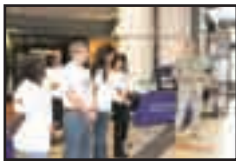


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improves community



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Bulldogs beat down
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ARMY FLYER

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

VOL. 63 ■ NO. 38

FORT RUCKER ★ ALABAMA

SEPTEMBER 26, 2013

164th TAOG cases colors, deploys

By Nathan Pfau
Army Flier Staff Writer

It's only been a few short months since Soldiers of the 164th Theater Operations Airfield Group returned from their most recent deployment, but these freedom fighters have once again answered the call of duty without hesitation.

Soldiers, Family members and friends came together at the Spiritual Life Center Saturday to say farewell to more than 35 Soldiers from the 164th TAOG as they deployed to Afghanistan and Kuwait.

"The deploying team (of Soldiers) will be focused acutely on transitions while maintaining the standardization and safety advanced during our last tour of duty," said Col. Michael L. Shenk, commander of the 164th TAOG, during a color casing ceremony Sept. 18.

"We will transition theater Army air traffic services out of Afghanistan, returning both Farah and Tarin Kowt airfields to host-nation control and redeploying the (the unit there) to Louisiana," he contin-

ued. "In Kuwait, we will transition Army air traffic services (from an outgoing unit to an incoming one.)"

This deployment comes only six months after some Soldiers from the 164th TAOG returned from their most recent deployment, serving U.S. Army Central Command in Kuwait and Afghanistan where they were responsible for increasing standardization and enhancing safety across more than 10 airfields and heliports where Army Air Traffic Services or Senior Airfield Authority were employed, said Shenk.

Regardless of the amount of times deployed, Staff Sgt. Brandon Parnell, 597th Maintenance Detachment, who deployed for the third time, said it doesn't get any easier.

"This time is the toughest by far because of my daughter, (Arabella)," who is only 13 months old, he said. "This is my third child, but I haven't had to go through the deployment process with my other children. These last few weeks with her, she's



PHOTO BY NATHAN PFAU

Spc. Pedro Santiago, 597th Maintenance Detachment, embraces his daughter, Amayah, at the Spiritual Life Center before deploying to Southwest Asia Saturday.

SEE TAOG, PAGE A5



PHOTO BY SARA E. MARTIN

Iron Squad

Staff Sgt. Michael Evens, Staff Sgt. Yuri Barsukov, Sgt. David Webster, Staff Sgt. Martin Baldwin and Staff Sgt. Jordan Thibodoes, of Team 6, push a Humvee up a hill near Beaver Lake as a part of the NCOA Iron Squad Challenge Monday. For the full story, see Page A4.

Ceremony honors past, present POW/MIAs

By Sara E. Martin
Army Flier Staff Writer

Approximately 83,343 service members are still unaccounted for from America's time at war, and to remember the men and women who never came home, and those still held captive, Fort Rucker hosted a Prisoner of War and Missing in Action remembrance ceremony Friday at Veterans Park.

The United States' national POW/MIA Recognition Day is observed on the third Friday of September each year, and Fort Rucker's ceremony was one to be remembered as two former POWs were in attendance.

Retired Lt. Col. Thomas Stovall, of Atlanta, served in the Army when he was taken as a POW. He also served in the Air National Guard once he returned from being a POW. He served in the Korean War as well as World War II, and is 95 years old.

"I became a POW six days before D-Day," he said. "I ended up at Stalag Luft III. It is amazing that I survived. Fifty of us were caught and Hitler ordered us to be shot, but five of us escaped and made it back to the U.S."

Stovall and the co-pilot were the only survivors of the crash. He was held for one year and said since he was an officer they did not treat him too terribly, though he only weighed 98 pounds when he made it out of the camp.

Retired Sgt. 1st Class Daniel Stamaris, of Headland, was not so lucky.

During his time as a POW during Operation Desert Storm in 1991, he suffered life-threatening injuries from his crash and was left to die several times.

"It's only by the grace of God that I am alive," he said, adding that the crash killed five of his crewmates when the Black Hawk hit the ground at approximately 150 mph.

Stamaris was assigned to the Flying Tigers 2-229th Attack Helicopter Battalion out of Fort Rucker when he spent eight days in the hands of the Iraqis after the UH-60 Black Hawk helicopter he was a crew chief in was shot down while on a search and rescue mission.

Col. John Cyrulik, Directorate of Evaluation and Standardization director, said that it was an honor for

SEE CEREMONY, PAGE A5

Training improves POW reintegration

By Sara E. Martin
Army Flier Staff Writer

(Editor's Note: This is a two-part 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.)

Soldiers, Families, local police, the Federal Bureau of Investigation and Army South received training Sept. 13-15 at Fort Rucker to further develop the military's reintegration efforts of Soldiers, contractors and civilians who are taken captive by America's enemies.

Army South, a major subordinate command of U.S. Army Forces Command and the Army component to Southern Command, has been partnering with Fort Rucker's Survival, Evasion, Resistance and Escape training team for years to further Army South's training when it comes



PHOTO BY SARA E. MARTIN

Families participate in a Family Assistance Team Training mock press conference Sept. 14 in Enterprise in conjunction with Army South and Fort Rucker's SERE program.

to reintegrating those who have been held against their will, a mission that's incredibly unique, according to Col. Gregory Maxton, Army South.

"People really don't think of what happens to people after captivity or that there is a unit assigned to this mission," he said. "There is a lot of work and effort that is put in to make sure

that we can execute this mission, and there is no margin of error."

Army South's mission is to do surface-level to Phase 3 reintegration for any Soldier, and the unit has developed a reintegration plan that consists of many different types of teams, several of which train on Fort Rucker several times a year, ac-

cording to Doug Sanders, director of personnel recovery.

"One of our teams is our initial reception party team. That is the team that goes and links up with a returnee as soon as he is released from captivity. They do the medical screening and the tactical brief," Sanders said.

"We have the debriefing teams that go with the returnee throughout the different phases of the reintegration process to do different things, like make sure we gather the intelligence we need from them, and more importantly to give them that decompression time that he or she needs," he continued.

"We also have Family assistance teams - teams that go out to the Families as soon as their loved one is captured, and they work with the loved ones on how they are going to be engaged by the media, how they are going to provide the support to their loved one while they are

SEE TRAINING PAGE A5

PERSPECTIVE

People's actions can deter youth violence

By Judith Woodward
Health Promotion Officer
U.S. Army Public Health Command

Violence among young people is one of the most visible forms of violence in our society.

If you turn on the news or open a news article, there are daily examples of gang violence, violence in schools, or reports of bullying.

When you hear about youth violence, you may think to yourself, “Violence could never happen to me. No one would ever hurt my brother or sister, my friend or child.”

Surprisingly, youth violence affects not only the victims, but impacts Families, friends and members of the entire community.

Youth violence can include

many behaviors. Some violent behaviors may cause emotional harm — such as name-calling, hitting, sexual harassment, slapping, bullying or cyber bullying (comments made over email, Web pages or social media). Other violent behaviors may cause more physical harm — such as fighting, or physical or sexual assault (with or without weapons) — and can lead to serious injury or even death.

The ultimate goal is to stop the violence before it begins. Maybe you think there is nothing you could do that would help youth who are involved in violence. Whether you are a youth, interact with youth regularly, or are just a part of your community, there are many simple things you can do to focus on making the community a

safe place.

The following are a few easy guidelines and ideas that you can use each day to focus on youth violence prevention.

Promote respect

- Talk to a friend or Family member today about the impact of bullying.
- Reach out to someone today who may be unreachable — you can do this at school, after work or even at the grocery store.

Manage anger

- Plan ahead for ways to cool down when you get angry.
- Go for a walk or a bicycle ride to positively release anger and stress.

- Resolve disagreements peacefully
- Identify conflicts in your life or history that were resolved peacefully.
- Think of various ways that you can become a good listener.

Support safety

- Think ahead about a plan if you or someone you know becomes involved in a violent act. How should you respond, where will you go, who will you tell?
- Avoid gangs and questionable individuals.
- Be part of a community watch program.
- Avoid risky behaviors like being in an unsafe place late at night, or playing with any

type of weapon.

Unite in action

- Take part in an Adopt-a-Child or Big Brother/Big Sister type program where positive mentors are paired with younger people.
- Organize a community service project that brings people together to make a large impact on a school or community — painting a playground or cleaning up a park are a few ideas.

Whether you are a youth, work closely with youth, or simply live in a community with youth, working together as a community is the best way to address any challenge. By taking a few simple steps, your actions can deter youth violence every day of the year.

This month in Army Aviation history

This month we're spotlighting the September 1992 issue of the *U.S. Army Aviation Digest*. This issue features:

The Army's mobilization of National Guard units

The success of our armed forces in Operations Desert Shield and Desert Storm proved, to a degree, that America could mobilize its forces with a certain amount of effectiveness. However, the buildup was not without its problems.

Army Aviation between WWII and the Korean Conflict

How did the Army and Air Force

define their separate roles between WWII and the Korean Conflict? Once defined, how did each effectively operate and function to complement the other without arguing over who did what and getting in the other's way?

The total force

Throughout our history, citizen Soldiers have served our nation in peace and in war. From the frozen rice paddies of Korea to the sands of Kuwait and Saudi Arabia, from the streets of Los Angeles to the storm-ravaged south Florida and Louisiana regions; when they were needed, our reserve

components were there.

Helicopter maintenance through the years

The people who pinned on helicopter Aviator wings in the early 1950s have seen incredible advances in helicopter flight. Likewise, the people who started repairing helicopters back then have witnessed tremendous changes in maintenance concepts and requirements.

... and more!

Download this issue of the *U.S. Army Aviation Digest* at <http://bit.ly/av8-sept92>



Rotor Wash

“The Teen Army Family Action Plan conference is Oct. 5 for teens to submit issues or changes they would like to see on Fort Rucker. What would you like to see change or improved on at Fort Rucker?”



Kylah Robinson,
military Family member

“I'd change the library. I would make it more appealing and make more books available.”



Jada Jones,
military Family member

“I would like to change it so that teens could go in the weight room at the gym and do what they would like to do without having to have adult supervision.”



