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ARMY FLYER

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

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FORT RUCKER ★ ALABAMA

OCTOBER 31, 2013

Fair celebrates 39th year supporting retirees

By Sara E. Martin
Army Flier Staff Writer

Lyster Army Health Clinic hosted the 39th annual Retiree Health Fair Oct. 25 at the Fort Rucker Physical Fitness Facility in honor of Retiree Appreciation Day, educating retirees on numerous health and insurance topics.

Attendees were able to get flu vaccinations along with a host of assessments such as blood pressure and blood sugar. They also had opportunities to talk with representatives from numerous healthcare specialists and gather information pertinent to their current and future needs.

"We want to thank everyone who helped put it on and put out all the extra chairs for our retirees and their Families to rest when they got tired," said Chris Moore, Army retirement services officer, adding that he thinks the fair was well received.

"This was a one-stop-shop for them to gather information and updates on health," he continued. "And it is a good opportunity for them to get out and interact with

others, as well as give them a chance to have other tests and evaluations done – it's pretty close to a miniature exam and it is so convenient for them, which I know many of them appreciated."

The tally of attendees was approximately 580 for the health fair, more than last year, and veterans like Army veteran Milton Lassiter who spent 22 years in the military said that the event was more than helpful.

"I've got heart problems, so I stopped by that table and got nutrition guides for heart health," he said, adding that he and his wife also spent a lot of time at the diabetes tables because she suffers from the disease.

Various types of programs and agencies were available to educate attendees on physical therapy, preventative medicine, primary care, behavioral health, nutrition care, managed care, different types of pharmacies, and dental clinics, along with the changing national healthcare system.

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PHOTO BY LEIGHANN DUKES

Lyster Army Health Clinic hosted the 39th annual Retiree Health Fair, Oct. 25 at the Fort Rucker Physical Fitness Facility in honor of Retiree Appreciation Day, educating retirees on numerous health and insurance topics. Approximately 580 attended the fair this year.

Disabled worker recognized by peers, installation

By Sara E. Martin
Army Flier Staff Writer

In conjunction with National Disability Employment Awareness Month the Equal Employment Opportunity Office recognized the winner of the 2013 Fort Rucker Outstanding Employee of the Year with a Disability Award – Brian Fair.

Fair is an instructor at the Warrant Officer Career College and said that he was most thankful for the people at work who thought enough of him to submit him for such an award and to have recognized his daily effort.

"I was very grateful and thankful when I was notified that I had won because I love what I do and I would do it every single day without recognition or some award, but the fact that someone chooses to recognize you in spite of that is humbling, and I appreciate that," he said.

Col. Robert C. Doerer, U.S. Army Aviation Center of Excellence deputy commander, said that it was a honor to present Fair with the award.

"To get through those emotional and physical challenges after your accident really shows your personality. You did it and you did it beyond any doctor's belief of what you would get back that quickly, and that just shows the person that you are," he said to Fair during the award ceremony.

"This award is fitting for you, for not only what you have accomplished in your personal life but what you have done for at the WOCC," Doerer continued. "You have done so much there and have touched many warrants that have passed through the doors."

Fair served 20 years in the military and has worked on the civilian side of the installation for the last nine years. He lost his lower left leg in a motorcycle accident two years ago when a man made an illegal left turn and struck him.

"I spent about five weeks in different hospitals and finally I was taken to University of Alabama-

SEE WORKER, PAGE A5



FILE PHOTO

Native American Heritage

Richard Greybull and Donald Miller post the colors at a previous Native American Heritage celebration. The Army and Air Force Exchange Service and Fort Rucker Equal Opportunity Office host the fourth annual Native American Exhibit Friday and Saturday from 11:30 a.m. to 1:30 p.m. The event will feature inter-tribal dances, music, historical displays, vendors and a drum group performance by "Apache Scout." The exchange and EO are collaborating with local members of the MaChis Lower Creek, Dakota, Cherokee, Apache and other local tribes in providing an authentic learning experience.

Post Theater celebrates digital, 3-D upgrades

By Nancy Rasmussen
Fort Rucker Public Affairs

Nearly a year after closing its doors to moviegoers, the Post Theater here will celebrate a grand-reopening Nov. 8. For the first time, Fort Rucker Soldiers and Families will be able to drive, or even walk to the theater, and take in first-run and Disney 3-D movies, according to Army and Air Force Exchange Service.

Last January the theater was closed because it was unable to accommodate the digital format of new movies, according to Sue Antonello, AAFES marketing manager.

"Outdated equipment and the fact that movies could only be shown on the installation theater 6 to 8 weeks after release to the commercial theater resulted in low customer attendance. The motion picture film industry is switching from 35mm film prints to an all-digital projection format. The industry conversion to digital will be almost 100 percent complete by the end of 2013. As a result, Exchange Reel Time theaters had extensive reviews conducted to determine the cost-effectiveness of converting to the digital format," she said.

"The Exchange reevaluated the Fort



PHOTO BY SARA E. MARTIN

Fort Rucker's post theater will celebrate its grand-reopening with new-release, "Thor: The Dark World" on Nov. 8. After a long closure, the theater is reopening with countless upgrades including digital projection technology, 3-D capability and a totally remodeled foyer and concession area.

Rucker theater, and the decision was made to invest an estimated \$160,000 to convert to the new digital system and update the lobby and concession areas.

"The upgrades are now complete and we eagerly await our first digitally formatted showing. With the technical upgrades in place, Fort Rucker Soldiers and Family members will enjoy an exciting quality of life enhancement," she said.

"Not only is the theater equipped to handle all new releases, without the previous

long delays, but with the new set-up and an agreement with Disney, Fort Rucker moviegoers will enjoy first-run 3-D motion pictures as well," she said.

"The quality of the digital viewing is something that our patrons need to come out and experience for themselves, along with updated snack bar and tasty menu items. There is nothing like fresh 'theater' popcorn. Everything in the snack bar is

SEE UPGRADE, PAGE A5

PERSPECTIVE

Garrison commander calls for access safety

By Col. Stuart J. McRae
Fort Rucker Garrison Commander

Teammates, over the past few weeks I have seen a significant spike in speeding tickets as we have begun enforcing the speed limits at our various gates. We recently reduced the speed limits approaching each of our active vehicle barriers to 25 miles per hour. It may seem that we are indiscriminately changing the speed limits but, in fact, the speed reduction is a requirement for the certification of our active vehicle barriers or AVBs. We have had AVBs installed at some of our gates for some time, but until this year they were not certified for use. This year we secured sufficient funding and have contracts in place to



Col. Stuart J. McRae

finish this project at every gate. Active vehicle barriers are the devices installed which are designed to stop a would-be terrorist from gaining access to the installation. Based on engineering codes and safety standards, the speed limit of 25 mph allows drivers to safely stop if the barrier is activated. Additionally, security personnel working the ACPs are better protected when vehicles exiting the installation slow down. Without getting into the technical specifics of the upgrades, one safety aspect in the operation of these barrier systems is tied into the traffic lights located at or near the barrier systems. When a barrier is activated in response to a security threat, traffic lights change from green to yellow to red, to alert drivers to respond appropriately. Should the gate system need to activate, drivers will need to reduce their speed, proceed with caution and stop as they approach from either direction so they have the appropriate time to react. Although many drivers may find this

lower speed limit annoying or inconvenient, the change is necessary, and makes for a safer environment for our Soldiers, Family members and civilians — safety is paramount. And, in most cases, the increased travel time at these areas is less than two minutes — a minimal impact on commuters when considering how much safer things are. We will enforce the speed limit — Fort Rucker police monitor the areas near the gates and will cite drivers who ignore the posted speed limit. As the garrison commander, it is my duty to ensure the safety of the thousands of people who travel on and off Fort Rucker daily, to live, work, visit and shop. And, although some drivers consider the reduced speed limit aggravating and unnecessary, when security and safety is weighed in the balance, I am convinced they will agree it is the right thing to do. I will always endeavor to keep you posted of changes affecting you on this installation. Let's all do our part to ensure safe operations around the Post. We're one team on Fort Rucker!



PHOTO BY NATHAN PFAU

Motorists urged to remain watchful when approaching access gates.

ACAP offers salary negotiation tips

By Bryan Tharpe
Fort Rucker Army Career and Alumni Program

Negotiating a salary is every job hunter's final hurdle. Many times job seekers are so eager to have an offer that they forget to take advantage of the leverage they have at this critical moment. Your negotiating strength is never stronger than at the moment when the company invites you to join their team. Many job seekers fail to prepare themselves for this final hurdle and may end up with less compensation than they are worth. This can be avoided by researching, practicing and expecting negotiations. Before you can begin to develop a negotiation strategy, you must learn about yourself. You can begin this process by analyzing your financial needs and wants. Determine what compensation you will require by preparing a brief balance sheet of your assets and liabilities. This simple exercise will quickly reveal your salary needs. In addition, you need to research current compensation

packages within your specific career field. You should become familiar with all parts of the compensation package because there are options with a civilian package that may be new to you. You can find salary information in the ACAP Occubrowse plus, Jobs Rated Almanac, the American Almanac of Job Salaries and the Occupational Outlook Handbook, all of which are available at ACAP. You should enter the negotiation process with a win-win attitude. The end result should be a benefit to you and the company. You should determine how soon the company needs to fill the position and whether or not you are a good fit. Never be the first to mention money. The rule is, "the first to mention money loses." This is true. You want the employer to reveal their money position first — this gives you the upper hand in negotiation. Always remember, you can come across too greedy and this may turn off your potential employer. You must use tact and common sense during the negotiation. If you find yourself at an impasse with a potential employ-

er, try to negotiate something other than salary. There are a multitude of benefits other than salary that you may be able to negotiate, such as vacation or leave time, 401K plans, stock options and health benefits. Many times relocation benefits are also a negotiation point. Do not overlook these benefits when you begin to develop your own negotiation strategy. In summary the most important points are, never mention money first and always enter the negotiation with a win-win attitude. In order to receive the compensation you want, you will need to prepare so you will come across as calm, confident and flexible. Communicate that you are searching for a mutually satisfactory agreement as a potential member of the team. ACAP is available to assist you develop a negotiation strategy or to simply answer questions you may have about how to properly enter a salary negotiation. It also offers workshops on the employment process. Fort Rucker ACAP counselors can be reached at 255-2558.

Rotor Wash

“The National Peanut Festival kicks off Friday at the Dothan fairgrounds located just off Alabama Hwy. 231 South. What do you enjoy most about fairs and festivals in the fall?”



Sgt. 1st Class
Willis Hayes,
ATSCOM
“I like being outdoors and the weather being cooler.”



Sgt. 1st Class
Jessica Allen,
B. Co., 4-518th
“I like to see the seals. I like to see the animals.”



2nd Lt. Edward
McFadden
“I like the rides. It gets the adrenaline pumping. It's the same reason you want to fly a helicopter.”



Pvt. Brody Wood,
1st Battalion,
13th Avn. Regt.
“I like the food. It's all sweets and you can't really get it anywhere else.”



Alison Pettengill-Fales,
civilian
“I love the smell of peanuts and the fall weather.”

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FORT RUCKER COMMANDING GENERAL

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FORT RUCKER GARRISON COMMANDER

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Fort Rucker honors 11 retirees

By Jim Hughes
Command Information Officer

On a day when Fort Rucker hosted area retirees for Retiree Appreciation Day and the Retiree Health Fair, the post took it a step further by honoring nine Soldiers and two civilians – the newest to enter the retired ranks – at the quarterly retirement ceremony Friday.

The 11 represent more than 270 years of combined service to the country, according to Col. Shawn T. Prickett, 1st Aviation Brigade commander and host of this quarter’s ceremony.

“That’s incredible ... and humbling,” he said. “Because of these patriots, we’ve continued to develop the Army as a profession, certainly increased the capabilities of our Army and developed the best leaders of our time.

“While we honor your service and sacrifice, we must also recognize the sacrifices of your Families,” he continued. “As you go on your way after this ceremony today, always remember that you and your Families are forever part of this noble profession. You helped us build the most capable Army the world has ever known. Our nation will be better that you chose to serve when you didn’t have to. God bless each and every one of you, and thank you for your service to our great nation. Above the best!”

Lt. Col. Michael R. Pouncey entered military service in January 1991, culminating in duties as the deputy director of the Medical Evacuation Propensity at Fort Rucker. He served overseas in Haiti, Bosnia, Honduras, Panama and Iraq. He has deployed on multiple operational and humanitarian support missions with the United Nations and NATO. He also served three combat tours in support of Operation Iraqi Freedom. He described the highlight of his career as having the opportunity to serve his country in combat while flying and leading Soldiers to accomplish their life-saving mission of evacuating wounded. He and his wife, Allison, have two children. They plan to reside wherever his next career takes him, he said, adding that it is pending approval from his wife, who still outranks him.

Chaplain (Maj.) Rory Rodriguez entered military service with the Navy in 1976 and was honorably discharged in 1980. In 1996, he joined the Army Reserve and entered active duty in 1997, culminating in his duties as the Fort Rucker Family Life Chaplain. He has served overseas in Guam, Hawaii, Honduras, Ko-



PHOTOS BY JIM HUGHES

Six of the retirees honored Friday at Fort Rucker’s quarterly retirement ceremony: (back) Kenneth M. Newsom, 1st Sgt. Robert E. Carter Jr., Sgt. 1st Class Telroy F. Grant, (front) Sgt. 1st Class Rolando L. Correa, CW3 James D. Sanchez and CW4 Damian D. Balthaser.



Five of the retirees honored Friday at Fort Rucker’s quarterly retirement ceremony: (back) Chaplain (Maj.) Rory Rodriguez, Sgt. 1st Class Rodney Lewis, CW3 Clay Lovitt, (front) Lt. Col. Michael R. Pouncey and Allie M. Reddick.

rea, Blegium, Germany and Iraq. He deployed in support of Joint Task Force Bravo and OIF. He described the highlight of his career as meeting his wife, Valerie, in Belgium. The couple has three children. They plan to reside in Belgium and enjoying all that Europe has to offer.

CW4 Damian D. Balthaser entered military service in October 1987, culminating as the program officer for the Directorate of Training and Doctrine Aircraft Survivability Training Systems at Fort Rucker. He served overseas in Kosovo, Germany and Iraq, and also combat tours in support of OIF. He said the highlight of his career was meeting and marrying his wife, Ijen Liu in Germany. They plan to reside in Enterprise.

