

IMPROVED TOOLS

New NCOER expected to more accurately assess performance

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BE AWARE

Education key to combating domestic violence

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SIT DOWN!

Stick Wigglers bench Lyster, 30-22

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ARMY FLIER

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

VOL. 64 ■ NO. 38

FORT RUCKER ★ ALABAMA

SEPTEMBER 25, 2014

HONORING SACRIFICE



PHOTO BY NATHAN PFAU

Col. Robert C. Doerer, USAACE chief of staff, greets retired Lt. Col. Tom Stovall, former World War II POW, during the National POW/MIA Recognition Day ceremony at Veterans Park Friday.

Community remembers POW/MIA during ceremony

By Nathan Pfau
Army Flier Staff Writer

As the black and white banner symbolizing America's missing in action and prisoners of war flew over the White House and the nation's capitol, hundreds came together on Fort Rucker to honor those Soldiers, as well as their Families, during a day of remembrance.

The installation recognized this year's National POW/MIA Recognition Day during a ceremony at Veterans Park Friday to honor not only those who have made the ultimate

sacrifice in service to the nation, but all who have sacrificed in service, said Col. Robert C. Doerer, U.S. Army Aviation Center of Excellence chief of staff.

"This morning we are gathered to remember those who served our nation as heroes on a day that isn't necessarily noted on everyone's calendar, but it is a day that is noted in the hearts of hundreds of thousands of Americans who know a prisoner of war or service member still missing in action," he said. "We commemorate (this day) by

SEE SACRIFICE, PAGE A7

Post hosts Gold Star Mothers Day service

By Jay Mann
Fort Rucker Public Affairs

Sunday, the nation will honor the strength and sacrifice of mothers of service members who have died defending the nation's freedom, as it has since 1936.

As part of Gold Star Mothers Day, Fort Rucker will host a service at 6:30 p.m. outside the main post chapel, as the community will join the nation with a luminary lighting and time of reflection.

"Gold Star Mother's Day is tied to a history dating back to World War I," said Rick Kohl, Survivor Outreach Services support coordinator. "Families of deployed service members would hang a flag with blue stars in the windows of their homes as a sign of an immediate Family member's service. Each blue star represented a Family member serving in the armed forces of the United States during a time of war.

"If the Family member was killed, the blue star was replaced with a gold one," he said. "Members of the community would know the sacrifice that had been made."

In a tri-signed letter honoring Gold Star Mothers, Sergeant Major of the Army Raymond F. Chandler, Chief of Staff of the Army Gen. Raymond T. Odierno and Secretary of the Army John McHugh wrote, "As the beneficiaries of those who died while ensuring better lives for us all, we vow to never forget the great price paid for the way of life that all Americans enjoy."

"The gold star lapel button has been used since 1947 as a way to recognize Families of service members who lost their lives while engaged in action against an enemy of the United States," said Kohl, "Then, in 1977, the Army approved the next-of-kin lapel button, as well."

All are invited to attend the service to honor those fallen heroes and their survivors, Kohl said.

"There is no doubt we live in challenging times, and those who have lost a loved one may feel the challenging times may never lessen," said Chaplain (Capt.) Troy Allen. "However, it is our hope that by holding this service, and in lighting a luminary for those who have passed, we will honor and bring hope to the living in these challenging times."

And Kohl added that it is important for the Army to keep in touch with those survivors who have lost loved ones in the nation's defense.

"Every time we have the opportunity to reach out and support those individuals who have lost a Family member, to connect to them, it has a positive impact on the Army culture because we have an Army Family Covenant, a commitment to support all the Family systems in the Army," he said. "This is an extension of that. It helps the Army be a stronger Family – to be able to reach out to those who have lost a loved one."



ARMY GRAPHIC



PINK CLASS

PHOTO BY NATHAN PFAU

Kathryn Cobb, breast cancer survivor, and CW3 Robert Gordon, 1st WOC company executive officer, put the outstanding sign streamer on the 1st WOC Class 14-25 flag Friday. The class is going pink to benefit breast cancer awareness efforts. For the full story, see page A3.

GET THERE FASTER, STAY LONGER

AH-64E changes way Apaches fight

By Capt. Carter Johnston
USAACE TCM-RA Office

Soldiers from the U.S. Army Aviation Center of Excellence participated in the AH-64E Lot 4 Follow-on Test and Evaluation with the latest version of the world's premier attack helicopter Aug. 4-14 at Eglin Air Force Base, Florida.

FOT&E participant CW5 Bill Ham, standardization pilot for the Attack division for TRADOC's Capability Manager for Reconnaissance and Attack at Fort Rucker, said the Lot 4 earned high marks.

"Having flown every model of the Apache, I was impressed with the capabilities of the Lot 1 AH-64E. But the Lot 4 capability improvements just demonstrated at FOT&E exceeded my expectations and marks the first significant change in how we fight the aircraft," Ham said.

The 1st Battalion, 25th Aviation Regiment, the Army's second unit equipped with AH-64Es, was selected to fly a combination of day and night missions over land and water in support of the follow-on test in Florida.

This test included attack, reconnaissance, movement to contact, and security missions using Link 16 and onboard sensors, which greatly increased the common operational picture between the Apaches and joint air assets.



PHOTO BY CW3 JOE WANKELMAN

Crews from 1-229th Attack Reconnaissance Battalion conduct Forward Arming and Refuel Operations in an AH-64E while deployed to Afghanistan in June.

Although the formal report for the evaluation is still in progress, initial feedback is that FOT&E was a success and displayed the value added from the Lot 4 insertions.

The AH-64E Lot 4 capability enhancements, scheduled for delivery in 2017, include external crash-worthy fuel tanks and software upgrades. The bulk of the capability, though, comes with the integration of the Link 16 tactical data link.

Link 16, a secure joint, wireless network-in-the-sky, allows AH-64E crews to disseminate critical information in real time to other aircraft, as well as ground and maritime platforms.

All of these Lot 4 capabilities are in addition to the already fielded Lot 1-3 AH-64E models, which have improved digital connectivity, enhanced communication systems, more powerful engines, an upgrad-

ed transmission to accommodate the increase in power, capability to control unmanned aircraft systems, new composite main rotor blades and a fully instrumented-flight-rules-qualified aircraft.

The Echo model is already proving its worth, according to Col. Jeff White, the Army's director for USAACE TCM-RA.

"As good as the AH-64D is as the world's premier attack helicopter, the AH-64E has proven even better during home station training, FOT&E, as well as deployed to Afghanistan providing increased capabilities for the supported maneuver unit," White said.

The 1-229th Attack Reconnaissance Battalion, the Army's first unit equipped with AH-64Es, deployed from Joint Base Lewis-McCord with their AH-64Es in March to Afghanistan.

To CW4 Richard Crabtree, the 1-229th ARB's production control officer, the E model means more safety and capability.

"The improved drive system of the AH-64E provides the pilot with an exceptional power margin between power required and power available, and is capable of carrying 2,500 pounds more than its predecessor, the AH-64D Model. This translates into a safety margin for the crew and increased combat capabilities for the ground force commander," he said.

"The E Model can take more fuel and ammo to the fight, get there faster, and stay there longer," Crabtree said.

PERSPECTIVE

SOLDIER FOR LIFE

Master application important to job searches

By Bryan Tharpe
Fort Rucker Soldier for Life Center

Have you gone for a job interview lately? Chances are, if you have, you were asked to arrive a few minutes early to complete your job application.

This is something that everyone has to complete before they begin work for the new employer. Filling out the application is a breeze if you are prepared, but if you are not prepared, it can be a nightmare and may cost you the job.

Frequently, the employer does ask the job

candidate to arrive a few minutes before the job interview to fill out the application. If you are not prepared, you may go into the interview with a negative mindset from having to rush through the lengthy application.

The application asks for a vast amount of information, including your previous experience and skills, completed education and schools, dates and addresses of employment, names and contact information of previous employers, salary history, reason for leaving each job and more.

All of this information must be verifiable

and accurate. Otherwise, even if you get the job and the employer finds out that the information is false, you could lose the job.

To make the application process easier and to maintain a positive mindset going into the interview session, it is crucial to develop a master application to take with you to the interview.

This master application will have all the details of your previous jobs – usually going back 10 years – to include the information listed above. The details of your previous jobs must also be in terms that are familiar to the employer.

Having this information handy in the form of a master application, will help you feel prepared as you fill out the application, and you can be confident that the information you are providing is accurate. However, you still can't just hand in your master application – you will still have to fill out the application.

For more information on job search skills, transitioning Soldiers and their Spouses should contact the Fort Rucker SFL Center at 255-2558 to register for SFL services, and schedule additional events and appointments.

This month in Army Aviation history

Army Aviation in Latin America

The series of articles beginning this month, authored by members of the 210th Combat Aviation Battalion, 193d Infantry Brigade (Panama), the Army component of the U.S. Southern Command, focuses on the diversity of the Army Aviation mission in Latin America.

Knights Train for the Night

No doubt about it, the aircrews of the 114th Combat Support Aviation Company, "Knights of the Air," have a challenging flying environment. In the Republic of Panama, they operate over a carpet of triple canopy jungle,

rapidly changing terrain elevations, and into precipitous "hover-hole" landing zones.

CH-47 Operations in Central and South America

The Panama Canal, a manmade feature through which ships transition between the Atlantic and Pacific oceans, highlights the primary area of operation for the 3d Platoon, 242d Aviation Company. This independent CH-47 Chinook platoon provides medium-lift helicopter support to the 193d Infantry Brigade (Panama) and to the various countries of Central and South America.

Maintenance, Latin American Style

Providing maintenance support for the 210th Combat Aviation Battalion, the Aviation element of the 193d Infantry Brigade (Panama), can be a unique and sometimes very frustrating experience. Principally, that is because many of the battalion's support missions take aircraft out of the Panama Canal area, often well beyond the reach of normal maintenance facilities.

... and more. Download this issue of the U.S. Army Aviation Digest at <http://bit.ly/av8-sept82>



Rotor Wash

“A Zumba challenge takes place tonight from 5:30 to 7:30 p.m. at Fortenberry-Colton Physical Fitness Center. What would you suggest to help Soldiers and Families have fun while remaining physically active?”



Jason Dempsy,
military Family member
“Just try to keep it interesting. Switch up your exercises.”



Spc. Christopher Lunsford,
597th Maintenance Company
“Exercise with a friend or buddy.”



2nd Lt. Sean Keplar,
B Co. 1st Bn.,
145th Avn. Regt.
“Try new exercises and don't be afraid to change it up.”



Chloe Jones,
military Family member
“Listen to music while you workout.”



Mary Jeffreys,
civilian
“Go to fitness classes with people. The more people there are, the more fun working out can be.”

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Deadlines are Friday at 2 p.m. for the following week's edition.

All editorial content of the Army Flier is prepared, edited, provided and approved by the Public Affairs Office, U.S. Army Aviation Center of Excellence and Fort Rucker, AL.

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

ACE SUICIDE INTERVENTION

Ask your buddy

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

Care for your buddy

- Remove any means that could be used for self-

injury.

- Calmly control the situation, do not use force.
- Actively listen to produce relief.

Escort your buddy

- Never leave your buddy alone.
- Escort to the chain of command, a chaplain, a behavioral health professional or a primary care provider.

PINK CLASS

Candidates dedicate themselves to awareness

By Nathan Pfau
Army Flier Staff Writer

Breast cancer is the second leading cause of death among women, but one group of Soldiers on Fort Rucker is taking on the fight against it head on.

Warrant officer candidates of 1st Warrant Officer Company Class 14-25 dedicated themselves to raising funds to battle breast cancer with their Sign and Song as they unveiled their class sign and performed their song for their senior mentor Friday to help raise awareness for breast cancer.

Each WOC class donates to a different foundation or organization, and in recognition of Breast Cancer Awareness Month, which is observed in October, Class 14-25 decided to bring some of that awareness to Fort Rucker, said CW3 Jason Smith, Training, Advising and Counseling officer for 1st WOC.

“Today marks a historic day in the 1st Warrant Officer Company’s history,” he said. “We’re the first ever Pink Class. Several candidates in our class have family members who were affected by breast cancer, so we are doing this to not only bring awareness, but also to pay homage to those individuals who were lost to breast cancer, as well as those who have overcome.”

The sign that was unveiled was created from scratch by the war-



Warrant officer candidates of 1st WOC Class 14-25 unveil their class sign in recognition of Breast Cancer Awareness Month to become the first Pink Class Friday.

rant officer candidates and reads, “No one fights alone, sir!” and was dedicated to Kathryn Cobb, a breast cancer survivor and spouse of a TAC officer.

Cobb has been a breast cancer survivor for 10 years and she said the attention was overwhelming.

“It’s pretty amazing. I’ve never gotten this much attention before and I keep telling people that all I did was get sick,” she said. “I’m glad they did this. It’s for a great cause.”

Overcoming breast cancer is no easy task and takes a lot of strength, said Cobb, so it’s fitting that Class 14-25 brings awareness to the disease.

“It’s the hardest thing I’ve ever done in my life and I’m proud to say that I beat it,” she added.

According to the National Breast Cancer Foundation, one in eight women will be diagnosed with breast cancer in their lifetime, and each year an estimated 220,000 women in the U.S. alone

will be diagnosed with the disease and 40,000 will die.

Although breast cancer in men is rare, it’s estimated that more than 2,000 men will be diagnosed with breast cancer, with approximately 410 dying to the disease each year, according to the foundation’s website.

Because of those statistics, Smith said it’s important to bring awareness to issues like breast cancer, which is just one way that 1st WOC can give back.

“Doing something like this is just something we do to give back to the community as a whole,” he said. “This community does so much for the U.S. military, and Fort Rucker specifically, so this is just a small token of appreciation for what they do for the Soldiers who come through this installation.”

After the unveiling of the sign, the warrant officer candidates marched to the dining facility, clad in their pink breast cancer awareness T-shirts, and performed a song for their command team before sitting down for lunch.

The class’ awareness efforts won’t stop there, though.

The class will host the Breast Cancer Awareness Fitness Challenge at Fortenberry-Colton Physical Fitness Center Oct. 4 from 8 a.m. to noon where participants can take part in fitness challenges, including Strong Bodies, Zumba, Yoga and Ab Lab. The challenge is on a first-come, first-served basis.

In addition to the fitness challenge, there will be a car wash Oct. 4 from 8 a.m. to noon in the WOC area to raise donations for the Susan G. Komen Foundation, which will receive 100 percent of the proceeds. Also, the WOC will host a breast cancer awareness run, led by Class 14-25, in front of 1st WOC Oct. 7 beginning at 6 a.m.

CSA on Army budget: Fiscal year 2016 is breaking point

By David Vergun
Army News Service

WASHINGTON – Should sequestration resume in fiscal year 2016, “it will be very difficult for us to lead around the world. Fiscal year 2016 is a breaking point,” said Army Chief of Staff Gen. Ray Odierno, adding, “I’m not seeing peace breaking out around the world in [2016].”

Odierno delivered his remarks Sept. 12 at a Defense Writers Group where he was guest speaker.

Everyone wants the U.S. to lead the way in resolving global conflicts and crises, he said, not necessarily supplying the preponderance of forces, but involvement to some extent. The nagging question is, “Do we want to do that or not?”

In fiscal year 2016, Odierno pointed out that the budget will go down \$9 billion from what it is now. That would have a “significant degradation” on the force “because I

cannot take people out fast enough.”

The general explained that manpower, modernization and training need to be kept in balance even as the budget shrinks, and it’s currently out of balance with too many Soldiers and not enough dollars to properly train and equip them.

With a reduction of 20,000 a year, that’s as far as he said he’s willing to push it without seriously degrading operational concerns and personnel considerations.

Although the total Army budget is around \$120 billion a year, the vast majority of that is mandatory spending that can’t be touched – obligated funds for equipment, personnel costs, things like that, he explained. About 46 percent of the budget alone is for personnel.

Sequestration takes “a large percentage of a small portion of the budget” that would have otherwise gone to training and equipping the force, he said. The slashed budget will delay aircraft purchases, plat-

form upgrades, improved command and control systems and a host of other needed requirements for years to come.

The active Army is now 510,000, which is down from a high of 570,000. It will be 490,000 by the end of fiscal year 2015, 470,000 by fiscal year 2016, 415,000 by fiscal year 2017 and 420,000 by fiscal year 2019, he pointed out.

Before the rise of the Islamic State of Iraq and Levant, and the Russian incursion into Ukraine, Odierno said he testified to lawmakers that a reduction to 450,000 would pose a “significant” security risk and 420,000 would mean the Army would be unable to “execute our current strategy.”

Since that time, the risk has increased. The ability of the Army to deploy Soldiers to a number of hot spots around the world simultaneously “causes me grave concern,” he said. “I’m in a box.”

Over the last two days, the chief said he

approved letters for the Army secretary to sign, replying to about 40 lawmakers, who were concerned that the Army will reduce the number of Soldiers on installations in their home states.

“I wrote back that ‘the reason I’m taking Soldiers out of your installation and out of your state is because of sequestration. Not that I want to do it.’ That’s the dilemma we’re in,” he said.

“In my opinion, we’ve got to have a security debate in this country and decide what we want to do,” he added. “Not a budget debate, a security debate about what capabilities and responsibilities we want from our Army.”

Summing up the current state of affairs – sequestration and degradation of readiness, even as unforeseen problems emerge in Africa, eastern Europe, the Middle East and elsewhere – the general remarked: “This is a lousy way to plan and do business.”

News Briefs

Volunteers needed

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

Drug take back

Fort Rucker will take part in National Prescription Drug Take Back Day Saturday with a drop-off point in the post exchange mall from 10 a.m. to 2 p.m. During that time, people will be able to anonymously drop off any unused, expired or unwanted prescription medications so they can be safely disposed of.

For more information, call Rebecca O’Brien, Fort Rucker Army Substance Abuse Program, at 255-7806.

Gold Star Mothers Day

Fort Rucker will host a Gold Star Mothers Day and Gold Star Families Day service with luminary lighting Sunday from 6:30-7:30 p.m. at the Main Post Chapel. The event honors those who lost a loved one serving in the U.S. military by lighting luminaries. Gold Star Mothers Day was designated by a joint congressional resolution in 1936 and has evolved in recent years to be known as Gold Star Family Day. Each year since, the day has been observed by presidential proclamation.

