

**CRASH TEST**  
USAARL, NASA  
crash helicopter to  
protect aircrew  
**Story on Page A3**



**GIRLS NIGHT OUT**  
Ladies-only event draws  
large crowd, once again  
**Story on Page C1**



**SADDLE UP**  
Stables hosts Ride,  
Swim, BBQ  
**Story on Page D1**



# ARMY FLIER

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

VOL. 63 ■ NO. 36

FORT RUCKER ★ ALABAMA

SEPTEMBER 12, 2013

## ‘Theater’ promotes anti-suicide discussion

By Sara E. Martin  
*Army Flier Staff Writer*

Soldiers have not only been fighting off the enemies of their leaders since time immemorial, they have also been fighting off the mental demons that often come with the warrior’s life.

Outside the Wire returned Sept. 5 with its unconventional way of approaching a topic and problem that is often difficult to speak about in public, yet one of the most troubling things the military is facing – suicide.

Suicide is not a new phenomenon that Soldiers are facing in our century, but a timeless problem that was recognized as far back as the time of Sophocles, and “Theater of War,” a dramatic reading of scenes from Sophocles’ Greek tragedy “Ajax,” tackled the sensitive topic.

“The play is an awareness and prevention training aid to help with discussions about suicide, combat stress and the impact of war on Soldiers, Families and the entire community,” said Bryan Doerries, artistic

director.

“We hear the most remarkable things about the plays we perform by the people who come into contact with the truth of the [performances],” he continued. “It is a problem that stretches across time. And these scenes show how ancient warrior culture applies to contemporary warrior culture. It shows how core military values have not changed for millennia and tries to tackle the invisible wounds of war.”

The passionate reading of “Ajax” by Reg E. Cathey, who’s been a part of “House of Cards,” “American Psycho,” and “Star Trek - The Next Generation,” and Juliana Francis-Kelly, seen on shows such as “Sex and the City” and “The Girl from Monday,” tells the story of a fierce warrior who slips into a depression in the ninth year of the Trojan War, after losing his friend, Achilles, and being slighted by his commanders. Struggling with survivor’s guilt and betrayal, Ajax ultimately kills himself.

“We are trying to approach this differently



PHOTO BY SARA E. MARTIN

Col. Stuart J. McRae, Fort Rucker garrison commander, speaks with Soldiers Sept. 5 about suicide prevention at the post theater after Outside the Wire’s performance.

SEE THEATER, PAGE A5



PHOTO BY SARA E. MARTIN

## Iron Sergeant

Sgt. 1st Class Jeremiah Tebay crawls under the first hurdle in the obstacle course Monday during the NCOA’s Iron Sergeant competition. The competition is held every cycle and only one Soldier can claim the title on graduation day. For more on the Iron Sergeant competition, see page A4.

## CFC kicks off – aims to improve lives

By Nathan Pfau  
*Army Flier Staff Writer*

The Heart of Alabama Combined Federal Campaign has its sights set on helping those in need with an aggressive goal as it kicks off its 2013 fundraising campaign.

The kickoff event and charity agency fair takes place Monday at 9 a.m. at The Landing, and this year’s goal is to raise \$1,150,000 by the end of the campaign Nov. 9, according to Beverly Arnold, Wiregrass Area Associate for the CFC.

“We will start with the charity agency fair where we will have different charitable organizations from our campaign area,” said Arnold. “The majority of (the charities at the fair) will be local charities that people see working in our communities.”

The CFC is the only authorized fundraising organization allowed in federal work places, and the campaign period is the only time that charities are allowed to come into the work places of military and federal employees to ask potential donors to give, she said.

Last year’s campaign surpassed its goal, raising \$1,218,475 – 106 percent of its intended target.

All military members and federal employees are invited to browse the booths and learn more about different local charitable organizations in our area, said Arnold. Organizations, ranging from wildlife rescue to animal adoption, boys and girls clubs to senior citizen clubs, and even Fort Rucker’s own Army Community Service will be on



PHOTO BY NATHAN PFAU

Jarkayzio Frank, Directorate of Human Resources employee, talks with Angie Sherrill, southeast Alabama Children’s of Alabama coordinator, to get more information on the organization during last year’s Combined Federal Campaign kickoff. This year’s kickoff will be held at The Landing Monday at 9 a.m.

hand to educate people on the needs in their community.

“This is a really good face-to-face opportunity for donors to go to these charities and ask, ‘Why should I give to you?’” said Arnold. “It connects the donor and shows them a need. You may see the name of a charity, but when you understand what it is they do and why they do it, it makes it easier to decide to give to them.”

Throughout the fair, people will also have the chance to win prizes through a game of

bingo, during which they can visit the different charity displays and get their card stamped.

After the charity agency fair, Col. James A. Laterza, Lyster Army Health Clinic commander and member of the CFC board of directors, will welcome guests and introduce Maj. Gen. Kevin W. Mangum, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, who will be

SEE CFC, PAGE A5

## AFAP gives community a voice

By Nathan Pfau  
*Army Flier Staff Writer*

Recognizing an issue is the first step to correcting it, and one of the ways the Army listens to its community members’ issues is through the Army Family Action Plan.

People can submit issues now to be addressed at a local-level AFAP conference at the Wings Chapel Oct. 16-17 from 8 a.m. to 4 p.m., where groups will discuss and review those issues, according to Shellie Kelly, Army Community Service Army Family Team Building and AFAP program manager.

“The Army Family Action Plan exists to give a voice to every member of the total Army Family,” said Kelly. “We address quality of life issues that range from pay and benefits, to Family programs, installation facilities, child development centers, dog parks and anything that will make a Soldier or Family member’s life better. People need to know that their voice matters.”

People can submit their issues directly to Kelly at the ACS office, or visit [www.ftrucker.mwr.com/acs/army-family-action-plan/](http://www.ftrucker.mwr.com/acs/army-family-action-plan/) to submit an issue. Anyone that wishes to have their issues reviewed must have them submitted by Sept. 27.

There are also boxes at many Directorate of Family, Morale, Welfare and Recreation facilities around the installation that people can submit their issues to, she added.

Each year, a local-level AFAP conference is held where all the issues that are submitted from the total Army Family are discussed and prioritized.

“During this two-day conference, there will be four work groups with 10-15 people serving as delegates in each work group,” said the AFAP manager. “The delegates are a mixture of Soldiers from different units who are tasked to work the issues as well as volunteers that include Soldiers and Family members.

“Each delegate will receive training to learn how to analyze and write an issue,” she continued, “and each workgroup has facilitators to lead them through the process and ensure that none of the issues have been worked in the last three years.”

Once delegates discuss each submitted issue, they choose the top two or three issues that are determined to be the most important, added Kelly.

SEE VOICE, PAGE A5



# PERSPECTIVE

## Recognize signs of suicide to save a life

By Kelly L. Forys-Donahue, Ph.D.  
U.S. Army Public Health Command

ABERDEEN PROVING GROUND, Md. – “What? Are you serious? So-and-so tried to kill himself?”

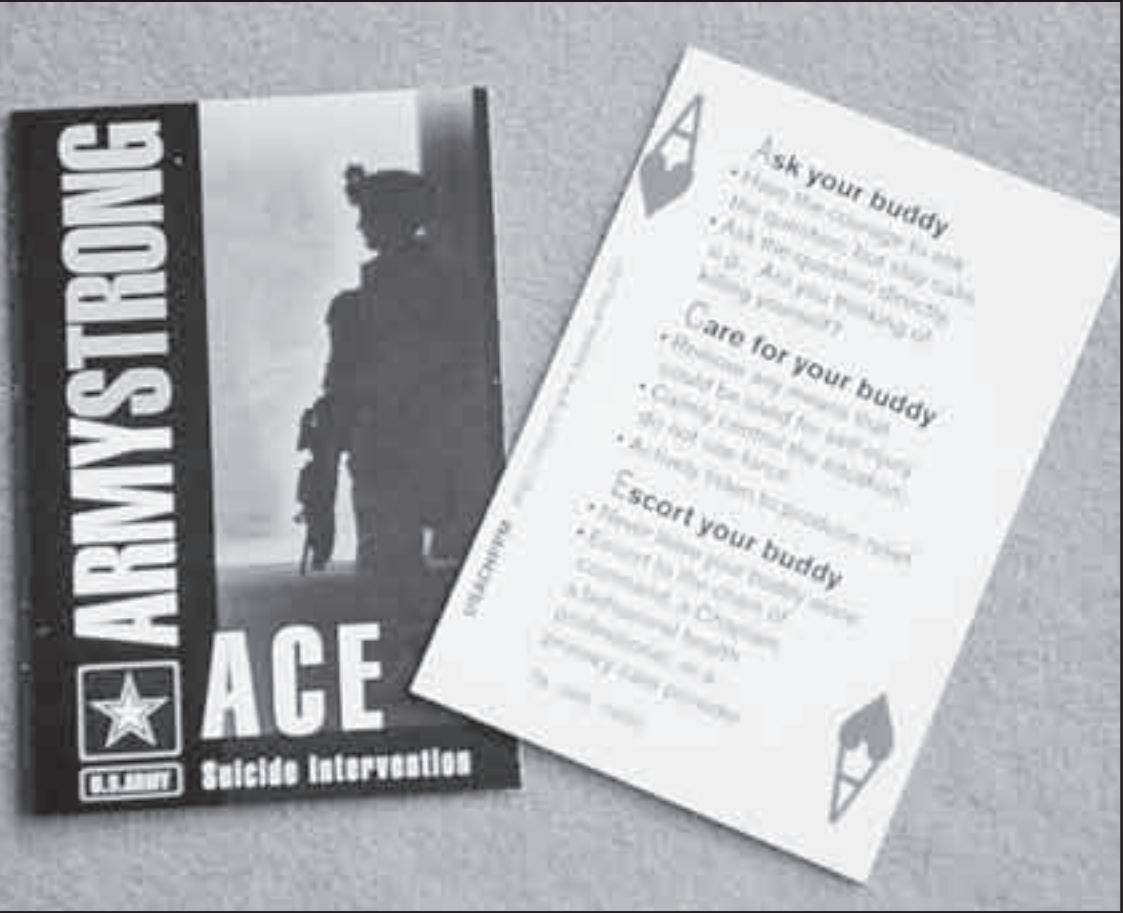
Unfortunately, at some time in your life, you may have heard these questions spoken in your circle of friends. Suicide is real.

Most of us know someone whose life has been affected by suicidal behavior (a completed suicide or a suicide attempt), and the pain and stress of the suicidal behavior spreads like a ripple to Family, battle buddies, friends and co-workers. All of those individuals — including you — who could be impacted by suicidal behavior can help to recognize risk factors, stressors and act to increase the chances of saving a life.

There is not one single factor or set of factors that indicate a person is thinking about suicide. Sometimes, we can look back at an incident of suicidal behavior and say, “Wow, we should’ve seen that coming,” but other times, the behavior seems to happen out of the blue. Noticing the signs and risk factors of suicidal behavior is not always easy.

Risk factors for suicide vary from person to person and change over time in the same person. An individual can have one or multiple risk factors contributing to a suicidal behavior. Some of these risk factors include:

- **Relationship problems** — If someone has an argument with his significant other, it does not necessarily mean that he is going to hurt him-



U.S. ARMY PHOTO

The best way to help prevent suicidal behavior is to pay attention to your loved ones, battle buddies, friends and coworkers and watch for changes in their behavior. If you suspect someone you care for, or who you are responsible for, is at risk for suicide, call 1-800-273-TALK (8255) for the National Suicide Prevention Lifeline. Your actions could save a life.

self. However, relationship problems such as the death of a loved one or friend, break-ups and divorces are very stressful and can be associated with suicidal behavior.

- **Substance use and abuse** — Alcohol and drugs are often abused in a misguided attempt to help cope with life stress. A sudden increase in substance use can signal a problem. Drug and alcohol use can increase the likelihood of risky behaviors, such as being careless or impulsive

with weapons, which are associated with completed suicides.

- **Life stressors** — Getting in trouble on the job, having civilian or military legal problems, and dealing with money issues or health problems are both mentally and physically exhausting. Difficulty sleeping can add to the stress. Life stressors alone, or coupled with other risk factors, can lead to suicidal behaviors.
- **Behavioral health issues** — Stress can lead to behav-

ioral health problems such as depression, anxiety and adjustment issues. For some individuals, a terrifying event may lead to post-traumatic stress. Individuals who are feeling depressed or anxious might withdraw from social support, making it more difficult for them to deal with everyday stress. When a person is alone, he may begin to isolate from people making it more difficult for Family, battle buddies, friends and coworkers to see that he or she

is struggling. Without support from people who care, individuals can feel hopeless about the future and may not ask for help.

