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ARMY FLYER

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

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FORT RUCKER ★ ALABAMA

SEPTEMBER 11, 2014

COMBINED FEDERAL CAMPAIGN

Fundraising starts with kickoff event

By Jay Mann
Fort Rucker Public Affairs

The Heart of Alabama Combined Federal Campaign kickoff event will take place Monday at 9 a.m. at The Landing.

The Heart of Alabama CFC campaign runs Monday-Nov. 14, according to Heart of Alabama CFC Director Beverly Arnold.

"We invited local, national and international charities to be on hand to answer questions about the work their charities do," said Arnold of the kickoff event. "We are trying to fill up all three rooms over there so federal employees and military members can have all their questions answered. Everyone who is thinking about giving this year should come to the kickoff and ask questions."

"One thing we are focusing on this year is informing people about online giving," said Arnold. "Last year, My Pay became available to donate to CFC."

The CFC link for My Pay is on the main menu under Pay Changes after logging in.

"Another option with giving online is the new Universal Giving program (see associated story to the right), where you can give to a local charity that might not be located in the Heart of Alabama campaign area," she added. "There are about 20,000 charities available through CFC. Those charities include local, national and international charities. Every donor gets to choose what



PHOTO BY NATHAN PFau

Col. Stuart J. McRae, Fort Rucker garrison commander, and Command Sgt. Maj. William D. Lohmeyer make contributions to the Combined Federal Campaign at garrison headquarters Sept. 2. The CFC begins Monday.

charity they want to give to.

"The combined Federal Campaign is the world's largest workplace giving option for federal and postal employees and military members," said Arnold, adding that the Heart of Alabama campaign area covers 30 counties in Alabama. "It includes Maxwell Air Force Base, the Tuscaloosa Veterans Affairs Medical Center and the Tuskegee VA Hospital. We have about 60,000 federal employees in our campaign area."

The Heart of Alabama campaign raised just under \$1 million dollars last year, Arnold said. "This year we hope to reach one million."

A donation thermometer will be set up next to Sgt. Ted E. Bear on post so people can track the donation progress, said Ar-

nold. "People need to keep in mind that the thermometer goals are for the entire Heart of Alabama campaign area, and not just Fort Rucker."

"We have a board of directors called the Local Federal Coordinating Committee, who meet and make all the decisions for the local CFC, like the campaign goals, how it will be run and its duration," she said. "Our office trains project officers and key workers in the federal offices, military installations and post offices that do the boots-on-the-ground work of informing donors and collecting donations."

"This year, 148 people volunteered to be CFC project officers or alternates in their organizations on Fort Rucker to help people to donate to charities," she explained

Universal Giving offers new opportunities

By Jay Mann
Fort Rucker Public Affairs

A new Combined Federal Campaign program, which was tested in this area over the last three years, allows donors to choose a localized charity that might be on the other side of the country.

The Heart of Alabama Combined Federal Campaign was part of the pilot program for the Universal Giving option for CFC donations, according to Beverly Arnold, Heart of Alabama CFC director.

"CFC Universal Giving permits donors to pledge to any approved local CFC charity, no matter where the donors or charity are located," said Arnold, adding that previously, only local charities within the campaign area were available to donors. "If you fell in love with a local charity when you were living at Joint Base Lewis-McChord (Washington), you can still donate to it this year after your move to Fort Rucker."

"People should take a few minutes and think about things that have happened in their lives," she said. "If they have adopted a pet, had a relative diagnosed with cancer, or grew up as a Girl Scout, they will find a charity that affected their life to give to."

"If you want to use Universal Giving, you can visit the Heart of Alabama CFC website because the local charities listed in the printed publication are local to that area,"

SEE CFC, PAGE A5



PHOTO BY NATHAN PFau

Staff Sgt. Megan Payton and Pvt. 1st Class Alyssa Forsythe, firefighters with the 6th MP Detachment, simulate putting out a fire with a 400-gallon quick response vehicle at Allen Stage Field Tuesday. For the full story, see Page A3.

Help readily available to prevent suicides

By Nathan Pfau
Army Flier Staff Writer

September is Suicide Prevention Month and the Army is doing its best to get the word out about suicide prevention, but Army Substance Abuse Program officials say the first line of defense starts with people.

Although suicides in the Army are down from the same time last year, it's still important that people keep a lookout for signs of suicidal ideations in fellow Soldiers, coworkers, Family members or anyone in their daily lives, said Traci Dunlap, ASAP suicide prevention manager.

Ask, Care, Escort is the Army's standard when it comes to suicide prevention, and it's the standard that is taught every year during ACE intervention training courses, she said.

"We ask that those who are witnessing others in need ask about thoughts of suicide, care for their buddy, friend or Family member as best they can without putting themselves at risk," said Dunlap. "Always stay with the person who is at risk as much as you can, then escort them to behavioral health, their chain of command or the chaplain, or call 911

if necessary."

One of the biggest issues with suicide prevention is a bystander issue, said the suicide prevention manager.

"Oftentimes, people will tell me that they're not a counselor or a social worker and that they're not equipped to deal with the situation," she said. "That's why a lot of times people feel they need to stay out of other people's business ... and they don't feel like they are qualified to get involved."

Dunlap said the worst thing a person can do is ignore the situation when they notice someone showing signs of suicidal ideations, which can include depression, angry outbursts, talking about suicide and even substance abuse.

Being a bystander is not an excuse, she said, adding that people don't have to get directly involved if they don't feel comfortable doing so.

"If, for whatever reason, you truly don't feel comfortable addressing the issue yourself, take it to your immediate supervisor," said Dunlap. "If it's a Family member, then take it to someone who is close to that person who you think can approach it."

"I can't emphasize enough to let it



PHOTO BY NATHAN PFau

Traci Dunlap, ASAP suicide prevention manager, sets up a table display at Bldg. 5700 Tuesday with pamphlets and information to help educate people on suicide prevention and where they can seek help.

be known if you see something that doesn't seem right," she continued. "If you let it be known, then the supervisor can pay closer attention and see if there is something to be concerned about, and can then approach it from their direction. That way, everybody feels a little more comfortable."

Not speaking up about an issue can have far worse consequences than feeling uncomfortable about a situation, said the suicide prevention manager.

"We see all sorts of workplace

SEE HELP, PAGE A5

TAKE-BACK Prescription drug drop off at PX

By Leslie Sweeney
Installation Management Command
Army Substance Abuse Program

Nearly one out of 20 Soldiers misuse painkillers, according to the website Army Thin Line.

The website is part of a campaign designed to educate Soldiers, their friends and Families, and the provider community about the dangers of prescription drug misuse and abuse. Army Thin Line encourages safe and responsible decisions when using prescription drugs with the goal of reducing the prevalence of prescription drug misuse and abuse in the Army community. The Army and the Department of Defense support this initiative.

According to the website, it's not always easy for people to know if they have crossed the line from proper use to misuse when taking prescription drugs. Misuse is taking a medication in a way not directed by a doctor, but still trying to treat a condition or symptom for which the medication was originally prescribed. Abuse is taking the medication in a way not intended by the prescribing doctor, or for the experience or feeling of getting high.

Installation Management Command garrisons are committed to a drug-free community. Many garrisons participate in The National Prescription Drug Take-Back Day. The semi-annual event aims to provide a safe, convenient and responsible means for disposing of prescription drugs while educating the public about the potential for abuse.

National Prescription Take-Back Day, an initiative of the United States Drug Enforcement Administration, started in 2010. It encourages American citizens to turn in unused or expired prescribed medications at designated locations for proper disposal.

The next Take-Back Day takes place Sept. 27, and Fort Rucker will operate a drop-off point from 10 a.m. to 2 p.m. at the main post exchange.

Army installations across the United States are partnering with the U.S. DEA and state and local law enforcement agencies.

"We are very pleased that our garrisons, to include Alaska and Hawaii, have participated in National Prescription Take-Back Day," said Pamela Budda, IMCOM Army Substance Abuse Program chief, "and made the take-back day events a big success."

IMCOM garrisons have participated in seven National Prescription Take Back Days so far, resulting in the safe collection and disposal of over 32,000 pounds of prescription drugs.

Military installations will provide drop off

SEE TAKE-BACK, PAGE A5

PERSPECTIVE

War of 1812 Chesapeake Campaign: large-scale British feint

By David Vergun
Army News Service

(Editor's note: This is the second in a three-part series on the War of 1812. Part 3 will describe the Battle of Baltimore.)

WASHINGTON — The burning of federal buildings in the nation's capital 200 years ago this week was a psychological victory for the British, but little else, according to an Army historian.

The Chesapeake Campaign, which ended with the Battle of Baltimore in September 1814, was really a diversion, undertaken by the British to draw the Americans away from the campaign in Canada, said Glenn Williams, U.S. Army Center of Military History.

Williams said the War of 1812 was, by-in-large, a success for the U.S. Army, given the circumstances leading up to the war described in part one of this three-part series.

The pre-expansion Army was well-trained and well-led. The problem came in trying to expand from a 6,000-man force to a 35,000-man one, starting in the spring of 1812. At the beginning of the war, many units were not well-trained, but improved over time, he said.

"I think it is important to note that the U.S. Army had proven itself equal on the battlefield by the summer of 1814 — as evident with the Battles of Chippewa, Lundy's Lane, Fort Erie and Plattsburgh," he added.

Diversionsary strategy

Besides wanting to defend Canada from further invasions, the British were planning their own counter-invasion of the U.S. from the north, Williams said, and raids around Chesapeake Bay were designed to divert U.S. forces.

The British fleet sailed up and down the Chesapeake Bay and Potomac River, as well as numerous inlets, raiding settlements and blockading vessels. The largest of these raids took place beginning on Aug. 19, 1814, when Adm. George Cockburn and Maj. Gen. Robert Ross landed upstream on the Patuxent River, in Maryland.

The combined force marched north toward Washington, D.C. A squadron of barges went up the Patuxent parallel to the army as far as it could, Williams said. The six-ship squadron that sailed up the Poto-



COURTESY, U.S. ARMY CENTER OF MILITARY HISTORY

The burning of federal buildings in the nation's capital 200 years ago was a psychological victory for the British, but little else, according to an Army historian.

mac was primarily a supporting attack or diversion, and with a secondary mission to evacuate Ross' army if its retreat had been cut off. The "fleet" itself had to stay in the deeper water of the Chesapeake and lower Patuxent.

Secretary of War John Armstrong didn't think the British would attack Washington, which was of little strategic, military or economic significance compared to the much larger and wealthier port city of Baltimore. As such, Williams said, little to nothing was done to prepare the city's defenses.

On Aug. 24, the British land forces of around 4,500 arrived just outside of Washington, D.C., at Bladensburg in Prince George's County. There, they were met by some 6,500 militia and 420 regular Army troops.

It would seem that with the British outnumbered and far away from home turf, they'd stand little chance of success against the Americans, who were defending their capital.

But that's not what happened.

That the militia was a well-trained, strategic reserve is a "myth," Williams said. "Some were well trained and did very well in battle, but most did not."

And, the militia — both regular and volunteer — only became part of the "armies of the United States" when called into federal service by the president, he added.

The militias at Bladensburg, and ev-

erywhere else in the U.S. for that matter, could be divided into two types, he said.

The first were the common or regular militia, also known as the enrolled militia, he explained. These were made up of every able-bodied white male citizen, between the ages of 18 and 45.

These units were organized regionally and their members might drill a couple times a year, if that, he said. They were not considered professional Soldiers, but if an emergency arose, they were an available pool of manpower that could be drawn from, either voluntarily or involuntarily, when necessary. These units were usually named after their company commander's name, like Smith's Riflemen.

The second type were volunteer militia, from which the National Guard traces its heritage, he explained. These volunteers purchased their own uniforms and, in many cases, their own weapons, and drilled regularly. While not professional, its members participated as an avocation. And the units were permanent organizations usually raised by civic groups. Instead of being named after their company commanders, these units usually had patriotic names.

The volunteer militia was by no means a Reserve of the Army, as known today. The National Guard, as it now exists, wasn't really organized as such until 1903, he added. The volunteer militia were state forces, with some being better than oth-

ers. They could only be used within their own state by orders of the governor. The only time they could cross state lines was if they were detached by their states for federal service, when called by the president.

In this case, President Madison did authorize them to do so.

In the ensuing battle that took place at Bladensburg, the 175th Volunteer Infantry Regiment of Maryland acquitted itself well for most of the battle, Williams said. They are considered a descendant unit of today's Army National Guard's Fifth Maryland.

That they performed well was attested by a British commander, who, after crossing the Anacostia River with his men, wrote in a letter after the battle: "They checked the ardor of my men's advance," Williams noted.

But, with little help from other American units, the British force eventually overwhelmed the 5th, overlapping their flanks and forcing them to retreat, Williams said. Their formation fell apart once the British started shooting them in the backs.

The District's artillery militia company also did extremely well, taking a high toll on the advancing British, he said. When the overall commander, Brig. Gen. William Winder, ordered them to fall back, they did so in good order and were prepared to fight again.

Francis Scott Key, who opposed the U.S. going to war before it started, was a lieutenant in the District of Columbia militia artillery. Key will reappear in Part 3 of this series, along with Winder.

'Bladensburg races'

Besides having very little training and action under fire, there were some leadership issues, as well, that led to the failure to hold Bladensburg, Williams said.

The hastily crafted defenses ordered by Winder were as follows, he said. The first-line skirmishers, mostly sharpshooters, were arranged along the riverbank of the Anacostia. The second line was held by the Maryland 5th and two drafted regiments. This second line was in a position to block to the fork in the main road leading to Georgetown or Washington.

The third line consisted of Sailors and Marines, along with some Maryland and D.C. militia and regiments.

SEE CHESAPEAKE, PAGE A5

Rotor Wash



Mason Hartsock,
Family member

"Do some yoga at home."



Paula Carson, military
Family member

"You can walk, run, swim, bike ride or even do some jumping jacks."



Andre Goffney, military
Family member

"Just hit the gym every day and stay focused. Don't let your thoughts take over."



2nd Lt. Jonathan Maruszak, D Co., 1st Bn., 145th Avn. Regt.

"I read recently, if you take three, short five-minute walks it can help offset the effects of sitting for prolonged periods of time."



2nd Lt. Brent Erickson, D Co., 1st Bn., 145th Avn. Regt.

"Go to physical training in the mornings."

“The Fort Rucker Physical Fitness Center hosts a six-week fall fitness boot camp five days a week from 8:30-9:45 a.m. beginning Monday. What are some simple ways you remain physically active, even when weather conditions aren't ideal?”

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Day in the life

Firefighters take pride in life-saving mission

By Nathan Pfau
Army Flier Staff Writer

Being a minority in any Military Occupational Specialty can seem intimidating to many, but to the active-duty ladies of the Fort Rucker Fire Department, it's just another day in the life.

There are around 250 active-duty firefighters across the entire Army, and of those 35 are females and seven of them call Fort Rucker their home, according to Sgt. 1st Class Cornelia Waddell, 6th Military Police Detachment military firefighter NCO in charge.

Those firefighters include, Waddell, Staff Sgt. Megan Payton, Sgt. Emily Bradshaw, Pvt. 1st Class Alyssa Forsythe, Pvt. 1st Class Courtney Disbrow, Pvt. Penelope Matosmejia, and Pvt. Danielle Ruege, all of the 6th MP Detachment.

Waddell said it's an honor to be a part of such a select few, especially knowing that she and her colleagues have earned their stripes, just like everyone else.

"I think this is an opportunity that not a lot of women get," she said. "It sets you apart from the rest of the military. The (Department of Defense Fire Academy) is very difficult – it's very physically and mentally testing – and I think for a female, specifically, to be able to get through all of the same standards that the males must complete is saying something. It's just an honor and exciting, and it's something to be proud of."

Regardless of whether a firefighter is male or female, however, Waddell said it comes down to one thing – doing your job.

"Being a female in a male-dominated profession can be tough," said the NCOIC. "It's a



PHOTO BY NATHAN PFAU

Firefighters with the 6th Military Police Detachment at Allen Stage Field Tuesday after training.

challenge, and it's something that you have to push yourself to get through and keep in your mind that you went through the same training as everyone else. At the end of the day, it's just about you being able to do your job.

"When the bell goes off, it doesn't matter if you're male or female," she said. "That's just one of the best things for you to focus on and get over any gender issues. It's the want and drive to continue to be a firefighter."

Each firefighter has different reasons for wanting to become part of a select few, and for Payton, it was just another way for her to challenge herself.

