

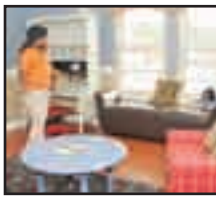
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picked to be next
SMA

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offers care at all hours

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**WINTER
WORKOUTS**
Fitness centers keep
patrons fit, out of cold

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ARMY FLYER

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

VOL. 64 ■ NO. 45

FORT RUCKER ★ ALABAMA

NOVEMBER 13, 2014



Fort Rucker Elementary School students wave flags as they honor America's veterans during a Veterans Day ceremony at the school Monday.

PHOTOS BY JIM HUGHES



CW5 Allen R. Godfrey, chief warrant officer of the Aviation Branch; Maj. Gen. Michael D. Lundy, USAACE and Fort Rucker commanding general; retired Air Force Lt. Col George Hardy, one of the original Tuskegee Airmen; and Command Sgt. Maj. Eric C. Thom, command sergeant major of the Aviation Branch, salute at the Veterans Day ceremony Friday.

Fort Rucker, schools honor veterans

By Jim Hughes
Command Information Officer

From scientists and politicians to human rights activists and countless Average Joes, it's taken a lot of innovation, sacrifice and hard work to get the United States of America from the first shots of revolution to where it stands today.

But one group's members can argue, and many would agree, that without them and all that they did, the rest wouldn't have happened.

That group, U.S. military veterans, took center stage at Fort Rucker during the post's Veterans Day ceremony Friday, which featured veterans from all services and every conflict dating from World War II to today; aircraft from the Coast Guard, Air Force, Army and a vintage AH-1 Cobra; and Maj. Gen. Michael D. Lundy, U.S. Army Aviation Center of Excellence and

Fort Rucker commanding general serving as the speaker.

"Since the American Revolution in 1775, men and women have answered the call of duty and proudly served this great country in the armed services. Each and every one of them are now veterans," he said. "Serving a higher purpose and something bigger than themselves, veterans have endured great personal sacrifice and danger while abiding by their solemn oath to defend the United States of America against all enemies, foreign and domestic.

"From the early days of the revolution to the American Civil War to the two World Wars, Korea, Vietnam, and our most recent conflicts in Iraq and Afghanistan, veterans from across this great country have stood strong to preserve the ideals of freedom and liberty, while always maintaining the trust of the people that they serve — the American people," Lundy continued.

"All (the veterans) that we honor today served something bigger than themselves: a profession — the profession of arms," the general said. "A profession that spans almost 2 ½ centuries back to the genesis of our great nation. A profession that is bound by an oath to support and defend the Constitution and obey the orders of the president of the United States. A profession built on an ethos of trust — trust that is built on personal character, personal abilities, personal strength and personal word. A profession that is underpinned by the shared values of loyalty, duty, respect, selfless service, honor, integrity and personal courage. A profession that recognized that our veterans are duty bound to uphold their oath, embody the values of our nation, and founded in ethos there is no greater responsibility or honor than to protect those that they serve — our citizens."

He added that today's veterans stand as

a testament to that ethos, and clearly demonstrate "remarkable personal courage and loyalty to the nation."

"I'm honored today to recognize these veterans and their families, and especially our Gold Star families who are with us here today," he said. "It is difficult to find the right words to truly express how important each of you are to our nation and to her people. What you have done and continue to do is important, and words will never be enough to fully capture the impact you've had on our nation and our allies around the world.

"You made this world better. You kept our nation safe. You helped our friends in their darkest hours. And you always stood strong in the face of great peril," Lundy added. "But most importantly, you each left a legacy in the veterans that followed

SEE VETERANS, PAGE A7

AFAP gives people voice in quality of life improvement

By Nathan Pfau
Army Flier Staff Writer

Fort Rucker leadership strives to make sure Soldiers, family members and civilians are well taken care of, and the Army makes sure it provides a forum where issues can be heard and resolved at the appropriate level.

The installation held the Army Family Action Plan Conference Nov. 5 and 6 at Wings Chapel to give a voice to the people of Fort Rucker, and get their issues and concerns heard and into the hands of Army leadership, said Rick Kohl, acting Army Family Action Plan coordinator.

"This is a small, but dedicated group, and in 31 years (AFAP) has made a difference in the structure of the Army," he said during the conference. "The AFAP process offers the unique ability for somebody who is experiencing something ... and they can voice concern and offer a resolution in a way that is unlike anything else the Army has to offer."

Russell B. Hall, Fort Rucker deputy to the commanding general, was on hand at the opening of the conference to offer words of encouragement and remind people why AFAP is necessary.

"It really is about the grass roots of the total Army family structure, meaning Soldiers, civilians, families, retirees, our teams, everyone," he said. "You are the experts at family quality of life, and you bring that to bear here and that's why it's important that we get these ideas.

"You are my experts, so don't hold things back," he continued. "A lot of people will think that this is my rock to bear, but don't work it that way. Embody it as a piece

SEE AFAP, PAGE A7



PHOTO BY NATHAN PFAU

Russell B. Hall, Fort Rucker deputy to the commanding general, speaks to delegates and volunteers during the opening of the AFAP Conference Nov. 5 at Wings Chapel.



CLYDESDALES

PHOTO BY NATHAN PFAU

People gather in front of The Landing to see the world-famous Budweiser Clydesdales as the team visited Fort Rucker Nov. 5.

Education week highlights services

By Jay Mann
Fort Rucker Public Affairs

American Education Week runs Monday-Nov. 21 and the Army Continuing Education System wants Soldiers to know "Army Strong, Education Stronger."

"American Education Week is a chance for us to highlight the importance of education to our Soldiers," said Henry "Chick" Eagle, supervisory education services specialist. "We believe that education makes us all stronger."

The Fort Rucker Education Center will host three days of events focused on helping Soldiers and family members obtain the education that will put them on the road to future success.

Tuesday, from 11:30 a.m. to 1 p.m. in Bldg. 4502, Capt Keith A. Stampely, Embry-Riddle Aeronautical University alumni, will share his experience completing an education while meeting military and family responsibilities. Lunch will be provided, so people planning on attending need to RSVP to 598-6232, as there will be

limited seating.

Wednesday, from 10 a.m. to 2 p.m. in Bldg. 5700, many Fort Rucker organizations and academic institution representatives will have information tables about their programs. They will discuss what educational, financial aid, guidance counseling and other programs are available.

Nov. 20, from 5:30-7:30 p.m. in Bldg. 4502, Troy University will host an open house. Soldiers, family and friends are invited to the Fort Rucker Education Center to meet with ACES and Troy staff members to learn about furthering their education goals.

"Working on your education while you are still in the military is extremely important," said Eagle. "You will eventually need some credentials when you finally separate from the military."

ACES works closely with the Soldier for Life program to help Soldiers continue their educational goals throughout their careers.

"Education helps you develop those credentials as you progress through your career in the military," added

Eagle. "A lot of Soldiers come into the Army specifically for the education benefits."

As part of newcomers briefs, Soldiers can find an ACES Educational Flow at the education center that lines up with the Soldier For Life career progression. "Every Soldier needs to take advantage of this," Eagle said.

"When Soldiers begin their Army careers, they start with assessments, their (Military Occupational Specialty), then they get their associate's degree, bachelor's degree and master's degree," said Eagle. "Then you have got the credentials, the experience in the Army and you are fully marketable when you leave the military.

"Civilian education can add to your promotion points while you are in the Army, as well," he added. "This would make you more attractive for the next promotion."

"Especially now with the competition in the military due to downsizing for retention and school availability," said Randy McNally,

SEE EDUCATION, PAGE A7

PERSPECTIVE

Army Medicine: Beware of emotional eating

By Capt. Candice Hebert
U.S. Army Public Health
Command

“I have a deadline to meet — I am working long hours and feel overwhelmed. I usually eat something sweet to cope with the stress.”

“My wife and I are having problems in our marriage. I stay up late and eat — usually pizza — it helps me cope with the anxious feelings.”

“I’ve been feeling lonely lately, so I sit in front of the TV with potato chips or some other type of junk food to help with the sadness.”

“When I am feeling depressed I am constantly hungry.”

At one time or another, most of us have turned to food to cure our emotional troubles or make ourselves feel better. In essence, we are feeding our emotions. However, problems arise when eating becomes the only approach we use to manage emotions — especially if the foods we choose to eat are unhealthy or the amounts are excessive.

If you are experiencing persistent



PHOTO BY PATRICIA DEAL

Choosing healthier snack options is one way to help control weight.

depressed mood for more than two weeks, see a healthcare provider.

The connection between serotonin and food

What is the connection between food and mood? A neurotransmitter, a mood hormone, called serotonin. When serotonin levels are low, we feel sad, and when elevated, we feel happy. Serotonin is known to be in many antidepressants such as Prozac and Zoloft. However, what most people don’t

know is that the majority of our serotonin cells are in our digestive systems, not our brains. Thus, diet plays a big role in our serotonin levels.

Carbohydrate-rich foods have a big effect on our serotonin levels. When we are sad or upset (low serotonin levels), we crave foods high in carbohydrates to feel better. It makes sense then why people who are feeling down eat more junk food.

In addition, the connection be-

tween serotonin and food is noticeable in the depressive feelings experienced after several weeks of a high-protein, low-carbohydrate diet. The effect of dieting and low carbohydrate intake decreases our serotonin levels and causes us to feel down. This, in turn, may lead dieters to crave carbohydrate-rich foods to improve their mood, which usually results in overeating and contributes to regaining weight.

The behavior connection

When you form the habit of feeding an emotion, you put off learning skills to manage your emotions. Here are some tips to help break the habit of feeding your emotions.

- Identify your triggers for emotional eating.
- Take notice of when you feel stressed, overwhelmed, lonely, sad or anxious.
- Instead of searching for something to eat, do an enjoyable non-food related activity. Go outside, take a walk, or talk to a friend, family member or coworker.

- If you find that your emotional eating is out of control, enlist the help of a qualified professional such as a registered dietitian and/or a behavioral health specialist (such as a social worker, therapist or psychologist).

Keep in mind that it is OK to eat the foods you enjoy in moderation. If you find that you absolutely have to have a favorite food, like chocolate, take the time to enjoy it. Engage the food with all your senses — touch it, smell it, chew it slowly and savor the taste. You will find that you are more fulfilled with a small amount versus the whole package.

In addition, develop the habit of reaching for healthy serotonin-boosting snacks such as nuts, fruits and vegetables.

Summing up

Understanding what we eat and how our mood relates to our behavior are important ways to help improve our mood. A well-balanced diet and engaging in healthy activities can keep us feeling great more often.

THIS MONTH IN ARMY AVIATION HISTORY

This month we’re highlighting the November/December 1989 issue.

Time to Sound the Trumpets

At Fort Campbell, Kentucky, in broad daylight, one man was responsible for performing an act that resulted in a number of Army helicopters being rendered non-flyable. Moving purposefully from one aircraft to another, this single individual expertly and methodically cut electrical wires, damaged hydraulic lines, punched holes in fuel tanks and inflicted similar damage to structural members. And what’s more, he got away with it.

NCO of the Year, 1969-1989

Twenty years ago this past January,

Sgt. 1st Class Rodney J.T. Yano made the ultimate sacrifice for which he was later posthumously awarded the Medal of Honor. His actions, which demonstrated courage, loyalty and profound concern for the welfare of his fellow Soldiers, were a shining example to the noncommissioned officer corps and reflected many of the tenets of the NCO Creed.

NCOs Above the Best Take the Challenge

The Aviation noncommissioned officer has one of the most indispensable, critically demanding careers in the U.S. Army. The NCO must have a thorough knowledge of basic Soldier skills and be technically proficient in Aviation.

Brother Soldier, I Trust You With My Life

First and foremost, one must be able to rely on his fellow Soldiers. The term “Soldiers” includes all ranks and both sexes. This message may seem obvious and a strange one requiring discussion. But, too often in today’s Army I find little or no understanding of this basic tenet of our profession. Being able to rely on one’s fellow Soldiers depends on mutual trust.

... and more.

Download this issue of the *U.S. Army Aviation Digest* at <http://bit.ly/av8-novdec89>



Rotor Wash



Jenna Mitella,
military spouse

“Just make sure to bundle up when you go out.”



WO1 Chase Rushing,
B Co. 1st Bn.,
145th Avn. Regt.

“Don’t forget to stay hydrated. Even though it’s colder, you still sweat.”



Beth Henry,
military spouse

“Do some of your workout indoors.”



Shawn Brooms,
civilian

“I like to do some weight lifting because it can be done inside, away from the cold weather.”



Shellie Dryer,
military spouse

“Workout with a group of friends to help keep you motivated when it’s colder outside. It’s hard to keep yourself going when you’re out there doing it alone, especially when it’s cold.”

“Forternberry-Colton Physical Fitness Center hosts a spin challenge Thursdays from 5:15-7:15 p.m. What tips can you offer for remaining active as the weather turns colder?”

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FORT RUCKER COMMANDING GENERAL

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FORT RUCKER GARRISON COMMANDER

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

TRADOC CSM picked to be next SMA

By Lisa Ferdinando
Army News Service

WASHINGTON — The senior enlisted adviser of U.S. Army Training and Doctrine Command has been selected to be the next sergeant major of the Army.

Secretary of the Army John McHugh and Chief of Staff of the Army Gen. Ray Odierno announced Nov. 3 that Command Sgt. Maj. Daniel A. Dailey will be the 15th sergeant major of the Army. He will assume the Army's highest enlisted office after Sgt. Maj. of the Army Raymond F. Chandler III retires at the end of January.

"We have the utmost confidence in Command Sgt. Maj. Dailey and look forward to having him join our leadership team," said McHugh. "His experience, leadership, devotion to Soldiers and commitment to our Army make him especially suited to assume this important duty, one that Sgt. Maj. of the Army Chandler has masterfully performed for the last four years."

Dailey, who enlisted 1989, is an infantryman and combat veteran who served four deployments in Operation Iraqi Freedom and one in support of Operation Desert Storm.

He said he is humbled by the choice.

"It's every Soldier's dream — it should be every Soldier's dream — to someday at least have the opportunity to be the sergeant major of the Army," he said.

He told Odierno that he never "fathomed when I was a young Soldier that I'd ever be in this office receiving this type of recognition."

Dailey holds a Bachelor of Science degree (summa cum laude) from Excelsior College.

He said he and his wife of more than 20 years, Holly Dailey, are dedicated to Soldiers and their families.

"This requires a commitment well beyond any that I've ever done before and it requires leadership that, frankly, Soldiers need to be able to see every day," he said. "I owe it back to our Soldiers. I have a responsibility — an awesome responsibility — that is not looked upon lightly by the Soldiers of the United States Army."

There is a lot of work to do and it is a big responsibility, he said, in carrying on the traditions of Chandler, and in meeting Odierno's expectations and strategic goals.

"The Soldiers of this great Army deserve leadership and the highest caliber of leadership we can offer," he said.

The Army has faced challenging times and there are more challenges ahead, he said.

"What I can assure you is that we are doing the right things. I have been intimately familiar with the policy, procedures and



Army Training and Doctrine Command's senior enlisted adviser, Command Sgt. Maj. Daniel Dailey, is interviewed at the Defense Media Activity Nov. 2 at Fort Meade, Maryland.

direction that our leadership of the Army is taking us. I truly believe it is the right direction," he said.

Lead by example

Dailey said he is a standards-based sergeant major who is approachable, mission-focused, who takes on challenging assignments, strives for the best, and places the highest priority on physical fitness for himself and his Soldiers.

"It is our job every single day to represent the best we possibly can, not only for us, for our peers and for our superiors, but most importantly for the people of America," he said. "I'm truly excited as we move forward because I truly believe that we are heading in the right direction in the future."

He credits his mentors for challenging him and helping him make the right decisions.

"I'm the benefactor of excellent leadership," he said.

Engaged leadership is important, he said. Good leaders know their Soldiers and their families — it's important that Soldiers have a balance between work and home life, he said.

"I would have never made it to where I am today without my family, and that requires balance between being a Soldier, being a father and a husband," he said.

Soldiers should not be afraid to reach out for help if they are facing problems, he said.

"I think we're in a time in the Army where we've really gotten rid of that stigma," he said. "What is great is that we have leaders who say that they need help, and it really shows them young Soldiers that you truly can be successful even though you've asked for help."

It is a great responsibility to be charged with the safety and wellness of Soldiers you lead, he said.

"Somebody has trusted me with their lives," he said. "I take that very seriously, the four times that I deployed to combat, very seriously. It's my responsibility to bring them home — every

single one of them.

"That's the ultimate responsibility we have, not just to our Soldiers but to the mothers and fathers of this great nation," he said. "I think they would expect us to treat them like their own children."

Army tradition

Dailey, who is from the small, northeastern Pennsylvania town of Palmerton, saw the military as an opportunity for growth and experience.

"I knew that I wanted to join the Army at a young age," he said. "My father had served in the military, his brothers had served in the military, both of my grandfathers had service during World War II, and my oldest brother before me made the choice to serve in the United States Army. It had a big impact on me."

He signed up for the delayed entry program the year before he graduated high school.

"My family was in complete support of it," he said. "I was 16 years old when I made the choice to join the military."

During his first tour, which was in Germany, he realized that he wanted to make a career of the Army.

"Originally I only came in for a short period of time, but the Army grew on me, and I said 'I want to do this thing for the rest of my life,'" he said.

However, a life in the military is not easy with multiple deployments, separation from loved ones and tough assignments, he said.

He persevered with "hard work, discipline, and dedication," and the various leadership positions throughout his career helped prepare him for his next assignment, he said.

"The great thing about the United States Army is that a young kid from northeastern Pennsylvania in the middle of nowhere can come in here and become the sergeant major of the Army," he said.

Family bonds

"My time with my family is

sacred," said Dailey, who, like many Soldiers, has been separated from family due to long deployments.