Having one or more risk factors does not necessarily mean that a person is going to hurt himself. However, the risk factors described above have been shown to be associated with suicidal behavior.

If we can all look for those factors and talk to the individual experiencing those stressors about how he is doing, together we can make a difference, and improve the health and well-being of our Family members, battle buddies, friends and co-workers.

Counselors treat thousands of people for relationship problems, substance abuse, depression, PTS and stress each year. Trained therapists are available at behavioral health clinics on post, in the civilian community and in Veterans Administration clinics.

The best way to help prevent suicidal behavior is to pay attention to your loved ones, battle buddies, friends and coworkers and watch for changes in their behavior. Reach out to someone you trust in your organization or in your personal life.

Remember ACE: Ask, Care, Escort. If you see changes, or if something just seems off, say something. Ask people with those signs if they are thinking about hurting themselves. Show them that you care. Take them to get help.

Call 1-800-273-TALK (8255) for the National Suicide Prevention Lifeline. Your actions could save a life.

## Rotor Wash

“September is National Severe Weather Preparedness Month. What are your tips for being prepared?”



**WO1 Scott Reinier,**  
B Co., 1st Bn.,  
145th Avn. Regt.

“Have an emergency to-go bag with food and water.”



**Capt. Robert Holmes,**  
A Co., 1st Bn.,  
145th Avn. Regt.

“You need an emergency kit with flashlights and a radio, but most importantly you need at least three days of clean drinking water. You can only go a few days without water. A primitive cooking apparatus is a good idea as well as having a few ready-to-make meals.”



**CW2 Robert Lackey,**  
Ansbach, Germany

“Pay attention to the news and have a basic 24-hour kit so you can take care of yourself if the power goes out.”



**WO1 John Nicola,**  
B Co., 1st Bn.,  
145th Avn. Regt.

“Have a place planned out in your house where you and your Family are going to go. And organize what you are going to take in there, like a mattress or blankets to protect yourself.”



**Al Brown,**  
U.S. Army Combat  
Readiness/Safety Center

“Have a written plan of where you are going to meet because you might be in different parts of town because you can’t get back to your neighborhood. If you are out of town your Family needs a good contact number to make sure you can find each other.”

### COMMAND

**Maj. Gen. Kevin W. Mangum**  
FORT RUCKER COMMANDING GENERAL

**Col. Stuart J. McRae**  
FORT RUCKER GARRISON COMMANDER

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# USAARL, NASA crash helicopter to protect aircrew

**By Catherine Davis**  
*U.S. Army Aeromedical Research Laboratory*

Engineers and scientists crashed a former Marine CH-46 helicopter airframe at Langley’s Landing and Impact Research Facility in Hampton, Va., Aug. 29.

As part of the Rotary Wing Project in NASA’s Aeronautics Research Mission Directorate, the U.S. Army Aeromedical Research Laboratory at Fort Rucker is collaborating with NASA, the U.S. Navy, the Federal Aviation Administration, and Cobham, an occupant restraint system manufacturer, on the Transport Rotorcraft Airframe Crash Test Bed full-scale crash test.

The purpose of the crash was to collect baseline data in preparation for future crash research with composite structures, and to answer questions aimed at occupant protection and injury mitigation during a helicopter crash. This was the first of two planned tests in the Rotary Wing Project.

Loaded with 15 crash-test dummies, the helicopter was lifted 30 feet into the air and released – crashing onto the ground at about 30mph. The impact represents a severe but survivable condition under both civilian and military requirements.

The interior and exterior of the helicopter was instrumented with a total of 40 high-speed cameras, recording at rates of more than 500 images per second. These images will allow researchers to investigate dynamic performance issues related to litter patients in the cabin of a rotary-wing airframe.

USAARL’s support, funded by the U.S. Army Medical Materiel Development Activity, provided NASA with a legacy patient litter support system, similar to that currently used in the Army’s CH-47

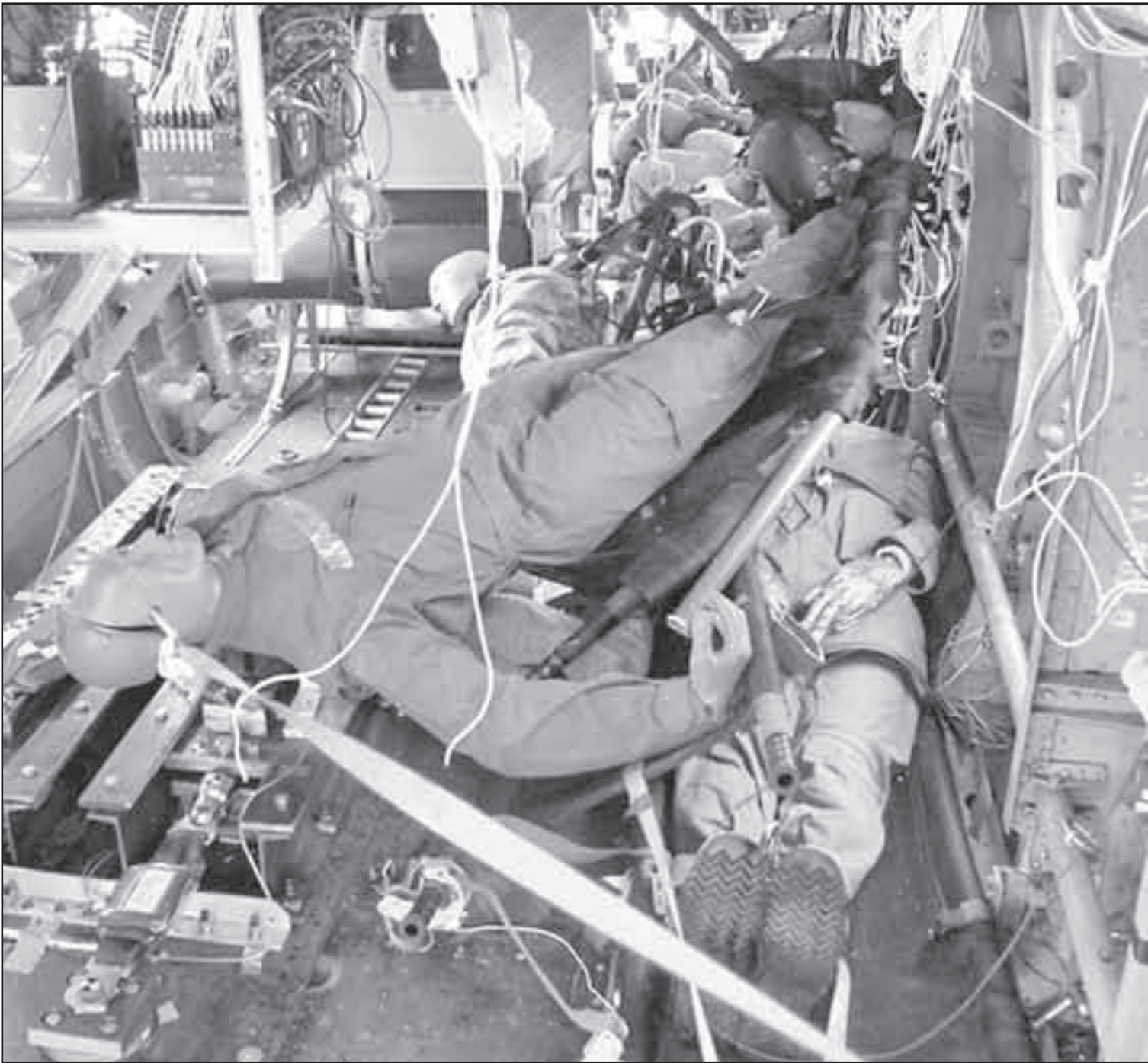


PHOTO BY NASA

The result of USAARL’s legacy patient litter support system, three modern patient litters, and three crash-test dummies after the crash test Aug. 29.

helicopter, three modern patient litters, two crash-test dummies, two high-speed video cameras and data acquisition systems.

“USAARL’s overall goal is to protect Soldiers from injuries,” said Joe McEntire, a USAARL research mechanical engineer

leading the Army’s collaboration effort. “Testing in a dynamic environment provides USAARL with baseline data of the performance of the legacy patient litter support systems.”

McEntire said that the data will be used to influence the design

of future aeromedical transport equipment, such as patient litters.

Although preliminary observations indicate useful data were collected during the crash, the information will take months to analyze.

“Next year, during the second

CH-46 crash test, we will install a modern litter support system for a comparative analysis with the legacy system,” said McEntire. “Our overall intent is to protect the litter occupants, the attending flight medics, and aircrew during aircraft crash events.”

## Same-sex spouses of Soldiers receive benefits

**By Assistant Secretary of the Army for Manpower and Reserve Affairs**  
*And Army G1 Public Affairs*

WASHINGTON – Same-sex spouses of service members became eligible to receive identification cards and all associated benefits effective Sept. 3, according to a Department of Defense memorandum.

For same-sex military couples married before or on June 26, 2013, the effective date of benefits and entitlements is June 26. However, for same-sex couples married after June 26, their effective date of benefits and entitlements is the actual date of marriage.

All Army spouses whether in a same-sex or opposite-sex marriage are eligible for benefits. Soldiers are responsible for updating their personnel records with the appropriate spouse information.

The same procedures used for adding an opposite-sex spouse to the Defense Enrollment Eligibility Reporting System and acquiring identification cards are

also used for adding same-sex spouses. A valid marriage certificate is the required document that must be presented for proof of eligibility for Real-Time Automated Personnel Identification System. The marriage certificate is also required for proof of eligibility for DEERS benefits and entitlements.

Soldiers assigned to duty stations within the continental United States will be afforded up to seven days of non-chargeable leave to travel to a state where marriage is legal, while those outside the United States may receive up to 10 days of leave.

As the Army continues to simplify the non-chargeable leave policy, commanders, through their G-1 or S-1, are required to contact the plans and resources division within headquarters, Army G-1 at the Pentagon before approving an individual Soldier’s request for non-chargeable leave.

The Department of the Army will issue additional guidance clarifying the policy in the coming weeks.



PHOTO ILLUSTRATION BY BRITNEY L. WALKER

Pvt. Etan S. Patterson, 25, from Utica, N.Y., and his spouse, Ryan, were married Sept. 3 in Highland Falls. Portions of this image have been digitally blurred to protect personal details.

## News Briefs

### POW/MIA ceremony

Fort Rucker hosts its POW/MIA ceremony Sept. 20 at 8:30 a.m. at Veterans Park in front of the U.S. Army Aviation Museum.

### Leading Change Team

The Fort Rucker Leading Change Team hosts a recruitment kickoff meet and greet Sept. 24 from 4:30-6:30 p.m. at Mother Rucker’s.

### Commissary sale

The Fort Rucker Commissary will host a truck load sale Sept. 27-29. Also, Sept. 27 there will be a meat cooking demonstration featuring some of the store’s best meat specials for people to sample, along with a farmers market on the sidewalk.

### Hispanic Heritage kickoff

The Fort Rucker Equal Opportunity Office along with the Army and Air Force Exchange Service will host the Hispanic

Heritage kickoff event Friday from 11:30 a.m. to 1:30 p.m. at the post exchange. This year’s theme is “Hispanics: Serving and Leading our Nation with Pride and Honor.” The event will consist of Latin Jazz music performed by the 98th Army “Silver Wings” Band, a food sampling area with a variety of ethnic foods provided by local volunteers, cultural displays that people can visit and even purchase items from, and traditional and contemporary dancing.

### Neighborhood road work

Residents in Munson Heights can expect delays now through Sept. 20 as Red Cloud Road is scheduled to be repaved. A section of Ames Lane in Bowden Terrace will also be repaved during this time. The daily hours of operation will be from 8 a.m. to 4 p.m. The roads will be open during the process, but people should allow for extra travel time.

For more, call 503-3651.

### Dental benefits adviser

A MetLife Dental Benefit adviser will be visit Fort Rucker

today from 11 a.m. to 1 p.m. at the post exchange to discuss TRICARE Dental Program benefits, answer any TDP questions and help with enrollment. TRICARE dental coverage requires TDP enrollment and TRICARE medical program options do not include TRICARE dental coverage.

For more, call 1 (855) 638-8371 or visit [www.metlife.com/tricare](http://www.metlife.com/tricare).

### Road closures

Several roads will be closed on post Sept. 27 from 1:30-11 p.m. in support of Fort Rucker Oktoberfest. Traffic will be closed on Andrews Avenue, from Cowboy Street to Dean Street, and again on Division Road from Ruf Avenue to Andrews Avenue, and Crusader Street.