CW3 James D. Sanchez entered military service in November 1990, culminating in duties as the officer in charge of staff and faculty at Fort Eustis, Va. He served overseas in Korea and Germany, and combat tours in support of OIF and Operation Enduring Freedom. He said the highlight of his career was his father pining on his warrant officer rank. He and his wife, Stephanie, have five children. They plan to reside in Dothan.

CW3 Edgar C. Lovitt entered military service in October 1991, culminating as student management officer of B Company, 1st Battalion, 145th Aviation Regiment at Fort Rucker. He served overseas in Germany, Haiti, Iraq and Honduras, and combat tours supporting OIF and Operation

Uphold Democracy. He said the highlight of his career was serving as an AH-64 Apache pilot in command during combat operations. He and his wife, Louvinda, have four children. They plan to reside in Ozark.

First Sgt. Robert E. Carter Jr. entered military service in August 1987, culminating in duties as first sergeant and international military student officer at Fort Shafter, Hawaii. He served overseas in Germany, Hawaii, Bosnia-Herzegovina, Egypt, Israel and Iraq. He also served combat tours in support of OIF and OEF. He said the highlight of his career was serving as first sergeant. Traveling to more than 20 countries and working with people from all walks of life. He plans to reside in Fort Worth,

Texas.

Sgt. 1st Class Rodney Lewis entered military service in June 1982, culminating as the battalion S4 NCO in charge for 3rd Battalion, 363rd Training Support Battalion at Joint Forces Training Base, Los Alamitos, Calif. He served overseas in Korea, Germany, Saudi Arabia, Kuwait and Iraq, and also a combat tour in support of Operation Desert Storm and Operation Desert Shield. He said the highlight of his career was earning the Glen E. Morrell Award for Recruiting Excellence. He and his wife, Freda, plan to reside in Quincy, Fla.

Sgt. 1st Class Telroy F. Grant entered military service in October 1990, culminating as standardization air traffic control maintenance supervisor evaluator and Federal Aviation Administration inspection technician at Fort Rucker. He served overseas in Korea, Germany, Bosnia, Kosovo, Kuwait, Iraq and Afghanistan. He also served combat tours in support of OIF and OEF. He said the highlight of his career was serving as worldwide Army resource management survey evaluator and FAA flight inspection technician. He and his wife, Jacqueline, plan to reside in the local area.

Sgt. 1st Class Rolando L. Correa entered military service in January 1994, culminating as an instructor at the NCO Academy at Fort Rucker. He served overseas in Panama, Germany, Iraq and Puerto Rico. He also served multiple combat tours in support of OIF. He said the highlight of his career was being able to provide a stable home for his Family. He and his wife, Sonia, have three children. They plan to reside in Tampa, Fla.

Allie M. Reddick entered federal service in May 1980 at Fort Rucker, culminating as an administrative support technician at the Fort Rucker NCOA. She said the highlight of her career was helping to make a difference in the life of a young Soldier by encouraging him and convincing him that his life was precious and worth living, receiving a certificate of achievement from U.S. Army Training and Doctrine Command. She and her husband, David, have one child. They plan to reside in Enterprise.

Kenneth M. Newsom entered federal service in April 1987 at Fort Rucker, culminating as a firefighter with the Fort Rucker Directorate of Public Safety. He said the highlight of his career was helping protect those who serve the nation. He and his wife, Kathy, have three children. They plan to reside in Enterprise.

News Briefs

Trick or treat

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

Veterans Day

Fort Rucker hosts its Veterans Day ceremony Nov. 8 at 3:30 p.m. at Veterans Memorial Park in front of the U.S. Army Aviation Museum.

Siren test

The Installation Operations Center conducts a test of the emergency mass notification system the first Wednesday of each month at 11 a.m. At that time people will hear the siren over the giant voice. No actions are required.

Retiree council meetings

The Fort Rucker Installation Retiree Council meets the first Thursday of each month in The Landing at 11:30 a.m. The meeting is an open forum and all retirees are invited to attend.

240th Assault Helicopter Company

Former members and Families of the 240th Assault Helicopter Company who served in Vietnam from May 1967 to October 1971 are invited to a 240th AHC memorial dedication Nov. 8 at Fort Rucker.

For more information, send an email to Bob Cooper at bob.bcooper@gmail.com, or call (334) 347-7076.

Hollyday Bazaar

The Fort Rucker Community Spouses Club will hold its Hollyday Bazaar Nov. 16 from 9 a.m. to 4 p.m. at Yano Hall. The pre-holiday shopping event has been a Wiregrass tradition for more than 30 years, according to FRSC officials. This year’s event features more than 75 vendors, holiday goods, music, entertainment, prizes, a visit from Santa and more. Proceeds will benefit FRSC scholarship and community welfare programs. Admission will be \$5, while those ages 12 and younger are admitted for free.

Employee Assistance Program

Federal civilian employees feeling stressed or anxious or experiencing financial strain or hardship because of the government shutdown can still access the Employee Assistance Program during furlough.

EAP is a professional service that provides assessment, problem solving, coaching, information, consultation, counseling, resource identification, referral and support to federal civilian employees. EAP works in partnership with managers to complement and enhance their strengths. The program helps improve productivity, morale, and employee motivation by providing timely support to both managers and employees. The

EAP is designed to help with any concern or issue. The resources of the EAP are available to employees and managers with both personal and work-related concerns.

The EAP is completely confidential in accordance with state and federal laws. Fort Rucker’s EAP coordinator is Jesse Hunt. He can be reached by calling 255-7678, or visiting his office at Lyster Health Clinic, Bldg. 301, Rm. T-125, during duty hours.

AER changes

NCOs in the rank of sergeant first class and above will no longer be required to submit an Army Emergency Relief application through their immediate commander or first sergeant. Applications from sergeants first class and above should be submitted directly to the Fort Rucker AER officer for assistance. Officers in the rank of chief warrant officer 3 and above, and captains and above can also continue to submit their AER application directly to the Fort Rucker AER officer. This policy applies to AER Form 700 only. Soldiers of all ranks will continue to see their commanders or first sergeants for a Commander’s Referral Program loan (AER Form 600).

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

Thrift shop

The Fort Rucker Thrift Shop is open Wednesdays-Fridays from 10 a.m. to 2 p.m. and also the first Saturday of the month from 8 a.m. to noon, unless it falls on a holiday weekend and then the shop will be open on the second Saturday.

The thrift shop needs people’s unwanted items. People can drop off donations at any time in the shed behind the shop (former Armed Forces Bank building) located in front of the theater next door to the bowling alley. Donations are tax deductible.

For more information, call 255-9595.

Alcoholics Anonymous

Alcoholics Anonymous meets Thursdays at 7 p.m. at the Spiritual Life Center, Bldg. 8939, Rm. 38. AA is described by chapel officials as a fellowship of men and women who share their experience, strength and hope with each other so that they may solve their common problem and help others to recover from the use of alcohol. The program is focused on spirituality and religion, having an impact on changing a person’s life.

For more information, contact the religious support office at 255-2989.

Volunteer drivers

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

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

Honoring patients

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

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

Pharmacy volunteers

The Lyster Army Health Clinic Pharmacy is looking for Red Cross volunteers to assist patients in the waiting area with ticket selection, and also field questions about drop off and refill prescriptions.

For more information, call the patient advocate, at 255-7229 or send an email to jan.i.carolan.civ@mail.mil.

Funded Legal Education Program

The Office of the Judge Advocate General is accepting applications for the Army’s Funded Legal Education Program. Under this program, the Army projects sending up to 25 active duty commissioned officers to law school at government expense. Selected officers will attend law school beginning in the fall semester of 2014 and will remain on active duty while attending law school.

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

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

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

ID card section

Those who need a military or military dependent ID card may make an appointment by calling 255-2437 or 255-2182. Walk-ins are served on a first-come, first-served basis. People may experience delays in service from 11 a.m. to 1 p.m.



PHOTO BY J.D. LEIPOLD

Assistant Secretary of the Army (Installations, Energy & Environment) Katherine Hammack held a panel discussion on creating efficiencies and synergies through public-private partnerships at the annual meeting of the Association of the U.S. Army, held in Washington Oct. 21-23, 2013. From left to right the panel consisted of: Army G-4 Lt. Gen. Raymond V. Mason; Director, Federal Energy Management Program Timothy Unruh; Chief of Army Corps of Engineers Lt. Gen. Thomas P. Bostick; Director & Chairman Public Institutions of Jones Lang LaSalle Herman E. Bulls; and, Installations Management Command chief Lt. Gen. Michael Ferriter.

Army wants more public-private partnerships

By J.D. Leipold
Army News Service

WASHINGTON — Now is the time for the Army to increase partnerships with the private sector in areas such as renewable energy products, Family services to housing, and other installation infrastructure elements, Army leaders say.

“When we partner with industry, we’re able to focus limited appropriated funds on our core compe-

tencies ... training and equipping ... by letting the private sector help us in maintaining and operating our bases,” said Katherine Hammack, assistant secretary of the Army for Installations, Energy and Environment.

Hammack led a panel discussion last week about creating efficiencies and synergies through public-private partnerships. The panel was part of the 2013 Association of the United States Army Annual Meeting and Exposition in

Washington, D.C., which ran Oct. 21-23.

Lt. Gen. Michael Ferriter, director, Installation Management Command, discussed one of the most visible examples of public-private partnerships in the Army, the Residential Communities Initiative, or RCI.

“Through the RCI, the Army has privatized more than 86,000 housing units at 44 of our installations,” Ferriter said. “Through the RCI program, the Army received

\$13.2 billion in Family housing development, which is about a seven-to-one leverage of government equity.”

Ferriter said another success within his portfolio is the privatization of Army lodging, or PAL, facilities.

The Army has privatized 11,700 rooms at 39 installations throughout the United States. Like Family housing, the Army contributed only the existing facilities and no occupancy guarantees.

“Through PAL, the Army will receive \$1.1 billion in private funds for lodging redevelopment over eight years. In the next 18 months, PAL will deliver five new and 17 renovated hotels, which will increase the number of guest rooms from 1,277 to 4,260,” he said.

Ferriter said room rates for stays in the privatized lodging come in at about 75 percent of the normal per diem rate. That has saved the Army about \$86 million each year.

Red Ribbon parade

Fort Rucker Elementary School participated in a Red Ribbon Week Parade Oct. 24 down Red Cloud Road. Students wore red shirts and red “Users are Losers” arm bracelets provided by Army Substance Abuse Program. More than 400 students participated in the parade along with teachers, parents, the Silver Wings Army Band, military police, McGruff, Firefighters, Deputy Garrison Commander Justin Mitchell and his mounted Rangers and others. The Red Ribbon Campaign is now the oldest and largest drug prevention program in the nation, reaching millions of young people during Red Ribbon Week.



PHOTOS BY SARA E. MARTIN

SOME MOMENTS SHAPE MORE THAN JUST YOUR OWN LIFE.

In the National Guard, you serve your country as a Soldier. And you serve the people of your community. In the aftermath of a natural disaster, you bring food, supplies, medical aid, and most important, you bring hope.

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Retirees: Event serves as ‘thank you’ to retirees

Continued from Page A1

“The Retiree Health Fair is a great event for retirees and their Family members because it gives them a chance to see everything Lyster offers in one room,” said Jeffrey Atkins, licensed practical nurse at Lyster and organizer of event. “Soldiers are a part of a brotherhood for years and years, and once they retire they sort of loose that. This day actually gives a little of that back.

“Seeing some of their faces today makes it all worth it,” he continued, “The way healthcare is changing in the U.S. now

every little bit of information that we can give them matters. Keeping them healthy is very important for them and us.”

Thirty-seven off-post agencies participated, including: Wiregrass Veteran Affairs Clinic, Medical Center Enterprise, Extendicare, Digestive Health Specialists, Noland Hospital, Center Drug and Home Health, Eye Center South, ReBath, Military Officers Association of America, Hearing Associates of Dothan, Southeast Alabama Rural Health Associates, Gulf Coast Dermatology, Dale Medical Center and others.

Moore said that the biggest feedback

they have had so far is to just keep the fair going because it is more than worth it for those who travel here to attend.

“We find that the post does a great job on this event. It is very helpful,” said Lasiter, who was stationed here from 1955-1957. “It enriches our lives and it helps us make better decisions over our lives. I will continue to come back as long as they have it.”

Atkins said that Families came from Georgia, Tennessee, Mississippi and Florida, and that veterans from all branches of the military with decades of service attended the event. He said that he even

spoke to a few WWII veterans.

The retiree bingo, social hour and dinner at The Landing and Cobra Lounge was also successful with Retired Lt. Gen. Jack Klimp, National Association for Uniformed Services president, speaking on the changes that might be made throughout NAUS and TRICARE, said Moore.

“This was an opportunity for us to give back and say, ‘Thank you,’ for the things that they have done over the years even though they don’t ask for it,” said Adkins. “They come from all over because we offer so much over the weekend, and do so much at the fair.”

Worker: Fair refuses to accept failure, defeat

Continued from Page A1

Birmingham Hospital and they amputated my leg the exact same day all the tornados hit Birmingham,” he said. “From that point on it has just been a process of learning how to walk again, getting on the platform again and teaching.”

He said that internal drive motivates him, and that after growing up in the infantry he learned to make everything he saw a challenge.

“I do not accept defeat or failure easily and that carried over into all aspects of my life. I want to strive for excellence in everything,” he said.

The Commander’s Award for Exceptional Civilian Service was also presented to Fair as he towered over Doerer at 6’5.”

“It has been said that which does not kill you makes you stronger, but I am not too sure about that. But I can tell you it sure has been a challenge,” said Fair before he thanked both his personal Family and his WOCC Family. “The Army calls it tenacity, but my mom and pop know better and they call it stubbornness, and that’s what I am. I refused to give up.”

Timothy Knighton, Fort Rucker Equal Employment Opportunity director said that it is part of the government’s mission to increase the employment of those with disabilities among its ranks, and “what better way to do this than to demonstrate our caring and our love for those who put out so much effort to continue the mission every day.”

