

Army Community of Excellence ceremony

The Fort Rucker Army Community of Excellence awards ceremony will take place Nov. 14 from 2-3:30 p.m. at the post theater. Patrons who shop at the post exchange, commissary and thrift store may experience some challenges with parking due to the large turn-

out of personnel expected to attend the event. While the installation will provide overflow parking in support of this event, patrons may want to consider avoiding the anticipated traffic congestion from 1:30-3:30 p.m. when planning their shopping. People planning

to attend the ACOE ceremony are asked to carpool to the event as much as possible to help reduce the traffic and parking issue. Fort Rucker appreciates the patronage of its facilities and apologizes for any delays or impacts people might experience that day.

FOOTBALL

Waffles edge Old Warriors



Story on Page D1

ARMY FLYER

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VOL. 63 ■ NO. 44

FORT RUCKER ★ ALABAMA

NOVEMBER 7, 2013

Bazaar offers early holiday shopping

By Sara E. Martin
Army Flier Staff Writer

People around the Wiregrass can mark their calendars for the annual Fort Rucker Community Spouses' Club's Hollyday Bazaar Nov. 16 where they can take advantage of all that local businesses have to offer this season and get ahead in their holiday shopping.

FRCS, which has been giving back to the Fort Rucker and Wiregrass communities for more than 30 years, will hold the bazaar from 9 a.m. to 4 p.m. at Yano Hall, Bldg. 6005 on Fort Rucker, between the Lemon Lot and the U.S. Army Aviation Museum on Andrews Avenue. The event is open to the public.

The official opening ceremony and ribbon cutting will be at 8:45 a.m. and shopping will begin at 9. Admission to the event is \$5 per person; children 12 and younger get in free. Admission to the event benefits the FRCS's local scholarship and commu-

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PHOTO BY SARA E. MARTIN

The FRCS joins the Foxhounds, Warrant Officer Career College Class 1401, Nov. 2 as they paint Sgt. Ted E. Bear as a polar elf to advertise the annual Hollyday Bazaar, which will be held Nov. 16 from 9 a.m. to 4 p.m. at Yano Hall, Bldg. 6005 on Fort Rucker, between the Lemon Lot and the U.S. Army Aviation Museum on Andrews Avenue.

Students DARE to say 'no' to drugs

By Nathan Pfau
Army Flier Staff Writer

Students from three fifth grade classes pledge to say no to drugs, alcohol and peer pressure as they join a long legacy of Fort Rucker Elementary School students that have gone through the Drug Abuse Resistance Education program.

More than 65 students graduated Tuesday from the 10-week program, during which the children learned about adversity, drug abuse, alcohol abuse, peer pressure and bullying, according to Spc. Susan Stone, Fort Rucker's DARE officer.

"The DARE program is about teaching children at a young age that they can say 'no' to drugs, and not just drugs, but pressures in general," said Stone. "If they aren't experiencing it now, they will. We're just giving them the tools that they can utilize to say 'no.'"

Throughout the program, the children participated in exercises to get to know each other, learned how to talk with adults that they trusted, and learned to work and help each other when needed.

Drug abuse is a serious issue that continues to cause serious problems in our society," said Marcel Dumais, Fort Rucker chief of police. "The DARE program that all of these young people have just completed will hopefully pay big dividends as they grow up into their teens and through adulthood."

Dumais said that DARE is not only about teaching students about drugs and alcohol, but about what being grown up is all about. He said it's about not giving into peer pressure, making the right decisions and learning to cope with life's problems in a positive way.

Dumais also said that DARE is as much for the parents as it is for the students, because parents need to be involved in their children's lives in order for them to grown into responsible adults.

"For the parents, I ask that they follow some of the tips from this program," he said. "Educate yourself on drug and alcohol abuse so that you have the necessary tools to talk with (your children) and answer their

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PHOTO BY NATHAN PFAU

Honoring veterans

Maj. Gen. Kevin W. Mangum, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, and Aviation Branch Command Sgt. Maj. James H. Thomson, salute after laying a wreath during last year's Veterans Day ceremony. This year's ceremony is Friday at 3:30 p.m. at Veterans Memorial Park in front of the U.S. Army Aviation Museum. In the event of inclement weather, the ceremony will be held in the museum.

Post celebrates Native American History

By Nathan Pfau
Army Flier Staff Writer

When people think of Native Americans, many images come to mind, like teepees, feather headdresses and war drums, but this year's celebration of Native American History Month aimed to give people a deeper insight into a culture rich with heritage.

The Fort Rucker Equal Opportunity Office and the Army Air Force Exchange Service teamed up to kick off Native American History Month at the post exchange Friday to educate people on Native American culture, celebrate the diversity of the nation and bring people closer together as Soldiers and civilians, according to Master Sgt. Thomas Reid, chief equal opportunity adviser.

"As with all of our heritage observations, it is important to celebrate the diversity of our nation and our Army," said Reid. "By observing the different ethnic groups that make up our



PHOTO BY NATHAN PFAU

Richard Greybull, member of the Dakota Tribe, and Donald Miller, retired military of Cherokee descent, perform a dance to honor veterans during the Native American History Month kickoff celebration at the post exchange Friday.

society, we learn, not just how different we are, but how alike we are.

"It's very important for all of us to be exposed to the history," he continued. "Native Ameri-

cans have contributed in every conflict in America's history and (they) have the highest record of service per capita when compared to the other ethnic groups."

The celebration featured food, singing, dancing and displays to help educate people on the culture and heritage of Native Americans, and also featured members of various local tribes, including Choctaw, Cherokee, Creek and the Dakota.

Richard Greybull, who is a sixth grade teacher at Fort Rucker Elementary School, as well as a member of the Dakota Tribe, was among those of Native American decent to educate those in attendance.

"We do this every year to try and share a little bit of our culture, our traditions and our heritage," he said. "We want to inform and educate (people) that not all (Native Americans) are the same."

"When people usually think of Native Americans, they think of teepees and the warpath, but not everyone lived in teepees and not everyone hunted the same animals," Greybull continued.

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PERSPECTIVE

Job hunting in a changing world

By Bryan Tharpe
Fort Rucker Army Career and Alumni Program

Hate change? If your answer is “yes,” you’re not alone — many people do.

But living in a changing world is the only thing that we have known since we began our journey through life. In this day and age, not only is the climate changing, so are the jobs and the way we obtain them.

Gone are the days when you can just walk into a state employment office or thumb through the newspapers and find a job quickly. Oh, you can still do that, but it’s much more involved — you have to do most of the work.

Even if you make a visit to the one-stop-career center (formerly known as state employment office), you have to search for jobs on-line and then submit your resume for that particular job announcement to that company on-line. This requires that

you become computer savvy. It wouldn’t hurt if you also knew how to put a resume together that highlights your skills and qualifications, and makes you the best applicant for a particular job.

Today’s on-line resume submissions are fast and effective — if you know what key words to put in your on-line resume. Companies today use key words related to their particular job announcement to search for the best applicants. This procedure saves the company time and money finding the top candidates.

Remember the old axiom, “garbage in, garbage out,” when it comes to submitting your resumes on-line. If the words that the employers are searching for aren’t in your resume, your resume becomes garbage, is deleted and placed in the trash can.

This can become very frustrating to job seekers because they are never told why they were not considered for a job. It doesn’t matter how much experience you might have had in a particular career field, if the key words are omitted, your resume isn’t go-

ing to be selected to be reviewed by the human resource professional.

Even though the amount of jobs are shrinking in the current economic environment, there are more types of jobs than ever before. A few years ago, Web design and gene splitting were not even thought of. In the future, there will be even more jobs that don’t have a title right now.

The alternative energy sources will give way to new types of jobs. So will science and technology as we adapt to the needs of our changing world. Job seekers should stay tuned in to all the new job titles that come into being each year. Who knows, you may want to qualify for one of them. But a good bet is your resume will have to be submitted on-line and need the right key words.

Let the ACAP center help you meet the changing environment of job hunting. Transitioning Soldiers and their spouses should call the Fort Rucker ACAP Center at 255-2558.

Rotor Wash

“Veterans Day is Monday. How do you honor the sacrifice made by service members, both current and prior?”



Shaun McElderry,
civilian

“I help to give them a better quality of life and meet their physical fitness goals.”



Sgt. 1st Class Brian Brenner,
NCOA

“I always try to attend at least one Veterans Day ceremony this time of year, and I have a cookout in remembrance and celebration of past and present.”



Staff Sgt. David Seymour,
NCOA

“I like to make a monetary donation to various veteran organizations.”



Abdel Bilal,
military veteran

“I attend as many ceremonies as I can and I thank them on a daily basis.”



Spc. David Shumaker,
LAHC

“I don’t celebrate on a specific day. We honor them every day when the flag goes down and when Taps plays at night. We don’t need to make a special day for them, even though there is one.”

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FORT RUCKER COMMANDING GENERAL

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The Dothan Eagle is responsible for all printing matters and commercial advertising.

Deadlines are Friday at 2 p.m. for the following week’s edition.

All editorial content of the Army Flier is prepared, edited, provided and approved by the Public Affairs Office, U.S. Army Aviation Center of Excellence and Fort Rucker, AL.

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PHOTO BY SARA E. MARTIN

WO1 Ryan Thurgood, B Company, 2nd Aviation Regiment, 149th General Support Aviation Battalion from Grand Prairie, Texas, stands with his grandfather, retired Lt. Col. Leon Thurgood, and his uncle, Brig. Gen. Neil Thurgood, Program Executive Officer, Missiles and Space, Redstone Arsenal, during his graduation ceremony Oct. 31 at the U.S. Army Aviation Museum.

Flying Chinooks a Family affair

By Sara E. Martin
Army Flier Staff Writer

Power, versatility, speed, efficiency, the sound of double blades beating the air into submission – these are the things that attracted three infantrymen to the workhorse of Army Aviation, the CH-47 Chinook.

But another aspect of being a helicopter pilot also drew them in – Family immersion.

WO1 Ryan Thurgood, B Company, 2nd Aviation Regiment, 149th General Support Aviation Battalion from Grand Prairie, Texas, is the newest Aviator to be added to this Family of Soldiers, which includes his father, retired Maj. Gen. Keith Thurgood; his uncle, Brig. Gen. Neil Thurgood, Program Executive Officer, Missiles and Space, Redstone Arsenal; and his grandfather, retired Lt. Col. Leon Thurgood – who spent 32 years in the Army.

