Fresh batteries provide life-saving seconds

**Story on Page A3** 



OKTOBERFEST

Event delivers good times for Families

Story on Page C1



# **AIMING HIGH** Fall hunt to help

Story on Page D1

wounded warriors





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

VOL. 64 ■ NO. 39

FORT RUCKER ★ ALABAMA

**OCTOBER 2, 2014** 

# GOLD STAR FAMILIES NOT FORGO

# Community bonors survivors of fallen service members

By Nathan Pfau Army Flier Staff Writer

Fort Rucker and its community members came together at the main post chapel Sunday to honor Families who have lost loved ones in service to the nation.



Chaplain (Capt.) Troy Allan, Fort Rucker Family Life chaplain, delivers a sermon during the Gold Star Service at the main post chapel Sunday.

The Gold Star Service was held to recognize mothers and Family members who have lost loved ones in service to the country, and to remind them that they are not and will not be forgotten, said Chaplain (Capt.) Troy Allan, Fort Rucker Family Life chaplain.

Luminaries were lit during the ceremony in honor of those lost and Allan delivered a sermon to highlight what it means to be remembered.

"Tonight is one of the most important messages I will deliver in the next year because it means so much to me," said Allan during the service. "Tonight we honor and celebrate you and your Family members, and we have invited you here in hopes that your story will be strengthened, that healing will continue and that your lives will continue to be blessed.

"Each of you has looked tragedy in the face," he continued. "You have walked in the valley of the shadow of death, and yours is a story that is prevalent in the world in which you live - we live in difficult times."

Jennifer Hobdy, Gold Star Family member, is one Family member who experienced that loss when she lost her husband, Staff Sgt. Jared Hobdy, more than 20 years ago, but said she finds solace that her husband's sacrifice isn't forgotten.

"It makes me feel so wonderful that Fort Rucker and the Army takes time to recognize Gold Star Families," she said. "The service made me feel like even though I've lost my husband, (the Army) hasn't forgotten about me. And that makes me feel good."

Hobdy said that remembering those who were lost is important not only for the Soldiers who sacrificed, but for the Families that must go on without their loved one.

"Don't forget about us," she asked. "Just because our (loved one) has passed, don't forget about the wives and the Family members, because we still need love sometimes," adding that the love people give, and the power of God and prayer helps her get through the tough times.

It's those tough times that test and strengthen people, said Allan, and the challenge is knowing how to embrace life and radiate happiness when encompassed in that tragedy.

"In discovering that answer, I think you need to look briefly at both tragedy and joy," said the chaplain. "Our journey often embraces tragedy when we are sent into the valley of the shadow of death despite our protest."

Allan said he saw the answer in one of the simplest sights. He told of how one day he and his Family were hurrying to go somewhere, and as they were rushing out the door he noticed his son stopped to look upon a flowering plant

SEE GOLD STAR, PAGE A5



COURTESY GRAPHIC

# **Preparation key** to surviving fall severe weather

By Jay Mann Fort Rucker Public Affairs

Fall's cooler temperatures have hit Fort Rucker, but officials warn the respite from the heat brings the danger of severe weather.

Tornadoes traditionally increase during the spring and fall months, but other dangers like thunderstorms, lightning, flooding, and icing accompany them, according to Willie Worsham, Fort Rucker emergency manager.

"With the transition of the seasons, the polar front jet stream starts pushing further southward and starts pushing frontal systems farther south," Worsham said. "It creates pretty much the same thing we see in the spring. The fronts will come through, and during the fall the gulf is still open and still has moisture being funneled up into our area, and with the colliding of the two air masses you can get volatile weather out of it – severe thunderstorms. flooding and tornadoes

"The key to successfully navigating Mother Nature's nastiness is preparedness," Worsham said.

"Make sure that you have a plan. Go on the Ready Army site – it gives you all kinds of information on what to expect, how to make a kit, how to get prepared for the very things that occur around here - spring and fall severe weather seasons and even hurricane season.

"Army Ready is a good site you can use to help you make a plan," he added. "There are forms on there, checklists and what actions you should brief your Family on, like designating a rally point if something happens to the Family home."

The ready Army website lists the steps you should take to help keep your Family safe during times of emergen-

The first step is to be informed. Many emergencies, like power outages, disease outbreaks and manmade accidents can happen anywhere. But certain disasters are more likely in some places than others.

SEE WEATHER, PAGE A3



# **Aviation Restructure Initiative allows UAS** workhorses to remain aloft

**By Kelly Pate** 

U.S. Army Aviation Center of Excellence Public Affairs Specialist

In a climate of deep fiscal cuts, the Army's Aviation Restructure Initiative has some good news for its Unmanned Aircraft Systems.

With the Army still in the infancy of UAS integration into the force, the initiative allows the Army to keep its inventory of Shadow/tactical UAS workhorses aloft, and the planned restructuring bodes well for the future of Army Aviation, according to Col. Tom von Eschenbach, director, TRADOC Capability Manager for UAS, U.S. Army Aviation Center of Excellence.

"Within the ARI, we were able to keep every Shadow system the Army had and move it over to the Aviation brigades," von Eschenbach said.

SEE UAS, PAGE A5



Pvt. 2 Kenneth Lewis and Pvt. 2 Austin Morrison assemble a Shadow Unmanned Aircraft System during training at 2-13th Aviation Regiment, 1st Aviation Brigade, based at Fort Huachuca, Arizona, in July.

year."

# A BETTER WAY

# AFAP looks to improve quality of life

By Jay Mann

Fort Rucker Public Affairs

For those who think, "There has to be a better way to do this," when taking care of business on Fort Rucker, officials advise them to stop dreaming and do something about it.

The Army Family Action Plan is not only looking for people's ideas on how to streamline or improve processes on Fort Rucker, it is looking for people to lead the charge, said Rick Kohl, AFAP program manager.

"If people know a way to make life easier for the Fort Rucker community, they should go online and submit a quality of life issue," he said. "While there, they can sign up to be part of the process by joining the 2014 AFAP Conference."

The website to submit issues or to register for the conference is at www.ftruckermwr.com/acs/armyfamily-action-plan.

The conference is scheduled for Nov. 5–6, and the deadline to sign up is Oct. 17. The Fort Rucker AFAP Office is currently looking



for applications for facilitators, re-

corders, transcribers, and issue and staff support. "Anyone involved in the Fort Rucker community is encouraged to sign up to be a part of the conference," Kohl said, adding that these

representatives, serving as conference delegates, evaluate, prioritize

and make recommendations on is-

sues that affect the quality of life at Fort Rucker and throughout the

Army, Kohl said. "Issues resolved on the Fort Rucker level that might help other installations are pushed up to Army-wide levels," Kohl said. "It gives everyone in the Army Family the opportunity to influence their own quality of life and standard of living." Issues that affect everyone at

People should not see the confer-

ence signup deadline as the dead-

line for submitting ideas, Kohl

saud. "People should continue to

submit ideas online throughout the

The Fort Rucker AFAP is a

grassroots-level process that iden-

tifies issues of concern for not just

the Fort Rucker area, but the whole

Fort Rucker or the Global Army are good AFAP issues, said Kohl. "The ideas should be about improving existing facilities," he said, "or changing policy or regulation – issues that make things better for everyone."

He said issues may be on pay and allowance, retention and training,

SEE AFAP, PAGE A5

Army.

# PERSPECTIVE

# Army implements new self-awareness program

**Bv Bill Ackerly** 

Mission Command Center of Excellence Public Affairs

FORT LEAVENWORTH, Kan. - The Commander 360 is a new leader development program in the Army's Multi-Source Assessment and Feedback suite.

The intent of the Commander 360 program is to leverage 360degree assessment feedback to enhance leadership growth and to increase rater involvement in the development process. The program is designed specifically for Centralized Selection List lieutenant colonels and colonels.

"CDR360 creates opportunity for commanders and raters to engage in more informed discussions about capabilities, performance and development," said Lt. Gen. Robert Brown. commanding general of the Combined Arms Center and Fort Leavenworth. Through the multi-source assessment process, the CDR360 program enhances commander self-awareness of strengths and developmental needs regarding command and leadership actions, and accelerates subsequent development with the involvement of the rater.

The CDR360 program provides commanders and their raters with information to facilitate more informed guidance and focused dialogue. Through the program, the commander and his or her rater use the 360-degree feedback to design and create the commander's individual leader development plan. The CDR360 program is purely developmental and the results are not shared



Army Chief of Staff Gen. Ray Odierno answers a question in a virtual town hall at the Google Headquarters in Washington, D.C., Sept 22. His wife, Linda, listens as several installations from across the United States and Afghanistan participate

beyond the commander and the perspectives, stating that it rater, nor are they used as input to the officer evaluation report.

The CDR 360 program promotes life-long learning, and is a key ingredient in the Army's deliberate, continuous and progressive process of leader development. It is another way to encourage greater leader-to-leader development across the Army, by increasing rater involvement in multi-source assessments. The CDR360 program focuses on commanders at the lieutenant colonel and colonel level, because they represent a critical role as organizational leaders and key drivers of change for the Army.

Army Chief of Staff Gen. Ray Odierno directed the Center for Army Leadership, known as CAL, to develop the CDR360 program. The concept was piloted in July 2013, and participants found the process beneficial in providing feedback from multiple

provided more useful detail for developmental planning than their last officer evaluation report.

Raters who participated in the pilot also said the instrument provided detailed assessment of commander's performance from otherwise uncertain perspectives, especially subordinates and peers. Commanders and their raters were more motivated to devote time to developing the leader's skills after completing the CDR360 assessment and developmental discussion.

The CDR360 instrument was created by a team of CAL personnel psychologists, current and former battalion and brigade commanders, general officers, along with the School for Command Preparation and the U.S. Army Research Institute to ensure factors of successful command were included.

Beginning Oct. 1, Centralized

Selection List lieutenant colonel and colonel-level commanders are required to participate in two CDR360 events during the course of their command tenure. The first should be within three to six months of assuming command, and the second should be between 15 to 18 months of command. Each event includes a 360-degree assessment, as well as a mandatory developmental discussion between the commander and his or her current rater. The assessment itself is common access card-accessible, and takes about 10 minutes to complete. The instrument assesses the commander on observable behaviors that are aligned with Army leadership doctrine in Army Doctrine Reference Publication 6-22, key mission command principles in Army Doctrine Publication 6-0, and boots-on-theground experience.

The CDR360 uses measurement instrument with special capabilities that are different from that used with Multi-Source Assessment and Feedback, or MSAF. CDR360 is tailored and validated to the specific demands and challenges of the command role. It differs from the standard MSAF protocol in that the commander's current rater is actively involved in the process, receiving a copy of the feedback report as well as having responsibility for leading a required developmental discussion with the commander on the results. In the CDR360 program, the rater selects the assessors, and the commander is able to nominate one peer and one subordinate to participate, subject to the rater's approval.

Completion of the CDR360 event will fulfill the commander's responsibility for participation in the MSAF program, as required by Army Regulation 350-1, for that phase in one's career. More than 240,000 Army leaders have successfully participated in multidimensional ratings through MSAF, and this program for commanders is a natural progression in realizing the full benefit of 360-degree assessments.

Following the successful pilot in 2013, CAL conducted an initial operational capability demonstration of the final version of the program, involving 24 active-component commanders. Effective Oct. 1, participation in the CDR360 program is a formal requirement for all Centralized Selection List lieutenant colonel and colonel-level commanders in the active components, with a similar phased fielding to the reserve-component commanders, by October 2015.

As the Army continues to learn, CDR360 is a dynamic example of the Army seeking out best practice opportunities to identify weaknesses and improve leader's abilities.

"I believe that multidimensional feedback is an important component to holistic leader development," Odierno said. "By encouraging input from peers, subordinates and superiors alike, leaders can better 'see themselves' and increase selfawareness. The ability to receive honest and candid feedback, in an anonymous manner, is a great opportunity to facilitate positive leadership growth."



Parenting is both challenging and rewarding. A ScreamFree Lunch & Learn is Monday from 11:30 a.m. until 1 p.m. at Bldg. 8940. How do you cope with everyday stress?



Jasper Jones, Army veteran

"I mow my lawn or work around the house. I do some vard work."



Sara Rossi, military spouse "I usually do Yoga."



CW3 Gene Decrisci, 4th Combat Aviation Brigade

"I work out."



1st Battalion, 145th **Aviation Regiment** 

"I try to get more sleep."



military veteran

"I run about 30 minutes a day and I do about 300 sit ups.'

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SUICIDE INTERVENTION

# Ask your buddy

- · Have the courage to ask the question, but stay
- 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.