Gate-to Gate Run road closure

Andrews Avenue from the Ozark Gate to Third Avenue will be closed to traffic Saturday from 8:30-9:30 a.m., as will Third Avenue to the Daleville Gate from 8:30-10:30 a.m. for the Hispanic Heritage Gate-to-Gate Run.

For more information, call 255-2296.

CIF closure

The Fort Rucker Central Issue Facility will be closed for inventory through Friday. The CIF will resume regu-

lar operating hours Monday. For more information, call 255-1095.

Supply center closure

The Base Supply Center, which is operated by Alabama Industries for the Blind in conjunction with the AbilityOne program, will close for annual inventory count Wednesday-Oct. 7. While the center is closed, it will accept orders by fax at 598-1167, or email at chance.ken@aidb.state.al.us, mckenna.ann@aidb.state.al.us, or fell.michelle@aidb.state.al.us. No orders will be processed until after inventory is complete, unless there is an emergency situation. For emergencies, call the manager at 598-1139, 598-1153 or 434-2878.

CFC continues

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

Siren test

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

Retiree council meetings

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

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.mitchell13.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.

Thrift shop

The Fort Rucker Thrift Shop is open Wednesdays-Fridays from 10 a.m. to 2 p.m. The thrift shop needs people’s unwanted items. People can drop off donations at any time in the shed behind the shop (former Armed Forces Bank building) located in front of the theater next door to the bowling alley. Donations are tax deductible.

For more information, call 255-9595.

Marriage 101

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

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

Alcoholics Anonymous

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

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

Absentee voting myths vs. realities

By Keith Wilbur
Fort Rucker Voting Assistance Officer

As the election draws near, it is common to continually hear some of the following statements about absentee voting, which, for the most part, prove to be false. There are some that have conditional clauses, but most can be ruled out completely.

Remember, if you have any doubt, you may always go to the Federal Voting Assistance Program website, FVAP.gov, to seek clarification.

What isn't a myth is that the rights of absentee voters are protected by law. The Uniformed and Overseas Citizens Absentee Voting Act protects the rights of servicemembers to vote in Federal elections regardless of where they are stationed. It also protects the Federal voting rights of U.S. citizens residing outside the United States. FVAP administers UOCAVA for the Department of Defense and is the local source to check the many myths about voting.

Absentee voting

Myth: Absentee ballots only count in close elections.

Reality: False. Absentee ballots submitted in accordance with state laws are counted for every election. The difference is that in a close election the media reports that the outcome cannot be announced until after the absentee ballots are counted. However, all ballots are counted in the final totals for every election – and every vote (absentee or in-person) counts the same.

Myth: People can vote in person at a local embassy or consulate, or on a military installation.

Reality: False. U.S. elections are run at the state level, and citizens must communicate directly with their election officials to register, request a ballot and vote. Voting Assistance is available at most embassies, consulates and in all military units to help in the completion of necessary forms. People should take into account submission and mail delivery time to ensure forms are received by the state deadline.

Myth: All states have the same election rules and deadlines for military and overseas voters.

Reality: False. States have different rules in regard to how and when the forms are returned. Visit FVAP.gov for state-specific guidelines.

Myth: Military spouses and dependents cannot use military absentee voting forms.

Reality: False. Military Family mem-

bers who will be 18 years old by election day should use the same Federal Post Card Application and Federal Write-In Absentee Ballot that members of the Uniformed Services and overseas citizens do, even when voting absentee stateside. Family members attending college overseas should also use those forms.

Myth: A U.S. citizen who was born overseas and has never lived in the U.S. must pay taxes, but cannot exercise their right to vote.

Reality: It depends. A growing number of states now allow U.S. citizens who were born abroad but never resided in the U.S. to vote using the address where a parent or other relative is eligible to vote. Visit FVAP.gov to see a current list of states that allow these U.S. citizens to vote.

Myth: Voting will affect the tax status of overseas citizens.

Reality: It depends. Voting for federal office candidates will not affect people's federal or state tax liability. Depending on the laws of their state, voting for state or local offices may affect people's state income tax liability. Those who are concerned about their state status should consult legal counsel.

Myth: Absentee ballots are not secret.

Reality: False. State absentee ballots and the Federal Write-In Absentee Ballot are designed with a "Secrecy Envelope," allowing for the separation of the voter's identity from the cast ballot. Voting assistance officers also ensure voters casting absentee ballots on Department of Defense facilities are able to do so in a private and independent manner. Local election officials are professionals who go to great lengths in their ballot-handling procedures to ensure everyone's vote and personal in-

formation are kept private.

Myth: People can't vote if they're deployed.

Reality: False – they absolutely can vote while deployed. People registered to vote while deployed and who don't get their state ballot in time to vote from their location can use the Federal Write-In Absentee Ballot found at FVAP.gov. People should remember to submit the form at least 30 days before the scheduled election.

Local election information

Myth: Voters will be turned away if they are wearing campaign apparel.

Reality: Voters in most states may wear campaign buttons, shirts, hats or most other campaign items when they enter the polling place to vote – voters may not otherwise campaign there. Each state typically imposes a distance rule from the entrance to any polling place.

Myth: Provisional ballots are only counted when there is a close race.

Reality: A provisional ballot is always counted when the voter is shown to be registered and eligible regardless of the closeness of the outcome of the election. A person who votes provisionally simply because he or she forgot identification at the polls will not have to do anything else. If the signatures on that ballot certificate and the voter roll match, the provisional ballot is counted.

Myth: Students who change addresses for voting will be dropped from their parents' insurance or lose financial aid.

Reality: Not true. People can't be dropped for registering to vote. This is typically used as an intimidation tactic to suppress the vote, as recently happened in Virginia, according to the "New York Times."

Myth: A vote won't make a difference

Reality: Not true. The old adage is "every vote counts," and in two past presidential elections, that's been truer than ever. In 2004, President George Bush beat Democratic rival Senator John Kerry 51 percent to 48 percent, winning by just more than 3 million votes. The 2000 election was even closer. The final official count in Florida had Bush winning the state by just 537 votes, thus clinching the election.

Of course, these myths vs. realities only matter to those who register to vote. For more information, people can contact their unit voting assistance officer, or call the installation voting assistance office at 255-1839, or send an email to usarmy.rucker.usag.mbx.voting-office@mail.mil.

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IMPROVED TOOLS

New NCOER expected to more accurately assess Soldiers' performance

By David Vergun
Army News Service

WASHINGTON — The secretary of the Army approved the new Non-Commissioned Officer Evaluation Report Aug. 1. Implementation will be in September 2015.

“The new NCOER will come out in five phases: inform, educate, train, rollout and after-action review. Human Resources Command is beginning to build the NCOER into the Evaluation System now,” said Command Sgt. Maj. Charles E. Smith, senior enlisted adviser for HRC.

Sgt. Maj. of the Army Raymond F. Chandler III provided his take on the new NCOER: "The biggest challenge during the preparation and transition of the new NCOER over the next year will be to ensure NCO leaders at all levels clearly understand the new report and its role in evaluations. We must ensure the new NCOER is perceived as a tool that delivers the best measures available to review and evaluate performance."

“NCO leaders must understand the process on how to effectively manage rating profiles,” Chandler continued. “It is very important to the future of the Army that Soldiers view the Army as an institution, which is clearly able to identify premier leaders in a highly competitive environment. Therefore, as we prepare for the system to roll out around September 2015, I expect all NCOs to take the time to learn and understand how the evaluation system works, and how it supports the selection and promotion processes.”

The new NCOER will require insightful narratives instead of what are often nondescript, bulleted lists in the current NCOER, and the evaluations themselves will be different for junior and senior NCOs, explained Sgt. Maj. Stephen J. McDermid, with the HRC Evaluations Selections and Promotions Division, Evaluations Branch.

The interval between approval and implementation will allow enough time for training on how to use the new NCOER. The months ahead will also ensure that the critical information technology portion of the implementation goes smoothly upon launch, he said.

In the coming weeks and months, regulations and pamphlets will be updated and Soldiers from installations Army-wide will travel to HRC at Fort Knox, Kentucky, for two weeks of training so they can go back and train their assigned units and personnel, he added.

Besides training at Fort Knox, HRC will send out mobile training teams Army-wide, to include the active component, Guard and Reserve, "to train the whole force from sergeants through general officers in this process," said Smith.

"If more training is required, we'll send out additional teams, because we've got to make sure

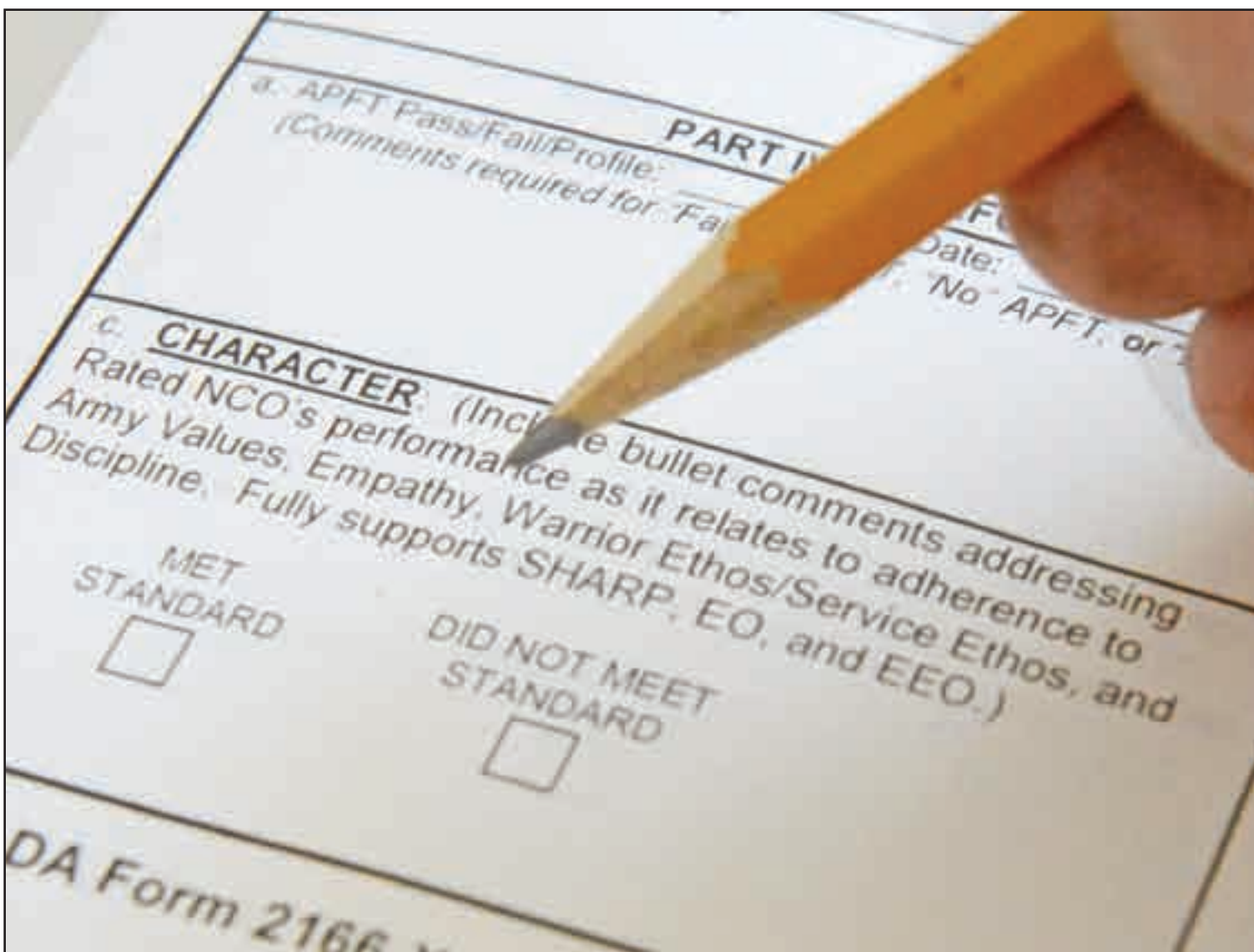


PHOTO BY DAVID VERGUM

The new NCOER is expected to more accurately assess Soldiers' performance.

the foundation is done properly,” he added.

Why change?

In 2010, the chief of staff of the Army directed a review of the current NCOER, which has been in place since 1987, McDermid said. The CSA had concerns that it did not reflect current leadership doctrine and was over-inflated. He also wondered whether or not there needed to be more than one type of NCOER, instead of just one, which is currently used for all ranks.

By 2012, the sergeant major of the Army, his board of directors, and NCO working groups had reviewed the process and came up with some recommendations, which were then validated by a CSA-appointed Council of Colonels and General Officer Steering committee.

HRC was then tasked with gathering feedback from the field and reviewing the Department of the Army Centralized Selection Board after-action reviews, and also leader engagements with general officers and command sergeants major.

Earlier this year, the new Officer Evaluation Report was implemented. It has some similarities to the new NCOER, so feedback and after-action reviews on that were helpful in preparing the launch of the NCOER, McDermid said.

How it works

There will actually be three different NCOERs, McDermid said.

The direct level form is for sergeants and it's pretty straightforward. It will have only two categories: "Met Standard" or "Did

Not Meet Standard.” Whichever category is selected for this NCOER will require a bullet comment, also called a “task statement,” to support the checked category, he said.

The organizational level form is for staff sergeant through first sergeant or master sergeant, and it will have four categories. "Far Exceeded Standard" is the highest or best, he said.

The next highest category is “Exceeded Standard.”

The third category is “Met Standard.”

The least desirable category is “Did Not Meet Standard.”

The strategic-level form is for command sergeant major or sergeant major. It will contain an in-depth narrative on his or her effectiveness to the organization.

Because a narrative style of writing is much different than bulleted lists, training will focus on effective writing and how to write clear, accurate, descriptive, and thorough assessments, McDermid said.

Rater responsibilities

There will be “a delineation of rating roles and responsibilities for the raters and senior raters,” McDermid said. The current NCOER has both rater and senior rater assessing performance and potential. In the new NCOER, the rater will focus only on “performance” and the senior rater only on “potential.”

"Senior Raters will provide an assessment of the rated NCO's overall potential compared to NCOs in the same grade, establishing a Senior Rater Profile for Senior Raters of staff sergeant to command sergeant major. Similar to Officer Evaluation Report,

each Senior Rater's profile will limit assessments of Most Qualified to less than 50 percent. The supporting comments from the senior rater must send a clear message through enumeration, performance, and potential. When properly articulated this will assist the selection boards in selecting our top athletes to serve in positions of increased responsibilities," said Smith.

A supplementary reviewer will be used in two situations, he added. The first is when there are no uniformed Army advisers or rating officials within the rating chain, and second is when the senior rater or someone outside the rating chain directs a relief for cause.

Doctrinally, the new NCOER is expected to benefit the Army by better identifying talent within the Army, moving that talent to the best location and billet, and providing the Army with a better means of identifying which Soldiers should be put in key assignments. The new NCOER will also identify top-notch performers and provide them with educational and professional development opportunities. The NCOER

will also be a useful tool in moving Soldiers around in the Army as they change assignments, McDermid said.

One of the key advantages of the new NCOER, is that it will “ensure depth and experience are met before an individual is promoted,” Smith said. “Once a leader is selected for the next grade that person will be developed and mentored to assume that next highest grade.”

Smith said that “in the past, rating officials were not held accountable.” The new evaluation and assessment tools will ensure rating officials assess more accurately.

Successful training and IT efforts in the coming months alone will not ensure that the NCOER is a success, Smith cautioned. Leaders have to buy in and take ownership of it.

"I recommend the top leader in each formation serve as the master trainer during this critical time," Smith said. "We've got to get this right. Folks' careers are on the line as we write these new evaluation reports. If we do this right, it will lay the foundation for success in the future."



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Fort Rucker makes recycling easy

By **Jeremy Henderson**
Army Flier Staff Writer

Fort Rucker's Recycling Center processes a wide range of materials to help reduce waste and maximize the community's efforts to "think green."

According to Melissa Lowlavar, Fort Rucker environmental management branch chief, recycling is an investment in the future.

"Recycling as much as possible will ensure that our children's children have all the resources they need to live on this planet," she said.

"A simple way Families can stress the importance of recycling to their children is by letting them have an active role," she added. "Let your children wash out the plastic bottles. Let them segregate the paper, cardboard and other items into designated containers. Let them help deliver your recyclables to the Recycling Center. Tell them that what they are doing is helping the earth."

A simple Internet search reveals several educational tools to help foster a deeper understanding of recycling and its benefits, Lowlavar said.

Soldiers and Families can reduce the number of trips to the curbside garbage can by following a few simple guidelines to fully utilize Fort Rucker's Recycling Center (see sidebar).

Matt McGee, Corvias Military Living community management director, said Soldiers and Families on post have easy access to recycling containers and the convenience of curbside pickup.

"Each home on post comes with a 35-gallon rolling-recycling container that is picked up every Monday, and the program is free to use and no sign up is necessary," he said. "Corvias uses MDI (Mark Dunning Industries, Inc.) to pick up all on-post housing recyclables."

"The materials that are allowed in each container are: aluminum, steel and tin cans; cardboard; paper bags; books; No. 1 and 2 plastic bottles; any type of paper; and pizza boxes," he added. "We also recycle appliances, HVAC units and other metal items utilizing a local recycling provider. If residents have metal items, such as a barbecue grill, they can call the community office to learn how they can have it recycled."

According to McGee, since April 2006, Corvias residents have recycled about 1,575 tons of material. But not all things can be dropped into the recycling containers.

"Things that cannot go in the container are plastic bags, Styrofoam, yard waste, wax cartons and glass," he said. "Residents can put those items in their regular garbage bins."

According to Lowlavar, an incentive program is available for government organizations that have a Directorate of Family, Morale, Welfare and Recreation fund account.

