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women

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ARMY FLYER

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AUGUST 29, 2013

Post urges people to 'Embrace Life'

By Nathan Pfau
Army Flier Staff Writer

Suicide can be a touchy subject for people to talk about, but Army leadership feels awareness outweighs the decision to keep quiet on the matter.

September is Suicide Prevention Month and Fort Rucker is doing its part to make sure that it does what it can to bring the issue to the forefront and educate people, according to Traci Dunlap, suicide prevention program manager.

"This is a time that we use to reflect on what's going on community wide, not just in the Army because it's not just an Army issue," said Dunlap. "We're taking time out to recognize what's going on and providing events to bring the focus back to living life, and enjoying what we have going on every day with our families and friends."

Fort Rucker's theme this year is "Embrace Life," and that's exactly

what Dunlap said she hopes people will do throughout September.

Two main events will be held on the installation to bring awareness to the problem of suicide, and one is sure to get people educated in an unconventional way, said the program manager.

The "Theater of War," which is a dramatic reading of scenes from Sophocles' "Ajax" put on by Outside the Wire, is an ancient Greek war play that will come to Fort Rucker Sept. 5, and feature actors Reg. E. Cathey, whose credits include "The Wire," "Oz," and "Grimm," and Juliana Francis-Kelly, whose credits include "The Cherry Orchard," "Oedipus after Colonus," and "Burn This."

"The play reflects on war, suicide, death and the effects of war, and it's a way to relate to Soldiers in the military," said Dunlap. "What the Soldiers went through back then, some

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PHOTO BY SARA E. MARTIN

Col. Stuart J. McRae, Fort Rucker garrison commander, stands with actor Brendan Griffin and Bryan Doerries, Outside the Wire artistic director, and talks to the audience during the alcohol abuse awareness training at the post theater in May. The "Theater of War" production is also put on by Outside the Wire and is a dramatic reading of scenes from Sophocles' "Ajax," an ancient Greek war play that will come to Fort Rucker Sept. 5 to bring awareness for Suicide Prevention Month.



PHOTO BY SARA E. MARTIN

Sleight of hand

Wayne Hoffman, illusionist and hypnotist, returned to Fort Rucker Friday when he performed at The Landing, and had a meet and greet with installation workers and Soldiers at Rucker Lanes. "I am excited to be back," he said. "Words can't describe what an honor it is to be here. For an entertainer to be here for Soldiers is an honor beyond anything you could imagine." Here, Hoffman performs with the help of Staff Sgt. Matthew Taylor, 1-107th Airfield Operations Battalion, at Rucker Lanes.

Lyster opens new behavioral health clinic

By Katherine Rosario
Lyster Army Health Clinic Public Affairs

More than 40 senior leaders from Fort Rucker joined Lyster Army Health Clinic Aug. 22 in a ceremony to commemorate the opening of the new behavioral health clinic.

The behavioral health clinic was given priority as the first project in a long list of upgrades at LAHC because of the pressing behavioral health needs of Soldiers.

At twice its original size, the \$2.5 million upgrade allows for new modalities, such as group therapy, tele-behavioral health and a bio-feedback lab.

"Soldiers, Sailors, Airmen, Marines and their families are beginning to collectively understand that the care they receive by behavioral health is as important as the care they may receive in family medicine, flight medicine or any type of specialty care," said Col. James Laterza, commander of LAHC.

The new facility will continue to eliminate stigma about seeking care for behavioral health issues and the size of the new clinic will allow staff to develop new offerings for Fort Rucker's Soldiers, Laterza said.

Since 2007, the Army grew the force of behavioral health professionals by 90 percent, adding nearly 1,700 professionals to behavioral health teams. The cost of that expanded effort, programs and facilities nears \$400 million on an annual basis. Plans call



COURTESY PHOTO

Col. James Laterza, commander, LAHC; Leslie George, behavioral health clinic staff member; and Dr. Barry Funkhouser, chief, behavioral health clinic, cut the ribbon on the new behavioral health clinic Aug. 22.

for the uniformed behavioral health provider force to grow by 1,000 personnel by fiscal year 2017.

"Through the commitment of the AMEDD and that of the Army, it is clear that the behavioral health needs of our patients are be-

ing met and that their command teams understand the brain is an organ that sometimes needs a tune up," Laterza said.

The clinic is now located near the front of the building and shares an entrance with MRI.

Wildlife course shares Army knowledge

By Nathan Pfau
Army Flier Staff Writer

More than 60 landowners and managers from across the South came to Fort Rucker to learn about the installation's conservation efforts, as well as share their experiences.

The Directorate of Public Works, in conjunction with the Natural Resources Conservation Service and the Alabama Association of Conservation Districts, Fort Rucker hosted the Wildlife School for Landowners course Aug. 22 and Friday, and the installation couldn't have asked for a better turnout, said Doug Watkins, DPW Natural Resources Branch manager.

"The turnout was excellent and the weather was perfect," he said. "This partnership program with NRCS was a great opportunity to exhibit the land management practices that are here on Fort Rucker, and it was helpful to discuss the other options with other land managers as we are all searching for ways to cut costs and improve results."

The two-day course consisted of classroom time and time spent in the field. The indoor sessions covered topics ranging from wild pig damage and control, introduction to timber management, managing pine for native plants, deer management, and managing food plots and wildlife openings.

"The subject matter that we covered was an accumulation of topics that are common to all land managers in the Wiregrass area," said Watkins. "We have found economical ways to successfully address many of these areas and we are proud to showcase this effectiveness."

The day following the classroom sessions gave participants a chance to get their boots dirty and actually see the conservation efforts that Fort Rucker has in place, and many were impressed by what they saw.

"We wanted to see what type of wildlife and timber management practices were being accomplished on Fort Rucker," said Tim Albritton, NRCS state staff forester, "and the amount of timber and wildlife management is at a higher level than expected; I was pleased to see this."

The group was taken to different locations throughout the installation and shown a variety of conservation efforts in timber management, such

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PERSPECTIVE

Drowning doesn't look like drowning

By retired U.S. Coast Guard
CW2 Mario Vittone
Norfolk, Va.

(Editor's note: This article is courtesy of the U.S. Army Combat Readiness/Safety Center. Mario Vittone retired from the U.S. Coast Guard after 22 years in maritime operations. He now directs the maritime division at VLink Corporation.)

The new captain jumped from the deck, fully dressed, and sprinted through the water. A former lifeguard, he kept his eyes on his victim as he headed straight for the couple swimming between their anchored Sportfisher and the shore.

"I think he thinks you're drowning," the husband said to his wife. They were splashing each other and she had screamed, but now they were just standing on the sand bar in neck-deep water.

"We're fine, what is he doing?" she asked, a little annoyed. "We're fine!" the husband yelled, waving him off, but the captain kept swimming hard.

"Move!" the captain barked as he hurried past the stunned owners. Directly behind them, not 10 feet away, their 9-year-old daughter was drowning. Safely above the surface in the arms of the captain, she burst into tears, "Daddy!"

How did this captain know – from 50 feet away – what the father couldn't recognize from just 10? Drowning is not the violent, splashing call for help most people expect. The captain was trained by experts to recognize drowning and had years of experience. The father, on the other hand, learned what drowning looks like by watching television.

If you spend time on or near the water (hint, that's all of us) then you should make sure you and your crew know what to look for when people enter the water. Until she cried a tearful, "Daddy," the girl hadn't made a sound.

As a former Coast Guard res-



COURTESY FLICKR PHOTO

When participating in any type of water-related activity, it is important to identify the hazards and to know your limits. In just minutes, even strong swimmers can tire rapidly in cold water and become unable to help themselves. From FY08 - FY12, the Army lost an average of six Soldiers per year to off-duty, water-related activities.

cue swimmer, I wasn't surprised at all by this story. Drowning is almost always a deceptively quiet event. The waving, splashing and yelling that dramatic conditioning (read: television) prepares us to look for is rarely seen in real life.

The Instinctive Drowning Response – named by Francesco A. Pia, Ph.D. – is what people do to avoid actual or perceived suffocation in the water. And it does not look like most people would expect. There is very little splashing, no waving and no yelling or calls for help of any kind. To get an idea of just how quiet and undramatic from the surface drowning can be, consider this: It is the No. 2 cause of accidental death in children ages 15 and under (just behind vehicle accidents). What's more, of the approximately 750 children who will drown next year, about 375 of them will do

so within 25 yards of a parent or other adult. In some of those drownings, the adult will actually watch them do it, having no idea it was happening. Drowning does not look like drowning.

Pia, in an article in the fall 2006 issue of the Coast Guard's "On Scene" magazine, described the Instinctive Drowning Response like this:

1. Except in rare circumstances, drowning people are physiologically unable to call out for help. The respiratory system was designed for breathing. Speech is the secondary or overlaid function. Breathing must be fulfilled before speech occurs.

2. Drowning people's mouths alternately sink below and reappear above the surface of the water. The mouths of drowning people are not above the surface of the water long enough for them to exhale, inhale and call out for

help. When drowning people's mouths are above the surface, they exhale and inhale quickly as their mouths start to sink below the surface of the water.

3. Drowning people cannot wave for help. Nature instinctively forces them to extend their arms laterally and press down on the water's surface. Pressing down on the surface of the water permits drowning people to leverage their bodies so they can lift their mouths out of the water to breathe.

4. Throughout the Instinctive Drowning Response, drowning people cannot voluntarily control their arm movements. Physiologically, drowning people who are struggling on the surface of the water cannot stop drowning and perform voluntary movements such as waving for help, moving toward a rescuer or reaching out for a piece of rescue equipment.

5. From beginning to end of the Instinctive Drowning Response, people's bodies remain upright in the water with no evidence of a supporting kick. Unless rescued by a trained lifeguard, these drowning people can only struggle on the surface of the water for 20 to 60 seconds before submersion occurs.

However, this doesn't mean that a person who is yelling for help and thrashing isn't in real trouble. They are experiencing aquatic distress. Not always present before the Instinctive Drowning Response, aquatic distress doesn't last long. But unlike true drowning, these victims can still assist in their own rescue by grabbing lifelines, throw rings, etc.

Look for these other signs of drowning when persons are in the water:

- Head low in the water, mouth at water level;
- Head tilted back with mouth open;
- Eyes glassy and empty, unable to focus;
- Eyes closed;
- Hair over forehead or eyes;
- Not using legs, vertical;
- Hyperventilating or gasping;
- Trying to swim in a particular direction but not making headway;
- Trying to roll over on their back; and
- Appear to be climbing an invisible ladder.

So if a crewmember falls overboard and everything looks OK, don't be too sure. Sometimes the most common indication that someone is drowning is that they don't look like they're drowning. They may just look like they are treading water and looking up at the deck.

