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Holiday program
helps Families in
need



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Event gives taste of
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Knights beat Royal
Blue, 21-20



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ARMY FLYER

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

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FORT RUCKER ★ ALABAMA

OCTOBER 3, 2013

Government shutdown hits post

Fort Ruck Public Affairs Office
Press Release

(Editor's note: The government shutdown is a fluid situation. This information was up to date at publication, so be sure to check www.rucker.army.mil for the latest updates.)

Tuesday, Fort Rucker, like other federal entities, began experiencing the effects of the government shutdown.

Leadership notified non-excepted employees that morning that they would be furloughed as a result of the government shutdown, according to post officials.

While Army agencies can't operate in the absence of appropriations, certain activities that are critical to maintaining national security and that provide protec-

tion of life and property are authorized to continue, said Col. Stuart J. McRae, Fort Rucker garrison commander.

Those in support of the training at Fort Rucker, as well as those in support of base operations that protect life, health or safety fall under the exceptions that allow them to keep working, he added.

"The biggest impact we are seeing is a slowdown in the services being performed due to reduced staffing," McRae said. "Only one service that we see being significantly impacted by the lack of appropriations at this time is the post commissary."

The commissary remained open for business Tuesday to help clear out perishable items, but closed Wednesday until further notice. Other operations listing themselves as closed are the

Aviation Technical Library and the U.S. Army Aviation Museum.

Army and Air Force Exchange Service facilities will remain open for business, as well as the primary and elementary schools.

Likewise, all Fort Rucker Directorate of Family and Morale, Welfare and Recreation programs and activities are currently operational during the government shutdown period, excluding some Army Community Services assistance. DFMWR will update its website at www.ftrucker.mwr.com, and the Fort Rucker MWR social media pages with any new updates and changes. Army Community Service will be operational during the government shutdown period with services consolidated in Bldg. 5700, Rm. 350.

Before attending any of the ACS events, people should check the website or call ahead to ensure the event is still happening.

"We will do everything we can to mitigate the effect on our Soldiers, their Families and our valued civilian and contracted employees," McRae said. "We just ask for your patience as we navigate through this difficult situation."

"We have shown ourselves in the Wiregrass to be very united here in the past," he added. "I'm confident that as we band together, we'll get through this challenge, as well."

For the latest updates, people can visit the Fort Rucker website at www.rucker.army.mil, like Fort Rucker on Facebook at www.facebook.com/ftrucker or follow Fort Rucker on Twitter at [@ft_rucker](https://twitter.com/ft_rucker).



PHOTO BY SARA E. MARTIN

Fall clean up

The Silver Wings Golf Course maintenance team cleans up the debris from a dead tree on Hole 6 on the Red Course as part of Fort Rucker's fall cleanup that continues through Friday. All garrison, mission and tenant units participated.

SERE training experts, include Family members

By Sara E. Martin
Army Flier Staff Writer

(Editor's Note: This is Part 2 of a series focusing on Army South's mission to reintegrate government employees who are held against their will in foreign countries, and the role Fort Rucker plays to complete this mission.)

Survival, Evasion, Resistance and Escape training is an important section of Aviators' training in the instance they should be taken hostage by one of America's enemies, but Fort Rucker and Army South decided to take the training one step further.

Families will now be included in reintegration training to better help the Federal Bureau of Investigation and Army South to understand and further develop the procedures of reintroducing captives into typical life.

For the first time, four spouses of Soldiers who recently underwent SERE training received Family prisoner of war reintegration training Sept. 13-15.

"We (Army South) have worked our debriefing techniques with the SERE school in the past, and recently we decided to expand it to bring in some Families because Families are a big part of what we do with our process," said Col. Gregory Maxton, Army South.



PHOTO BY SARA E. MARTIN

Chassie and Knowley Cox, wife and daughter of 2nd Lt. Brad Cox, D Company, 1st Battalion, 145th Aviation Regiment, from American Fort, Utah, receive Family Assistance Team Training at Lake Tholocco Sept. 14 in conjunction with Army South and Fort Rucker's SERE program.

Family assistance teams – Army South teams that go out to Families when a Soldier is captured and works with the Families from then on – worked with the Families in exercises throughout the weekend.

"We worked with (the spouses) on what would happen if their Soldiers were taken for real," said Doug Sanders, director of personnel recovery. "We have never used Families of service members, and in this case, service members who have been under hostile simulations and experienced that type of aggressive separation."

The reintegration process was broken down and explained to the volunteers, and Army South representatives went through the "real-deal" process of what it would be like if their Family member was held captive and upon their release to come home.

"We used examples of some of the things the spouses might see. Then we gave them ways and tools that they could use to help their loved one handle those situations," he said.

SEE TRAINING, PAGE A5

Lyster Pharmacy upgrades to medication refill robotics center

By Katherine Rosario
Lyster Army Health Clinic Public Affairs

New medication dispensing machines will soon be humming and clicking away inside Lyster Army Health Clinic's pharmacy.

The new machines, seven in total valued at about half a million dollars, arrived last weekend and bring the automation pharmacy up to date with the latest in medication dispensing technology.

Six mini units, capable of receiving up to nine different medications at a time, and one large unit – the max – exclusively for refills and capable of receiving up to three medications at a time, will make up the new robotics center of the pharmacy.

"Patients can now look forward to shortened wait times and quicker refills on medications," said Lt. Col. Tai Bolaji, chief of pharmacy for LAHC.

The new machines were originally going to be installed in the new pharmacy, but the command team decided to bring them in early and place them at the temporary location. This not only gives the staff time to get used to the new machines, but it will also speed up the prescription medication process for all patients, Bolaji said.

"Our updated equipment will allow us to program the new robots to refill hundreds of medications each night to be ready for our patients in the morning," he said.

Pharmacy technicians will also be able to quickly fill new prescriptions and have them ready in less time, he added.

"The pharmacy tech and staff pharmacist can input the prescriptions on the computer and the medications will be filled into the bottles and packaged in minutes, not hours," Bolaji said.

The best days to visit the pharmacy are Mondays and Tuesdays. The busiest times are during lunch, when the pharmacy is down staff due to lunch breaks, he said.

"Last month, 62 percent of our beneficiaries were served in less than 15 minutes, with 38 percent being served in less than 68 minutes," Bolaji said.

People who bring in prescriptions from outside the clinic usually wait longer, Bolaji said, because some people bring

SEE REFILL, PAGE A5



PHOTO BY SARA E. MARTIN

Spc. Amber Young, U.S. Army Aeromedical Center, refills pharmaceuticals Monday at The Lyster Army Health Clinic Pharmacy with the facility's new Parata automatic dispensing machine.

PERSPECTIVE

Cyber tips

Protecting your online identity

By Criminal Investigation Command
Public Affairs

QUANTICO, Va. — Now more than ever, Soldiers, Army civilians, and Family members rely on the Internet to work, study, stay connected with Family and friends, pay their bills or simply unwind. For criminals, the Internet provides an endless stream of potential targets to be victimized.

The U.S. Army Criminal Investigation Command continually receives various reports ranging from identity theft to Internet scams, perpetrated by cyber criminals operating throughout the world. Law enforcement's ability to identify these perpetrators is difficult and limited, so individuals must stay on the alert and be personally responsible for their online presence to protect both themselves and their loved ones.

As such, CID is providing the following information to help the greater Army community protect themselves online and significantly reduce the chance of becoming a victim of cyber crime.

The following are some tips on how to protect yourself.

Online

- Know the terms on social networking websites. Facebook, Twitter, LinkedIn and other social networking sites' privacy settings default to everyone. This means anyone can view your profile, not just people you know. Users can and should change this by accessing the Privacy Settings/Profile Information usually found under the respective Account tab.
- Sample social networking safely. Never disclose private information when using social networking websites. Be very selective about who you invite or accept invitations from as cyber criminals use false profiles to gain access to personal and private information, such as birthdates, marital status and



ARMY GRAPHIC

personal photographs. Posts containing personal identifying information, including pictures containing meta-data can be used against you and your Family.

- Click with caution. Always use caution when clicking on links in an email or a social networking post, even from someone you know. Reports of personal social networking accounts being hacked and taken over by criminals have increased in recent years. Clicking on a link that appears to be benign in nature may in fact contain embedded malware that can compromise your computer. Once compromised, the data on your computer can be exploited and even your computer can be remotely operated as a surrogate in on-line attacks against others.
- Hide your profile from search engines. This can be accomplished by going to the Account/Privacy Settings/ Search and unchecking the "Public Search Results" box. This will remove your public preview from Google, Bing and Yahoo search returns.
- Prevent people from tagging you in photos and videos. To do this, go to the Account/Privacy Settings/Profile Information/Photos and Videos of Me and deselect the "Everyone" default.
- Keep your personal information safe. Don't provide personal or financial in-

formation, user names, or passwords in response to an email because legitimate companies generally don't seek such information in this manner.

- Install/update your anti-virus/firewall software. Antivirus and firewall software is a must for anyone to safely navigate online. Always keep your security software up to date in order to provide the most complete protection from malicious programs as thousands of new viruses are detected every year. Also, ensure your antivirus software program updates automatically and scans your computer on a recurring schedule.
- Get the free antivirus support from ACERT. Current Department of Defense employees (excluding contractors, retirees, and family members) with an active AKO account can download antivirus software for free by logging in to the United States Army Computer Emergency Response Team website and selecting the Antivirus link.

Mobile devices

- Know your Apps. When signing up with an app store or downloading individual apps, you may be asked for permission to let them access information on your device. Some apps may be able to access your phone and email contacts, call logs, Internet data, calendar data, data about the device's location, the device's unique ID and information about how you use the app itself. If you're providing information when you're using the device, someone may be collecting it.
- Password protect all devices. The time to safeguard the information on your portable electronic device is not after it has been lost or stolen. Ensure all portable electronic devices are properly password protected, especially any device with personal communications account information (email, Facebook, Twitter, LinkedIn, etc.).

- Brick a stolen device. In recent years, roughly 40 percent of all robberies now involve smart phones and/or tablet computers (iPad, Kindle Fire, etc.), thus endangering the security of the personal information on the stolen devices. If a person's smart phone is lost or stolen, they may now contact the carrier and ask to have that device remotely disabled. These bricked phones are of little or no use to thieves because they can't be reactivated after being sold on the black market.

Where to go for help

If you are a victim of an online scam where the likeness of a U.S. Soldier was utilized (false social media/dating profiles, photographs, etc.) with no further Personally Identifiable Information disclosed, the following actions should be completed as soon as possible to assist law enforcement.

- Report the theft to the Internet Crime Complaint Center, which is an FBI-NW3C Partnership. Its website is at <http://www.ic3.gov/default.aspx>.
- If you suspect you are a victim of identity theft, you should report the crime to the FBI IC3, as well as report the theft to the Federal Trade Commission. Your report helps law enforcement officials across the United States in their investigations. Its website is available online at <http://www.ftc.gov/idtheft>. You can also call 1 (877) ID-THEFT (438-4338) or TTY, 1 (866) 653-4261.

You can also mail in a complaint to:

Identity Theft Clearinghouse, Federal Trade Commission, Washington, DC 20580

CID strongly recommends that Soldiers, civilians and Family members who have information of any known crime committed by a Soldier, or a crime that occurred on their respective post, camp or station to report the incident to their local CID office or email CID at Army.CID.Crime.Tips@mail.mil.

Rotor Wash

“The annual Army Family Action Plan conference is Oct. 16-17 from 8 a.m. to 4 p.m. at Wings Chapel. What positive steps do you feel could be taken to improve quality of life for Soldiers and their Families?”



Capt. Tom Giamei,
A Co., 1st Bn,
145th Avn. Regt.

"Minimize the impact on Families due to the government shutdown."



CW4 Robert Hopkins,
1st Corps, Joint Base
Lewis-McChord, Wash.