# FIRE PREVENTION

# Fresh batteries provide life-saving seconds

By Jeremy Henderson Army Flier Staff Writer

A few seconds spent to check the batteries in a smoke detector could provide Families just enough time to exit their home in the event of a fire-related emer-

According to Sgt. 1st Class Tommy Norris Jr., Fort Rucker assistant chief of fire prevention, many fires occur during the night as Families rest, and this year's Fire Prevention Week campaign focuses on promoting the importance of smoke detectors.

"This year's theme is 'Working Smoke Alarms Save Lives," Norris said. "We will be able to answer questions about smoke detectors. If people have questions about cleaning smoke detectors or how to change the batteries, then we can assist them.

"Change your batteries every time you change your clocks," he added. "Most fires happen in the evening or at night. It is a proven fact smoke detectors save lives."

Fire Prevention Week is Monday-Oct. 10 and several events across Fort Rucker will provide educational opportunities for Soldiers and their Families.

"Each day there will be a whole variety of activities," Norris said. "We will be at the post exchange Monday through Friday from 11 a.m. until 1 p.m. We will have a fire truck outside. There will be a table set up with balloons, coloring books and several pieces of educational material."

Similar educational events



Diesel. 6. and Makayden, 9, son and daughter of Staff Sgt. Nathaniel and Heather Delauder, pose for a photo with Sparky, Fort Rucker's fire prevention mascot.

are also scheduled for each of the post's community centers throughout the week, according to Norris.

"We will be at the different community centers from 4-7 p.m. with one of the fire trucks and the fire safety trailer," he said.

should mark their calendars for Monday. Fire Prevention Week will visit the Munson Heights community center Tuesday and Allen Heights Wednesday.

Sparky, the official mascot for Residents of Bowden Terrace Fort Rucker's fire prevention efforts, will be present at various locations throughout the week.

> Each fire station at all the base fields, as well as Fire Station No. 1, will host an open house from

10 a.m. to 3 p.m. each day during Fire Prevention Week, according to Norris.

"Everyone is welcome to come by to take a tour and ask any questions they may have," he said.

Fort Rucker officials will also incorporate additional safety education into this year's Fire Prevention Week.

"This year will be a little different because we are incorporating child car seat safety," Norris said. "We will have a technician available at various locations to assist with proper car seat installation and usage. If anyone wants to bring their vehicle by and have us take a look at their car seat, then we will gladly assist them."

Fire Prevention Week provides an annual spotlight on life-saving education, but Fort Rucker officials consider it a yearlong endeavor.

"As the weather becomes cooler, people want to have open fires in their backyard," Norris said. "There are many things you can look at from a fire prevention standpoint. It can be taken so many different directions and that is one thing we are trying to do in this office. We want to expand the public knowledge. We are working on programs and educational events that address fire prevention efforts ranging from dealing with kitchen fires to ensuring people clean out their dryer vents."

For more information about smoke detectors and this year's fire prevention campaign, visit www.firepreventionweek.org.

# Weather: Campaign aims to increase community resilience

Continued from Page A1

At Fort Rucker, a blizzard is less likely than a hurricane, so the first information residents should gather is how to prepare for severe weather caused by hurricanes.

Ready Army suggests people should understand the local mass warning systems that officials will use to inform them on weather conditions. At Fort Rucker, the agencies that warn of natural hazards are the National Weather Service and the U.S. Geological Survey. Part of being informed is knowing how to receive information from these agencies. It is a good idea to have a backup way of receiving information in case a primary system goes down.

Being informed also means people knowing where evacuation points are located in the event they cannot get home or their current location becomes unsafe. Ready Army suggests people also know what circumstances would require evacuation, and when they should shelter in place.

Accountability is a key part of the Army,

and in a disaster this does not change. People should know the way they will contact their unit and receive instructions in the event of a disaster.

The next step is to make a plan. Ready Army suggests that people keep their plans practical and tuned to likely disasters that they might face. People should take the information they learned in the first step and talk about what their Family plan is in each different disaster scenario. People should plan how they will react if it is a weekend as opposed to a workday, if their children are at school, or if an evacuation is ordered and sheltering in place is no longer an op-

Building a kit is the next step in Ready Army's list. A kit is nothing more than the supplies that people and their Families will need over a three-day period. That is the estimated time it might take to clear roads, restore power or have emergency crews reach people.

After a disaster, emergency responders will address critical needs first and might not be

# BE PART OF THE SOLUTION

# No matter where you are when an emergency strikes:

- Leave emergency response to the professionals. Do not put yourself in danger.
- Enable responders to focus on the most critical needs first. Remain flexible and cooperative. Stay alert for instructions.
- Take care of yourself and your Family; help neighbors and visitors if you can.
- Every step you take to prepare yourself and your Family strengthens the
- Consider getting involved by taking first aid training or becoming a certified first

able to get to people right away. A disaster kit will allow people to take care of themselves and their Families, freeing up emergency responders to focus on the critically injured and restoring infrastructure.

Ready Army suggests people have multiple kits in different locations, like their car, office and home because they never know where they will be when disaster strikes.

The last step is to get involved. The Army has joined the Department of Homeland Security and Federal Emergency Management Agency in "America's PrepareAthon!" This is a nationwide campaign to increase emergency preparedness and community resilience.

Ready Army has many ways for people to join their community in making it a stronger, smarter, and better prepared place

People can find out more at www.rucker. army.mil/readyarmy.

# News Briefs

# Fall cleanup

Fort Rucker's fall cleanup effort will take place Tuesday-Oct. 10. Tuesday, people will clean up interior offices and work areas; Wednesday will be cleanup of exterior areas and police call areas; Oct. 9 will continue cleanup of exterior and police call areas from 9 a.m. to noon, and from 1-4 p.m., under supervision of the brigade or owner of the barracks, Soldiers residing in the barracks will be released to conduct clean up of common areas of responsibility; and Oct. 10 at 9 a.m. the Fort Rucker garrison and U.S. Army Aviation Center of Excellence command sergeants major and the Directorate of Public Works will inspect the post, with corrective actions being completed by close of business.

Hazardous materials, such as paint, thinners, solvents, etc., should be taken to the hazardous materials point in Bldg. 1315. For more information on hazardous material turn in, call 598-1311.

For more information on fall cleanup, call 255-0020.

# **CFC** continues

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

# Supply center closure

The Base Supply Center, which is operated by Alabama Industries for the Blind in conjunction with the AbilityOne program, is closed for annual inventory count through Tuesday. While the center is closed, it accepts 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.

# 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.

# Assistive Technology and Resources Expo

Army Community Service will host the Assistive Technology and Resources Expo Oct. 16 from 9:30 a.m. to 1:30 p.m. at the Soldier Service Center lobby in Bldg 5700. ACS, the Fort Rucker Exceptional Family Member Program and Fort Rucker Equal Employment Opportunity Office will sponsor the Assistive Technology and Resources Expo in observance of National Disability Employment Awareness Month. The event is open to the public.

For more information, call 255-9277.

# Retirement ceremony

Fort Rucker will host its quarterly retirement ceremony Oct. 31 at 2 p.m. in the U.S. Army Aviation Museum. All are welcome to attend and honor Fort Rucker's latest retirees.

# **Retiree Health Fair**

Fort Rucker will host its annual retiree health fair Oct. 31 from 8 a.m. to noon at the Fort Rucker Physical Fit-

ness Center. For more information, call 255-1749.

# Trick or treat

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

# **Huey restoration**

The U.S. Army Aviation Museum is planning to restore the only remaining prototype Huey. The aircraft was called the XH-40, tail No. 54459. Museum officials describe the aircraft as the grandfather of the UH-1 series helicopters, and added that it represents the leap from reciprocating engines to the turbine technology that changed the world of rotary wing Aviation and the Army. The helicopter is currently missing a number of parts, including all instrumentation and console equip-

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

# 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.

# Odierno addresses events overseas

By David Vergun Army News Service

WASHINGTON — These are "really tough times, where logistics and running our logistics organization has never been more important as we bring equipment out of Afghanistan, as we prepare for deployments to Africa, as we prepare for deployments to Iraq," said the chief of staff of the Army.

Gen. Ray Odierno, who spoke Friday at a promotion ceremony at the Pentagon for the new Army Deputy Chief of Staff G-4 Lt. Gen. Gustave Perna, said Perna is "absolutely the right guy" to lead in those logistical efforts.

Just hours after Odierno delivered his remarks, Secretary of Defense Chuck Hagel and Chairman of the Joint Chiefs of Staff Gen. Martin Dempsey were at a Pentagon press briefing, discussing U.S. efforts in Iraq, Syria, Africa and elsewhere.

Hagel delivered some breaking news at efforts to broaden the



Chief of Staff of the Army Gen. Ray Odierno speaks Friday during a promotion ceremony in the Pentagon for new Army Deputy Chief of Staff G-4 Lt. Gen. Gustave

coalition against the Islamic State of Iraq and the Levant, known as

"The governments of Belgium, Denmark and the Netherlands have announced their intention to

participate in coalition airstrikes in Iraq. A few minutes ago, before coming down here, I spoke with Britain's defense minister, Michael Fallon," Hagel said. "He called me as he left the cham-

bers of the Parliament to inform me that the British Parliament had just voted 524 to 43 to join the air campaign in Iraq with the United States and our coalition partners."

Dempsey emphasized that a large ground force is needed to counter ISIL.

"The ideal force, in fact the only truly effective force that will actually be able to reject ISIL from within its own population, is a force comprised of Iraqis and Kurds and moderate Syrian opposition," Dempsey explained.

In reply to a reporter's question on why the U.S. Army was sending a division headquarters to Iraq, Hagel explained that personnel from other components will also be assigned to the headquarters, which will coordinate command-and-control functions.

Dempsey added to Hagel's remarks, by saying the division headquarters "is a coherent, standing warfighting organization that understands how to integrate these multiple activities and to

manage the activities of the coali-

"The group that went in there initially was focused on just beginning to make the initial contacts with the Iraqi security forces and monitoring the activities of the assessment team," he continued. "This is an organization that actually has the bandwidth and skill sets to manage a campaign."

Sept. 24, Hagel signed a deployment for about 500 Soldiers from 1st Infantry Division headquarters, to deploy to Iraq from Fort Riley, Kansas, in October.

In addition to the division headquarters, there are six advise-andassist teams that will embed with various Iraqi headquarters, Navy Rear Adm. John Kirby, DOD spokesman, said at a Pentagon news conference, Sept. 25.

Those Soldiers will help train, equip and advise moderate forces in the region and willing Arab allies fighting ISIL, Odierno said a week ago at a Defense Writers Group meeting at the Fairmont Hotel in Washington, D.C.

# Pacific Pathways enhances Stryker unit's readiness

By Sgt. Brooks Fletcher

16th Mobile Public Affairs Detachment

PUSLATPUR, Indonesia — Pacific Pathways, an innovative concept established to capitalize on several existing bilateral training exercises, is in full swing with exercises Garuda Shield and Keris Strike ongoing, and with exercise Orient Shield scheduled to being this month.

The training deployment method is designed to overcome some of the logistical obstacles associated with transit back and forth across the vast region of the Pacific for each separate exercise. Instead, it provides a "pathway" for U.S. Army Pacific forces to maximize training opportunities.

Soldiers from 2nd Battalion, 1st Infantry Regiment, are currently participating in a month-long bilateral exercise in East Java, Indonesia. Garuda Shield began Sept. 1 in Indonesia to help strengthen regional capabilities, understanding and interoper-

The 2nd Battalion, 1st Infantry Regiment, of 2nd Infantry Division's "Lancer" Brigade began with home station training at Joint Base Lewis-McChord and Yakima Training Center, Washington. Then it went on to a decisive-action-focused rotation at the National Training Center, Fort Irwin, California.

"When we talk about the future of the Army, this is a microcosm of where our force is trying to go," explained Lt. Col. Michael Trotter, a Brooklyn native and battalion commander, about commanding one of the battalions participating in this Pathways concept. "We are very proud to be here. This is a big deal!"

With Soldiers from the 1st Battalion, 17th Infantry Regiment, also currently participating in Exercise Keris Strike, in Malaysia, the 2nd Stryker Brigade Combat Team, has a unique opportunity to be involved

in a series of exercises that offer realistic training in a variety of climates, terrains and environments necessary to maintain its training readiness, leaders said.

Capt. Sean Stroh, commander of B "Blackwatch" Company, 2nd Bn., 1st Inf. Regt., reflected on Garuda Shield, conducted alongside soldiers of the Tentara Nasional Indonesia's 411th Raider Infantry Battalion, and the relevance of not only executing operations in this environment, but being a part of this training pathway.