Though Fair said that he did not experience depression and anger about what happened to him, he encourages people who might find themselves in a similar situation to talk to somebody.

“Find somebody that wants to talk to you and who wants to listen, because there are things that are going on inside of you that somebody just doesn’t understand unless they have been through it,” he said. “So find someone who can relate to you somehow so you can ask questions about the new normal for you.”



PHOTO BY SARA E. MARTIN

Col. Robert C. Doerer, U.S. Army Aviation Center of Excellence deputy commander, awards Brian Fair the Commander’s Award for Exceptional Civilian Service and the 2013 Fort Rucker Outstanding Employee of the Year with a Disability Award at Bldg. 101 Oct. 23.

Upgrade: Theater seeks to bring quality entertainment to post

Continued from Page A1

being updated...even the popcorn machine!” said Chris Ward AAFES Public Relations Specialist.

“Movies rated G/PG/PG13 will be the focused content of the majority of movies shown. There will be some R rated movies for the mature audiences, and we will be able to show first-run Disney movies that will include 3D!” he said.

AAFES will celebrate the grand-reopening with the PG-13-rated feature presentation, “Thor: The Dark World.”

“This is an American superhero film featuring the Marvel Comics character Thor, produced by Marvel Studios and distributed by Walt Disney Studios Motion Pictures,

according Antonello.

“Showtime is at 7 p.m., so come early to get a good seat and enjoy the grand opening event. We will surprise guests with prizes, games and special appearances! See you at the Movies!” she said.

The following week, on Nov. 16 at 7 p.m., Fort Rucker has been selected to pre-screen the R-rated movie “Home Front.”

This free showing features former drug enforcement agent, Phil Broker, a family man who moves off the grid with his daughter, to a seemingly quiet bayou backwater to escape his troubled past. However, Broker’s world soon becomes anything but quiet once he discovers that an underbelly of drugs and violence riddles the small

town.

Moviegoers will want to arrive early for this action-adventure pre-screening, scheduled to open in theaters, Nov. 27.

Although not all movies are free, the AAFES pricing structure is competitive. “Under our agreement with Disney, our pricing of first-run movies needs to be 20 percent lower than the nearest theater outside the gate. But because the theaters outside the gate offer military members a ticket price of \$6, we are matching that,” Ward said.

With the reopening of the theater here, Fort Rucker Soldiers and Family members will enjoy, first-run movies in a virtually new theater at competitive pricing, and they won’t even have to leave post.

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116 Scott ~ \$99,000 This is a property you must see. Whether you are a first time homebuyer or sizing down, there is nothing that needs to be done other than to move right in. Architectural shingle roof, double pane windows that tilt in for cleaning, new paint, new floor covering, new light fixtures, new kitchen appliances to include refrigerator, half bath off the kitchen/laundry room, crawl space for storing lawn mowers, workshop with power, and huge lot that goes into the trees. Make your appointment to see NOW! **EVELYN HITCH 406-3436 MLS# 20132122**

NEW LISTING

106 Pondella ~ \$145,000 Pool, pool house or rec room. 3 bedrooms, 2 bathrooms, very nice house convenient to Fort Rucker. **FRAN AND DON KALTENBAUGH 790-5973 MLS# 20132129**

NEW LISTING

105 Chapelwood ~ \$194,000 Beautifully updated 4BR/2.5BA brick home on cul-de-sac. Living room and master bedroom have 9' tray ceilings. New double pane ultra-low E windows in 2013, newly renovated kitchen with custom tile backsplash, granite countertops, Samsung stainless appliances and convection oven. Newly painted interior and fixtures. Bonus room off the laundry/pantry can be used as an office. Master bath has cultured marble shower and walk-in closet. **TEXT TERRI 406-2072 MLS# 20132134**

NEW LISTING

Abbey Lane ~ \$22,000 Wooded lot in an established neighborhood, convenient to Fort Rucker. **808 KUYKENDALL 369-9534 MLS# 20132140**

NEW LISTING

279 Trent ~ \$199,900 Great price on 4BR/3BA, conveniently located to Enterprise and Fort Rucker. Large fourth bedroom and third bath are split from others, making it the perfect in-law suite or teen's retreat. Kitchen has oak cabinets, solid surface countertops, new refrigerator, new microwave hood and a pantry. Lovely Tiffany-style lighting in the breakfast room. Back yard is private, has a covered patio and storage shed. **JAN SAWYER 406-2393 MLS# 20132158**

NEW LISTING

4028 County Road 4 ~ \$109,900 Very nice cottage style home with beautiful wood floors, huge front and back covered porches, concrete driveway takes you around the house through the carport in the back yard. Nice stairs takes you to the nice loft in the living area. Open floor plan, great for entertainment. You can purchase this Fannie Mae property with only 3% down, approved for HomePath Mortgage Financing. **NANCY 389-1758 & EVELYN 406-3436 MLS# 20132163**

NEW LISTING

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NEW LISTING

3965 County Road 655 ~ \$193,000 5 +/- acres with lovely 3 BR/2 BA home with large den, living room, large laundry room. Above ground pool, large deck with hot tub. Barn, workshop, outbuildings, cover for camper. Great place to live. **ANGIE GOODMAN 464-7869 MLS# 20132169**

NEW LISTING

209 Apache ~ \$138,900 Calling investors and want to be investors. All 4 units presently rented. Rental property very convenient to Fort Rucker and shopping. **FRAN AND DON KALTENBAUGH 790-5973 MLS# 20132191**

NEW LISTING

220 Edith Way ~ \$49,500 Vacant and ready for occupancy upon credit approval. 2 bedroom townhouse in Daleville with deck. Very convenient to the Fort Rucker gate. **FRAN AND DON KALTENBAUGH 790-5973 MLS# 20132192**

NEW LISTING

305 Private Road 1438 ~ \$250,000 Step on beautiful rock flooring as you enter this spacious home with split foyer. Upstairs are four bedrooms and 2 baths. Covered breezeway connects the main house with bonus room and half bath that could be fifth bedroom. Downstairs is a large kitchen, formal dining, office, sunroom and family room with stone fireplace. Approx. one acre of country living surrounds this amazing home. **SAM HELMS 798-3357 MLS# 20132204**

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5 +/- ACRES

3965 COUNTY ROAD 655: 5 +/- acres with lovely 3 BR/2 BA home with large den, living room, large laundry room. Above ground pool, large deck with hot tub. Barn, workshop, outbuildings, cover for camper. Great place to live. **ANGIE GOODMAN 464-7869**

\$109,500

211 WINDOVER WAY: Come visit the neighborhood. Wooded area, large back yard overlooking creek, on a cul-de-sac. House has 2 bedrooms, 2 bathrooms with open living area and great sunroom overlooking deck and wooded back yard. **JACKIE THOMPSON 406-1231**

\$249,000

118 TUMBLEWEED: A must see! Foyer with tile details leads to the formal dining room and open space living room with lots of details on ceiling. From the living room you can see the breakfast nook and great kitchen with tiled backsplash. Bedrooms have big closets with sliding doors and two of them connect to a bathroom with double vanity sink. Half bath in living room hallway. Master suite has Jacuzzi tub, separate shower and huge walk-in. Huge back yard with wood deck. **NICOLE ANNICELLI 464-0782**

4 BEDROOMS

279 TRENT ~ \$199,900: Great price on 4BR/3BA. Conveniently located to Enterprise and Fort Rucker. Large fourth bedroom and third bath are split from the other bedrooms, making it the perfect in-law suite or teenager's retreat. Kitchen has oak cabinets, solid surface countertops, new refrigerator, new microwave hood and a pantry. Lovely Tiffany-style lighting in the breakfast room. Back yard is private, has a covered patio and storage shed. **JAN SAWYER 406-2393**

\$169,500

102 AUBURN: Big and beautiful traditional style home in established neighborhood. This home is perfect for the busy family - 4 or 5 bedrooms, two living areas, formal dining room and spacious kitchen and adjoining den. You will love the spacious island, deep cabinets and Corian counter tops. The appliances have been updated. The front porch is a good place to watch the sun sets and the screened-in back porch is perfect quiet get away. The alarm system and updated intercom system provides easy way to keep up with the busy family. Dad will love the oversized attached garage and detached garage/shop building. **MARY M. JONES 790-2933**

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RENOVATED

3153 ACHEY ~ \$90,000 Fabulous renovated town home. "New" carpet, "new" floors in upstairs bathroom. New light fixtures, freshly painted interior, garage and garage floor. Includes washer & dryer. Nice fenced back yard, corner unit. **DEBBIE SUNBROCK 406-9079**

\$89,000

303 SYLVAN: 3 bedrooms and 2 bathrooms, hardwood floors and ceramic tile bathrooms. Florida room and a den. Private back yard with a workshop. Convenient to schools, churches and shopping. **EVELYN HITCH 406-3436**

\$151,000

215 GRITNEY: Another well-loved home, open and airy. Large front and back yard. Owners sad to have to leave this home. Fall in love today, call us to preview. **FRAN & DON KALTENBAUGH 790-5973**

NEW CONSTRUCTION - READY!

113 BROOKE ~ \$267,750: 4 bedrooms in Sommer Brooke. New construction, on the way to Fort Rucker through back gate. 4BR/3BA, granite counter tops, walk-in closet, laundry room, two-car garage, gas water heater. Owner is licensed residential home builder and Realtor in the state of Alabama. **BILLY COTTER CONSTRUCTION 347-2600**

NEW CONSTRUCTION

248 JASMINE ~ \$152,500: The Cottages at Woodland Park. Tucked in the woods off Boll Weevil Circle. While providing privacy, they offer the convenience to schools, shopping, golf, restaurants and minutes from Fort Rucker. Security system, stainless appliances, natural gas heat/cooking/water heater, low E windows, irrigation system, 2" faux wood blinds, hardwood in kitchen, foyer and grandroom, framed mirrors in bathroom, tray ceiling in grandroom. (Maple Leaf Plan) Owner is licensed residential home builder and Realtor in the state of Alabama. **BILLY COTTER CONSTRUCTION 347-2600**

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HOSTED BY: JAN SAWYER 406-2393

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Odierno: Doubting ground forces relevance ‘naïve’



PHOTO BY C. TODD LOPEZ

Ground forces, including Soldiers, Marines and special operations troops will continue to play a critical role in supporting America's defense and joint fight, despite the opinions of 'intellectuals' who might believe otherwise, said Chief of Staff of the Army Gen. Ray Odierno Oct. 23 at the 2013 Association of the United States Army Annual Meeting and Exposition, in Washington, D.C.

By C. Todd Lopez
Army News Service

WASHINGTON — Ground forces, including Soldiers, Marines and special operations troops, will continue to play a critical role in supporting America's defense and joint fight, despite the opinions of "intellectuals" who might believe otherwise, said the Army's chief of staff.

"I worry about this discussion that land power is something that is obsolete," said Chief of Staff of the Army Gen. Ray Odierno. "There is nothing further from the truth. There are a lot of intellectuals out there who believe land power is obsolete. In my opinion, as I have said before, it is naïve and, in fact, in my mind, it is a dangerous thought."

Odierno discussed the future of strategic land power alongside counterparts from both the Marine Corps and Special Operations Command during a panel discussion Oct. 23 at the 2013 Association of the United States Army Annual Meeting and Expo-

sition, in Washington.

A theme common within the periodic discussions on the demise of the importance of land forces and ground troops is that technology — whether it be missiles, Aviation assets or remotely controlled vehicles — will replace the need for boots on the ground. That is something Odierno disputes as well.

"There are many people that believe that through technology advancement, we can solve all of the issues of warfare," Odierno said. "I absolutely reject that concept. What I do agree with is technological advances can support us in attaining our goals."

Warfare is about human interaction, not about machines, the general said.

"It is people who make decisions and you have to be able to compel people. Yes, you can use technology to help you compel people. But ultimately it requires, in my opinion, an interaction on the ground," he said.

The Army has had 12 years now to

SEE GROUND, PAGE B4

Advisors step back as Afghan air force capabilities expand

By Staff Sgt. Richard Andrade

International Security Assistance Force Public Affairs

KABUL, Afghanistan — The capabilities of the Afghan air force expanded with an early-morning delivery of Mi-17 V5 transport helicopters at the Kabul International Airport Oct. 22.

NATO Air Training Command-Afghanistan Mi-17 special mission aviator advisers are stepping back, allowing the AAF to conduct their own missions, setting the conditions for Afghanistan to have a professional, fully independent air force as they take control of security operations throughout Afghanistan.

"It's another big day for the Afghan air force — three more Mi-17 V5 transport helicopters have arrived fresh off the assembly line. The brand-new aircraft will continue to increase the capabilities of the Afghan air force," said Capt. Brandt Anderson, a CH-47 Chinook helicopter pilot assigned to the 10th Combat Aviation Brigade out of Fort Drum, N.Y.

Coalition force advisers, elements of the AAF and Russian contractors collectively worked to download parts and Mi-17 helicopters from an Antonov An-124 Ruslan heavy lift freighter on to the flight line. In the next couple of weeks, the helicopters will be completely assembled and upgraded, including the addition of ballistic protection. Once complete, the aircraft will help Afghan National Security Forces conduct a variety of missions throughout Afghanistan.

The NATC-A, together with the 738th Air Expeditionary Advisory Group work with the AAF helicopter mechanics, crew chiefs and pilots every day. Anderson said the advisory mission is a joint effort between the U.S. Army, the Czech Republic and the U.S. Air Force.

"I was here in 2011 and the AAF has come a long way. The advisers used to turn wrenches

SEE EXPAND, PAGE B4



PHOTO BY SFC. JAMEANTHONY GRAY

HIGH ON A MOUNTAINTOP

From near to far, Sgt. Walter Miles, 2nd Lt. Nick Wahlquist and Pfc. Kyle O'Brien, Battery A, 1st Battalion, 6th Artillery Regiment, attached to Task Force Demon, 1st Combat Aviation Brigade as an aerial reaction force, practice mountaintop helicopter landing zone security techniques with a UH-60 Black Hawk from C Company, 3rd Battalion, 1st Aviation Regiment, on Oct. 14.