"I'd like for them to reopen the movie theater. Any AAFES theater that can sell tickets for 99 cents and popcorn for a realistic price is nice, and I've got three kids and it's a nice way to do it."



Jared Davis,
military Family member

"I'd like to see some more entertainment and more activities to do."



Spc. Thomas Jagers,
C. Co., 3rd Bn., 126th
Avn. Regt.,

"They should have more area's for PT. I like the idea that they close down (Ruf Avenue) for PT in the morning, but they should have something like that closer to the housing areas."



**Staff Sgt. Jeremy
Dorries, C Co., 1st Bn.,
13th Avn. Regt.**

"I think everything should stay the same here on Fort Rucker — nothing really needs to be improved upon."

COMMAND

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FORT RUCKER COMMANDING GENERAL

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FORT RUCKER GARRISON COMMANDER

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

Holiday program helps Families in need

By Nathan Pfau
Army Flier Staff Writer

With more fiscal uncertainty on the horizon, many Fort Rucker Families may find themselves struggling to make ends meet, but the Holiday Food Program is out to help those Families in need throughout the upcoming holiday season.

The program along, with the Fort Rucker Food Locker are ways, that Fort Rucker helps Families on the installation by providing holiday meals to Families that might not otherwise be able to afford them, according to Mimi Brooks, Holiday Food Program project manager.

“This is an internal program where the units and organizations on post have to nominate military and civilian Families within the work force if they need assistance with their holiday meals,” said Brooks. “We have a number of Families each year that struggle. Some of our Families struggle year round, but especially during the holiday season, they need to spend money to purchase gifts around Christmas time, so we want to be able to provide those Families in need with additional help.”

The Holiday Food Program gives food baskets from the food locker to Families that have been nominated by the chain of command in their organization or unit to receive assistance – they cannot be nominated by just anyone, said Brooks.

One change that has been made to this year’s program is that nominated Families must have dependent children to qualify.

“It can be single-parent Soldiers, but they must have children,” said the program manager. “We also ask the units, as they’re nominating these Families, that they nominate Families that will be here for the Holidays.”

If the Families aren’t going to



PHOTO BY NATHAN PFAU

Staff Sgt. Laura Hodiwala, Headquarters Company, 1st Aviation Brigade, takes inventory of the Fort Rucker Food Locker’s stock July 16. The food locker provides food baskets for the Holiday Food Program, and this year’s program deadline for submissions is Oct. 25 for Thanksgiving and Dec. 2 for Christmas.

be on the installation, then the gift certificates can go toward helping a Family that will be on Fort Rucker during the holiday season – Thanksgiving and Christmas, she added.

Military members that are selected for the program will receive a gift certificate for the commissary on post, and the civilian members selected will receive a gift certificate to Grocery Outlet that they can use in Daleville, Enterprise or Ozark.

The redemption period for the gift certificates to the commissary are Nov. 22 – Dec. 4, and in the event that the commissary hasn’t reopened by that time, Soldiers will receive vouchers for an off-post grocery store.

Brooks said Families that are

selected for the Thanksgiving program will automatically be selected for the program during Christmas time and do not need to be submitted for nomination again.

“Families must be nominated by a supervisor within a unit or organization, and the nominations must be routed up through their chain of command,” said Brooks, adding that all nomination packets must be submitted to the garrison sergeant major no later than Oct. 25 for the Thanksgiving gift certificates.

If when Thanksgiving passes and a new Family comes in or a unit recognizes that there are additional Families in need, they have until Dec. 2 to submit additional nominations for Christ-

mas.

Although Families can only be submitted through their chain of command, people can still get involved and help out Families in need by donating or volunteering at the Fort Rucker Food Locker, said Brooks.

“People can also volunteer and assist with the program at the food locker if they want,” she said. “Sometimes (the food locker) needs help getting the food baskets together, and if anyone is interested, they can contact them for that.”

People can make monetary or food donations to the food locker or the Holiday Food Program gift certificates by contacting Brooks at 255-2341.

“This program runs solely on

donations from the community,” said Brooks. “This program doesn’t receive any funding from the Army or the federal government, so we can only provide the amount of assistance that we receive from the community.”

If a Family was not submitted for the Holiday Food Program but needs assistance, Army Community Service has programs like the emergency food program, which is a voucher for the commissary, or they can still be referred to the food locker by means of ACS, or directly through their chain of command, said Brooks.

For more information about the Holiday Food Program, AER or ACS, call 255-2341. For more information about the food locker or volunteering, call 255-2901.

Leading Change Team kicks off recruitment, change

By Nathan Pfau
Army Flier Staff Writer

Fort Rucker’s Leading Change Team is known for pushing initiatives and ideas to improve the installation from the lowest level to the top, but in order to facilitate change, the team needs new members with new ideas.

Members of the LCT, senior leaders and prospective members met at Mother Rucker’s Sept. 24 during a recruitment kickoff meet and greet to educate people on what the team does and where real change comes from.

Among those who attended the meet and greet was Maj. Gen. Kevin W. Mangum, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, who was on hand to support the LCT and meet some of its prospective members.

Mangum said the LCT is necessary because of the ideas generated by its members that might not be seen or heard otherwise.

“The good ideas don’t come out of my office,” said Mangum. “The good ideas come from the experts who are doing their business, their task, their mission each and every day.

“They’re the ones who can tell us how we can change things to make them better and be more effective, more efficient and how to execute our mission at best value,” he continued. “Once people understand that they can make a difference and see change, we’ll have the opportunity to get more people in.”



PHOTO BY NATHAN PFAU

Maj. Gen. Kevin W. Mangum, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, talks with Christina Parker, of the Leading Change Team and the Directorate of Training and Doctrine, and CW5 Paul Sivacek, outgoing primary facilitator for the LCT, during the LCT recruitment kickoff meet-and-greet event at Mother Rucker’s Sept. 24.

The current LCT for FY14 is LCT4, which is the fourth team to take on the task of change on the installation. One major challenge that the team has is to get active volunteers to aid in the program, according to CW5 Paul Sivacek, outgoing primary facilitator for the LCT.

“Gathering volunteers can be like herding cats,” he said, “but it’s an amazing experience because with volunteers, they all have their own (things to deal with), but that’s the power of LCT – each individual does a

small part and it all adds up to the big picture.”

The recruitment process will last about 30 days, said Sivacek, and during that time it gives people the opportunity to learn what LCT is about and see that senior leadership is involved.

Sivacek started out as a volunteer during the first iteration of the LCT and became a member during LCT2. From there, he became an active leader for the team as the senior facilitator, and said his hope for the

LCT is that it becomes so integrated into Fort Rucker that it’s no longer needed.

“I want to see it slowly transition from a team into everybody on the installation, because that’s what leading change is really about,” he said. “The whole goal of the team is to infect people with the idea that they have power to change their environment, to make their working processes more effective and know that they’ll have chain of command support.”

That support goes all the way to the top, including the commanding general, and senior leaders, like Col. T.J. Jamison, USAACE chief of staff, who believes that the LCT can provide ideas to help guide the installation through fiscal uncertainty.

“As we approach fiscal year 14, we know we’re going to have some reduction in resources, so we’re going to rely very heavily on (the Leading Change Team) to look at more efficient ways to do business,” said Jamison. “We need them to ensure that we’re tapping into the potential of everybody that we possibly can for innovative ideas on how to do more with less, maintain the same standard of the product that we produce here on Fort Rucker ... and ensure that we keep that high-quality product going out the door despite any reduction in resources.”

Mangum agreed.

“As long as we can keep an active, energetic and vibrant LCT to generate interest, generate ideas to be considered for change, and show that they’re making real change, that’ll attract more people to come in,” he said.

News Briefs

Recognizing excellence

Fort Rucker conducts an Installation of Excellence Recognition Ceremony at 9 a.m. Tuesday at the post theater to honor garrison, U.S. Army Aviation Center of Excellence, tenant units and the Wiregrass community for providing world-class quality of life for Soldiers, civilians and Families, resulting in the receipt of the Commander in Chief’s annual award for Installation Excellence and the Army’s Chief of Staff Army Community of Excellence, Gold Award. All are invited to attend.

NCOA Career Expo

The Non-Commissioned Officers Association of the United States of America will host a career expo Oct. 15 from 10 a.m. to 2 p.m. at The Landing. The event is open to veterans, military people separating from service and spouses.

Companies interested in hiring veterans that would like to operate a booth, should call NCOA at (210) 837-5200.

AER changes

NCOs in the rank of sergeant first class and above will no longer be required to submit an Army Emergency Relief application through their immediate commander or first sergeant. Applications from sergeants first class and above should be submitted directly to the Fort Rucker AER officer for

assistance. Officers in the rank of chief warrant officer 3 and above, and captains and above can also continue to submit their AER application directly to the Fort Rucker AER officer. This policy applies to AER Form 700 only. Soldiers of all ranks will continue to see their commanders or first sergeants for a Commander’s Referral Program loan (AER Form 600).

For more information or to schedule an appointment, call 255-2341.

Trick or treat

Fort Rucker’s trick or treat hours are 6-8 p.m. Oct. 31 in post housing areas. Parents, children and those driving through the housing areas at that time are reminded to keep safety in the forefront of their minds and to be vigilant while enjoying trick and treating on post.

Retirement ceremony

Fort Rucker hosts its quarterly retirement ceremony Oct. 25 at 2 p.m. at the U.S. Army Aviation Museum. All are invited to attend and honor this quarter’s retirees.

Retiree health fair

The 39th annual Fort Rucker Retiree Health Fair will take place Oct. 25 from 8 a.m. to noon at the Andrews Physical Fitness Center, Bldg. 4605. All retirees and their Family members are welcome to attend. Lyster Army

Health Clinic, along with other outside agencies, will have tables set up to educate retirees on numerous health topics, including: disease management, digestive health, physical therapy and nutrition. Pending arrival of flu vaccines, retirees and their Family members can also receive their 2013-2014 flu and pneumococcal vaccinations.

Volunteer drivers

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

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

Honoring patients

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

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



PHOTO BY SARA E. MARTIN

People browse the different vendors and exhibits during last year's Assistive Technology Expo at the Soldier Service Center atrium. This year's expo will be Oct. 9 from 10 a.m. to 2 p.m. in the atrium of the Soldier Service Center.

National Disability Awareness Expo displays assistive technology

By Nathan Pfau
Army Flier Staff Writer

Improving the quality of life of Soldiers and Families has long been part of the Fort Rucker and Army mission, and that mission remains the same when it comes to people with disabilities in the workplace on the installation.

The Exceptional Family Member Program and the Fort Rucker Equal Employment Opportunity Office are observing National Disability Employment Awareness Month with the Assistive Technology Expo in the Soldier Service Center atrium Oct. 9 from 10 a.m. to 2 p.m., which will showcase difference assistive technologies that

can make the lives of those with disabilities easier, according to Marion Cornish, EFMP manager.

"This expo is to make the public, specifically the Fort Rucker community, aware of individuals who have disabilities in the workplace," said Cornish. "Sometimes managers and supervisors might not necessarily know what devices (can assist their employees), and this expo is there to bring some awareness to our local resources."

Assistive technology is any type of device that can be used to assist people with disabilities, said Cornish. These devices can range from a modified computer program for someone with a learning

disability, or a doorbell that turns on a light for the hearing impaired.

"The goal is to get more outreach," she said. "If we read something on a piece of paper or just email, it's not going to be as well received. By having the representatives there and the technology there for people to see, it will be a more involved type of learning."

The expo will feature devices that people can touch, feel and learn about, and subject-matter experts will also be on hand for people to chat with to gather more information about specific technologies.

"This is to help people in the Fort Rucker community improve their quality of life, whether it be seek-

ing employment or finding some devices that may make their lives easier," said Cornish. "I believe there is a lot of misinformation out there, and most of it is just that people want to help but they don't know what to do."

By providing information about technologies, the expo can provide a network for people to talk to in order to get what they need, said the EFMP manager.