Though Ryan is the third generation of his Family to go into the service, there is something more unique about his new career choice – he followed in the footsteps of his uncle and grandfather

by first becoming an infantryman then becoming a CH-47 Chinook pilot.

“I always had a desire to serve in some capacity. That probably came from growing up in my father’s boots and hearing all the stories from everyone. But when I enlisted I knew I would eventually be an Aviator because I knew that is where my passion really fell,” he said.

The Family torch didn’t have to be carried on though, flight school is long, hard and rigorous, especially on a young Soldier with a young Family who already had a successful career, but Ryan “just knew” when he was 18 that he had to fly Chinooks when the time was right.

“Chinooks are the fastest . . . it carries the most weight, it can go the highest,” he said. “It is just so powerful. I can pick up several helicopters with my helicopter. It is the sexiest, too. They even used to carry guns on them. There is nothing better than being on the ground and hearing a Chinook come in. They have a real deep thud, and it is really inspiring to see one come in close.”

Leon began the tradition in the 1950s when, tired of walking, he decided to turn in his truck and ruck for something a little more aerial. He went infantry, The Queen of Battle, and was then commissioned as an officer in 1963. That’s when his dusty boots began leaving the ground and his legacy was born.

Adventure begun, he flew Chinooks in Vietnam, he saw Aviation become a branch and he witnessed a child, then a grandchild, follow in his flight path.

Neil was the first in line to catch the sweet aroma of helicopter exhaust. Faster than a pilot can say ‘startup procedure checklist,’ Neil enlisted as an infantryman to form a Soldier foundation for his career, believing that good pilots are made from those who have served on the ground first.

“My father always said that the heart of our Army is the ground force, but I realized as a young private that I wanted to fly because I saw how effective of a piece it was for the Army,” he continued. “I think being enlisted is important for our officer corps.”

Once becoming a Chinook pi-

lot, though, flying in the same unit, the 213th Black Cats, as his father with the same tail numbers exactly 20 years later just added wind to the rotor blades.

Following the legacy that his grandfather unintentionally bred is something that Ryan said just came naturally to him. Knowing he would become a better Aviator, officer and leader, he began his adventure in the enlisted ranks first, like his uncle and grandfather before him.

Once his mind was made up and the time was right, Ryan tightened his bootstraps and kissed the ground goodbye when he put in his packet to become a Chinook pilot.

“Now, as a pilot, I can better understand those ground commanders and know what they are possibly thinking,” he said. “I know I can better support those guys because I was one of those guys. And flying a helicopter is one of the best ways you can support your fellow Soldiers, especially in a CH-47.”

The Thurgood’s attraction for the Chinook does not only emanate from Leon, it comes from the

love of Aviation and the CH-47 itself. And now Aviation is held in the same regard as another Family member.

The seduction began with the aircraft’s ability to attack, supply, assault and provide medical assistance. The large chance that they would be exposed to different events and pieces of the Army that other helicopter airframe pilots do not get to experience was irresistible as well.

“You see our three generations because we were all held up to different expectations growing up. That generational thing is tied to the culture of Army Aviation, and built around our Family and joined to the Army,” said Neil.

The wind beneath the Thurgood’s blades might not end with Ryan.

“My oldest son is pretty much fully indoctrinated into Aviation,” said Ryan. “He can already tell what airframe is what, and he likes wearing my gear around the house. I don’t think it is a phase. He can even spit out helicopter facts, but he likes the Apaches and he is more than welcome to make up his own mind.”

News Briefs

Veterans Day

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

Lyster door closure

The revolving door at the front entrance of Lyster Army Health Clinic will be closed today through Nov. 18 so contractors can install a new door. A temporary entrance will be available to the left of the front entrance.

TRICARE and the Affordable Care Act

Beneficiaries enrolled to TRICARE are considered to have the minimum essential coverage required by the Affordable Care Act. However, keeping information up to date in the Defense Enrollment Eligibility Reporting System is essential to maintaining your coverage, according to Lyster officials. The Internal Revenue Service will use information from DEERS to verify people’s coverage. It is also important to update DEERS when personal eligibility information changes, including military career status and Family status, e.g., marriage, divorce, birth and adoption.

Black Friday at PX

With a quarter of its work force comprised of military Family members, the Army and Air Force Exchange Service is a true example of Family serving Family, according to Don Walter Jr., Fort Rucker Main Store manager. As such, the focus on Thanksgiving Day will be on Family and shopping will have to wait until Friday.

Customers will not have to wait long to start their holiday shopping as the Fort Rucker Exchange doors open at 4 a.m. the day after Thanksgiving.

“As a part of the military community, the exchange understands that time with Family, for both customers and associates, is a priority,” Walter said. “An early opening at the Fort Rucker Exchange on Black Friday will allow shoppers to give thanks with loved ones and still partake in the savings.”

Authorized shoppers can get a head start on special promotions, updated throughout the holiday season, by visiting the exchange’s “Sale Flyers” page at <http://www.shopmyexchange.com/ExchangeStores/SalesFlyer.aspx>.

240th Assault Helicopter Company

Former members and Families of the 240th Assault Heli-

copter 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.

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.

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.

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.

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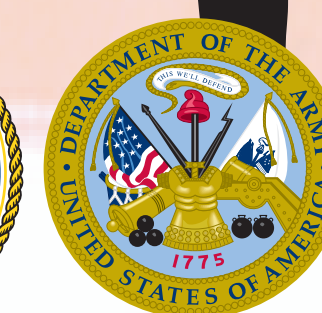
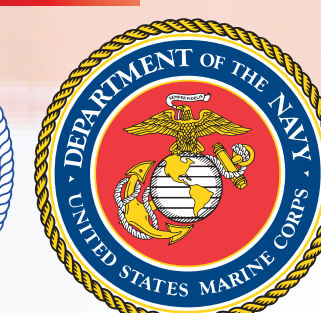
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Odierno presents Soldier's Medal to Aviator

By Titus Ledbetter III
Fort Belvoir "Eagle"

DAVISON ARMY AIR FIELD, Va. — A 12th Aviation Battalion Soldier was enjoying some down time at Panama City Beach, Fla., when he heard a mother crying for help.

It's what he did next that earned him the Soldier's Medal. CW4 Thomas F. Oroho, D Company commander, 12th Aviation Battalion, received the medal from Gen. Raymond T. Odierno, chief of staff of the Army, Nov. 1 at Davison Army Air Field's Stone Hangar for helping rescue two people who were drowning.

Oroho dove into the water in a strong rip-tide at Panama City Beach Sept. 1, 2012, to save a drowning father and daughter. Two additional Soldiers followed him into the water to help out with the rescue. The three of them broke free of the current, and brought the father and daughter safely to shore.

Oroho was presented the medal in front of a distinguished crowd of friends, Family and Soldiers. Odierno said the he is proud of what Oroho represents. The U.S. Army instills in Soldiers good character and the importance of helping others.

"The general population depends on us," Odierno said. "We will always be there to do what is right."

He commended Oroho for his act of bravery. The Soldiers involved in the rescue risked their lives and did not have to jump into the water, Odierno said. Oroho is also one of the best UH-60 Black Hawk helicopter pilots in the Army, he added.

Odierno also recognized Oroho's Family during the ceremony. Families make tremendous sacrifices so Soldiers can serve the nation, Odierno said.

The Soldier's Medal is given to Soldiers who perform an act of heroism that does not involve conflict with an enemy. It was established by Congress in July 1926. A new design for the award was approved in May 1930.

On the date of the incident, Oroho was in Panama City for Labor Day weekend after participating in a staff course at Fort Rucker. He was with some friends from his unit at Panama City Beach right before the rescue took place.

He heard the mother of the drowning daughter crying for help before he dove into the water. He said he will never forget the look of helplessness on the face of the father when he was asked to let go of his daughter during the rescue.

Before becoming D Company commander, Oroho also served as a maintenance officer, platoon leader and production control officer during various assignments within the Army. He has deployed to Bosnia and Iraq. He has earned more than 12 military awards and decorations over the course of his career.

During his public remarks, Oroho said receiving the Soldier's Medal is an honor that he never expected to receive. He thanked God for putting him in the right place at the right time. Oroho said that the Army instills the importance of respect, honor and integrity. He learned that he is always on duty — 24-hours-a-day, seven-days-a-week.

Oroho thanked his Family and fellow Solders for attending the medal presentation. He said it was an honor to receive the award from Odierno and he was humbled by the ceremony.

"I'm overwhelmed," Oroho said after the medal presentation. "I don't think I did anything that any other Soldier wouldn't have done."

He has been married for 15 years to his wife, Kathy, and they have three children.



COURTESY PHOTO

Gen. Raymond T. Odierno, chief of staff of the Army, and CW4 Thomas F. Oroho, D Company commander, 12th Aviation Battalion, pose with the certificate and medal after the Soldier's Medal presentation at Stone Hangar, Davison Army Air Field, Fort Belvoir, Va., Nov. 1.



Gen. Raymond T. Odierno, chief of staff of the Army, CW4 Thomas F. Oroho, D Company commander, 12th Aviation Battalion, Family and friends pose for a photo after the Soldier's Medal presentation at Stone Hangar, Davison Army Air Field, Fort Belvoir, Va., Nov. 1.

End of an era: Pentagon's 'Early Bird' gets hook

By Claudette Roulo
American Forces Press Service

WASHINGTON, Nov. 4, 2013 — The "Early Bird" is no more.

The Department of Defense's daily compilation of published defense-related news and commentary closed down Nov. 1, said Army Col. Steve Warren, director of Pentagon press operations.

"The No. 1 driver behind this decision is change in the business model for news corporations," Warren wrote in a memo explaining the decision. "Every news outlet is now online."

Online-only publications and pay walls changed what it meant when the "Early Bird" republished an article, Warren said in an interview with American Forces Press Service.

Warren said he felt that his integrity was compromised by redistributing content the department hadn't paid for. "By driving traffic away from websites, I felt like I was doing the wrong thing." For nearly 50 years, the "Early Bird" and a cup of coffee marked the start to the defense community's workday. It was officially created in 1965 by a Defense Department directive, but news clipping publications had existed in the military services since at least 1948.

In its early years, the volume of coverage on Vietnam and the Cold War meant the "Early Bird" was

printed at least three times a day. A six-page morning edition was marked by a yellow cover page, and the longer midday edition had a blue cover, leading to the publication being nicknamed the "yellow bird" and "blue bird," respectively. On Mondays, a fourth edition would cover weekend news, and topics of exceptional interest would periodically be covered in special editions.

