

CELEBRATION

Fort Rucker celebrates Hispanic Heritage

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OKTOBERFEST

Event offers entertainment, games, camaraderie

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BOOT CAMP

Fall Boot Camp seeks to change lifestyles

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ARMY FLYER

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FORT RUCKER ★ ALABAMA

SEPTEMBER 19, 2013

CFC kicks off, aims to raise \$1.15 million

By Nathan Pfau
Army Flier Staff Writer

Hearts and wallets unite as the Heart of Alabama Combined Federal Campaign sets its aim high to help those in need.

The CFC kicked off its fundraising efforts Monday with an agency fair and an ambitious goal of \$1.15 million for this year's campaign.

Maj. Gen. Kevin W. Mangum, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, spoke during the ceremony and said that the focus and theme this year is to "Aim to Make Lives Better."

"CFC continues to prove that it is one of the easiest and most effective ways to contribute and make a difference in your community and in the world," he said during the ceremony. "Our mission here at Fort Rucker is 100 percent solicitation and our goal is to get as many people to participate and contribute as possible."

The CFC is the only authorized fundraising organization allowed in federal work

places, and during the event people had the opportunity to visit with different charitable organizations ranging from Boys and Girls Clubs, Boy Scouts of America, legal services, Children's Hospital of Alabama and many more local charities.

"Our mission is to connect donors to those charities and help people that are in need," said Beverly Arnold, Wiregrass Area Associate for the CFC. "Without charitable organizations providing services in our community, there are so many people that would be (out of help), and so many of those needs are met through these organizations."

The event also featured a video comprised of the testimonials of Soldiers and federal employees that were helped by the contributions of the CFC and the organizations that people donated to.

"The stories in the video are compelling," said Col. James A. Laterza, Lyster Army Health Clinic commander. "They speak about how CFC charitable organizations,



PHOTO BY NATHAN PFAU

CW2 Joie Smith and Master Sgt. Etola Nesbit, both of 164th Theater Airfield Operations Group, get their bingo cards stamped and learn more about Girls Inc., from Sylvia McCall, program director for Girls Inc., during the 2013 CFC kickoff event Monday.

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PHOTO BY SARA E. MARTIN

Story time

The deputy garrison commander, Justin O. Mitchell, shared his love of reading with kindergartners at Fort Rucker Primary School Sept. 12. Mitchell read the book, "Have You Filled a Bucket Today?" to reinforce the school's new character education program.

Speaker addresses coping with PTS

By Sara E. Martin
Army Flier Staff Writer

Bob Delaney, former NBA referee and undercover police officer, returned to Fort Rucker Sept. 10-11 to speak to Soldiers, Families and civilians about managing post-traumatic stress.

The U.S. Army is stressed like it has never been stressed before because Soldiers are serving more and more overseas, said Col. Jayson A. Altieri, 110th Aviation Brigade commander, before Delaney began, giving rise to the need for heightened awareness about the sensitive topic.

"There are some in here that have served five combat tours," he said. "Post Traumatic Stress Disorder is an area that we have to address. We cannot ignore it."

Delaney joined the New Jersey State Police in 1973, and said that early in his career he was offered the opportunity to go under cover and work with the FBI to find out how organized crime infiltrates legitimate businesses, as well as learn about the mafia subculture.

As a result of his deep involvement, Delaney developed real relationships with the criminals and their Families who he would later arrest and testify against.

The outcome of the trials and his involvement led to his post-traumatic stress, but he soon learned that in order to help his problem get better, he had to talk about it and educate himself on what he was going through.

"I was internalizing, but not verbalizing," he said. "You are in the business of trauma. You need to know as much about trauma as you do about assaulting a building or breaking down a weapon because you are interacting with it all the time."

Delaney called what he was going through post-traumatic stress, or operational stress, rather than PTSD because he feels the medical field is trying to make PTS a mental disease, not the condition that he believes it should be treated as.

"I am not a big believer of the first response being handing out two pills," he said. "I do believe we have over-medicalized operational stress. This is about the (things) we see and the things we have to go through."

Delaney used a balloon as an analogy for PTS, and spoke of three elements as a part of resiliency to PTS.

SEE SPEAKER, PAGE A5

TAOG, AOB Soldiers lend helping hand

By Sara E. Martin
Army Flier Staff Writer

People coming onto post the last couple of months may have been aware of the many changing faces that greet them at the gates, but Fort Rucker's first line of defense has not waned as Soldiers of the 1-58th Airfield Operations Battalion have stepped up to the duty of guarding the installation.

Because of sequestration, the rules of furlough and a handful of other considerations, the Fort Rucker Provost Marshal Office accepted a helping hand from Soldiers whose usual mission deals with aircraft, not automobiles.

"We had to reduce the cost of overtime... and we have a shortage in our guard force," said Lt. Col. Madeline Bondy, provost marshal and director of public safety on Fort Rucker.

The provost marshal's office could not simply put more military police officers on the gate



PHOTO BY SARA E. MARTIN

Sgt. Spencer Mullen, 1-58th Airfield Operations Battalion, checks the identification cards of people seeking access to Fort Rucker at the Enterprise gate Tuesday.

because the manpower didn't exist if day-to-day operations and security were to continue.

"We had to continue operations without degrading the safety, security and services that we provide to the installation," she said.

The installation had to find a way to increase forces to be able to keep operations at the five

main gates without breaking any rules and maintaining cost, and the opportunity arose when a mission was cancelled.

"So we found ourselves available for the job when it was known that augmentee Soldiers were needed for security," said Master Sgt. Ed Appleberry, Air Traffic Control company first sergeant

and 1-58th ATC chief for the AOB.

"Col. Michael L. Shenk, (164th Theater Airfield Operations Group commander,) and Lt. Col. Daniel Y. Morris, (1-58th AOB commander), really came forward to assist. They saw the need for assistance in their community and they wanted to help," said Bondy.

Because of the rules of the furlough, the Directorate of Public Safety could not bring in new or extra guards, and with the mission requirement to protect the community and to ensure that access is limited, DPS gladly accepted the help.

"It was very fortuitous that the manpower became available," she said. "They help reduce so many costs to people and the mission. The guard shortage doesn't just affect DPS, it affects the installation and its ability to execute the mission in a timely manner without increas-

SEE TAOG PAGE A5

PERSPECTIVE

Autumn – No season for risk

By Command Sgt. Maj. Rick Stidley
U.S. Army Combat Readiness/Safety

Autumn offers something for everyone. The coming and going of Labor Day means cooler weather, a return to regular schedules with kids back to school, and most of all, the start of football season (my favorite time of year).

Many Soldiers eagerly await the start of hunting season, while others are ready to start the countdown to time off around the holidays. What we can't look forward to, however, is a "slow" season for safety – just because the summer is over doesn't mean we can fall into complacency.

Soldiers at installations across the southern and western United States enjoy nice weather far longer than those in other parts of the country, and accidents are a good reflection of that.

Between Labor Day and Dec. 1 last year, we lost 12 Soldiers on motorcycles; seven were NCOs. There's no doubt about it, many, many Soldiers will continue riding until the weather forces them off their bikes, and that may not be for several more months. As leaders, we can't let down our



U.S. ARMY COMBAT READINESS/SAFETY CENTER GRAPHIC DESIGN

guard on the continuing issue of indiscipline on motorcycles. We must regularly check our Soldiers and ourselves to ensure every ride begins and ends safely.

Autumn and winter are the Army's high seasons for negligent discharges. Three Soldiers fatally shot themselves between September and December 2012, all un-

der the influence of alcohol and at least two with guests in their homes.

In many ways, young Soldiers are no different than college kids; they're going to congregate together off duty, and there's going to be alcohol involved more often than not. But Soldiers might feel a little more invincible than the

average university student, given our profession and training with firearms. It's leaders who have to bring them back to earth and show them even superheroes aren't immune to bullets, especially when you're cutting up with friends.

Speaking of alcohol, it's undeniable that some Soldiers try to "enhance" all their off-duty

activities with it. In fact, fixtures of autumn, like football games and tailgate parties seem to invite alcohol use. And there's nothing wrong with that, as long as our of-age Soldiers drink responsibly. Frank discussions about the risks of drinking and driving and even drinking and walking should be part of all our weekend safety briefs. And, leaders should be walking the talk by setting the standard and being the right example to follow. It's not about you anymore – what you do today influences your Soldiers' behavior more than you know.

'Tis the season for accidents, every day of the year. A turn of the calendar won't keep our Soldiers safe, but we can through engaged leadership and a focus on training, discipline and standards around the clock.

The USACR/Safety Center is ready to help with the annual Army Safe Autumn Campaign, available at <https://safety.army.mil>. Check it out and let me know what you think and how we can better help you keep up the good fight. Most of all, enjoy this fantastic season while it lasts, but always play it safe!

Army Safe is Army Strong!

Volunteer of the Month

Maj. Gen. Kevin W. Mangum, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, recognizes CW5 Bobby Sebren with a certificate of excellence for Volunteer of the Month during a WIND meeting at the Landing Monday.

"It's rewarding and it's nice to be recognized for what you do," said Sebren. "There are a lot of people that do a lot and don't get the recognition, so it's nice. Horses are expensive (to own and maintain), so if you can help others to get started on them, it's a good feeling."

Sebren received his recognition for his continuous help at the Fort Rucker Riding Stables over the past four years. He has volunteered to be the Riding Stables Council president and led the organization to many improvements, as well as provided customer feedback systems. Most recently his Family has helped organize monthly breakfasts after unloading hay, supported the Ride, Swim, BBQ program, and volunteered for the Haunted Hay Ride for the past 3 years.



PHOTO BY NATHAN PFAU

Rotor Wash

“The Army often puts a heavy strain on personal relationships. What is the secret to maintaining a happy partnership or marriage?”



W01 Ramon Sarmiento,
B Co., 1st Bn.,
145th Avn. Regt.

"Don't cheat, have good communication, trust each other and be disciplined."



Pfc. Parish Roberts,
A Co., 1st Bn.,
11th Avn. Regt.

"You need to have good communication and trust. You also have to be loyal to each other and honor each other."



1st Lt. Gabriel Czapiewski,
Polish Land Forces

"You need to spend as much time as possible together and you need to talk to each other openly."



Spc. James Logan,
C Co., 1st Bn.,
11th Avn. Regt.

"Remain honest and trustworthy with each other."



Jennifer Kerwin,
Army spouse

"You need to communicate with each other and be painfully honest if that's what needs to be done. Be open with each other, that is especially important in a military marriage."

COMMAND

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

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FORT RUCKER GARRISON COMMANDER

Lisa Eichhorn
FORT RUCKER PUBLIC AFFAIRS OFFICER

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Fort Rucker celebrates Hispanic Heritage

By Nathan Pfau
Army Flier Staff Writer

It's often said that diversity is one of the nation's strong points, and Fort Rucker remains on the forefront of that strength as it celebrates the contributions of one group that makes up more than 17 percent of the U.S. population.

Hundreds were entertained at the post exchange Friday as they danced, ate, sang and mingled during a kickoff event to mark the beginning of Hispanic Heritage month, a time to reflect and recognize an important part of the nation's cultural fabric, according to Col. Shawn Prickett, Directorate of Training and Doctrine director.

"We need to remember that our Army and nation are comprised of many different groups coming together as one," he said during the kickoff. "Differences that seemingly separate us really do make the fabric of our country and Army strong."

The 98th Army "Silver Wings" Band was on hand to kick the celebration into high gear with songs ranging from traditional Latin Jazz to contemporary Latin music.

A Zumba demonstration was also held to get people's blood pumping and hips shaking as dancers took to the dance floor.

"It's like a full-blown party in here," said Trey Jordan, military Family member. "I didn't realize when I came here that I would be exposed to so much."

Jordan and others were not only exposed to traditional Latin music and dancing, but also traditional Latin foods from Panama, Mexico, Puerto Rico and more.

"I got a sampling of the foods from different countries and I've got to say, one of the greatest contributions that Hispanics have had to this country is the food," he said with a laugh. "I really just couldn't get enough of it, but all



PHOTO BY NATHAN PFAU

Manuel Landivar, retired military, and his wife of 47 years, Ali, dance to Hispanic tunes played by Fort Rucker's 98th Army "Silver Wings" Band during the 2013 Hispanic Heritage Kickoff event at post exchange Friday.

joking aside, I think it's important for people see the different flavors of life that people have to offer. The world would be a pretty dull place if we didn't recognize what other countries and heritages have to offer."

Melissa Jones, civilian, who happened to be passing through, agreed.