The expo will have an array of vendors from The Alabama Institute for the Deaf and Blind, Children's Rehabilitation Services, Vocational Rehabilitation Services and even Veteran Affairs.

Representatives from

these various organizations will also be on hand to answer any questions and provide information on how their services can help those with specific disabilities.

Cornish said that she wants those with disabilities to understand that they are just a capable and provide just as much contribution as everybody else.

"Those with special needs and those that have disabilities are worthwhile people that have a lot to contribute to, not only the Fort Rucker community, but to society as a whole," she said. "This is all about awareness because those individuals that have disabilities can still accomplish a lot of things and lead

a good quality of life."

The expo is also a good opportunity for veterans to get information on needs that they might have.

"Veterans may not be aware that there are programs available that can assist them," said Cornish. "They will have the opportunity to talk to representatives from the VA and find out what process they have to go through to get what they need."

Exposing people to the different type of technologies and services is the first step to helping, said Cornish.

"Once we're able to expose them to some of the possibilities or agencies, that's what helps them in the long run," she said.

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Refill: Pharmacy continues safety excellence

Continued from Page A1

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Training: Exercises equip spouses with valuable knowledge

Continued from Page A1

The Families broke apart into teams to simulate the exercise of receiving a first notification that their Family member was taken hostage, another simulating that they had been retrieved and a last one saying they would be moved to Fort Sam Houston to meet up with their Family member.

Sanders said that the training helped the spouses understand how to help with the sleep difficulties that the returnee might have, the returnee’s odd behavior and energy levels, and the wide range of emotions the Soldier might feel.

“One of the things we have discovered in reintegration is you have to ask the Families to do things that are not natural for a Family member to do for a loved one who has been away,” said Sanders. “A returnee needs control and predictability over their life; they need to make their own decisions.

“If a loved one has just come out of captivity and they are resting at home and they say they are thirsty, a person’s natural human reaction would be to get it for them. But as a hostage they had no control over their life, so you (spouses) need to enable them to get over their captivity. We need Family members to say to them, ‘There is the refrigerator. Get yourself something. Do it yourself,’” he continued.

Spouses also learned in hands-on activities how to behave while being engaged by the media, how they would provide support to their loved one while they are



PHOTO BY SARA E. MARTIN

Second Lt. Mike Kohne, 3rd Calvary Regiment, Fort Hood, Texas, receives Family assistance team training at Lake Tholocco Sept. 14 in conjunction with Army South and Fort Rucker’s SERE program.

being held in captivity and how the military would provide support to them while their Soldier is held captive.

“Being returned can turn into a huge media event,” said Sanders. “So we make sure the Family knows how we maintain their privacy and educate them on what kind interaction they might want to have with the media.”

The four spouses that were chosen to partake said that they

were excited to participate.

“I not only learned the process of reintegration from the Family side, but I also learned what my husband would be going through,” said Chassie Cox. “I think this will bring our Family closer together because we will be able to understand what the other has gone through, and I know more of what to expect from him.”

To make the exercise as realis-

tic as possible, and to better understand the Families’ individual circumstances and Family dynamics, a mock Fort Sam Houston support center and a press conference were set up.

“We (tested) the FAT teams to see if they (would) step in to protect the Family if any questions are asked that are inappropriate like they are supposed to,” said Sanders.

There is no class to help pre-

pare spouses in case their Soldier ever does get taken, so everyone involved said that this was a great chance for the spouses to see how the military conducts operations.

Army South videotaped and photographed the entire weekend exercise, and that documentation will be used for further developing the reintegration processes at Army South, Homeland Security, other branches of the military and the FBI.

My service in Vietnam still serves my family today.

Roger Staubach,
USAA member, veteran and former NFL quarterback

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OCTOBER 3, 2013

TF Gunfighters practices medevac

By **Capt. Andrew Cochran**
Combat Aviation Brigade, 1st Infantry Division Public Affairs

KANDAHAR AIRFIELD, Afghanistan — Aviators and medics with C Company, 2nd Battalion, 1st Aviation Regiment practiced medical evacuation hoist training with UH-60 Black Hawk helicopters Friday at Multi-National Base Tarin Kot.

“Hoist training is the use of the jungle penetrator to extract patients from the battlefield,” said CW4 Osbourne Ferguson, the Aviation mission survivability officer for the 1st Combat Aviation Brigade.

The Aviators and medics, assigned to Task Force Gunfighters, 1st CAB, 1st Infantry Division, are responsible for the medevac mission throughout Regional Command South, Southwest and West, an area about the size of the state of Montana with 10,000-foot mountains and open deserts.

“In mountainous terrain, like Afghani-

stan, the possibility of needing the hoist is real,” Ferguson continued. “Medical evacuation missions could take us anywhere at any time, and we need to be ready.”

The company’s Aviators and medics routinely practice using the hoist throughout Afghanistan.

Sgt. Joshua Steveson, a Black Hawk crew chief with more than 1,700 flight hours and three previous combat deployments, understands the importance of practice makes perfect.

“Hoisting is an inherently dangerous operation,” Steveson said. “The cable will spool out at 250 feet per minute, and without good depth perception, you could pancake the medic into the ground. It is a very learned skill.”

The use of the jungle penetrator, a heavy piece of metal designed with fold out seats and straps, dates back to Vietnam. Its use for tough medical evacuation situations is standard throughout

SEE MEDEVAC, PAGE B4



PHOTO BY CAPT. ANDREW COCHRAN

A Soldier with 2-244th Airfield Operations Battalion, Louisiana National Guard, gives a thumbs-up following his ascent on a jungle penetrator to a UH-60 Black Hawk medical evacuation helicopter assigned to Task Force Gunfighters, 1st Combat Aviation Brigade, 1st Infantry Division during hoist training at Multi-National Base Tarin Kot, Afghanistan, Sept. 20.



PHOTO BY CAPT. PETER SMEDBERG

REFLECTING

The reflection of a UH-60M Black Hawk helicopter is seen on the visor of Sgt. Corey Konieczko, a UH-60M Black Hawk helicopter crew chief assigned to C Company, 2nd Battalion (Assault), 10th Combat Aviation Brigade, prior to a personnel movement mission, Sept. 25, at Forward Operating Base Shank, Afghanistan.

N.C. Guard conducts joint exercise

By **Sgt. 1st Class Robert Jordan**
North Carolina National Guard

ATLANTIC, N.C. — The Atlantic Marine Corps Outlying Field was home to nearly 100 North Carolina National Guard Soldiers of the 1-130th Attack Reconnaissance Battalion for joint training with U.S. Marine Corps Special Operations Command during a recent exercise.

The small facility and airfield, tucked in the pine forests of the eastern North Carolina seashore near the Cape Lookout Lighthouse, simulated a variety of possible tactical environments.

The overall mission was to support MAR-SOC warriors training at nearby Piney Island with live fire rocket and cannon support.

“We are training as an Army unit controlled by Marine joint tactical air controllers engaging land and sea targets,” said Army Lt. Col. Lee Winningham, 1-130th ARB commander.

This joint NCNG and Marine training prepares both forces for future deployments. The Marines must keep current with other services’ capabilities and the Army Aviators got valuable gunnery training with their flight crews and aircraft.

“History shows you do not know who you are going to talk to – then you take off,” said Winningham.

The NCNG Soldiers gained valuable experiences operating in a land/sea environment with another military service.

“Most of the world’s population lives near the coast,” said Winningham.

The ARB sustained their own supply and logistics requirements for the training. Soldiers, equipment, fuel, food and other supplies conveyed by vehicle from the unit’s readiness center in Morrisville, N.C., to their training area which simulated a real world scenario for the event.



PHOTO BY SGT. 1ST CLASS ROBERT JORDAN

North Carolina National Guard Soldiers of the 1-130th Attack Reconnaissance Battalion’s ground crew arm an AH-64 Apache with 30mm M230 chain gun rounds at the Atlantic Marine Corps Outlying Field in Atlantic, N.C., during a mid-September joint exercise.

The unit deployed to mimic a modern battlefield. An assembly area away from the airstrip housed fuel, ammo and other supplies. The forward operating base, a collection of tents, vehicles and aircraft, lined the airstrip. Piney Island was designated as the engagement area where the Aviators fired live ammunition at targets identified by Marines as hostile forces.

“Simulations are great, but nothing beats real-world live fire,” said Army CW4 Kurt Cunningham, a 1-130th ARB standardization instructor pilot.

The unit executed 24-hours operations throughout the training. Radios crackled as leaders planned and controlled missions from the tactical operations center. Technicians repaired, fueled and maintained six AH-64

Apache attack helicopters along the flight line on the airfield while Marines called in requests for fire support on targets.

This was not the first meeting between these Soldiers and Marines. Several of the 1-130th Soldiers have served with many different Special Operations Forces in past missions, both U.S. and allied, in Iraq and Afghanistan.

“We have worked hard to build these relationships,” said Winningham.

The goal is not so much sharing what they know after years of war, but continually exercising and updating tactics, techniques and procedures.

“Everyone works joint now and it is the little differences we need to learn,” said Cunningham.

Mogadishu Memories: Veteran shares experiences for museum exhibit

By **Nick Duke**
Fort Benning Public Affairs

FORT BENNING, Ga. — In October, the Army will mark the 20th anniversary of the Battle of Mogadishu, a 1993 conflict in Somalia that inspired the book “Black Hawk Down” and the mainstream movie of the same name.

As part of the commemoration of the 20th anniversary, the Airborne and Special Operations Museum at Fayetteville, N.C., is in the process of developing an in-depth temporary exhibit dedicated to telling the story of the battle.

The exhibit will incorporate video interviews with veterans of the battle, as well as testimonies from Family members and artifacts from the battle.

Fort Benning will also play a role in the exhibit, as Fort Benning TV is helping conduct interviews with people who live nearby. One veteran, former Ranger Sgt. John Belman, visited Fort Benning to share the story of his role in the battle.

Belman was a member of a combat search-and-rescue team sent into the streets of Mogadishu after a Black Hawk helicopter was shot down by a rocket-propelled grenade, Oct. 3, 1993.

As part of the CSAR team, Belman and his fellow teammates had been training specifically for the possibility of a helicopter crash.

“We knew that if we were going to be on the ground at all, it was going to be a bad situation, and we knew that the mission automatically would change if a helicopter got shot down,” he said. “I went in knowing things were going to be ugly and things were going to be bad.”

Once the CSAR team arrived at the crash site, Belman said it began to take heavy fire from the Somali militia.

As casualties mounted and more and more Soldiers were wounded, Belman said he found himself thinking he probably would not survive the battle.

“Very early on, I assumed I was going to die,” he said. “The thought just occurred to me that the odds of us

SEE EXHIBIT, PAGE B4

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Medevac: Training ensures battlefield readiness

Continued from Page B1

Army Aviation. Despite the danger, Staff Sgt. Michael Longhenry, a veteran combat flight medic with C Co., believes the hoist as the true “feel-good, superman” mission for medevac. “Terrain may not always dictate that the aircraft can land where the patient is,” said Longhenry. “We need to be able to put the medic on the ground to continue treatment, package the patient and get the patient into the aircraft regardless of the terrain.” Soldiers with 2-244th Airfield Operations Battalion,

Louisiana National Guard, were the practice patients, and rode the hoist up and down. For them, the hoist was both a fun break from their daily routine and a learning experience. “This is fun training for us as air traffic controllers,” said CW2 Daniel Solis, the senior airfield manager for MNB Tarin Kot. “Cross training with the pilots and crew members of the aircraft we guide into the airfield helps us better understand the information they need for the job they do.” Solis, a former Black Hawk crew chief from New Orleans and veteran of disaster relief for hurricane Katrina in

2005, knows hoist operations are key for rescue missions. “Units who don’t work with Aviation don’t understand Aviation,” Solis said. “Using the hoist was the only way to reach the people needing transportation via helicopter following Katrina.” Injured or stranded Soldiers and civilians can take heart in the knowledge C Co. will come to their aid, Longhenry said. “No matter the terrain, the weather, no matter anything, we are always going to be able get the patient into the back of the aircraft. That is what medevac is and what it’s always been about,” he said.

