

**FALL BACK**  
Don't forget to set  
clocks back one hour  
Sunday at 2 a.m.



**FRITE NITE**  
Almost 2,000 take  
on riding stables'  
Trail of Nightmares  
**Story on Page C1**



**IRON AVIATOR**  
Soldiers compete for  
coveted title



**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

OCTOBER 30, 2014

## NETWORK INTEGRATION EVALUATION

### Aviation plays key role in maturing tactical network

**By John McGee and  
Lt. Col. Robert R. Keeter**  
*Aviation Mission Command and Interoperability, Concepts and Requirements Directorate*

Army Aviation plays a key role in semi-annual evaluations designed to integrate and mature the Army's tactical network.

The Network Integration Evaluation, conducted at the Fort Bliss, Texas, and White Sands Missile Range Complex, New Mexico, provides a robust and realistic operational environment to evaluate network and other capabilities and to gain Soldier feedback on the value of these capabilities in an operational sce-

nario.

Army Aviation participated in every NIE since inception in 2011. Aviation's participation in the event remains crucial, according to Ellis Golson, director of the Aviation Capability Development and Integration Directorate, U.S. Army Aviation Center of Excellence.

"Army doctrine states that we fight as a combined arms team, and the architecture and design of the future tactical network must reflect that doctrine. Army Aviation must maintain its role as a primary member of that team and must be fully integrated into the Army's future network," Golson said.

Aviation units provide a representative



PHOTO BY SGT. VINCENT BYRD

**Soldiers from 4th Battalion, 17th Infantry Regiment, 1st Brigade Combat Team, 1st Armored Division, maneuver an all-terrain vehicle into a CH-47 Chinook helicopter during Network Integration Evaluation 14.2 on Fort Bliss, Texas, May 1.**

force to fully incorporate air-ground operations into realistic combat scenarios and evaluation events. Units that have participated include the 1st Infantry Division Combat Aviation Brigade, 101st Combat Aviation Brigade, 10th Moun-

tain Division's 6/6th Cavalry Squadron and the 1st Armored Division Combat Aviation Brigade.

The challenge facing Aviation is

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PHOTO BY NATHAN PFAU

**Russell B. Hall, USAACE deputy to the commanding general, congratulates Sonya Barnes, safety technician for the U.S. Army Combat Readiness/Safety Center, on being named the 2014 Employee of the Year with a Disability during a ceremony at the USAACE Headquarters Building Oct. 22.**

### Post honors employee for exceptional service

**By Nathan Pfau**  
*Army Flier Staff Writer*

Fort Rucker officials strive to give recognition where recognition is due, and one outstanding employee got the respect she deserved as she was named the 2014 Employee of the Year with a Disability.

Together, the Fort Rucker Equal Employment Opportunity Office, the Special Emphasis Program Committee and the post honored Sonya Barnes, safety technician with the U.S. Army Combat Readiness/Safety Center, during a ceremony in the regimental conference room of the U.S. Army Aviation Center of Excellence Headquarters Building Oct. 22 to recognize her exceptional civilian service, said Timothy Knighton, EEOO director.

"This is truly an honor for me and I just want to thank you (all) from the bottom of my heart," said Barnes. "I'd like to take this opportunity to thank God for giving me power to accomplish the things I need to day by day, to thank my family who have been really supportive of me and have always stood by me, and I'd like to thank the people of my organization - I'd just like to say thank you."

Russell B. Hall, USAACE deputy to the commanding general, was on hand to present the award to Barnes, and offer words of encouragement and congratulations.

"I want to commend you for your endeavors and your strength of will to continue to make things

happen for us every day," he said. "You're an inspiration to all of us and I'm very honored to be here today."

October was proclaimed as National Disability Employment Awareness Month in 1945, and since then the month has been an opportunity to pay tribute to the accomplishments of men and women with disabilities whose work helps the nation support the nation and by reaffirming the commitment to ensure equal opportunity for all citizens, said Knighton.

This year's theme for the month's awareness campaign is, Expect, Employ, Empower: What can you do? As part of the campaign, the Army Community Service Exceptional Family Member Program and EEOO hosted the Fort Rucker Assistive Technology Expo Oct. 16.

"Our theme demonstrates the importance of having high expectations for all individuals with disabilities, offering work environments open to all talents of all qualified individuals and encouraging people with disabilities to be empowered," said the EEOO director. "To integrate people with disabilities more fully into every aspect of American life, our nation is working and taking the lead to advance greater freedoms at work, in schools, in the military and throughout communities across America by expanding employment opportunities and

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## MAINTAINING VIGILANCE

### Antiterrorism officials warn threats remain

**By Nathan Pfau**  
*Army Flier Staff Writer*

As the holidays approach, people tend to be filled with feelings of good tidings and cheer, but Fort Rucker antiterrorism officials warn that it should also be a time to keep their guards up.

The Army and Fort Rucker want to stress the importance of both individual and

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## Rucker DFMWR offers Veterans Day specials

**By Jay Mann**  
*Fort Rucker Public Affairs*

Veterans are the 7 percent of the American people living today who set their civilian lives aside and picked up the responsibility of defending the American way of life.

This year on and around Veterans Day, Fort Rucker Directorate of Family, and Morale, Welfare and Recreation will show its appreciation for veterans by offering specials to veterans in the community.

"Family and MWR appreciate the commitment, contributions and the many sacrifices made by our veterans and their families," said Janice Erdlitz, DFMWR marketing director. "Their contributions are never forgotten and we are proud to recognize them this Veterans Day with the specials being offered at our MWR facilities."

There will be many food specials at MWR facilities ranging from a free coffee to a free brunch.

"Our veterans are very special to us," said Erdlitz, "It is part of our commitment to our Soldiers, families, veterans and retirees."

**Nov. 9**

- **Veterans Day Coffee Zone Special** — Veteran's that stop by The Coffee Zone at The Landing Zone Nov. 9 will receive a free 12-oz. brewed coffee or tea. This offer is limited to one per veteran and cannot be combined with any other offer.
- **Veterans Day Brunch** — As a thank you to veterans, The Landing Zone is treating them to brunch. Veterans who stop by The Landing Zone Nov. 9 between 9 a.m. and 2 p.m. will receive a free brunch with the purchase of a beverage. This offer cannot be combined with any other offer and is limited to one meal per veteran. For more information, call 598-8025.

SEE VETERANS, PAGE A6



FILE PHOTO

**Rucker Lanes Bowling Center will offer a complimentary Lunch and Bowl Nov. 11 from 11 a.m. to 5 p.m.**



# PERSPECTIVE

## Laughter offers relief from depression

By Judith Woodward  
U.S. Army Public Health  
Command

Depression is one of the most common medical conditions – it can affect anyone at any time.

The Army is committed to working with organizations and communities across the nation to raise awareness about the dangers of depression. The Army emphasizes that depression is one of the most treatable behavioral health conditions.

Getting an early diagnosis and treatment may help reduce the intensity and duration of depression symptoms.

According to the Centers for Disease Control and Prevention, an estimated one in 10 Americans report depression. This means that every year more than 31 million Americans say they suffer from depression. It can affect men, women, elderly people and even children.

When you hear about depression, you may think to yourself, “I don’t know anyone who is depressed. I will never be depressed. No one around me will ever be depressed. No one I care about will be impacted by depression.”

According to the figures above, though, your spouse, mother, sister, child, grandparent – or even you – could become depressed. In addition, depression affects not only the individual who is depressed, but can impact Families, friends and coworkers.

It may be hard to believe, but one of the most effective ways to help yourself or someone you love with depression is with laughter. Laughter is such a powerful, inexpensive and dependable tool that is always available.

Did you know that laughter can ease stress, pain and sadness?

There are many other ways laughter is good for your health.

- Laughter helps make you hap-

py. Laughter increases the release of endorphins, which are the body’s feel-good chemicals that make you feel well and can even relieve pain.

- Laughter helps you relax. The harder you laugh the more muscles you use in your face, arms, legs and stomach. Using these large muscle groups

increases oxygen flow, so that your muscles relax more efficiently.

- Laughter helps you stay healthy. Laughter decreases

stress hormones, helps protect you against infections like a cold or the flu, and increases your ability to fight off infections.

- Laughter makes you smarter. OK, laughter cannot really make you smarter, but it can boost your memory and learning ability by increasing important brain activity in your cerebral cortex, which controls your higher functioning (now you are smarter, right?!).

Consider some ways you can incorporate laughter into your life. The simplest way is to start with a smile – a smile is the beginning of laughter and it is contagious. Another easy way to start on your path to laughter is to simply make a list of things you are happy about in your life. Another simple idea is to surround yourself with people who laugh and are playful. If you hear laughter, move towards it – most often, people are happy to share what they are laughing about because it gives them the opportunity to laugh again.

Some events are clearly not occasions for laughter, but most life events do not push you towards either laughter or sadness. Most events fall into the in-between place of simple, ordinary life – this gives you the choice to be sad, or the choice to laugh. Although studies do not show that laughter adds years to your life, there is evidence that laughter will add life to your years.

For those who feel they need more than laughter to deal with depression, primary care or behavioral healthcare providers can provide screening and care. The Department of Defense also offers anonymous behavioral health assessments for Soldiers, family members and civilians 24 hours a day, seven days a week, online at <http://afterdeployment.dcoe.mil/home>.



PHOTO BY SGT. ADRIENNE KILLINGSWORTH

Pfc. Maria Clasby, a military police Soldier with 2nd Platoon, 529th Military Police Company, 95th Military Police Battalion, lets a group of children get a closer look as she shares a laugh with them at the library on Benjamin Franklin Village in Mannheim, Germany, during the weekly after-school reading program sponsored by the platoon.

## Rotor Wash

“Trick or treating will take place on post Friday from 6-8 p.m. What tips should everyone keep in mind when stepping out to haunt for candy in their spookiest attire?”



Tracy Landa,  
military spouse

“Because it’s on a Friday there will be more people out than usual, so people on the road need to watch out. Make sure children aren’t wearing dark costumes and trick-or-treat in packs.”



Andrea Padilla,  
military spouse

“Go with your kid and stay with your kid.”



Melissa Rose,  
military spouse

“Make sure they have a flashlight or one of those glow-in-the-dark sticks.”



Michelle Kaaloo,  
military spouse

“Make sure the children stay together with their parents and wear reflectors so everyone can see them, and make sure to only go to houses with lights on.”



W01 Jarrel Kaaloo,  
B Co., 1st Bn.,  
145th Avn. Regt.

“Make sure the parents check the candy and throw away anything that looks suspicious.”

### COMMAND

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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).



# ICE comments give customers a voice

By Jay Mann  
*Fort Rucker Public Affairs*

Everyone has received both good and bad service while dealing with the military, but one program gives reach to community member’s views on the services they receive at Fort Rucker facilities.

The Interactive Customer Evaluation program is a customer feedback program that can make a big difference to local facilities, said Janice Erdlitz, Directorate of Family, and Morale, Welfare and Recreation marketing director.

DFMWR has embraced ICE as a valuable tool in their organization, she said.

“MWR has a direct link for each of our programs and activities from the Web,” said Erdlitz. “This simplifies the process of leaving an ICE comment because it takes you right to where you need to go.

“We also have computer kiosks set up at a number of our MWR activities,” she said. “Those computers are set up solely for ICE submissions. At The Landing Zone and several of our special



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events, we have paper ice comment cards. You can submit those on site or have a manager submit them for you.

“I find ICE to be a very useful tool for both the patron and the manager of the facility,” added Erdlitz. “Managers can see how patrons are rating their facilities. They can look for areas that need improvement and they can see areas that they are excelling at; however, sometimes I think patrons aren’t aware that if there is an area that needs improvement, the first step really is letting the manager know first and see if they can directly fix the issue.”

People can leave ICE comments on many facilities and services here. Fort Rucker’s ICE feedback site is accessible from [www.rucker.army.mil](http://www.rucker.army.mil). Once there, visitors can select the category and then the individual office, search for an individual office, or view a list of all offices on Fort Rucker.

Online comment cards can be submitted judging employee knowledge, attitude, timeliness of service and whether the customer’s needs were met.

“Quality of life is so important for our community,” said Erdlitz. “Through the ICE program, you

can directly relay your customer service experience, so we can recognize employees doing an outstanding job. Letting someone know that they did a great job is important. We need to recognize our staff for their service and let them know when they are taking great care of our customers.

“If you had a negative experience, your feedback allows us the opportunity to look at areas of concern and improve,” said Erdlitz. “Your feedback matters.

“I don’t think everyone really understands that ICE isn’t just a complaint tool,” she said. “It also serves a great tool to let managers know about staff members who are providing outstanding customer service. It’s a great feeling as an employee to receive a positive ICE comment from a patron that you have helped. We sometimes forget how much a positive comment can affect employee morale.

“Family and MWR actually uses the ICE program to recognize employees who receive positive ICE comments,” Erdlitz said. “So, next time a clerk, an instructor, a waitress or whoever

goes above and beyond, take a minute and submit an ICE comment.”

ICE comments are making a difference on Fort Rucker facilities, as well as at special events.

“The most recent effect ICE has had is on our yard sale last recently,” said Evy Bludsworth, DFMWR deputy director. “We had an ICE Comment that we needed porta potties on both sides, and they were not very visible. So we are taking steps to have them on both sides and in a designated, visible area next spring.”

Some ICE comments concerning one event have made a big difference the way all events are planned here, Bludsworth said, recalling an ICE comment from a past children’s festival.

“Several years ago, one of our customers commented that there was no place to change a child,” she said. “So now, for all our large events we set up an air conditioned area where mothers can go change or nurse their children in privacy. Because of the comment, we changed the way we approach events here.”

## Reassurance, interoperability key for U.S. Army Europe

By Jim Garamone  
*Defense Media Activity*

WASHINGTON — Exercises and the promise of more exercises in the face of Russian aggression in Ukraine has reassured America’s European allies, the deputy commanding general of U.S. Army Europe said Oct. 16.

Speaking at a Defense Writers Group breakfast, Maj. Gen. Walter E. Piatt said the command is well-situated to answer threats to security in the region and to further interoperability among NATO allies and partner nations.

The exercises mean the United States takes its commitment to NATO and to allies very seriously, Piatt said. The exercise program is not new, he stressed, noting that the U.S. Army wanted to continue to build on interoperability with NATO allies gained from more than a decade of war in Afghanistan. But the program has grown with Russia’s actions in Ukraine, he added.

### Shifting to preparedness

U.S. Army Europe had been training U.S. and multinational troops for operations in Iraq and Afghanistan for years, at state-of-the-art facilities in Grafenwoehr and Hohenfels, Germany.

“So we were meeting the operational demand,” the general said. “We needed to shift from meeting the operational demand to meeting operational preparedness.”



PHOTO BY GERTRUD ZACH

**A Romanian armored vehicle and U.S. Army AH-64 Apache conduct a combined-arms live-fire exercise at the 7th Army Joint Multinational Training Command’s Grafenwoehr Training Area, Germany, as part of exercise Combined Resolve II June 27.**

Coalition forces – very well-schooled in counterinsurgency – had to learn again the full range of operations, Piatt said.

“We didn’t know what was next, but we knew we wouldn’t do it alone,” he said. “If we’re going to deploy together, we need to train together.”

The first series of NATO exercises under this new plan took place in November.

Officials were going to rotate a unit from the United States to Germany for Exercise Combined Resolve, but sequestration spending cuts quashed that, Piatt said, so U.S. Army Europe used local units and went forward.

### Multinational brigade

The exercise combined U.S., Czech and Slovenian forces making up most of a brigade. Nine countries participated with about 3,000 Service members. Piatt called it the “proof of principle” in creating a multinational brigade.

“What we learned was that our allies are very competent,” he said. “There are experienced forces throughout Europe.”