"This is a good opportunity to display the unit's training readiness," said Stroh, a Lancaster, Pennsylvania, native. "How well can you take a company and its equipment, deploy to another country, get it operational, and fight alongside [combined] partners. There isn't a better opportunity to do that than here."

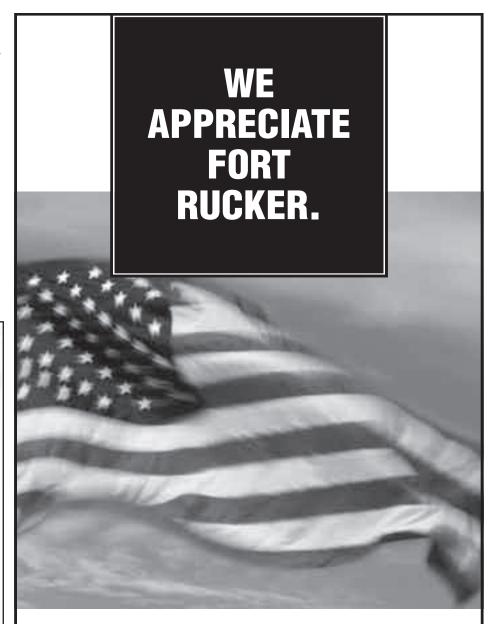
Whether reinforcing the fundamentals of being in tactical field environments, operating more than 30 vehicles and aircraft during scenario-driven operations, or participating in live-fire exercises with militaries from multiple countries, Trotter said the most rewarding part of Pacific Pathways is watching his Soldiers develop.

"What I really enjoy is watching Soldiers who have never experienced any of this, exercising the fundamentals through the operations we are doing, and integrating procedures done over the last 13 years in combat. You are seeing Soldiers grow right in front of your eyes," Trotter said. "This training, this experience is what they will draw upon when they become leaders in the future."

Following Garuda Shield and Keris Strike, "Blackwatch" Company will join C "Chosen" Company, 1st Bn., 17th Inf. Regt., in Japan later this month for the culminating exercise Orient Shield, the final waypoint in Pacific Pathways, before Soldiers return to their home station.



Members of Indonesia's 411th Raider Infantry Battalion join Soldiers of the 2nd Battalion, 1st Infantry, 2nd Stryker Brigade Combat Team, 2nd Infantry Division, for an AH-64 Apache familiarization brief by CW2 Jake Uber, 25th Combat Aviation Brigade, during Exercise Garuda Shield in Indonesia Sept. 25.

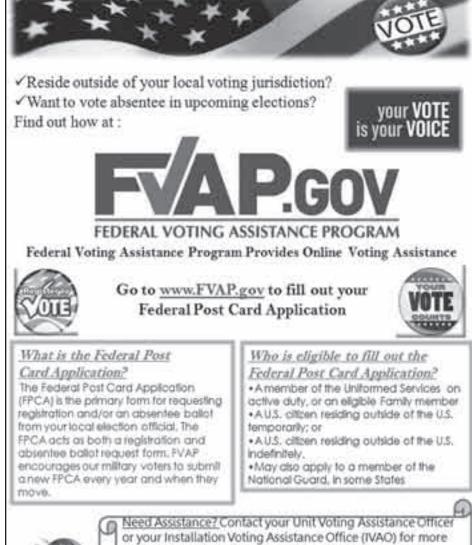


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# Gold Star: Service honors lost loved ones

Continued from Page A1

and took a deep breath.

"He took time to stop and smell the flowers in our busy life," he said. "His example to me is brilliant. He probably didn't know it, but it showed me that we are made to enjoy everything around us."

Allan knows firsthand what it feels like to lose someone close, and he shared his story of how he lost a close friend while deployed overseas and how he coped with the devastation.

While on his first deployment to Afghanistan, Allan said he bonded very quickly with a Soldier he met while overseas

"We really shared a lot and we helped each other a lot," he said. "But one day, my friend went on a mission and he didn't come back. I will never forget the anger and the frustration I had."

Allan said he was frustrated and angry that his friend was taken from him and that his friend was taken from his Family. But through that tragedy, a lesson was learned.

"Every friendship that I now have I hold tight," said the chaplain. "I think about how a friend could walk out that door tonight and never come back, so now I never let a friend go out the door without telling them how special they are to me. That's what it's all about – finding joy in

# UAS: Merged systems provide greater lethality

Continued from Page A1

In September, the Army was slated to begin delivery of Shadow systems to two combat Aviation brigades – 1st Armored Division CAB and 4th Infantry Division CAB. Each CAB has an AH-64-equipped Attack Reconnaissance Battalion converting to the new ARI Heavy Attack Reconnaissance Squadron design, which means a gain of three Shadow platoons each.

Army Shadow systems and personnel historically deployed to the theater of operations as part of brigade combat teams. Adding the systems to Aviation's attack/reconnaissance organizational structure amplifies the potential for manned-unmanned teaming, in support of the ground commander.

"In this case, one plus one doesn't equal two. I think one plus one – Shadow plus Apache – equals three. It allows them to do a lot more and play off each other's qualities. Now that they'll be assigned together, we can extract more out of both capabilities by giving them opportunities to train and learn together," he said.

This is where truly we'll begin to learn new methods, tactics, techniques and procedures on manned-unmanned teaming, in assigning those organizations together so they can live, train and employ capability in support of the current operational environment."

— COL. TOM VON ESCHENBACH
DIRECTOR, TRADOC CAPABILITY MANAGER FOR UAS, U.S.

For Army Aviation, UAS are an extension of the manned-air-craft capability. UAS provides increased situational awareness, reduces threat to the manned platform and enables the commander to quickly acquire targets.

It's not about taking anything away from the UAS operator's role as an unmanned aeroscout, but rather added flexibility for the attack capability, von Eschenbach explained.

"The point is to give the Apache front seater the ability to make quick decisions on the fly. He might want to push the UAS over to [another] area, and he does not have to call back to the UAS operator and tell him in great detail. He can just do it himself," he said.

The end product of merging manned and unmanned systems into one squadron is providing the commander more options and greater lethality.

"This is where truly we'll begin to learn new methods, tactics, techniques and procedures on manned-unmanned teaming, in assigning those organizations to-

gether so they can live, train and employ capability in support of the current operational environment," von Eschenbach said.

Part of the good news includes funding to invest in necessary upgrades for the Shadow systems.

Upgrades include the encrypted data links ("Version 2" Tactical Common Data Link), improving engine reliability and performance, and survivability considerations such as reducing engine noise. The plan also includes extended wings for the Shadow UAS for longer station time.

Fielding of the new V2 TCDL at the UAS training battalion, the 2nd Battalion, 13th Aviation Regiment, 1st Aviation Brigade, based at Fort Huachuca, Arizona, is slated for January.

"(The V2) brings the Shadow in line with where the Army wants to go for all high-fidelity, high-bandwidth transmissions, getting on the tactical command data link band. It will ensure the Shadow can continue to be the workhorse for awhile," said Maj. Edward Adams, operations officer for 2-13th Avn. Regt.

The 2-13th trains UAS op-

erators and maintainers for the Hunter, Shadow and Gray Eagle platforms.

Also on the horizon are projected future changes to simulations training, including linkage of the Apache Longbow Crew Trainer and UAS Universal Mission Simulator to provide high-fidelity manned-unmanned teaming training, and linkage with the Aviation Combined Arms Tactical Trainer.

The Shadow system's first operational deployment dates back to 2003, in support of Operation Iragi Freedom 1.

Although the systems have performed well, there is room for improvement in the future.

"We need to make more investments into UAS reliability in order to bring our UAS platforms more in line with the expectations and attributes of our manned platforms," von Eschenbach said.

"In the past, we assumed risk in cost and technology maturity to quickly field and deploy these systems," he said. "If we are to expand operations, and lift restrictions on flying and training UAS at home station and within the national airspace, we have to get better."

# AFAP: Officials seek feedback to improve quality of life

Continued from Page A1

single Soldier issues, readiness, PCS moves, medical care, dental care, schools, childcare, Army and Air Force Exchange Service facilities, Directorate of Family,

Morale, Welfare and Recreation activities, and volunteer efforts.

"Ideas should focus on improving everyone's quality of life and should not be a complaint about a person or organization on post," he said, adding that ideas submitted to AFAP should be constructive, because those ideas might be forwarded up and improve the whole Army

People having problems with a facility or particular organization should report

those issues directly to the commander or manager of that facility. Another option for individual issues is to go online http://ice.disa.mil/ to make a customer comment, good or bad, about any military installation and its services.

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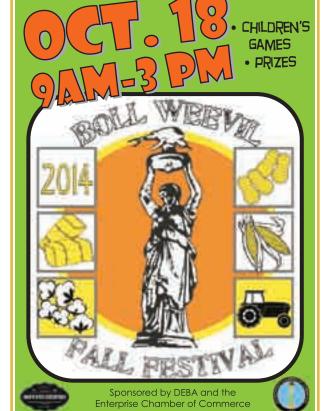
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A crew chief directs Soldiers carrying a simulated patient to a UH-60 Black Hawk MedEvac helicopter during an evacuation exercise as part of Decisive Action Rotation 14-10 at the National Training Center on Fort Irwin, California, Sept. 13. The exercise provided a comprehensive approach to training brigade combat teams in a multinational environment.

# BROTHERS IN ARMS

# 25th CAB partners with Air Force for exercise

By Staff Sgt. Tramel Garrett 25th Infantry Division Public Affairs

SCHOFIELD BARRACKS, HAWAII - "I will never leave a fallen comrade."

This is the final sentence in the Warrior Ethos, instilled in every Soldier in the U.S. Army. Its focus is never leaving someone behind on the battlefield or in a garrison environment. By the same token, personnel recovery is a significant mission that keeps this philosophy in

Soldiers assigned to the 25th Combat Aviation Brigade, 25th Infantry Division were able to hone their personnel recovery skills while assisting the Airmen of 154th Wing, Hawaii Air National Guard, stationed at Joint Base Pearl Harbor-Hickam, in a joint training exercise Sept. 12.

The exercise, entitled "Wing Warrior Day," partnered the Air Force, 25th CAB and U.S. Marine Corps to simulate a personnel recovery, which is an effort to recover and return U.S. military personnel who are isolated, missing, detained or captured. For this particular mission, 25th CAB Soldiers were tasked with rescuing Airmen from a downed Air Force aircraft.

"This is one of the most important missions that we do. Saving our own and getting them out of harm's way is



Airmen from a simulated downed Air Force aircraft Sept. 12 at Kaneohe Bay, Hawaii.

nifer Parson, platoon leader for C Company, 2nd Attack Helicopter Battalion, 25th Aviation Regiment, 25th CAB.

Soldiers provided area reconnaissance, area security and downed aircrew extraction.

"We are in a really unique situation here in Hawaii. We have the Army, Air Force, Navy and Marines," said Maj. Grady Green, chief of Wing Weapons

very important to us," said 1st Lt. Jen- and Tactics, 154th Wing. "This gives us an excellent chance to learn from one another."

> Additionally, this exercise also resolved communication issues among the services, in the midst of the differences of standard operating procedures.

> "This was our first joint operation and we wanted to practice in peacetime

> > SEE BROTHERS, PAGE B4

# Army shifts to hybrid threat training

By Nancy Jones-Bonbrest Program Executive Office Command, Control, Communications-Tactical

FORT POLK, La. – When the 3rd Brigade Combat Team "Rakkasans," 101st Airborne Division (Air Assault), descended from the night sky into the Joint Readiness Training Center at Fort Polk last month, it not only marked the first large-scale joint forced entry air assault in more than 11 years, it also signaled a larger shift in how the Army executes training missions.

With the number of U.S. forces on the ground in AfghanistanandIraqshrinking, training is realigning, from pre-deployment to back-tobasics. In implementing the shift, the Army is leveraging lessons learned from more than a decade at war, as well as planning for future contingencies.

The new hybrid threat training model fuses modern rules of engagement with conventional preparation. Known as decisive action training, it doesn't shy away from cyber attacks, insurgent threats and chemical warfare. but instead confronts these complexities head-on.

"We certainly are not going to put our blinders on and go back to the conventional force-on-force training we did in the 1980s and 1990s," said Col. Carl Kelly, deputy of group, commander operations group, at the JRTC. "If and when we get into a future conflict, our adversaries are likely not going to come at us straight on. It's going to be an asymmetric fight. So regardless of what type of scenario we're building, that asymmetric aspect has to be incorporated into it."