Taylor Wood,
military Family member

“There's nothing that I would want to change about Fort Rucker because I love Fort Rucker.”



Gabriel Santiago,
military Family member

“I'd change the PX. They should make it a little bit bigger with more stores and more merchandise.”



T.J. Leak,
military Family member

“I would improve the PX. I'd make it bigger and I'd like to see more restaurants. I would like to see a sit-down restaurant.”

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AAFES gives back, improves community

By Nathan Pfau
Army Flier Staff Writer

Shopping on Fort Rucker can offer a lot of savings for military Families, but something many people might not know is that the dollars people spend at the post exchange go right back into improving the quality of life on the installation.

The Fort Rucker Army and Air Force Exchange Service has a program in place that gives back to the community by paying two-thirds of Exchange earnings to Directorate of Family, Morale, Welfare and Recreation programs, according to Susie Antonello, visual merchandiser manager for AAFES.

“On Fort Rucker, the dividends paid back actually help make the military community a better place to work and live,” said Antonello. “Purchases made at AAFES operations in the past 10 years have contributed to more than \$2.4 billion to military programs like youth services, gyms and aquatic centers,” adding that on Fort Rucker, the dividends paid out by the PX provide more than \$1.3 million a year to DFMWR programs.

In 2009, the PX underwent a facelift as well as expanded its selection of electronics and added the firearms and ammo department, and in 2011 the Burger King was remodeled from the ground up.

Because of the AAFES program, DFMWR has been able to make improvements that benefit Fort Rucker’s Army community, such as: furnishings and equipment for cabins at Lake Tholocco, park grills, a finger pier, floating dock and new timing system for runs, according to Evy Bludsworth, DFMWR deputy director.

“Each of these would not have been possible without this program,” she said. “Our Soldiers



PHOTO BY NATHAN PFAU

Shopping at the PX puts money back into the community to benefit many DFMWR community programs, such as fitness facilities, pools and many other facilities that Soldiers and Families use regularly.

and their Families are able to enjoy these items and much more.

“DFMWR works hard to continuously improve our services to the community,” she continued. “The support of our AAFES partner helps us to provide the quality programs and facilities our Soldiers and their Families deserve.”

Providing support for the community and DFMWR programs isn’t the only thing the PX is good for, however. It’s also good

for saving people money, said Antonello.

“One of the added benefits that people have by shopping at the PX is not having to pay sales tax,” she said. “This can add up to significant savings, especially (now that the sales tax) is up to 9 percent.”

Another beneficial program offered by the PX is their “We’ll Match It” program, which, depending on the item, can match the price of competitors, said An-

tonello. If an item has a price difference of less than \$10, then the price will be matched on the spot, but for price differences greater than \$10, a local competitor’s ad is required.

“The Exchange even offers a 14-day price guarantee on any item originally purchased from the (PX),” she added. “If an item is sold at a lower price by the Exchange, or any local competitor, the price can be matched up to two weeks after the purchase.”

Antonello said that although the savings are nice, it’s more than just about saving money, it’s about improving the community.

“At Fort Rucker, we promise to always support our military community to the best of our ability, and continuously strive to improve our goods and services to satisfy all of their shopping requirements,” said Antonello. “Our mission is to provide quality goods and services at competitively low prices, and that al-



PHOTO BY NATHAN PFAU

Forging leaders

Students attending the NCO Academy navigate obstacles by working together at the Leaders Reaction Course Friday. Throughout much of the course, Soldiers had to use planks of wood, rope and each other to navigate the various obstacles without touching or falling on the ground.

News Briefs

Fall cleanup

Fort Rucker’s fall cleanup takes place Tuesday through Oct. 4. All garrison, mission and tenant units are required to participate. Fall Clean-up will be conducted: Tuesday, clean-up of interior offices and work areas; Wednesday, clean-up of exterior areas and police call areas; Oct. 3, 9 a.m. to noon, continue clean-up of interior and exterior areas, and 1-4 p.m., under the supervision of the brigade or owner of the barracks, Soldiers residing in the barracks will be released to conduct clean-up of common areas of responsibility (mission dependent); and Oct. 4, 9 a.m., inspection of the post conducted by the garrison command sergeant major, the U.S. Army Aviation Center of Excellence command sergeant major and the Directorate of Public Works representative. All corrective actions will be completed by close of business.

Hazardous materials, such as paint, batteries, thinners, solvents, etc., can be taken to the HAZMAT point in Bldg. 1315. For specific information on what materials are acceptable for turn-in, call 598-1311. Coordinate for mixed fuel or oil for turn-in through the DPW Environmental Division Office at 255-1659. These materials must be taken to the HAZMAT point – there is no HAZMAT pick-up capability for fall clean-up.

Units, directorates, tenants and activities serviced by dumpsters must place their waste in the dumpster or coordinate for a pick-up. Waste placed at the side of a dumpster or on the curb will not be picked up by the con-

tractor when the dumpster is emptied. If a unit requires a pick-up of waste that will not fit into its dumpster, representatives should call the DPW Contract Management Branch at 255-1070 to coordinate a time and location for pick-up. If a pick-up is scheduled, the scheduling unit will be required to provide personnel to load and unload the truck. Bulk trash items that will be picked up on the side of the road will be bagged leaves, limbs, boxes and furniture. Boxes must be broken down and furniture must be taken apart.

Government furniture or property will not be placed in the dumpsters. Proper turn-in of government furniture and property will be coordinated for turn-in thru the Defense Reutilization and Marketing Office. Units need to consolidate bulk trash items in an area that is easily accessible to a five-ton truck. Bulk trash pick-up will be completed 9 a.m. to 4 p.m. Tuesday-Oct. 3.

Cleaning supplies, to include garbage bags and tools for unit area clean-up must be obtained through regular supply channels. No additional funding will be provided for the fall clean-up. Individual units must provide Soldiers with all required equipment (rakes, brooms, etc.) for clean-up of the Single Soldier Complex.

AER changes

Starting Tuesday, 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.

Road closures

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

For more information, call 255-1749.

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

For more information, call 255-2296.

NCOA

Iron Squad teaches teamwork

By Sara E. Martin
Army Flier Staff Writer

The Iron Squad Challenge is the culminating event for NCO Academy students, and after the grueling four-hour, six-event competition students still do not know who won.

Each team consists of five members and teams were comprised of Senior and advanced NCO course students from different Aviation military occupational specialties, and the winner will be revealed Friday when the classes graduate.

"This competition is good for team building and esprit de corps," said 1st Sgt. Gloria J. Cain, NCOA deputy commandant. "It makes them push themselves to their limits and sometimes even past because this competition helps the students push themselves farther than they might have ever gone.

"The students who compete go the extra mile — they set themselves apart," she added.

Forty Soldiers competed, divided up into eight teams. There are time and point penalties for infractions for all of the events, and whichever team has the fastest time in the end wins.

"All five members must complete every event, if anyone fails or hurts themselves then the team is disqualified," said Sgt. 1st Class Robert Young, senior small group leader and Iron Squad NCO in charge.

Each class builds their own teams, and Young said that each class has to live with the decisions that they make, even if one team member brings the rest down. But one competitor said that is what makes the competition worthwhile.

"I love doing this type of stuff, especially when it involves teamwork because you are not only relying on yourself for success, but you have to depend on others as well," said Staff Sgt. Jordan Thibodeaus. "We have to support each other and try harder for the entire team."

"This is about team effort. They have to make the weakest link in their team stronger," said Young. "No one is an individual here. At the end it is all about completing something as a team and their ability to work together. And they will take what they learn here back to their individual units in their tool bags."

The competition starts with sit-ups and pushups back-to-back for one minute each with a silent count. The litter carry



COURTESY PHOTO

Michael Rosier, B Company, STB 37th IBCT Michigan National Guard, and Staff Sgt. Vincent Maurer, 2-13th Aviation Regiment, complete the pull up portion of the Iron Squad Challenge Monday at the NCOA.

relay follows.

"They have to correctly assemble the litter using an Army Combat Uniform and then carry their casualty around two cones," said Young.

After the first three events, teams move on to the NCOA obstacle course, which is the only obstacle course on the installation, according to Young. Then, without resting, they move on to the pull-ups where they have to do as many as they can.

The last two pieces of the competition are the ruck march, or ruck run, and the High-Mobility, Multi-Purpose, Wheeled-Vehicle 998 push obstacles.

These last two obstacles usually push the students to their limits because they are physically exhausted by that time, said Young.

"The 50-meter Humvee push is uphill and the ruck is 4.3 miles around Beaver Lake," he said. "The vehicle weighs around half a ton and competitors carry 25 lbs. in their rucksacks during the ruck. So by the end, their bodies are spent if they gave it their all."

And the students were, by 9 a.m. Monday when the competition wrapped up.

"This competition is very challenging," said Staff Sgt. Jonathan Blewer. "I am com-



Staff Sgt. Michael Rosier, B Company, STB 37th IBCT Michigan National Guard; Staff Sgt. Vincent Maurer, 2-13th Aviation Regiment, Fort Huachuca, Ariz.; Sgt. Jay Anderle, A Company, 2/1 STB Fort Bliss, Texas (on litter); Sgt. Anthony Dowden, E Company, 3rd Aviation Regiment, Fort Stewart, Ga.; and Sgt. Dennis Turman, GSC GSB 7th SFG Eglin Air Force Base, Fla., participate in the carry litter relay.

pletely exhausted — the truck push was mentally and physically exhausting."

Blewer said that almost every class was represented at the competition and that it was great to have those not participating cheer him on.

"It's great motivation," he said. "Our team is older than

most of the other teams, but I still think we did a great job because we pushed each other to keep going."

Rucking, team building, building camaraderie and friendly competition is what the Army is all about, said Thibodeaus from Team 6.

"If we win, to me it would just

mean that we were successful together while having fun doing it," he said. "It would be great, though, (if we won) because some people think that 15Qs are lazy and only sit in towers and can't do basic Army stuff. So, it would be nice to prove to them that we are just as strong and brag a little."