The program pays organizations with DFMWR funds for bringing segregated recyclables to the recycling center. The type and quantity of materials turned in each quarter determines amounts. Materials included are aluminum cans, plastic bottles, paper and cardboard. Unsegregated materials and materials picked up by the center do not count towards earned credits in the program. See EMS-WI-SW011, QRP Incentive Program, for de-



PHOTO BY JEREMY HENDERSON

Marcus Stanford, recycling technician, sorts and deposits electronics into a container at the Fort Rucker Recycling Center.

tailed information about the program.

Although the Recycling Center accommodates a wide range of materials, some items require special care and are handled by the hazardous material control center.

"The list of household trash that would be considered hazardous materials is very lengthy," Lowlavar said. "It includes items such as (some cleaners), bleach and latex paint. The best thing to do with these items is to use the entire product for its intended purpose. If this is not feasible, individuals should try to find a proper disposal location."

"On post, individuals may use the HMCC for items that they collect," she added. "Also, home improvement stores take back some hazardous material items. Also, some manufacturers will take back unused portions of their product."

Residents on post must adhere to additional guidelines for the disposal of the following items:

- **Used Antifreeze** — Collect in a plastic container with a lid, label as "used antifreeze" and turn in to the Fort Rucker Hazardous Material Control Center (598-1311) for recycling.
- **Used Batteries** — Collect used batteries and turn them into the HMCC for recycling. Users must properly separate some batteries (lithium, ni-cad, mercury, nickel metal hydride, and silver-zinc) to prevent short-circuiting during storage and transportation by either placing batteries in the original inner package, taping the positive end of the batteries, or by using plastic "baggies" to separate individual batteries.
- **Used Oil** — Collect used oil in a container with a lid, label the container "Used Oil" and transfer to a collection tank. The

RECYCLING CENTER **RECYCLABLE MATERIAL GUIDELINES**

Cardboard — All cardboard may be recycled by bringing it to the recycling center for the incentive program. The Directorate of Public Works - Environmental and Natural Resources Division also collects cardboard from collection points across the installation. Cardboard must be flattened prior to placing in collection containers or bringing to the recycling center. Call to arrange a special pick-up when moving offices or cleaning out files. If the building generates a large amount of cardboard on a regular basis, contact the recycling center and they will provide a cardboard collection bin for the building and add it onto the weekly pick-up schedule. Pick-ups are not counted for the incentive program.

Paper — Copier paper, writing paper, memos, index cards, glossy computer printouts, bond copier paper, manuals without glue or plastic binder, notebook paper, correspondence, fax paper, brochures, post-it notes, manila file folders, and envelopes should all be placed in collection containers and brought to the Recycling Center for the incentive program. The recycling center provides some 90-gallon paper recycling carts with a weekly pick-up schedule. Materials picked up by the recycling center are not counted for incentive program totals.

Aluminum Cans — Collect and bring cans to the recycling center for the incentive program. Keep cans separate from other materials. The recycling center has some containers that may be used for collection.

Metal — All scrap metal and metal furniture not on a hand receipt should be dropped off at the appropriate roll off behind the recycling center.

Wood — All wood products to include pallets, crates and wooden furniture not on a hand receipt may be delivered to the wood lay down yard beside Defense Logistics Agency Disposition Service (formerly DRMO). All heavy metal (i.e., handles, hinges, coaster wheels) will need to be removed prior to delivery. Call the recycling center for an appointment.

Used Cell Phones — Used cell phones are donated to the Cell Phones for Soldiers program and may be turned in to the recycling center.

Electronics — Discarded electronic equipment (also called ewaste), such as computers, TVs, and audio equipment, can leach toxic metals like lead and mercury into the environment. These items may be dropped off at the recycling center during normal business hours. Microwaves, refrigerators and hand-receipted items will not be accepted.

Plastic Bags — Turn in plastic bread and grocery bags at the commissary or the recycling center.

DFMWR Auto Craft Center at Building 1902 can be used if no tank is located nearby. Do not leave containers of used oil unattended. Make sure the used oil is properly poured into

the collection tank and the lid to the collection tank is closed.

- **Fluorescent Light Bulbs** — Used fluorescent bulbs have special labeling requirements - contact DPW-ENRD for labels

or information. Collect in original boxes and take to HMCC. The HMCC (598-1311) will issue a receipt that can be used at the Base Supply Store for new bulbs.

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General: Soldiers should be trained like elite athletes

By David Vergun
Army News Service

WASHINGTON — As football season continues, the public is focusing on favorite teams and athletes and making predictions. That same focus needs to be on “our Soldier-athletes,” perhaps even more so, said Lt. Gen. Robert B. Brown, commander, Combined Arms Center and Fort Leavenworth, Kansas.

Brown spoke at the Association of the United States Army’s Institute of Land Warfare Medical Forum, Sept. 10.

Before kicking off his discussion on “The Soldier Athlete,” Brown walked around the audience of mostly Soldiers and former Soldiers, asking them to describe traits of good athletes. “Leadership,” “disciplined,” “talented,” “teamwork,” “commitment,” “hard work,” “determination,” “competitiveness,” “physically fit,” and “resilient” were some of the attributes given.

Then, Brown asked the same question about Soldiers. The similarities of their answers were striking.

Brown has some insights into soldiering and athletics. He was the No. 2 basketball recruit from Michigan,

playing for Coach Mike Krzyewski at the U.S. Military Academy. He was commissioned in 1981 and went infantry.

“We need to be more proactive in the way we treat Soldiers,” he said. In many ways, Soldiers have to deal with situations more difficult than athletes, particularly on the battlefield, but also at home station.

The battlefield of the future will be even more confused and chaotic than ever before, and a mature, well-trained Soldier who is adaptive and quick-thinking will be required.

Who could have imagined just a few months ago that a civilian airline would be shot out of the sky, the barbarism of ISIS and the situation in Ukraine?” he asked.

The only predictable thing is that the future will be even more confused and chaotic, he said.

In Brown’s early career, he said the “fog of war was not having enough information. Now, the fog of war is too much information – in overwhelming amounts.” Soldiers will need to process that information much more rapidly than ever before and to do that will require a lot of realistic training. What is certain is that “the enemy will adapt” and they won’t play by

the same rules and moral values.

Generation gap

Brown put up a slide showing a Soldier from World War II on the left and a Soldier from recent times on the right.

The uniform and gear for the World War II Soldier cost about \$200 and for the current Soldier, about \$25,000, he said. About the only thing Soldiers today are not issued that they were then are cigarettes.

“Soldiers were treated for most of my career as a number,” he said. Today, however, a Soldier at any grade needs to be able to use initiative and make important decisions. The consequences for using bad judgment can be disastrous and can go viral quickly in this age of cell phone cameras and social media.

When Brown was in Iraq, he said his Soldiers were fired on by snipers in Mosul. The Soldiers chased the insurgents, who fled in a car. Later, the insurgents jumped out of the car and ran into a crowd of women and children. The Soldiers had sense enough not to fire into the civilians to take them down, he said.

The good news is that in their rush to escape, the insurgents left their rocket-propelled grenades and

wallets in the vehicle, he said. They were apprehended that evening on a night raid. “That’s the kind of discipline we require of our Soldiers today,” he said.

Another difference between today and yesteryear, he said, is that Soldiers, himself included, used to run in boots, do pushups and sit-ups, and that was pretty much the extent of physical training at home station. Not the kind of training a professional athlete would do.

Today, Soldiers train in running shoes and have a variety of exercises. However, Brown said that there are still old-school carryovers who don’t appreciate the value of scientifically proven physical training.

Also, leaders today still need convincing that their master resilience trainers should be utilized more than they are, he said. The culture is starting to shift as the value of resiliency and proper training is being emphasized in the school houses.

While physical training has changed in the Army for the better, the new generation of millennials coming into the service are disadvantaged to a certain extent, he said, meaning they are less physically fit.

Children these days are not as active in sports and outdoor recreation

as they once were, he said. On a recent bicycle ride around Fort Leavenworth, Brown said he saw just one child outside playing, despite nice 70-degree weather. They likely were indoors playing video games, he said.

Youngsters are also overeating or eating the wrong kinds of food and not getting the sleep they need, he said. When he was the commander of I Corps, Brown said that 38 of 40 of his staff had trouble sleeping and that about 30 of them used medication or alcohol to help them fall asleep.

Brown applauded the Army’s Performance Triad program, which places an emphasis on proper sleep, activity and nutrition, and has information that help Soldiers and their Families become more healthy and resilient.

He also applauded the U.S. Army Special Operation Command’s Tactical Human Optimization, Rapid Rehabilitation and Reconditioning program. Its goals include helping Soldiers recover more rapidly from injuries sustained in training or combat. The program is similar to what elite athletes use and Brown said he’d like to see that spread to conventional forces as well.

Sacrifice: Community honors POW/MIA

Continued from Page A1

remembering the sacrifices made by brave Americans who were taken prisoner and returned, and we remember those heroes who went to war and never returned – their fate still unknown.”

Since World War I, more than 140,000 American Soldiers have been held as prisoners of war, two of which sat in the audience during the ceremony. Retired Lt. Col. Tom Stovall spent time as a POW in Nazi-occupied Poland during World War II, and retired Master Sgt. Arthur Osepchook spent 14 months as a POW when his plane went down over Berlin in World War II.

“It’s only by looking into the eyes of a former POW as you listen to their stories of capture and imprisonment that you can begin to imagine the full depth of passion

and commitment these individuals have for our country and its principles,” said Doerer. “America’s POWs have gone far beyond their commitment and personal honor – they have given up their freedom so that we may enjoy ours.

“Then there are those who are still sacrificing, still waiting to return home – our missing in action,” he continued. “Our missing remain in our thoughts and prayers always, but especially on this day of reflection. Amid all the uncertainties of war, every Soldier is entitled to one certainty – that he or she will not be forgotten.”

The U.S. government goes to great lengths and makes it a high priority to make sure that it does what it can to make sure it’s Soldiers are accounted for, according to a proclamation issued by President Barack Obama.

“My administration remains dedicated to accounting as fully as possible for our nation’s missing heroes,” the proclamation read. “Whether they are gone for a day or for decades, their absence is felt. We will never give up our search for them, and we will continue to work to secure the release of our citizens who are unjustly detained abroad.”

“On this day, like on every day that passes without closure, the pain continues for many of the missing service members’ Families,” said Doerer. “There have been no homecomings and no peace for the questions that last a lifetime. To them, the term MIA is not merely an issue or a symbolic figure on a black and white flag – it is their loved one.”

As the ceremony came to a close, the chief of staff offered a quote by one of the nation’s founding fathers, Thomas Paine.

“These are the times that try men’s souls,” he quoted. “The summer Soldier and the sunshine patriot will, in this crisis, shrink from service of his country. But he that stands it now deserves the love and thanks of men and women.”

Former prisoners of war and those still listed as missing in action, as well as their Families, deserve that love, said Doerer.

“We can never adequately express our gratitude to those who have served our nation as prisoners of war or to the Families who experienced such anguish during their separation, and to our missing and Families who still await their homecoming,” he said. “So long as Americans answer the call to fight for freedom and democracy, there will always be a sacrifice, both by those who answer the call and those who understand the calling.”

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110 Windover Way ~ Enterprise: \$229,000

What a charmer! It has a BASEMENT! Entry level includes an inviting family room with beautiful gas log fireplace, a spacious eat-in kitchen, dining room, master suite, office, ½ bath, laundry room, exercise room & 2-car garage. Walk downstairs into a bonus room ideal for kids/teenagers. Also, you find 2BR/1BA & a huge storage closet. Final door leads into the 3rd garage with work shop & another ½ bath. Great moldings upstairs. Relax on your covered deck. Situated on a lot & a half.



107 Crestview ~ Enterprise: \$106,000

Great location minutes from the Enterprise/Ft. Rucker Gate. 3BR/2BA with wood burning fireplace & large laundry room. Large master closet, fenced in shady backyard & 2-car garage make this a great investment property or the perfect choice for your first place. New vinyl siding was installed in 2011.



112 Grey Fox Trail ~ Enterprise: \$219,500

Pristine gem in popular Brookwood. The open floor plan includes granite counter tops & tile flooring in kitchen & bathrooms w/ hardwood flooring elsewhere. Eat-in kitchen, formal dining & awesome light fixtures throughout. Separate master shower, Jacuzzi tub & double sinks. A 12x12 shop w/power located in backyard. Hours of hard work & inspired design have transformed the backyard into a haven for entertaining & relaxing. The patio was expanded & screened in. Come see all it has to offer.



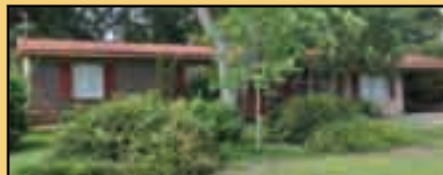
403 Whispering Pines ~ Enterprise: \$134,900

Over 2,150 SF in this well maintained 3BR/2BA with BONUS room. Original hardwood flooring in living room & dining room. Fresh interior paint, huge walk-in closet in 1BR with extra space for another closet or computer area. Den with built-in book shelves has a closet so could be used as a 4th BR. Sewing/craft room. Very nice eat-in kitchen with tons of cabinets plus pantry. Newer countertops. Screened in porch with skylights looks out over landscaped backyard. Detached garage & a green house.



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207 Pinehurst ~ Enterprise: \$129,500

Wonderful 3BR/2BA in desirable, established neighborhood convenient to Hillcrest Elem. & Dauphin Jr. Remodeled in 1975 to add a family room, this home received updated carpet, vinyl & countertops after 2001. New hot water heater in 2007. New roof in 2010. Exterior paint, refurbished screen porch, new cooktop, stainless sink & other interior updates were added in 2011. New dishwasher July 2014. Nonsmokers & no pets live here. Washer & dryer convey with property. Great, shady backyard.



3421 Lake Oak Ridge ~ Enterprise: \$205,000

Lake view with BONUS ROOM in Oak Ridge Forest. 2BR w/Jack-n-Jill bath upstairs. Master is downstairs w/large bathroom, his/hers closets, double vanities, separate shower & Jacuzzi tub. Family room w/gas log fireplace with built-ins on each side. Spacious eat-in kitchen just off the formal dining room. Roomy laundry room w/sink. 2-car garage w/large storage room. Very large addition on rear of house for office, man cave, hobby/crafts or any combo. Lots of space! Enjoy the view from front porch.



309 Averett: Enterprise: \$134,900:

Wonderful updates to this 3BR/2BA home located on wooded, cul-de-sac. New laminate flooring, carpet & fresh interior paint have made this home feel like new. Huge bonus room is great for family gatherings or makes the perfect play room for kids. Shady backyard will make a cool place for outdoor entertaining under the covered patio. 2 fire pits draw the party outside. Updated kitchen w/Jenn-Air range, appliance garage & granite island. Huge storage room w/ closet could be another bedroom if duct work added.



218 Plaza ~ Daleville: \$129,000

Well-maintained 2,100± SF home features a large master bedroom with a walk-in closet & a new step-in shower with tile surround. Everyone will enjoy gathering around the beautiful gas log fireplace located in the large family room. The u-shaped kitchen has oak cabinets, newer range, breakfast bar & plenty of space for a hutch & dining table. The spacious backyard has a large shed for extra storage. New roof in 2011 & newer water heater. Convenient to Ft. Rucker, Enterprise & US 84 to Dothan.



225 Rex Road ~ Newton: \$235,900

Country living is yours in the lovely 4BR/3BA home with screened in porch & patio. Conveniently located just off US 84 in Wicksburg school zone. Kitchen has breakfast area as well as a bar, tons of cabinet/counter space & 2 pantries. Large master bath with separate shower, double sinks & huge walk-in closet. 4th BR is located on opposite side of house & has its own bathroom & walk-in closet. Perfect for guests, a teenager or a mother-in-law.



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TARTAN PINES!



614 TARTAN WAY: \$490,000: Like new, 4BR/3.5BA on #4 green at Tartan Pines. Over 4,000 SF with large living room with fireplace, formal dining & spacious kitchen with light & bright breakfast area & view of the golf course. 2 car garage, newer 16 seer HVAC units. **JIMMY JONES 406-1752**

POOL!



21 COUNTY ROAD 278 ~ \$219,900: Your family is all that is needed to fill this bright & cheerful 3BR/2BA, double garage brick ranch on a large landscaped corner lot. There's a fenced backyard that's perfect for entertaining with salt water pool & a large open lawn just waiting for a sandbox & swing. It's all here with the covered front porch for those lazy afternoons, a patio off the living area overlooking the pool, a family-sized kitchen, formal dining room & so much more. It's more than a house, it's a home. **JUDY DUNN 301-5656**

4 BEDROOMS!



104 EDINBURG ~ \$194,900: Don't miss this spectacular 4BR/3.5BA beauty. Ideal for the large family with a master bedroom on each floor. Shady front porch, landscaped yard, 2 living areas & 2 dining areas. Low maintenance exterior with windows & roof replaced within the last 5 years, many of the rooms have been freshly painted. Perfect for the handyman is a large workshop/garage with roll up door & entry door -- great for storage or tinkering on your classic car or storing your "toys". **PAT LEGGETT 406-7653**



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4 BR/4.5BA & BASEMENT!



309 RED CLIFF ~ \$398,000: Family home with lots of charm! This custom built 4BR/4.5BA has handcrafted woodwork & cabinetry throughout, beautiful hardwood & tile floors, granite counters in kitchen, 6-burner cooktop, double oven, large formal dining room, 2 large living areas & master bedroom with office space. The partially finished walkout basement has a fireplace & lots & lots of storage. All this & more located on a beautiful established lot very convenient to schools!! **JACKIE THOMPSON 406-1231**

9± ACRES & HOUSE



1834 COUNTY ROAD 610 ~ \$179,900: 9± acres & a beautiful home. Pecan & fruit trees, 4 wheeler & farming & lots of other possibilities. **PAT LEGGETT 406-7653**

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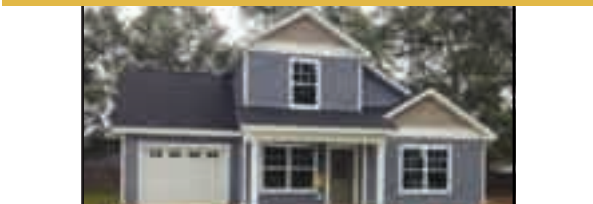
110 CAMBRIDGE: FHA financing is available with \$100 down payment. Case # 011-724035 "AS IS". Purchase of the property will be by cash at closing or on terms acceptable to the Seller. Great starter home in Fairfield Estates. Featuring laminate flooring in main areas of the house, tile in the other areas. Wood burning fireplace in grandroom with ceiling height to second floor. Bright & airy, Florida room off grandroom to backyard with privacy fence. **EVELYN HITCH 406-3436**

4 BEDROOMS & 3 BATHS!



279 TRENT ~ \$194,000: Great price on 4BR/3BA, so conveniently located to Enterprise & Ft. Rucker. The large 4th bedroom & 3rd bath are split from the other 3 bedrooms 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. **BOB KUYKENDALL 369-8534**

NEW CONSTRUCTION!