"I thought to myself that firefighting is the most challenging

thing that I could push myself to do in the Army," she said. "I didn't know anything about it and I didn't have any background in it, so I thought why not start fresh and push myself to do something I had never done.

"It was like facing a fear. I had heard the schoolhouse was hard, but it was something I was willing to push myself to accomplish," Payton continued. "I wanted something new and something that I knew I would have to earn."

For others, it's something that seemed to be in their blood.

Forsythe grew up in a Family of firefighters, and although firefighting wasn't something that she signed up for initially, it

seemed fate would have her follow in her Family's footsteps.

"Growing up with a Family of firefighters gave me the opportunity to see a lot of what they do throughout my life and it always amazed me," she said. "When I was told I was getting the opportunity to become a firefighter, I was really excited."

Despite the challenges that firefighters face on a daily basis, the job doesn't come without its rewards. For Bradshaw, those rewards come in the form of lives saved.

"I think one thing that's unique about our mission as opposed to other missions, is our mission is 100 percent to save lives and pull people out of danger," she said.

"It's nice to know that when we go downrange, we're helping to bring people back."

Payton said that, for her, it was having the opportunity to train Soldiers realistically, which reflects how they are leading and taking care of their Soldiers.

"Fort Rucker gets most of the incoming Advanced Individual Training Soldiers, so we're their first line of training," she said. "I'm able to see them apply their training, whether it's on a call (or) on the fire grounds, and I'm able to see what I'm teaching them, so they are an image of our leadership."

Even more so, Waddell said it's the sense of Family and companionship that they all get from one another that makes the job worthwhile.

"The sense of unity and companionship that you get with everyone that you work with as a firefighter is really amazing," she said "You really depend on each other and it becomes like a Family. I think that's one of the most rewarding parts of the job."

Whether facing diversity or working as a team, Payton said one of the most important things is to believe in oneself in order to accomplish goals.

"I think that we, as individuals, are the hardest on ourselves," she said. "We beat ourselves up more than anyone else ... but if you want something, you have to work for it."

Bradshaw agreed.

"I heard this saying once – 'your altitude is directly proportionate to your attitude,'" she said. "If you want to run faster, then you've got to get out there and run. The only person that's going to stop you from doing it is you. You have to be willing to put in the work for it."

Post exchange benefits hard to measure with receipt

By Jeremy Henderson
Army Flier Staff Writer

Soldiers and their Families rely on the Post Exchange to help their dollar go further, but exactly how far it goes to impact quality of life at Fort Rucker is hard to measure with a receipt.

Directorate of Family, Morale, Welfare and Recreation programs are bolstered by two-thirds of the PX's earnings, thanks to a Fort Rucker Army and Air Force Exchange Service program.

AAFES dividends go a long way to support various events and services throughout the community, according Don Walter Jr., PX store manager.

"DFMWR puts on many events at no charge to include Freedom Fest, Children's Festival, Oktoberfest, Christmas tree lighting and Lake Fest," Walter said. "Earnings also helped purchase new recreational travel trailers, new busses for before and after school transportation, new auto craft repair equipment, new lane and table seating and replaced bowling pins at the bowling cen-



FILE PHOTO

Children decorate pumpkins during last year's annual Fort Rucker Oktoberfest at the festival fields. Soldiers and their Families enjoy several free events throughout the year thanks, in part, to AAFES dividends from PX earnings.

ter."

Renovated stables clubhouse, new boat dock at Lake Tholocco, new sofas and mattresses in cabins, new pool furniture at SPLASH!, newly renovated DFMWR Central (formerly leisure travel office), tee and fairway renovations on the Silver Wings Golf Course, new embroidery machine at the arts and crafts center, a new band saw in woodshop, new banquet tables in the Land-

ing, and renovation of the Landing foyer and entrance were also made possible by AAFES dividends, he added.

"Without AAFES dividends, DFMWR would be unable to do most facility improvements or replace equipment vital to its operations," he said.

Shopping at the PX allows Families to save on everyday items. But shoppers might not be aware of numerous other benefits.

"No taxes every day with every purchase," Walter said. "We also have a shuttle program capable of getting a product from one of AAFES' many main exchange facilities at no charge. Customers also enjoy the convenience of a location within the installation versus leaving the installation to purchase everything from zero-turn lawnmowers, a gallon of gas, or a loaf of bread, to a slice of pizza."

Savings aside, customers also enjoy a 14-day price guarantee on any item originally purchased from the PX. If an item is sold at a lower price by the PX, or any local competitor, the price can be matched up to two weeks after the purchase.

In the past, AAFES dividends paid back to the community facilitated several post improvements Soldiers and Families still enjoy. In 2009, the PX underwent a facelift. The firearms and ammo department and its selection of electronics were expanded. In 2011, the Burger King was remodeled from the ground up.

But what should the community expect future earnings to provide?

"New deck furniture and awning at Divots, a new ball drilling machine at the bowling center, renovated partitions and walls in The Landing, golf driving range and greens renovations, automatic carwash dryer and lights, new televisions for Mother Rucker's, new televisions for cabins, a zip line at the Lake Tholocco swim area, and an alignment machine at auto crafts center," Walter said.

Evy Bludsworth, DFMWR deputy director, added that shopping at the PX is essential to supporting the community.

"AAFES dividends help DFMWR support Soldiers and their Families through better facilities and equipment," she said.

News Briefs

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; or Steve Maxham, director, at 255-1078 or robert.s.maxham.civ@mail.mil. Any other information in the form of photographs, tech manuals, etc. would be helpful, officials said.

ATSCOM, TAOG change of responsibility

Air Traffic Services Command and the 164th Theater Airfield Operations Group will host a dual change of responsibility ceremony Friday at 3 p.m. at the U.S. Army Aviation Museum. At the ceremony, Command Sgt. Maj. Jason J. Palfreeman will assume responsibility as command sergeant major of ATSCOM from Command Sgt. Maj. Richard A. Mitchell; and Command Sgt. Maj. Shawn

L. Jones will assume responsibility as command sergeant major of the 164th TAOG from Command Sgt. Maj. Jorge O. Soriano.

CFC kickoff

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

Clinic closure

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

POW/MIA ceremony

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

CIF closure

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

Opportunity knocks

Lyster Army Health Clinic reports the following open-

ings: Contact Representative (Office Automation), GS-0962-05, can be found at <https://www.usajobs.gov/Get-Job/ViewDetails/380292300>, closes Sept. 18, it is a term not-to-exceed two years position.

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

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.

Hatch Act restricts personnel’s political activities

By Keith D. Wilbur
Fort Rucker Voting Assistance Officer

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

Since 1939, military members and federal employees have been subject to restricted election season activities.

When questions arise about what is permissible and prohibited with regard to a specific political activity, the Hatch Act is the sole source of information. Ignorance of the law does not excuse an employee’s violation of the Hatch Act.

The political activity of government employees has been a concern of government officials since the earliest days of the Republic. Thomas Jefferson, the nation’s third president, was among the first to express concern about this issue.

In response to his concern, the heads of the executive departments issued an order which stated that while it is “the right of any officer (federal employee) to give his vote at elections as a qualified citizen ... it is expected that he will not attempt to influence the votes of others nor take part in the business of electioneering, that being deemed inconsistent with the spirit of the Constitution”

However, despite the concerns of Jefferson and other American statesmen, almost a century and a half elapsed before Congress enacted a comprehensive law regarding the political activities of government employees.

The Hatch Act, a federal law passed in 1939, limits certain political activities of federal employees, as well as some state, D.C., and local government employees who work in connection with federally funded programs. The law’s purposes are to ensure that federal programs are administered in a nonpartisan fashion, to protect federal employees from political coercion in the workplace, and to ensure that federal employees are advanced based on merit and not based on political affiliation. The law was named for Senator Carl Hatch of New Mexico. It was most recently amended in 2012, limiting the activities of certain state and local government employees.

Military member guidance

U.S. military service members are limited when it comes to political activities. Some restrictions are based in federal law, others in military regulations. The main purpose for these restrictions is to avoid the implication or inference that military members represent some official point of view.

The major military prohibition is against any type of partisan activities. A partisan activity is defined as “activity directed toward the success or failure of a [particular] political party or candidate for a partisan political office or partisan political group.”

With the road to the 2014 mid-term elections already making some interesting twists and turns, service members will benefit from reviewing this information to make sure they don’t run afoul of the regulations while supporting their favorite causes or candidates.

A military member may:

- Register, vote and express personal opinions;
- Encourage other military members to exercise voting rights;
- Join a political club, and attend political meetings and rallies as a spectator when not in uniform;
- Make monetary contributions to a political organization;
- Sign petitions for specific legislative action or place candidate’s name on the ballot;
- Write letters to the editor expressing personal views (so long as not part of organized letter writing campaign);
- Place bumper stickers on private vehicles; and
- Personal participation in local non-partisan political activities is allowed, so long as not in uniform and no use of government property or resources, no interference with duty, and no implied government position or involvement.

A military member may not:

- Use official authority to influence or interfere;
- Be a candidate for, hold or exercise functions of a civil office;

- Participate in partisan political campaigns, speeches, articles, TV or radio discussions;
- Serve in official capacity or sponsor a partisan political club;
- Conduct political opinion survey;
- Use contemptuous words against certain civilian leaders (10 U.S.C. 888) – applies to commissioned officers only;
- March or ride in partisan parades;
- Participate in organized effort to transport voters to polls;
- Promote political dinners or fundraising events;
- Attend partisan events as official representative of armed forces;
- Display large signs, banners or posters on private vehicles;
- Display a partisan political sign, poster, banner, or similar device visible to the public at one’s residence on a military installation, even if that residence is part of a privatized housing development; and
- Sell tickets for or otherwise actively promote partisan political dinners and similar fundraising events.

Federal employee guidance

Permitted activities for federal employees include:

- May be candidates for public office in nonpartisan elections;
- May register and vote as they choose;
- May assist in voter registration drives;
- May express opinions about candidates and issues;
- May contribute money to political organizations;
- May attend political fundraising functions;
- May attend and be active at political rallies and meetings;
- May join and be an active member of a political party or club;
- May sign nominating petitions;
- May campaign for or against referendum questions, constitutional amendments and municipal ordinances;
- May campaign for or against candidates in partisan elections;
- May make campaign speeches for candidates in partisan elections;

- May distribute campaign literature in partisan elections; and
- May hold office in political clubs or parties including serving as a delegate to a convention.

Prohibited activities for federal employees include:

- May not use their official authority or influence to interfere with an election;
- May not solicit, accept or receive political contributions unless both individuals are members of the same federal labor organization or employee organization and the one solicited is not a subordinate employee;
- May not knowingly solicit or discourage the political activity of any person who has business before the agency;
- May not engage in political activity while on duty;
- May not engage in political activity in any government office;
- May not engage in political activity while wearing an official uniform;
- May not engage in political activity while using a government vehicle;
- May not be candidates for public office in partisan elections; and
- May not wear political buttons on duty.

Penalties for violation

So what is the penalty for violating the Hatch Act? For covered federal employees, the most severe penalty of violation is removal. The minimum penalty is suspension without pay for 30 days.

To find out more about the Hatch Act, visit these sites:

- <http://www.oge.gov/Topics/Outside-Employment-and-Activities/Political-Activities/>;
- <https://osc.gov/Pages/HatchAct.aspx>;
- <http://www.washingtonpost.com/blogs/the-fix/wp/2014/07/17/do-you-work-in-government-have-you-violated-the-hatch-act-lets-investigate/>;
- https://osc.gov/resources/ha_fed.pdf; or consult
- DODD 1344.10 Feb 2008 Political Activities by Members of the Armed Forces.

Soldiers can apply now for Broadening Opportunity education

By David Vergun
Army News Service

WASHINGTON – Now is the time for qualified Soldiers to apply for the Army’s Broadening Opportunity Program, said the Army’s manager for the program.

Deadlines are coming up quickly for programs starting next year. The first deadline is next month. It often takes people longer than expected to get their applications prepared, according to Joel Strout, the program manager.

For those who apply, “it’s an opportunity of a lifetime for the Army’s best Soldiers to get even better,” Strout said.

By better, he explained that Soldiers will get “unique experiences they can’t get anywhere else inside the military – opportunities to work within interagency departments like the FBI, CIA, State Department, Homeland Security and so on.”

Some of the programs even involve travel overseas, where Soldiers can get intercultural assignments that will broaden their horizons and ultimately help the Army as well.

Other assignments involve experience in the commercial sector or in the legislative or executive branches of government.

Cutting-edge graduate degrees in cybersecurity and anti-terrorism are offered, along with other sought-after degrees such as business administration and public administration. These degrees are from top-tier universities, like Harvard, he added.

If that weren’t enough, Soldiers can take their Families with them to school and the follow-on assignment, all the while getting full pay and allowances, while not accruing any college debt, since everything is fully

funded.

“That’s a real important consideration as the cost of education around the country becomes less and less affordable for many people,” Strout said.

Finally, completing a Broadening Opportunity Program assignment will be a good plus in an individual’s development as an Army Strategic Leader and in life after the Army. And, while in the program, Soldiers will have the opportunity to network with other professionals.

The most important thing to do right now is to go over each of the program offerings, read the Military Personnel messages, referred to as MILPER messages, thoroughly and get started on the application process, Strout said. Essays and letters of recommendation are required for all programs.

The Broadening Opportunity Program is offered to staff sergeants through command sergeants major, chief warrant officer 2 to 5, and captains to lieutenant colonels, depending on the specific program.

Complete information can be found at <http://www.hrc.army.mil/bop>. After carefully reading the MILPER message, if there is still a question, Soldiers can contact Strout at Joel.d.Strout.civ@mail.mil.

The most common reason Soldiers contact him is to request waivers, he said.

“You must meet all the requirements indicated in the MILPER message,” he explained, emphasizing the deadlines and everything else spelled out in the MILPER message is non-negotiable. “That’s why it’s important to start the process now.”

The first deadline, Oct. 27, is for the White House Fellowship. Strout noted that the selection process



PHOTO ILLUSTRATION BY DAVID VERGUN

Soldiers can apply now for Broadening Opportunity education programs.

changed this year for that fellowship.

“In past years, a candidate only needed to be HRC approved to submit the official application,” he said. “Now, the HRC Selection Panel will determine who submits the official White House Application to the President’s Commission on White House Fellowship. This added step moved the deadline up a little.”

See MILPER message 14-245 for more information.

Closely following that is the Nov. 3 deadline for the Chief of Staff, Strategic Studies Group. See MILPER message 14-242.

Next is the British Advanced Command and

Staff Course, with a Nov. 21 deadline. See MILPER message 14-240.

All of the other programs listed below have a Dec. 30 deadline.

Two of the below programs are brand new this year, Strout noted.

The first, the CGSC Interagency Post MEL4 Fellowship, immerses officers into a federal department or agency for one year to develop a more thorough understanding of the agency’s mission, culture, capabilities and procedures while serving as a fully integrated staff officer, Strout said.

This fellowship requires an “innovative mindset and individual initiative.” Selected officers need to

be comfortable routinely interacting with very senior officials within the interagency community. Participating agencies are: Departments of Commerce, State, Homeland Security, Energy; CIA; FBI; National Security Agency; Office of Management and Budget; and, Office of the Director of National Intelligence. More information can be found in MILPER message 14-246.

The second, U.S. Army Training and Doctrine Command Internship, allows officers to pursue a Master’s degree in Business at the College of William and Mary’s Mason School of Business. The MBA portion “requires a career acceleration module that puts students to work on a project for an organization under the counsel of a faculty member and an executive partner – general officer or senior executive – from the sponsoring organization,” Strout said.

This program provides officers an academic and developmental opportunity that supports leader development and talent management, the Army leader development strategy, and the

commanding general of TRADOC, he added. More info can be found in MILPER message 14-247.

Other programs include:

- Army Cyber Command Scholarship (MILPER message 14-243);
- Army S.O.F. Asia-Pacific Center for Security Studies Fellowship (MILPER message 14-239);
- Arroyo Center Fellowship (MILPER message 14-238);
- Congressional Fellowship (MILPER message 14-241);
- General Wayne A. Downing Scholarship (MILPER message 14-244);
- HQDA, Harvard Strategist Program (MILPER message 14-249);
- Information Assurance Scholarship Program (MILPER message 14-250);
- JCS/OSD/ARSTAF Internship Program (MILPER message 14-251);
- Olmsted Scholars Program (MILPER message 14-252); and
- HQDA Strategic Broadening Seminars (pending budget issues, please stand-by).