"I think it's amazing when you actually sit down and look at the different things that a group of people have to offer," she said. "You don't really think about it until you sit back and realize that

we really do have to all work together and see past the prejudice because it's just not worth it – plus we wouldn't have all this great food."

Hispanic Heritage month continues through Oct. 15 and Fort Rucker will host other events to celebrate what Hispanics have contributed to the U.S.

Sept. 28, the Fort Rucker Equal Opportunity Office will host the Fun-4-All bowling tournament at the Fort Rucker Bowling Center, which will be open to the public. And if people didn't get enough

dancing at the kickoff event, there will be a Salsa Night at Divots Bar and Grill Oct. 11, which will feature instructors to teach people how Latin dance properly.

For more information on the bowling tournament or Salsa Night, call 255-2363.

Hispanics have more than food and dance to offer, however. More than 1.2 million Hispanics are veterans of our armed forces and 38 have been awarded the Congressional Medal of Honor, said Prickett, adding that it's not just about contributions that they

have made in combat that we need to recognize.

"(We need to) reflect, not only on the sacrifices that so many have made in combat, but also the sacrifices in the communities, the courts and the schools that allowed everyone to contribute, regardless of culture or the color of your skin," he continued. "I'm proud to be a part of this event today, and I'm proud to be the commander of a unit (that is so diverse), and I'm proud to serve alongside my Hispanic brothers and sisters."

DPS remembers, honors 9/11 victims with ceremony

By Nathan Pfau
Army Flier Staff Writer

While hundreds of vigils and ceremonies were being held across the nation to remember those lost during the Sept. 11 attacks in 2001, Fort Rucker's Directorate of Public Safety didn't miss its opportunity to pay its respects.

Members of DPS, along with other Soldiers and civilians, came together in front of the Fort Rucker Fire Station during a ceremony to pay tribute, with a special tradition, to those who lost their lives during the 9/11 attacks.

Lt. Col. Madeline Bondy, provost marshal and director of public safety, spoke during the ceremony and recalled her account of what it was like for her during one of the nation's darkest times.

At the time of the attacks, Bondy said that she and her husband were deployed, so they didn't have to opportunity to be with their children during that time.

"I was just thinking this morning where I was 12 years ago, and I remember I was sitting in a field in a Humvee in Weiden, Germany, when my S-2 got a phone call saying that the towers had been hit," she said with tears in her eyes. "What I was thinking of was where my children were and I wondered if they were OK."

More than 3,000 people lost their lives during the Sept. 11 attacks, including 343 New York firefighters and more than 60 New York City Police officers and port au-



PHOTO BY NATHAN PFAU

Lt. Col. Madeline Bondy, provost marshal and director of public safety, talks during a 9/11 commemoration ceremony in front of the Fort Rucker Fire Station Sept. 11.

thority police officers.

"The unthinkable attacks of that morning shook our nation, and then in true American form, we stood together in solidarity and support, in prayer and patriotism," said Bondy. "That day, the strength of our citizens overrode the evil of our enemies, and today we remember those that rushed up the stairs while others were running to safety."

A table was set up in front of a fire engine with three helmets – white, representing the fire chief; red, representing the fire officer;

and black representing the firefighter. One of the helmets adorned a patch with the number 343 to represent the number of firefighters lost during the attacks.

On the table also sat a firefighters bell that is traditionally used to call firefighters home after a call to duty, according to Fire Chief Jay Evett.

"There is a tradition that is long standing (in the fire fighting community) – the ringing of the bell," said Evett. "Today we're going to honor that tradition."

The sounding of the bell is a firefighter's

tradition that dates back more than 200 years, said Evett. The sound of the bell signaled the beginning of the day's shift, raised the alarm and summoned firefighters in times of need and signaled the completion of a call.

When a firefighter is lost in the line of duty, it is the toll of the bell that announces the comrade's passing, he added.

"We utilize these traditions as symbols that reflect honor and respect on those who have given so much and served so well," said Evett. "The men and women of today's fire service are confronted with a more dangerous work than ever before ... but as our methods change, our goals remain the same – to save lives and protect property – sometimes at a terrible cost."

To symbolize the devotion of the firefighters had for their duty, a special signal of three rings of the bell played three times represents the end of the comrade's duty.

A moment of silence followed the ringing of the bell to conclude the ceremony, a ceremony that some, like Jessica Danford, military Family member, said was a good reminder to forge ahead through dark times.

"I think it's so important to remember those who not only gave their lives to save others, but those innocents that were lost during the attacks as well," she said. "We should learn from events like this so that we know not to take things for granted, and to see how important it is to help each other out and stick together as a nation."

News Briefs

POW/MIA ceremony

Fort Rucker hosts its POW/MIA ceremony Friday 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 Tuesday from 4:30-6:30 p.m. at Mother Rucker's.

SOAR recruitment

The 160th Special Operations Aviation Regiment "Night Stalkers" will host officer and warrant officer recruiting briefings Tuesday and Wednesday at 11:15 a.m. and 2:15 p.m. both days in Bldg. 5700, Rm. 371A. The briefings will cover all aspects of the regiment and feature an open forum for questions afterwards. Family members are welcome to attend.

For more information, send an email to [recruiters@](mailto:recruiters@soar.army.mil)

soar.army.mil.

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.

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.

Opportunity knocks

The following internal positions are available on Fort Rucker: Lead Firefighter, SCEG13704712951100, GS-0081-07, closes Sept. 26; Dental Sterilization Technician, SCEG13651667929525, GS-0640-05, closes today; Social Worker, SCEG13577756893797, GS-0185-11, closes Friday; and Helicopter Flight Instructor, SCEG13696071944497, GS-2181-13, closes Monday.

For more, check out www.usajobs.gov.

CIF closure

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

For more information, call 255-1095.

Former instructor pilot selected as astronaut candidate

By Thomas J. Wojtala
Army Fleet Support
OH-58D Maintenance Test Pilot

An Army Aviator and former Fort Rucker instructor pilot was recently selected as a 2013 astronaut candidate by NASA.

Maj. Anne McClain recently served at Fort Rucker as commander of C Troop, 1-14th Aviation Regiment, 110th Aviation Brigade at Hanchey Army Airfield, performed instructor pilot duties in the OH-58D Kiowa Warrior and served as the operations officer for the 1-14th AVN.

McClain is one of eight astronaut candidates selected this year out of 6,300 qualified applicants. Another Army officer, Maj. Andrew Morgan, a doctor from the U.S. Special Operations Command, was also selected.

McClain will tell you that it has been her lifelong dream to become an astronaut.

“This experience has been surreal, it is a culmination of a dream I have had since I was in preschool,” she said. “I am greatly indebted to everyone in my career who helped me be successful. I am proud to represent Army Aviation and to continue flying ‘Above the Best.’”

McClain turned that dream into reality by establishing goals and working hard with her God-given talents to achieve those goals. She is a graduate of the U.S. Military Academy, where she earned her degree in mechanical and aeronautical engineering in 2002, and was awarded the Marshall Scholarship her senior year. She went on to earn master’s degrees in aerospace engineering (University of Bath) and international security (University of Bristol) in England.

Not surprisingly, she graduated No. 1 in her flight school class, qualifying in the OH-58D Kiowa Warrior in December 2005. She was assigned to 2-6th Cavalry Regiment at Wheeler AAF, Hawaii. She deployed in support of Operation Iraqi Freedom in July 2007 and spent 15 months as a maintenance platoon leader and squadron intelligence officer, flying 900 flight hours as pilot in command in the Kiowa Warrior.

Scott Bartling, Army civilian OH-58D instructor pilot, flew many combat hours with McClain in Iraq and served in the company that she commanded at Fort Rucker. Scott describes McClain as “very in tune with her troops – firm, yet compassionate and an excellent instructor pilot. Her focus was always mission and team.”

Scott added that during the deployment, her fellow Aviators developed a saying: “Chuck Norris wears Anne McClain pajamas.”

Returning to Fort Rucker, she was honored as the distinguished honor graduate from the Captain’s Career Course. Then assigned to the 1-14th Aviation Regiment as an OH-58D Kiowa Warrior instructor pilot and battalion operations officer, she also managed to earn a spot (for the second time) on the USA Rugby Women’s National Team.

She took command of C Troop, 1-14th Aviation Regiment in 2010 and oversaw the undergraduate and gradu-



COURTESY PHOTO

Maj. Anne McClain, a former Fort Rucker instructor pilot and company commander, was recently selected as a NASA astronaut candidate.

ate flight training of the Kiowa Warrior, continuing her true passion: flying and teaching new pilots in the tactics and techniques of being a scout pilot.

Mark Beck, a long-time instructor pilot with 1-14th AVN, described McClain as “having tremendous natural ability coupled with the desire to know the ‘whole picture.’ She would learn not just how something worked, but how it was integral to the entire system.”

Imagine the bragging rights of the students she instructed who can now say they were taught by a NASA astronaut.

McClain also was the distinguished honor graduate in her 2011 Command and General Staff College Intermediate Level Education. She was selected as the first Army female to attend U.S. Naval Test Pilot School in more 20 years (third overall), graduating in June. She was also the first female class leader at USNTPS.

McClain’s medals include the Combat Action Badge,

Army Aviator Badge, and the Air Assault Badge. Her awards include the Bronze Star Medal, Air Medal with Valor, Air Medal (2), Army Commendation Medal (2), Army Achievement Medal (2), National Defense Service Medal, Iraqi Campaign Medal (2 service stars), Overseas Service Ribbon (3), and the Global War on Terrorism Medal.

She is qualified pilot and instructor pilot in the OH-58D Kiowa Warrior, pilot in the C-12 Huron, UH-60 Blackhawk and UH-72 Lakota, and has flown the MD-500, T-38, T-6, Learjet, BO-105, Bell 412, S-55, AH-64D, UH-58C, UH-1N and X-26 with 2,000 flight hours combined.

She recently reported to Johnson Space Center in Houston to begin astronaut candidate training. The training will last about two years and then she will be eligible for assignment for space flight. Her future jobs could include testing the Orion spacecraft, returning to the moon, or even a mission to Mars.

Prevention tip #2

Cough or
sneeze into
your elbow,
thus covering
your nose and
mouth to avoid
spreading cold
germs.

Health
bulletin



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CFC: Officials expect to repeat success

Continued from Page A1

using (the gifts of contributors), helped people overcome life’s unexpected challenges.” Those contributors come, not only, in the form of those who donate, but those who take their time to solicit and help the CFC reach its goal – the project officers, key workers and volunteers. “It’s going to be your energy and your enthusiasm that is going to make this program a success, just like it was last year,” said Mangum. Laterza agreed.

“It will be your commitment that will have the greatest impact on our campaign’s success,” he said. “We are counting on you to ensure that every federal employee is informed of the benefits and the value of contributing through CFC, and I know you’ll do a great job. “The CFC has a tremendous legacy of caring and making a difference,” Laterza continued. “People often stop me and ask, ‘What can I do to make a difference?’ I take this opportunity to ask each of us here to renew their commitment to CFC – give whatever you can give. That’s the best message.” Last year’s campaign surpassed its goal of the same

amount by raising \$1,218,475 – 106 percent of its intended target – and in its 52 years of existence, the CFC has contributed almost \$7 billion. Last year nearly one million federal employees pledged more than \$250 million, said Mangum, and he feels confident that this year will be no different, despite economic hardships. “We can start here ... by recognizing that this year is going to be a difficult year to do so,” he said, “but it also means the need has ever been greater. We all need to work together to achieve our goal, and everybody can help.”

Speaker: Soldiers urged to find source of inner peace

Continued from Page A1

“You need to confront the reality, you need to search for meaning and you constantly need to be improvising, and be adaptive and flexible. And these three things you do on a daily basis on the operational side of your job,” he said. “If we had a balloon full of air and are patient to listen to sounds that we don’t want to hear and let a little bit of air out of the balloon, slowly it will deflate,” he continued. “That is us with trauma – we have to get the air out.”

Peer-to-peer conversations, talking to people who have gone through the same experiences, can help a person get through post-traumatic stress, and is one way that Soldiers can let the air out of their balloons, said the former state trooper. “I know that if we talk about it with each other and tell a bit of our stories it will validate each other’s feelings and what they are going through,” he said. “What is personal is universal. If you are feeling it, someone else is.” The stigma of talking about this

type of stress is a powerful thing, he said. It can hold Soldiers back from moving forward. But by having mature conversations about operational stress, Delaney believes Soldiers will be better off. “Those of us who wear uniforms like to think of ourselves as being able to leap tall buildings in a single bound,” he said. “While we know that heroic things are done on a daily basis by those who wear uniforms, we can never lose site of the fact that there are human beings inside of those uniforms.” The environment that allows

peer-to-peer conversations to develop is one that will always change depending on the Soldier, but he said that those conversations must be had with someone the Soldier trusts. “We are afraid to talk about what’s bothering us because we are afraid others won’t want to work with us or that we can’t do our job,” he said. “But I tell you every time I tell my friends (some of my stories of when I broke down and cried) they all say that they went through something similar.” Delaney went on to talk about

how men and women process emotions and stress differently, and how those processes, though different, are important and that allowing emotions to take place is one of the most significant things a Soldier can do to help recover. “I began refereeing as a way to cope with what I was going through,” he said. “When you are in tough times, find something that gives you an inner peace. It takes time and it is not easy, but it is important. My hope, though, is for you to take care of you first, for once.”

