Bennie G. Adkins and Spc. 4 Donald P. Sloat will receive the Medal of Honor for actions in Vietnam.

It was also announced 1st Lt. Alonzo H. Cushing will posthumously receive the Medal of Honor for actions in the Civil War during the Battle of Gettysburg.

President Barack Obama will award the medal to Adkins during a White House ceremony Sept. 15. At the same ceremony, Dr. William Sloat of Enid, Okla., will accept the medal on behalf of his brother, Donald, who died in battle. Details on Cushing's award will be announced separately, according to the White House statement.

### Adkins

Then-Sgt. 1st Class Adkins was serving with Detachment A-102, 5th Special Forces Group, 1st Special Forces at Camp A Shau, Vietnam. In the early morning hours of March 9, 1966, the camp was attacked by "a large North Vietnamese and Viet Cong force," according to documentation.

Adkins, who manned a mortar, "received several direct hits from enemy mortars" and was wounded. Despite his wounds, he ran through exploding enemy fire to drag other wounded comrades to safety.

Then, as the fighting intensified, members of the South Vietnamese Civil Irregular Defense Group defected to the enemy, according to documentation of the battle.

Fighting continued all day and during the early morning hours of March 10, enemy forces launched their main attack. Adkins purposely drew enemy fire to his position so that Air Force pilots could attempt to evacuate the other Soldiers.

By 6:30 a.m., Adkins was the only man left firing a mortar, the document continues. When the last mortar round was fired, Adkins poured "effective recoilless rifle fire upon enemy positions." Despite additional wounds, Adkins "fought off waves of attacking Viet

Cong, eliminating numerous insurgents."

After being ordered to evacuate the camp, Adkins and a small group of Soldiers fought their way out to the extraction point, carrying their wounded. Upon reaching the landing zone, they found out that the last rescue helicopter had departed, so the group evaded the enemy until March 12, when they were finally rescued by helicopter.

During the 38-hour battle and 48 hours of escape and evasion, it is estimated that Adkins killed as many as 175 of the enemy, while sustaining 18 wounds to his own body.

When asked how he could continue to help others evade the enemy with so many wounds, Adkins said "you just don't quit. You don't know what the word quit means."

He said, however, that the medal doesn't really belong to him. "I'm just a keeper of the medal for those other 16 people who were in the battle, especially the five who didn't make it."

### Sloat

Sloat distinguished himself while serving as a machine gunner with 3rd Platoon, Company D, 2nd Battalion, 1st Infantry Regiment, 196th Light Infantry Brigade, Americal Division, during combat operations near Danang, South Vietnam.

The morning of Jan. 17, 1970, Sloat's squad was on patrol, moving up a small hill in file formation, according to documentation of the battle.

"The lead Soldier tripped a wire attached to a hand grenade booby-trap, set up by enemy forces," according to the document. As the grenade rolled down the hill, Sloat knelt and picked it up.

"After initially attempting to throw the grenade, Sloat realized that detonation was imminent" so he drew the grenade to his body and shielded his squad members from the blast, saving their lives, but sacrificing his own, the document concludes.

### Cushing

Cushing distinguished himself during combat operations in the vicinity of Cemetery Ridge, July 3, 1863, while serving as a

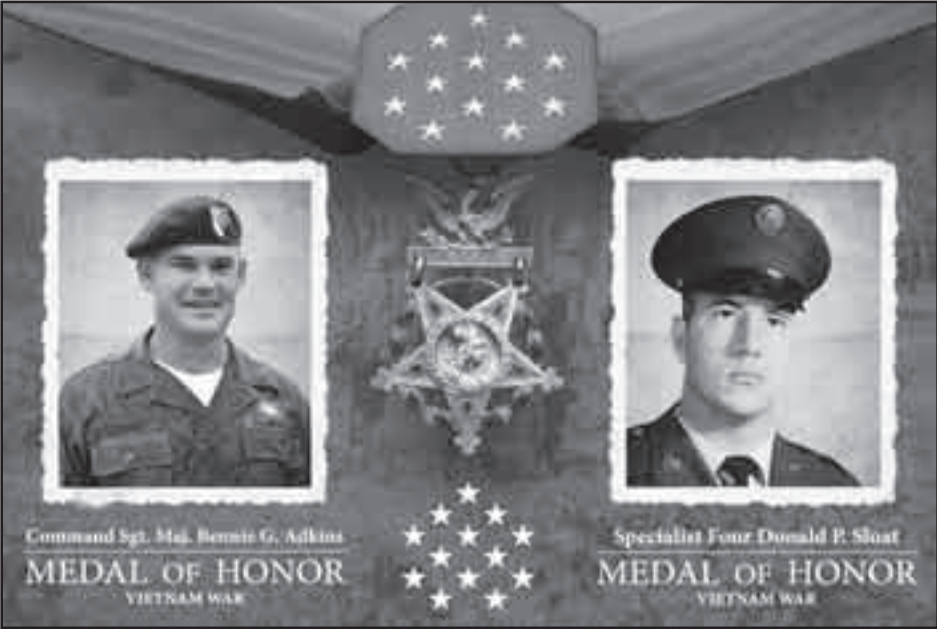
commanding officer of Battery A, 4th United States Artillery, Artillery Brigade, 2nd Corps, Army of the Potomac while in Gettysburg, Pa.

He was grievously wounded defending the Union's position during Longstreet's Assault, known as Pickett's Charge. He refused to evacuate, the White House said.

As the Confederates advanced, Cushing,

who was 22 years old, manned the only remaining and serviceable field piece in his battery, the statement said.

"With the rebels within 100 yards of his position, Cushing was shot and killed during this heroic stand," the White House said. "His actions made it possible for the Union Army to successfully repulse the Confederate assault."



ARMY GRAPHIC

Retired Command Sgt. Maj. Bennie G. Adkins and former Spc. 4 Donald P. Sloat will receive the Medal of Honor for actions in Vietnam.

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# Army: Soldiers to take military workplace survey

Defense Media Activity  
Press Release

FORT MEADE, Md. — Soldiers asked to participate in a workplace survey over the next couple of weeks should take a few minutes to complete it, said Army Chief of Staff Gen. Ray Odierno.

“This volunteer survey is short, and it is important,” Odierno said in a letter to Soldiers selected to participate in the RAND study. “This survey is critical to the Army’s efforts to monitor its performance over time, and to develop policies that improve the safety of our Soldiers.”

About 580,000 service members have begun receiving emails or letters inviting them to participate in the first RAND Military Workplace Study, Defense Department officials said. Active and reserve-component members in all military branches and the Coast Guard are being invited to participate.

“The survey is unprecedented in its scale and will influence policies that affect everyone in the services,” defense officials said.

The survey is voluntary and confidential. No one at the Defense Department will ever see how an individual service member responds, officials stressed.

“No service member may be ordered or pressured to complete the survey or not to complete it,” officials said.

However, Odierno also asked that leaders provide Soldiers an opportunity to complete the survey. He said it can be completed using a government computer during duty hours, answered on a home computer or even a smartphone.

Survey respondents can forward the survey to their personal email addresses and they can complete it whenever they have an opportunity.

The study will help commanders at all levels evaluate current military workplace relations, professionalism and personal safety, officials said. It will have important im-



PHOTO BY J.D. LEIPOLD

**Soldiers can take the RAND Military Workplace Survey on their smartphones by forwarding the invite to their personal email accounts.**

plications for how the military operates.

It can have implications on military training, justice and services.

The survey is being conducted independently of the

Department of Defense by experts at the nonprofit, non-partisan RAND Corporation. Results will be presented to President Barack Obama this fall and a full report of the RAND findings will be available to the public in May.

## Exercise: Outside evaluators provide unique critique

*Continued from Page A1*

Following the days of the simulated emergency, the work wasn’t over for the installation.

As the event came to completion, officials went into a tabletop exercise, during which assessments are made on the initial after-action

reviews.

“We go in and look at what we did and give immediate feedback on what could have been done better,” said the garrison commander. “Following that, we’ll go into a more formalized piece, which will span the next few weeks as we go through all of the organizations that

were involved in the exercise.”

McRae said that each organization that played a part will have the opportunity to provide feedback and give input on what might have been done wrong or what can be improved.

“We look at every eye that was out there as a valid viewpoint,” he

said. “If we didn’t, we might be losing that valuable key that might tell us how to do something better.”

Not only does the installation evaluate itself, but there were outside evaluators to provide a more unbiased point of view.

“We’ve got evaluators who were brought in from other installations

to watch us, grade us and tell us how we’re doing so that we can get some good feedback,” said McRae. “The worst thing you want to do is do something and not do it well, then high-five yourselves thinking you’ve done a great job when you’ve made some really critical errors.”

## SHARP: Services include individual, group treatment

*Continued from Page A1*

body, said Martin.

“Very few people are physically injured by a sexual assault,” she said. “It’s what it does to your thinking process and your mind that is so important. The more distance there is from the assault to the treatment, the more time your mind has to cause you more damage.”

That’s why Martin said it’s imperative that victims get treatment as soon as possible. The quicker a report is made, the quicker the help is available to the victim, then the less time the brain has to focus on the negative and often incorrect aspects of the trauma.

Having these services available and having someone in the unit who is available to the victims makes it easier for them to get through the reporting process and get on to treatment, said the sexual assault counselor.

When a victim makes a report, they have an option of making their report restricted or

unrestricted.

A restricted report means there won’t be any notification to the unit about the report, other than to the victim advocate, said Martin. Restricted reports are also not reported to law enforcement, but do allow the victim to get the treatment services available to them.

When a report is unrestricted, the process begins for some punitive action or investigation against the alleged offender.

“The criminal investigation division will get involved and the unit command is notified of the incident, but either way the services here at behavioral health are available to them,” said Martin.

Those services include: individual treatment, group treatment, medical services, psychiatric services and sometimes intensive outpatient services, if needed.

Martin said that the victim advocacy program is “hugely successful” because of the education that the Army and Fort Rucker has disseminated through the ranks about

sexual assault.

“I don’t believe that there is a person on Fort Rucker who doesn’t know how to get in touch with a victim advocate if they needed one because the units are very focused on it, the command team is very focused on this and it’s a real passion right now in the

Army,” she said. “They are making sure that these victims have somebody available to them at all times.”

To contact the 24/7 Army Community Service Victim Advocacy Helpline, call 379-7947. To contact the Family Advocacy Program, call 255-7029.



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#### CENTURY 21 REAL ESTATE SWEEPS J.D. POWER 2014 HOME BUYER/SELLER SATISFACTION STUDY

**MADISON, N.J.** (August 6, 2014) – CENTURY 21 Real Estate, the iconic brand with the world's largest real estate franchise sales organization, announced that it has been ranked highest in overall customer satisfaction by the J.D. Power 2014 Home Buyer/Seller Satisfaction Study<sup>SM</sup>, released today. Specifically, CENTURY 21® Real Estate swept the awards by receiving the highest ranking among national real estate companies across all four customer satisfaction segments in the study, including: First-Time Home-Buyer Satisfaction, Repeat Home-Buyer Satisfaction, First-Time Home-Seller Satisfaction and Repeat Home-Seller Satisfaction.