"Early in our careers, there was no way to know what was being written in the major newspapers unless we had physical access to those publications. The 'Early Bird' was our source of information," Warren wrote. "Today, anyone can view anything written in real time from nearly any spot on Earth."

The 'Early Bird' was intended to deliver defense and defense-related news to the headquarters activities of the Defense Department, but circulation soon ballooned to include White House and National Security Council officials, members of Congress and other federal agencies. By 1980, 6,500 copies of the 'Early Bird' were printed, on average, every weekday in an onsite print plant.

New technology fostered even more circulation growth, as the fax machine made it easy to quickly distribute the 'Early Bird,' even far outside the Capital Beltway. It also made it impossible to track pass-along readership, and the 'Early Bird' began to influ-

ence the department's daily agenda.

"The thing became too powerful — it was driving what people would do," Warren said. Small stories would gain an audience that outweighed their importance, he explained, turning minor concerns into national situations.

"I thought the 'Early Bird' stopped doing what it was supposed to do, which is give the secretary of defense and the senior leaders of the department the information that they need," Warren said.

As technology changed the way news was gathered

and delivered, the Early Bird changed as well. A PDF edition began appearing in 1993, and the last printed 'Early Bird' was produced on Dec. 30, 1998. The continued development of the 24-hour news cycle led the 'Early Bird' to begin publishing seven days a week in November 2004.

The 'Early Bird's' move to online publication came at a time when print media still derived much of its revenue from print advertising sales. Today, online publications dominate the marketplace, and revenues come through click counts.

By pasting articles into the 'Early Bird,' "we were preventing people from clicking on those websites," Warren said.

"That made me feel like the guy who drops a quarter into the machine, opens the door and pulls out the whole stack. It's stealing," he added.

The decision to shutter the 'Early Bird' wasn't an easy one, said Warren, who noted his six-month review of the issue led him to conclude that the costs to the department's integrity and organizational energy were just too high to continue publication.

Warren said he understands the end of the 'Early Bird' "is going to be potentially a cause of friction and concern. There are people who have spent years starting their day with the 'Early Bird.' They're going to have to readjust how they do business."

But at the end of the day, Warren said, his job is to ensure that the defense secretary and the department's senior leaders are informed of the day's defense news.

"They will absolutely continue to receive the news information that they need," he said. "They will not be uninformed."



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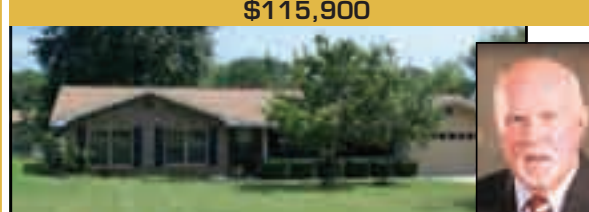
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NOVEMBER 7, 2013

MOH recipient shares bond with Guardsmen



PHOTO BY CW2 JASON PENROD

Capt. William Swenson (left) assists severely wounded Sgt. 1st Class Kenneth Westbrook onto a UH-60 Black Hawk helicopter Sept. 8, 2009, during the Battle of Ganjgal, in Afghanistan. Sgt. Marc Dragony (right) and Staff Sgt. Kevin Duerst (foreground holding an M4 carbine), from the California National Guard, assist. The photo is a frame taken from a video filmed by a camera mounted on the helmet of pilot CW2 Jason Penrod, Nevada National Guard.

By 1st Lt. Jason Sweeney
Army News Service

SACRAMENTO, Calif. — During a ceremony Oct. 16 at the White House, President Barack Obama hung the Medal of Honor around Capt. William Swenson's neck to rounds of applause and the flash of cameras.

Looking on from the crowd in attendance were members of the California National Guard, whom Swenson had invited as personal guests. They had been there on the day that Swenson's actions during the Battle of Ganjgal earned him America's highest military honor.

On Sept. 8, 2009, Swenson, an active-duty Soldier, was part of an embedded training team of 13 Americans on patrol with about 80 Afghan army and police, near the town of Ganjgal in northeast Afghanistan.

As they approached Ganjgal, the group was ambushed by 100 to 150 Taliban fighters. The Americans and their Afghan allies were surrounded and taking heavy fire, and members of the group sustained severe inju-

ries. A UH-60 Black Hawk helicopter from the California National Guard's C Company, 1-168th General Support Aviation Battalion, was then called to Medevac the wounded out of the valley.

"We knew what we were getting into because we had been listening to the radio for the past 20 minutes," said Staff Sgt. Kevin Duerst of C Co.

Duerst was the crew chief on the helicopter. Capt. Marco Acevedo and CW2 Jason Penrod were the pilots. Sgt. Marc Dragony was the medic, and Capt. Brendan McCrisky was the flight surgeon. Duerst, Acevedo and Dragony were California National Guardsmen. Penrod was a Nevada National Guardsman and McCrisky was active-duty Army.

When their helicopter reached the valley, small-arms fire, rocket-propelled grenades and mortars were raining down on the American position. Swenson was engaged in a firefight and was directing OH-58 Kiowa Warrior scout helicopters toward enemy

SEE BOND, PAGE B4

Afghans resupply remote bases with partnered close-air support

By Staff Sgt. Todd Pouliot
*10th Combat Aviation
Brigade Public Affairs*

NANGARHAR PROVINCE, Afghanistan — Barg-e-Matal district lies isolated in the heavily-wooded highlands of the Hindu Kush Mountains in eastern Afghanistan's Nuristan Province.

The few roads leading into the district, which borders Pakistan to its east and Kamdesh District to its south, are narrow and are in poor condition due to continuous landslides. Therefore, transporting supplies and personnel into the district is accomplished almost exclusively by air.

The Afghan air force, which has made steady gains in its operational capacity since 2007, took over resupply operations to Barg-e-Matal and other remote bases in the area from the International Security Assistance Force in early spring.

While the Afghan Air Force continues to expand its close air support capabilities, AH-64 Apache helicopters and crews from the 10th Combat Aviation Brigade provide aerial security for the missions.

Capt. Derek Forst, commander of A Co. of the Missouri National Guard's 1st Attack/Reconnaissance Battalion, 135th Aviation Regiment, which is flying in support of Task Force Tiger Shark, 10th Combat Aviation Brigade, said that without the aerial resupply missions, many of the outposts would be dependent on supplies brought in by foot and pack mule.

"It would take weeks for a convoy to get to most of the OPs," Forst explained. "These missions are keeping the OPs open. It's their livelihood. If it weren't for these resupply missions, the Afghan forces would not have food and water — those outposts would not be open."

The OPs and forward operating bases in these remote areas are Afghanistan's first line of defense against insurgents crossing into the country's remote northeastern provinces. Barg-e-Matal

SEE RESUPPLY, PAGE B4



PHOTO BY CAPT. ANDREW COCHRAN

GENERAL INSTRUCTION

Observing his student, Sgt. Cameron Phillips, an AH-64 Apache armament, electrical and avionics systems maintainer with Task Force Guardians, 1st Combat Aviation Brigade, 1st Infantry Division, shows Maj. Gen. Paul LaCamera, Regional Command-South and 4th Infantry Division commander, the process to load an Apache's 30mm cannon on Kandahar Airfield, Afghanistan, Oct. 17.

School trains future Raven UAS operators

By Aniesa Holmes
Fort Benning Public Affairs

FORT BENNING, Ga. — Though small in size, the Raven RQ-11 unmanned aircraft system plays a major role in observing combat zones to prevent serious injuries on the battlefield. Instructors of the Small Unmanned Aircraft System School at Fort Benning train Soldiers how to properly use these vehicles for real-world missions.

Taught by E Company, 2nd Battalion, 29th Infantry Regiment, 197th Infantry Brigade, the SUAS operator course is one way that the school trains and certifies personnel to operate and perform maintenance tasks on the Raven SUAS.

The Raven is designed for rapid deployment and high mobility. With a wingspan of 4 1/2 feet and a weight of 4.2 pounds, the hand-launched system offers aerial observation at line-of-sight ranges up to 10 kilometers. Students get classroom and hands-on training consisting of day and night operations, maintenance, and practical or tactical employment and are assessed on their ability to operate the system.

Upon successful completion of the course, students are presented an 80-hour certificate of instruction and a Raven SUAV operator's card, which is required to operate the Raven.

Staff Sgt. William Lewis, SUAS trainer, said instructors teach operators how to fly the aircraft as quickly and efficiently as possible.

"We have to do it in a two-week timeframe," Lewis said. "It's very important that they hit those benchmark steps."

This includes 13 hours of classroom time and more than 60 hours of field time understanding various different dimensions and parts of Raven, using software for flight



ARMY PHOTO

A Soldier launches a Raven UAS during a field training exercise at Lee Field, Fort Benning, Ga.

controllers and identifying emergency procedures in the event of a system malfunction in flight.

Students also get hands-on training with the Visual and Mission Planning Integrated Rehearsal Environment simulator. Students control the VAMPIRE in teams of two or three operators to mimic a flight while sitting in the classroom.

The most recent members in the course included students from the Infantry Basic Officer Leadership Course, which aims to make new officers effective platoon leaders.

"With the Raven, you are able to get a view of what's in front of you and what's around you without using men on the ground — ultimately the goal of that is to save lives," said 2nd Lt. Michael Gallegos. "You're able to gather information based on remote locations. Those locations might be more mountainous than expected, so we have the ability

to get updated information based on that."

NCOs are also trained on proper operation of the Raven. Staff Sgt. Nolan Lovett, a member of A Co., 2nd Bn., 29th Inf. Regt., said safety is the top priority for Soldiers.

"There's a great deal of information about air space safety and control so we can de-conflict with other aircraft," he said. "It's a very small air vehicle, but if it flies into a manned aircraft it can have very catastrophic results. There (are) a lot of safety concerns involved in operating these vehicles."

The school also offers the SUAS master trainer course that trains selected SUAS Raven operators from across the world who, in turn, are capable of teaching and evaluating academic and flight instruction. As the Army improves in technology on the battlefield, Gallegos said he hopes more Soldiers of various ranks are able to take advantage of the course.