JRTC provides realistic, intensive training Soldiers and commanders receiving feedback, including detailed after action reviews by observer/coach/ trainers who rate Soldiers' performance and tactics. The scenarios unfold over the vast rolling hills and thick forests of JRTC, and include mock villages complete with role players standing in as local forces and villagers.

Adding to the challenge is an opposing force, that



The Joint Readiness Training Center, located at Fort Polk, Louisiana, leverages lessons learned from more than a decade at war to provide Soldiers realistic, intensive training.

can bring with it any threat, including armor, chemical, cyber, conventional unconventional.

"If you look at current events, it's a war amongst the people," Kelly said. "You have to incorporate a more urbanized environment that Soldiers are going to be operating in. We have to make sure here at the training center that we can incorporate those scenarios that we expect Soldiers are going to be faced

The decisive action training is crafted both to test units

and to validate their latest equipment in a complex combat environment. For example, the 3/101 rotation featured missions where Soldiers communicated using Capability Set 13 is an advanced package of communications tactical gear providing voice and data connectivity across the brigade combat team down to the dismounted Soldier.

"This training literally goes down to the team level or individual Soldier," Kelly

SEE JRTC, PAGE B4



The color guard, composed of Soldiers from the 159th Combat Aviation Brigade, 101st Airborne Division (Air Assault) and 82nd Combat Aviation Brigade, 82nd Airborne Division, stand in place at Bagram Air Field, Afghanistan, Sept. 21.

# 159th CAB completes rendezvous with destiny

By Staff Sgt. Christopher Freeman 82nd Combat Aviation Brigade Public **Affairs** 

BAGRAM AIR FIELD, Afghanistan After nine months and countless hours flown, the 159th Combat Aviation Brigade, 101st Airborne Division (Air Assault), Fort Campbell, Kentucky, transferred authority to the 82nd Combat Aviation Brigade, 82nd Airborne Division, Fort Bragg, North Caro-

The ceremony was held in a clamshell tent at Bagram Air Field Sept. 21. The transfer was a time of joy and sadness, said Col. Jimmy Blackmon, commander, 159th CAB.

"It's certainly bittersweet," Blackmon said. "After pouring everything you have into the mission, forming new relationships and teams, it is often strangely difficult to just drop it, leave it all behind."

During their time in theater, the 159th CAB served as one of the main Aviation units in Afghanistan, providing multi-functional Aviation support to Regional Command East and North to facilitate unified land operations.

"We were able to integrate ourselves into almost every mission set in the Regional Command, from direct combat with the enemy to moving logistics around the battlefield," said Blackmon. "We also conducted (medical evacuation) and pathfinder opera-

With the authority transferred, the 82nd CAB assumed a mission it has performed in past deployments.

"For the 82nd CAB, this is not its first time fighting in this theater," said Col. Mike Musiol, commander, 82nd CAB. "This deployment comes at the most critical transition point in the war, but our mission remains the same – support the ground maneuver units with the best Aviation capabilities in the world as we provide security and stability for the Afghan people."

After the ceremony, hopes of mission success were shared between the 159th CAB and the 82nd CAB.

"Your paratroopers have taken the reins and are doing a wonderful job," said Blackmon. "You have our gratitude and will remain in our prayers."

With one final sentence, 159th CAB closed this chapter on their rendezvous with

"Welcome to the fight."

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**OPELIKA-AUBURN NEW** 

# **Colorado flood victims honor 4th CAB Aviators**

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

ESTES PARK, Colo. — A Soldier stood humbly with his daughter as a crowd of Boulder County residents gave him a standing ovation Sept. 12 for his service in last year's floods.

Sgt. 1st Class Keith Bart, brigade Aviation maintenance NCO in charge, 4th Combat Aviation Brigade, 4th Infantry Division, represented his brigade at a dinner for residents of the 2013 floods in Estes Park.

"It was great that the CAB made that big of an impression on the people involved in the floods," said Bart. "I think it's important for all of us to remember and to see ... in case we are ever needed again."

Boulder County residents held the event to honor those who helped during the floods and to raise awareness of the organizations that support flood victims.

"We are still recovering and probably will be for the next couple of years," said Glenn Christensen, event co-chairman. "We remember how scared people were during the floods and remember the awesome relief when the first 4th CAB aircraft showed up to pick up people, their animals and belongings. We are honored to have them in atten-

Some residents recalled feeling a sense of hopelessness.



The 4th Combat Aviation Brigade, 4th Infantry Division, received a standing ovation and applause from residents involved in the 2013 Colorado Floods during a Flood Anniversary Benefit Dinner in Estes Park, Colorado, Sept. 12. Sgt. 1st Class Keith Bart, brigade Aviation maintenance noncommissioned officer in charge, represented the CAB during the benefit and played a key role during the search and rescues during last year's floods in Boulder County.

"I remember being tired after the first night of the tremendous rainfall," said Aaron Dorman, Christian Church of Estes Park lead pastor, who was one of those people. "I

had helped a neighbor pump water out of his house. I remember feeling hopeless when we tried to communicate with our fellow church members and couldn't reach some of them.

Luckily, we reached outside churches and organizations and help soon arrived."

With tears in his eyes, Dorman recalled the moment when he and others heard 4th CAB's helicopters.

"An associate of mine talked about how scared he was for his Family because he had no electricity, food or water," said Dorman. "The helicopters brought food to outer areas of displaced flood residents and transported them out. They also held a great presence for residents because almost everything seemed like chaos. These are people we know and love, so it was great to see the relief written all over their faces when the military helped."

Christensen said he and other residents hope to see more of their "heroes in helicopters," so they can thank them face-to-face

"We hope to see more 4th CAB Soldiers show up to future (events) to celebrate with us and thank them for their service during those stressful times," said Christensen.

Although some Soldiers could not make it to the event, Bart felt honored to be at the dinner to represent his command and fellow

"I was thankful to be a part of the team that provided relief for the flood victims in their time of need," said Bart. "I am proud to be part of the CAB and glad that we were able to do great things for the Front Range communities."

# **Brothers:** Realistic training cements partnership

Continued from Page B1

to prepare for war," said Air Force Maj. Mute Nash, an F-22 pilot with the 154th Wing. "This is how we find kinks in the system and fix it."

This essential training could be the difference between

life and death in a theater of war. Furthermore, when Soldiers are proficient in this task, it will lead to a high level of success

"From the planning to the actual scenario made this training realistic," said Parsons. "In a deployed environment, we could possibly work together."

Currently, the 25th ID and the 154th Wing are in the planning process to consider working together on future quarterly or semi-annual training.

"This partnership, relationship, team building exercise we compose now in the peacetime, will be vital as we move forward to future operations," said Green.

# JRTC: Training scenarios test each brigade's expertise

Continued from Page B1

said. "We're able to collect and deliver lessons learned from the team leader all the way up to the brigade commander, so they can employ them in the future."

For the 3/101, the latest JRTC challenge called for quickly shifting gears from its air assault into an advise-and-assist exercise in preparation for the brigade's upcoming deployment to Afghanistan.

"At the JRTC rotation, we were able to test our air assault skills in a much more robust environment, and then turn around and do the mission rehearsal for the real deploy mission," said Col. J.B. Vowell, commander of the 3rd Brigade Combat Team, 101st Airborne Division (Air JRTC helped the unit further develop Assault).

Then, immediately on the heels of the 3rd Brigade Combat Team rotation, the 1st Brigade Combat Team, 101st Airborne Division (Air Assault), fell in on the 3rd Brigade Combat Team's equipment for its own rotation. As the 1st Brigade Combat Team "Bastogne" conducted its nighttime sling-load operation during another joint forced entry mission, JRTC recorded observations to provide feedback

on how the brigade performed, as well as lessons learned on how brigades can take over already established tactical communications equipment.

As new capabilities are continuously introduced into the force, the training center stays in front of this technology in order to capture best tactics, techniques and procedures for the Army.

Several months prior to the JRTC rotation, the 3rd Brigade Combat Team was equipped with CS 13, which provides the deploying Soldiers with improved situational awareness, mobile mission command and data radios to help address the challenges of fewer U.S. Soldiers and more mobile, dispersed operations. TTPs for using the equipment in different scenarios.

"There are multiple communications tools that we used, depending on which phase of the operation we're in," Vowell said. "This was probably the most complex combat training rotation I have ever seen in my 23 years in the Army. We learned by leaps and bounds coming to a very wellresourced training center."

With cyber attacks also posing a risk

to the Army's tactical network, JRTC rotations now include these challenges in their training scenarios.

"For cyber, our goal is that the unit can identify a possible threat or possible action against them in the network," said Lt. Col. Steven Beaumont, senior signal OCT for JRTC. "The objective for the brigade is to identify a possible threat and report on it, so higher headquarters can respond as needed."

Training scenarios are formed on a sixmonth cycle, incorporating what each brigade, based on guidance from Army Forces Command, may see as a threat.

"We put a lot of thought of what we want to replicate and we have a lot of options here," said Lt. Col. Mark Landis, chief of staff, operations group for JRTC. "We try not to fight our last wars, but fight what we think we're going to see in the future."



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Story on Page C5

OCTOBER 2, 2014

# FUN, FOOD, FAMILY, CULTURE

# Oktoberfest delivers good times

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

While millions of people traveled across the globe to attend the 16-day Oktoberfest festival in Munich, Germany, Fort Rucker enjoyed its own taste of Deutschland.

More than 4,000 people attended the installation's 12th annual Oktoberfest celebration Friday at the festival fields as the smell of bratwurst and sauerkraut filled the air to set the tone for the area's foremost German festival.

The festivities officially kicked off as Russell B. Hall, U.S. Army Aviation Center of Excellence and Fort Rucker deputy to the commanding general, and Col. Stuart J. McRae, Fort Rucker garrison commander, opened the celebration with a few words to welcome the crowds.

"It's great to have this Oktoberfest, and it's a great time to have everyone come out, take time to have some camaraderie and take time to enjoy the festivities," said Hall. "Oktoberfest is all about friendship, and that's something I can say I took away from my time in Deutschland ... it was a wonderful time to be with friends, and I see that's what we're doing here and we're carrying on that tradition right here at Fort Rucker."

The festival included a host of activities, including live music performed by Sonnenschein Express, a popular local German band, who enjoyed their sixth consecutive year entertaining festivalgoers with the sounds from the Alpine region to include ringing cowbells, horns and yodeling.

"This was the sixth straight year we have brought this band in to perform, and the crowd always seems to love them," said Brian Jackson, Directorate of Morale, Welfare and Recreation program manager. "We had fantastic weather and everyone really enjoyed this year's Oktoberfest."

Along with the live music, people were also able to enjoy a zip line, pumpkin patch, pumpkin painting, face painting, bounce houses, bungee trampoline and even dunking booth where patrons were able to get a chance at dunking Soldiers of the 1st Battalion, 223rd Aviation Regiment, who volunteered their time to take a plunge for a good cause.

"The dunking booth was probably my favorite part," said Jason Graham, Army Family member. "I got to throw five balls to try and



PHOTO BY NATHAN F

Gabby Sisson, military Family member, gets her face painted by Private 1st Class Goya Kanyinda, 164th Theater Airfield Operations Group BOSS representative, during the 12th annual Oktoberfest at the festival fields Friday.

dunk the man sitting up there. I got him down on the first try, so it was a lot of fun to see him splash into the water."

The proceeds from the dunking booth went to Better Opportunities for Single Soldiers, which is a program that supports the overall quality of life of single and unaccompanied Soldiers on the installation.

Another popular event was the Volkswagen Show N' Shine, which showcased vintage Volkswagens

throughout the years. But the biggest hit for many was the food.

"The main thing I love about any Oktoberfest celebration is the food," said George Talreth, Army veteran. "I absolutely love German sausage and bratwurst, so give me any excuse to come out and get some and I'll be there."

Although food and fun was on many people's minds throughout the event, one of the main focuses is to educate people on

other cultures.

"I thought this was a great way for people to see that there are different kinds of cultures out there other than their own," said Tonya Strickland, who said her Family has German roots. "I have German in my ancestry and it's nice to be able to see some of the culture shared right here in Alabama. It shows that despite race or anything, people just love to get together and have a good time."

# CHALLENGING MINDS

# School's new lab teaches 1st graders group problem solving

By Nathan Pfau

Army Flier Staff Writer

Students at the Fort Rucker Primary School are getting the chance to think outside the box as they utilize a new lab designed to challenge their minds.