"CENTURY 21 sales professionals understand that real estate is about developing relationships and building trust with their customers. Customer satisfaction is at the core of everything that they do each and every day," said Rick Davidson, president and chief executive officer, Century 21 Real Estate LLC. "Our brand reputation is earned and measured with every customer interaction, and these J.D. Power results showcase the quality of our franchise broker network and their affiliated sales professionals."

The study, now in its seventh year, measures customer satisfaction among first-time and repeat home buyers and sellers with the nation's largest real estate companies. Overall satisfaction is measured across four factors of the home-buying experience: agent/salesperson; real estate office; closing process; and variety of additional services. For satisfaction in the home-selling experience, the same four factors are evaluated plus a fifth factor, marketing.

"The feedback from thousands of home buyers and sellers in this study shows that the dedication and commitment of the C21® System to caring about the consumer, delivering excellent service and establishing trust as a differentiator in the market," said Bev Thorne, chief marketing officer, Century 21 Real Estate LLC. "This study comes at the culmination of three years of hard work and dedication to a strategic roadmap that our brokers have embraced since 2011. By focusing on the quality of their affiliated sales professionals, they have raised the bar for customer service."

The 2014 Home Buyer/Seller Satisfaction Study includes 5,810 evaluations from 4,868 customers who bought and/or sold a home between March 2013 and April 2014. The study was fielded between March 2014 and May 2014.

Headquartered in Westlake Village, Calif., J.D. Power is a global marketing information services company providing performance improvement, social media and customer satisfaction insights and solutions. The company's quality and satisfaction measurements are based on responses from millions of consumers annually. For more information, visit [jdpower.com](http://jdpower.com). J.D. Power is a business unit of The McGraw-Hill Companies



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# Old Glory soars in Afghanistan



PHOTO BY STAFF SGT. BRYAN LEWIS

**Sgt. Michael Misheff, CH-47F Chinook helicopter crew chief for Task Force Flying Dragons, flies the American flag over southern Afghanistan Aug. 28.**

**By Staff Sgt. Bryan Lewis**  
*16th CAB Public Affairs*

KANDAHAR AIRFIELD, Afghanistan — If one was to walk into the house of a veteran or a veteran’s Family, they would most certainly see symbols of patriotism and military service.

For U.S. service members, the biggest symbol of their time spent in a uniform is the American flag. To own one that was flown overseas represents a moment in history where a Soldier, Sailor, Airman or Marine made a difference for their country.

Aviators of Task Force Raptor carried on the tradition and took it to new heights by carrying American flags over southern Afghanistan over the course of their deployment.

The tradition of carrying flags during aerial missions has continued throughout Aviation’s history, but the purpose and motivation for taking them up has been modified over the

years.

“We (Aviators) started early after 9/11 with flying the American flag for others,” said CW5 Rex A. Finley, Task Force Raptor chief warrant officer of the brigade and UH-60M Black Hawk pilot. “Prior to that, I know Aviators carried flags with them, not so much to present them, but to just have them.”

During Finley’s first tour in Iraq, his unit had flags shipped over from the U.S. to fly them and present them to Family members.

Pilots and crews throughout the brigade have flown hundreds of flags on AH-64E Apache helicopters, UH-60M Black Hawk helicopters, OH-58D Kiowa Warrior helicopters and CH-47F Chinook helicopters since April.

“I think a lot of it is sentimental. I think it’s more of the patriotic idea of having the national colors fly in a combat aircraft in Afghanistan to say we’re still serving here,” said

SEE GLORY, PAGE B4

## Gunslinging 4th CAB conducts sling-load training

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

FORT CARSON, Colo. — Cannons took to the air over Fort Carson as the 4th Combat Aviation Brigade’s CH-47 Chinook company conducted elevation sling-load training Aug. 14 for the first time since being activated.

An aircrew from B Company “Clydesdales,” 2nd General Support Aviation Battalion, 4th Aviation Regiment, 4th CAB, 4th Infantry Division, conducted M777A2 howitzer sling-load training with C Battery “Chosen,” 2nd Battalion, 12th Field Artillery Regiment.

“This is the initial phase of starting sling-load and air assault training,” said Capt. Spencer Carriker, commander, C Battery, 2-12th FA Regiment. “We want to establish baseline knowledge of flight procedures for our Soldiers. We want our Soldiers to be fully able to rig and hook our artillery equipment safely and properly.”

CAB aircrews found it helpful for both the field artillery Soldiers and themselves on how to properly rig their equipment and prepare it for flight.

“I’ve flown more than 500 hours in the air and never sling-loaded an M777A2,” said Capt. Walter Thomas, commander, B Co., 2nd GSAB, 4th Aviation Regiment. “Sling-loading is a basic task for Chinook pilots because we learned how to do it in flight school. But there are many considerations to take when dealing with equipment like a howitzer.”

C Battery artillerymen received training that will improve their ability to move around the battlefield to provide better ground force domination during combat, said Carriker.

“We hope to eventually conduct a live-fire artillery raid, which consists of sling-load movements of howitzers,” said Carriker. “This allows us to get closer to our targets, different entrance in to the battlefield, more stealth and ability to deliver more accurate firing capabilities.”

The Clydesdale aircrews hope to provide more elaborate movement support to the 2-12th FA Regiment in the future.

“We hope to conduct a practice run of the artillery raid with 2-12th FA Regiment,” said Thomas. “Afterwards, conduct a live-fire exercise to provide us with realistic training. It would be beneficial for both of us to learn how to communicate with each other and make us more effective in combat.”

The Chosen Battery wants to create a solid relationship with the CAB to improve the combat capabilities and have a better understanding of Aviation procedures.

“Most of the Chinook aircrews have sling-loaded howitzers,” said Carriker. “I believe, for them, it’s more about creating professional relationships and getting to know the ground commanders. The training for us helped improve both our combat skills and communication skills with the aircrews. We would like to continue this great working relationship with the CAB.”



PHOTO BY SGT. JONATHAN C. THIBAUT

**Soldiers from 2nd Battalion, 12th Field Artillery Regiment hook an M777A2 howitzer to a CH-47 Chinook from 2nd General Support Aviation Battalion, 4th Aviation Regiment, 4th Combat Aviation Brigade, 4th Infantry Division, during elevation sling-load training exercise on Fort Carson, Colo., Aug. 14.**

## Rotor blade armor



PHOTO BY AIR FORCE STAFF SGT. COREY HOOK

**Pfc. Jose Gracia, 3rd Squadron, 17th Cavalry Regiment mechanic out of Hunter Army Airfield, Ga., applies a protective coat of paint on an OH-58D Kiowa during Decisive Action Rotation 14-09 at the National Training Center, Calif., Aug. 9. Decisive action rotations are reflective of the complexities of potential adversaries U.S. forces could face, including guerrilla, insurgent, criminal and near-peer conventional forces woven into one dynamic environment.**

## START STRONG: Every Army career starts with TRADOC

**U.S. Army Training and Doctrine Command**  
*Press Release*

*(Editor’s note: This is the first in a series of articles on TRADOC. This first part deals with what TRADOC calls finding the 1 percent. Future articles will cover building tomorrow’s leaders ... today, and selecting and developing adaptive officers of character.)*

U.S. FORT EUSTIS, Va. — Through U.S. Army Recruiting Command, U.S. Army Center for Initial Military Training and U.S. Army Cadet Command, the U.S. Army Training and Doctrine Command serves as the foundation for the Start Strong phase of every Soldier’s career. TRADOC transforms civilians into Soldiers, and provides them the pathway into the noble profession of Soldiers, past and present.

For more than 40 years, TRADOC has provided millions of Soldiers not only the skills to become professionals in their field, but also the expertise and experience to successfully transition out of the Army upon completion of service.

Starting Strong is critical to the individual success of Soldiers and officers, and fundamental to the Army’s role in defending the nation.

### Finding the 1 percent

It’s a challenging mission — finding only the



PHOTO BY GLENN FAWCETT

**Army recruits in basic training deliver a call shortly after running an obstacle course on Fort Benning, Ga., in 2012.**

best, brightest and most qualified young men and women to become Soldiers to serve in the Army, but it’s one that recruiters assigned to USAREC do with passion.

Master Sgt. Steve McCartney, USAREC senior policy NCO, who’s worked in recruiting in some capacity since 1996, said USAREC has some tough competition.

“We’re trying to recruit the same students that all the colleges and universities are trying to recruit,” he said. “In addition to being physically fit, we want those individuals who have clean police records, don’t do drugs, make good grades, and are leaders who are involved in community and student organizations, because young people who are assets to their commu-

nity will be assets to the Army.”

The Army is well known for its success in mentoring young people to become responsible adults. This mentoring process, a critical element of the Army Profession, begins once the future Soldier signs on the dotted line.

Sgt. 1st Class Jeffery Crane, 1st Recruiting Brigade, said some future Soldiers need help with physical training, leadership development or in simply negotiating a challenging final year of high school. Others need help socially or spiritually — they may come from broken or volatile homes where walking through the front door is the greatest challenge of each day. They turn to their recruiter, who mentors them just like active-duty

Soldiers.

“The Army asks ordinary people to do extraordinary things. The ability to overcome adversity and challenges is a key part to making that possible for future Soldiers,” he said. “Recruiters have the immense responsibility of getting future Soldiers ready to be Soldiers physically, mentally, spiritually and emotionally. We’re really the first step in building the resilience of a Soldier.”

Recruiters also help set up future Soldiers for success by guiding them through the formal Future Soldier Training Program, which all future Soldiers are required to complete.

This program includes the Basic Training Task List — tasks critical to

SEE STRONG, PAGE B4



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**TRUCKS, BUSES, TRACTORS, TRAILERS**

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# Glory: Flags flown overseas serve as reminder

*Continued from Page B1*

1st Lt. Philip J. Webster, a Kiowa pilot.

The Aviation crews of the Raptor Brigade have elevated the prestige of their volunteer duty by adding an additional token from the flight.

“We take the flags out and fly them on a mission,” Webster added. “Then we come back after

the mission and we’ll print off the certificate saying we flew the flag in a combat zone with both pilots’ signatures.”

As units begin to retrograde and shrink in Afghanistan, fewer service members will have the opportunity to deploy and be a part of history. For many, having a flag that was overseas is a reminder of their commitment.

“I reenlisted in Afghanistan

and the one I had flown was my reenlistment flag,” said Spc. Haley Brown, Task Force Bellator medic from Winder, Ga. “Being able to fly with my flag was very cool because I like to fly. Also, having it fly over Afghanistan was very significant.”

Just as senior pilots pass on the patriotic task to their juniors, those who possess a flown flag can pass on the memories of their

time deployed.

“The less than 1 percent of the American people that do choose to raise their hand and serve in the military carry on a great tradition,” Finley said. “To see the young warrant officers and young officers choose to fly these flags is representative of tradition across the years.”

Whether the flag is displayed in a service member’s home

or given as a gift to someone else, anyone who sees it will be reminded of America’s past and current operations.

“When you send a flag home that has a cool picture with a helicopter, signatures of the people who actually flew in the aircraft and was flown in a war zone ... it’s a reminder that we are still here and it’s not over yet,” Webster said.