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TAOG: Video chat keeps Families in touch

Continued from Page A1

definitely noticed there was a change in the household and (we've) just grown that much more attached."

Despite the multiple deployments, Parnell and his Family plan to stay in touch throughout the process, said his wife, Brianna.

"We will use (video chat), talk on the phone and write letters to each other," she said. "I'll send him (care packages) so that he'll have stuff to remind him of home, too."

The Family also found a way for both parents to read to their daughter throughout the deployment, said Brianna, through prerecorded books.

"This way, we can read to her every night," she said. "For me, it's just the same as the other two (deployments). If my number is called I've got to go," said Brandon. "It takes a lot of reaching down deep and trying to control my emotions so that I (stay strong) for my Family."

This deployment comes during a time when the U.S. is experiencing a reduction in troop strength in Afghanistan,

which directly affect the amount of Soldiers that would deploy from Fort Rucker, according to Shenk.

The 1-58th AOB was slated to deploy with the TAOG, but were released from planned deployment two months ago, said the commander.

"2014 will prove to be an important year in our Army and our nation's history," said Shenk. "Our mission in Afghanistan will draw down considerably and our efforts to ensure stability in the greater Southwest Asia region will remain steadfast, and the TAOG is proud to be part of this transition."

Ceremony: Community reaches out to support POWs

Continued from Page A1

the men to attend the ceremony.

"Today all of us reaffirm a most sacred obligation — that we must never forget the men and women who did not come home, and that we must never stop trying to return them to their Families and the countries they fought to protect," he said.

Hope is not lost, continued Cyrulik, for 40 service members have been accounted for so far this year, including an Alabama native, thanks to advances in technology

and those working in global search, recovery and laboratory operations.

"Our former and current POWs serve as an inspiration to us all," he said. "In many cases these brave men and women endured terrible hardships and were subject to horrific torture, humiliation and deprivation by our enemies."

Stamaris and Stovall said it meant a lot to be recognized for their service, because many of them went through "an awful lot."

"It makes me feel good that people are recognizing



PHOTO BY SARA E. MARTIN

Retired Lt. Col. Thomas Stovall and retired Sgt. 1st Class Daniel Stamaris, former prisoners of war, were recognized at Fort Rucker's POW/MIA ceremony Friday at Veterans Park.

the service that has been given by so many service members throughout our

history," he said. "The most important thing, though, is that we don't ever forget

what they went through, not just the ones that are POWs, like myself, but also (those who are) missing in action."

Around 20 motorcycle riders from several clubs participated in the event to show that people care and are not forgetting.

"It is a matter of us not letting anyone ever forget what these guys have done and why they did it. We want to make sure that they are respected and that Soldiers are never treated like they were when they came back from Vietnam," said Staff Sgt. Shane Cook, 1st

Battalion, 223rd Aviation Regiment and the combat veterans motorcycle association's public relations officer.

Cook said that he is proud to be a part of Fort Rucker when he sees how the installation is supporting the community and veterans.

"It means a lot to the guys who have served and the Families that are still searching. This country was founded on freedom and there is only 1 percent that is willing to fight for that freedom, and that is a pretty tall order," he said.

Training: Teams to assist Family members of returnees

Continued from Page A1

being held in captivity and how we are going to provide support to them while their Soldier is held captive," said Sanders.

For the past several years, to train Army South's debriefers, Army South travels from Fort Sam Houston, Texas, to Fort Rucker to train with Soldiers who have recently undergone SERE training.

"Our debriefers really have to work with somebody that has been in some sort or captivity environment to feel the uniqueness of the debrief and to get the idea of how (different people or Soldiers) are going to do the story telling," he said.

Students who have just gone through their portion of training end up with Army South representatives and the unit does a no-kidding, real-life debrief of them.

"We gather all of the information, the lessons learned, document everything, and we go back and do follow alongs, which are great events for us because our debriefers get to work with a student that has really experienced captivity," said Sanders.

Sanders said that this type of training is also beneficial for the students because they get to apply several things they learned in school — such as if they paid attention to their surroundings and if they can debrief Army South on those things.

He also said they would gain better visibility and better understanding of what they went through.

Though the students and Families are going to benefit, Maxton said the real focus of this training is for their teams to train with real Families and real Soldiers

because the training is only available here at Fort Rucker.

There is a three-phase process that Army South uses to conduct its reintegration process, but the training done on the installation primarily consists of Phase 1 and 2.

"The first phase is when we first recover them and that lasts about 24 hours. Then we take them to the second-phase location, and that phase lasts for about 72-96 hours," said Sanders. "That is the decompression phase, where they get medical and psychological care. There they will get back into a circadian rhythm."

Army South works with the FBI closely because the government has to prosecute the hostage takers and it provides different types of assistance, said Sanders. So to receive the training, and observe to make

sure that the things that Army South is doing will support the prosecution efforts against the hostage takers, FBI representatives attended as well.

"We train like this throughout the year, and we have several processes that we go through to develop our procedures. That way, when someone is released from captivity, we are ready and prepared to execute these procedures that we need to do that focus on the individual that is being returned," said Maxton. "And we wouldn't be so effectively trained if it wasn't with our partnership with Fort Rucker."

Army South continues to expand its training into Phase 3 on Fort Rucker, where Family Assistance Teams are deployed to the Family members of returnees. See Part 2 of this article in the Oct. 3 issue of the *Army Flier*.

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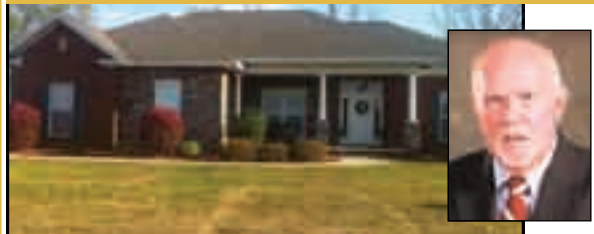
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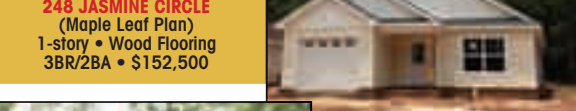


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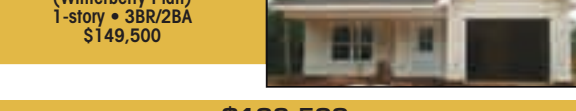
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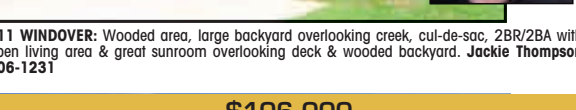
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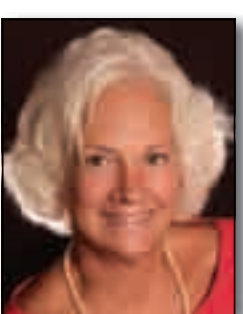
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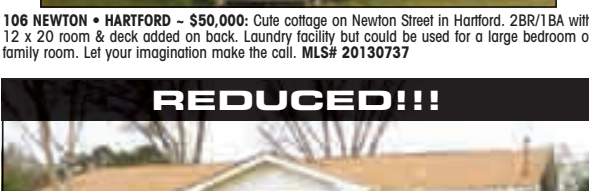
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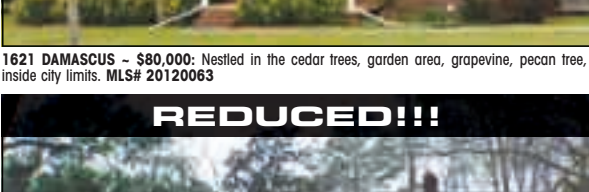
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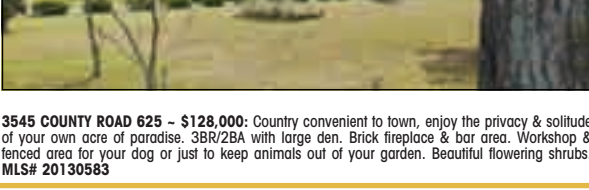
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SEPTEMBER 26, 2013

Officer to receive Medal of Honor



Capt. William Swenson leads Afghan Border Police members as they board a UH-60 Black Hawk helicopter in May 2009.

ARMY PHOTO

By J.D. Leipold
Army News Service

WASHINGTON — Former Army Capt. William D. Swenson will be presented the Medal of Honor by President Barack Obama in a White House ceremony Oct. 15, making him the sixth living recipient of the nation's highest military award for valor during combat in Iraq or Afghanistan.

The Washington State native will receive the Medal of Honor for his conspicuous gallantry at the risk of his life above and beyond the call of duty, Sept. 8, 2009, during combat operations against Taliban insurgents in Kunar Province, Afghanistan.

"It's a monumental event for me, for my Family and for my teammates," Swenson said after receiving word directly from Obama. "This day also means a lot to those I served with."

During his second tour in Afghanistan, Swenson served as an embedded adviser with the Afghan Border Police Mentor

Team in support of 1st Battalion, 32nd Infantry Regiment, 3rd Brigade Combat Team, 10th Mountain Division. He was tasked with mentoring members of the Afghan National Security Forces.

On the morning of Sept. 8, 2009, Swenson and his team moved on foot into the rural community of Ganjal for a meeting with village elders. It was then he and his team were ambushed by more than 50 well-armed, well-positioned insurgent fighters.

As the enemy unleashed a barrage of rocket-propelled grenades, mortar and machine gun fire, Swenson returned fire, coordinated and directed the response of his Afghan Border Police soldiers, and simultaneously tried to call in suppressive artillery fire and Aviation support.

After the enemy effectively flanked coalition forces, Swenson repeatedly called for smoke to cover the withdrawal of the forward elements. Surrounded on three sides by enemy forces inflicting effective

SEE MEDAL, PAGE B4

Medevac company saves lives in Colorado

By Valecia Dunbar
U.S. Army Medical Command Public Affairs

FORT CARSON, Colo. — Three Army Medicine medevac crews from Fort Carson deployed to flood areas recently to assist in evacuation and rescue efforts.

They joined members of the Colorado and Wyoming National Guard, Federal Emergency Management Agency and other local emergency response teams in support of flood evacuation operations.