The Science, Technology, Engineering and Mathematics program is one that is growing in popularity amongst schools across the country, and although FRPS is not officially

a STEM school, Bridget Lester, FRPS gifted teacher, has spearheaded the charge to bring these important lessons to the primary school and open the STEM lab.

"STEM is huge in our society, so if we want our children to become more successful, productive citizens, we need to start training them now," she said. "Our society is one of collaboration and teamwork, and you've got to be able to work with people, and (STEM) helps with that because it gets them to work

together as a team to solve problems."

The new lab has the space and tools needed in order for students to be able to work on STEM projects without needing to take up space in other classrooms or pods, said Lester. The need for the lab came about when Lester began teach STEM lessons about a year ago, but found that she was strained for space.

It was suggested by Dr. Deborah Deas, FRPS principal, to transition a computer lab into a STEM lab, so the process began.

"We took a leap of faith," said Lester, and got to work on the lab right away with the help of Sylvia Thornton, music teacher. "I painted the entire room and Ms. Thornton scraped every single wall for two days straight. It took about two weeks to complete the entire lab."

In the STEM lab, the students are presented with a real-world challenge, and Thursday they took part in such a challenge. During the lesson, students were working as if they were agricultural engineers and were tasked with creating a carrier for apples so that farmers could pick their apples and carry them from one side of the orchard to the other during harvest time.

"Whenever we give them some kind of real-world problem that they have to solve, they have to follow the engineering design process," Lester said. "They investigate first and learn about the problem, and then they learn about some background information on what they're doing."

From there, the children brainstorm different ideas individually before coming together as a group to compose a single plan to tackle

the project.

"That's really good for these children because it gives them the experience to be able to work with a group – that's the society that we live in," said Lester.

After the planning, the building process begins. As they build, there are certain rules they must follow: use their materials wisely, always be working and never say "I'm done."

"We introduced STEM to the students with a NASA video that showed that they are continually trying to improve, so if they just finish and say they are done, they never give themselves the chance to improve," she said.

Not only must the students complete a project together, but they must do so within a specific timeframe and budget. Each group is given a set amount of materials to work with, but can purchase additional materials for a price. For this project, students were allowed a budget of 20 cents, with additional materials costing 1 cent each.

"This makes it more real for them," said Lester. "It really makes them start thinking about what they really need and what's important in the project."

In the end, the students get to test their product and present it to the class, and although not all of the projects are a success, Lester teaches the students that failure is OK because it provides the incentive to do better.

Currently the program is only working with first graders, but Lester said that eventually kindergarten and pre-k students will be introduced to the program with lessons that are scaled back to fit their learning capabilities.



PHOTO BY NATHAN PFAU

Macaela Tilman, Kaylee Madrigal and Mathew Buhl, first graders, work together to build their apple carriers in the new STEM lab at the Fort Rucker Primary School Sept. 25.

# Sesame Street says 'Thanks!'

The Sesame Street/USO Experience dropped by Fort Rucker Saturday to say 'Thanks!' to military children and parents. Members of the Sesame Street gang, partnering with the United Service Organizations, put on two shows at the Fort Rucker School Age Center to the delight of hundreds of children. The show centered around the gang helping Katie, a military kid on Sesame Street, deal with moving to a new place. For more on Sesame Street's efforts to help military Families, visit www. sesamestreet.org/TLC.



PHOTO BY JIM HUGHES

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

### '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.

### **Purple Day**

October is Domestic Violence Awareness Month and Fort Rucker will once again take part in the Purple Day campaign, which will begin Friday and continue each Friday throughout the month. This will be a communitywide 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 Friday from 7:20 a.m. to 4:15 p.m. at the Soldier Service Center, Bldg. 5700, in Rm. 284. Personal financial readiness training provides a practical approach to help Soldiers manage their money more effectively. The training is required for all first-term junior enlisted Soldiers (E-1 through E-4). Spouses are welcome to attend.

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

### 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 Monday, Oct. 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 Tuesday 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 Tuesday from 3:30-4:30 p.m. for children ages 3-11. Light refreshments will be served. Space is limited to the first 65 children to register. 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.



# **Wounded Warrior Fall Hunt**

Fort Rucker's Outdoor Recreation will host this year's Wounded Warrior Fall Hunt Saturday-Oct. 11. The hunt will kick off Saturday at 3 a.m. and end Oct. 11 at 10 a.m. Cost to participate in the hunt is \$25 and is open to the public. There is no cost to Wounded Warriors. At the conclusion of the hunt, participants and community members are invited to Lake Tholocco's West Beach for door prize giveaways. Community members can purchase \$5 door prize tickets at the ODR Service Center and Directorate of Family, Morale, Welfare and Recreation Central in Bldg. 5700 (located in the former Leisure Travel area). For more information on hunting on Fort Rucker and the Wounded Warrior Fall Hunt, call 255-4305 or visit www.ftruckermwr.com. For information on sponsorship opportunities, call 598-5311.

### **Domestic Violence Aware**ness Month

In observance of Domestic Violence Awareness Month, Fort Rucker Army Community Service will host "Domestic Violence – the Musical?" Tuesday and Wednesday 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 Wednesday 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, prebusiness planning and sales techniques. The counseling is sponsored by ACS and the Troy University Small **Business Development Cen**ter. Counseling is open to active-duty, National Guard, Reserve and retired service members, Department of Defense civilian employees and eligible Family mem-

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

# Elvis Dinner & a Show

The Landing will host Elvis Dinner & a Show, featuring award winning Jerome Jackson, Oct. 10 with dinner at 6 p.m. the musical styling of the King himself from 7-8:30 p.m. Tickets are \$30 per person and are available for purchase at The Landing until 4 p.m. Oct. 9. The event is open to the public, ages 12 and older.

For tickets and event details,

call 598-2426.

# Youth sponsorship training

Fort Rucker Child, Youth and School Services and the Army Community Service Relocation Readiness Program will offer youth sponsorship training Oct. 15 at 6 p.m. at the youth center to help arriving youth feel welcome in their new community. Youth are encouraged to share their experiences and spend time with newly arriving youth.

To volunteer to become a youth sponsor, call 255-3735, or call 255-9812 to attend youth sponsorship training.

### Assistive Technology and Resources Expo

Army Community Service will host the Assistive Technology and Resources Expo Oct. 16 from 9:30 a.m. to 1:30 p.m. at the Soldier Service Center lobby in Bldg 5700. ACS, the Fort Rucker Exceptional Family Member Program and Fort Rucker Equal Employment Opportunity Office will sponsor the Assistive Technology and Resources Expo in observance of National Disability Employment Awareness Month. The event is open to the public.

For more information, call 255-9277.

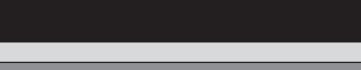
### **Employment Readiness** Class

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. 16. People will first meet in Rm. 350 for paperwork and attendance prior to going to Rm. 371A. People can sign up to learn essentials about the program and receive helpful job search tips, as well. Advance registration is required and attendance at a session is mandatory for participation in the program.

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

......7 p.m.

# DFMWR Spotlight



OCTOBER is ATIONAL DOMESTIC VIOLENCE WARENESS MONTH



Domestic Violence Awareness **Month Activities** 

Relationships Should Be Safe, Respectful and Positive

Domestic Violence Awareness Month "In Their Shoes" Exhibit In Recognition of October Domestic Violence Awareness Month (DVAM), ACS Family Advocacy Program will have information and awareness tables set up at a variety of locations on Fort Rucker throughout the month. ACS would like to encourage everyone to stop by the information tables to support in getting the word out on the Prevention and Awareness of Domestic Violence. ACS Family Advocacy Program, (334) 255-3898/9636

Wear Purple Every Friday in October

This will be a Fort Rucker community wide effort to recognize our collective responsibility to prevent all forms of domestic violence by wearing Purple every Friday throughout the Month of October. ACS Family Advocacy Program at (334) 255-3898/5638.

ScreamFree Marriage Lunch & Learn

October 6th, 20th and 27th, The Spiritual Life Center (Bidg. 8940, Red Cloud Rd.)
11:30 am to 1 per, Bring your own lunch or lunch will be provided.
Free on-site childrane is available (children must be registered with CYSS) Registration is required by Sept 29th, and seating is limited. Register/information call ACS, (334) 379-9040 or (334) 255-9635.

Domestic Violence the Musical? a Fix the Hurt Presentation

First showing is at 9 am and the second showing is at 1:30 pm, wi both days Additional showing at 6 pm on Oct. 7th. Open to Soldiers, Families and DoD Register/Information call the ACS Family Advocacy Program, (3:34) 255-389

Family Game Night

Friday, October 24th, Corvias Building (Blog. 2908, Anthews Ave. 5 pm to 7 pm, Registration is recommended by Oct. 22nd Register/Information call the ACS Family Advocacy Program, (334) 255-3896/9636



For more information visit www.ftruckermwr.com

# RUCKER MOVIE SCHEDULE FOR OCT. 2 - 5

Thursday, Oct. 2

The Equalizer (R)

Friday, Oct. 3

The Equalizer (R)

Saturday, Oct. 4

The Expendables 3 (PG-13)

Sunday, Oct. 5

The Expendables 3 (PG-13 ......2 p.m. ......7 p.m.

.....7 p.m. TICKETS ARE \$6 FOR ADULTS AND \$5 FOR CHILDREN, 12 AND UNDER. MILITARY I.D. CARD HOLDERS AND THEIR GUESTS ARE WELCOME. FOR MORE INFORMATION, CALL 255-2408.

By Shannon Collins Defense Media Activity

WASHINGTON - The importance of community and sense of service before self are important aspects of Hispanic heritage that translate into military culture, the deputy assistant secretary of defense for warrior care policy said in a DOD News interview last week.

Education, mentorship and the ability to take on challenges and seek opportunities also will help junior enlisted, officer and civilian Defense Department Hispanic employees succeed in advancement, said James Rodriguez, a retired Marine Corps first sergeant who served in uniform for 21 years.

### Sense of community

Hispanics have a propensity to want to serve, so they serve in their communities, and it's natural for them to serve in the military, because they're serving their nation, Rodriguez said.

"A lot of them come from countries where they're not citizens of the U.S, but because of the opportunities the U.S. has provided them and their Family members. they felt an obligation to give back to the military and to serve the nation that provided so much for them," he added.

"Hispanics are willing to serve in a capacity that's unselfish in most cases because they did that growing up in their society in their Family, putting others before themselves," he said. "They really take that to heart, and they put the service of their Marines, Soldiers, Sailors, Airmen and Coast Guardsmen above themselves first. It's easily transferrable when they go into the military culture and that allows them to be successful."

He said Hispanic Americans also want to challenge themselves, and he noted that nearly five dozen of the nation's Medal of



Rodriguez

from within the Hispanic community.

"What's inspired me has really been the need to challenge myself and the opportunity to provide a better life for my Family," said Rodriguez, who has two daughters in college. "I really wanted to provide them with the opportunities and resources I didn't have growing up. And I think that's important, because during that process, I instilled in them a sense of pride, a sense of character, but also a sense of serving others."

His daughters grew up while he was serving in the military, Rodriguez said, and they volunteer in various activities while they're in college.

"I think that piece has been really critical for my development as an individual," he said. "I'm proud of my Family."

### Maintaining culture and heritage

Rodriguez, a Mexican-American, grew up in the small town of Aransas Pass, Honor recipients since World War II came Texas, with a population of 7,000. Grow-

ing up with his Family and maintaining his culture and heritage, as well as the sense of community, was very important, he said.

"In our culture, Family is very important," Rodriguez said. "We want to make sure we really support our Families no matter what endeavors they have, and most importantly, we want to get them educated so they can be productive members

Rodriguez said he encourages others wishing to succeed to seek out challenging

"I sought out opportunities and special duty assignments people weren't willing to take, such as being a Marine Corps drill instructor two times, and I did that throughout my entire career," he said. "Take the road that's less traveled, because that leads you to greater opportunities. That helped with the promotion process and with the development of my leadership style, which carried into the civilian world.

"When I retired, I did the same thing," he continued. "I could have taken the easier path, but I chose to go into the business world, and that experience helped me come back to the Pentagon, which helped me remain involved with the men and women who serve our great nation."

### The value of mentorship

Rodriguez also credits his success to his mentor, retired Marine Corps Lt. Col. Sam Flores, a Vietnam veteran and fellow Mexican-American who worked his way up the enlisted ranks before becoming an officer. Flores retired after 32 years of service.

"We both came from modest means growing up and had some of the same hardships," Rodriguez said. "He really guided me along the path and instilled in me the fact that education is a great equalizer. He knew you needed to get educated so you could better understand where you were going, and that's what I did. I eventually ended up with a master's degree."