This was followed by Combined Resolve 2 and Sabre Junction, and the command is ramping up for Combined Resolve 3. Soldiers from the 1st Brigade, 1st Cavalry Division, are arriving in Europe with

their tanks, armored personnel carriers and other accouterments for the exercise.

Going forward, U.S. Army Europe would like to bring over a heavy brigade combat team, Piatt said, and when the exercise is finished, it would leave its equipment in Europe for follow-on forces.

U.S. Army Europe has roughly 31,000 Soldiers – a far cry from the more than 300,000 assigned to the command at the height of the Cold War. Yet these forces – plus rotational units – will be a seed for NATO interoperability, the general said.

### Relationships

At its core, Piatt told the defense writers, interoperability is all about relationships.

Building trust and understanding each other’s capabilities and procedures are key to coalition operations – from disaster response to full-out war, he said.

“You don’t want to meet the team on the ground for the first time,” Piatt said. “We saw this many times in Afghanistan, where you would be meeting forces from other nations for the first time when you have a real operational demand. We’re doing that now so the relationships and trust are in place before deployment.”

He spoke of a recent exercise in which a Hungarian joint tactical air controller called in a German Tornado to provide fire for a U.S. armored battalion.

“That’s how it works. That’s interoperability. That’s how the alliance works,” the general said.

## News Briefs

### Retirement ceremony

Fort Rucker will host its quarterly retirement ceremony Friday at 2 p.m. in the U.S. Army Aviation Museum. All are welcome to attend and honor Fort Rucker’s latest retirees.

### Retiree Health Fair

Fort Rucker will host its annual retiree health fair Friday from 8 a.m. to noon at the Fort Rucker Physical Fitness Center. For more information, call 255-1749.

### Trick or treat

Fort Rucker’s trick or treating hours will be 6-8 p.m. Friday.

### Flu shots

Lyster Army Health Clinic begins offering flu shots for patients Monday in preventive medicine from 7:30 a.m. to 3:30 p.m. Children can receive their flu shots Nov. 6 until 6 p.m.

### Veterans Day ceremony

Fort Rucker will host its Veterans Day ceremony Nov. 7 at 3:30 p.m. on Howze Field. All are invited to attend and honor the nation’s veterans. Fort Rucker will recognize all veterans and pay special tribute to Tuskegee Airmen and Vietnam veterans. Various static display aircraft will be available for viewing prior to the start of the ceremony.

### Clinic closure

Lyster Army Health Clinic will be closed Monday and Tuesday for Veteran’s Day.

### Opportunity Knocks

Lyster Army Health Clinic reports the following openings: Contact Repre-

sentative, GS-0962-05, can be found at <https://www.usajobs.gov/GetJob/ViewDetails/384258900>, closes Monday; and IT Specialist, GS-2210-09, can be found at <https://www.usajobs.gov/GetJob/ViewDetails/384211900>, closes Monday.

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

### TRICARE Nurse Advice Line

Lyster Army Health Clinic uses the TRICARE Nurse Advice Line for all after-hours urgent care questions. Call 1-800-TRICARE (874-2273) to speak with a nurse 24 hours a day, 7 days a week.

### 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.

### CFC continues

The Heart of Alabama Combined Federal Campaign continues through Nov. 14. For more information, call 255-9261.

### ID card section

Those who need a military or military dependent ID card may make an appointment by calling 255-2437 or 255-2182. Walk-ins are served on a first-come, first-served basis. People may experience delays in service from 11 a.m. to 1 p.m.

### Huey restoration

The U.S. Army Aviation Museum is planning to restore the only remaining prototype Huey. The aircraft was called the XH-40, tail No. 54459. Museum officials describe the aircraft as the grandfather of

the UH-1 series helicopters, and added that it represents the leap from reciprocating engines to the turbine technology that changed the world of rotary wing Aviation and the Army. The helicopter is currently missing a number of parts, including all instrumentation and console equipment.

People who have these components and would like to donate them to the museum or know where like items may be found can contact Robert Mitchell, curator, at 255-1060 or [Robert.d.mitchell3.civ@mail.mil](mailto:Robert.d.mitchell3.civ@mail.mil); or Steve Maxham, director, at 255-1078 or [robert.s.maxham.civ@mail.mil](mailto:robert.s.maxham.civ@mail.mil). Any other information in the form of photographs, tech manuals, etc. would be helpful, officials said.

### Volunteers needed

Lyster Army Health Clinic is looking for volunteers to drive patients to and from the parking lot in its golf cart. The golf cart was donated in 2011 by the mayor of Dothan after a retiree noticed that patients often needed assistance when walking to and from the clinic parking lot. Those interested in volunteering can call Capt. Brian Turner at 255-7245.

### 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.

### 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.

### 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.

### 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.







# Regionally aligned forces getting global workout

By David Vergun  
Army News Service

WASHINGTON — “Soldiers are now deployed in a regionally aligned force-fashion around the world where they need to be, whether to fulfill treaty obligations, secure prosperity and peace or consolidate gains,” said Gen. Vincent K. Brooks, commander, U.S. Army Pacific.

Brooks spoke at the Association of the United States Army’s Annual Meeting and Exposition, during an Institute of Land Warfare panel titled “Regionally Aligned Forces: A Globally Responsive and Regionally Engaged Army,” in mid-October.

Recent events have seen a continued acceleration of Regionally Aligned Forces movements worldwide on a scale few would have imagined a year ago, according to the panelists.

Oct. 19, Defense Secretary Chuck Hagel ordered U.S. Northern Command to prepare and train a 30-member expeditionary medical support team that could, if required, provide short-notice assistance to civilian medical professionals in the United States.

Gen. Charles H. Jacoby Jr., the commander of U.S. Northern Command, led the effort to form the joint team, which is now training at Joint Base San Antonio, Texas. The team consists of 20 critical care nurses, five doctors trained in infectious disease and five trainers in infectious disease protocols.

Oct. 20, Maj. Gen. Gary J. Volesky, commander of the 101st Airborne Division (Air Assault), and some 30 Soldiers departed Senegal for Liberia, where they joined hundreds of troops engaged in the fight against Ebola. Meanwhile, at the Walter Reed Army Institute of Research in Silver Springs, Maryland, Army researchers are busy testing vaccines for Ebola.

Oct. 21, Soldiers from the 173rd Airborne Brigade parachuted into Romania. That same day, U.S. Army Europe and NATO Allied



PHOTO BY SPC. JOSHUA LEONARD

**U.S. Soldiers show Ukrainian troops the procedures U.S. troops use to clear a room, during Exercise Rapid Trident in Yavoriv, Ukraine, Sept. 16. The Soldiers are assigned to U.S. Army Europe’s 173rd Airborne Brigade.**

Land Command met in Germany to plan future training and exercises.

Also on that same day, elements of the 1st Cavalry Division were arriving in South Korea to bolster efforts by the 2nd Infantry Division to maintain peace and security on the Korean peninsula.

Oct. 22, some 100 Soldiers from the 4th Infantry Division’s headquarters deployed to Germany to participate in Exercise Combined Resolve III.

Meanwhile, Soldiers are still serving in Afghanistan and the Horn of Africa, and others are supporting efforts in Iraq to degrade and destroy the Islamic State.

And Soldiers from 2nd Stryker Brigade Combat Team, 2nd Infantry Division, from Joint Base Lewis-McChord, Washington, just arrived in Japan and are readying to participate in Exercise Orient Shield, beginning Oct. 27.

Over the last few months, Soldiers have been taking part in exercises throughout eastern Europe, including Ukraine, as well as in

Indonesia, Malaysia, Philippines and many other areas of the world.

Army leaders and Defense Department officials have indicated that there’s room at the table for more partners, should they wish to join regional and world security efforts. Oct. 20, Hagel met with China’s State Councilor Yang Jiechi to discuss the importance of maintaining the positive momentum that has developed in the military-to-military relationship between the United States and China.

The two leaders also reaffirmed their shared interest in strengthening cooperation on regional and global challenges, and noted the potential for greater cooperation in several areas, to include providing humanitarian assistance and disaster relief when crises arise, and containing the spread of Ebola in West Africa, according to a Pentagon spokesman.

**RAF strategy**

Here’s how RAF works.  
Brigades, divisions and corps are assigned

to combatant commanders from different regions of the world – U.S. Africa Command, U.S. European Command, U.S. Pacific Command, U.S. Northern Command, U.S. Central Command and U.S. Southern Command.

Those forces, including active and Reserve Components, could be U.S.-based with some forces deployed to the region to which they’re assigned. The level of force could be large, such as a brigade, or it could be just a few Soldiers, such as an advise-and-assist mission. These levels are thus tailorable and scalable to meet the required needs.

Units assigned to a region could also be deployed outside their area, should the need arise. Units are not permanently assigned to regions. They rotate in and out of the various regions.

The primary goal of RAF is to prevent war by partnering with nations within the region. Partnering can be military-to-military training, providing disaster relief and humanitarian assistance, and sharing intelligence and interoperability.

RAF is also about partnering with other government and nongovernmental agencies in disaster relief and humanitarian operations. The Army has even expanded the RAF partnership to include the private sector and academia, said another panel member, Lt. Gen. Jeff Talley, chief, Army Reserve and commanding general, U.S. Army Reserve Command.

He cited water projects in Africa, which involved small teams of Soldiers, partnering with private enterprise and the State Department.

Lt. Gen. Pat Donahue, deputy commanding general, U.S. Army Forces Command, another panel member, said FORSCOM will not send Soldiers on a RAF assignment “unless they’re properly trained, led and equipped, assuring our allies worldwide that we’re honoring our commitments.”

He added that RAF missions will provide “Soldiers with rewarding and challenging missions” in the years ahead.

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Mr. Williams is one of a growing number of Southeast Alabama Medical Center patients who have chosen *direct anterior hip replacement*. In surgery for less than 90 minutes, he was discharged within three days and quickly began physical therapy.

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# Message of hope

## U.S. Army Africa chaplain delivers hope in Ebola-stricken Liberia

By Chaplain (Lt. Col.) David Deppmeier  
Army News Service

MONROVIA, Liberia — U.S. Army Africa and other U.S. military personnel continue to provide support in Liberia to Operation United Assistance to contain the Ebola virus outbreak in west African nations.

Chaplain (Col.) Charles Reynolds, U.S. Army Africa Command chaplain, and Staff Sgt. Chris Corbett, chaplain assistant, are in Liberia providing religious support to personnel from the U.S. Agency for International Development, the Centers for Disease Control and Prevention and the United States Embassy.

Reynolds and Corbett have also conducted worship services and counseling for Air Force medical teams, Navy Seabees and U.S. Army Africa service members. In addition, they are involved in USARAFs primary mission of preparing for follow-on religious support by the 101st Airborne Division (Air Assault).

Reynolds recently discussed his ministry and mission in Liberia.

**Q: Tell us about your mission in Liberia.**

A: USARAF is here to support the Joint Force Command and Armed Forces Liberia Operations assisting USAID, the CDC and the U.S. Embassy in constructing treatment centers, providing testing labs for victims and training health care workers to counter the Ebola virus in Liberia. We're here to provide religious support to USAID and embassy personnel, many of whom have experienced first-hand the trauma caused by the Ebola virus. In addition, we provide Title 10 religious support requirements to the Soldiers, Sailors, Airmen and Marines participating in Operation United Assistance.

**Q: What is the morale of our U.S. deployed personnel in Liberia?**

A: Overall, morale is high. The risk to U.S. personnel is very low. We are very cautious and wash our hands often. No one shakes hands or touches anyone. Instead, we bump arms. We are also checking our temperature twice a day.

No one has direct contact with Ebola patients, so the risk of contracting Ebola is very low. Most Soldiers are more concerned about family members who are worried about their safety. The greater danger to Soldiers is Malaria, or injuries from traffic accidents, since driving conditions are very different here.

**Q: How are you ministering and providing support?**

A: Whether in Liberia or in a combat zone, it's important to assure our Soldiers,



PHOTO BY CHAPLAIN (COL.) CHARLES REYNOLDS

Chaplain (Col.) Charles Reynolds (right), U.S. Army Africa Command Chaplain, and Staff Sgt. Chris Corbett (left), chaplain assistant, stand with Liberian Chaplain Joseph Gboyah, (center), with the 23rd Infantry Brigade chaplain of the Liberia armed forces.

Sailors and Airmen of God's presence. I try to remind our personnel of the importance of what we are doing and how we're offering hope to a nation that has been devastated.

The importance of what we are doing is monumental for the Liberian people. We are making a difference in one of the largest epidemics of our lifetime. In three weeks, we have provided more logistical support to build treatment centers than all previous efforts combined. Caring for and offering hope to those who are suffering is at the heart of a chaplain's mission. God does not call chaplains and chaplain assistants to a life of safety; we are called to risk our lives to minister to those who need assurance of God's presence.

**Q: How are our medical teams, Soldiers and staff making a difference on the ground there?**

A: The other day I traveled to visit a site

where a hospital is being built. There was a large crowd of Liberians who were standing near the construction site. You could see the hope in their faces as the purpose of the hospital was explained to them.

Saturday, when I was riding back from doing worship services for the Seabees at the airport, it was one of the rare times that it was not raining. I had my window down and along the way several Liberians stopped and either waved or saluted me. It is common knowledge that the Liberians view the U.S. Army as a source of hope

bassy, said to me, "The arrival of the U.S. Army evaporated the thick cloud of fear and hopelessness that had engulfed the nation. The Army has given us hope and sunshine where there was none. The presence of men and women in uniform among us has restored our hope of living again. Sending funding to help fight the virus was important, but sending the troops at the time when the whole world seemed to have abandoned the nation, is very much appreciated. Your presence, your faith and your success is our hope. God bless you."

## Veterans: Events, discounts highlight day of savings

Continued from Page A1

### Nov. 10

- **Veterans Day Flag Tournament** — Silver Wings Golf Course will host a Veteran's Day Flag Tournament with tee times from 7-9 a.m. Entry fee is \$5, plus green and cart fees, if applicable. People can call the pro shop to schedule a tee time. Players will receive a flag with their name and target score. Target score is determined by taking 100 percent of a player's handicap and adding it to par. When players reach their target score, they simply place the flag where the ball comes to rest. Players will play the tees that their handicap is established from. Prizes will be awarded based on the number of participants. The event is open to the public. For more information, call 598-2449 or 598-1632.

### Nov. 11

- **Mother Rucker's Veterans Day** — Mother Rucker's Sports Bar in-

vites all active duty and veterans to enjoy complimentary Mother's Nachos with the purchase of a sandwich or entree. For more information, call 503-0396.

- **Divots Restaurant & Grille Veterans Day Special** — Divots Restaurant & Grille, located at Silver Wings Golf Course, invites all active duty and veterans to be its guest and enjoy its signature cheeseburger on Veterans Day from 10 a.m. to 2 p.m. Complimentary burger requires purchase of a beverage. For more information, call 598-1632.

- **Rucker Lanes Veterans Day Special** — Rucker Lanes Bowling Center invites all active duty and veterans to enjoy a complimentary Lunch and Bowl from 11 a.m. to 5 p.m. Lunch and Bowl includes two games of bowling, shoes and lunch. Regular pricing applies to other menu items. There will be limited lane availability

beginning at 5 p.m. For more information, call 255-9503.

- **Fort Rucker's Commanding General Veterans Day Golf Challenge** — Silver Wings Golf Course will host the Fort Rucker's CG Veterans Day Golf Challenge with a 9 a.m. shotgun start. Cost is \$15 for members and \$25 for non members — cart fees, green fees, continental breakfast and a lunch are included. The tournament format is four-person team scramble with a limit of 26 teams to participate. Priority for team slots will be given to active-duty Soldiers. The entry deadline is Nov. 7 at 5 p.m. People can sign up in the pro shop. For more information, call 598-2449 or 598-1632.