TAOG: Soldiers will continue to serve until tasking is met

Continued from Page A1

ing costs. The force multipliers’ presence at the gate isn’t just a matter of keeping gates open, said DPS officials, it is about being good stewards of Army money and Army time. “Not only have they helped reduce a tremendous amount of overtime, they improve the morale of our Soldiers and our guards from working so many days,” said Master Sgt. Pedro San Miguel, provost sergeant. “Because of them we were able to open the two other gates, which has reduced the cost of fuel trucks coming in who had to go all the way around to Enterprise or Ozark and it reduced the time it takes students to get bused in from the

off-post airfields.” There are 73 Soldiers trained to work the gates, but 53 are taking on the primary weight of the task. “The Soldiers took a week-long class recognizing all the identification cards and knowing what is an acceptable form of ID,” said San Miguel. “They also learned about regulations and knowing our standard operating procedures of being a gate guard. “All Soldiers are taught guard duty, but how to identify someone who may be suspicious and knowing what to do is more of what we focused on during training,” he continued. “We teach them of what to be aware of so they can make a good decision on whether to allow someone access or not allow access.”

The Soldiers themselves are also learning something new by getting this detailed training, something that they might do downrange at access control points. “They are expanding and advancing their skills,” added San Miguel and Appleberry agreed that the exposure to the community is good. “It gets them out of their standard training and office administrative work and interacting with the community,” said Appleberry. “The exposure is great experience for them because they don’t get this type of interaction often.” Though the potential safety of the installation is in their hands, Soldiers working the gate said at first they were nervous, but now they feel confident in their training to keep everyone safe and everything

secure. “We are going to do whatever it takes to complete the proper security measures to do what is right,” said Spc. Marquiz Thompson. The Soldiers agreed that learning other duties is always helpful for their careers, but that they felt special because they were trusted with the security of the installation. “I am happy to help out and give my support where it is needed,” said Sgt. Spencer Mullen. “It is a good opportunity for young Soldiers to have an idea of what goes on at the gates and the responsibility that comes with that.” The Soldiers will continue to serve on the gates until the tasking requirements have been met.

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SEPTEMBER 19, 2013

Military aids Colorado flood relief

American Forces Press Service
Press Release

WASHINGTON — Defense Secretary Chuck Hagel has been monitoring the events in northern Colorado and commends the efforts of the active-duty and National Guard personnel who have been tasked with supporting FEMA and Colorado's emergency management officials as the state copes with heavy flooding, Pentagon Press Secretary George Little said.

In a statement released Sunday night, Little noted that Hagel supported Colorado Gov. John Hickenlooper's request Friday to establish a dual-status commander in the state.

Since then, he added, Air Force Brig. Gen. Peter J. Byrne, joint staff director for the Colorado National Guard's Joint Force Headquarters, and the assigned forces of nearly 560 Colorado and Wyoming National Guardsmen, have evacuated more than 2,100 residents.

National Guard officers designated as dual-status commanders have the authority to command both federal and National Guard forces during a domestic response. In the absence of the designation, federal troops operating under Title 10 authority report to one commander, and National Guard members serving under Title 32 state active-duty authority report to another.

"Active-duty forces, through the coordination

and direction of U.S. Northern Command, are complementing these National Guard assets in the overall response to the flood relief efforts," Little said. "Seven helicopters from the 4th Infantry Division at Fort Carson have been conducting search-and-rescue operations under immediate response authority."

Despite dealing with some tough weather, the press secretary said, 4th Infantry Division Soldiers have rescued more than 700 residents, including 85 elementary school students at a camp near Jamestown. Buckley Air Force Base has been designated as a Federal Emergency Management Agency staging area.

"It's great to provide support to our neighbors and work with such great professionals," said Army Col. Robert Ault, commander of the 4th Combat Aviation Brigade. "The first responders have the desire, we have the capabilities and it's great when we can all come together to help make a difference."

"This cooperative effort among active and reserve forces to protect lives in Colorado's flood-ravaged areas is a testament to the department's ability to provide critical and timely support to FEMA and first responders during a domestic crisis," Little said. "Our thoughts and prayers are with all of those impacted by the events in Colorado and we hope for the continued safety for all emergency response personnel involved."



PHOTO BY STAFF SGT. WALLACE BONNER

Soldiers of the 4th Infantry Division, Fort Carson, Colo., evacuate fifth-grade students from Firewood Elementary School and the Denver public school system Saturday in response to flooding in the state. The Soldiers, assigned to the division's 2nd General Support Aviation Battalion, 4th Combat Aviation Brigade, are assisting state and local emergency response efforts under the immediate response authority.



NAVY PHOTO BY LT. CHAD A. DULAC

Hoist training

Soldiers prepare for a UH-60 Black Hawk helicopter to hoist them up during hoist training on Forward Operating Base Farah, Afghanistan, Sept. 8. The troops are assigned to the 758th Forward Surgical Team, Provincial Reconstruction Team Farah, and the helicopter crew is assigned to C Company, 1st Battalion, 168th Aviation Regiment, General Support Aviation Battalion.

Cone: Strategic Landpower must remain focus for Army

By Nicole Randall
Maneuver Center of
Excellence Public Affairs

FORT BENNING, Ga. — The commanding general of the U.S. Army Training and Doctrine Command said he believes the Army should increase its focus on Strategic Landpower, despite the scheduled withdrawal from major operations in Afghanistan in 2014.

Gen. Robert W. Cone, who has commanded TRA-DOC since April 29, 2011, made that the focus of his remarks Sept. 10 during the opening session of the 2013 Maneuver Warfighter Conference at Fort Benning.

"There are times in our nation's interest where boots on the ground are absolutely essential to those outcomes," Cone said. "We're talking principally about Strategic Landpower and the value that land power brings to the fight. There are things that we have learned that make us a more effective force on the battlefield, and I think we want to go ahead with those lessons."

A large part of the general's presentation included the benefits of using assets and information gathered about a conflict region itself, the country and its citizens in order to gain a better understanding of the country before U.S. forces engage.

"One of the big lessons we've talked about is the power of understanding foreign language, culture, network, history, those kinds of things," Cone said.

Working on strategies like regionally aligned forces will be what young Soldiers and leaders do to maintain their war time intellectual acuity and their desire to be engaged when they are back on U.S. soil, he said.

"Our young generation is used to solving real-world

Aviator earns star, deputy CG status with 7th ID

By Staff Sgt. Lindsey Kibler
7th Infantry Division

JOINT BASE LEWIS-MCCHORD, Wash. — During his initial service obligation as a young lieutenant, Bill Gayler received two important pieces of advice that changed his life's path and paved the way to the achievement he celebrated Sept. 3.

It was on this day, the 7th Infantry Division's deputy commanding general for support stood before hundreds of his family members, colleagues and friends, as his wife, Michele, their three daughters, and Maj. Gen. Stephen R. Lanza, 7th Inf. Div. commanding general, pinned the rank of brigadier general on the coat and shirt shoulder boards of Gayler's Army Service Uniform — a uniform brightly decorated, telling a nearly three-decades long story of an Army professional.

Growing up, the self-proclaimed "Army brat" called Monticello, Ga., home. Although proud of his family's history of service, Gayler said he had no intentions of joining the service when he was in school.

"I never came in the Army to be like my dad, but I take great pride in the fact that my dad was a two-time Vietnam veteran and a helicopter pilot in Vietnam," said Gayler.

It wasn't until his junior year at North



COURTESY PHOTO

Then-Col. William "Bill" K. Gayler talks with Soldiers from the 1st Battalion, 229th Aviation Regiment "Tiger-sharks" 16th Combat Aviation Brigade, at Joint Base Lewis-McChord, Wash., Aug. 8. Gayler, who was promoted to brigadier general Sept. 3, is the 7th Infantry Division deputy commanding general for support.

Georgia College in Dahlonega, Ga., that Gayler began to realize he had no idea what he wanted to do with his life. He said he figured the Army would be "a great way to figure it out."

He entered into the ROTC program and attended Advanced Camp the summer before his senior year, which put him on the path to

SEE STAR, PAGE B4

SEE FOCUS, PAGE B4

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Focus: Training focuses on battlefield leadership

Continued from Page B1

problems,” Cone said. “They are not interested in coming back to a training environment that washes away all that complexity and focuses on a handful of tasks.”

Speaking to an audience of past, present and future leaders about TRADOC’s role in incorporating lessons learned into the training of the future, Cone explained why organizations like TRADOC need to think about the future.

The Army is focusing on more

intense and strategic leadership training. This was another lesson the general touched on, as he emphasized the importance of continued leadership development and the capabilities a good leader brings to their unit.

The most important aspect on that battlefield is the leader, Cone said.

“The value of leadership and what we do can never be underestimated. We invested in leader development; we have to continue to invest in leader development,” Cone said.

Additional TRADOC com-

ponents of leadership development strategy include focusing on noncommissioned officer education and professionalism, reinvigorating courses and emphasizing the importance of the self-study program, said Cone.

He emphasized the importance of preparedness of the individual Soldier and the effect that has on the success of the overall organization.

Cone said Soldiers on the ground need to be able to use all of the organization’s capabilities to meet mission requirements.

“We are the best Army in the

world, and when you put people on the ground somewhere they need to be prepared.”

He also assured the audience of senior leaders, Maneuver Captain’s Career Course students, and infantry and armor Soldiers the lessons learned from the past 12 years at war would be incorporated into the Army’s training in order to build more capable Soldiers and leaders.

“We’re going to put in the proper mechanisms in our training and in our doctrine to make sure that Soldiers are prepared, should we be called to serve,”

Cone said.

The 2013 Maneuver Warfighter Conference ended Friday. Keynote speakers from across the Army addressed the conference’s theme, “Developing a Common Vision to Adapt the Maneuver Force for the Challenges of Tomorrow.”

The annual conference contributes to the combat effectiveness of the Army by addressing the Maneuver Warfighter Challenges, 11 issues that focus on the MCOE’s efforts to develop comprehensive solutions for future armed conflicts.

Star: Soldier credits success to Family support

Continued from Page B1

service in the United States Army. Gayler graduated North Georgia College as a distinguished military graduate. On May 25, 1988, he was commissioned as an Aviation officer.

As a lieutenant, Gayler didn’t necessarily feel as though the Army was his calling. The idea of leaving the service, when the time came, had crossed his mind on several occasions, he said. What he did find, however, in those weeks and months that passed, was a source of happiness and of purpose — his Soldiers.

“I had a warrant officer come up to me — Randy Noble, and I can still picture him as clear as day — and he basically said, when he saw me a little frustrated, [was] ‘Sir, do not ever allow [someone] to take you away from the thing that you love doing, which is being with Soldiers.’”

Gayler credits his current attitude, in part, to this advice. It was the first of two very important pieces of advice Gayler received that, ultimately, solidified his choice to stay in the Army. The second was soon to follow.

When Gayler went on to his next assignment as a company commander, he served under then-Lt. Col. Dan Fleming, the battalion’s commander.

“[He] showed me the power of a positive attitude, and a mentoring, teaching, coaching-type demeanor that never belittles, never yells, never digs and micro-manages, but holds people to a standard,” he explained. “It taught me a very valuable lesson because that’s more my personality anyway, so I think I grew into that very naturally.

“He said, ‘be yourself, be positive and teach. Through your positive attitude, Soldiers will want to be like you and they will want to follow you anywhere.’”

It was in his command position that Gayler said “the passion switch came on.

“I absolutely loved every minute of commanding, and it made me love every minute of service. I was surrounded by incredible people, talented [NCOs], officers and Soldiers. It made me want to do nothing but serve,” he said.

And so, he continued his service.

His most memorable assignment, however, was his time as the brigade commander of the 101st Combat Aviation Brigade, 101st Airborne Div. (Air Assault). Gayler said his experiences were unparalleled. He led the storied brigade during a deployment to Afghanistan, in support of Operation Enduring Freedom.