ARS equipment floats into Korean port

By Staff Sgt. Vincent Abril

2nd Combat Aviation Brigade Public Affairs

BUSAN, South Korea — Facing the elements and the possible threat of a typhoon approaching the peninsula Oct. 6, Soldiers of the 602nd Aviation Support Battalion, 2nd Combat Aviation Brigade, 2nd Infantry Division, worked diligently off-loading OH-58D Kiowa Warrior helicopters, tactical vehicles and shipping containers from a large shipping vessel called the Ocean Giant at a port in Busan.

They worked alongside personnel from the 837th Transportation Battalion also known as the Kargo Kings, who oversaw the operation at the port.

"We execute and supervise port operations for all cargo coming by surface into Korea. We're actually one of three U.S. Transportation Command elements operating in Korea," said Lt. Col. Christopher W. Abbott, commander of the 837th Transportation Battalion, 599th Transportation Brigade.

The Kargo Kings provide safety oversight, manpower and shared knowledge as operations were carried out. With their help, the Soldiers assigned to 602nd ASB managed to off-load 30 aircraft and tactical equipment in one day with zero incidents.

"Our Soldiers conducted several rehearsals prior to the execution of this mission," said Capt. James L. Collard, the port operations officer in charge with Headquarters Support Company, 602nd ASB and native of Louisville, Ky. "This allowed them to safely and efficiently off-load the aircraft and equipment which ensured a successful operation."

The reason behind all this hard work is to support the 4th Attack Reconnaissance Squadron, 6th Cavalry Regiment, 16th Combat Aviation Brigade, 7th Infantry Division based out of Joint Base Lewis-McCord, Wash., arriving for



PHOTO BY STAFF SGT. VINCENT ABRIL

Thirty OH-58D Kiowa helicopters are staged on a port in Busan, South Korea, Oct. 6 in preparation to be inspected during 4th Attack Reconnaissance Squadron, 6th Cavalry Regiment, 16th Combat Aviation Brigade, 7th Infantry Division's equipment arrival to Korea.

a nine-month deployment to South Korea. Soldiers of 4th ARS, 6th Cavalry Regiment, also worked with 602nd ASB personnel to ensure their helicopters and equipment were off-loaded correctly since most of the soldiers assigned to 602nd ASB never worked with this particular airframe.

"Personnel in our battalion were not familiar with the OH-58D airframe," Collard said. "This made working alongside Soldiers of 4th ARS, 6th Cavalry Regiment, a critical piece of our mission success."

Once all the equipment was on the ground, the work was not finished. The 4th ARS, 6th Cavalry Regiment, crew chiefs and maintainers then began conducting maintenance on the aircraft to ensure no damage had occurred while at sea.

"We check for any damage to critical parts

of the aircraft and conduct preventive maintenance services, which gives us a chance to look all through the aircraft and do a basic service to ensure its ready for the pilots," said Capt. Tim A. Speace, maintenance commander for 4th ARS, 6th Cavalry Regiment, and native of Philadelphia. "Corrosion is always a big concern. After being out at sea for two to three weeks, we want to make sure that salt water and salt air didn't affect the aircraft."

Rust or no rust, the operation was a success with the Soldiers ensuring the equipment was deemed safe for onward movement, which allowed the 4th ARS, 6th Cavalry Regiment, to embark on their new mission as part of 2nd Infantry Division, which is the last remaining permanently forward-stationed division in the U.S. Army.

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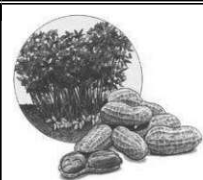
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Ground: Land power continues to play big role

Continued from Page B1

develop expertise in the “human domain” of war fighting, one of three concepts Odierno said “intersect in his mind” when he thinks about strategic land power. The other two are land power and the cyber domain.

“Human interaction in a complex environment is key to our

success in the future,” he said. “It is going to require a joint force that is skilled in understanding the physical, cognitive, the information, cultural and social environments we have to operate in the future.”

After 12 years of developing a mastery of the human domain, he said, the Army doesn’t want to lose those skills. The Army

has now built the concept into its training at Army combat training centers like the Joint Readiness Training Center at Fort Polk, La., and the National Training Center at Fort Irwin, Calif.

“We are going to get back to sending 25 to 30 units through CTCs each year. That’s the intent as we go forward,” he said. “We are reinvigorating our combat

training centers. And in our combat training centers, you are going to have to do this. This is embedded in all of our future training. We are going to continue to revise it and update it.”

Also bolstering the Army’s expertise within the human dimension is the interaction that Soldiers have with allied militaries as part of the Army’s regionally aligned

forces concept.

Under RAF, the Army continues to cycle units overseas to combatant commanders to help develop the military skills of partner nations though combined exercises and training. At the same time, Soldiers involved continue to develop their own skills in understating other cultures and other parts of the world.

Expand: Afghan pilots passionate about missions

Continued from Page B1

side by side with them, but now we see how technically proficient they have become,” said Air Force Tech. Sgt. Jason Underwood, a helicopter crew chief, based out of Moody Air Force Base, Ga.

In Kabul, the AAF assists the Afghan National Army 205th Corps move troops to and from forward operating bases. Underwood advises the AAF to prepare aircraft for flight, help them get ready for missions and ensure proper safety measures are performed before flight. He said the majority of the Afghans he mentors ask questions which show they are eager to learn.

“Every day we come out and work with them, they always ask new questions. We advise them on things to make their jobs easier and safe,” said Underwood.

Anderson said he and the rest of the advisers take pride in watching the Afghans take the lead on troop movement, resupply or CasEvac (casualty evacuation), missions and succeed. As the AAF take on more independent missions those responsibilities come with a risk. On some occasions insurgents have shot at the AAF helicopters.

“The Afghans are proud. They want to help their country and are willing to fly into harm’s way,” Anderson said.

In his experience, Anderson said he has been impressed by how motivated Afghan pilots are and the fact that they take their roles seriously. The AAF pilots train in the U.S. and learn to speak English, which alleviates the use of interpreters.

“They want to see an Afghanistan that is free of conflict,” said Anderson. “It has been exciting to see how passionate they are and how much risk they are willing to assume themselves for their country.”

The native of Naples, Fla., said he has seen the progression of the AAF, especially during this year’s fighting season, praising them for their ability to perform missions without much adviser support. Anderson said the role of the advisers has been more “behind the scenes,” letting the Afghans take the lead flying their own missions.

“The resupply missions, in support of the Afghan National Army 201st or 203rd Corps, are being flown by Afghan air force pilots and crews without any advisers on board the helicopter,” said An-



PHOTO BY STAFF SGT. RICHARD ANDRADE

Members of the Afghan air force observe as Russian contractors help deliver an Mi-17 V5 transport helicopter from inside an Antonov An-124 Ruslan heavy lift freighter at the Kabul International Airport, Oct. 22.

derson. “We give them a lot of credit for the work they have done in the last few months.”

Anderson said he didn’t know what to expect prior to his Afghanistan deployment. He said it’s been a really rewarding mission working with the AAF.

“It’s been impressive to see their development and how passionate the AAF pilots are about their country,” said Anderson.

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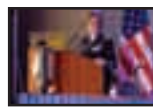
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OCTOBER 31, 2013

Trick-or-treat

Spotlight on children's safety

Fort Rucker Public Affairs

Fort Rucker celebrates Halloween Trick-or-Treating this evening from 6-8 p.m. Halloween is fun for children of all ages, who can dress up in costumes, enjoy parties, enjoy fall fruits and vegetables, and eat yummy treats. These celebrations also provide a chance to give out healthy snacks, get physical activity, and focus on safety.

Check out these tips from the Centers for Disease Control to help make the festivities fun and safe for trick-or-treaters and party guests.

Going trick-or-treating?

Swords, knives, and similar costume accessories should be short, soft, and flexible.

Avoid trick-or-treating alone. Walk in groups or with a trusted adult.

Fasten reflective tape to costumes and bags to help drivers see you.

Examine all treats for choking hazards and tampering before eating them. Limit the amount of treats you eat.

Hold a flashlight while trick-or-treating to help you see and others see you. Always WALK and don't run from house to house.

Always test make-up in a small area first. Remove it before bedtime to prevent possible skin and eye irritation.

Look both ways before crossing the street. Use established crosswalks wherever possible.

Lower your risk for serious eye injury by not wearing decorative contact lenses.

Only walk on sidewalks whenever possible, or on the far edge of the road facing traffic to stay safe.

Wear well-fitting masks, costumes, and shoes to avoid blocked vision, trips, and falls.



PHOTO BY NATHAN PFAU

Trick-or-treaters gather for safe 2012 Halloween outing.

Only Naughty Children See Spooks on Halloween

*Witches and goblins, spooks and elves,
With sprites and gnomes from elf-land delves,
Tonight are flying here and there,
Yes, up and down and everywhere.
For this one night in all the year
They rule the earth and bring great fear
To all the naughty little boys
Who tease good girls and break their toys.
These spooks they also make girls sad
When they are selfish, cross and bad;
So when it's dark, bad boys and maids,
They see these awful fearsome shades,
And that is why with covered heads,
They trembling lie in their warm beds.
But even there they goblins see,
Spooks and gnomes, and all that be
Abroad upon weird Halloween*

*When all the wizards may be seen
By naughty kids and grown-up folks
Who like to play most wicked jokes,
But good young girls and gentle boys,
The kids who are their mothers' joys
They like the dark just as the light,
For spooks never come within their sight,
And in their dreams they lovely elves
Show them bright scenes from fairy delves.
So, if tonight you are afraid
Of any spook or any shade,
We'll know you are a naughty child,
So cross and willful, rude and wild.
Only Naughty Children See Spooks on Halloween*

- Winifred Sackville Stoner, Jr.

Eat only factory-wrapped treats. Avoid eating homemade treats made by

Enter homes only if you're with a trusted adult. Only

visit well-lit houses. Don't stop at dark houses. Never accept rides from strangers.

Never walk near lit candles or luminaries. Be sure to wear flame-resistant costumes.

B.E.S.T. offers forum for Soldiers

By Sara E. Martin
Army Flier Staff Writer

The Army is a fruit salad of individuals who come together from different backgrounds and experiences which collide to make a delicious and successful combination, and to ensure that the salad blends together correctly the Fort Rucker garrison command team has put together a new program to hear from an important ingredient – its female Soldiers.

Better Empowered Soldiers Today will hold a kickoff event Nov. 7 from 4-5:30 p.m. at The Commons, Bldg. 8950, to start the garrison lead initiative off on the right foot.

"The goal is to develop a diverse network of female Soldiers with similar interests and backgrounds that they can turn to for help and advice when needed," said Ruth Gonzalez, Army Community Service relocation readiness program manager. "It is a chance for mentorship, professional development and for Soldiers to share their experiences on how to deal with certain aspects of military life."

Gonzalez believes that being able to speak with someone who has been there and done that and has more insight can be very beneficial to younger Soldiers, and Col. Stuart J. McRae, Fort Rucker garrison commander, believes that is one of the best results that will come out of the group.

"This is not a social group, it is simply an opportunity to gather and talk about issues of the day," he said. "I think those who will benefit the most at the beginning are going to be the younger folks hearing the experiences and the valuable lessons from the people who have come be-

fore them, and learning how to cope with certain things while having a full career.

"We hope this will enable women to be able to have a forum to talk about things that are unique to them," he added.

There is a limited number of female Soldiers on the installation and they are often spread out in the workforce or work area, so by getting them together Gonzalez said that female Soldiers will be able to meet new people and make professional and personal connections.

The program, which seeks to strengthen all Soldiers through mentorship and social opportunities, is open to all military personnel, though the group will focus on female, Soldier specific, topics.

"It is not a male bashing or even a female empowerment program; it is something that we hope will empower that person," said Gonzalez, adding that she hopes attendees will feel more in control of their lives and career by developing a strong network of friends and co-workers.

The garrison saw the need for a group like this to be developed after surveys where completed and experiences were shared about the unique things female Soldiers face during the everyday work day.

"It is important for us to understand the stresses and issues that females face so everyone can better understand," said Gonzalez.

"I hope that men will attend so they can see through the eyes of a female Soldier, realizing that they don't have to deal with and will never have to deal with some of the obstacles females face. More understanding and cohesiveness will flow through the unit and better that relationship between male and female Soldiers," she continued.

Gonzalez and McRae also both agreed that it is counterproductive to have an isolated female Soldier moving from installation to installation who is possibly in a unit with only male Soldiers and no one to talk to on specific topics.

"This will be good for Soldiers to intermingle with others they might never encounter to network, and for older Soldiers to share stories and advice that the new Soldiers really need to hear," said McRae.

The garrison command team plans for a committee to be formed out of the participating women who will decide what the long and short range goals will be, and the direction and form that the program will take.

The guest speaker at the kickoff event is Gail Dwyer, a graduate of the U.S. Military Academy and author of 'Tough as Nails: One Woman's Journey Through West Point.'

"She was in the second graduating class that had females from West Point," said Gonzalez. "Her experiences will hopefully energize and motivate those Soldiers about looking for someone to lean on or ask for help."

A personality assessment will also be a part of the event for attendees and light refreshments will be served.

"If we see there is a need and a desire for other groups to form up like this then that need will be developed further," said the garrison commander. "This is not about singling out one group based on one demographic. We all have a singular experience, and as we draw from other experiences we are able to adjust our worldview."

Soldiers are asked to RSVP.

For more information, or to RSVP, contact Ruth Gonzalez at 255-3735.

ON POST

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

Military Family Appreciation Month

November is Military Family Appreciation Month and the Fort Rucker Directorate of Family, Morale, Welfare and Recreation offers activities and specials throughout the month as a way to say “Thank you!” to military Families. For a list of specials being offered, visit www.ftruckermwr.com.

Fall Into Fitness Youth Lock-In

The Fort Rucker Youth Center will hold its Fall Into Fitness Lock-In from 6 p.m. Saturday through 6 a.m. Sunday. The event will feature sports and fitness competitions, including dodgeball, basketball, kickball and flag football. Dance competitions will also be held, to include Dance-Dance Revolution and Makoto in the fitness room. There will also be arts and crafts activities, food, prizes and more. The event is open to registered Child, Youth and Schools Service members ages 11-18.