One way to be sure is to ask them, "Are you all right?" If they can answer at all, they are probably OK. If they return a blank stare, you may have less than 30 seconds to get to them to safety.

And parents, children playing in the water make noise. When they get quiet, you need to get to them and find out why.

Rotor Wash

“Football season is right around the corner. How do you like to prepare for big games or the upcoming season?”



Pfc. Alyssa Edenburn,
1st Bn., 11th Avn. Regt.

"I always make sure my DVR is ready so I can record them on the TV."



Spc. Joseph Christensen,
1st Bn., 11th Avn. Regt.

"I don't. I just try to catch them on the Internet if I can't watch them on cable."



William Hutchinson,
retired Army

"The key is to stay prepared all year long. I am always ready for college football. Roll Tide."



CW3 Rick Deans,
Army Field Support
Battalion, Yokohama
North Dock, Japan

"We send invites out for the big games. We get the jerseys out and stock up on beverages."



WO1 Brad May,
628th Aviation Support
Battalion

"I like to tailgate."

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

Post promotes equal rights for women

By Nathan Pfau
Army Flier Staff Writer

In a society where equal rights is still a hot topic of discussion, the installation looked back at one group’s fight for equality in order to move forward into the future.

Fort Rucker celebrated Women’s Equality Day Monday in the atrium of Bldg. 5700 with displays, food, and discussion as a way to educate people on not only where women’s equal rights came from, but where they are now and where they are headed, according to Faye Brooks, Federal Women’s Program chairperson.

The special emphasis program committee and the equal employment opportunity office came together to put on an event worthy of Women’s Equality Day, a day that Fort Rucker celebrates each year to commemorate women’s struggles and the day they earned the right to vote, said Brooks.

“We like to bring it to the forefront here at Fort Rucker to emphasize the contributions that women have made in the past and are making today,” she said. “It makes me feel very inspired and motivated to see the things women have had to go through to get to where we are today, and I’m so proud of the outstanding achievements of women, past and present.”

Refreshments were set up for people to enjoy with fruit, snacks and cake, as well as a mini health fair that men and women could take part in to have their blood pressure checked, pulse checked, have a body composition analysis done and learn about general nutritional care.

There was even a quiz given to those who wanted to test their knowledge of women’s history



PHOTO BY NATHAN PFAU

Charlene Franklin (right), administrative officer for the Directorate of Plans, Training, Mobilization and Security, administers a quiz to Soldiers to test their knowledge of women’s history during a Women’s Equality Day celebration in the atrium of Bldg. 5700 Monday.

and the history of women’s suffrage with prizes awarded to those who participated.

The event also consisted of displays set up that people could visit and learn about the history of women’s rights, as well as learn about some of women of today in leadership positions here on the installation.

“For this year’s program, we were lucky enough to get the biographies of some of the female leaders here on Fort Rucker,” said Brooks. “We also have those women on hand to meet with the public as they walk through.”

Two of those women were 1st

Sgt. Jessica Houpper, B Company, 145th Aviation Regiment, and Capt. Carmel Cammack, C Co., 1st Bn., 13th Avn. Regt. commander, who wanted to share their stories and show that they were no different than anyone else in their positions.

“I just wanted to show that we’re approachable,” said Cammack, who is also an OH-58 Kiowa pilot. “Regardless of rank or position, female or otherwise, we’re just people, and I wanted to put a different face on commanders, leaders and senior leadership.”

“I wanted to show a different

perspective of women in the military,” added Houpper. “Male or female, anybody is capable of doing what we do or achieving our ranks, and I feel that we’ve come a long way and I think we’re heading in the right direction. I’m riding on the skirt tails of those who came before me, so I think we’ve come pretty far.”

Women have undoubtedly come a long way from where they started, but many agree that when it comes to equal rights, the country isn’t fully there yet.

“I just believe that everybody deserves the same, equal rights as everyone else – it’s as simple as

that,” said Sgt. Edward Sigler, B Co., 1st Bn., 13th Avn. Regt. “I can’t speak from a woman’s perspective, but it definitely wasn’t right the way women were treated in the past. As you can see, we’ve come a long way and that makes me happy to see, but we’re not there yet.”

Brooks agreed.

“Even though we’ve made great strides, we still have a lot of work to do,” she said. “We need to work hard to make sure that women receive equal pay for equal work and things of that caliber, and events like these are a step in the right direction.”

Dining facilities thank Soldiers for service

By Sara E. Martin
Army Flier Staff Writer

Wading through the humdrum of the everyday work week can hinder morale, so the dining facilities decided to show Fort Rucker Soldiers they are appreciated.

Both DFACs held a Soldier appreciation meal during lunch Aug. 22 where Soldiers were treated to a special one-of-a-kind meal for the price of a typical lunch, said Catherine Holmes, food program manager.

“We wanted to do something special for the Soldiers,” she said. “We want them to realize that we care about them and appreciate their service.”

The 98th Army “Silver Wings” Jazz Band performed for Soldiers at the Bldg. 5914 location, and a decorated cake was cut and served to Soldiers to celebrate.

The meal was more than ordinary, with the serving of crab legs, prime rib, shrimp and rib eye steaks.

“We let them get more than one meat, so the meal is more like a holiday meal in a way because it is heartier,” said the food program manager. “Part of the Army’s mission is to create healthy war fighters, and that is what we do every day.”

Civilians were also allowed to enjoy the

special meal, and members of the command team also joined in on the celebration.

“It’s just one more way that we can thank them for their service to our country,” said Walter Kramer, director of logistics. “We want to promote healthy eating and healthy living, and this is just a small way to encourage those habits.”

The event was geared towards reminding Soldiers that they are appreciated for their everyday work, not just the work they do overseas, said Ramonia Brown, Bldg. 5914 dining facilities manager.

“It is nice to come to an environment where they can have a good, full meal with music,” she said. “We want to show them that we appreciate them eating here at the dining facilities.”

A meal like this will also keep Soldiers motivated, she added.

“If they are having a bad day, then get something wholesome in their stomach, it can to turn the entire day around,” she said.

CW4 Brian Umstead, 166th Aviation Brigade, out of Fort Hood, Texas, said that it felt really good to be appreciated for everyday work.

“It makes me happy to see that on an everyday basis there are people out there that appreciate the sacrifices we make,” he



PHOTO BY SARA E. MARTIN

Col. Stuart J. McRae (right), Fort Rucker garrison commander, shares a meal with other senior leaders at the Soldier Appreciation Meal Aug. 22, at Bldg. 5914.

said. “I usually eat at the DFAC and this is by far the best meal I have had so far.

“It feels like they have put a special touch on everything from the food and atmosphere to the decorations,” he added. “It worked – it is going to be a memorable day. I am glad they decided to do this and I am sure everyone else is, too.”

Kramer said that he was approached by several Soldiers who thanked him for the excellent meal.

“It’s nice to see their smiles. It is a great feeling when Soldiers come up to you and shake your hand,” he said. “It has made my day knowing that they are enjoying themselves.”

News Briefs

PTS Outreach Program

The Army Training and Doctrine Command Post-Traumatic Stress Outreach Program returns to Fort Rucker Sept. 10 and 11. The program brings Bob Delaney, a motivational speaker, post-traumatic stress expert, retired NBA referee and former undercover New Jersey State Trooper who infiltrated organized crime, to the post to help increatse PTS awareness.

Mr. Delaney will speak Sept. 10 at 1:30 and 3:30 p.m., and Sept. 11 at 9:30 a.m. and 1 p.m., all at the post theater. The event is open to all U.S. Army Aviation Center of Excellence and Fort Rucker Soldiers, civilians and Family members.

Volunteer drivers

Lyster is looking for volunteers to drive the golf cart, which runs from the parking lot to the front entrance of the clinic and temporary pharmacy. The clinic is in need of volunteers who can work on rotating shifts until 4 p.m. during the week — even one hour of helping patients to and from the clinic is helpful.

For more information or to sign up, call 255-7358.

Honoring patients

Lyster wants to share what makes its patients great American heroes, according to the clinic’s public affairs representative. Each month Lyster will honor a

patient on the clinic TVs, its Facebook page and in the post newspaper. Honorees’ name, a brief description of their military contributions and a photo will be included. Soldiers, retirees, spouses and children can all participate.

To sign up or nominate a friend or Family member, send an e-mail to katherine.i.rosario.civ@mail.mil.

Opportunity knocks

The following internal positions are available on Fort Rucker: Budget Analyst, SCEG13681195943311, GS-0560-11, closing date Sept. 5; Training Specialist (SERE/PR), SCEG13675543908272, GS-1712-12, closing date Sept. 5; and Security Guard, SCEG-KB164517746046, GS-0085-04, closing date Sept. 13.

For more, check out www.usajobs.gov.

CIF closure

The Fort Rucker Central Issue Facility will close for inventory Sept. 23-27. The facility will resume normal operating hours Sept. 30.

For more information, call 255-1095.

Funded Legal Education Program

The Office of the Judge Advocate General is accepting applications for the Army’s Funded Legal Education Program. Under this program, the Army projects

sending up to 25 active duty commissioned officers to law school at government expense. Selected officers will attend law school beginning in the fall semester of 2014 and will remain on active duty while attending law school.

Interested officers should review Chapter 14, AR 27-1 – The Judge Advocate General’s Funded Legal Education Program – to determine their eligibility. This program is open to commissioned officers in the rank of second lieutenant through captain. Applicants must have at least two, but not more than six, years of total active federal service at the time legal training begins. Eligibility is governed by statute (10 U.S.C. 2004) and is non-waivable.

Eligible officers interested in applying should immediately register for the earliest offering of the Law School Admission Test. Applicants must send their request through command channels, to include the officer’s branch manager at Army Human Resources Command, with a copy furnished to the Office of The Judge Advocate General, ATTN: DAJA-PT (Ms. Yvonne Caron-Rm 2B517), 2200 Army Pentagon, Washington, DC 20310, to be received by Nov. 1. Submission of the application well in advance of the deadline is advised.

Interested officers should call the Fort Rucker Office of the Staff Judge Advocate at 255-2547 for further information.

Corvias rebrands, services remain same

By Sara E. Martin
Army Flier Staff Writer

Some may argue that change is not something to be feared but welcomed, and in the past few months residents in housing may have noticed some slight changes.

Picerne Military Housing changed its name to Corvias Military Living and has begun rebranding its image, said Matthew Roe, communications specialist.

“To continue to grow the brand we moved into higher learning housing at universities and colleges, so Corvias Student Housing was established,” he began. “With that, we created a parent company to keep the two divisions under the same company and Picerne was rebranded to bring uniformity to the parent company.”

Corvias is Latin for ‘by way of the heart,’ which is reflective of the company’s mission of Families first.