For more information, call 255-1749.

Roads will also be closed during the Gate-to-Gate Run Sept. 28 from 8:30-10:30 a.m. Traffic will be closed on Andrews Avenue from the Ozark Gate, to Third Avenue, and Third Avenue to the Daleville Gate in support of the run.

For more information, call 255-2296.



# Iron Sergeant

## Soldiers test their mettle in competition



PHOTO BY SARA E. MARTIN

Soldiers traverse the inverted ladder Monday morning during the NCOA Iron Sergeant competition.

By Sara E. Martin  
Army Flier Staff Writer

Dozens of hardened warriors pushed themselves to their physical limits Monday when they competed to see who was made of the sternest stuff while going through the NCO Academy Iron Sergeant competition.

But Soldiers will have to wait to see who will claim the Iron Sergeant title until graduation day Sept. 27, when the winner of the completion will be revealed.

"The anticipation drives the students crazy," said Staff Sgt. Stephen Lee McCarty, NCOA advanced leaders course small group leader. "It gives them something more to look forward to."

Pushing their physical limits, male and female Soldiers competed to test their endurance in a total body workout. The events included push-ups, sit-ups, pull-ups, the NCOA obstacle course and a 1 1/2-mile run in full Army Combat Uniform.

"This competition tests their overall strength," he said. "We do a silent count because we want the Soldiers to perform their best. We don't want them to go to a certain number and then stop. We want to keep them guessing."

Both male and female competitors are graded on the same scale, not against their physical readiness training scale.

"They compete against

each other," McCarty said. "We have a different type of point system, so the competition is unique. We make sure each competitor is graded on the same standards, that way it is fair."

McCarty went on to say that the competition makes the Soldiers understand their physical endurance and their ability to negotiate through the obstacles.

"It is a confidence builder. We test them on a daily basis on the academics, but this is our way to test them physically besides a typical PRT test," said McCarty.

The challenge helps motivate the Soldiers through the rest of the course, he said, and though they cheer each other on, a little friendly competition can go far.

There will only be one winner, but the event served as a "great" break for Soldiers who participated, as well as those who observed.

Sgt. Jessica Jones competed and said that she wanted to participate because she wanted to try something new and different, and give the guys a run for their money.

"It was really hard," she said. "I wanted to be a team player and support my class. It feels pretty awesome that I made it to the top of the rope and some of the males couldn't, though."

Contenders had to complete the entire competition in their full uniform, a task that serves the greater Army mission, said Mc-

Carty.

"We have them compete in their uniform because, as a Soldier, you are going to be completing your mission in your uniform," he said. "We want them to be able to complete these harsh activities in the sand and in their boots because in the real world that's how they are going to have to do it. It is more challenging this way."



### CLARK THEATRES ENTERPRISE

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#### ENTERPRISE SHOPPING CTR

- I **RIDDICK** - R  
Sat & Sun: 2:00, 4:30, 7:00 & 9:30  
Mon - Fri: 7:00 & 9:30
- II **INSIDIOUS 2** - PG-13  
Sat & Sun: 2:00, 4:10, 7:10 & 9:20  
Mon - Fri: 7:10 & 9:20

#### WESTGATE CENTER

- III **MORTAL INSTRUMENTS: CITY OF BONES** - PG-13  
Sat & Sun: 2:00, 4:30, 7:00 & 9:30  
Mon - Fri: 7:00 & 9:30
- IV **PLANES** - PG  
Sat & Sun: 2:00, 4:00, 7:00 & 9:00  
Mon - Fri: 7:00 & 9:00

#### COLLEGE CINEMA • ENTERPRISE

\$2.00 Upcharge for 3D

- I **THE FAMILY** - R  
Sat & Sun: 2:00, 4:15, 7:00 & 9:15  
Mon - Fri: 7:00 & 9:15
- II **ONE DIRECTION: THIS IS US** - 3D - PG  
(NEW FOOTAGE WITH 4 NEW SONGS)  
Sat & Sun: 2:00 & 7:00 • Mon - Fri: 7:00 Only
- YOU'RE NEXT** - R  
Sat & Sun: 4:15 & 9:15 • Mon - Fri: 9:15
- III **WE'RE THE MILLERS** - R  
Sat & Sun: 2:00, 4:15, 7:00 & 9:15  
Mon - Fri: 7:00 & 9:15

## Fort Rucker Family & MWR

[www.ftruckerfmr.com](http://www.ftruckerfmr.com)



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**SEPT. 27**  
4:30 PM - 9:30 PM

**FORT RUCKER FESTIVAL FIELDS**  
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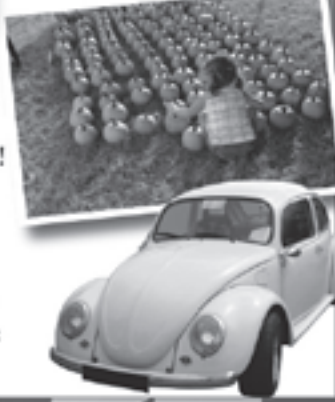


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NO PETS, COOLERS OR BACKPACKS ALLOWED.  
IN CASE OF INCLEMENT WEATHER THE EVENT WILL BE MOVED TO THE THE LANDING.



# Theater: Open discussion followed play

Continued from Page A1

and find new ways to address our challenges that we face,” said Col. Stuart J. McRae, Fort Rucker garrison commander. “Look at the play, not from the perspective of, ‘I don’t feel suicidal so this doesn’t apply to me,’ but rather, ‘How can I change our Army culture?’”

McRae said that, as bystanders, it is critical that everyone get involved and for people to stand up for those who need help.

“We have to change the culture of the Army, and part of the culture of Post Traumatic Stress Disorder, suicide and going through stressful times is a shame culture where they feel like they don’t have any options and are considering making a permanent solution to a temporary problem.

“We have to change the culture of how we, the people

who are not affected, view the situation so that they don’t feel like they have to keep it hidden because they are afraid that their peers will think that they are weak or are a pariah, instead of the truth that they have just reached their limit,” he continued. “We have to be there for them.”

From a spouse to a veteran, experiences were exchanged from local volunteers who told how suicide affected their lives, what they learned, how the play related to moments in their life and what similarities they noticed.

Chaplain (Col.) Dennis Newton, garrison and U.S. Army Aviation Center of Excellence chaplain, said that he once had a Soldier who lost his unborn son while he was deployed. The Soldier was not being permitted to go home to lay him to rest and was threatening to kill his commanding officer.

“As leaders we have to look deeper into situations,” he said. “This Soldier was Catholic and the miscarriage of his

son lay heavy on his heart, and that was something that his chain of command didn’t understand. We have to understand our Soldiers, not just command them.”

An open discussion was held after the reading, where people were able to respond to the play and share their own experiences – stories Cathey said touched him deeply because he is an Army brat who once called Alabama his home, being born at Redstone Arsenal.

“It makes the hair stand up on the back of my neck hearing people’s stories,” he said. “I am in a selfish profession, and this is my way of using my craft and skills to help others. I had to be a part of this.”

Doerries felt the same, saying that it is a privilege to perform for Soldiers and get them thinking.

“It brings meaning to the work that we do,” he said. “It makes our job feel like a service to the men and women who serve our country, and it is an extreme privilege.”

# CFC: Campaign strives to connect donors, charities

Continued from Page A1

speaking during the event.

After Mangum speaks, people will get to view this year’s cam-

paign video, “Aim to Make Lives Better,” which will show federal employees and military members who have had to endure unexpected struggles and were able to

get through them with the help of some of the charitable organizations that people can donate to.

“Ultimately, our mission is to connect donors to those charities

and help the people in need,” said Arnold. “Without charitable organizations providing services in our community, there are so many people that would (out of help),

and so many of those needs are met through these organizations.”

For more information, visit <http://www.heartofalabamacfc.org>.

# Voice: Army strives to meet needs of Families, community

Continued from Page A1

These issues are then rewritten and reported to Fort Rucker leadership. At the end of the second day, each work group will report directly to Maj. Gen. Kevin W. Mangum, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, or his representative, on their findings.

Some quality of life issues that have been addressed in the past at Fort Rucker include: the new youth center and Wi-Fi access, increased security in the child development center, and the stream-lining of the referral system at Lyster Army Health Clinic.

When people submit an issue, Kelly said they should make sure to clarify what the exact problem is, why it is a problem and have a recommendation to fix the problem.

“One of the best things about the AFAP program is the vetting process,” she said. “The process ensures that everything that is submitted is really well researched and the cost is thought out. It’s all looked at from A to Z before it moves forward.”

Over the past 30 years, AFAP has brought about 128 new pieces of legislation, 184 policy changes (Department of Defense

and Department of the Army), and 208 improved programs and services, she said. Some of the specific programs and accomplishments that have come about because of AFAP are Better Opportunities for Single Soldiers, Army Volunteer Corps, Military Thrift Savings Plan, increased military annual leave carryover and distribution of the Montgomery GI bill benefits to Family members.

Even after the conference is over, issues continue to be worked, which are led by the garrison commander’s steering committee, she said.

If an issue that is brought before the AFAP committee cannot be dealt with at the installation level, it will then be elevated to a higher-level AFAP, but 90 percent of submitted issues can be resolved at the garrison level, said Kelly.

“The main thing is getting the issues in front of leadership, because anything that is brought forward here will be looked at by (Col. Stuart J. McRae), garrison commander, and the commanding general.”

Kelly said that if people don’t submit an issue, it might never be heard, and that’s why the program is important. It gives people that forum to speak on their issues.

“You hear people’s gripes all the time, but if you don’t take the time to submit an issue, it’s never going to get fixed,” she said. “From the leadership’s perspective,

they might not see what’s going on if people don’t tell them. Everyone has a role to play to initiate needed change.”

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## NEW LISTING



**301 Whispering Pines ~ \$99,500**  
Nice 3BR/2BA, with sunroom, corner lot. **JACKIE THOMPSON 406-1231 MLS# 20131740**

## NEW LISTING



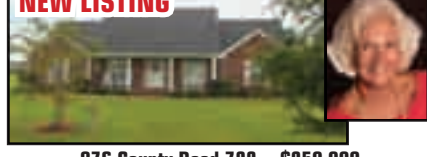
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Hand-scraped hardwood floors throughout & tile in kitchen & bath. Big in-ground oasis salt water pool with cool decking. Big back porch with tiles for great entertaining & big yard with plenty of space for RV & separate plug-in. Breakfast nook & formal dining room with extra molding. Master bath with Jacuzzi tub & his/hers closets. Green house to grow your own vegetables. Tiled back splash in kitchen. Gutters on outside. Owner is a licensed REALTOR in the State of AL. **NICOLE ANNICELLI 464-0782 MLS# 20131777**

## NEW LISTING



**307 Merry Dell ~ \$88,000**  
Move-in-ready! Ideal for a starter or retirement home. All the kitchen cabinets have been replaced or re-faced, new counter tops & new lighting. Both bathrooms have been updated. Big fenced in backyard. Metal roof was installed in 2011. Really nice house, priced to sell. **BOB KUYKENDALL 369-8534 MLS# 20131800**

## NEW LISTING



**876 County Road 722 ~ \$250,000**  
1.81± of level land, 4BR/2BR brick home features all new hardwood flooring in all areas except bathrooms, kitchen, laundry & foyer. Oversized double garage with 2 separate doors could easily be converted to a large family room as it has been painted & the floor is an epoxy speckled finish. Enter the front door with sidelights & the foyer opens to the formal dining room & grandroom. Crown molding in the tray ceiling in the grandroom, corner gas log fireplace & French doors to the covered patio. Kitchen & breakfast area are very open with bar & access to laundry room. The master bath features double vanities with large mirror, as well as Jacuzzi, shower & closets. Very bright & open floor plan, this one won't last long. **EVELYN HITCH 406-3438 MLS# 20131798**



## NEW LISTING

**209 Eagle Landing ~ \$124,000**  
All brick & vinyl townhouse in Eagle Landing 2BR/2½BA with community pool & club house. Very close to shopping & restaurants. Wonderful double deck porch off the family room & off the master bedroom. Huge master, large enough for sitting area & king size bed! Stainless appliances & tile flooring make the family room great for entertaining! **MAGGIE HAAS 389-0011 MLS# 20131796**

## NEW LISTING



**515 Oakdale ~ \$164,000**  
Open floor plan, 9' ceilings, separate dining room between kitchen & family room, custom cabinets stainless steel appliances, pantry in kitchen, laundry room just off kitchen, extra-large master bedroom 15'x16', walk-in closet, connecting master bath with extra-large tiled shower/seal, 2' blinds throughout. Lovely covered back porch & patio. Extra paved parking pads, large corner lot on dead end street, no through traffic. Priced below market value, ready to sell! **MILDRED OWENS 464-2121 MLS# 20131807**