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CFC: More than 39K local charities available

Continued from Page A1

she added. “But the website is easy to use, just search for the name of your favorite charity.”

More than 39,000 local charities outside of the Heart of Alabama area are available through Universal Giving. These local charities are members of all the CFC campaigns across

the country, she said.

“The charities that are available through CFC are approved by federal employees,” said Arnold. “The board of directors either approves or denies the charities. There is a pretty strenuous application process before a charity is approved.”

To use Universal Giving, visit the Heart of Alabama CFC

website at www.heartofalabamacfc.org, click on Search Charities, and enter the name of the charity or the five-digit charity code. When the results are displayed, charities local to the Heart of Alabama will have a green heart icon. Charities not listed as a local Heart of Alabama charity will have an orange UG icon. Donors can now donate to either or both.

Take-Back: ASAP heads up program

Continued from Page A1

locations for all active duty, Family members, civilian employees and retirees to anonymously turn in medications or prescription drugs.

“This is a tremendous opportunity for Soldiers, Families and civilians to safely dispose of their medications,” said Budda. “I encourage all of you to support your local National Prescription Take-Back Day

collection site and turn in your unused and unwanted medications. Help us eliminate the risk of prescription drug abuse or accidental poisoning.”

Each garrison’s ASAP program will serve as the installation point of contact and coordinate proper medication handling and disposal. Installations will have certified law enforcement personnel present at drop-off locations for the duration of National Prescription Take

Back Day activities.

For more information about the National Prescription Drug Take-Back Day or to find a drop-off location, visit the DEA Web site at: http://www.deadiversion.usdoj.gov/drug_disposal/takeback/index.html.

Additionally, ASAP encourages everyone to visit It’s a Thin Line for additional resources for dealing with prescription drug use, misuse and abuse at <https://www.armythinline.org>.



Help: Programs offer assistance free of judgment

Continued from Page A1

violence issues that come up every day. The issues that flare up may not even have anything to do with the workplace, but the anger and frustration that the person feels could bleed out into the workplace,” she said. “You never know how much worse the situation might get later on, and left alone, issues that go unnoticed or unreported could result in suicides and even homicides.

“We’re not exempt from those types of things happening here,” Dunlap continued. “People joke about this being lower Alabama and how quiet it is here on post, but we need to be very aware of

those things and pass it on. That person may be too embarrassed to say that they’re having an issue, so if you can just nudge them along and tell them what they can do to make it better or get the information for their issue, then we could possibly resolve the issue before it bubbles up and gets 10 times worse than it needs to be.”

Fort Rucker has many services and programs to help with people having suicide ideations, including the Family Advocacy Program, ASAP, Army Community Service and even the Chaplains office.

Those who can seek help are not only limited to active-duty Soldiers, but Fort Rucker’s civil-

ian workforce is also eligible for help at behavioral health if they are showing signs of suicidal ideations, said Dunlap.

“It’s very important they know that they can get that safety assessment and the help they need to get to a more stable place here at behavioral health, and then they’ll be able to get the appropriate referrals beyond that,” she said. “Never send a civilian off post. If they are having those ideations during the workday, they can come to us and get that help in that moment rather than sending them away.”

But there are some who may not be ready to talk to someone face-to-face, said Dunlap, and

for those individuals, there are still resources available to them that they can take advantage of anonymously.

People can always call the National Suicide Prevention Hotline, 1-800-273-8255, or visit www.suicidepreventionlifeline.org to chat anonymously about their suicidal ideations.

“If you just really can’t muster up the strength to talk to a person, there are so many ways that allow you to reach out and get the help you need,” said the suicide prevention manager. “Just click and talk online with someone, and still get the help you need, but anonymously.”

Dunlap said it’s important that

people realize that they’re not alone in these feelings and that people are here to support them if they make the decision to move forward and seek help.

“Nobody is going to judge you or think differently of you because you are just one of hundreds of people who need to step forward and get that help,” she said. “When someone feels alone, that’s when someone is most at risk.”

Dunlap suggests making those people who are at risk included by pulling them into the group and making them feel connected to others.

For more information, call 255-7010.

Chesapeake: Lessons learned during historic battle

Continued from Page A2

This is where things get interesting, Williams said.

Wandering around the battle area were two figures of note, Madison and Secretary of State James Monroe, who would later become president after Madison. Neither were in command, but their presence carried some weight.

Monroe “took it upon himself to move one of the three Maryland regiments to a different location where the other two could not support them,” Williams said. “His meddling probably did a lot to unseat Winder’s plans, even though Winder himself was not a great tactician.”

And besides that, Monroe didn’t even tell Winder what he’d done, he added. Monroe will reappear in Part 3 of this series.

There are numerous lessons learned there: “unity of command, interservice cooperation, and the importance of communications” on the battlefield being foremost, he said, noting that the Army did take these and other lessons to heart following the war — except for disposing of the myth of the overvalued militia.

As for the regulars in the third line who were being recruited and trained for the 36th and 38th U.S. Infantry, Winder ordered them off the field of battle even before they engaged, Williams said. Their commander, William Scott, protested the order because he and his men were eager to get into the fight.

At this point, the American lines of de-

fense were breaking and Winder is said to have remarked that the battle is already lost. He then ordered the regulars and a militia brigade — composed of two regiments from Washington and Georgetown — to fall back to Washington, D.C., to form a new defensive line. However, Williams noted, he never told the other militia where to go, so they took off for Georgetown or the Montgomery Court House. That is what the British disparagingly call the “Bladensburg races.”

As for Madison, he was there to “watch the battle,” Williams said, and he almost rode into the British advance guard before being advised by Winder and his aides that it would be better for him to vacate to a safer area. But in any case, Madison is credited with being the first commander in chief on the battlefield under fire.

With the crumbling of the defenses of Bladensburg, the road was now open for the British advance on Washington.

Burning the capital

The burning of government buildings in Washington, D.C. — including the Capitol and the President’s House, as the White House was then called — was more a psychological victory for the British than a military victory, according to Williams.

Although the buildings of government were destroyed, the government itself had dispersed around the area and would soon reform and regroup, under the leadership of President Madison.

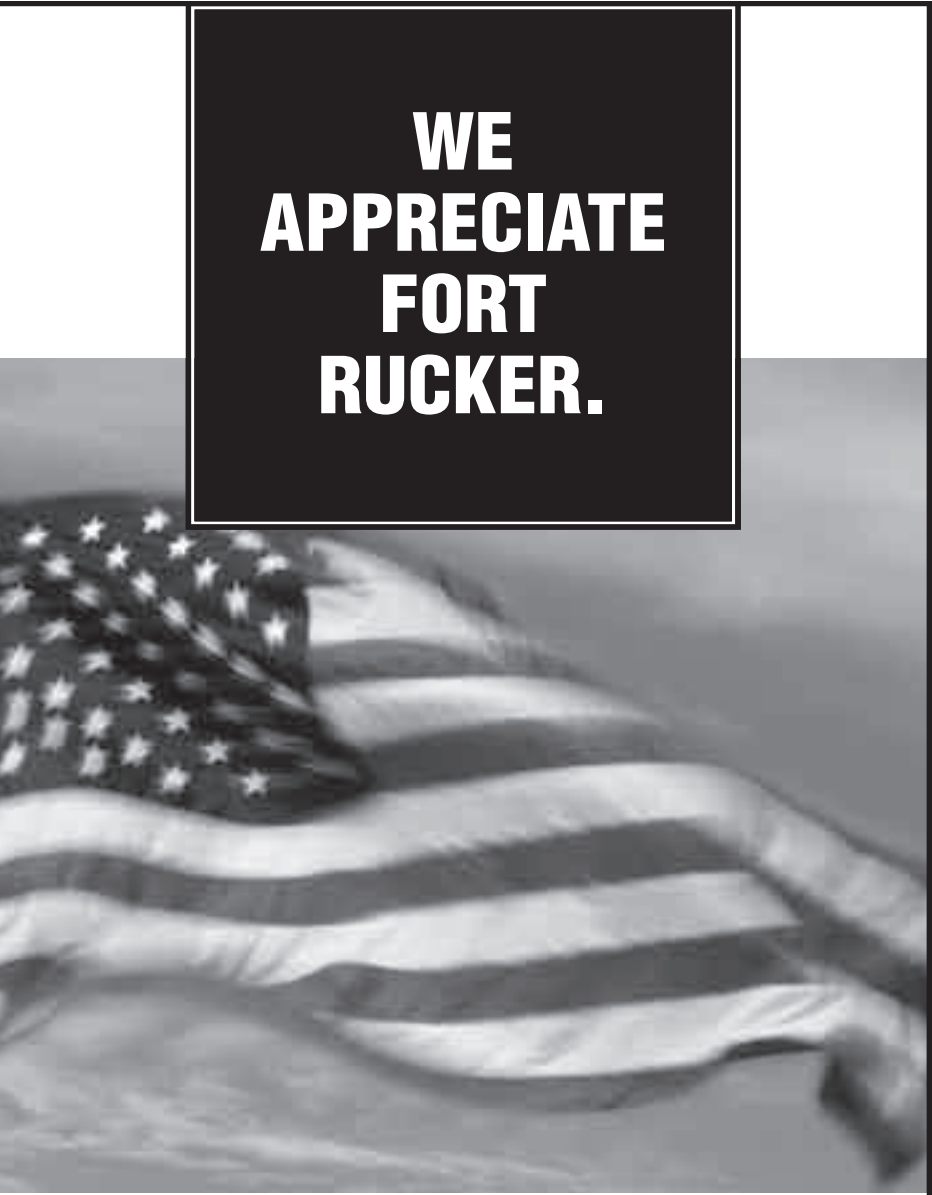
One significant Army installation in D.C. that was destroyed was an Army ar-

senal at Greenleaf Point, now called Fort McNair. Soldiers had thoughtfully removed the powder from the arsenal and lowered it into a nearby well.

Somehow the British got wind that suspicious activity had taken place at the dry well, so it is said that a Soldier lowered a lantern down, or threw down a torch, see what was there. The gunpowder then exploded, killing a number of British sol-

diers, Williams said. Incidentally, another source has it that an officer threw his cigar into the well causing it to explode.

After the explosion and a severe storm that hit Washington, the British withdrew to their fleet and prepared for an invasion of Baltimore, a much more important port than Washington, and many times larger and wealthier. It would be a real prize if the British could take it, Williams noted.



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Ask your buddy

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- Ask the question directly: Are you thinking of killing yourself?

Care for your buddy

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

Escort your buddy

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

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

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313 Dauphin ~ \$279,900: 3BA/2BA brick home with open floor plan. Formal dining room, eat-in kitchen & breakfast area. Master bath with whirlpool tub, double vanity, separate shower & walk-in closet. Spacious living room has gas fireplace. Gorgeous decorator colors & molding throughout, tray ceilings in living room & master bedroom. Nice neighborhood. There is also a large detached brick garage/work shop with 3 garage doors (with openers) & a finished office/man cave with electricity, full bath & cable-in!!!!

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211 Stratford ~ \$191,000: GREAT LOCATION!!! Convenient to Ft Rucker, schools & shopping. Has an open floor plan with 4BR, large family room with hardwood floors & gas log fireplace, laundry room w/sink, fenced in backyard. Large lot, hardwood & carpet was installed in 2013.

POOL!



108 Christopher ~ \$154,000: Nice 4BR/2.5BA home with an in-ground pool (new pool liner will be installed). Large bonus room that could be used as a living room, office or play room, separate dining room & kitchen bar, family room with a fireplace & opens to a large deck that overlooks the pool & big backyard. Heat pump installed June 2011. Convenient to schools, shopping & Ft Rucker.

SCREENED PORCH!



504 Cedar ~ \$142,000: Great house for the price. Nice neighborhood, Holly Hills school zone, beautiful wooded landscaped yard, screened back porch. Lots of hardwood floors, spacious kitchen with eat-in area, dining room that could be used as an office, exercise room or 4th bedroom (has a closet) & half bath in the garage.

FLORIDA ROOM!



303 Millennia ~ \$199,900: Great Price for this large house (approx 2,402 SF). New paint through-out, stainless appliances, solid surface countertops in bathrooms, heated & cooled Florida room, large office that could easily be used as a 4th bedroom, sidewalks, zoned for Holly Hill school.

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105 EAGLE LANDING DR.....\$127,500
167 CONCORD AVENUE.....\$115,000

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185 Valleyview ~ \$125,000: Well maintained 3BR/2BA home with fireplace, spacious kitchen w/eat-in area & formal dining room. Heat pump installed in 2011. Newer carpets, corner lot. Convenient to Ft Rucker.

UPDATED KITCHEN!



106 Christopher ~ \$161,500: Nice large 3BR/2.5BA, approx. 2,050 SF. Big living room with a stone fireplace, nice updated kitchen with an eat-in area & newer cabinets. Has 2 heat pumps, Convenient to schools, shopping & Ft Rucker.

4 BEDROOMS!

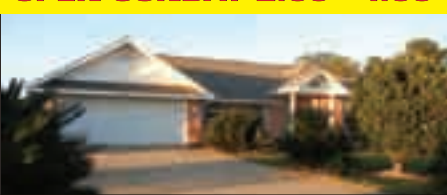


270 Oak - Daleville ~ \$74,900: REDUCED! REDUCED! You must see this 4BR/2BA, approx 1,500 SF with fireplace & 2-car attached garage with 2-car detached garage. Convenient to Ft Rucker.

LAND

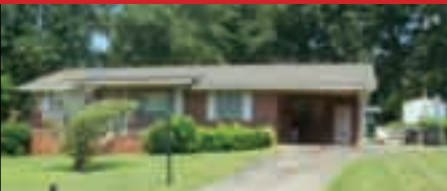
WILDWOOD 9± ACRES.....\$108,000
CO RD 235 4± ACRES.....\$22,000
ABBEY LANE (LOT).....\$22,000
ABBEY LANE (LOT).....\$22,000
W84 13± ACRES.....\$79,900

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279 Trent Road ~ NEW PRICE \$194,000: Great price on 4BR/3BA, so conveniently located to Enterprise & Ft Rucker. Large 4th BR & 3rd BA are split from the other bedrooms making it the perfect in-law suite or teenager's retreat. Kitchen has oak cabinets, solid surface counter tops, new refrigerator, new microwave hood & a pantry. Lovely Tiffany style lighting in the breakfast room. Backyard is private, has a covered patio & storage shed. **Directions:** From Enterprise take 84E. Turn left on CR 445 by Collins Small Engines. Trent is first right (no sign). Street curves around into a cul-de-sac. House is on left in the curve.

NEW LISTING



203 Pinehurst ~ \$105,900: Great location!! Cute starter home!! Nice big yard. Nice brick home. Exterior trim is being repaired & repainted right away. Don't miss this opportunity!

ON THE LAKE!



800 Windsor Circle - Chancellor ~ \$59,200: Here it is - Your Cottage/House on the Lake!! Fish from your backyard!!! Could be your weekend home or your full time home. Plenty of privacy (last house on the circle).