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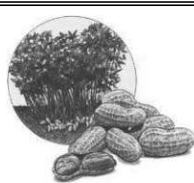


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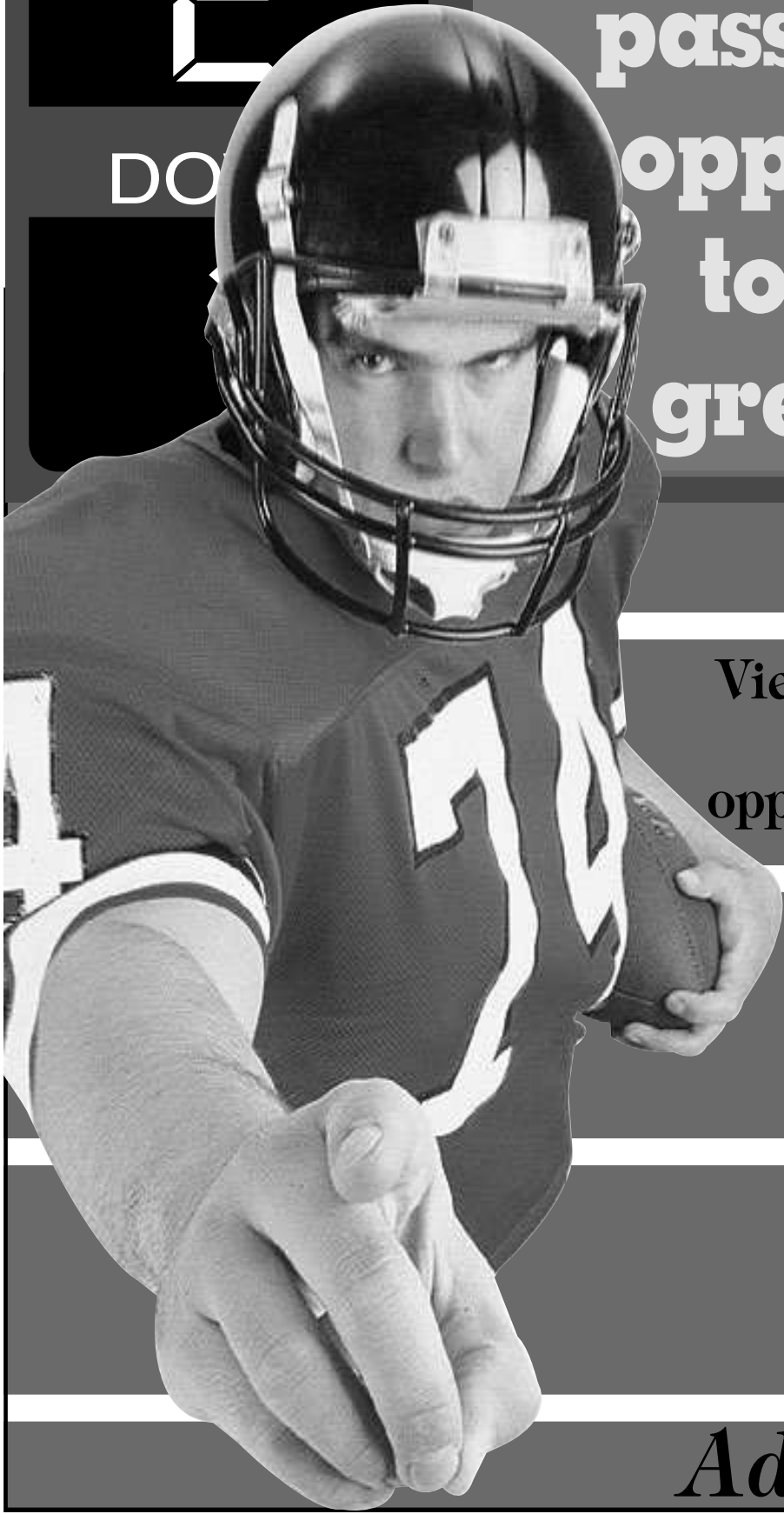
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Bond: Soldier’s actions inspire Guardsmen

Continued from Page B1

positions. “The first pass we didn’t see him and we started taking fire,” Duerst said. “We flew right into the middle of the valley. We could see the muzzle flashes on the ground. There were too many and we knew we had to leave.”

The second time around, Swenson was easy to spot. “He was lying on the ground with [an] orange panel marker on him,” Duerst said.

The Black Hawk landed and Swenson ran to it while assisting Sgt. 1st Class Kenneth Westbrook, who had been shot and was in critical condition. Swenson and the crew loaded Westbrook onto the helicopter. The crew then flew him to a forward surgical

team in Asadabad, Afghanistan. The 1-168th crew returned to the battlefield three more times and MedEvac’d five additional wounded Soldiers to Jalalabad, Afghanistan. When the battle was over, four Americans and eight Afghan allies were dead.

Westbrook died of complications related to his wounds a month later at Walter Reed Army Medical Center.

Three years later, Staff Sgt. Emmett Spraktes of Ce Company learned that Duerst and Penrod had recorded video that day using cameras mounted on their helmets.

Spraktes was not a member of that crew Sept. 8, but he had served in Afghanistan with C Company and had worked with the crew members who participated in the Battle of Ganjgal. Spraktes was writing a book

about California Guard flight medics titled “Selfish Prayer,” and he asked to view the video as part of his research.

As he watched the footage, Spraktes saw Swenson and Westbrook run toward the helicopter, then Swenson helped Westbrook aboard and leaned over and gave the badly wounded Soldier a kiss on the forehead.

“That kiss on the forehead captured the compassion that he had and that we all have for one another,” Spraktes said.

Spraktes contacted Swenson and offered to send him the video if he would present it to Westbrook’s wife as a gift honoring her late husband. Swenson was happy to oblige.

Earlier this year, Swenson traveled to Sacramento to meet Spraktes and the Black Hawk crew who medevac’d Westbrook out of the valley. They met for dinner and beers

at Spraktes’ house and discussed the battle.

“[Swenson] told them how much he appreciated them being able to take Westbrook out of there,” Spraktes said.

Since then, Spraktes, Swenson and the Black Hawk crew have stayed in touch.

“Captain Swenson is a quiet and very humble man,” Spraktes said. “He is very ethical and honorable, and very loyal to people.”

Swenson invited Spraktes and the Black Hawk crew to the White House for the Oct. 16 ceremony, and Duerst, Spraktes and Acevedo were able to attend.

“Just to even be asked, I was very humbled and honored,” Spraktes said.

“We saw what he did and how he kept going back in, and tried to pull more people out without concern for himself,” Duerst said. “I think the award is truly well-deserved.”

Resupply: Missions sharpen Afghan pilots’ skills

Continued from Page B1

district is a known Taliban transit area to and from the northern Pakistani district of Chitral, and has been the sight of fierce battles between insurgents and Afghan and ISAF forces.

ISAF withdrew its forces from the area in 2009 to shift emphasis toward securing major population centers. Afghan forces remain in the district, as well as throughout the province, to prevent the free passage of enemies of Afghanistan across the border.

Afghan air force Mi-17 helicopter crews fly resupply missions nearly once a week to the remote Afghan OPs and bases. Although each aircraft is armed with two M-240H machine guns, AH-64 Apache helicopters provide security overwatch for them due to the higher level of threat in some areas of the resupply route. In addition to providing greater firepower against threats on the ground, the AH-64 Apache helicopter can alert other aircraft, as well as troops on the ground, of enemy activity in the area.

“We provide security and deterrence,” said Capt. Steven Lancianese, an AH-64 Apache pilot who also serves as the 10th CAB assistant operations officer. “In the areas they are flying, the tactical threat is significant.”

As agreed upon at the 2012 NATO Chicago Summit, Afghan National Security Forces took the lead for security throughout Afghanistan in June, and ISAF moved to an increasingly train, advise and assist role.

The Afghan air force has achieved significant successes during the first half of the 2013. On April 12, with very short notice, the Afghan air force was able to plan and execute an 11-sortie mission between six different bases, providing vital reinforcements, ammunition and supplies to retake a remote outpost in eastern Afghanistan in the

wake of an insurgent attack. In July, the Afghan Air Force launched the largest Afghan-led joint, combined arms operation in more than 30 years.

“They are not junior pilots,” Forst said. “They are excellent pilots. They know what they are doing. They tell us that if we ever have to make an emergency landing, they will pick us

up – and they will.”

A handful of experienced pilots from the 10th CAB have been advising Afghan pilots in air mission planning since the unit’s arrival in May — a mission they took over from the previous unit, the 101st CAB.

The Kabul Air Wing Partnership advisers recently completed training the fourth class of Afghan

Aviators. Capt. Brandt Anderson, the TF Falcon team leader for the Kabul Air Wing Partnership and a CH-47 Chinook helicopter pilot, said the advisers will now be stepping back in or-

der for the Afghans to begin taking over the training of their own pilots.

Anderson said the Afghan air force has become very proficient at conducting resupply missions and

supporting Afghan troops on the ground. Until the Afghan Air Force develops its own close air support capabilities, the AH-64 Apaches give the Mi-17 crews an added sense of confidence.

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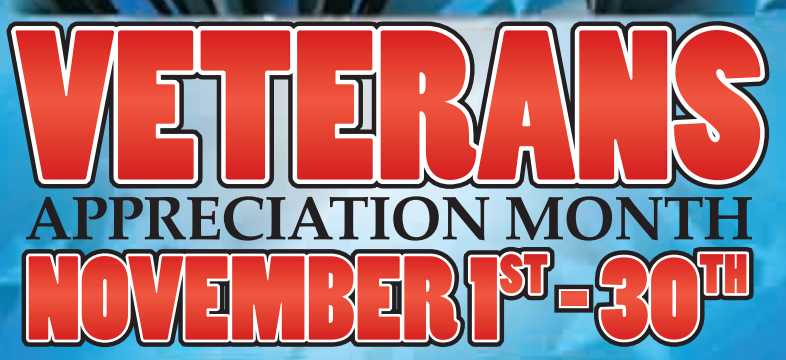


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NOVEMBER 7, 2013



PHOTO BY NATHAN PFAU

Col. Stuart J. McRae, garrison commander, reads a story to children at the Camping Under the Stars event at Lake Tholocco's West Beach last year.

Camping Under The Stars

Lake event offers Family fun

By Sara E. Martin
Army Flier Staff Writer

Marshmallows, stories and moonlight await those warm blooded enough to face the chilly fall weather Nov. 16 when Directorate of Family, Morale, Welfare and Recreation hosts the third annual under the stars camping event.

Camping Under the Stars will be held at West Beach, Lake Tholocco as part of Month of the Military Family. The event will begin at 4 p.m., and is an all-night opportunity for the military community to come together and enjoy a night of relaxation and Family fun, according to Kristi Fink, DFMWR special events coordinator.

"November is the Month of the Military Family, and we do the best we can to show that Family needs are important to us, even during trying financial times," she said. "We can't wait to see the smiling faces and happy Family members at Lake Tholocco."