## NEW LISTING



**209 Heritage ~ \$119,900**  
Nice 3BR/2BA brick home. New Lennox heat pump installed in 2011, newer architectural roof, very convenient to Ft Rucker. Motivated seller. **BOB KUYKENDALL 369-8534 MLS# 20131810**

## NEW LISTING



**274 Hannah ~ \$250,000**  
Immaculate brick home with sod landscaping, sprinklers in front & backyard, sparkling pool with x-ing back covered porch. Inside find a perfect home with beautiful fireplace. No carpets. Tile & vinyl flooring. Fabulous kitchen with large separate bar with double deep sinks. Appliances stainless & black trim. Separate formal dining as well as eat-in kitchen to look out over the pool area. Mostly 2" blinds that will remain with the home. Double marble sinks in the master bath with a great Jacuzzi tub. **DEBBIE SUNBRUCK 406-9079 MLS# 20131850**

## NEW LISTING



**221 Oak Ridge ~ \$399,990**  
Spectacular lakefront contemporary, private fishing dock, in-ground pool, covered poolside area opening into bonus rec room, a circular drive & large garage, workshop, storage with room for your extra riding toys, lovely foyer opens into a magnificent living area with fireplace & floor to ceiling windows, separate dining room, kitchen with room for everyone features a breakfast area, cabinets & counter space galore, a delightful master BR suite with sitting area, fireplace, adjoining bath. **JUDY DUNN 301-5656 MLS# 20131860**

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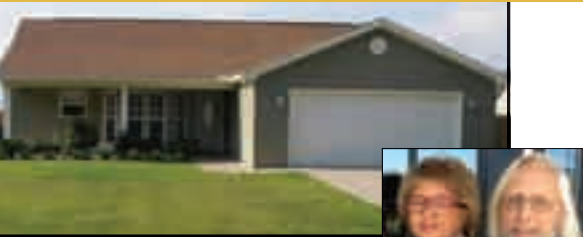
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**102 AUBURN:** Big & beautiful traditional style home in established neighborhood. 4 or 5 BR, 2 living areas, formal dining room, spacious kitchen & adjoining den. Spacious island, deep cabinets & Corian counter tops. Updated appliances. The front porch is a good place to watch the sun set & the screened-in back porch is the perfect get away. Alarm system & updated intercom system. Oversized attached garage & detached garage/shop building. **MARY M. JONES 790-2933**

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**Directions:** Highway 84 North, turn right on Salem Road. Turn right into Turtleback Subdivision, house will be on left.



**HOSTED BY: MAGGIE HAAS 389-0011**

## OPEN HOUSE SUNDAY, SEPT 15 • 2PM-4PM

**115 TUMBLEWEED ~ \$262,000**



This home has hand scraped hardwood floors throughout & tile in kitchen & bath. Big in-ground oasis salt water pool with cool decking. Big back porch with tiles for great entertaining & big yard with plenty of space for RV & separate plug-in. Breakfast nook & formal dining room with extra molding. Master bath with Jacuzzi tub & his/hers closets. Green house to grow your own vegetables. Tiled back splash in kitchen. Gutters on outside. Owner is a licensed REALTOR in the State of AL.

**Directions:** Rucker Blvd towards Fort Rucker Gate, left into Legacy Farms Subdivision, left on Tumbleweed Drive house on left.



**HOSTED BY: NICOLE ANNICELLI 464-0782**

**\$69,000**



**967 STEWART:** Additional 200± sq ft added to field lines in 2010. New fiberglass steps with handrails 2011. Ceiling fan on screened porch. Lifetime metal roof. New air conditioner in 2010. Start of 200 amp service on end of house set up but service not to box yet. Gas logs in fireplace, 70" remote control fan in living room. Upgraded light fixture in dining room. Ceramic tile from foyer thru kitchen. Appliances newer than home. Laminate floors installed 2010. One owner. "AS IS." **EVELYN HITCH 406-3438**

**\$259,000**



**204 JANICE:** Like new home...built in 2010. 4BR/3BA, open floor plan, beautiful kitchen with custom cabinets, granite countertops & tile backsplash. Granite in all bathrooms, hardwood floors throughout. One of the extra bedrooms has a private bathroom which would be great for a teen or in-laws. **BOB KUYKENDALL 369-8534**

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SEPTEMBER 12, 2013

# Task Force Demons takes lead



PHOTO BY CAPT. ANDREW COCHRAN

Maj. Gen. Paul LaCamera, Regional Command-South and 4th Infantry Division commanding general, describes the importance of Army Aviation in Afghanistan to commanders during the transfer of authority ceremony between Task Force Demons, 1st Combat Aviation Brigade, 1st Infantry Division, and TF Falcon, 3rd CAB, 3rd ID on Kandahar Airfield Sept. 3.

By Sgt. Luke Rollins  
3rd Combat Aviation Brigade

KANDAHAR AIRFIELD, Afghanistan — Task Force Falcons, 3rd Combat Aviation Brigade, transferred Aviation operations responsibility in Regional Commands South, Southwest, and West at Kandahar Airfield, Afghanistan, Sept. 3 to Task Force Demons, 1st Combat Aviation Brigade, 1st Infantry Division.

“It is hard not to notice the agility, firepower and intensity that a combat Aviation brigade brings to the battlefield, especially in Afghanistan,” said Maj. Gen. Paul LaCamera, commanding general, RC(S) and 4th Infantry Division.

With missions ranging from reconnaissance to sustainment operations, Aviation gives commanders the ability to impose their will on the battlefield at a chosen time and place, LaCamera added.

Task Force Demons will continue to conduct Aviation operations supporting Interna-

tional Security Assistance Force and Afghanistan National Security Forces regardless of troop levels. Col. Matthew Lewis, commander, TF Demons, knows the mission remains the same.

“Task Force Demons enters the game like the relief pitcher in a long, hard-fought baseball game,” Lewis said. “We have the lead and we intend to keep it. We have a great team of young, enthusiastic Soldiers who are dedicated to the mission of a free, secure and prosperous Afghanistan.

“We are committed to the safety and security of the Soldiers and civilians of the ISAF, the ANSF, and the citizens of Afghanistan,” Lewis continued.

Task Force Demons assumes an area of responsibility about the size of Montana, with a landscape varying from 10,000-foot mountains to vast open deserts.

Task Force Demons is expected to serve a nine-month deployment to southern Afghanistan in support of Operation Enduring Freedom under the command of RC(S).

## 25th CAB receives new UH-60M Black Hawks

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

WHEELER ARMY AIRFIELD, Hawaii — The 25th Combat Aviation Brigade, 25th Infantry Division received upgraded models of the UH-60 Black Hawk on Wheeler Army Airfield, Aug. 27.

The arrival marked the beginning of replacing all UH-60L model aircrafts with UH-60M model aircrafts within the 25th CAB.

The new model features several upgrades that increase the CAB’s ability to support troops on the ground throughout the Pacific.

“The biggest improvement the M model employs is the new glass cockpit, increasing the situational awareness for the aircrew,” said Greg Shirley, new equipment training team government flight representative with Sikorsky.

The model also features upgraded engines producing more power and wide chord blades for better lift capabilities.

The CAB will receive nearly four dozen UH-60M helicopters between now and March 2014. Representatives from Sikorsky will train CAB Soldiers on



COURTESY PHOTO

Soldiers from the 25th Combat Aviation Brigade, 25th Infantry Division, download a new UH-60M Black Hawk at Pearl Harbor, Hawaii, Aug. 26, marking the beginning of replacing all UH-60L model aircrafts within the 25th CAB.

maintenance procedures and operation of the new digital systems.

“The new HH-60M MEDEVAC has infrared capability for flying in adverse weather, improved instruments and flight controls with the glass cockpit for pilots, and all are brand new for increased reliability,” said Col. Kenneth Hawley, 25th

CAB commander. “This is the final modernization step for the 25th CAB, increasing the capabilities of the brigade to make it the most modern combat Aviation brigade in the Army including the CH-47F Chinooks, AH-64E Apaches in [1st Battalion, 25th Aviation Regiment], and now the UH-60M Black Hawks providing support for the 25th

Infantry Division as well as United States Army Pacific.”

Since the first UH-60M fielding in 2007, a total of 2,200 Soldiers have been trained on the new Black Hawk. The 25th CAB is the sixth CAB to receive the new aircraft.

CAB Soldiers will begin training on the UH-60M Black Hawk in mid September.

## Soldiers, Sailors, Marines team for MEDEVAC training

By Marine Lance Cpl. Kasey Peacock  
III Marine Expeditionary Force

AICHI, Japan – U.S. Marines, Soldiers and Navy corpsmen worked together to evacuate simulated casualties while conducting improvised explosive device training at Rodriguez Live-Fire Complex Aug. 18 during Korean Marine Exchange Program 13-8.

KMEP 13-8, a combined annual training exercise that enhances the combat readiness and interoperability of Republic of Korea and U.S. Marine Corps forces, is just one in a series of continuous, combined training exercises designed to enhance

the alliance, promote stability on the Korean Peninsula, and strengthen ROK and U.S. military capabilities.

While the ROK Marines did not participate in the training, members of their medical staff observed from a distance as the U.S. military conducted the training.

The U.S. Marines and Sailors conducted IED lanes in which members of the patrol became casualties when the simulated IEDs detonated. Once injured, the corpsmen rushed to facilitate the injured while calling in a medical evacuation to U.S. Soldiers.

The Soldiers, flying in a UH-60 Blackhawk helicopter configured for medical evacuation, flew to the

landing zone and worked with the Marines and Sailors to evacuate the casualties.

“The most important thing about this is the joint service training everyone receives,” said U.S. Army 1st Lt. Garrett W. Kuipers, an aeromedical evacuation officer with C Company, 3rd General Aviation Support Battalion, 2nd Aviation Regiment, 2nd Combat Aviation Brigade, 2nd Infantry Division. “Prior to going live with the training, we spun the Marines and Sailors up on our medical capabilities, the capabilities of our helicopter and we worked to bridge the gap between the ways different services communicate medically.”

The training provided an op-

portunity for all three branches of service to prepare to work together for future contingencies, according to U.S. Navy Lt. Suraj Trivedi, the battalion surgeon for 3rd Battalion, 12th Marine Regiment, 3rd Marine Division, III Marine Expeditionary Force.

“While this was great training for everyone involved, it was especially good for my corpsmen,” said Trivedi. “The bottom line is these corpsmen are the first line of medical care for Marines in battle, and we train them to take charge in situations that dictate medical care. I was extremely impressed with the way they performed under pressure and how they executed their medical tasks.”

For the Marines participating in the training, it provided an opportunity to conduct tasks not associated with their military occupational specialty.

“Even though our trade is artillery, our profession is being Marines,” said Capt. Christopher M. Cotton, the commanding officer of India Battery, 3rd Battalion, 11th Marine Regiment, currently assigned to 12th Marine Regiment, 3rd Marine Division, III Marine Expeditionary Force, under the unit deployment program. “Like all Marines, we are subject to combat at any time and need to always be ready for any situation that may occur.”

KMEP 13-8 is conducted in the spirit of the ROK-U.S. Mutual Defense Treaty signed between the two countries on Oct. 1, 1953.

The exercise underlines the enduring alliance and friendship between the two nations and their combined commitment to the defense of the ROK and peace and security in the region.



PHOTO BY 1ST LT. KAT KALISKI

U.S. Marines and Navy corpsmen await the command from Army medical personnel to begin evacuating simulated casualties at the Rodriguez Live-Fire Complex Aug. 18 as part of the Korean Marine Exchange Program 13-8. Soldiers, flying in a UH-60 Blackhawk helicopter configured for medical evacuation, flew to the landing zone and worked together with Marines and Sailors to evacuate the casualties.

## AH-1F Cobra: An old bird gets a new mission

By Sgt. Duncan Brennan  
101st Combat Aviation  
Brigade Public Affairs

FORT CAMPBELL, Ky. – Soldiers from B Company, 96th Aviation Support Battalion, 101st Airborne Division (Air Assault), work to refurbish an AH-1F Cobra at Fort Campbell.

The Soldiers, OH-58D Kiowa Warrior helicopter mechanics and OH-58D armament-electrician-and-avionics technician specialists, began the work of cleaning, repainting and reassembling the helicopter that is to go on display in front of the Don F. Pratt Museum at Fort Campbell. This helicopter will join many others on display across from the museum.

For Spc. Zachery Wisener, an OH-58D armament technician with B Company, 96th ASB, working on this project was not enough. He started searching through Facebook and came across some information on the airframe that they were working on.