# Strong: Future Soldiers will complete monthly PT tests

*Continued from Page B1*

success in the future Soldier’s transition into the Army and completion of initial military training.

The BTTL includes Army values and history, customs and courtesies, rank recognition, basic first-aid skills, basic land navigation, the use of military time and basic communication skills, and the memorization of the phonetic alphabet and general orders.

Future Soldiers are also required to complete monthly diagnostic Army Physical Fitness Tests. To prepare for this test, recruiters familiarize future Soldiers with physical training, which will condition their bodies for the rigors of Basic Combat Training. Just as in operational Army units, the physical training sessions develop and foster camaraderie and teamwork among future Soldiers.

The FSTP also helps shape future Soldier values through training and education programs such as Sexual Harassment and Assault Response and Prevention, and equal opportunity awareness.

Recruiters are also well-versed in talent management, or matching the talent and desires of future Soldiers with the right military occupational specialty, said McCartney.

“I always told young men and women to pick a job based on their wants, needs and desires, and most importantly, one that fits their personality,” said McCartney. “I’d ask them to think about what they’d really like to be doing five years down the road and then work with them to develop a plan to help them achieve that goal.”



PHOTO BY MIKE STRASSER

An Army cadet tosses an empty 55-gallon drum to another cadet during the leader reaction course at the U.S. Military Academy at West Point, N.Y., in 2011.

Once future Soldiers raise their right hand and depart for basic training, they are officially no longer the recruiter’s responsibility, but the relationship between recruiter and future Soldier often lasts for years, said Crane.

NCOs speak proudly of Soldiers they recruited and mentored as future Soldiers,

and of subsequent successful careers they have watched unfold.

“We sit in their living rooms, meet the parents, Family, friends, and we really do get to know them personally. This personal and yet professional relationship is key to the development of the future Soldier. We see ourselves in them. We recognize

the scrawny boy looking for a purpose, or we recognize the shy girl looking for independence, and we accept the personal challenge to prepare them for training, because at the heart of everything we are – as NCOs – is a desire to mentor.”

Next week’s article will focus on building tomorrow’s leaders ... today.

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SEPTEMBER 4, 2014



## Girls' Night Out

FILE PHOTO

Jenna Houston, Jessica Solway and Lynne Mraz, military spouses, pose in a picture booth at the Girl's Night Out in March. The Directorate of Family, Morale, Welfare and Recreation will host the next Girls' Night Out Friday from 6-9 p.m. in The Landing Ballroom. The event is only for women ages 18 and older. Tickets cost \$10 and include DJ entertainment, fashion show, door prizes and numerous organizations that cater to women. Grand prize is a three-day, two-night stay at a resort in Panama City Beach. People must be present to win prizes. For more information, call 255-9810.



FILE PHOTO

Gabriel Apodaca plays with Cetoria Stanpley, FCC provider, last year.



## Riding Stables seeks volunteers for fall events

By Nancy Rasmussen  
Fort Rucker Public Affairs

Volunteers have a dramatic impact on the success of Fort Rucker community programs.

When autumn leaves start falling, Aida Stallings, Directorate of Family, Morale, Welfare and Recreation Community Recreation Division business manager, puts out a call for volunteers to help with two of the season's largest post events.

Last year, Fort Rucker community members turned out in record numbers to the Riding Stables' Fall Festival and Frite Nite activities. Without the contributions of more than 200 volunteers, the events, attended by nearly 2,000 people, would not have been possible, according to Stallings.

The Children's Fall Festival, scheduled for Oct. 24 from 11 a.m. to 1 p.m. at the riding stables, features carnival games, bounce houses, pony rides and train rides for Fort Rucker community children. Volunteers are needed to assist in all aspects of the event, including helping children on and off rides and staffing festival activities.

Frite Nite activities begin at 7 p.m. the same day and conclude

“Volunteers play vital roles in these annual events.”

— AIDA STALLINGS  
DFMWR RECREATION DIVISION BUSINESS MANAGER

at 11 p.m. Volunteers are needed for many elements of this popular event, including actors and operations assistants.

“Volunteers play vital roles in these annual events,” Stallings said, “especially those who participate in the various Frite Nite scenarios.”

Between the Haunted Forest and the Barn of Screams, dozens of volunteers dress up in costume to create frightening and fun experiences for adults and children alike. Comments from last year's events bear this out.

“The best part for me was when we were walking on the trail, and my daughter got turned around and thought the man in front of her was me. Well, when he turned around, it was an actor in a mask and he scared the mess out of her,” said Marty Connoloy, veteran and Enterprise resident, of his 2013 Frite Nite ex-

perience. “They put on a great show and they are really professional.”

Volunteers are doing more for their community than just providing a good time, though, Stallings said.

“The proceeds from these fall events help offset our expenses so we can to continue to offer stable patrons reasonable costs for services we provide,” she said. “Our volunteers use their creativity and enthusiasm to ensure everyone who attends these events has a good time.”

Classes interested in volunteering for either the Children's Fall Festival or Frite Nite events should contact Nancy Rasmussen at 255-2474 or email [nancy.rasmussen@us.army.mil](mailto:nancy.rasmussen@us.army.mil). Individual volunteers should contact Stallings 598-3384, 279-8229 or email [aida.l.Stallings.naf@mail.mil](mailto:aida.l.Stallings.naf@mail.mil).



FILE PHOTO

Volunteers provide the frights at last year's Frite Nite at the riding stables. Volunteers are needed to once again frighten the community at this year's event, and also for the Fall Festival.

# FCC

## Program offers career, child care opportunities

By Nathan Pfau  
Army Flier Staff Writer

The Family Child Care program not only offers a way for Families to find quality child care providers who welcome children into their homes and offer safe child care services, but also provides a unique employment opportunity for those who wish to become providers.

FCC providers offer care for children ranging in age from 4 weeks to 12 years old, and each home is allowed two children under the age of 2, and four children 2 and older, and differs from the child development center because the FCC is a home-like setting run by Families on post, said Pam Williams, child, youth and school services director.

“Becoming a provider is a good employment opportunity because people can stay at home with their own children, and help out Soldiers and their Families while they work,” said Williams. “But the Army wants the highest quality of care for its Soldiers' children, so training and support is provided for FCC providers.”

“It's also another means of income,” she continued. “They get reimbursed for the meals they provide for the children, and the program is a way to build professional status. Providers can attain child development associate credentials – skills they can take with them when they move.”

FCC providers can work regular workweek hours as well as weekend shifts and night shifts to cover the needs of working Soldiers and those employed by the Army. Positions are also available for full-day, hourly, emergency, before and after school, overnight care and special needs, added Vender Tabb, school age center director.

Applicants must complete 40 hours of orientation training in child development and must adhere to fire, health and safety requirements and inspections. Multiple additional elements must be completed before a home can be approved.

“Once providers are certified, they must complete a total of 13 modules in child development, two modules on child abuse identification, reporting and prevention, and an additional 10 special-needs care modules,” said Tabb.

Once everything is complete, Tabb said that providers will receive a Rainbow, which is a “decals they must put in their window to signal that they are approved FCC providers.”

When providers first enter the FCC program they receive a start-up kit that consists of items such as fire extinguishers, safety latches, door knob covers, a first aid kit, lock boxes for medicine and outlet covers, said Williams, so parents know that child safety is the No. 1 priority.

The FCC offers patrons a “warm, Family atmosphere to meet their child care needs,” where children are cared for in a home on post, said the CYSS director.

“They are fed and have outdoor as well as indoor activities to promote learning and exercise,” said Williams. “Providers also receive a monthly program guide to assist them in planning activities that will enhance the growth and development of the children.”

“It can be more convenient if there is a FCC down the street,” she said. “Plus, some parents, and children, like that siblings can stay together because our homes are a multi-age environment. They can play together, grow together and learn together.”

An added benefit of the program is the intimacy it provides since some parents may like the fact they know the one person personally who is watching their child, as opposed to multiple people, added Williams.

Training for prospective providers occurs quarterly and on demand. To begin the process of becoming an FCC provider, call 255-9108, or to enroll a child, call 255-9638.



# ON POST

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

**Employment Readiness Class**

Army Community Service is giving people the chance to build and enhance their careers at one of the Fort Rucker’s Employment Readiness Program Orientation Sessions, held monthly in the Soldier Service Center, Bldg. 5700, Rm. 371A. The next session is Sept. 16. People will first meet in Rm. 350 for paperwork and attendance prior to going to Rm. 371A. People can sign up to learn essentials about the program and receive helpful job search tips, as well. Advance registration is required and attendance at a session is mandatory for participation in the program.

For more information, including times, or to register, call 255-2594.

**Back-to-School Skate Party**

The Fort Rucker School Age Center will host a Back-to-School Skate Party Friday from 6:15-7:15 p.m. and 7:30-9:30 p.m. The cost will be \$2 for the 6:15-7:15 p.m. session and \$5 for the 7:30-9:30 p.m. session. Children will be allowed to bring a guest, and enjoy prizes and refreshments. Active duty military, Department of Defense civilian workers and contractors can register their children at parent central services.

For more information, call 255-9108.

**Financial readiness training**

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

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

**Grandparents Day Brunch**

Grandparent’s that come by The Landing Zone on National Grandparent’s Day Sunday from 9 a.m. to 2 p.m., will receive half off their brunch entrée with the purchase of a regular-priced brunch entrée. The special is available for dine in only and cannot be combined with any other promotion or coupon.

For more information, call 598-8025.

**EFMP information, support group**

The Exceptional Family Member Program invites all active duty military Families that have an exceptional or special needs Family member attend its information and support group meeting Tuesday from 9-10 a.m. at The Commons. The topic for the meeting is “It’s School Time: Are You Ready?” Tips, tools and resources will be discussed that can assist parents and children to make this a successful school year. The group offers EFMP Families camaraderie, friendship, information exchange, idea sharing, community resources, sup-



FILE PHOTO

## Oktoberfest

Attendees enjoy a craft activity at last year’s Oktoberfest. The Directorate of Family, Morale, Welfare and Recreation will host its 12th annual Oktoberfest Sept. 26 from 4:30-9:30 p.m. on the Fort Rucker Festival Fields. The event will feature live German music by Sonnenschein Express, traditional German food, family-friendly entertainment, children’s inflatables, a pumpkin patch, craft activities and more. For more information, call 255-1749.

port and assistance with finding solutions.

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

**September craft activity**

The Center Library will host its September craft activity Tuesday from 3:30-4:30 p.m. for children ages 3-11. Light refreshments will be served. Space is limited to the first 65 children to register. For more information or to register, visit the Center Library or call 255-3885.

**Car seat safety class**

Army Community Service’s New Parent Support Program and a certified child passenger safety technician are partnering to teach a car seat safety class during Baby Safety Month in September – Tuesday from 9-10 a.m. in The Commons, Bldg. 8950. The certified child passenger safety technician will also conduct seat checks for those interested. People need to register for the class by Monday by calling 255-9647 or 255-3359.

**EFMP Fun Day**

The Fort Rucker Exceptional Family Member Program and Corvias Military Living will partner to celebrate EFMP Fun Day Wednesday from 11:30 a.m. to 1 p.m. at the event field at Seventh Avenue and Castle Way. The event is in recognition of EFMP’s annual child and Family find campaign. The event will feature food and drinks, and also story-time, arts and crafts, inflatables and informational displays. In case of rain, the event will be rescheduled for Sept. 17 at the same location.