Being away from his wife and son was difficult, but "we took one day at a time."

Holly, his "hometown sweetheart," became active in family readiness groups, and the support of those groups helped both Dailey and his wife cope.

"Getting through each one of those deployments, even four of them back-to-back, some as long as 15 months, was working with those families and sharing the challenges that are associated with being deployed, especially multiple deployments for extended periods of time," he said.

Biography

Dailey enlisted in the Army in 1989, and attended Basic Training and Advanced Individual Training as an 11B (Infantryman) at Fort Benning, Georgia.

His initial assignment was to the 1st Battalion, 15th Infantry Regiment, 3rd Infantry Division, Schweinfurt, Germany, where he served as a radio telephone operator and rifleman, and then participated in Operations Desert Shield and Desert Storm.

After returning from Desert Storm, he remained in the 15th Infantry Regiment and was promoted to the rank of sergeant, where he served as both a team leader and a commander's gunner, until 1993.

Upon completing his tour in Germany, he was reassigned to the 1st Battalion, 16th Infantry Regiment, at Fort Riley, Kansas, where he was promoted to the rank of staff sergeant and served as a Bradley commander and a battalion master gunner, from 1993 to 1996.

He was then reassigned to the 2nd Battalion, 9th Infantry Regiment, at Camp Casey, Korea, where he served as a section leader and was later promoted to sergeant first class. After completing his 12-month tour in Korea, in 1997, he was reassigned to the 2nd Battalion, 7th Infantry Regiment, Fort Stewart, Georgia.

While at Fort Stewart, he served as the Primary Leadership Development Course senior instructor, and later as a platoon sergeant in the 3rd Battalion, 7th Infantry Regiment, from 1998 to 2000. In 2001, he was reassigned to the 1st Battalion, 12th Infantry Regiment, Fort Carson, Colorado, where he served as a platoon sergeant.

While at Fort Carson, he was promoted to first sergeant and assumed responsibility of Charlie Company, 1st Battalion, 8th Infantry Regiment and later Headquarters and Headquarters Company, 1st Battalion, 8th Infantry, where he deployed his company in support of Operation Iraqi Freedom, from 2003 to 2004.

In 2003, he was selected to at-

tend the United States Army Sergeants Major Academy and was promoted to the rank of command sergeant major, in August of 2004.

Dailey was then reassigned back to the 1st Battalion, 8th Infantry Regiment, where he served as the battalion senior enlisted adviser, and completed another combat tour in support of Operation Iraqi Freedom, from 2005 to 2006.

In March 2007, he was selected to serve as the 3rd Brigade Combat Team, 4th Infantry Division senior enlisted adviser, where he deployed in support of Operation Iraqi Freedom, from 2007 to 2009.

In March 2009, he was selected as the 4th Infantry Division (Mechanized) senior enlisted adviser, where he served as both the top enlisted leader of Fort Carson, Colorado, and U.S. Division-North, Iraq in Support of Operation New Dawn, during his fifth combat deployment.

In August 2011, Dailey was selected to serve as the senior enlisted adviser of United States Army Training and Doctrine Command.

His military and civilian education includes the Primary Leadership Development Course, the Basic Non-commissioned Officer's Course, the Bradley Master Gunner Course, the Advanced Non-commissioned Officer's Course, the First Sergeants Course, the Force Management Course and the Keystone Course. He is a graduate of class 54 of the U.S. Army Sergeants Major Academy and the Command Sergeants Major Course. He also has a bachelor's of science degree (summa cum laude) from Excelsior College.

Dailey's awards include the Legion of Merit, the Bronze Star Medal with "V" device, the Bronze Star Medal (3rd award), the Meritorious Service Medal (3rd award), the Army Commendation Medal (7th award), the Army Achievement Medal (10th award), the Good Conduct Medal (7th award), the National Defense Service Medal (2nd award), the South West Asia Service Medal (one bronze service star), the Iraq Campaign Medal (five bronze service stars), the Global War on Terrorism Expeditionary Medal, the Global War on Terrorism Service Medal, the Korea Defense Service Medal, the NCO Professional Development Ribbon (4th award), the Army Service Ribbon, the Overseas Service Ribbon (3rd award), the Kuwait Liberation Medal (Kuwait), the Kuwait Liberation Medal (Saudi Arabia), the Drivers Badge (wheel), the Ranger Tab, the Expert Infantryman's Badge, the Combat Infantryman's Badge, The Order of Saint Maurice (Centurion), and he is a member of the Distinguished Audie Murphy Club.

News Briefs

Gate hours change

The Faulkner Gate will operate with reduced hours Wednesday and Nov. 20 with being open 7:30 a.m. to 5:30 p.m. each day. Faulkner Gate will reopen with normal operating hours Nov. 21, being open 4:30 a.m. to 8:30 p.m.

The Newton Gate will be closed Wednesday and Nov. 20. The Newton Gate will reopen with normal operating hours Nov. 21, from 4:30 a.m. to 8:30 p.m.

Bone marrow registry drive

The 1st Battalion, 145th Aviation Regiment and the 1st Battalion, 13th Aviation Regiment will continue their bone marrow registration drive today and Friday from 9 a.m. to 5 p.m. at the post exchange main lobby, the main lobby in Bldg. 5700 and the Lyster Army Health Clinic Laboratory. The drive seeks to increase registration of people in the Department of Defense-supported National Bone Marrow Registry. The registration requires four cotton swab samples and filling out a consent form — estimated time of about 10 minutes.

DHR closure

The Fort Rucker Directorate of Human Resources will close for its annual

Thanksgiving Luncheon Wednesday from 11 a.m. to 1 p.m. The closure includes the Soldier For Life Transition Assistant Program, Army Continuing Education Center, Army Substance Abuse Program and Military Personnel Division (DEERS/ID cards, in/out processing, reassignment, transition/retirement services, and casualty).

For emergencies, people can call 332-9672 or 432-2070.

Operation Santa

The Fort Rucker Sergeant Audie Murphy Club will host Operation Santa this year. The program is aimed at providing assistance to Soldiers and families who may be facing financial difficulties during the holidays. The operation provides gifts to children, ages 2-15, to help lift spirits during the holiday season, according to club members.

All Fort Rucker Soldiers are eligible to take part. Leaders are asked to identify Soldiers within their formations who are facing financial hardship to the Fort Rucker SAMC by Wednesday. For submission details, call 255-3868.

Operation Santa will take place Dec. 6 from 10 a.m. to 4 p.m. in Bldg. 9400 on Dustoff Avenue. Each child will receive two stocking stuffers and one big ticket gift item. Parents will be able to

pick out the gift items from a wide assortment of popular toys and gadgets. Free gift wrapping will also be available for each item. Santa will also be available for pictures. To coordinate an alternate pick up date, call 255-3868.

PPPT instructor training

People looking for a way to positively impact Soldiers and gain experience as a leader should consider become a Pregnancy and Postpartum Physical Training Program instructor trainer. The position requires completion of the PPPT Exercise Leader Training that provides guidance on leading exercise sessions for pregnant and postpartum Soldiers in a PPPT consolidated installation program.

Attendees may include unit NCOs, health care personnel, and Morale, Welfare and Recreation personnel interested in PPPT program implementation. Requirements include: enthusiasm about helping others succeed; E-6 and above or junior officer; not being pregnant or postpartum; not on a permanent physical profile for no physical training; and stability of at least one year.

Course registration is available by calling the local PPPT NCO in charge at 255-7846, or the officer in charge at 255-7719. The next training is sched-

uled for Jan. 12-16 at the Fortenberry-Colton Physical Fitness Center.

For more information about the PPPT Program visit the Army Knowledge Online PPPT website at <https://www.us.army.mil/suite/page/693153>.

Opportunity Knocks

Lyster Army Health Clinic reports the following openings: Strategic Communications Specialist, GS-0301-11, can be found at <https://www.usajobs.gov/GetJob/ViewDetails/385955900>, closes Nov. 21; and Health Technician (Audiology), GS-0679-06, can be found at <https://www.usajobs.gov/GetJob/ViewDetails/385907800>, closes Nov. 20.

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

TRICARE Nurse Advice Line

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

CFC continues

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

Latest Force 2025 comm system testing complete

By Sgt. James Avery
16th Mobile Public Affairs Detachment

FORT BLISS, Texas — The Brigade Modernization Command has completed their latest field test of the second increment of the Warfighter Information Network-tactical communication system, a Force 2025 initiative that will push real-time intelligence down to a maneuver brigade’s company level for the first time.

Network Integration Evaluation 15.1 is the eighth iteration of the semi-annual field test, in which 3,900 Soldiers and 1,200 government employees put multiple pieces of equipment through its paces in the rough Fort Bliss terrain, from Oct 3 to Nov. 4, not just to refine tactics, techniques and procedures for the equipment, but also to push the capabilities of the communication network to the limit.

“It’s amazing what the Soldiers are able to do with these systems,” said Maj. Gen. Peter Utley, commanding general of the U.S. Army Test and Evaluation Command. “They are able to find other capabilities and really maximize the capabilities of these systems far beyond what we thought they could do.”

The new network will provide actionable information in a manner that is easy to process, allowing commanders on the ground to have greater awareness of the battlefield around them and the assets at their disposal, which will in turn make the unit more agile and flexible as part of the Army’s transformation.

While each piece of equipment went through developmental testing before originally coming to NIE, the exercise has reached a point now where Soldiers, most of whom come from 2nd Brigade, 1st Armored Division, are familiar enough with the equipment from past NIEs to see improvements in the system and build upon past experience to expand what they can do well past the limitations of a lab, according to Col. Jim Crider, BMC deputy commander.

“When you put things out in the field, and you get a rain storm, or the wind blows 20 or 30 knots, or it gets in the heat, it performs differently,” Crider said. “This area is more than just desert. There’s undulating terrain, high mountains, narrow and wide passes ... all of which makes this an ideal location to conduct evaluations.”

The main tests for the WIN-T2 system are its simplicity and interoperability. The network of computers and radios is designed to easily work with current systems



PHOTO BY STAFF SGT. RICHARD ANDRADE

Soldiers with 2nd Heavy Brigade Combat Team synchronize their communication equipment prior to boarding a CH-47 Chinook helicopter April 30 during NIE 14.2. The air assault exercise was repeated in October for NIE 15.2, testing out the latest version of Warfighter Information Network-Tactical, Increment 2.

and adapt to the technology of America’s allies and even future pieces of equipment. Brig. Gen. Timothy Coffin, commanding general of White Sands Missile Range, New Mexico, where a large part of the NIE testing occurs, noted it was critical for the systems to communicate with as little human interface as possible, so that Soldiers could focus their attention on completing the mission.

“The promise of NIE is the ability to bring all those systems together in a seamless way, where the operator can really focus on the fight, and not fight the systems,” Coffin said. “We don’t want to add burden onto the Soldier or the commander. We want to allow them to focus their intelligence and their efforts into fighting the adversary.”

Past iterations of NIE have already proven their worth, most notably validating

Capability Set 13, for the 10th Mountain Division (Light Infantry), prior to their 2014 deployment to Afghanistan. With this iteration NIE, has evaluated more than 200 systems and used those lessons learned to provide recommendations for the future of doctrine, organization, training, material, leadership, personnel and facilities to the Department of the Army.

According to Lt. Col. Timothy Gearhart of Project Manager Mission Command, the evaluation accomplishes this by putting the developers of the equipment side-by-side with the Soldiers testing the systems.

“When we can get the Soldiers, the material developers and even the combat developers – the guys who are writing the doctrine on how these future systems should be fought – all in the same place at the same time, we can do very smart things in giving the Soldier the best product today

and the best product tomorrow, much faster than we have in the past,” Gearhart said.

In addition to Fort Bliss Soldiers shaping one of the initiatives designed to boost Army equipment availabilities, they are also receiving a new form of training that will prepare and improve them for future operations.

According to Utley, the knowledge Soldiers take from NIE is also increasing their creativity and flexibility in utilizing the equipment tactically: a vital trait for them to pass on as leaders.

“I feel very strongly that NIE allows us to see what is in the art of the possible as it relates to these systems,” Utley said. “We could have a system that was developed to address a specific capability but now we’re starting to see the capability for it to, perhaps, do other things beyond what we originally designed it to do.”

Army Production premieres ‘iSoldier’ newscast

By Lisa Ferdinando
Army News Service

WASHINGTON — Soldiers at Defense Media Activity-Army Broadcasting recently premiered the new “iSoldier” newscast, a new multi-media program aimed at younger Soldiers.

The newscast from Army Broadcasting at Fort Meade, Maryland, is a weekly two-minute Internet-based program showcasing the most current Army information from around the world.

It is “fun, hip and informational,” said Michael Burnette, chief of Army Broadcasting.

The inaugural program on Friday featured 1st Lt. Alonzo Cushing posthumously receiving the Medal of Honor for his heroism at Gettysburg; the selection of the next sergeant major of the Army, Command Sgt. Maj. Daniel A. Dailey; and Soldiers with the 902nd Engineer Company building an Ebola treatment unit in Liberia.

Burnette said iSoldier will showcase important Army messages, but in a way that is “younger, hipper and more relevant” to Soldiers.

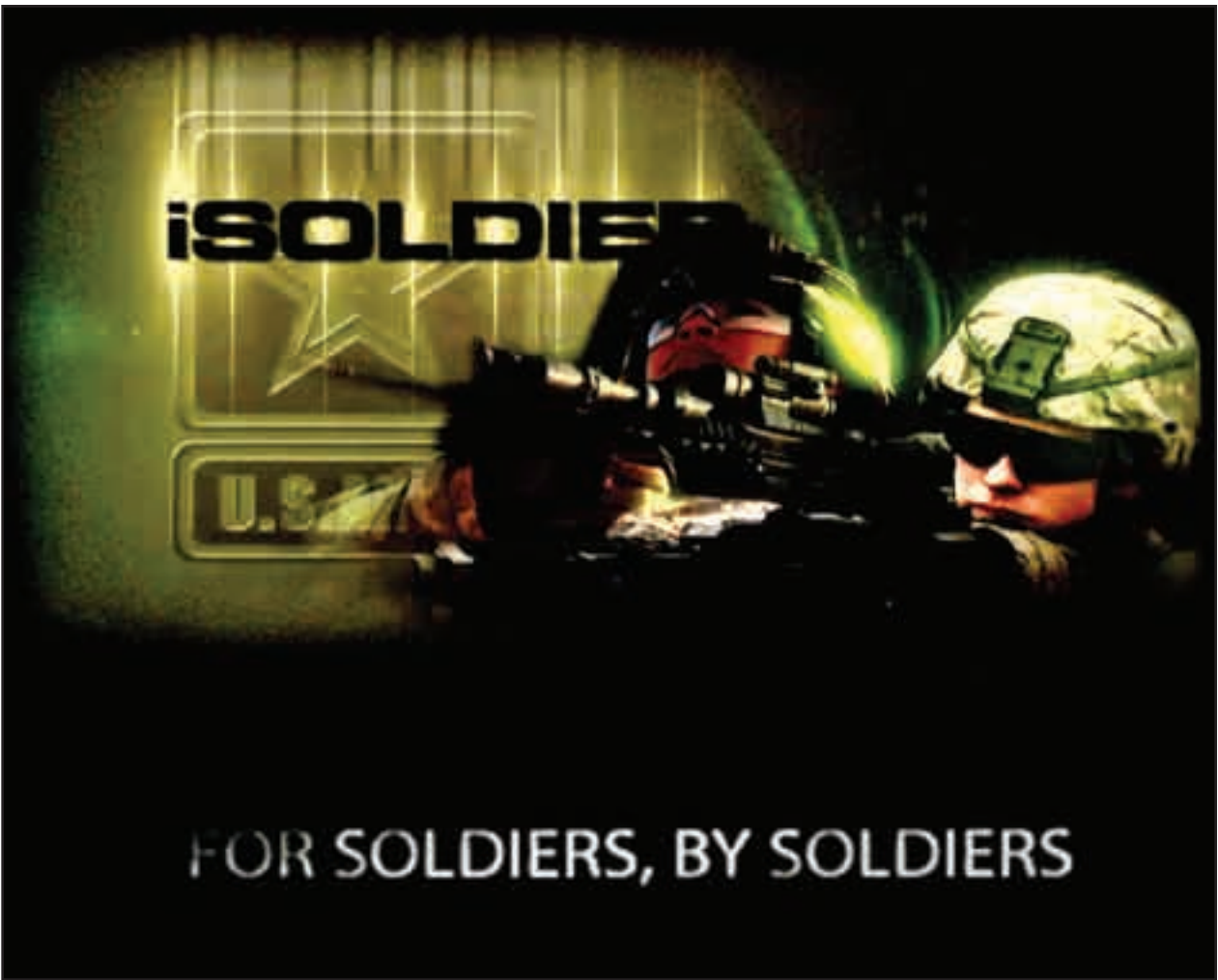
“We’ve even branded it ‘for Soldiers by Soldiers,’” he said. “We want this to be some immediate information that they can use and their family members can use to know what is going on with the Army around the world.”

Producers of the show will be looking for feedback so they can create the most engaging product, Burnette said.

“It’s still the important messages that the Army wants to get out, but we’re trying to put it out in an entertaining and informative way, and it’s short and sweet – more of a headline-news fashion to where they can consume it on their media device or online,” he said.

The new iSoldier program can be found online at www.youtube.com/TheSoldiersMag. The show can also be seen on American Forces Network channels overseas.

The newly redesigned Army News Service webpage, at www.army.mil/ARNEWS, will also post iSoldier. The page, launched Friday, features more imagery as well as an embedded video player. The ARNEWS page continues to highlight Army program and policy news originating within Headquarters Department of the Army.



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Orient Shield 14 finishes field training

By Master Sgt. Corine Lombardo
Army News Service

CAMP HIGASHI-CHITOSE, Japan – Hundreds of U.S. Army Soldiers and Japan Ground Self-Defense Force members headed for the mountains to defend sovereign territory and defeat a fictional enemy during a simulated combat field training exercise in the area Nov 3-5.