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3363 AUGUSTA STREET\$175,000
1004 VINSON.....\$105,000
98 N. EDWARDS.....\$179,000

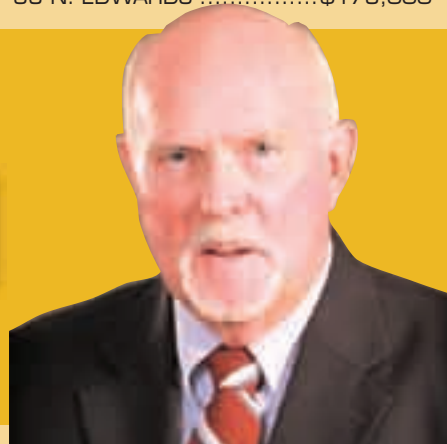
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206 GEORGE WALLACE: Across from the Junior College & convenient to shopping. Priced to sell quick. **FRAN & DON KALTENBAUGH 790-5973**

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400 RIVERWOOD ~ \$259,750: One story you will love. Tastefully designed to accommodate everyone's needs, this home offers comfortable 1-story living without sacrificing style or quality. Beautifully finished home has stained columns & doors, granite countertops, stainless appliances & low maintenance flooring including brick pavers. Large 14x20 master suite & plenty of storage in closets. Floor plan is open & inviting - opens onto a large 24 ft covered deck overlooking the large fenced backyard with lots of privacy. **JUDY DUNN 301-5656**

4 BEDROOMS ~ POOL



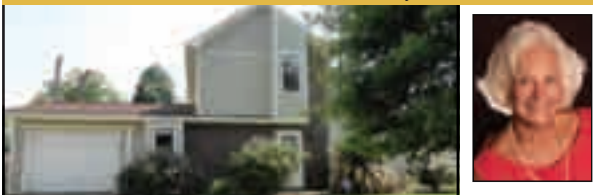
108 CHRISTOPHER ~ \$154,000: Nice 4BR/2.5BA with in-ground pool (new pool liner will be installed). Large bonus room that could be used as a living room, office or play room, separate dining room & kitchen bar, family room with a fireplace & opens to a large deck that overlooks the pool & big backyard. Heat pump installed June 2011. Convenient to schools, shopping & Ft Rucker. **BOB KUYKENDALL 369-8534**

\$77,900



323 BEN ~ OZARK: Newly renovated, very spacious inside & features 2 living areas. Extra-large den, off kitchen & dining area has high ceiling with skylights & opens to spacious backyard. Must see inside to appreciate the space. Backyard borders Ft Rucker. **MARY JONES 790-2933**

NEW LISTING ~ \$112,200



110 CAMBRIDGE: BFHA financing is available with \$100 down payment. Case # 011-724035 "AS IS". Purchase of the property will be by cash at closing or on terms acceptable to the Seller. Great starter home in Fairfield Estates. Featuring laminate flooring in main areas of the house, tile in the other areas. Wood burning fireplace in grandroom with ceiling height to 2nd floor. Bright & airy, Florida room off grandroom to backyard with privacy fence. Priced to sell, call before it is GONE! **EVELYN HITCH 406-3736**

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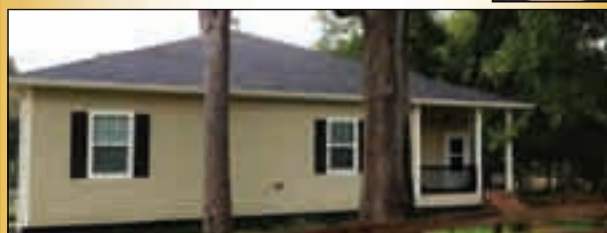
SUNDAY, SEPT 14 • 2-4PM



59 COUNTY ROAD 445 ~ \$239,000: Wonderful new construction. .68± acre lot on the water, single story with 3BR/ 2.5BA, double garage, covered porch & covered patio overlooking the pond. Open floor plan, lofty ceilings, spacious rooms. Home located just outside the city limits.

DIRECTIONS: Rucker Blvd to Freedom Dr, right on CR445, house on left **OR** Rucker Blvd to CR 17, left on CR 445, house on left **OR** Hwy 84 to CR 445, house will be on right beyond the Woodlands.

HOSTED BY: JUDY DUNN • 334-301-5656



93 COUNTY ROAD 445 ~ \$239,000: The best of both worlds...enjoy the beauty of the country just minutes from the city. Over 2,200 SF of wall to wall comfort for those who love the open floor plan, covered patio off the living area with view of the pond, large basement area with parking for 3 cars & workshop. Lofty ceilings create an open & airy feeling. The well-appointed kitchen has a breakfast bar, pantry & island. Wonderful home designed with comfort in mind...schedule your viewing today.

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148 SOUTHERN DRIVE ~ \$262,500: Beautiful spacious house has plenty of room for a growing family. 9' & 10' ceilings make this home welcoming & gracious! Large screened in porch overlooks the gunite pool & private yard. Great split bedroom floor plan with convenient access to the laundry room directly from the master walk-in closet. Living room has hardwood floors & gas fireplace. Large eat-in kitchen has great cabinet & counter space, plus plenty of room for a dining table. Skylights in kitchen & master bath - bright & airy! **DIRECTIONS:** From Rucker Blvd take Dale County 1. Make right on Oak Lake Drive, then left on Southern Drive. House is on right. **HOSTED BY: THERESA HERNANDEZ • 334-379-5937**

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279 TRENT ROAD ~ \$194,000: Great price on 4BR/3BA, so conveniently located to Enterprise & Ft Rucker. The large 4th BR & 3rd BA are split from the other 3 BRs making it the perfect in-law suite or teenager's retreat. Kitchen has oak cabinets, solid surface countertops, new refrigerator, new microwave hood & a pantry. Lovely tiffany style lighting in the breakfast room. Backyard is private, has a covered patio & storage shed. **DIRECTIONS:** From Enterprise take 84E. Turn left on CR 445 by Collins Small Engines. Trent is first right (no sign). Street curves around into a cul-de-sac. House is on left in the curve. **HOSTED BY: BOB KUYKENDALL • 334-369-8534**



SEPTEMBER 11, 2014

START STRONG: *Every Army career starts with TRADOC*

U.S. Army Training and Doctrine Command
Press Release

(Editor's note: This is the second in a series of articles on TRADOC. This part deals with what TRADOC calls building tomorrow's leaders ... today. The finale will cover selecting and developing adaptive officers of character.)

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

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

Starting Strong is critical to the individual success of Soldiers and officers, and fundamental to the Army's role in



PHOTO BY SPC. DANIELLE GREGORY

Drill Sgt. (Staff Sgt.) Jessica Solorio, B Battery, 1st Battalion, 40th Field Artillery, shows new Soldiers how to hold their weapons while in formation July 6, 2013, during the second week of Basic Combat Training.

defending the nation.

Building tomorrow's leaders ... today

Thanks to the dedication and professionalism of staff and recruiters at USAREC, future Soldiers arrive well-prepared for the rigors of the Army's

initial military training.

The U.S. Army Center for Initial Military Training is TRADOC's lead for transforming civilian volunteers into Soldiers who are ready for their first unit of assignment. Drill sergeants and advanced individual training platoon sergeants

comprise the core of extended excellence at USACIMT. About 2,200 drill sergeants and 600 AIT platoon sergeants transform nearly 120,000 civilian volunteers into aspiring professionals annually.

"Our drill sergeants and AIT platoon sergeants are disciplined, confident and inspirational leaders," said USACIMT Command Sgt. Maj. Dennis J. Woods. "If that new Soldier feels compelled to say and think, 'I want to be just like you,' then that's our mark on this path we call the Army Profession."

This is also where the new Soldier meets the very model of the Army Profession for the first time – face to face. Facial features set like steel, encircled by the brim of a drill sergeant hat, and a voice that carries a timbre of motivation – it's a visual that transports any Soldier back to the start of their Army career.

These trademarks of the drill sergeant inspire civilian volunteers to believe they are capable of serving honorably as Soldiers.

It's here in BCT or One Station Unit Training (where BCT and AIT are combined into one school), where Soldiers learn Army culture during three phases over 10

SEE STRONG, PAGE B4



PHOTO BY STAFF SGT. COREY HOOK

Soldiers assigned to the 3rd Squadron, 17th Regiment, are picked up by a UH-60 Black Hawk after participating in a Survival, Evasion, Resistance and Escape exercise during Decisive Action Rotation 14-09 Aug. 13 at the National Training Center, Fort Irwin, California. Decisive action rotations are reflective of the complexities of potential adversaries the nation could face and include: guerrilla, insurgent, criminal and near-peer conventional forces woven into one dynamic environment.

Aviation Vietnam veterans visit 4th CAB

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

FORT CARSON, Colo. — Vietnam-era Soldiers shared their history with current Soldiers from 4th Combat Aviation Brigade, 4th Infantry Division, during a visit by Aviation electrical veterans at Butts Army Airfield on Fort Carson Aug. 7.

Avionic Soldiers from 2nd General Support Aviation Battalion and 3rd Assault Helicopter Battalion, both from 4th Aviation Regiment, 4th CAB, 4th Inf. Div., gave veterans a tour of the hangars.

"We have avionic service members in attendance that served in all regions of the Vietnam War," said Jack McCabe, former avionics communication equipment repairer and AVEL coordinator. "This is our fourth reunion and we change the location every year to suit all of our members. We decided to have it in Colorado Springs and heard about the 4th CAB being stationed here. We thought it would be a great stop and the CAB made it happen for us without hesitation. We are very grateful to have this opportunity to meet with these great CAB Soldiers."

The veterans said they appreciated the time they spent with the CAB Soldiers and the opportunity to see how



PHOTO BY GLENN FAWCETT

Staff Sgt. Jeremy Ganz, CH-47 Chinook flight engineer, 2nd General Support Aviation Battalion, 4th Aviation Regiment, 4th Combat Aviation Brigade, 4th Infantry Division, gives a tour of a CH-47F Chinook to Aviation electrical Vietnam veterans during their visit to 4th CAB hangars at Butts Army Airfield on Fort Carson, Colorado, Aug. 7.

their old profession has progressed.

"It was great getting to see the [advancements] they made to the aircraft over the years," said McCabe. "The majority of us worked on Huey helicopters. I don't think most of us have ever been this close to a Black Hawk helicopter. The Chinook is like an old shoe – models have changed a lot, but still have the same functions. The more things change, the more they stay the same."

Sgt. Sharanbir Mander, avionics mechanic, D Company, 2nd GSAB, enjoyed learning how the veterans fixed electrical problems during Vietnam.

"During one of the stories that the vets were telling me, I figured out that some of the same technical issues they faced a long time ago are some of the same ones we face today," said Mander. "It means a lot to me that I got to meet with these Vietnam veterans from my own career field. It was a great experience."

Spc. Quarterio Lilly, avionics mechanic with D Co., savors how hard the vets had to work during their time in service and their help in the progression of his profession.

"The veterans had much harder conditions during their time at war," said Lilly.

"I learned they used to have [to] search for electrical issues by physically looking at all the wiring. Today, we just hook a computer up to run diagnostics to tell us where the faults are. It was great seeing the men and women who helped progress our career field."

The visit ended with presentations from both the 4th CAB leadership and the AVEL veterans. AVEL vets presented Command Sgt. Maj. Antoine Duchatelier, 4th CAB, Aviation patches from the units they served with in Vietnam. Duchatelier presented the vets with a certificate of appreciation and gave them all unit coins.

1st CAB helps conduct bridge-construction exercise

By Staff Sgt. Kelly S. Malone
4th Maneuver Enhancement Brigade Public Affairs

FORT LEONARD WOOD, Mo. — Soldiers from the 1st Infantry Division, Fort Riley, Kan., including the 1st Combat Aviation Brigade, conducted a combined arms gap crossing exercise with the 4th Maneuver Enhancement Brigade at Fort Leonard Wood Aug. 18-21.

The 4th MEB's 5th Engineer Battalion spearheaded the operation, which involved several units across the "Big Red One" joining to build a bridge across a body of water.

"We came together this week as a unified maneuver enhancement team to support a 1st Infantry Division gap crossing exercise," said Col. Andy Munera, commander, 4th MEB.

Munera said each of the brigade's battalions played a significant role in the training. While the 5th Eng. Bn. took the lead in wet and dry gap crossings, and provided logistical support, the 92nd Military Police Battalion provided security. The 94th Engineer Battalion's Soldiers portrayed hostile forces, and the brigade's Headquarters and Headquarters Company served as mission command.

The 50th Multi-Role Bridge Company, 5th Eng. Bn., led the main effort of the operation by erecting three separate bridges – two for water crossing and one for dry land. The first of the water bridges was a float raft emplaced as a temporary measure to establish security. In a real-world situation, the float raft could even facilitate humanitarian efforts. The second of the water bridges was a full-closure bridge to be used for continuous traffic conditions.

First Sgt. Benjamin Barrett, senior enlisted adviser for 50th Multi-Role Bridge Company, 5th Eng. Bn., said rafting was sometimes on the company's training calendar, but the unit rarely got to work on a full-closure bridge, and having airlift support as part of the training was even rarer.

Barrett said about 90 percent of his junior Soldiers have never had the opportunity to build a full-closure bridge.

Aviation personnel with the 1st CAB, who initiated the bridge construction by dropping equipment into the water, were impressed with the synchronization of all elements.

"It was great. The pieces that we moved were so out of the ordinary," said Capt. Rachael Tax, commander, B Company, 2nd General Support Aviation Battalion, 1st CAB, 1st Inf. Div., noting that her unit usually trains with concrete blocks at Fort Riley. "It added a whole new training element."

Tax said the scope of all the moving pieces made the gap crossing successful.

"It's humbling to see how small the role we had in the entire operation," Tax said.

While the bays used to erect the floating bridges were huge, Army tanks were even bigger and heavier.

"We provide freedom of movement for anybody, and this (line of communication) bridge is designed to hold the heaviest vehicles in the Army's fleet," said Sgt. Mitchell Kleve, a bridge crew chief with 50th Multi-Role Bridge Company.

The third type of bridging effort resulted in a dry-support bridge, which closed a gap caused by a natural depression.

Sgt. Cameron Riggs, a bridge crew member with 50th Multi-Role Bridge Company who assisted in the dry-

SEE BRIDGE, PAGE B4

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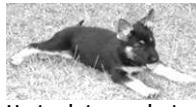
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Strong: Training creates adaptive, agile Soldiers

Continued from Page B1

weeks, referred to as red, white and blue phases. This training takes place at four locations: Fort Jackson, S.C. (BCT); Fort Sill, Okla. (BCT); Fort Benning, Ga. (BCT and OSUT); and Fort Leonard Wood, Mo. (BCT and OSUT).

Each phase builds upon the previous, emphasizing values and ethos, as well as Warrior Tasks and Battle Drills – the skills needed to survive in combat. Warrior Tasks are individual Soldier skills critical

to survival, and Battle Drills are team skills designed to ensure a unit correctly reacts and survives in combat.

After graduating BCT, Soldiers attend AIT at one of 22 installations across the United States to learn the technical skills of their job. Dependent on the MOS, the length of AIT ranges from four to 48 weeks.

At AIT, it's the platoon sergeant who carries on the mission of mentoring. He or she reinforces values and ethos while the Soldier learns the technical skills to

perform within his or her specialty. AIT platoon sergeants set the tone for Soldiers' first unit of assignment.

Drill sergeants, AIT platoon sergeants and cadre use the Army Learning Model, an outcomes-based learning approach, to build Soldier confidence. Outcomes-based training focuses on critical thinking so that new Soldiers can understand the process of problem solving – “how” to think, not just “what” to think. This approach develops Soldiers who can adapt to changing tactical and strategic environments.

“Throughout history, the Army has adapted to changing battlefields,” Woods said. “Our new Soldiers must come out of the IMT gate already adaptive – they are tomorrow's leaders.”

TRADOC's IMT provides Soldiers to first units of assignments who are agile, adaptive and competent; who are confident and capable of serving honorably as a Soldier and as a trusted member of a team; and identify professionally with others selflessly serving in the profession of arms.

Bridge: Training scenario spanned several miles

Continued from Page B1

support bridge build, said the most important aspect to these types of gap crossings was to determine the type of soil on the abutments, or edges. Riggs said if the soil was too loose or sandy to support the heavy military equipment crossing it, then horizontal engineers were called in to stabilize the area before the bays were emplaced.

The training scenario spanned over several miles and included two fictional countries that were at war with each other.

“We developed a scenario in which the country of Danubia requested the assistance of the United States in repelling the invasion of Ariannan forces from their sovereign territory,” said Lt. Col. Sebastien Joly, commander, 5th Eng. Bn., 4th MEB. “The 5th Eng. Bn., under the 4th MEB, served as the crossing force engineer for 1st Inf. Div. attack in pursuit of the retreating Ariannan forces.”

To further support the realistic training as part of the initial security force, the 1st Inf. Div. sent in the cavalry.

“At first, I wasn't completely sure we wouldn't get onto the bridge and just roll off to one side,” Staff Sgt. Jeffrey Mally, a cavalry scout with Headquarters and Headquarters Company, 1st Combined Arms Battalion, 63rd Armor Regiment, 2nd Armored Brigade Combat Team, 1st Inf. Div., said of his Bradley Fighting Vehicle. “I have never crossed the water like this before, but it is definitely good training

for our Army's future operations.”

The 4th MEB-led training operation concluded with 1st Combined Arms Battalion, 63rd Armor Regiment tanks, Humvees and armored personnel carriers maneuvering down a road that took them into enemy territory, littered with simulated land mines.

“After completing the bridges, the (1st Inf. Div.) scouts and a sapper platoon from the 515th Sapper Company, conducted a movement to contact into an objective, using demolitions effect simulators to enhance their in-stride breach training,” Joly said.

Once the combat engineers exited their vehicles and breached the obstacle with simulated explosives to detonate the mines, their mission was complete.