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

Christmas tree ornament contest

Fort Rucker Directorate of Family, Morale, Welfare and Recreation holds its Christmas tree ornament contest Monday through Nov. 27 for children ages 3-11. Ornaments may be turned in to the youth center, child development center or parent central services located in the Soldier Service Center, Bldg. 5700. Participants should label their entry with the child's name and age, and the guardian's name and contact information. All entries will be displayed on the post Christmas tree and awards will be presented during the Christmas Tree Lighting Ceremony Dec. 5. Prizes will be awarded to first-place entries in the following categories: 3-4 years old, 6-8 years old and 9-11 years old.

For more information, call 255-1749.

ACS instructor training

People who want to make a difference in their community, and help Soldiers and Family members, are welcomed to take part in the Army Community Service instructor training, so they can become certified to instruct. The training will take place 8:30 a.m. to 2:30 p.m. Tuesday and Wednesday, and 8:30-11:30 a.m. Nov. 8 at The Commons, Bldg. 8950 on Seventh Avenue.

Instructor training will include introduction to effective instruction, managing the learning environment, the adult learner and more. Attendees must attend all three training sessions.

For child care information and registration, call 255-2382 by Friday.

Teen AFAP

Army Community Service is looking for teens, ages 13-18, to join the Teen Army Family Action Plan workshop Wednesday from 5-8 p.m. at The Commons, Bldg. 8950. The Teen AFAP gives Army teens a voice to address issues that impact their lives and be heard by Army leadership. Issues may range from entertainment and program options to volunteer and job opportunities to leisure time activities.

Teen AFAP issues may be submitted on the Fort Rucker Directorate of Family, Morale, Welfare and Recreation Facebook page – people can click on Events, Teen AFAP, and post their comments, or call 255-2382 for more details.

BEST kickoff

Fort Rucker's Better Em-



PHOTO BY NATHAN PFAU

Camping Under the Stars

Col Stuart J. McRae, Fort Rucker garrison commander, reads to children at last year's Camping Under the Stars. This year, Fort Rucker Families are invited to Camping Under the Stars Nov. 16 at Lake Tholocco's West Beach. The event features Tell me a Story, where children will hear the story, “Click, Clack, Moo-Cows That Type” by Doreen Cronin from 7:30-8 p.m. The Military Child Education Coalition's Tell me a Story is an initiative created to empower military children by using literature and their own stories, geared toward children ages 4-12. McRae will return as the guest reader. Each Family will receive a copy of the featured book, while supplies last. Admission is free, but space is limited! People can reserve books by emailing Kimberly.kozel@us.army.mil or calling 255-9812. Other activities will be held from 4-10 p.m., and include games, s'mores, story reading and a movie on the big screen from 8-10 p.m. People are welcomed to bring tents, blankets and chairs for the camping experience. There will be a limited number of tents that hold up to six people available for rent. For more information and to reserve a tent, call 255-9810.

powered Soldier Today's kick-off will take place Nov. 7 from 1:30-3p.m. at The Commons, Bldg. 8950. The event offers people the opportunity to take steps to build a bold future and discover their essential you through hands-on, engaging, fun experiences designed to create an opportunity to realize life's ambitions, according to organizers. The program will also help people learn how to become a better, empowered Soldier today and feel more in control of their lives by developing a strong network of friends, relatives, co-workers, fellow Soldiers and more. The goal is to help people develop a diverse network of many people with similar interests and backgrounds that they can turn to for help and advice when needed. BEST will explore topics of interest and concern to women in the Army. The relevance of topics will be determined by the network members. Appropriate speakers, exhibits, activities and venues will be incorporated into the quarterly meetings to address topics.

For more information or to RSVP, call Army community Service at 255-3735.

CYSS trip to Dothan Peanut Festival

Child, youth and schools services members are welcome to attend the annual field trip to the Dothan Peanut Festival Nov. 9 from 3-10 p.m. The event is open to youth, ages 13-18, with active CYSS memberships. Active keystone members, ages 14-18, will receive free entrance and arm bands. All parents must be at the youth center at 10 p.m. to pick up their children. Keystone is a leadership club for youth ages 14-18 and meetings are held Wednesdays from 4-5 p.m.

For more information, call 255-2260.

Peanut Festival tickets

Peanut Festival tickets are being sold at Leisure Travel Services located at the Soldier Service Center, Bldg. 5700, Rm. 130 until Oct. 28. The 70th annual National Peanut Festival will be held Nov. 1-10 at the Peanut Festival Fairgrounds in Dothan. Prices are: general admission, \$7; ride strips (22 tickets per strip), \$12; mega pass (gate admission and armband for one night), \$25.

For more information, call 255-2997 or 255-9517.

DFMWR Spotlight

Fort Rucker's

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World War II vet receives award after 68 years

By Staff Sgt. Miriam Espinoza
5th Mobile Public Affairs
Detachment

WESTPORT, Wash. — Serving during World War II is a remarkable achievement. Receiving an award for service 68 years later is another.

For Martin L. Paulson, a World War II veteran, who fought in the assault and capture of Okinawa, Japan, in 1945, serving in some of the most dangerous areas in World War II and years later, receiving an award for his service is an experience he'll never forget.

Paulson served in the U.S. Army from 1943-1946, with D Company, 105th Infantry Regiment, 27th Infantry Division. In 1945, he boarded the USS Cecil, and headed to Okinawa, Japan.

While in Okinawa he wrote over 90 letters to his sister, Ruth Paulson, telling her about his everyday life while deployed.

When Martin's sister died, she gave his letters to her son's wife, Gail L. Furford, so she could give them to her grandson when he was old enough to understand their meaning. After nearly 20 years of moving around, Furford came across the letters, which she had saved in a small shoebox. She began reading them and to her surprise, they told an amazing story of a young Paulson fighting for his country during World War II, and also discovered information she believed entitled him to a Purple Heart.

In one letter, Martin mentioned being hurt in an accident. He didn't elaborate on his injuries because he didn't want to worry his Family. Subsequently, Martin went back to Fort Lewis, Wash., to receive care for his injuries at the Madigan Army Medical Center.



PHOTO BY STAFF SGT. MIRIAM ESPINOZATORRES

Martin L. Paulson, World War II veteran, stands by the I Corps Honor Guard during an award ceremony where he was presented the Bronze Star Medal for his actions during the assault and capture of Okinawa, Japan, in 1945. The award came after Gail L. Furford discovered letters from Paulson written to his sister during his time in Okinawa. After reading the letters, Furford felt that Paulson deserved of recognition for his heroic actions 68 years after the battle, Paulson was presented with Bronze Star, Aug. 30, 2013, at the Westport, Wash., chapter of the Veterans of Foreign Wars.

She sent supporting documentation about the battle and the letter to the Department of Defense, believing Paulson deserved a Purple Heart. Instead the department awarded him with the Bronze Star Medal for his heroic actions during the battle.

Sixty-eight years later, Paulson received the Bronze Star in August, at the Westport Washington Chapter of the Veterans of Foreign Wars. He received his award in front of Family and friends.

Furford wanted to present the

award to Paulson herself, but felt it was more appropriate for an Army officer to present it. She reached out to Joint Base Lewis-McChord, Wash., for assistance. I Corps responded by providing a colonel and a color guard for the ceremony.

Col. Lynda Granfield, civil affairs officer, I Corps, had the honor of presenting Paulson with the Bronze Star, and the Foreign Occupation Medal, for his service during World War II.

"Whether you wear the uniform

today or wore it decades ago, you remind us of a fundamental truth," Granfield said, quoting President Barack Obama. "It's not the powerful weapons that make our military the strongest in the world, it's not the sophisticated systems that makes us the most advanced, the true strength of our military lies in the spirits and skill of all our men and women, and those who've served before us."

Paulson, now 95 years old, was grateful for the award.

"I'm very humbled. I figure a lot of the other guys I served with deserve one too," he said.

He fondly recalls his time in service, and says he keeps the Soldiers, currently fighting in Southwest Asia, in his thoughts.

Paulson's story inspired Furford to write a book about his experience during the assault and capture of Okinawa, Japan. She is currently working on the final chapter, with the hope it will be published at the end of the year.



COURTESY PHOTO

Pick-of-the-litter

Meet Nico, a 3-year-old male tabby. He is affectionate and easy-going. Nico has been neutered and declawed. 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 6 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 veterinary clinic or the commissary. Visit the Fort Rucker stray facility's Facebook page at <http://www.facebook.com/fortruckerstrayfacility/> for constant updates on the newest animals available for adoption.

Religious Services

WORSHIP SERVICES

Except as noted, all services are on Sunday.

HEADQUARTERS CHAPEL, BLDG. 109

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

MAIN POST CHAPEL, BLDG. 8940

9:30 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 1 p.m./6 p.m. Adult Bible Study, Spiritual Life Center, Wednesday noon/1 p.m. Adult Bible Study, Soldier Service Center, Wednesday 5:30 p.m. Catholic Adult Bible Study, Spiritual Life Center, Wednesday, 5:30 p.m. Youth Group Bible Study, Headquarters Chapel, Wednesday 6:30 p.m. Chapel Next (Meal/Bible Study), Wings Chapel, Thursday 9 a.m. Adult Bible Study, Spiritual Life Center, Thursday.

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II **JACKASS PRESENTS: BAD GRANDPA** - R
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WESTGATE CENTER

III **CARRIE** - R
Mon - Fri: 7:00 & 9:00
Sat & Sun: 2:00, 4:00, 7:00 & 9:00

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III **ESCAPE PLAN** - R
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Sat & Sun: 2:00, 4:15, 7:00 & 9:15

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RTJ offers scenic journey, quality entertainment

By Bill Lang
Alabama Tourism Department

In Alabama, you can go for a drive on the Robert Trent Jones Golf Trail, but these driving skills require more than a steering wheel. Celebrating 20 years of great public golf in 2012, the entire Trail has received renovations at every course within the past five years. While the courses keep getting better, the Trail’s commitment to service and amazing value (most greens fees are between \$45 and \$64) will always stay the same. For more information on the entire Trail, please visit www.rtfgolf.com.

Day 1 Golf – Oxmoor Valley – Birmingham

Oxmoor Valley, 100 SunBelt Parkway, Birmingham; (205) 942-1177, a favorite on the RTJ Trail and a great place to start a road trip is one of the many reasons Golf Digest called Alabama one of the top 50 golf destinations in the world. This 54-hole facility was built on former mining land owned by U.S. Steel. Sculpted from peaks and valleys of the Appalachians, the courses offer scenic forests, numerous creeks and challenging elevation changes. The Ridge course, with its rollercoaster fairways and

heavy tree cover, is incredibly photogenic. As a reminder of the site’s former use, the green at the par-5 third hole is buttressed by a shelf of exposed shale rock.

The Valley course is dotted with picturesque lakes and beautiful rolling fairways, and stretches two miles downrange along a slender valley. The 18th hole, a 441-yard par-4, nicknamed “The Assassin,” rises to a dramatic finish at the clubhouse just above the green.

Day 2 Golf – Capitol Hill – Prattville

To be fully prepared for the day, stop by the breakfast buffet at Brock’s before heading down I-65 to Prattville. Even though it’s only a short one-hour drive to the course from Birmingham, it wouldn’t be a proper trip without stopping in Clanton at either Durbin Farms Market, (205) 755-1672, or Peach Park, (205) 755-2065, at Exit 205 off I-65 to pick up some of their famous peaches (or peach ice cream).

Arrive at Capitol Hill in Prattville, 2600 Constitution Ave., Prattville; 285-1114, to find three 18-hole championship courses, all of which offer unique challenges and dramatic landscapes. The Judge course, named by Golf magazine as one of the 10 public courses in America worthy of host-

ing the U.S. Open, begins with an intimidating first tee 200 feet above the fairway overlooking the Alabama River and Montgomery skyline.

The Senator course, a Scottish-links style course with beautifully manicured bent grass greens, welcomes the world’s best golfers at the Navistar LPGA Classic each fall. This course holds more than 160 pothole bunkers and mounds up to 40 feet in height, but it does not have a single tree. The secluded setting on this course will make you and your group feel as though you are the only foursome on the course. The Legislator, a more traditional course, plays in and out of pine trees and along the bluff. The natural landscape is impressive as the course leads back up the bluff to finish at the spectacular clubhouse. Stop in for a relaxing lunch or a quick snack before heading into Montgomery for the afternoon.

Day 3 Golf – Ross Bridge – Birmingham

After a visit to Montgomery, it’s time to head back toward Birmingham. The ultimate golf trip would not be complete without playing the crown jewel of the Robert Trent Jones Golf Trail, Ross Bridge, 4000

Grand Ave., Birmingham; (205) 916-7677. The youngest of all the RTJ sites, Ross Bridge is beautifully carved into the rolling terrain of Shannon Valley. As mentioned previously, Ross Bridge is the fourth longest golf course in the world, making it a challenge for even the most seasoned golfers. It does offer multiple tees so that golfers of all levels can enjoy the course.

A gristmill on the waterfall reflects the history of the old mining site. Considerable elevation changes combine with water or other natural obstructions to get your attention. Large putting surfaces provide many tempting pin locations that will test golfers’ approach shots.

The picturesque finishing hole leads back toward the resort, where lunch awaits at The Clubhouse. Don’t leave without trying the fried pickles or the onion rings, and for the main course make sure to try the famous Ross Bridge burger with a side of homemade sweet potato fries.

To ensure the proper finish to the perfect trip, stop by the Spa at Ross Bridge for 9,000 square feet of relaxation. Enjoy a signature massage to soothe the muscles or simply spend time in the spa’s sauna, steam room and whirlpool before heading home.

WIREFGRASS COMMUNITY CALENDAR

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

ANDALUSIA

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

DALEVILLE

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

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

DOTHAN

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

NOV. 10 — Temple Emanu-El hosts the Bill Nomberg Memorial Temple-Hadassah Goods and Services Auction at 5 p.m. in the Myer Blumberg Social Hall. A light dinner will be served before the auction. Items to be auctioned include: deserts, gift cards, massages, art, gift baskets, crafts and home décor items. A \$12 donation is expected at the door. RSVP by Nov. 8 by calling 792-5001.

NOV. 15 — Foster Fest will be held for the last time this year 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. 12-14, 19-21 — People can experience living and working on a Wiregrass farmstead in the early 1900s with hearth cooking, gardening and sewing, 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 will also get in free Nov. 9-11, receive a free ice cream cone on Nov. 16 and have a free digitalium planetarium program experience on Nov. 23. For more information, visit www.landmarkpark.com.