Corvias is working towards updating all of its signage, which is estimated to be completed by December next year.

“Some more immediate things – we have redone our website, our monthly newsletters and our maintenance technicians out in the neighborhoods have new uniforms,” said Roe.

The new website is www.rucker.corviasmilitaryliving.com.

While the company name and image has changed, the people behind the work have not, said Roe.

“The people are the same, the services are the same, the community center hours and services will not change,” he said. “We just have a new name and a new image.”

Roe said there will be no change in Corvias’ quality of service and that people can expect the same things they have always received from the company.

Corvias held a safety fair Friday for post residents to help reinforce the fact that its philosophy is not changing.

“National Night Out is a national safety awareness night where community emergency responders like police, firemen and paramedics meet with their community so they can help educate them,” he said. “We want to help support community safety so this was the day where we could participate.”

There were several vendors at the fair, including the stray facility, the provost marshal’s office, the American Red Cross, and there was an appearance by McGruff and Sparky the fire dog.

Games, door prizes and an inflatable were all there for the benefit of participating children.



PHOTO BY SARA E. MARTIN

Staff Sgt. Lani Yearicks, 98th Army Band, with her sons, Thomas and Robert, meet Peanut, a puppy that was adopted from the Fort Rucker Stray Facility, at Corvias Military Living’s Safety Fair Friday.

“We want people to be safe in their homes and in their communities,” he said. “This fair was just to remind people about general safety, so we can prevent accidents and any hazards from developing.”

The military encourages safety, but Roe said that the old saying that everyone is a safety officer was kind of the theme for the fair.

“One lapse in judgment can create a dangerous situation, but safety is paramount on

an Aviation installation,” he said. “Sometimes accidents happen, though, and preventive safety measures can prevent that.”

Staff Sgt. Lani Yearicks, 98th Army Band, said that it was “awesome” there was a fair because both adults and children benefited from it.

“It is such a safe environment living on post anyway, but getting the additional knowledge they provide at these fairs is wonderful,” she said. “It is always good

to reinforce all types of safety to kids because the more you teach them when they are younger the more likely they are to remember it as adults when they move out on their own.”

If residents and employees would like to turn in old Picerne Military Housing merchandise, clothes or office items, Corvias representatives ask that they return them to the Corvias headquarters building on Andrews Street so they can be recycled.

TAKE TWO

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Post: Observation key to prevention

Continued from Page A1

Soldiers are going through today, so to make that comparison is really interesting.”

The show is meant to be a catalyst for a town hall meeting that will follow the performance to discuss not only matters of suicide, but also combat stress, alcohol and substance abuse, and the impact of war on individuals, Families and communities.

The town hall will consist of panelists who have experienced similar situations, and each panelist will tell a bit of his or her story to open up discussion with the audience.

“This is a way for us to hear (people’s) feedback and have them ask their questions,” said the program manager. “We want to get some dialogue going so we can find out how people feel about this topic and how it’s affected others.

“That kind of thing can be therapeutic in and of itself – just being able to speak about it,” she continued. “You never know, it could be the first time that some of these people are expressing these emotions.”

The event will be held in three sessions: 7:30-9:30 a.m., 10 a.m. to noon, and 1:30-3:30 p.m., and all who wish to

attend must register by emailing rebecca.l.obrien10.civ@mail.mil.

Another event that the installation will host is the Strike Out Suicide Bowling Tournament Sept. 11 and 18 at the bowling center, followed by an awards luncheon Sept. 25 for awards presentations to the winners.

“We want to remind people to look and see there are a lot of great things going on here on our installation that they should take advantage of,” said Dunlap.

Although the events are meant to bring the focus to suicide prevention, it’s not an issue that Fort Rucker or the Army can fight alone. People need to look out for signs of suicide and be a friend to those who seem at risk, added the program manager.

“Everybody is not going to show signs of suicide, but the majority of people will show some type of sign,” she said. “If they are extremely sad or depressed, especially if it’s a prolonged sad or depressed state, then people should take note.”

Dunlap also suggests that people stay on the look out for people that seem lonely or those that seem to be alone all the time. Also, if a person is having to deal with multiple issues at once, such as physical illness, financial problems

or problems in their relationship, she suggests people try and be there for their friend.

“If a person has several of those things going on at once, it can be too hard for anyone to handle,” said Dunlap.

One of the best things to do if people encounter a friend or person that indicates any of these sign is to just ask them, she said.

“You don’t have to ask them about suicide immediately, just ask how they’re doing,” said the program manager. “You’d be amazed at what just asking something like that can open up and what kind of relief it brings for someone to be able to say what’s going on with them.”

Some people might feel that it’s too much of a burden to take on someone else’s issues or that they aren’t qualified to handle issues like that, but it’s not about being qualified, it’s about being there for the person in a time of need, said Dunlap.

“If anything, you’re qualified to be a friend or a confidant, and usually that’s what they need in that split second,” she said.

For more information, call 255-7010, or to register for “Theater of War,” email rebecca.l.obrien10.civ@mail.mil.

Knowledge: Trapping aids post resource conservation

Continued from Page A1

as thinning timber, how to deal with invasive species, prescribed burning, timber stand improvement and erosion control

From there, the landowners and managers were shown, in detail, how Fort Rucker traps coyotes as well as feral pigs, which are a detriment to the installation’s turkey and deer populations.

More than 130 coyotes have been caught with traps since 2011 and more than 820 feral pigs have been trapped since 2009, said Ed Janasky, DPW director.

“The cost to us every year because of feral pigs is tremendous due to their destructive nature,” he said. “The fact is we’re trying to grow our turkey and deer populations out here, and the feral pigs and coyotes are destructive to that project and it’s essential that we address the problems that we’ve got.”

Fort Rucker’s goal is biodiversity, as it supports military training, and part of that is maintaining healthy ecosystems throughout the installation, said Watkins. Attendees were able to see impacts of the various management systems and how they compliment each other, and it’s important to share this information so that people and entities can learn from each other, he added.

“Although management objectives remain fairly constant, the techniques to accomplish those objectives are constantly changing,” said the branch manager. “Costs and environmental impacts are among the greatest concerns we have in accomplishing our mission in land management, and maintaining an open dialogue with all involved is the best way to advance programs.”

Albritton agreed.

“The partnership with Fort Rucker is very important,” he said. “The military is entrusted with this valuable resource, and part of their responsibility is to show the public it is being managed in a wise manner. Partnering with groups that have private landowners in their membership is a good way to help accomplish this public education task.”



PHOTO BY NATHAN PFAU

James Bruner, wildlife biologist, explains the construction and workings of one of the pig traps located on Fort Rucker during the Wildlife School for Landowners day in the field Friday.

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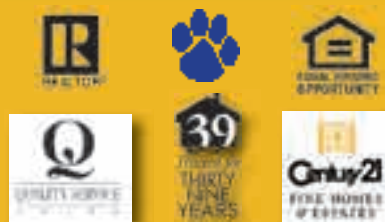
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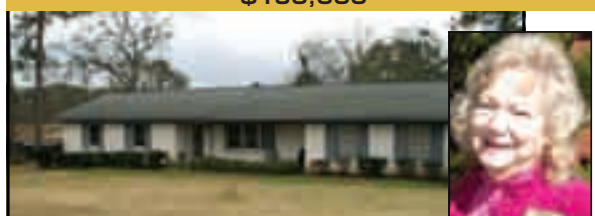
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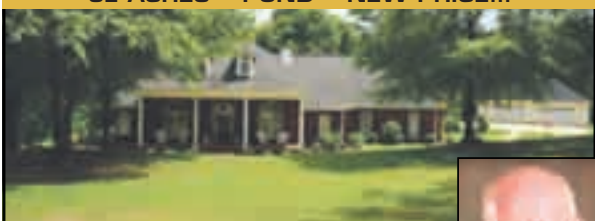
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Parade honors 2nd GSAB Soldiers

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

BLACK FOREST, Colo. — Army heroes were celebrated by a city recovering from a devastating wildfire that started in early June during the annual Black Forest parade, in Black Forest, Colo., Aug. 17.

This year's Black Forest Parade was a very special one, because it honored the heroes who saved the city, said Sharon Conley, Black Forest parade coordinator.

The Soldiers from 2nd General Support Aviation Battalion, 4th Aviation Regiment, 4th Combat Aviation Brigade, 4th Infantry Division, appreciated the recognition.

"It was a phenomenal opportunity for 4th CAB to be honored at the parade, especially for 2nd GSAB, 4th Avn. Reg.," said Lt. Col. Tyler Smith, battalion commander, 2nd GSAB. "It was great to spend some time with the Black Forest

community. It was nice to connect with the people we helped and it was a chance to share pride in what we all have accomplished."

The 2nd GSAB, 4th Avn. Reg. was featured in the parade because of the work its Soldiers did during the Black Forest fires. They dropped thousands of gallons of water from Bambi Buckets on spot-fires to safeguard houses and buildings within the burning areas.

The parade, which was sponsored by the Black Forest Community Club, provided relief and a chance to thank first responders of the wildfires.

"We just wanted the Families of Black Forest to have a good time and be able to see some of the heroes of the Black Forest fires," said Eddie Bracken, BFCC president and this year's chairman. "They deserve it after their suffering and devastating losses from the fires."

More than 90 agencies participated in the parade to help support the Black



PHOTO BY SGT. JONATHAN C. THIBAUT

The 2nd General Support Aviation Battalion, 4th Aviation Regiment, 4th Combat Aviation Brigade, 4th Infantry Division was honored as part of the grand finale of the Black Forest Parade at Black Forest, Colo., Aug. 17. This year's annual parade was held to promote community togetherness and honor heroes of the Black Forest wildfires.

SEE PARADE, PAGE B4



ARMY PHOTO

MEDEVAC TRAINING

Soldiers with the 602nd Area Support Medical Company, attached to 189th Combat Sustainment Support Battalion, conducted training on medical evacuation loading and unloading procedures on the UH-72 Lakota during a joint operational access exercise at the Joint Readiness Training Center at Fort Polk, La., Aug. 9.

25th CAB polishes basics in the field

By Sgt. Daniel Schroeder
25th Combat Aviation Brigade Public Affairs

DILLINGHAM, Hawaii — Soldiers from 3rd General Aviation Support Battalion, 25th Aviation Regiment, 25th Combat Aviation Brigade, 25th Infantry Division, recently executed a field training exercise to train on basic Soldier tasks recently.

About 600 Soldiers were trained on tasks such as chemical, biological, radiological, and nuclear scenarios, setup and operations of the Single Channel Ground to Air Radio System, and how to establish a secure perimeter.