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

**Infant, child CPR**

The Fort Rucker New Parent Support Program, in collaboration with the American Red Cross, will offer a free infant and child CPR class Sept. 18 from 9-11a.m. at The Commons, Bldg. 8950. The class is Exceptional Family Member

Program-friendly.

For child care information and to register, call 255-9647 or 255-3359.

**Library Database 101**

The Center Library offers more than 40 searchable databases for customers to use to find information on a wide variety of topics, and people can download e-books and magazines, research their ancestry, learn how to fix their car, study for big exams and more. The library will showcase and teach people how to use its database offerings during a class Sept. 18 from 5-6 p.m. Those attending should have a valid library account and personal identification number before the class.

For more information, call (334) 255-3885, or stop by the Center Library.

**FRG leadership training**

Army Community Service will host Family Readiness Group Leadership Training Sept. 18 at 8 a.m. in Bldg. 5700, Rm. 371A. For more information, call 255-3817.

**School Spirit Skate Night**

The Fort Rucker School Age Center will host a Show Your School Spirit Skate Night for child, youth and school services members Sept. 19 from 6:15-7:15 p.m. and 7:30-9:30 p.m. Youth are encouraged to wear a jersey, school colors, favorite team shirts or hats. Parents can register their children at CYSS or call 255-9638.

For more information, call 255-9108.

**VA Home Loan benefit presentation**

Information concerning the Veterans Affairs Home Loan Guarantee Program will be presented Sept. 24 from 9-10:30 a.m. at the Soldier Service Center, Bldg. 5700, Rm. 284, by loan specialists from the VA Regional Loan Center in St. Petersburg, Fla. Reservations not required.

For more information, call 255-9631.

# DFMWR

# Spotlight

### Fort Rucker Family & MWR Upcoming Events & Activities

OPEN TO THE PUBLIC,  
WOMEN AGES 18+

## girls' night out

**SEPT 5 • 6 – 9 PM**  
**The Landing Ballroom**

- Shop the latest trends at the fashion, health and beauty booths
- Over 100 door prizes given away during event
- DJ entertainment
- Fashion show & more!

**Tickets: \$10**  
Available at The Landing Zone, (334) 598-8025 and include one drink min., good for a complimentary beverage. Food and beverages will be available for purchase.

Must be present to win prizes.

**For more details call Family & MWR, (334) 255-9810.**

### Like it WIN it

You Could **WIN** BAYFEST Tickets

We ♥ Our Facebook Fans!

Here's your chance to WIN tickets!

Like us on facebook for a chance to win tickets to Bayfest. To show our fans how much we appreciate them, lucky winners will be randomly selected every Friday during the month of September! For more details be sure to check out our facebook page.

**Fort Rucker MWR**

For more information visit [www.ftruckermwr.com](http://www.ftruckermwr.com).

## FORT RUCKER MOVIE SCHEDULE FOR SEPT. 4 - 7

**Thursday, Sept. 4**

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

**Friday, Sept. 5**

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

**Saturday, Sept. 6**

Studio Appreciation: Advance Screening  
.....7 p.m.

**Sunday, Sept. 7**

Hercules (PG-13)  
.....2 p.m.



# A sense of mission ... to the end

By Bob Reinert  
U.S. Army Garrison Natick

NATICK, Mass. – If doctors said that you had a finite amount of time left, how would you spend your remaining days?

It's a question that Capt. Justin Fitch has already answered in no uncertain terms: continue to fight while devoting what energy he has to saving the lives of his brothers- and sisters-in-arms.

The 32-year-old commander of the Headquarters Research Development Detachment at the Natick Soldier Research, Development and Engineering Center, has terminal colon cancer. He faces medical retirement from the Army, and doctors have told him that he has a matter of months to live.

Fitch has endured 40-plus chemotherapy treatments, six major surgeries and a number of smaller procedures. Daily painkillers help him to cope with the tumors that have wrapped themselves around his intestines.

Despite this immense personal challenge, Fitch thinks mostly about reducing the pain in others. He has spent the past year trying to increase awareness of and raise money for veterans with post-traumatic stress who are contemplating suicide. As Fitch regularly notes, 22 veterans a day take their own lives – in excess of 8,000 a year – more than all the U.S. service members who have been killed in action since 2001 in the Global War on Terrorism.

“Twenty-two is too many,” said Fitch, an Operation Iraqi Freedom veteran. “We want to turn that number to zero.”

As a result, Fitch has gone to battle against suicide. In November, he began doing 12-hour team



PHOTO BY DAVID KAMM

Despite facing his own fight against terminal colon cancer, Capt. Justin Fitch of the Natick Soldier Research, Development and Engineering Center, Mass., has refused to stop working to reduce the number of suicides among veterans.

ruck marches with the Carry the Fallen campaign. Information about the campaign can be found at <http://www.carrythefallen.org>.

Since then, he and his Team Minuteman have raised \$114,000 for the Active Heroes organization, which is developing a 144-acre retreat in Shepherdsville, Ky., for at-risk veterans and their Families. Fitch has raised \$60,000 as an individual. Those are the highest amounts in the organization, which has 109 teams nationally and has raised \$330,000.

When completed, the retreat will have such amenities as solar-powered cabins, campsites, healing gardens, climbing walls, hiking and biking trails, archery ranges, petting zoos, equine therapy and a small artificial lake stocked with fish.

“We’re looking at \$4 to \$5 mil-

lion to finish (the retreat),” Fitch said. “Money is the thorn in our side that we’re trying to overcome. It just takes one thing to raise awareness and to inspire people to do what’s good. And people are good. They just don’t know how to help sometimes.”

Maybe they should just follow Fitch’s lead. Recently, he reached into his own pocket to donate the symbolic amount of \$10,022 to the organization.

“If I wasn’t trying to set up my wife for life, I would have put probably all the money in it,” said Fitch, adding that we wanted “to show people that I’m committed to the charity, that I believe in it, because people see me as a credible figure. If I trust that much of my money in the charity, then they should, too.”

Fitch said he has leaned heav-

ily on his wife, Samantha, to get through this. The pain medication keeps him from driving, so he must rely on her to take him to and from work. She cooks his meals and takes care of the medical appliances that come with his condition.

“She puts up with a lot of emotional stress because of it,” Fitch said. “She’s a solid cornerstone in my life. I firmly believe she’s the strongest influence that I have in my life.”

His three days of chemotherapy treatments each week leave him tired, nauseous, dehydrated and sleep-deprived. He also suffers from what he calls “chemo-brain” – increasing memory problems. The other two days of the week, Fitch reports to his command at Natick, where he has served 2 1/2 years.

“I do what I can in the short time that I have at work,” Fitch said. “I try to keep my head above water. Realistically, between all the medical treatments that keep me out of the office, it has made it difficult. I always feel that I could do more. Honestly, I do. Despite what anyone says, there’s still a war going on.”

In what free time he has, Fitch works to keep other veterans alive. He understands their struggles, because there was a time in his own life when thoughts of suicide nearly consumed him.

“It’s OK to seek help,” Fitch said. “You can get help. Look at me. I’m a captain [and] I sought help.”

Team Minuteman of Carry the Fallen will hold its next ruck march Saturday on the 26.2-mile Boston Marathon course from Hopkinton, Mass., to Boston’s Boylston Street. Simultaneously, many of the other 109 teams across the nation will be doing ruck marches in their hometowns. Fitch will be on hand, but his illness will keep him mostly riding in the support vehicle.

“I do want to get out for a few miles to ruck with the team, preferably at the start and finish and maybe somewhere in between,” Fitch said. “I don’t see any possibility of me being able to finish the whole ruck with weight on my back.”

There is one finish line that Fitch would like to reach – seeing the Active Heroes retreat completed. To do that, he would have to defy doctors’ predictions. Smart money wouldn’t bet against him.

“Other than Family and friends, this is my final mission,” said Fitch, “and I’m going to do everything I can to accomplish it.”

## 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 TAG 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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**ENTERPRISE SHOPPING CENTER**  
I **WHEN THE GAME STANDS TALL** - PG  
Sat & Sun: 1:45, 4:00, 7:00 & 9:20  
Mon-Fri: 7:00 & 9:20  
II **TEENAGE MUTANT NINJA TURTLES** - PG  
Sat & Sun: 1:45, 4:00, 7:10 & 9:20  
Mon-Fri: 7:10 & 9:20

**WESTGATE CENTER** Enterprise Information 334-547-3531  
III **GUARDIANS OF THE GALAXY** - PG  
Sat & Sun: 1:30, 4:00, 7:00 & 9:20  
Mon-Fri: 7:00 & 9:20

IV **AS ABOVE SO BELOW** - R  
Sat & Sun: 1:45, 4:00, 7:00 & 9:00  
Mon-Fri: 7:00 & 9:00

**COLLEGE CINEMA • ENTERPRISE**  
I **IF I STAY** - PG  
Sat & Sun: 1:45, 4:00, 7:00 & 9:10  
Mon-Fri: 7:00 & 9:10  
II **THE IDENTICAL** - PG  
Sat & Sun: 1:45, 4:00, 7:00 & 9:10  
Mon-Fri: 7:00 & 9:10  
III **THE NOVEMBER MAN** - R  
Sat & Sun: 1:45, 4:00, 7:00 & 9:10  
Mon-Fri: 7:00 & 9:10

**Ask your buddy**

- Have the courage to ask the question, but stay calm
- Ask the question directly: Are you thinking of killing yourself?

**Care for your buddy**

- Calmly control the situation; do not use force; be safe
- Actively listen to show understanding and produce relief
- Remove any means that could be used for self-injury

**Escort your buddy**

- Never leave your buddy alone
- Escort to chain of command, Chaplain, behavioral health professional, or primary care provider
- Call the National Suicide Prevention Lifeline

TA - 095 - 0510

USAPHC <http://phc.army.mil/>

National Suicide Prevention Lifeline: 1-800-273-8255 (TALK)

**TRANSITIONING?**

Ask your post RC Career Counselor about the West Virginia Army National Guard

For more information call 1-800-642-3619 or txt **PRIOR** to 95577

WEST VIRGINIA NATIONAL GUARD  
1-920-GO-GUARD [NationalGuard.com](http://NationalGuard.com)



**Church Directory**

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**1 Corinthians 11:1**

**First United Methodist Church**  
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10:00AM  
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# Discover Dothan — Heart of Alabama’s Wiregrass

By Marilyn Jones Stamps  
*Alabama Tourism Department*

Dothan is an ideal place for a fun and affordable Family vacation.

Symbols of a bygone era await your visit at a 135-acre park on the outskirts of town. Art and history can be found in giant colorful murals painted on downtown buildings, and numerous shopping and dining options await your travel downtown and along historic Ross Clark Circle.

Known as the “Peanut Capital of the World,” Dothan is home to the National Peanut Festival each fall and pays homage to its agricultural heritage through a series of whimsical and “nutty” statues scattered around town. There is also a monument downtown dedicated to Dr. George Washington Carver.