Exhibit: Event opens today, remains for 2 years

Continued from Page B1

making it out alive were very slim given the amount of fire we were taking, the number of wounded and what we had left to help get us out.” Despite the bleak situation, Belman said one of his most vivid memories is of he and a fellow Soldier laughing at one point. “Sometimes things that would seem completely terrifying or ridiculous just end up being funny,” he said. “I can remember our combat controller on our helicopter was right next to me at one point and lots of people were getting shot. He got kind of winged in the arm and he and I just looked at each other and started laughing about it.” The CSAR team held its position for 15 hours into the early morning of Oct. 4, when an armored United Nations convoy and elements of the 10th Mountain Division were able to extract it and the survivors of the Black Hawk crash. “I was out 15 hours, but it certainly didn’t feel like 15 hours,” Belman said. “When you’re not sure about how it’s going to end or when it’s going to end and there’s a lot of uncertainty about what’s going to happen in the next five minutes, let alone two hours, that tends to magnify every moment in terms of how long it feels.” Belman left the Army in 1995. Jim Bartlinski, the director of the Airborne and Special Opera-



PHOTO BY ASHLEY CROSS

Sgt. John Belman talks about his experiences during the Battle of Mogadishu in 1993. The battle’s 20th anniversary is being commemorated by a temporary exhibit at the Airborne and Special Operations Museum in Fayetteville, N.C. tions Museum, said he is pleased to have veterans like Belman sharing their stories for the exhibit, many for the first time. “I feel very honored that they are trusting us to tell their story,” Bartlinski said. “A lot of these guys have not spoken publicly about this story. We feel a great responsibility to ensure that their story is told accurately and respectfully. We’ve been very happy with the support we’ve been getting from the various commands involved with the operation and from the veterans themselves. “It’s kind of taken on a life of its own,” he said. “As people find out about it, they want to be a part of it and have their voices heard, and we couldn’t be happier about this.” The video interviews being conducted will be edited into a 15-to-20 minute introductory video, with other excerpts used as videos that will accompany certain displays or artifacts within the exhibit. In addition to telling the story from the perspective of the Sol-

diers who lived through it, the exhibit will also present the viewpoint of the Family members of those Soldiers as they followed the events through news reports. Most importantly, however, Bartlinski said the exhibit will be a chance to show an example of the Army values in action. “The Army values are going to be highlighted during this exhibit, and we’ll show how they were exemplified during the battle,” he said. The exhibit will open today, the 20th anniversary of the battle, and will be open for two years. While the exhibit is meant to serve as a reminder of the sacrifices made during the battle, Belman, who doesn’t often speak about his combat experience, said he thinks the sacrifices made in Mogadishu are no greater than those that have been made during the War on Terror. “I try to keep in mind that what we went through wasn’t anything special compared to what people have been doing over the last 12 years,” he said. “You’ve got men and women who have been deployed numerous times, some of whom have seen or experienced things that approached or surpassed what we went through. I was in combat once for 15 hours and a movie was made about it, but that’s nothing compared to what people are doing today and the sacrifices that have been made.”

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OCTOBER 3, 2013

Oktoberfest

Event gives taste of Deutschland

By Sara E. Martin
Army Flier Staff Writer

A little German culture stopped by Fort Rucker's Festival Fields Friday when more than 4,500 people attended the 11th annual Oktoberfest, featuring vendors, live music, children's activities, games and food.

Attendees experienced German culture as they heard the language spoken as much as English, and people from all aspects of life could be seen mingling together at the same table enjoying drink specials and bratwurst.

Dogs of every shape and size got into the action as well, but Dachshunds seemed to be the stars of the event.

"It was a great Family event," said Kristi Fink, Directorate of Family, Morale, Welfare and Recreation special events coordinator. "It is a great way for Families to come out for the Family-friendly version of Oktoberfest."

Fort Rucker celebrated with German music provided by Sonnenschein Express, an "Oompa" band; crafts for children; inflatables; a dunk booth; games and competitions, such as sack races and barrel rolling challenges; pony rides; and activities, such as a zip-line, a mechanical bull and merchandise vendors.

The festival is always growing, and this year a new feature was added.

"The Volkswagen Show and Shine showcased vintage Volkswagens ranging from the 1950s to the 1970s," said Fink. "All the VWs have been restored and are



PHOTO BY SARA E. MARTIN

Abigail Countryman, a volunteer with Carroll High School's JROTC program, paints Aden Clymer's face while his father, Capt. Arthur Clymer, looks on Friday at the 11th annual Fort Rucker Oktoberfest at the festival fields.

local. Some are even decorated. People seem to be enjoying it."

The partnership between the United States and Germany is an important one and this celebration acknowledges its significance, said Fink.

"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 perspective into other traditions around the world," she said.

The music and dancing was a focus for many Families attending the event, but others enjoyed the opportunity to have

either a Family night or a date night out.

"I appreciate the post putting something together like this for Families to enjoy and for friendly camaraderie," said Capt. Arthur Clymer, A Company, 1st Battalion, 145th Aviation Regiment. "I try to take advantage of Family nights because you never know when you might be taken away from home. Time at home is very valuable to me and any time I can spend doing something special with them is always worth it."

"We wanted to have a date night because (my husband's

birthday) is coming up and we are both always so busy," said Lorraine Brown, Army spouse. "I love that Fort Rucker hosts different heritage events all year long, because it gives everybody a broad range of how other people live and what they eat."

One little girl said her favorite part of the festival was the food and the inflatables.

"My favorite thing so far is the trampoline, but I like jumping in the bounce houses and eating cotton candy and funnel cake, too," said Katie Ellis who demonstrated her backflip skills on the trampoline.

Clymer said he also enjoyed the cultural traditions that the children were being exposed to.

"Events like this are great ways to educate my children on other cultures. Seeing the costumes and eating the food can open the door for conversation," he said.

Organizers of the event were proud that it went well and that the weather was perfect for the occasion. Attendees were even happier.

"I am so glad the weather turned out so nice," said Brown. "It is calm and there are no bugs and the temperature is great."

Pre-Civil War cemeteries not forgotten on post

By Sara E. Martin
Army Flier Staff Writer

Halloween is a common time of the year for people's thoughts to turn to local urban legend sites, and cemeteries are often on the must-visit list, as well, but the cemeteries on post have visitors all year long, dead and living.

Though Fort Rucker does not have any cemeteries under Army control, there are four private cemeteries on the installation.

"Our military installations were established to protect the American people and their way of life," said Chaplain (Col.) Dennis Newton, garrison and U.S. Army Aviation Center of Excellence chaplain. "Part of that is to preserve the remembrance of those whose homes and towns were required in order that adequate training camps could be established.

"This is a great way to honor those who sacrificed their homes and their memories in the providing for the defense bases we use to keep this country secure," he said.

According to cemetery listings, there are four main cemeteries on the installation; however, a formerly documented cemetery is also on the installation, but its location is unknown.

Everyone has access to the sites for maintenance and visitation because, other than mowing, Fort Rucker does not perform cemetery maintenance or operations.

Access is easily acquired to the plots with the exception of Clay Hill Cemetery, which is located near a secure training area.

Each site is steeped in history dating back before the Civil War, and most tombstones predate 1942 when the land was bought by the military to create Camp Rucker.

It is possible that not all the graves have been uncovered, because many of the graves are marked with wooden sticks and stones that can easily be moved or decay



PHOTO BY SARA E. MARTIN

Beulah Cemetery on Andrews Avenue near the Ozark gate is on the site of the former Primitive Baptist Church and is the only cemetery on the installation that is still used by the community.

over time.

Several cemeteries that were once located in the area were moved in 1950 by the Army and the Holman Funeral Home. Some of the community plots that were moved were Strickland, Haw Ridge, Darian (or Darien) and the Magnolia Church cemeteries, according to a Fort Rucker document.

One of the only cemeteries where it is known that relocated graves were taken is Pleasant Hill Cemetery. More than 100 graves were moved to this site during World War II, but several graves only have funeral home tags marked "Unknown."

According to local historian Val McGee's book, "The Origins of Fort Rucker," around 200 years ago wealthy farmers created the community of Westville, located about two miles west of Lake Tholocco.

The buildings of the town were demolished long ago, and the cemeteries were either moved or forgotten. But it is the descendants of these early settlers who are said to be buried in the cemeteries that still call Fort Rucker and Westville home.

Historical records indicate that the Byrd Family moved into this area around 1820. This Family created the Byrd Cemetery, which is located just north of Lake Tholocco's West Beach. This is the smallest of the four cemeteries, with nine marked and four unmarked graves, according to a survey done by Dale County Genealogical and Historical Society.

Byrd Cemetery is also the site where Alabama Ghost Hunters completed an investigation in the summer of 2010 when reports were made by military personnel that the site had "continuous paranormal activity," with one anonymous Soldier saying he was "attacked by an unseen force."

According to the investigator's findings, the site had high EMF levels and the temperature dropped 40 degrees in five seconds in one specific area.

The report also states that a ghostly apparition appeared near the gate, a few large black masses formed around the graves, and voices and strange lights were witnessed. All of which was caught on video and still

photography.

On the other side of cemetery creepiness, Beulah Cemetery is the largest, with 189 identifiable graves. Beulah is also the only cemetery on post that is still used.

It is located in the area where the Old Beulah Primitive Baptist Church stood before it was abandoned on Andrews Avenue, about 0.3 miles inside the Ozark Gate.

"I pass Beulah Cemetery frequently and have observed that there are many flowers and other tokens left, which indicates this location is very important to many in the community," said Newton.

There are several headstones that have veteran markers alongside them from the Civil War-, WWI- and WWII-eras.

The oldest cemetery is Averett, located 200 yards away on a dirt path from Lowe Field Road. It has 65 identifiable gravesites and 47 marked sites. Its earliest marker dates back to 1854.

According to a 1975 article by Meredith Keller in the "Army Flier," the homestead farm was established in 1843 by Philip McCarty and his family after buying several sections of land, which included a large portion of Fort Rucker and Dale County.

Clay Hill is a cemetery soaked in hard times and sorrow, for it was a cemetery for African-Americans in the time of slavery in the area. It is located north of Lake Tholocco near the intersection of Highway 27 and Ravanell Road. It holds 69 identified graves and 15 marked graves, though, according to records, held 17 marked graves in 1960.

The tombstone markers are either old, ornate wooden sticks; large river rocks; or plain, round concrete markers with numbers on them.

Records state that a church once stood nearby, but was abandoned and later destroyed. All that remains of the church today is the cemetery near the Black Mills Range.

ON POST

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

DFMWR notice

All Fort Rucker Directorate of Family and Morale, Welfare and Recreation programs and activities are currently operational during the government shut-down period, excluding some Army Community Services assistance. DFMWR will update its website at www.ftruckermwr.com, and the Fort Rucker MWR social media pages with any new updates and changes. Army Community Service will be operational during the government shutdown period with services consolidated in Bldg. 5700, Rm. 350.

Before attending any of the ACS events, people should check the website or call ahead to ensure the event is still happening.

Assistive Technology Expo

Army Community Service's Exceptional Family Member Program and the Fort Rucker Equal Employment Opportunity Office will sponsor this year's Assistive Technology Expo Wednesday 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.

Batting cages' new hours

The youth sports batting cages hours have changed to Tuesdays and Thursdays, 4-8 p.m.; Saturdays, 10 a.m. to 6 p.m.; and Sundays, 1-5 p.m. The cost is \$1 per token and the group rate is \$20 for unlimited pitches for one hour. For group rates, there must be a minimum of five people. People should schedule an appointment with the youth sports and fitness department.

For more information, call 255-2257 or 255-2254.

Purple Day

October is Domestic Violence Awareness Month, and to help raise awareness the Purple Day campaign will begin Friday. 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.