The 72-hour field exercise puts to the test what Soldiers from the 2nd Stryker Brigade Combat Team, 2nd Infantry Division, from Joint Base Lewis-McChord, Washington, and Japan Ground Self-Defense Force members from the 11th Infantry Regiment, 7th Division, Northern Army, have been rehearsing for the past week and a half.

“The benefit of spending this time together allows us to work in unison as one team. Although we will fight separately, we have one common goal—defend and help secure a peaceful allied country,” said Capt. Andrew Julian, an operations officer assigned to the 2nd Battalion, 1st Inf. Regt., from Joint Base Lewis-McChord.

The exercise brings U.S. Soldiers to Japan to honor the alliance and work together with Japan’s defense force to regain sovereign territory against an armed invasion.

Each force has a list of objectives they must complete throughout the exercise as they work their way through the mountainous terrain to reach their final objective. Opposing them is a contingent of U.S. Army Soldiers playing the “enemy” who will attempt to disrupt their actions.

“We use different tactics and procedures, but knowing each other’s capabilities and how each of us operates in advance helps



PHOTO BY PETTY OFFICER 2ND CLASS CHELSY ALAMINA

Soldiers of the 2nd Battalion, 1st Infantry Regiment, based out of Joint Base Lewis-McChord, Washington, drive Stryker combat vehicles during a field training exercise in support of Orient Shield 2014, in Japan.

us support one another,” said Julian.

Throughout the field exercise the U.S. Army and Japan Ground Self-Defense Force forces are putting into play a host of skills and techniques they shared and demonstrated over the past 10 days.

Infantry Soldiers have been brushing-up on map reading skills for navigating unknown terrain. Together with their Japan Ground Self-Defense Force counterparts they have been reinforcing combat skills including moving under direct fire, engaging targets while moving in a confined area and reacting quickly to unstable targets,

as well as sniper marksmanship, explained Capt. Robert Lee, an operations officer with the 1st Bn., 17th Inf. Regt.

Armored mechanized counterparts have been exchanging techniques and demonstrating maneuver capabilities through mortar and tank live-fire exercises.

In preparing for the field training exercise, Aviators from the 3rd Battalion, 25th Aviation Regiment, from Wheeler Field, Hawaii, have been working together with their counterparts conducting close combat air attacks, air assault missions, aeromedical evacuations and aircraft refueling.

The enemy is not real, but the challenges Soldiers face are. They are enduring cold, wet and muddy conditions to traverse miles of unfamiliar landscape, and using the combat skills and tactics they have been rehearsing.

Although the enemy is make believe, there’s a specific operational planning process that is completed long before Soldiers move to the field.

This process involves studying all aspects of the area Soldiers will be training in, to include weather, terrain and vegetation, potential obstacles and the make-up and capabilities of the hypothetical enemy forces they face,

Julian explained.

This same process takes place for all military actions whether in training or in actual combat.

According to Julian, both forces expended a great deal of time planning and rehearsing the complex tactical movements and maneuvers they are conducting throughout the exercise.

“This not only allows us to be successful in the exercise, but it also helps us build a partner force with our counterparts,” Julian emphasized. “Everything we have been doing over the past two-weeks has built a very strong foundation for this culminating event.”

Army, RAND partner on ‘Today’s Soldier Survey’

Army News Service
Staff Report

WASHINGTON — The Army and the RAND Corporation are working together to conduct a Soldier needs assessment survey from September to December at 45 Army installations.

The survey, called “Today’s Soldier Survey,” is available online to randomly selected active-duty Soldiers, who will be notified by e-mail that they have been selected to participate.

Soldiers will be able to respond to questions on problems they and their families have experienced over the past year. The results of this survey will help senior leaders identify the needs of Soldiers and their families, how Soldiers prioritize those needs, and how the Army can best address the most pressing unmet needs – whether through Army-provided services or community and non-federal entity partnerships. The survey will end in December.

“The challenges that face Soldiers and families are complex and diverse,” said Chief of Staff of the Army Gen. Ray Odierno. “As Army leaders, we’re asking for input from our Soldiers to help us prioritize resources and services most important to them and to their families. We must ensure that support services are both needed and effective.”

“This survey is a path for Soldiers to help senior Army leaders understand the Soldier’s point of view,” said Dr. Carra Sims, RAND project manager. “We need to understand how Soldiers prioritize problems and how they address those problems.

“Especially in a time of declining resources, the Army wants to be sure it is prioritizing services that are important to Soldiers. We want to be sure that services are effective in helping Soldiers manage their needs and the needs of their families.”

This study is not to be confused with the Military Workplace Study administered by RAND at about the same time, Sims said.

“Our survey has a much broader focus,” she said.

“Today’s Soldier seeks to understand the challenges and needs of today’s Soldiers and families in a general sense and covers domains ranging from military practices and culture to financial and legal issues,” she said. “The focus is also solely on the Army, whereas the Military Workplace



FILE PHOTO

Children decorate pumpkins during the 2013 Fort Rucker Oktoberfest. A survey under way asks Soldiers and family members about programs they like and issues they face.

Study went to all services and the Coast Guard.”

Traditional Department of Defense and Department of the Army evaluations ask Soldiers and family members about their use of existing on-post programs. This unique survey, however, places the experiences of today’s Soldiers first, asking what types of problems they recently experienced, how they prioritized problems, if they sought help from Army or non-Army resources, and if they ultimately received the support they needed.

“Unchecked problems among Soldiers and their families can grow into time-consuming distractions for them, for units, and for commanders,” said Sims. “Unmet needs can negatively affect Soldier and family well-being as well as unit morale, retention, and readiness.”

For more information, visit <http://www.rand.org/surveys/todays-soldier.html>.

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Veterans: Separate ceremonies held at schools

Continued from Page A1

in your footsteps. Fellow citizens who have and will continue to answer the call to follow the honorable example that each of you have shown.

“So today, just simply know that this nation and her citizens are grateful for the sacrifices each of you have made to preserve liberty, freedom and our way of life,” he said. “God bless this great nation, and watch over all of our Soldiers, our Sailors, our Airmen, our Marines and our Coast Guardsmen who are on watch and are in harm’s way today all around the world. Thank you for joining us and, most especially, thank you for your service.”

Retired Air Force Lt. Col. George Hardy, one of the original Tuskegee Airmen, was the special guest during the ceremony, and he said he was grateful for the honor.

“It’s just an honor to be here – I’m so proud that they invited me to be here,” he

said. “We had a lot to fight against years ago. The services were really racially segregated, so we had several battles to fight, and we overcame them all.

“When I went into the service in WWII in 1943, I was in the Army, and it was Army Air Forces, so I knew the Army, wore the Army uniform, and I’m very proud of that,” he said.

Another veteran, retired CW4 Robert Cooper, who spent 30 years on active duty and is now a post commander for the Veterans of Foreign Wars, said the ceremony reminds him that “freedom is not free.”

“The reason we have freedom today is because of the veterans that served over the years,” he said. “And the best hope for our nation is when we see young folks in JROTC (Junior Reserve Officer Training Corps) programs and the group we had last night at the ceremony singing patriotic songs.”

The Fort Rucker schools also honored

veterans during separate ceremonies. The Fort Rucker Primary School hosted its ceremony Friday and the Fort Rucker Elementary School hosted its ceremony Monday.

The elementary school’s students and staff lined the halls to welcome service members, family members and veterans by waving flags, enthusiastically expressing gratitude for their service, offering up high-fives and even giving out handmade cards to a fortunate few.

Lundy was also on hand at the elementary school, where, after getting enthusiastic “Hooahs,” and even an “Oorah,” in honor of the Marine Corps, out of the student body, he told the crowd that veterans are ordinary people doing extraordinary things.

“They do understand that freedom doesn’t come free, so they’re willing to make great sacrifices,” he said. “They may separate themselves from their families

for long periods of time, they’ll face great danger out there all around the world, but they’re all doing it for you. And today, as we sit here and we look at this ceremony, I will tell you that it reaffirms in me of why we do this – because of all of our young citizens we have out there so you can grow up with freedom and liberty, and be able to pursue happiness like our founders wanted.

“And that’s what veterans do. Veterans secure freedom, and they place themselves in harm’s way, if necessary, so we can assure that our way of life continues for this great nation,” Lundy said. “So today, they won’t ask you for a lot, just a simple thank you is enough for the veterans that are out there. So, when you see your veteran, especially if they’re your mom or dad, tell them thank you, give them a big hug, and they will continue to do the things they need to do to protect our great nation.”

AFAP: Goal to make ‘real changes for the better’

Continued from Page A1

of work that needs to be expanded on that may help the entire Army and the entire Army family. Your efforts today will get to the Department of the Army – that’s the beauty of this thing.”

In past years, more than 685 different recommendations have gone forward to improve quality of life for Soldiers, family members, civilians and retirees. In 2012, the No. 1 issue at the Army-level AFAP conference was started at Fort Rucker.

That issue was the Survivor Investment of Military Death Gratuity and Service Member’s Group Life Insurance and the time allotment of 12 months that was given to place the full amount awarded into a Roth individual retirement fund or Coverdell Education Savings Account, said Hall. That issue was worked to try and get the extension to 36 months to allow more time for family members to grieve before having to worry about those monetary issues.

This year’s top issues that came out of the conference in ascending order include, the Fort Rucker Stray Facility, medical record review, priority placement program eligibility for newly married spouses, modernization of the child development center and Veteran’s Affairs transition assistance.

These issues were worked down from 15 total issues that were submitted from people and organizations across the installation, said Kohl, and were worked in workgroups made up of delegates, and subject-matter experts to determine which of the issues were the most pressing and what resolutions they could offer to remedy the issues.

“Following the conference we will have the garrison commander’s steering committee, and

assign people to work the issues and make recommendations,” he said. “The issues that the garrison commander can address locally will be dealt with at the local level. He’ll assign action officers to work the issue and put together a plan to address and resolve the issue if possible. The ones that can’t be dealt with on a local level because of the scope of the issue will be forwarded up to (Installation Management Command).”

Although Fort Rucker offers many ways for people to submit feedback, such as the Interactive Customer Evaluation, Kohl said that AFAP offers a depth that ICE

can’t.

“The difference between AFAP and something like ICE is that these issues are worked through and plans are made to address these issues through AFAP,” he said. “This isn’t just someone reading an ICE comment and then resolving it. These resolutions must go through a process, and that allows for there to be a depth of insight gathered because there are subject-matter experts that work the issues. AFAP issues tend to be bigger, broader issues in scope and offer a way to make some real changes for the better.”

Education: Week, events focus on Soldiers, spouses

Continued from Page A1

education services specialist. “Even if the requirements do not say you need to have a degree, if everyone else does, the competition is that much harder. Education is playing more of a role in that.”

Even if Soldiers don’t know where to start, the center has many assessment tools to see where they stand, where they want to end up and how to get there, said Eagle.

“Some Soldiers will claim that they don’t have the time because of family matters and other stresses on their life, and they have to wait until they get out of the military,” said Eagle. “That’s fine, they can wait until they separate and use their G.I. Bill, which is an excellent program. That’s what the G.I. Bill was designed for. Soldiers would complete their commitment to the military and separate, then use that time after separation to develop their credentials and then they get the job.

“It’s complicated, though, if you have a family and other obligations,” he said. “You might not be able to just go to college and be supported entirely by the G.I. Bill.”

That is why the center staff works with every Soldier that comes in the door, wherever they are on their path, to try to make a plan for their educational goals, Eagle added.

“We hope Soldiers come down and talk with us, one of us will be here for them,” he said. “When a Soldier walks in we will see them as quickly as we can.”

“We have people come in with different types of awareness about what is available for them,” said McNally, “Some people know exactly what their goals are, but for others we can take the time to talk with them. We have assessment tools to help them decide where they want to go in their academic direction or their career direction. We are not just here to help them go

to school – we are also here to help people in their military career and later on in their civilian career.”

Sometimes people are just looking for a civilian certification for a job they are already doing in the military, and sometimes people are looking to get a degree in something different than what they do, he said.

“We are pretty open. People come here with all different types of situations and our job is to understand that situation and move them forward,” added McNally.

“We help spouses, too,” said Eagle. “There are several ways spouses can get help with their educational goals. After a Soldier has been in the Army for six years, they can transfer their G.I. Bill to their spouse. The Soldier then has to serve an additional four years.”

Eagle also spoke about the My Career Advancement Account, saying that it is a workforce development program that provides up to \$4,000 of financial assistance to eligible military spouses who are pursuing a license, certification or associate’s degree in a portable career field and occupation.

Spouses of service members on active duty in pay grades E-1 to E-5, W-1 to W-2 and O-1 to O-2 who can start and complete their coursework while their military sponsor is on Title 10 military orders, including spouses married to members of the National Guard and Reserve in these same pay grades, are eligible.

“The focus of the program is to help military spouses get credentials so they can get a job and when the service member moves and they have to move, as well, the spouse has credentials to get another job at the new location,” said Eagle. “So, it is focused on those transportable career areas.”

He also mentioned the Federal Application for Student Aid that is available to everyone who qualifies, including military spouses.

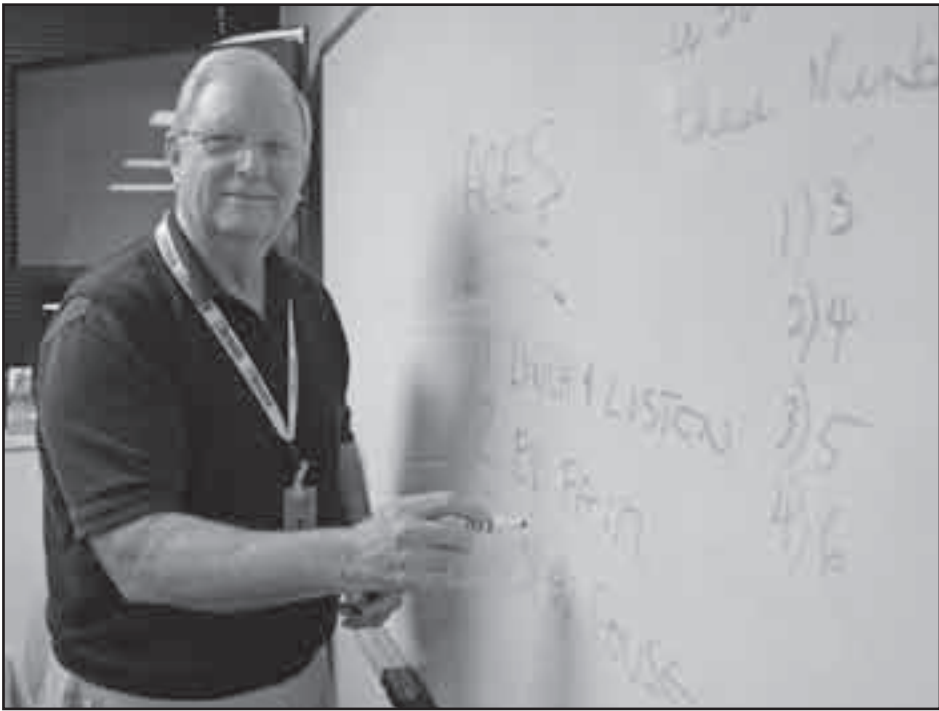
“You fill out the form, send it in, and the Department of Education determines what your need is and what types of programs they can provide,” said Eagle. “And, of course, there are thousands of scholarships out there. For example, Corvias here on post has some excellent scholarships for family members and there are many others out there, you just have to apply.

“Soldiers need to look seriously at edu-

cational opportunities while they are in the Army to prepare themselves for when they are eventually going to leave the Army,” he said.

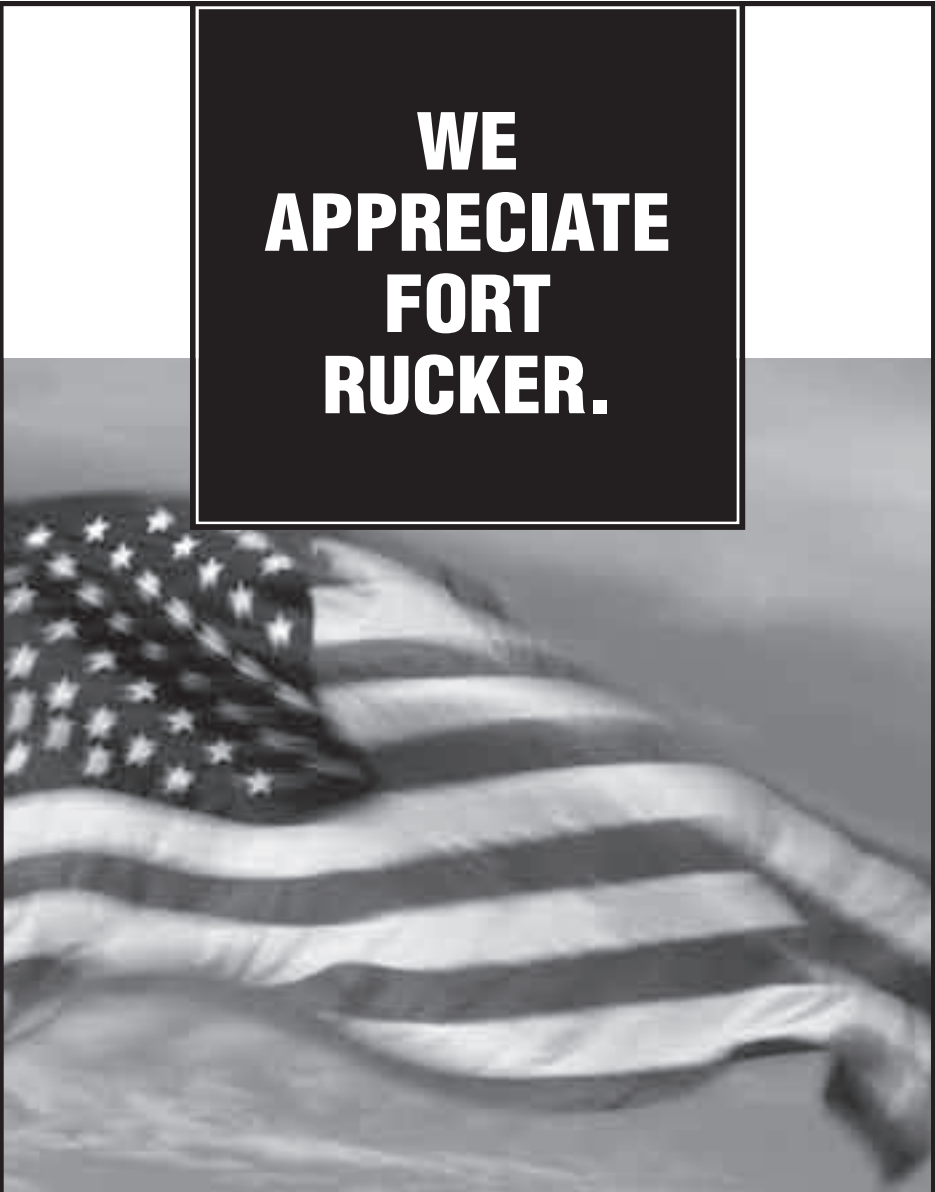
“Every Soldier takes that uniform off for the last time,” added McNally. “The day to begin preparing for that time is today.”