Don't forget to pack:

Sleeping bags, pillows, blankets, chairs, baby wipes, flashlights, bug spray, warm clothing, gloves, thick socks, favorite stuffed animal, camping attitude.

New at the event this year is a petting zoo from 4-8 p.m. and the showing of "Monster's University" and "Turbo" on an inflatable outdoor movie screen.

At 7:30 p.m., Col. Stuart J. McRae, garrison commander, will read the story "Click, Clack, Moo- Cows That Type" as part of the Tell Me A Story program. Children can get a free copy of the book while supplies last by calling 255-9812.

"We're really excited about having a petting zoo this year at the event. With such a fun story being read to the kids, we thought it would be even more magical by bring-

ing in a petting zoo. We're also having face painting for the kids. It should be a very fun evening for kids of all ages," said Janice Erdlitz, DFMWR marketing director.

The event is free and open to all military identification card holders. The festivities will be held near the gazebo on West Beach. Families are encouraged to stay all night to enjoy the hot cocoa, coffee, campfires and s'mores.

"If patrons are going to campout, then they should bring all those necessary items for camping. But if you're just coming out for the main activities of the evening, then I'd suggest only bringing blankets and lawn chairs. We think we've done a great job of making this event a fun, easy time for Families," said Erdlitz.

The camping experience is an opportunity for those who might not get to camp out often or are not experienced campers. This is a chance to learn how to camp in a safe, comfortable area and to expose children to the idea of camping while making the experience fun and stress free, said

Erdlitz.

The outdoor recreation office has tents available for use free of charge at the event. Anyone interested in using a tent should call 255-9810 to reserve one while supplies last.

"Each year it's getting bigger and better. It provides the perfect opportunity for Families to share an evening under the stars," said Erdlitz. "This provides the perfect opportunity for our Families to spend quality time together. Camping out is such a unique experience and we're excited to be able to offer this opportunity."

With Soldiers and Families holding steadfast through these difficult times, DFMWR said they have earned everyone's continued support, and a night of giggles and enchantment.

"We're excited to be able to continue to provide quality entertainment and recreational activities. We recognize and appreciate the commitment, contributions and sacrifices our military Families make for our nation," said Erdlitz.

Ornament contest seeks creations

By Sara E. Martin
Army Flier Staff Writer

The annual Fort Rucker Directorate of Family, Morale, Welfare and Recreation Christmas Tree Ornament Contest will soon have parents vacuuming up glitter, breakfast cereal and tinsel off of every surface of the house, but the payoff of their child's creation hanging on the post Christmas tree may make it all worthwhile.

The contest is free and open to youth ages 3 to 11 years old, and prizes include trophies and gift baskets. Children can turn in their ornaments to the Fort Rucker Youth Center, Soldier Service Center, child development center or parent central services now through Nov. 27. There are no material restrictions or themes this year.

"This provides a special opportunity for kids to be creative and let their imaginations go to magical places as they create a special ornament to adorn the post Christmas tree," said Janice



Erdlitz, DFMWR marketing director. "Parents also find this to be a very special moment - to see their child's creative sparkle and to take their child to the tree for them to be able to point and say, 'I did

that.' It provides a proud moment for child and parent. We're committed to providing these special moments for our Families."

Every year an assortment of ornaments are made from a range

of materials, including felt, pinecones, paper, milk cartons, paper tubes and popsicle sticks, and DFMWR said that the only restriction is the ornaments must be handmade by the child.

"We love to see the kids' creativity," she said. "We hope our ornament contest has become one of the many special Family traditions here at Fort Rucker, and we wish everyone has the opportunity to view all the ornaments made by our military youth."

The holiday spirit can sometimes be overshadowed by stressful plans or financial issues, but Erdlitz said that she thinks that the contest is a fun start to the holiday season.

"From making a homemade ornament to stringing popcorn for the tree, it's a wonderful time to start or carry on Family traditions," she said. "By providing fun engaging opportunities, like the ornament contest, is just one more way we reach out and encourage Families to spend quality time together."

"Hopefully, when mom or dad

look over at the kitchen table and see their precious child building a gingerbread house out of popsicle sticks or crafting an ornament, they can push away all the stress and embrace the joy of creativity with their child," she added.

All the ornaments will be on display Dec. 5 when DFMWR officially lights the post Christmas tree and kicks off the holiday season.

The Christmas tree lighting ceremony is one of the best feel-good events all year for the marketing director. She said Soldiers cherishing the time they have with their Families should be the most important thing about this time of year.

"These are the type of events that really put things into perspective. No matter what trials we are all going through, it's nice to get together and enjoy the festivities of Christmas," she said.

Parents are asked to label their child's entry with the child's name and age, and the guardian's name and contact information.

ON POST

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

BEST kickoff

Fort Rucker’s Better Empowered Soldier Today’s kickoff will take place today 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 your 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, and appropriate speakers, exhibits, activities and venues will be incorporated into the quarterly meetings to address the 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 Saturday 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.

AFAP Conference

The Army Family Action Plan conference is scheduled for Wednesday, from 8 a.m. to 4:30 p.m. and Nov. 14, from 8:30-10:30 a.m. at Wings Chapel. AFAP is the Army’s grassroots-level process to identify and elevate the most significant quality of life issues impacting Soldiers, retirees, Department of Army civilians and Families to senior Army leadership for action. Quality of life submissions will be reviewed by delegates at the conference.

For more information and to submit a quality of life issue, visit <http://www.surveymonkey.com/s/TVSTMS9>, or call 255-2382.

Spouse to Spouse Sponsorship Training

Army Community Services hosts its Spouse to Spouse Sponsorship Training Program Nov. 13 from 9–10 a.m. at The Commons. The program is open to active duty, retiree and Army civilian spouses that are interested in sponsoring and welcoming new spouses to the Fort Rucker community.

For more information, call 255-3735.

Mini CDC Grand Opening

Fort Rucker’s 24/7 Mini Child Development Center will have its grand opening Nov. 15 at 3:30 p.m. at Bldg. 8946 on Seventh Avenue behind the main CDC. The 24/7 Mini CDC will offer a house-like setting, with sleeping rooms for boys and girls, an infant room with cribs, a living room, den, fully operational kitchen and isolation rooms for children who become ill during their stay. The building also has a fenced-in playground. The facility has a capacity for 20 children between the ages of 6 weeks to 12 years old. Hourly care will



PHOTO BY NATHAN PFAU

‘Let’s all go to the lobby ...’

The Fort Rucker Exchange Theater reopens Friday with a ribbon cutting ceremony at 5:30 p.m. and a showing of “Thor: The Dark World” at 7 p.m. The movie is rated PG-13. The theater will feature a screening of the R rated film, “Homefront,” at 7 p.m. Nov. 16. For more on the theater, call 598-9423.

be available on a space available basis.

For more information, call 255-9638.

Newcomer’s Welcome

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

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

Camping Under the Stars

Fort Rucker Families are invited to Camping Under the Stars Nov. 16 at outdoor recreation. 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. Col. Stuart J. McRae, Fort Rucker garrison commander, will return as the guest reader. Each Family will receive a copy of the featured book. 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.

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 for it to say “Thank you!” to military Families. For a list of specials being offered, visit www.ftruckermwr.com.

DFMWR Spotlight

CAMPING UNDER THE STARS

Month of the Military Family Event

Tribute to Military Families

November 16th
4 pm – 10 pm
West Beach, Lake Tholocco
Tell Me A Story begins at 7:30 pm

Free Admission
Open to Military Families
Activities for children of all ages
Bring your tents, blankets and chairs. (Camping is optional).

Free Activities for children of all ages including:

- CYSS - Tell Me a Story from 7:30 pm – 8 pm
“Click, Clack Moo Cows That Type” by Doreen Cronin.
Please call (334) 255-9812 to reserve a book.
Limited quantity.

• The Exchange will show the following movies on the outdoor movie screen:

- Monster University, 8 – 10 PM
- Turbo, 10 PM – Midnight

- Petting Zoo
- Face Painting
- S'mores and more!



For more information, call
Special Events (334) 255-9810.
www.ftruckermwr.com



Chiropractic, physical therapy work together to heal Soldiers

By Katherine Rosario
*Lyster Army Health Clinic
Public Affairs*

The chiropractic and physical therapy departments at Lyster Army Health Clinic recently combined efforts to accelerate Soldiers' recovery time after injuries.

Both departments often see the same Soldier for his or her injury and are now able to work as a team to determine the best treatment plan.

"Both professions address human performance and injury care and prevention, so having the staff from both departments

perform their complimentary modalities in treatment only seemed natural," said Col. James Laterza, commander of LAHC.

At the chiropractic clinic, Dr. Jerry Jones sees about 260 Soldiers a week for pain related to the neck, back, and joints of the arms and legs.

Chiropractic care is popular among Soldiers because it is a holistic approach to medicine that doesn't require the use of prescription drugs, a big plus for those who are afraid of being grounded from flying.

All active-duty Soldiers are eligible to receive care at the chiropractic clinic as long as

they obtain a referral from their primary care doctor.

"At Lyster Army Health Clinic, when appropriate, both chiropractic and physical therapy are utilized together. Many times there is a synergetic effect that allows both specialties to offer a more inclusive treatment plan that can speed healing and minimize long term effects," Jones said.

On the physical therapy side, Soldiers receive an in-depth evaluation of the injured region, their functional movements and surrounding muscle groups. A treatment plan is then prescribed that includes stretching,

strengthening and improvements in biomechanics.

"In the physical therapy clinic, we evaluate neuromuscular pain and injuries as it relates to daily activity," said Capt. Alisha Harvey, chief of the physical therapy clinic at LAHC. "Not every issue is able to be treated with adjustments and we offer the manual therapy aspect (mobilizations and manipulations similar to chiropractors) as well as exercises to aid the patient in making a lifelong adjustment."

The goals of physical therapy, she said, is to have patients become independent with their therapeutic program and include

it in their overall exercise routine.

Treatments last from four weeks to eight months depending on the condition and limitations of the patient's injury.

Combined chiropractic and physical therapy treatments are most often done for chronic neck or back pain, she said.

"By combining these two important care practices, we can engage the patient in both active (physical therapy) and passive (chiropractic) care and minimize the need for medications," Jones said. "Our goal is to return the patients to their normal activities as soon as possible."