“I like this type of training,” said Spc. Cody White, a combat engineer with 515th Sapper Co., 5th Eng. Bn., who rode in the convoy and participated in the breach operation. “This was fairly similar to my deployment, minus the land mines – there were IEDs instead.”

A fully synchronized gap crossing exercise of this scale does not happen often, so sharing the knowledge gained was important for future training.

“I am very proud of the efforts of our leaders and Soldiers in the ‘Dauntless’ Brigade,” Munera said. “Their efforts highlighted the unique technical expertise and extensive planning required to execute a large division-level combined arms gap crossing, and provided valuable lessons to the entire Army.”



PHOTO BY STAFF SGT. KELLY S. MALONE

A bridging crew with 50th Multi-Role Bridge Company, 5th Engineer Battalion, 4th Maneuver Enhancement Brigade, 1st Inf. Div., wait as a CH-47 Chinook, with the 1st CAB, 1st Inf. Div., uses a sling-load method to lower a bridge bay during a combined arms gap crossing exercise Aug. 20 at Fort Leonard Wood, Missouri.

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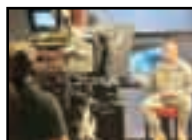
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SEPTEMBER 11, 2014

Girls

Night Out

DFMWR event helps ladies de-stress

By Nathan Pfau
Army Flier Staff Writer

A night of fun filled with laughter, dancing, prizes, giveaways and even a fashion show is what nearly 300 women from the surrounding communities were able to experience during Fort Rucker's eighth Girls Night Out.

The Directorate of Family, Morale, Welfare and Recreation hosted the event, which is a night dedicated to ladies that gave ac-

cess to nearly 40 vendors at which they could shop, learn about the latest fashion and even win one of more than 100 prizes, according to Brian Jackson, DFMWR program manager.

"We had a great turnout of ladies that really seemed to enjoy the program," he said. "Girls Night Out is one of the most highly attended programs offered at The Landing throughout the year, and this year's turnout was just as good, if not better (than previous

years)."

Shanna Draper, civilian, was one of many who said the night was just what she needed.

"I absolutely love when Fort Rucker hosts these nights because it's a great way for me to get out with my friends, enjoy a little bit of shopping and dancing, and get some free stuff while we're doing it – there's not too many places you can really do that," she said. "It's just a great way to be able to wind down from a normal day

and be able to do something a little different."

Draper, an Enterprise native, said that perusing the vendors was her favorite activity for the night.

"Who knew we had so much in this area?" she asked. "This was a great way for me to learn about all of the local businesses that offer so much around here. I've lived here for a long time and I didn't even know a lot of these existed."

Pamela Thomas, Army spouse, said the night was a perfect opportunity for her to be able to escape from the stresses of everyday life.

"I'm a mother of three and that takes a lot of work, so it's nice to be able to tell my husband that he's watching the children, though I love them to death, while I get some time with my friends," she said. "I love being a mother and I wouldn't ask to do anything else in the world, but sometimes you just need to be able to let loose and have some fun, and this night was a perfect way to do that for me and my friends."

A host of local businesses and organizations donated different prizes, such as gift certificates and gift baskets that were given out throughout the night, and on top of the vendor prizes, 100 purses were given out throughout the night, along with a grand prize of

a two-night, three-day getaway to Panama City Beach, Florida, as well as tickets to Bayfest, said Jackson.

Girls Night Out started in 2011 and a lot of planning goes into to putting the night together, he said.

"Leigh Ann Dukes, (DFMWR sponsorship and advertising manager), puts a lot of work into this program," said Jackson. "She reaches out to businesses in the Wiregrass that she feels would benefit our ladies of Fort Rucker and surrounding communities."

"She also brainstorms with our event coordinator and marketing director to get new ideas to make this event better with each year," he continued. "We always have new prizes to give out, and the (food and beverages) provided by The Landing are top notch."

The night is not just to promote local businesses, but also serves as a way to boost morale and give ladies a chance to "let their hair down," said the program manager.

"Tonight was exactly what I needed, and I'm so happy that Fort Rucker holds these kind of events," said Draper. "I can't wait until it comes around again – I'll be marking my calendar for sure."

The next Girls' Night Out will be held in March.



PHOTOS BY NATHAN PFAU

Gloria Edwards, Mechelle Smith and Vickkii Johnson, civilians, get ready to take on the photo booth during DFMWR's Girls Night Out at The Landing Friday.



A group of ladies huddle together as they get ready to take a selfie in front of the photo booth during DFMWR's Girls Night Out.

SELFLESS SERVICE

Soldiers sacrifice time off to help Wiregrass communities

By Nancy Rasmussen
Fort Rucker Public Affairs

Wiregrass communities continue to depend on Fort Rucker volunteers to help accomplish many worthwhile projects.

Working shoulder-to-shoulder with area residents, so far this year various student classes and civilians here have contributed more than 5,000 hours of community service through numerous civic, city and food drive projects.

The majority of these hours were logged on Saturdays, when most Soldiers would otherwise be spending time with Family and friends.

Aug. 23 was one such Saturday. Beginning at an already hot 8 a.m., Fort Rucker Soldiers from 1st Battalion, 11th Aviation Regiment, including those from Lowe Army Heliport, Tabernacle and Runkle stagefields; HHC 1st Battalion, 212th Aviation Regiment and Senior Leader Course Class 14-005 at the NCO Academy, were hard at work on the 18th Habitat for Humanity home in Enterprise.

"Despite the heat of the day, the Soldiers laid sod, painted the house's interior, installed electrical outlets, finished minor inside work and cleaned around the house," said Hector Cardona, Coffee County Habitat for Humanity chapter volunteer.

"At the end of the day, the Soldiers enjoyed lunch provided by Club Yesopoch of Enterprise," Cardona said.

"On behalf of Coffee County Habitat for Humanity, many thanks to the Soldiers for their commitment and dedication to helping others. Special thanks to 1st Sgt. Bryan Clancy, 1-212th; Staff Sgt. Edward Marshall, SLC Class 14-005, NCO Academy; and Sgt. Michaela Granda, 1-11th for helping coordinate this Habitat workday," Cardona said.

Painting projects are frequently requested by area organizations.



PHOTO BY 2ND LT. DANIEL BARBELLA

Second Lt. Damien Watkins, 2nd Lt. John Zeidler, and WO1 Randal Alexander, D Co. 1-145th Avn. Rgt. Basic Officer Leadership Course Class 14-020, paint walls and doorways to spruce up the Billy Adkins Community Center in Daleville Aug. 16.

Aug. 16, more than 40 Basic Officer Leadership Course students from D Company, 1st Bn., 145th Avn. Regt. Class 14-020 arrived at the Billy Adkins Community Center in Daleville geared up and ready to paint walls and doorways to spruce up a building in transition.

"When finished, the building looked refreshed and our Soldiers left with a sense of pride in a job well-done," said 2nd Lt. Daniel Barbella, class project leader.

Several organizations offer annual projects for classes and Fort Rucker volunteers have assisted the Helping Hands Mission in Enterprise for several years. Sept. 6, BOLC Class 14-021, Team 1, D Co., 1-145th Avn. Regt.

took its turn.

"We participated in yard-sale and store organization at Helping Hands Mission from 8:30 a.m. to 1 p.m., to provide community service support and improve community relations," said 2nd Lt. Mason McCoy, class project leader.

"Volunteers set-up and ran a 'yard-sale,' collected over \$120 of non-perishable items prior to the event, distributed non-perishable goods to community members in need and helped organize merchandise at Mission," he said.

"Community service opportunities like this provide meaningful experiences for us, and it gives us a chance to get to know people we otherwise wouldn't meet," McCoy said.

Some classes never get to know those who benefit from their service.

The long-standing relationship between Fort Rucker and the Wiregrass Area United Way Food Bank is an example of how Soldiers serve members of neighboring communities they may never meet face to face.

Since February, NCO Academy and BOLC classes and the Feds Feed Families campaign have contributed more than 38,000 pounds of food to benefit those in need in surrounding communities, according to Julie Gonzalez, food bank development director.

"It is amazing to me that what started as a community project has turned into a movement resulting in Fort Rucker becoming a major source of provision for the Wiregrass Area United Way Food Bank," Gonzalez said. "We would like to say 'thank you' to every person who has contributed to the food bank in some way and 'thank you' for your service to our country. We appreciate your help in feeding those in need."

Fort Rucker's sustained positive impact on surrounding communities through selfless service continues to be felt month after month, year after year, in the honorable tradition of Soldiers and civilians here.

ON POST

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

Employment Readiness Class

Army Community Service is giving people the chance to build and enhance their careers at one of the Fort Rucker’s Employment Readiness Program Orientation Sessions, held monthly in the Soldier Service Center, Bldg. 5700, Rm. 371A. The next session is Tuesday. 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.

Infant, child CPR

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

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

Library Database 101

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

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

FRG leadership training

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

School Spirit Skate Night

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

For more information, call 255-9108.

VA Home Loan benefit presentation

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

For more information, call 255-9631.

Right Arm Night

The Landing Zone will host Right Arm Night Sept.



COURTESY PHOTO

Sesame Street USO Experience

The Sesame Street USO Experience for Military Families will perform at the Fort Rucker School Age Center Sept. 27 at 2 p.m. and 4:30 p.m. Doors will open 30 minutes prior to the show. The event is open to military ID card holders. Free admission tickets will be available at Leisure Travel starting Tuesday. Limited tickets will be available.

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

Oktoberfest

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

For more information, call 255-1749.

Newcomers welcome

Army Community Service hosts the newcomers welcome Sept. 26 from 8:30–11 a.m. at The Landing. Active-duty military, spouses, foreign students, Army civilians and Family members are welcome to attend. A free light breakfast and Starbucks coffee will be served. For free childcare, people can register their children at the child development center by calling 255-3564. Reservations must be made 24 hours in advance.

For more information, call 255-3161 or 255-2887.

“In Their Shoes” exhibit

Throughout October, Army Community Services will host an exhibit called “In Their Shoes,” demonstrating the different walks of life of those who are victims of domestic violence. Officials said they hope the main takeaway is for people to realize that domestic violence can happen to anyone, no matter what race, gender, age or economic status. The exhibit will be set up at three locations: Lyster Army Health Clinic, the first floor

of Bldg. 5700, and the Army and Air Force Exchange Service Food Court.

For more information, call 255-3817.

Expectant parent workshop

The Fort Rucker New Parent Support Program will host a free expectant parent workshop Oct. 2, 9 and 16 from 9-11 a.m. at The Commons, Bldg. 8950. The workshop is a three-part series. The first class will cover labor and delivery, the second class will cover breastfeeding and the third class will cover newborn care. Fathers and partners are encouraged to attend. Participants may attend as many classes as they like.

For childcare questions and to register, call 255-9647 or 255-3359.

Purple Day

October is Domestic Violence Awareness Month and Fort Rucker will once again take part in the Purple Day campaign, which will begin Oct. 3 and continue each Friday throughout the month. This will be a community-wide effort to recognize people’s collective responsibility to prevent all forms of domestic violence by wearing Purple every Friday throughout October. People are encouraged to band together and wear purple as a visible commitment to support the prevention and awareness of domestic violence.

For more information, call 255-9641.

Financial readiness training

Army Community Service will host financial readiness training Oct. 3 from 7:20 a.m. to 4:15 p.m. at the Soldier Service Center, Bldg. 5700, in Rm. 284. Personal financial readiness training provides a practical approach to help Soldiers manage their money more effectively. The training is required for all first-term junior enlisted Soldiers (E-1 through E-4). Spouses are welcome to attend.

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

DFMWR

Spotlight

Fort Rucker Family & MWR

Upcoming Events & Activities

The Sesame Street/USO Experience for Military Families

Sesame Street and the USO are bringing the fun, happy and lively puppets to military families around the world.

PROGRAM HIGHLIGHTS:

- Featuring Katie, a military kid on 'Sesame Street' who is moving to a new place.
- Free admission for military families and their children.
- Mini-show and giveaways.
- For more information visit www.sesamestreet.org/USO and www.uso.org.

DATE:	TIME:	PLACE:	TO SIGN UP:
Saturday, Sept. 27	First Show: 2:00 pm Second Show: 4:30 pm	Bldg. 2806 School Age Center	Limited tickets available at Fort Rucker Leisure Travel Services

Some activities, like food and drink, are subject to change without notice. Some activities are subject to change without notice.

For ticket information, please contact
Fort Rucker Leisure Travel Services,
Bldg. 5700, Rm. 130, (334) 255-2997/9517.

For more information visit www.ftruckerdmwr.com.

FORT RUCKER MOVIE SCHEDULE FOR SEPT. 11 - 14

Thursday, Sept. 11

Lucy (R)7 p.m.

Friday, Sept. 12

Get On Up (PG-13)7 p.m.

Saturday, Sept. 13

Get On Up (PG-13)7 p.m.

Sunday, Sept. 14

Step Up: All In (PG-13)2 p.m.

Army standing up cyber brigade

By Gary Sheftick
Army News Service

FORT MEADE, Md. — The Army activated a Cyber Protection Brigade Friday and leaders are discussing a new cyber branch that could be established as early as October.

Command Sgt. Maj. Rodney D. Harris, Army Cyber Command, said the branch announcement could come as early as the second week of October, during the Association of the U.S. Army’s annual meeting.

The Cyber Protection Brigade was activated by the U.S. Army Network Enterprise Technology Command at Fort Gordon, Georgia. It’s the first brigade of its kind in the Army and the nucleus of the new unit will be its cyber protection teams, according to the command.

Over the last two years, Army Cyber Command has been standing up teams at Fort Gordon and across the force with initial operating capability. However, the Army needs twice as many teams as it now has, Harris said.

The Army needs to double the amount of Soldiers in the cyber career field, over the next two years, according to Harris. He said a conference in August focused on planning a new career management field for cyber warriors, which will be referred to as CMF 17. This conference at Fort Meade included key stakehold-



PHOTO BY GARY SHEFTICK

Command Sgt. Maj. Rodney Harris, Army Cyber Command, is interviewed by a member of the Defense Media Activity Army Broadcasting section at Fort Meade, Maryland, for a spot on Cyber Security Awareness Month, which is observed in October.

ers from Fort Gordon, the intelligence field and the U.S. Army Combined Arms Center at Fort Leavenworth, Kansas.

Conference attendees discussed new military occupational specialties such as the proposed 17C cyber warfare specialist and the 17A cyber warfare officer. The 17 series will blend signal intelligence and military intelligence skills, Harris said.

“These Soldiers are so unique, and they’re so skilled and they’re so few,” Harris said. “The chief of

staff of the Army has asked us to focus hard on what we’re doing for talent management” to recruit and retain cyber Soldiers.

That’s why the Army needs a 17 series that will be just cyber, Harris emphasized.

It takes three years of training to grow a network operations NCO, he explained. Two six-month courses are required, along with a two-year apprentice program, in order to be certified as a journeyman.

“There (are) very few other jobs

in the Army – in the non-commissioned officer corps – that require three years of training,” Harris said. “They are highly sought-after technicians.”

After serving a short tour, the network operations NCOs might go back to signal or military intelligence jobs, or on to higher-paid civilian positions. Harris said that wouldn’t happen as often with establishment of a Cyber CMF.

A package of re-enlistment incentives is also being staffed for cyber Soldiers, Harris said.

Cyberspace chief: Beware, adversaries watching

By Lisa Ferdinando
Army News Service

WASHINGTON — Adversaries are looking to exploit vulnerabilities in Army computer systems, said the chief of the Army’s Cyberspace and Information Operations Division.

“That threat is out there. It’s every day,” said Col. Carmine Cicalese, in an interview at the Pentagon. His division is part of the Army Operations Center G-3/5/7.

In the next war, “someone’s screens are going to go blank,” he said. “We don’t want them to be ours.”

Cyber threats are evolving and increasing in sophistication, he said, whether from espionage, or from adversaries trying to gain sensitive data and intellectual property, or trying to disrupt communications and weapons systems.

“We’re dependent on our networks. We’re dependent on our communication systems, so that’s a vulnerability and a non-lethal vulnerability, at that, where they could have an effect,” he said.

The Army is investing to protect its ability to command and control its forces, “so that we can do, in support of the combatant commander, what we need to do,” he said.

New Cyber Branch

“The Army approval process for creating a new cyber branch is still ongoing, and when complete, the branch will give Soldiers in that field an identity,” Cicalese said.

Just as it is important in the profession of arms, an identity is important in the profession of cyber arms as well, he noted.