“This aircraft was built in 1968 to serve on the front lines of Vietnam,” said Wisener. “When the helicopter came back from Vietnam is unclear. The Cobra went back into service with the active-duty Army at E Troop, 1st Squadron, 7th Cavalry Regiment, at Fort Hood, Texas, in the late 80s and early 90s. In 1997, this bird got handed over to the Texas National Guard’s 1st Battalion, 121st Aviation Regiment, based in Austin.”

The National Guard unit was the last group to use this helicopter. In 2001, the Army stopped using the Cobra platform as it transitioned to the AH-64 Apache.

“The end of 2001 was the cutoff to stop all Cobra activity,” said Wiesner. “In 2007, Fort Campbell purchased this helicopter and that’s when it came to the Pratt Museum.”

Restoring the Cobra was a time-intensive project.

“We started this project the first week in August,” said Sgt. Steven Gould, an OH-58D maintenance section sergeant with B Company, 96th ASB. “Currently



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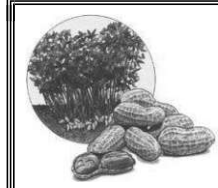
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# Mission: Project to take approximately 120 hours

Continued from Page B1

we have about 88 hours of work into it, so far. We are expecting it to take about 120 hours to complete.”

Restoring the aircraft took a lot of different tasks to bring it to completion.

“The aircraft came to us missing a lot of pieces,” said Gould. “It came to us missing the rotor mast, main-rotor head, it was missing the weapons pylons and it only had one tail rotor. We also had to re-install the turret and the 20mm gun.”

Even though the project took a lot of hard work, the Soldiers knew that this was an opportunity that does not happen very often in the Army.

“It’s like going back in time,” said Spc. Joshua Weaver, B Company, 96th ASB, OH-58D Kiowa Warrior mechanic. “Not many in the Army can say that they’ve worked on a Cobra helicopter within the last 10 years.”

Working on a helicopter that has been out of the Army’s inventory for over a decade presents some challenges for the Soldiers. They embraced and overcame the difficulties restoring the old war bird presented them.

“I can’t go to the book,” said Weaver. “There is a book I can refer to, but I can’t look at it and say ‘yeah, I know exactly how to do that.’ I’ve never put a turret on. That was a little bit of a challenge putting it on because of the narrow nose. We called some of the biggest guys in the company to bench press it into place so we can install the bolts on the turret.”

With all of the challenges and hard work that was put in to restoring this helicopter, there are some rewards. The crew



PHOTO BY SGT. DUNCAN BRENNAN

Sgt. Steven Gould, B Company, 96th Aviation Support Battalion, 101st Airborne Division (Air Assault), paints the mount of the 20mm gun during the restoration of an AH-1F Cobra Helicopter at Fort Campbell, Ky., Aug. 8.

takes a lot of pride in having their handiwork on display at the division museum.

“I’m really proud of this,” said Weaver. “There’s a lot of joy in being able to drive by it every day and say ‘yeah, I worked on that with some of my friends.’ I’m also really happy that I got to make new friends while I worked on this helicopter.”

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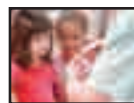
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SEPTEMBER 12, 2013

# Girls Night Out

## Ladies-only event draws large crowd, once again

**By Sara E. Martin**  
*Army Flier Staff Writer*

The sixth biannual Girls Night Out Friday at The Landing's ballroom held up its reputation by not disappointing the 275 attendees.

Girls Night Out is a ladies-only event that provides local women a taste of what the Wiregrass has to offer in terms of shopping, food, health and spas in a vibrant atmosphere, and patrons are not the only ones coming back each time for more.

"Girls Night Out is a great way to be seen. There is such a vibrant energy at this event," said Courtney Meinders, owner and manager of Freedom Birds Jewelry, who has been a vendor at Girls Night Out three consecutive times. "It is such good business and good advertising. The women who come are great."

The night offered dozens of prizes, picture opportunities, a fashion show, complimentary massages and drinks, and more than enough fun, according to Leigh Ann Dukes, Directorate of Family, Morale, Welfare and Recreation sponsorship and advertising sales manager, and vendors and patrons agreed.

"I would come if I wasn't selling, that is for sure," said Meinders. "Everyone seems to be having so much fun."

Patrons were able to purchase jewelry, bags, cosmetics, hair products, lingerie, candles and accessories from several booths, a relatively new idea that patrons and business owners continue to appreciate.

"It means a lot to us (vendors) that Fort Rucker cares about us and wants people to see what we have to offer. It is very gracious of them. They are really showing that they want to integrate themselves into the community," said Meinders.

Some vendors that were in attendance include: Mary Kay, Southeast Alabama Medical Center- Women's Medical Center, Scentsy, 2 Girls and a Spa, Massage Envy, Dandy Lion Boutique, USAA, Mercadees-Benz of Dothan, Perfectly Posh, Pure Imagination and other small, home-town booths.

Jennifer's Nail Care provided free manicures on site and Massage Envy pampered women with free back, neck and shoulder massages.

"Feeling special is universal. We all want to be pampered," said Angel Mangum, wife of Maj. Gen. Kevin W. Mangum, U.S. Army Aviation Center of



PHOTOS BY SARA E. MARTIN

Kim Kozel, Dandy Lion Boutique employee, presents a necklace to Brittany Ernst, Army spouse, at the sixth biannual Fort Rucker Girls Night Out Friday.

Excellence and Fort Rucker commanding general. "It is a time for us to relax, maybe have an adult beverage, have a look around and spend some time with our friends."

Mangum said that the event is "really" unique because nothing like it is held off post.

"And in a small town like this, that is important," she said. "It is all about support, it is about giving back."

The Southeast Alabama Medical Center made the night possible, according to Dukes. Around 100 makeup bags were given away to patrons just for attending, and vendors also provided door prizes, which included designer bags, health screenings, makeup tutorials and gift certificates.

Many spouses were surprised by the large variety of business that attended, with several buying clothes and jewelry from shops they had never heard of.

"I have learned about several local places that I would have never found otherwise," said Mandy Zimmer, Army spouse. "I like being exposed to all the little gift shops and boutiques. It's great to just have a girl's night."

Dukes said that getting together without the opposite sex is always a recipe for success.

"It is just a great way for them to shed the stress of the week and get the weekend kicked off



Women from the local community stop and speak with local business owners and representatives in The Landing's ballroom.

right. They can do some shopping, have some (refreshments) and do a little socializing in a secure atmosphere," she said.

Women who attended said it was wonderful to take a night for themselves and get away from the busy hustle and bustle of their daily schedules.

"I had heard how fun the last one was and when I found out that my friends were coming, I

knew I wanted to try it out, too," said Zimmer. "It is really special that so many aspects of post have come together to host this for us. It's good to know that all these womens' contributions are not being taken for granted."

Though Girls Night Out has proven to be a successful program here at Fort Rucker, the event will continue to evolve and improve, said Brian Jack-

son, DFMWR program manager.

"This event averages around 300 patrons per event, two times a year, for the last three years," he said. "That shows how much vendors and patrons really benefit from this event. We are making it a more enjoyable atmosphere each time, and we expect it to be bigger and better for March of 2014."

# Diamonds and Denim features national star

**By Sara E. Martin**  
*Army Flier Staff Writer*

It's time to dust off those old boots and cowboy hat; the Directorate of Family, Morale, Welfare and Recreation offers an event that is sure to bring out the hill-billy in everyone who attends.

Diamonds and Denim, a program that patrons have expressed a desire for in surveys, will be held at The Landing's ballroom Sept. 14 from 6-11 p.m.

"This is an entertainment event with some fun activities for adults and a chance to see a popular music star," said Brian Jackson, DFMWR program manager. "The event appeals to a wide demographic; and patrons have wanted an event that has a country twist with line dancing and a mechanical bull."

This event is the first of its kind to be held at Fort Rucker.

"This is an opportunity to see one of the nation's top musical performers – Elise Testone," said Jackson. "She beat out thousands of musicians in one of the

most renowned reality shows and toured the country as a finalist with the 'American Idol' tour in 2012."

A DJ will also play country music for dancing at the beginning of the night. During that time, patrons will get one free ride on the mechanical bull. Additional rides can be purchased for \$5.

Testone will hit the stage at 8 p.m. and play until 10 p.m. She will perform a few country numbers, but will also add her own spin with music in the genre fields of rock, soul and funk. The last hour of the event, the DJ will return as patrons will be able to meet Testone in the ballroom.

"The band and I are honored to come play for such a hard-working, selfless group of leaders who spend their days giving to the community in countless ways," said Testone. "Music has the ability to bring people from all walks of life together. We are hoping to leave Fort Rucker with inspiring moments to share and remember."

Jackson said that DFMWR likes to provide events and programs that cater to patrons' needs, and that this

type of event has been sought after over the last year.

"We are excited to provide a fun event like this for our Fort Rucker community, as well as our surrounding communities," he said.

The event is open to the public ages 18 and over. Advanced tickets are \$10, and at the door sales are \$15 per person. Refreshments will be for sale at the event.

"Our catering staff at The Landing is fantastic," said the program manager. "They will have a nice selection of sampler plates and appetizers for sale, and also plenty of beverages to choose from."

Though the event's theme is country, patrons don't have to wear boots and western shirts to fit in.

"We want people to feel comfortable and not have a specific form of attire. Boots, jeans and cowboy hats are more than acceptable, but even coming in jeans and a nice shirt is fine. Come as you are and enjoy the evening," said Jackson. "This event (enhances) morale amongst our Soldiers, Families and the communities. It supports the Army mission by bringing in fun entertainment that they want and can enjoy."



# ON POST

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

## September EDGE!

People can sign up for the September after school EDGE! Programs. This month's activities include: free swim, bowling, wood burning, painting, volleyball and test taking skills. EDGE! events are free for children 11-18 years old and cost \$5 per hour for children 6-10 years old. Activities occur every weekday from 4-5 p.m. or 4-5:30 p.m., depending on the activity. A valid child, youth and school services registration is required for participation. Enrollment for all EDGE! activities is located at parent central services in the Soldier Service Center or online at [webtrac.mwr.army.mil/webtrac/ruckercyms.html](http://webtrac.mwr.army.mil/webtrac/ruckercyms.html). For more information, call 255-0666 or 379-1363.

## AFAP submissions accepted

Quality of life submissions are being accepted now through Sept. 27 for the Army Family Action Plan – the Army's grassroots-level process to identify and elevate the most significant quality of life issues impacting Soldiers, retirees, Army civilians, and Families to senior Army leadership for action. Quality of life submissions will be reviewed by delegates at the 2013 AFAP Conference Oct. 16-17 from 8 a.m. to 2 p.m. at Wings Chapel.

To get more information or to submit a quality of life issue, people should visit <http://www.surveymonkey.com/s/TVSTMS9>, or call Fort Rucker's AFAP staff at 255-2382.

## 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 Saturday 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 Saturday. 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.

## Children's Craft-Making Activity

Center Library will host a craft-making activity for children ages 3-11 Tuesday from 3:30-4:30 p.m. Space is limited to the first 65 children to register. Light refreshments will be served.

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

## 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



PHOTO BY SARA E. MARTIN

## Oktoberfest

Sonnenschein Express entertains the crowd with a traditional German song during last year's Oktoberfest. Fort Rucker's 11th annual Oktoberfest is scheduled for Sept. 27 from 4:30-9:30 p.m. on the festival fields. Fort Rucker's Oktoberfest features live German music by Sonnenschein Express, traditional German food including bratwurst and schnitzel, a keg toss competition and more. There will also be children-friendly activities, including inflatables, a pumpkin patch, crafts and more. For more information, call 255-1749.

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, enrollment, updates and disenrollment. 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.

## Newcomer's Welcome

Army Community Service hosts the Newcomers Welcome every third Friday of the month from 8:30-10:30 a.m. at The Landing. Active duty military, spouses, foreign students, Army civilians and Family members are all encouraged to attend the event. A free light breakfast and coffee will be served. For free childcare, register your children at the child development center by calling 255-3564. Reservations must be made 24 hours prior to the event.

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

## Purple Day

October is Domestic Violence Awareness Month, and to help raise awareness the Purple Day campaign will begin Oct. 4. Wearing purple on Fridays in October will be a Fort Rucker community-wide effort to recognize the collective responsibility to prevent all forms of domestic violence.

For more, call 255-9641.

## Scream Free Marriage Workshop

Fort Rucker's Family Advocacy Program hosts its free Scream Free Marriage Workshop Oct. 2 from 11 a.m. to 1 p.m. at The Commons in Bldg. 8950 on Seventh Avenue. The workshop includes free childcare and is open to active duty and retired military, Department of Defense employees and their Family members. People need to register by Sept. 27.