232 JASMINE CIRCLE ~ \$165,500: The Cottages at Woodland Park: Tucked in the woods off Boll Weevil Circle. While providing privacy, they offer the convenience to schools, shopping, golf, restaurants & minutes from Ft. Rucker. Security system, stainless appliances, natural gas heat/cooking/water heater, low E windows, irrigation system, 2" faux wood blinds, framed mirrors in bathroom & tray ceiling in grandroom. (Laurel Plan) **CENTURY 21 347-0048**



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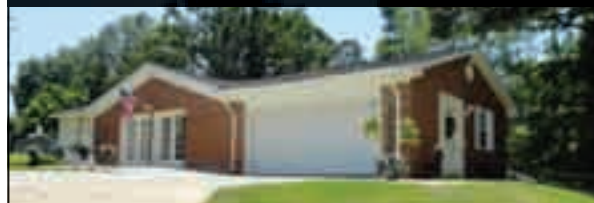
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\$115,000



200 AVERETT: Open floor plan, 3BR/2BA, large living area/dining & kitchen. Laminate floors, large storage/laundry room that is heated & cooled. Covered patio to enjoy the numerous flowering shrubs & grape vines. Detached 3-car garage that could be used as a workshop. Available now.

\$121,900



408 DOUGLAS BROWN ~ DALEVILLE: Call this HOME! Everything has been kept up on this home with upgrades over the years to include roof, windows, kitchen, flooring & a laundry room added on. Pull up in to your garage, & you still have additional parking & a patio from which you can go through the new French doors to the kitchen/den area. Great for entertaining as you have 2 living areas, & with the galley kitchen, you can walk in either direction. Make your appointment today, just give us a call.

\$139,900



78 LA DONNA ~ DALEVILLE: Built in 2009, this is a 1-owner home. Cathedral ceiling in grandroom with wood burning fireplace & door to screened porch. No wasted space in the country home & outside offers privacy also a place for dog pen or sit in the garden areas. Situated between Enterprise & Daleville, you are a few yards from highway but can't really see it from your home.

\$168,900



105 SKYLARK: Custom built, 1-owner home with no wasted space. Open concept grandroom w/gas log fireplaces, dining area & sun room. Kitchen has new cabinets with pull-out drawers in the one floor to ceiling unit next to cooktop, granite countertops & tile backsplash, all new appliances. Pass through opening from kitchen to sun room. Jack & Jill bath separates the 2BRs on the one side of the house with separate vanity areas for both bedrooms. Full wall built-in unit at front door for storage.

\$199,900



320 COUNTY ROAD 101 ~ JACK: Horse lovers dream, property is completely fenced with hog wire, with chain link fence in yard front & back with 5 gates, separate fenced paddock in front yard with hog wire fence, circular drive. 22x32 barn with 2 stalls, lean to extension with Dutch doors, electric & water with inside & outside lights. 10x20 shed with shelves & ramp. Open floor plan with split BRs & den w/ fireplace as well as formal living room. Great screened porch with stairs leading to pool. A MUST SEE!

16th CAB carries out versatile mission



PHOTO BY STAFF SGT. WHITNEY HOUSTON

Soldiers of the 82nd Airborne Division gather their equipment before boarding a CH-47F Chinook that serves with the Task Force Flying Dragons, or 1st General Support Aviation Battalion., 52nd Avn. Regiment, 16th Combat Aviation Brigade, in the Nawa Valley, Kandahar Province, Afghanistan, earlier this year.

By Staff Sgt. Whitney Houston
International Security Assistance
Force Regional Command-South

AFGHANISTAN — The rhythmic pulse of the helicopter rotors and the clanking of the mechanics’ tools provided a beat for the Aviation Soldiers who worked fluidly to a well-choreographed routine on Kandahar Airfield.

This section of busy flightline is controlled by the 1st General Support Aviation Battalion, 52nd Aviation Regiment, 16th Combat Aviation Brigade, also known as the Flying Dragons.

The Flying Dragons are a task force that uses various models of the CH-47 Chinook and UH-60 Black Hawk helicopters to carry out a versatile and far-reaching mission to support military operations for Regional Command-South.

“Task Force Flying Dragon’s

mission is to provide Aviation support to Regional Command-South and the International Security Assistance Force,” said Lt. Col. Tom Barrett, a native of Anchorage, Alaska, who serves as commander of the Flying Dragons. “It’s composed of UH-60A, UH-60L, UH-60M (Black Hawks), and CH-47F (Chinook) aircraft. There are maintenance and mission command sections to support 24-hour operations.”

Although all of their operations are done completely from above, their motives are well grounded. The Flying Dragons work directly with troops on the ground to ensure mission success and safety.

“Our focus is to support the ground force commander and ensure that he accomplishes his mission,” said Maj. Pearl Christensen, a

SEE 16TH CAB, PAGE B4



ARMY PHOTO

An AH-64E Apache Guardian from 1st Armed Reconnaissance Battalion, 25th Aviation Regiment, 25th Combat Aviation Brigade, 25th Infantry Division, and an Mi-35 attack helicopter from 31st Squadron, Tentara Nasional Indonesia Angkatan Darat, take off for a flight together during an attack and reconnaissance training mission in Semarang, Indonesia, Sept. 9. The training is part of Garuda Shield 2014, where units from U.S. Army Pacific are focusing on peace support training capacity and stability operations with the TNI-AD.

Army releases latest policies on hairstyles, tattoos, uniforms

By Lisa Ferdinando
Army News Service

WASHINGTON — The Army published revisions to Army Regulation 670-1, its policy for “Wear and Appearance of Army Uniforms and Insignia,” which included changes to female hairstyles and tattoos standards.

The revisions, dated Sept 15, were effective immediately.

The service determined in a review that authorized hairstyles announced earlier this year limited female Soldiers’ hair grooming options. The policy authorizes temporary, two-strand hair twists for women and includes a number of updates to hairstyles for women. Dreadlocks or locks remain an unauthorized hairstyle.

As for tattoos, the new regulation allows enlisted Soldiers who have grandfathered tattoos to be considered for officer candidate school or warrant officer appointment without needing an exception to the policy.

A training package for Army leaders and Soldiers is available online at <http://www.armyg1.army.mil/hr/uniform/>.

The Army plans to continue its long-standing practice of conducting perpetual reviews of its policies. In fact, Soldiers are encouraged to submit a DA Form 2028 to recommend changes. Requests with significant wear or policy changes should be endorsed through the Soldier’s senior level chain of command to the Army G-1.

“Wearing of the uniform, as well as our overall military appearance, should be a matter of personal pride for Soldiers,” Sgt. Maj. of the Army Raymond Chandler said. “Our commitment to the uniform and appearance standards is vital to your professionalism.”

“Every Soldier has the responsibility to know and follow these standards. Leaders at all levels also have the responsibility to interpret and enforce these standards, which begins by setting the appropriate example,” Chandler added. “Your actions help to ensure we continue to be trusted and revered by the American people we serve.”

Female hairstyles

The Army began reviewing its policies on female hairstyles soon after releasing the March 28 version of the regulation. In conjunction with the service’s review, the Department of Defense also requested a review in light of concerns that the hairstyle policies were too restrictive for African American women.

This review included feedback from a panel of Soldiers comprised of the various demographics represented in the U.S. Army. Subsequently, Army officials believe the updated policy gives female Soldiers more options while maintaining a professional appearance.

The new regulation allows female Soldiers to have temporary twists or two pieces of hair neatly twisted together. Twists, cornrows and braids can be up to 1/2 inch in diameter. The previous maximum was a

SEE POLICIES, PAGE B4



PHOTO BY STAFF SGT. STEPHANIE VAN GEETE

First Sgt. Aki Paylor’s tattoos were done a number of years ago, so he’s grandfathered in.

‘BEING IN THE GAME’

29-year veteran Aviator lives for the flight line

By Staff Sgt. John Etheridge
International Security Assistance
Force
Regional Command South

KANDAHAR AIRFIELD, Afghanistan — A Hawaiian hula-dancing doll bobbed back and forth on the dashboard of the pick-up truck as it drove from the Regional Command-South headquarters to the rotary-wing side of the runway early one evening.

It’s a drive CW5 Tom McClellan makes regularly since he’s been stationed at Kandahar – especially of late.

As the tactical operations officer and senior Aviator for 1st Cavalry Division, RC-South, McClellan recently conducted threat classes for the pilots of Task Force Raptor, also known as the 16th Combat Aviation Brigade, on threat to Aviation, counter measures and combat tactics.

“I did 12 classes and trained about 400 pilots and crew in about 10 days,” said McClellan about the training, which also included five classes at three other bases.

“The instruction that I gave in these classes was over very technical, classified, geeky kind of material which could potentially be very boring,” said McClellan, a San Antonio native. He said that he’s been doing these types of classes for so long that he’s able to explain everything very easily and inject humor, which makes his classes enjoyable.

“Who knew missiles could be so fun,” he said, talking about his classes.

According to Lt. Col. Michael Goudeau, officer in charge of Aviation operations at RC-South, it’s easy to get McClellan going about missiles.

“He’s a missile guy. Anything about missiles and threat systems, he’s always excited about it,” said Goudeau. “If you ask him about an SA-7 or SA-14 (missiles) or anything like that, he’ll talk for hours.”

In his position, McClellan’s main responsibility is to advise the commanding general on Aviation matters. His other responsibilities include training pilots on the equipment and tactics for defeating enemy threats to Aviation, any equipment and training to do with es-



PHOTO BY STAFF SGT. JOHN ETHERIDGE

CW5 Tom McClellan, the tactical operations officer and senior Aviator for 1st Cavalry Division, Regional Command-South, poses for a photograph in front of a UH-60 Black Hawk helicopter Sept. 4 at Kandahar Airfield, Afghanistan.

cape and evasion, and also for mission planning for the Aviation units that fall under the command of RC-South. On top of it all, he’s also a UH-60 Black Hawk pilot.

For the 29-year Army veteran, advising in Afghanistan comes naturally, since he wrote the book on it. During his last deployment, which ended only about four months before his current one, McClellan wrote the Aviation procedure guide for Afghanistan while assigned to International Security Assistance Force Joint Command.

Even though he was only home from deployment for a short time in his assignment with III Corps in Fort Hood, Texas, he voluntarily came along on this deployment with the 1st Cav. Div. Working for their higher headquarters, McClellan did his best to find a suitable officer for the 1st Cav.’s deployment to fill their vacancy, but couldn’t and, out of a sense of dedication to his career field, he decided to fill the position himself, said McClellan.

“This is the main focus for the U.S. military – everything else is preparation,” he said. “If this were a basketball game, being back in the States would be practice or be on the bench, but we’re in the game over here. It’s definitely better being in the game.”

Goudeau, who deployed previously with McClellan about 10 years ago in Iraq, was eager to work with him again and said that this kind of professionalism is the norm for McClellan.

“He took his own personal considerations and put them aside,” said Goudeau about McClellan coming on this deployment. “He took a step down from the corps level to the division level. His impact here has been remarkable.”

Goudeau also spoke highly of McClellan’s commitment to his team and fellow Soldiers.

“That’s one thing about Tom: If he can have an impact, and save Soldiers and put them at less risk, he’ll do that,” said Goudeau. “He always does what he needs to do for the mission but he always makes sure that the lowest Soldier in the section gets what he needs in terms of professional development.”

For McClellan, even after five combat deployments, he’s very positive about his military service and finds it a pleasure to serve.

“I enjoy being a Soldier and serving my country. I think it’s a privilege,” he said. “When people say thank you for your service, I don’t look at it like I’m doing favors for somebody or that it’s any kind of imposition. It’s really an honor to do this.”

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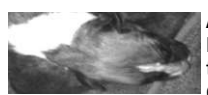
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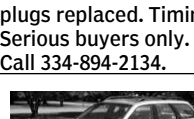
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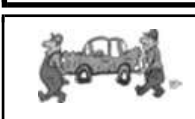
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16th CAB: Soldiers work closely, learn multiple jobs

Continued from Page B1

native of Jacksonville, Florida, who serves as executive officer for the Flying Dragons. “From me, as the executive officer, to the private that works on Black Hawks or Chinooks, our focus is to make that mission succeed.”

Barrett explained that the task force responds to whatever the mission calls for on the ground, from removing the wounded from the battlefield to troop resupply.

“We provide medevac, key leader movements, heavy-lift air assault, air movement of personnel, equipment and supplies throughout RC-South, Southwest, and West for both conventional and special operations forces,” Barrett said.

The Flying Dragons also support

other nations who are engaged in operations aiding the Afghan National Security Forces to become a self-sustaining force.

“A lot of our missions are very combined – the ground forces are working closely with the Afghan National Security Forces, so, therefore, we are working closely with the ground forces, too,” Christensen said. “We fly our partnered nation soldiers and units on our aircraft for joint ANSF air assaults, and we support them if they get injured.”

As U.S. forces reduce their footprint in Afghanistan, the Flying Dragons are drawing down rotary assets while simultaneously keeping up with the operational tempo and moving service members in from outlying bases that are closing, Barrett said.

“We’ve had to adjust our footprint here to support the additional folks moving back to KAF. Our presence is drawing down, so our focus has changed to getting our numbers to coincide with the Resolute Support Mission,” he said.

Meeting mission standards often requires Soldiers to step out of their comfort zone and broaden their skills by taking on new or extra responsibilities. RC-South’s complex drawdown has provided valuable opportunities for the Flying Dragon’s Soldiers to adapt and increase their Aviation capabilities, Barrett added.

“Dealing with constant change has required us to embrace adaptability,” he said. “This deployment has required the task force to develop a leadership laboratory of sorts

for every operation and section. I cannot think of a single section that has not cross-trained in some manner. It has required Soldiers to work closely together and learn multiple jobs.

“This is the first deployment for the battalion as a collective unit and team with the 16th CAB. Our Soldiers are taking away a sense of accomplishment and teamwork,” Barrett said. “They know their work matters. I cannot say enough about the discipline and mission focus our Soldiers and leaders have. I am extremely proud to serve with them.”

Christensen described some of the task force’s accomplishments and dedication to see their mission through to the end of Operation Enduring Freedom and establish

a good beginning of the Resolute Support Mission.

“Since April, we’ve flown approximately 8,200 hours and performed over 3,300 missions,” Christensen said. “We just began the brigade’s first step in downgrading by sending the first three Black Hawks home Sept. 6. We’re ready, we know that the end is near, and we’re taking our time and setting the stage so we start RSM right.”

Christensen explained that once the Flying Dragons drawdown their aircraft to the established number for RSM, their mission lacks just one more step before completion: handing the Army’s Aviation mission and continued legacy of supporting troops on the ground in RC-South to the next unit moving in.

Policies: Changes grandfather in some existing tattoos

Continued from Page B1

diameter of approximately 1/4 inch.

The Army removed the requirement that no more than 1/8 of an inch of scalp could show between braids. The Army requires braids, twists and cornrows worn against the scalp to be uniform in appearance and have the same general size of spacing between them.

Previously, the Army required that the ends of hair in braids be secured with inconspicuous rubber bands. The reference to rubber bands was removed – now the ends just have to be secured inconspicuously.

Braids and cornrows worn against the scalp previously had to be worn in a straight line from the front and go all the way to the back of the head. Now, the language has been changed to say the braids need to follow the natural direction of the hair when worn back or in the natural direction using one part in the hair.

Styles, such as braids, cornrows or twists worn against the scalp may still stop at one consistent location of the head. When such styles are worn loosely or free-hanging, they must encompass the whole head.

While dreadlocks or locks are still not authorized, their definition has been changed to remove the words “matted and

unkempt.”

Another change includes increasing the allowable size of a bun, measuring from the scalp out, from three inches to 3 1/2 inches.

The allowable amount of bulk of hair remains two inches.

The shortest hair a female Soldier can have is 1/4 inch from the scalp, which can be tapered to the scalp along the hairline. There is no maximum length a female Soldier’s hair can be, as long as it is within regulation and can be worn up to meet the guidance for bulk and bun size.

The new rules clarify that braids, cornrows and now twists can be worn in a ponytail during physical training. It also specifies that wigs, which were previously authorized, cannot be worn to cover up an unauthorized hairstyle.

No matter what the authorized hairstyle, it must allow for the Soldier to be able to properly wear all types of headgear and protective equipment.

Tattoos

As part of efforts to maintain the professional appearance of the force, the Army dialed back the number, size and placement of tattoos in the March regulation.

Previously authorized tattoos were

grandfathered in, but Soldiers hoping to become an officer had to get an exception to the policy.

The updated regulation takes into account that previously authorized tattoos should not prevent a Soldier from becoming an officer, but that candidates are to be evaluated based on the whole Soldier concept, or all characteristics of a Soldier.

The rest of the regulation from March remains in place, including the restriction on sleeve tattoos and allowing no more than four tattoos below the elbows or knees. Tattoos below the knees or elbows must be smaller than the size of the Soldier’s palm with fingers extended.

Permanent ink or branding on the face, neck, and hands, as well as tattoos that can

be deemed extremist, indecent, sexist or racist in nature remain banned.

Other changes

The regulation provides additional clarification that Soldiers who entered the Army with body mutilation prior to March 2014 may request an exception to Army G-1.