It's incumbent on those who have had opportunities to attain certain levels within the military and civilian society to educate our younger men and women as they try to find their paths, Rodriguez said.

"I'm proud of the fact that I can be a role model for the younger men and women as they're looking to figure out what they're next path is," he added.

### **Hispanic American Heritage Month**

Hispanic American Heritage Month runs through Oct. 15. Rodriguez said he believes it is important to recognize Hispanic Americans and their heritage.

"We are part of the mainstream culture in American society and have the majority population right now as an ethnic group in the United States, so it's important for people to understand the contributions Hispanics make, the things we have within the culture because it is diverse," Rodri-

"We have so many diverse populations in this country, and that's what's so great about our nation," he added. "Each one of them has something unique to that particular culture, and it's good for us in a society to really understand those cultures because we can better understand how they can contribute to society and to the workforce."

Rodriguez said that regardless of their heritage or culture, people should challenge themselves, work hard, get educated, seek mentorship and use the opportunities that are available.

"America is the land of opportunity," he said. "Seize those opportunities. Educate yourself. Challenge yourself. You have to have a mentor that really allows you to understand the path you need to take in the process of trying to excel in promotions. Then you can be a role model for the next generation. All things can be achieved with hard work and education."

# Soldier reflects on Hispanic heritage

By Air Force Airman 1st Class Kimberly Nagle 633rd Air Base Wing

JOINT BASE LANG-LEY-EUSTIS, Va. — The U.S. Army Training and Doctrine Command's public affairs sergeant major is one of the more than 125,000 Hispanic Americans serving in the military today.

Army Sgt. Maj. Jose Velazquez, reflecting on National Hispanic Heritage Month, which began Sept. 15 and runs through Oct. 15, recalled what joining the Army meant to him and how it changed his life.

Velazquez said he grew up in the lawless Essex Street Projects of Law-Massachusetts. rence. with his mother, who had moved from Puerto Rico to the United States.

"My mother worked in factories to help provide (for) and raise me," he said. "Her hopes for me were to not become another statistic of the city, with working in a factory or ending up dead on a street corner."

After graduating from high school, Velazquez said, he tried his hand at community college, but fell short.

"At the time, I was [still] struggling to not be a statistic, but in many ways I already was," he explained. "By 1990, I had already failed out of college and had been hired by a clothing factory, working in what was known as the 'sweat shop.""

Velazquez said he knew this was not the life he wanted to live, but was not sure about how to survive otherwise.

# 'I knew I couldn't stay

"I still remember like it was yesterday," he said. "What I remember the most is the blank stares of the good, decent men and women who worked there. It felt like their hopes and dreams had died amongst those mill walls. I knew I couldn't stay there. I knew I had to find a way out."

Velazquez said he knew it would be hard to change this part of his life, because where he grew up, people tended to stay in the same area. Luckily for him, his opportunity came in the form of an Army recruiter who stopped him on the street and began explaining benefits of the military lifestyle.

"At first, I wasn't sure," he said. "I didn't know anything about the military, but the recruiter piqued my interest."

Velazquez said what stood out the most during that conversation was that the recruiter spoke to him like a person and in a proexperienced much before. He was so impressed, he went back for a second meeting.



Army Sgt. Maj. Jose Velazquez joined the Army as a way to get out of his hometown and fight the possibility of becoming a "statistic."

town that never let people

# Big hurdle

But first, he had to face one big hurdle: telling his mother.

"In June of 1990, my mother looked me in the eyes, and in her most loving voice asked, 'Vas a hacer que? Tu estas loco

**ORDNANCE DEPOT GUN SHOP & INDOOR RANGE BUY • SELL • TRADE** 8 Firing Points • 25 yd. Indoor Range 454 Hwy 84 E. Daleville, 36322 Tuesday - Saturday 34-598-1101 mail: gahbb@aol.com

mijo?' That means, 'You're going to do what? Are you crazy son?" Velazquez explained. "That was the reaction I got when I told her

I was joining the Army." Initially, he said, his mother thought he would be sleeping in a tent on the ground somewhere, but that after he explained more of the Army lifestyle, she realized it was his ticket out of the world they lived in.

"She kissed me on the cheek, gave me a hug and told me, 'Si lo vas a hacer, entonces llega a lo mas alto,' which means, 'If you're going to do it, then make it to the very top,"" he recalled. "She wanted me to be the best soldier I could be."

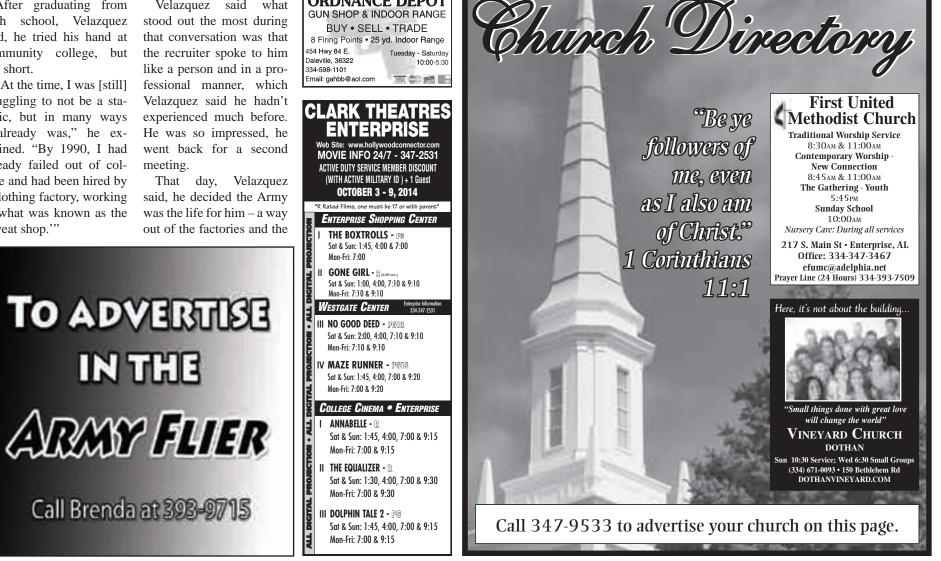
Velazquez set out to do just that.

# 'The Army saved my life'

"[The Army] gave me opportunities I couldn't have even dreamed of," he said. "The Army saved my life and I am forever grateful for the opportunities it provided me."

Velazquez said Hispanic Americans and the importance of his own heritage have inspired him throughout his career.

"Until recent decades. Hispanic population of the United States had been quite small," he said. "Nevertheless, from the American Revolution to our present conflicts around the world, Hispanic Americans have risked their lives to defend the United States and the principles upon which it stands. One thing everyone should remember is that Hispanic Americans are still Americans first."



# St. George Island hosts fun fall events

### From Staff Reports

Fall festivities are in full swing as temperatures begin to cool and, even though swimming could be a chilling experience, the Florida coast is no exception to the activities.

The Franklin County Tourist Development Council boasts a healthy list of fun, Familyfriendly activities beginning this weekend.

Everyone is invited to learn about sea turtles through fun-

filled activities Saturday at 10 a.m. at St. George Island State Park in St. George Island, Florida. Participants should bring drinking water, sunscreen and dress for the beach.

Searching for a new way to whip up meals during future camping trips? Stick around after the sea turtle event for a cast iron campfire cooking demonstration with an emphasis on desserts at 5 p.m. Participants should bring a chair and drink water.

An outdoor survival program Oct. 11 from 1-3 p.m. Participants will learn about easy-to-carry survival items and how to use them. Program speakers will also discuss real life survival stories and discuss how to build a simple shelter. Participants may bring a non-weapon item they consider essential to outdoor survival.

A four-hour lecture and hands-on fishing clinic for all ages takes place Oct. 19 from 10 a.m. until 2 p.m. Participants

will learn knot tying, cast netting and inshore fishing techniques. Anglers age 16 and older will need a Florida fishing license. Space is limited and a few loaner poles are available.

The month of activities will near its end with a beach scavenger hunt Oct. 25 beginning at 1 p.m. Children ages six to 10 years old are invited to join the hunt for 10 items. Prizes will be awarded to the first three finishers. Participants should bring drinking water

and sunscreen.

All programs take place at the St. George Island State Park and are free to the public with paid park entry. Park entry is \$6 per vehicles with 2-8 occupants and \$4 for single-occupant vehicles. Park entry is \$2 for pedestrians, bicyclists and extra passengers. Children age 12 and under are admitted for free.

For more information on these or additional events, call 850-927-2111 or visit http:www. floridastateparks.org/stg.

# 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.

**ONGOING** — The American Legion Post 80 has regular meetings the second Monday of the month, starting at 6:30 p.m., at the Legion Hall. For more information, call 222-7131 or visit www.andalusialegion-post80.org.

# **DALEVILLE**

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

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

# DOTHAN

OCT. 18 — The Sandi McCool Champions 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.

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

http://nationalpeanutfestival.com/.

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

### **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.

ONGOING — Beginning and continuing classes in the Taoist Tai Chi Society Internal Arts and Methods are currently held at the Enterprise YMCA. Tai Chi is an ancient Chinese exercise that promotes health and relaxation. It is suitable for all ages and physical conditions. All classes are taught by accredited volunteer instructors. For more information, classes available, and days and times, call 348-9008 or visit www. taoist.

# GENEVA

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

# MIDLAND CITY

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

# NEW BROCKTON

ONGOING — Disabled American Vet-

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

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

## OZARK

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 \$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

NOV. 1 — Sav-A-Life of Dale County will host the organization's second annual Christmas "Life" Bazaar from 9 a.m. to 4 p.m. at the Ozark Civic Center. The event features a variety of arts and crafts, as well as home-based businesses, with items ranging from Christmas centerpieces and wreaths to home décor, baked goods, coffees, teas, jewelry, gourd art, repurposed wood, candles, soaps, lotions, many children's items and other handmade items. There will be door prizes, as well as a silent auction and raffles, entertainment, children's activities and refreshments.

Tickets are \$5, children 10 and younger are admitted for free. Vendor spaces are available.

For more information, call 774-4419, email sidonna@savalifeozark.org, or visit www.savalifeozark.org.

# 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** — The Marine Corps League, Wiregrass Det. 752, welcomes all Marines, Navy corpsmen and chaplains, and their families, to its monthly meetings. Meetings are held the first Thursday of each month at 7 p.m. Attendees are welcome to arrive early for food and camaraderie. The next meeting will be at the armory at the corner of Westgate Parkway and Choctaw in Dothan. For more information, call 718-4168 or 805-7335.

# **Beyond Briefs**

# 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. andersonvillegeorgia.com.

# Zombie Walk can food drive

Fort Walton Beach, Florida, will host its sixth annual Zombie Walk can food drive Oct. 18 with registration running from 4-6 p.m. and the walk starting at 6:30 p.m. at the Fort Walton Beach Landing. People are asked to bring four can goods to donate. Make-up artists will be on hand to zombify participants for a small donation. The event will feature games, prizes, music and trick-or-treating, and dogs are welcome. The Zombie Walk will conclude with a meandering of Zombies through downtown to their final destination at the Fort Walton Beach Landing for Thriller Dancing.

For more information, visit www.fwbjaycees.org or on facebook at fwbzombiewalk, or call 850-244-6666.

# 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.

# Pioneer Days

The Pioneer Museum of Alabama will host its Pioneer Days Oct. 10-11. The event features horse and wagon rides, trips on the Pioneer Express, and Native American camps with demonstrations of candle making, spinning, weaving, quilt making, blacksmithing, drumming, dancing and Admission is charged.

For times, admission fees and more information, call 566-3597 or visit www.pioneer-museum.org.

# **Colonial Isle Dauphine**

Fort Gaines will host the 21st annual Colonial Isle Dauphine Oct. 11 with events at various times. According to a press release, the well-preserved ramparts of Fort Gaines have guarded the entrance to Mobile Bay for more than 150 years. Now a fascinating historic site, the Fort stands at the eastern tip of Dauphin Island where it commands panoramic views of the bay and the Gulf of Mexico. The Fort was recently designated as one of the 11 most endangered historic sites in America. This is a Family-style event and everyone is welcome. The fort's museum and gift shop are always open. People are welcome to explore life on Isle Dauphine as it was in the 1700-1800s as a French, British and Spanish soldier. The soldiers will go through drills and fire the cannon. Visitors can also see the fort's authentic blacksmith demonstrating his craft.

Fort Gaines is located on the eastern most tip of Dauphin Island. Admission is \$4 for children ages 5-12 and \$6 for ages 13 and older.