### Explore Landmark Park

Begin your tour of Dothan at Landmark Park (430 Landmark Dr.; 794-3452). The 135-acre park was built to preserve the natural and cultural heritage of southeast Alabama’s Wiregrass region. The 1890s living history farm allows visitors to observe a variety of farm animals, such as sheep, mules, cows, chickens, goats and pigs. It also features a collection of historic structures, including an old farmhouse, a smokehouse, a cane mill and syrup shed.

During your visit, you can drift back in time and experience the simple pleasures of a bygone era. Relax in a Victorian gazebo. Enjoy a refreshing drink at the soda fountain

in the old-fashioned drugstore. Sift through the wares of a country store or stroll through a one-room schoolhouse. You can also experience the solitude of a turn-of-the-century church, take a nature walk through the woods on an elevated boardwalk, explore the night skies inside the Digitarium Planetarium or visit the interpretive center to see wildlife exhibits.

A covered picnic area and the Barnyard, a large playground, provide a perfect setting for picture taking and even more Family fun time at Landmark Park, so be sure to pack a picnic lunch and take your camera along for your visit.

### Visit the Carver Museum, a hardware store and more

Located within walking distance of downtown shops and restaurants is the G.W. Carver Interpretive Museum (305 N. Foster St.; 712-0933). The museum commemorates the life and legacy of Dr. George Washington Carver and provides a comprehensive look into the historical influences of African-Americans in science, space exploration, the military and other areas.

Also downtown, you’ll find Porter Hardware (136 E. Main St.; 792-3158), the oldest continually operating hardware store in Alabama in its original location. It is open Mondays through Fridays from 7:30 a.m. to 4:30 p.m. For antique lovers, Dothan also boasts more than 10 different shopping venues downtown and along Ross Clark Circle. Each offers a plethora of treasure-hunting experiences to spice up your road trip.

### A Must-Stop: World’s Smallest City Block

First-time visitors to Dothan might find maneuvering around the city to be a bit challenging, especially with the downtown area somewhat removed from the main thoroughfare known as Ross Clark Circle. Visitors with a sense of humor, however, might delight in discovering the World’s Smallest City Block. From downtown, where U.S. Highways 84 and 431/231 intersect, drive east three blocks along Main Street to Museum Avenue. Turn left and drive north one block to the intersection of North College Street, North Appletree Street and East Troy Street.

State Route 210, also known as Ross Clark Circle, or simply “The Circle” to locals, is a much longer stretch of highway overlaid by U.S. Highways 84, 431/231. With a number of antique shops, quaint boutiques and eclectic restaurants lining the thoroughfare, Ross Clark Circle has become a popular retail hub for visitors from Alabama, Georgia and Florida.

### Discover the ‘Peanuts Around Town’

While exploring Dothan, you’ll quickly discover it’s a town that loves peanuts. In fact, the folks here love peanuts so much that they’ve created a citywide art project centered on the little goobers. Peanuts Around Town, a novel and nutty public art exhibit sponsored by The Downtown Group (793-3097) in coordination with local businesses and organizations, enables the citizens of Dothan to celebrate the peanut and the ag-

ricultural heritage of the Wiregrass all year long.

Among the popular statues on the tour are: “The Peanut Man,” which honors Dothan’s own peanut peddler, Byron “Cotton” Traywick, who sold boiled peanuts from a stand on Main Street for more than 25 years. Printed on the barrel of the statue placed in his memory on the corner of Ross Clark Circle and West Main Street is one of Traywick’s favorite sayings to his patrons, “Have a good day and let the Lord ride with ya.” Another favorite is the “hunk of burning love” statue of Elvis Presley that greets tourists at the Dothan Visitors Center. Employees there say the King of Rock ‘n’ Roll is perhaps the most popular of the peanut characters, as he cost about \$2,500 and was known to be taken without permission several times before he was given a permanent home inside the visitor center.

### Celebrate the National Peanut Festival

The National Peanut Festival (5622 U.S. Hwy. 231 S.; 793-4323) is held each fall at the fairgrounds on U.S. Highway 231 S. just three miles south of the Ross Clark Circle to honor peanut growers and to celebrate the harvest season. This year, the event takes place Oct. 31 - Nov. 9. Numerous fun-filled Family events are a part of the festivities, including amusement rides, animal acts, agricultural displays, live music concerts, beauty pageants, arts and crafts displays, contests, food, a parade and, of course, tons of peanuts.

# WIREGRASS COMMUNITY CALENDAR

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

## ANDALUSIA

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

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

## DALEVILLE

**ONGOING** — 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

**SEPT. 6** – Westgate Park will host the fifth annual Wiregrass AIDS Walk with registration starting at 8:30 a.m. in the main building. The event will feature the 3 1/2 –mile walk, a live radio broadcast from WOOF, snacks, water, door prizes

and children’s activities. This is a 3.5 mile walk. For more information, call 673-0494 or visit [www.maoi.org](http://www.maoi.org).

**SEPT. 26-27** – The Houston County Farm Center will host its Oktoberfest and from 5-10 p.m. Sept. 26 and 10 a.m. to 6 p.m. Sept. 27. The event features barbecue teams competing for more than \$7,000 in prize money under Kansas City Barbecue Society sanctioning and also features an Oktoberfest. There will also be entertainment, TVs for football games, a Cornhole tournament and inflatables for children to play on. For more, visit [www.PorktoberQue.com](http://www.PorktoberQue.com).

## ENTERPRISE

**SEPT. 6** – The third annual Emergency Preparedness Fair and Safety Saturday will take place from 10 a.m. to 2 p.m. at Johnny Henderson Park.

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

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

**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.

## GENEVA

**ONGOING** — The Geneva County

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

## MIDLAND CITY

**ONGOING** — Residents are invited to town hall meetings on the first Tuesday of each month at 5:30 p.m. at Town Hall, 1385 Hinton Waters Ave. For more information, call 983-3511.

## NEW BROCKTON

**ONGOING** — Adult education classes are offered in Rm. 12 at New Brockton High School, 210 South Tyler St., Mondays and Wednesdays from 6-9 p.m. All classes are free for individuals 16 years old or older who are not enrolled in public school. Individuals must take an assessment test prior to attending class. Call 894-2350 for more information.

**ONGOING** — 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.

## OZARK

**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](mailto:wcholmes53@hotmail.com).

**ONGOING** — The Ann Rudd Art Center offers free art lessons for children ages 5 and older. The young student class is Saturdays from 10 a.m. to noon, and the adult-teen class is from 12:30-3 p.m. Slots are on a first come, first served basis. For more information, call 774-7922.

**ONGOING** — Every Thursday at 5:30

p.m., yoga with Sandra Bittman is at Perry Recreation Center for \$5 a person.

**ONGOING** — Every Wednesday, the Ozark-Dale County Public Library hosts free Wii Zumba from 5:30-6:30 p.m. Teens and adults are invited. For more information, call 774-5480.

## 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

### Kool & the Gang at Fort Benning

Fort Benning, Ga., will host a free concert featuring Kool & the Gang Sept. 13 at York Field. The event is open to the public and kicks off at 6 p.m. with special guests Tyler Bryant and the Shakedown and RaeLynn. Video equipment and cameras are not permitted. York Field is located in front of McGinnis-Wickam Hall, Bldg. 4, on Eckel Avenue. From the I-185 entrance, take Dixie Road straight to the main post, turn right on Edwards and left on Eckel.

For more information, visit [www.benningmwr.com](http://www.benningmwr.com) or

call 706-545-4468.

### Crab interpretive program

Bald Point State Park, Fla., will host a semi-terrestrial crab interpretive program Sept. 6 from 10-11 a.m. for people of all ages, and organizers said they especially would like children to attend. A park ranger will meet people at the North Point Entrance at the fishing pier and will discuss crabs, such as Hermit, Ghost and Fiddler crabs, and teach people about the ways the crabs benefit the shoreline and other marine life. Cost is \$4.

### Franklin County beach cleaning

Apalachicola Riverkeeper, along with the Franklin

County Departments of Parks and Recreation and Solid Waste and Recycling, is co-sponsoring the Ocean Conservancy’s 29th annual International Coast Cleanup Sept. 20 from 8:30-11:30 a.m. The event is billed as the world’s largest volunteer effort to help protect oceans, lakes and rivers. In Franklin County last year, 252 volunteers collected 13.65 tons of trash from the local beaches, bay, gulf, and river. Each year, volunteers not only remove trash from the environment but also record what they collect in order to develop ways to deter these trash problems in the future.

For meet-up locations and more information, visit <http://www.saltyflorida.com/events/coastal-clean-up/985/>.



# President pledges support to veterans

By **Jim Garamone**  
*Defense Media Activity*

FORT MEADE, Md. — The country is welcoming home a new wave of veterans and Americans have a sacred trust to get them the benefits they earned, President Barack Obama said Aug. 26.

In a speech to the American Legion's annual convention in Charlotte, N.C., Obama said more than a million service members will return to civilian life in the coming years.

"We have to do more to uphold that sacred trust, not just this year and next year, but for decades to come," he said.

The Department of Veterans Affairs has had problems. There is a backlog of cases, and an internal

VA investigation has found some hospitals cooked the books on wait-lists for veterans to receive care.

"We are gonna get to the bottom of these problems," the president said. We're gonna fix what is wrong. We're gonna do right by you. And we are gonna do right by your Families. And that is a solemn pledge and commitment that I'm making to you here."

### Moving ahead

The administration is moving ahead with changes to the VA. Obama signed the Veterans Access Choice and Accountability Act, which provides money to hire staff and allows veterans who live more than 40 miles from VA care to see doctors outside VA.

Obama listed his priorities.

Underlying it all, Obama wants increased funding for the VA next fiscal year. He also will resist any effort "to exploit the recent problems at the VA to turn veterans' health care into a voucher system," he said. "We need to make the system work."

"We've got to deliver the care our newest veterans need most and that includes tailored care that treats our women veterans with respect and dignity," he said. "It means doing even more to help veterans from all wars who are struggling with traumatic brain injury and post-traumatic stress. And we have to end this tragedy of suicide among our troops and veterans."

### More awareness

Obama called for more

awareness, more outreach and more access to mental health care.

"So long as any service member or veteran is suffering, or feels like they have nowhere to turn, or doesn't get the support that they need, that means we haven't done enough," he said.

The president is using executive actions to expand this care.

"We're expanding suicide prevention training across the military and the VA, so colleagues and clinicians can spot the warning signs and encourage our troops and veterans to seek help," he said. "We're gonna make it easier for service members being treated for mental health conditions to continue their care as they transition to the VA, so automatically connecting them with the support

they need, making sure they don't lose access to any medications they may be taking."

Another priority is for VA to reduce the backlog.

"The good news is since its peak last year, we've worked with you to slash the backlog by more than 50 percent," he said.

The government needs to attack the problem of homelessness among veterans, Obama said.

"Again, we've got good news to report," he said. "Today, I can announce that working together over the last few years, we have been able to reduce the number of homeless veterans by one-third. And that means on any given night, there are 25,000 fewer veterans on the streets or in shelters."

## VA website tool provides education, benefits info

**Department of Veterans Affairs**  
*News Release*

WASHINGTON — The Department of Veterans Affairs Aug. 28 launched an improved version of the GI Bill Comparison Tool, which was first launched in February 2014.