“You saw firsthand, and experienced, the absolute best of people and the worst of times. It was amazing, to me, to watch. The camaraderie of the ground maneuver forces and the air [support forces] and the artillery were unbelievable,” he recalled.

“You see graphically, and literally, the Warrior Ethos, and I remember very vividly a battalion commander ... demonstrating leadership and the Warrior Ethos in contact with his Soldiers, and demonstrating compassion amongst the chaos. It was incredibly momentous and something I will remember until the day I die,” Gayler said of the unit’s deployment.

Although Gayler’s command time came to a close, he said he is looking forward to his tenure with the Bayonet Division. In his current role as the deputy commanding general for support, Gayler oversees many aspects of troop support.

With more than 20 years of experience in Aviation, Lanza has leveraged Gayler as a liaison, of sorts, with the division’s 16th Combat Aviation Brigade. His technical skills in the field of Aviation, coupled with his combat experience, are an invaluable tool for the 16th CAB’s Aviators.

Budget, leader development and unit status reports are also under Gayler’s control.

“I am here to make brigade commanders and battalion commanders and their sergeants major successful ... I make sure we are all moving in the same direction, toward a common goal,” he explained.

There is not a day that passes that Gayler is not engaging leadership at the brigade level. He spends time circulating the joint base and its training areas in order to get a better feel for command climates, and talk to leaders at the battalion and

company levels.

Flemings’ advice is something Gayler said he uses, to this day, when he visits with Soldiers from the division’s seven brigades.

While visiting Soldiers, he is constantly reinforcing Lanza’s vision and mission, one which focuses on engaged leadership and leader development, accountability and the care of Soldiers and their Families.

“I’m walking through the motor pool and I see lieutenants, and I want to see their hands. I want to see if they are dirty,” Gayler explained. “You should do everything your Soldiers do and demonstrate to them this is all a part of service because you can’t lead from behind.”

It is this style of leadership that Gayler wants to share with the more than 20,000 Soldiers of the Bayonet Division.

“I [hope] to bring mentorship, leadership and to demonstrate, daily, a positive attitude about the importance of our pro-

fession and service to our nation,” Gayler said.

None of this, he says, would ever — or could ever — be possible if it were not for his Family.

“It took me a period of time in the Army before I realized exactly how important Family is,” Gayler explained. “That’s why balance is incredibly important. There are plenty of times you will be away from your Family, you don’t need to be away from them if you don’t have to be. So, my wife and I, and our kids, we are out together doing something every chance we get.

“I can’t say ‘thanks’ enough to my Family, and I think most people in the Army feel that way, because your decision to stay in the Army is your Family’s decision as much as it is yours,” he said. “If I had decided to depart the Army 20 years ago, my Family would have departed the Army, too. So, without their support, I wouldn’t be where I am today. They are truly the best thing in my life.”

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SEPTEMBER 19, 2013



Event offers entertainment, games, camaraderie

By Sara E. Martin
Army Flier Staff Writer

Fall is right around the corner, which means it is time to don some lederhosen or a dirndl and head out to the festival fields to help celebrate Family, food and cultural diversity.

The annual German festival Oktoberfest will be held Sept. 27 from 4:30-9:30 p.m. on Fort Rucker for those who cannot make it to Munich to celebrate.

"It's a great time for the whole Family," said Kristi Fink, Directorate of Family, Morale, Welfare and Recreation special events coordinator. "There is so much for the kids to do at the festival, and adults can have fun, too."

There will be many different activities for children, including: inflatables, face painting, a pumpkin patch and games such as the sack race.

"Adults can enjoy the German food and drinks while they are checking out the vintage Volkswagens behind the big tent or playing some of the (adult) games," said Fink.

This year a few new aspects of German living have been added to the agenda.

"We are adding the Volkswagen Show and Shine, which (is a) vintage Volkswagen (car show) ranging from 1950 to the 1970s," said Fink. "All the VWs have been restored and are (owned by) local owners, and some have multiple trophies



PHOTO BY SARA E. MARTIN

Capt. Markus Haake, E. Co., 1st Bn., 212th Avn. Regt., with his wife, Christine, and children, Isabella and Jonas, search for the perfect pumpkin at last year's festival.

from car shows in the southeast U.S."

Sonnenschein Express, "who loves to get the crowd involved," returns this year to put on another live show to get the party moving and make the event feel as authentic as possible.

"The United States is made up of so many different cultures, and I believe celebrating those differences makes us more united and gives us a new perspec-

tive into other traditions around the world," said Fink.

The night will also feature pony rides, crafts, games, a zip line, a mechanical bull, a spider mountain bungee, a remote control race car track and more.

A variety of food and merchandise vendors will also be available for patrons — to include traditional German food such as bratwurst and schnitzel, and German beverages.

Though officials want everyone to have as fun of a night as possible, safety always comes first and advise patrons to drink responsibly.

"Please make sure to have a designated driver if you plan to drink, or call a taxi," said Fink. "We will have taxi numbers at the command post, which will be located by the entertainment tent. If you need to leave your vehicle overnight, your vehicle

will not be towed."

This will be the second year that a traditional keg tapping will be a part of the festivities. The tapping will be under the main tent at 4:30 p.m., and Col. Stuart J. McRae, Fort Rucker garrison commander, will be doing the honors.

Admission to the event is free, but there will be automated teller machines on site for food, merchandise and entertainment.

Students learn about 1st responders

By Nathan Pfau
Army Flier Staff Writer

On the anniversary of what is widely remembered as one of the darkest days in American history, the staff at the Fort Rucker Primary School took the opportunity to teach students about the importance of the nation's first responders.

Hundreds of children and faculty members gathered in the gym of the primary school Sept. 11 to learn the importance of first responders, such as police officers, firefighters and paramedics, according to Mietta Hammond, FRPS guidance counselor.

"We're sharing with the children what they're suppose to do and what happens when they dial 911," said Hammond. "This event is a culmination of the ending of our (911) project.

It was no coincidence that the event fell on the anniversary of the Sept. 11 attacks, she added, but because of the children's age, it was decided that the focus would be more on the responders than what actually happened on that day 12 years ago.

"We want them to know, when an emergency occurs, such as 9/11, these are the people who will come and take care of them," said the guidance counselor, adding that it helps the students understand not to be afraid of emergency responders by familiarizing the children with the people and tools used in their profession.



PHOTO BY NATHAN PFAU

Children look on as Anthony Hayes, captain of the Fort Rucker Fire Department, puts a firefighter's helmet on Harry Sessoms, FRPS kindergarten student, during an event to teach students about the importance of first responders Sept. 11.

During the event, children were able to hear from Fort Rucker's chief of police, Marcel Dumais, Fort Rucker firefighters and paramedics from the local area.

"The most important thing for this age group of children is just an awareness," said Dumais. "They're at the age when everything goes on through their parents, but for them to have an understanding of

the 911 system is important.

"You hear on the news all the time about how a child called 911 and saved Family members, so I think it's critically important for them to know how it works," he continued. "We need to put it in a language they understand so that it's not difficult for them, and they need to learn not to be afraid of us."

The responders showed the children the different tools that they used to help them do the particular jobs they do, such as handcuffs, flashlights, gas masks, fire helmets, respirators and more. They also made sure to remind the children that their tools weren't toys, but devices that they use on an every day basis to save lives.

The reason they were shown these devices is so that in the event that they encounter an emergency responder, they aren't afraid, especially in the case of a firefighter in full dress who might look incredibly frightening to a child.

"There are some parents that are Soldiers and they might have similar tools that they bring to the house (that children need to understand) are not toys, especially when we start talking about firearms," said the police chief. "(This education is) critically important because the potential for loss of life if they get a hold of that firearm and use it is (too great)."

Dumais also said that his goal was to change the perception of law enforcement in the eyes of children because people often use the police as a means of trying to discipline their children, which causes children to become afraid of emergency responders.

"I just think it's important for them to know that the police are good people," he said. "We're here to protect them and the Fort Rucker community — we're here to make sure that everybody remains safe."

ON POST

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

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.

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.

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 communitywide 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.

Financial readiness training

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

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

Assistive Technology Expo

Army Community Service’s Exceptional Family Member Program and the Fort Rucker Equal Employment Opportunity Office sponsor an Assistive Technology Expo Oct. 9 from 10 a.m. to 2 p.m. in the Soldier Service Center’s lobby. The expo, in observance of National Disability Employment Awareness Month, will showcase assistive technology devices available for individuals with disabilities.

For more information, call 255-9277.

EFMP Information and Support Group

The Exceptional Family Member Program invites all active-duty military Families that have an exceptional or special-needs Family member to attend a free EFMP Information and Support Group meeting Oct. 16 from 9-10 a.m. at The Commons on Seventh Avenue. The topic for the meeting is “Holidays and Traveling with a Special Needs Family Mem-



PHOTO BY SARA E. MARTIN

Hispanic Heritage Gate to Gate

Runners participate in last year’s Gate to Gate Run. The Fort Rucker Physical Fitness Center will host this year’s Gate to Gate Run in conjunction with Hispanic Heritage Month Sept. 28. Race day registration will be from 7:30-8:30 a.m. in the parking lot by the Daleville Gate on Third and Raider. The run will begin at 9 a.m. Participants will be bused to the Ozark Gate from the Daleville Gate. The last bus will leave at 8:40 a.m., so participants are encouraged to arrive early. Participants are encouraged to pre-register prior to race day. Forms will be available at either physical fitness center. Bicycle riders are also welcome to participate – no awards given – and will start the race at 8:55 a.m. Bikes must be staged at the Ozark Gate and bikers will return to the Daleville gate to register and bus to the start. Costs will be \$20-25 for individuals and \$120-160 for teams. For more, call 255-2296.

ber.” Tools and resources will be discussed that can assist you and your special needs Family member have a successful trip.

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

Frite Nite

The Fort Rucker Riding Stables hosts Frite Nite Oct. 18-19 from 7-11 p.m., featuring the Haunted Trail and Barn of Screams. Tickets will be on sale for \$12 per person per night and can be purchased at Leisure Travel Services or the stables, and at the door the night of the event – only cash will be accepted the night of the event. Concessions will be available at the event for an additional cost. There will be strobe lights and fog machines present, and the event is not recommended for people that have seizures, asthma and anyone younger than 12. Children younger than 12 require parental supervision. This event is designed for older children and adults.

For more information, call 598-3384.

Children’s Fall Festival

The Fort Rucker Riding Stables will host the Children’s Fall Festival Oct. 19 from 11 a.m. to 1 p.m. There will be pony and horse rides, a bounce house, train rides, carnival games and more. Children are welcome to wear Halloween costumes and enter into the costume contest. Food and beverages will also be available. Only cash will be accepted at the event. Cost is \$1 per ticket, with the price for each activity ranging from one to four tickets. This event is designed for children ages 12 and younger.

For more information, call 598-3384.

Outdoor Yard Sale and Flea Market

The Directorate of Family, Morale, Welfare and Recreation will host an Outdoor Yard Sale and Flea Market Oct. 19 from 8-11 a.m. at the Fort Rucker Festival Fields. The event provides the community the opportunity to buy and sell used household items, clothes, electronics and more in a consolidated fashion. Limited tables are available for rent. Cost for selling space for military, retirees, civilians employees and Family members is \$20 for 15’ x 20’, \$30 for 30’ x 20’ and \$10 per table rental. Cost for selling space for general public is \$30 for 15’ x 20’ and \$40 for 30’ x 20’. Registration for booth space is due by Oct. 16. If less than 15 spaces are registered by Sept. 27, the event will be cancelled. No commercial vendors are allowed.

For more information or to register, call 255-1749.

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Lyster gears up to vaccinate against this year's flu

By Katherine Rosario
Lyster Army Health Clinic Public Affairs

The 2013-2014 flu season is here and although no major outbreaks have been reported in Alabama, Lyster Army Health Clinic is getting ready to vaccinate Fort Rucker Soldiers against the newest flu strain – Influenza A, H3N2.

The newest vaccination is a combination of what researchers believe will be the three most common influenza viruses this year, according to the Centers for Disease Control and Prevention.

“To maintain mission readiness, Fort

Rucker Soldiers will receive vaccinations first, followed by Fort Rucker employees and LAHC patients,” said Lt. Col. Samuel Jones, chief of preventive medicine at LAHC.

Between 135 million and 139 million flu vaccine doses will be produced for this year's flu season, though more can be produced if necessary, according to the CDC.

It takes the body about two weeks to build antibodies against the influenza virus after vaccination, which is why getting the flu shot early is ideal, Jones said.