For more information or to register, call 255-3898, 255-9644 or 255-9641.

# DFMWR Spotlight

## Family & MWR Events



*Diamonds & DENIM*★  
LIVE MUSIC BY 2012  
*American Idol*  
FINALIST  
**ELISE TESTONE**  
SEPT. 14<sup>TH</sup>  
THE LANDING  
FORT RUCKER  
DOORS OPEN AT 6 PM  
ELISE TESTONE 8 PM - 10 PM

**TICKETS**  
\$10 ADVANCE  
\$15 AT DOOR

EVENT DETAILS CALL THE LANDING, (334) 598-2426  
OPEN TO THE PUBLIC, AGES 18+

## Southern Landscaping & Gardening

.... Saturday, September 14<sup>th</sup> ....  
Fort Rucker Center Library

This is a FREE class that will give you the information you need to achieve a healthy garden and a beautifully landscaped yard.

Call or stop by to register!

For more information call Center Library, (334) 255-3885  
EFMP Friendly Open to authorized patrons.

For more information visit [www.ftruckermwr.com](http://www.ftruckermwr.com)





COURTESY PHOTO

# Granted

Carla Parker, spouse of WO1 James R. Parker, received a \$5,000 education grant from Our Family for Families First Foundation, the nationally-recognized private, charitable foundation of Corvias Group CEO John Picerne. The foundation announced Sept. 3 that it awarded \$100,000 in grants to the spouses of active-duty service members. Parker is pursuing an associate's degree in Nursing from George C. Wallace Community College in Dothan, and is one of 20 military spouses who received a \$5,000 education grant in support of secondary education, according to a foundation press release. Since its founding in 2006, the Our Family for Families First Foundation has awarded more than \$4.5 million in scholarships to 90 children of active-duty service members, including \$815,000 in educational grants to 163 military spouses, based on need and merit. At Fort Rucker alone, the Foundation has awarded \$418,000 to 26 recipients.

# 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.

**Military Council of Catholic Women**  
MCCW meets every Tuesday from 5:30-7:30 p.m. at the Spiritual Life Center. Childcare is provided.  
For more information, call 255-9894.

**Catholic Adult Fellowship**  
CAF meets regularly throughout the year. For more information, call 255-9894.



## Every Sunday

"Koffee Kafé"

There will be a "Koffee Kafé" following the service with plenty of hot coffee and fresh doughnuts!

## NEW WORSHIP OPPORTUNITY

This service is ideal for those seeking a less traditional worship environment.

**Daleville Baptist Church** invites everyone to it's new weekly contemporary worship service called **"encounter"**.

The Music, led by **Joey Keener**, is Contemporary and Exciting and the Preaching, by pastor **Jud Waldrop**, is Biblical and Relevant.

For more info call the Daleville Baptist Church office at **598-4530** or visit us online at **www.dalevillebc.org**

**encounter**  
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### LUNCH SPECIALS!

11am-2pm  
Tuesday-Sunday

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Expires 9/29/13

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- Quarts of Cole Slaw
- Gallons of Tea

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**SAT 11 am-9 pm • SUN 11 am-8 pm**

# Church Directory

**First United Methodist Church**  
Traditional Worship Service  
8:30AM & 11:00AM  
Contemporary Worship - New Connection  
8:45AM & 11:00AM  
The Gathering - Youth  
5:45PM  
Sunday School  
10:00 M  
Nursery Care: During all services  
217 S. Main St • Enterprise, AL  
Office: 334-347-3467  
efumc@adelphia.net  
Prayer Line (24 Hours) 334-393-7509

*"Be ye followers of me, even as I also am of Christ."*  
**1 Corinthians 11:1**

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DOTHAN  
Sun 10:30 Service; Wed 6:30 Small Groups  
(334) 671-0093 • 150 Bethlehem Rd  
DOTHANVINEYARD.COM

## Grace Baptist Church

Minutes from Ft. Rucker Ozark's Gate  
On the corner of Highway 231 & Parker Drive  
**Independent - Fundamental - Soul Winning**  
LISTEN TO A LIFE CHANGING MESSAGE OF HOPE  
"God So Loved the World"  
**www.1john316.net**  
334-774-2311  
**www.GraceBaptistChurch-Ozark.com**

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



# Families invited to ‘explore the outdoors’ during annual festival

**Walton Outdoors**  
*Press Release*

FREEPORT, Fla. — Walton Outdoors will host the annual Explore The Outdoors Festival Oct. 5.

The event will be held from 10 a.m. to 2 p.m. at the waterfront location of Live Oak Landing Outdoor Destination, 229 Pitts Avenue in Freeport, Fla.

This fun-filled day is geared towards introducing children to the wonders of exploring the outdoors. Hands on activities will include fishing, boating, kayaking, wildlife encounters, interactive educational exhibits, nature-based crafts and much more. The event is free. The water activities are geared for children six-years-old and up.

Activities and exhibits include:

- Fish Florida rod/reel giveaways for the first 140 attendees
- Fishing education with Florida Fish and Wildlife Conservation Commission
- Boat rides
- Kayaking
- Emerald Coast Wildlife Refuge
- Birding with the Choctawhatchee Audubon Society
- Florida Fish and Wildlife Conser-

- vation Commission wildlife interactive
  - South Walton Turtle Watch
  - Florida State Parks Topsail Hill Preserve State Park
  - St. Andrew’s State Park
  - Northwest Florida Astronomy
  - Choctawhatchee Basin Alliance touch tank
  - Smokey the Bear and his friends from Forestry
  - Monarch butterfly migration tagging with wildlife naturalist Joe Wyatt
  - Water safety with Freeport Fire and Rescue
  - Nature based crafts with Freeport Planters and On The Coast Magazine
  - Raffle for great items such as a two-night (off season) getaway in Northwest Florida from Wyndam Resorts Vacations, Wonder Works family pass, fishing backpack or tackle box
  - Food and soft drinks available for purchase
  - Great giveaways for the children
- For more information, visit [www.waltonoutdoors.com/explorefest](http://www.waltonoutdoors.com/explorefest) or call (850) 267-2064.



COURTESY PHOTO

## WIREFLASS COMMUNITY CALENDAR

IF YOU WOULD LIKE TO ADVERTISE YOUR EVENT, EMAIL JIM HUGHES WITH ALL THE DETAILS AT [JHUGHES@ARMYFLIER.COM](mailto: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](http://www.andalusialegionpost80.org).

### DALEVILLE

**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

**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](http://www.wiregrassmuseum.org).

**SATURDAY** — 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 Saturday will guarantee a T-shirt. For more information, visit [PrincessMacy.org](http://PrincessMacy.org) or [Facebook.com/MacyEasom](https://www.facebook.com/MacyEasom).

**SEPT. 22** – Maria’s Vineyard hosts a community yoga class celebrating national yoga month and the autumn equinox at 2 p.m. All proceeds to benefit the Wiregrass Humane Society- donations only. The 45-minute class is designed for people of all levels, and will focus on yogic breathing techniques, basic yoga poses, meditation and relaxation. There will be a question and answer forum focusing on the many benefits of yoga immediately following. For more information, visit [www.diannawellsyoga.com](http://www.diannawellsyoga.com).

**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](http://www.tristatecommunityorchestra.com) or call (334) 585-4903.

### ENTERPRISE

**SATURDAY** — The second Brendan Franco Celebration of Life in the Park will be held at Johnny Henderson Family Park on Hwy. 167 North from 2-7 p.m. There will be bounce houses, games and activities for children.

**SEPT. 21** — The Moonlighters will be performing at the Enterprise Civic Center at 6:30 p.m. The Moonlighters celebrate the classic big band sound of the Swing Era of the 1930s and 40s. The bands show is described as keeping “audiences coming back to listen, imagine and relive the big band era.” Tickets purchased in advance are \$60 for a couple and \$35 for an individual. Tickets purchased the day of the event are \$80 for a couple and \$45 for an individual. For more information, call 406-2787 or visit [www.CoffeeCountyArtsAlliance.com](http://www.CoffeeCountyArtsAlliance.com).

**SEPT. 23** — The Fine Arts Department of Enterprise State Community College and the Coffee County Arts Alliance hosts Night at the Museum on the ESCC campus from 6-8 p.m. Admission is free and open to the public. There will be art gallery shows and musical performances throughout Forrester Hall. Attendees can also sit down for a few moments to watch silent movies with live piano music. Light refreshments will be served. For more information, call 406-2787 or visit [www.CoffeeCountyArtsAlliance.com](http://www.CoffeeCountyArtsAlliance.com).

### 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](http://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@troycable.net](mailto:pfenn@troycable.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](mailto: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](http://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.

### WIREFLASS 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](http://www.baypointwyndham.com)

### Perdido Pirate Festival

The Perdido Key Pirate Festival will be held Saturday and Sunday at 10 a.m. Event is Family friendly with trea-

sure hunts, a grand prize treasure chest loaded with a vacation package that includes lodging and gift certificates to area attractions and restaurants. Festivities include pirate games, live music, storytelling, face painting, arts and crafts, vendors and more. Event is free for everyone. For more information, call (850) 492-1595.

### 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 draws thousands of divers and lobster fans from all over the southeast.

Lobster Tournament divers will be competing in a variety of categories including Spiny Lobster, Shovelnose Lobster and Big 6.

For more information, visit [www.schooners.com/events/lobsterfestival.htm](http://www.schooners.com/events/lobsterfestival.htm).

### Bike Race

The Georgia Tech Mountain Bike Race will be held at the Georgia International Horse Park in Conyers Saturday and Sunday. Four events over two days cover everything from an endurance cross country race to a short but intense dual slalom race- head to head with an opponent. For more information, visit <http://gtcycling.com> or [www.facebook.com/gtcycling](https://www.facebook.com/gtcycling).



# Officials share tips to help ‘fight the bite’

By Capt. Heather Ferguson  
U.S. Army Public Health Command

West Nile virus is commonly found throughout the United States, as well as Africa, West Asia and the Middle East. WNV took a serious health toll nationally last year, causing more than 5,000 illnesses and 243 deaths.

In the Maryland, District of Columbia and Virginia region, there were 75 illnesses and nine deaths – the second highest number of cases since WNV appeared in the States back in 1999.

WNV is spread by the bite of an infected mosquito and can infect people, horses, many types of birds and some other animals.

Preventing mosquito bites is the best way to avoid becoming infected with the West Nile virus.

Here are some tips to help reduce exposure to West Nile virus.

- Use an approved insect repellent every time you go outside and follow the instructions on the label. Among the Environmental Protection Agency-approved repellents are those that contain DEET, picaridin or oil of lemon eucalyptus.
- Regularly drain standing water – including water collecting in empty cans, tires, buckets, clogged rain gutters and saucers under potted plants. Mosquitoes that spread WNV breed in stagnant water.
- Wear long sleeves and pants at dawn and dusk when mosquitoes are most active.
- Use air conditioning or make sure all doors and windows have screens to keep mosquitoes from entering the home.

There is no evidence that West Nile virus can be spread from person to person or from animal to person.

Symptoms of the milder form of illness, West Nile fever, can include headache, fever, muscle and joint aches, nausea and fatigue.