Financial readiness training

Army Community Service offers its financial readiness training Friday 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.

Youth center fall dance

The Fort Rucker Youth Center will hold its fall dance Saturday from 6-11 p.m. The event will feature a contest for best dancers, as well as a live DJ. Refreshments will be provided. A male and a female best dancer will receive the grand prize. The event is open to youth ages 11-18 who have an active child, youth and schools services membership. Members may bring a guest to the dance, but guests will be charged \$5 for admission.

For more information, call 255-1204.

EFMP Information and Support Group

The Exceptional Family Mem-



PHOTO BY SARA E. MARTIN

Wounded Warrior Fall Hunt

Staff Sgt. Mark Brosel, checks out the track chair that he used throughout last year's Wounded Warrior Fall Hunt. The annual Fort Rucker Wounded Warrior Fall Hunt is slated for Saturday through Oct. 12. Proceeds from the hunt will be used to purchase new, specialized recreational equipment to enhance the quality of life of wounded warriors and the local community. The hunt also raises awareness of the handicap-accessible recreational equipment available at Fort Rucker

ber 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 Tuesday 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 Member." 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.

Chili night

Child, youth and schools services will hold its chili night Oct. 11 from 6-10 p.m. at the youth center, Bldg. 2800. The chili-tasting event is open and free to all registered CYSS middle school and teen youth, Family members and friends.

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

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.

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.

DFMWR Spotlight

DOMESTIC VIOLENCE AWARENESS MONTH



WEAR PURPLE DAY

Wear Purple every Friday in the month of October and encourage everyone in your organization to wear Purple in Recognition of Domestic Violence Awareness Month.

INFORMATION TABLES

Stop by one of our information and awareness tables and help support us in getting the word out on the Prevention and Awareness of Domestic Violence.



EFMP & HEARTS APART FAMILY BOWLING NIGHT

Join us for a fun night of bowling, October 17th from 5-10pm at Rucker Lanes. Open to all active duty military Families with special needs, disabilities, Families with Soldiers deployed or serving an unaccompanied tour. Register by October 15th. Call (334) 255-9277.

SCREAMFREE MARRIAGE WORKSHOP

Fort Rucker's Family Advocacy Program is bringing you Scream Free Marriage Workshops, October 2nd, 9th, 16th & 23rd from 11am to 1pm at The Commons, Bldg. 8950 on 7th Ave. Workshop is free and includes free childcare and is open to active duty, retired, DoD employees and their Family members. For more information and to register, call (334) 255-3898/9644.

Army Community Service, (334) 255-9641
www.ftruckermwr.com



Lyster MRI machine receives upgrades

By Katherine Rosario
Lyster Army Health Clinic Public Affairs

Lyster Army Health Clinic is upgrading its MRI machine to high definition. The current machine, which takes 2D pictures, leaves doctors with only one vantage point to look at when viewing an image (just like a photograph). The new system, which shoots images at a higher resolution, allows doctors to change their vantage point to better view the limb or organ in question.

This ability to manipulate an image will increase the radiologist's ability to see pathology and correctly diagnose a problem. The upgraded system, anticipated to arrive in mid October, costs about \$64,000 and extends the life of the current MRI hardware. LAHC chose to upgrade the software rather than replace the machine because it would cost more than \$2 million for the new hardware and associated construction costs needed to accommodate a new system.

The new system will also decrease the amount of time it takes to scan and create an image. This advantage will shorten appointment times allowing the department to fit more appointments in on a given day and shortening wait times for patients on the day of their appointment. "Not only does the software give our doctors a better look at images, it also keeps us from inconveniencing our patients by asking them to come back to reshoot an image," said Capt. Melissa

Riester, chief of radiology for LAHC. The high-resolution images and multiple vantage points will also allow the radiology department to do advanced studies in the future. LAHC is the first military health care facility in the region to have this type of technology, which will allow the clinic to support its patients with the convenience of keeping studies in-house rather than having them go through the extra steps, time and travel associated with a referral.



PHOTO BY SARA E. MARTIN

Pick-of-the-litter

Meet Cami, a 10-month-old medium-hair female tortoise shell available for adoption at the Fort Rucker stray facility. She tolerates other cats but is very sweet with people. She would do best in a home where she is the only pet. It costs \$80 to adopt Cami 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/](http://www.facebook.com/fortruckerstrayfacility/) for constant updates on the newest animals available for adoption.

Religious Services

WORSHIP SERVICES
Except as noted, all services are on Sunday.

HEADQUARTERS CHAPEL, BLDG. 109
Multi-Cultural Worship Service 8 a.m., Sunday

MAIN POST CHAPEL, BLDG. 8940
9 a.m. Catholic Mass, Sunday
11 a.m. Liturgical Worship Service, Sunday
12:05 p.m. Catholic Mass, Tuesday-Friday
4 p.m. Catholic Confessions, Saturday
5 p.m. Catholic Mass, Saturday

WINGS CHAPEL, BLDG. 6036
9:30 a.m. Protestant Sunday School
10:45 a.m. Chapel Next Contemporary Worship Protestant Service.

SPIRITUAL LIFE CENTER, BLDG. 8939
9:30 a.m. Protestant Sunday School
10:45 a.m. CCD (except during summer months).

BIBLE STUDIES
9 a.m. Protestant Women of the Chapel, Wings Chapel, Tuesday
11 a.m. Above the Best Bible Study, Yano Hall, Wednesday
10 a.m. and 6 p.m. Adult Bible Study, Spiritual Life Center, Wednesday
Noon Adult Bible Study, Soldier Service Center, Wednesday
5:30 p.m. Youth Group Bible Study, Headquar-

ters Chapel, Tuesday
6:30 p.m. Chapel Next (Meal/Bible Study), Wings Chapel, Thursday

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

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

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

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

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



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Georgia state parks, historic sites remain open

By Grey Brennan
Alabama Tourism Department

ATLANTA — Georgia State Parks and Historic Sites are not affiliated with the National Park System and remain open even with the federal government experiencing a shutdown.

These sites are operated by the Georgia Department of Natural Resources. The only affected park is S.C. Foster State Park, located inside the Okefenokee National Wildlife Refuge. While this park’s campground and cabins remain open, visitors can not boat into the swamp or hike nature trails.

“We’ve already had a number of campers check into our state parks because they had to leave Corps of Engineers campgrounds, which had closed,” said State Parks Assistant Director Wally Woods. “We have plenty of cabins, yurts and campsites available this week.”

Many Georgia State Parks are located on Corps of Engineers lakes, including Don Carter on Lake Lanier, Red Top Mountain on Lake Allatoona, Mistletoe on Clarks Hill Lake, and Tugaloo on Lake Hartwell. Additional examples of sites not affected by the federal shutdown include:

- Atlanta Area – Sweetwater Creek, Etowah Indian Mounds;
- Augusta Area – Elijah Clark, Magnolia Springs;
- Columbus Area – Chattahoochee Bend, Roosevelt’s Little White House;
- Macon Area – Indian Springs, Jarrell Plantation; and
- Savannah Area – Skidaway Island, Wormsloe.

October is just the beginning of the fall foliage season, which is a very busy time for many state parks. Typically, northern Georgia peaks in late October; however, color can be seen as late as mid-November.

Some parks in southern Georgia put on a pretty display during late autumn as well, particularly those with cypress trees and tea-colored lakes such as George L. Smith State Park. Whether hiking around a lake or simply driving country roads, travelers can check Leaf Watch 2013 for expert advice on leaf watching.

Waterfalls and lakes, salt marsh and mountains are just some of the beautiful environments of the 48 state parks and 15 historic sites. Most state parks offer fishing, boating, hiking, camping, golf, geocaching, birding and more. Accommodations include campsites, cabins, lodges, even yurts, and vary by park. Among the historic sites are presidential homes, ancient Indian mounds, battlefields, plantations and even a gold museum. Georgia State Parks are affordable destinations for quick getaways, and many offer two-day, two-night overnight packages — such as golf at the consistently highly rated

Arrowhead Pointe Golf Course at Richard B. Russell State Park in Elberton.

From now through Dec. 1, the Reelin In The Prizes fishing tournament is underway in more than 38 parks across the state. A wide range of fishing environments include warm water streams and rivers, small and large lakes, reservoirs, even salt water fishing. Contestants have a chance to win several prizes, including a Big Green Egg Grill.

Georgia’s public libraries have park passes and historic site passes that can be checked out like a book. Visitors can also purchase an annual park pass for \$50 (or just \$25 for seniors 62 and older). Even better, membership to Friends of Georgia State Parks and Historic Sites includes a free park pass and more discounts. For information, visit GaStateParks.org/thingstoknow or connect with us at <https://www.facebook.com/georgiastateparks>.

WIREGRASS COMMUNITY CALENDAR

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

ANDALUSIA

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

DALEVILLE

SATURDAY — Daleville High School’s 28th Band Classic is at the school’s stadium. More than 14 bands will be performing including Troy University’s marching band and the 98th Army Band. Tickets are \$6 at the gate, and there will be discounts for children under 10 and senior citizens.

DOTHAN

OCT. 18 — 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.thedowntown-group.com.

SATURDAY — The Wiregrass Antique and Collector Car Show at Landmark Park will run from 10 a.m. to 4 p.m. This show will host more than 150 collector cars, trucks, motorcycles and other vehicles. Awards will be given for first, second and third place in each class. The club with the most participation, longest distance driven and oldest vehicle registered will also be recognized. Registration is from 8-11:30 a.m. on the day of the event. Admission is \$5 for adults, \$3 for children and free for members. For rules and entry forms, visit www.landmarkpark.com.

NOV. 7 — The Farm to Table Dinner will be held at Landmark Park in the barn. The meal will be a fine-dining experience using local ingredients. Cost is \$100 per person with limited seating. Call 794-3452 to reserve a ticket.

NOV. 12-14, 19-21 — People can experience living and working on a Wiregrass farmstead in the early 1900s with hearth cooking, gardening and sewing, to wood splitting, fire building and animal care at Landmark Park’s Farm Living program. People will be divided into small groups in order to participate in the different workstations. This half-day program will conclude with lunch in the Waddell House. The fee is \$12 per person. For more information, visit www.landmark-park.com.

NOVEMBER — November is retired military appreciation month at Landmark Park. Retired military who join Landmark Park during the month of November will receive \$10 off any membership level. They also will get in free Nov. 9-11, receive a free ice cream cone on Nov. 16 and have a free digitarium planetarium

program experience on Nov. 23. For more information, visit www.landmarkpark.com.

NOV. 20-23 — Flagship Performing Arts Program presents Seussical the Musical at 7 p.m., and a special 2 p.m. matinee Nov. 23 at The Flagship Theatre. Tickets are \$11 for adults and \$9 for students, seniors and active-duty military. For more information, call 699-3524 or visit www.the-flagshiptheatre.com.

ENTERPRISE

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

ONGOING — Veterans of Foreign Wars Post 6683, John Wiley Brock Post membership meetings are at the post headquarters, on County Road 537, every third Tuesday of the month at 7 p.m. For more information, call Connie Hudson at 406-3077, Randy Black at 393-6499 or Bob Cooper 347-7076, or visit the VFW Post 6683 on Facebook.

ONGOING — Enterprise State Community College holds classes to teach English as a second language at the Fort Rucker campus Mondays and Wednesdays from 9 a.m. until noon in Bldg. 4502, Rm. 131.

OCT. 26 — The 4th annual Spooky in the Park will be held at the recreational complex on Hwy 167 N. from 5-9 p.m. There will be a costume contest, food, haunted pavilions and more. The Fright Night 5K and Fun Run will be held at the complex at 9:15 p.m. Registration will close at 9 p.m. For more information, call 348-2684.

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 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.

SATURDAY — 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>.