“While everyone should get a flu vaccine each flu season, it's especially im-

portant that certain people get vaccinated either because they are at high risk of having serious flu-related complications, or because they live with or care for people at high risk for developing flu-related complications,” Jones said.

Those at higher risk for complications from influenza include people with asthma, diabetes, heart disease, pregnant women, people with weakened immune systems, children younger than 5 years old, and adults age 65 and older.

Taking the necessary steps to prevent or stop the spread of the flu include washing hands often with soap and water or using

anti-bacterial gel when soap and water is not available, avoiding touching your eyes, nose and mouth, covering your cough or sneeze and staying home when sick.

To stay up to date on flu vaccine availability, be sure to check LAHC's website and Facebook page, or call the preventive medicine department at 255-7260 or 255-7332.

Those interested in monitoring where the flu occurs most in Alabama can visit the Alabama Department of Public Health's virtual flu tracker page at <http://dph.state.al.us/influenza/maps/laboratory-confirmed>.



PHOTO BY SARA E. MARTIN

Pick-of-the-litter

Meet Bambi, a 1-year-old female Great Dane and German Sheppard mix available for adoption at the Fort Rucker stray facility. She is learning simple commands and is very energetic. She is very loveable and is as big as she is going to get at 45 lbs. It costs \$80 to adopt Bambi 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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Childersburg, Sylacauga: Providing Family fun

By Grey Brennan
Alabama Tourism Department

Take your Family to explore a cave that’s 12 stories deep. Eleven miles away, amaze them as your car rolls uphill, seeming to defy the law of gravity.

Along the way, you can see how ice cream is made and the location where “stars fell on Alabama.” This road trip takes you along U.S. Hwy. 280 between Sylacauga and Harpersville and includes a stop at a drive-in as well as a vineyard, where each September contestants dress up as if they are in an “I Love Lucy” television episode and participate in an annual grape stomp.

Childersburg – covered bridge, cavern fun

Childersburg is believed to be the location of a Coosa Nation village visited by the Spanish explorer Hernando de Soto in the fall of 1540. Childersburg calls itself “The Oldest Settlement in America.” Named for the explorer, DeSoto Caverns Family Fun Park, 5181 DeSoto Caverns Pkwy.; (256) 378-7252, is a magnificent 12-story cave. Guided tours of the cave include a light, sound and water show on every tour. The more than 25 attractions outside the caverns include a maze and wacky water golf. During your visit, be sure to stop by the gift shop for some delicious DeSoto Caverns fudge. This stuff is so good that it’s featured as a “must taste” on Alabama Tourism’s list

of “100 Dishes To Eat in Alabama Before You Die.” The park also includes a butterfly house. In warm weather, you can watch the butterflies as they scurry from place to place.

Also on the outskirts of Childersburg are the historic 1864 Kymulga Grist Mill and the adjacent Covered Bridge built in 1860, 7346 Kymulga Grist Mill Rd.; (256) 378-7436. Visit the mill site, walk across the covered bridge that spans Talladega Creek and then explore the nature trails. The Kymulga Grist Mill grounds are the home of the annual Coosa Fest held in late September.

Where to eat

If you want to eat where the locals eat, then go where the locals go. That is Old Town Grille, 50 River Run Road; (256) 378-5022. This restaurant, located near Fred’s in Childersburg, has high recommendations for its home-made pizzas.

Vineyard and drive-in

Drive on U.S. Hwy. 280 across the Coosa River and as you head north toward Harpersville (less than 10 miles), you will reach Morgan Creek Vineyards, 181 Morgan Creek Lane, Harpersville; (205) 672-2053. This Family-owned vineyard and winery offers free guided tours and wine tastings. During its annual Grape Stomp, held the third Saturday in September, you can crush grapes with your bare feet while listening to live music and watching

the “Lucy Look-A-Like” contest recognizing the best Lucille Ball costumes.

A Family road trip to this part of Alabama wouldn’t be complete without going to the Harpersville Drive-In, 45 Woodland Road; (205) 672-8484. This is great evening entertainment for the whole Family as you enjoy watching one of two movies on the large 80-by-24-foot screens from the comfort of your car.

Where to stay

There are more than a half-dozen hotels in the Childersburg/Sylacauga area. You can also stay at Blue Spring Manor, 2870 Hwy. 83, Vincent; (205) 672-9955, a bed and breakfast inn located on 10 acres in Vincent, 20 minutes west of Childersburg, or stay at the 3,500-acre FarmLinks at Pursell Farms, 2200 FarmLinks Blvd., Sylacauga; (205) 403-4653. Located less than 30 minutes from either Sylacauga or Childersburg, FarmLinks is the world’s only research and demonstration golf course and includes onsite hunting and fishing as well.

Sylacauga’s ice cream and the magic of marble

Start your trip in Sylacauga with a fun walking tour of the Blue Bell Ice Cream factory, 423 N. Norton Ave.; (256) 249-6100. Children and adults alike will enjoy seeing exactly how their favorite food items are made, especially when the tour ends with a free ice cream sample.

Blue Bell is located a block from city hall. It offers tours Monday through Friday, with the first tour at 9 a.m. and the last starting at 1 p.m. You should call ahead to schedule your place on the 45-minute tour.

No cameras are allowed on the Blue Bell Ice Cream factory floor. But at the end of the tour, you will be given free samples in the ice cream parlor where photography is allowed so be sure to go back to your car and get your camera – this is your chance to take a great souvenir photo that you will treasure, especially if you have young children with you.

Since you are in Sylacauga, which sits atop a bed of mostly white marble, take time to visit the Isabel Anderson Comer Museum and Arts Center, 711 North Broadway, (256) 391-1352. This museum, containing works of art by the Italian sculptor and quarry investor Giuseppe Moretti, is a great place to learn about Sylacauga’s marble history. It also has a “Nabors Room,” which celebrates native son Jim Nabors, who gained national fame as both an actor and a singer. Nabors was discovered by Andy Griffith and played the garage attendant Gomer Pyle on the “Andy Griffith Show.” Be sure to tour the upstairs gallery inside the museum, where you will see a copy of the Hodges Meteorite and newspaper clippings that tell the story of the 8.5-pound rock that fell from the sky and struck Ann Elizabeth Hodges as she napped in a farmhouse in Oak Grove just outside of Sylacauga.

WIREGRASS COMMUNITY CALENDAR

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

ANDALUSIA

ONGOING — The American Legion Post 80 has regular meetings the second Monday of the month, starting at 6:30 p.m., at the Legion Hall. For more information, call 222-7131 or visit www.andalusialegiopost80.org.

DALEVILLE

SATURDAY — The Faith Riders Motorcycle Ministry of Daleville Baptist Church hostsg “Ride for Supplies” to help purchase school supplies for students and teachers of Daleville City Schools. Cost is \$15 per bike. The ride begins at 9 a.m. at MaFoosky’s. For more information, call 598-4530.

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.

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

SUNDAY — 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.

TUESDAY — Through three different learning stations students will explore honeybee communication and life cycle, honey production and harvesting, pollination and the hive environment at Landmark Park’s The Life and Work of the Honeybee program. This program will provide the opportunity to watch a beekeeper work a real hive of bees and taste the freshly gathered honey. Cost is \$6 per person.

For more information, visit www.landmarkpark.com.

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.

SATURDAY — 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 band’s 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.

MONDAY — 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.

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.

NOW THROUGH DEC. 15 — The New Brockton DAV Chapter No. 99 offers a college scholarship of \$500 to applicants who are the children of a U.S. military veteran who have fallen or been wounded, medically discharged honorably wounded veterans, and/or spouses of fallen Soldiers in the Global War on terrorism. Applicants may be attending college or have been accepted at a certified college or university. Applications and additional information can be picked up at the DAV counselor office at the New Brockton Police Department at 202 South John Street, Tuesdays and Wednesdays 10 a.m. to noon. Deadline for applications is Dec. 15. For more information, call 718-5707.

OZARK

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

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

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

OCT. 5 — A Run For Your Lives Fun Run where zombies chase humans in a 5K event will be held downtown. The event, held in conjunction with the city’s annual Claybank Jamboree, includes a zombie costume contest commencing at 1:30 p.m., with the race start at 2 p.m. For more information and to download an entry form, email pfenn@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 Clay-

bank 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 windinroadptry@yahoo.com.

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

PINCKARD

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

SAMSON

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

TROY

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

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

WIREGRASS AREA

NOV. 9 — The 12th annual Wiregrass Veterans Day Poker Run to benefit disabled American veterans registration will be held from 9:30-11 a.m. at the River Lounge in Clayhatchee. Kick stands up at 11 a.m. and last bike in at 4 p.m. Recreational vehicle and tent camping available, vendors, live band, bonfire, food, refreshments and more will also be available Nov. 7-10. Cost for ride is \$20 a rider and \$10 for passengers.

Additional hands can be bought for \$5. There will be a 50/50 drawing, awards for best and worst hand, as well as door prizes and an auction.

Beyond Briefs

Fight Against Cancer

Making Strides Against Breast Cancer’s 5k non-competitive walk will be held Oct. 26 at Aaron Bessant Park. Registration is at 7 a.m. with the walk beginning 8 a.m. in Panama City Beach. For more information on these events, call (850) 236-6023 or visit www.baypointtwyndham.com

Lobster Festival and Tournament

The biggest four-day lobster festival in Florida, the 23rd annual Lobster Festival and Tournament, will be held today through Sunday 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.

Little Black Dress Party

In support of the American Cancer Society, the Boatyard Restaurant in Panama City Beach hosts a Little Black Dress fundraiser party tonight from 7 p.m. to midnight.

The night features a specialty dinner, free adult beverages for the ladies, live entertainment, gift bags, door prizes and appetizers.

Alabama Backroads Century Ride Series

Presented by Wells Fargo Advisors, Bradford Health Services and Alabama Outdoors, the 2013 Alabama Backroads Century Series is a biking event used to promote the growth and development of long distance cycling in the state of Alabama, encourage participation in established Alabama century (100 mile) rides, recognize and reward individual cyclists for their accomplishments, and benefit the charities and advocacy efforts supported by each of these events. Each century will have their own unique medal designed and awarded to each participant that meets the challenge of riding 100 miles. The race Saturday is the annual All You Can Eat Century, the Sept. 28 ride is the Johnny Ray Century and the Oct. 12 ride is the Glassner Autumn Challenge. For more information, visit www.alabama-backroads-cycling.com.

DODEA sets student attendance standards

By Sara E. Martin
Army Flier Staff Writer

Keeping a school-age child at home when they have a runny nose or because Family is visiting from out of town may seem harmless enough, but when these occasional absences add up it affects everyone from teachers, the child, other students and even the school as a whole.

In order to promote student success, the Department of Defense Education Activity has implemented an attendance policy to set the standard of expectation for student attendance, and has recently created a new brochure to educate everyone on the importance of school attendance, said Christy Cabezas, district superintendent.

"We are fortunate in the fact that we have very few concerns with excessive unexcused absences and tardiness in our Fort Rucker schools," she said. "However, there are those occasional extended absences that may be excused or unexcused."

The Department of Defense school system has a policy that permits up to five absences, whether excused or unexcused, per semester. Students are required to attend 180 days of school per year. Excessive school absence is defined as seven or more absences, whether excused or unexcused, or five tardies during a semester as defined by DODEA policy.

Excused absences include, but are not limited to, unique Family circumstances, religious holidays, doctor appointments, deployments or severe illnesses.

"Research shows that excessive absences can negatively impact student achievement," said Cabezas. "Attending classes . . .

affords (students) an opportunity to learn more and to acquire stronger cognitive skills, which increases their level of academic achievement.

"In fact, studies have shown that students who attend more school days per year learn more and perform better academically, as measured by achievement tests," she added.

Students who develop strong academic skills in their early years are more confident in their abilities, perform better in higher grade levels, and increase their likelihood that they will graduate from high school and college, according to the superintendent.

"And, ultimately, students with stronger intellectual skills and academic credentials have more opportunities for obtaining good, satisfying, well-paying jobs," she said.

Since attendance is a factor that impacts student achievement, it was embedded as a goal under School Excellence in the DODEA Community Strategic Plan, which can be found on the DODEA web site at www.dodea.edu.

"The district has reviewed the DODEA attendance policy and, importantly, has developed a protocol and set of procedures for identifying excessive absenteeism early, and then taking concrete steps and measures to help Families to get their children to attend school," she said.

A high attendance rate is also important for Fort Rucker schools as a whole because it is a factor that contributes to a positive school climate and environment. And Cabezas said that a positive school climate increases the comfort level and motivation of students, parents and teachers.

Because Fort Rucker children

are Family members of one or two military members, their learning experience is different, but Cabezas assures that DODEA understands the importance of students attending school while supporting the military-connected Family.