"The intent of the training is to start out at the basic level to prepare them for operating in a light and austere environment for a 96-hour period, unlike Operation Enduring Freedom," said Maj. Boyce Buckner, operations officer for 3-25 AVN, 25th CAB. "When we look at our formation, we see gaps in generations. Some of the Soldiers remember how to do it, but haven't done it in years, and the Soldiers out of advanced individual training have done it once. We are helping build a foundation for the Soldiers in field training and field craft."

The Soldiers conducted a convoy operation out to the training site thus beginning the FTX.

"How better to knock the dust off and cobwebs loose then have our leaders and subject matter experts train our Soldiers in convoy ops," Buckner, also a native of Homestead, Fla., said. "This is also a preparatory phase on how to train our Soldiers for convoy live fire training later."

Staff Sgt. Lee Hockersmith, a flight medic with C Company, 3-25th AVN, 25th CAB, mirrored Buckner's views of the training.

"It was good to get back to basic Soldier tasks. Some of this stuff I haven't done in years," Hockersmith said.

The FTX consisted of two phases of training. The first phase consisted of three company-level situational training exercises. The lane training is designed to involve the companies in the planning, preparation and execution of the training while strengthening the bond in the battalion.

"I was surprised with as much as I remembered on topics as well as how much I forgot on certain tasks," said Hockersmith, originally from Chico, Calif. "The basic Soldier tasks are important because everyone is a rifleman first. Everyone has their own job, some of the tasks will



PHOTO BY SGT. DANIEL SCHROEDER

Soldiers from 3rd General Support Aviation Battalion, 25th Aviation Regiment, 25th Combat Aviation Brigade, 25th Infantry Division, set up a fence of concertina wire during the security training lane at the 3-25th AVN field training exercise near Dillingham Airfield, Hawaii, Aug. 6.

SEE FIELD, PAGE B4

82nd CAB stays one step ahead of the game

By Sgt. April de Armas
82nd Combat Aviation
Brigade Public Affairs

Fort Bragg, N.C. — Being America's Guard of Honor isn't all about ceremonial perfection for the paratroopers of the 82nd Airborne Division — the reality is that it requires long hours of field training so the division can be ready to deploy troops in a matter of hours to support contingency operations where operations centers are not yet established.

This standard holds true throughout the division, including the 82nd Combat Aviation Brigade, which relies on tactical operation centers to track aircraft and activity throughout the battlefield and airspace.

The 2nd Aviation Assault Battalion, 82nd CAB troopers trained at ground level Aug. 19-21 to set up an Aviation TOC at Fort Bragg's Owen Landing Zone.

Maj. Khirsten Schwenn, operations officer, 2-82nd ASLT, led the way during the training exercise and said she feels this type of training is crucial to the mission as the 82nd Airborne Division moves into a new mission as the U.S. global response force.

"A lot of our troopers only have a memory of the past 10 years and falling in on hard stands or preexisting buildings that already have the required essentials to complete a mission," Schwenn said. "And for some of our senior leaders, it has been a very long time since we have exercised these skills."

As more troops pull out of Afghanistan and return home, Soldiers will need to prepare for operations where they may not have all the essentials all ready set up to sustain their mission.

"We are looking forward to supporting the global response force, and we need to be able to go into and fight from a more austere environment," she said. "This exercise is designed to teach our troopers what it is like to set up a TOC from the ground up."

CW3 Benjamin Sheren, operations chief, 2-82ASLT, was in charge of setting up various training lanes for the four-day event.

"Over the next few days,

SEE AHEAD, PAGE B4

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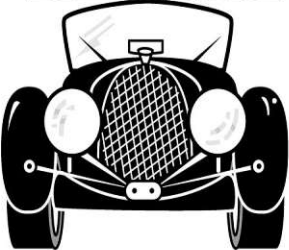
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Parade: Community proud to honor Soldiers

Continued from Page B1

Forest recovery effort and inspire community bonding. “About one-third of the agencies were home-grown local agencies, and the other two-thirds were from outside organizations and businesses,” said Conley. “The Black Forest community is a private community. The parade allows them to come together, celebrate and enjoy each other’s company.” A lot of work and volunteers went into setting up and ensuring safety at the parade for the residents of the city. “Coordinating parade entries according to their themes

and taking last minute entries down to the very morning of the parade kept me very busy,” said Conley. “We have to prevent conflicting themes that involve cars, animals and people. “We didn’t want horses fighting with llamas,” she said. “We didn’t want children to get trampled or run over trying to get candy that parade participants were throwing to the crowd. We take a lot into consideration when coming up with the lineup of the parade.” Black Forest residents were very proud to honor and have 4th CAB Soldiers participate in the parade. “Over the years, we have been supported very well

by Fort Carson,” said Bracken, with a heavy sigh as he blinked back tears. “No one knows how much it means, and how important it is to our community, to have these military members here. We have a large community of retired veterans in this area and the continuing support of the military is much appreciated.” The parade’s grand finale ended with the marching of a small group of Soldiers led by Smith and Command Sgt. Maj. Rickey Davis, senior enlisted leader, 2nd GSAB, 4th Avn. Reg. They marched proudly to the cadence of the roaring cheers from the Black Forest parade attendees.



PHOTO BY SGT. APRIL D. DE ARMAS
Pfc. Daniel Hinton, Aviation operations specialist, 2nd Aviation Assault Battalion, 82nd Combat Aviation Brigade, receives information via a radio used to keep continuous contact with troopers during a training exercise Aug. 19-21 at Fort Bragg, N.C.

Ahead: Training helps Soldiers always remain mission-ready

Continued from Page B1

our troopers will participate in lanes that teach them how to react, resist and escape all while finding a way to communicate with this forward operating base,” Sheren said. “We will simulate some fallen angels, or downed aircraft, and the troopers will have to make contact by radio to us. At the same time, we have troopers playing the enemy in order to make the situation more realistic.” In order for a unit to be successful in the field environment, the tactical operations center must be ready to support Sol-

diers. This support comes in all forms to include the basics such as food rations, fuel provisions and communications. “I am a fueler for the battalion and normally deal with the helicopters, but I feel like this is a good experience and great practice for a real world situation,” said Spc. Nathan Riveras, 2-82nd ASLT. Maj. Toby Risner, the battalion executive officer for 2-82nd ASLT, joined his troopers in the field to see the accomplishments they were making. “There is a lot of preparation on a battlefield to determine what the enemy is doing and that

is what Schwenn and her team are working to perfect,” Risner said “For some, this is their first time to participate in this type of exercise. I believe that in the few days they have been out here, I am confident they will rise to the occasion if or when that time comes.” The 2-82nd ASLT leadership plans to continue such training events in the coming months as they prepare to support the U.S. global response force. “No one knows what the future will hold,” Risner said. “You can rest assured we will continue this type of training — always being mission ready.”

Field: Soldiers work together to overcome training challenges

Continued from Page B1

keep you alive.” The second phase introduced a battalion-level scenario that emphasized the need to communicate between companies to successfully accomplish the mission. “We did not make this training so complex that it was overwhelming, but challenging and engaging enough that Soldiers came out of it with a sense of reward and understanding,” said Buckner. The training also allowed Soldiers to become closer by building a foundation between the experienced Soldiers

and the new Soldiers. “There were times during the training you could tell the newer Soldiers were getting overwhelmed, but they looked towards the more experienced Soldiers for guidance and direction,” Hockersmith said. “They were eager to learn, willing to listen, take direction and execute orders. The training showed our newer Soldiers that they have leadership who knows what to do, how to handle a platoon, company and situation, and helped bond us all as a company.” “We tried to set up team Hammerhead better than before and I believe we have done that,” said Buckner.

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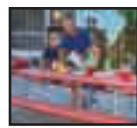
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AUGUST 29, 2013

Girls Night Out

Event promises entertaining escape

By Sara E. Martin
Army Flier Staff Writer

The Directorate of Family, Morale, Welfare and Recreation invites women to enjoy the sixth bi-annual Girls Night Out at the ballroom in The Landing Sept. 6.

Women are invited to leave their husbands and children at home for this lady's expo that features shopping, browsing and entertainment, all of which are specifically catered to women, said Leigh Ann Dukes, DFMWR sponsorship and advertising sales manager.

The event is open to the public for ages 18 and older with tickets currently on sale at The Landing Zone. Tickets are \$10 and will also be available at the door the night of the event. Ticket price includes entrance to the expo and a beverage.

"Girls Night Out is a ladies-only event that provides local women the chance to meet business owners and employees in a relaxed, yet vibrant atmosphere that is devoted strictly to them," she said. "They can browse booths, shop, learn current trends, discover new self-defense techniques, get an update on women's health issues, meet with friends and just have a good time."

The event lasts from 6-9 p.m., and though the occasion is mainly a showcase event, many vendors will have merchandise for patrons to purchase.

Products such as cosmetics, makeup, jewelry, hair, candles and lingerie are some of the things for purchase.

This event, said Dukes, is not just a chance for women to shop, but for women who may be new to the area to know where these businesses are located.

"It encourages them to explore the Wiregrass and lets them know what the area has to offer," she said.

The Southeast Alabama Medical Center has made the night possible, according to Dukes, supplying the 100 door prize purses as well as giving away all sorts of goodies to patrons.

More than 40 other vendors will be present at the event and each



PHOTO BY SARA E. MARTIN

Lisa Sargent, Army spouse, takes a brochure from Michelle Balducci-Connelly, Michelle Marie Photography, at the last Girls Night Out event held in March at The Landing.

participates in the fun-filled atmosphere. They also provide door prizes to those who stop at their booths.

Door prizes range from designer bags to gift certificates to baskets filled with women's products. Patrons must be present to win the door prizes.

"Each vendor gives out a door prize, some even give away several. So in addition to the 100 we give out, almost everyone will get a door prize," said Dukes.

Vendors that will be in attendance include: salons, retail stores, spas, at home businesses and boutiques.

"Mary Kay, Scentsy, 2 Girls and

a Spa, Uptown Cheapskate, Lock-N-Load and the Pink Poodle are some of the businesses that will be there, and a lot of photographers will be in attendance also," said Dukes.

Adding to the experience is a fashion show that will be held at 7:30 p.m.

"The Dandy Lion Boutique show will last about 30 minutes and has a lot of cute things, so women will really enjoy the showcase," she added.

The demographic of the women who attend is large, with attendees ranging from 18 years old to 65 years old.

"It gets women out of the house

and experiencing what Fort Rucker and the local area has to offer. We welcome women of all ages, ethnicities and occupations; young female Soldiers to older female civilians, we want everyone to come," said Brian Jackson, DFMWR program manager.

Women who have busy or stressful lives are encouraged to take a break and take a night for themselves.

"It's a good way for women to get away from work and the stress of the week," he said. "It's a morale-boosting event because women are going to be with their friends and will be able to live it up, as well as get some insight on

women's issues and do some shopping."