The military response to the Colorado floods, dubbed "Operation Centennial Raging Waters," is likely to be the biggest rotary-wing airlift mission since Hurricane Katrina, according to Lance Blyth, U.S. Northern Command historian.

Operating out of Boulder Municipal airport, the medevac crews, equipped with three Black Hawk and four Chinook helicopters, flew upwards of 9.5 hours each on a single Sept. 14 evacuation event before running out of daylight and crew endurance.

From Sept. 13-17, flight crews completed several rounds of nonstop evacuations, and the 2nd Battalion, 4th Aviation Regiment rescued or evacuated 1,028 civilians and flew more than 150 total flight hours.

Charlie Company Archangels flew more than 75 flight hours and conducted 43 hoist missions, most of which included five or more lifts per mission in order to clear evacuation sites of all personnel, pets and baggage.

A total of 3,054 people were evacuated by military personnel as of mid September. At the time, authorities were reporting more than 1,000 individuals were still unaccounted for, which increased concern that flight crews would start seeing patients by the time the mission was complete.

"Thus far, none of the evacuees were the result of injuries directly related to the flooding; however, there were many who

SEE LIVES, PAGE B4



PHOTO BY SGT. DANIEL SCHROEDER

KIOWA OFFLOAD

Soldiers with the 25th Combat Aviation Brigade, 25th Infantry Division, offload an OH-58D Kiowa Warrior helicopter assigned to 2nd Squadron, 6th Cavalry Regiment, from an Air Force C-17 Globemaster III cargo plane during a contingency response force validation exercise at Hilo Airport, Hawaii, Sept. 11.

Afghan forces learn air-to-ground integration

By Staff Sgt. Elvis Umanzor
4th Infantry Brigade Public Affairs

LOGAR PROVINCE, Afghanistan — As U.S. forces prepare to leave Afghanistan, the Afghan air force and the Afghan national army are integrating air and ground forces to conduct combat fire support and logistics missions as they continue to grow and lead operations.

On Sept. 18, three Afghan National Army fire support officers and two staff officers with the 4th Infantry Brigade, 203rd Corps, conducted an air-to-ground integration exercise near Hunter Base in eastern Afghanistan.

The ANA soldiers successfully coordinated with two Afghan Mi-35 helicopters. They conducted live-fire drills, including how to abort a mission.

The AGI exercise, part of a proof-of-concept initiative to certify Afghan air coordinators, allowed ANA soldiers to communicate with the pilots, and provide a safety net for the army and air force to work together in the same area of operation.

"Currently, the Afghan security forces depend on the coalition forces to provide them air support," said U.S. Air Force Lt. Col. Mark Brown, a native of Sacramento, Calif., a NATO Air Training Command-Afghanistan adviser. "In 2015, they (Afghan forces) are going to have to rely on their own assets to provide this type of sup-



PHOTO BY STAFF SGT. ELVIS UMANZOR

An Afghan air force Mi-35 helicopter flies over a group of Afghan soldiers with 4th Infantry Brigade, 203rd Corps, and U.S. Army advisers Sept. 18 in Logar Province, Afghanistan, during a live-fire, air-to-ground integration exercise.

port."

Brown and U.S. Air Force Chief Master Sgt. Keith Hunt, 504th Expeditionary Air Support Operations Group, and a Lexington, N.C., native, are helping to develop the curriculum to create a new Afghan air force, career field—Afghan Tactical Air Coordinator.

The program the AAF is developing in hand with the ANA is critical to the AAF transitioning, said Brown. This is a critical point in the future of the Afghan military.

"They've shown and demonstrated their ability to do some of these missions on their own," he added.

The classroom instruction started

Sept. 14 when the ANA soldiers trained to identify terrain, enemy targets and mark friendly positions on a map. The hands-on instruction included procedures for communicating with a pilot.

ANA 2nd Lt. Nasrullah, a fire support officer with the 4th Kandak, 4th Infantry Brigade, said the training, along with the live-fire exercise, went well, adding that he found the classroom training, where he learned how to communicate with the pilots using codes, very effective.

"I think we have the capabilities, ANA and ANP (Afghan National Police), to fight against the

insurgents," he added. "We had a (recent) operation with no U.S. support and we were successful against the enemy."

"We are just there for guidance and assistance," said 1st Lt. Robert Gordon, a native of Syracuse, N.Y., and an adviser with 1st Battalion, 76th Field Artillery Regiment, 4th Infantry Brigade Combat Team, 3rd Infantry Division, who is partnered with Nasrullah and his team. "They are at the point where they can go out and do their missions on their own."

"They'll be able to utilize those helicopter fighters to push the enemy back," he added.

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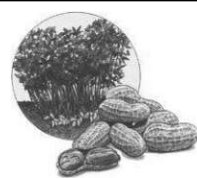
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Medal: Soldier puts safety of others above self

Continued from Page B1

and accurate fire, Swenson coordinated air assets, indirect fire support and medical-evacuation helicopter support to allow for the evacuation of the wounded.

Swenson ignored enemy radio transmissions demanding surrender and maneuvered uncovered to render medical aid to a wounded Soldier, Sgt. 1st Class Kenneth W. Westbrook. Swenson stopped administering aid long enough to throw a grenade at approaching enemy forces, then assisted with moving Westbrook for air evacuation.

After using Aviation support to mark locations of fallen and wounded comrades, it became clear that ground recovery was required due to the proximity of heavily-armed enemy positions to potential helicopter landing

zones.

With complete disregard for his own safety, Swenson voluntarily led a team into the kill zone, exposing himself to enemy fire on three occasions to recover the wounded and search for missing team members.

Returning to the kill zone a fourth time in a Humvee, he exited the vehicle, evaded a hail of bullets and shells to recover three fallen Marines and a Navy corpsman, working alongside then-Marine Corps Cpl. Dakota Meyer, who, on Sept. 15, 2011, received the Medal of Honor for his own actions in the battle.

After six hours of continuous fighting, Swenson rallied his teammates and effectively disrupted the enemy assault.

Swenson was commissioned a second lieutenant fol-

lowing graduation from Officer Candidate School on Sept. 6, 2002. His military training and education includes the infantry Maneuver Captains Career Course, Ranger Course, Infantry Officer Basic, Infantry Mountain Leader Advanced Marksmanship Course and Airborne School.

His military decorations include the Bronze Star Medal with Two Bronze Oak Leaf Clusters; the Purple Heart; the Army Commendation Medal; the National Defense Service Medal; the Afghanistan Campaign Medal with one campaign star; the Iraq Campaign Medal with two campaign stars; the Global War on Terrorism Expeditionary Medal; the Global War on Terrorism Service Medal; the Army Service Ribbon; the Overseas Service Ribbon; the Combat Infantryman Badge; the Ranger Tab; and the Parachutist Badge.

Lives: Missions were limited to daytime only

Continued from Page B1

had chronic injuries or illnesses that required attention, especially among the elderly,” said Maj. Seth O. Swartz, medevac commander of 2-4th GSAB and native of Kalamazoo, Mich.

At the time, Swartz was en route to check on his crews, and get a better sense of the scope and duration of what he could expect in the days ahead.

“The mission was limited to daytime operations only, due to the combination of weather through the weekend, and the challenges inherent in flying and conducting hoist extractions in mountainous terrain,” said Swartz.

This was coupled with challenges associated with mountain search and rescue where there is no one on the ground in these isolated areas to identify their locations or call the crews in for help.

The rain dropped as much as 9-10 inches in parts of the state known as the Front Range, which is the most populous area in the instate region. It is the home of Denver, Aurora and Boulder, as well as the smaller municipalities in the hills.



Sgt. 1st Class Keith Bart, UH-60 Black Hawk (medevac) crew chief, Company C, 2nd General Support Aviation Battalion, 4th Aviation Regiment, 4th Combat Aviation Brigade, 4th Infantry Division, carries an animal to safety during a flood rescue and recovery operation in Boulder, Colo., Sept. 16.

September 16 - October 2



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SEPTEMBER 26, 2013



DOMESTIC VIOLENCE AWARENESS MONTH

Post seeks to increase awareness

By Sara E. Martin
Army Flier Staff Writer

Domestic violence appears to be on the rise in the military, so much so that the Department of Defense considers it an item of specific concern, and Fort Rucker is on a mission to help Soldiers and Families understand, recognize and report it.

Domestic Violence Awareness Month is recognized each year by the Department of the Army to increase awareness of the importance of the military community coming together to take a collective responsibility in ending domestic violence within military Families, said Luticia Trimble-Smith, Family Advocacy Program manager.

To help do this, Fort Rucker has couples communication workshops, a resource library, parenting classes, a new parent support program, and anger and stress management classes to help support the community.

"It is important to understand how to recognize domestic violence, how to prevent it, and where to obtain resources for immediate safety and protection," she said.

In recognition of October being DVAM, and to increase awareness of community resources available to maintain strong Families, several events will be held across the installation.

"We are always developing and providing programs that empower and strengthen Families. October is just the month where we have large, special events," she said. "The events will focus on enhancing relationships and having fun while giving out important educational information."

The FAP will have information and awareness tables set-up at a variety of locations throughout the month. This is a community-wide effort to get the word



PHOTO BY SARA E. MARTIN

Col. Stuart J. McRae, Fort Rucker garrison commander, speaks at the Domestic Violence Awareness kickoff event last year in the lobby of Bldg. 5700.

out on domestic violence related facts, issues and resources.

The Purple Day campaign will begin Oct. 4. This will be a community-wide effort to recognize the collective responsibility to prevent all forms of domestic violence.

People can participate by wearing purple every Friday throughout October.

The Scream Free Marriage Workshop will be held Wednesday, and Oct. 9, 16, and 23 from 11 a.m. to 1 p.m. for free at The Commons, Bldg 8950. This workshop will include free childcare and is open to active-duty military, retired, DOD employees and their Family members. Registration is required by Friday. For more information and to register, call 255-3898.