"Students may transition school systems several times throughout their school career and/or several times in one school year. The DODEA schools are cognizant of this and work with military Families to promote the smoothest transition from one location to another," she said.

The actual transferring of Families is one cause of missed school days, she added, along with parents who are coming and going on deployments, parents' days off and distant training.

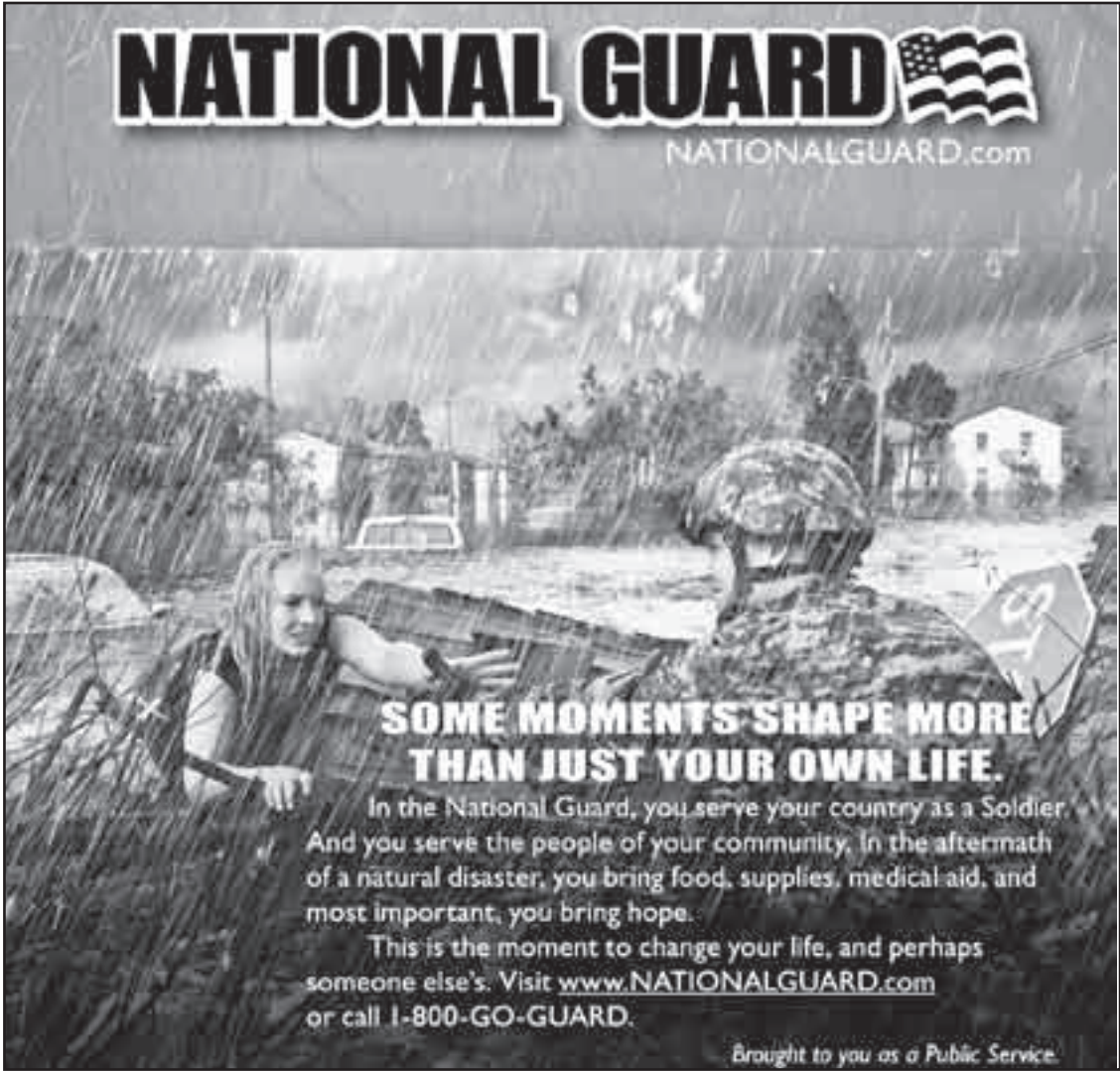
"Students also take time when parents return from a deployment. This, too, is an important time for our military Families and DODEA schools recognize the importance of this time," she added.

The attendance brochure, school websites, open house meetings, school board meetings, and student and parent

handbooks are all ways officials have communicated the DODEA attendance policy, and the steps that they take to support Fort Rucker students, Families and schools with meeting the attendance goal.

"It is our intent to be transparent, provide continuous support and communicate through multiple measures with all of our stakeholders," said Cabezas.

For more information concerning school attendance at Fort Rucker Elementary School or Fort Rucker Primary School, call 255-1607 or 255-2822.



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Army: Suicide prevention help available 24/7

By Lisa Ferdinando
Army News Service

WASHINGTON — Suicide prevention help is available 24 hours a day, and that message was emphasized at the Army’s Suicide Prevention Program health fair at the Pentagon.

“Soldiers, Army civilians and Family members have options,” said Sherry Simmons-Coleman, senior program analyst for the Army’s Suicide Prevention Program.

Those options include talking to a member of their unit, visiting the chaplain or behavior health professional on the installation, or calling the National Suicide Prevention Lifeline, which is available 24-hours a day at 1-800-273- TALK (8255), she said.

Simmons-Coleman, who spoke at the health fair Sept. 12, said the Army wants its members to know that support and counseling are available to help reduce the stresses that put people at risk for suicide.

“It’s about bouncing back from adversities, tragedies and any setbacks that life presents to you,” she said. “It’s knowing that things will get better, that there is a light at the end of the tunnel.”

The Army has marked National Suicide Prevention Month with the message that prevention is a 365-day effort. The prevention efforts are part of the Army’s Ready and Resilient Campaign that addresses the overall health — mental, physical and emotional — of Soldiers, Army civilians

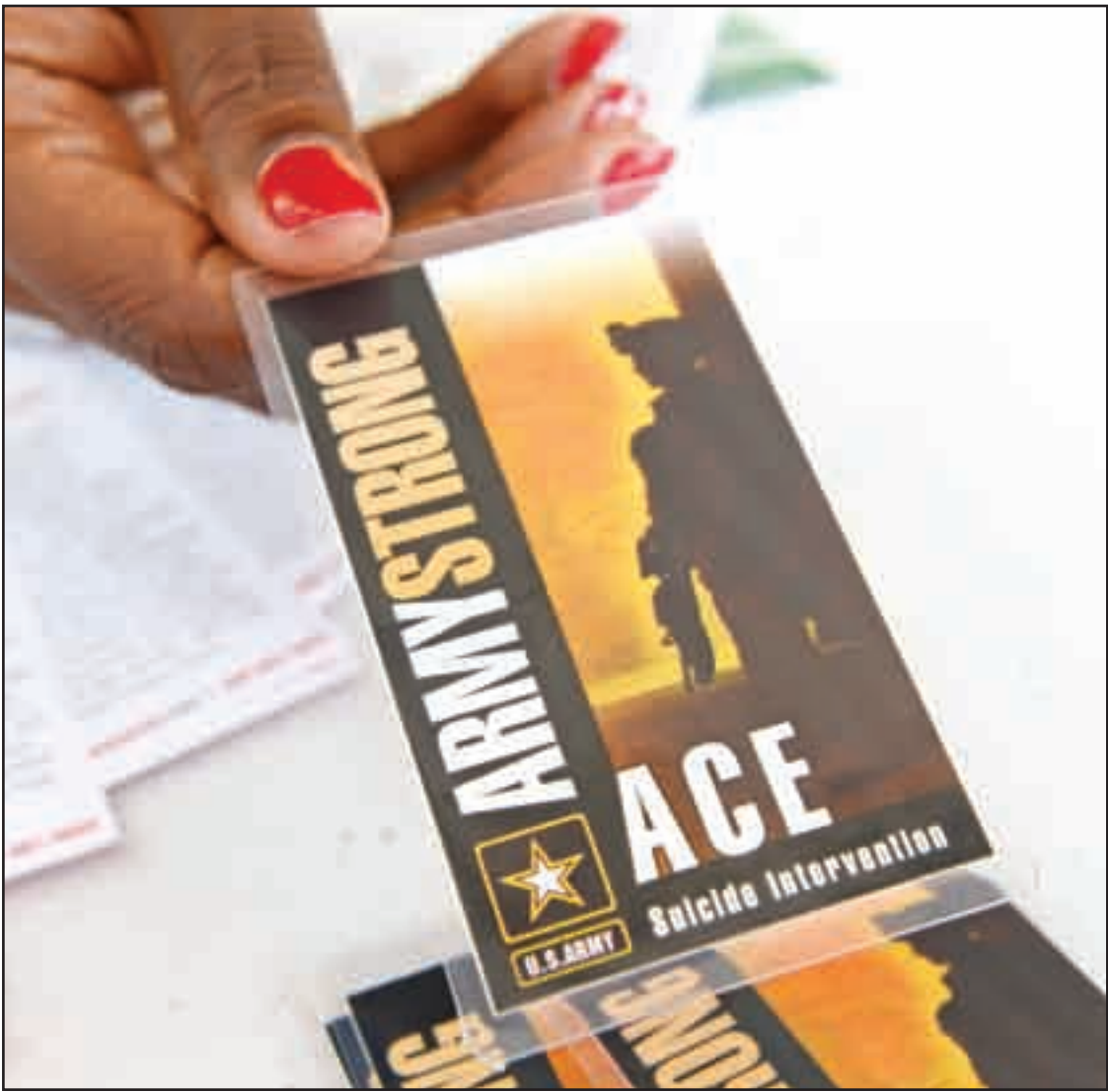


PHOTO ILLUSTRATION BY LISA A. FERDINANDO

The Army ACE card highlights the importance of three steps: asking if a person is suicidal, caring for that person and escorting that person to a professional.

and Family members to create a stronger, more resilient force.

Suicide is caused by multiple factors in many areas of a person’s life, Simmons-Coleman said, and the Army is working to reduce the stigma associated with seeking help.

“Just like with any illness, if you are sick, get help,” she said.

Also on hand at the wellness fair were members of the Army Reserve to talk about the resources available to address the unique stresses reservists face.

“They are balancing a regular day job, if they are employed, with the demands and obligations of their military service,” said Maj. Larry Ray with the Employer Partnership Office at the Office of Chief Army Reserve.

The Employer Partnership Office works to establish public and private partnerships to facilitate employment and training

opportunities for veterans, reserve Soldiers and their Families to increase readiness.

Ray said Soldiers who are under-employed or unemployed may feel stressed and overwhelmed in trying to support and care for their Family, putting them at risk for suicide.

“By identifying issues with our Soldiers in the financial arena, we feel that we can play a critical role in the prevention of suicide and also improve our units’ readiness,” he said.

“We do recognize those very specific reserve-component stressors and obstacles to maintaining that balance between Family, employer and military obligation,” he said.

Maj. Rebekah Montgomery, a chaplain in the Army Reserve, said chaplains are always available to offer counseling support and crisis intervention for anyone in the Army Family.

“We serve all Soldiers, all Family members, regardless of their faith. Our responsibility is to perform or provide, so if we can’t provide the direct service, it is our responsibility to make sure we get someone who does,” she said.

In addition to calling the crisis line or taking in person to someone, she noted that Soldiers and Family members can use a new app, available on iTunes and on the Android system, called “Battle Buddy.”

The app, said Montgomery, will take a person through crisis steps, provide information and allow the user to call the resource directly from the app.

Tips to quit tobacco

Use the 5 Ds to help with urges

- **Deep** breathing — Take slow deep breaths to feel relaxed and in control.
- **Drink** water — Drink at least 8 glasses of water a day to flush out nicotine from your system.
- **Do** something else to keep busy.
- **Discuss** your urge with a friend or family member.
- **Delay** — Don’t reach for tobacco right away. The urge to smoke passes in 3 to 5 minutes whether a person smokes or not.

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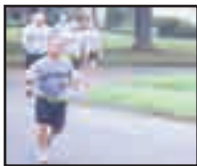
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SEPTEMBER 19, 2013



PHOTO BY SARA E. MARTIN

Boot Camp participants bear crawl up a hill during one of their early morning workouts on Fort Rucker. Boot Camp is just one of the many classes the installation offers for people to get in shape, and the fall session runs Sept. 30 to Nov. 8.

Fall Boot Camp seeks to change lifestyles

By Nathan Pfau
Army Flier Staff Writer

As cooler weather looms ahead, people sometimes find it harder to find motivation to keep up with their workouts, but one program on Fort Rucker helps to push people to their peak.