The GI Bill Comparison Tool is designed to make it easier for veterans, service members and Family members to estimate their GI Bill education benefits and learn more about VA's approved college, university, and other education and training programs across the country. It also provides key information about college affordability and value so beneficiaries can choose the best education program to meet their needs.

In the past six months, nearly 350,000 people have accessed the tool on VA's GI Bill website. The top schools searched by users include: American Public University, Harvard, University of Texas at Austin, Arizona State University and University of Washington.

VA successfully trademarked GI Bill to prevent its fraudulent use for recruiting purposes and to protect this publicly-owned intellectual property.

"We are excited to see how veterans respond to the wealth of information now available on the updated GI Bill Comparison Tool," said VA's Undersecretary for Benefits Allison A. Hickey. "We're grateful for the chance to work with our partners at the departments of Defense and Education to ensure beneficiaries are informed education consumers."

The updated version of the GI Bill Comparison Tool has new functionality, including a more robust GI Bill benefits calculator and additional information pertinent to the Veteran population, e.g., identifies schools with student veteran groups, VetSuccess on Campus program and those that have agreed to the 8 Keys to Success.

The GI Bill calculator provides a personalized estimate of Post-9/11 GI Bill tuition and fee, housing allowance, and book stipend benefits that would potentially be paid to the student.

The calculator pre-populates the tuition and fee estimates from the ED's Integrated Postsecondary Education Data System. The veteran indicator section now contains new information on schools' student veterans groups, VetSuccess on Campus program and Yellow Ribbon agreement status.

The GI Bill Comparison Tool is one item in a series of resources VA has launched in response to the President's Executive

Order 13607, signed April 27, 2012, which directs agencies to implement and promote Principles of Excellence for educational institutions that interact with veterans, service members and their Families, and to ensure beneficiaries have the information they need to make informed choices about VA education benefits and approved programs. As students return to school this fall, VA is committed to providing the support and information they need to succeed.

Since April 2012, VA has deployed the GI Bill Comparison Tool, the GI Bill Feedback System, and offered a free academic-readiness tool online. In addition, VA, the Department of Education and Department of Defense have agreed to new veteran-specific outcome measures and signed a memorandum of understanding to exchange information, which will ensure greater compliance from schools receiving military



DOD GRAPHIC

and Federal education benefits.

The Post-9/11 GI Bill is a comprehensive education benefit created by Congress

in 2008. Veterans and service members who have served on active duty for 90 or more days since Sept. 10, 2001, are eligible for the benefit. The Veterans

Administration, which administers the Post-9/11 GI Bill program, has distributed more than \$43 billion in the form of tuition and other education-related

payments to more than one million veterans, service members, and their Families, and to the universities, colleges and trade schools they attend.

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# TRANSCOM: Know your POV shipping entitlements

By Jim Garamone  
Defense Media Activity

SCOTT AIR FORCE BASE, Ill. — Many service members may not know of their entitlements when shipping personal vehicles as they move overseas or return stateside, according to U.S. Transportation Command officials.

“Our customers have reasonable expectations on the delivery of their vehicles,” said Air Force Brig. Gen. Paul H. Guemmer. “I know I do.”

Guemmer is the deputy director (Military) for the Strategy, Capabilities, Policy and Logistics Directorate at TRANSCOM, which is headquartered at Scott AFB. He is responsible for DOD’s transportation strategy across the entire Joint Deployment and Distribution Enterprise, to include infrastructure, long-range programs, future requirements, coalition integration and mobility partnerships with industry.

Military Surface Deployment and Distribution Command is the privately owned vehicle program manager and TRANSCOM is the global POV contract administrator. These two commands work closely together in managing and monitoring this critical quality of life contract.

### Addressing issues

In August, SDDC and TRANSCOM stood up a team of transportation experts to quickly address the most significant challenges and concerns military customers are facing when shipping their POVs. May 1, International Auto Logistics assumed responsibility for the Global Privately Owned Vehicle Contract. Under the terms of the contract, IAL is responsible for processing, transporting and storing vehicles owned by military personnel and



U.S. TRANSPORTATION COMMAND GRAPHIC

This chart shows contact information for customers who are having issues involved with shipping their POVs.

Department of Defense civilian employees bound for, or returning from, overseas duty assignments.

SDDC officials have acknowledged that the transfer to the new POV contractor did not go as smoothly as it could have. They want customers to know that SDDC is aware of and understands the issues some of them have experienced while shipping their privately owned vehicle, adding that solving those issues is the command’s No. 1 priority. They also want their customers to know what SDDC and TRANSCOM are doing to help resolve these issues and facilitate a smoother and more effective transition to the new contractor.

### Customer expectations

Guemmer listed reasonable customer expectations as on-time delivery, professional and timely customer service, a damage-free vehicle and compensation for damages if they occur, and rental cars.

What happens when expectations aren’t met?

“There is a system of recourse in place,” Guemmer said. “For ve-

hicles overdue fewer than seven days, the first step is for military members to contact the local personal property, personnel support detachment or finance office.”

Guemmer, who also heads TRANSCOM’s POV Fusion Cell, explained that reimbursement for rental cars for military members for those first seven days is capped at \$30 a day or \$210 a week, based on DOD’s Joint Travel Regulation. The government then deducts those charges from IAL’s bill.

He pointed out that if rental car rates exceed that amount for days one through seven, an inconvenience claim can be submitted to the contractor, International Auto Logistics. The JTR entitlement does not apply to DOD civilians, but they can get rental car reimbursement by filing an inconvenience claim with IAL.

### Filing claims for reimbursement

“Military members inconvenienced beyond seven days because of a missed delivery date can file a claim with IAL,” Guemmer said. “They, and DOD civilians,

can also file an inconvenience claim for temporary lodging if vehicle delivery is delayed.”

IAL will consider reimbursement for amounts exceeding entitlements on a case-by-case basis and based on circumstances, provide reimbursement.

“Although IAL pays for inconvenience claims for lodging and rental car expenses, customers can file for other expenses with proper documentation and rationale for IAL’s consideration,” Guemmer said.

For vehicle damages, IAL provides customers an option for on-site settlement for claimed damage. Claims for additional damage can be reported within a reasonable period. The military claims office will not pay out for the same damages.

### Customers deserve best treatment

“Our personnel deserve the best treatment from us and those we contract to serve with us,” Guemmer said. “Customers who are not getting what they deserve when dealing directly with IAL can always get in touch with the contracting officer representative at the vehicle processing center or by emailing the USTRANSCOM POV Inspector General Customer Support Team.”

He added, “Our assessment teams and contracting officer representatives have surveyed container freight sites and every vehicle at those facilities. We are reconciling our data with IAL’s to ensure information on the IAL website is accurate and timely.”



COURTESY PHOTO

## Pick-of-the-litter

Meet Rucker, a 4-month-old hound mix. He is smart and does well with other animals. Adoption fees vary per species and needs of animal, but include 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/> for constant updates on the newest animals available for adoption.

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prevention  
tip

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sneeze  
into your  
elbow, thus  
covering  
your nose  
and mouth.



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to quit  
tobacco

Use the 5 Ds  
to help with  
urges

- **Deep** breathing — Take slow deep breaths to feel relaxed and in control.
- **Drink** water — Drink at least 8 glasses of water a day to flush out nicotine from your system.
- **Do** something else to keep busy.
- **Discuss** your urge with a friend or family member.
- **Delay** — Don’t reach for tobacco right away. The urge to smoke passes in 3 to 5 minutes whether a person smokes or not.

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### COFFEE COUNTY

**Enterprise State Community College**  
Wallace Hall, Room 202

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1:00 p.m. - 4:00 p.m. TU & TH  
6:00 p.m. - 9:00 p.m. M & W  
6:00 p.m. - 9:00 p.m. TU & TH  
Wallace Hall, Room 204  
8:00 a.m. - 12:00 p.m. M—W

**Enterprise Career Center**  
7:30-4:30 M-TH

**New Brockton High School**  
Room 112

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

### DALE COUNTY

**Fort Rucker, Kingsman St.**  
Building 4502, Room 131  
9:00 a.m. - 12:00 p.m. TU & TH

**Daleville, Billy Adkins  
Community Center**  
6:00 p.m. - 9:00 p.m. Mon.  
10:00 a.m. - 1:00 p.m. Sat.

**Ozark, ESCC Aviation Campus**  
Alabama Technology Center, Rm 103  
9:00 a.m. - 12:00 p.m. M—W  
6:00 p.m. - 9:00 p.m. TU & TH

### PIKE COUNTY

**Troy, Pike Center for Technology**  
4:00 p.m. - 7:00 p.m. M & TU

**Troy, Pike Area Career Center**  
8:00 a.m. - 12:00 p.m. M—TH  
1:00 p.m. - 3:00 p.m. M—TH

**Brundidge United Methodist Church**  
4:00 p.m. - 7:00 p.m. M & TH

### GENEVA COUNTY

**Geneva High School**  
Room 112  
6:00 p.m. - 9:00 p.m. M & TH

**Hartford Family Resource Center**  
8:00 am. - 12:30 p.m. M & W

**Samson Housing Authority**  
6:00 p.m. - 9:00 p.m. TU & TH

**Slocumb Public Library**  
6:00 p.m. - 9:00 p.m. TU & TH

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SEPTEMBER 4, 2014

# BOOTCAMP



## Fall fitness program features new schedule, workouts

By Nathan Pfau  
Army Flier Staff Writer

Summer is winding down and cooler weather is approaching, but the 2014 Fall Boot Camp is keeping the heat alive with its intense workouts designed to get participants in tip-top shape.

Fortenberry-Colton Physical Fitness Center's 2014 Fall Boot Camp runs Sept. 15 to Oct. 24, meeting from 8:30-9:45 a.m., and participants will meet five days a week to incorporate different elements of fitness for each day throughout the six-week program, said Kristina Rach, fitness specialist and certified personal trainer.

"We'll add and change up some things, and we try to add a few things during each boot camp because we do get repeaters, so we want to try and make it a little more intense for them," said the fitness specialist.

Each day will consist of a different element: endurance day, which could involve running or any exercise for an extended period of time; field day, which will involve functional training; game day, which will involve some sort of competitive sports activity; intensity classes, which will incorporate plyometrics-type exercises.

Another thing that will most noticeably change is the weather, and Rach said people should dress appropriately as the weather begins to cool down.

Rach added that people should bring plenty of water and remember to stay hydrated throughout the workouts, and also advised that people stay away from sports drinks, energy drinks and coffee.

Cost of registration is \$100 – \$30 due at signup and the rest due on the first day – and includes weekly consultations to keep track of progress, a T-shirt, as well as access to all group fitness classes for the duration of the program, which Rach said people need to take full advantage of.



FILE PHOTO

Previous Boot Camp participants take part in early morning workouts. This year's Fall Boot Camp runs Sept. 15 to Oct. 24.

"You can come in and do this for an hour a day, but if you don't go home and eat properly and take advantage of the fact that we're offering six weeks of free classes, then you might not reach the goals and see the gains that you want," she said. "This is really for you, it's not for us."