Soldiers and family members interested in continuing education can visit the center in Bldg. 4502 or call 255-2378.



Henry “Chick” Eagle, supervisory education services specialist, is on hand at the Fort Rucker Education Center in Bldg. 4502 to help Soldiers and spouses to reach their educational goals.

PHOTO BY JAY MANN



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DIRECTIONS: Oakridge Forest: From Boll Weevil Circle take Highway 167 South. Turn left into Oak Ridge Forest Subdivision. Turn left on Oak Ridge Drive and follow around to 3421 on the left.

HOSTED BY:
JAN SAWYER 406-2393



181 COUNTY ROAD 680 - \$259,000: Lake Nichols: Beautiful home on 2.3+ acre lot. Huge & gorgeous screened & covered back patio looks out onto a large wooded backyard. Current owners have created a nice walking trail through the woods. If country living & privacy is what you are looking for then this house is perfect! The floor plan is great for everyday living & entertaining. There's plenty of room for a large family or lots of guests. The den could easily be used for a 4th bedroom if needed.



DIRECTIONS: Lake Nichols: From Boll Weevil Circle take Hwy 27 South, right on County Rd 651, left into Lake Nichols subdivision, left at dead end on County Rd 680, house on left.

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2194 PLAZA: \$115,500: Nice 3BR home set on fully fenced 2 acre lot. Country living with easy access to city conveniences. Kitchen has new counters & an island. Large dining area. Open floor plan. Laundry room is off carport. 20x30 workshop has electric & double doors for easy access. Property is level & has several pecan trees & a pear tree. There is a well on the property, but is currently inoperable. House has county water. Seller is offering Homeowners Warranty!



DIRECTIONS: From Boll Weevil Circle take 167 South about 3.5 miles. House is past Oak Ridge but before CR 92 on the left. Sign in front.

HOSTED BY:
THERESA HERNANDEZ 379-5937

25th CAB hones recovery skills



PHOTO BY STAFF SGT. TRAMEL S. GARRETT (USARPAC)

Spc. Zachary Wilker and Pfc. Ryan Carisle, both aircraft power plant repairers, 25th Combat Aviation Brigade, 25th Infantry Division, carry a litter to a medical evacuation helicopter during a downed aircraft recovery teams training exercise on Dillingham Airfield, Hawaii.

By Staff Sgt. Trammel S. Garrett
U.S. Army Pacific

SCHOFIELD BARRACKS, HAWAII — With bullets ricocheting off the frame of a downed aircraft, a team of Aviation mechanics assigned to the 25th Combat Aviation Brigade, 25th Infantry Division, frantically try to fix the aircraft’s problem.

The infantry could not provide security during this mission and the mechanics must secure the area themselves.

Enemy combatants try to move closer, but the security team remains vigilant and holds them off. As the mechanics are turning wrenches and the security teams returning fire, Spc. Adam Hatchell, a UH-60 helicopter repairer, is shot in the arm and bleeding heavily.

Staff Sgt. Jeffrey VanCamp, a section chief, 209th Aviation Support Battalion, grabs his aid bag and rushes to his injured Soldier. Simul-

taneously, the maintenance team assesses the damage to the aircraft and determines the only option is to sling load.

This may sound like the plot of an action movie, but in reality it was an exciting training exercise to hone the skills of the 25th CAB Downed Aircraft Recovery Teams.

“I wanted this training to be beneficial, yet entertaining,” said 1st Lt. Guy White, pilot and shops platoon leader, 209th AVS. “Each team had a maximum of four hours on the objective. The biggest reason for this was to highlight and validate their ability to function in a crunched time frame.”

The 25th CAB enlisted the help of 2nd Battalion, 35th Infantry Regiment, 3rd Brigade Combat Team, to provide several classes on basic infantry tactics. In addition, infantrymen would also evaluate the Soldiers during the

SEE 25TH CAB, PAGE B4

HUSTLER TROUGH

Soldiers team up with Air Force in operation

By Staff Sgt. Kulani Lakanaria
24th Press Camp Headquarters

FORT BLISS, Texas — The roar of engines tore calm-grey skies. Sharp cracks of artillery rounds leveled targets. Finally, the loud buzz of a GAU-8 Avenger rotary cannon spewed a wall of bullets courtesy of A-10 Warthogs.

These were the sounds of Operation Hustler Trough, a joint training exercise combining the expertise of Soldiers and Airmen from 1st Armored Division from Fort Bliss and Nellis Air Force Base, Nevada. The exercise was designed to improve the 1st Armored Division’s ability to synchronize and integrate all fires on the battlefield.

The training environment at Fort Bliss and White Sands Missile Range allows Soldiers and Airmen to conduct operations in ways they would expect on the battlefield, and more importantly, the future battlefield.

“This is the first time I had the chance to shoot [artillery] rounds for fixed-wing aircraft,” said Sgt. Radrick Stone, section chief, Battery A, 2nd Battalion, 3rd Field Artillery Regiment.

Lt. Col. Kevin D. Brown, commander, 2nd Battalion, 3rd Field Artillery Regiment, said the role of his unit is to provide indirect fire for the Forward Air Controller Certification.

The Air Force pilots, on the other hand, are students of the U.S. Air Force Weapons School and belong to the 66th Weapon Squadron, which specializes in training pilots on the A-10 Warthog Thunderbolt II.

The Army frequently uses forward observers to spot targets and call on the Air Force to destroy them but Operation Hustler Trough used Air Force Warthog pilots to spot targets for the Army to destroy using indirect fire.

“The training value of this mission improves our unit’s lethality,” said Stone. “It is a great experience for all junior Soldiers involved. My team performed well today. There’s a standard level, but my team stepped up given the environment and weather conditions.”

Sgt. Maj. Robert S. O’Donnell, 1st Armored Division Fires sergeant major, stressed the benefit of the live training.

“What Hustler Trough is doing is building bridges to bring close air support to Fort Bliss,” he said. “... to get live experience as opposed to simulator experience. Nothing replaces live experience.”

Artillery, mortar, AH-64 Apaches, A-10s and other aircraft worked together in support of each other to accomplish the mission.

AH-64 Apache helicopters piloted by Soldiers from C Company, 1st Battalion, 501st Aviation Regiment, Combat Aviation Brigade, 1st Armored

SEE OPERATION, PAGE B4



PHOTO BY STAFF SGT. KULANI LAKANARIA

Soldiers from Battery A, 2nd Battalion, 3rd Field Artillery Regiment, fire a M-777 howitzer during Operation Hustler Trough Nov. 4 at Fort Bliss, Texas. Battery A was firing for a joint operation with A-10 Warthog Thunderbolt II pilots from Nellis Air Force Base, Nevada., and AH-64 Apaches.



PHOTO BY CAPT. GINA THACHER

Soldiers from Headquarters and Headquarters Company, 2nd Battalion, 506th Infantry Regiment, 3rd Brigade Combat Team, 101st Airborne Division (Air Assault), fast rope into a landing zone during recent fast-rope-insertion-and-extraction-system training at Fort Campbell, Kentucky.

FIELD TRIP

Soldiers support high school’s assignment

By Sgt. Jesse Smith
2nd Combat Aviation Brigade Public Affairs

CAMP HUMPREYS, South Korea – In the late morning of Oct. 30, students from Camp Humphreys Middle/High School gathered around an OH-58 Kiowa helicopter on Nightmare Ramp at the Desiderio Airfield.

They were eagerly awaiting the explanation of the mission on the Korean Peninsula and the history behind how the helicopter got its name so that they could complete a school assignment, or maybe they were just excited because they wanted to get inside the helicopter and play with its many gadgets.

Capt. Bowman J. Spillane, the assistant operations officer for the 3rd General Support Aviation Battalion, 2nd Combat Aviation Brigade, 2nd Infantry Division, had a part in the planning of the helicopter display. The goal of the display was to help provide support and trust for its Soldiers’ families he said.

“I feel like this is really our chance to support them the way that these families are supporting our Soldiers,” Spillane said.

One of the school’s teachers that was in charge of the students during the display was Nikki Allen.

“If you reach out to the military community and ask them to support what you are doing in the education arena, what I found is that they are more than willing to help out,” Allen said, adding that the display was very organized and the students had been looking forward to the visit.

Leia Fowler, an eighth grade student from the school, found the display to be very informative.

“It’s one thing to learn about all the different native tribes and all the



PHOTO BY SGT. JESSE K. SMITH

CW2 David DeAvila, a pilot with 6th Squadron, 17th Cavalry Regiment, and a student from Camp Humphreys Middle/High School explore the inside of an OH-58 Kiowa helicopter Oct. 30 at Nightmare Ramp on Desiderio Airfield at Camp Humphreys, Korea.

helicopters in the classroom, but it’s another thing to learn about them, and actually see them and get in them,” Fowler said.

She said her father was actually a CH-47 Chinook helicopter pilot, but that she had never been able to go onto the airfield and get inside the four helicopters that were on display. Those helicopters were the OH-58 Kiowa, CH-47 Chinook, UH-60 Black Hawk, and AH-64 Apache.

If she got to do something like this again, Fowler said she would want to go even more in depth and learn as much as she could about the helicopters.

Another eighth grade student, Joseph K. Ellsworth, had completed the first part of the school assignment before even coming to the display. He had to present information regarding the tribe or native leader for which the

four helicopters are named.

Ellsworth’s teacher and the 3rd GSAB thought the project he presented was so great that they decided to put it on display inside the 3rd GSAB hangar for everyone to see and learn from.

Ellsworth said he had never done anything like this before and that he would definitely want to do this again.

“I would try to come up with more questions,” he said in regards to what he would do the next time he got a chance to do this.

One of the Soldiers in charge of giving a class on a helicopter was CW2 Terrance J. Bailey, an OH-58 Kiowa pilot with the 6th Squadron, 17th Cavalry Regiment in support of 3rd GSAB, 2nd CAB, 2nd Inf. Div. for

SEE 2ND CAB, PAGE B4

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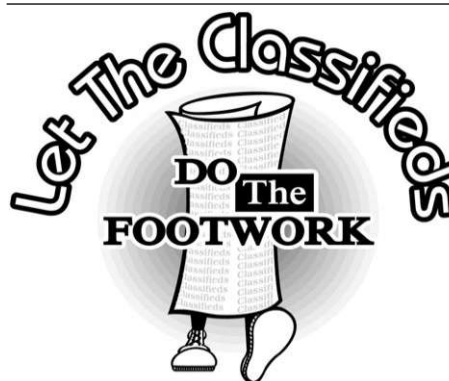
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25th CAB: Real-world assets add difficulty

Continued from Page B1

exercise and give them advice during certain situations.

As a result, the scenarios were not only realistic, but also challenged the Soldiers technical and tactical knowledge.

“When we contacted 2-35th Infantry, they were more than happy to support. It was great having them around to evaluate the leadership, reaction to contact and security,” White said.

The teams used real world assets such as medical evacuation and heavy lift. They were even air assaulted into the location. This added a degree of difficulty to the training.

“Bringing in the other units for this training highlights not just our ability, but theirs as well,” White said. “This training was a way for me to validate what my

DART team can do,” White said. “It gives a commander an idea of what his Soldiers are capable of and what he need to focus on for training.”

White, a former drill sergeant and now platoon leader, wanted to focus the training on the younger Soldiers in the brigade. He feels that getting them involved and excited about training will potentially keep talented Soldiers in the Army.

“When you empower your Soldiers, you get more results from your Soldiers,” White said. “We are opening their eyes to the bigger picture and show them where they fit in.

“When a Soldier does their work the right way, he is saving a crews’ life on an aircraft, which in turn saves a guy on the ground. When they see it all come together, it’s priceless,” he added.



PHOTO BY STAFF SGT. TRAMEL S GARRETT (USARPAC)

Spc. Colton Rutkowski, an aircraft structural repairer, 25th Combat Aviation Brigade, 25th Infantry Division, performs maintenance on the tail end of a downed aircraft during a training exercise on Dillingham Airfield, Hawaii.

Operation: Joint exercise helps refine combat skills

Continued from Page B1

Division, provided close-air support called in by the Air Force A-10s serving as forward observers.

The atmosphere allowed the Soldiers and Airmen to train alongside one another, an opportunity that CW2 Scott Parker, an Apache pilot-in-command, believed was paramount for future deployments.

“I have only worked in joint atmospheres when I was deployed,” said Parker. “This exercise allowed all of us to refine our skills, so when or if we are deployed again we will be able to run smoother missions.”

The coordination between the Soldiers and Airmen proved to be a precise and commanding force. A-10 pilots called in targets from the air and Battery A dropped artillery rounds on the targets.

“This is the way we win wars – joint fires,” Brown said.

The large scale joint training exercise is a rare opportunity for Soldiers and Airmen to train together.

“Any chance we can get to work with the Air Force is greatly appreciated and well executed,” said 2nd Lt. Lukasz Michalowicz, fire direction officer, Battery A, 2nd Battalion, 3rd Field Artillery Regiment.

2nd CAB: Soldiers provide 21st century learning environment



PHOTO BY SGT. JESSE K. SMITH

Students from Camp Humphreys Middle/High School gather around an AH-64 Apache helicopter as a Soldier with the 3rd GSAB, 2nd CAB, 2nd Inf. Div. explains the mission and history of the helicopter Oct. 30 at Nightmare Ramp on Desiderio Airfield at Camp Humphreys, Korea.

Continued from Page B1

the helicopter display. He was there to give a 15-minute class to the students about the mission and history of the OH-58 Kiowa.

“Within our squadron, we do a lot of stuff like this,” Bailey said, adding that he hopes that events like this continue.

Allen hopes that the Army is able to do events like this in the future, as well, and said that it was a privilege to have done this with her students.

“The Army Aviation 3-2nd GSAB led by Lt. Col. Kenneth Cole here at Camp Hum-

phreys did an amazing job in planning this event to support our efforts in providing a 21st century learning environment for our military children,” she said.

“Throughout our study of the Apache, Blackhawk, Chinook and Kiowa tribes and leaders coupled with an in-depth tour of each of the four helicopters, our students have been able to walk away not only with a knowledge of the history and mission of each aircraft but have developed an appreciation for the Army’s tribute to the native history of our country through the naming of Army helicopters,” Allen said.

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NOVEMBER 13, 2014

CONSTANT CARE

Mini CDC opens, offers care at all hours

By Nathan Pfau
Army Flier Staff Writer

Fort Rucker's Soldiers and family members work through all hours of the day, and the installation is making sure that those families are taken care of when it comes to child care.

The Fort Rucker Mini Child Development Center is a 24/7 childcare facility that offers Soldiers and families who work non-traditional hours more options when it comes to child care for children from six weeks of age to 11 years old, according to Toni Hampton, acting Fort Rucker Child, Youth and Schools Services director.

"The Mini CDC is designed for families that need child care outside of traditional work hours that can't be accommodated at the CDC," said Hampton. "It's for people like air traffic controllers, flight instructors, flight students or any number of those that have to work through the night."

The facility offers a huge advantage for the unique population that Fort Rucker is home to, and hourly care is available on a drop-in, space-available basis, she added.

The new facility features a living room, a den, a reading area, an open area, a full kitchen, a crib room for infants, an outdoor playground and separate sleeping rooms for boys and girls.

Each of the sleeping rooms are fitted with eight beds, storage compartments and full bathrooms that can be utilized for overnight care if needed, said Hampton.

The concept came about around 2007 when the idea was thrown around for a facility like the Mini CDC, she said. The CDC was having issues meeting the needs of those that worked throughout the night, and some childcare providers were having to stay throughout the night to care for these children.

Because of the long hours, many of the child-care providers were overstretching themselves by taking on too much, said Hampton. So, a survey was conducted



PHOTO BY NATHAN PFAU

Sasha LaForge, supervising program specialist for the CDC, showcases the sitting and reading area in the Mini CDC. The Mini CDC is now open for 24/7 childcare for children ages six weeks to 11 years old.

and found that Fort Rucker had the right population for a 24/7 facility, and when the opportunity to get funding to build it came up, officials with the CDC seized it and the process began.

The Mini CDC also meets all the same standards as its bigger sister for fire, health and safety, but can only accommodate up to 20 children at a time.

"Although the capacity is much smaller, it should be able to meet the need," said the CYSS acting director. "The building is primarily for full-day care, part-day care and even hourly care on a space-available basis."