Army Community Service's Exceptional Family Member Program and Relocation Readiness Program's Hearts Apart

Family Bowling Night invites all active-duty military Families with special needs, or disabilities, and Families with Soldiers deployed or serving an unaccompanied tour to participate in a night of bowling Oct. 17 from 5-10 p.m. at Rucker Lanes. Cost is \$1 per game and \$1.50 for shoe rentals. Registration is required by Oct. 15. For more information and to register, call 255-9277.

"We want everyone to be aware of the resources that are out there to assist victims, and their Families to receive the support that they need to ensure everyone in their Family is safe," said Trimble-Smith. "A victim can be anyone – a Soldier, a co-worker, a friend."

When someone is in imminent danger, Trimble-Smith said that it is important to contact law enforcement immediately.

"If you suspect that someone

is a victim of domestic violence, encourage them to contact the Victim Advocacy hotline where they can make a restricted or unrestricted report and receive comprehensive services such as assistance with obtaining protective orders, shelter, medical, legal, financial and other appropriate recourses," she added.

The 24/7 Domestic Violence Hotline is 379-7947.

Early notification, according to Marcel Dumais, chief of police for Fort Rucker, is the best way for victims to remain safe and healthy.

"We have to act when we hear anything about domestic violence," he said. "We can't wait until it gets to the point where it may result in a death. I hope people are concerned enough to get out and notify a supervisor in a case where they believe domestic violence is happening."

Col. Stuart J. McRae, Fort

Rucker garrison commander, said last year during the event's kickoff that since 2009 Fort Rucker has had three deaths from domestic violence.

"That is three deaths too many. We have to step forward and be vigilant. Be aware of the signs — don't assume someone else is handling it. Be bold, be blunt and ask questions," he said.

Domestic violence is often bound to the home and goes unreported, said Trimble-Smith, enforcing the garrison commander's discourse about spectators taking a stand against it.

"We have a responsibility to our fellow person. That is a requirement as human beings — to care for each other. So, it is incumbent for each of us to recognize the signs and to not pretend something isn't there or assume that everything is OK," said McRae.

Teen AFAP gives youth a voice

By Sara E. Martin
Army Flier Staff Writer

Fort Rucker leadership wants to hear from the total military Family, and will get a chance to do so when it holds a Teen Army Family Action Plan Oct. 5.

Teen AFAP will be held at The Commons on Seventh Avenue from 9:30 a.m. to 1 p.m. to review the issues that are submitted between now and Oct. 4.

Teens can submit issues by emailing Shellie Kelly, Army Community Service Army Family Team Building and AFAP program manager, at Martha.m.kelly2.civ@mail.mil, on Facebook at www.facebook.com/events/572687702767015/?ref=3, or on the Directorate of Family, Morale, Welfare and Recreation web page at www.ftrucker.mwr.com/acs/army-family-action-plan.

Military teens ages 13-18, may submit their problems and issues, and Kelly said that none are too big and none are too small.

"The AFAP exists to give a voice to every member of the total Army Family," she said. "We address quality of life issues that range from pay and benefits, to Fam-

ily programs, installation facilities, child development centers, dog parks and anything that will make a Soldier or Family member's life better. People need to know that their voice matters."

There are also boxes at many DFMWR facilities around the installation that people can submit their issues to, she added.

Food will be provided to the teens who attend the conference, which is held each year where all the issues that are submitted are discussed, analyzed and prioritized.

"This isn't a time where moms and dads get to share their perspective, this is all about the teens and what they would like to see changed about their Army life," said Kelly. "Fort Rucker leadership cares very deeply about giving all members of the Army Family a voice. This is the teen's opportunity."

Once the teen delegates discuss each submitted issue, they choose the issues that are determined to be the most important.

These issues are then rewritten and reported to Fort Rucker leadership, and though this demographic might not seem terribly important, Kelly said that its input is vital.

"Army teens face many of the same issues other teens face — pressure to do well in school, bullying, peer pressure, the need for interesting free time activities, the need for volunteer and summer job opportunities, etc., but they do it with the added stressors of starting over every two to three years in a different location and school," said Kelly. "And they face long absences of parents because of deployments (and training). Sometimes adults forget what it is like to be a teenager."

Kelly asks that when teens submit an issue they make sure to clarify what the exact problem is, why it is a problem and have a recommendation to fix the problem.

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

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

"Most teen issues can be influenced at the garrison level," said Kelly. "But if the

issue is something that cannot be fixed then the issue is elevated up.

"Almost 10 years ago, teens spoke of the frustration of doing activities together, older and younger," she continued. "They were forced to do so because of building space. It took some time, but last year the new Fort Rucker Youth Center was opened, which allowed activities to be grouped in a more age-appropriate way. Last year, the teens requested Wi-Fi in the center, leadership heard their request and there is now Wi-Fi in (there)."

Anything that is brought forward will be looked at by Col. Stuart J. McRae, garrison commander, and the commanding general, said Kelly, adding that if teens don't submit an issue, it might never be heard, and that's why the program is important. It gives teens that forum to speak on their issues.

"You hear people's gripes all the time, but if you don't take the time to submit an issue, it's never going to get fixed," she said. "From the leadership's perspective, they might not see what's going on if people don't tell them. Everyone has a role to play to initiate needed change."

For more information, call 255-2382.

ON POST

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

AFAP submissions accepted

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

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

Batting Cages' new hours

The youth sports batting cages hours will change starting Tuesday. The facility's new hours of operation are 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.

Scream Free Marriage Workshop

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

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

Purple Day

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

For more, call 255-9641.

EFMP child and Family find

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

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

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



PHOTO BY SARA E. MARTIN

Assistive Technology Expo

A scene from last year's Assistive Technology Expo. Army Community Service's Exceptional Family Member Program and the Fort Rucker Equal Employment Opportunity Office will sponsor this year's expo Oct. 9 from 10 a.m. to 2 p.m. in the Soldier Service Center's lobby. The expo, in observance of National Disability Employment Awareness Month, will showcase assistive technology devices available for individuals with disabilities. For more information, call 255-9277.

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

Financial readiness training

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

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

Youth center fall dance

The Fort Rucker Youth Center will hold its fall dance Oct. 5 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 Member Program invites all active-duty military Families that have an exceptional or special-needs Family member to attend a free EFMP Information and Support Group meeting Oct. 8 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.

DFMWR Spotlight

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Outdoor Recreation at (334) 255-4305.

Lyster embarks on new radiology partnership

By Katherine Rosario
Lyster Army Health Clinic Public Affairs

Lyster Army Health Clinic has teamed up with Eisenhower Army Medical Center’s radiology department at Fort Gordon, Ga., to speed the process of clinical interpretation and expand the opportunity for consultation.

LAHC hasn’t had a resident radiologist for several years and has relied on a contracted radiologist to read patients’ images after hours, said Capt. Melissa Riester, chief of radiology for LAHC.

“Contracting a radiologist to read images after hours was getting the job done, but not in the most expedient or cost efficient manner. Annually, the cost was several hundred thousand dollars per year,” she said.

Military treatment facilities often transfer images between each other, such as

when a Soldier is moving from one post to another, and many military hospitals already transfer images to civilian organizations when staffing levels at night do not support in-house radiology services.

“The technological groundwork for partnerships like this already existed, so the benefit of leveraging the existing technology to send all our images to Eisenhower is the opportunity to have radiological reads in real-time, and the chance for our providers to get on-the-spot consults and immediate feedback,” Riester said.

Eisenhower has a dedicated radiologist of the day who handles only LAHC cases, and has the ability to have any of their radiologists read LAHC’s studies as workload permits.

“Our turnaround times for studies are ranging from one to four hours, instead of 12-24 hours, which is great for both

patients and providers,” she said.

LAHC’s radiology department started transferring 50 percent of its workload on July 19 and quickly moved to sending 100 percent by July 24.

The tele-radiology initiative has received overwhelmingly positive feedback from providers. Their feedback compliments the ability to better consult, diagnose and treat patients.

“It is clear that the use of tele-radiology is here to stay and will be patient friendly,” Riester said. “Additionally, the economics of this kind of agreement allows for savings of taxpayer dollars, which is critical in these resource constrained times.”

Riester anticipates that the current agreement will be indefinite.

“We want to make tele-radiology the standard of access across Army Medicine,” she said.

LAHC is submitting this initiative for consideration as an Army Surgeon General Excalibur nomination for care and resource improvement.

“Based on factors like quality and value to the patient, it stands a good chance of winning the award and becoming replicated throughout Army Medicine,” she said.

LAHC does not anticipate having a radiologist on site any time soon, but tele-radiology will be a sustainable alternative that will provide excellent service and benefit patients.

Eisenhower is pleased to continue this effort, and lead the Army Medical Department in making this a standard in radiology care and management. The relationship with Eisenhower and LAHC also solidifies relevance of DDEAMC as a consultative institution while they receive workload credit for their efforts.

Lower your cholesterol to improve your health

By Wana Jin
U.S. Army Public Health Command

September marks the end of summer and back-to-school shopping, but did you know it’s also National Cholesterol Education Month?

Given the start of a new school year, what could be more fitting than a pop quiz? Don’t worry, it’s open book so you’ll ace this exam. Can you answer these three questions?

1. What is cholesterol?
2. How often should you get your cholesterol tested?
3. What can you do to lower your cholesterol?

Read on to find the answers.

What is cholesterol?

Cholesterol is a fatty, waxy substance naturally produced by your body. At the right levels, it plays an important role in keeping your body healthy. Unfortunately, at the wrong levels, cholesterol can lead to health problems such as heart attack or stroke.

There are two types of cholesterol: high-density lipoprotein, the good type, and low-density lipopro-

tein, the bad type. High levels of the good HDL cholesterol help to prevent heart attacks. Too much of the bad LDL cholesterol can lead to a build-up of plaque along the inner wall of your arteries. Plaque narrows arteries and limits the flow of blood.

According to the American Heart Association, more than 35 million American adults have very high levels of cholesterol, putting them at high risk for heart disease.

How often should you get your cholesterol tested?

Getting your cholesterol levels checked is an important part of staying healthy. The National Cholesterol Education Program recommends that adults over the age of 20 get checked every five years, usually through a simple blood test. It’s especially important to get tested regularly because you don’t feel any pain or symptoms when you have high cholesterol. Talk to your primary-care provider about the test that measures your cholesterol levels and when you should get your cholesterol checked.