For more information, visit http://www.dauphinisland.

# Family fishing clinic

Florida's St. George Island State Park will host a Family fishing clinic Oct. 19 from 10 a.m. to 2 p.m. People are welcome to attend and learn knot tying, cast netting and inshore fishing techniques. The lecture and hands-

on fishing clinic is for all ages. Anglers 16 years of age and older will need a Florida fishing license. Space is limited and the park has a few loaner fishing poles available. Admission to the park is charged, but the clinic is

For more information, visithttp://www.floridastateparks.org/stgeorgeisland/events.cfm.

# Beach scavenger hunt

Florida's St. George Island State Park will host a beach scavenger hunt Oct. 25 at 1 p.m. for children ages 6-10. There will be 10 items that hunters need to find and prizes will be awarded to the top three finishers. Park officials encourage participants to bring water and sun screen Admission to the park is charged, but the event is free.

Formore information, visithttp://www.floridastateparks.org/stgeorgeisland/events.cfm.

# Pier Fishing Challenge

To showcase the world-class fishing in the Gulf of Mexico, Panama City Beach, Fla., will host weekendlong 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.

# Program to salute 'Soldier for Life' All-Stars during 10th season

By Tim Hipps Installation Management Command

SAN ANTONIO – Army Entertainment announced it will celebrate the 10th season of Operation Rising Star with a "Soldier for Life" theme during finals week, scheduled for early December at the Fort Sam Houston Theatre.

The 2014 Operation Rising Star, presented by Pen-Fed, will feature five former winners and a finalist mentoring the 2014 finalists in an All-Star edition of the military singing contest.

"For Operation Rising Star, the past 10 years has been a great opportunity to highlight Soldiers and their Family members in a way that no other Army program does," Tim Higdon, Army Entertainment producer and program manager, said. "They get to do something that they love to do, something they are passionate about, and something each of them in their own way wants to continue to pursue even beyond their service to our country.

"This is a great opportunity for us to show the world and tell the world our story and what the last 10 years has meant to not only Army Entertainment as a program but to each of those participants, regardless of what level they participated," he said.

U.S. Department of Defense ID cardholders and their dependents, 18 and older, can compete in local competitions through the end of October. Because the time for local competitions is short, two wild-card activeduty service members will be selected from video submissions to compete in the finals, as well.

A panel of judges will select the wild-card winners and one garrison winner from each of the four regions Europe, Atlantic, Central and Pacific. The finalists will be announced Nov. 12 on OpRisingStar.com.

Preliminary rounds are already under way at some garrisons. Twenty contestants sang on opening night at Fort Gordon, Georgia. Fort Hood, Texas, also is in the mix, along with Presidio of Monterey, California, and locations in Europe and South Korea.

Finals week is scheduled for Dec. 6-12, at the Fort Sam Houston Theatre, home of Army Entertainment. Shows are recorded with a live audience Dec. 6, 8, 10 and 12. They can be viewed at www. OpRisingStar.com on Dec. 7, 9 and 11, beginning at 9 a.m. (CT), each day. Viewers will have 24 hours to vote for their favorite performers after each round. The winner will be revealed Dec. 13, at www.OpRisingStar.com, where the contest rules also are posted.

The All-Stars returning to



Co-host Victor Hurtado, host GeNienne Samuels, winner Joyce Dodson and runner-up Fatima McElveen react when Samuels announces Dodson as the winner of the 2008 Operation Rising Star military singing contest, at Wallace Theater on Fort Belvoir, Virginia.

mentor this year's finalists are Operation Rising Star winners Army National Guard Sgt. Vicki Golding (2006), Army veteran and DOD civilian Joyce Dodson (2008), veteran/wife/DOD Army civilian Melissa Gomez (2010), Georgia Army National Guard Staff Sgt. Constance Mack (2012), and Sgt. Christiana Ball (2013), along with 2005 runner-up Retired Staff Sergeant Ron Henry. They will mentor and perform alongside the 2014 finalists, at Joint Base San Antonio-Fort Sam Houston,

"We will get to see not only this year's contestants compete, but this gives us a chance to tell the story of some of our previous winners what they accomplished and have experienced since winning Operation Rising Star – so we have an opportunity to tell our stories as it relates to 'Soldier for Life," Higdon said. "We're going to tell their stories, [and] play some of their songs and vid-

"It's just a great marriage of telling that 'Soldier for Life' story, and what it means to wear the uniform, and to support those who wear the uniform and how experiences like this prepare them for life after the military," he

The 2014 Operation Rising Star All-Stars have continued their relationships with military music and military life.

Golding has been heavily involved with developing Army Entertainment alumni, particularly with the Center for American Military Music Opportunities, and has assisted with several Army Entertainment events. She also sang the national anthem at

numerous professional sports

Gomez is a lead vocalist for the American Military Spouses Choir that advanced to the "America's Got Talent" semifinals in 2013.

Ball, who represented Fort Leonard Wood, Missouri, performed in May with Lee Brice on the nationally televised Academy of Country Music's All-Star Salute to the Troops, at AT&T Stadium in Arlington, Texas. Spc. Kelly Gregg, a performer in the 2012 U.S. Army Soldier Show, also performed at that event with Lady Antebel-

Operation Rising Star helped open entertainment doors for these Soldier-performers, but not without the help of Army Entertainment alums, such as Victor Hurtado and Joey Beebe, who will return to work with their protégées. GeNienne Samuels will host Operation Rising Star for the seventh time.

Longtime Operation Rising Star judges vocal coach Debra Byrd, country music recording artist Michael Peterson, and retired Sgt. Maj. of the Army Jack Tilley will return as judges for finals

"At the end of the day, Sergeant Major of the Army Jack Tilley, Debra Byrd and Michael Peterson have dedicated 10 years of their lives to this program," Higdon said. "They have been mentoring and helping shape and mold these Soldiers and Family members who come through here - giving them that feedback and experience so they can do that beyond. They are very much a part of that 'Soldier for Life' story, so it gives us a chance to recognize that,

Pentagon Federal Credit Union, the American Freedom Foundation and Kaplan University are sponsors of the 2014 Operation Rising Star program.



Sgt. Constance Mack, seen here winning the 2012 Operation Rising Star crown, will return to help mentor and perform with one of six finalists in the 2014 Operation Rising Star as part of an All-Star celebration of the 10th anniversary of the Army Entertainment program for active-duty Service members and their Families.

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Army National Guard Sgt. Vicki Golding, seen here winning the 2006 Military Idol (since renamed Operation Rising Star) crown at Wallace Theater, on Fort Belvoir, Virginia, will return to the home of Army Entertainment on Joint Base San Antonio-Fort Sam Houston, Texas, as an Operation Rising Star All-Star to help mentor and perform alongside one of six finalists.



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

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

Spiritual Life Center, Building 8939

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

### **BIBLE STUDIES**

### Tuesday-

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

# Wednesday-

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

# Thursday-

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

# Pick of the Litter

Meet Monroe, 5-month-old medium-hair black and white female available for adoption at the Fort Rucker stray facility. She is friendly. Adoption fees vary per species and needs of animal, which includes all up-to-date shots, the first round of age-appropriate vaccinations, microchip and spaying or neutering. For more information on animal adoptions, call the stray facility at 255-0766, open from 8 a.m. to 3 p.m. All adoptable animals are vet checked and tested for felv/fiv (for cats) or heartworm for dogs (over six months) and on flea prevention. The facility needs donations such as dry or canned foods for cats, dogs, kittens and puppies, as well as blankets, toys and towels. Donations can be dropped off at the stray facility. Visit the Fort Rucker stray facility's Facebook page at http:// www.facebook.com/fortruckerstrayfacility/ for constant updates on the newest animals available for adoption.



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<sup>1</sup>92% based on 2014 member communications trend survey. <sup>2</sup>Forrester Research, Inc., Customer Advocacy 2013: How U.S. Consumers Rate Their Financial Services Firms, November 2013. Use of the term "member" or "membership" does not convey any eligibility rights for auto and property insurance products, or legal or ownership rights in USAA. Membership eligibility and product restrictions apply and are subject to change. Automobile insurance provided by United Services Automobile Association, USAA Casualty Insurance Company, USAA General Indemnity Company, Garrison Property and Casualty Insurance Company, and USAA County Mutual Insurance Company, San Antonio, TX, and is available only to persons eligible for P&C group membership. Each company has sole financial responsibility for its own products. © 2014 USAA. 208787-0914





# **WARRIOR GAMES**

Annual athletic event kicks off in Colorado

Story on Page D3

**OCTOBER 2, 2014** 

# Fall bunt to belp wounded warriors

By Nathan Pfau Army Flier Staff Writer

Fort Rucker is doing what it can to improve the quality of life for wounded warriors, and people are welcome to join in and do their part by participating in this year's fall hunt to support those

Soldiers. The 2014 Wounded Warrior Fall Hunt will run Saturday to Oct. 11, and give wounded warriors, as well as Soldiers and civilians, the opportunity to hunt hogs and coyotes to win prizes that will help out a worthy cause, said John Clancy, outdoor recreation manager.

"This is an opportunity for [Fort Rucker] to provide an activity for the wounded warriors," said Clancy. "It's a chance to get the wounded warriors on the installation out for a hunt and camaraderie, but also to showcase to them the type of handicap-accessible equipment available for them to use at any time and for no cost."

This year's hunt will kick off Saturday at 3 a.m., and the sevenday event will take place throughout the various hunting areas on Fort Rucker. The event is open to the public, and there is no registration fee for wounded warriors, but for the general public registration is \$25, which includes a door prize ticket and lunch.

Those who wish to participate in the hunt must be at least 16 years of age with a hunter's education card, Alabama state hunting license, Fort Rucker post hunting permit and have their weapons registered with the Fort Rucker Provost Marshal Office.

There will be prizes given to the hunter with the most points for hogs and for coyotes - three points per hog and 15 points per coyote. There also will be door prizes given away to the person holding the winning ticket on the final day of the hunt.

People don't have to hunt to contribute to the cause or be eligible for door prizes, said Clancy. People can donate and participate by purchasing door prize tickets for \$5 at the outdoor recreation service center at Lake Tholocco, Bldg. 24235, or at MWR Central in Bldg. 5700.

Prizes include a 20-foot ladder stand, mirage ground blind, recliner, two Barnett crossbows, a Yeti cooler and more. Participants and those who purchased door prize tickets even have the chance to win a 14-foot Rhino boat, complete with an eighthorsepower motor and trailer. People must be present to win



PHOTO BY NATHAN PFAU

Mark Yoakum, outdoor recreation facilities manager, drives "The Warrior" on Lake Tholocco with Tony Vilardo, a wounded warrior, last year. The wounded warrior boat was purchased using funds raised from the 2012 Wounded Warrior Hunt.

and door prizes will be awarded Oct. 11 during the conclusion of the hunt at Lake Tholocco's West

In previous years the hunt has raised tens of thousands of dollars to support wounded warriors on Fort Rucker, and that money has gone directly into buying new equipment for those wounded warriors, said Clancy.

All of the proceeds from the Wounded Warrior Hunt will go directly back into outdoor recreation to fund programs or equipment for wounded warriors, he

After 2011's hunt, which raised \$40,890, Fort Rucker purchased two handicap-accessible elevated tree stands and a track chair, and after 2012's hunt, which raised \$35,322, a customized handicap accessible boat with features that include a ramp that allows a person in a wheelchair to directly roll onto the boat, specialized controls, remote control anchor, wheelchair locking system and other specialized features, along with a boat dock, accessories for the track chair and some support equipment for the upcoming hunts were purchased, said Clancy.

The goal for this year's hunt is to combine the 2013 and 2014 contributions to go toward purchasing a 47-foot handicap travel

As much as the hunt is about raising funds for new equipment for wounded warriors, Clancy said it's also about raising awareness of the sacrifices those Soldiers made for the freedoms people enjoy today.

For more information or to register, call 255-4305.



PHOTO BY NATHAN PFAU

Runners participate in the Fort Rucker Hispanic Heritage Gate to Gate run Saturday. More than 200 people participated in the run and the top finishers included: Brian Morenus, male overall winner with a time of 22:29; Nicole Solana, female overall winner with a time of 26:30; Bill Staniewicz, male master winner with a time of 27:07; Penny Proctor, female master winner with a time of 28:21; Chris Neudecker, male grandmaster winner with a time of 28:30; and Melody Baker, female grandmaster winner with a time of 36:23.

# **SEEKING BALANCE**

# Resilience belps Soldiers on job, at home

**By David Vergun** Army News Service

ness Program.