COURTESY PHOTO

Pick-of-the-litter

Meet Moon, a 4-year-old Russian blue female now available for adoption at the Fort Rucker stray facility. She is very easy going and super sweet. She is already spayed and front declawed. She loves to just lay around and get petted. She is a very laid back kitty. It costs \$80 to adopt Moon and other animals at the facility, which includes all up-to-date shots, the first round of age-appropriate vaccinations, microchip and Spaying/Neutering. For more information on animal adoptions, call the stray facility at 255-0766, open from 8 a.m. to 3 p.m. All adoptable animals are vet checked and tested for felv/fiv (for cats) or heartworm for dogs (over six months) and on flea prevention. The facility needs donations such as dry or canned foods for cats, dogs, kittens and puppies, as well as blankets, toys and towels. Donations can be dropped off at the stray facility, veterinary clinic or the commissary. Visit the Fort Rucker stray facility's Facebook page at <http://www.facebook.com/fortruckerstrayfacility/> for constant updates on the newest animals available for adoption.

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.

Mothers of Preschoolers
MOPS is a Christian-based mom's group. MOPS is about meeting the needs of every mom of a child from conception through kindergarten. MOPS will meet every first and third Thursday, 9 a.m., at Wings Chapel, Bldg 6036. For more information, call the religious support office at 255-2989.

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

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

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

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Cold, flu prevention tip

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Church Directory

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

First United Methodist Church
Traditional Worship Service 8:30AM & 11:00AM
Contemporary Worship - New Connection 8:45AM & 11:00AM
The Gathering - Youth 5:45PM
Sunday School 10:00 M
Nursery Care: During all services
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cfumc@adelphia.net
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Army recognizes Native Americans’ service

By Elizabeth M. Collins
Army News Service

WASHINGTON — “Through-out our Army’s 238-year history, American Indians have served valiantly and with distinction in times of peace and war, while also fighting for the right to be an equal part of our nation,” said Army leaders.

Recognizing the contribu-tions of American Indians to the Army and the nation were Secretary of the Army John M. McHugh, Chief of Staff of the Army Gen. Ray Odierno and Sgt. Maj. of the Army Raymond F. Chandler III, who tri-signed a “Nation-al American Indian Heritage Month” letter for the Novem-ber observance.

American Indians served in the Army in every war in America’s history, as well as in peacetime. Additionally, 25 American Indians have re-ceived the nation’s highest award for valor — the Medal of Honor.

“This legacy continues today with the brave Soldiers who have served and continue to serve in Iraq, Afghanistan and around the world. We are proud of their service and honored by their sacrifices,” said the Army leaders.

While Native Americans have contributed much to the Army and the nation, Ameri-ca’s relationship with them has not always been amicable.

Maj. Gen. Gregg Potter ad-dressed Soldiers and guests at last November’s Native American celebrations at Fort Huachuca, Ariz., where he was then commander of the U.S. Army Intelligence Center of Excellence.

“Native American heritage celebrations are very, very important because we learn about other cultures,” Potter said. “The Army has not al-ways done so well with under-standing other cultures. Native American Heritage Month is very important because that is a culture that we didn’t under-



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Utes Chief Sevara and family.

stand.

“Quite frankly,” he contin-ued, “we didn’t treat the first inhabitants of our country very well and there are others in our history that we have done the same to. I think the more we can learn from each other, the better off we can be.”

In the Army’s ranks
In 2012, 8,138 Native Amer-icans served in the Army, ac-cording to Dr. Betty D. Max-field, chief, Office of Army Demographics. Of these, 3,705 were active-duty enlisted, 92 were warrant officers and 405 were officers. The Army Na-tional Guard had 2,483 enlist-ed, 56 warrant officers and 159 officers. The Army Reserve had 1,055 enlisted, 22 warrant officers and 161 officers.

Ten years earlier in 2002,

8,598 Native Americans served in the Army, Maxfield said. Of these, 3,665 were active-duty enlisted, 80 were warrant of-ficers and 376 were officers. The Army National Guard had 2,680 enlisted, 39 warrant of-ficers and 139 officers. The Army Reserve had 1,344 en-listed, 14 warrant officers and 261 officers.

Throughout the month of November, installations Army-wide will honor Native Amer-icans with special events like tribal dances, art exhibits, food and historical displays.

“We encourage our Army Family to commemorate (Na-tive Americans’) contributions that help make our Army what it is today — Army Strong,” said Army leaders in their let-ter.



DEPARTMENT OF THE ARMY

Spc. Lori Piestewa, with the 507th Maintenance Company, deployed from Fort Bliss, Texas, was killed in Iraq in 2003. Piestewa Peak, Ariz., near Phoenix, is named in her honor.

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Hagel: States denying same-sex Family benefits must comply

By Karen Parrish
American Forces Press Service

WASHINGTON — Defense Secretary Chuck Hagel directed the chief of the National Guard Bureau Oct. 31 to meet with the adjutants general of nine states to resolve the issue of those states denying ID cards to same-sex spouses at National Guard facilities.

In a speech at the 100th annual Anti-Defamation League in New York, Hagel said the adjutants general will be expected to comply with both lawful direction and Defense Department policy, in line with the practices of 45 other states and jurisdictions.

The Department of Defense last month began providing same-sex spouse benefits for military members and eligible civilian employees, following the Supreme Court’s June 26 ruling that Section 3 of the Defense of Marriage Act is unconstitutional.

“We did it because everyone who serves our country in uniform ... should receive the full benefits they earned, fairly and in accordance with the law,” the secretary said. “Everyone’s rights must be protected.”

A senior defense official speaking on background said that on Aug. 15, Pentagon officials issued a communication noting the system was updated and that ID cards to same-sex spouses were to be issued by all ID card processing stations starting Sept. 3. The official noted that nine states – Indiana, Georgia, Florida, Mississippi, Louisiana, Oklahoma, South Carolina, Texas and West Virginia – are denying equal access for same-sex spouses, and are violating DOD and service-level policies for administering same-sex couple and Family benefits.

“Secretary Hagel expects these nine states to resolve this issue,” the official said. “He is prepared to take further action should the states not come into compliance with DOD policy.”

In his remarks in New York, Hagel said the denial of ID cards at National Guard facilities unnecessarily forces couples to travel to federal facilities.

“Not only does this violate the states’ obligations under federal law, their actions have created hardship and inequality by forcing couples to travel long distances to federal military bases to obtain the ID cards they’re entitled to,” he said. “This is wrong. It causes division among the ranks, and it furthers prejudice, which DOD has fought to extinguish.”

The secretary emphasized that members of the National Guard serve their states and the nation and deserve to be treated accordingly.

“Whether they are responding to natural disasters here at home in their states or fighting in Afghanistan, our National Guardsmen all wear the uniform of the United States of America,” he said. “They are serving this country. They – and their Families – are entitled to all the benefits and respect accorded to all of our military men and women.”

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Scottsboro: Visit, claim the treasures

By **Brian S. Jones and J.P. Parsons**
Alabama Tourism Department

Ask any visitor to Scottsboro about the reason for their trip and they’re likely to respond that it’s for the shopping experience at Unclaimed Baggage Center. And rightly so. This nationally acclaimed center draws visitors from around the world and has been featured on the Today show, CNN, Oprah, Fox News, Sunday Morning on CBS, the Late Show with David Letterman and in The New York Times. But shopping is only part of the allure of this beautiful mountain town.

Located in the foothills of the Appalachian Mountains on 69,000-acre Lake Guntersville, Scottsboro is a treasure-trove of adventure. Here you can tour a quaint museum that chronicles the early history of the Civil Rights Movement in America, see the courthouse where the Scottsboro Boys Trials took place in the 1930s, and enjoy premier outdoor recreation, such as bird-watching, boating, camping, fishing and golfing. From nearby canyons and mountains, you’ll uncover trails perfect for hiking and biking, and venture along rocky bluffs and into caves located in the very same area that Davy Crockett explored in the late 1700s. To soak in the beauty of the area, be sure to plan visits to coincide with wildflower displays in the spring and the bold and brilliant colors of the leaves in the fall.

Where to begin

The history of Scottsboro and Jackson

County is housed in a splendid Greek Revival mansion known as the Scottsboro-Jackson Heritage Center, 208 S. Houston St.; (256) 259-2122. As both a historical and a cultural museum, the center is dedicated to representing the rich history, customs, traditions and art of Jackson County. The center features three exhibit areas: the antebellum Brown-Proctor House, the pioneer village named “Sagetown” and the Little Courthouse. The center also offers a genealogical research library and hosts various art expositions and traveling exhibits throughout the year.

The Scottsboro Boys Museum and Cultural Center

Three blocks from the Heritage Center is the Scottsboro Boys Museum, 428 W. Willow Street; (256) 244-1310. It was established in 2010 by founder Shelia Washington and the Scottsboro/Jackson Multi-Cultural Heritage Foundation to tell the compelling story of the Scottsboro Boys.

History records the Scottsboro Boys trials as the beginning of the modern Civil Rights Movement in America. The Supreme Court decision requiring a “jury of one’s peers” is considered one of the 10 most important jurisprudence decisions in American history. The trials and their aftermath served as inspirations for Harper Lee’s 1960 Pulitzer Prize-winning novel “To Kill a Mockingbird.”

Search for lost treasures at unclaimed baggage center

One block from the little chapel that

houses the Scottsboro Boys Museum is one of the nation’s premier shopping experiences. The Unclaimed Baggage Center, 509 W. Willow St.; (256) 259-1525, which has received recognition from across the country on television and in newspapers, offers to the public for purchase truckloads of lost luggage and cargo goods that can’t be traced to the owners.

Under contract to the airlines and cargo carriers, Unclaimed Baggage receives tons of lost and unclaimed passenger bags and cargo goods each week. They sort through them then display the merchandise for sale to the public at hugely discounted prices. More than 1 million items pass through the store annually. About 60 percent of the merchandise is clothing with the balance of the store dedicated to cameras, electronics, sporting goods, jewelry, designer glasses, books and, of course, luggage. The vast majority of items are from unclaimed baggage – goods that remain unclaimed after at least 90 days of intensive tracking by the airlines. Cargo and freight shipments that are also unclaimed have been added to the inventory and are available in designated areas of the store.

Some items the Unclaimed Baggage Center receives are just too valuable or intriguing to sell. So store operators opened a small museum to display these “lost treasures.” The museum features rotating displays that have included Egyptian artifacts estimated to date from 1567-304 B.C. and a violin from 1770, as well as other rare and unusual items. “Hoggle,” the gnome-like gatekeeper from the Jim Henson mov-

ie “Labyrinth,” has a permanent place in the display.