People with West Nile fever typically recover on their own, although symptoms may last for several weeks. Symptoms of the more serious form, West Nile neuroinvasive disease, can include those of West Nile fever plus neck stiffness,

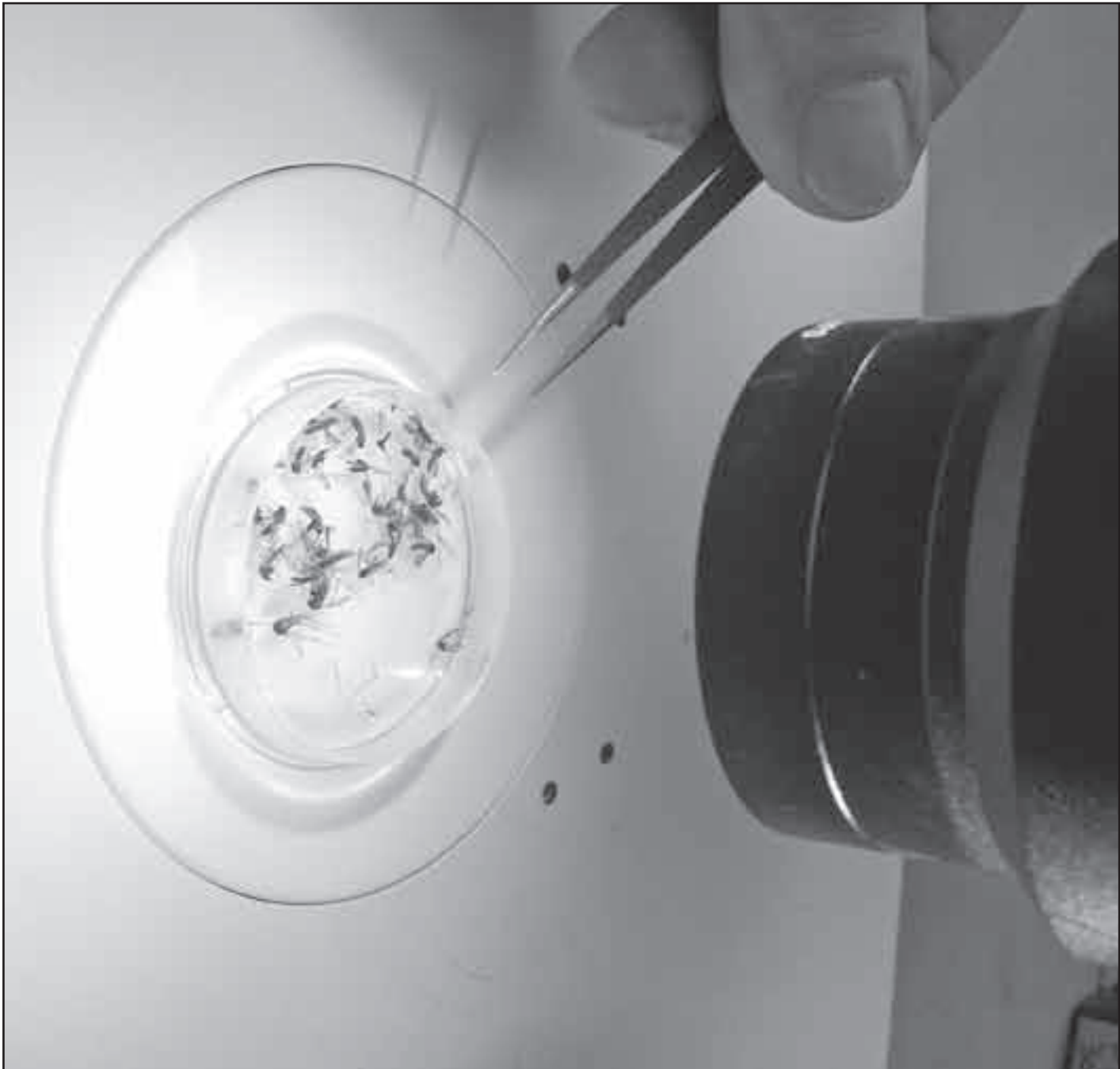


PHOTO BY BENEDICT PAGAC JR.

Mosquitoes are examined under a microscope prior to being tested for the presence of West Nile virus.

stupor, disorientation, coma, tremors, convulsions, muscle weakness and paralysis.

Up to 80 percent of people infected with the virus will have no symptoms.

There are no medications to treat or vaccines to prevent West Nile virus infection for people. Those individuals over 50 years old and those with other

health issues are at a higher risk of becoming seriously ill or dying when they become infected with the virus.

If people have symptoms and suspect West Nile virus infection, they should contact their health care provider.



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PHOTO BY SARA E. MARTIN

# Pick-of-the-litter

Meet Suzie, an 11-week-old female black and orange calico available for adoption at the Fort Rucker stray facility. She is a “purr box” and is very curious. She has a unique meow and is very vocal. She loves being held. It costs \$80 to adopt Suzie 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.



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RUGBY  
Army rugger humbled  
honoring fallen peers

Story on Page D3

SEPTEMBER 12, 2013

SADDLE UP

Stables hosts Ride, Swim, BBQ

By Nathan Pfau  
Army Flier Staff Writer

The Fort Rucker Riding Stables offers Families and Soldiers an experience that’s hard to come by in this area, and Saturday it offered a unique experience that dozens of Families won’t soon forget.

The Ride, Swim, BBQ gave people a chance to saddle up their horses, ride to Buckhorn Lake and take a swim with their horses in the lake before heading back to the riding stables for food and fellowship, said Justin O. Mitchell, Fort Rucker deputy garrison commander.

“Horses are natural swimmers and they have a lot of fun in the water,” he said. “It’s a lot of fun to see the rider and the horse come together in the water, swim and play around.”

The ride started at 9 a.m. as people gathered in front of the riding stables clubhouse for a safety brief, which Mitchell said is extremely important.

“Safety is critical,” he said. “There’s always danger when you’re riding a horse, whether you’re just trail riding and see a snake or run into a pothole. There’s always a risk to riding a horses, so we made sure to talk about it.”

Some of the topics discussed during the brief included making sure people were knowledgeable about their horse, remaining cognizant of their surroundings, never riding alone and open communication with other riders about possible risks.

“We want to make sure it’s a safe, fun day,” said Mitchell. “There’s a lot of adrenaline because you never know what your horse is going to do. They may just paw at the water or they might leap right in.”

From the safety brief, the riders headed out on their horses on two separate paths – one for the more experience rider and one for the novice rider.

The experienced course took riders through a more wooded area with obstacles that the horse and rider had to traverse, while the novice trail took riders safely along the road, but both trails ended up at the lake.

Laura Sebren, retired military and long-time horse rider, learned first-hand to expect the unexpected when she entered the waters of Buckhorn Lake with her horse, Savannah.



PHOTO BY NATHAN PFAU

Rylie Benehan, military Family member, takes her horse, Spanky, for a swim in Buckhorn Lake during Ride, Swim, BBQ Saturday.

She was one of the first to enter the water with her horse, and Savannah took to the water like second nature; going straight for the deep end. As Savannah started to swim, Sebren was almost pushed off her horse by the rushing water, but she was able to stay focused, hold on and keep her grip on the horse.

“It was so great,” she said. “As soon as your horse drops off land and starts swimming, you get buoyed up by the water, so you

have no contact with the horse except your hands on the mane.”

As Sebren exited the water with Savannah, she promptly let everyone know to make sure they have a good grip if their horse starts to swim.

Riders took turns in groups of about three to take to the water with the help of Mitchell for those horses that were timid about entering the water. Some pawed at the water, some barely got their feet wet, but all agreed that they

had a good time.

“I just think that this is so wonderful,” said Sebren. “It’s just a big fellowship that we have going on here and when we get a chance to get together like this with our horses and everybody, we’re a big Family.”

After the riders and horses had their fill of the swim, they all made the trek back to the riding stables to enjoy a barbeque and each other’s company.

Mitchell said it’s important for

people to take advantage of all that is offered on Fort Rucker

“This is a Family event and a lot of people don’t realize all of the different things that we can do out here on Fort Rucker,” he said. “It’s a beautiful place and we have lots of facilities, and with events like this, the food and fellowship are critical because we work really hard sometimes, and sometimes it’s nice to get to play really hard, talk with each other and enjoy each other’s laughter.”

PIGSKIN

PICKS



	St. Louis vs. Atlanta	Washington vs. Green Bay	Carolina vs. Buffalo	New Orleans vs. Tampa Bay	Jacksonville vs. Oakland	San Francisco vs. Seattle	Pittsburgh vs. Cincinnati
 Jim Hughes Public Affairs (5-2)							
 Brian Jackson DFMWR (3-4)							
 John McGee CDID (5-2)							
 Capt. Mike Simmons Directorate of Public Safety (5-2)							
 Sharon Storti Network Enterprise Center (3-4)							



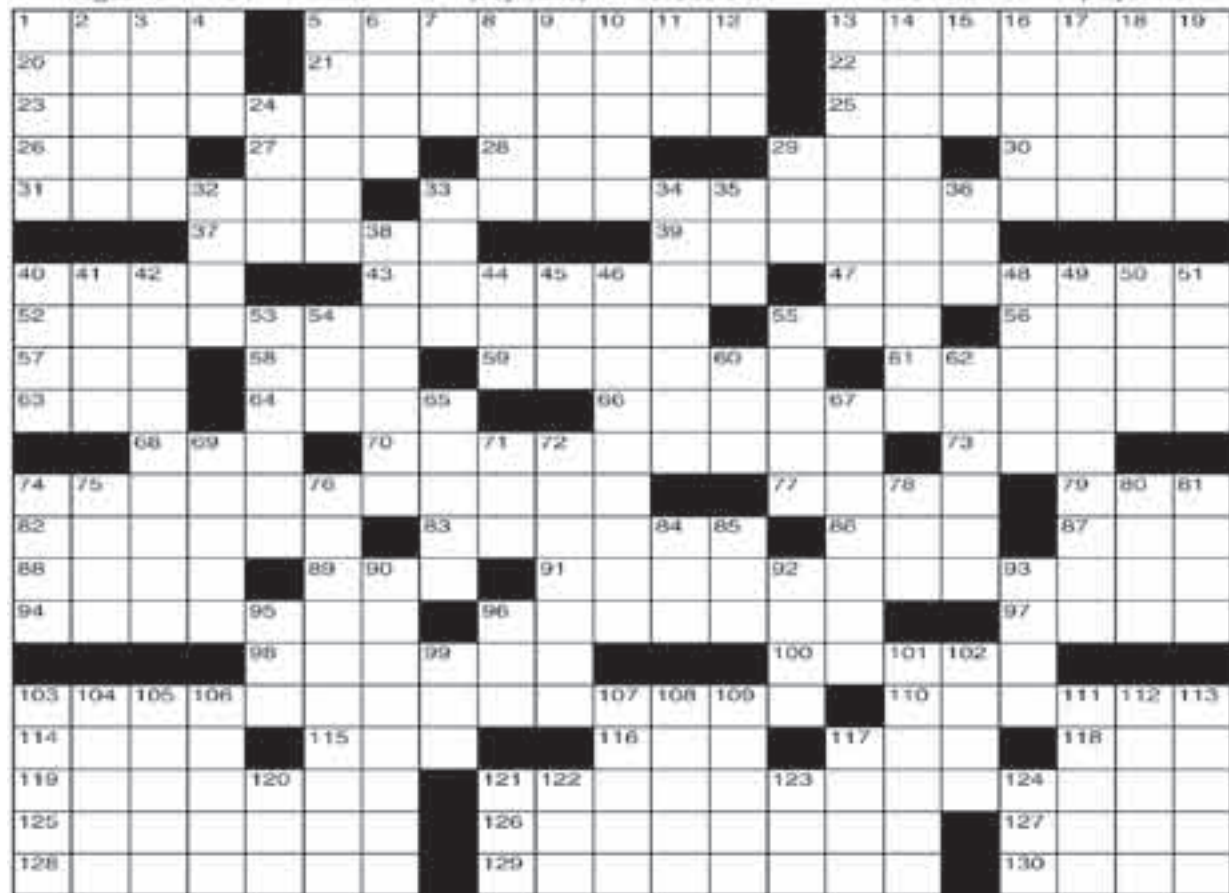


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# TRIVIA

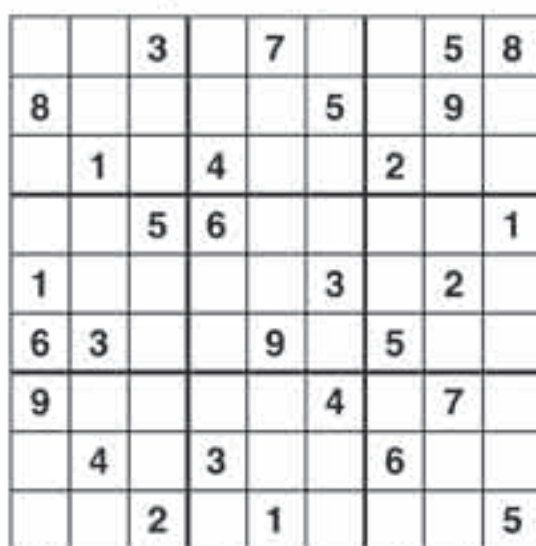
- See Page D4 for this week's answers.