What can you do to lower your cholesterol?

Lowering your cholesterol can decrease your risk of having a heart attack or stroke. You can start taking steps today to lower your cholesterol and improve your health.

- Eat a heart-healthy diet. A heart-healthy diet includes low-fat and high-fiber foods. Eat foods such as fruits, vegetables, whole grains, lean meats and poultry, fish, beans and low-fat dairy products. Limit foods that contain high levels of saturated fat, trans fat, or dietary cholesterol such as fried foods, sausage, doughnuts and butter.
- Exercise at least 30 minutes most days of the week. Adults should aim for 30 minutes of moderate intensity exercise, five days a week. Moderate intensity exercise includes brisk walking, riding a bike, dancing or pushing a lawn mower.
- Stay tobacco free. Smoking can lead to many health problems including damage to

your blood vessels and hardening of the arteries. In addition, smoking lowers the good HDL cholesterol levels in your body.

Religious Services

WORSHIP SERVICES

Except as noted, all services are on Sunday.

HEADQUARTERS CHAPEL, BLDG. 109

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

MAIN POST CHAPEL, BLDG. 8940

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

WINGS CHAPEL, BLDG. 6036

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

SPIRITUAL LIFE CENTER, BLDG. 8939

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

BIBLE STUDIES

9 a.m. Protestant Women of the Chapel, Wings Chapel, Tuesday
11 a.m. Above the Best Bible Study, Yano Hall, Wednesday
10 a.m. and 6 p.m. Adult Bible Study, Spiritual Life Center, Wednesday
Noon Adult Bible Study, Soldier Service Center, Wednesday
5:30 p.m. Youth Group Bible Study, Headquarters Chapel, Tuesday
6:30 p.m. Chapel Next (Meal/ Bible Study), Wings Chapel, Thursday

MOTHERS OF PRESCHOOLERS

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

Tips to quit tobacco

Use the 5 Ds to help with urges

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

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The Gathering - Youth
5:45PM
Sunday School
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Antique, collector car show comes to Wiregrass



COURTESY PHOTO

By Grey Brennan
Alabama Tourism Department

The Wiregrass Antique and Collector Car Show is Oct. 5 from 10 a.m. to 4 p.m. at Landmark Park.

This annual show, hosted by the Wiregrass Antique and Collector Car Club, hosts 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 kids and free for members.

For rules and entry forms, visit www.landmarkpark.com. This year's featured car is the convertible.

The day of the car show, Landmark Park will offer a chance to win \$500 cash with the annual drawing. Tickets will be available for \$2 each on the day of the show. Those who enter the drawing do not have to be present to win.

Landmark Park is a 135-acre historical and natural science park located on U.S. Highway 431 North in Dothan, Ala.

For more information, call 794-3452.

WIREGRASS COMMUNITY CALENDAR

IF YOU WOULD LIKE TO ADVERTISE YOUR EVENT, EMAIL JIM HUGHES WITH ALL THE DETAILS AT [JHUGHES@ARMYFLIER.COM](mailto:jhughes@armyflyer.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

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

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.thedowntowngroup.com.

NOV. 7 — The Farm to Table Dinner will be held at Landmark Park at the barn. The meal will be a fine dining experience using local ingredients. Cost is \$100 per person with limited seating. Call 334-794-3452 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.landmarkpark.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.

FRIDAY AND SATURDAY — Porkto-

berQue will be held at the Houston County Farm Center. Admission is charged. The event features a barbecue competition and an Oktoberfest feel. There will be free activities, music, and food and drink. For more information, call 699-1475 or visit www.porktoberque.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.

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

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

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

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

OCT. 5 — Back Street Art celebrates its third year as part of Ozark's annual 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

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. 3 — 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 their 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.

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

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

Beyond Briefs

Fall Golf Tourney

Tee up with business members from around the Franklin, Gulf, Leon and Wakulla County areas at the 10th annual Apalachicola Bay Chamber of Commerce Golf Tournament Oct. 9. 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.

Alabama Backroads Century Ride Series

Presented by Wells Fargo Advisors, Bradford Health Services and Alabama Outdoors, the 2013 Alabama Backroads Century Series is a biking event used to promote the growth and development of long-distance cycling in the state of Alabama, encourage participation in established Alabama century (100 mile) rides, recognize and reward individual cyclists for their accomplishments, and benefit the charities and advocacy efforts supported by each of these events. Each century will have their own unique medal designed and awarded to each participant that meets the challenge of riding 100 miles. The

race Saturday is the Johnny Ray Century and the Oct. 12 ride is the Glassner Autumn Challenge.

For more information, visit www.alabama-backroads-cycling.com.

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

Responder demystifies Military Crisis Line

By Terri Moon Cronk
American Forces Press

WASHINGTON — When someone is in crisis and feeling despondent, reaching out for help is a stronger step to take than doing nothing, which can lead to a worsening state, a Military Crisis Line responder told American Forces Press Service recently.

Tricia Lucchesi of Canandaigua, N.Y., said she encourages service members, Families, veterans and friends to feel comfortable calling the crisis line.

She said people contact the crisis line to discuss a variety of issues, from feeling suicidal, depressed or anxious to feeling pressure from finances or relationships, among other concerns.

“I want to encourage people to reach out, day or night, any day of the year,” Lucchesi said. “Our veterans and service members that do the best are the ones who make those calls.”

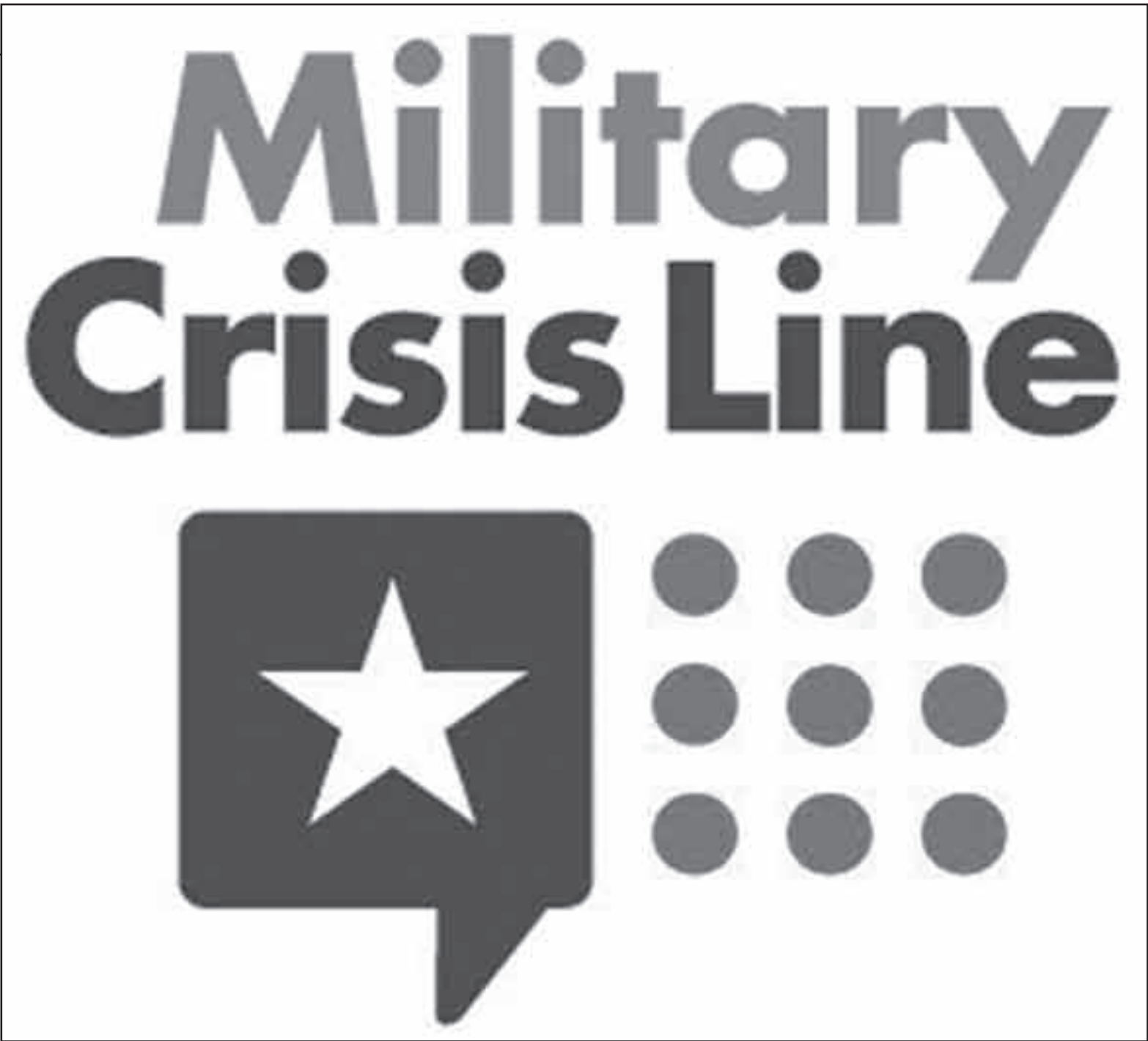
To reach skilled responders who are knowledgeable of military culture, dial 1 (800) 273-8255 and press No. 1. The crisis line also is available by cell-phone text by dialing 838255, or through online chat at <http://www.veteranscrisisline.net/ActiveDuty.aspx>.

Lucchesi said callers can expect a live person and not an electronic menu to answer their calls.

People can call the crisis line to speak with trained professionals about their problem safely, anonymously and confidentially, “which is really important,” Lucchesi said.

“We stay on the phone for as long as it takes,” she added. “We’ll do whatever we need to do to get that person the help that he needs.”

Callers receive a follow-up call from a suicide prevention coordinator the next day, or another professional who’s linked into the crisis line team. A “compassionate callback” follows about 10 days afterward, Lucchesi said,



to make sure the callers connected with the services they needed, and so responders can make sure callers are feeling better.