SATURDAY — Back Street Art celebrates its third year as part of Ozark’s annual Claybank Jamboree. Artists of all media are encouraged to enter this juried art exhibition held in a shady park-like setting away from the hustle and bustle of the downtown festivities. Back Street Art will include demonstrations by various artisans and hobbyists, music, a poetry workshop, Family photos and a child’s potting station.

Artists interested in entering the juried art exhibition or artisans interested in showcasing their hobbies should call 618-3006 or email windingroadptry@yahoo.com.

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

PINCKARD

ONGOING — The public is invited to

the Cross Country Workshop every Sunday at 6 p.m. at the Pinckard United Methodist Church. For more information, call 983-3064.

SAMSON

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

TROY

ONGOING — Troy Bank and Trust Company sponsors senior dance nights every Saturday night from 7-10 p.m. at the J.O. Colley Senior Complex. The complex is transformed into a dance hall and features music from the 40s, 50s, and 60s, finger foods, and refreshments. For more information, call Janet Motes at 808-8500.

WIREGRASS AREA

SATURDAY — Sha Na Na brings its rock and roll celebration to Elba High School in a “dynamic, crowd pleasing” 7 p.m. show that includes highlights of its four decade journey from Woodstock, “Grease” and the worldwide concert touring. The show is described as being interactive where the audience sings along, dances along and participates in a “Greaser Olympics.” Performances include songs such as “Sandy,” “Splish Splash,” “Monster Mash,” “Blue Moon,” “Hound Dog” and “Rock N’ Roll is Here to Stay.” For information, visit www.CoffeeCountyArtsAlliance.com.

OCT. 12 — The 42nd annual Harvest Day Festival in downtown Headland will begin at 10 a.m. The event is free and Family friendly. There will be vendors, arts, crafts, food, live music, inflatables, demonstrations, pony rides, a car show and more.

For more information, call 693-3303 or visit www.headlandal.com.

OCT. 19 — The Pride of Vernon Band’s second annual Car Show and Bandtoberfest will be held from 8 a.m to 3 p.m. Family friendly with festivities, vendors, live music, food and homemade goodies. Activities include face painting, inflatables and games.

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 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

Barkin’ on the Bay

Bay Point Marina at Wyndham Resort in conjunction with the Panama City Beach Human Society hosts Barkin’ on the Bay from noon to 4 p.m. Oct. 12. Tickets are a suggested donation of \$5 to \$10 a person; admission for children is free. Tickets can be purchased at the entrance of the event. Pets of all shapes and sizes are welcome. Festivities include a dock diving and flying disc competitions, live music, raffles, trick competitions, various dog demonstrations as well as a pet Halloween contest. There will be a large adopt-a-thon involving multiple rescue organizations. Pet micro chipping and grooming will be available

onsite for a small donation. Food and beverages will be available for purchase. For more information, call (850) 236-6023 or visit www.adoptme.org.

Masquerade Gala

The Wright Foundation presents a fundraiser event, The Annual Gala, Oct. 18 from 6-11 p.m. at the Marianna Fla., National Guard Armory. The reception beings at 6 p.m. and dinner at 7 p.m. Tickets are \$50 a person and are tax deductible. Tickets are available for purchase at the Marianna Chamber of Commerce. For tickets or more information, call (850) 526-1600.

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 at 8 a.m. in Panama City Beach. For more information on these events, call (850) 236-6023 or visit www.baypointwyndham.com

Fall Golf Tourney

Tee up with business members from around the Franklin, Gulf, Leon and Wakulla County areas at the tenth annual Apalachicola Bay Chamber of Commerce Golf Tournament Wednesday. Tee-time is 1 p.m. at the St. James Bay Golf Course, east of Carrabelle. For more information, visit www.saltyflorida.com/events/apalachicola-bay-chamber-golf-tournament.



PHOTO BY SGT. MARK MIRANDA

Staff Sgt. Adam Lautenschlager works on a physical therapy regimen with Sgt. Joel Kloppel at the Army's first Soldier Centered Medical Home, on Joint Base Lewis-McChord North, Wash.

Healthy dose of preventive care may be best medicine

By David Vergun
Army News Service

JOINT BASE LEWIS-MCCHORD, Wash. – The Performance Triad is an exciting initiative that could go far in improving the health of the force, said Col. John O’Brien, a medical doctor, and chief of operational medicine and deployment health at Madigan Army Medical Center here.

The Performance Triad targets better performance through improvements in sleep, activity and nutrition, he said.

The first pilot course for Performance Triad started here in early September with squad leaders and Soldiers from 3rd Squadron, 38th Cavalry Regiment, 7th Infantry Division, participating in two weeks of training led by health and medical professionals from the Office of the Army Surgeon General.

Following their training, the squad leaders will be responsible for imparting their knowledge and mentoring their Soldiers over the course of 24 weeks.

Two other pilots are planned using the same schedule and instruction. The first kicked off Sept. 30 at Fort Bliss, Texas. Soldiers from the 4th Battalion, 6th Infantry will participate. The second kicks off Oct. 28, at Fort Bragg, N.C. There, it will be Soldiers with the 189th Combat Sustainment Support Battalion who participate.

O’Brien said he anticipates a lot of questions from squad leaders.

“I graduated from medical school about 20 years ago, and even I have trouble keeping up with all the latest research on diet, exercise and nutritional supplement findings,” he continued.

He cautioned that there are a lot of unregulated “health promotion products” like supplements that don’t get pulled from the shelves unless problems arise. Some of those products have bad side effects. Others, while not harmful, might not have much in the way of benefits.

Soldiers in the pilot all have Performance Triad

guidebooks with URLs to websites and videos that O’Brien said provides information steeped in the latest science, research and medical findings and are safe to rely on. The pilots will reveal if new material needs to be incorporated in the guidebooks.

However, Soldiers will still have many questions, he said, which he and his team are prepared to answer via phone, email or visits.

The team has at its disposal access to the Natural Medicines Comprehensive database on products and nutritional supplements, he said. Information changes all the time and the database is constantly updated with new findings.

O’Brien attended the pilot classes and was peppered with questions from squad leaders wanting to know such things as the effectiveness of the “Cave-man Power Diet,” herbal medicines and different types of extreme exercise programs.

His team will be tracking the volume and type of questions they get over the course of the pilot to better gauge the support Soldiers will be requiring once the program kicks off Army wide. Answering questions from one squadron is one thing, but Joint Base Lewis-McChord has some 40,000 Soldiers, he said.

O’Brien is confident that the Performance Triad’s outcomes will be rigorously evaluated. He said his

staff will utilize some of the tests and surveys used to measure the program’s effectiveness as some of the data could point to Soldiers who might need some assistance.

For example, the new Global Assessment Tool survey, which includes aspects of Performance Triad, “might reveal outlier results indicating that a Soldier is on a weird diet” and might need some nutritional guidance. Another survey might indicate “strange sleeping patterns. We’d like to invite those Soldiers in for some helpful suggestions.”

As part of participation in the Performance Triad pilot program, Soldiers receive a “Fitbit” activity monitoring wristband. O’Brien said he’s already benefited from wearing the wristband, which calculates such things as sleep patterns, calories consumed and steps walked every day.

Five weeks ago when he first put the wristband on, O’Brien said he weighed 228 pounds. He’s tall, so the weight isn’t noticeable,

and he’s fit, having entered multiple triathlons. However, he said for 10 years he’s wanted to get down to his dream weight of 210.

The Fitbit system calculated the number of calories he needed to consume to lose weight at a reasonable rate, and O’Brien said he’s on a gentle glide-slope to achieving his long-sought goal. He’s lost a pound a week since putting

it on and now weighs 217 pounds, well on his way to 210 pounds.

“I feel more energetic now and positive about myself,” he said.

Besides lowering his caloric intake, he said he’s increased his walking and other activity. Just the other day he said he went on a 90-minute bike ride with his wife and son.

The Performance Triad

really works, he said. “It helps you set goals and then achieve them.”

O’Brien is such a big believer in the program that he sees it someday being a model for America’s health system, where prevention is the primary goal and where the incidence of chronic diseases like obesity and diabetes are lowered.

“This could be a real game-changer.”

Gene Pahmeier M.D.
Ophthalmologist, F.A.A.O.

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Dual-master resilience trainer couple exemplifies resilience

By Brian B. Feeney
Army News Service

ARLINGTON, Va. — Meet the Casons — the modern Army Resilient Family.

Aileen and John Cason are both sergeants first class stationed at Scott Air Force Base, Ill., they are raising three daughters together and they are both Army master resilience trainers.

“We use resilience techniques like Detecting Icebergs and Avoiding Thinking Traps while driving our daughters to soccer practice, and we do Hunt the Good Stuff every evening at dinner. It’s made our Family stronger and we would recommend it to every Army Family,” said Sgt. 1st Class Aileen Cason.

They first met while working for the 89th Transportation Company at Fort Eustis, Va., got married and later moved duty stations together to the Military Surface Deployment and Distribution Command at Scott AFB. They had been in the Army for more than 12 years before Aileen was sent to the University of Pennsylvania in April to attend Comprehensive Soldier and Family Fitness’ intensive 10-day Master Resilience Trainer course.

“At the time I thought it was just another TDY to get some more Army training,” recalled John. “But when she called home in the evenings, she was so excited about what she was learning that I figured there was something really different about this.

“Then, once she got home, she shared as much of the course as she could with me and taught me how to use the concepts with our kids. She devoted herself to becoming a resilient person. I can remember sometimes wondering after we talked something over, is she ‘MRT’ing me?” he added.

John was selected to attend the MRT course in Philadelphia less than five months later in August.

“I arrived with a pretty clear idea of what to expect, but that’s when I really learned how to apply the concepts. I was especially struck by tactical breathing, drawing a full, slow breath as an energy management technique. The idea is to lower the intensity of emotions so you can think and respond more clearly. The lights were turned down and we heard soft music as we practiced. I could feel the change in my mind and body, and I was impressed,” he added.

Aileen has been especially pleased by the progress she has seen in her oldest daughter over the months since integrating the skills at home.

“Neelia was prone to the ‘Me, Me, Me’ Thinking Trap, believing that she was the sole cause of all the obstacles in her life. I was able to help her become more positive through techniques such as real-time resilience, which taught her how to coach herself out of negative thinking. Now she’s happier with herself and her confidence is building,” she said.

The Casons agree that their deployments would have been a lot easier on themselves, their Family and the Soldiers they deployed with had they received the training earlier.

“She deployed six weeks ahead of me, and as I sat home with the girls, I could have really used techniques such as Put It In Perspective and Avoid



U.S. ARMY PHOTO

Sgt. 1st Class Aileen and Sgt. 1st Class John Cason, both Army Master Resilience Trainers, with their daughters Jada, 9; Neelia, 11; and Toni, 8.

Thinking Traps,” John said.

Aileen added that “during deployment, some of my Soldiers really got down, I can see now how I could have used the training to help them problem solve and keep up their morale.”

At Scott AFB, the Casons have the opportunity to provide resilience training to Soldiers, Sailors and Airmen, plus their spouses, due to the mix of services involved in SDDC. What they find challenging is the absence of an MRT community to share best practices with and to provide a sense of camaraderie.

“However,” John said, “that is more than made up for by those moving moments when somebody you have trained tells you how they’ve applied the skills and how it has improved their lives.”

The Casons see resilience as a key part of the Army’s future.

“As the Army winds down its overseas commitments and becomes a more garrison environment, and as the force is downsized, Soldiers are going to benefit from Resilience Training as they deal with transition and plan for a future outside the Army,” Aileen said.

Local Family resilience training

Army Community Service hosts its free Family member resilience training Oct. 21-22 from 8:30 a.m. to 2:30 p.m. at The Commons, Bldg. 8950. The deadline to register is October 17. The Army recognizes the increased sacrifices that Family members make on a daily basis, so it designed its Family member resilience classes to provide the thinking

skills and coping strategies Families need to meet and overcome life’s challenges. The classes focus on strengthening relationships, effective thinking strategies, building confidence and increasing people’s general well being.