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

MONDAY — “Ring of Fire – The Life and Music of Johnny Cash” will be put on at the Enterprise High School Performing Arts Center at 7 p.m. For information, call 406-2787 or visit www.CoffeeCountyArtsAlliance.com.

GENEVA

ONGOING — The Geneva County Relay for Life meets the last Tuesday of the month at 6 p.m. at the Citizens Bank. For more information, call 248-4495.

MIDLAND CITY

ONGOING — Residents are invited to Town Hall meetings the first Tuesday of each month at 5:30 p.m. at Town Hall, 1385 Hinton Waters Ave.

For more information, call 983-3511.

NEW BROCKTON

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

NOW THROUGH DEC. 15 — The New Brockton DAV Chapter No. 99 offers a college scholarship of \$500 to applicants who are the children of a U.S. military veteran who has fallen or been wounded, medically discharged honorably wounded veterans, 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

NOV. 14 — “Come Home for Christmas,” a holiday open house, will be held from 5-8 p.m. downtown. Local stores will participate in holiday discounts, refreshments, door prizes, Santa Claus and more. Luminaries indicate participating merchants.

NOV. 14 THROUGH DEC. 20 — The Rudd Art Center is sponsoring the second annual Artisan Holiday Show and Sale. Area craftsmen are invited to rent booths to sell their arts and crafts. All items must be handmade or created by the craftsman. No kits or store bought items are allowed. Booths are limited and will be filled on a first come, first served basis. Booths are approximately 8 feet x 8 feet. The fee is \$50. An opening reception will be Nov. 14 from 6-8 p.m. Call 733-9748 for more information.

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.

NOV. 21 — Dale County Farm City’s “Celebration” will be held at the Ozark

Civic Center from 6-8 p.m. A hamburger and hotdog supper will be served along with entertainment and door prizes. Tickets are \$8 and are on sale now. Tickets will not be available at the door. For tickets, call 774-3300 or 774-9321.

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.

WIREFGRASS AREA

SATURDAY – The Explore the Outdoors Festival will be from 10 a.m. to 2 p.m. at Live Oak Landing Outdoor Destination in Freeport, Florida. The day is described as being a fun-filled day geared towards introducing children to exploring the outdoors. Hands on activities will include fishing, boating, kayaking, wildlife encounters, interactive educational exhibits, nature-based crafts and more. The event is free. The water activities are geared for children six-years-old and up. There will be giveaways and raffles along with food and soft drinks. For more information call (850) 267-2064.

NOV. 9 — Registration for the 12th annual Wiregrass Veterans Day Poker Run to benefit disabled American veterans 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. Participants will enjoy recreational vehicle and tent camping, vendors, live band, bonfire, food, refreshments and more Nov. 7-10. Cost for ride is \$20 a rider and \$10 for passengers.

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

Beyond Briefs

Friday Fest

Friday Fest in downtown Panama City is Bay County’s largest street festival with more than 200 show cars, 50 vendors and live bands — filling up six blocks of Harrison Avenue on the first Friday of each month from 6-10 p.m. Local shops and restaurants stay open late.

Florida Seafood Festival

Florida’s oldest maritime festival, the Florida Seafood Festival, celebrates its 50th anniversary with a two-day

celebration of fresh quality seafood in Apalachicola Friday and Saturday.

The festival is held at the mouth of the Apalachicola River at Battery Park. The festival features seafood, arts and crafts exhibits, seafood related events and musical entertainment. Some of the notable events include oyster eating and an oyster shucking contest, Blue Crab races, a cooking contest, a parade, a 5K Redfish Run and the Blessing of the Fleet.

For more information, call (850) 653-4720 or visit www.floridaseafoodfestival.com.

Gumbo cook-off

The St. James and Lanark Volunteer Fire Department

annual Charity Gumbo Cook-Off will be held Nov. 9 at the Lanark Village Boat Club and Marina.

Contestants from volunteer fire departments, law enforcement, local restaurants and private individuals will prepare different gumbo recipes for competition.

Rules allow for competition gumbo to be sold after judging, allowing the general public to enjoy the gumbo. Gumbo dinners, prepared by the Lanark VFD culinary staff are also available for sit down or to-go orders.

Other activities include a live auction, silent auction, live and possibly a cast net throwing class or two.

For more information, call (850) 567-4161 or email mrundel@yahoo.com.

Army Surgeon General delivers prescription for health

By Craig Coleman
Northern Regional
Medical Command

WASHINGTON — Attendees of the 2013 Association of the U.S. Army Annual Meeting and Exposition Military Family Forum II received special health care, and it came with no deductible or co-pay.

Small slips of white paper — prescriptions — were placed before each in a conference room in the Washington Convention Center. The read:

Activity:

- 30 minutes this afternoon.
- 30 minutes in the morning.

Nutrition:

- Eat your calories, don't drink them.
- No more caffeine until tomorrow a.m.

Sleep:

- Remove electronics from the bedroom.
- Get seven uninterrupted hours.

The prescriptions were signed by Lt. Gen. Patricia D. Horoho, U.S. Army surgeon general.

The three elements of the prescription for health make up the Performance Triad, Army Medicine's initiative on eating well, being active and sleeping well.

Horoho attended several seminars and meetings at the three-day AUSA conference, held Oct. 21-23. She took every opportunity to spread her wellness message to conference attendees, and through them, to the entire Army family.

At the Family Forum II, where she was lead speaker, Horoho highlighted the shift of Army Medicine's focus from healthcare, the treatment of disease, to wellness, the preservation of health. The Surgeon General sees the transformation from a healthcare system to a system for health as vital to the Army and the nation. And she put her concern in personal terms.

"It would be tragic, if in the evening of our lives, as the shadows grow longer, we come to the realization that life could have been better, or that we didn't live up to our potential," Horoho said.

A healthy lifestyle, Horoho said, can lead to a better life with more engagement, energy and fulfillment.

She said that the three tenets of her prescription for health — activity, nutrition and sleep — are the keys to wellness and can avert what she called a crisis in America, where, "nine out of 10 of us in this room will



PHOTO BY JOSEPH PALGUTT

Lt. Gen. Patricia Horoho, Army Surgeon General, gives her prescription for health at the Family Forum II, which was part of the 2013 Association of the U.S. Army Annual Meeting and Exposition, held in Washington, D.C., Oct. 21-23.

die of a preventable illness. Most of us accept this as inevitable, not a matter of if, but when," Horoho said. "But it's not when. It's if. The decisions we make every day determines if, not when we will contract one of these life-threatening conditions."

Horoho noted that only one in four Americans aged 17-24 are eligible for military service today due to medical, weight or legal issues. "This is a clear and present danger to our national security," she said.

The key to a healthy body is the mind, Horoho said, and that the three tenets of her prescription have a profound effect on the way the brain works, and, conversely, using the conscious mind to fight subconscious unhealthy impulses is essential. A lifestyle that has an adverse effect on health is, "a choice, not a sentence."

The surgeon general said lifestyle-induced disease is partly explained by our 24-hour culture influenced by spouses, children, co-workers, bosses and just about everyone around us, "Lit by neon and fueled by caffeine, too many sweets, too many pills, not enough sleep and nowhere near enough activity."

The subconscious mind influences humans to avoid activity unless it's necessary for survival as a way of storing more calories. This was necessary earliest eras of human development because food was scarce. Things have changed, and Horoho told her audience that the average American now spends 21 hours each day either sitting or lying

down. Horoho said we need to drive that number down.

"We weren't built for this," Horoho said. "It's toxic and it's a problem. I'm not knocking 30 minutes in the gym or PT, but that's simply not going to offset the adverse health consequences of prolonged sitting."

She recommends devices that monitor activity and sleep as a way of tracking your efforts to be healthi-

tea is that with your first taste it sets off a reaction that makes you crave even more sugar throughout the day."

Horoho called sleep "the game changer."

She said sleep is when learning happens, because that is when the mind consolidates information and experience. Sleep is also critical, Horoho said, because sleepy people make poor decisions. Twenty four hours without sleep or

laboratory."

Follow her prescription, Horoho said, and your performance will improve. "Performance means being better spouses, better parents, better Soldiers, better friends and better members of your community."

Rachel O'Hern of Fort Belvoir, Va., the Army spouse of a severely wounded warrior who has transitioned back to active duty, said the elements of the Performance Triad are important.

"Especially for me, as a caregiver when my husband was injured," O'Hern said. "A lot of those things are easy to fall by the wayside," O'Hern said. "But you do see the results of that in your energy levels. Obviously, I was making some big decisions when my husband was an inpatient, so you want to be your best cognitive self."

In a different presentation given in the AUSA's Warrior Corner, Lt. Col. Timothy Hudson, Army Medicine's System for Health lead, told a gathering of Army leaders that the Performance Triad is part of the larger system for health partnership among Soldiers, Families, leaders, health teams and communities to promote readiness, resilience and responsibility.

Hudson said the goal is to have the Performance Triad to become a way of life, like the Army Core Values.

"[Army Values] were codified," he said. "They gave it feet and made it a part of the Army, incorporated into the daily life of the Army. The Perfor-

mance Triad has to become a part of the DNA of the Army. But it takes time to change a culture."

The Performance Triad initiative is nested under the Army's Readiness and Resiliency Campaign, designed to improve the Army's physical, mental and social well being by strategically changing the culture.

Horoho address attendees of the AUSA's Institute of Land Warfare Contemporary Military Forum as part of a panel discussion featuring Gen. John F. Campbell, vice chief of staff; Lt. Gen. Howard B. Bromberg, deputy chief of staff, G-1; Lt. Gen. Michael Feriter, assistant chief of staff for installation management and commanding general, Installation Management Command; Lt. Col. (Ret.) Glenn Schiraldi, Ph.D., founder, Resilience Training International; Karen Reivich, Ph.D., co-director, Penn Resiliency Project; and moderator retired Lt. Gen. Eric Schoomaker, former surgeon general of the Army.

The surgeon general told the audience she is ensuring there is a system in place to take her message where Soldiers are.

"We're nesting what we're doing in the medical community within what is taking place across our Army (Ready and Resilient Campaign). This is not a medical plan, it's actually an Army plan," Horoho said. "We're all focused on improving the readiness and resilience of our Soldiers and their Family members."

Activity, nutrition and sleep are the keys to wellness ... "

— LT. GEN. PATRICIA D. HOROHO,
U.S. ARMY SURGEON GENERAL

er. Measuring activity can make it the transition to a more active lifestyle easier.

When it comes to poor nutrition, the subconscious mind is again often the culprit.

"Your survival brain is primed for hunger, instilled long ago by evolutionary pressure," Horoho said. "And your emotional brain craves comfort foods — foods we associate with positive experiences."

The average American eats 150 pounds of refined sugar every year, according to Horoho, but she does not expect us to eliminate it, only not to drink it in beverages and energy drinks. "A good reason to think twice before adding sugar to your morning coffee or

one week of sleeping less than six hours per night is equivalent cognitively to a blood alcohol content of .10 percent, Horoho said. "That's not the person I want performing surgeries in our [operating rooms]. That's not the person I want driving our children to school. Not the Soldier I want at security checkpoints deciding friend or foe."

Horoho said one way to get more and better sleep is to minimize environmental factors that work against your ability to sleep well. She said we should have no blinking lights in our bedrooms, including anything that emits light or makes a noise. "Right now, the typical bedroom resembles a modern-day science

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Facebook can be a great force multiplier for commands and Family Readiness Groups, experts said during Family Forum IV at the Association of the United States Army Annual Meeting and Symposium, Oct. 23, 2013. Photos, videos and other graphics are particularly successful with audiences, they pointed out.

Army experts discuss ways to stay connected via social media

By Elizabeth M. Collins
Army News Service

FORT MEADE, Md. — Commands and Family support groups can use social media sites as force multipliers, experts said Oct. 23, and Family members can stay connected while staying secure.

Social media experts joined garrison leaders, Family members, Family readiness group leaders and military support group representatives at the fourth and final Association of the United States Army Family forum in Washington to discuss the benefits of social media.

The forum covered all types of social media, from Facebook — which some of the experts said teenagers and young Soldiers aren't interested in using anymore — to Twitter and Instagram. Experts said find where the people they are trying to reach are spending their time and go there.

- Their advice included:
- Be accurate and timely.
 - Vet any information you post.
 - Post things people want, like pictures, video and infographics.
 - Share consistent messaging across all platforms of information, including the post newspaper.
 - Be responsive.

"We can be, we should be, we have to be the most reliable source of accurate information available," said Col. Gary Rosenberg, garrison commander of Fort Drum, N.Y. "However, accuracy isn't enough. It also needs to be timely and be easily accessible. If we're not, we're going to be irrelevant. We have to be agile and adaptive."

"What it really comes down to is people," he continued. "It still takes well-trained people and caring people. Only they can take care of our Soldiers, our Families, our civilians and our retirees."

In the end, it really is all about people; communicating with them, enabling them, both with information and whatever resources they might need, and caring for them."

Rosenberg went on to explain that a new Soldier's worried mother recently reached out to their Better Opportunities for Single Soldiers program on Facebook. Her son was lonely, she said, and couldn't seem to make friends or find anything to do. That sort of isolation doesn't make for a very resilient Soldier, so the BOSS leader sent her a list of activities that were going on at Fort Drum, and now that Soldier is getting involved and is making friends and is a more productive Soldier.

Former Capt. Megan Zemke, an Army spouse and the Family readiness group leader for the 546th Maintenance Company, 1st Maneuver Enhancement Brigade, out of Fort Polk, La., pointed out now that her husband's unit is home from deployment and likely to stay home for a long period of time, Facebook and other social networks are the best ways to stay in contact with spouses.

"The biggest challenge we have is that once your Soldier's home and he's not deployed, they don't really want to hang out with you," she said. "They want to hang out with their Soldiers. ... That's where we kind of brought in our Facebook page to say 'We're doing these fun activities. We still want to have a Family unit, togetherness and cohesion.'"

"If we try to have just your average meeting with some cookies or something, no one's going to come," Zemke said. "But if we instead have a big quarterly meeting with a

bounce house, we could get almost everybody there and that's where we can put out our information. That's what we use our social media for, to say we're going to have this activity next month and there's going to be these types of things for the kids to do, and if you'd like to bring food that would be great or there's already going to be food there. We recently went through a deactivation and that was huge for us, just for rumor control."