The same people with the same experience that that provide care for the chil-

dren at the CDC will be providing care for those at the Mini CDC – child and youth program assistants. The assistants go through the same training program as the other childcare providers, and a manager will always be on duty at the new facility, said Hampton.

Although the facility is not the first of its kind, she believes it's the first of its kind being used specifically for the purpose it was designed for.

Many installations utilize hourly child care, but for Fort Rucker's population of flight students and instructors who work through all hours of the morning, Hampton said there is a greater need for 24/7 childcare, and now they're able to

provide that.

The Mini CDC will utilize the same lesson plans and curriculum that is used in its sister building, but will be more of a multi-age grouping depending on the children that are there, said Hampton, adding that it depends on the amount of full-time care versus part-time care and hourly children are in the facility.

"We really try to meet the needs of the individual child, as well as the development of the group," she said, adding that each child is just as important as the next and the environment they will be cared for in is designed to nurture their development.

For more information, call 255-2375.

HOLLYDAY BAZAAR



PHOTOS BY NATHAN PFAU

Sgt. 1st Class Charles Duran shows his daughter, Natasha, how to shoot a rubber band gun, as his other daughter, Nyasia, shows her mother, Liz, a ping-pong shooter at one of the booths set up at the Fort Rucker Spouses Club Hollyday Bazaar last year. This year's bazaar will be Nov. 22 from 9 a.m. to 4 p.m. at Yano Hall.

Event offers head start on holidays

By Nathan Pfau
Army Flier Staff Writer

It's that time of year again when decorations go up and people prepare for the holidays, and the Fort Rucker Community Spouses' Club is offering a way for people to get a head start on their holiday shopping.

This year's FRCS C HollyDay Bazaar will be Nov. 22 from 9 a.m. to 4 p.m. at Yano Hall, with an entry fee of \$5 that

benefits the spouses club to help people throughout the year, said Janna Bogert, FRCS C publicity chair.

People are sure to get their money's worth as they shop more than 100 vendors for crafts, jewelry, furniture, antiques, toys, food and more, she said. There will also be a personal appearance from Santa, to whom children can write letters to while there, as well as live entertainment from children

of Fort Rucker's schools. And, the first 250 people will receive a free "Swag Bag" filled with goodies.

"Whether you are looking for holiday gifts, decor, retail therapy, or yummy treats, we have it all," she said. "You really can't beat guilt-free shopping when it's for a good cause."

"The bazaar is a long-standing tradition that provides a day of fun and shopping, while raising money for a great cause, and that cause is supporting each other," said Bogert. "The Fort Rucker Spouses' Club is happy to be a part of this community and this is a small way for us to say thank you."

The bazaar will also feature opportunity drawings throughout the day, and children 12 and under get in free, and all proceeds from the Bazaar will go directly into the FRCS C Community welfare and scholarship funds.

"Part of our mission statement is to develop a spirit of community responsibility, and through these funds we can reach out to the Wiregrass area," said the publicity chair. "We participate in local projects that better the community for us all and we hope to inspire a few others along the

way.

"The Fort Rucker Community Spouses' Club provides us with opportunities for social, cultural, and creative pursuits while here at the home of Army Aviation," she said. "The primary mission is to develop a spirit of community responsibility, and our volunteers gladly give of their time and talents to serve both the military and civilian community. The hundreds of volunteer hours and thousands of dollars raised result in grants to worthwhile charitable causes and scholarships for military spouses and high school students."

During last year's bazaar, about \$17,000 was directed toward scholarships, and with the support of other contributors, 34 scholarships were awarded totaling over \$48,000, said Bogert.

That's why she said it's important to support the spouses club, because without the support, many of the scholarships would not be available.

"You don't want to miss out on the local children as they perform for us all and help us raise more for this community than we ever have before," said Bogert.

For more information or to join the FRCS C, visit www.ftruckeresc.com.



Malia Oldham, military Family member, gets her portrait painted by Janeann Fessler, portrait artist, at the Fort Rucker Spouses Club Hollyday Bazaar last year.

ON POST

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

Youth center tailgate party

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

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

EFMP Information and Support Group

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

Right Arm Night

The Landing Zone will host Right Arm Night Nov. 20 from 4-6 p.m. Right Arm Night is an Army tradition, promoting a night of camaraderie and esprit de corps as leaders come together and treat those who help them accomplish the mission. Complimentary appetizers will be served while supplies last. Right Arm Night is held every month, and both military and civilians are welcome. For more information, call 598-8025.

Newcomers welcome

Army Community Service hosts the newcomers welcome Nov. 21 from 8:30–11 a.m. at The Landing. Active-duty military, spouses, foreign students, Army civilians and family members are welcome to attend. A free light breakfast and Starbucks coffee will be served. For free childcare, people can register their children at the child development center by calling 255-3564. Reservations must be made 24 hours in advance.

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

Thanksgiving Feast

The Landing will host its annual Thanksgiving Feast Nov. 27 from 11 a.m. to 2 p.m. The feast will be buffet style, featuring Thanksgiving favorites. The price will be \$16.95 for adults, \$6.95 for children ages 6-12, \$3.95 for children ages 3-5, and children ages 2 and under eat for free. A Military Family Special will also be available for two adults and two children ages 12 and under to eat for \$39.50. Reservations are highly recommended. When making your reservations, people should include how many adults and children will be in their party.

For more information or



PHOTO BY NATHAN PFAU

Camping Under the Stars

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

to make a reservation, call 598-2426.

Christmas Tree Lighting

The annual Fort Rucker Christmas Tree Lighting will be held Dec. 4 from 5-6 p.m. at Howze Field. The event will feature music, hot chocolate, the lighting of the post Christmas tree and a visitor from the North Pole. Afterward, enjoy complimentary photos with Santa and Mrs. Claus at The Landing, where there may treats for children. The event is free, open to the public and Exceptional Family Member Program friendly. In case of inclement weather, the event will take place at The Landing.

For more information, call 255-1749 or visit www.ftruckerkmwr.com.

Annual spaghetti dinner

Following the Christmas Tree Lighting Ceremony Dec. 4, people are welcome to stroll over to The Landing for the annual spaghetti dinner from 6-7:30 p.m. Dinner prices are \$10 for ages 13 and older, \$5 for ages 3-12, and children ages 2 and younger eat for free. There is also a family special price of \$25, which includes two adults and up to two children ages 12 and younger. Dinner will include people’s choice of pasta and sauce, garlic bread, assorted cookies, tea and coffee. The dinner is open to the public.

For more information, call 598-2426.

Bowling pin decorating contest

Rucker Lanes will host a bowling pin decorating contest Dec. 1-15. People are welcome to visit Rucker Lanes and pick up a pin, decorate it and bring it back for a photo by Dec. 19. Prize packs will be awarded to the top pins Dec. 23. Cost is \$1 to enter the contest. All pins are used.

For more information, call 255-9503.

Financial Readiness Training

Army Community Service will offer Financial

Readiness Training Dec. 5 from 7:20 a.m. to 4:15 p.m. in the Soldier Service Center, Bldg. 5700, Rm. 284. Personal Financial Readiness Training provides a practical approach to help Soldiers manage their money more effectively. The training is required for all first-term junior enlisted Soldiers (E-1 through E-4). Spouses are welcome to attend.

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

Christmas craft activity

The Center Library will host a Christmas craft activity Dec. 9 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.

Stop by the library or call 255-3885 for more information or to register.

Small business counseling

Small business owners and those interested in starting their own business can get some free one-on-one counseling Dec. 10 from 9:30 a.m. to noon in the Soldier Service Center, Bldg. 5700, Rm. 350. Areas of counseling may include, but are not limited to: advertising, organizational structures, financial planning, inventory, controls, management, marketing, personnel planning, pre-business planning and sales techniques. The counseling is sponsored by Army Community Service Employment Readiness Program and the Troy University Small Business Development Center. Appointments are scheduled every 30 minutes beginning at 9:30 a.m. The counseling is open to active-duty, National Guard, and Reserve Soldiers, retirees, Department of Defense civilian employees, and eligible family members.

For more information or to set up an appointment, call 255-2594.

DFMWR
Spotlight

Fort Rucker Family & MWR
Upcoming Events & Activities



OPEN TO THE PUBLIC

Thanksgiving Feast



NOV 27 • 11 AM – 2 PM

It's never too early to start planning your Thanksgiving dinner. Join The Landing for the annual Thanksgiving Feast and relax while The Landing takes care of the cooking for you! The feast will be buffet style, featuring delicious Thanksgiving favorites!

Adults (ages 13 & over).....\$16.95
Children (ages 6-12).....\$6.95
Children (ages 3-5).....\$3.95
FREE for children ages 2 and under

Military Family Special.....\$39.50
Available for two adults and up to two children ages 12 and under.

Reservations are highly recommended!
For information or to make a reservation call
The Landing, (334) 598-2426. www.ftruckerkmwr.com

FORT RUCKER MOVIE SCHEDULE FOR NOV. 13 - 16

Thursday, Nov. 13

Big Heroes 6 (PG)
.....7 p.m.

Friday, Nov. 14

Big Heroes 6 (PG)
.....7 p.m.

Saturday, Nov. 15

A Walk Among the Tombstones (R)
.....7 p.m.

Sunday, Nov. 16

Gone With The Wind (PG)
.....2 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.

SecArmy: Cushing faithful ‘til death

By David Vergun
Army News Service

WASHINGTON — First Lt. Alonzo H. Cushing remained at his post, wounded but fighting valiantly until he was shot dead.

Beside his cannon he fell, “blackened by powder and soaked red by blood,” said Secretary of the Army John M. McHugh. Cushing “epitomized the faithfulness” of the Union and Confederate armies, July 3, 1863, at Gettysburg, McHugh said.

McHugh and others spoke at a ceremony Friday, inducting Cushing into the Pentagon’s Hall of Heroes. The previous day, President Obama awarded Cushing the Medal of Honor.

Cushing, an 1861 United States Military Academy graduate, lies in the West Point Cemetery. At the behest of his mother, his headstone reads “Faithful Unto Death,” the secretary noted.

“It is faithfulness which permeates the Cushing legacy,” McHugh said. “Faithfulness of a young but incredibly dedicated Soldier to do his duty. The faithfulness of fellow Soldiers like 1st Sgt. Frederick Fuger, also a Medal of Honor recipient, who fought alongside his lieutenant to the very end.

“And, the faithfulness of citizens like Margaret Zerwekh, to never forget a Soldier’s selfless sacrifice, to champion his noble cause,” he continued.

Zerwekh, 94, a historian, attended both the Nov. 6 White House ceremony and the Hall of Heroes ceremony. She conducted research on Cushing’s service in the Civil War. Certain that his valorous actions merited the Medal of Honor, she lobbied her congressmen for decades to make it happen.

The faithfulness of the nation to honor and never forget its patriotic servants is also heartening, McHugh said, defining faithfulness as “unfailingly remaining loyal to someone or something and putting that loyalty into consistent practice, regardless of extenuating



PHOTO BY STAFF SGT. BERNARDO FULLER

Secretary of the Army John McHugh presents a photo and Medal of Honor citation of 1st Lt. Alonzo H. Cushing to Cushing’s first cousin, twice removed, Helen Loring Ensign, during a Hall of Heroes Induction Ceremony Friday at the Pentagon. To the right of Ensign is Army Vice Chief of Staff Gen. Daniel Allyn.

circumstances.”

Leading up to that fateful day, the 22-year-old lieutenant fought bravely at the battles of Manassas, Fredericksburg, Antietam and Chancellorsville.

By all accounts, he was a skilled artillery officer, and was well loved and respected by his subordinates and superiors alike, McHugh said.

Generals described him as “brave, cool and competent.” One of his men described him as “a most able Soldier, a man of excellent judgment and character,” he said.

All noted “his poise under fire, radiant grin and infectious smile that gave a soothing effect during the chaos of battle,” McHugh said.

All of those qualities and more were present on July 3, 1863, at about 2:30 p.m., during the height of Maj. Gen. George E. Pickett’s charge at Gettysburg, Pennsylvania, he said.

As commander of Battery A, 4th U.S. Artillery, Army of the Potomac, observers described

Cushing as “boldly standing tall atop Cemetery Ridge,” McHugh remarked. At the start of the battle, he commanded 126 men and six cannons.

The Confederate artillery took its toll on them, however, he noted. All of his officers were killed and only two of his guns remained. Cushing was wounded in the abdomen and right shoulder, and his life was ebbing fast. Despite appeals from his men, he refused to leave the battlefield as Confederate forces closed in on him and shot him dead.

The Soldiers that day didn’t fight for empire, domination or personal gain, the secretary said. They fought for value, for a cause and for one another. They fought for things they found worthy of their last full measure of devotion.

“At Gettysburg, the fate of our very nation hung in the balance,” he said. Thanks to Soldiers like Cushing and the faithful who followed him, the nation was preserved.

Cushing and fellow Soldiers

did not die in vain, McHugh said. “They died for a cause, they died for a country. And when you think about it, they died for each and every one of us. But those men are us, and we are there, Americans all. And we must remain ever faithful to their cause and their noble ideas. And let us also be ever faithful to their memory.”

Army Vice Chief of Staff Gen. Daniel B. Allyn also spoke.

The courage and valor of Cushing’s actions that day at Gettysburg “truly helped save the Union,” Allyn said, pointing out that Confederate Gen. Robert E. Lee brought the war to the North, as the fate of the nation hung in the balance during that critical moment in time.

Had Confederate forces breached Cushing’s critical position atop Cemetery Ridge, it would have split the Army of the Potomac in half, possibly causing panic in its ranks, and the Union forces could have collapsed, possibly altering the outcome of the battle, Allyn said.

The horror of the battle is diffi-

cult to describe, he continued. The Confederate force’s main target was destroying the Union artillery on Cemetery Ridge. A Soldier on the ridge described it like this: “The roar of guns was deafening. The air was soon clouded with smoke and the shriek and startling crack of exploding shells above, around and in our midst, the driving through the air of fence rails, posts and limbs of trees; the groans of dying men, the neighing of frantic and wounded horses, created a scene of absolute horror.”

And, while other artillery units withdrew from the ridge, Cushing ordered his two surviving artillery pieces directly at the wall of the approaching Rebel forces, he said.

“Every round of Cushing’s guns counted,” Allyn said. “Equally important was his leadership, his refusal to quit, rallying the troops around him.”

A Union Soldier, a prisoner of war from behind Confederate lines, witnessed the event. He described just how close Pickett’s Charge came to success, he said. “The Confederates broke over the low, irregular stone wall with a chorus of yells. And our men appeared to be giving way, before the onset of the second line. The cheers of the Confederates made the hills echo. In that awful moment, I feared our line was hopelessly broken.”

After Cushing was killed and the Confederates breached the Union line, his men “fought like a team possessed, hand-to-hand, bayonets, rifle butts, stones and fists, to hold their ground,” Allyn said.

When the battle was over, he said, the survivors of Cushing’s battery counted 600 dead Confederate soldiers in front of his two cannon. The Rebels breached the line, but didn’t have enough men to hold their stolen ground and exploit their success. Every round counted.

Cushing’s “valor and the unquenchable fervor it inspired in his Soldiers, truly saved the Union,” Allyn concluded.

Pick of the litter

Meet Bessie. She is an approximately 9-month-old short-hair, female Siamese available for adoption at the Fort Rucker stray facility. She is lovable, but doesn’t appear to have any interest in toys. 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/](http://www.facebook.com/fortruckerstrayfacility/) for constant updates on the newest animals available for adoption.



COURTESY PHOTO

Religious Briefs

WORSHIP SERVICES

Except as noted, all services are on Sunday

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

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

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

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Church Directory

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1 Corinthians 11:1

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Contemporary Worship - New Connection
8:45AM & 11:00AM
The Gathering - Youth
5:45PM
Sunday School
10:00AM
Nursery Care: During all services
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cfumc@adelphia.net
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Obama:

MOH recipient's courage lives on in Soldiers today

By David Vergun
Army News Service

WASHINGTON — President Barack Obama awarded the Medal of Honor to 1st Lt. Alonzo H. Cushing Nov. 6 for helping stop Maj. Gen. George E. Pickett's Charge at Gettysburg on July 3, 1863.

The ceremony took place in the Roosevelt Room of the White House, with Helen Loring Ensign accepting the medal on behalf of Cushing, her first cousin, twice removed. Some 24 other descendants were present, as well.

Long before Gettysburg, the West Point graduate "fought bravely" at the battles of Bull Run, Antietam, Chancellorsville and Fredericksburg, developing a reputation for "his cool, his competence and his courage under fire," Obama said.

Cushing commanded Battery A, 4th U.S. Artillery, 2nd Corps, Army of the Potomac, atop Cemetery Ridge. On that fateful day, some 10,000 of Gen. Robert E. Lee's troops advanced toward them in a line, elbow-to-elbow, a mile wide, in the final, desperate hours of the battle.

Smoke from the guns obscured the battlefield and the air was thick with lead. In the chaos, Cushing was hit and badly wounded, the president continued. His first sergeant, Frederick Fuger, urged him to fall back to the safety of the rear, away from the punishing fire. But Cushing refused, telling Fuger he'd rather "fight it out or die in the attempt."

Bleeding badly and growing weaker every moment, he moved his remaining artillery closer to the front and continued to defend the Union line.

"He used his own thumb to stop his gun's vent, burning his finger to the bone," the president related.

When Cushing was hit the final time, the 22-year-old Soldier fell beside his gun. Obama said Cushing was later immortalized by a poet, who wrote: "His gun spoke out for him once more before he fell to the ground."

In a letter to Cushing's sister, Fuger wrote that "the bravery of their men that day was entirely due to your brother's training and example set on numerous battlefields."

Etched on Cushing's tombstone at West Point is the simple epitaph, "Faithful unto death," the president said. And, his memory will be honored later this month, when a Navy cruiser — the USS Gettysburg — dedicates its officer's dining hall as the "Cushing Wardroom."