A special event food menu and beverage specials will be available for purchase all evening, but are not included in ticket price.

The high-energy night is the perfect time to get a babysitter and just have a girl's night out with girlfriends, said Dukes.

"You get so much for 10 bucks. You get all these chances to win about 160 prizes, you get the opportunity to meet new friends, to shop and window shop, to see an amazing fashion show, to get sample massages and information pertinent to women and even a free drink," she said.

Child find campaign aims to help Army Families

By Nathan Pfau
Army Flier Staff Writer

Some say that caring for a Family can be a job in itself, and the Exceptional Family Member Program wants to make sure that Families with special needs get all the help they can.

The 2013 EFMP Family and Child Find Campaign in September is designed to reach out, connect with and identify those Families through education with events across the installation, according to Marion Cornish, Army Community Service EFMP manager.

"The Child and Family Find Campaign is a time when additional emphasis is placed on identification of these individuals," said Cornish. "The goal is always the same, and the number of exceptional Family members fluctuates depending on the needs of the active-duty military Families."

The goal of EFMP is to make sure that Families with special needs can get the services they require for their exceptional Family member, which include: physical needs, intellectual needs, developmental delays, emotional impairments that require special treatment, therapy education, training or counseling, said the Cornish.

"Special needs incorporates a lot of things from special education services to early intervention services," she said. "Also, if [a Family member] is seeing any type of therapist such as a speech or physical therapist, or any type of specialized care provider, they should be screened for possible enrollment in the program."

Fort Rucker is home to about 800-850 exceptional Family members, but Cornish



COURTESY PHOTO

Marion Cornish, Exceptional Family Member Program manager, reads to Families during a Story Time session for the EFMP Child Find Campaign.

said the numbers may not be a true reflection of how many there actually are.

"These numbers are probably low because there are military Families that have never heard of the program," she said. "Sometimes they don't understand the program or fear that it might have a negative impact on their Soldier's career."

Displays will be placed at the post exchange for people to visit from Sept. 13-20 and will have information about the program, including information on if and how they should enroll.

People can visit the displays and talk with EFMP members who will be mingling with the community and educating people on the program during peak hours of the day, said

Cornish.

The Center Library display will feature books that relate to different types of disabilities that individuals may have to go in conjunction with the Story Time activity.

"We did [Story Time] last year and it generated a lot of interest, so we decided to do it again," said Cornish. "The stories will be about individuals with disabilities to help children relate."

The Story Time sessions will be at three different locations: Corvias Military Living Allen Heights Neighborhood center Sept. 11 from 9:30-10:30 a.m.; the Center Library Sept. 13 from 10:15-11 a.m.; and the Corvias Military Living Bowden Terrace Neighborhood Center from 9:30-10:30

a.m. An arts and craft session will follow the Story Time session and are usually tied in with the stories that were read, said Cornish.

The Story Time session is a way to relate to a child's disability in a way that parents can communicate with the children, said the EFMP manager, and it's a way to help them understand.

"It can also help siblings understand that their brother or sister is a little different and teach them why we need to spend more time with them or develop a different set of skills," she said. "Sometimes it's a challenge when trying to explain things to children."

The campaign will also be hosting the ACS Family Bowling Night Sept. 15 at the Fort Rucker Bowling Center from 5-10 p.m. The cost is \$1 per game and \$1.50 for shoe rental, and registration is required no later than two days prior to the event. To register, call 255-9277, or 255-3735.

EFMP members will also be present promote the campaign and answer questions that Families might have.

"We just want to do what we can to let Families know that we're trying to help, and the way we do that is by getting this information out," said Cornish. "If a doctor can diagnose it, then it's worth considering whether or not [the Family member] should be enrolled in the program."

Enrollment in the program is mandatory for active-duty Army Soldiers, Army Reserve Soldiers in the Active Guard Reserve program, and Army National Guard personnel serving under authority of Title 10, United States Code.

For more information, call 255-9277.

ON POST

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

EFMP child and Family find

The Exceptional Family Member Program is in the process of identifying active duty military Families with special needs. Special needs can include physical, intellectual, developmental delays or emotional impairments that require special treatment, therapy, education, training or counseling.

Enrollment is mandatory for Soldiers with exceptional Family members, including those who are active duty Army, Army Reserve in the USAR-Active Guard, Reserve program and other Soldiers on active duty exceeding 30 days, and Army National Guard personnel serving under authority of Title 10, United States Code.

When possible, Soldiers are assigned to an area where the medical and special education needs of their EFM can be met. If you are a Soldier with a Family member with a special need or disability or have knowledge of someone who is disabled or with a special need, call EFMP at Lyster Army Health Clinic at 255-7431. Lyster's EFMP conducts EFM screenings, enrollments, updates and disenrollments. Army Regulation 608-75, Exceptional Family Member Program, requires Soldiers to update EFM enrollment every three years, or sooner if services for special needs are no longer required.

For EFMP advocacy services, respite care, information and referral services, free educational and training opportunities, resource library and relocation assistance, call 255-9277.

Girls' Night Out

The Landing will host Girls Night Out Sept. 6 from 6-9 p.m. The night features shopping for the latest trends with fashion, health and beauty vendors, and more. There will be more than 100 door prizes given out during the event. Tickets cost \$10 and include one drink stub. People can buy tickets at The Landing.

For more, call 598-2426.

Financial readiness training

Army Community Service offers its financial readiness training Sept. 6 from 7:30 a.m. to 4 p.m. at the Soldier Service Center, Rm. 284. This free training provides a practical approach to personal financial management to help Soldiers gain control of and manage money effectively. Financial readiness training is required for all first-term junior enlisted Soldiers (E-1 through E-4).

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

Ride, Swim, BBQ

The Fort Rucker Riding Stables hosts its Ride, Swim, BBQ event Sept. 7. Sign up begins at 8 a.m. with a safety briefing and the ride starts at 9 a.m. at the stables. The plan is for people to ride to Buckhorn Lake, swim with their horse and ride back to the stables. People must have current coggins, drivers license and proof of insurance to access post. Cost is \$20 for non-riding stables patrons and \$10 for patrons that just want to eat.

For more information or to register, call 598-3384.

Rucker Lanes closure

Rucker Lanes Bowling Center will not have any open bowling through Sept. 9 while the facility will be making improvements to the bowling lanes. All bowling specials, promotions and offerings will be suspended until the lanes re-open. All improvements are planned to be completed on Sept. 10 at 10 a.m. The iPlay iWin Bingo Corner and Rucker Lanes Snack Bar



PHOTO BY SARA E. MARTIN

ATV Trail Ride

Participants head out at a previous year's ATV Trail Ride hosted by Fort Rucker Directorate of Family, Morale, Welfare and Recreation. Outdoor recreation hosts its next ATV Trail Ride Sept. 28 from 7 a.m. to 2 p.m. Pre-registration is required and cost is \$20. The trail ride is open to the public, ages 16 and older. Patrons must provide their own ATV and protective gear (helmet, boots, etc.). Protective gear must be worn at all times. For more information, call 255-4305.

will remain open during the lane improvements. The facility will have modified hours of operation: Mondays-Saturdays from 10 a.m. to 10 p.m. and Sunday from 10 a.m. to 8 p.m. The snack bar will close 30 minutes prior to close of business.

For more information, call 255-9503.

EFMP Information and Support Group

The Exceptional Family Member Program invites all active duty military with exceptional or special needs Family members to an EFMP Information and Support Group meeting Sept. 10 from 9-10 a.m. at The Commons on Seventh Avenue. The topic for the meeting is, it's school time: are you ready? Tips, tools and resources will be discussed that can assist Families make this a successful school year. The EFMP Information and Support Group offers camaraderie, friendship, information exchange, idea sharing, community resources, support and assistance with finding solutions.

For more information or to register, call 255-9277.

Southern Landscape and Gardening Class

People can learn the basic requirements of achieving a healthy and beautiful garden, and a beautifully landscaped yard at the Southern Landscape and Gardening Class Sept. 14 from 3-4 p.m. at the Center Library. Topics will include soil preparation, pest control, light and water requirements, understanding information provided on commercial plant labeling, planting times, fertilizer requirements, zone distinctions, mulching and gardening designs.

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

Diamonds & Denim

The Landing hosts Diamonds & Denim Sept. 14. Doors open at 6 p.m. for a night of music and dancing. The event features line dancing, mechanical bull riding and live music with 2012 American Idol finalist Elise Testone. Advance tickets cost \$10 and are available at The Landing Catering Office. A limited number of tickets will be available at the door the night of the event for \$15. The event is open to the public for ages 18 and older.

For more, call 598-2426.

DFMWR Spotlight

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*Door prizes will be awarded between 6 pm to 9 pm. Must be present to win.

For event info, (334) 255-9810
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MEDCOM recommends 9 well-child visits in first 18 months of life

By Katherine Rosario
Lyster Army Health Clinic Public Affairs

The American Academy of Pediatrics, the U.S. Army Medical Command and Lyster Army Health Clinic recommend nine well-child visits during the first 18 months of life.

These visits should occur three to five days after birth, two to four weeks old, two months, four months, six months, nine months, 12 months, 15 months and 18 months old.

"This seems like a lot of visits, but these well-child visits are absolutely imperative for the monitoring of your

child's growth and development," said Capt. John Berry, pediatrician at LAHC. "As any parent knows, your baby changes and develops so much and so rapidly during this period, from a newborn, who sleeps and eats all day, to the toddler, who is exploring their world faster than you are ready for."

Even for seasoned parents who already have children, bringing a new baby into the world means he or she will have unique medical experiences, Berry said.

Although LAHC is not able to deliver babies, all newborns should be enrolled to their primary care manager within 45

days of birth.

All well-child checkups consist of a full exam, growth evaluation and developmental assessment. Some will include vision and hearing exams, anemia screening and immunizations.

Well-child visits are not just for immunizations; rather these visits help to differentiate a trend from an absolute problem, Berry said.

"A trend of small weight percentiles is much more reassuring than a new patient with minimal weight gain for his or her age," he said. "Identifying a problem early helps to improve chances of recovery or correction of the problem."

The well-child visit also helps parents know where their child stands developmentally and how they will progress.

"These appointments are also unique because it helps us monitor the health of the Family, especially with the unique challenges Families face in the Army," Berry said. "We want parents who may often feel they take on more of the child care responsibility, such as during deployments or heavy training schedules, to know they are not alone and that we are here for them."

To schedule your child's next well-child visit or to enroll your child with a primary care manager, call 255-7000.