Fortenberry-Colton Physical Fitness Facility's 2013 Fall Boot Camp will begin Sept. 30 to get people to a new level of fitness and maintain a healthy lifestyle, according to Kris Rach, Fort Rucker fitness specialist and certified personal trainer.

"I want to get people out of their comfort zones and into a fitness level that they might not be used to – we push people through their own limitations," she said. "We like to push people beyond their own mental barriers and help them break through to the level that they are able to achieve and maintain throughout the year.

"Some people set barriers in their minds that they are either afraid of pushing through or just don't want to," Rach continued, "but I tell every participant, no matter what class, that there is no such thing as 'I can't.'"

The Boot Camp is a six-week program, and will begin with orientations Sept. 27 with two sessions available at 6:30 and 8:15 a.m., and all who sign up are expected to attend one of the two, said the fitness specialist.

The program will feature a variety of workouts ranging from plyometrics, agility drills, running, obstacle courses, cardio, endurance and strength training.

Rach said the majority of the workouts associated with the Boot Camp take place outdoors to show people different ways to exercise, and with cooler temperatures ahead, people should make sure to dress accordingly.

"We like to do 99 percent of the classes outside because we want people to realize that you don't have to be in a gym to workout," she said. "We'll do a lot of running on the horse trails and bike trails, as well as doing some cross training."

There will also be days that the participants will spend training in a pool where people will not only be doing laps, but also participate in various cardio and body resistance exercises, said Rach.

The program also incorporates many fitness classes that are available at both Fortenberry-Colton PFF and the Fort Rucker PFF, and people that are signed up for the Boot Camp will have access to all the group fitness classes available during the six weeks of the program.

Participants will also have access to weekly consultations to keep track of fitness progress and t-shirts available to those who complete the

program.

Many facilities on Fort Rucker have gotten involved with the Boot Camp to allow the participants to utilize facilities at Lake Tholocco, Beaver Lake, The Fort Rucker Riding Stables and even the NCO Academy, said the fitness specialist.

"The NCO Academy has been really helpful in the past and we even got to use some of their facilities for the Boot Camp," she said. "The whole point of the program is to really get people out of their comfort zones."

An added benefit of the Boot Camp is that it gives participants the opportunity to network and make new friends to work out with, said Rach, which is something that can be a motivator itself.

The program will run weekdays from Sept. 30 to Nov. 8 in two sessions – the 6:30-7:30 a.m. or the 8:15-9:15 a.m. session. Cost to sign

up is \$100 per participant – \$30 deposit and \$70 due before classes start. Spots are limited to 25 people per session.

"Boot Camp is not for the faint of heart or for people who like to pick and choose the days they want to attend," said Rach. "To get the maximum result out of the program, people need to show up and perform every day, eat healthy and take the classes offered at both gyms – it's 100 percent commitment from both them and us."

The Fall Boot Camp will also be special in that Lynn Avila, founder of the program, will be returning.

The program is available to anyone that has access to the fitness facilities, including active-duty military and their Families, retirees, Department of the Army civilians and contractors, but not contractor's spouses.

For more information or to register, call 255-3794.



FILE PHOTO

Hit the trail

ATV riders head out on an outdoor recreation-hosted ATV Trail Ride in 2011. Outdoor recreation hosts its next ATV Trail Ride Sept. 28 from 7 a.m. to 2 p.m. Pre-registration is required and cost is \$20. The trail ride is open to the public, ages 16 and older. Patrons must provide their own ATV and protective gear (helmet, boots, etc.). Protective gear must be worn at all times. For more information, call 255-4305.

PIGSKIN PICKS



Kansas City vs. Philadelphia

Houston vs. Baltimore

Green Bay vs. Cincinnati

St. Louis vs. Dallas

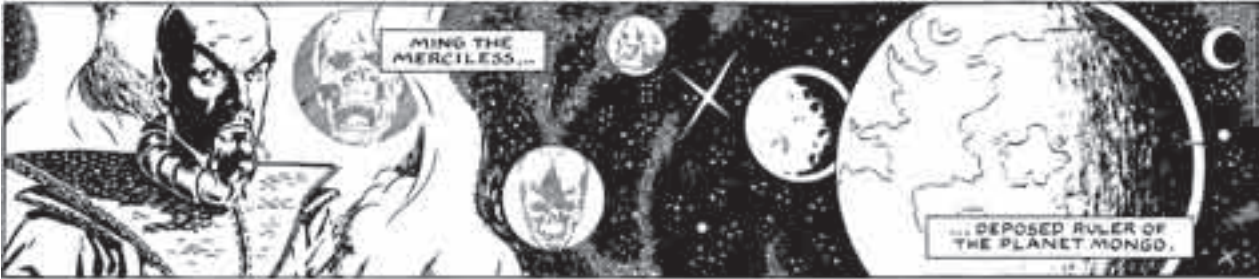
Indianapolis vs. San Francisco

Chicago vs. Pittsburgh

Oakland vs. Denver

 Jim Hughes Public Affairs (11-3)							
 Brian Jackson DFMWR (8-6)							
 John McGee CDID (11-3)							
 Capt. Mike Simmons Directorate of Public Safety (10-4)							
 Sharon Storti Network Enterprise Center (9-5)							

DOWN TIME



Just Like Cats & Dogs

by Dave T. Phipps



Trivia test

by Fifi Rodriguez

T R I V I A

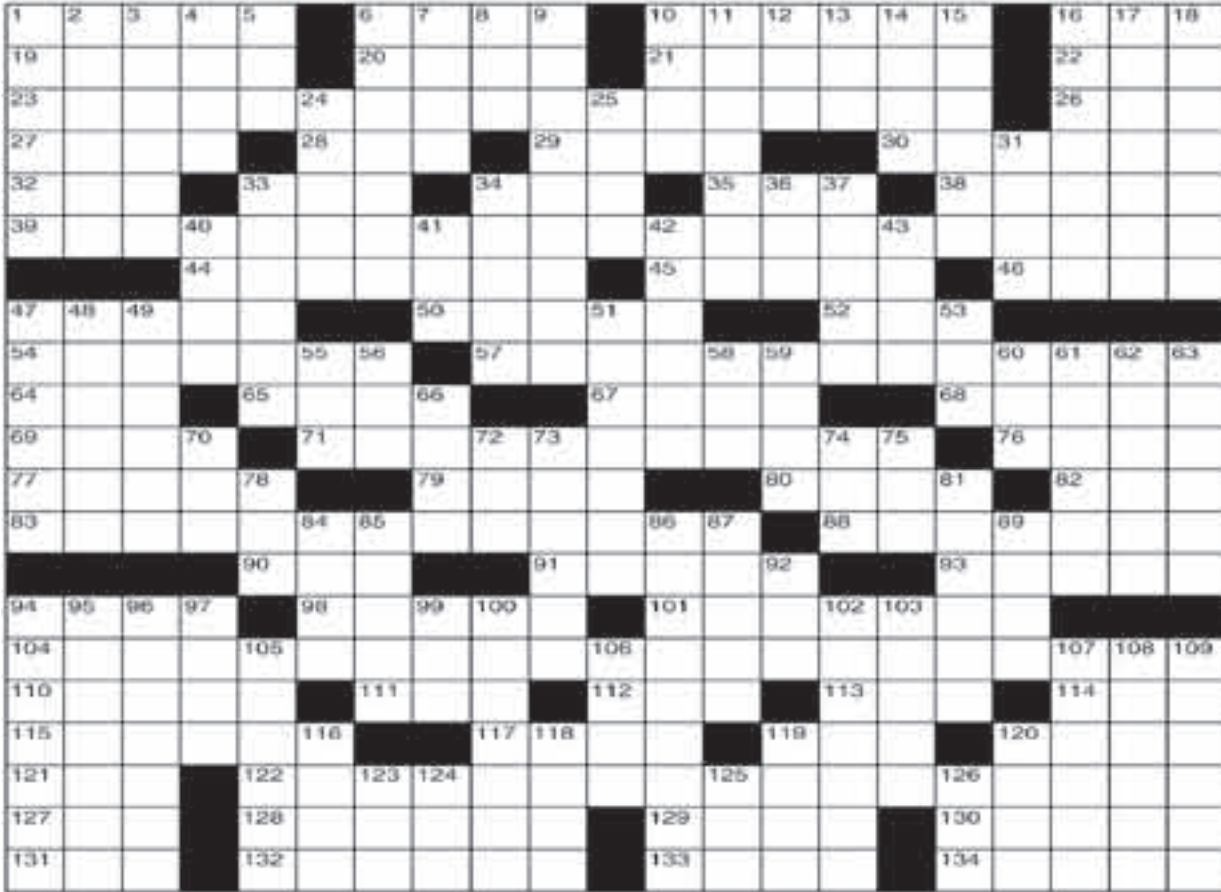
1. GEOGRAPHY: The Khyber Pass connects which two nations?
2. FOOD & DRINK: What kind of food is a nectarine?
3. MUSIC: In what Rod Stewart song does he say he "really should be back at school"?
4. ANIMAL KINGDOM: What kind of animal also is known as a "gnu"?
5. HISTORY: When did the Cuban Missile Crisis occur?
6. LANGUAGE: What is meant by the term "lingua franca"?
7. ANATOMY: Where is the ovula in the human body?
8. FAMOUS QUOTATIONS: What comedian observed, "Everywhere is within walking distance if you have the time"?
9. LITERATURE: Which poet's 1928 book was titled "Good Morning, America"?
10. U.S. PRESIDENTS: Which president's face is on the \$100,000 bill?

See Page D4 for this week's answers.

Super Crossword

CREEPY MOVIE

- ACROSS**
- 1 Plot anew
 - 6 Huffed and puffed
 - 10 Droid rival
 - 16 Letters after C
 - 19 Puccini work
 - 20 Lady — Chaplin
 - 21 Actor Lon of chills
 - 22 Yale Bowl yell
 - 23 Start of a riddle
 - 26 Actor Alcock
 - 27 Work units, in 11-Down
 - 28 BlackBerry device, e.g., for short
 - 29 Floppy parts of a beagle
 - 30 Youth's opposite
 - 32 Partner of neither
 - 33 Puccini's "O" — babbino caro
 - 34 Miss the mark
 - 35 Adherent: Suffix
 - 38 I's, in Athens
 - 39 Riddle, part 2
 - 44 Retired female professor
 - 45 Metropolis of Japan
 - 46 Funny Johnson
 - 47 Biblical song
 - 50 One sparring
 - 52 Rio's car maker
 - 54 Actor Tony
 - 57 Riddle, part 3
 - 64 Suffix with play or play
 - 65 Bread buy
 - 67 Shoulder of a road
 - 68 Hooting baby bird
 - 69 Hollow between hills
 - 71 Riddle, part 4
 - 76 Entwined
 - 77 Behave theatrically
 - 79 Feline cry
 - 80 Kosovo resident
 - 82 Vote "for"
 - 83 Riddle, part 5
 - 88 Revised, as text
 - 90 Dove noise
 - 91 Unbusy bee
 - 93 Sloppy
 - 94 Ladder part
 - 98 Explorer — da Gama
 - 101 Hockey great Mario
 - 104 End of the riddle
 - 110 Trendily dated
 - 111 Woodcutting tool
 - 112 "So nasty!"
 - 113 Pindaric poem
 - 114 A fire sign
 - 115 Melodious
 - 117 Actress Olin
 - 119 Haloed Fr. woman
 - 120 Spurt
 - 121 Abbr. in co. names
 - 122 Riddle's answer
 - 127 Leisure shirt
 - 128 Bee or flea
 - 129 Axel or lutz
 - 130 Word with city or circle
 - 131 Part of OS: Abbr.
 - 132 Capital of Kansas
 - 133 — temer
 - 134 Feats of skill
 - 6 Woman's bedroom
 - 7 Former Vegas star
 - 8 Falana
 - 9 Passenger-transporting motorboat
 - 10 Champagne bucket
 - 11 Nobel Prize category
 - 12 — Solo
 - 13 — scale of 1 to 10
 - 14 Sci-fi manner
 - 15 It has lashes
 - 16 Participant in an arguing contest
 - 17 Posh
 - 18 Savoir-faire
 - 24 Voice a view
 - 25 Rabbit kin
 - 31 TV "explorer"
 - 33 Warm-blooded one
 - 34 Consume, Bible-style
 - 36 "Na Na" lead-in
 - 37 Chicken — masala (Indian dish)
 - 40 Fuse
 - 41 1997 sci-fi spoof, briefly
 - 42 Projecting window
 - 43 Milk, in Metz
 - 47 Innocent until — guilty
 - 48 Delli staple
 - 49 Alternative to digital
 - 51 Person jostling someone in just
 - 53 —Z (thorough)
 - 55 Park place?
 - 56 "Well, — di-daht"
 - 58 Hear legally
 - 59 Medical ins. plans
 - 60 "So nasty!"
 - 61 Big London insurer
 - 62 Flood zone structures
 - 63 Unwavering
 - 66 U.S. disaster relief org.
 - 70 Ordinal number ending
 - 72 Stitch up
 - 73 Rallied out
 - 74 Doctor's charge
 - 75 It has triceps
 - 78 List finisher: Abbr.
 - 81 Mystify
 - 84 Harbor inlet
 - 85 Lion sounds
 - 86 Attendance-checking routines
 - 87 Skulk around
 - 89 Subsequent
 - 92 They precede ons
 - 94 Narrow ship passages
 - 95 "Laura" star Gene
 - 96 Leads on
 - 97 Firebug
 - 99 Org. issuing nine-digit IDs
 - 100 Unruly patch of hair
 - 102 Related element form
 - 103 Quilt stuffing
 - 105 Small, sticky note
 - 106 "If it — broke..."
 - 107 Like Swiss peaks
 - 108 Not optional
 - 109 High-rises
 - 116 "How awful!"
 - 118 Jazz singer James
 - 119 Totter
 - 120 Clearheaded
 - 123 Sci-fi talent
 - 124 Director Spike or Ang
 - 125 "I see micot"
 - 126 Prefix with life or size



See Page D4 for this week's answers.