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# Network: Simultaneous communication essential

Continued from Page A1

keeping pace with the network communications technology developed and capabilities provided to the ground brigade combat teams, as the Army's network matures.

The Army's ground maneuver forces are being equipped with new communications capabilities, including the new Nett Warrior Rifleman's Radio, which operates on the Soldier Radio Waveform, the second generation of Blue Force Tracking and soon the Mid-Tier Networking Vehicle Radio that operates on both the SRW and the Wideband

Network Waveform.

The intent of these systems is to facilitate increased data capacity and transmission speeds across the tactical network to enhance situational awareness and maintain uninterrupted connectivity for the commander on the ground.

Army Aviation, as the maneuver commander's primary combat multiplier, must stay synchronized with the BCTs while operating over the Army's tactical network.

With Aviation's ability to rapidly traverse across a division's area of operations, it is essential that Aviation maintains interoperability and simultaneous communications with multiple BCTs and other supporting units.

Army Aviation currently uses the Single Channel Air-Ground Radio System as the primary means of communications in all platforms.

The Army is developing the Small Airborne Network Radio that will be installed in all Aviation platforms to work with the new networking waveforms, as well as future ground radios.

The NIE is the perfect venue to analyze and develop these procedures in an operational environment.

In past NIEs, the USAACE

and the Program Executive Office, Aviation experimented with and evaluated network gateways that allow SINCGARS equipped aircraft to communicate with SRW equipped ground radios. The SRW experimentation at NIE is just one of the many efforts utilized to establish interim solutions and procedures to network challenges.

During the spring 2014 NIE event, the Aviation team demonstrated several innovative capabilities for managing data that clearly showed the potential for the mission command network to make significant improvements in its ability to share in-

formation within the combined arms team.

"The development of the Army's network is an essential aspect of an expeditionary 21st century Army and is therefore the service's No. 1 modernization priority," said Col. Mark Moser, director, Concepts and Requirements Directorate at USAACE.

"In order for Army Aviation to remain viable in air-ground operations, it must remain in lockstep with the ground forces as the network develops," Moser said. "It must continue to prove its viability in the realistic environment of the NIE."

# Vigilance: Change patterns to avoid becoming a target

Continued from Page A1

collective awareness of threats that continue to threaten the daily lives of citizens, said Michael Whittaker, Fort Rucker antiterrorism officer.

"As we enter the holiday season with all its festivities and the gathering of families and friends that come with it, it is imperative that we maintain vigilance," he said. "Nothing has changed – you're still the best defense we have. You're the home defense and that's what we need. We need you to start looking at your little kingdoms here and your surrounding areas more succinctly."

One of these threats is the radicalization of homegrown violent extremists who are targeting military and law enforcement personnel and their families. Although Whittaker isn't saying that people need to get involved directly, he asks that they continue to keep an eye out and report

any suspicious activity they see.

There have been isolated incidents across the U.S. and Canada of violence against military and law enforcement, and while it's not something that is widespread, it's not something to be taken lightly, said Whittaker.

"There has been an influx of threatening phone calls, emails and people being followed," said the antiterrorism officer. "We are approaching a very busy season where everyone gets together for the holidays and this could make people soft targets. We don't want our people to be targets of opportunity."

Many of these gathering spots include shopping malls, restaurants, theaters and large outdoor events where people can become targets of opportunity for those with bad intentions, he said. To help combat this, people should maintain awareness of public surroundings and refrain from posting information to public media

or social networking sites that may place oneself, one's family or other people in jeopardy.

Another way people can avoid becoming targets of opportunity is by changing their patterns, said Whittaker.

"Change your (driving routes) if you can to and from school, and work, but if you take the same road every day at the same time, it makes it easy for you to become a target," he said. "Whether you're in a public area, private domain, school or church, you've got to have some kind of plan and it starts with you."

There have been some reported incidents in the surrounding states, said Whittaker, and although nothing so far in Alabama, it doesn't mean it couldn't happen here.

"We've been blessed here in Alabama," said the antiterrorism officer. "The South is not immune to it, but at this particular point it hasn't reared its ugly head here,

and that's what we're trying to prevent.

"We just want to remind the good folks here that we can't watch everything, and the people are the best set of eyes and ears that we have," he continued. "We want to keep you safe, but you're the first step. You've got to say something."

Whittaker said that people shouldn't be afraid to say something if they suspect something.

"A lot of times people don't want to say anything because they say, 'I'm going to look like an idiot if it doesn't pan out,' but they're going to feel more like an idiot if something happens and they saw something but didn't report it," he said. "It's a perfect case of better safe than sorry, and that's all we're looking for – prudence on their behalf. Don't be afraid to be ostracized for your opinion, be afraid of the consequences if you don't."

To report any suspicious activity, call 255-2222 or other local law enforcement.

# Service: Recipient contributes success to teamwork

Continued from Page A1

combating false perceptions — that's a biggie for us."

Hall said those perceptions are just that — false.

"I have the honor of knowing the fact that about one quarter of our employees have served with distinction

— with challenges," he said. "Over the past 14 years as a senior executive, I've had some 52,000 employees work for me, and I can't tell you how many were with disabilities or with gifts, but I can tell you that every organization that I had excelled at what they were doing.

"It was because of the contribution of members of our team that made that possible," he continued. "So, it's not whether you have a disability or not ... your contributions to our (organization) are immense and contribute every day to safeguarding our Soldiers, civilians and family members."

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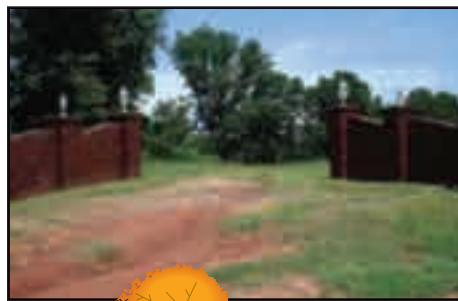
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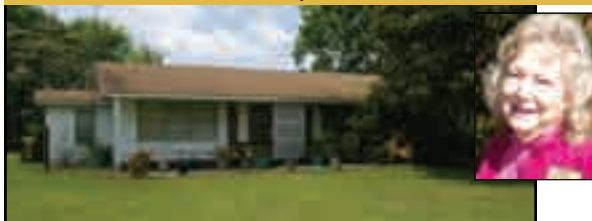


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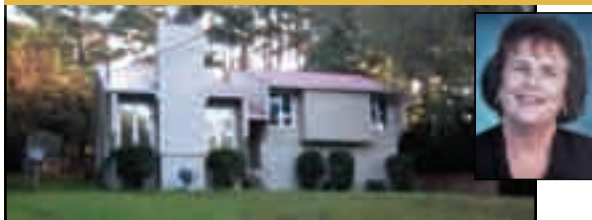
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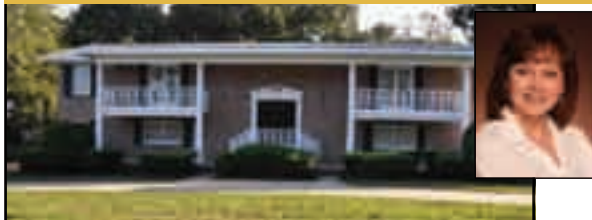
**4127 COUNTY ROAD 43 - COFFEE SPRINGS:** Live in the country yet convenient to town. 3BR/1BA with living & dining room, eat-in kitchen on approx. 1.8± acres. Some trees, well water, carport. **ANGIE GOODMAN 464-7869**

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**105 COMANCHE - \$124,000:** 3BR/2BA JACKIE THOMPSON 406-1231

## NEW LISTING



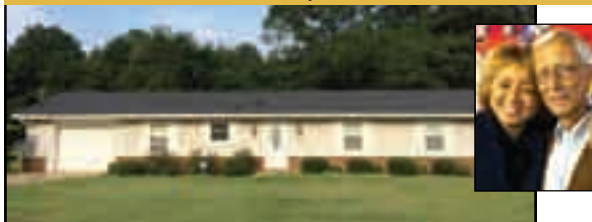
**214 LAKEWOOD - \$277,000:** LOCATION, LOCATION, LOCATION! Come enjoy morning coffee on your balcony overlooking hole 17 at the Enterprise Country Club. This lovely executive home has so much space & potential to be the ideal family home. 5BR/3BA, a bonus room with pool table that conveys. Almost all flooring has been replaced, some interior painting & new light fixtures are updates recently completed. Come add your personal touches & make family memories here to last for years. Location doesn't get any better than this! **JAN SAWYER 406-2393**

**\$138,000**



**211 RICHLAND:** Nice home convenient to Ft Rucker & features 3BR/2.5BA, living & dining rooms, den plus large fenced corner lot. Updated kitchen, 2-car garage & storage buildings. **MARY JONES 790-2933**

**\$128,500**



**219 PAUL:** Nice 3BR/2BA convenient to shopping & restaurants. Call to preview. **FRAN & DON KALTENBAUGH 790-5973**

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**111 FERNWAY:** Ready to move in, this 3BR/2BA home has had so many facelifts to include architectural shingle roof, double pane windows, heat pump, garage door opener, hardwood floors in grandroom, dining room & foyer, ceramic tile floors in kitchen, laundry & baths, MAN CAVE in garage with CH&A as well as ceiling fan, 2-car garage, level, landscaped lot & storage shed with roll up door on front & side entry door. 2 hot water heaters. **EVELYN HITCH 406-3436**

**2.3± ACRES**



**181 COUNTY ROAD 680 - COFFEE SPRINGS:** Beautiful home on 2.3± acre lot. Huge & gorgeous screened & covered back patio looks out onto a large wooded back yard. Current owners have created a nice walking trail through the woods. If country living & privacy is what you are looking for then this house is perfect! The floor plan is great for everyday living & entertaining. There's plenty of room for a large family or lots of guests. The den could easily be used for a 4th bedroom if needed. Schedule an appt. to view this lovely home today. **ROBIN FOY 389-4410**

## UNDER CONSTRUCTION ~ \$149,500



**214 WINTERBERRY - THE COTTAGES AT WOODLAND PARK:** Tucked in the woods off Boll Weevil Circle. While providing privacy, they offer the convenience to schools, shopping, golf, restaurants & minutes from Ft Rucker. Security system, stainless appliances, natural gas heat/cooking/water heater, low E windows, irrigation system, 2" faux wood blinds, framed mirrors in bathroom & tray ceiling in grandroom. (Poplar Place Plan) **EXCLUSIVELY MARKED BY CENTURY 21 347-0048**



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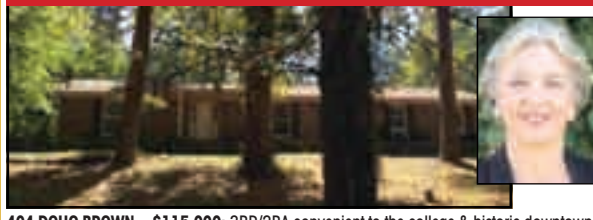
**200 WILLOW - \$136,500:** Nice older brick home with large rooms & some storage area in basement. Second carport area on rear with driveway. Property is sold "where is, as is". **JACKIE THOMPSON 406-1231 MLS# 20142091**

## JUST LISTED!!



**110 MORRIS, SAMSON - \$94,900:** Entertain in the shade of the large magnolia tree, rock on the front screened porch, large corner landscaped lot. So much living space! **JUDY DUNN 301-5656 MLS# 20142092**

## JUST LISTED!!



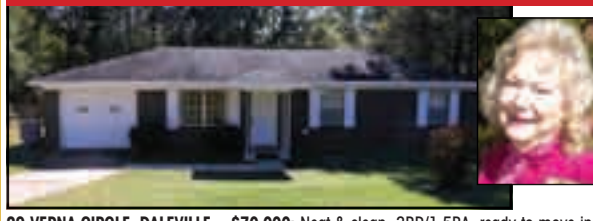
**404 DOUG BROWN - \$115,000:** 3BR/2BA convenient to the college & historic downtown. **JUDY DUNN 301-5656 MLS# 20142078**

## JUST LISTED!!



**107 WOODLEY - \$62,000:** Cute cottage style home, very convenient to schools, shopping areas & Ft Rucker. Large laundry room, fenced yard, all kitchen appliances. Right of redemption may affect this property. **NANCY CAFIERO 389-1758 Hablo Español!**

## JUST LISTED!!



**29 VERNA CIRCLE, DALEVILLE - \$70,000:** Neat & clean, 3BR/1.5BA, ready to move in, affordable price. **ANGIE GOODMAN 464-7869 MLS# 20142062**



# Commanders test endurance



PHOTO BY SGT. WILLIAM HOWARD

Company, troop and battery commanders of the 1st Stryker Brigade Combat Team, 4th Infantry Division, dismount from a CH-47 Chinook on the Almagre Mountain peak, the second highest in Colorado Springs, Colorado, during the third day of “Raider” Mungadai Oct. 17.

By Sgt. William Howard  
1st Brigade Combat Team,  
4th Infantry Division  
Public Affairs

FORT CARSON, Colo. — Thirty-seven company, troop and battery commanders of the 1st Stryker Brigade Combat Team, 4th Infantry Division, completed the first three-day “Raider” Mungadai, Oct. 15-17 at Fort Carson.

Based on Genghis Khan’s legendary Mongolian cavalry selection process, Mungadai tests Soldiers’ endurance and warrior skills as a team.

The commanders endured sleep and food deprivation and faced uncertainty throughout the event. They also worked together as a platoon and leadership positions changed regularly.

“It’s an opportunity for all of the com-

pany commanders throughout the brigade to work together and get to know each other,” said Capt. Kevin Bernhardt, commander, A Company, 4th Battalion, 9th Infantry Regiment, 1st SBCT, 4th Inf. Div. “It’s giving us the opportunity to go back to fundamentals and understand what our Soldiers are going through.”

On the first day the platoon convoyed to Butts Army Airfield in Stryker vehicles and received static load classes on the UH-60 Black Hawk and CH-47 Chinook from Soldiers of 4th Combat Aviation Brigade, 4th Inf. Div.

After leaving the airfield, commanders dismounted from their Strykers and conducted a 10-mile ruck march with infantry platoon equipment.

During movement to the first night’s

SEE ENDURANCE, PAGE B4

## FUELING THE FIGHT

*E Co., 1st ARB fuelers help sustain mission*

By Capt. Adan Cazarez  
82nd Combat Aviation Brigade  
Public Affairs

NANGARHAR PROVINCE, Afghanistan — As the pilots of 1st Attack Reconnaissance Battalion, “Task Force Wolfpack,” 82nd Combat Aviation Brigade, continue their high tempo of flight hours in their area of operation, fuelers from E Company, 1st ARB operate 24 hours a day to support the continuous refuel missions to maintain the CAB’s air presence in the battlefield.

The fuelers of E Co. run two 12-hour-shifts in order to maintain refueling operations in support of International Security Assistance Forces, Forward Operating Base Fenty, Oct. 21. The troopers of E Co. are responsible for the forward arming and refueling point, known as the FARP.

Spc. Lateria Jacobs, petroleum supply specialist, explains what a FARP does.

“Our job is to provide military and civilian helicopters fuel quickly,” said Jacobs. “While, at the same time, rotor blades are continuing to rotate and the engine is still running, known as hot fuel.”

Sgt. Shanon Pitchford, petroleum supply specialist NCO in charge, E Co., has served multiple deployments as a fueler and knows the importance of maintaining the FARP to ensure missions continue.

“Our job is to be fast and diligent in order to ensure that the aircrafts are properly topped off with fuel,” said Pitchford. “The FARP allows pilots to fly in quickly, get refueled and be right back to the fight.”

As fuelers operate 24 hours a day, troopers translate gallons to the working hours they put in at the FARP.

“Pilots are basically pedestrians without fuel,” said Pitchford. “On average, we pump 9,000 gallons daily. However, our daily consumption can vary depending on the amount of hours our pilots are flying.”