While some service members hesitate to seek help because they fear it will have a negative impact on their military careers, Lucchesi advises them to make the call to the crisis line before matters worsen.

“Military people do worry about (career impact), but if they’re getting to the point where they’re so much in crisis, they need to call us,” she said. “It becomes imperative for us to get them help, (and) if they don’t call, their military career could be at risk.”

The Military Crisis Line, also known as the Veterans Crisis Line at the same phone and text numbers, is

a joint effort between the Defense and Veterans Affairs departments. It provides worldwide services for active-duty troops, veterans, Family members and concerned friends of those in crisis, Lucchesi said.

As the nation observes Suicide Prevention and Awareness Month, she wants people to know they will find a welcoming environment of helpful responders who will stay on the phone with a caller until a “safety plan” is in place. A safety plan varies by individual, but can typically involve callers committing to seeking suggested help and various resources, and taking other actions such as securing weapons and pills that could be used to take one’s life.

“Just agreeing with

somebody that they can do that and knowing they’re going to get some help takes away some of the hopeless feelings they have,” she said. “Isolation is an issue for many of our veterans, service members and their Families. We’re

here 24/7 and we never want anyone to feel alone. They don’t have to sit in emotional turmoil all by themselves.”

Lucchesi emphasized the importance of contacting the crisis line – by calling, texting or chatting, which-

ever is more comfortable for a person in crisis.

“Someone could call here totally hopeless and have no reason at all to live,” she said. “And if we’re doing our job well, by the time that call ends, they’re feeling differently.”



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PHOTO BY SARA E. MARTIN

Pick-of-the-litter

Meet Gigi, a 1-year-old blue and cream female tortie available for adoption at the Fort Rucker stray facility. She is shy around new cats and new people. She needs a home that is willing to work with her to feel comfortable. It costs \$80 to adopt Gigi and other animals at the facility, which includes all up-to-date shots, the first round of age-appropriate vaccinations, microchip and spaying. For more information on animal adoptions, call the stray facility at 255-0766, open from 8 a.m. to 3 p.m. All adoptable animals are vet checked and tested for felv/fiv (for cats) or heartworm for dogs (over six months) and on flea prevention. The facility needs donations such as dry or canned foods for cats, dogs, kittens and puppies, as well as blankets, toys and towels. Donations can be dropped off at the stray facility, veterinary clinic or the commissary. Visit the Fort Rucker stray facility's Facebook page at <http://www.facebook.com/fortruckerstrayfacility/> for constant updates on the newest animals available for adoption.



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SEPTEMBER 26, 2013

Bulldogs beat down Medics, 28-6

By Nathan Pfau
Army Flier Staff Writer

Fort Rucker’s 2013 Intramural Football Season kicked off Monday as teams went head-to-head to set the tone for the season.

The 6th Military Police Detachment Bulldogs beat the Medics, made up of Soldiers from Lyster Army Health Clinic and the U.S. Army Aeromedical Research Laboratory, 28-6 in their first regular-season game.

“It feels great to win,” said Sgt. Cameron Moyer, co-captain of the Bulldogs. “We went and executed on both sides of the ball and we got off to a rough start, but we came back.”

The game started as the Medics won the coin toss and elected to kickoff.

The Bulldogs received and got off to a slow start with only a 10-yard return, and were worse off as they threw an interception during the first play of the game to give possession to their opponents.

The Medics weren’t faring any better with a false start costing the team yards, followed by an interception that allowed the Bulldogs to bounce back with a 50-yard return.

With only 40 yards to the goal line, the 6th MP detachment took advantage of the opportunity, and scored the first touchdown and extra point just minutes into the game.

The Medics took possession determined to get into the game, but the Bulldog’s defense proved too strong as they took their opponents to a 4th down, forcing a punt.

As slow as the Bulldogs offense started, they more than made up for it with an aggressive play style by breaking through the Medics defensive lines to advance toward the end zone. A 40-yard pass on the next play sealed their next touchdown and extra point to extend their lead, 14-0 with five minutes remaining in the first half.

The Medics fired back with a 25-yard return on the kick, followed by a 45-yard play that put them within 10 yards of the goal line.

The Bulldogs held the line hard to keep their opponents at the 1-yard-line, but were unable to keep them from their first touchdown.

Finally on the scoreboard, the Lyster and USAARL team decided to try for the 2-point conversion, but the 6th MP Detachment had other plans and kept their opponents from any extra points.

The Bulldogs received the kick at the two-minute warning, but the Medics defense tightened up, and penalty after penalty kept the 6th MP detachment from advancing and ended the first half, 14-6.

The Medics had the advantage going into the second half as they received the kick, but they were



PHOTO BY NATHAN PFAU

Demetrius Morrow, player for the Bulldogs, runs past an opposing player during their first regular-season intramural football game at the Fort Rucker Physical Fitness Facility football field Tuesday. The Bulldogs beat the Medics 28-6.

unable to move up on their opponents. And despite a 4th down, they decided to push for the 1st down but were unsuccessful, turning the ball over and putting the Bulldogs within 30 yards of the goal line.

The 6th MP Detachment took this opportunity to extend their

lead and within two plays found themselves in the opposing end zone once again to extend their lead, 21-6.

As time ran down, the Medics had their work cut out for them if they wanted to get back into the game, but the Bulldogs were able to stop them at every turn and

even score another touchdown before the clock ran out, ending the game 28-6.

“We had a rough start, but we bounced back nicely,” said Moyer. “This is just the beginning and we’ve got a long way to go ahead of us, but we can just go up from here.”

Fall hunt aims to help wounded warriors



PHOTO BY SARA E. MARTIN

Staff Sgt. Mark Brosel, checks out the track chair that he used throughout the hunt during last year’s Wounded Warrior Fall Hunt. This year’s hunt will run from Oct. 5-12.

By Nathan Pfau
Army Flier Staff Writer

There is a whole host of activities that Soldiers and Family members can enjoy in the outdoors of Fort Rucker, but the installation is doing its part to make sure that wounded warriors aren’t left out when it comes to outdoor recreation.

The 2013 Wounded Warrior Fall Hunt will be Oct. 5-12 and will give wounded warriors, as well as Soldiers and civilians, the opportunity to hunt hogs and coyotes to win prizes that will help out a worthy cause, said John Clancy, outdoor recreation manager.

“This is an opportunity for [Fort Rucker] to provide an activity for wounded warriors,” said Clancy. “It’s a chance to get the wounded warriors on the installation out for a hunt and ca-

maraderie, but also to showcase to them the type of handicap-accessible equipment available for them to use at any time and for no cost.”

The seven-day hunt will take place throughout the various hunting areas on Fort Rucker and is open to the public.

There is no registration fee for wounded warriors, but for the general public registration is \$25, which includes a door prize ticket and lunch.

Those that wish to participate in the hunt must be at least 16 years of age with a hunter’s education card, Alabama state hunting license, Fort Rucker post hunting permit and have their weapons registered with the Provost Marshal Office.

All of the proceeds from the Wounded Warrior Hunt will go directly back into outdoor recreation to fund programs or equip-

ment for wounded warriors, said Clancy.

There will be prizes given to the hunter with the most points for hogs and for coyotes – three points per hogs and 15 points per coyote. There will also be door prizes given away to the person holding the winning ticket on the final day of the hunt.

People don’t have to participate in the hunt to be eligible for door prizes, said Clancy, and they can purchase tickets for \$5 at the outdoor recreation service center at Lake Tholocco Bldg. 24235 or at Leisure Travel Services in Bldg. 5700.

Prizes will range from hunting equipment, fishing equipment, camping equipment, etc. and participants don’t need to be present to win.

“In 2011, the hunt raised

SEE HUNT, PAGE D3

PIGSKIN PICKS



	San Francisco vs. St. Louis	N.Y. Giants vs. Kansas City	Seattle vs. Houston	New England vs. Atlanta	Miami vs. New Orleans	Washington vs. Oakland	Chicago vs. Detroit
 Jim Hughes Public Affairs (14-7)							
 Brian Jackson DFMWR (11-10)							
 John McGee CDID (16-5)							
 Capt. Mike Simmons Directorate of Public Safety (13-8)							
 Sharon Storti Network Enterprise Center (13-8)							

DOWN TIME



T R I V I A

1. GEOGRAPHY: Where does the greatest tide change on Earth occur?
2. SCIENCE: What is the largest cell in the human body?
3. LANGUAGE: What is an elixir?
4. ART: Who painted "The Judgment of Paris"?
5. ENTERTAINERS: Who did Fred Astaire marry in 1980?
6. HISTORY: How long did The Hundred Years' War between England and France last?
7. ADVERTISING SLOGANS: What product has been advertised as "the San Francisco treat"?
8. LITERATURE: What was the real name of the British author who penned "Animal Farm" under the name George Orwell?
9. GENERAL KNOWLEDGE: Who was known as "The Singing Cowboy"?
10. TELEVISION: What was the name of the company where George Jetson worked in "The Jetsons"?

See Page D4 for this week's answers.

Super Crossword

ACROSS

1 Evil spirits
7 Avoidance of reality
15 Words before "war" or "God"
20 Leaning type
21 Personal magnetism
22 Benton of "Hoe Haw"
23 Solitary ivory-painted finger part?
25 Spring (from)
26 Twice penta-
27 12:00 in the daytime
28 Place for a headphone
29 Words after many book titles
30 Singer DiFranco
31 Poisonous evergreen
32 What a woodpecker is?
35 Bellybutton type
37 China's Zhou
39 Pigs' place
40 Be thrifty
41 Armstrong and Diamond riding bikes?
45 Ending for form

DOWN

47 Took charge
48 Haifa native
49 Abrupt increase
52 Putting chips in up front
55 Cathedral next to the University of Oklahoma?
61 Brit's lay
62 Novelist Charles
65 Weapon fill
66 State in southwest India
67 Gaunt
69 Albatross got ready to pray?
72 CVI halved
73 Bassett of "Malcolm X"
76 Official plural of a popular Toyota
77 Flute and Henning
80 Sketch show since '75
81 Library patron creating less clutter?
84 Warm up, as leftovers
86 Relative of Ltd.
87 Not shown on TV, e.g.
90 Sore
93 Tow-offering org.
94 Seamster imitated a horse?
100 Bullfight bravos
102 Joanne of "Wagon Master"
104 Court staff member
105 British singer Lewis
106 Skills needed for a business workplace?
109 Actress Longoria
111 Sneaking
112 Old town shouters
113 —no hybrid model
114 Kismet
116 Swedish auto
117 Salon tint
118 Occurrence of events not quite eerily at the same time?
122 Blissful sites
123 Neckkerchief
124 Given for a time
125 Colas, e.g.