WASHINGTON — Like people everywhere, Soldiers appreciate being praised for scant or insincere, said a master resilience trainer and training and operations NCO for the Comprehensive Soldier and Family Fit-

Sgt. 1st Class Eric Tobin spoke at a Headquarters, Department of the Army Staff Executive Resilience and Performance Training course Sept. 24.

Why is it so hard for a leader to offer praise when praise is merited – even a simple pat on the shoulder, or a job well done?

Sometimes, leaders feel they need to project a tough image. Thanking someone for doing a good job might somehow convey a sense of weakness, because as a professional, doing a good job is expected, he said.

As an artilleryman and drill sergeant, Tobin has had first-hand experience in "old-school" Army communications.

When Tobin got his first platoon as a drill



sergeant, he said he did a lot of yelling at the recruits because he thought that was the expectation for that position.

But he mellowed out somewhat when he got his next platoon – after seeking guidance from veteran drill sergeants on how to be more effective – and found that giving praise can actually boost performance.

Then in 2009, Tobin was selected to become a master resilience trainer. As part of his training, he studied the psychological

SEE BALANCE, PAGE D3

Minnesota US. Green Bay Carolina

Indianapolis vs. Dallas

New England

Server hington



Col. Tom von Eschenbach TCM UAS

(17-11)



Jim Hughes

(17-11)



**Brian Jackson DFMWR** 





Capt. Mike Simmons



Sharon Storti (16-12)























# OWN I'ME







Just Like Cats & Dogs

by Dave T. Phipps



# Rodriguez

1. LANGUAGE: What is the most commonly used letter in the alphabet? 2. GEOGRAPHY: In what body of water can the island of Santorini be

3. ACRONYMS: To an engineer, what does the acronym CAD stand

for? GENERAL KNOWLEDGE:

What is a shillelagh? 5. POLITICS: What was the emblem

of the Progressive Party of 1912? 6. ANATOMY: What is the glabella?

7. ACADEMIA: What does a vexillologist study?

8. MOVIES: What was the title of the movie that featured the line, "Love means never having to say you're

9. TELEVISION: What was the name of the town that was the setting

for "Mary Hartman, Mary Hartman"?

10. GAMES: How many playing pieces do you have to remove from a body in the game "Operation"?

See Page D3 for this week's answers.

# **Super** Crossword

# ACROSS

- Oscarwinning film 49 director
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- tunes 16 Parent's bro 19 As slippery
- 20 "Way to go!" 21 Actress Aimée
- 22 Japanese
- theater 23 Newport
- News is on it 26 Genetic strand
- 27 Guanaco kin 28 Kitchen stove
- 29 in and of-31 Loose stone used for foundations
- 35 Wife on "The Dick Van Dyke Show"
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See Page D3 for this week's answers.

# Weekly SUDOKU

by Linda Thistle

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

# DIFFICULTY THIS WEEK: \*

★ Moderate ★★ Challenging \*\*\* HOO BOY!

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See Page D3 for this week's answers.

# KID'S CORNER





SCORE 10 points for using all the siners in the word below to form

SEAGOING

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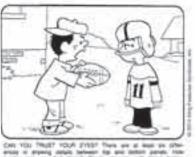
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# Warrior Games kick off in Colorado

By J.D. Leipold Army News Service

COLORADO SPRINGS, Colo. - Two-hundred wounded, ill or injured athletes came together Sunday for a week-long competition in adaptive sports and to claim the rights to the Chairman's Cup in the fifth annual Warrior Games in Colorado Springs.

For the next six days, five teams of 40 active-duty service member and veteran athletes from the four service branches and Special Operations Command, will take to their special running prosthetics and custom-built recumbent bikes and wheelchairs to battle for No. 1 in individual and team events.

Created by the Defense Department and U.S. Paralympics in 2010, the Warrior Games consist of seven sports - track and field events, sitting volleyball, cycling, wheelchair basketball, swimming, archery, and air rifle and pistol shooting. The service team with the most points will be awarded the Chairman's Cup, and individuals will be presented with gold, silver and bronze medals, at the Navy vs. Air Force football game Sunday.

While the games are definitely about friendly competition and who's No. 1, the real spirit behind the men and women competing comes through in their toughness, determination and never-say-quit attitudes.

For medically retired Sgt. Sean Hook, engaging in the military adaptive sports program is what pulled him over the lethargy and aloneness he felt after being "blown up" twice in Iraq, which caused him to lose his memory, speech and focus. It was just a "weird, cloudy feeling" he felt



Army Sqt. 1st Class Doug Franklin of the Army Special Operations Command team passes the Olympic torch to retired Marine Cpl. Paul Schaus, who is a gold medal Paralympian, during the opening ceremony for the 2014 Warrior Games at the Olympic Training Center in Colorado Springs, Colorado, Sunday.

and that was coupled with tears to his shoulders, biceps and rotator

"I didn't ask for help, because I thought I could deal with these issues on my own, but things didn't get much better until I found out about the sports program," he said, adding that at his first Warrior Games competition, he didn't win any medals. He pushed himself more by training at Penn State University in his hometown of State College, Pennsylvania.

Last year at the Warrior Games, Hook won three medals, then just two weeks ago he grabbed six medals – two golds, three silvers and one bronze – at the inaugural Invictus Games in London, sponsored by Prince Harry who got the idea for an international version of the Warrior Games he'd seen here in 2013.

"This program has changed my life, and my wife will back me up on that one," he said. "Even seeing some of these guys coming in here and hearing a bunch of different stories, there's always one that is really, really different – that's inspirational. This is about stepping up and moving forward."

Hook will be competing in discus, shot-put, archery and single,

as well as team rowing.

The story about how active-duty nurse 1st Lt. Kelley Elmlinger came to be part of the Army team wasn't related to combat or injury, rather she found out last year that she had synovial sarcoma in her lower left leg. The only way to rid the 16-year veteran and former sergeant first class of the rare form of cancer was to have it cut

Following numerous surgeries calling for grafts from her left forearm, she's been left with permanent foot-drop, nerve damage and nerve impairment in her arm. She's fitted with the IDEO, a cus-

tomizable, energy-storing brace that allows her to compete.

Like Hook, Elmlinger participated in the Invictus Games, where she took four golds, two silvers and an unofficial bronze in the men's one-mile wheelchair

"In track and field they cut women's wheelchair racing because there weren't enough competitors, but I came to compete, so I asked my coach if she could put in a good word for me and see if I could jump in with the guys, and they said, 'sure, but it wasn't going to be for a medal,' and I said I didn't really want the medal – I just wanted a chance to compete by getting out there and challenging myself."

"The Invictus Games was a great way to internationally meet other wounded warriors because we're all fighting for the same cause," she recalled. "At the same time, we also cheered along our teammates, as well as other nation counterparts, and it was fun to meet some great people and share some great stories."

Elmlinger found out recently that she'd been picked up for captain, so she's shooting for 20 years and maybe longer. She knows that she can't participate in competitions like the Warrior Games for the rest of her life, but as long as she can, she will.

"Having a chance to do adaptive sports and get back to places as a lifelong runner where I feel comfortable, that's just kind of my little niche; I like that and thrive on it," she said. "I definitely wouldn't be here had it not been for the support of my Family and friends, so for me, this is a nice way to give back to all those who helped me on my journey."

# Balance: Praise demonstrates care, builds optimism, motivation

Continued from Page D1

literature related to human motivation and resilience.

Having come from the "old-school" way of doing things, he said he balked at having to study psychology. But, over time, he came around to appreciate just how well resilience training can make Soldiers more effective in their jobs and even in their Family lives.

Basically, effective praise does several things, he said. It "demonstrates authenticity that you genuinely care – and, it builds motivation and optimism. People feel validated in the things they're doing." That, in turn, builds resilient and winning teams.

For praise to be effective, it needs to be sincere, he said. Soldiers just know when someone is doling out insincere praise. It's pretty obvious to them, although it may not be so obvious to the one who is giving it.

A member of the audience in the Pentagon Auditorium, where the course was held, asked if too much praise could turn into ineffective praise.

"Yes," Tobin replied.

There comes a point when handing out too much praise makes it less meaningful and heartfelt to the recipients, he said. There's a fine balance between too much and not enough. Soldiers will need to probe to find the sweet spot.

Spoken praise and body-language praise are not the only types of praise there are. Written praise is also important, he said.

Tobin said he's seen too many counseling statements where praise for something



PHOTO BY DAVID VERGUN

Sgt. 1st Class Eric Tobin, a Comprehensive Soldier and Family Fitness Program master resilience trainer, explained that Soldiers, like people everywhere, appreciate sincere praise for a job well done, during an Executive Resilience and Performance Training course for Department of the Army staff Sept. 24 at the Pentagon.

is mentioned very briefly, but comments on criticism are very long and detailed. That sort of thing can impact careers.

Effective praise, as taught by Army master resilience trainers, has its basis in psychological research, much of it from Carol Dweck, a social and developmental psychologist who has studied people's self-conceptions or mindsets of behavior.

Her studies found that people are not always aware of their own mindset but others can discern it based on their outward behavior. People with more flexible mindsets are more open to growth and change.

Translating that to Army life, a leader who isn't giving his or her Soldiers praise may not even realize it and may not realize the negative impact it's having, but the Soldiers sure do, he said. The Soldiers don't get the feedback they need, so they don't know if they're doing things well or not. They also lose their optimism, drive, motivation and resilience.

Just about everyone in the audience had plenty of stories to share about their own dealings with a supervisor or spouse who didn't provide effective praise.

Earlier in his career, Tobin said "there was a sergeant major who knew his artillery skills he knew how to train and lead for the most part. The one thing he didn't do very well at was effective praise."

The Soldiers in his shop worked overtime and weekends at a relentless pace, he said.

"Not once in the 19 months I was there, did he ever praise someone effectively," Tobin recalled. "What it did was create this environment where the people didn't really want to come to work. Because no matter how hard you worked or how many things you achieved, you wouldn't be praised."

On the other hand, he was good at effective criticism, Tobin said, explaining that effective criticism is explaining what specific outcomes or behavior need to be corrected and why, without being overly dramatic.

Effective praise should always be balanced with effective criticism, if warranted, he said.

"As a leader, I always made time to sit down with my Soldiers and review what went well over the previous week, and what didn't and what improvements could be made."

Tobin said they appreciated that and strove for improvement.

"It's easy to praise the rock-star Soldiers

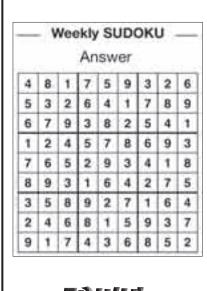
in your formation, like the ones who score 300s on the [Army Physical Fitness Test]," he said, meaning a perfect score.

But those who went from 190 to 220 should be praised, too, he added. They demonstrated noticeable improvement and if they are praised for that, they might even strive for more.





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David C. Agan Jr.

(18-10)

















Kent Anger, **DPTMS** 

(18-10)

















Sgt. 1st Class Brian Brenner

(19-9)















Wes Hamilton

(18-10)

















John Tkac















# **SPORTS BRIEFS**

# **Wounded Warrior Fall Hunt**

Fort Rucker's Outdoor Recreation will host this year's Wounded Warrior Fall Hunt Saturday-Oct. 11. The hunt will kick off Saturday at 3 a.m. and end Oct. 11 at 10 a.m. Cost to participate in the hunt is \$25 and is open to the public. There is no cost to Wounded Warriors. At the conclusion of the hunt, participants and community members are invited to Lake Tholocco's West Beach for door prize giveaways. Community members can purchase \$5 door prize tickets at the ODR Service Center and Directorate of Family, Morale, Welfare and Recreation Central in Bldg. 5700 (located in the former Leisure Travel

For more information on hunting on Fort Rucker and the Wounded Warrior Fall Hunt, call 255-4305 or visit www.ftruckermwr.com. For information on sponsorship opportunities, call 598-5311.

# **Plank Challenge**

Starting Tuesday, the Fort Rucker and Fortenberry-Colton Physical Fitness Centers will host a plank challenge the first Tuesday of each month. People just need to stop by either fitness center on a day of the challenge between 5:45 a.m. and 6:30 p.m. and have a fitness instructor or personal trainer time their plank, with a group session at 4:45 p.m. The winner will receive a prize, and have their name and photograph highlighted as the challenge winner for the month.

Rules include the plank being held in a full push-up position, holding a straight body line from head to feet, both feet must remain on the ground and people who deviate from the rules will be disqualified.

For more information, call the Fortenberry-Colton PFC at 255-3794 or the Fort Rucker PFC at 255-2296.

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