For registration and childcare information, call 255-2382 or 255-3735.

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SOFTBALL
Army wins 2nd consecutive Armed Forces Softball crown
Story on Page D3

OCTOBER 3, 2013

Knights beat Royal Blue, 21-20

By Nathan Pfau
Army Flier Staff Writer

Fort Rucker Youth Sports 7-on-7 tackle football started last week and teams went head-to-head Monday in what is sure to be one of the closest games of the season, and The Fort Rucker Knights beat Royal Blue, 21-20.

“Tonight was a good win. We started slow with some poor blocking, but the defense stepped it up big time and we’re happy with it,” said Sgt. 1st Class Michael Huff, coach for the Knights. “I run a single-wing offense, which is pretty simple and straight forward. We just try to run and use our speed, and on defense, we just try to play smart.”

The Knights started by receiving first, but started off slow as their opponents were able to hold the line and keep them from moving down the field.

As the threat of a turnover loomed, the Knights pushed hard and managed a 20-yard run for a first down. They kept up their pace on the next play and managed to slip past their opponents for their first touchdown and extra point of the game.

Royal Blue took possession and slowly pushed downfield, but wasn’t able to push past the Knights’ defense before coming to a 4th down on their first possession. Not to be outshined, however, Royal Blue pushed hard with a 25-yard run to bring them to the opposing 20-yard line and within reach of the goal line.

The Knights defense proved to be too much for team Royal Blue, and the team turned the ball over at the 15-yard line.

With only 1 minute remaining in the first quarter, The Knights managed to push half-way downfield, but were stopped by the Royal’s defense before the buzzer sounded.

Royal Blue’s defense tightened up and managed to force a turnover at the start of the second quarter, and their offense went to work, slipping past their opponents at every turn, and even managed a 15-yard pass for a touchdown.

Despite the Knights’ inability to keep their opponents from scoring, they were able to keep Royal Blue from the extra point, and maintained the lead, 7-6.



PHOTO BY NATHAN PFAU

Deacon Green, player for the Knights, runs the ball downfield as an opposing player attempts to tackle him during a 7-on-7 tackle football game at the youth football field Monday. The Knights beat team Royal Blue, 21-20.

Not to be outdone, the Knights took possession and powered down the field past their opponents, and managed a 40-yard run to the end zone to mark their second touchdown and extend their lead.

Royal Blue had their work cut out for them as they took possession, and were able to run past the opposing 40-yard line, but the Knights defense hardened to stop them in their tracks.

The Knights took possession with less than 2 minutes remaining in the half, but were unable to make any more headway before the half ended with them in the lead, 13-6.

Royal Blue started the second half receiving and started off on the wrong foot with a 5-yard penalty for a player off sides, but hit back with an almost 60-yard run for a touchdown and 2-point conversion to take the lead for the first time, 14-13.

Like their offense, their defense went to work and held the line, and they were able to recover a fumble to retake possession at the opposing 25-yard line.

Despite the fumble, Royal Blue was unable to push past their opponents, and even threw an interception on their 4th down, returning possession to the Knights.

The Knights offense came back aggressively as they pushed toward the goal line, but couldn’t manage a 1st down before the buzzer sounded, ending the 3rd quarter. They went into the 4th quarter on a 4th down with only five yards to go for the 1st down, but Royal Blue forced the turnover.

They didn’t hold onto the ball for long as the Knights defense pushed them back to their 20-yard line before retaking possession.

Only one play later, the Knights managed

a 19-yard run for the touchdown to retake the lead, 21-14.

Not to be outdone, Royal Blue managed a 50-yard run as soon as they took possession for the touchdown, but were unable to get the extra point and trailed their opponents 21-20.

With less than two minutes remaining in the game, the Knights took possession and managed to hold onto the ball as the clock ran down.

Although the Knights came out with a win, Huff said the spirit of the game has a bigger message to convey other than victory.

“(The sport) is important for education as well as building (a competitive nature),” he said. “You want to be a good representative of who you are, and that’s our goal – to build teamwork and build up great character for their future.”

Gate-to-Gate promotes diversity, fitness



PHOTO BY SARA E. MARTIN

Bikers and runners begin the Fort Rucker Hispanic Heritage Gate-to-Gate Run Saturday. Participants had to run from the Ozark gate to the Daleville gate in order to complete the course.

By Sara E. Martin
Army Flier Staff Writer

The Fort Rucker Physical Fitness Facility hosted its annual Gate-to-Gate Run Sept. 28 to celebrate the Army’s cultural diversity as part of Hispanic Heritage Month and to encourage fitness throughout Army Families.

Runners of all ages and fitness levels ran the 4.2 miles from the Ozark Gate to the Daleville Gate, with David Seymour and Jennifer Macgibbon claiming the overall male and female

titles, with times of 23:00 and 27:01, respectively.

The event seeks to bring cultural and fitness awareness to the community through the mingling of the different runners.

“I think it is important for the military to be diverse because America is diverse,” said Satine Ryan, Army spouse. “It is important to embrace all the different cultures that make up the Army because that is what makes us strong as a nation. We shouldn’t let politics, religion or race divide us be-

cause that can lead to national weakness where a foreign power might take advantage of us.”

Supporting different ethnic backgrounds and educating people on cultural differences is one way some Soldiers feel the equal opportunity policies are helping people understand that being culturally diverse is what makes the military strong.

“Being Hispanic myself this run hits a little closer to home for me,” said

SEE FITNESS, PAGE D3

PIGSKIN PICKS



	New England vs. Cincinnati	Detroit vs. Green Bay	Seattle vs Indianapolis	Baltimore vs. Miami	New Orleans vs. Chicago	Denver vs. Dallas	Houston vs. San Francisco
 Jim Hughes Public Affairs (18-10)							
 Brian Jackson DFMWR (14-14)							
 John McGee CDID (22-6)							
 Capt. Mike Simmons Directorate of Public Safety (18-10)							
 Sharon Storti Network Enterprise Center (18-10)							

DOWN TIME



WRITTEN BY
DASHIELL HAMMETT
AND ILLUSTRATED BY
ALEX RAYMOND.
"SECRET AGENT X-9"
FIRST APPEARED IN
NEWSPAPERS ON
JANUARY 22, 1934.



DURING RAYMOND'S
TENURE ON
"SECRET AGENT X-9"
HE WORKED
SIMULTANEOUSLY
ON TWO OTHER
COMIC STRIPS...
--INTERNATIONAL
ADVENTURER
"JUNGLE JIM"
AND A SCI-FI
STRIP CALLED
"FLASH GORDON".



Just Like Cats & Dogs

by Dave T. Phipps



Trivia test

by Fifi Rodriguez

TRIVIA

1. ADVERTISING: When did the United States ban cigarette ads on television?
2. GEOGRAPHY: What nation controls the Madeira Islands?
3. THEATER: Who wrote the play "Man and Superman"?
4. MEDICAL: The lack of what vitamin causes beriberi?
5. HISTORY: Who founded the colony of Rhode Island?
6. MUSIC: What kind of musical instrument is a zither?
7. TELEVISION: What is the longest running animated series on TV in the United States?
8. MOVIES: Who played a bit part in the 2008 movie "The Incredible Hulk" and also played the Hulk in the earlier TV series?
9. ROYALS: How long did Lady Jane Grey reign as queen of England?
10. FAMOUS QUOTATIONS: What famous actor once said, "Always get married early in the morning. That way, if it doesn't work out, you haven't wasted a whole day"?

See Page D4 for this week's answers.

Super Crossword

SOMETHING IN COMMON

- ACROSS**
- 1 Move belly-up on all fours
9 Take — (do some traveling)
14 Capital of Tanzania
20 Restricted zone
21 Espresso with steamed milk
22 Reaming appliance
23 One using a spare bedroom
25 New York's — Island
26 Minister to
27 Scottish refusal
28 Metalliferous rock
30 Quiver
31 Gloria of pop
35 Surf zone sights
39 Bicycle spokes, e.g.
41 With 3-Down, many a tax auditor
42 Inventors of new words
43 What many corporations are listed on
- 49 Trio after K
50 Angels' rings
51 Poetic dusk
52 Husband of Sarah Palin
54 Droid or iPhone, e.g.
57 9-Down seaport
58 Lions lie in it
59 "Filthy" gain
61 Retro hairstyles
63 Strike and ball caller
64 It's smart to back this up
68 19th-century king of Sweden and Norway
70 Sothorn of "Maiaie"
71 Butterfly's title
72 People who call without being asked
77 Prefix with car or law
79 "Soap Talk" co-host Lisa
80 — to go (fired up)
81 Kind of PC monitor
82 Stratford's river
83 Hang behind
84 UPI bulletin
85 Pollen carrier
- 86 Capitol body
88 Good bud
90 Daytona 500 entries, e.g.
94 Tiny air sacs in the lungs
98 OPEC supply
99 Toughen, as to hardship
100 Loud couple in a marching band
104 Artificial fat
108 They require double reeds
109 It's all wet
110 Missions, for short
112 Rail supports
113 Italian-style ice cream
115 What this puzzle's seven longest answers have in common
121 High dice roll
122 Bird claw
123 Priced separately, as 46-Down items
124 Nitrate and nitrite, e.g.
125 Actor Edward James —
- 126 Phys ed
- DOWN**
- 1 10 sawbucks
2 Gads about
3 See 41-
Across
4 Abuts
5 Obi — Kenobi
6 NPPI's Shapiro
7 Drumstick
8 Madeline of "Clue"
9 Like Casbah natives
10 Hellenic "T"
11 Hwy.
12 "There, there"
13 — dish
14 45 spinners
15 Defeat in a pool race
16 "Julia" star Carroll
17 Scale range
18 Less bold
19 James of westerns
24 Diner bill
29 Env. addition
32 Lot in life
33 Fussies
34 Actor Cage, to friends
36 Transgress
37 Request
38 Victor's color
40 "— Forgettin'" (1982 pop hit)
43 "How Great — Art"
44 Goddess of concord
45 Sliding by
46 Eatery list
47 Aquatint, e.g.
48 War film, when tripled
53 Actor Mulroney
54 Of the earliest ages
55 Pigeon shed
56 Ending for enzymes
58 Chemist Mendeleev
59 Red Square honoree
60 Banquet coffee-pots
61 Uses a "s"
62 Italian monk
64 Vena —
65 "— quit!"
66 Rikki-tikki —
67 Women's patriotic org.
69 It aired "Crossfire"
72 Google find
73 Work to get
74 Actress — de Mattee
75 Wine cooler
76 Rome's — Fountain
78 Snake eyes
82 Of one's forebears
84 Dog relative
85 Gets bloated
86 Torah locale
87 Emerald Isle
88 Deprive (of)
89 Farm alarm?
91 Weep
92 U.S. spy org.
93 Brian of rock
94 Orbital point
95 Stereotypes
96 Bluish-purple
97 Suffix with robot or poet
101 — come (in the future)
102 Taj —
103 UV ray-blocking stat
105 Pageant crown
106 Takes ten
107 Embers
111 Male canbou
114 Roe — (deodorants)
116 A hardwood
117 "— hool!"
118 Bridge writer Culbertson
119 "Rambo" site
120 CL doubled



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

Junior Whirl

by Hal Kaufman

WINDY'S HUB! Here's a thing about the whirl at right, shade it one color and suddenly, with hardly any effort at all, you will be able to see it in an entirely different way.

1. The thing
2. No who, no who game
3. I put something on what you eat
4. Give it a go
5. Nothing important to change words
6. I found things to come
Now guess: can you tell the picture?

CRYSTAL CLEAR STEPPERS

There are 10 steps to climb in the game from 1 to 10. Put the steps in the right order. Simply add a letter and shuffle them, as necessary, to form a new word in each step. Continue.

1. That thing
2. No who, no who game
3. I put something on what you eat
4. Give it a go
5. Nothing important to change words
6. I found things to come
Now guess: can you tell the picture?