Weekly SUDOKU

by Linda Thistle



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

DIFFICULTY THIS WEEK: ★ ★

★ Moderate ★ ★ Challenging
★ ★ ★ HOO BOY!

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See Page D4 for this week's answers.

KID's CORNER



by Hal Kaufman

A-Z TESTER! When a person knows all about something, we say they're an expert. In this test, you'll see a list of 26 words. Each word has a letter from A to Z. Your job is to write the word that starts with that letter. You'll be a real expert!

WORD SEARCH Find the words hidden in the grid. Write the letters in the boxes. The words are: CAT, DOG, FISH, BIRD, INSECT, MAMMAL, REPTILE, AMPHIBIAN, MOLLUSK, CRUSTACEAN, MAMMAL, BIRD, INSECT, MAMMAL, REPTILE, AMPHIBIAN, MOLLUSK, CRUSTACEAN.



FALL, HO! "October is the falling leaf..." To win, write the words in the boxes. The words are: CAT, DOG, FISH, BIRD, INSECT, MAMMAL, REPTILE, AMPHIBIAN, MOLLUSK, CRUSTACEAN.

SPELLBINDER Write the words in the boxes. The words are: CAT, DOG, FISH, BIRD, INSECT, MAMMAL, REPTILE, AMPHIBIAN, MOLLUSK, CRUSTACEAN.

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

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



Fitness initiative to get rigorous check-ups

By David Vergun
Army News Service

JOINT BASE LEWIS-MCCHORD, Wash. — The Army will be closely monitoring its Performance Triad program to ensure it is delivering on the promise of better performance through improved sleep, activity and nutrition.

“Can we implement it as planned’ and ‘will it be sup-portable in its current form’ are among the questions we’ll be asking,” said Lt. Col. Anne Andrews, the lead for Performance Triad’s evaluation and research at the Office of the Army Surgeon General.

The Army will also evaluate the Performance Triad program’s effect on the knowledge, attitude and behav-ior of Soldiers, she said.

The first pilot course for Performance Triad started here Sept. 9 with 11 squad leaders from 3rd Squadron, 38th Cavalry Regiment, 7th Infantry Division, partici-pating in two weeks of training led by health and medi-cal professionals from the Army Surgeon General’s of-fice. Following their training, they will be responsible for imparting their knowledge on and mentoring their Soldiers over the course of 24 weeks.

Two other pilots are planned using the same schedule and instruction: one at Fort Bliss, Texas, involving Sol-diers of 4th Battalion, 6th Infantry, beginning Sept. 30; and the other at Fort Bragg, N.C., with Soldiers of the 189th Combat Sustainment Support Battalion, starting Oct. 28.

Once all the data and feedback are collected and re-viewed, consolidated program recommendation for Ar-m-y-wide implementation of Performance Triad will be delivered to the Army chief of staff and vice chief of staff in the fourth quarter of fiscal year 2014.

There are several ways Performance Triad will be evaluated, Andrews said. Focus groups will discuss the pilots before and after the training. There will also be the usual evaluation tools that include Army physical fit-ness test scores as well as weight and body-fat measure-ments.

Military Power, Performance and Prevention tests will be administered, as well. With MP3, the Army tests a Soldier’s flexibility, power, balance, strength and coordi-nation with the goal of predicting the risk they might have for musculoskeletal injuries.

Soldiers will also be tested before and after using a not-yet Army-wide released version of the Global As-sessment Tool 2, which is similar to the current Global Assessment Tool, but which now includes Performance Triad survey questions, Andrews said. In addition to GAT2, Soldiers will complete a knowledge and attitudes survey before and after the pilot, which will help mea-sure the effects of the Performance Triad.

Besides that there will be regular discussions with the Soldiers and unit leadership to get their feedback on how



PHOTO BY DAVID VERGUN

Soldiers at Joint Base Lewis-McChord, Wash., participate in physical fitness. Activity, along with sleep and nutrition, are the three prongs of Performance Triad.

the program is doing.

“One of the things we’ll be looking at in the feedback is seeing what the co-worker effects are,” she said, explaining that these are secondary effects of the training Soldiers might provide to friends and Family members.

Other aspects of the pilot program will help determine how well other programs like master fitness trainers, Comprehensive Soldier and Family Fitness programs, wellness centers and the medical community can be integrated with Performance Triad to increase its effective-ness, she added.

In addition to the pilots, a seven-year longitudinal study will be conducted with volunteers from the units in the pilot and other units from within the brigades, who will serve as comparisons. The study will provide ad-ditional data about health and physical performance out-comes. Also, cognitive performance will be measured using psychomotor vigilance testing, which looks at re-action times to see if improving activity, nutrition and

sleep can provide improvements.

The studies will include statistical analysis of testing and the use of control groups. Control groups are other battalions that will receive some of the testing but not the Performance Triad training.

One of the most important but less glamorous parts of the program is the liaison efforts and coordination re-quired for Performance Triad to succeed.

Division and higher levels of Army leadership require periodic in-briefs. Also, coordination between Army Medicine, U.S. Army Forces Command and the Office of the Army Surgeon General must take place, said Capt. Allison Carrillo, a medical services officer with Madi-gan Army Medical Center.

Carrillo, a self-described fitness junky, said she is very familiar with Performance Triad and is excited to be a part of its development. She added that she is confident the rollout will go smoothly because it has “a good op-erations plan.”

PIGSKIN PICKS



Wake Forest
vs. Army

North Carolina
vs. Georgia Tech

Tennessee
vs. Florida

Michigan State
vs. Notre Dame

Troy vs.
Mississippi State

Kansas State
vs. Texas

Utah vs.
Brigham Young

David C. Agan Jr. <i>PAO</i> (14-7)							
Kent Anger, <i>DPTMS</i> (16-5)							
Wes Hamilton, <i>NEC</i> (15-6)							
Alex Tressler, <i>1-11th AVN</i> (14-7)							
Tish Williamson, <i>USAACE</i> (14-7)							

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SPORTS BRIEFS

Golf classic
The 18th annual Army Aviation Museum Golf Classic is scheduled for Friday at the Silver Wings Golf Course with an 11:30 a.m. shotgun start. The classic is a four-person scramble, handicap and string tournament open to the first 144 golfers. Registration starts at 9:30 a.m. at the golf club, and the fee is \$70 per player for members of SWGC and \$80 per player for non-members. The fee includes red tee, muligan, string, green fees, cart, range, balls, afternoon buffet and participation gift certificates for an additional 18 holes of golf at SWGC. Each player will receive a participation gift. There will be also be an additional prize drawing following the tournament during the afternoon buffet.
For more information or to sign up, call the Army Aviation Museum Foundation, Inc., at 598-2508

or SWGC at 598-2449.

Fall Boot Camp
Fortenberry-Colton Physical Fitness Center hosts its six-week Boot Camp Sept. 30 to Nov. 8. The program meets five days a week with two sessions to choose from – 6:30-7:30 a.m. or 8:15-9:15 a.m. The cost is \$100 per person. The Boot Camp includes weekly consultations to keep track of progress, training with certified personal trainers, access to all group fitness classes during the six weeks and T-shirts available to all participants who complete the training. Orientation will be held Sept. 27 at 6:30 a.m. and 8:15 a.m. at the fitness center. There will be limited space in each session. Registration forms are available at either fitness center.
For more information, call 255-2296.

Video Game Spotlight >>

GTA V could claim ‘game of the year’

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.)

Is it the game of the year? The odds are good, especially since it goes well beyond where previous Grand Theft Auto games have ever gone before.

The world of “Grand Theft Auto V” is huge, the story is engaging, the variety of stuff to do amazing and the level of detail beyond compare.

True, it does dive into the underbelly of society and there is plenty of violence and other mature-level content in the game, but if you didn’t already know to keep this one away from the kids then you’ve been living in a cave for at least the past decade.

“GTA V” takes place in Los Santos (based on Los Angeles) and the surrounding county. It’s a huge sandbox to play in and since all of it is unlocked at the beginning of the game, we can explore it all to our heart’s content before jumping into the story — if we so desire.

This time around, the gamer gets to jump back and forth between three protagonists: a former street gangster named Franklin, a professional ex-con named Michael and a violent nut job named Trevor. The trio is looking for a few big scores so they can retire from a life of crime. Each has skills that make them a valuable member of the trio. Those abilities can be upgraded, and each has a special skill that only they can use.



COURTESY SCREENSHOT

The controls are better than in previous GTA games, especially when it comes to combat. There are more vehicles than ever, each with customization options. Both of those things are great, because much of the game (as expected) revolves around third-person action and driving.

Gamers will also spend time in SCUBA suits underwater, flying planes, parachute

jumping and more. There are houses to be bought, businesses to own and stock to buy. There are also a lot of options for customizing each character’s appearance.

If the massive single-player game isn’t enough, “GTA V” also lets up to 16 gamers battle it out in a recreation of the one-player game. There are deathmatch modes, races to run and banks to rob online.

The new consoles seem to be getting a lot of the attention for this fall, but don’t look past “GTA V.” It’s not for everybody, but the fun, humor, action and amazing level of detail is something serious gamers should experience. A definite frontrunner for game of the year.

Reviewed on the Xbox 360



Publisher
Rockstar Games

Rated
Mature

Systems
PS3, Xbox360

Cost
\$60

Overall
3.5 out of 4




COURTESY SCREENSHOT



Adopt a pet

For more information about animal adoptions, call the Veterinary Clinic at 255-9061.

The Stray 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 Veterinary Clinic.



- Have a Family disaster plan and supply kit.
- Build or identify a safe room in your home.
- Purchase and use a NOAA weather radio with a tone alert feature. This will alert you to warnings issued by your local National Weather Service office.

Weekly SUDOKU

Answer

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

TRIVIA

Answers

1. Afghanistan and Pakistan
2. Peach
3. “Maggie May”
4. Wildebeest
5. October, 1962
6. Common language
7. Suspended from the soft palate
8. Steven Wright
9. Carl Sandburg
10. Woodrow Wilson’s

PUZZLE ANSWERS

Super Crossword

Answers

REMA	PLEW	IPHONE	DEF
OPERA	ONNA	CHANEY	ELI
WHAT	COULD	THEY	NAME
BEN	ERGS	PDA	BEARS
OLD	AGE	NOR	MIO
ERR	IST	LOTAS	ANEW
ANIMATED	CHILDRENS	EMERITA	OSAKA
ARTE	PSALM	BOXER	KIA
RANDALL	FILM	HATTELLS	OLA
LOAF	BERM	OWLET	VALE
THE	STORY	OF	A
WOVE	EMOTE	MEOW	GERB
YEA	NIGHT	CRAWLERS	EMENDED
COO	DRONE	MESSY	STEP
VASCO	LEMIEUX	TINY	PERSONAL
ASSISTANT	RETRO	SAW	ICK
ODE	LEO	ARIO	SO
LENA	STE	SPEW	INC
THE	LITTLE	WORM	MAIDE
TEE	INSECT	LEAP	INNER
SYS	TOPEKA	SKYE	DEEDS

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