Not all military aircraft hold the same fuel or ammunition. The configurations depend on the type of mission the pilots are flying.

“There are days when we get helicopters stopping to get fuel one or two times or get additional ammunition as they conduct their missions,” said Jacobs. “We will sometimes even have six or more aircrafts waiting to get fuel. The amount of time to refuel really depends how low the aircraft is in fuel.”

Spc. Elizabeth Greenway, motor transport operator, is a transportation operator by military occupational specialty. However, to meet the mission requirements to maintain the FARP with personnel, she has been

SEE FUEL, PAGE B4



PHOTO BY CAPT. ADAN CAZAREZ

Spc. Elizabeth Greenway, motor transport operator, E Company, 1st Attack Reconnaissance Battalion, 82nd Combat Aviation Brigade, locks the fuel nozzle to pump fuel into an OH-58 Kiowa Warrior helicopter assigned to B Troop, 1st Squadron, 17th Cavalry Regiment, 82nd Combat Aviation Brigade, after a routine patrol at the forward arming and refueling point, Forward Operating Base Fenty, Afghanistan, Oct. 21.



PHOTO BY SGT. DUKE TRAN

Support Soldiers from 3rd Battalion, 10th Special Forces Group (Airborne), flown by 2nd General Support Aviation Battalion, 4th Aviation Regiment and led by a Special Forces Team, posture for a night air assault raid during the culminating exercise for the Special Forces Basic Combat Course-Support in Guernsey, Wyoming.

## AIR SCOUTS

*Pilots use Aviation to teach importance of math*

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

FORT CAMPBELL, Ky. — Pilots from 2nd Squadron, 17th Cavalry Regiment, 101st Combat Aviation Brigade, 101st Airborne Division (Air Assault), hosted sixth-grade students from Kenwood Middle School for a demonstration of how math is relevant to Aviation Oct. 8.

The field trip was part of Kenwood’s “make math meaningful” field trip. The students visited other professions where math was integral to daily business.

With technology playing an ever more-prominent role in people’s lives, it is easy to forget the basics of arithmetic or why algebra is always looking for x. In Aviation, those basic skills get utilized every day. The Soldiers and leaders of 2-17th CAV are enthusiastic about sharing what they use math for on a daily basis.

“I believe in the importance of engaging with our youth about science technology engineering and math,” said Lt. Col. Jack Murphy, commander, 2-17th CAV. “Math is an integral part of technology and technology is everywhere. To truly be proficient at utilizing the technology around us, in our case piloting the OH-58D Kiowa Warrior helicopter, we have to be able to rely on those math skills that we learned in grade school. There are many applications of those skills every day we go out and fly.”

Engaging students and holding their attention are two different things. With the Kiowa Warrior helicopters as a back drop, pilots led the Kenwood students through some practical exercises.

“They wanted examples of how we use math in our career fields,”



PHOTO BY SGT. DUNCAN BRENNAN

CW2 Frank Laudano, OH-58D Kiowa Warrior pilot, Headquarters and Headquarters Troop, 2nd Squadron, 17th Cavalry Regiment, 101st Combat Aviation Brigade, 101st Airborne Division (Air Assault), responds to questions from students visiting Fort Campbell, Kentucky, Oct. 8.

said CW2 Frank Laudano, OH-58D Kiowa Warrior pilot, Headquarters and Headquarters Troop, 2-17th CAV. “In Aviation, there’s plenty of calculations that have to be made. We decided it would be easy to show them how we calculate fuel consumption and takeoff weight. From what I can tell, the groups that I had were very attentive and I think we reached them pretty well.”

In piloting, calculating how much fuel you have left and how far you can get on that fuel can have deadly outcomes if you do the arithmetic wrong. With dire consequences in the realm of possibility, a good knowledge of basic math and is useful.

“You need to have a strong foundation in basic math. Addition, multiplication, division, algebra are all important,” said Laudano. “You have to be

able to do it all in your head and on the fly. We’re constantly trying to find ‘x’ and it’s not always circling x on your ditto sheet, it’s pretty important when you’re flying. It doesn’t always come down to it, but not being able to do the computations can sometimes mean the difference between life and death.”

Math is the basis of a lot of what goes on in Aviation. The pilots that were teaching the relevance of math outside the classroom were talking to the people that could one day step into their shoes.

“The students in middle and high school are our future,” said Murphy. “We have a responsibility to assist our communities prepare the next generation to be able to step up and continue the legacies that we will leave behind. Math is without a doubt going to be a part of that.”



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# Endurance: ‘Pure leadership’ focus of event

Continued from Page B1

destination, the platoon received classes and executed practical exercises on Stryker vehicle recovery and ambulance exchange point.

Commanders awoke in their patrol base after about an hour of sleep the next day to a resupply of water and breakfast of cold white rice served in a black plastic bag before moving out to an air assault class.

The platoon then crammed into four UH-60 Black Hawks with their gear and air assaulted to the next event. The pilots introduced the commanders to the capabilities of the helicopters with advanced aerial maneuvers.

Eventually the UH-60 Black Hawks landed in a remote Fort Carson training area. Laden with heavy gear, the platoon marched several miles up a steep incline to an Objective Rally Point. Once the ORP was established, Soldiers conducted an area recon for a raid the next morning.

“The time and amount of events tied back-to-back is the hardest part,” said Capt. Matthew Scott, A Co., 1st Battalion, 38th Infantry Regiment, 1st SBCT, 4th

Inf. Div. “It tests your endurance mentally and physically.”

The third day kicked off with a successful raid on an “enemy cached site” with support from two AH-64 Apaches from 1st Battalion, 25th Aviation Regiment, 25th Infantry Division.

The platoon consolidated after the raid and marched down the mountain to await pick-up from two CH-47 Chinooks.

The commanders thought they were finished with the Mungadai after turning in their machine guns and ammunition, but were surprised with a trip to the Almagre Mountain peak, the second highest in Colorado Springs, Colorado, for a group photo. The flight served as a high-altitude aerial training event for the CH-47 Chinook crews.

The helicopters returned to Fort Carson and the commanders faced their final challenge of the Mungadai — the 10th Special Forces Group (Airborne) obstacle course. Fighting through exhaustion, they assisted each other through the trials of the course.

Guidon bearers from each company escorted their commander back to the brigade headquarters where a crowd of Soldiers from



PHOTO BY SGT. WILLIAM HOWARD

Company, troop and battery commanders of the 1st Stryker Brigade Combat Team, 4th Infantry Division, receive a CH-47 Chinook static load class during the first day of “Raider” Mungadai at Butts Army Airfield Oct. 15.

the battalions welcomed their triumphant return.

“A critical aspect often talked about for leader development is developing comfort with uncer-

tainty. Mungadai creates these conditions often encountered during Combat Training Center rotations,” said Col. David Hodne, commander, 1st SBCT,

4th Inf. Div. “Pure leadership is the focus of the event. The ability to influence one’s peers is a field grade officer trait that we want to develop in our commanders.”

## Fuel: Daily tests, accountability maintain readiness



PHOTO BY CAPT. ADAN CAZAREZ

Spc. Hayes Cameron, petroleum supply specialist, E Company, 1st Attack Reconnaissance Battalion, 82nd Combat Aviation Brigade, assists an Afghan national army air force fueller to pump fuel into an Mi-17 helicopter at the forward arming and refueling point, Forward Operating Base Fenty, Afghanistan, Oct. 21.

Continued from Page B1

cross-trained to work as a fueller.

“To maintain our readiness, we need to make sure to test our fuel daily and have proper accountability,” said Greenway. “This is important, because if we give out bad fuel or don’t have enough fuel on hand, we are putting the lives of the pilots

in great danger.”

As long as there are 82nd CAB helicopters above the skies in Afghanistan, fuelers will still be vital assets to the mission.

“Our Soldiers are very passionate in what they do day-in and day-out,” said Pitchford. “Even though we are not flying those aircraft, our fuelers are contributing to the overall mission here.”

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**71<sup>ST</sup> NATIONAL PEANUT FESTIVAL**  
**October 31<sup>st</sup> - November 9<sup>th</sup>**  
**2014 Entertainment**  
**Thomas Rhett**  
**SUNDAY, NOVEMBER 2<sup>ND</sup>**  
**7:30 PM**  
**Sanctus Real**  
**THURSDAY, NOVEMBER 6<sup>TH</sup>**  
**7:30 PM**  
**Josh Wilson**  
**OPENING FOR: SANCTUS REAL**  
**The Pointer Sisters**  
**FRIDAY, NOVEMBER 7<sup>TH</sup>**  
**7:30 PM**

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Regular Price Gate Admission (ages 6 and over) - \$7 • Ages 5 and under admitted free every day  
**FRIDAY, OCTOBER 31**  
Regular Price Gate Admission • \$25 Armband  
**SUNDAY, NOVEMBER 2**  
\$6 Gate Admission for anyone ages 6 and over • \$20 Armband  
**MONDAY, NOVEMBER 3**  
Pre-registered farmers and their families get in free  
ALFA members with membership card admitted for \$5.00 • \$20 Armband  
**TUESDAY, NOVEMBER 4**  
ALFA members with membership card admitted for \$5.00  
Regular Price Gate Admission for all others • \$15 Armband  
**WEDNESDAY, NOVEMBER 5**  
Dream Big Food Drive for the Wiregrass Food Bank  
Bring a minimum of 3 cans of food or 1 jar of peanut butter and receive \$2 off gate admission and \$5 off ride armband  
Without food donations: Admission - \$7 and Armbands - \$20  
**THURSDAY, NOVEMBER 6**  
Seniors (55 & over) admitted free from 12:30 p.m. until 4:00 p.m. (Free admission only at the ALFA gate)  
Senior Admission \$5.00 starting at 4:30 p.m. • Regular Price Gate Admission for all others \$20 Armband  
**SATURDAY, NOVEMBER 8**  
Military and their family members with ID admitted for \$5.00  
Regular Price Gate Admission for all others  
\$35 Armbands sold from 12:00 noon to 4:00 p.m. • Armbands may be used until closing time  
**SUNDAY, NOVEMBER 9**  
\$22 Armband • No additional gate admission charged  
**Advance Sales: Gate & Ride Tickets**  
One Day Admission Tickets - \$6  
Ages 6 and over - under age 6 is free (Save \$1 off gate prices)  
22 Ride Coupons - \$12 (Save \$9 off midway prices)  
Advance tickets and ride coupons will be on sale at the Advance Ticket Outlets until Monday, October 27 (or while supplies last)  
One Day Megapass - \$25  
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On Sale at the NPF Ticket Window and Online until 5:00 p.m. on Thursday, October 30  
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OCTOBER 30, 2014



PHOTOS BY NATHAN PF AU

Zombies join the fun at the Trail of Nightmares at the Fort Rucker Riding Stables Frite Night Saturday.



Families and friends huddle together as they make their way through the trail during Frite Night at the riding stables Saturday.

# Frite Night



*Almost 2,000 take on riding stables' Trail of Nightmares*

**By Nathan Pfau**  
*Army Flier Staff Writer*

Werewolves, zombies, killer clowns and even a headless horseman awaited hundreds of thrill seekers during Fort Rucker's scariest night out.

Organizers deemed the Fort Rucker Riding Stables' Frite Night a huge success, terrifying about 1,900 people during its two-night engagement, according to Aida Stallings, business manager for the community recreation division.

"Friday night we had about 700 people come and Saturday was busy, with about 1,200, which for us is great in a four-hour window for each night," she said.

Before embarking on the Trail of Nightmares, people waited in line by the hundreds outside the mouth of a giant clown – the entrance to the spectacle.

As people boarded the trailer to head to the entrance of the trail, they were tailed by a headless horseman who set the tone for a proper spooky night.

As they entered the trail, they were greeted by werewolves who chased trail walkers into a webbed nightmare – a tunnel completely made of webs, and some were in for a surprise as a giant spider fell from the trees right onto its unfortunate victims.

"Spiders are one of my biggest fears, so the part of the trail where the spider came down got me," said Jeremy Kegan, military family member. "I couldn't stop laughing after that because how much it made me

and my friends jump – it was so great!"

People also had the chance to go through the boogeyman's home, a haunted cemetery, the Maze of Screams and take a turn under the big top.

"They really went all out this year," said Amy Riften, civilian. "I was surprised at how long the actual trail was and the way they fixed everything up was just crazy. It was really creepy and I absolutely hate clowns! There were so many clowns, but I really had a great time and I'll be coming back next year for sure."

Stallings said it was important that everyone who attended had a good time and one satisfied customer, Kamal McCune, veteran and wounded warrior, said everyone involved made sure he and his wife, Kristal, had a top-notch experience.

"Aida stayed with us the whole time and the (military police officers) were great," said McCune. "They even moved some of their props to help us through."

"It was so freaky," he continued. "I'm from Detroit, Michigan, and I've been to haunted houses and hay rides up there, but this was way better. I can tell they put a lot of effort into it and it was great."

That effort was the combined work of 234 volunteers who donated their own personal time to make sure that Frite Night went off without a hitch, said Stallings.

"I had volunteers from Soldiers to retirees to patrons (of the riding stables) and families come out to help put on this production," she said. "Our Wiregrass community is just the best, and this produc-



The headless horseman pays a visit to attendees of the Trail of Nightmares at the Fort Rucker Riding Stables Frite Night Saturday.

tion took staff and volunteers about four months of planning and building."

Stallings said the most challenging part was coordinating with the actor-volunteers to make sure all the scenes were manned at all times, so that all patrons were able to get the full experience.

When the people going through the production are happy, that's what makes it all worthwhile, she said.

"The most rewarding part is all the

positive comments that we receive as our guests exit the last part of our event, and the smiles, the laughter and just them talking about the experience," said the business manager.

"Halloween is my favorite time of year," said Kegan. "I can't believe how much they actually put into something like this. I'm really glad they did, because it made my Halloween experience just that much better."

# Clydesdales visit Fort Rucker

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

For the first time in more than 20 years, the world-famous Budweiser Clydesdales will

thunder through Fort Rucker's gates Nov. 5.

Soldiers and families have the opportunity to witness the once-in-a-lifetime event in The Landing parking lot near Howze

Field from 5-7 p.m. The event is open to the public and there is no cost to attend.

No one should pass up the opportunity to see these animals in person, according to Leigh Ann

Dukes of the Fort Rucker Department of Morale, Welfare and Recreation.

"Three words to describe these animals: majestic, powerful and graceful," she said. "They are

the world-famous Budweiser Clydesdales.

"For over 75 years, they've embodied the brand heritage, serving faithfully as ambassadors of (this icon) of American industry. From their first appearance in 1933 to their enduring presence on the American landscape, the Clydesdales are more than the symbol of (a product) – they are the living embodiment of America's great industrial spirit."

The hitch visiting post weighs a total of 22,000 pounds. It consists of eight horses, weighing 2,000 pounds each, and a 6,000-pound wagon.

Patrons are allowed to take pictures of the horses, but may not ride, touch or feed them.

According to Dukes, these events are designed to bring Americans together to cherish friends, family and freedom.

The Landing Zone will sell hot dogs, brats and cold beverages to patrons during the event.

There is no inclement weather plan. If it is raining, the event will be cancelled.

For more information, call 598-5311.



COURTESY PHOTO

Budweiser's world-famous Clydesdales visit Fort Rucker Nov. 5 for an event in The Landing parking lot from 5-7 p.m.



# ON POST

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

**Right Arm Night**

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

**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 Nov. 13. 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.

**Monster Bash**

The Landing will host its Monster Bash Friday from 8 p.m. to midnight in its ballroom. Advance tickets are \$10, and tickets at the door the night of the event will cost \$15. People are welcome to attend in their spookiest attire and participate in the costume contest for a chance to win the grand prize three-day, two-night stay at a resort in Panama City, Florida, and other prizes. Prizes for the best costumes will be awarded at 11 p.m. The event will also feature live music by the band, Los Locos; a DJ; and specials all night long. The event is open to the public for those 18 and older.