Another change of note is that Soldiers can wear a Next of Kin lapel pin on their Army service and dress uniforms. The pin is for the immediate Family of military members who were killed on duty, outside of combat operations.

Soldiers are already authorized to wear the Gold Star lapel pin, which is for the immediate Family of service members who were killed in combat.

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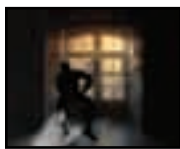
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PTSD
Health officials
advise continuous
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Story on Page C3

SEPTEMBER 25, 2014



PHOTO BY NATHAN PFALU

Friends Thia, Emma and Mari Ramirez, and Tyson Armstrong, Army Family members, play a game of Life during the Family Advocacy Program's Family Game Night at the Corvias Military Living Ballroom earlier this year.

Be aware

Education key to combating domestic violence

By Nathan Pfau
Army Flier Staff Writer

Domestic violence comes in many forms and affects men, women and children, and Fort Rucker is doing what it can to increase awareness on the issue.

October is Domestic Violence Awareness Month, and throughout the month people are encouraged to wear purple on every Friday in recognition of awareness, and Army Community Service will be hosting events throughout the month in support of the cause, said Nicqolle Truitt, victim advocate for Army Community Service.

"What we're trying to do is bring awareness to domestic violence because people tend to think that domestic violence is all about physical abuse, but it's not only physical abuse, but (also) emotional abuse, sexual abuse and even financial abuse," she said. "If an individual is hindered from making new relationships, or not being able to make friends with certain people, or not being able to communicate with their Family, that could be something linked with domestic violence."

In order to combat domestic violence, Truitt said the most important thing is to bring light to the issue, and educate the public on what domestic violence is, who it affects and how it can be prevented.

One way the installation is doing this is by partnering with Fix the Hurt, which is an organization that increases awareness about domestic violence through interactive theater performances, and will be educating Fort Rucker on the issue through their production of "Domestic Violence the Musical?"

The production transcends gender,

race, religion and ethnicity when it comes to domestic violence to highlight the fact that domestic violence can happen to anyone, said Truitt.

"The musical was created by a Family who lost their daughter to domestic violence and is a compilation of different musical genres. (It) will bring domestic violence to the forefront and approach the issue in a different way," said the victim advocate. "This is a new way for them to see how this can affect people and it will be wonderful for the community."

The show will be at the post theater and will run two days, Oct. 7 at 9 a.m., 1:30 p.m. and 6 p.m., and Oct 8 at 9 a.m. and 1:30 p.m.

In addition to the show, ACS teamed with Lyster Army Health Clinic to host the ScreamFree Marriage Lunch and Learn Oct. 6, 20 and 27 from 11:30 a.m. to 1 p.m., during which people can learn about being in safe, respectful and positive relationships with not only the couple, but with their children, as well.

People can bring their own lunch or have lunch provided, and free on-site childcare is available as long as children are registered with child, youth and school services. Seating is limited, so people should sign up by Monday. To register, call 255-0040 or 255-9636.

Oct. 24, the Family Advocacy Program will host its Family Game Night at the Corvias Military Living ballroom from 5-7 p.m.

Throughout the evening, Families can take part in games for all ages, and pizza and beverages will be provided. Each Family that participates will receive a new board game that they can take home to play, said Truitt. Registration is recommended by Oct.

22, and people can do so by calling 255-3898 or 255-9636.

Truitt said it's important to bring domestic violence awareness to the forefront because it's an issue that affects many Families and is something that can happen to anyone.

"Anyone can be a victim of domestic violence, male or female. Women are not the only ones who are affected by this," she said.

For those who might experience domestic violence, Truitt recommends they call the 24-hour help line at 379-7947, even if they just want to ask questions about the issue.

People should also call the number to report incidents of domestic violence, and when calling to report an issue, there are two options for reporting – restricted and unrestricted.

With a restricted report, there will be no investigations, but counseling and victim advocacy services, such as case management and safety planning will be available.

If a report is filed as unrestricted, there will be a full investigation and the command will get involved, as well as the counseling and victim advocacy services being available.

"If someone is in a situation (where) they feel they are unsafe, we would recommend that they first contact the police," said Truitt. "We promote safety here, so our No. 1 priority is the victim's safety."

"Also, we are a prevention program, so people should come to us and get any information they can," she continued. "We have a wonderful resource library, so before a relationship becomes potentially violent, we have a lot of resources in place to help prevent that and we want people to use that."

For more information, call 255-9636.

Post facilities, parents partner to ensure child safety

By Jim Hughes
Command Information Officer

Fort Rucker leadership, facilities that provide child care, child care providers and staff at agencies who provide services for children are in a partnership with parents to protect the children of the Fort Rucker community.

And to that end, post officials use a comprehensive toolkit to help ensure the safety of children and, if something bad does happen, it is reported immediately and action is taken against the offending party, said Pam Williams, coordinator for Fort Rucker Child, Youth and School Services.

"Certainly we're in partnership with the parents – when they drop a child off for child care, we take over for the parent. They give us that authority to be responsible for their child when they are in child care, but ultimately the parent is the one who is calling all the shots."

CYSS facilities include the child development center, the school age center, the youth center, Family child care homes, youth sports and fitness programs, and the mini-CDC when it opens, said Williams, who's worked "in just about every position there is" at CYSS since 1987.

The toolkit is comprehensive, and the first tool is reached for when hiring staff or taking on volunteers who will be around children, Williams said.

"Our screening process starts when the person is first screened to be hired. We're looking at their resume, contacting references and when we conduct the interview we're starting to screen already," she said. "An employee can't come on board with us until the installation records checks are all favorable. We (also conduct) a National Agency Check, which is FBI fingerprint check and state criminal history checks that go back five years wherever the person lived."

After the first check, employees can begin working, but cannot be alone with children until the NAC comes back favorable, Williams said.

Volunteers receive a local background check, but not a NAC because the risk is not as great with volunteers harming children as their responsibilities are always limited, said the CYSS coordinator.

"Volunteers are never alone with children," she said. "They more or less can augment our staff, perhaps on a field trip or something we might have a volunteer go along, but they are never left alone with even a group of children. They go along with the caregiver who really has control and accountability of that group of children."

And the checks are ongoing, repeated every five years for employees in the facilities, and every year for Family child care providers, Williams added.

But that's just the first tool.

"We have intensive child abuse prevention and identification training that's required of all of our staff and our volunteers," she continued. "We have control of our facilities, meaning we have locked doors, except for one entrance, so people can't sneak in the back door. We have sign-in and sign-out procedures for visitors, and we have name tags and keep close watch on our visitors."

"We have at our CDC a tool called child abuse risk assessment tool, where we go into each module and we look at things that could be an indication of a high risk for a child to be hurt or to suffer harm in any way," Williams said. "And we are constantly looking for ways to mitigate or alleviate any of those items. It is a sliding numeric scale, and if you get to a certain point, then it's a higher risk and you need to look at your environment."

The toolkit also includes video surveillance cameras that run while the facility is open, open design to facilities, windows so people can see throughout the facility fairly easily and only parent can say, in writing only, who can pick up a child from a facility.

"The video surveillance system is not necessarily a security system, but it can certainly deter the risk of child abuse and it protects staff from unwarranted allegations of abuse," she said. "The system provides peace of mind for parents, as well as staff, knowing that it is there. It helps us as management to be able to monitor as it kind of flips through all the different cameras, and we have a parental viewer monitor in the lobby that's constantly flipping, so as parents come in and out, they can watch."

SEE SAFETY PAGE C7

Get R.E.A.L.

Program eases transition into military life for spouses

By Jay Mann
Fort Rucker Public Affairs

Adapting to change can be tough, but one Fort Rucker program is helping to ease the transition into the military life for Families.

The Get R.E.A.L. program, or Rucker Experience Army Learning, is a program that gets spouses that are new to Army life together with more experienced spouses who explain and answer questions about the Army culture.

"Entering the military as a spouse is like entering a new world, there is so much you do

not know," said Amanda McKinstry, Get R.E.A.L. Instructor, "Get R.E.A.L. is like Army Family Team Building Level I – it introduces spouses into the military life on Fort Rucker."

Rick Kohl, Army Family Team Building coordinator, added, "It is specifically targeted to the Aviation culture and understanding the Army Aviation life."

He said the class teaches not only rank structure, military time, and military customs and courtesies, but also the different types of helicopters on Fort Rucker, Army Aviation acronyms, why reveille and retreat are played, and many

more details about how the Army and Army Aviation culture is maintained through traditions.

"This helps the spouse to understand not only the basics of Army culture, but how their Soldier lives within the structure of the Army life," he said.

"Although there is a lot of information and classes online, it is hard to feel the emotional connection you get from sitting down face-to-face with someone who is sharing their knowledge with you," said Kohl. "These instructors have 20-plus years of



PHOTO BY JAY MANN

Rick Kohl, Army Family Team Building coordinator, talks to a Get R.E.A.L. class about Army Aviation-specific terms they might hear around Fort Rucker.

SEE REAL, PAGE C7

ON POST

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

Right Arm Night

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

Newcomers welcome

Army Community Service hosts the newcomers welcome Friday 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.

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 Oct. 2. 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.

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



FILE PHOTO

Oktoberfest

The Directorate of Family, Morale, Welfare and Recreation will host its 12th annual Oktoberfest Friday 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.

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.

Scream-Free Lunch & Learn

The Scream Free Lunch & Learn is a three-week educational and interactive class on safe, respectful, and positive relationships for parents and their children. The Scream-Free Lunch & Learn will take place Oct. 6, 20 and 27 from 11:30 a.m. to 1 p.m. at the Spiritual Life Center, Bldg. 8940 on Red Cloud Road. People are asked to bring their own lunches. There will be free onsite childcare available, although children must be registered with child, youth and school services.

For more information, call 379-0040 or 255-9636.

The Landing Zone birthday

The Landing Zone will celebrate its birthday Oct. 7 by giving out free pieces of cake during lunch from 11 a.m. to 2 p.m. For more information, call 598-8025.

Halloween craft activity

The Center Library will host a Halloween craft activity Oct. 7 from 3:30-4:30 p.m. for children ages 3-11. Light refreshments will be served. Space is limited to the first 65 children to register. The event is open to all authorized patrons.

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

Domestic Violence Awareness Month

In observance of Domestic Violence Awareness Month, Fort Rucker Army Community Service will host “Domestic Violence – the Musical?” Oct. 7 and 8 at 9 a.m. and 1:30 p.m. both days at the post theater. The musical is based on spreading awareness of domestic violence awareness and a discussion will follow the production. The musical is open to Soldiers, Families and civilian employees.

For more information, call 255-3898.

Small business counseling

Army Community Service’s Employment Readiness Program offers small business owners one-on-one free counseling Oct. 8 between 9:30 a.m. and noon in the Soldier Service Center, Bldg 5700, Rm. 350. Areas of counseling include, but are not limited to: advertising, organizational structures, financial planning, inventory, controls, management, marketing, personnel planning, pre-business planning and sales techniques. The counseling is sponsored by ACS and the Troy University Small Business Development Center. Counseling is open to active-duty, National Guard, Reserve and retired service members, Department of Defense civilian employees and eligible Family members.

Appointments are scheduled every 30 minutes and people can schedule appointments now. To make an appointment or get more information, call 255-2594.

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The Equalizer (R)2 p.m.

REACHING OUT

Desire to be resilient can sometimes mask underlying depression

By David Vergun
Army News Service

WASHINGTON – The Army culture is one of toughness and resilience, so seeking help for depression may be very hard for Soldiers to do, said the Research Department chief, National Intrepid Center of Excellence, Bethesda, Maryland.

Col. (Dr.) Geoffrey Grammer spoke Sept. 18 at the Psychological Health and Resilience Summit at Defense Health Headquarters in Falls Church, Virginia. His topic was “Hidden Medical Aspects of Depression.”

“When people show up at a primary care facility with depression, particularly in a non-behavioral health setting, they may not necessarily say, ‘I have an emotional disturbance’ or ‘I’m feeling down,’” Grammer said.

Instead, most find it easier to talk about their physical manifestations of depression, he said, things like insomnia, difficulty concentrating or feeling tired all the time.

Those may or may not be underlying symptoms of depression, he noted.

For a Soldier or Family member, it may be “easier to focus on stomach discomfort rather than on an existential crisis,” he said, adding that it’s a defense mechanism.

Grammer cautioned that confronting people with symptoms – sadness or decreased interest in activities – and telling them that they might be depressed, could make them even more depressed and they could put up even stronger defense mechanisms.

Rather than telling them they might be depressed, it would be better to encourage them to seek behavioral or medical care for whatever symptoms they may be exhibiting and let a physician handle it.

Depression is common

About one in eight people will get depressed at some point in their lives, Grammer said. About 10 percent of people hospitalized for depression will commit suicide.

“That’s fairly significant,” he said.

The most likely ages for depression are between 20 and 50, he said. Women are twice as likely to get depression as men.

Also, “if you have a Family history of depression, there’s up to a three-fold greater risk,” he said. “Also, men who are married have a lower rate and women who are married have a higher rate of depression.”

The good news, Grammer said, is “most depression is mild, while a smaller percentage will be moderate and an even smaller percentage will be severe.”

Not all depression is caused by stressors in life like an angry boss. There are some types of medications that have side effects



COURTESY PHOTO

that can cause depression. That’s why, he said, it’s important to understand the types of medicines being taken and to seek medical advice. Ruling out medications should be one of the first steps.

Why treat it?

“Depression can beget medical illness and medical illness can actually cause depression,” Grammer said, “so there’s an interplay between the two.”

For example, “if you have diabetes and are depressed, your total risk for medical complications associated with diabetes increases. Your glycemic control is likely to worsen. Conversely, if you have diabetes and poor glycemic control, you are at increased risk of depression.”

Grammer then provided other examples of interplays between depression and illness or disease, including rhetoric arthritis, coronary disease, cancer and pain. He said there are many more.

Depression does a number of things to the body, including elevating cortisol levels, which leads to a number of problems. Depression can also cause severe cognitive deficits such as memory problems, he noted. Unfortunately, even once the depression is resolved, these cognitive

effects often linger and can even worsen. The important thing to do is to prevent more episodes of depression or things can quickly spiral.

Treatment

A number of treatment options for depression are available, Grammer said.

One option that a lot of people choose is to simply do nothing, he said. About 40 percent of depressed people will get better on their own, but some could go on to develop major depression.

Not treating depression can lead to loss of productivity, he noted. Last, year, there was an estimated \$83 billion in lost productivity in U.S.

Also when people are depressed, it affects their Family members and co-workers, and can even lead them to become depressed as well.

“Depression feeds on itself,” Grammer said. “Every time you have a depressive episode it increases the risk that you’ll have more. People with three depressive episodes have a 90 percent chance of having more.” For these people, “treatment might need to be indefinite, even after symptoms are resolved.”

Treatment for mild to moderate depression

often responds well to psychotherapy, he said. Cognitive behavioral therapy and interpersonal psychotherapy are good. So is lifestyle modification such as that advocated by the Army’s Performance Triad, which focuses on improved sleep, activity and nutrition.

But treating severe depression is much more difficult, he said. “Psychotherapy or behavioral modification alone may not resolve” it. Also, there’s no conclusive evidence that one type of antidepressant medication is better than another. It’s best to consult with a physician.

Finally, it is important not to confuse other illnesses, such as bipolar, with medication. Drugs for these are different than for severe depression. Again, he urged, people who may be suffering from depression to seek medical care and advice.

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Doc’s advice for PTSD: Stay in treatment

By David Vergun
Army News Service

WASHINGTON — The most effective way to treat post-traumatic stress disorder is to stay in treatment and, if possible, attend therapy with a friend or loved one, said the assistant chair for the Department of Psychiatry at the Uniformed Services University of the Health Sciences who is also a scientist at the Center for the Study of Traumatic Stress.

Lt. Col. (Dr.) Gary Wynn spoke Sept. 18 at the Psychological Health and Resilience Summit at Defense Health Headquarters, Falls Church, Virginia. His topic was “Post-Traumatic Stress Disorder.”

A survey of some 400 Iraq and Afghanistan veterans revealed that “by session eight, 70 percent were out the door,” he said, adding that treatments typically take about 12 sessions. “They won’t see the benefits if they don’t stay.”

Staying in treatment is “even more important than what kind of treatment you give them,” he added.

Another word of advice from the doc: therapy “works better when you do it together with a partner.” When patients stay in treatment, the healthful benefits have been shown to be longer lasting than those who skip out, and partnering with someone in treatment adds to the effectiveness.

There are so many types of treatment out there that it can be confusing for doctors, not to mention patients, Wynn said, citing three categories with many choices within each.

Drugs

At this time, there are only two

drugs approved for PTSD by the Food and Drug Administration, Wynn said: Paroxetine or Paxil and Sertraline or Zoloft.

However, there are a lot of other drugs in use and a lot of trials currently taking place, so a lot more information will be known about those drugs in the future. Some are showing promise, he said.

The best advice for now, “Find a physician who specializes in PTSD psychopharmacology before thinking about antipsychotic drugs,” he said.

Non-conventional

Think herbal remedies, mind and body “hands-on stuff,” he said. Do they work?

Some of them do, “but we’re really not sure why,” he admitted.

It’s hard to get clinical trials with limited research dollars, he said. It’s also hard to measure and track.

For instance, some have found Brazilian Jujitsu Therapy to be effective, Wynn said. But, just what types of moves and how many moves are needed for it to work are just two of many variables that would need to be controlled for, he said.

Aroma Therapy is another. It’s effective in some, “but we’re not sure why.” Homeopathy can be effective, but it, too, is hard to test, he said.

So far, there have been very few studies on non-traditional treatments, he said.

However, that doesn’t mean they should all be rejected out of hand. Again, more will be learned in time, he predicted.

Wynn himself said he advocates some of these non-tradi-



PHOTO ILLUSTRATION BY PEGGY FRIERSON

tional approaches. “Virtual reality is probably the most robust and very compelling” and as a bonus, more patients stay in treatment.

Besides Virtual Reality Therapy, Wynn said he often suggests yoga. “It definitely does no harm, but we’re not sure of its specific mechanisms of helping.” It seems to work though.