Unbeknownst to Cushing, Gettysburg was a turning point in the war, the president said,



PHOTOS BY STAFF SGT. LAURA BUCHTA

President Barack Obama awards the Medal of Honor to 1st Lt. Alonzo H. Cushing Nov. 6 for his gallantry during combat at Gettysburg July 3, 1863. Receiving the medal at the White House ceremony is Helen Loring Ensign, Cushing's first cousin, twice removed. To the president's immediate right is Secretary of the Army John M. McHugh.

and it was men like Cushing who were responsible for the victory. Historians often refer to where Pickett's Charge was stopped as the "high water mark of the Confederacy."

When President Lincoln later dedicated the Soldiers' National Cemetery in Gettysburg, he said these men gave their "last full measure of devotion."

Cushing's story "is part of our larger American story — one that continues today," the president concluded. "The spirit, the courage, the determination that he demonstrated lives on in our brave men and women in uniform who this very day are serving and making sure that they are defending the freedoms that Alonzo helped to preserve."

"And, it's incumbent on all of us as Americans to uphold the values that they fight for, and to continue to honor their service long after they leave the battlefield -- for decades, even centuries to come."

Medal long in coming

Margaret Zerwekh, 94, a historian, attended the White House ceremony and was recognized by the president. Zerwekh did research on Cushing's service in the Civil War. She was certain his valorous actions merited the Medal of Honor and lobbied her congressmen for decades to make it happen. She became interested in Cushing's story, since she lives on property in Wisconsin that was once owned by his father.

Typically, the medal is awarded within a few years of the action. Obama said, "but sometimes, even the most extraordinary stories can get lost in the passage of time. No matter how long it takes, it is never too late to do the right thing."

This medal is about more than just one Soldier, Obama said. "It reflects our obligations as a country to the men and women in our armed services; obligations that continue long after they return home, after they remove their uniforms and even, perhaps especially, after they've laid down their lives."

MOH Citation

After the president's remarks, a military aide read the full Medal of Honor citation:

The President of the United States of America, authorized by Act of Congress, March 3rd, 1863, has awarded in the name of Congress the Medal of Honor to 1st Lt. Alonzo H. Cushing, United States Army.

...Confederate forces led by Gen. Robert E. Lee began cannonading 1st Lt. Cushing's position on Cemetery Ridge. Using field glasses, 1st Lt. Cushing directed fire for his own artillery battery. He refused to leave the battlefield after being struck in the shoulder by a shell fragment. As he continued to direct fire, he was struck again -- this time suffering grievous damage to his abdomen.

Still refusing to abandon his command, he boldly stood



A Soldier displays the Medal of Honor for 1st Lt. Alonzo H. Cushing, awarded during a White House ceremony Nov. 6 to recognize Cushing's heroism at the Battle of Gettysburg.

tall in the face of Maj. Gen. George E. Pickett's charge and continued to direct devastating fire into oncoming forces. As the Confederate forces closed in, 1st Lt. Cushing was struck in the mouth by an enemy bullet and fell dead beside his gun.

His gallant stand and fearless leadership inflicted severe casualties upon Confederate forces and opened wide gaps in

their lines, directly impacting the Union force's ability to repel Pickett's charge. First Lt. Cushing's extraordinary heroism and selflessness above and beyond the call of duty at the cost of his own life are in keeping with the highest traditions of military service and reflect great credit upon himself, Battery A, 4th U.S. Artillery, Army of the Potomac, and the United States Army.



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Family proud of Civil War hero

By C. Todd Lopez
Army News Service

WASHINGTON – Helen Loring Ensign accepted the Medal of Honor on behalf of her first cousin, twice removed, Alonzo Hereford Cushing, at the White House Nov. 6.

Then-1st Lt. Cushing was killed in combat July 3, 1863, during fighting on the third day of the Battle of Gettysburg. He was later posthumously promoted to brevet lieutenant colonel.

During a media event Nov. 5 in Arlington, Virginia, Ensign said she knew about her Soldier cousin from a young age.

“My father’s name was William Cushing Loring,” Ensign said. “I heard it daily in reference to him and I had to ask who he was. I was under 5 years old when I heard about Cushing. We’ve all gone to Gettysburg, and we’ve seen the plaque for him there.

“We’re delighted to be here to represent our family’s admiration of Mr. Cushing,” Ensign said. “And the Cushing name has been passed down generation to generation. We are proud and happy that he is getting recognition at the White House tomorrow.”

Another cousin of Cushing, Jessica Loring, said this recognition for Alonzo Cushing has provided an opportunity for her family and the other side of the family to meet for the first time. She is a niece of Helen Loring Cushing.

“His whole family was a brave family,” she said of her Soldier cousin. “His mother would say ‘death before dishonor,’ when she sent her sons out to war. Three of them died young. Alonzo Cushing was the first, facing Pickett’s charge at the Bloody Angle at Gettysburg. All of our family has honored the Cushing name down through all generations. All generations, from the start, some child born into the family has kept the name of Cushing.”

She said even her own grandson carries the Cushing name.

Loring said that the paths of Soldiers today parallel Cushing’s story in a couple of ways.

“Alonzo volunteered for his position,” Loring said. “Soldiers today volunteer as well. They are extremely loyal, like Alonzo was, extremely brave and devoted to this country and freedom. And that’s what carries through . . . people going beyond themselves to make



Alonzo Cushing (second from right) while serving on the staff of Maj. Gen. Edwin V. Sumner, in 1862.

the ultimate sacrifice. And everybody out there, in the military, in Afghanistan – wherever they may be – is putting their lives on the line. And I think that’s how this message carries through to the young people in the service today.”

The primary force behind getting Cushing recognized with a Medal of Honor was not a relative of Cushing, but rather Margaret Zerwekh, of Delafield, Wisconsin.

While not related to the Cushing family, Zerwekh lives now on the farm that had been owned by the Cushing family. And in Delafield, Cushing is a celebrity. Twenty-seven years ago, in 1987, Zerwekh started an effort to get Cushing the recognition she thought he deserved.

The impetus for all that effort was originally curiosity, Zerwekh said.

“My commitment started with moving to a piece of property, and owning it, and then studying it and who lived there, and what happened to them and where they went to in the country,” she said.

Zerwekh said that as part of her efforts she had been able to trace the Cushing family roots back to the year 1000 in Ireland. About that time, she said, is when she believes the family actually changed their name to Cushing.

Mark Bradley, a historian with the Army Center for Military History, said that Cushing, as a battery commander, was



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Alonzo Cushing's gravestone at West Point Cemetery, New York.

in one of the most dangerous positions during the Battle of Gettysburg.

“I would say that Lieutenant Cushing’s selflessness is evident in his decision to be a battery commander,” Bradley said. “He was a staff officer,

and he could have remained a staff officer for the rest of the war and maybe even gone up to higher command in the infantry.”

But Cushing chose to stay a battery commander and that, Bradley said, “indicates he

thought he could contribute the most to the Union War effort ... by putting his life in jeopardy each time the battle was fought, rather than being safe behind the lines, where he might have been as a staff officer. That resulted in his death at Gettysburg.”

Cushing’s first sergeant, Frederick Fuger, also earned the Medal of Honor for the same battle, on the same day. Bradley said Fuger had encouraged Cushing to leave the scene, to go to the hospital, but Cushing had been determined to stay.

“He said he’d fight there and die if necessary,” Bradley said, recounting a conversation between Cushing and Fuger. “His mere presence there, I think, was a tremendous symbolic boost to his men, who incidentally are falling – close to the dozens. Cushing’s stand there at Gettysburg, while we can’t say definitively that it turned the tide of the battle, it contributed to the Union victory. It’s difficult to say what might have happened if Cushing had taken up Fuger’s suggestion and gone to the rear. But he didn’t. And he paid the ultimate sacrifice.”

According to the Army website at www.army.mil/medalofhonor/cushing, Cushing commanded 126 men and six cannons positioned on Cemetery Ridge, July 3, 1863. In the face of Lt. Gen. James Longstreet’s assault, Cushing’s battery took a severe pounding by Confederate artillery. Cushing and his battery stood at the apex of the assault where Confederate Maj. Gen. George Pickett intended to pierce the Union line.

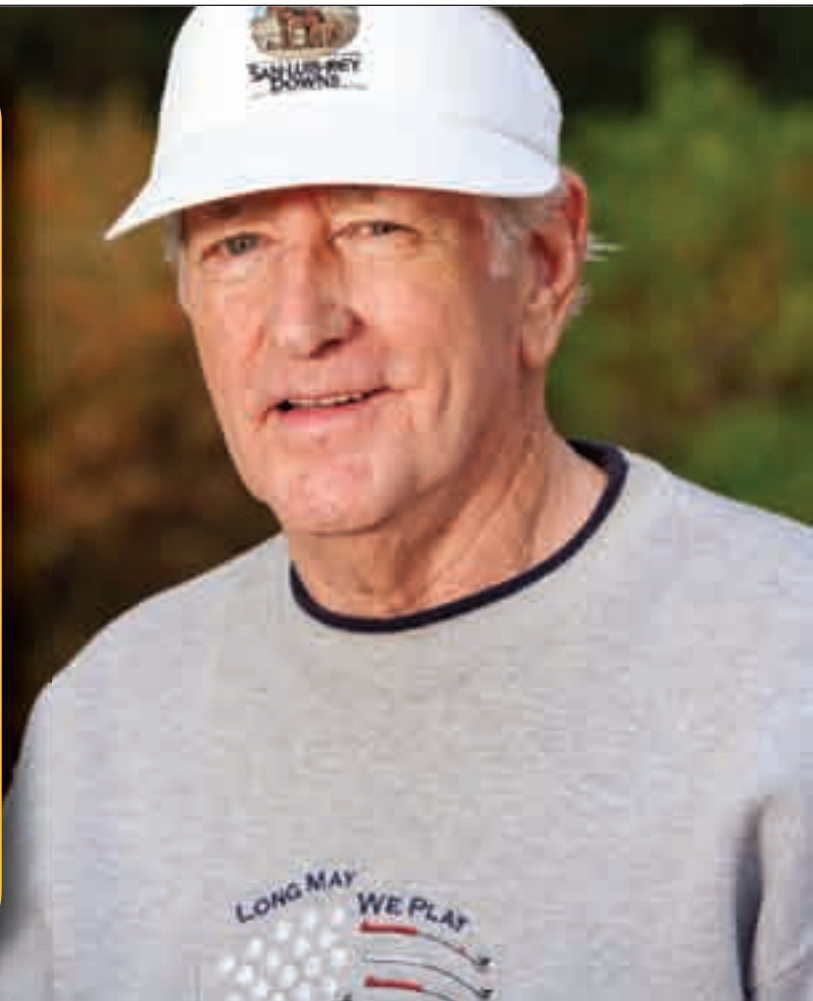
Within just a few hours, all of Cushing’s officers had been killed, and all but two of his guns had been silenced. During the Confederate cannonade, he was wounded in the abdomen, as well as the right shoulder.

Refusing to evacuate, despite his severe wounds, Cushing directed the operation of his two remaining guns – firing in the face of the enemy. When the Confederates were less than 100 yards from his position, Cushing was shot in the head and died instantly.

Cushing’s actions materially aided the Union Army’s successful repulse of the Confederate assault, according to his award narrative. History shows that the Confederacy would be on the defensive from this point forward and never again mount a major offensive.

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Richard Williams
Ozark, Alabama
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Unbearable hip pain forced this active 79-year-old retiree to an orthopedic surgeon.

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

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To learn more, call Jan Wynn, MSN, RN-BC, director of Orthopedic Services, 334-793-8907.

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WHICH ONE ARE YOU GONNA TAKE?

Guntersville: Where eagles fly

By **Brian S. Jones**
Alabama Tourism Department

It's the name of a famous song, but Guntersville is truly a place "where eagles fly."

This area in north Alabama attracts so many migrating bald eagles during the winter that Lake Guntersville State Park specifically created an event for folks to come, watch and enjoy the graceful symbol of our American heritage each year.

Eagle Awareness is a must-attend event for bird-watchers and outdoor lovers. Covering six weekends from early January through early February, the event has been a tradition at Lake Guntersville for more than 25 years. The program was started as an activity for people of all ages to experience the joy of watching eagles and other birds in their natural habitat and as a way of educating the public about the importance of protecting the area's wildlife.

Enjoy a stay at Lake Guntersville State Park Lodge

The event kicks off at Lake Guntersville State Park Lodge, located at 1155 Lodge Drive, the centerpiece of the 6,000-acre park. Here, visitors can relax in comfort, enjoying wonderful overnight accommodations as well as exceptional meals at the park's Pinecrest Dining Room. Be sure to inquire about lodging packages and other deals prior to arrival for an Eagle Awareness weekend. After settling into the lodge following check-

in, visitors can attend the orientation to learn about the weekend's events. The warm apple cider and music the lodge provides will certainly put you in the mood for your exciting outdoor adventure to eagle nesting sites and beyond.

Be sure and dress for the weather and remember to bring your camera, as there will be plenty of picture-taking opportunities in the great outdoors of north Alabama, particularly around Town Creek. This spot is not only perfect for watching the American bald eagle but enjoying other migratory birds as well.

For more information, call (256) 571-5540.

Take a few field trips

Prepare to get up early and meet in the lobby of the lodge for breakfast and come back later, following your guided day tour, for informative talks, special exhibits and great food. The guided trips begin around 5:30 a.m. and include an easy-to-follow schedule of activities. During your trip to this area, you will discover a series of small grassy islands, each home to an abundance of waterfowl and other birds. Here, you might encounter Canada geese, blue and gray herons, various varieties of ducks and river otters.

Eagle Awareness weekends feature guided field trips, knowledgeable guest speakers and talks from the park naturalist, making the programs both enjoyable and educational. Programs are free and include noted speakers with live birds, magnificent scenery and

guided field trips to High Falls Park in Geraldine, Cathedral Caverns in nearby Grant, and waterfowl areas at Guntersville Lake and Dam. The tours are open to the public, so be prepared to have others just show up and be a part of the eagle-watching experience.

Eagle Awareness programs include noted speakers with live birds, magnificent scenery and guided field trips to High Falls Park in Geraldine, Cathedral Caverns in nearby Grant, and waterfowl areas at Guntersville Lake and Dam.

High Falls Park, located at 969 County Road 144 in Grove Oak, is a gorgeous area that has been called a "surprise of nature" and one of Alabama's best-kept secrets. The centerpiece of the 38-acre park is the 35-foot waterfall that spans 300 feet across in some points. At the base of the falls is a 25-foot, arched natural bridge that has been eroded by water over the course of the years. Hikers can get perfect upstream and downstream views of the falls from a pedestrian bridge on the far side of Town Creek. In addition, the park features six hiking trails where you can truly enjoy a get-back-to-nature moment. A day-use park, High Falls is a perfect location for viewing migratory waterfowl, a variety of songbirds, woodpeckers and bald eagles.

For more information, call (256) 659-4683.

The trip to Cathedral Caverns, located at 637 Cave Road in Woodville, is not a bird-watching adventure but a cave tour that's well worth the trip. The first thing you will notice is the large entrance, which measures

126 feet wide and 25 feet high. Inside, you'll find Big Rock Canyon, Mystery River and other natural rock formations such as Stalagmite Mountain, The Frozen Waterfall and Goliath, a stalagmite column that reaches 45 feet to the ceiling of the cave. You can visit anytime — in winter and even in hot summer months — because the cave maintains a comfortable 60-degree temperature. Cathedral Caverns Park is open daily 9 a.m. to 5 p.m.

For more information, call (256) 728-8193.

One of the most popular spots for eagle watching is the area around Guntersville Lake and Dam. Guntersville Lake, Alabama's largest, contains 69,100 acres and stretches for 75 miles from Nickajack Dam to Guntersville Dam. The 30-mile-long body of water on the mighty Tennessee River sets the stage for all kinds of outdoor recreational activities, including fishing, boating and camping, and provides a picturesque setting for photographing bald eagles as they fly gracefully through the skies across the scenic landscape of Guntersville or swoop down into the water to catch a fish. While the vast majority of the eagles gather around the dam during the winter months, it's not unusual for many to stay here all year long. Perhaps that's because they have learned what human visitors have known for quite some time — that Lake Guntersville is a beautiful place to hang out in the outdoors. OK, maybe it's the other way around — humans have taken their cue from the birds.

WIREFLIER COMMUNITY CALENDAR

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ANDALUSIA

NOV. 20 – The Thanksgiving Lunch and Dance is scheduled from noon to 1 p.m. at the Adult Activity Center. Music starts at 10 a.m. and lunch is served at noon. People are invited to bring a friend and a covered dish and help thank the mayor, and city and county officials for all they do.

DALEVILLE

NOV. 17 AND 19 — The Ozark-Dale County Family Services Center will host registration for this year's Toys for Tots in the Billy Adkins Community Center from 10 a.m. to noon. People need to bring proof of income, picture ID, birth certificates and proof of custody.

DOTHAN

NOV. 16-18 — Southeast Alabama Community Theatre will host auditions for its production of "Les Miserables" at the Cultural Arts Center. For details on auditions for what is being billed as the largest production that SEACT has undertaken and celebrates its 40th season of bringing theatre and the arts to the Wiregrass, visit www.seact.com/miz. The show is scheduled to be performed March 9-15 at the Dothan Opera House.

NOV. 15 — The Southeast Alabama Coalition for the Homeless will sponsor a Homeless Stand Down/Connect event from 10 a.m. to 2 p.m. at United Christian Fellowship Dothan, 208 East Lafayette St. The event will provide assistance, as well as a meal, to the local homeless population. Donations are needed: coats, clothes, socks, combs, hair brushes, blankets, sleeping bags, personal hygiene items, tents, dry food and canned food. Donations can be dropped off at the Wiregrass United Way 2-1-1 office Mondays-Fridays (545 W Main St., Suite 313) until Nov. 13th from 8 a.m.

to 4:30 p.m. Donations can also be dropped off at United Christian Fellowship Dothan starting Nov. 14th from 10 a.m. to 2 p.m., as well as on the day of the event. For more information, call 447-1286.