Where to eat

The on-site Cups Cafe, (256) 259-1525, inside Unclaimed Baggage Center is a great place to take a short break from shopping. The menu features Starbucks coffee, salads, sandwiches, barbecue and gourmet desserts. Make sure and try the famous homemade chicken salad. Directions: To get to Unclaimed Baggage Center from U.S. Highway. 72 in Scottsboro, exit on Veterans Drive (AL 35) and continue to Willow Street. Turn left. The store is approximately 1.2 miles from the traffic light, on the left side of the road.

An alternate suggestion for dining in Scottsboro is Carlile’s Restaurant, 23730 John T. Reid Pkwy.; (256) 574-5629. This family-owned eatery is known for its homemade sauces, seafood, steaks and barbecue. Both the chicken salad at Cups Cafe and the signature tomato pie at Carlile’s are featured in the “100 Dishes To Eat in Alabama Before You Die” brochure.

Experience the downtown square, nearby attractions

Five blocks from Unclaimed Baggage is Courthouse Square, 102 E. Laurel St., in downtown Scottsboro. Scottsboro is the county seat of Jackson County, and the square is one of the best landscaped in the state. In front of the Neo-Classical brick courthouse, constructed in 1911-1912, is a historic marker denoting where the first Scottsboro Boys Trials took place.

WIREFLASS 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

SUNDAY — Temple Emanu-El hosts the Bill Nornberg 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.

TUESDAY, NOV. 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 digitarium planetarium program experience on Nov. 23. For more information, visit www.landmarkpark.com.

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

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

THURSDAY — “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.

THURSDAY 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 by 8 feet. The fee is \$50. An opening reception will be Nov. 14 from 6-8 p.m. Call 733-9748 for more information.

annual Charity Gumbo Cook-Off will be held Saturday 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, and possibly a cast net throwing class or two.

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

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.

Emerald Coast Cruizin

Emerald Coast Cruizin, a Family-fun event, will be

held at Aaron Bessant Park today through Saturday.

Gates open at 8 a.m. for spectators; live music starts each day at noon. Thousands of classic cars, hot rods, custom cars and trucks will be at the event.

There will be more than 125 top name automotive vendors on hand, as well as a swap meet and car corral. Crafts, jewelry and more will be for sell as well. Admission is \$10 for adults and children 12 and under are free.

For more information, call (662) 587-9572.

Gumbo cook-off

The St. James and Lanark Volunteer Fire Department

Dental health of Soldiers dramatically improves

By David Vergun
Army News Service

WASHINGTON – For the past several decades, only about 20 percent of Soldiers were classified as Class 1 dental wellness.

In the dental community, that means those Soldiers were up to date on cleanings and required no dental work, said the commander of U.S. Army Dental Command.

That number has since risen to around 40 percent and is climbing, said Col. Thomas R. Tempel Jr. The success is due to the Go First Class program.

Tempel explained that the program was tested and then instituted at various dental treatment facilities during the last 18 months. As of Oct. 1, all 131 facilities Army-wide were using the program.

The concept of Go First Class is remarkably elegant, Tempel said.

Traditionally, Soldiers would go for a routine exam, he explained. After the exam, they'd get another appointment for a cleaning and another for other work such as getting a filling.

That approach entailed a lot of appointments and time spent in the waiting room, he said. It also played havoc with unit training schedules.

The back and forth to appointments was so bad that only about half of the Soldiers who were told to return for dental work ever did so.

"We were not taking care of our Soldiers," he said.

Lt. Gen. Patricia Horoho, the Army's surgeon general, and Maj. Gen. M. Ted Wong, chief, U.S. Army Dental Corps, asked the Army Dental Command team how dental readiness could be improved, he said.

"We came up with a proactive approach," he said, "whereby Soldiers who come in for an exam also get a cleaning and often get a cavity filled all in one visit."

The approach seems like a no-brainer, but it took about a year to fully implement, he said. The scheduling system needed to be reworked and the dentists ended up with a higher case load, since more Soldiers were getting work done.

Although the dentists are really busy now with no new hires, he said, their morale is high because they realize that they are directly contributing to the wellness and readiness of the force, through healthier Soldiers and more training time for commanders.

Soldiers, too, are happier.

In at least the past few decades, Soldiers have had a positive opinion of Army dentistry, he said, with satisfaction levels hovering at around 92 percent in surveys. Tempel thought that the upper limit had been reached since it's hard to satisfy all of the people all of the time. But a new survey breached that mark, and customer satisfaction is now up to 95 percent and might continue climbing.

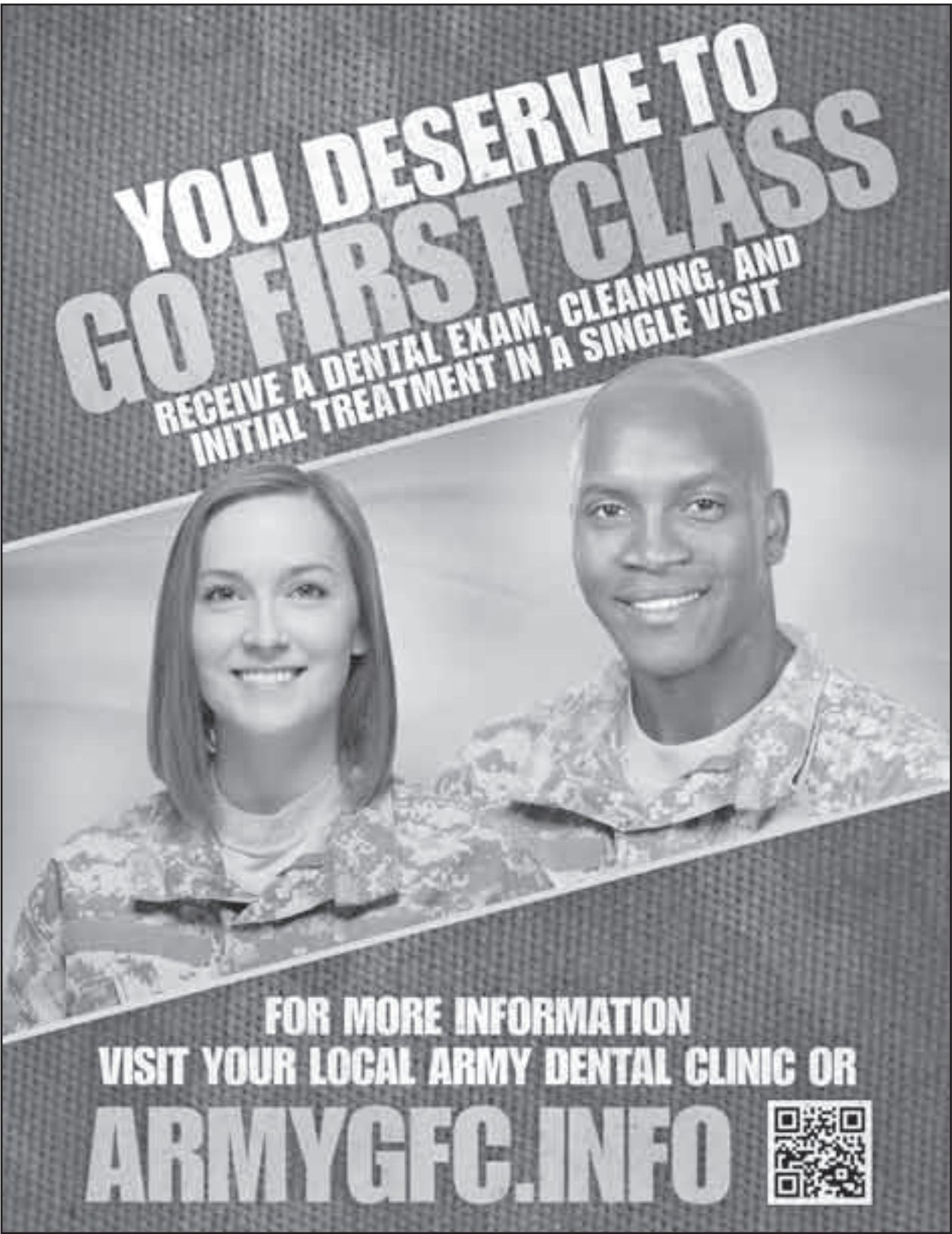
The Army chief of staff and the sergeant major of the Army were especially delighted by the savings in cost and training time when they were briefed in March, he said. The program saves about 1.25 million hours of time per year, equating to \$31 million in E-4 pay and benefits, he said.

The time and cost factors were computed by estimating the time spent in the waiting room.

The cost and time savings associated with the program already could improve even more in the future, he said, because the one-stop preventative care received will result in fewer larger problems down the road – cavities, root canals and so on, he said.

"Soldiers who achieve Class 1 are five times less likely to experience a dental emergency than someone who is Class 3," and needs work done, he said. "That's good for readiness, especially units deployed."

"The Army surgeon general's vision is to 'improve the health of the nation by improving the health of the Army,'" Tempel said. She and the Dental Corps commander "allowed our team to think freely and provide



ARMY GRAPHIC

them with ideas," a term Horoho coined "blue ocean thinking," meaning broad and in-depth.

Also as a result of this thinking, a new business model was adopted.

Although Dental Command makes up only about 4 percent of the entire Army Medical Command, it now runs on the Operating Company Model, which complex businesses use to process and organize procedures for more efficiency, he said.

That model was also used to standardize dental care across the Army, he added. There are plans to increase efficiency even more in the coming year, with an automated system in the works that will track Soldiers who are deemed high risk.

"High risk" within the dental community includes those patients with a history of dental problems, poor oral hygiene, and habits such as smoking that are detrimental to good oral health.

The model will also be used to improve data quality and dental record audits.

Although Soldiers still carry their dental record portfolio with them when they change duty stations, Tempel said he's hopeful that before he retires he'll see implementation of a paperless system for all records.

Tempel's "dream list" also includes seeing the roll-out of a vaccine or maybe special gum that's chewed

which prevents cavities. It seems farfetched, but he said Army researchers are working on those today.

Those Army researchers have already had some big successes.

They came out with a digital reader that's portable – about the size of a suitcase – that functions like an X-ray machine out in the field. It's being used today in remote areas of Afghanistan, he said.

Other Army research is being conducted on trauma, he noted, like facial and tooth reconstruction following an event like an improvised explosive device blast.

These are exciting times to be an Army dentist, Tempel concluded.