For more information, call 598-2426.

**Youth Peanut Festival trip**

The Fort Rucker Youth Center will kick off the Month of the Military Family with festival fun, food, games and rides. Members are invited to join the center staff Saturday for a field trip to the annual National Peanut Festival Field in Dothan from 2-10 p.m. The trip is open to youth in grades sixth-12 with an active Middle School Teen Pass. The event is free to all active Torch and Keystone Club members. Other active youth will be responsible for all fees.

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

**Fall landscape class**

The Center Library will host a free fall landscape class Saturday from 2-3 p.m. The event is open to all authorized patrons of the library and is Exceptional Family Member Program-friendly. The forum is designed to answer all people’s fall planting questions.

For more information or to register, call 255-3885.

**Thanksgiving Craft Activity**

The Center Library in-



PHOTO BY NATHAN PFAU

## Camping Under the Stars

Col. Stuart J. McRae, Fort Rucker garrison commander, reads a story to children at last year’s Camping Under the Stars event. As part of Month of the Military Family, Fort Rucker will host its fourth annual Camping Under the Stars event Nov. 14 as a free tribute to military Families. The event will feature a night of camping, s’mores and hot chocolate, games, a story reading and two movies on the big screen. All military ID card holders will be able to attend the outdoor event beginning at 5 p.m. near the West Beach Gazebo at Lake Tholocco. At 6:30 p.m., story reading under the gazebo will begin. The post exchange will play family-friendly movies, “Frozen” and “The Lego Movie” from about 7-10 p.m. During the movies, s’mores and hot chocolate will be provided. Families are welcome to camp overnight or just stay for the evening festivities. People are encouraged to bring tents, blankets and chairs. Outdoor recreation will offer free use of three-man tents and six-man tents, but tents are limited, so people should call and reserve a tent early. For more information or to reserve a tent, call 255-9810.

vites children ages 3-11 to its Thanksgiving craft activity Tuesday from 3:30-4:30 p.m. Light refreshments will be served. Space is limited to the first 65 children to register.

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

**Crafting with Books**

Digital books may be quickly replacing hard-copy books with many people, but the Center Library is hosting a crafting with books program to show people how, with just a few items from a craft store, people can turn old books into works of art Nov. 6 from 5-6 p.m. The library’s reference librarian will show people how to turn old books and book pages into fun and functional craft projects. Books will be provided by the library.

For more information or to sign up, visit the library or call 255-3885.

**Financial Readiness Training**

Army Community Service will offer Financial Readiness Training Nov. 7 from 7:20 a.m. to 4:15 p.m. in the Soldier Service Center, Bldg. 5700, Rm. 284. Personal Financial Readiness Training provides a practical approach to help Soldiers manage their money more effectively. 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.

**Veteran’s Day Brunch**

The Landing Zone will thank veterans for their service with a free brunch, with the purchase of a beverage, Nov. 9 between 9 a.m. and 2 p.m. The offer cannot be combined with any other offer and is limited to one meal per veteran.

For more information, call 598-8025.

**Baby sign language**

The Fort Rucker New Parent Support Program and the Alabama Institute for the Deaf and Blind invite all

active-duty and retired military, Department of Defense civilian employees and their Family Members to the free baby sign language class Nov. 13 at The Commons, Bldg. 8950. The class teaches expectant parents and those with young children how to communicate with their children to avoid frustrations associated with language development. Parents who are expecting or with children up to 12 months old are welcome to the first session from 9-10 a.m. Parents with children ages 12 months to 24 months are asked to come to the second session from 10-11 a.m. People wanting to attend need to register by Nov. 11.

To register or get more information, call 255-9647.

**Youth center tailgate party**

Fort Rucker Youth Center members are invited to the center’s free tailgate party Nov. 15 from 3-9 p.m. The youth center is located in Bldg. 2800 on Seventh Avenue. The event is open to all members in grades six to 12. Members can bring a guest for \$5. Guests must bring a photo ID for age verification. Refreshments will be served.

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

**EFMP Information and Support Group**

The Fort Rucker Exceptional Family Member Program invites all active duty military families with exceptional or special needs family members to its information and support group meeting Nov. 18 from 9-10 a.m. at The Commons, Bldg. 8950, on Seventh Avenue. The topic for the meeting is Holidays and Traveling with a Special Needs Family Member. Tips, tools and resources will be discussed that can assist families and special needs members to ensure a successful trip. The group offers camaraderie, friendship, information exchange, idea sharing, community resources, support and assistance with finding solutions. For more information and to register, call 255-9277.

# DFMWR Spotlight

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## CLYDESDALES Military Salute November 5th

Enjoy photo opportunities with the Budweiser Clydesdales.

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## FORT RUCKER MOVIE SCHEDULE FOR OCT. 30 - NOV. 2

**Thursday, Oct. 30**

No Good Deed (PG-13) .....7 p.m.

**Friday, Oct. 31**

Annabelle (R) .....7 p.m.

**Saturday, Nov. 1**

Studio Appreciation Advance Screening – Free Admission (PG-13).....7 p.m.

**Sunday, Nov. 2**

The Box Trolls (PG) .....2 p.m.



# Soldier takes culinary skills to TV

By Julie LeDoux  
Joint Base Myer-Henderson Hall  
Public Affairs

JOINT BASE MYER-HENDERSON HALL, Virginia — What does Joint Base Myer-Henderson Hall’s Sgt. Sarah Deckert have in common with TV chefs Bobby Flay, Rachael Ray and Gordon Ramsay?

She recently spent time cooking with another TV chef, Jeff Henderson, for an episode of his show, “Flip My Food.”

Deckert, who was named Armed Forces Chef of the Year in March, filmed the segment Oct. 7 at the culinary training center in Fort Lee, Virginia. She served as an enlisted aide to and cooked for Lt. Gen. Patricia Horoho, the U.S. Army Surgeon General. She currently is attached to Headquarters and Headquarters Company, Headquarters Command Battalion on the joint base.

“Chef Jeff’s energy is contagious and he creates an environment on his show that is both educational and fun,” she said. “I love that he provides viewers with tips and tricks on how to introduce healthier options into everyday cooking.”

Chef Jeff said he and his show are very connected and committed to the nation’s armed services.

“We cook on many military bases around the country,” he said. “We said we wanted to come here and do something not only to showcase amazing food that might be a little healthier, but to showcase the military. We want to show the folks out there that military folks can burn in the kitchen, too.”

Deckert said it’s always a pleasure to cook with other chefs who are also passionate about health and fresh, delicious food.

The pair made several lamb dishes using fresh and seasonal vegetables.

“For me, the focus is always fresh ingredients and trying to stay away from processed foods,” she said.

She said she also appreciated that Chef Jeff didn’t skimp on



PHOTOS BY RACHEL LARUE

Sgt. Sarah Deckert, right, and Chef Jeff Henderson, host of “Flip My Food,” speak to media before filming at Fort Lee, Virginia, Oct. 7. This year, Deckert was the first female to win Armed Forces Chef of the Year.

flavor because that helps people realize that healthy food can be flavorful and delicious.

“I do not like the stigma that healthy food has to taste like cardboard or have no flavor, so I like to change people’s minds,” she said. “When I cook for myself and friends, I like to focus on fresh proteins, vegetables and some grains.”

Deckert said amazingly tasty food can be created by using fresh herbs, spices, vinegars and healthy oils to enhance fresh ingredients.

“It’s also a challenge, but like I said, I love to change people’s minds and surprise them with dishes that they would never normally eat, but love when they taste it,” she said.

Deckert, 30, was already a classically-trained chef before she enlisted in the Army in 2010 and said she always loved cooking as a child.

“I always wanted to be in the kitchen making a mess out of something,” she said.

In high school, she participated in a two-year program called Pro-Start which solidified her decision to pursue a career in food service.

“Realizing that I could cook and further my career in food service management almost seemed surreal,” she said. “How could something so enjoyable turn into a career?”

Deckert attended Johnson and Wales University in Denver, Colorado, where she earned an associate’s in culinary arts and a bachelor’s in food service management. She is currently working on her master’s in nutrition.

An airtime for Deckert’s “Flip My Food” episode has not yet been scheduled. To learn more about the show and to see where you can watch it, visit [www.flipmyfood.com](http://www.flipmyfood.com).



Sgt. Sarah Deckert prepares food during a filming of “Flip My Food,” hosted by Chef Jeff Henderson, on Fort Lee, Virginia, Oct. 7.

## Religious Services

### WORSHIP SERVICES

Except as noted, all services are on Sunday

**Headquarters Chapel, Bldg. 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, Bldg. 8939**  
10:45 a.m. CCD (except during summer months).

### BIBLE STUDIES

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

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

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COURTESY PHOTO

## Pick of the litter

Meet Oliver. He is a Chihuahua mix, approximately 1 year old. He seems to be housebroken and seems to get along with large dogs perfectly. 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/](http://www.facebook.com/fortruckerstrayfacility/) for constant updates on the newest animals available for adoption.

## Church Directory

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

### First United Methodist Church

Traditional Worship Service  
8:30AM & 11:00AM  
Contemporary Worship -  
New Connection  
8:45AM & 11:00AM  
The Gathering - Youth  
5:45PM  
Sunday School  
10:00AM  
Nursery Care: During all services  
217 S. Main St • Enterprise, AL  
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[efumc@adelphia.net](mailto:efumc@adelphia.net)  
Prayer Line (24 Hours) 334-393-7509

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# CYBER SAFETY

## Army parents learn ways to protect children online

By Bonnie Heater  
Fort Gordon Public Affairs

FORT GORDON, Ga. — Fort Gordon invited parents and the post community to the program, “Securing Your Children from Cyber Criminals” Oct. 7.

Lance Spitzner of the SANS Institute gave tips on keeping children and teens safe on the Internet and Brian Ozden of the FBI presented actual cases, of cybercrime perpetrated in the Central Savannah River Area.

“As parents, you are facing challenges no other parent has faced in the history of parenting,” Spitzner said. “Our kids know the technology and the Internet better than we do. I feel technology is an enabler. It is how kids use social networking, as well as get an education.

“We want our children to grow up and enable or leverage technology,” Spitzner added. “And we also want to help guide them on how to do this safely.”

As a father of three children, ages 4, 10 and 13, Spitzner is always asking his children about the latest technology they are using.

“I sit down and have them walk me through it,” he explained. “It’s beneficial because you are learning and actually see the technology your children are using. This level of conversation facilitates dialogue between us.

“Recently, I sent my 13-year-old son an email and he never replied,” Spitzner said. “I asked him about it and he said, ‘Dad, I never use email.’”

He asked the youth in the audience what they were using, and many of them said, “We text and use Instagram.”

“Many of you want to know how to secure our children’s computers,” he said. “Five years ago, that might have been possible, but today it is more than the computers that need securing. Children are using



PHOTO BY BONNIE HEATER

FBI Agent Brian Ozden talks about the threat strangers and criminals pose to children and teens on the Internet at the “Securing Your Children from Cyber Criminals” program held Oct. 7 at Fort Gordon, Georgia.

smartphones, the tablets and the mobile devices. And let’s not forget the X-boxes, Nintendo and the Wii.

“What happens when they go to their friend’s house, the library and school?” Spitzner questioned the parents. “You don’t have control over the computers there. My 13-year-old son has administrative rights on his grandmother’s computer, because she does not know anything about computers.

“I am not trying to scare you off the Internet,” he said. “I just want all of you to understand the threats out there and how you can better defend against them.”

The top three risks young people face on the Internet today, according to Spitzner, is strangers and criminals, friends and themselves.

“Our children face the same threats as we did growing up, but online criminals can target more

people, and anonymously,” Spitzner warned. “Your children can easily become victims of extortion, fraud, identify theft, and predators.”

Bullying has always existed, but today it’s on a much larger scale. Young people have taken their own lives because of the cruelty of other preteens and teens in their school.

“It’s quite possible your child is being bullied on the Internet, and you don’t know about it or who is doing it,” he said. “The bully can be much more public. They can create a Facebook page with your child’s photo and post all sorts of malicious content.

“It is scary,” Spitzner said. “It is hard to control and it is hard to find anyone to help you.

“What young people fail to realize is all that material they publish about themselves, online, can hurt them when they apply to the universities and hiring companies,” he explained.

“It’s quite common during background checks that social media sites are examined. You want to ensure your children don’t impact their future lives by what they post on Instagram, Twitter, Facebook or one of the other social media sites. As we all know, what gets posted on the Internet stays there.”

The best way to deal with these situations is by talking with children and educating them. “As kids get older, you have less control,” Spitzner warned. “But there are a few things you can do.”

- Have a computer dedicated just for the children.
- Keep it updated and patched
- Have active anti-virus on it.
- Enable the firewall.
- Use standard accounts.
- Have children be responsible for keeping the computer up to date and secure.
- Keep the computer and

printer in a public area in your home.

“You cannot keep mobile devices in a central location, but at our house, we have a central charging station,” Spitzner said. “That is where all the kids put their mobile devices so I know they are not gaming at 2 o’clock in the morning during a school day.”

Spitzner recommends posting computer rules next to the computer. Have the children review and agree to the rules. It is helpful and consensus building to have them come up with some of the rules, too. Remember, the rules may need to be changed or updated over time.

Spitzner talked about filtering and monitoring.

“Filtering allows you to control what activity you

children can and cannot do,” he said. “Monitoring is passive, it only logs and reports what your children were doing.”

Spitzner pointed out filtering is most effective for younger children. It prevents them from accidentally accessing harmful content.


“As children get older, it is easier to bypass the filtering system and more difficult to filter certain activities, such as YouTube or Facebook,” he explained.

During the program, Spitzner mentioned OpenDNS, which is a free service, and an excellent source for filtering website activity and protecting against malicious sites. However, he pointed out, it is not good for reporting where your kids have been on the Internet. Go to [www.opendns.com](http://www.opendns.com) to find out more information about this filter program.

Other good filters are the Norton Online Family and NetNanny. More information can be found at [onlinefamily.norton.com/familysafety](http://onlinefamily.norton.com/familysafety) and [www.netnanny.com](http://www.netnanny.com).

During the questions and answer session of the program, Ozden and Georgia Bureau of Investigation agent, Charles Kicklighter, and FBI agent Brian Jones talked about actual cases involving the Internet.

One of those attending the program, Col. Michael Brownfield, director of the U.S. Army Capabilities Development Integration Directorate Experimentation Division and the Network Battle Lab at Fort Gordon, who is the father of six children, said, “They presented a real approach on how to protect your family against cyber criminals.”



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# Chaplain fights breast cancer on her own terms

By Staff Sgt. Mary Junell  
Army News Service

RALEIGH, N.C. — On Oct. 12, in Franklinton, North Carolina, National Guard Chaplain (Maj.) Melissa Culbreth sat laughing and joking in a chair on the front porch of the farm where she works, while her signature red hair was braided into five braids.

The porch was full of friends, family and fellow Soldiers watching and waiting for the braids to be cut off and collected.

Sgt. 1st Class John Setera, who had deployed to Iraq with Culbreth in 2009, draped a black, plastic hairdresser’s cape around her and grabbed the clippers.

Chunks of Culbreth’s hair fell down the front of the cape and onto the floor at her feet.

“I wanted to take my hair on my own terms,” Culbreth said. “Instead of letting the chemo take it.”

This was the second party she has held to shave her head shortly after starting chemotherapy for breast cancer – the first was in March of 2010, when she was less than two months home from a deployment to Iraq with the 30th Heavy Brigade Combat Team.

“I’m not sure which is going to be harder,” Culbreth said, “not knowing what is going to happen over the next 18 weeks, or knowing what is going to happen over the next 18 weeks.”

Culbreth, who now serves as the brigade chaplain for North Carolina National Guard’s 449th Theater Aviation Brigade, began her most recent round of chemotherapy the week before her party. This is her third diagnosis, and third round of chemotherapy.