Acupuncture seems effective as well, he said, as is Art Therapy.

Psychotherapy

Psychotherapies almost all have good evidence of being effective, Wynn said. These thera-

pies include: trauma-focused, image rehearsal, Web-based cognitive behavioral, dialectical behavior, acceptance and commitment, exposure, cognitive, stress management, eye movement desensitization and pre-processing, and on and on.

Which psychotherapy to choose then?

“The patient’s preference is most important,” he said. “The patient should feel empowered.”

Wynn explains that he often offers the patient a choice between two therapies. “They may not completely understand the choice. I just want them to make

the choice so they feel like they own it.”

Another thing about treatments, he said, is that veterans from Vietnam, the Gulf War, Iraq and Afghanistan all respond similarly to therapy, as long as they attend all of the required sessions.

One last prescription from the doc: don’t be afraid to seek help.

Wynn has dealt with a number of Soldiers suffering from PTSD and their initial response is to deny having any problems. Admitting the need for help is the first step.

Army health officer: DOD, VA collaboration needed

By Lisa Ferdinando
Army News Service

WASHINGTON — The Departments of Defense and Veterans Affairs can collaborate to find metrics in mental health to better serve veterans, according to an Army

health officer.

“Psychological health and resiliency are two distinct things,” Col. David Benedek said at a health summit, Friday, in Falls Church, Virginia.

Benedek, the associate director of the Center for the Study of Traumatic Stress,

Uniformed Services University’s Department of Psychiatry, was a panelist at an event hosted by the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury.

“We got some work to do,” he said.

There are tools in preparing for war and there are tools needed for preparing for life after the military, Benedek said.

The inter-agency collaboration is needed because once a member leaves the DOD, “that’s when the VA takes over,” he said.

The DOD and VA can look at metrics for veterans on “doing well in life after military life.”

Areas of examination include what VA benefits, such as for education, health and in other areas, a veteran is using, and whether veterans are helping their Family utilize benefits.

“These are, I think, metrics of resilience because how one functions in one’s role as a Family member and a parent, that’s the stuff of readiness for the mission after the next conflict,” Benedek said.

“The No. 1 most important thing to prevent or portending to a good prognosis in mental health is social connectivity, being able to connect to other people, so measuring where you are at on that makes good sense to me,” he said.

The VA and the DOD are increasingly working together in research in the areas of mental health and treatment for illnesses sustained during one’s service, he said.

“We can still work on better treatments

for the illnesses that make up psych health disorders, mental health disorders,” said Benedek. “We need new treatments for post-traumatic stress disorder. We know combat-related PTSD is different than motor vehicle and single-incident sexual assault PTSD.”

Screening people is “helpful,” he said, in finding mental health illnesses.

“We have mechanisms for taking a look at people coming back from war, from conflict, and determining whether or not they meet the criteria for illnesses for which we have treatment,” he said. “There is evidence-based treatment for PTSD – there is evidence-based treatment and we’ve done a good job, I think, of helping clinicians treat the mental health disorders,” he continued.

There is always room for advancements, he noted.

The Army takes “inventory” each year on how it’s doing to help point “us in the direction of things that we can work on,” he said.



PHOTO BY JENNIFER HARRINGTON

Col. David Benedek was a featured panelist Friday at a health summit in Falls Church, Virginia, hosted by the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury.



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WOUNDS OF WAR

Navy Surgeon General discusses invisible, visible injuries

By Terri Moon Cronk
Defense Media Activity

WASHINGTON — Of the signature wounds of the past 13 years of war, limb amputations affect the service member most directly, while psychological health issues can have altogether different challenges, the Navy Surgeon General said Sept. 18.

Speaking to medical personnel at the Defense Centers of Excellence for Psychological Health and Resilience summit in Falls Church, Virginia, Vice Adm. (Dr.) Matthew Nathan said that since the start of the Iraq and Afghanistan wars, some 1,500 to 1,600 service members across the services suffered amputations — the visible wounds of war. But 10,000 Sailors and Marines alone suffered the invisible wounds of post-traumatic stress or traumatic brain injury, he said.



Nathan

And “the whole Family is consumed by significant psychological health issues,” he added.

Nathan, a former commander of Walter Reed National Military Medical Center, said it takes about a year for amputees to get their lives back through the use of prosthetics and other support. “But I could not make that promise to somebody suffering from moderate to severe TBI or post-traumatic stress,” he added.

PTSD, TBI treatment can be longer lasting

Nathan said in about 80 percent of limb-loss cases, even service members who lose both legs could run in races using prosthetics a year after injury. Yet the outcomes for those with severe PTSD or TBI can be quite different, he told the audience.

“I bet we know 10 percent to 15 percent of what we need to know,” Nathan said of treatment for the invisible psychological wounds of war. “It is much more of an art than a science.”

What military medical practitioners do know, he said, is that embedding mental health care specialists where service mem-



PHOTO BY EJ HERSOM

Members of the USA Warriors sled hockey team, consisting of wounded warriors, gather for the start of a game against the San Antonio Rampage in Rockville, Md., Sept. 18.

bers begin to develop issues is a concept that works, and it’s been proven through evidence and statistics.

“We know that when we put a psychologist on aircraft carriers, all of a sudden the medical evacuation rate for emotional health issues drops like a rock,” he said, adding that the same is true for embedding mental health professionals in combat zones and primary care environments. And when embedding mental health professionals in remote locations isn’t possible, he said, the services are bringing psychological support to troops via video cameras in a practice now called telemedicine and telebehavioral health.

“We know this is critical,” Nathan said of reaching the service member in distress as quickly as possible.

Yet one element of getting mental health care that remains an issue in the military is the stigma of seeking care, he noted.

“We know stigma is a huge thing,” he

said. “Even though we’ve reduced it to some degree, we still have [problems].”

The need for leadership

The stigma of seeking mental health care can be particularly evident in certain high-demand duty assignments, Nathan said.

“If you say, ‘I think I am going to kill myself,’ ‘I want to kill myself,’ or ‘I’m worried about killing myself,’ you are done,” he said of such environments. “So, we have to take another look. It takes a village to approach somebody with these maladies.”

And in the battle against the stigma of seeking mental health care, leadership by example can carry a powerful message, Nathan told the audience.

When he commanded Walter Reed National Military Medical Center, in Bethesda, Maryland, in his previous assignment, Nathan said, he once noticed a Marine Corps major general sitting alone in the mental health clinic

waiting room for about 45 minutes. Nathan approached him and offered to ask the clinic staff why it was taking so long to see him.

“He said, ‘I’m not waiting to see the psychiatrist. I’m waiting for my wife in cardiology,’” Nathan said. He pointed out to the general that cardiology was across the campus and asked him why he was waiting for her in the mental health clinic.

The general’s answer was simple, Nathan said.

“He said, ‘I sit here to wait for her because I want any Marine that walks by to think I’m here to get help. If any Marine sees a two-star general waiting to see a psychiatrist, half the Corps will know. That’s what I am hoping for. I hope that the word gets out that if a general is waiting to see somebody for emotional health issues, a corporal and a gunner will,’” Nathan said.

“That is leadership by example,” he said. “That is what we need to do.”

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Marianna commemorates historic battle

By Pam Fuqua

Jackson County Tourist
Development Council

A variety of free events, including a reenactment and surgery demonstrations, commemorate the 150th anniversary of the Civil War Battle of Marianna Sept. 26-27 in Marianna, Florida.

The Jackson County Visitor Center will host a Civil War exhibit of Confederate State currency, photographs by Dale Gallon of the battles of Gettysburg, Bat-

tle of Marianna books, a timeline of the attack on Marianna, cooking utensils, a tour of 11 historic homes after the reenactment and battlefield tours by appointment.

The activities begin Friday at 9 a.m. at Madison Street Park with school days to including 10 living history demonstrations ranging from black smiths, food preparation, cooking, spinning, proper clothing, crafters and food vendors selling lunch and snacks.

Friday afternoon activities

begin at the Russ House at 2:30 p.m. for walking battlefield tours. A historical conference, which is open to the public, begins at 4 p.m. at MacKinnon Hall at St. Luke's Episcopal Church.

A memorial service takes place at 6 p.m. at the Riverside Cemetery. At 7 p.m., the college chorus, led by Dale Heidebrecht, will sing time period musical songs and then the Spirits of St. Luke's will interpret the life of notable individuals laid to rest in the cemetery.

Saturday begins with a tribute to the U.S. soldiers killed at the battle at Riverside Cemetery. The UDC will hold its annual memorial service at Confederate Park at 10 a.m.

Living history demonstrations at Madison Street Park will demonstrate their time period skills at 10 a.m.

The reenactment begins at 11 a.m. at the courthouse square. Lunch will begin at 11:30 a.m. with re-enactors and time period music will fill the air with perfor-

mances by the Chipola Chorus, Community Chorus and Chamber Chorus at the Park.

Saturday afternoon Marianna will flaunt its historical homes and businesses built circa Civil War era from noon until 3 p.m.

The commemoration concludes with the Battle of Marianna documentary at 3:30 p.m. at MaKinnon Hall at St. Luke's Episcopal Church.

For more information, visit visitjacksoncountyfla.com/events or call 850-482-8061.

WIREGRASS COMMUNITY CALENDAR

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

ANDALUSIA

OCT. 13-19 — Covington County Fair runs at various times throughout the week at the fair grounds. For a schedule of events and admission prices, that range from \$6 to free, and more information, visit <http://www.kiwanisccf.org/news.html#events>.

DALEVILLE

SEPT. 27 — The Drug Enforcement Agency and local law enforcement will take back unwanted prescription drugs from 10 a.m. to 2 p.m. in the Daleville Grocery Outlet parking lot.

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

DOTHAN

SEPT. 26-27 — The Houston County Farm Center will host its Porktoberque 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.

SEPT. 27 — The fourth annual Sickle Cell Walk-a-thon will have registration from 7:30-8:15 a.m. and the walk from 8:30-10:30 a.m. at Westgate Park. The walk-a-thon will help raise funds for the Southeast Alabama Sickle Cell Association, Inc., serving individuals and families in Houston, Dale, Henry, Barbour, Bullock, Geneva, Lee, Macon, Pike and Russell counties. Free screenings and a blood drive will be provided onsite. Each team is asked to raise \$150. It costs \$30 for individual team members older than 18 to register, \$5 for those younger than 18 and people with sickle cell can register for free. For more information, call 333-1690.

OCT. 18 — The Sandi McCool Cham-

pions of Hope breast cancer awareness event will begin at 6 a.m. with registration, with most activities starting at 8 a.m. on the campus of The Alabama College of Osteopathic Medicine located on Hwy. 84 East. The event includes 5K and 10K competitive races, a Spirit Walk and Kids' Fit Challenge, as well as vendor and information booths. This Family-friendly event is designed to offer something for participants of all ages. For registration, sponsorship or vendor booth information, call 673-4150 or visit www.samcfoundation.org. Registration is ongoing.

ENTERPRISE

OCT. 12 — Enterprise will host Enterprise Celebration, a gospel and Christian concert at the Bates Memorial Stadium, 500 E. Watts St. Performers include: Guy Penrod, Mark Lowry, Ricky Skaggs, The Hoppers, Russ Taff and various local bands. The Enterprise Celebration is a family-friendly event and will have bounce houses for children. Gates open at 1 p.m. and music begins at 2 p.m.

OCT. 18 — The Boll Weevil Festival will take place from 9 a.m. to 2 p.m. in the downtown area.

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 vet-

erans throughout the Wiregrass to join as new members as both DAV and DAV Auxiliary. For more information, call 718-5707.

OZARK

OCT. 4 — The Claybank 5K and 1-Mile Fun Run will take place starting with registration at 7 a.m., and the 5K starting at 8 a.m. and the fun run at 9 a.m. at Dale County Lake. Proceeds from the run benefit The Friends of Vivian B. Adams School, which is dedicated to providing tuition for people in Barbour, Coffee, Dale, Henry, Houston and Pike counties. Registration for the 5K costs \$20 if registered before Sept. 26 and \$25 on race day. The fun run costs \$10. People should pre-register to reserve their correct T-shirt size. For more information and to register, call 618-5189.

OCT. 4 — The 44th annual Claybank Jamboree Arts and Crafts Festival will take place from 9 a.m. to 4 p.m. on the Square downtown. The event will feature craft vendors, food vendors, music and children's activities. For more information, call 774-9321.

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.

ONGOING — Every Monday through Friday, aerobic classes are open to the

public at the Autrey Recreation Center from 8-10 a.m. Call 774-2042 for more information.

ONGOING — AL-ANON will hold weekly meetings on Mondays at noon at the Lutheran Prince of Peace. For more information, call 618-513-1258.

PINCKARD

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

SAMSON

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

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

TROY

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

WIREGRASS AREA

OCT. 7 — The Atlanta Pops Orchestra will perform at Elba High School at 7 p.m. For information on tickets, call the Coffee County Arts Alliance at 406-2787.

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

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.

Friday Fest

Friday Fest in downtown Panama City, Florida, is Bay County's largest street festival with more than 200 show cars, 50 vendors and live bands — filling up six blocks of Harrison Avenue the first Friday of each month from 6-10 p.m. Local shops and restaurants stay open late.

Pier Fishing Challenge

To showcase the world-class fishing in the Gulf of Mexico, Panama City Beach, Florida, will host weekend-long pier fishing tournaments in October. The City Pier vs. County Pier Challenge guarantees a prize purse totaling \$7,500. Extending more than 1,500 feet into the Gulf of Mexico, the M.B. Miller Pier (County Pier) and the Russell-Fields Pier (City Pier) are two of the longest on the Gulf Coast and are prime fishing spots for anglers of all ages. There is no fee to enter the contest — anyone fishing from the pier is

automatically entered into the tournament.

Breast cancer walk

The American Cancer Society will host its Making Strides Against Breast Cancer 5k

Oct. 25 at 8 a.m. at Aaron Bessant Park on Pier Park Drive in Panama City Beach, Florida. Registration will start at 7 a.m.

For more information, visit www.makingstrideswalk.org/panamacity.

Andersonville Historic Fair

The Andersonville Historic Fair in Andersonville, Georgia, will take place Oct. 4-5. People can experience the Civil War era with mock battles, authentic encampments, and crafts of blacksmiths, gunsmiths, quilter, chair caners and more. The fair will also feature antique dealers, Civil War collectibles, arts and crafts, and live music. A parade will be held Oct. 5 at 11 a.m., and mock battles will be held Oct. 4 at 3 p.m. and Oct. 5 at 2 p.m. Admission is \$4 for adults and \$1.50 for children.

For more information, call 229-924-2558 or visit www.andersoncillegeorgia.com.

Black Wings: American Dreams of Flight

The U.S. Space and Rocket Center in Huntsville hosts the traveling exhibit Black Wings: American Dreams of Flight now through Nov. 2. The exhibit chronicles the story of African Americans who, despite facing racial barriers, attained great achievements in the world of Aviation, according to center officials. Designed by the Smithsonian Institution Traveling Exhibition Service in conjunction with the Smithsonian's Air and Space Museum, the exhibit presents a story of a powerful group of aviation proponents that emerged to challenge racial obstacles and create their own legacy in the world of flight. From Bessie Coleman, the first African American woman to receive her pilot's license, to Mae Jemison, the first African American woman to fly in space, Black Wings retells the stories of African Americans who dreamed of flight, left

their mark and helped pave the way for those who would follow.

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

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

Pirates of the High Seas Festival

Panama City Beach, Florida, will host the Pirates of the High Seas Festival Oct. 10-11. Taking place throughout the coastal community, the festival will include an ensemble of parades and sword-swinging showdowns, culminating with a dueling fireworks display reenacting the Battle of the Seven Seas.

For more information, visit www.visitpanamacitybeach.com.

Seafood and Music Festival

Panama City Beach, Florida, will host its Seafood and Music Festival Oct. 17-19. The festival celebrates seafood, fishing, culinary arts, music, entertainment, arts and culture. Musical acts include The Outlaws, Foghat, Blues Traveler, The Band Perry and more.

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

Montgomery cruise

Montgomery's parks and recreation department welcomes people to come down to the river and experience history while enjoying a relaxing cruise on the city's greatest downtown attraction, the Harriott II Riverboat. Docked beside the uniquely built Riverwalk Amphitheater, this elegant 19th century riverboat is center stage of Montgomery's entertainment district. The Harriott II offers dinner, dancing, and live entertainment.

To reserve the boat for an event, call 334-625-2100. For more information on cruises, visit www.funinmontgomery.com.

DOD: Family stressors increase risk of suicide

By Damien Salas
Joint Base Myer-Henderson Hall

JOINT BASE MYER-HENDERSON HALL, Va. — Soldiers between the ages of 17 and 24 have the highest rate of suicide in the Army, according to a 2012 Department of Defense report.

Of the 155 Army service member suicides reported by the Department of Defense in 2012, 61 percent were under the age of 30, according to the report.

But why are younger Soldiers susceptible to suicide?

“Highly associated with suicide are relationship, financial and legal issues,” said Jackie Garrick, acting director of the Defense Suicide Prevention Office. “It is important to provide the skills that someone needs to be resilient, to problem solve and make hard decisions and feel confident in their own ability to handle that.”

These types of issues experienced early in life are difficult and stressful for young Soldiers, said Garrick.