NETTLE DETECTOR

34 "Who can — to?"
36 Tennis'
38 Nastase
37 Ovine female
38 Oilers' gp.
42 Writer Sarah — Jewett
43 Pester a lot
44 Tailored a total
46 Tennis'
49 Arthur
50 Painter Veronese
51 Catapult
52 Composer Berg
53 Nary a person
54 Fiy neighbor
56 Jack of old films
57 Only U.S. pres. to resign
58 Mrs. Mikhail Gorbachev
59 Singer Black
60 Welcomes
63 Super- —
64 Fascinated
68 Legendary snow beast
70 Assist
71 Shroud site in Italy
74 "Havana" actress Olin
75 Skee-Ball locales
78 "The Hoax" star Richard
79 Aussie lass
82 Ayn Rand hero
83 Precepts
85 Leg up
88 Fish-fowl link
89 Bible boat
90 Freeoads
91 Tenor Kraus
92 Stated the meaning of
95 Honda models
96 Type
97 Cry of praise
98 Intertwisted
99 Couches for sleeping
101 Earth tone
103 Dethrone
107 Grossly dull
108 TV's Stewart
109 End-of-list abbr.
110 Face hiders
114 Literary Huck
115 Biol. branch
116 Burn painfully
118 Pistons' org.
119 Ripken of baseball
120 "Stop — track..."
121 Umlaut part

See Page D4 for this week's answers.

See Page D4 for this week's answers.

KID's CORNER

Junior Whirl

by Hal Kaufman

WORDY WATCH! Let's see how quickly you can find missing numbers in this simple problem to multiplication. (Don't worry, you'll produce a result that may be unusual.)

1 2 3 4 5
1 A
2
3
4
5 A

FOUR-WORD PUZZLE Find four words that are one letter away from the word "FOUR".

1. Select an action.
2. Select a noun.
3. Select a verb.
4. Select a noun.

LEAP-BAGGERS! It's not often that a four-letter word is a leap-bagger. Can you find one?

Wishing Well

SCORE 10 points for using all the letters in the word below to form two complete words.

PHREASANT

THEN score 3 points each for all words of four letters or more found among the letters.

Try to score at least 30 points.

Wishing Well

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

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.

HOCUS-FOCUS

BY HENRY BOLTSMAN

CAN YOU TRUST YOUR EYES? There are at least six differences in showing details between top and bottom panels. How many can you find? Check answers with Roseanne.



PHOTO BY SARA E. MARTIN

Matt Cox, Kirk Sanders and Peyton Sanders check out the DFMWR helicopter that was on display at the Wounded Warrior Fall Hunt closing ceremony last year. This year's hunt will run from Oct. 5-12.

Hunt: Event aims to expand Wounded Warrior programs

Continued from Page A1

\$40,890, and in 2012, the hunt raised \$35,322, which went directly into buying new equipment for the wounded warriors,” said Clancy, adding that all the funds raised during the event benefit Fort Rucker directly.

With the funds raised in 2011,

Fort Rucker purchased two handicap-accessible elevated tree stands and a track chair and, with the funds raised in 2012, a customized handicap accessible boat, boat dock, accessories for the track chair and some support equipment for the upcoming hunts were purchased, said Clancy.

“A lot of wounded warriors can be reclusive, and I feel the way to get wounded warriors outdoors is to reach out to the Family,” said Mark Yoakum, ODR facilities manager. “Their Families also have to live with it every day and they’re also paying a high price – the Family feels it just as much.”

Yoakum added that the fo-

cus of the hunt is to expand the wounded warrior programs on Fort Rucker to accommodate not only wounded warriors that hunt, but all wounded warriors.

“That’s why we want an opportunity to be able to do things for wounded warriors,” he continued. “We want to showcase what we’ve got out here at the

lake. We don’t really have a lot of programs [on Fort Rucker] for wounded warriors, but we’re trying to change that. We’re just trying to raise awareness for wounded warriors by expanding on the hunt and doing more things for them.”

For more information or to register, call 255-4305.

Batting Cages’ new hours

The youth sports batting cages hours will change starting Tuesday. The facility’s new hours of operation are 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.

Big Buck Contest

Outdoor recreation will host its annual Big Buck Contest Oct. 19 through Jan. 31. The cost to enter is \$25. Registration is ongoing until Oct. 19. Participants must have an Alabama State Hunting License, a Fort Rucker Post Hunting Permit and a hunter education card.

For more information, call 255-4305.

Fall Boot Camp

Fortenberry-Colton Physical Fitness Center hosts its six-week Boot Camp Monday through Nov. 8. The program meets five days a week with two sessions to choose from – 6:30-7:30 a.m. or 8:15-9:15 a.m. The cost is \$100 per person. The Boot Camp includes weekly

consultations to keep track of progress, training with certified personal trainers, access to all group fitness classes during the six weeks and T-shirts available to all participants who complete the training. Orientation will be held Friday at 6:30 a.m. and 8:15 a.m. at the fitness center. There will be limited space in each session. Registration forms are available at either fitness center.

For more information, call 255-2296.

Hispanic Heritage Gate-to-Gate

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

For more, call 255-2296.

ATV Trail Ride

Outdoor recreation hosts its next ATV Trail Ride Saturday from 7 a.m. to 2 p.m. Pre-registration is required and cost is \$20. The trail ride is open to the public, ages 16 and older. Patrons must provide their own ATV and protective gear (helmet, boots, etc.). Protective gear must be worn at all times.

For more information, call 255-4305.

Youth basketball

Registration for youth sports fall basketball takes place Oct. 1 through Nov. 3. The cost is \$40. The teams will be broken down into five different age groups: Training League (6-8 year olds), Pee-Wee 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.

PIGSKIN PICKS



	Troy vs. Duke	LSU vs. Georgia	Oklahoma vs. Notre Dame	Army vs. LA Tech	Texas A&M vs. Arkansas	Wisconsin vs. Ohio State	USC vs. Arizona State
 David C. Agan Jr. PAO (21-7)							
 Kent Anger, DPTMS (22-6)							
 Wes Hamilton, NEC (20-8)							
 Alex Tressler, 1-11th AVN (18-10)							
 Tish Williamson, USAACE (19-9)							



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Video Game Spotlight >>

FIFA 14 delivers more of the same

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.)

We've reached the point in some sports video game franchises where each year's edition is more about polishing something that is already very good, rather than re-inventing the wheel.

That's certainly the case with "FIFA 14," a game that builds on the excellent "FIFA 13" with even more realistic gameplay, a better career mode and the requisite roster updates.

There are some good improvements to "FIFA 14," but nothing that will blow the minds of veteran soccer video game fanatics.

Last year, we saw the inclusion of Complete Dribbling, a feature that allowed gamers to dribble the ball in all directions with ease. It was a needed feature that expanded what a player could do with the ball, but didn't include realistic physics. To keep things from being slanted towards the offense, "FIFA 14" also makes sure that the ball isn't glued to dribbler's foot.

Players with lower dribbling scores will not be able to keep the ball close to their feet when sprinting, for example.

A player's strength also comes into play with an improved shielding feature and the AI for computer-controlled teammates have been improved, making "FIFA 14" look and act like true soccer. Teams now



COURTESY SCREENSHOT

defend together better and offensive players will check their runs and try to spread out the defense. Shooters try to do a better job lining up their shots. Even the ball moves more realistically during shots with dips and curls happen-

ing just like they do in real soccer.

None of these additions make this game of soccer more challenging, but they do a better job of creating a more realistic game. It's now much more satisfying to build up an attack.

The career mode has been cleaned up and scouting players is less perplexing and more rewarding. It makes it easier to find the right player, although signing him before the competition gets in on the action isn't always easy.

If you already own "FIFA 13" nobody would blame you for skipping "FIFA 14." The new game is fantastic, but there are no dramatic changes.

Reviewed on the Xbox 360



Publisher
Electronic Arts

Rated
Everyone

Systems
PS3, Xbox360, PS vita, PC

Cost
\$40-60

Overall
3.5 out of 4



COURTESY SCREENSHOT

PUZZLE ANSWERS

Super Crossword

Answers

DEMONS	ESCAPISM	ACT OF
ITALIC	CHARISMA	BARBI
SINGLE	WHITENAIL	ARISE
DECA	NOON	EAR
ANOVEL		
ANI	YEW	KNOCKING
BIRD		
INNIE	ENLAI	STY
SAVE		
NEILSON	WHEELS	ULA
LED		
ISRAELI	UPRUSH	
ANTEING	NORMAN	CHURCH
LOO	READE	AMMO
KERALA		
BONY	TUNAK	NELT
LI		
ANGELA	PRII	DOUGS
SNL		
NEATER	READER	REHEATS
	INCORP	UNAIRE
MAD	AAA	TAILOR
NEIGHED		
OLES	DRUG	CLERK
LEONA		
OFFICE	KNACKS	EVA
SLY		
CRIERS	SLO	FATE
SAAB		
HENNA	NEAR	COINCIDENCE
EDENS	BANDANNA	LOANED
SODAS	ATAS	SLANT
STRADS		

- TRIVIA
- Answers
- 1. The Bay of Fundy in Eastern Canada. The difference between low and high tide can be as great as 55 feet.
 - 2. The ovum
 - 3. A cure-all
 - 4. Peter Paul Rubens
 - 5. Jockey Robyn Smith
 - 6. 116 years
 - 7. Rice-A-Roni
 - 8. Eric Arthur Blair
 - 9. Gene Autry
 - 10. Spacely Space Sprockets

Weekly SUDOKU

Answer

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

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