“I know what chemo is like because I’ve done it,” Culbreth said. “To know I’m going to be doing that again, and going through all the side effects ... again. Right now that’s probably the hardest part.”

At the head-shaving party Culbreth had in 2010, about 17 people shaved their heads to show their support. At this party, four people shaved their heads and many had a strip of their hair dyed pink. Culbreth said she has lost track of the total number of people who were not able to make it to the party who have done the same.

“It’s been cool,” she said. “It’s been people from a girl I went to middle school with and high school with, to Soldiers I deployed with to Iraq, to present day folks that I served with in Charis Foundation and worked with as therapists.”

About 30 people gathered at the farm to celebrate Culbreth and support her in her fight, including Sgt. Carrie MacCollum, with the 1132nd Military Police Company, another of the Soldiers who deployed with Culbreth, in 2009.

“She’s being the boss of the situation,” MacCollum said. “She’s not letting cancer beat her, she’s beating cancer. She took it upon herself to shave her head and she’s taking her hair, not cancer. So she’s beating this and we’re all here to support her with that. We’re beating it with her.”

Culbreth spent the evening surrounded by her family of friends and Soldiers who she draws on for support.

“The military is my family,” Culbreth said. “That’s



PHOTOS BY STAFF SGT. MARY JUNELL

North Carolina National Guard Chaplain (Maj.) Melissa Culbreth is pictured before and after she shaved her head during a party held in her honor to shave her head at Serenity Grace Farm, in Franklinton, North Carolina, Oct. 12.

who I have depended on since I got in, in 2006. They are my brothers and sisters. I wouldn’t know what to do. Some of the first people I told were buddies that I deployed with. My unit, my brothers and sisters in the guard, my participation in the 30th Infantry Division Association, those are the people I depend on. The whole guard is family thing seems like a pithy saying, but I’m living proof that it’s more than that, that its true and its honest or there wouldn’t be so many people here tonight.”

Culbreth has spent eight years in the North Carolina National Guard as a chaplain, being part of the support system for other Soldiers. She said that sometimes being a chaplain it feels as if she is invisible, but at the party she realized how many people care.

“Sometimes you feel invisible,” she said. “You’re the fire extinguisher; break in case of emergency. When [life gets hard], everybody wants you there, but sometimes you wonder if people notice in the meantime, and the answer to that is yes, because tonight shows people care. And that’s really important to me.”



Friends, family and fellow Soldiers look on as Sgt. 1st Class John Setera, with the North Carolina National Guard’s Headquarters and Headquarters Company, Joint Force Headquarters, shaves Maj. Melissa Culbreth’s head during a party held in her honor at Serenity Grace Farm, in Franklinton, North Carolina, Oct. 12.



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October is  
Breast Cancer  
Awareness  
Month



# State tourism website features fall color map

Alabama Tourism Department  
*Press Release*

MONTGOMERY — An interactive map on the Alabama Tourism Department’s website allows visitors to see the predicted fall color change for each weekend this fall.

The map, a list of recommended viewing sites and a Circle of Color driving route are all available on the state tourism website at [www.alabama.travel](http://www.alabama.travel).

Large concentrations of hardwoods make Alabama State Parks some of the best places to enjoy the fall color change.

- Joe Wheeler has an excellent viewing spot next to the dam and near the cabin area on the Lawrence County side.
- Autumn scenery can be found at DeSoto State Park at Little River Canyon and DeSoto Falls.
- Monte Sano has views of the Tennessee Valley along the Warpath Ridge Trail and its overlook.
- Cheaha’s Bald Rock and Pulpit Rock trails both have excellent views. Cheaha is the highest point in the state at 2,407 feet above sea level.

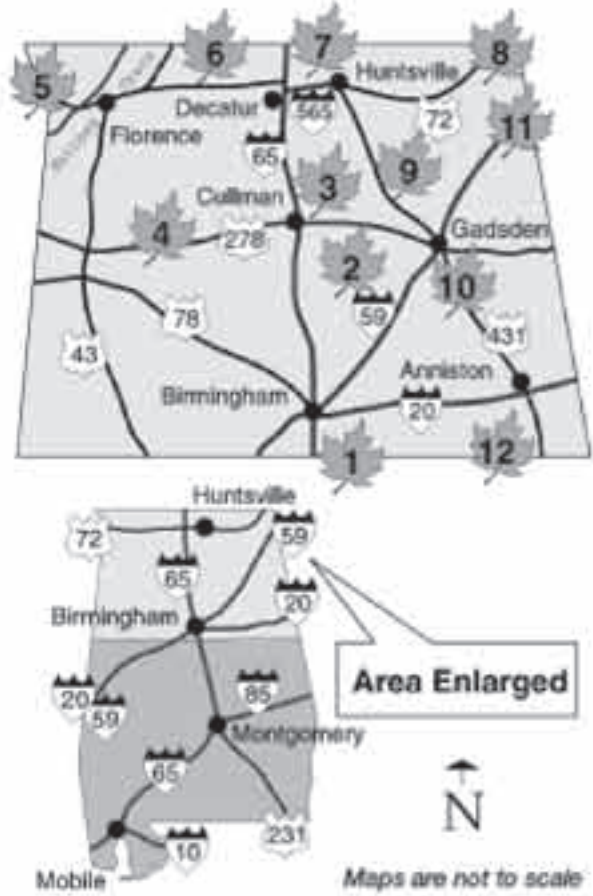
**A circle of colors**

Follow every curve of the highway to scenic adventures in Alabama.

Begin at Oak Mountain State Park (1) on Ala. 119 near Birmingham. Take I-65N to I-459N, then join I-59N. Exit at Ashville onto US 231N; see unusual rock formations at nearby Horse Pens 40. Travel to Oneonta and covered bridge country (2), then take US 278W to Cullman and Ave Maria Grotto (3). Continue to Double Springs, Bankhead National Forest (4) and Natural Bridge of Alabama.

At Hamilton, take US 43N. See Dismals Canyon, Phil Campbell, and Rock Bridge Canyon, Hodges. At Tusculumbia, take US 72W to the Natchez Trace Parkway (5). Explore the Trace, then return to US 72 and cross the Tennessee River into Florence. Continue to Joe Wheeler State Park (6).

Follow US 72E to Huntsville; take US 431S to Monte Sano State Park (7). Return to US 72E for Scottsboro and nearby Russell Cave (8), then take AL 35S to Rains-



ville. Take AL 75S to Geraldine, then AL 227N toward Lake Guntersville State Park (9). In Guntersville, take US 431S to Gadsden and Noccalula Falls (10). Get on I-59N to Hammondville; exit at AL 117S for quaint Mentone, with log cabins and antiques.

Take Lookout Mountain Parkway (CO 89 & AL 176) to DeSoto State Park (11). Detour at AL 35S to the AL 176 section that weaves along the rim of Little River Canyon (11). Stay on AL 176W, then take AL 68E to Leesburg and Cherokee Rock Village, then US 411N to Centre. Get on AL 9S to Lineville. Take AL 49N, then AL 281S to Cheaha State Park (12). Follow AL 281N to US 78W, picking up I-20W in Oxford. Get on I-459S, then I-65S. Return by AL 119N to Oak Mountain State Park.

**The science of fall**

Several different factors go into producing Alabama’s wonderful fall colors. During the summer, leaves are given their green color by the chemical chlorophyll that the tree sends its leaves in order to conduct photosynthesis. Photosynthesis is the process by which trees take in sunlight and convert it into chemical energy while releasing oxygen.

The shorter days and cooler temperatures of fall reduce the amount of chlorophyll the tree sends to its leaves. Since the chlorophyll is less and less in the leaves, the leaves begin turning from green to hues of yellow and orange color.

The vibrancy and variation of leaf color is determined by how much sugar is “trapped” in the leaf. The tree produces sugar during the warm afternoon, but it becomes trapped in the leaf when the night turns cool. The more sugar a leaf has trapped in it, the brighter its color will be and the more variations you will see of reds, bright oranges, and purples. The best colors result when there are sunny fall days, cool nights, and enough rainfall to keep the leaves from falling too soon.

**Other fall events**

With cooler days and lower humidity, autumn is a wonderful time to enjoy Alabama’s many fall festivals and events. Lee Sentell, director of the Alabama Tourism Department, recommends several events designed around being outdoors and enjoying the beautiful fall weather.

Outdoor events scheduled for this fall include:

- Original German Sausage Festival in Elberta Saturday;
- Alabama Frontier Days in Wetumpka Wednesday through Nov. 6;
- Pike Road Arts and Crafts Festival in Pike Road Nov. 5;
- Cayne Syrup Makin’ Day in Beatrice Nov. 5;
- Native American Heritage Weekend in Fort Payne Nov. 18-21;
- Galaxy of Lights in Huntsville Nov. 24 to Dec. 31; and
- Christmas on the River in Demopolis Dec. 1-4.

A complete list of fall events is available at [www.alabama.travel](http://www.alabama.travel).

# WIREFLIES COMMUNITY CALENDAR

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**ANDALUSIA**

**NOV. 8** — The Andalusia Area Humane Society’s 10th annual Doggie Dash is scheduled for 9:30 a.m. at Robinson Park on Church Street. The goal is to raise \$10,000 for spaying and neutering at-risk animals in Covington County. For more information, call 582-2665.

**DALEVILLE**

**OCT. 31** — Trick-or-treating will take place from 5-7 p.m.

**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.

**DOTHAN**

**OCT. 31-NOV. 9** — The 71st annual National Peanut Festival will take place at various times at the fairgrounds off of Hwy. 231. According to a press release, the nation’s largest peanut festival is held each fall to honor peanut growers and to celebrate the harvest season. Festivities include amusement rides, animal shows, agricultural displays, concerts, beauty pageants, arts and crafts displays, contests, food, a two-hour parade and tons of peanuts. For more information and the entertainment lineup, visit <http://national-peanutfestival.com/>.

**ONGOING** — The Cultural Arts Center is hosting a membership drive entitled Hearts for the Arts. The membership program focuses not only on raising funds to support the center, but raising awareness about the positive impact the center has on children.

By creating an atmosphere fostering

creativity and self-expression, the Cultural Arts Center plays a unique role in the Wiregrass by giving children a place where they can attend classes in art, pottery, music or dance at a reduced cost.

Hearts for the Arts has several sponsorship levels, including individual and student, family, scholarship and corporate. Members can become involved with as little as \$25 and all founding members receive a T-shirt with the new Hearts for the Arts logo.

For more information, call 699-2728 or visit [www.theculturalartscenter.org](http://www.theculturalartscenter.org).

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

**ENTERPRISE**

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

**ONGOING** — Disabled American Veterans Chapter 9 Enterprise-Coffee County, located at 201 W. Watts St., helps veterans with claims Mondays-Thursdays from 9-11 a.m. and other times by appointment. For more information, call 308-2480.

**GENEVA**

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

**MIDLAND CITY**

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

**NEW BROCKTON**

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

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

**OZARK**

**NOV. 1** — Sav-A-Life of Dale County will host the organization’s second annual Christmas “Life” Bazaar from 9 a.m. to 4 p.m. at the Ozark Civic Center.

The event features a variety of arts and crafts, as well as home-based businesses, with items ranging from Christmas centerpieces and wreaths to home décor, baked goods, coffees, teas, jewelry, gourd art, repurposed wood, candles, soaps, lotions, many children’s items and other handmade items.

There will be door prizes, as well as a

silent auction and raffles, entertainment, children’s activities and refreshments. Tickets are \$5, children 10 and younger are admitted for free. Vendor spaces are available.

For more information, call 774-4419, email [sidonna@savalifeozark.org](mailto:sidonna@savalifeozark.org), or visit [www.savalifeozark.org](http://www.savalifeozark.org).

**NOV. 11** — The city’s Veteran’s Day Ceremony will take place at 11 a.m. at Woodlawn Memorial Gardens on Hwy. 231 N. The ceremony will be conducted by the Disabled American Veterans Chapter 94. For more information, call 379-0808.

**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.

## Beyond Briefs

**Flutterby Festival**

The annual Flutterby Festival is returning to Rosemary Beach, South Walton, Florida, Nov. 10-11, celebrating the arts and the migration of the Monarch butterfly along Scenic Highway 30A. Hosted by the Cultural Arts Alliance of Walton County, this year’s event will feature interactive adventures by the Seaside Repertory Theatre. Admission to the Flutterby Festival is free, although some activities may require a small fee.

The Flutterby Festival is named in celebration of the annual migration of the Monarch butterfly through the area, offering an array of activities along Rosemary Beach’s South Barrett Square, Main Street and Western Green. The festival will take place from 10 a.m. to 4 p.m. both days. The festival will also feature live music, interactive storytelling adventures, Zoo World animal shows,

and an array of artists, vendors and exhibitors. As part of the annual tradition, children create their own butterfly wing masterpieces to be worn for the butterfly costume parade each afternoon at 3:45 p.m. For more information, visit <http://www.culturalartsalliance.com/node/181>.

**Ironman Florida**

Panama City Beach, Florida, will host Ironman Florida Nov. 1. The Ironman consists of a 2.4 mile swim, a 112-mile bike ride and a 26.2 mile run. Organizers claim that the Florida edition of the challenge is one of the most popular races on the circuit. For more information, visit <http://ironmanflorida.com>.

**Black Wings: American Dreams of Flight**

The U.S. Space and Rocket Center in Huntsville hosts the traveling exhibit Black Wings: American Dreams of Flight now through Nov. 2. The exhibit chronicles the story of African Americans who, despite facing racial

barriers, attained great achievements in the world of Aviation, according to center officials. Designed by the Smithsonian Institution Traveling Exhibition Service in conjunction with the Smithsonian’s Air and Space Museum, the exhibit presents a story of a powerful group of aviation proponents that emerged to challenge racial obstacles and create their own legacy in the world of flight. From Bessie Coleman, the first African American woman to receive her pilot’s license, to Mae Jemison, the first African American woman to fly in space, Black Wings retells the stories of African Americans who dreamed of flight, left their mark and helped pave the way for those who would follow.

To get to the center, take Exit 15 off I-565. The center is open 9 a.m. to 5 p.m. seven days a week. Admission is \$20 for adults, \$15 for children ages 5-12 and children younger than 4 are admitted for free.

For more information, visit <http://rocketcenter.com/travelingexhibitions>.



# Virtual stage open to active-duty

By Tim Hipps  
*Installation Management Command*

SAN ANTONIO – Active-duty service men and women still have an opportunity to submit videos online to compete for two of six finalist spots and a chance to be named the 2014 “Rising Star.”

Army Entertainment officials expect competition to intensify in the online division – open to active-duty personnel from all branches of the U.S. military – as local competitions for the 2014 Operation Rising Star presented by PenFed wind down on installations.

Videos of participants already entered are available on ArmyMWR.com, where viewers can give the performers a “thumb up” or “thumb down.”

That same link is used to enter the competition. This portion of the competition is open until Wednesday to active-duty U.S. military personnel. The online portion opens the event to participants who are not located near one of the 13 hosting installations.

“The active-duty online competition is new and unprecedented,” said Tim Higdon, Army Entertainment program director. “It allows for maximum participation throughout the DOD services worldwide, where before it was limited to participating Army garrisons.”

From Aberdeen Proving Ground, Maryland, to Presidio of Monterey, California, to U.S. Army garrisons at Camp Humphreys, Casey and Red Cloud, South Korea, Soldiers and military family members are competing on local installations, through Saturday.

In keeping with this year’s theme, Fort Leonard Wood, Missouri, had 2013 Operation Rising Star winner Sgt. Christiana Ball serve as emcee for the installation finals Friday, where 11 x 17 photographs of Fort Leonard Wood’s former Operation Rising Star winners were displayed.