COURTESY PHOTO

Serving to heal, honored to serve

Retired 1st Sgt. Jack Kehler served 23 years in the infantry. His last unit was 3rd US Infantry - The Old Guard. He received the Legion of Merit and is a graduate of the Sergeants Major Academy. Mr. Kehler is a Red Cross volunteer and part of the Fort Rucker Retiree Council. Lyster Army Health Clinic is honored to serve Kehler and his Family.

Lyster wants to share what makes you a great American hero, according to the clinic's public affairs representative. Each month Lyster will honor a patient on the clinic TVs, Lyster's Facebook page and in the post newspaper. Honorees' name, a brief description of their military contributions and a photo will be included. Soldiers, retirees, spouses and children can all participate.

To sign up or nominate a friend or Family member, send an e-mail to katherine.i.rosario.civ@mail.mil.

A Household Guide for Alabamians: Handling and Disposal of Home Medical Waste

HAZARDS:

- Medical sharps improperly thrown into household garbage can poke through garbage bags causing injury to sanitation workers and others, including children and housekeepers, who may come in contact with the household garbage. Used needles can transmit serious diseases.
- Medications flushed down the toilet or poured down a drain may adversely affect the function of a water tank and can harm fish and other marine organisms.
- Unwanted or expired medicines or pharmaceuticals may be harmful to children and adults.
- Never share used needles.



RECOMMENDATIONS FOR DISPOSAL OF NEEDLES OR "SHARPS"



PREPARE AND USE THE SHARPS CONTAINER BY FOLLOWING THESE STEPS:

- Prevent injury, illness and pollution by following these simple steps to dispose of sharp needles and contaminated materials used when administering health care at home. Keep you, your family, and sanitation workers safe.
- Place needles, syringes, lancets and other contaminated sharps in any puncture-resistant, resealable, disposable household container (examples include an empty bleach bottle, laundry detergent bottle, or metal coffee can). Choose a container that is made of plastic or metal and one that has a small opening so no one can stick his or her head into it. Do not use clear plastic or glass containers.
- Using an EASY TO READ marker, write on the container - "DO NOT RECYCLE." Used needles and other contaminated sharps are NOT recyclable.
- Do not purposely bend, break, or otherwise manipulate needles before inserting them into the disposal container. Drop all parts into the container.
- Once your container is full of used needles, fill the container with one part bleach solution and ten parts of water. Allow solution to soak for 20 minutes; this action will sterilize your used sharps. Then, pour the solution into the sink and seal the top with tape before placing the disposal container into the garbage. Use heavy-duty bags (such as duct tape).
- Dispose of the container in your regular household garbage.
- Be sure to keep all containers with discarded sharps out of reach of children and pets.
- Place any soiled bandages, dressings, incontinence pads, disposable sheets, clothing, and medical gloves separately in securely fastened plastic bags before placing them along with your other garbage.
- Do not dispose of medication down a drain or toilet.
- Follow guidance from the Federal Food and Drug Administration (FDA) on disposing of drugs in the household trash. See: How to Dispose of Unused Medicines, October 2006, at <http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm110683.htm> or contact ADEM for more information.

ADEM

For more information call the Alabama Department of Environmental Management: 334-271-7700

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Mon: 2:00, 7:00 & 9:30

Tues - Thurs: 7:00 & 9:30

IV THE HEAT - R

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

New ‘camper cabins’ open at Skidaway Island State Park

Georgia Department of Natural Resources
Press Release

SAVANNAH, Ga. — Visitors to Savannah’s Skidaway Island State Park can now sleep in air-conditioned comfort thanks to new camper cabins.

The three mini-cabins each offer a screened porch, bathroom with shower, kitchen, master bedroom and kids’ sleeping loft. Guests bring their own linens, cooking supplies and sense of adventure. Outside, they’ll find a picnic table, grill and fire ring surrounded by beautiful Live Oaks and Spanish moss.

Skidaway Island State Park offers a wide range of ranger programs, from guided bird walks and nature crafts, to turtle talks and snake feedings. Six miles of walking trails meander through maritime forest and salt marsh, where hikers can look for fiddler crabs during low tide. Park guests can also rent bicycles or work off energy on playgrounds. Foodies and history buffs will appreciate the short drive to Savannah’s Historic District, while ocean lovers can easily day-trip to Tybee Island’s beaches.

The park’s new camper cabins rent for \$125, and reservations can be made up to 13 months in advance. A modern campground offers tent and RV sites, hot showers and laundry facilities. Families can rent covered picnic shelters or enclosed group shelters for reunions, birthday parties and other celebrations. Skidaway Island State Park is located 15 miles southeast of Savannah on Diamond Causeway.

For more information, visit GeorgiaStateParks.org/skidaway-island or call (912) 598-2300. Reservations can be made online or by calling (800) 864-7275.



COURTESY PHOTO

WIREGRASS COMMUNITY CALENDAR

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

ANDALUSIA

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

DALEVILLE

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

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

DOTHAN

FRIDAY — Foster Fest will be held the third Friday of the month now through November from 6-9:30 p.m. A free downtown evening celebration, there will be street vendors, shops, drinks, festivities, live music and antique cars. For more information, call 793-3097 or visit www.thedowntowngroup.com.

NOW THROUGH NOV. 2 — The Wiregrass Museum of Art will have the “Old Havana: Spirit of the Living City” exhibition this fall. For more information, call 794-3871 or visit www.wiregrassmuseum.org.

SEPT. 14 — The Macy Easom Cancer Research Foundation is taking registrations for its second annual Princess Macy 5K at Westgate Park. Same-day registration begins at 7 a.m. and the 5K starts at 8 a.m. The cost to participate is \$20. To pre-register, mail registration form and payment to Macy Easom Cancer Research Foundation, c/o Lisa Howard, 200 Wentworth Drive, Dothan, Ala., 36305. Pre-registering by Sept. 7 will guarantee a T-shirt. For more information, visit PrincessMacy.org or [Facebook.com/MacyEasom](https://www.facebook.com/MacyEasom).

ONGOING — The Tri-State Community

Orchestra rehearses every Thursday evening from 6-8 p.m. at the Dothan Cultural Arts Center. They welcome all string, brass, woodwind, and percussion players ages 16 and up. For more information, visit www.tristatecommunityorchestra.com or call (334) 585-4903.

ONGOING — The Wiregrass Youth Symphony Orchestra meets every Saturday morning at the Dothan Cultural Arts Center. They offer beginner lessons and welcome all string players high school age and below who already play. For more information, visit www.tristatecommunityorchestra.com or call (334) 696-2320.

ENTERPRISE

SATURDAY — Candlewood Suites hosts “Keep Hope Alive” benefit poker run to benefit the Give Kids the World Foundation. Registration is from 10-11 a.m. at Hooters in Dothan. First bike out is at 11 a.m. and drawings begin at 3 p.m. Registration is \$15 per rider and \$5 per passenger. Additional poker hands are \$5 each. Cash prizes, door prizes an auction and a 50/50 will be after the ride. For more information, call 308-1102.

ONGOING — Monday through Thursday aqua Zumba and EPRD water aerobics will be held by instructor Natalie Showers 7-8 p.m. Price is \$5 per class and registration is not required. Bring a towel, water and pool/water shoes are recommended. For more information, call 348-2684.

MONDAY — Enterprise Women’s Day Class of Community Bible Study at First Baptist Church will be held on Mondays from 10 a.m. to noon. A preregistration day from 10 a.m. to noon will be Monday. Children’s ministry is available. Community Bible Study is an interdenominational study. For more information, call 494-2039 or visit <http://enterprise.cbssclass.org>.

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 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 No. 99 meets each Tuesday and Wednesday at 6 p.m. at New Brockton City Hall. Food and drinks are served followed by regular chapter business. Chapter No. 99 maintains a DAV service office in the New Brockton Police station Each Tuesday and Wednesday from 10 a.m. to noon. All veteran services provided are free. For more information, call 718-5707.

OZARK

SEPT. 21 — The city of Ozark celebrates Fort Rucker and the areas active and retired military with an appreciation celebration Family picnic at Ed Lisenby Lake. There will be food, children’s activities and fishing. For more information, call 774-9321.

OCT. 3 — The Claybank Jamboree Pet Parade will be held on the square at 7 p.m. Pets are encouraged to dress to impress for a stroll in downtown and enjoy the spotlight to benefit the Ozark-Dale County Humane Society. Registration fee is \$20 per pet. Applications are available at the Chamber office and can be downloaded from www.ozarkalchamber.com in the forms section. For more information, call 774-9321.

OCT. 5 — The 43rd annual Claybank Jamboree will be held downtown from 9 a.m. to 4 p.m. There will be arts and crafts, food, live entertainment, a quilt show and more. For more information, call 774-9321.

OCT. 5 — A Run For Your Lives Fun Run where zombies chase humans in a 5K event will be held downtown. The event, held in conjunction with the city’s annual Claybank Jamboree, includes a zombie costume contest commencing at 1:30 p.m., with the race start at 2 p.m. For more information and to download an entry form, email pfenn@troy-cable.net or call 432-3466. Entry forms are also available at <http://www.ozarkalchamber.com/home/Forms.aspx>.

OCT. 5 — Back Street Art celebrates its third year as part of Ozark’s annual Claybank Jamboree. Artists of all media are encouraged to enter this juried art exhibition held

in a shady park-like setting away from the hustle and bustle of the downtown festivities. Back Street Art will include demonstrations by various artisans and hobbyists, music, a poetry workshop, Family photos and a child’s potting station. Artists interested in entering the juried art exhibition or artisans interested in showcasing their hobbies should call 618-3006 or email windingroadptry@yahoo.com.

NOV. 16 — D.A. Smith Middle Alumni and Friends host a 5K Run Walk. Race begins at 8 a.m. There will be a bake sale as well. Early registration ends Nov. 8. For more information, or to register, visit www.das.ozarkcityschools.net.

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

TROY

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

For more information, call Janet Motes at 808-8500.

WIREGRASS AREA

NOV. 9 — The 12th annual Wiregrass Veterans Day Poker Run to benefit disabled American veterans registration will be held from 9:30-11 a.m. at the River Lounge in Clayhatchee. Kick stands up at 11 a.m. and last bike in at 4 p.m. Recreational vehicle and tent camping available, vendors, live band, bonfire, food, refreshments and more will also be available Nov. 7-10. Cost for ride is \$20 a rider and \$10 for passengers. Additional hands can be bought for \$5. There will be a 50/50 drawing, awards for best and worst hand, as well as door prizes and an auction.

Beyond Briefs

Fight Against Cancer

Making Strides Against Breast Cancer’s 5k non-competitive walk will be held Oct. 26 at Aaron Bessant Park. Registration is at 7 a.m. with the walk beginning 8 a.m. in Panama City Beach.