Boot camp also utilizes facilities unique to the installation, such as the NCO Academy obstacle course, and the many trails found on Fort Rucker, including Parcours Trail, the Beaver Lake trails and the trails found at the Fort Rucker Riding Stables, depending on where the workouts will take place that week, she added.

"Most of the activities will be performed on location during those weeks and we

will use whatever is available at the sites to perform the exercises," said the fitness specialist.

The program doesn't use traditional weights and fitness machines in order to get results, but utilizes objects found at the locations to perform certain activities, such as tires or slosh pipes, which are essentially nine-foot long, four-inch wide PVC pipes that are filled two-thirds of the way with water capped at both ends that Rach said provides a nontraditional way to provide a total-body workout.

Because of the intensity of some of the workouts throughout the program, Rach suggests that people who are interested have some sort of fitness background be-

fore signing up, but if they are highly motivated, then the program might be right up their alley.

"Boot camp is a commitment and people should know that before jumping into it," she said. "You're going to get out of it what you put in, so if you come in just for a one-hour session and leave, you're going to get the minimum results out of the program.

"It is motivational and inspiring to see people transform and change throughout the program," said Rach "I don't like the word can't – you're unable to or you choose not to."

For more information or to sign up, call 255-3794.

## Signs of suicide: Watch your buddy's 6

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

You are helping to reduce suicides in the Army.

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

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

The ASIST program encourages leaders to monitor common



COURTESY GRAPHIC

risk factors for suicide such as:

- Failed or strained intimate relationships;
- Previous suicidal behaviors, thoughts or attempts; and
- Behavioral health problems.

Additionally, leaders, Family members, buddies and friends can intervene when there are warning signs such as:

- Changes in behavior like eating and sleeping habits, or

work performance;

- Suicide-related talk, hints or expressing a wish to die; and
- Isolation or withdrawal from social situations.

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

- Fourteen percent of Soldiers have considered suicide at some point in their lifetime.
- There is a strong relationship between receiving a rank demotion and suicide risk, especially for Soldiers who have been recently demoted.
- Life role problems, e.g., prob-

lems with home life, work performance, social life or close relationships, are also associated with increased suicide risk and other behavioral health problems.

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

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

- Have the courage to ask. It's better to upset someone than

to lose a life.

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

## PIGSKIN PICKS



	Green Bay vs. Seattle	New Orleans vs. Atlanta	Cincinnati vs. Baltimore	Washington vs. Houston	San Francisco vs. Dallas	Indianapolis vs. Denver	N.Y. Giants vs. Detroit
 Col. Tom Von Eschenbach TCM UAS (0-0)							
 Jim Hughes PAO (0-0)							
 Brian Jackson DFMWR (0-0)							
 Capt. Mike Simmons Directorate of Public Safety (0-0)							
 Sharon Storti Network Enterprise Center (0-0)							



# DOWN TIME



## Trivia test by Fifi Rodriguez

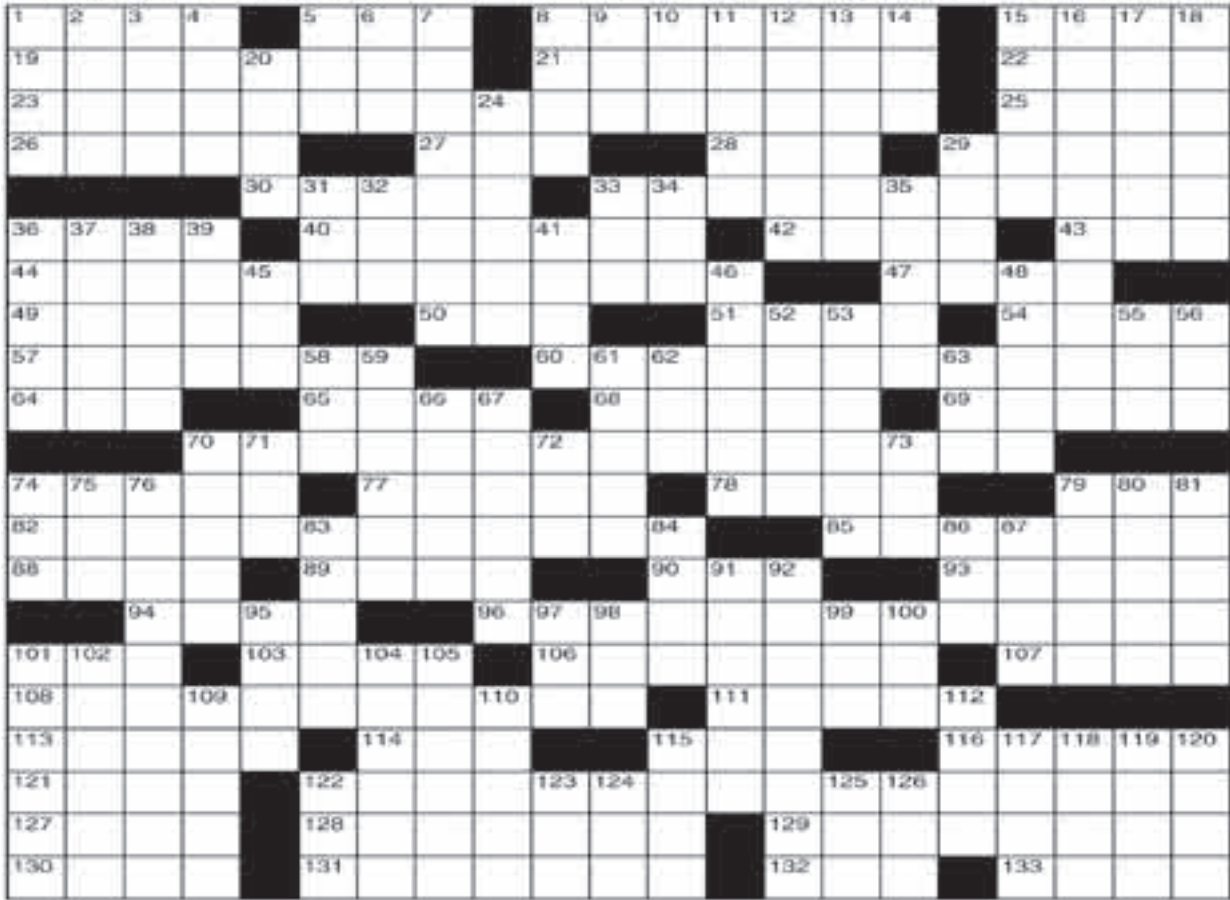
# TRIVIA

1. COMICS: What was the name of Calvin's neighborhood friend and classmate in "Calvin & Hobbes"?
2. LANGUAGE: What does "draconian" mean?
3. GEOGRAPHY: On what continent does the Atacama desert lie?
4. GENERAL KNOWLEDGE: What famous 19th-century author and humorist had only an elementary-school education?
5. ADVERTISING SLOGANS: What product is "the snack that smiles back"?
6. LITERATURE: What Southern author often wrote novels set in the fictional "Yoknapatawpha County"?
7. MUSIC: What was the name of Buddy Holly's band?
8. FOOD & DRINK: What vegetable is used in making sauerkraut?
9. TELEVISION: What was Marge Simpson's maiden name on the sitcom "The Simpsons"?
10. HISTORY: In what U.S. city was the Republican National Convention held in 1968?

See Page D3 for this week's answers.

## Super Crossword LET EM IN

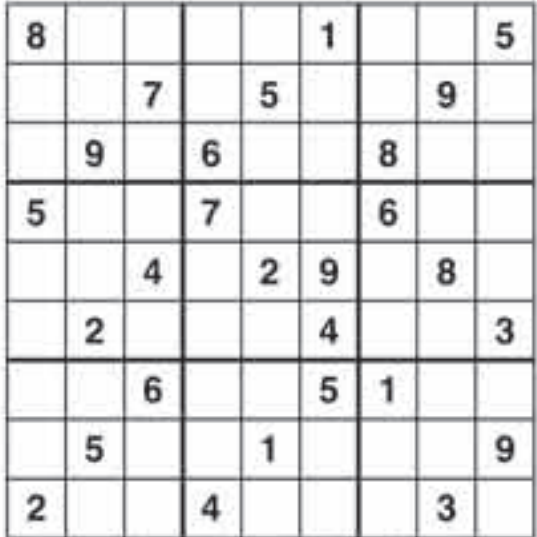
- ACROSS**
- 1 Jack of old western films
  - 5 Bus, bigwig
  - 8 Like an uncaught escapee
  - 15 NBA's Yao
  - 19 Pasta in tubular form
  - 21 Check cashers, e.g.
  - 22 Mélange
  - 23 Racing dog is puzzling?
  - 25 Wife in "The Good Earth"
  - 26 — Hawkins dance
  - 27 Fido's "Back off!"
  - 28 Honeycomb insect
  - 29 Fight ender
  - 30 In a peculiar way
  - 33 Lavish combination of ingredients blended in advance?
  - 36 "So Big" writer Forster
  - 40 Across the ocean, to a Brit
  - 42 Beginner
  - 44 S&L accrual
  - 45 Playthings used as tribal emblems?
  - 47 Part of the plot
  - 49 Singer Lennox
  - 50 "Disco" guy on "The Simpsons"
  - 51 S. Amer. country
  - 54 Stare intently
  - 57 1993 Timothy Hutton thriller
  - 60 Humiliate actor Sheen?
  - 64 Boston Red —
  - 65 In the past, in the past
  - 68 Root beer brand
  - 69 Chicks' cries
  - 70 Downgrading mothers and fathers?
  - 74 With 75-Down, former giant in gas
  - 77 Last exam
  - 78 TV's Ward
  - 79 — choy
  - 82 Unwished footballers?
  - 85 Preachy talk
  - 88 ATM hole
  - 89 "At Last" singer James
  - 90 Operatives' org.
  - 93 Heart, e.g.
  - 94 Sedgwick of "The Closer"
  - 96 Send playwright Terrence back into custody?
  - 101 Lime drink
  - 103 Nano, e.g.
  - 106 Ferris Bueller's Day Off actress
  - 107 Mini-plateau
  - 108 Bunny's thigh bone?
  - 111 Fails to put in
  - 113 Singer Billy Ray —
  - 114 To and —
  - 115 Elected officials
  - 116 Kind of steak
  - 121 Genesis murder victim
  - 122 Ousting journalist?
  - 127 Bargain buy
  - 128 Resulting (from)
  - 129 Diner freebie
  - 130 Small whirlpool
  - 131 Basic nature
  - 132 Ship's front
  - 133 Covers with turf
  - DOWN**
  - 1 Units of work
  - 2 Turkish coin
  - 3 Grew older
  - 4 "How — help you?"
  - 5 Cattle sound
  - 6 Prey for lions
  - 7 Little circles
  - 8 Shortened wd.
  - 9 Simple shirt
  - 10 Flew quickly
  - 11 Caribbean island
  - 12 Take offense at
  - 13 Avaricious
  - 14 Suffix with seer
  - 15 Mary Tyler —
  - 16 Light up
  - 17 B vitamin
  - 18 Have the subsequent turn
  - 20 Lt. Kojak on "Kojak"
  - 24 Wood decay
  - 29 1982 Jeff Bridges film
  - 31 "Yabba dabba —"
  - 32 TiVo, e.g.
  - 33 "Aw, shucks"
  - 34 Slam into
  - 35 Father of Paris
  - 36 The Dakotas, e.g., in Dijon
  - 37 "Tiny Bubbles" singer
  - 38 Baby Bell phone co.
  - 39 — were
  - 41 With 45-Down, station breeding charge
  - 45 See 41-Down
  - 46 Held to be
  - 48 Cruel types
  - 52 Corps core
  - 53 Sick
  - 55 Mailing code
  - 56 Nav. off.
  - 58 Gp. dues-payer
  - 59 Gain
  - 61 USA's bird
  - 62 GPS image
  - 63 Appropriate
  - 66 Act miserly
  - 67 Tone deafness
  - 70 Simple song
  - 71 "Tarzan" star Ron
  - 72 "Rambo" site, briefly
  - 73 No. in Falkirk
  - 74 ERI VIPs
  - 75 See 74-Across
  - 76 Ate together
  - 79 Bull elk's call
  - 80 Exam types
  - 81 Nairobi's nation
  - 83 Jumped
  - 84 Pac-12 org.
  - 86 Filmflam
  - 87 Trolley
  - 91 Tuneless way to break out
  - 92 Tracy Hepburn film
  - 95 Social reformer Jacob
  - 97 Big bird
  - 98 Former space station
  - 99 Hosp. scan
  - 100 Puma, say
  - 101 Pinball locale
  - 102 Couch to sit or sleep on
  - 104 Proposes
  - 105 True skin
  - 109 Cowing sort
  - 110 Large deer
  - 112 Store (away)
  - 115 "Picnic" playwright William
  - 117 Skunk components
  - 118 Nobelist Hahn
  - 119 Requirement
  - 120 Misdiagnoses, e.g.
  - 122 Norma — (film heroine)
  - 123 Actor Diesel
  - 124 Execs' mag
  - 125 Green: Prefix
  - 126 Chapel chair