Brittany Brown of the U.S. Army's Online and Social Media Division, said the Army wants people to share information from of-

ficial sites like Army.mil and Defense.gov, patriotic messages and words of encouragement, and support for their Soldiers. Even senior leaders like Army Chief of Staff Gen. Raymond T. Odierno and Sgt. Maj. of the Army Raymond F. Chandler are on social networks, so the Army does recognize the power of social media.

The Army, she continued, provides resources on www.slideshare.net/usarmysocialmedia about what it's okay to share and what types of info should never be posted due to operational and personal security, such as troop move-

ments, specific locations, weapons systems and new equipment. Never, for example, post something like "I just found out my Soldier will be deploying to Afghanistan on November 1."

"We train our Soldiers to deal with the most advanced weapons in the world," she said. "We train them to use those weapons systems and have the trust and confidence in them to go out and do great things on the battlefield, we can trust and train them to do the same thing with social media, to use those platforms, being mindful of personal security."



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TEN-MILER
Record field for Army
Ten-Miler benefits
MWR

Story on Page D3

OCTOBER 31, 2013

Post 10-Miler team breaks record

By Sara E. Martin
Army Flier Staff Writer

Staff Sgt. David Seymour led the eight member Fort Rucker Ten Mile Team to a second-place division finish Oct. 20. in Washington during the 29th running of the Army Ten-Miler Race.

Fort Rucker beat the post record by 1 minute and 51 seconds with a scored time of 3 hours, 57 minutes and 38 seconds.

The team competed in the Open Mixed division, which is open to all teams, military or civilian, male and female. There were 35,000 registered runners with more than 26,000 participants finishing the race, according to the results.

Seymour, who is captain of the team and is a small group leader at the NCO Academy, finished 80th overall out of all military competing men with a time of 58:46. Teammate 2nd Lt. Brian Morenus, D Company, 1st Battalion, 145th Aviation Regiment, finished 23rd out of all military males at 54:43. Second Lt. Mark Freeman, 1st Battalion, 145th Aviation Regiment finished 101st out of competing military males with a time of 59:47, and 2nd Lt. Jennifer MacGibbon, D Company, 1st Battalion, 145th Aviation Regiment, finished eighth out of all military females with a time of 64:23.

CW4 Stephanie Rose, Headquarters Headquarters Company, 1st Battalion, 14th Aviation Regiment, whose overall time did not count towards the team, finished 83rd out of all military women at 71:57 with a broken foot.

Fort Rucker's team finished 18th out of 421 teams, with six of those teams being international, said Seymour. Teams from Canada, Ger-



PHOTO BY SGT. 1ST CLASS BRIAN RHODES

2nd Lt. Brian Morenus, D Company, 1st Battalion, 145th Aviation Regiment, and other racers charge toward the finish line at the Army Ten-Miler Race, Oct. 20 in Washington.

many, Brazil and Japan competed in the race.

"Our division had more than 200 teams in it," he said. "Had we run in

the Active-Duty Mixed division we would have finished third overall."

The Mountain Post Men from Fort Carson, Colo., won the Com-

mander's Cup, finishing in first place in the Active-Duty Men's division, and the Fort Bragg Women finished first in the Active-Duty

Women's division. Fort Eustis, Va., took first place in the Active-Duty Mixed division.

Secretary of the Army John McHugh, Chief of Staff of the Army Gen. Ray Odierno, Vice Chief of Staff of the Army Gen. John F. Campbell and Sgt. Maj. of the Army Raymond F. Chandler all attended the event and were seen cheering on the sidelines along with thousands of fans, friends, supporters and Family members who lined the race route motivating racers to keep going.

Chandler said it's always motivating seeing so many people participating in the race each year and staying Army Strong.

"It's amazing to see, especially the wounded warriors who just inspire all of us every single day," he said.

The race began and ended at the Pentagon and is one of the most scenic routes in the country, taking runners past many of the nation's historic monuments.

At the awards ceremony, Maj. Gen. Jeffrey S. Buchanan, commanding general of the Military District of Washington, said the event couldn't have been such a huge success without the people who put time and energy into making it so.

"I just want to thank all our Soldiers, all our Family members, all our sponsors, more than 900 volunteers put this race together. We couldn't have done it without them," he said. "This is a great day to be Army Strong," he said.

MacGibbon, who has since transferred to Hawaii, is now being considered for the All-Army Cross Country Team. For more on her achievement, see Sports in next week's Army Flier.

Iron Aviator — close call in competition

By Sara E. Martin
Army Flier Staff Writer

As two competitors raced neck and neck up a hill near Beaver Lake Oct. 24 it seemed that a tie might be in order for Team 3 and Team 8. That was until one competitor collapsed from exhaustion just 50 yards from the finish line.

The Iron Aviator, a Captain's Career Course class cycle event, was livelier than usual with large, themed and energetic pit crews and a dramatic finish by two teams that gave it their all in the spirit of friendly competition.

"I think it is really important to relax with friends after such a hard course, and I love to bike so doing the race was natural and really fun for me," said 1st Lt. Gabriel Czapiewski, Polish Armed Forces.

Czapiewski's team, Team 8, was in the lead 99 percent of the race, but ultimately claimed second place by 23 seconds when teammate Maj. Egrul Altun from Turkey fell a few yards from the finish line.

"The hills on the route really made me

tired and on the last 100 meters I felt my legs begin to give out and got discouraged when I saw (Kendz) catching up to me," said Altun. "I couldn't feel my legs at all and when I tried to speed up, my legs just gave away."

There were ten teams this year and only three individuals who competed for the ultimate title of Iron Aviator, but the honor went to Capt. Anthony Tankiewicz from Tacoma, Wash., who will transfer to Fort Carson upon graduation Oct. 30. Tankiewicz finished with a time of 1 hour, 53 minutes and 17 seconds.

"I was just glad to finish, I didn't even realize that I had won," he said. "The run was so hard because I am not a runner and I was exhausted by the run anyway; but having everyone here to support me was amazing. It was a good competition overall because it was challenging in the first place and there was some great competition out here today."

During the event, Soldiers endured a 4.5-mile ruck march, 300-meter swim, 10k bike ride and 2.5-mile run that tested everything

from endurance to mental toughness. The ruck march required Soldiers to traverse a knee-to thigh-high swamp.

"It is a morale boost at the end of the course. It is one way to decompress and release all that stress that has built up over the last couple of months in a safe and productive way," said Maj. Brian Major, A Company, 1st Battalion, 145th Aviation Regiment company commander, adding that the participants learn more than just camaraderie and teamwork.

"Triumph through adversity is one of those things that the Army always encourages, and this is a very tough event," he said. "Understanding the team's strengths and weaknesses prior to the event helps each Soldier build up their confidence to tackle this very tough course."

Family involvement at the competition was also larger than life this year with dogs, children and spouses on scene cheering on their friends and loved ones.

"The Families do not get to see most of the activities that we do during the course. So this is one of the few times that we want

them to take the day off and encourage them to cook out here and celebrate in each other's company the rest of the afternoon," said the company commander.

Winning Team 3 consisted of Capt. Jeff Epps, Capt. Steven Wisniewski, Capt. Phil Leathead, Capt. Kendz Toussaint, and the team was ecstatic that they pulled off a win at the last second.

"The best part of the entire thing was our entire group supporting each other and everyone getting involved. We had a great team setting and construction and it paid off in the end," said Epps. "Its great to do things as a collective team and we had the backing of our class. Their cheers made you want to push yourself even harder."

"It was pretty tough being neck and neck with the other runner, but I knew when I saw his legs trembling and when he started to reach for the ground that I'd catch him," said Kendz.

Out of good sportsmanship, Leathead helped Altun up so he could finish the race, and everyone celebrated the competition with burritos, corn hole and a cold ones.

PIGSKIN PICKS



Cincinnati
vs. Miami

Atlanta
vs. Carolina

San Diego
vs. Washington

Philadelphia
vs. Oakland

Baltimore
vs. Cleveland

Indianapolis
vs. Houston

Chicago vs.
Green Bay

 Jim Hughes Public Affairs (36-20)							
 Brian Jackson DFMWR (34-22)							
 John McGee CDID (41-15)							
 Capt. Mike Simmons Directorate of Public Safety (35-21)							
 Sharon Storti Network Enterprise Center (33-23)							

DOWN TIME



His drawings of men are the embodiment of heroism. His women, strong and sensuous. Couple this with an uncanny knack for capturing an environment (from urban metropolis to alien landscape) and you have the makings for the best in fantasy illustration.

From his work on the classic EC comics of the fifties to "Star Wars" in the eighties and nineties, Al Williamson's artwork continues to inspire and amaze.



FLASH GORDON
10-27
Artwork: AL WILLIAMSON



Just Like Cats & Dogs

by Dave T. Phipps



TRIVIA

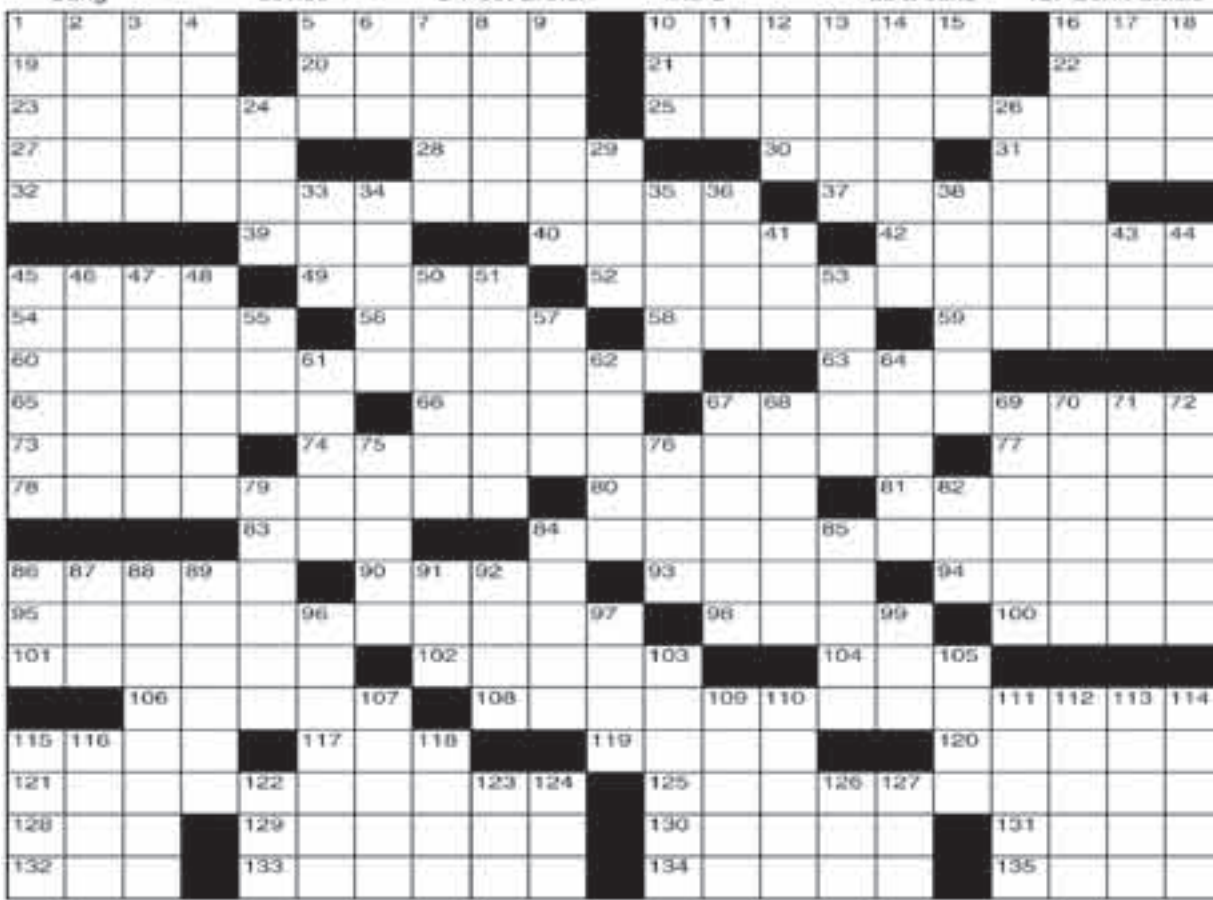
1. TELEVISION: What popular TV show features a nerdy physicist named Sheldon?
2. MOVIES: What was the name of Tony Stark's assistant in "Iron Man"?
3. MEDICAL: What is the common condition described in medical terms as "xerostomia"?
4. U.S. STATES: What is the capital of Louisiana?
5. ASTRONOMY: Which planet in our solar system has the largest number of moons?
6. FAIRY TALES: What was the first item that Jack stole from the giant in "Jack and the Beanstalk"?
7. GEOGRAPHY: What is the world's smallest ocean?
8. U.S. PRESIDENTS: Which president was born on July 4?
9. LANGUAGE: What does it mean for someone to be in "high dudgeon"?
10. ANIMAL KINGDOM: What makes up a shark's skeleton?

See Page D3 for this week's answers.