NOV. 19-22 – The Flagship Theatre will perform its production of Dr. Seuss' "Cat in the Hat and Oh Say Can You Say?" at 7 p.m. Nov. 19-21 and Nov. 22 at 2 p.m. at its facility at 965 Woodland Drive. Tickets will cost \$12 for students, seniors and military, and \$15 for adults. For more information, call 699-3524 or visit www.TheFlagshipTheatre.com.

ENTERPRISE

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

GENEVA

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

MIDLAND CITY

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

NEW BROCKTON

ONGOING — Disabled American Veterans Chapter 99 maintains a DAV service office in the New Brockton Police station

every Tuesday and Wednesday from 10 a.m. to noon. All veteran services provided are free. For more information, call 718-5707.

OZARK

NOV. 13 AND ONGOING – The Ann Rudd Art Center's Artisan Market will kick off at the center's Christmas Open House Nov. 13. A full house of artists, crafters and local authors will be featured. The opening will feature a reception from 6-8 p.m. and Santa Claus will be in the center. Many businesses in the downtown will have sales and snacks for shoppers during the open house. The Ann Rudd Art Center will be open through Dec. 20, Wednesdays through Saturdays, from 11 a.m. to 4 p.m., except for Thanksgiving Day. Shoppers will have numerous opportunities to discover local talent. Gourds, jewelry, paintings, crocheted items, clothing, hand-painted glassware, and other arts will be featured, as well as books by local authors. The Ann Rudd Art Center is located in downtown Ozark, on the Square.

ONGOING – The Carroll High School class of 1965 (Ozark) reunion committee is planning its 50th reunion June 12-13. The program will include recognition of the class' Vietnam veterans and teachers. Classmate Joe Kelley will be the keynote speaker, followed by a tour of the new Carroll High School building. Organizers need some classmates' current information. Those who have not received a recent email should send an email to Judy Miller McLaughlin at judybobmcl@hotmail.com, or call 774-2752.

NOV. 17-20 – The Ozark-Dale County Family Services Center will host registration for this year's Toys for Tots in the Ozark-Dale County Family Service Center from 10 a.m. to noon and 1-3 p.m. Monday and Wednesday, and at the Ozark-Dale County Family Center No. 2 from 3-5:30

p.m. Tuesday and Thursday. People need to bring proof of income, picture ID, birth certificates and proof of custody.

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 – The Pioneer Museum of Alabama invites people to learn to cook like a pioneer. The museum's Hearthside Meals offers the opportunity to learn to cook in a Dutch oven and on a wood stove, and then participants get to enjoy the meal. Cost is \$15 per person, and includes the cooking class and the three-course meal. Pre-registration is required and is limited to 15 people. For more information or to book a spot, call 334-566-3597.

DEC. 12 -- The Pioneer Museum of Alabama invites people to its Ole Time Christmas from 7-10 p.m. People can experience Christmases past by walking through candlelit lanes, roasting marshmallows, story-telling, singing Christmas carols and mingling around a fire. Admission is \$4. For more information, visit www.pioneer-museum.org.

Beyond Briefs

'Great Russian Nutcracker'

Moscow Ballet's "Great Russian Nutcracker" will run at the Montgomery Performing Arts Centre Nov. 25 from 7-9 p.m. Tickets start at \$30. Tickets can be purchased online or at the MPAC Box Office Mondays-Fridays from 10 a.m. to 5 p.m. For more information, call 334-481-5100, or visit www.mpaconline.org/events/.

101 Inventions That Changed the World

The U.S. Space & Rocket Center in Huntsville will host the 101 Inventions That Changed the World exhibit now through March 25. Center officials said that certain turning points in humankind's history have been defined by the creation or discovery of something profound. From stone tools to the birth of the

Internet, driven by necessity and accident people have shaped their own destiny through invention. These inventions act as historical punctuation points in the story of 101 Inventions That Changed the World. The exhibit's story explores not only the inventions themselves, but also suggests the reasoning behind their development and their subsequent effect on humankind. The exhibit has been made available by Grande Exhibitions of Australia.

To get to the center, take Exit 15 off of I-565. For more information, visit <http://www.rocketcenter.com>.

Scarecrows in the Park

Lake Frank Jackson State Park in Opp will host more than 300 scarecrows spread along its trails now through Nov. 30 from 7 a.m. to sunset. The event is hosted by the Lake Frank Jackson Trailmasters, who started the event in 2008. About 3 miles of walking trails will feature scarecrows made by various individu-

als, businesses, churches and school groups. Golf cart tours will be available. Larger groups should call ahead to schedule a golf cart tour.

For more information, call 493-3070 or visit www.cityofopp.com.

Free tour at Museum of Alabama

A free daily guided tour will be offered Saturdays to the public at the Museum of Alabama, located at the Alabama Department of Archives and History in Montgomery. This hour-long tour will begin at 1 p.m. and no pre-registration is required. People can join one of the museum's experienced docents as they guide people through Alabama's past, highlighting incredible artifacts, images and documents, and answering questions along the way.

The Museum of Alabama is open Mondays-Saturdays from 8:30 a.m. to 4:30 p.m. Admission is free! For more information, call 242-4364 or visit www.museum.alabama.gov/.

Rising Star performs at White House

Installation Management Command
Press Release

JOINT BASE SAN ANTONIO — Sgt. Christiana Ball, the 2013 winner of Operation Rising Star, was invited to participate in the music annual gala called “In Performance at the White House,” Nov. 6. The event was hosted by President Barack and First Lady Michelle Obama.

Her star has been rising all year in a series of musical performances culminating in the nation’s Capital.

“I’ve had an unbelievable year as the winner of Op Rising Star. Singing at the White House will be a great honor,” said Ball. “This is a once in a lifetime opportunity to reach out and show my appreciation of my veteran brothers and sisters both past and present. Even in these stressful times, I’m focused on the idea that I get to be part of such a fantastic tribute.”

“A Salute to the Troops: In Performance at the White House” served as a celebration of the men and women who serve the United States, featuring such nationally recognized acts as Mary J. Blige, John Fogerty and Willie Nelson, according to a White House press release. Grammy award winner Don Was was the music director.

Ball, a 787th Military Police Battalion drill sergeant, outperformed 12 finalists from Army garrisons around the world and won the Army Entertainment’s annual Operation Rising Star competition, conducted by the U.S. Army Installation Management Command.

“Rising Star has already opened so many doors for me to perform in my Fort Leonard Wood (Missouri) community, as well as to sing for televised sporting events and military ceremonies,” said Ball. “I’m so grateful for having performed on national TV as a part of the Academy of Country Music Awards ‘Salute to the Troops,’ and I sang a duet with Lee Brice on his hit ‘I Drive Your Truck’ – a song which captures perfectly the emotion of a survivor working through their pain of loss and grief.”

The Army’s Operation Rising Star program gives active-duty Service members and family members a unique opportunity to entertain their comrades around the world, and fulfill their own personal musical ambitions. The competition starts at the garrison and finalists are chosen from among the local winners to compete at Fort Sam Houston, Texas.

The 2014 competition is currently under way and the new Operation Rising Star winner will be selected in December. More information about Operation Rising Star can be found at <http://www.OpRisingStar.com>.

“I was invited to be a judge for Fort Leonard Wood’s [Operation Rising Star] this year,” said Ball. “So I have definitely been following this year’s competition and am very excited to see what talent ends up competing down in San Antonio for the finals this year.”

“I’ve seen first-hand the positive effect that music has had and made on Soldier’s lives,” said Ball. “Programs like ‘In Performance’ give Soldiers a chance to get the recognition they deserve, and Operation Rising Star gives them an outlet and a chance to better themselves personally. It automatically makes for a more well-adjusted, purposeful and resilient Soldier.”

The entire performance at the White House was broadcast on Veterans Day via the American Forces Network to American service men and women and civilians at U.S. Department of Defense locations around the world.

“In Performance at the White House” was created by WETA and has been produced every year, since 1978. WETA is the PBS affiliate serving the nation’s capital. PBS is a non-profit network headquartered in Arlington, Virginia, with over 350 television stations distributing shows such as “Sesame Street” and “Antiques Roadshow.”

This year, the “In Performance at the White House” series was part of the Joining Forces initiative.

Ball is slated to take part in a special daytime interactive student workshop “The Stars and Stripes Forever: A History of Music and the Military,” for high school students from military communities in the greater Washington, D.C., Maryland and Virginia areas. Featured performers from the evening event will share their experiences as well as answer student questions about the music and entertainment world.

Joining Forces is a nationwide initiative by the White House designed to engage



PHOTO BY ROBERT DOZIER

Sgt. Christiana Ball, drill sergeant at 787th Military Police Battalion, enjoys her moment after winning Operation Rising Star at Fort Sam Houston, Texas. Ball bested 11 other contestants from garrisons around the world, to wear the crown.



PHOTO BY MICHAEL CURTIS


Sgt. Christiana Ball, drill sergeant at 787th Military Police Battalion, sings “God Bless America” at a military appreciation day event.

American society in support of our service members and their families. These efforts, championed First Lady Michelle Obama and Dr. Jill Biden, create opportunities for all Americans to stand up and show their gratitude for those who have done so much for the nation, through wellness, education and employment opportunities.


“When I perform, I look in the eyes of my audience and try to connect in a personal way,” said Ball. “What do I see? I guess it just depends. If I’m singing to my people in Fort Leonard Wood, I often see a lot of pride in their faces, and rightly so. I can’t wait to bring my voice now to an even wider audience. I’m representing the U.S. Army.”

Ball will soon complete her active-duty contract and plans on joining the Missouri National Guard. The Army believes that every service man or woman who lives the Army values and retires is a Soldier for life.

“I’ve created a band of my own now and have been performing as much as my job allows me. Our plan is to take off and do as many shows as I can,” said Ball. “It will be an honor to have a chance work with the National Guard band, too. I can’t wait.”



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NOVEMBER 13, 2014

WINTER WORKOUTS

Fitness centers help keep patrons fit, out of cold

By Nathan Pfau
Army Flier Staff Writer

Working out can seem like a daunting task, especially during the winter months when the warm indoors seems so inviting, but Fort Rucker has ways for people to get their workouts in while staying warm.

Fort Rucker's physical fitness centers include an abundance of indoor fitness activities to keep people working out through the cold winter months, including fitness classes, fitness equipment, sports, swimming and even personal trainers, said Kris Rach, Fort Rucker fitness specialist and certified personal trainer.

"We have many group fitness classes available at both Fortenberry-Colton Physical Fitness Center and the Fort Rucker Physical Fitness Center, and we also have an indoor, heated pool here at the Fort Rucker Physical Fitness Center that people can utilize for exercise and therapy," she said, adding that the pool is open seven days a week. "Both gyms offer ample cardio equipment, different weightlifting equipment, different classes and instructors, so there's a lot to do here as long as you put your mind to it."

The fitness centers offer traditional classes, such as an Ab Lab, which targets abdominal workouts, and spin classes, which uti-



PHOTO BY NATHAN PFAU

Women participate in a morning pilates class at the Fortenberry-Colton Physical Fitness Center. Fort Rucker's fitness centers offer many winter workout options in both gyms.

lize indoor cycling to help people reach their fitness goals, as well as some non-traditional workouts, such as kickboxing and a Rockwall Workshop.

The Rockwall Workshop is a basic climbing skills workshop that requires no experience, no signup and is free to those who wish to participate. The workshop is held Saturdays at 10 a.m. and is instructed by a volunteer who is happy to help those interested in rock climbing, said Rach. "It's a good way to get your indoor workout."

Other classes include Cardio Strength Intervals, which alternates athletic cardio workouts

and strength training; Functional Athletic Strength Training, which builds strength and conditioning through challenging workouts; Hip Hop workouts, which utilize hip hop dance moves to get a good cardio workout; Strong Bodies, which works every muscle from every angle; Ultimate Conditioning, which combines weightlifting, cardio and functional lifting; Yoga, which is a complete body workout that strengthens both body and mind; and a plethora of combination classes that combine multiple workouts to give a full workout experience.

The fitness centers also provide personal training, with train-

ers dedicated to making sure participants get the workouts they're looking for, said the fitness specialist.

Although the winter months are fast approaching, Rach said that it doesn't get so cold in the South that people must refrain from all outdoor workouts.

"It doesn't get super cold in Alabama like it does in the northern regions, but people still need to make sure to bundle up when doing their outdoor workouts," she said. "There are bike trails on Fort Rucker that people can use to work out during the cold months, such as the Beaver Lake trails."

Pre-diabetes: Many at risk for disease

By Amy Cowell
U.S. Army Public Health Command

November is the American Diabetes Association's American Diabetes Month featuring programs designed to focus the nation's attention on the issues surrounding diabetes and the many people who are impacted by the disease.

Nearly 30 million children and adults in the United States are living with diabetes and another 86 million are pre-diabetic — having a blood sugar level higher than normal, but not high enough for a diagnosis of diabetes.

These individuals are at risk for developing Type 2 diabetes. That means that nearly one in three Americans have pre-diabetes, yet the vast majority of people with pre-diabetes do not even know they have it.

This is particularly troubling because without lifestyle changes to improve their health, 15 to 30 percent of people with pre-diabetes will develop Type 2 diabetes



PHOTO ILLUSTRATION BY JAMES GATHANY

A plate topped with a healthy, balanced meal consisting of a broiled chicken breast, half a sweet potato, three slices of bright red tomato and some steamed broccoli florets measured 293 calories in its entirety. Eating low-fat meals with fruits, vegetables and whole-grain foods can lower people's risk of developing Type 2 diabetes.

within five years. Women who have had diabetes while pregnant and people of African-American, Hispanic/Latino, American-Indian, Asian-American, or Pacific-Islander background are at increased risk.

It is important to find out early if you

SEE HEALTH, PAGE D3



COURTESY PHOTO

Jeanie Eddy, immunization nurse at Lyster Army Health Clinic, gives Madeline Chapman, 7, the FluMist vaccination Nov. 6. The clinic's immunization department stayed open until 6 p.m. Nov. 6 to vaccinate school-age children and their parents.

PIGSKIN PICKS



Buffalo vs. Miami

Seattle vs. Kansas City

Atlanta vs. Carolina

Philadelphia vs. Green Bay

Detroit vs. Arizona

New England vs. Indianapolis

Pittsburgh vs. Tennessee

DOWN TIME

Artist Spotlight:
Michael T. Gilbert



Today's *Flash Gordon* Sunday page features a ghastly gallery of Mongolian monsters... so who better to illustrate it than *Mr. Monster* creator Michael T. Gilbert?

Known for the versatility of his art and writing styles, Michael has worked on characters as diverse as *Batman*, *Elric* and *Donald Duck*.

In 1984 he breathed life into the ultimate monster-fighting hero, *Mr. Monster*.

Mr. Monster ©2002 Gilbert



FLASH DISCOVERS A HIDDEN CHAMBER IN LONAK'S QUARTERS. IT APPEARS LONAK HAS BEEN DOING A LITTLE HUNTING.


THE KRONATORS ARENT ON A MINDLESS RAMPAGE, THEY'VE BEEN SEARCHING FOR SOMETHING... THEIR ARMS?

THE CROWN, IT WAS ATTACHED!

APPARENTLY ONCE YOU'RE THE RULER, THERE'S NO ABOLICATING THE THRONE.

BY TAO...

Just Like Cats & Dogs by Dave T. Phipps



OK, THESE TWO RINGS LOOK IDENTICAL, BUT IF I RUN INTO SOMEONE CARRYING A MAGNIFYING GLASS, YOU SAY THEY'LL SEE WHY I SPENT 4 TIMES AS MUCH?

Trivia test by Fifi Rodriguez

T R I V I A

- LITERATURE: What 19th-century novel's opening line is, "Call me Ishmael"?
- HISTORY: The Battle of Hastings was fought for control of which country?
- U.S. STATES: How much did the United States pay Russia for the Alaskan territory in 1867?
- MUSIC: Who sang the duet in the pop song "Ebony and Ivory"?
- GEOGRAPHY: Where is Mount Vesuvius?
- TELEVISION: Who played Morticia on "The Addams Family" TV series?
- INVENTIONS: Who pioneered the concept of a blood bank?
- ENTERTAINERS: Which entertainer also is known as "The Divine Miss M"?
- AD SLOGANS: Which company featured the ad slogan: "A diamond is forever"?
- FAMOUS QUOTES: What 20th-century civil-rights leader said, "Our lives begin to end the day we become silent about things that matter"?

See Page D4 for this week's answers.