WHERE, TWICE! Where are those who's answers, heading? To find out, draw connecting lines from 1 to 2, 3, and so on.

Wishing Well

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

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

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Wishing Well

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

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

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HOCUS-FOCUS

BY HENRY BOLTONOFF

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

1. The boy's hair is black in the top panel and brown in the bottom panel.
2. The boy's shirt is blue in the top panel and green in the bottom panel.
3. The boy's pants are blue in the top panel and green in the bottom panel.
4. The boy's shoes are blue in the top panel and green in the bottom panel.
5. The boy's socks are blue in the top panel and green in the bottom panel.
6. The boy's gloves are blue in the top panel and green in the bottom panel.

Army wins 2nd consecutive Armed Forces Softball crown

By Tim Hipps
IMCOM Public Affairs

FORT SILL, Okla. — Staff Sgt. Kenny Turlington went 5-for-5 with four home runs to lead All-Army to a 23-8 victory over All-Air Force in the gold-medal game of the 2013 Armed Forces Softball Championships Sept. 19.

“I just wanted to win the gold,” said Turlington, a 13-year Army veteran from Goldsboro, N.C., who is stationed at Camp Humphreys, South Korea. “All I thought about was winning.”

All-Army (8-1) needed only five innings to defeat All-Air Force (6-3) via the 15-run rule and this group of Soldiers became the second men’s team, along with the 2001 All-Army squad, to lose just one game in the Armed Forces Championships.

“Our guys have been showing a lot of resilience,” Victor Rivera, All-Army coach, said. “I had a good feeling about this year because we got better as we played. I did not realize that we were going to beat them that badly. I expected it to be a dogfight and expected it to go down to the wire, but somehow we came from the chute really strong and they never caught up.

“Normally, by the second or third week [including All-Army training camp], I feel a pulse of whether the guys have it,” Rivera added. “This time, I went into the ninth game and I didn’t have it. But last night I was in my room and I got texts from every player saying, ‘Coach,



PHOTO BY TIM HIPPS

Staff Sgt. Kenny Turlington of Camp Humphreys, South Korea, turns a double play as All-Air Force Staff Sgt. Jose Otero of March Air Reserve Base, Calif., slides into second base during the Soldiers’ 24-21 victory in a steady rain Sept. 17 in the 2013 Armed Forces Softball Championships at Fort Sill, Okla.

we’ve got you. Coach, we’ve got you.’ Everybody reassured me the gold medal was theirs, so they went and got it.”

Turlington, who also struck Armed Forces gold in 2008 and 2012, made sure the Soldiers got off to a fast start in the title tilt. The first seven All-Army batters of the game jumped on the first pitch from All-Air Force starter Tech. Sgt. Kirtis Bailey of Hurl-

burt Field, Fla.

“Being one of the captains and one of the vets, you’ve got to show them how to get it started sometimes,” Turlington said. “I got to come up with really good vets like Michael Dochwat and Dexter Avery. They kind of mold you. It’s just a matter of listening to your coaches and trying to better yourself every year.”

Turlington was joined on the

all-tournament team by All-Army teammates Staff Sgt. David Moore of Fort Bragg, N.C.; Sgt. Eric Querry of Fort Hood, Texas; Spc. Jacob Lenk of Bamberg, Germany; and Staff Sgt. Dane Miller of Fort Sill. Spc. Marshall Woods of Schofield Barracks, Hawaii, joined the aforementioned on the All-Armed Forces Team that will compete Sept. 27-29 in the ASA Slow Pitch

Men’s Class A National Championships in Ridgeland, Miss. Rivera and Dochwat will coach that squad.

Sgt. 1st Class Lee Diaz, a native of Miami, Fla., who is stationed at Fort Hood, was the other All-Army team captain in his 10th season. Dochwat, who played 11 years in the program, was an assistant coach this time, representing host Fort Sill.

Fitness: Run provides opportunity to come together

Continued from Page D1

Sgt. 1st Class Shawn Redondo, 1st Battalion, 52nd Aviation Regiment, USARAK Aviation Task Force Joint Base Elmendorf-Richardson, Alaska. “It was nice to see others in the community come together to support tolerance and understanding.

“Cultural events, not just this run, open people’s eyes to how

diverse our Army really is,” he continued. “Everyone in the Army is green, but we all have different backgrounds and upbringings, so it brings us all together to at least show what others believe in and where they come from.”

David Seymour, who has finished first place overall for the past two years, said he had a little more motivation this year.

“This race is such a motiva-

tional event on post for everyone, but this year it was a little more special for me because a great girl was waiting at the finish line,” he said. “But, overall, it is one of the harder races because there is a pretty steep hill on the course, and it is longer than the 5ks that are held. It’s a great event all around.”

Each competitor had a different reason for running, but Seymour

said that he is seeing more people hitting the pavement on post as running becomes more popular as a total body workout.

“Running is the rawest form of cardio and is the most beneficial form of exercise for the body,” he said. “People are realizing the great results of running, that’s why people continue to participate in the post runs. Its great to see more and more people at the

events.”

“Its great to get out and run with friends, and seeing young people out here participating is fantastic,” said Maj. Daniel Ostrowski, U.S. Army Combat Readiness Safety Center. “Exercise is important for the entire Family, and these running events are a great way to spend time with Family and encourage each other to make it to the finish line.”

PIGSKIN PICKS



Air Force
vs. Navy

Michigan State
vs. Iowa

Ole Miss
vs. Auburn

Army vs.
Boston College

South Alabama
vs. Troy

Missouri
vs. Vanderbilt

Ohio State vs.
Northwestern

David C. Agan Jr. <i>PAO</i> (25-10)												
Kent Anger, <i>DPTMS</i> (28-7)												
Wes Hamilton, <i>NEC</i> (26-9)												
Alex Tressler, <i>1-11th AVN</i> (22-13)												
Tish Williamson, <i>USAACE</i> (25-10)												

Wounded Warrior Fall Hunt

The annual Fort Rucker Wounded Warrior Fall Hunt is slated for Saturday through Oct. 12. Proceeds from the hunt will be used to purchase new, specialized recreational equipment to enhance the quality of life of wounded warriors and the local community. The hunt also raises awareness of the handicap-accessible recreational equipment available at Fort Rucker through the outdoor recreation program.

The fall hunt offers hog and coyote hunting for those who register to be a part of the week-long hunt. The week-long hunt will kick off Saturday at 3 a.m. and end on Oct. 12 at 10 a.m. when all participants will meet back at Lake Tholocco’s West Beach for door prize giveaways, lunch, and the announcement of winners and sponsor recognition. Cost to participate in the hunt is \$25 with no cost to wounded warriors. People who would like to assist a wounded warrior during the hunt should call ODR at 255-4305. The hunt is open to the public.

For more information, call 255-4305.

Youth marksmanship shoot

Outdoor recreation hosts the youth marksmanship shoot Saturday from 8 a.m. to noon at the Tri-State Gun Club. For more information, call 255-4305.

Batting Cages’ new hours

The youth sports batting cages hours have changed to Tuesdays and Thursdays, 4-8 p.m.; Saturdays, 10 a.m. to 6 p.m.; and Sundays, 1-5 p.m. The cost is \$1 per token and the group rate is \$20 for unlimited pitches for one hour. For group rates, there must be a minimum of five people. People should schedule an appointment with the youth sports and fitness department.

For more information, call 255-2257 or 255-2254.

Youth basketball

Registration for youth sports fall basketball takes place now through Nov. 3. The cost is \$40. The teams will be broken down into five different age groups: Training League (6-8 year olds), PeeWee League (9-10 year olds), Minor League (11-12 year olds), Junior League (13-14 year olds) and Senior League (15-18 year olds). Children must have met age requirements by Sept. 1. A current sports physical and a valid child, youth and school services registration are required to play. Prospective coaches are needed for all age groups. There will be a parent’s meeting Nov. 5 at 6 p.m. at the youth service teen center gymnasium, Bldg. 2800, Seventh Avenue.

For more information, call 255-2257 or 255-9638.

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Video Game Spotlight >>



NBA 2K14 improves on predecessor

By Jim Van Slyke
Contributing Writer

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

The best just keep getting better. While it might be tempting to wait until the new basketball video games come out for the PS4 and Xbox One, true ballers might as well get their games on now because "NBA 2K14" is so good there is no reason to wait until November.

The actual game on the court, already excellent, has been improved. New additions make taking smart shots more rewarding, and the new passing system works great on fast breaks and when driving to the hole and then dishing out for a three-pointer. The defensive end is still solid and does a great job containing fast breaks most of the time so the games don't turn into track meets. It's not quite perfect, however. There are way too many goaltending violations and players with the ball or receiving passes step out of bounds way more often than players do in the NBA. On the plus side, the game absolutely nails "Signature Moves." That means Kobe Bryant's jump shot really looks like Kobe Bryant's jump shot, etc.

Instead of becoming Michael Jordan this year, gamers can take over LeBron



Publisher
2K Sports
Rated
Everyone
Systems
PS3, Xbox360, PC
Cost
\$30-60
Overall
3.5 out of 4



James and guide him through his future career. It's an interesting choice, but the Jordan mode of "NBA 2K13" is better. Gamers have been calling for the return of the Crew mode for a couple years and this year they finally get their wish. It allows gamer-created players to join up with their

friends' created players and form a crew to take on other crews online. It's definitely a blast and will be a huge hit again. Also, for the first time, the Euroleague teams have been included. There are also more than 3,000 new animations in "NBA 2K14." This game doesn't disappoint. It keeps

all the great stuff from last year's model and makes it better. "NBA 2K14" is a great basketball game; there's no need to wait for a next-gen console to get your game on.

Reviewed on the Xbox 360

Weekly SUDOKU

Answer

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

TRIVIA

Answers

1. 1970
2. Portugal
3. George Bernard Shaw
4. Vitamin B-1
5. Roger Williams
6. Stringed
7. "The Simpsons"
8. Lou Ferrigno
9. Nine days
10. Mickey Rooney, who was married eight times

PUZZLE ANSWERS

Super Crossword

Answers

C	R	A	B	W	A	L	K		A	T	R	I	P		D	O	D	O	M	A		
N	O	G	O	A	R	E	A		L	A	T	T	E		J	U	I	C	E	R		
O	V	E	R	N	I	G	H	T	G	U	E	S	T		S	T	A	T	E	N		
T	E	N	D			N	A	E			O	R	E		S	H	A	K	E			
E	S	T	E	F	A	N		B	R	E	A	K	I	N	G	W	A	V	E	S		
				R	A	D	I		I	R	S				C	O	I	N	E	R	S	
T	H	E	S	T	O	C	K	M	A	R	K	E	T		L	M	N					
H	A	L	O	E	S		E	E	N			T	O	D	D		P	D	A			
O	R	A	N		D	E	N		L	U	C	R	E		A	F	R	O	S			
U	M	P		C	O	M	P	U	T	E	R	H	A	R	D	D	R	I	V	E		
	O	S	C	A	R	I			A	N	N			M	A	D	A	M	E			
U	N	I	N	V	I	T	E	D	V	I	S	I	T	O	R	S		E	C	O		
R	I	N	N	A		R	A	R	I	N		C	R	T		A	V	O	N			
L	A	G				W	I	R	E			B	E	E		S	E	N	A	T	E	
				B	R	O			N	A	S	C	A	R	V	E	H	I	C	L	E	S
A	L	V	E	O	L	I			O	I	L		I	N	U	R	E					
P	A	I	R	O	F	C	Y	M	B	A	L	S			O	L	E	S	T	R	A	
O	B	O	E	S		S	E	A			O	P	S			T	I	E	S			
G	E	L	A	T	O			T	H	E	Y	O	F	T	E	N	C	R	A	S	H	
E	L	E	V	E	N			T	A	L	O	N			A	L	A	C	A	R	T	E
E	S	T	E	R	S			O	L	M	O	S			G	Y	M	C	L	A	S	S

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