For more information on these events, call (850) 236-6023 or visit www.baypointwyndham.com

Rock the Tee

The Rock Charity and Golf Tournament will be held Sept. 7 at 9 a.m. at St. James Bay Golf Resort in Carra-

belle, Fla. There will be music Sept. 5 and 6 at Harry A’s on St. George Island.

For more information, visit www.rockbythesea.org/rbtee2013.

Lobster Festival and Tournament

The biggest four-day lobster festival in Florida, the 23rd annual Lobster Festival and Tournament, will be held Sept. 19-22 in Panama City Beach.

With “huge” local lobsters on the weigh-in scales, fresh lobster meals and the 14th annual Schooners Sand Sculpting Contest, the event that draws thousands of divers and lobster fans from all over the Southeast.

Lobster Tournament divers will be competing in a va-

riety of categories including Spiny Lobster, Shovelnose Lobster and Big 6.

For more information, visit www.schooners.com/events/lobsterfestival.htm.

Kayak, Barbeque, Blues festival

Perdido Key’s first Kayak, Barbeque and Blues Festival will be held Saturday starting at 9 a.m. at Hub Stacey’s at the Point.

The event features “Battle of the Paddle” kayak races with cash prizes, live blues music, a barbeque cook-off and a fireworks show at 8:30 p.m. Admission is free.

For more information, call (850) 492-4660.



PHOTO BY SARA E. MARTIN

Pick-of-the-litter

Meet Lady, a 4 1/2-month-old, female grey tabby available for adoption at the Fort Rucker Stray Facility. She is a "people" cat and a daredevil. She is not a "dainty" cat and likes to play all day long. It costs \$80 to adopt Lady and other animals at the facility, which includes all up-to-date shots, the first round of age-appropriate vaccinations, microchip and spaying. 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, veterinary clinic or the commissary. Visit the Fort Rucker stray facility's Facebook page at <http://www.facebook.com/fortruckerstrayfacility/> for constant updates on the newest animals available for adoption.

Religious Services

WORSHIP SERVICES

Except as noted, all services are on Sunday.

HEADQUARTERS CHAPEL, BLDG. 109

Multi-Cultural Worship Service 8 a.m., Sunday

MAIN POST CHAPEL, BLDG. 8940

9 a.m. Catholic Mass, Sunday
11 a.m. Liturgical Worship Service, Sunday
12:05 p.m. Catholic Mass, Tuesday-Friday
4 p.m. Catholic Confessions, Saturday
5 p.m. Catholic Mass, Saturday

WINGS CHAPEL, BLDG. 6036

9:30 a.m. Protestant Sunday School
10:45 a.m. Chapel Next Contemporary Worship Protestant Service.

SPIRITUAL LIFE CENTER, BLDG. 8939

9:30 a.m. Protestant Sunday School
10:45 a.m. CCD (except during summer months).

BIBLE STUDIES

9 a.m. Protestant Women of the Chapel, Wings Chapel, Tuesday
11 a.m. Above the Best Bible Study, Yano Hall, Wednesday

10 a.m. and 6 p.m. Adult Bible Study, Spiritual Life Center, Wednesday
Noon Adult Bible Study, Soldier Service Center, Wednesday
5:30 p.m. Youth Group Bible Study, Headquarters Chapel, Tuesday
6:30 p.m. Chapel Next (Meal/Bible Study), Wings Chapel, Thursday

MOTHERS OF PRESCHOOLERS

MOPS is a Christian-based mom's group. MOPS is about meeting the needs of every mom of a child from conception through kindergarten. MOPS will meet every first and third Thursday at 9 a.m. at the Spiritual Life Center, Bldg 8939. For more information, call the religious support office at 255-2989.

PROTESTANT MEN OF THE CHAPEL

PMOC meets the first Saturday of each month in the Fort Rucker Spiritual Life Center from 8-9 a.m. Men are encouraged to attend for a time of fellowship and a short devotion. Free breakfast is provided.

Protestant Women of the Chapel

PWOC meets every Tuesday at 9 a.m. and 6 p.m. at Wings Chapel, Bldg 6036. Childcare is provided. For more information, call 255-9894.

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We welcome our new associate, starting August 12, 2013: Dr. Charity E. Dugan

Dr. Dugan was born in Louisville, KY, then grew up and graduated high school in Naples, FL. She graduated from college in Florida then Osteopathic Medical School in Pennsylvania. She just finished her surgical residency in Brooklyn, NY this June. She married Sean Dugan, a 1st Lt Ranger in the US Army, in March. She is a member of the American College of Osteopathic Surgeons and the Association of Women Surgeons. Her special interest, from her NY training, is the care and treatment of breast cancer.

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Mason Burdeshaw

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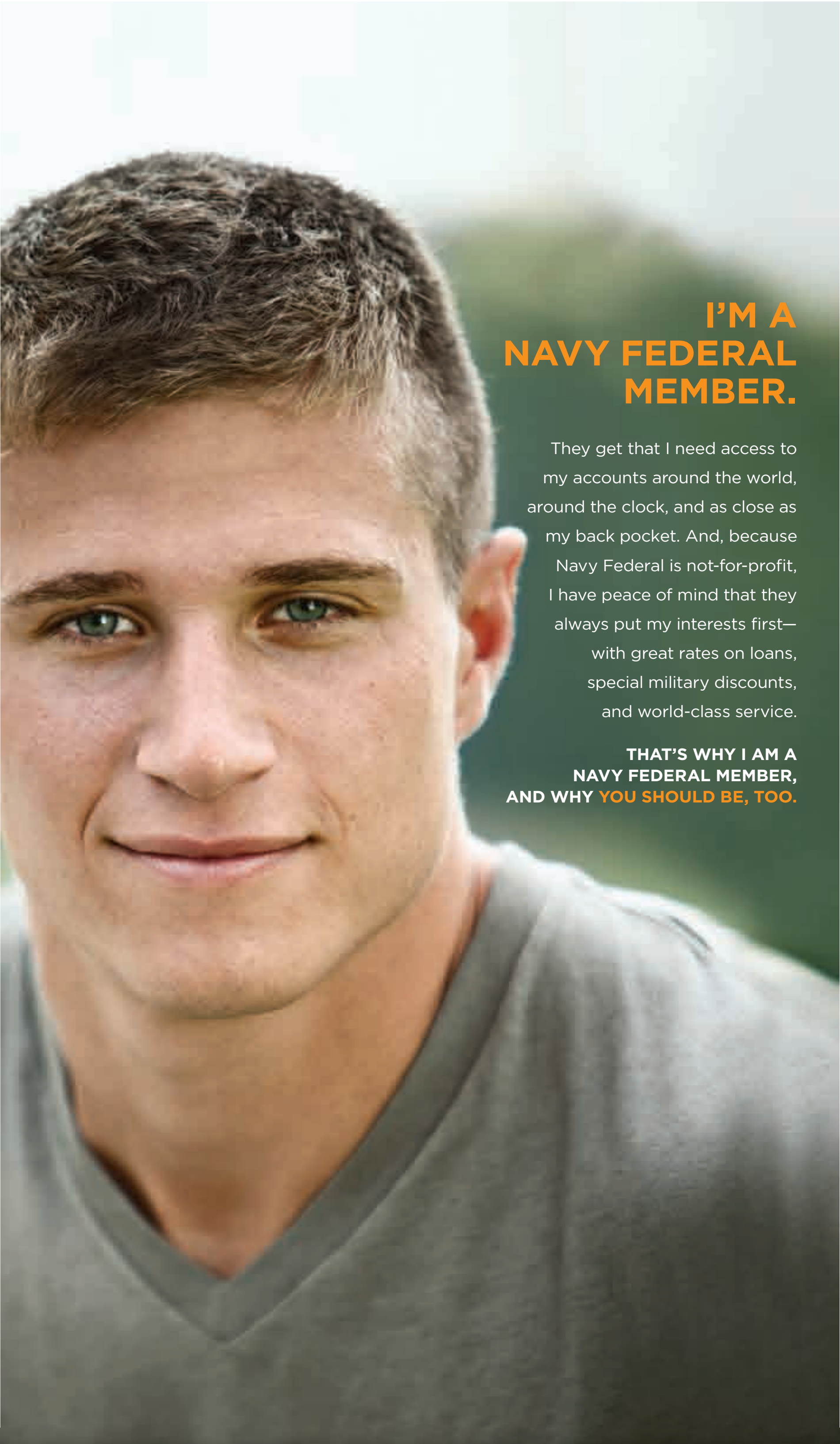
With great sadness we must announce that this ministry will be ending on September 12, 2013

We want to thank everyone that has supported us these past few years. Unfortunately we have been unsuccessful in gaining enough consistent financial support to continue.

While this is a sad day we will reflect fondly on the families that we have been able to minister to during this time. If you are a present or past client and have "mommy bucks" or "daddy dollars" that you want to redeem, please stop by the office during regular business hours for assistance.

If you have any questions please give us a call at 475-3597

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AUGUST 29, 2013

Horsing around

Event brings horses, Families, friends together

By Sara E. Martin
Army Flier Staff Writer

The Fort Rucker Riding Stables is rounding everyone up to enjoy a day in the warm summer sun and the cool waters of Buckhorn Lake.

Ride, Swim, BBQ is scheduled to take place at the Fort Rucker Equestrian Center Sept. 7. Riders will saddle up around 9 a.m. and ride to Buckhorn Lake where they will have a chance to swim and ride their horses through the waters of the lake, said Justin O. Mitchell, Fort Rucker deputy garrison commander.

“This a really fun event for all riders as we have a slow novice trail ride to the lake and a fast-moving ride through the wooded trails for more experienced riders,” he said. “It is also fun for people to watch as the horse and riders enter Buckhorn Lake. Most horses love the water on a warm day, and seeing the smiles of the people as they play with their horse is great.”

Registration for the event is no later than Sept. 6, and the ride is open to the public. A safety briefing will be held at 8:30 a.m. before riders set out on the course that morning.

“We will ride from the stables to Buckhorn Lake about a mile away, swim with the horses, then ride back for food and fellowship,” said the deputy garrison commander.

People will need to provide their own horse to ride, and if patrons are coming from off post a negative Coggins test must be verified



PHOTO BY SARA E. MARTIN

Rylie Benehan, military Family member, does a trick on her horse, Spanky, an American Quarter Horse, at the Fort Rucker riding stables recently.

for each horse.

The ride is less than an hour for novice and about an hour for the longer wooded trails, said Mitchell, and the swim will last a couple hours because only a few horses are allowed to swim at one time.

“We also provide lifeguards and equipment safety checks at the lake to ensure everyone is safe,” he said. “After, we will ride back

to the stables and eat barbeque around 11:30 a.m.”

The event is \$20 per horse and rider for those who are not patrons of the facility and \$10 for Fort Rucker Riding Stable patrons.