Super Crossword **MARCH OF IDES**

ACROSS

- Keanu of "The Matrix"
- "— in Calico" (1946 hit)
- World Cup lover, say
- Is covetous of
- Mature nits
- Greek love goddess
- It's not too light or too heavy
- Practices to compete in
- Put on, as clothes
- Friend
- With 50-Down, "No need to shout!"
- A couple of
- Big, diverse collection
- Gets laryngitic
- Quarterback Manning
- Stars' cars
- Parcel (out)
- Lily-family member with long, narrow leaves
- Dictatorship
- Greeting statement in Mac ads

DOWN

- Stag's mate
- Road surface stuff
- Detoo
- Indexing aid
- Scoop
- Indira Gandhi's maiden name
- Low-altitude clouds
- Roman love god
- Dog pests
- PDQ
- Hit into
- Verdi heroine
- West Point freshman
- Wash up
- Agrees to participate
- Hyundai sedan
- Dwelling
- Fish-catching tool
- Giant of myth
- Theta lead-in
- African antelope
- Horn noises
- "To Kill a Mockingbird" father Finch
- Requiring no proof
- Exploitative type
- Extend apart
- In advance of
- Dry red wine
- 1980s David Hasselhoff series
- Bruins legend
- Bobby
- Made angry
- China's Chou En-—
- Tote around
- The Pelican State
- Tourist office publication
- They're very unegotistical
- Suffix with million
- Start
- Most drowsy
- Marvel superheroes
- Has the wheel
- Senator Harry
- Provide funds for
- "— knew that!"
- By means of
- Shocking fish
- Detroit-to-Memphis dir.
- Make — out of (refute)
- Ben Affleck film flop
- Dresden cry
- Etiquette guru Baldrige
- Fill up fully
- Book Club
- One-named flamenco fireball
- Demier — (latest thing)
- Nearly forever
- Hwys. and blvcs.
- Idea of March date
- "— Like Alice" (Peter Finch film)
- Pianist Peter and a Roman emperor
- Pollution-control org.
- Sacred song
- Actor Johnny
- Draw out
- YouTube clip, for short
- Right-angled pipe bend
- Author Tan
- Prioritize again
- Views rudely
- Film director Preminger
- Israeli native
- Mag. staffers
- Parsian king
- Go by bicycle
- "Have a bile"
- Here-there link
- See 28-Across
- "— living!"
- Gym pads
- Intro painting class, maybe
- Amiable
- Actor Hirsch
- Cocktail mixers
- Roman fountain name
- Evaluate
- Ice cream flavor, briefly
- Playwriting awards
- Pre-Easter stretch
- Lemon piece
- "A House — a Home"
- With 106-Down, Pepsi One and Coke Zero
- Hill makers
- Armed cavalry
- "Great" czar
- "One thing — time"
- Acne bit
- Idea of March cry
- Carpentry file
- Ltr. enclosure
- Rapa — (Easter Island)
- Like the x- or y-axis, briefly
- Fancy vase
- Actress Sommer
- Levy on real estate
- Memo-starting abbr.
- Erlurt article
- Economizes
- See 76-Down
- "I'm on —" (casino cry)
- Blot out
- Harsh light
- Sanctuary
- Bolo, e.g.
- Beethoven's "Für —"
- More impolite
- Hang in there
- Figures out
- Deep anger
- Eat dinner
- Sundial's 3
- Crater edge
- Alamos
- reaction
- Sporty truck, for short

Weekly SUDOKU by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ★ ★ ★

★ Moderate ★ ★ Challenging
★ ★ ★ HOO BOY!

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See Page D4 for this week's answers.

See Page D4 for this week's answers.

KID's CORNER

Junior Whirl by Hal Kaufman

SUM UP! You are asked to complete the addition problem at right by inserting digits 1-7 in such a way that each digit in the lower three rows is one more than the digit immediately above it. To begin, for instance, insert 2 under 1, 3 under 2, etc. repeating digits as necessary until all boxes are filled. What is the sum?

See if you can work it out.

WINNING WAY WITH WORDS

You can WIN every step of the way in this exercise. Object is to find progressively stepped-off WIN words in accord with these definitions:

- Take all the marbles (WIN, in play).
- Eye-Ricker signal.
- Give pair with a grimace.
- Starry time.
- Broaden's hat.
- Anytime measurement.
- Largest lake in Vt.
- How quickly can you find all of the words?
- Time limit: 2 min.

WIN TO GO! Mom has a handle on things in this holiday travel scene. To complete picture, add letters out to 80.

Wishing Well

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

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

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HOCUS-FOCUS BY HENRY BOLTHOFF



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

Ebola treatment unit for medical workers to open

By Sgt. 1st Class Nathan Hoskins
Joint Forces Command-United Assistance Public Affairs

MONROVIA, Liberia – The Monrovia Medical Unit, an Ebola treatment unit constructed specifically for the treatment of medical workers who were infected while caring for Ebola patients, is scheduled to open Saturday, located about 30 miles outside Monrovia.

“The Monrovia Medical Unit, otherwise known as an MMU, is different than an Ebola treatment unit – ETU – because our main purpose is to give hope to doctors and nurses as we will be treating any suspected or infected cases that happen around West Africa,” said Lt. Shane Deckert, the MMU facility engineer, with the U.S. Public Health Service.

No other facility like this exists, said Lt. Col. Lee Hicks, the Joint Forces Command-United Assistance command engineer.

“If an aide worker gets sick, they bring them to the MMU to get taken care of by the U.S. Public Health Service,” said Hicks. “It’s an incentive for health care workers to go work in an ETU, knowing that if they get sick, they’ll be taken care of.”

The 25-bed facility was con-



PHOTO BY SGT. 1ST CLASS NATHAN HOSKINS

The suspected ward of the Monrovia Medical Unit, which is an Ebola treatment facility specifically built for medical workers who become infected while caring for patients, stands silent before opening. Once open, this ward will house patients who are Ebola symptomatic but are awaiting their lab work to return. If they are tested positive, then they are moved to the confirmed ward, which is nearly identical to this one.

structed from the ground up by a team of Navy Seabees, Soldiers and Airmen from Joint Forces Command-United Assistance, and will be operated by personnel from the U.S. Public Health Service, said Hicks.

Before arriving to Liberia to help construct and run the MMU, medical personnel from the U.S. Public Health Service contacted other treatment facilities to compile and absorb as much information on best practices for ETUs, said Cmdr. Tom Janisko, a phy-

sician’s assistant with U.S. Public Health Service who will be working in preventative medicine there.

Once on the ground in Liberia, the U.S. Public Health Service team trained extensively before doing rounds at an active ETU, he said.

The MMU compound is separated into two – one side is the low-risk zone for medical workers and support staff; the other side is the high-risk zone for suspected and infected patients, he said.

The structure consists of 12 tents, four that make up an administrative area for staff members and eight that make up three wards for patients and other necessary services, said Deckert.

The administrative tents are where all the behind-the-scenes work happens -- the ordering of personal protective gear, scheduling, processing of paperwork, eating meals.

The high-risk zone is where the patients reside and receive treatment. Because of the contagious nature of the disease, the two halves do not connect in any way.

“The most acute ward would be for the patients who have Ebola,” said Janisko. This is the confirmed ward.

The other two wards are: one for patients suspected of having Ebola and a flex ward that will be used as needed, said Janisko. Patients will be cared for in the suspected ward while they wait for their blood tests to come back from the on-site laboratory.

“There’s nothing else like the MMU in Liberia,” said Hicks. “It has everything to take care of folks who may have Ebola or do have Ebola and help them recover from that deadly virus. It’s the first time it’s ever been built like this and used in this type of fashion.”

Along with the laboratory, there

is a pharmacy, behavioral health section, and a patient reception area on the grounds as well, said Janisko. Restrooms and showers are located behind the wards.

The reception area is unlike most in that it is outdoors. The patients speak to their friends and family members through a windowless structure that is six feet away from a similar structure on the other side of the compound’s fence.

Studies have shown that when Ebola is emitted from a patient due to a sneeze or spittle from a cough, it dies before traveling about a meter, said Janisko.

The entire fenced-in compound is nearly self-contained, needing only resupply of water, fuel and food, said Deckert. Fuel supplies two large generators that power the electricity and one small generator that powers the perimeter lighting. The water is for cleaning and decontaminating personnel and equipment.

Every detail was thought out, said Deckert. The complex is built on a slope so that any infectious materials or fluids would drain away from the safe zone in case of heavy rainfall.

There’s also an incinerator on site to dispose of used personal protective equipment so that no trace of the virus leaves the compound, said Deckert.

Health: Lifestyle changes can help prevent diabetes

Continued from Page D1

have pre-diabetes, because early treatment can prevent serious problems that diabetes can cause, such as loss of eyesight or kidney damage. Several risk factors increase a person’s risk for pre-diabetes. Take the U.S. Centers for Disease Control and Prevention’s test below to see if you are at risk.

Take the test — know your score

Answer these seven simple questions and add up your score to see your risk level.

Q: Are you a woman who has had a baby weighing more than 9 pounds at birth? (yes: 1 point;

no: 0 points.

Q: Do you have a sister or brother with diabetes? (yes: 1 point; no: 0 points)

Q: Do you have a parent with diabetes? (yes: 1 point; no: 0 points)

Q: Are you younger than 65 years of age and get little or no exercise in a typical day? (yes: 5 points; no: 0 points)

Q: Are you between 45 and 64 years of age? (yes: 5 points; no: 0 points)

Q: Are you 65 years of age or older? (yes: 9 points; no: 0 points)

Q: Do you weigh as much as or more than the weight listed for your height? (see chart below) (yes: 5 points; no: 0 points)

Height Weight (lbs)

4’10” 129

4’11” 133

5’0” 138

5’1” 143

5’2” 147

5’3” 152

5’4” 157

5’5” 162

5’6” 167

5’7” 172

5’8” 177

5’9” 182

5’10” 188

5’11” 193

6’0” 199

6’1” 204

6’2” 210

6’3” 216

6’4” 221

For each “yes” answer, add the

number of points listed. All “no” answers are 0 points.

If your score is 3-8

This means your risk is probably low for having pre-diabetes now. Keep your risk low. If you are overweight, lose weight. Be active most days, and don’t use tobacco. Eat low-fat meals with fruits, vegetables and whole-grain foods. If you have high cholesterol or high blood pressure, talk to your health care provider about your risk for Type 2 diabetes.

If your score is 9 or more

This means your risk is high for having pre-diabetes now. Make an appointment with your

health care provider soon.

Make a change for life

The good news is that those who are pre-diabetic can avoid becoming diabetic and even reverse their pre-diabetic status through lifestyle changes. Research shows that modest weight loss and regular physical activity can help prevent or delay Type 2 diabetes by up to 58 percent in people with pre-diabetes. Modest weight loss means 5 percent to 7 percent of body weight, which is 10 to 14 pounds for a 200-pound person. Getting at least 150 minutes each week of physical activity, such as brisk walking, also is important for prevention.

SPORTS BRIEFS

Big Buck Contest

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

Rucker Lanes Month of Military Family

Rucker Lanes will celebrate the Month of the Military Family by offering free bowling for children throughout November. Parents can bring children in for up to three free games and a shoe rental with the purchase of three adult games and a shoe rental. The offer cannot be combined with any other offer.

For more information, call 255-9503.

Youth deer hunt

Fort Rucker Outdoor Recreation will host a youth deer hunt Saturday from 4 a.m. to 6 p.m. The event is open to public for youth ages 7-15. Cost is \$20 and people must register at the outdoor recreation

service center located at West Beach, Lake Tholocco, in Bldg. 24235. Door prizes and lunch will be provided. Awards will be given to first-, second- and third-place winners. Parents and escorts of youth hunters must have a valid Alabama State Hunting License and Hunter Education Card.

For more information, call 255-4305.

Zumba Challenge

The Fortenberry-Colton Physical Fitness Center will host a two-

SEE BRIEFS, PAGE D4

PIGSKIN PICKS



Clemson vs. Georgia Tech

Army vs. West Kentucky

South Carolina vs. Florida

Mississippi State vs. Alabama

Nebraska vs. Wisconsin

Auburn vs. Georgia

Florida State vs. Miami

 David C. Agan Jr. RAO (41-29)							
 Kent Anger OPTMS (41-29)							
 Sgt. 1st Class Brian Brenner JCOA (39-31)							
 Wes Hamilton NCO (40-30)							
 John Tkac CPS (45-25)							

KNOWLEDGE

THE OFFICIAL SAFETY MAGAZINE OF THE U.S. ARMY

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1-800-GO-GUARD NationalGuard.com

Weekly SUDOKU

Answer

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

TRIVIA

Answers

1. "Moby-Dick"
2. England
3. \$7 million
4. Paul McCartney and Stevie Wonder
5. Italy
6. Carolyn Jones
7. Dr. Charles Richard Drew
8. Bette Midler
9. De Beers
10. Martin Luther King Jr.

PUZZLE ANSWERS

Super Crossword

Answers

REEVES	AGAL	SOCCERFAN
ENVIES	LICE	APHRODITE
IDEALWEIGHT	TRAINS	FOR
DON	PAL	I HEAR TWO
WIDEVARIETY	HOARSENS	
WELI	LIMOS	METE
SPIDERPLANT	TYRANNY	
IMAPC	DOE	TARARTOO
TAB	INSIDESTORY	NEHRU
STRATI	AMORTICKS	
ASAP	COLLIDewith	AIDA
PLEBE	LAVE	OPTSIN
AZERA	INRESIDENCE	NET
TITAN	ETA	GNU TOOTS
ATTICUS	SELFEVIDENT	
USER	SPLAY	ERE
CABERNET	KNIGHTRIDER	
ORR	RILED	LAI
LOUISIANA	TRAVELGUIDE	
ALTRUISTS	AIRE	OUTSET
SLEEPIEST	XMEN	STEERS

FEELING STRESSED BECAUSE YOU'VE BEEN TOLD "NO!" BY OTHER DEALERS?

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SPORTS BRIEFS

Continued from Page D3

hour Zumba Challenge Nov. 20 from 5:30-7:30 p.m. The cost is \$3.50 or people can use their Fitness Card. Door prizes will be given and refreshments will be provided. The challenge is open to all authorized patrons.
For more information, call 255-3794.

Turkey Trot
The annual Turkey Trot 5K/10K and 1-Mile Fun Run will be held Nov. 22 starting at 9 a.m. at the Fort Rucker Physical Fitness Center. Race day registration will be between 7:30-8:45 a.m. Participants are encouraged to pre-register at either physical fitness center. The fun run will begin after the 5k/10k race is complete, and is free and open to all children. Each fun run participant will receive a medal. The 5k/10k costs are \$20-25 individual and \$120-160 for teams.
For more information, call 255-2296.

Turkey Shoot Out
Silver Wings Golf Course will host a Turkey Shoot Out Nov. 22. Tee times are 7-9 a.m. and cost is \$20 per player, plus cart and green fees if applicable. For individual stroke play, U.S. Golf Association Handicap or Weekend Dogfight points will be used. Gift certificates and turkeys will be awarded as prizes to gross and net winners. The event is open to the public and Exceptional Family Member Program friendly. People need to register by Nov. 22 at 9 a.m.
For more information, call 598-2449 or 598-1632.

Zombie Bowl
Rucker Lanes will host its Zombie Bowl Nov. 28 from 10 a.m. to 4 p.m. Cost is \$50 per lane and includes two one-topping 12-inch flatbread pizzas, pitcher of soda or tea, bowl of tortilla chips and salsa, shoe rental and unlimited bowling for up to six people per lane. The event is open to the public. Advance registration is recommended.
For more information or to make a reservation, call Rucker Lanes at 255-9503.

The 'Real' Iron Bowl
Silver Wings Golf Course will host its "Real" Iron Bowl Nov. 29. Tee times begin at 7 a.m. The entry fee is \$20 – green and cart fees not included. U.S. Golf Association rules apply to all play, except for local rules. Prizes will be awarded to the Low Gross, Low Net and Most Team Spirit. The tournament format is Alabama Fans vs. Auburn Fans, four-person teams, best two balls of four. People can sign up the day of the event and let the staff know if they are for Alabama or Auburn. People can register individually or as a team.
For more information, call 598-2449 or 598-1632.

SWG Pro Shop holiday sale
Silver Wings Golf Course's Pro Shop will host its holiday sale Dec. 1-24. People who purchase an item from the shop during that timeframe will have a chance to choose a stocking from the tree. There will be a special holiday discount inside each stocking and that special discount will be applied to the purchase. The sale does not include demo club purchases, range tokens, club repair or grip replacement services.
For more information, call 598-2449.

Youth spring soccer registration
Fort Rucker Child, Youth and School Services will hold spring youth soccer registration Dec. 1-31. Cost is \$20 for youth ages 4-5 and \$40 for youth ages 6-13. Additional children beyond the first can be registered for a percentage discount to be determined at parent central services during registration. Parents who pay by WebT-rac will need to call in their children's shirt and short sizes. Leagues are Training League for ages 4-5; Pee Wee League for ages 6-7; Mites League for ages 8-9; Junior League for ages 10-11; and Senior League for ages 12-13.
A current sports physical and a valid CYSS registration are required for participation. Children must meet age requirements by Aug. 1, 2014. There will be a parent's meeting Feb. 4 at 6 p.m. at the youth center gymnasium, Bldg. 2800, Seventh Avenue. Season begins Feb. 23 and runs until March 26. Soccer practice begins Feb. 9.
Coaches are needed, and those interested should call 255-2257 or 255-2254.
For more information and to register, call the above numbers or 255-9638.

Turkey Burn
Fortenberry-Colton Physical Fitness Center will host its Turkey Burn for two sessions Dec. 1 from 10 a.m. to 2 p.m. and 4-8 p.m. There will be door prizes awarded, and fruit and water will be available to all participants. The event includes classes such as Zumba, Tabata, Spin, Bodyweight Strength and Cardio, Yoga and more. These four-hour fitness marathons are designed to help people burn off those extra dinner calories. The marathon will include a variety of classes, with a mixture of instructions every thirty minutes. The cost is \$3.50 per four-hour session, unless patrons have a monthly class card. The event is open to authorized physical fitness center patrons.
For more information, call 255-3794.

Dove shoot
Outdoor recreation will host a dove shoot Dec. 6 at a half hour before sunrise until sunset in Training Areas 21 and 15. This event has a 25 hunter maximum-allowed limit. Cost is \$25 per person. Youth ages 6 to 15 are allowed to hunt with a guardian, with the understanding that they must sit side by side. Hunters will receive a sack lunch with bottled water.
For more information and to register, call 255-4305.

Stars and Strikes
Rucker Lanes will host its Stars and Strikes Dec. 7 in honor of Pearl Harbor Remembrance Day from 10 a.m. to 10 p.m. The event will feature 25-cent bowling per person and 50-cent shoe rental. Regular pricing applies to other menu items. There will be limited lane availability beginning at 5 p.m.
For more information, call 255-9503.

Thomas F., Student
Veteran. Psychology. Family Man.

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