<b>ACROSS</b>	55 Dutch banking giant	96 Rio de Janeiro	2 Vying venue	41 "Ask — questions ..."	78 Teachers' gp.
1 Boxing punches	56 Notorious emperor	97 Court partitions	3 "Doctor Who" ailer	42 Akin to Amish	80 Huff and puff
5 Bulk-buying chain	57 Curry of "Today"	98 Brazil's first emperor	4 Cleveland-to-Akron dir.	44 Acorn maker	81 Appends
13 Professional copyists	58 Wide-shoe letters	100 Previously, in poetry	5 Nun	45 Ending for cyan	84 Gas suffix
20 Balls	59 Very interested in	103 Knighted English portraitist	6 Eve's mate	46 Continuing	85 Do moguls
21 Represent as perfect	61 Turn into a mummy	110 Life forms	7 Sea, to Simone	48 Open, as a gate	90 New rough sketches
22 Ballerina Galina	63 Thither	114 Suffix with launder	8 "What do you — that?"	49 Coast Guard coup	92 Periods
23 Something bad that has to be done	64 Not far from	115 Hardly rigid	9 With 40-	50 Detective novelist — Stanley Gardner	93 "Finally — know!"
25 Kind of comb	66 18-year box, in soccer	116 Yearbook bit	10 French for "book"	51 Cell body	95 Cartoon shopkeeper
26 Picnic crawler	68 Bear, in Mexico	117 Grazing ground	11 Israeli arm	53 Poe maiden	96 Great elation
27 PIN-taking dispenser	70 Serving several functions	118 Amazed cry	12 Air or arm lead-in	54 "— howl" ("Wheee")	99 Critic Reed
28 Seafarers' stuff	73 —K (tyke's class)	119 Call to mind	13 Definite indication	55 As a whole	101 Did as told
29 One-eighty on the road	74 "Match Game" host	121 "Fosse," e.g.	14 Thing shot in skeet shooting	60 Beetle bride	102 Hindquarters
30 One-named Deco artist	77 Joke-telling Jay	125 Nell of the Pet Shop Boys	15 —a-tal	62 "I lost — meatball ..."	103 Certain Volkswagen
31 Beasily	79 Relaxing resort	126 Pop up	16 Entomb	63 "On Top of Spaghetti" (sync)	104 Additional
33 Actor on "The Dick Van Dyke Show"	82 Actor Platt	127 Put on, as cargo	17 Two-by-four	65 Apply, as ointment	105 Wasp attack
37 Samuel with a code	83 Last Greek letters	128 Socks with diamonds	18 Title role for Patti LuPone	67 Wary about	106 Youngman of one-liners
39 Act of keeping watch	86 Antique Odds	129 Like a fez	19 Bay State port	69 Broak off	107 Wind quintet instruments
40 Arsenal stuff	87 Ill-bred fellow	130 Word rearranged and hidden in this puzzle's eight longest answers	24 Starch-yielding palm	71 Abner's radio	108 Fibbers
43 Three-horse carriages	88 Head, in Cannes		29 Ballpark arbiter	72 "Johnny —" (1957 Disney film)	109 Avoid slyly
47 Complains	89 Suffix with east or north		32 Crazyed	73 Attend	111 Stellar phenomena
52 Longtime classroom magazine	91 Engage in silly play		33 Paltry	75 Height: Abbr.	112 Mild cheese
	94 Intimidate		34 Pining type	76 "Is anyone else here?"	113 Utter
		<b>DOWN</b>	35 Horse kin		117 Lie around
		1 — Brothers (boy band)	36 "Do Ya" gp.		120 — Kan (old dog food brand)
			38 Flowing steadily		121 Track wager
			40 See 9-Down		122 Cell material
					123 Wheaton of TV and film
					124 TV Tarzan player Ron



See Page D4 for this week's answers.

## by Linda Thistle



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

**DIFFICULTY THIS WEEK: ★ ★ ★**

★ Moderate   ★★ Challenging  
★★★ HOO BOY!

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# KID'S CORNER





# Army rugger humbled honoring fallen peers

By Tim Hipps  
Installation Management Command

GLENDALE, Colo. – Maj. Nate Conkey was elated to help All-Army win the 2013 Armed Forces Rugby Sevens Championship and humbled the next morning by a remembrance ceremony honoring all military rugby players who made the ultimate sacrifice.

With the bagpipes of retired Army CW5 Jay Leasure blaring “Amazing Grace,” Conkey walked from the sideline, placed a rugby ball alongside a U.S. Army flag at midfield and saluted his fallen military rugby mates.

Conkey, 34, of Joint Base Lewis-McChord, Wash., stood Army Strong throughout the roll call of Soldiers, Airmen, Marines, Sailors and Coast Guard rugby players who gave all.

“I knew a lot of them,” said Conkey, a 2000 graduate of the U.S. Military Academy at West Point, N.Y. “Many players that I’ve coached, men that I’ve played with, men that I’ve been good friends with, are on that list – probably 10 or 15.”

The ceremony preceded Aug. 18 play in the Serevi Rugbytown Sevens international tournament at Infinity Park. Conkey tried to control his emotions, but eventually set them free.

“We almost take it for granted,” he said. “It’s almost a little too easy to process the emotion sometimes. We almost become immune to it. We kind of have to [in order] to sustain ourselves and go back out, talking big stuff to perform our mission. It’s amnesia, of sorts.

“Then when you’re out there, and it’s just you and the bagpipes, you’re standing there and you start to hear some of the names, you remember that these are very, very real people that have impacted your life,” he continued. “We almost have the mission of carrying their names forward and doing them justice.

“We never forget them,” he added.

One night earlier, Conkey was on the same field celebrating his first gold medal after his seventh shot at an Armed Forces Rugby Championship, in only his second try at Sevens, no less. He was also named to the Armed Forces All-Tournament Team.

“It certainly was quite the high beating Air Force for the gold medal,” Conkey said Sunday before returning to the field to play three more matches against teams from other divisions of the tourney. “It’s also exciting that we have more action today.”

Conkey, a native of Falls Church, Va., plays rugby with the gusto of a man who can’t get enough action, always looking for someone to hit or a loose ball to scoop up and run.

“We’re going to go out and we’re going to compete,” Conkey said. “I love feeding off of other people’s quotes, and everybody wants to quote Vince Lombardi and say: ‘Winning isn’t everything, it’s the only thing.’ He also



PHOTO BY TIM HIPPS

Maj. Nate Conkey (far left) leads the All-Army rugby squad in a chant of “Hip hip hooray” as they display gold medals secured by 2nd Lt. Will Holder’s last-second, diving try that lifted the Soldiers to a 19-14 victory over All-Air Force for the 2013 Armed Forces Rugby Sevens Championship Aug. 16-18.

said it’s an all-time thing: ‘Winning is a habit. Doing the right thing is a habit.’”

“When we take that field, we want to do nothing else than feed that habit,” Conkey said. “Yes, we want to get guys some playing time. Yes, we want to enjoy ourselves. But what better way to go out and have fun than by winning games in an awesome atmosphere and in front of a great crowd?”

Conkey did not play rugby while attending the United States Military Academy at West Point, N.Y. He took up the sport at age 24, while stationed at Fort Campbell, Ky. He returned to West Point as an instructor and served as assistant rugby coach from 2007 through 2011. Second Lt. Will Holder, who graduated from West Point in May and joined Conkey on the Armed Forces Rugby All-Tournament Team in August, played for coach Conkey at the academy.

“He’s been the emotional side of this team,” said Holder, who scored two tries in All-Army’s 19-14 victory over All-Air Force in the Armed Forces championship match. “He’s been the one to pick us up and pump us up every single game -- make sure our heads are in it and keep us in line. It was awesome to be able to finally play with him. He coached me my first three years at West Point.”

Conkey cherishes being an on-field leader and coach, of sorts, for younger teammates whom he coached before.

“I’m certainly the oldest,” Conkey said. “I haven’t been necessarily playing rugby as long as some of the other guys. Andy Locke and Will Holder were born with a rugby ball in their hands. I didn’t pick it up until a little later in life.

“It helps being one of the senior guys because you can feel some of the emotions that they might feel and they can feed off of what you’re feeling,” added Conkey, who deployed to Iraq in 2005 and Afghanistan in 2011. “It’s the same as in the Army: you have to be aware of your surroundings and know that everybody’s going to see every little thing that you do and might be looking to you for a cue on how they should act or feel.”

Conkey played the more traditional 15-man rugby six times for All-Army before striking Armed Forces gold in seven-man rugby. He missed the past two tournaments because of deployment and the funeral of a classmate. This time, he left Infinity Park with a gold medal dangling around his neck to get a few stitches on his chin.

“It was incredible,” Conkey said. “I’d been waiting for years for it to happen. That was a slugfest. It never felt so good to get hit hard as I did on that last play.”

## PIGSKIN PICKS



	Troy vs. Arkansas State	Air Force vs. Boise State	UCLA vs. Nebraska	Alabama vs. Texas A&M	Iowa vs. Iowa State	Mississippi State vs. Auburn	Ole Miss vs. Texas
 David C. Agan Jr. PAO (10-4)							
 Kent Anger, DPTMS (11-3)							
 Wes Hamilton, NEC (10-4)							
 Alex Tressler, 1-11th AVN (9-5)							
 Tish Williamson, USAACE (8-6)							

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## SPORTS BRIEFS

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A basketball coaches meeting is scheduled for Tuesday at 9 a.m. in the Fort Rucker Physical Fitness Facility conference room. People wanting to coach a team need to attend. Basketball preseason will begin Dec. 10. For more, call 255-2296.

### Open-water diver course

Fort Rucker Aquatics hosts an open-water diver course Tuesdays and Wednesdays from Dec. 4-19 with dives on Dec. 15 and Jan. 5. Classes will meet from 5-9 p.m. at the Fort Rucker Physical Fitness Facility. Cost of the course is \$375. Students must provide their own masks, snorkels, fins and dive booties. The course is open to authorized patrons. For more, call 255-9162.

### Adult swim lessons

The Fort Rucker Physical Fitness Facility will host adult swim lessons now through Dec. 13. Classes will meet Tuesdays and Thursdays with a session from 5-5:45 p.m. for beginners and from 6-6:45 p.m. for intermediate swimmers. Registration for the course is \$30 and the lessons are open to authorized patrons only. For more, call 255-9162.



Video Game Spotlight >>

Diablo makes leap to next-gen consoles

By Jim Van Slyke  
Contributing Writer

(Editor's note: All opinions stated in the Video Game Spotlight are solely those of the article's author.)

The Diablo franchise has long been a staple of PC gamers, but until now console gamers haven't had a chance (unless they play on the PC, too) to descend into the darkness. This action role-playing game has set sales records on the PC and should certainly do well on the current consoles.

Gamers start off by choosing their character to be a witch doctor, barbarian, wizard, monk or demon hunter. "Diablo III" takes place in Sanctuary, the dark fantasy world of the Diablo series, 20 years after the events of "Diablo II." A star falls from the sky that strikes the Cathedral, creating a deep crater that swallows an important non-player character. The gamer arrives to investigate the fallen star and find that the Cathedral is now full of the undead. The gamer soon learns that he must defeat King Leoric, the former ruler now known as the "Skeleton King." The only way to defeat the Skeleton King is to find his crown.

Gamers can play online or off. They also have the choice of three non-player character followers in the game in games that aren't co-op, each with their own skills and background. Of course, the controls are different than the PC, but the inventory system is easier to access over the PC version. The auction houses popular in the PC version are gone as well. "Diablo III"



COURTESY SCREENSHOT

also takes a graphics hit on the consoles, but it's not drastic.

Console owners who haven't experienced "Diablo III" on a PC finally get their chance to check it out. It's still better on the computer, but the console version is a lot of fun, too. Don't be afraid to check it out.

Reviewed on the Xbox 360



**Publisher**  
Blizzard Entertainment

**Rated**  
Mature

**Systems**  
PS3, Xbox360

**Cost**  
\$60

**Overall**  
3 out of 4

Weekly SUDOKU

Answer

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

TRIVIA

Answers

1. Privately, between us
2. Dino
3. Rolands
4. Hestia
5. Rome
6. Elton John
7. Constant Rander
8. "Titanic" (Leonardo DiCaprio)
9. Ag (argentin)
10. Camp Swampy

PUZZLE ANSWERS

Super Crossword

Answers

JABS	SAMS	CLUB	SCRIBES
ORBS	IDEALIZE	ULANOVA	
NECESSARY	EVIL	RATTAIL	
ANT	ATM	TAR	UEY
SAVAGE	MORE	YAMSTER	ROAM
	MORSE	ESPIAL	
AMMO	TROI	KAS	GROUSES
WEEKLY	READER	ING	NERO
ANN	EE	KEENON	EMB
YON	NEAR	PENALTY	AREA
	OSO	MULTI	ROLE
PRE	GENERAL	BURN	LENO
SPA	OLIVER	OMEGA	S
REO	CAD	TETE	ERN
MONKEY	AROUND	OVER	AW
JANEIRO	NETS		
PEDRO	AF		
ORE	JOSHUA	REYNOLDS	BEINGS
ETTE	LAX	BIO	LEA
OOH	THINK	OF	BROADWAY
REVIEW	TENNANT	ENERGIZE	LADE
ARGYLES	TASSE	LED	YEAR

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