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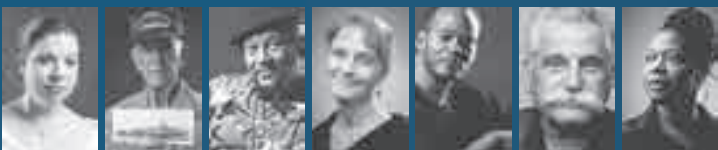


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Veteran, Navy

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NOVEMBER 7, 2013

Waffles edge Old Warriors

By Nathan Pfau
Army Flier Staff Writer

As a chilly breeze took over the field, the 1st Battalion, 11th Aviation Regiment Waffles took on the 1st Battalion, 145th Aviation Regiment Old Warriors in a close intramural football game that had both teams on the edge of their seats.

The Waffles came out on top, however, as they beat the Old Warriors, 18-13, with superior offense and a defense that proved too much for the 1-145th.

“The game was closer than it needed it to be,” said Sgt. Neal Eaton, captain and quarterback of the Waffles. “We had (a couple of players) drop the pick, but our team strength is that we have a good defense.”

The 1-11th received to start and began strong with a complete pass on their first play, and the Old Warriors came back with a strong defense to combat their opponent’s strong start.

Despite that strong start, the Waffles were unable to push through their opponent’s defense for a first down, and turned the ball over at their own 30-yard line just minutes into the game.

The Old Warriors started their possession on the right foot with a yard-gaining run on their first play, followed by a 10-yard run for the first down to put them within yards of the opposing goal line.

The Waffles had to work hard to keep their opponents from scoring and was able to hold them at the 15-yard line and force the turnover.

Although their defense got into the game, 1-145th still had quite a ways to go to get to their opponent’s end zone, and with only 10 minutes remaining in the first half and neither team on the scoreboard, both teams had their work cut out for them.

The 1-11th changed the pace of the game, however, and went to work as Eaton threw a 10-yard pass to which the receiver managed to run for more than 60 yards for the first touchdown of the game, but didn’t manage to get the extra point and led their opponents, 6-0.

The clock was running down fast and the Old Warriors needed to get into to game to stay on top of their opponents, and even though they managed a 50-yard run to get to the opposing 30-yard line, the Waffle’s defense tightened up to keep them at bay and retook possession.

On their first down, the 1-11th managed a 20-yard pass and 30-yard run to push closer to the opposing end zone and get within reach of their second touchdown. They quickly followed up with another 15-yard run to get another first down and get closer to the goal line, but a penalty pushed them back to favor the Old Warriors.

The Waffles wouldn’t be deterred, though, as they made up for lost ground with another complete pass to get within 10 yards of the end zone.

One play later, they had their second touchdown of the game, and went for the 2-point conversion, but were unable



PHOTO BY NATHAN PFAU

Sgt. Neal Eaton, captain and quarterback of the Waffles, runs the ball past an opposing player as he makes his way toward the end zone. The Waffles beat the Old Warriors, 18-13, during an intramural football game at the Fort Rucker Physical Fitness Facility football field Tuesday.

to complete the play and now led their opponents 12-0 with just one minute remaining in the first half.

Determined to get back in the game, the Old Warriors brought out an aggressive play style to push downfield, but weren’t able to complete the long-range passes they were going for.

The 1-145th decided to punt after three failed passes and returned possession to the 1-11th with just 40 seconds left in the half.

The Waffles took possession hoping to add more pressure to their opponents, but the Old Warrior’s defense went to work and managed to push them back toward their own goal line, eventually forcing a punt.

Although the Old Warriors managed to return the ball to the opposing 20-yard line, they didn’t have enough time to make a play before the clock ran down, ending the half 12-0.

The 1-145th had a small advantage going into the second half as they received, and pushed hard downfield to start the half on the right foot, but the 1-11th’s defense stayed on them to hold them back.

The Old Warriors seemed to finally find their footing as they threw a 20-yard pass that they ran to the opposing 30-yard line before the runner passed it back to another player to run it the rest of the way downfield for the touchdown and put them on the score board with the extra point, 12-7.

Not to be outdone, the Waffles showed their offensive prowess by completing pass after pass to push downfield, and ultimately threw a 30-yard pass that allowed the receiver

to run 40-yards downfield for the touchdown to once again extend their lead, 18-7.

The Old Warriors maintained their stride as they took possession with only 10 minutes remaining in the game. Play after play, they slowly inched their way toward the opposing end zone until they were in reach of the goal line.

They managed to throw a pass into the end zone that bounced off the hands of one of their own, right into the hands of a fellow player for their second touchdown of the game to trail their opponents by only five points.

The Waffles took possession determined to stay far ahead of their opponents, but the opposing defense managed to hold them back and even catch an interception to retake possession with only three minutes remaining.

Although the Old Warriors now had possession, they had to cover the entire length of the field in order to score to take the lead, and they managed to get first down after first down and edge closer to the opposing goal line.

But with less than a minute left in the game and still 30 yards from the end zone, The Waffles managed to hold the line strong when the Old Warriors literally threw their chance at a touchdown away with an interception with only seconds remaining in the game, ending the game 18-13.

Despite the close game, Eaton remains confident that his team will make it all the way to the end.

“I think we have real good hopes to win the championship,” he said. “As long as we get our manning, we’ll be all-right.”



PHOTO BY NATHAN PFAU

Turkey Trot

The start of last year’s Turkey Trot 5k. The Fort Rucker Physical Fitness Center will host this year’s 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.ftruckerfwr.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.

PIGSKIN

PICKS 

	Washington vs. Minnesota	Jacksonville vs. Tennessee	Oakland vs. N.Y. Giants	Seattle vs. Atlanta	Detroit vs. Chicago	Dallas vs. New Orleans	Miami vs. Tampa Bay
 Jim Hughes Public Affairs (38-25)							
 Brian Jackson DFMWR (37-26)							
 John McGee CDID (44-19)							
 Capt. Mike Simmons Directorate of Public Safety (38-25)							
 Sharon Storti Network Enterprise Center (36-27)							

Cadet sets new Indoor Obstacle Course record at West Point

By Sgt. 1st Class Christopher Fincham
Army News Service

WEST POINT, N.Y. – The Indoor Obstacle Course Test has challenged cadets for more than 60 years at West Point.

Out of the thousands that have come before her, no female cadet has ever completed it faster than Class of 2017 Cadet Madaline Kenyon.

At 2 minutes and 26 seconds, she recently set the new female record – a mark that had been held for more than 20 years by Class of 1989’s Tanya Cheek.

Kenyon said being a track athlete helps, but the Duanesburg, N.Y., native credits her IOCT success to years of gymnastics.

“The physical aspects of military movement and the IOCT are very similar to what I learned doing gymnastics. It’s something that



PHOTO BY SGT. 1ST CLASS CHRISTOPHER FINCHAM

Class of 2017 Cadet Madaline Kenyon, at 2 minutes and 26 seconds, set the new female record on the Indoor Obstacle Course Test – a mark that had been held for more than 20 years by Class of 1989’s Tanya Cheek.

I did for eight years, and something that I loved and worked at,”

Kenyon said. Kenyon set the new record in

just her fourth attempt on the 11-event course, and Capt. Austin Wilson knows she can do even better. A Department of Physical Education instructor and the holder of the male IOCT record of 1:59, Wilson watched Kenyon on her first run and immediately took her under his wing with the aim of setting the fastest female time.

To put things in perspective, male cadets receive an A+ grade for Kenyon’s record-setting pace. It’s a grade that less than 5 percent of the corps achieves, according to Wilson.

While the time has set her apart from her peers, she hopes to be an example for others, and thinks her achievement is possible for anyone willing to put in the time and effort.

“It’s the mindset,” Kenyon said. “You have to know that you can. You have to push yourself past that comfort level. That is how

you excel. It’s not about being comfortable. It’s about knowing that you can go the extra mile and do better.”

She arrived at West Point with aspirations of becoming a physical therapist, however, Kenyon isn’t set on trying to branch into the Army’s Medical Corps.

After hearing U.S. Military Academy Superintendent Lt. Gen. Robert L. Caslen Jr. speak on the steps of Washington Hall, thoughts of combat branches are now in her mind.

“I was talking to Lieutenant General Caslen about it,” Kenyon said. “And he said ‘Why not go Armor? Why not go Infantry?’”

Until the time comes for that decision though, she’s focused on continuing to be a positive example in the Corps of Cadets.

“I want to show the male cadets here that females can hold our own,” she said.

BRIEF

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 by 9 a.m. Nov. 23.

For more information, call 598-2449.

Zombie Bowl

Rucker Lanes 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.

The Real Iron Bowl

Silver Wings Golf Course hosts its annual Real Iron Bowl Golf Tournament Nov. 30 from 7 a.m. to 1 p.m. The 36-hole match play will feature two teams – Auburn fans vs. Alabama fans. Entry fee is \$20 per player, plus cart and green fees. Sign up and team assignments will take place the day of the event. The format is four-person team, best two balls of the four.

For more information, call 598-2449.

Golf shop holiday sale

The Silver Wings Golf Course Pro Shop hosts its holiday sale Dec. 1-24, where patrons get to choose a stocking from its Christmas tree that gives them a discount that can be applied to their purchase.

For more information, call 598-2449.

Turkey Burn

The Fort Rucker Physical Fitness Center hosts a Turkey Burn session Dec. 2 from 10 a.m. to 2 p.m. and again from 4–8 p.m. The event will feature door prizes, fruit and water for all participants as participants workout in a variety of classes with a mixture of instructors every thirty minutes. Classes will include bodyweight strength and cardio, spin, Yoga, Tabata, Zumba and more. Cost is \$3.50 per session for patrons, unless they have a monthly class card. The event is open to all authorized fitness center patrons.

For more information, call 255-2296 or 255-3794.

Basketball coaches meeting

There will be a men’s and women’s intramural basketball coaches meeting Dec. 3 for people interested in coaching a basketball team. Meetings will be held at 9:30 a.m. and again at 5:30 p.m. in the Fort Rucker Physical Fitness Center conference room.

For more information, call 255-2296.

PIGSKIN PICKS



	Oklahoma vs. Baylor	Troy vs. Louisiana-Lafayette	Oregon vs. Stanford	Western Kentucky vs. Army	Arkansas vs. Ole Miss	Texas vs. WVA	LSU vs. Alabama
 David C. Agan Jr. PAO (47-23)							
 Kent Anger, DPTMS (51-19)							
 Wes Hamilton, NEC (49-21)							
 Alex Tressler, 1-11th AVN (41-29)							
 Tish Williamson, USAACE (39-31)							

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III **ENDER'S GAME** - PG-13
Mon - Fri: 7:10 & 9:30
Sat & Sun: 2:10, 4:25, 7:10 & 9:30

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