See Page D3 for this week's answers.

## Weekly SUDOKU

by Linda Thistle



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

**DIFFICULTY THIS WEEK: ★★**

★ Moderate ★★ Challenging  
★★★ HOO BOY!

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See Page D3 for this week's answers.

# KID's CORNER





# Army doctor: Soldiers should avoid overtraining

By Lisa Ferdinando  
Army News Service

WASHINGTON — Soldiers should be aware of overuse and overtraining that can lead to injury, and should modify their fitness plans accordingly, an Army doctor said.

“In terms of physical training-related injuries, the first and most important thing is that injuries are the biggest health problem of the Army,” said Dr. Bruce Jones, a U.S. Army Public Health Command physician-epidemiologist.

He spoke at a media roundtable held in conjunction with the 3rd International Congress on Soldier Physical Performance, which was held in Boston, Aug. 15-18. He and his staff looked at ways to enhance Soldier performance while reducing instances of injury.

Jones said each year some 350,000 Soldiers make about 1.3 million medical visits for injuries.

“Fifty percent of those 1.3 million visits are due to overuse training-related injuries,” he said.

He noted that research indicates that in both the military and civilian populations, the more physical training a person does, especially running, the higher the risk of injury.

It is a paradox, he said, since if you want to become physically fit, you have to train, which then increases your risk of injury.

**Train, but don’t overdo it**

“Civilian studies and some of ours suggest that there are thresholds of training above which injuries rates will go up, but fitness will either not improve or it will go down,” he said.

Jones noted that strategies to prevent overtraining and injury have been successful.

For example, he said, a standardized program for basic training in 2003 re-



ARMY PHOTO

Soldiers in the Master Fitness Trainer Course take part in a group workout.

duced running mileage, and incorporated more speed work and multi-directional activities like guerrilla drills and grass drills.

“We were able to demonstrate a 40-percent reduction in injury rates doing that,” he said.

Jones said women tend to enter the service with lower levels of fitness and have higher injury rates in basic training as compared to men.

However, that does not mean women cannot perform at high levels, Jones said.

“There are some women who can compete and are functioning at the same level of performance as the highest 20 to 25 percent of men,” he said.

**Recommendations**

Anyone planning to enter the military

should begin a physical training program early and gradually build up fitness, he said.

“The more fit you are in entry to the service, the less likely you will be to be injured,” he said.

Whether entering the military or already a member, Jones recommends adopting a well-balanced fitness program that builds muscle and endurance.

A fitness program that does not lead to overtraining or overuse can have great results, as the person enjoys the health benefits of the active lifestyle and avoids injury.

“Other injury-prevention measures would be things like ‘wear your seatbelt’ and a surprising thing that most people would not think about in terms of injury prevention is smoking cessation,” he said.

He said studies have consistently found the more people smoke, the more likely they are to get injured in the Army.

“There is a lot of speculation as to why, but there are a number of studies that show that healing is delayed in smokers, surgical wound healing takes longer in smokers, (and) fracture healing takes longer,” he said. “Something about smoking seems to impair the healing process.”

Most of the injuries in the Army are overuse injuries, as the result of repetitive trauma causing “microdamage,” he said.

A smoker typically would not be healed from microdamage before more damage could occur, he said.

“If you’re a smoker, that healing process takes place more slowly, so there could be an accumulation of microdamage that actually ends up being an injury,” he said. “That’s our hypothesis.”

# TRICARE offers nurse advice line for parents

TRICARE  
Press Release

During and after back-to-school season, parents have many to-do items. As parents prepare to send their children back to school, or as they ramp up for another year of homeschooling efforts, they should keep in mind that TRICARE provides several resources to help parents

keep their Families healthy.

Aches, pains and fevers can put a damper on the learning experience, and sniffles and sore throats can send children home from school early. Be sure to contact TRICARE’s Nurse Advice Line for advice on what to do.

The NAL is the Military Health System’s newest initiative to improve ready access to safe, high-quality

care. When people call, the nurse will ask them about their children’s illness. Parents should make sure that their children are present so they can assess their condition as the nurse asks questions.

For children older than 13, the nurse may ask to speak to them directly. Parents can feel free to stay on another line or

use a speakerphone option if that makes them more comfortable. If self-care is recommended, the nurse may provide parents with advice on home treatments and remedies. If children need an appointment, the

NAL will try to schedule one at the local military treatment facility or will advise parents to seek care within their network.

The NAL helps parents get access to the right type of care at the right time. To

learn more about the services the line offers, visit [www.TRICARE.mil/NAL](http://www.TRICARE.mil/NAL).

For more information on preparingforthebacktoschool season with TRICARE, visit [www.TRICARE.mil/backtoschool](http://www.TRICARE.mil/backtoschool).

## PUZZLE ANSWERS

### Super Crossword

#### Answers

E	L	A	M		M	G	R		A	T	L	A	R	G	E		M	I	N	G	
R	I	G	A	T	O	N	I		B	E	A	R	E	R	S		O	L	I	O	
G	R	E	Y	H	O	U	N	D	B	E	M	U	S	E	S		O	L	A	N	
S	A	D	I	E			G	R	R		B	E	E		T	R	U	C	E		
					O	D	D	L	Y		G	R	A	N	D	P	R	E	M	I	X
E	D	N	A		O	V	E	R	S	E	A		T	Y	R	O		I	N	T	
T	O	Y	S	F	O	R	T	O	T	E	M	S			I	N	O	N			
A	N	N	I	E			S	T	U		E	C	U	A		G	A	Z	E		
T	H	E	T	E	M	P			D	E	M	E	A	N	M	A	R	T	I	N	
S	O	X			E	R	S	T		A	A	N	D	W		P	E	E	P	S	
					D	E	M	O	T	I	N	G	P	A	R	E	N	T	S		
M	O	B	I	L		F	I	N	A	L		S	E	L	A		B	O	K		
D	I	R	T	Y	L	I	N	E	M	E	N			L	E	C	T	U	R	E	
S	L	O	T		E	T	T	A		C	I	A			O	R	G	A	N		
		K	Y	R	A				R	E	M	A	N	D	M	C	N	A	L	L	Y
A	D	E		I	P	O	D		M	I	A	S	A	R	A		M	E	S	A	
R	A	B	B	I	T	F	E	M	U	R		O	M	I	T	S					
C	Y	R	U	S		F	R	O			I	N	S			T	B	O	N	E	
A	B	E	L			R	E	M	O	V	I	N	G	R	E	P	O	R	T	E	R
D	E	A	L			A	R	I	S	I	N	G		I	C	E	W	A	T	E	R
E	D	D	Y			E	S	S	E	N	C	E		B	O	W		S	O	D	S

### Weekly SUDOKU

#### Answer

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

## TRIVIA

#### Answers

1. Susie
2. Extremely harsh or cruel
3. South America
4. Mark Twain
5. Goldfish
6. William Faulkner
7. The Crickets
8. Cabbage
9. Bouvier
10. Miami Beach, Fla.

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PIGSKIN PICKS



Pittsburgh vs.  
Boston College

Buffalo  
vs. Army

USC vs.  
Stanford

Michigan State  
vs. Oregon

Duke vs.  
Troy

Michigan vs.  
Notre Dame

BYU vs.  
Texas

<div>David C. Agan Jr. PAO (0-0)</div>							
<div>Kent Anger, DPTMS (0-0)</div>							
<div>Sgt. 1st Class Brian Brenner NCOA (0-0)</div>							
<div>Wes Hamilton NEC (0-0)</div>							
<div>John Tkac DPS (0-0)</div>							

SPORTS BRIEFS

**Soccer 3-vs.-3 indoor tournament**

The Fort Rucker Physical Fitness Center will host a soccer 3-vs.-3 indoor tournament Saturday at 9 a.m. The tournament will be in the double elimination format. People must register before Saturday 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.

For more information, call 598-2449.

**Fall Boot Camp**

Fort Rucker Physical Fitness Center will host its six-week Fall Boot Camp Sept. 15-24. 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.

**ATV Trail Ride**

Outdoor recreation will host an All-Terrain Vehicle Trail Ride Sept. 27 from 7 a.m. to 2 p.m. Pre-registration is required and participants must be 16 or older. The cost is \$20 per person. Participants must pass the safety driving test through outdoor recreation, and people must provide their own ATV and protective gear (helmet, boots, etc.). Protective gear must be worn at all times.

For more information, call 255-4305.

**Hispanic Heritage Gate-to-Gate Run**

The Fort Rucker Physical Fitness Center

will host the annual Gate to Gate run in conjunction with Hispanic Heritage Month Sept. 27. Race-day registration will be from 7:30-8:30 a.m. in the parking lot by the Daleville Gate on Third and Raider, and the run will begin at 9 a.m. Participants will be bused to the Ozark gate from the Daleville Gate. The last bus will leave at 8:40 a.m., so participants are encouraged to arrive early. The run begins at the Ozark Gate and continues down Andrews Avenue to Third Avenue, where runners will turn left and continue to the Daleville Gate. Participants are encouraged to pre-register prior to race day and forms will be available at either physical fitness center. Costs will be \$20-25 for individuals and \$120-160 for teams. Trophies will be awarded to overall male and female, master male and female, grand master male and female, first-place trophies in 14 age categories and medals for second and third place in 14 age categories, and a team trophy to first place team and streamers for Top 10 teams.

For more information, call 255-2296.

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