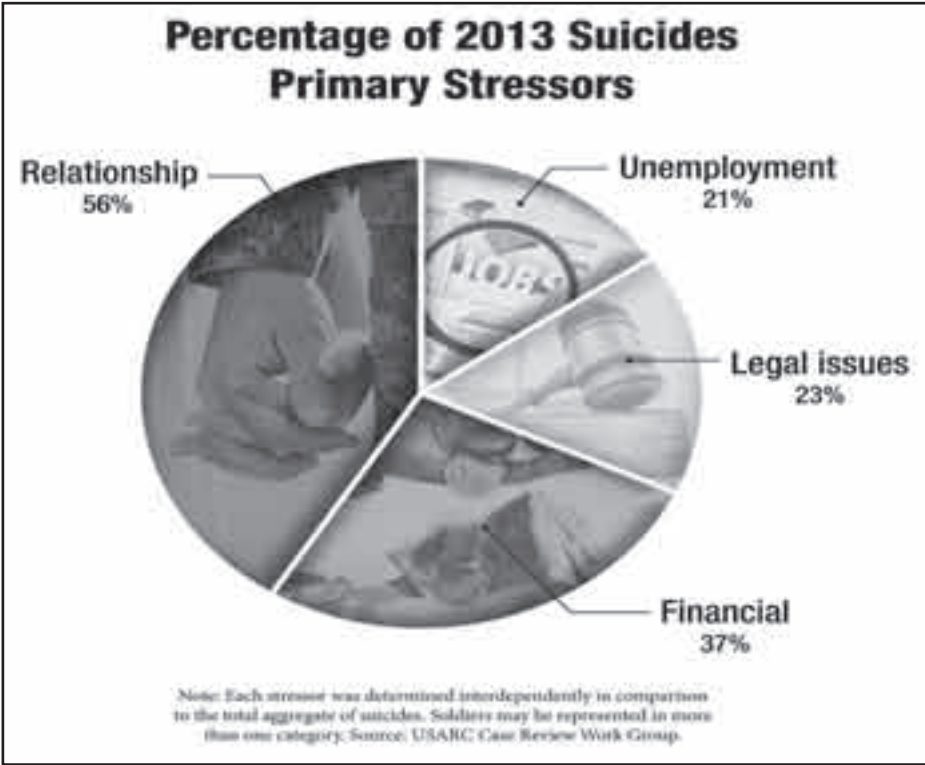
“We find for those people who don’t get help, they are worried about impacts on their careers,” said Garrick. “But we also find that when you don’t get help, problems only get worse, and that has an even greater impact to your life and career and those around you who care about you.”

Garrick said the DOD recognizes that suicide is not just a mental health issue, it is everybody’s issue. There are a variety of resources available for those in need, including the veteran’s military crisis hotline. The DOD and VA partner to provide 24/7 support at 1-800-273-8255, press 1.

“We are embracing the power of one,” said Garrick. “The notion that one call, one act, one conversation can save a life and embracing the fact that seeking help is a sign of strength.”

To raise awareness about suicide and encourage individuals to seek help, the Veterans Affairs and Defense Departments are expanding their suicide prevention and mental health training for healthcare providers, chaplains and employees who interact directly with service members and veterans.

“Chaplains, unit members, Family members and DOD civilian employees must have an awareness,” said Garrick. “Feeling



COURTESY GRAPHIC BY HELEN KLEIN

Note: Each stressor was determined interdependently in comparison to the total aggregate of suicides. Soldiers may be represented in more than one category. Source: USARC Case Review Work Group.

comfortable with asking the right questions and knowing how to ask the right questions provides the level of support and intervention required to make sure that people get to the help that is available.”

Peer-to-peer therapy

Joint Base Myer-Henderson Hall Chaplain (Maj.) Fred Wendel, also a priest of the Archdiocese of Atlanta, discussed his experiences as an Army chaplain, including the types of issues he encounters – notably young couples dealing with relationship issues specific to military life.

“I have seen quite a few young couples struggling,” said Wendel. “There are a lot of newly-married Soldiers and young Families that experience deployment at least once. Communication breakdowns between spouses occur frequently.”

Soldiers who discuss their issues on a peer-to-peer level provide an important aspect of suicide prevention and coping with life in the military community, according to Wendel.

Vets for Warriors, available at 1-855-838-8255, is a peer-support network staffed by

veterans and Family members that allows Soldiers and veterans to talk to peers, said Garrick.

“What we know is people are most comfortable reaching out at their own level,” said Garrick. “Their first line of defense is going to be a peer that has been there, walked in their shoes and understands what the military experience is like, from a similar perspective. That is where peer support is really important.”

Wendel said Soldiers talk to each other about their issues, regardless of whether they seek professional counseling services.

“A Soldier talking to another Soldier about however they worked their problems out, be it with me or behavioral health services, is good,” he said.

Wendel said that during his time as a chaplain, he has become aware that the issues Soldiers face are not one-size-fits-all. His overarching message throughout his career is to provide hope, which he believes gives Soldiers a glimpse of the future.

“I know what beliefs my hope is based in, but I want to help Soldiers find hope wherever they need to go to overcome the issues

of the moment and move ahead,” said Wendel.

Soldiers of all different faiths, or who may have no religious background, are able to seek help from a chaplain of any denomination, he said.

Catching issues early

In order to better inform suicide prevention programs and efforts throughout the military community, the DOD collects specific data about service member deaths to understand more about suicide from a public health surveillance perspective.

Though data of this nature takes longer to collect, consolidate and understand before it is fully released to the public, the DOD maintains one of the few real-time suicide surveillance programs in the country.

“Collecting and reporting data on suicides is constantly adapting as we learn more about the cause and manner of death,” said Garrick. “There are differences in how states and DOD collect and report data, but we are working with the Centers for Disease Control, which collects state mortality data.”

Mental health diagnoses, Family issues, financial and legal problems are fields on reports that better help military communities understand the causes of suicide.

An agreement between the DOD, VA and the Centers for Disease Control and Prevention is building a common data base – a mortality repository – so that data can be viewed from a more holistic perspective, she said.

“We are always fine tuning, updating and looking for better ways to enter data, consolidate data, and report data so that it is in the most meaningful format it can be in,” said Garrick.

The DOD has worked on doing a better job of ensuring that all DOD suicide event report fields are being entered and that there is more quality controls with the data, according to Garrick. The individual armed services take the reports “very seriously,” because that information informs efforts in their suicide prevention and intervention programs, according to Garrick.

For a list of crisis prevention resources, to include articles and hotlines pertaining to suicide prevention and intervention, visit DOD’s website at: www.defense.gov/home/features/2014/0914_suicide-prevention/.

Safety: People most important tool in protecting children

Continued from Page C1

The toolkit also includes extensive training on child abuse reporting, identification, prevention, CPR and first aid; oversight by the Installation Management Command and health and welfare agencies on post, including regular inspections; a requirement to report suspected abuse; and an open-door policy for parents at all facilities and with all staff.

“We’re an open book. Our facilities are open to you. Come out and take a tour, bring your child, stay with your child, particularly (if you have) a young child in the CDC,” she said. “I encourage parents to come for the first time or so, and hang out with us – check it out, come at any time you want. We have facility managers at every facility who are always on duty when the facilities are open and they are there to answer your questions.”

But the most important tool, Williams said, is the people. They care.

“It’s not just a job, it’s not just a paycheck,” she said of CYSS’ some 150 people. “They’re required to do so much training, and you really have to love it to do it. And they do it very well. They become almost part of the Family with a lot of the parents, and especially single parents, they really need that extra support, so they reach

out a lot more. They are really dedicated.

“To do this every day, you really have to be a special person,” Williams said. “You have all of those faces looking to you as their adult role model. You have to be someone one they can tell their troubles to, that they can share their excitement with – you are that person who meets them after school. They very much understand the responsibility they’re taking.”

As with any partnership, it takes effort from all sides, and Williams said what CYSS needs from parents is information.

“We hope parents would share with us how the child is doing at home. At home, they probably don’t encounter as many children as they do in their child care setting, so they may exhibit some different behaviors at home,” she said. “A lot of information is passed when a child comes into our programs on a daily basis and when they are picked up. We tell the parent how they are doing, the parent tells us, well, they didn’t sleep very well last night, so maybe they were tired, so (there is) a lot of sharing of information. We hope parents share what’s going on at home that would affect the care of their children, like if a mom or dad were deployed or TDY. That is good to know, because then we could be ready to respond to those types of things.”

And if parents suspect a problem at a

CYSS facility, Williams encourages them to contact the staff immediately.

“We’re happy to be here to support the

military Families and the Soldiers, so that they can do their mission,” she said. “We’re glad to be a part of their lives.”

REAL: Grandparents, other Family members may also utilize classes

Continued from Page C1

experience in the military system, and the classes are a way for people to feel safe and comfortable as they learn and make contacts in the community.”

“The class is not only for spouses,” added McKinstry. “Grandparents and other Family members attend the classes.”

Shelle Altieri, Get R.E.A.L. instructor, said, “Even if you have been a military spouse for a while, but are new to Fort Rucker or were not involved before, you are welcome to come learn with us at Get

R.E.A.L. classes. Probably our biggest role is to make sure people have resources and networks so that they know where to go to get information.

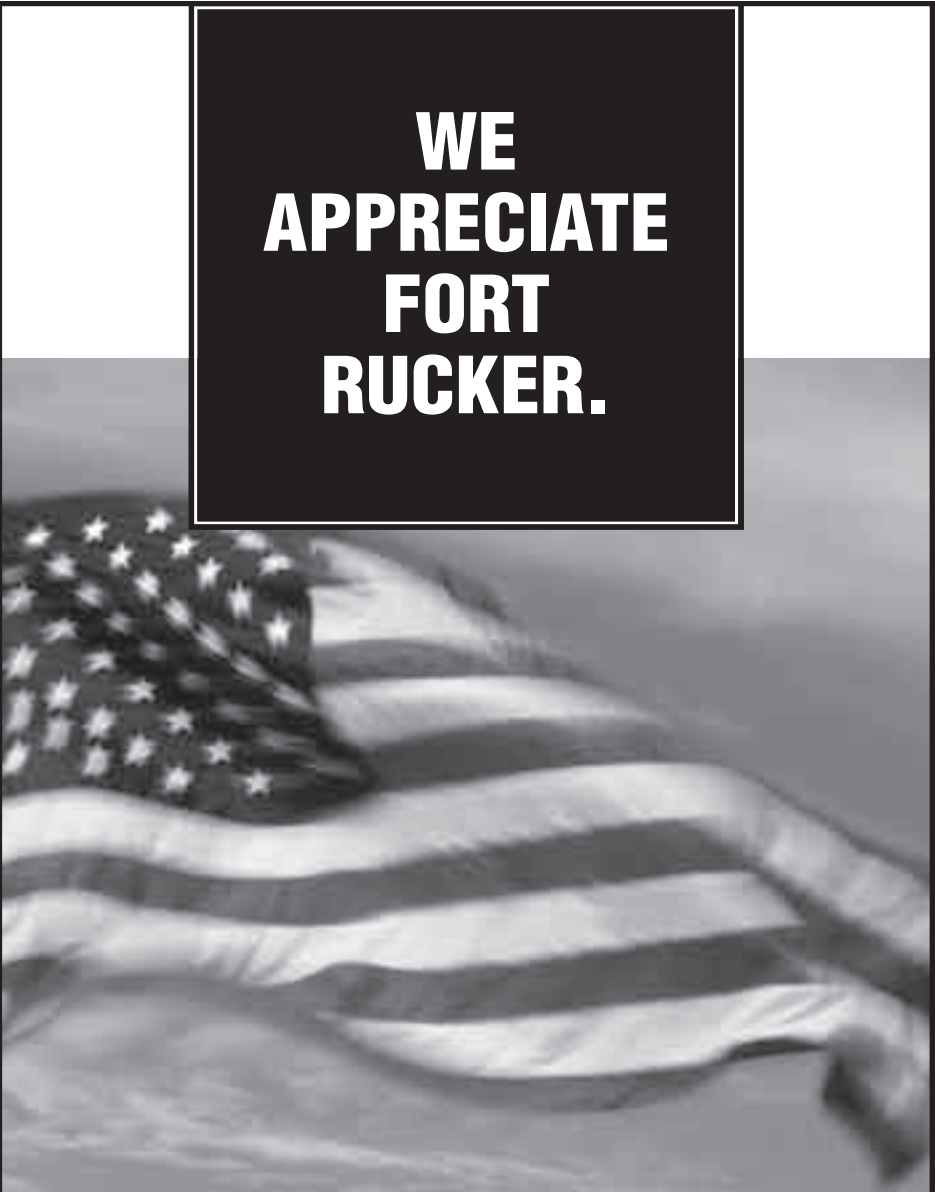
“We see spouses from other nationalities, other services and civilians joining our Fort Rucker community,” she added. “Everyone is welcome to join our classes. After attending classes, we hope that there is improved communication between spouses and their Soldiers. It helps to be able to speak the Army language.”

Class size ranges from six to nine people for most classes, said Altieri.

“We know Army Families are busy – last-minute things happen, kids get sick, units need things – so the class size varies from class to class.”

Advanced registration is required to attend Get R.E.A.L. For more information or to register, call Army Community Service at 255-9637.

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Southeast Alabama Medical Center employees and medical staff thank Fort Rucker for its commitment to the security of our community and our country.

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COURTESY PHOTO

Religious Services

WORSHIP SERVICES

Except as noted, all services are on Sunday

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

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

Wings Chapel, Building 6036
8 a.m. Latter-Day Saints Worship Service
9:30 a.m. Protestant Sunday School
10:45 a.m. Wings Contemporary Worship Protestant Service
1 p.m. Eckankar Worship Service (4th Sunday)

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

BIBLE STUDIES

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

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





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Federal Voting Assistance Program Provides Online Voting Assistance




Go to www.FVAP.gov to fill out your
Federal Post Card Application



What is the Federal Post Card Application?
The Federal Post Card Application (FPCA) is the primary form for requesting absentee ballot by mail or absentee ballot from your local election official. The FPCA acts as both a registration and absentee ballot request form. It is an acknowledgment of the voter's intent to submit an absentee ballot and to request a ballot by mail.



Who is eligible to fill out the Federal Post Card Application?
• A member of the Uniformed Services, on active duty, or on active duty member
• A U.S. citizen residing outside of the U.S. temporarily or
• A U.S. citizen residing outside of the U.S. indefinitely.
• Any other person who is a member of the National Guard or Reserve.



For Assistance: Contact your local Voting Assistance Office or your Installation Voting Assistance Office (IVAO) for more information. Your IVAO is located at the Soldier Service Center, Bldg 5700, Room 280. Our hours of operation are 0730 - 1600. Phone 334-255-1839
E-mail: usarmyruckerusagmba.voting-office@mail.mil



The signs are all around.
It's up to YOU to recognize and act on them.



know the signs
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SEPTEMBER 25, 2014

SIT DOWN!

Stick Wigglers bench Lyster, 30-22

By Nathan Pfau
Army Flier Staff Writer

With fall officially arrived, Fort Rucker kicked off its 2014 Intramural Football Season Monday as teams began their quest for the crown.

On the second day of the season, the 1st Battalion, 145th Aviation Regiment Stick Wigglers made the Lyster Army Health Clinic Bench Warmers take a seat during an intramural football game Tuesday, where the Stick Wigglers came out on top 30-22.

Two-point conversions were the name of the game as each team pushed for all the extra points they could, but the Stick Wigglers managed to make the most of what they had.

“For (it being) the first game and us having no time for practice, it feels good to pull out a win tonight,” said CW2 Jake Freeman, Stick Wigglers team captain. “We were afraid we weren’t going to have enough players tonight and it was lucky that we all got off work. It feels good to be able to play this well.”

Freeman attributes the team’s success to its speed and coordination, and the ability to work cohesively.

The game began as Stick Wigglers received the kickoff, which fell short to put them on the opposition’s side of the field.

Within two plays, the 1-145th had their first touchdown with a 20-yard run by Freeman. They followed up with a successful 2-point conversion, which would set the tone for the night.

The Bench Warmers received and managed a small return, but were starting at their own 20-yard line.

Lyster managed small gains, but the Stick Wiggler’s defense held strong, and try as



PHOTO BY NATHAN PFAU

Jake Freeman, Stick Wigglers team captain, runs the ball between opposing team members during an intramural football game at the Fort Rucker Physical Fitness Center football field Tuesday.

they might the Bench Warmers weren’t able to break through and they gave up possession at the 35-yard line.

The 1-145th seemed to have lost some of their early-game vigor as they struggled to make any gains. As the two-minute warning sounded in the first half, the Lyster team took possession and started to aggressively push toward the opposing goal line.

As the clock ran down, the Bench Warmers came closer and closer to the end zone, and with nine seconds left in the half, they had their chance to get on the scoreboard, but an interception dashed their hopes and the half ended with the Stick Wigglers ahead, 8-0.

The Bench Warmers had the upper hand

going into the second half as they took possession to start, and came back with an aggressive offense and a first down on their first play. Followed up by a 15-yard pass to Adrian Austin, the Bench Warmers secured their first touchdown for the game.

They decided to go for the 2-point conversion to tie, but were unsuccessful and trailed their opponents, 8-6.

Not to be outdone, the Stick Wigglers matched their opponent’s momentum and managed first down after first down to push toward the opposing goal line. Now within 20-yards of the end zone, a 10-yard pass to Bryan Harding led to the 1-145th’s second touchdown. Again, they were successful

with the 2-point conversion, extending their lead to 16-6.

The Bench Warmers came back with a vengeance, however, with a 30-yard pass to Austin who then ran in for the team’s second touchdown. They again went for the 2-point conversion and this time were successful, keeping on the heels of their opponents, 16-14.

The Stick Wigglers didn’t let up, however, as they managed a 40-yard return on the kick to get to Lyster’s 20-yard line. Within one play, they had another touchdown and successful 2-point conversion.

With two minutes remaining in the game, the Bench Warmers had their work cut out for them if they were going to catch the 1-145th, and work they did as they pushed hard toward the goal line getting first down after first down.

Another pass to Austin locked in their third touchdown, and to keep the trend going, they went for and scored another 2-point conversion to pull within two points of the Stick Wigglers.

Determined to not fall to their opponents, the 1-145th came back with a 60-yard run off the kick off for another touchdown, but were unsuccessful for the first time when going for the 2 extra points.

The Bench Warmers had only one chance to tie the game with less than 20 seconds left, but were stopped dead in their tracks by Stick Wigglers’ defense as the buzzer sounded, ending the game 30-22.

Freeman said the first-game win helped set the tone for the season for his team.

“We still have to practice a little bit and I have to see the other teams, but I feel good about the rest of the season,” he said. “Tonight was a good confidence boost and we’ll see where we go from here.”