“The finals night theme this year (was) based on the 10th anniversary,” said LoraLee Neubeck, special events coordinator at Fort Leonard Wood. “We (had) an anniversary cake, punch and snacks. There (were) presents to give away to the lucky-drawing winners. There (were) plenty of balloons and sparkling lights, with a special performance at intermission, big oversized checks -- lots of fun.”

Fort Leonard Wood also had an anniversary banner for everyone to sign, marking the 10th year of the program originally called “Military Idol,” based on the format of FOX television’s “American Idol.”

“We are on our way to a great competition this year,” Neubeck said.

One garrison winner will be selected by Army Entertainment judges to represent each of four regions in the live finals, scheduled for Dec. 6-12, at the historic Fort Sam Houston Theatre on Joint Base San Antonio-Fort Sam Houston, Texas. Two wild-card finalists will be selected from online submissions to complete the field of competitors for finals week. The finalists will be announced Nov. 12, on OpRisingStar.com. Finals will feature a “Soldier for Life” theme that will partner past winners as mentors and co-performers alongside this season’s finalists.

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



PHOTO BY TIM HIPPS

Georgia Army National Guard Staff Sgt. Constance Mack, representing the Presidio of Monterey, California, sings her way to the 2012 Operation Rising Star crown at the historic Fort Sam Houston Theatre, in San Antonio.

# Official says nonprofits ‘critical’ to helping troops reintegrate

By Claudette Roulo  
*Defense Media Activity*

POTOMAC, Md. — Nonprofit organizations, such as Birdies for the Brave, are “absolutely critical to helping the nation’s heroes reintegrate back into society,” the senior enlisted adviser to the chairman of the Joint Chiefs of Staff said Monday.

In 2005, Tournament Players Club Potomac held an event called America Supports You to support wounded

troops. That event led professional golfer Phil Mickelson and his wife, Amy, to create Birdies for the Brave the following year.

More than eight years later, the success of the organization is “nothing short of amazing,” Marine Corps Sgt. Maj. Bryan B. Battaglia said in remarks at the start of a Birdies for the Brave charity golf tournament.

Since its founding, Birdies for the Brave has raised more than \$13 million to support nine nonprofit groups that provide critical programs and services to meet the special-

ized needs of wounded warriors and military families, said Michael Sullivan, the general manager of TPC Potomac. More than \$1 million of that came through the efforts of players and fundraising events at TPC Potomac, he added.

“We do our ... part to let people know we care,” Sullivan said.

“Our nation praises its veterans,” Battaglia said.

But many of them return home wounded, he noted, where their long road to recovery is just starting.

“Time and technology has allowed our medicine to significantly advance in quality, in procedure, in rehabilitation and more, to ... a peak that [allows] today’s wounded, ill and injured to receive absolute state-of-the-art care with state-of-the-art equipment,” the sergeant major said.

“It’s a small entitlement, I think, to all who serve in America’s armed forces – a patriotic thanks from our society for defending America’s freedom,” Battaglia continued.

And at some point, these wounded, ill and injured service members will complete their military service and return to the cities and towns they call home, he said.

They return with a determination that their “injuries may impact some qualities in life, but, by God, not impact the qualities of life,” Battaglia said.


“They join America’s communities and our nation’s neighborhoods with a hope ... to fit in, to become a vibrant part of society,” the sergeant major said. “From mildly mangled up to severely disabled, they all want to flourish as American citizens.”

From time to time, these veterans may need “a hand up rather than a handout,” Battaglia continued. “We have over 52,000 wounded at different stages of recovery. If nothing else, today’s event will help us all in reaffirming part of America’s generosity.”



PHOTO BY MASTER SGT. TERRANCE L. HAYES

Marine Corps Sgt. Maj. Bryan B. Battaglia, the senior enlisted adviser to the chairman of the Joint Chiefs of Staff, with members of the Maryland Army National Guard Oct. 27.



- Have a Family disaster plan and supply kit.
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OCTOBER 30, 2014

# IRON AVIATOR

## Soldiers compete for coveted title

By Nathan Pfau  
Army Flier Staff Writer

With the sun high in the sky and the weather perfect for outdoor competition, Class 1403 of the Aviation Captains Career Course took to one of Fort Rucker's most frequented spots to compete for one of the most coveted titles.

Soldiers of the course came together along the shore of West Beach at Lake Tholocco for the AVC3 Iron Aviator competition Oct. 22 as a capstone event to culminate six months of rigorous training, said Capt. Laura Pangallo, AVC3 small group leader.

"This is something that builds camaraderie amongst the Soldiers and it's something the Soldiers are familiar with," she said. "We do physical training every morning and the students have been here for about six months doing PT every single day."

"Most people, from start to finish of the (AVC3) course, increase their physical fitness because we run a robust physical training program," Pangallo continued. "This event is just kind of a fun way to let them see how they've improved over the course."

Soldiers of AVC3 were divided into five teams, each of which included an individual competitor who competes in all events. The event is comprised of painstaking physical fitness tasks to include a 300-meter swim in Lake Tholocco's brisk waters, a 4.7-mile ruck march through the wooded area adjacent to the lake, an 8.8-mile bike ride through the streets leading up to West Beach and a 2-mile run to finish.



Capt. Byron Critchfield, Iron Aviator title winner, trudges through the wooded area next to Lake Tholocco during the ruck portion of the AVC3 Iron Aviator competition Oct. 22.

Although the event is for fun and camaraderie, it's still a competition, and with all competitions, there is someone who comes out on top.

For the Iron Aviator competition, Capt. Byron Critchfield was the one to shine as he completed all four events with a time of 1 hour, 42 minutes. His team, the DisFUNKtional Hammeroids, which included fellow captains Kenneth Wheeler, Justin Kuhlman, Daniel Drake and Travis Haigler, also finished first with a team time of 1 hour, 35 minutes.

For most, the toughest event of the competition is the ruck march, during which the



PHOTOS BY NATHAN PFAU

Capt. Tortsen Ksoll and Capt. Anthony Blair bike up the hill as they embark on the 8.8-mile bike ride during the AVC3 Iron Aviator competition on West Beach at Lake Tholocco Oct. 22.

competitors must carry 25 pounds of equipment and a gun through a wooded trail. The swim comes in a close second being that it's a form of physical fitness that most aren't accustomed to.

Not all members of the teams were competitors, however, but they still provided an important role in helping their team cross the finish line.

If not a competing member on a team, Soldiers can participate as a member of the pit crew, which serves to help competing team members during transitions into each event.

Each team is allowed to come up with

their own theme to make it a fun event, and their families are invited to come out and take part in the festivities, during which they cook out, throw flying discs and enjoy a good time bonding together, said Pangallo.

"We've been doing the Iron Aviator competition for more than 20 years, so it's a tradition," she said. "They get to bring their families out and barbeque, so it's camaraderie plus functional fitness. It's also a good way to give them ideas to take out to their unit with them on ways to make fitness fun."

The members of class 1403 graduated from the course Wednesday.



### SPOOKY 5K

PHOTO BY NATHAN PFAU

More than 300 runners push off the starting line in front of Fortenberry-Colton Physical Fitness Center during the Spooky 5k run Saturday. Top finishers include Derek Derkaes, top male overall with a time of 17:55; and Aleasha Liddle, top female overall with a time of 19:45.

## TRICARE officials warn of phone scam

TRICARE  
Press Release

TRICARE beneficiaries should be on the watch for a telephone scam affecting beneficiaries over 65 and on Medicare nationwide.

A caller will usually identify themselves as being an official Medicare vendor and will then offer to sell people back braces. The caller may have specific information that makes the call seem official, typically a person's address, phone numbers and doctor's name.

The caller is hoping this will convince people they are a legitimate vendor so they will give them their Social Security number and additional personal information.

People who receive a call like this should not give any personal identifiable information, such as birth date, Social Security number or banking information. TRICARE never asks beneficiaries for this information when calling for an official Department of Defense survey.

The Defense Health Agency Program Integrity Office is closely monitoring this situation. People who receive a call of this nature, again, should not provide personal information and should contact the DHA Program Integrity Office directly.

For more information on fraud and abuse reporting, visit [www.TRICARE.mil/fraud](http://www.TRICARE.mil/fraud).

## PIGSKIN PICKS



	New Orleans vs. Carolina	Arizona vs. Dallas	Philadelphia vs. Houston	Washington vs. Minnesota	Denver vs. New England	Baltimore vs. Pittsburgh	Indianapolis vs. N.Y. Giants
 Col. Tom von Eschenbach TCM LIA (35-21)							
 Jim Hughes PAO (37-19)							
 Brian Jackson DFW (28-28)							
 Capt. Mike Simmons DPS (30-26)							
 Sharon Storti NEC (31-25)							



# DOWN TIME



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



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## Trivia test by Fifi Rodriguez

# T R I V I A

1. LITERATURE: What famous character lived in the village of Little Whinging?
2. LANGUAGE: What does the Greek prefix "pan" mean?
3. SCIENCE: What is the primary substance that makes up most of a plant's cell walls?
4. MOVIES: What 1990s comedy movie had the tagline, "You'll laugh. You'll cry. You'll hurt!"
5. MYTHOLOGY: What does the Greek goddess Iris personify?
6. ENTERTAINERS: What was the name of singer Michael Jackson's famous California ranch?
7. ANIMAL KINGDOM: What is the collective noun for a group of mosquitoes?
8. ANATOMY: What is the correct medical name of the shoulder blade?
9. FAMOUS QUOTATIONS: What 20th-century doctor and theologian once said, "Happiness is nothing more than good health and a bad memory"?
10. MUSIC: How many keys are on most standard pianos?

See Page D4 for this week's answers.

## Super Crossword PUZZLING BEHAVIOR

- ACROSS**
- 1 Stored up
  - 8 Redirects
  - 15 A little off
  - 20 "I was wrong ... big deal!"
  - 21 Single-issue publication
  - 22 First extra inning
  - 23 Place to stay apart from others
  - 25 Aquarium growth
  - 26 Store away
  - 27 Swine
  - 28 X-ray cousin
  - 29 Furrow
  - 30 Cities, informally
  - 32 Schubert's "Trout," e.g.
  - 35 Select for jury duty
  - 39 City near Cologne
  - 40 "Fee, fi, fo, —"
  - 41 Certain job lineup for a computer
  - 43 R&B legend Marvin
  - 45 Ultimate
  - 49 Cry from churchgoers
  - 50 Robotic rock group
  - 51 Office missive
  - 52 This or that
- DOWN**
- 54 Ten; Prefix
  - 55 Irish New Ager
  - 57 Lifted-out, boldfaced article
  - 59 — Jeanne d'Arc; Abbr.
  - 60 Ski lift
  - 63 Like some hygiene
  - 65 Appropriated
  - 66 Something often dodged
  - 69 Camp David
  - 72 Brother of Fidel Castro
  - 73 Sidelong look
  - 74 PC screen type
  - 77 Tiara-winning teen
  - 79 Emmy-winning Falco
  - 81 Catch wind of
  - 82 De-intensity
  - 83 Ascend
  - 85 "The Waltons" actor Will
  - 88 Sleek, briefly
  - 89 Place for GIs
  - 90 Jenny Craig regimen
  - 91 Schoolroom surprises
  - 93 Make mad
  - 94 As blind as —
  - 96 Throws from a saddle
  - 97 Spat
  - 103 Puente or Jackson Island
  - 104 Island greetings
  - 105 Always, in verse
  - 106 Fissure
  - 107 Soprano
  - 112 Less wild
  - 113 Fitting exhortation to someone solving this puzzle?
  - 117 Harsh
  - 118 In the best case
  - 119 Prizes highly
  - 120 Responses of consent
  - 121 Frightful flies
  - 122 Wear
  - 1 Vipers
  - 2 Humorist
  - 3 Sahl
  - 4 Oman locale
  - 5 Yukons and Xterras
  - 6 Old Lloyd
  - 7 Bridges TV series
  - 8 911 agt.
  - 9 IBM's old chess-playing computer
  - 8 Illusionist Henning
  - 9 With 81-Down, confused
  - 10 Mice and lice
  - 11 Make hostile
  - 12 Koln's river
  - 13 Rocky peak
  - 14 Rd. crossers
  - 15 Game maker since 1972
  - 16 Casaba, e.g.
  - 17 Gold block
  - 18 Ward (off)
  - 19 Bed cover
  - 24 Sue
  - 25 Grafton's "— for Quarry"
  - 29 Breath mint alternative
  - 31 Not optional: Abbr.
  - 32 "The Raven" writer
  - 33 "I Get a Kick Out —"
  - 34 Juan's "what"
  - 35 2010 Apple debuts
  - 36 Citi Field mascot
  - 37 Fragment
  - 38 Faris of films
  - 39 "— giorno!"
  - 42 Tennis great
  - 44 Plentiful
  - 45 Booze
  - 46 Take — for the worse
  - 47 Galleria unit
  - 48 Head, in Quebec
  - 51 Place for movie titles
  - 52 Decorator de Wolfe
  - 53 Like ketchup
  - 56 "Star Wars" guru
  - 58 Guitar's ancestor
  - 60 Rotational force
  - 61 Raise in price by successive offers
  - 62 "As I Lay Dying" father
  - 64 The — Sod (Ireland)
  - 66 Apples and pears
  - 67 Baseballer Banks
  - 68 Doze
  - 69 Chest beater
  - 70 Curmudgeon
  - 71 — Nostra (Mafia's kin)
  - 74 Gibbons of TV talk
  - 75 Insertion mark
  - 76 Smelting waste
  - 78 Eleniak of "Baywatch"
  - 80 Jim Croce's "— a Name"
  - 81 See 9-Down
  - 84 Eyed intently
  - 86 Accoutered
  - 87 Smallest litter member
  - 90 R&B's — Hill
  - 91 Good buddy
  - 92 Put in solitary
  - 93 High figs. for Einsteins
  - 95 Green gem minerals
  - 97 "Crazy" singer Cline
  - 98 Give a big lift
  - 99 Very big books
  - 100 "Vollst!"
  - 101 Knitting balls
  - 102 Adorée of silent films
  - 103 Road crew goo
  - 106 Dudes
  - 108 Les (French for "some")
  - 109 — of March
  - 110 640-acre unit: Abbr.
  - 111 The "A" of PTA: Abbr.
  - 113 "Good Will Hunting" sch.
  - 114 Age-verifying docs.
  - 115 Corrida holler
  - 116 Bygone Russ. state



See Page D4 for this week's answers.

## Weekly SUDOKU

by Linda Thistle



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

**DIFFICULTY THIS WEEK: ★**

★ Moderate ★★ Challenging  
★★★ HOO BOY!

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See Page D4 for this week's answers.

# KID's CORNER

## Junior Whirl by Hal Kaufman

**WANTS MEET!** Now you see them, now you don't! Place three after-dinner mints on the table and cover them with three hats. Press-changeling mints someone to select a hat, and announce that you will arrange to have the three mints gathered under the selected hat. How it's done: Simply remove the mints from under the hats, set them, and place the designated hat atop your head. G.B.C.: You've reached our word. It's a good time to exit room.

**PEEK TALES!** A big fish that is 15 feet shorter than a boat that is three times as long is how long? See if you can puzzle this out in your head.

**STEEPED-OFF PORT WORDS**

LET'S see if you can chart a course through the six-stepped PORT words above. That is to say, see if you can find words in accordance with the following definitions:

1. Copying case for documents, etc.
2. A fisherman, for one.
3. Well times.
4. Person behind a cash register.
5. Documents important to a witness.
6. Luminous facility such as Cape Canaveral. How quickly can you find the words?

Time limit: 2 min.

**WISHING WELL!** I see you, hiding 'midst the ice. Apply the following colors: 1—Red, 2—Light Blue, 3—Yellow, 4—Light Green, 5—Dark Green, 6—Brown, 7—Purple.

**SPELLBINDER**

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

LAUDABLE

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

Try to score at least 30 points.