Creating a new branch will also formalize the necessary training and education track in the career path, Cicalese said.

“It is something that you do your whole career, not just for one or two tours, and then go back to what you do,” he said.

In this highly competitive field, the Army is looking for the best and the brightest Soldiers who embody the Army core values, he said.

The field demands “highly skilled, disciplined people with character,” he said.

Cyber personnel are essentially trained hackers, he said, and the Army wants to make sure they don’t take the job home with them

and that they only use their skills for the Army mission.

The training is intense with a higher failure rate than in other job fields, he said.

“Even if you’re a computer whiz kid, for example, and you are oozing with computer talent, it doesn’t mean that you’re going to make this. It’s very technical,” he said.

Good cyber hygiene

Army computer systems are responsible for a wide array of actions and the threats against them are constant, he said.

Disruptions could prevent communications and impact the mission, he said, whether in the battlefield, while delivering aid during an emergency or elsewhere.

The Army must operate, secure and defend the network to maintain its freedom of action, he said. From the highest level at the Department of the Army, to the most junior enlisted member, cyber security is everyone’s responsibility.

“Don’t bite on the phishing scams. Take the time at home to use the assets that the Department of Defenses will offer to you to secure your home computer as well,” he said.

The Army focuses on training and awareness, he said, and how to secure the systems.

“Everybody has a part in this. Understand good cyber hygiene,” he said, explaining that cyber security includes always being careful with online activities.

With social media, it doesn’t take “rocket science” to locate Soldiers, and get details including their activities, their jobs and their travel plans, he said.

Adversaries are taking note, he said.

“You take a picture of your vehicle. You just put a GPS date-time group stamp on it, and you post that on social media and say ‘survived the attack,’” he said. “Guess what you just told the adversary?”

The adversary now knows, he said, the location of you and your unit, when the attack occurred and its impact.

“Now the enemy can react off of that,” he said. “We want Soldiers to tell their story, but we want them to understand how much of the story to tell — and not everybody needs to know exactly where you are at every moment,” he said.



PHOTO BY DAVE VERGUN

The Army is under constant threat from cyber attacks and users must remain vigilant, warned the chief of the Army’s Cyberspace and Information Operations Division, G-3/5/7.

Church Directory

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
10:00 M
Nursery Care: During all services
217 S. Main St • Enterprise, AL
Office: 334-347-3467
efumc@adelphia.net
Prayer Line (24 Hours) 334-393-7509

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1 Corinthians 11:1

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“God So Loved the World”
www.1john316.net
334-774-2311
www.GraceBaptistChurch-Ozark.com

Call 347-9533 to advertise your church on this page.

Prevention tip #2

Cough or sneeze into your elbow, thus covering your nose and mouth to avoid spreading cold germs.

Health bulletin

Collector car show returns to Wiregrass

Landmark Park
Press Release

The annual Wiregrass antique and collector car show, hosted by the Wiregrass Antique and Collector Car Club, is Oct. 4 from 10 a.m. to 4 p.m. at Landmark Park.

More than 150 collector cars, trucks and motorcycles will be on display for one of the area's biggest car shows. A-Models, muscle cars, mini-trucks, street rods and more comprise the classes on display. Orphaned cars, or cars that are no longer in production, will be featured at this year's event.

Awards are given for first, second and third places in each class. The club with the most participation, longest distance driven and oldest vehicle registered also receive awards. Registration is from 8-11:30 a.m. on the day of the event. No early registra-

tion will be accepted. Admission is \$5 for adults, \$3 for kids and free for park members. For rules and entry forms, visit www.landmarkpark.com.

The winner of Landmark Park's annual drawing for \$500 will also be announced at the car show. By now, all members should have received 12 drawing tickets in the mail. Complete the ticket stubs with name and address and mail the stubs, along with your check for \$2 per ticket, in the return envelope.

If you would like to purchase additional tickets, please call 794-3452. Proceeds benefit Landmark Park.

Landmark Park is a 135-acre historical and natural science park located on U.S. Hwy. 431 North in Dothan.

For more information, call 794-3452.



COURTESY PHOTO

Cars on display at a previous Wiregrass Antique and Collector Car Club event. This year's event is Oct. 4 from 10 a.m. to 4 p.m. at Landmark Park.

WIREFGRASS COMMUNITY CALENDAR

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

ANDALUSIA

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

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

DALEVILLE

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

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

DOTHAN

SEPT. 21-22 — The Flagship Theatre hosts auditions for its presentation of Dr. Seuss' "Cat in the Hat" and "Oh Say Can You Say" at 2 p.m. Sept. 21 and 6 p.m. Sept. 22. Ages 4 to adult can try out for a \$30 script and T-shirt fee. No experience is necessary and no audition piece is needed. For more, call 699-3524 or visit www.theflagshiptheatre.com.

SEPT. 25 — The Dothan Civic Center will host the Wiregrass Talent Quest at 7 p.m. General admission tickets cost \$10

and reserved tables \$75. Tickets can be purchased at the Dothan Civic Center Box Office Mondays-Fridays from 8:30 a.m. to 4:30 p.m., or by calling 615-3175. Tickets can also be purchased online at www.dothanciviccenter.org or www.etix.com.

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

ENTERPRISE

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

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

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

GENEVA

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

MIDLAND CITY

ONGOING — Residents are invited to town hall meetings on the first Tuesday of

each month at 5:30 p.m. at Town Hall, 1385 Hinton Waters Ave. For more information, call 983-3511.

NEW BROCKTON

SEPT. 25 — Disabled American Veterans Chapter 99 will meet at 6 p.m. in the New Brockton's Old National Guard Armory. Food and drinks will be served, followed by regular chapter business. The chapter also extends an invitation to veterans throughout the Wiregrass to join as new members as both DAV and DAV Auxiliary. For more information, call 718-5707.

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

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

OZARK

SEPT. 25 — Registration starts at 6:30 p.m. for the 7 p.m. third annual Claybank Jamboree Pet Parade that will take place on East Avenue near Milky Moo's. Registration costs \$20 per pet. Ribbons and prizes will be awarded to first-, second- and third-place winners in four categories. The judges will also choose an overall best-in-show winner.

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

ONGOING — The Ann Rudd Art Center offers free art lessons for children ages 5 and older. The young student class

is Saturdays from 10 a.m. to noon, and the adult-teen class is from 12:30-3 p.m. Slots are on a first come, first served basis. For more information, call 774-7922.

ONGOING — Every Thursday at 5:30 p.m., yoga with Sandra Bittman is at Perry Recreation Center for \$5 a person.

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

PINCKARD

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

SAMSON

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

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

TROY

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

WIREFGRASS AREA

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

Beyond Briefs

Kool & the Gang at Fort Benning

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

For more information, visit www.benningmwr.com or call 706-545-4468.

Military appreciation weekend

The Tuscaloosa Tourism and Sports Commission will host the Alabama All-Veterans and Family Reunion Sept. 26-28 to provide a free, memorable weekend showcasing the appreciation and gratitude for Alabama veterans, and to provide educational and work force development resources for both veterans and their Families. Events begin at 5 p.m. Sept. 26 with a welcome reception at the Tuscaloosa River Market and motorcycle honor ride. Sept. 27, events include the American veterans traveling tribute wall, veterans marketplace, military aircraft and vehicle display, and a military ball. Daycare will be provided

Sept. 27. A memorial service and breakfast will be held Sept. 28 from 8-10 a.m. at the Tuscaloosa Veterans Memorial Park. It is asked that all attendees register for the event to ensure that the proper accommodations can be made for the weekend.

For more information and to register, visit www.visittuscaloosa.com or call 205-391-9200.

Riverfest Barbecue Cookoff

Decatur will host the Alabama State Barbecue Cook-off Sept. 19-20 at Ingalls Harbor. The event is free until 4 p.m. each day, when admission is charged for the entertainment. The cook-off features barbecue teams from across the country competing for a total of \$20,000 in cash prizes and bragging rights. The event will feature live music, children's activities and more.

For more information, visit <http://www.decaturjaycees.com>

Zoobilation 2014

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

For tickets or more information, visit www.montgomeryzoo.com or call 334-240-4900.

montgomeryzoo.com or call 334-240-4900.

Lobster Festival

Panama City Beach, Fla., hosts the 25th annual Lobster Festival and Tournament Sept. 18-21 at Schooners. The event gives divers a chance to compete and attendees a chance to eat lobster dishes. Tournament participants compete in a variety of categories, including Spiny lobster, Shovelnose lobster and Big 6. Weigh-ins begin Sept. 20 and end Sept. 21, with grand prizes and a lobster feast. The sand sculpting contest is now in its 16th year, and takes place on the beach behind Schooners.

For more information, visit www.schooners.com.

Franklin County beach cleaning

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

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

‘Sky Soldier’ reconnects with Lithuanian ‘Family’

By Staff Sgt. Scott Griffin
Army News Service

RUKLA, Lithuania — Nerijus Gvergzdis was born with his legs crossed. He has cerebral palsy. Born in the winter in Soviet-occupied Lithuania, Nerijus’ mother, Egidija, was told by state doctors to wrap her son in wet clothes and leave him in a room with the windows open so he would contract pneumonia and die.

Egidija chose otherwise. There are about 600 “Sky Soldiers” of the 173rd Airborne Brigade serving in Lithuania, Latvia, Estonia and Poland as part of Operation Atlantic Resolve, an exercise dedicated to demonstrating commitment to NATO obligations and maintaining interoperability with allied forces.

One of those is 1st Lt. Andrew Martin of Nashville, Tennessee, second platoon leader for Troop A, 1st Squadron, 91st Cavalry Regiment, 173rd Airborne Brigade. Of all the countries to which Troop A could have been sent in support of Operation Atlantic Resolve, Martin’s unit was selected to conduct combined training in Lithuania.

Cut back to America almost 20 years ago, Martin’s grandfather, Fred Young, of Atlanta, a former U.S. Army corporal, was making a pizza run while visiting Family when he made the acquaintance of Egidija and Nerijus. They were in town visiting Egidija’s sister-in-law.

“It was just a trip, you know?” Egidija said. “My sister-in-law works at a pizza house, and she met [Fred and his wife, Valjean,] and she talked about us. They said, ‘Oh, we want to help!’ and they helped us. Just like that. They saw Nerijus and said to me they said ‘OK, we will help you.’”

Fred and Valjean quickly got to work and organized medical treatments for Nerijus.

“They went down to Atlanta, and there’s this pretty famous pediatrician, Dr. Leila Denmark,” Martin said. “My grandmother talked to her and they got Nerijus hooked up with some medical treatments with Scottish Rite,” the famed pediatric hospital in Atlanta.

“Fred and Valjean helped with everything — the hospital, the insurance, everything,” Egidija



PHOTO BY STAFF SGT. SCOTT GRIFFIN

First Lt. Andrew Martin of Nashville, Tennessee, second platoon leader for Troop A, 1st Squadron, 91st Cavalry Regiment, 173rd Airborne Brigade, listens as Egidija Gvergzdis shares stories about Martin’s grandparents and her son Nerijus (left) at her apartment in Kaunas, Lithuania, Aug. 14.

said.

Fred and Valjean enlisted the help of other Family and friends to raise funds for Nerijus’ expensive surgeries and treatment. He received hip surgery to uncross his legs, as well as treatment for the muscles in his legs so they would work correctly. He received dental surgery to fix his teeth. Originally planned as a trip of just a few weeks, Egidija and Nerijus ended up staying for 18 months while he received his treatment.

“It’s so amazing to hear the story,” Martin said. “I can only imagine what it was like to come to America and have that happen.”

That help was more than just a one-time act of kindness. Fred and Valjean’s assistance spanned years.

“It turned from a two-week vacation to staying for a year and a half,” Martin said. “Once they had him fixed up they set them up with the proper equipment, so they’d buy him computers and they’d buy him chairs, stuff like that.”

Fred and Valjean made the trip



PHOTO COURTESY OF 1ST LT. ANDREW MARTIN

Fred Martin and his wife, Valjean Young (left), of Atlanta, pose with Nerijus Gvergzdis (front), his sister, Raminta, and their mother, Egidija, at their apartment in Kaunas, Lithuania, circa 1996.

to Lithuania in 1996, to see their “Family” once again. Martin found himself strongly moved by walking in his grandparents’ footsteps almost 20 years later.

“When I found out I was coming to Lithuania, they told me all about their trip here back in ‘96,” Martin said. “It’s cool to see some of the places they went and visited.”

During the visit, Egidija fondly

recalled the Youngs.

“I remember so much, your grandmother, your granddaddy, they are so sweet,” Egidija said to Martin when he visited. “They’re very special people.”

Martin said his Family kept in touch with Nerijus and Egidija through emails throughout the years, never losing contact with their “extended Family.”

“Growing up, always hearing

about Nerijus, we would read emails at Christmas or the holidays, and it was like distant relatives,” Martin said. “‘Nerijus is this many years old,’ or ‘Nerijus just finished this grade’”

Martin was able to find time to visit with Nerijus and Egidija at the Family’s apartment in Kaunas. Martin stood in the same spot his grandparents had in 1996 when Fred played checkers with Nerijus. Martin climbed the same stairs that Egidija does every day, carrying Nerijus down and back up five flights again whenever they journey out.

“It was really moving to see their home and see pictures, my Family photos, sitting on the TV there!” Martin said.

Martin was a toddler the last time he saw Nerijus and was happy to finally meet him.

“Granny and granddad talked about how smart Nerijus was, how intellectual he is,” Martin said. “He’s just awesome.”

Egidija said Nerijus finished high school with high grades.

“He can talk. His English is perfect!” Egidija said. “He watches movies, and only in English. He sees movies or games, something else, only in English. He says it’s better in English to him.”

Nerijus will always use a wheelchair. Egidija still has to carry him up the five long flights of stairs to take him home, but no one will ever tell her to leave her son to die again. Fred is cared for in a rest home now, suffering from Alzheimer’s disease. Valjean still tries to make the drive to visit him every single day.

“My grandparents are such humble people. I didn’t truly know the scope of what they did until almost 20 years later,” Martin said. “It was all just, ‘Oh, I helped the Family,’ or ‘I helped take care of these people.’ It was just, you know, help. I didn’t realize the true extent of their ‘southern hospitality.’”

Call it luck or call it fate — cosmic coincidence, kismet or divine intervention — Martin was able to reconnect with his Lithuanian “Family.”

“To me, being the grandson, it’s one of those stories you try to capture,” Martin said. “You try and get a full scope of understanding of what they did, which I was blessed enough to do here.”

Religious Services

WORSHIP SERVICES

Except as noted, all services are on Sunday

Headquarters Chapel, Building 109

8 a.m. Multi-Cultural Worship Service

Main Post Chapel, Building 8940
9 a.m. Catholic Mass Sunday
11 a.m. Traditional Worship Service
12:05 p.m. Catholic Mass (Tuesday - Friday)
4 p.m. Catholic Confessions Saturday
5 p.m. Catholic Mass Saturday

Wings Chapel, Building 6036

8 a.m. Latter-Day Saints Worship Service
9:30 a.m. Protestant Sunday School
10:45 a.m. Wings Contemporary Worship Protestant Service
1 p.m. Eckankar Worship Service (4th Sunday)

Spiritual Life Center, Building 8939

10:45 a.m. CCD (except during summer months).

BIBLE STUDIES

Tuesday-

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

Wednesday-

8:30 a.m. - Catholic Women’s Bible Study, Spiritual Life Center

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

Thursday-

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

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- **Do something else** to keep busy.
- **Discuss** your urge with a friend or family member.
- **Delay** — Don't reach for tobacco right away. The urge to smoke passes in 3 to 5 minutes whether a person smokes or not.

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Sat & Sun: 1:45, 4:00, 7:10 & 9:20
Mon-Fri: 7:10 & 9:20

WESTGATE CENTER Enterprise Information 334-347-2531

III GUARDIANS OF THE GALAXY - PG13
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Mon-Fri: 7:00 & 9:20

IV AS ABOVE SO BELOW - R
Sat & Sun: 1:45 & 7:00 • Mon-Fri: 7:00

THE IDENTICAL - PG
Sat & Sun: 4:00 & 9:00 • Mon-Fri: 9:00

COLLEGE CINEMA • ENTERPRISE

I IF I STAY - PG13
Sat & Sun: 1:45, 4:00, 7:00 & 9:10
Mon-Fri: 7:00 & 9:10

II WHEN THE GAME STANDS TALL - PG13
Sat & Sun: 1:45, 4:00, 7:00 & 9:15
Mon-Fri: 7:00 & 9:15

III DOLPHIN TALE 2 - PG
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Mon-Fri: 7:00 & 9:15

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Preventing Suicide: ‘Power of 1’ could save a life

By Shannon Collins
Defense Media Activity

WASHINGTON — As Suicide Prevention Month and year-long Defense Department and Department of Veterans Affairs efforts continue to combat suicide, Pentagon officials emphasize the importance of the power of one, peer support and resources.