Twenty six riders participated in the event last time it was held, and Mitchell said that everyone had a lot of fun, but that the event will be even better this year.

“We put this on just to offer another quality of life event for our Soldiers, Families and surrounding community members,” he said. “It shows just another aspect of the exceptional staff and programs the garrison has working for our installation.”

Mitchell advises to bring a towel and a change of clothes or bathing suit to the event.

“We have people take saddles, tie downs or other snag hazards off at the lake, and folks can dry off and re-saddle after the swim,” he said. “This works well as others swim while some get ready for the ride home.”

For more information on the ride or to register, call or email the riding stables at 598-3384 or aida.l.diaz-carter.naf@mail.mil.



FILE PHOTO

Bowling upgrades

Now through Sept. 9, all lanes at Rucker Lanes will be down for renovations. The bowling center will be replacing the approaches and lanes with new, state-of-the-art synthetic lanes and approaches. The bowling center will be ready, and all lanes will be up and running in time for the league season, and all bowling specials and bowling times will return back to the same dates and times as before. All improvements are planned to be completed Sept. 10 at 10 a.m. The iPlay iWin Bingo Corner and Rucker Lanes Snack Bar will remain open during the lane improvements. During the renovations, the facility will have modified hours of operation: Mondays-Saturdays from 10 a.m. to 10 p.m. and Sunday from 10 a.m. to 8 p.m. The snack bar will close 30 minutes prior to close of business.

PIGSKIN PICKS



	Mississippi vs. Vanderbilt	Morgan State vs. Army	Penn State vs. Syracuse	UAB vs. Troy	Georgia vs. Clemson	LSU vs. TCU	Colorado vs. Colorado State
 David C. Agan Jr. PAO (0-0)							
 Kent Anger, DPTMS (0-0)							
 Wes Hamilton, NEC (0-0)							
 Alex Tressler, 1-11th AVN (0-0)							
 Tish Williamson, USAACE (0-0)							

Army wins Armed Forces Rugby on last-second try

By **Tim Hipps**
Installation Management Command

GLENDALE, Colo. — All seven Soldiers on the pitch touched the ball during All-Army’s winning drive to the 2013 Armed Forces Rugby Sevens Championship.

Second Lt. Will Holder of Fort Sill, Okla., scored a last-second, diving try that lifted All-Army to a 19-14 walk-off victory over All-Air Force in the gold-medal match Aug. 17 at Infinity Park.

“It was a great game, wasn’t it?” said All-Army coach Mark Drown of the Utah Army National Guard. “You can’t ask for a better finish.”

Holder touched the ball down for the winning try as the scoreboard clock struck the regulation game time of 14 minutes. All seven All-Army players on the pitch had a hand in the play as the ball zig-zagged across midfield and another 50 meters for the game-winner as time expired.

Sgt. Mattie Tago of Kaiserslautern, Germany, galloped from one side of the pitch toward the other, then cut back against the grain, up the middle, and into Air Force territory. Capt. Andrew Locke of Fort Benning, Ga., controlled the loose ball stripped from Tago and got it to Capt. Daniel Geib of Fort Drum, N.Y. His brother, 1st Lt. David Geib of Fort Campbell, Ky., retrieved the ball from the ruck when Daniel was tackled and got it back to Locke, who tossed it to Maj. Nate Conkey of Joint Base Lewis-McChord, Wash., and he churned several more meters up the middle.

“I was able to get up field a little bit, saw the guy’s hips turned, and attacked him,” Conkey said. “I knew I was going to get leveled, but I offloaded at the last second. I’ve never felt so good to get hit so



PHOTO BY TIM HIPPS

Maj. Nate Conkey, Joint Base Lewis-McChord, Wash., scores the first try for All-Army during the Soldiers’ 26-7 victory over All-Air Force in the teams’ first meeting of the 2013 Armed Forces Rugby Championships Aug. 16 at Infinity Park in Glendale, Colo.

hard.”

Conkey got the ball to Utah Army National guard Spc. Nuuese Punimata, who broke a tackle before tossing to Holder.

“Nu’u ran right over the guy and was able to offload it to Will, who was able to dive in for the score,” said Conkey, who was unaware the match was over. “I didn’t know until I looked at the clock. I usually take pride in understanding the game situation and knowing what’s going on. As I was lying on the ground after being pummeled, I was watching the rest of the play, tired, and not wanting to get up. I saw [Holder] go in and score. That’s when I shifted and looked up at the clock and saw like 14:05. I realized then that we had just won. It was incredible. I’d been waiting for years for it to happen.”

The ensuing missed conversion kick was

moot, and the Soldiers began celebrating the second Sevens Rugby Championship in U.S. Armed Forces history. Prior to 2012, the military tourney featured 15-man rugby.

“I just wanted to win the tournament,” said Holder, 22, who graduated in May from the United States Military Academy at West Point, N.Y. “Seeing Nate’s face, it was just awesome knowing that I was a part of something that the Army hopefully will cherish.”

Nate’s face was that of Conkey, 34, who coached Holder for three rugby seasons at West Point and was an on-field force for All-Army throughout the Serevi Rugbytown Sevens international tournament at Infinity Park, a venue designed exclusively for rugby. The Armed Forces Championship was played in conjunction with the world-class rugby event in this mile-high city sur-

rounded by Denver.

“It certainly was quite the high beating Air Force for the gold medal,” Conkey said.

All-Marine Corps won the inaugural Armed Forces Sevens Rugby crown in 2012 and dealt All-Army its lone setback of the 2013 tournament, a 26-12 decision on Saturday.

“Kudos to the Marines,” Conkey said. “They were the defending champions. They are a good club. There are no slouches here.”

The All-Marine Corps (3-2) scored a 19-10 victory over All-Navy (2-3) in the consolation match for third place. All-Coast Guard finished 0-4.

Gold medalist All-Army (4-1) defeated silver medalist All-Air Force (3-2) in the teams’ first and final games. Conkey, Tago and both Geib brothers scored one try apiece, and Holder added three conversions to lead the Soldiers to a 26-7

victory in their first match.

“We had a 19-0 lead at halftime and were in complete control of that game,” Conkey said. “We seem to thrive off that first bit of goodness we achieve, whether it is the first big hit or the first try.”

All-Army also prevailed 38-0 over All-Coast Guard and 34-0 over All-Navy.

Conkey, Holder and Punimata were selected for the Armed Forces All-Tournament Team.

“It was a great, great job by the Army,” Drown said. “All in all, we had great results. We have four players now being looked at for the U.S. National Team: Lt. Will Holder, Capt. Andy Locke, Sgt. Mattie Tago and Spc. Nu’u Punimata.

“The national team coach has shown interest in them and would like for them to come into the national program. That’s a great opportunity for these

boys to now be at the international stage, representing not only the Army but the United States.”

If Soldiers are selected to play for Team USA, they possibly could be assigned to the U.S. Army World Class Athlete Program.

“There’s a process they have to go through, and if a couple of these players can get into WCAP, that’s just great for them, USA Rugby, and for the military,” Drown said. “It is very conceivable that we could see Soldiers playing rugby at the Olympics in Rio de Janeiro.”

Several more Soldiers contributed to All-Army’s Armed Forces triumph: Spc. Mark Boswell of Fort Hood, Texas; Utah Army National Guard Pfc. Keoni Hamala, 1st Lt. Daniel Moulton of Fort Drum, N.Y.; and Pfc. Paul Nieves and Sgt. Gerald Saafi, both of Fort Benning, Ga.

BRIEF

Indoor pool reopens
After Monday, Splash!, Flynn Pool and West Beach will no longer be open for swimming. Starting Tuesday, the indoor pool located at the Fort Rucker Physical Fitness Center will be open 5:30 a.m. to 7pm Mondays through Fridays, and 11 a.m. to 5 p.m. Saturdays and Sundays, including holidays. The indoor pool is open to authorized patrons only.

For more information, call 255-2296.

Silver Wings club championship
Silver Wings Golf Course will hold its club championship Sept. 7-8 with tee times beginning at 7 a.m. Price is \$50 per player, plus cart fee. A U.S. Golf Association handicap is required. The deadline to register is Sept. 5 before 4 p.m. The club championship is stroke play and for

members only.

For more, call 598-2449.

Family bowling
Army Community Service’s Exceptional Family Member Program and Relocation Readiness Program Hearts Apart invites all active duty military Families with special needs or disabled member, or Families with Soldier’s deployed or serving an unaccompanied tour to attend a night of bowling at Rucker Lanes Bowling Center Sept. 12 from 5-10 p.m. The cost is \$1 per game and \$1.50 for shoe rental. Registration is required no later than two days prior to event.

For more information or to register, call 255-9277 or 255-3735.

Golf classic
The 18th annual Army Aviation Museum Golf Classic is scheduled for Sept. 20 at the Silver Wings Golf Course with an 11:30 a.m. shotgun start. The classic is a four-person scramble, handicap and string tournament open to the first 144 golfers. Registration starts at 9:30 a.m. at the golf club, and the fee is \$70 per player for members of SWGC and \$80 per player for non-members. The fee includes red tee, mulligan, string, green fees, cart, range, balls, afternoon buffet and participation gift certificates for an additional 18 holes of golf at SWGC. Each player will receive a participation gift. There will be also be an additional prize drawing following the tournament during the afternoon buffet.

For more information or to sign up, call the Army Aviation Museum Foundation, Inc., at 598-2508 or SWGC at 598-2449.

Weekly SUDOKU

Answer

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

TRIVIA

Answers

1. Indian Ocean
2. Krypto
3. Aug. 1, 1981
4. "The French Connection"
5. George Carlin
6. Tale
7. Borden
8. Franklin Roosevelt
9. Boris Pasternak
10. A malignant tumor in connective tissue, bone or muscle

PUZZLE ANSWERS

Super Crossword

Answers

FOB	AFEW	OPIATE	BRED
IDEOLOGY	WARPAGE	REMI	
FOLDER	GENERATION	ITOR	
INLOVE	IDO	UPDATE	
RESIST	LANDO	FLAKES	
ARIL	ASH	WERNER	ALERT
GIVEAWAY	THEFENDING		
ECASH	OOOO	STOKED	
SENSOR	FRIGHTFUL	OWNER	
YES	REELS	NORA	
SELF	FLAME	EXCUSE	STOW
ACAI	APILE	RAT	
FRISKY	BUSINESS	TYCOBB	
EUCHRE	TOTO	NOBLE	
FARMED	DANDD	ANGEROUS	
SAWII	ALEROS	GERDEES	
UPIN	THEFAIR	BESIDE	
RINGS	ITE	FOLATE	
TETE	LETTHERE	BEFLIGHT	
ACER	STORAGE	UNITAREA	
XERS	HEYDAY	YENS	AOL

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