**Wishing Well**

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

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

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**HOCUS-FOCUS** BY HENRY BOLTHOFF

CAN YOU TRUST YOUR EYES? There are at least six differences in drawing details between top and bottom panels. How quickly can you find them? Check answers with those below.

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**Wishing Well**

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

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

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# Army plays key role in fight against Ebola

By U.S. Army Natick Soldier Research, Development and Engineering Center  
Public Affairs Office

NATICK, Mass. — Researchers at the U.S. Army Natick Soldier Research, Development and Engineering Center invented a next-generation disinfectant system that kills the Ebola virus on surfaces.

The scientists developed and patented a novel chemical system, which is being used to sterilize medical equipment and electronic items used in the treatment of patients on the front lines of the war on Ebola in west Africa.

This came about through the transfer of the technology from the Army lab to a privately held company, ClorDiSys Solutions, which is manufacturing the portable “no power required” chemical compound, and supplying it worldwide.

One of the key research thrusts at the center is the discovery and development of decontamination technologies to keep the warfighter healthy and safe from bioterror attack. Natick’s invention is a portable “no power required” method of generating chlorine dioxide gas, one of the best biocides available for combating contaminants, which range from benign microbes and food pathogens to Category A Bioterror agents.

Dr. Christopher Doona, the lead inventor of this field-portable method for generating ClO2, is a senior research chemist at the center, known locally as Natick Labs, with extensive experience in ClO2 reaction chemistry. Doona and his team are credited with inventing and perfecting this process of converting dry powder chemicals into



PHOTO BY DAVID KAMM

Researchers Dr. Christopher Doona (right) and Florence Feeherry of the U.S. Army Natick Soldier Research, Development and Engineering Center developed next-generation decontamination technologies that safely, conveniently and controllably generate chlorine dioxide without acids or power.

ClO2.

Doona says an important exponent of ClO2 is its versatility as a disinfectant suitable for any industry, ranging from textiles, medicine, wastewater treatment and public health, to food safety, personal hygiene, and household uses. ClO2 can be activated in small or large quantities and in varying strength levels from potent enough to sterilize medical instruments to mild enough to use in toothpaste to fight off germs in the mouth.

This technology could have ended up like many military technologies, in a warfighter-only product. However, the Army patented it and the technology transfer specialists at TechLink in Bozeman, Montana, collaborated with Natick’s Technology Transfer Office, to transfer the technology to ClorDiSys, so it could be commercialized and made widely available. Technology transfer such as this, from a government lab to private enterprise, is mandated by Con-

gress and ensures that useful technologies don’t just gather dust on a shelf, but find application in U.S. industry.

Jeff DiTullio, business development lead at Natick, is always searching for opportunities where military innovation can be licensed for commercial application. Natick is one of dozens of DOD laboratories actively involved in research and technology aimed at benefiting the U.S. warfighter, and giving the military unrivaled operational capability. Working as a conduit between the DOD and the private sector, TechLink assisted ClorDiSys in navigating the Army’s licensing process.

“It was a perfect scenario. We needed something and the Army had it. TechLink helped us get to the finish line,” said Paul Lorcheim, ClorDiSys Solutions’ director of operations.

“This transfer would not have happened without TechLink,” added DiTullio.

ClorDiSys Solutions is a spin-out of Johnson & Johnson. The company focuses on generating and using ClO2, providing both powered and unpowered solutions for a variety of applications, and in particular for decontamination and sterilization of pharmaceutical, medical, veterinary, and food facilities. When the opportunity came along to provide ClO2 on the Ebola front, ClorDiSys was willing and ready.

“ClorDiSys is proud to be helping to fight the spread of Ebola in Africa,” said Mark Czarneski, ClorDiSys Solutions’ director of technology. “Various world health organizations, including the U.S. government, are using ClorDiSys’s gaseous chlorine dioxide to sterilize medical equipment contaminated with Ebola. It has been tested and is being utilized by these organizations for a number of applications.”

The company’s ultraviolet light disinfection system, called TORCH, was also utilized by the University of Nebraska Medical Center to perform the terminal disinfection after the release of their first Ebola patient.

Chlorine dioxide is a yellow-green gas with a faint odor similar to chlorine bleach, but otherwise it is very different. It has been recognized as a disinfectant since the early 1900s, and has been approved by the U.S. EPA for many applications.

In the modern age, the effectiveness of ClO2 was confirmed at the dawn of the new millennium. In the weeks after the 9/11 attacks when terrorists sent anthrax in letters to public officials, hazardous materials teams used ClO2 to decontaminate the Hart Senate Office

Building and the Brentwood Postal Facility.

Unlike other methods of preparing chlorine dioxide, no electricity or caustic acids are needed to activate the powdered ClO2, nor is clean water required, making it ideal for use in remote field locations. Packets of ClorDiSys’s ClO2 product, which until recently did not exist, are portable enough to be carried in backpacks.

Chlorine dioxide is a broad-based biocide that kills spores, bacteria, viruses and fungi. To date, no organism tested against ClO2 has proved resistant. It has effectively been used to kill bacterial spores, which are much more difficult to kill than viruses, such as Ebola, according to Doona.

“Americans hear in the news about outbreaks of E. coli, Listeria, and Salmonella from fresh fruits and vegetables. ClO2 holds promise for the food industry, but also, on a smaller scale, as a home sanitizer for rinsing fresh produce or appliances,” Doona said.

The success of ClO2 in combating Ebola and other pathogens follows collaboration between the DOD and a biotech company that yielded a potential treatment for victims sickened by Ebola. The Ebola antibody that is a key component of the experimental drug called ZMapp was developed in the Army Medical Research Institute of Infectious Diseases, and transferred with assistance from TechLink to Mapp Biopharmaceutical of San Diego. ZMapp is credited with having saved the lives of two American medical missionaries who contracted Ebola last July, and is regarded as one of the most promising treatments for Ebola currently under development.

## Human Dimension: Army Medicine part of culture change

By Ronald W. Wolf  
Army Medicine

WASHINGTON — Winning wars in the future will not be about who has the best technology or the latest weapons. The difference between success and failure will be the human dimension.

That was the message of the Institute of Land Warfare panel in Washington Oct. 15 at the Association of the United States Army annual meeting.

The panel was chaired by Lt. Gen. Robert Brown, commanding general of the U.S. Army Combined Arms Center.

The human dimension concept developed by the Army provides a framework to help leaders focus on human development. It includes the mental, physical, and social components of Soldiers and leaders and focusing on organizational development and performance to ensure success on the battlefield.

“Fewer people can have a larger impact [in battle] than ever before,” said Brown. Equipment can be adapted to changing situations, he said, but not as quickly as the Soldier. As a result, how Soldiers are educated, trained, organized and developed as leaders are all critical to the future of the Army.

Future challenges require the Army to invest significantly in the human dimension to maximize individual and team performance, creating Soldiers who can adapt, think clearly in chaotic situations, and keep themselves healthy, fit and resilient.

The panel included Army Surgeon General Lt. Gen. Patricia Horoho, who reported that Army Medicine is a significant part of the culture change needed to strengthen the human dimension.

She emphasized the need for brain health, optimizing physical capabilities and the Performance Triad.

“We have to focus on the healthy brain,” Horoho said, discussing the overall health of the Soldier. “It is unknown how power-

ful our Army can be if we start off with a healthy brain.”

Army Medicine has studies, she said, that are focusing on mindfulness to help recover from post-traumatic stress disorder and the day-to-day stressors faced by Soldiers. Mindfulness also has the potential to help Soldiers unwind from the hyper-vigilant state they are often in after they return from deployment.

She discussed tailoring nutrition for Soldiers in environmental extremes, such as high altitude. Weight loss and fatigue can often be an issue for those individuals.

“What fuels the body also fuels the brain,” she said. “We have to enable the Soldier to be agile and flexible in split-second decision making.”

Army Medicine is helping to evaluate physical fatigue, and how combating fatigue might require changes in the design of boots and body armor. In order for Soldiers to operate at the highest mental and physical level, reducing fatigue is critical, Horoho said.

The Performance Triad – sleep, activity, nutrition – is the “culture change” that can enhance mission performance. The use of sleep as a tool to enhance performance in particular requires a change in thinking. Part of the Army culture is the mindset that, even though you give up sleep, you can still operate effectively, Horoho said. Less than six hours sleep for six days in a row, she said, leads to a cognitive impairment of 20 percent. That’s about the same as a blood alcohol level of 0.08 percent.

“We would never allow a Soldier in formation with a 0.08 blood alcohol level,” Horoho told the audience. But we allow the equivalent every day when the Army has sleep-deprived Soldiers, she said.

She also pointed out that the brain recovers and restores function while the Soldier sleeps. Sleep optimizes Soldier performance and can even reduce the potential for injuries, she said.

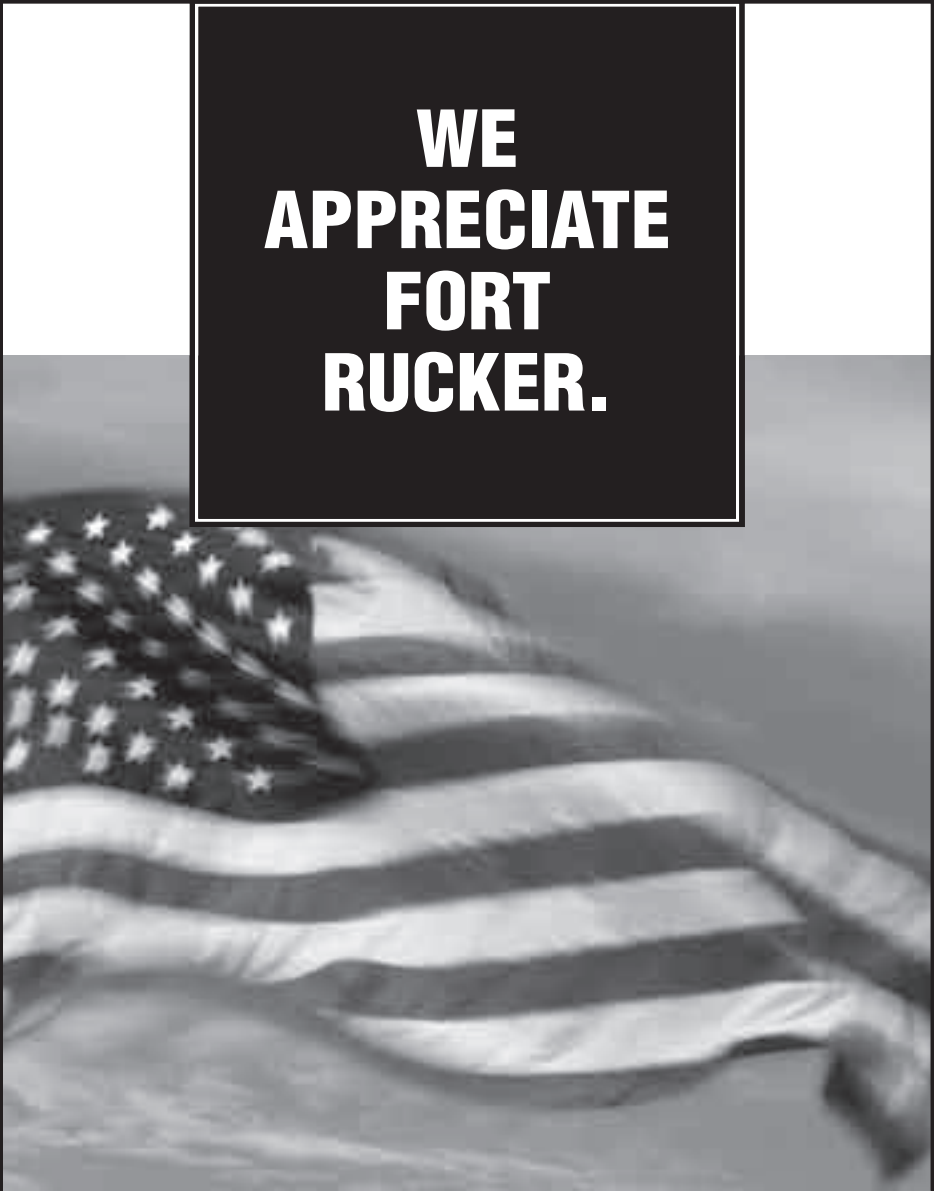
The second component of the Perfor-

mance Triad – activity – is just as important. New research suggests that exercise contributes to the development of new brain cells in the hippocampus, the area of the brain where new memories are formed, which is critical for learning new tasks. The Army continually learns and adapts. Anything that enhances cognitive ability is

an advantage, she said.

Finally, nutrition is critical as part of the Performance Triad. Nutrition is medicine and it fuels the brain, she said.

“We have to put the right nutritional ingredients into our Soldiers,” she explained, adding that the right nutrition will optimize performance.



Southeast Alabama Medical Center employees and medical staff thank Fort Rucker for its commitment to the security of our community and our country. We extend our appreciation to the soldiers and military families for their personal sacrifices.



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PHOTO BY STAFF SGT. BERNARDO FULLER

Maj. Gen. Eric Wendt, commander of the John F. Kennedy Special Warfare Center and School, and Army Surgeon General Lt. Gen. Patricia D. Horoho discuss Army Medicine’s role in the human dimension concept of the Army, emphasizing brain health and the Performance Triad of sleep, activity and nutrition during a panel at the Association of the United States Army Annual Meeting and Exposition in Washington, D.C.



# PIGSKIN PICKS



	Air Force vs. Army	Florida vs. Georgia	TCU vs. West Virginia	Auburn vs. Ole Miss	Tennessee vs. South Carolina	Arizona vs. UCLA	Utah vs. Arizona State
 David C. Agan Jr. PAO (32-24)	AF	G	TCU	IA	T	A	U
 Kent Anger OPTMS ( 32-24)	AF	G	TCU	Ole Miss	C	UCLA	U
 Sgt. 1st Class Brian Brenner JCOA (33-23)	AF	G	WV	Ole Miss	C	A	U
 Wes Hamilton JEC (32-24)	AF	G	WV	IA	C	UCLA	U
 John Tkac CPS (37-19)	AF	G	TCU	Ole Miss	C	UCLA	U

## PUZZLE ANSWERS

### Super Crossword

#### Answers

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

### Weekly SUDOKU

#### Answer

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

## TRIVIA

#### Answers

1. Harry Potter
2. All
3. Catharine
4. "Wayne's World"
5. The rainbow
6. Neverland
7. A savings
8. Scapula
9. Albert Schweitzer
10. BS

## SPORTS BRIEFS

### Spin Fitness Challenge

The Fortenberry-Colton Physical Fitness Center will host a two-hour Spin Fitness Challenge today 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 event is open to all authorized patrons.

For more information, call 255-3794.

### Youth basketball registration

Fort Rucker Child, Youth and School Services' Youth Sports Fall Basketball registration continues through Friday. Cost will be \$40 to participate and additional children will receive a percentage discount to be determined at parent central services during registration. A current sports physical and a valid CYSS registration are required to participate. Children must meet age requirements by Sept. 1, 2014. There will be a parents

meeting Nov. 12 at 6 p.m. at the youth center gymnasium, Bldg. 2800 on Seventh Avenue.

Also, coaches are needed. People interested can call youth sports at 255-2257 or 255-2254.

For more information and to register, call 255-2257, 255-2254 or 255-9638.

### Big Buck Contest

Outdoor recreation is hosting it Big Buck Contest now through Feb. 10 during daylight hours. Entry fee is \$25 per person and the contest is open to the public. Participants must be registered before harvesting their buck and it must be harvested on Fort Rucker to qualify for the contest. Fort Rucker requires that individuals ages 16 and older have an Alabama State Hunting License, a Fort Rucker Post Hunting Permit and a Hunter Education Card. For more information and to register, call 255-4305.

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