DOD, in collaboration with the VA, has launched “The Power of 1” campaign in observance of Suicide Prevention Month during September. The theme underscores the belief that one person has the power to teach resilience, recognize warning signs, intervene, chat, or make a call — it only takes one person or one act to save another person’s life.

“Watching out for each other every day is a collective responsibility for the Defense Department’s military and civilian workforce,” Defense Secretary Chuck Hagel said.

“Preventing military suicide is one of DOD’s highest priorities and something I’m personally committed to as Secretary of Defense,” Hagel said. “As we observe Suicide Prevention Month, we must rededicate ourselves to actively working not only every month, but every day to fulfill our collective responsibility to watch out for each other and take care of each other.”

One way service members and DOD civilians can take care of each other is by using the “The Power of 1” theme, said Jacqueline Garrick, director of the Defense Suicide Prevention Office.

“One conversation, one text, one chat, could save a life. Know the resources out there,” Garrick said. “Reach out, find the person who can help you; don’t be afraid to have these kinds of conversations, whether you’re the one who needs help or you see someone who needs help. One conversation can save a life.”

Suicide is currently the 10th-leading cause of death in America, and the second- and third-leading causes of death among young adults, Garrick said. Some of the indicators of persons considering suicide, she said, could include talking about suicide, making plans, stockpiling medications, and withdrawing from people and activities that were previously enjoyable. Persons at risk could also be going through a significant loss, relationship issue, financial problems, drug or

alcohol problems, or legal or punishment issues.

The key is that whatever issue someone is facing, suicide is a permanent solution to a temporary problem, officials said. And Pentagon leaders encourage leadership at all levels to reduce the stigma for those needing help.

“When someone is going through challenges and comes to you for help, it doesn’t make them weak,” Hagel said. “It means they’re strong, because asking for help when you need it takes courage and strength. What we need to remember — what our entire country needs to remember — is that these brave individuals shouldn’t be avoided or stigmatized. They need to be embraced.

“Whether you’re a service member, a veteran, a DOD civilian, or a friend or Family member of someone who is, you have the power to make a difference,” the secretary continued. “It only takes one person to ask one question or make one call — and that single act can save a life.”

Garrick echoed Hagel’s sentiment, noting that leaders at all levels should be “open to having these kinds of conversations” with potentially troubled troops and civilians.

“You have to be able to ask the question,” she said. “One small act can save a life and that’s what you want to do. You just want to be able to reach out, let people know what you’re concerned about them. If you see something that doesn’t look right, say something and get involved. Provide those resources that are out there.”

Garrick encourages those needing help to use the many resources available, such as chaplains, military Family life consultants, mental health clinics, peers, community support organizations, Vets4Warriors and the Military Crisis Line.

“We want to encourage people to seek help when and where they need it and know that those resources are there for them,” Garrick said. “You don’t have to have a diagnosis. A peer is there because they understand what someone is going through because they have gone through it themselves and can talk you through the situation.

“The peers on the line are veterans themselves,” she continued. “We have some spouses on the line who can work with Family members about Family issues. Our peers are just good to

be able to talk to, whatever your problem is, whether you’re having a financial problem or a relationship issue.

“You can talk through the issue with a peer who understands what it’s like to access healthcare, find a good provider, talk to your command and talk to other unit members,” Garrick added. “They’ve had to do those things themselves, so they can really guide you and help you make those decisions.”

When people call the Military Crisis Line, 1-800-273-8255, and press 1, they can speak to a confidential peer responder specifically trained to deal with any

crisis or stresses the service member, veteran or Family member may be facing, Garrick said. People can also reach it via an online chat or text message or online at <http://www.militarycrisisline.net>. It is free, confidential and trained professionals are there 24 hours-a-day, 365 days-a-year.

Vets4Warriors is also free and confidential for service members, their Family members, veterans and DOD civilians. It can be reached at 1-855-838-8255 or by visiting <http://vets4warriors.com>. Peer support is available 24 hours-a-day, 365 days-a-year.



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Enterprise, AL

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COURTESY PHOTO

Pick-of-the-litter

Meet Tommy, a 6-month-old grey and white short-hair male cat. Tommy is available for adoption at the Fort Rucker stray facility. He plays well with other cats as well as small children and small dogs. Adoption fees vary per species and needs of animal, but include all up-to-date shots, the first round of age-appropriate vaccinations, microchip and spaying or neutering. For more information on animal adoptions, call the stray facility at 255-0766, open from 8 a.m. to 3 p.m. All adoptable animals are vet checked and tested for felv/fiv (for cats) or heartworm for dogs (over six months) and on flea prevention. The facility needs donations such as dry or canned foods for cats, dogs, kittens and puppies, as well as blankets, toys and towels. Donations can be dropped off at the stray facility. Visit the Fort Rucker stray facility's Facebook page at <http://www.facebook.com/fortruckerstrayfacility/> for constant updates on the newest animals available for adoption.



SEPTEMBER 11, 2014

GOAL!

Post hosts 1st 3-vs-3 soccer tournament

By Nathan Pfau
Army Flier Staff Writer

Ten teams battled it out over 19 games in a single day during the installation's first 3-vs-3 Indoor Soccer Tournament hosted by the Fort Rucker Physical Fitness Center.

The games took place at the PFC on two of the basketball courts located in the gym, and were played in fast-paced, 20-minute games split into two halves spread over the course of the day, according to Steven Pitruzzello, recreation assistant supervisor for the physical fitness center.

"The tournament was awesome," he said. "Because the tournament was only in one day, we decided to put a limit on the amount of teams participating, but the response of the patrons was excellent.

"Also, seeing all the player Families coming to the gym to assist and cheer at the games brought a lot of excitement," he continued. "During the tournament, (there was a lot of) sportsmanship and excellent conduct from all the players and coaches."

Prizes and trophies were awarded to the top teams of the double-elimination tournament with top spots going to: Blitz, in first place; Wings, in second place; and S.P.Q.R., in third place.

In addition to the 10 teams, there were three teams of juniors that battled it out in the Juniors League, with team Votos Locos snagging the top spot.

CW3 Neil Freckleton, Wings team player, said he enjoyed the chance to play in the tournament and remarked on how different the game is versus playing on a full field



PHOTO BY NATHAN PFAU

CW3 Neil Freckleton, Wings team player, works to get past Staff Sgt. David Seymour, NCOA team player, during the installation's first 3-vs-3 Indoor Soccer Tournament at the Fort Rucker Physical Fitness Center Saturday.

with a full team.

"This is pretty fast paced, and things you're really used to doing on (a regular field) are pretty difficult to do here," he said. "We're just looking for the quick touches to get across the half line and get a shot. You don't really have time to do anything fancy, so it's all about going back to the basics when playing here."

Because of the short time span of the

games and the small court, Freckleton said that he found this version more difficult to play than conventional soccer.

"Playing indoors is a lot more challenging because there's so little space and it moves so fast that you can't make too many mistakes," he said. "So, you've got to minimize your mistakes to get your shot. You don't have time to play around – you've just got to get on with business."

Freckleton's drive and commitment paid off as his team finished second, but the tournament wasn't all about prizes and trophies, but more about building a sense of community, according to Pitruzzello.

"We decided to open the tournament to not only Soldiers, but to (Department of Defense) civilians and even the general public," he said. "We did this because I think that events like this help to increase the integration between Soldiers, Army civilians and the surrounding community."

Building that sense of community was one of the motivating factors in bringing the soccer tournament to Fort Rucker, but another factor was the fact that the installation doesn't have a soccer league for adults to play on.

"The goal was to not only promote physical fitness and to enhance morale and wellbeing, but to promote a Family event," said Pitruzzello. "I can say that the mission was accomplished. (And furthermore), this event was a great opportunity for all of Fort Rucker's soccer players to meet each other and promote this beautiful sport."

Pitruzzello said that the soccer tournament was a good way to test the market for potential leagues, and according to the assistant supervisor, the interest is clearly there.

"We were planning on scheduling the next tournament in April, but because of all of the positive feedback and the turnout, we might have to change our plans," he said. "We have a lot of people asking about the next one, so we would like to hold these more often than just twice a year."

Healthy habits provide bright future for children

By Hannah O'Steen
Registered Dietetic Technician
Lyster Army Health Clinic

Childhood obesity is a big problem in the United States, and by choosing to lead a healthy, active lifestyle now, children have a better chance of maintaining healthy habits in the future.

According to the Journal of the American Medical Association, childhood obesity has more than doubled in children and quadrupled in adolescents over the last 30 years. In 2012, more than one third of children and adolescents were overweight or obese. Being overweight or obese is a result of having an imbalance of calories consumed versus calories expended.

There are many health effects both immediate and long term of childhood obesity. Obese youth are more likely to have risk factors for cardiovascular disease, pre-diabetes, diabetes, bone and joint problems, sleep apnea and social problems,

NUTRITION CARE CLASS SCHEDULE	
Army MOVE Weight Control Program	
Class 1 – Sept. 30	Getting Started
Class 2 – Tuesday	Fit For Life
Class 3 – Sept. 23	Shape Your Plate
Class 4 – Sept. 30	If At First You Don't Succeed
Class 5 – Tuesday	Oops, I Did It Again
Class 6 – Sept. 23	Keep It Going
Check with Nutrition Care for class times	
Diabetes Education Class	
Class 2 – Today, 9 a.m. to noon	Meal Planning and Success Planning
Class 3 – Sept. 18, 9 a.m. to noon	Disease Progression and Complications
Class 4 – Sept. 25, 9 a.m. to noon	Solving Problems
Healthy Cooking Class	
Sept. 26, noon to 2 p.m.	

like poor self-esteem. Children and adolescents who are obese are also more likely to be obese as adults; therefore they are more at risk for health problems like heart disease, stroke and osteoarthritis. There is also an increased risk for breast, co-

lon, esophagus, kidney, pancreas, gallbladder, thyroid, ovary cervix and prostate cancers.

So how do we prevent overweight and obesity? Act now! Start now with healthy lifestyle habits. A healthy lifestyle includes healthy

eating and physical activity. Dietary choices and physical activity behaviors are influenced by many things in society. These sectors may include Families, communities, schools, child care settings, medical care providers, faith-based institutions, government agencies, media, food and beverage industries, and the entertainment industries.

Prevention starts with education. School plays a critical role in establishing a supportive environment for education, policy, practices and healthy behaviors. Schools are provided an opportunity to teach children healthy eating practices and physical activity.

Education shouldn't stop at school. As a parent, you can use your time at home to educate your children on healthy lifestyles as well. The best place to start is to be a good role model. Children are more likely to participate in healthy behaviors if those in the house also participate in the same healthy behaviors. Get out and move and decrease screen time. Enjoy Family

time doing an activity outdoors, as well as making healthy food choices.

As the school year begins there are a few things you can do to help your children with better lifestyles. Breakfast is the most important meal of the day. Eating breakfast before school has been shown to help with higher test scores, better concentration, easier problem solving and better muscle coordination. If your child eats the school lunches, teach them the best choices. Encourage fruits and vegetables, water and low fat milk. If you pack your child's lunch, let them shop for items with you and allow them to have input in what they take. Let them help pack their lunch. Snacks should include vegetables, fruits, low fat dairy, whole grains, and 100 percent fruit juice.

Make the effort now to prevent childhood obesity.

For more information on how to prevent childhood obesity, call Lyster Army Health Clinic's Nutrition Care Department at 255-7986.

PIGSKIN PICKS



	Pittsburgh vs. Baltimore	New England vs. Minnesota	Atlanta vs. Cincinnati	Detroit vs. Carolina	Kansas City vs. Denver	Chicago vs. San Francisco	Philadelphia vs. Indianapolis
 Col. Tom von Eschenbach TCM UAS (5-2)							
 Jim Hughes PAO (6-1)							
 Brian Jackson DFMWR (3-4)							
 Capt. Mike Simmons DPS (3-4)							
 Sharon Storti NEC (4-3)							

DOWN TIME



Just Like Cats & Dogs

by Dave T. Phipps



Super Crossword

CALENDAR GIRL'S PLAYLIST

- ACROSS**
- 1 "—la Douce"
 - 5 Neighbor of Namibia
 - 11 "Futurama" genre
 - 16 Four vehicle
 - 19 Eye drop
 - 20 Luvs product
 - 21 Turkic people
 - 22 Transfer — (cell stuff)
 - 23 1972 Chicago hit
 - 26 Intent
 - 27 Is — (has a penchant for)
 - 28 Pop music's Bee —
 - 29 Isn't correct
 - 30 — Domingo
 - 32 Mischievous little laugh
 - 33 Soprano Sumac
 - 35 1986 Bangles hit
 - 37 "Take — face value"
 - 39 Mohawk-sporting star
 - 41 Hardly happy
 - 42 Big ornate cabinet
 - 43 1999 David Bowie single
 - 48 Saw or heard
 - 49 Suffix with proverb
 - 50 "— favor" (Spanish "please")
 - 51 — tide
 - 53 Ows
 - 54 Brick placer
 - 57 Douglas Hofstadter's "—, Escher, Bach"
 - 59 Bird on a baseball cap
 - 63 Flank below
 - 64 Imbibing site
 - 66 1977 Johnny Cash song
 - 71 Asian portion of Turkey
 - 74 Scull propeller
 - 75 Neolithic time
 - 76 1960 Oscar-winning Melina Mercouri song
 - 79 Cortés' gold
 - 80 Rodeo lady
 - 81 Sweaters with high, snug collars, for short
 - 82 Ohio city
 - 84 Cautious
 - 86 — cone
 - 89 ICU locale
 - 91 J-N link
 - 92 Rapper — Wayne
 - 93 Pair
 - 97 1992 hit for the Cure
 - 103 Patriotic hymns
 - 105 Round geom. shape
 - 106 Stubbled digit
 - 107 Adopti- — (shelter program)
 - 108 1987 Rolling Stones hit
 - 111 Lazy sort
 - 113 "— tu" (Verdi bantone aria)
 - 114 Put icing on
 - 115 Vocalist Vikki
 - 116 "Wellaway!"
 - 119 "Hardball" channel
 - 121 — Dhabl (sheikdom)
 - 122 What there are songs for in this puzzle
 - 126 With 100-Down, cutting kitchen tools
 - 127 Fingerprint feature
 - 128 Edict
 - 129 Ex-governor Carlson
 - 130 Conclusion
 - 131 Derisive look
 - 132 Not asia
 - 133 Exam for jns.
 - 2 "One soweth, and another —" John 4:37
 - 3 Actor Walter
 - 4 Stuck in —
 - 5 Find the total
 - 6 American Falls locale
 - 7 Marvin of R&B music
 - 8 Andy Taylor's kid
 - 9 Fishy, e.g.
 - 10 Prado pieces
 - 11 Boat back
 - 12 Italian resort island
 - 13 Lake that feeds the Mississippi
 - 14 Quite a wry
 - 15 Annoying
 - 16 Wave around threateningly
 - 17 Square inch, say
 - 18 Siberian sled dogs
 - 24 Singer Clark
 - 25 Bury one's — the sand
 - 31 Ever and —
 - 34 Livy's 2,550
 - 35 — jongs
 - 36 Bride's title
 - 38 Duo + one
 - 40 Editor's catch
 - 41 Secure by twisting
 - 44 Saxophonist David
 - 45 Scotch mixer
 - 46 Novelist Uris
 - 47 Has the guts
 - 52 Comet valve
 - 54 Thom — shoes
 - 55 High-caliber
 - 56 Bosnian, e.g.
 - 57 Seussian sportsp
 - 58 — dog's life
 - 60 Lysol target
 - 61 Wool fat
 - 62 With 100-Down, surprising revelations
 - 65 Balm additive
 - 67 — Noir (men's cologne)
 - 68 Zoo pen
 - 69 Bacterial culture base
 - 70 Depend
 - 72 Vietnamese festival
 - 73 Request from
 - 77 Lenin's land
 - 78 Annual: Abbr.
 - 83 Forget to use
 - 85 Scatting Fitzgerald
 - 86 Al Capone's nickname
 - 87 Away from the city
 - 88 Away from the city, maybe
 - 90 Enterprise captain
 - 92 Stead
 - 94 — ed (gym class)
 - 95 Missives
 - 96 Aussie avian
 - 98 Initialism for a handyman
 - 99 Al Capone, for one
 - 100 See 126-Across or 82-Down
 - 101 Hanging-basket plant
 - 102 Airport kiosk printout
 - 104 Leave the country?
 - 109 GI orderer
 - 110 Alternative to a clothesline
 - 112 Fr. lady's title
 - 116 Pro votes
 - 117 Scottish body of water
 - 118 Bushy '60s hairdo
 - 120 Barber
 - 123 Wine, in Nice
 - 124 City in central Oklahoma
 - 125 "— Haw"



See Page D3 for this week's answers.