Super Crossword

PEOPLE BY THE SOUND

- ACROSS**
- 1 Peter the Great, e.g.
 - 5 Actor Haas
 - 10 Illuminated like 1890s streets
 - 16 Criminalize
 - 19 Make sharp
 - 20 Came — (Mexican steak dish)
 - 21 Mysterious matters
 - 22 "So that's it!"
 - 23 Senior Manilow?
 - 25 One looking for Bridges?
 - 27 Monte —, Monaco
 - 28 Not difficult
 - 30 Car grille protector
 - 31 "Goodness!"
 - 32 Dillon in a headlock?
 - 37 Head of monks
 - 39 "My gal" of song
 - 40 Stu of early TV
 - 42 Magazine printings
 - 45 Pepsi, e.g.
 - 49 "CD" part
 - 52 Severinsen living in San Francisco?
 - 54 Inner self, to Jung
 - 56 Cartoonist Addams
 - 58 Pod veggie
 - 59 Off, aides
 - 60 One jumping over Rains?
 - 63 EMT's treatment
 - 65 Uses 66— Across, say
 - 66 Dental care brand
 - 67 Gets rid of while snoozing
 - 73 Melodious Murray
 - 74 Brought before Crane?
 - 77 Pastry bag welder
 - 78 Gain much knowledge
 - 80 Fell regretful about
 - 81 El — (Cher's California birthplace)
 - 83 Java, for one: Abbr.
 - 84 Fisher standing atop a stack of sacks?
 - 86 Exit an egg
 - 90 Java locale
 - 93 Stepped on it
 - 94 Boat-lifting device
 - 95 Pickford acting too quickly?
 - 98 Perplexed
 - 100 Fiddle duet?
 - 101 Prophecy giver
 - 102 Grinders
 - 104 3-D med. scan
 - 106 Sour plums
 - 108 Endeavor by Borgnine?
 - 115 Motin target
 - 117 It glistens on grass
 - 119 Choir part
 - 120 Bugle sound
 - 121 Bitingly sarcastic Williams?
 - 125 Henning further down?
 - 128 Hightail it, old-style
 - 129 Hun head
 - 130 Radical sort
 - 131 Crooner Campbell
 - 132 What to call a knight
 - 133 Burkinate
 - 134 Mexican money
 - 135 Urges
 - DOWN**
 - 1 "Gossip Girl" network
 - 2 — plexus
 - 3 Poet Breton
 - 4 Fishing line holders
 - 5 Chem class component
 - 6 D.C.'s country
 - 7 Crooner Carpenter
 - 8 "What —!" ("How boring!")
 - 9 "I declare it, that's what!"
 - 10 Chatter idly
 - 11 "My hands — tied"
 - 12 Picket line crosser
 - 13 Actress Linney
 - 14 Dwell within
 - 15 Greek letter after sigma
 - 16 Fixtures to soak in
 - 17 Subtle "Yol"
 - 18 — a one (zero)
 - 24 Deteriorates
 - 26 Loops with slipknots
 - 29 9144 meter
 - 33 Stripling
 - 34 Peter — Tchaikovsky
 - 35 — more (at least a couple)
 - 36 Mite's cousin
 - 38 Note that sounds like C
 - 41 Hide-hair connector
 - 43 Chow down
 - 44 The "S" of TBS: Abbr.
 - 45 Kind of nerve or vertebra
 - 46 Over the internet
 - 47 "Glee" actress Agron
 - 48 Toy, to a tot
 - 50 Wisconsin-based retail store chain
 - 51 Coated pill
 - 53 Person confronting
 - 55 Fruity beverage
 - 57 Year, e.g.
 - 61 "Cómo —?" (Spanish "How are you?")
 - 62 Accessory
 - 64 Chain for dogs and cats
 - 67 Himalayan guide
 - 68 Poetesses
 - 69 "Arabian Nights" sailor
 - 70 Eight-note interval
 - 71 Black Eyed Peas singer
 - 72 Decorates, as a cake
 - 75 Mosque God
 - 76 — is not to reason why?
 - 79 Ex — (from nothing)
 - 82 Stop
 - 84 Provide the spread
 - 85 Plant swelling
 - 86 Med. plan option
 - 87 Bern's river
 - 88 More sleazy
 - 89 Flore a bike
 - 91 Used a tuffet
 - 92 "Got it"
 - 96 Must
 - 97 Volcano near Catania
 - 99 Monet works
 - 103 Delayed
 - 105 "Let — Me"
 - 107 Brief quarrel
 - 109 Filched
 - 110 Tipsters
 - 111 Lamentation
 - 112 Sappy tree
 - 113 Got all prettied up
 - 114 Shore fliers
 - 115 Oohs and —
 - 116 Nero's 202
 - 118 Caprice
 - 122 Cup handle
 - 123 "Y" student
 - 124 "Norma —" (Field film)
 - 126 Miracle — (plant food)
 - 127 Bonn article



See Page D3 for this week's answers.

Weekly SUDOKU

by Linda Thistle



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

DIFFICULTY THIS WEEK: ★★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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See Page D3 for this week's answers.

KID's CORNER



Record field for Army Ten-Miler benefits MWR

By **Tim Hipps**
Installation Management Command

WASHINGTON — Three attendance records were broken at the 29th running of the Army Ten-Miler, where a record 35,000 registered runners generated funds for Army Family and Morale, Welfare and Recreation programs.

In a year of unprecedented economic uncertainty caused by a partial shutdown of the U.S. government, runners exhibited an unprecedented passion for the largest Army MWR sporting event in the world, and America's second-largest 10-mile road race.

Two more records fell on race day: 25,825 started the race, and more than 25,000 completed the Oct. 20 run around Washington's most scenic monuments that started and ended at the Pentagon.

"We've never hit those numbers before: starters or finishers," Army Ten-Miler Operations Manager George Banker said. "Those are dedicated runners. They are dedicated and they've got the passion."

During the past five years, financial management officials said the Family and MWR Fund received more than \$3 million from profits generated by the Army Ten-Miler. Those dollars provided financial



PHOTO BY TIM HIPPS

While the elite runners up front set their watches for the start of the 2012 Army Ten-Miler, someone near the back of the first-wave pack has something more peaceful in mind.

stability and, in turn, the ability for Army garrisons to invest in such things as the building of cabins and picnic areas, construction of playgrounds at travel camps, installation of self-checkout stations in libraries, the purchase of alignment systems and hydraulic lifts for auto crafts, and a myriad of other projects designed to enhance services and recreational activities for Soldiers and Families.

Earlier proceeds from the Army Ten-Miler were used to renovate

bowling centers on installations, to purchase buses that transport military children to Army Child and Youth Services events, to build Internet Cafes, and to construct golf-cart paths to name a few. These MWR projects enhanced lives of Soldiers, their Families, civilian employees, retirees and other eligible MWR patrons.

With military cost-cutting measures in place at the 2013 Army Ten-Miler, there were no Golden Knights parachuting into the park-

ing lot and no fighter-jets-information flying overhead, but those cuts did not deter runners. The "Hooah!" spirit prevailed, and MWR benefited from every registered participant, including those with no intent of running who merely wanted a \$65 event T-shirt, and perhaps, to support Army MWR.

"I would venture to say, and I wouldn't be far off the mark, every single person who is running out there, they've got a story," Banker said. "The majority of them are run-

ning for somebody who is in the military, either they're wounded or they were killed in action, but they're doing it for someone other than themselves. They're doing it in somebody's memory."

Banker is equally passionate about the uniqueness of the Army Ten-Miler.

"Those out there are not running for a [personal record]," he said. "That's not their purpose. The personal record is for the ones up front. The rest of them are out there for those personal goals and those personal stories."

"And to me, that's the soul of the race, because a lot of races can't say that. It's more than health and fitness, because they keep coming back. It's about, 'Hey, I crossed that finish line, and that's all I wanted to do.' That's the atmosphere for the event."

The women's winner, Kerri Gallagher, set another event record with a winning time of 54 minutes, 56 seconds, eclipsing the 55:25 clocking set in 2009, by Samia Akbar of Herndon, Va., on a slightly different course.

"Getting that record was icing on the cake," Banker said. "I knew something had to drop."

There was no drop in participation, however, of which Army MWR was the greatest beneficiary.

Spooky 5K

Runners participate in this year's Spooky 5K. This year's overall winners were, fastest male runner with a dog, Andrew Sines; fastest male runner with a stroller, Nick Hirth; male grandmaster, Kirk Thomas; male 9 and under, Alex Segura; male 10-14, Nathan Gillespie; male 15-19, Thomas Rasplicka; male 20-24, Marc Maycumber; male 25-29, David Seymour; male 30-34, Cliff Rogers; male 35-39, Michael Johnson; male 40-44, Michael Delaney; male 45-49, Richard Ayers; male 50-54, Kenneth Madsen; male 60-64, Robert Teague; male 70 and over Jesse Hunt; female open winner, Jeanne Davis; fastest female with a stroller Kristina Howell; fastest female runner with a dog, Jeanne Davis; female master winner, Amy Graf; female grandmaster, Cassie Lohan; female 9 and under, Marcy Catherine; female 10-14, Carly Poitra; female 15-19, Jazine Thompson; female 20-24, Jennifer Zonghi; female 25-29, Kimberly Tompkins; female 30-34, Carmel Cammack; female 35-39, Brooke Houppert; female 40-44, Gloria Cain; female 45-49, Becky Kuriger; female 50-54, Kim Patton; and female 55-59, Audrey Hrinda.



PHOTO BY SARA E. MARTIN

PIGSKIN PICKS



Louisiana-Monroe vs. Troy

Army vs. Air Force

Auburn vs. Arkansas

Georgia vs. Florida

Michigan vs. Michigan State

Northwestern vs. Nebraska

Miami vs. Florida State

<div>David C. Agan Jr. PAO (42-21)</div>							
<div>Kent Anger, DPTMS (45-18)</div>							
<div>Wes Hamilton, NEC (43-20)</div>							
<div>Alex Tressler, 1-11th AVN (39-24)</div>							
<div>Tish Williamson, USAACE (38-25)</div>							

Weekly SUDOKU

Answer

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

PUZZLE ANSWERS

TRIVIA

Answers

1. "The Big Bang Theory"
2. Pepper Potts
3. Dry mouth
4. Baton Rouge
5. Jupiter, with 63 moons
6. A bag of gold
7. Arctic
8. Calvin Coolidge
9. Outraged
10. Cartilage

Super Crossword

Answers

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

Video Game Spotlight >>



COURTESY SCREENSHOT

Batman returns to the beginning



COURTESY SCREENSHOT

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.)

So what was it like for Batman when he first put on the mask and cape? “Batman: Arkham Origins” wants to tell you.

The new video game follows the Caped Crusader before he became a big-time super hero. He’s raw and nowhere near ready to fight the super villains he meets later in his career.

The good news is that Batman is a quick study. In this prequel to the other Arkham video games, we get to experience the defining events that lead to Batman becoming the Dark Knight.

Batman had mostly been fighting common criminals until the game’s main villain, Black Mask, offers \$50 million to knock off the Dark Knight. That brings out some of the world’s top assassins, including Bane, Firefly, Copperhead and Deathstroke.

Gamers who have played the previous Arkham games will find the controls and combat familiar except for the fact that button mashing is now

nearly outlawed. To succeed, gamers will need to master all of Batman’s special attacks. Simply punching and using his cape to disorient opponents won’t work on the more challenging opponents, especially the boss types. “Origins” does a good job teaching the fine points of combat and wise gamers would do well to pay attention. It’s a challenging, but rewarding, system.

The cool gadgets are available, although many of them will have to be earned. The story-driven pacing does a great job introducing crucial characters and new technology at the right times.

“Origins” even has a fun multiplayer mode that pits gamers controlling Batman and Robin (who is not in the single player mode) against gamers controlling gun-toting henchmen, each consisting of three bad guys, led by Joker and Bane.

With the challenge ramped up a bit and the fact that this game is a prequel and Batman isn’t as amazing as he is in previous games, it remains to be seen if gamers take to “Batman: Arkham Origins.” It will likely still be popular, but casual gamers might choose to stay in their own Bat Caves. However, Batman fanatics will love it.



Publisher
Warner Brothers
Rated
Teen
Systems
Multiple
Cost
\$40-60
Overall
3 out of 4

Reviewed on the Xbox 360

SPORTS BRIEFS

Glow ball golf tournament

Silver Wings Golf Course holds its glow ball tournament Nov. 15. Registration, a chili party and the range will open at 4 p.m., followed by a 5:30 p.m. shotgun start. The entry fee is \$40 for members and \$50 for non-members. Entry fee includes nine-hole cart and greens fees, glow balls, range balls, tournament medal and prizes. People can sign up individually or as a foursome. Deadline to register is Friday at 5 p.m.

For more information, call 598-2449.

Winter golf intramurals

Sign up now for winter golf intramurals that begins Nov. 10 at Silver Wings Golf Course with a shotgun start at 1 p.m. Cost is \$10 as a one-time league fee per player (non-refundable) and \$10 cart fee per play and outing — \$5 for SWGC members. Prizes will be awarded at the end of the season to the teams with the highest points. To get started, people need to designate their team captain and put a roster together. Team captains should notify the golf course and provide Silver Wings with the roster and one-time league fee by Tuesday.

For more information, call 598-2449.

Youth basketball

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

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

Youth Deer Hunt

Outdoor recreation will host a youth deer hunt Nov. 16 from 4 a.m. to 6:30 p.m. at outdoor recreation, Bldg.

24236, on Johnston Road. The hunt is open to youth ages 7-15. Cost to participate is \$15, which includes lunch. Trophies will be awarded to first-, second- and third-place winners, and door prizes will also be given away. Parents and escorts of youth must have an Alabama State Hunting License and a Hunter Education Course Completion Card. The event is open to the public.

For more information, call 255-4305.

Turkey Trot

The Fort Rucker Physical Fitness Center will host the annual Turkey Trot 5k, 10k and 1-Mile Fun Run Nov. 23 from 9–11 a.m. Race day registration will be 7:30–8:45 a.m. The 5k and 10k will start at 9 a.m. at the Fort Rucker PFC on Andrews Avenue. Participants are encouraged to pre-register at either PFC. Forms are available at either PFC or printable at www.ftrucker-mwr.com/recreation/physical-fitness-centers/events/. Costs are \$20-25 individual and \$120-160 for teams. The fun run – open to all children and free of charge – will begin after the 5k and 10k. Each Fun Run participant will receive a medal.

For more information, call 255-2296.

Turkey Shootout

Silver Wings Golf Course will host its annual Turkey Shootout Nov. 23 with tee times from 7–9 a.m. The format will be individual stroke play, and U.S. Golf Association handicap or weekend dogfight points will be used. Cost is \$20 per player, plus cart and greens fee (if applicable). Turkeys and gift certificates will be awarded to the gross and net winners. The deadline to register is 9 a.m. Nov. 23.

For more information, call 598-2449.

Zombie Bowl

Rucker Lanes will host its Black Friday Zombie Bowl Nov. 29 from 10 a.m. to 1 p.m. Cost is \$50 per lane (up to six people per lane) for unlimited bowling, shoe rental, one large one-topping pizza, and a pitcher of soda or tea. The event is open to the public.

For more information, call 255-9503.

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