Lyster: Flu shots available November

By Katherine Rosario
Lyster Strategic Communications
Specialist

Lyster Army Health Clinic is scheduled to begin flu vaccinations the first week of November.

This year’s vaccination is combinations of what researchers believe will be the three most common influenza viruses around the country: H1N1, H3N2 and the 2012 virus strain, according to the Centers for Disease Control and Prevention.

Flu season can begin as early as October and last until May, which is why getting vaccinated early can help ward off the flu into the New Year.

Between 151 million and 159 million doses of the flu vaccine will be produced for this year’s flu season, though more can be produced if necessary, according to the CDC. That’s about 20 million more doses than produced last year.

The CDC recommends that children

and adults receive the seasonal influenza, or flu shot, every year.

“A yearly flu vaccination is encouraged because the formula for the vaccine is altered each year to keep up with the ever-changing strain of the virus,” said Maj. JoAnn Ward, chief of Lyster’s preventive medicine department.

Since recent studies showed an improvement in 2-8 year olds combating the flu when given the nasal spray, the CDC suggests children within that age group receive the nasal spray vaccination. However, if the nasal spray vaccine is not immediately available and the flu shot is, children 2-8 years old should get the flu shot.

Flu vaccinations will be available in the preventive medicine department from 7:30 a.m. to 3:30 p.m. Mondays-Fridays. Patients should keep in mind that lunchtime is the busiest time for the department.

For more information on the flu vaccine, call 255-7000.

RABIES PREVENTION

Soldiers at high risk when travelling, deployed

By Kiara Scatliffe
U.S. Army Public Health
Command

Sunday is World Rabies Day, a time to raise awareness about rabies and to enhance prevention and control efforts.

In the United States, rabies is relatively rare, thanks in part to strong pet vaccination programs, but around the world an estimated 55,000 people die of rabies each year. Many of these deaths are due to dog bites, as many countries lack effective animal vaccination programs. Soldiers must understand how to

reduce their risk of rabies when travelling or during deployment.

What is rabies?

Rabies is a viral disease that affects the central nervous system, including the brain. Rabies is transmitted to humans through the saliva of infected animals – either from a bite or through contact with broken skin (pre-existing wound or a scratch from the infected animal), eyes or the mouth.

Early symptoms may include headache, fever and discomfort at the exposure site. A person won’t develop symptoms immediately

after exposure to rabies – usually not for weeks or months. Rabies is usually fatal once symptoms appear, but receiving appropriate treatment before symptoms start prevents the disease.

Preventing rabies

A good rule of thumb for rabies prevention is to avoid exposure. Despite the common belief that rabid animals are easily identified by foaming at the mouth and aggressive behavior, infected animals may actually appear calm,

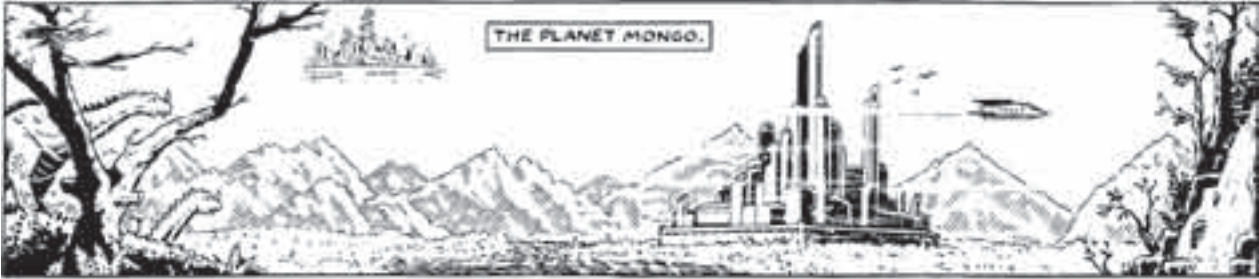
SEE RABIES, PAGE D4

PIGSKIN PICKS



	N.Y. Giants vs. Washington	Green Bay vs. Chicago	Miami vs. Oakland	Philadelphia vs. San Francisco	Atlanta vs. Minnesota	New Orleans vs. Dallas	New England vs. Kansas City
 Col. Tom von Eschenbach TCM UAS (13-8)							
 Jim Hughes PAO (13-8)							
 Brian Jackson DFMWR (11-10)							
 Capt. Mike Simmons DPS (11-10)							
 Sharon Storti NEC (12-9)							

DOWN TIME



Just Like Cats & Dogs

by Dave T. Phipps



Comic by Dave T. Phipps. Syndicated by World's Best Comics.

Super Crossword

SINGER ON THE CIRCUIT

- ACROSS**
- 1 Western resort lake
6 Wear away by rubbing
11 Cottony
15 See 42-Across
19 Splendor
20 Carled off to jail
21 Luminous radiation
22 Et — (plus others)
23 Start of a riddle
25 Window dressings
27 Send over a phone line
28 "Game of Thrones" ailer
29 — Alamos, New Mexico
31 Disregard
32 Riddle, part 2
37 "The Core" director Jon
40 English miler Sebastian
41 Number of cards in Livy's deck?
42 With 15-Across, comic strip since 1957
43 Riddle, part 3
- 50 Citizens' rights org.
51 Letters before omega
52 No longer in the mil., say
53 Perpetually
56 Treatment regimen
58 "... — quit!" (threat ending)
60 "... a Grecian Urn"
62 It often follows "Co."
63 Slutskaya
65 "Dito"
67 Achieves
68 Riddle, part 4
74 Reiner of film
75 — a limb
76 Admits
77 Close male rel.
78 Fork over
81 How — (handy books)
83 London section
87 Metropolis on Hokkaido
89 Hokkaido, e.g.: Abbt.
91 Cheeky
93 Suit to —
94 Riddle, part 5
98 Judicious
- 100 Poseidon's realm
101 Ready-fire linkup
102 Total flip-flop
103 End of the riddle
110 Stood in for
111 Secret agent
112 Baby docs
113 In the manner of
116 Outer onion features
119 Riddle's answer
123 Part of many a sweatshirt
124 A party to
125 Singer Baker
126 Jefferson, religionwise
127 Male offspring
128 Kellogg's waffle brand
129 Streisand film of 1983
130 Thrill
- DOWN**
- 1 End-of-week cry
2 — Romeo
3 Bamboozle
4 Hockey hero Bobby
5 Mask opening
6 Thief
7 Half a bray
8 "Flagged" playmate
9 Frequent fly-ball catcher
10 Biblical witch's home
11 Burned
12 "... Lips Are Sealed"
13 Swiss coin
14 Thin out
15 Bank offerings for autos
16 1989-90 futuristic cop show on Fox
17 — together (assembled)
18 Pie or tart
24 Peacock TV network
26 Self-importance
30 Decipher
32 Subsequent interment
33 Trendy antioxidant berry
34 "That's false"
35 2009-11 crime drama on Fox
36 "Diamond —" (Mae West play)
37 At the drop of —
38 Ratio of fast flight
39 Not engaged
44 — Lederer, a.k.a. Ann Landers
45 "Girlfriend" boy band
46 Pupil of Plato
47 Suffix with pheryl
48 Hopping Aussie critter
49 Bed-and-breakfast
54 Blood type, for short
55 Machines with CPUs
57 Rainbow, e.g.
59 Finn's floater
61 Prima donna
64 Elvis — Presley
66 Italian river
67 Aversion
68 Actress Rue
69 Spread of ideas, e.g.
70 Reviewed, as the books
71 Plainly visible
72 Unwilling
73 Jetta's and Goffs, briefly
74 Breakers' radios
78 Jack of "Blamey Miller"
79 Astoria rival, informally
80 Vast stretch
82 Madrid locale
84 Caesar's last reproach
85 Within reach
86 Actress Laura
88 Feigns
90 Pro-Ayatollah rulers
92 Bombcock of home humor
95 Broadband inits.
96 No-brainer
97 Recede
98 Strips cut by scythes
99 Sneeze sound
104 LP replacers
105 Jack of "The Great Dictator"
106 Drawing on
107 "... the Lord my soul to keep"
108 Principled
109 Recede
113 Brunei locale
114 A deadly sin
115 Required bet
117 Holiday drink
118 — Cat
120 Yang partner
121 Met the Giant
122 — Auv



See Page D4 for this week's answers.

TRIVIA

Trivia test

by Fifi Rodriguez

1. U.S. STATES: Which four states within the United States are referred to as commonwealths?
2. LITERATURE: In how many of Shakespeare's plays does the character of Sir John Falstaff appear?
3. MEDICAL TERMS: What would a patient with alopecia be lacking?
4. GEOGRAPHY: What is the only continent that has no desert region?
5. LANGUAGE: From which two words is the term "cyborg" derived?
6. MYTHOLOGY: What is a harpy?
7. TELEVISION: What was the name of the concierge in "Gilmore Girls"?
8. MOVIES: What horror movie series featured the character Mike Myers?
9. ENTERTAINERS: Comedian/actor John Candy was born in what country?
10. FAMOUS QUOTATIONS: What groundbreaking female comedian said, "I hate housework! You make the beds, you do the dishes and six months later you have to start all over again"?

See Page D4 for this week's answers.

Weekly SUDOKU

by Linda Thistle



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

DIFFICULTY THIS WEEK: ★★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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See Page D4 for this week's answers.

KID's CORNER

Junior Whirl

by Hal Kaufman



PIGSKIN PICKS



	UCLA vs. Arizona State	Army vs. Yale	West Kentucky vs. Navy	Stanford vs. Washington	Cincinnati vs. Ohio State	Mizzou vs. South Carolina	Duke vs. Miami
 David C. Agan Jr. PAO (15-6)							
 Kent Anger, DPTMS (15-6)							
 Sgt. 1st Class Brian Brenner NCOA (15-6)							
 Wes Hamilton NEC (14-7)							
 John Tkac DPS (16-5)							

HIGH PRAISE

Queen Elizabeth applauds wounded warriors

By Senior Airman Zachary Vucic
Army News Service

LONDON — Roughly 26,000 spectators showed up Sept. 14 to give the inaugural Invictus Games an enormous sendoff and pay final respect to all the athletes involved.

Some 400 wounded, ill or injured warriors from the U.S. and 13 other allied nations competed at the first-ever Invictus Games Sept. 10-14. Events included swimming, track and field, wheelchair rugby, archery, road cycling, wheelchair basketball, indoor rowing, powerlifting and relay racing.

The ceremony proved festive with musical acts, food vendors, remarks from well-known celebrities and a speech by Prince Henry of Wales, known as Prince Harry.

The prince began by reading a letter from Her Royal Majesty Queen Elizabeth II.

“At this closing ceremony of the inaugural Invictus Games, Prince Phillip and I send our heartfelt congratulations to the organizers and supporters of this competition, and most importantly to you men and women of the armed forces who have overcome great adversity just to take part in these games,” Harry said, reading the queen’s letter. “As I have followed the competition over the past four days, I have been deeply moved by your courage, determination and talent.

“All of you have used the power of sports to enhance your own recovery and to raise wider awareness of the enormous challenges faced by wounded veterans,” he continued. “The success of these games can be measured not by medals won, but by the renewed sense of purpose and confidence in your abilities that you have gained. I send my warmest wishes and congratulations to you all.”

He then went on to give his own impression of the Invictus Games.

“These games have shown a spotlight on the unconquerable character of service men and women and their Families – their invictus spirit,” he said. “These games have been about seeing (wounded warriors) sprinting for the finish line and



PHOTO BY AIR FORCE SENIOR AIRMAN ZACHARY VUCIC

Approximately 26,000 people showed up to the closing ceremony for the inaugural Invictus Games Sept. 14 in London. The games featured athletes competing in various Paralympic-style events, including swimming, track and field, seated volleyball, wheelchair basketball and wheelchair rugby, among others.

then turning around to clap the last man in. They have been about teammates choosing to cross the (finish line) together, not wanting to come second, but not wanting the other guys to either. These games have shown the very best of human spirit.”

From there, Prince Harry went on to offer a moment of silence for those who made the ultimate sacrifice in battle, and said he hopes those with disabilities who are in the early stages of recovery draw strength from the first-ever Invictus Games.

The competitors gathered for the festivities as a team for the last time, and celebrated the games with service members for other countries. Though thousands of

people enjoyed the concert, the spirit of the contest remained steadfast.

“This is incredible,” said Retired Staff Sgt. Michael Kacer. “Not so much just the concert, but interaction between all the countries. Now we’re no longer competing. All the competitions are over. Everybody in every country is interacting with every other country.”

“The closing ceremonies have been absolutely brilliant,” said Australian Defense Force Capt. Simon Bowen. “I cannot believe the amount of effort that has gone into these games.

“The wounded, injured and ill athletes around the world have come to this area and been welcomed righteously,” he said. “Fantastic. I can’t say anymore than that.”

As the ceremony closed, the athletes boarded their respective buses bound for hotels, and prepared for a trip back to their respective places in the world. Though they competed against each other for gold in the games, the nations are allies above all else, and that idea was not lost on anyone.

The level of camaraderie between all the nations, whether there’s a medal or not is just unbelievable,” Kacer said.

A

♥

Ask your buddy

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

Care for your buddy

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

Escort your buddy

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

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

TA - 095 - 0510

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

♥
A

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ARMY

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- Purchase and use a NOAA weather radio with a tone alert feature. This will alert you to warnings issued by your local National Weather Service office.

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Controlling, preventing rabies a community effort

By Capt. Janas Gray
Fort Rucker Veterinary Treatment Center

Sept. 28 of every year is observed as World Rabies Day, which was initiated in 2007 by Global Alliance for Rabies Control. It was created in an effort to raise awareness about rabies and enhance prevention and control efforts.

Rabies is a disease that affects warm blooded animals; however, dogs are the major victims of the disease. It can be transmitted from wild animals such as bats, foxes, skunks and raccoons. Stray cats and dogs can also transmit the virus to pets and humans.

Rabies is a highly fatal infectious disease, but it is 100-percent preventable. Eliminating the disease by vaccinating your pets protects them and stops transmission to people. Keeping your pets' vaccinations current is important not only to keep your pets from getting rabies, but also to provide a barrier of protection for the entire Family if your pets should be exposed to a rabid animal. Spay or neuter your pets to assist in minimizing the quantity of unwanted pets that may not be vaccinated on a regular basis. This

will also decrease the chances of some pets wanting to escape from the home, roaming the neighborhood and encountering rabid animals. Monitor your pets closely while outside so they do not come in contact with stray or wild animals.

Some of the signs an animal with rabies may display include fearfulness, aggression, excessive drooling and staggering. In addition, rabid wild animals that are usually seen only at night may display unusual behavior allowing themselves to be seen wandering in the daytime. There are certain precautions to take in the event you are your pet is bitten or scratched by a stray or wild animal. If you're bitten by an animal, regardless if the animal is current on vaccinations, wash the wound with soap and water for at least five minutes, and seek immediate medical attention. Seeking medical attention will also allow the incident to be reported to the proper public health officials. If your pet is bitten by a wild animal, seek veterinary assistance for the animal immediately. Do not handle wild animals. It is advised not to make assumptions that a stray or wild animal that may appear harmless is healthy.

However, rabies awareness should extend

beyond one day of the year. Preventing and controlling rabies is a community effort. Residents can take the necessary steps to keep themselves, their Family, and their pets free from rabies. Residents are discouraged from approaching or handling strays, as well as wild animals that may linger around their home. Anyone encountering a stray or wild animal is advised to contact the on-post police or animal control (if available) to safely remove them from the neighborhood. They

may be unvaccinated and could be infected with the disease.

An animal is a huge responsibility financially, physically and emotionally. They need specific nutritional and grooming need. In addition, they require medical attention, adequate exercise and lots of love. I advise all pet owners and future pet owners to be responsible in taking care of your animals and always practice safety when encountering stray or wild animals.

SPORTS BRIEFS

Zumba Challenge

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

For more information, call 255-3794.

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 Saturday. 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.

ATV Trail Ride

Outdoor recreation will host an All-Terrain Vehicle Trail Ride Saturday 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.

Rabies: Do not touch, feed, handle stray animals

Continued from Page D1

and not look sick or act strangely. Since a person cannot tell for sure if an animal has rabies, contact with animals with unknown vaccination histories, such as strays or wild animals, should be considered a potential exposure. Sleeping in the same room as a bat is also considered an exposure – bat bites may be small enough to go undetected.

During deployment, people should follow General Order #1, which prohibits keeping mascots or pets. Although it may be a comfort to have an animal, the long-term risks significantly outweigh the short-term benefits. Stray animals, regardless of how tame they appear, may have rabies that could result in death or exposure of countless Soldiers. You should not approach, feed or handle animals.

Take measures to make your quarters less inviting to animals. Keep screens in good repair and closed or seal openings that could allow animals to enter. Keep plants trimmed to reduce cover. Secure trash and fasten trashcan lids tightly so animals cannot scavenge discarded food.

Finally, if there are animal problems at your location, inform your chain of command so leaders can engage preventive medicine, veterinary staff or vector control for action. Only qualified, pre-vaccinated pest control personnel should manage animal issues. In the past, units have failed to follow proper and safe procedures when addressing animal control, and put their own personnel at risk for rabies and other diseases.

What to do if exposed

If bitten or scratched by an animal, or if animal saliva contacts broken skin, eyes or mouth, first wash out the area for at least 15 minutes. Additional cleansing with alcohol or iodine can be beneficial. Seek medical care as soon as possible, and be sure you are seen by a doctor, physician assistant or nurse practitioner, not just the unit medic. Your healthcare provider will prescribe the appropriate post-exposure treatment.

Do your part for World Rabies Day by ensuring you are aware of rabies risks and follow prevention measures. If you have questions about rabies prevention, consult your local preventive medicine or veterinary personnel.

PUZZLE ANSWERS

Super Crossword

Answers

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

TRIVIA

Answers

1. Kentucky, Massachusetts, Pennsylvania and Virginia
2. Three
3. Hair (baldness)
4. Europe
5. Cybernetic organism
6. A female monster in the form of a bird with a human face
7. Michel
8. "Halloween"
9. Canada (Ontario)
10. Joan Rivers

Weekly SUDOKU

Answer

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

Harrison B., Student
Two tours of duty. Dad. C.J.



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