TRIVIA

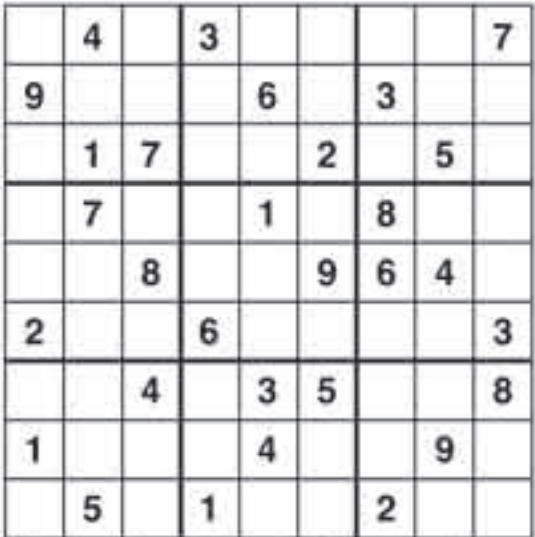


1. ASTRONOMY: Which planet in our solar system is closest in size to Earth?
2. TELEVISION: Who is the voice of Moe the bartender on "The Simpsons"?
3. MOVIES: In which movie did Bill Murray deliver the line, "Well, there's something you don't see every day"?
4. MYTHOLOGY: In Greek mythology, who rules the underworld?
5. U.S. PRESIDENTS: Which U.S. president served the shortest tenure in history?
6. LITERATURE: When was the novel "Goodbye, Columbus" by Philip Roth published?
7. FOOD & DRINK: What kind of food is a peanut?
8. GEOGRAPHY: How much of the Earth's surface is covered by the oceans?
9. LANGUAGE: What is another name for a lexicon?
10. MATH: How many different letters are used in Roman numerals?

See Page D3 for this week's answers.

Weekly SUDOKU

by Linda Thistle



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

DIFFICULTY THIS WEEK: ★

★ Moderate ★★ Challenging
★★★ HOO BOY!

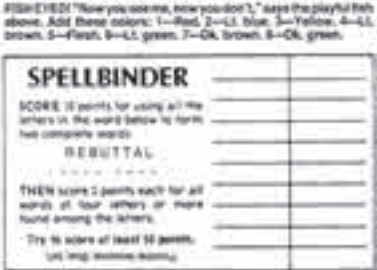
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See Page D3 for this week's answers.

KID's CORNER

Junior Whirl

by Hal Kaufman



Wishing Well



HOCUS-FOCUS



National Recovery Month: Speak up, reach out

By **BethAnn Cameron**
U.S. Army Public Health Command

Many people know someone whose alcohol or drug use is affecting their work, health or relationships. Addiction affects people of all ages regardless of income, education, ethnicity and sexuality.

National Recovery Month is observed in September to raise awareness and educate communities about the prevention, treatment and recovery resources available for mental and substance abuse.

According to the 2012 National Survey on Drug Use and Health by the Substance Abuse and Mental Health Services Administration, more than 22 million people over the age of 12 were addicted to alcohol or drugs, 2.8 million people abused both alcohol and illegal drugs and 14.9 million people abused alcohol.

Some military service members also have problems with alcohol and drugs. The 2011 Health-Related Behaviors Survey of Active Duty Military Personnel indicated that 8.4 percent of those surveyed drank five or more drinks on the same occasion. Ten percent of service members reported drinking at work and 11.3 percent indicated having problems because of drinking. Misuse of prescription drugs was reported by 1.3 percent of active duty personnel. The negative consequences of excessive alcohol and drug use take a toll on military service members' lives. It affects work performance, morale and mission. Physical and mental health are affected, as are people's Families.

Each day, millions of Americans take steps toward recovery from alcohol and drug addiction. During National Recovery Month, people are encouraged to speak up about addiction and celebrate those in recovery.

According to SAMSHA, recovery is a process of change. Individuals work to improve their own health and live a meaningful life to achieve their full potential. Recovery from an addiction to alcohol or drugs is a complex and active process that involves others. The National Council on Alcoholism and Drug

Dependence estimates that as many as 20 million people are living in recovery.

Recovery from addiction requires a personal commitment to change. Just like other chronic diseases, such as diabetes, the earlier a person gets help the better. The longer alcohol or drugs are abused, the more important it is to intervene. It involves a process of healing. It involves participating in an intervention to overcome dependence.

SAMHSA states four major domains that are needed to support recovery:

- **Health** – Managing one's disease leading to healthier physical and emotional lives;
- **Home** – Having a stable and safe place to live;
- **Purpose** – Having meaningful daily activities, such as a job, school, volunteer activities and contributing to society; and
- **Community** – Having relationships and social networks that provide support, friendship, love and hope.

Recovery is not just for the person who abuses alcohol or drugs. It is also involves participation of Family and friends.

Be part of the solution. Understand the addiction process of alcohol and drugs. A person's addiction can affect Family members and friends. They can see the negative effects and damage caused by a person who is actively drinking or using drugs. They can recognize the signs of alcohol or drug abuse, which can lead a person into needed treatment.

It is important that Family and friends recognize their own feelings and reactions when dealing with a loved one who is abusing alcohol or drugs, so as not to enable their behavior.

Be supportive. Resilience is important for recovery. Physical, social, emotional and educational support leads to and builds resilience. Support and encouragement from friends and Family can be critical in leading people to get help and treatment. Stigma, such as being viewed as weak, prevents individuals from seeking help. Recognize and challenge stigmas that stand as barriers to recovery.

Alcohol and drug addiction remains



PHOTO BY DEBORA CARTAGENA

National Recovery Month is observed in September to raise awareness and educate communities about the prevention, treatment and recovery resources available for mental and substance abuse.

a serious challenge in our country. With support, people who are seeking help make steady progress each day. Join the voices for recovery.

Promote National Recovery Month activities within your community. Speak Up. Reach out. Give hope to those still struggling with this disease. Resources for treatment and support are available.

The SAMHSA National Helpline,

1-800-662-HELP, offers 24-hour free and confidential information on alcohol and substance abuse and referrals for treatment. The Army Substance Abuse Program at your installation offers support for recovery. TRICARE also offers programs and resources for alcohol and drug abuse. To learn more about National Recovery Month, go to <http://recoverymonth.gov/>.

Dietary supplement safety still an issue

By **Ron Wolf**
Army Medicine

SAN ANTONIO — Being a Soldier is as physically demanding at times as being a professional athlete. As a result, Soldiers are especially conscious of physical training requirements and the need to remain fit and ready.

In recent years, a larger percentage of Soldiers have begun to rely on dietary supplements to help them stay at a peak level of performance. In a few cases, the use of dietary supplements has led to unwanted and serious consequences.

In late 2011, the Department of Defense ordered workout supplements that contained 1, 3-dimethylamylamine, better known as DMAA, removed from the shelves of on-post stores, while the Army led a safety review, after it was linked to deaths among otherwise healthy Soldiers. In 2012, the Food and Drug Administration issued warning letters to companies notifying them that products with DMAA needed to be taken off the market, or reformulated to



PHOTO ILLUSTRATION BY SPC. ALEXIS HARRISON

remove this substance.

Recently, the use of powdered caffeine as a performance supplement has also drawn attention. Caffeine is readily available in coffee, soft drinks, and other products, and millions ingest these beverages globally.

On July 21, the FDA issued a warning about powdered caffeine, which is likely to be 100 percent pure caffeine, with a recommendation to avoid this form of caffeine. Pure caffeine

is a powerful stimulant, and even very small amounts may lead to an accidental overdose. A single teaspoon of pure caffeine, for example, is roughly equivalent to the amount of caffeine in 25 cups of coffee.

Symptoms of caffeine overdose can include rapid or dangerously erratic heartbeat, vomiting, stupor and disorientation. These symptoms are unlikely to be caused by drinking too much coffee or other caffeinated drinks,

and are more commonly observed when concentrated sources of caffeine are used.

Fitness is indispensable to being a Soldier, and there are safe ways to promote health and fitness over the long run.

For example, proper management of the components of the Performance Triad – sleep, activity, and nutrition – remains the best way for Soldiers and Families to meet their fitness and training requirements.

Getting seven to eight hours of sleep every 24 hours is critical in achieving optimal physical, mental and emotional health.

Physical fitness and activity are crucial to ensuring our Soldiers perform as elite athletes. Practicing principles of safe and effective training are vital to maintaining physical readiness, preventing injuries and improving general health.

Fueling for performance enables top-level training, increases energy and endurance, shortens recovery time between activities, and improves focus and concentration.

There is overwhelming proof that sleep, activity and nutrition,

when optimally managed, comprise the best approach to promote peak physical and emotional well-being, and ensure rapid and clear decision making under pressure, which is exactly what is required by professional athletes and Soldiers alike.

In war, a well-focused Soldier is a combat advantage.

It is important to get the facts before using dietary supplements. Soldiers should be knowledgeable of what they are taking and the possible side effects of those substances. The FDA continues to examine dietary supplements, and reminds users that certain supplements, specifically weight-loss and bodybuilding supplements, have potentially dangerous ingredients.

Soldiers and Families should be particularly careful when using these types of supplements.

Under no circumstances are supplements a replacement for the triad of proper nutrition, physical activity and adequate sleep. Hard work remains the safest and most effective way to stay fit and improve stamina, which are needed on the playing field and the battlefield.

Weekly SUDOKU

Answer

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

PUZZLE ANSWERS

Super Crossword

Answers

1	R	M	A		A	N	G	O	L	A		S	C	I	F	I		B	U	S		
2	T	E	A	R		D	I	A	P	E	R		T	A	T	A	R		R	N	A	
3	S	A	T	U	R	D	A	Y		I	N	T	H	E	P	A	R	K		A	I	M
4	A	P	T	T	O		D	E	E	S		T	E	R	R	S		S	A	N	T	O
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Wounded warrior athletes join Invictus Games

By Cynthia Vaughan
Army Medicine

ALEXANDRIA, Va. — Twenty-two wounded, ill and injured Army Soldiers and veterans have joined representatives from all branches of the United States military as part of the 100-member U.S. Team at the inaugural Invictus Games in London Wednesday-Sunday.

The Invictus Games were inspired by Prince Harry’s visit to the 2014 Warrior Games in Colorado where a British team joined U.S. military teams in archery, shooting, cycling, swimming, track and field, sitting volleyball and wheelchair basketball competitions.

More than 400 wounded, ill and injured service member athletes representing 14 different countries are competing in the Invictus Games. Teams come from the armed forces of nations including Afghanistan, Australia, Italy and Germany – nations that served alongside each other to demonstrate the power of sports to inspire recovery, support rehabilitation and generate a wider understanding and respect of those who serve their country. Athletes compete in archery, track and field, indoor rowing, powerlifting, road cycling, sitting volleyball, swimming, wheelchair basketball and wheelchair rugby.

“If we reflect on the history of our military, the different services have united time and again to defend country and freedom,” said Col. Chris Toner, commander of the U.S. Army Warrior Transition Command and assistant surgeon general for warrior care and transition. “The men and women who represent the Army as part of the U.S. Team at Invictus Games will

become a part of this shared history, unifying the services once again in celebration of resilience. I am proud of the example these Soldiers and veterans set for our Army and for our nation.”

Soldiers and veterans representing the Army on the U.S. Team are:

- **Sgt. 1st Class Jorge Avalos** – Warrior Transition Battalion, Fort Sam Houston, Texas;
- **Spc. Shawn Cheshire** – Army veteran, Camillus, New York;
- **Col. Patty Collins** – Joint Force Headquarters, National Capital Region;
- **Lt. Col. Daniel Dudek** – Joint Base Lewis McCord, Washington;
- **Staff Sgt. Carlton Duncan** – Warrior Transition Battalion, Fort Bragg, North Carolina;
- **1st Lt. Kelly Elmlinger** – Warrior Transition Battalion, Fort Sam Houston;
- **Staff Sgt. Chanda Gaeth** – Army veteran, Kempner, Texas;
- **Master Sgt. Rhoden Galoway** – Warrior Transition Battalion, Fort Sam Houston;
- **Sgt. Robbie Gaupp** – Army veteran, Gatesville, Texas;
- **Master Sgt. Daniel Hendrix** – Warrior Transition Battalion, Fort Carson, Colorado;
- **Sgt. Sean Hook** – Army veteran, Summerville, South Carolina;
- **Spc. Geoff Hopkins** – Army veteran, Fredericksburg, Virginia;
- **Staff Sgt. Michael Kacer** – Army Veteran, Yonkers, New York;
- **Sgt. Delvin Maston** – Warrior Transition Battalion, Fort Sam Houston;
- **Sgt. Ryan McIntosh** – Warrior Transition Battalion, Fort



PHOTO BY SGT. WILLIAM SMITH

Spc. Elizabeth Wasil, swimmer with the World Class Athlete Program, practices for wheelchair race events in 2013. Wasil is representing the Army at the 2014 Invictus Games in London that end Sunday.

- Sam Houston;
- **Sgt. Kawaiola Nahale** – Warrior Transition Battalion, Schofield Barracks, Hawaii;
- **Capt. Michael Phillips** – Army veteran, Hamilton, Georgia;
- **Capt. William Reynolds** – Army veteran, Bethesda, Maryland;
- **Sgt. Monica Southall** – Army veteran, Henrico, Virginia;
- **Sgt. Erin Stewart** – Warrior Transition Battalion, Fort Riley, Kansas;
- **Spc. Elizabeth Wasil** – Army World Class Athlete Program, Fort Carson; and

- **Staff Sgt. Jessie White** – Army veteran, Junction City, Kansas.
- To learn more about the Invictus Games, and Army athletes and Army veterans, visit http://www.wtc.army.mil/invictus_games/invictus_games_2014.html and http://www.wtc.army.mil/invictus_games/invictus_games_2014_athletes.html#MID.
- The Invictus Games is an international sports event for wounded, ill and injured service members and veterans. The event is championed by Prince Harry to use the power of sports to inspire

recovery, support rehabilitation and generate a wider understanding and respect for those who serve their country.

A key component of WTC’s Warrior Care and Transition Program, adaptive reconditioning activities like sports help recovering warriors as they rehabilitate both physically and mentally. Invictus Games spotlights the power of adaptive reconditioning as a tool to facilitate transition as Soldiers and veterans return either back to the force or to civilian life.

Visit www.WTC.army.mil for athlete bios, schedules, stories, photos and more.

PIGSKIN PICKS



Georgia vs. South Carolina

Arkansas vs. Texas Tech

Iowa State vs. Iowa

Army vs. Stanford

Kentucky vs. Florida

Tennessee vs. Oklahoma

Navy vs. Texas State

 <div>David C. Agan Jr. PAO (5-2)</div>							
 <div>Kent Anger, DPTMS (5-2)</div>							
 <div>Sgt. 1st Class Brian Brenner NCOA (5-2)</div>							
 <div>Wes Hamilton NEC (4-3)</div>							
 <div>John Tkac DPS (5-2)</div>							

SPORTS BRIEFS

Fall Boot Camp

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

For more information, call 255-3794.

Zumba Challenge

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

For more information, call 255-3794.

ATV Trail Ride

Outdoor recreation will host an All-Terrain Vehicle Trail Ride Sept. 27 from 7 a.m. to 2 p.m. Pre-registration is required and participants must be 16 or older. The cost

is \$20 per person. Participants must pass the safety driving test through outdoor recreation, and people must provide their own ATV and protective gear (helmet, boots, etc.). Protective gear must be worn at all times.

For more information, call 255-4305.

Hispanic Heritage Gate-to-Gate Run

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

For more information, call 255-2296.

Mother Rucker’s open Sundays

Mother Rucker’s is open Sundays from 11a.m. to 11 p.m. For more information, call 503-0396.

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