

## APPRECIATION

Corvias shows appreciation for military Families

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## FEAST

Post offers feast of Thanksgiving options

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## NEW HEIGHTS

Fort Rucker runners excel at national level

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# ARMY FLYER

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FORT RUCKER ★ ALABAMA

NOVEMBER 21, 2013

## Post recognized as best in Army, DOD

By Sara E. Martin

Army Flier Staff Writer

Fort Rucker formally received its honors – the 2013 Gold Chief of Staff of the Army Communities of Excellence Award and the Commander in Chief’s Award for Installation Excellence – that it earned in March during a ceremony Nov. 14 at the post theater.

The Commander in Chief’s Award for Installation Excellence is awarded to installations that demonstrate exemplary support for the department of defense mission, and show continuous improvement and innovation in processes that are fundamental to successful operations, according to the ceremony’s program.

The Army Communities of Excellence Gold Award recognizes the highest level of excellence in installation management. Fort Rucker earned both of these awards for the 2011-2012 timeframe.

In addition, special recognition certificates from the secretary of defense were also given out to departments, and to the men and women of the garrison, support agencies and tenant organizations.

Winning the award means more than getting national recognition, though, according to Col. Stuart J. McRae, garrison commander.

“The ACOE Gold award recognizes the installation, across the entire Army, whose performance system and workforce interact with each other better than every other installation. The way in which Fort Rucker takes care of our Soldiers, Family members and civilians is recognized at the chief of

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PHOTO BY SARA E. MARTIN

Command Sgt. Maj. Kevin Sharkey, Installation Management Command Atlantic Region Command Sergeant Major, and Davis D. Tindoll, Jr., Installation Management Command Atlantic Region director (far right), present the 2013 Gold Chief of Staff of the Army Communities of Excellence Award and the Commander in Chief’s Award for Installation Excellence to Maj. Gen. Kevin W. Mangum, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, Sgt. Maj. James H. Thomson Jr., Aviation Branch Command sergeant major, Col. Stuart J. McRae, garrison commander, Command Sgt. Maj. Buford E. Noland, Fort Rucker Command Sergeant Major, and Col. James A. Muskopf, former Fort Rucker garrison commander, during a ceremony Nov. 14 at the post theater.

## Army Family voices heard through AFAP

By Nathan Pfau

Army Flier Staff Writer

In a world where mass communication offers endless ways to express oneself, it’s easy for voices to get lost in the fray, but one Army program allows the people’s voices to be heard by those who make decisions.

Fort Rucker held its Army Family Action Plan Conference Nov. 13 and 14 at the Wings Chapel to get the issues and concerns of the people on the installation directly to Army leadership, according to Shellie Kelly, AFAP program manager.

“AFAP is a grass-roots program that gives the total Army Family a voice in identifying, prioritizing and then communicating its quality of life issues to Army leadership,” she said. “They can be any issues that deal with health care, dental care, vision care, leisure activities, programs or anything that Army Families deal with.”

Maj. Gen. Kevin W. Mangum, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, along with Command Sgt. Maj. James H. Thomson Jr., Aviation Branch commanding general, attended the conference to find out what is on the minds of Army Families on Fort Rucker.

“This really is a program where you can make a difference,” said Mangum during the conference. “Our senior leaders at the highest levels take this very seriously, and it’s your opportunity to have an impact.”

This year’s conference celebrates 30 years of AFAP and 30 years of improving the life of Soldiers and the total Army Family, said Kelly, adding that this year’s conference posed a challenge due to the government shutdown and being postponed for one month.

The conference was further reduced from a two-day conference to essentially a one-day conference

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PHOTO BY NATHAN PFAU

## Camping Under the Stars

Col. Stuart J. McRae, Fort Rucker garrison commander, reads the book “Click, Clack, Moo-Cows That Type” to children on West Beach at Lake Tholocco during Camping Under the Stars Saturday. Families were able to come out and enjoy a petting zoo with goats, donkeys, a camel and even a kangaroo. They were also treated to face painting, games and movies on an inflatable screen.

## Fort Rucker breaks ground on new commissary

By Nathan Pfau

Army Flier Staff Writer

A larger sales area, well stocked shelves, more variety and an overall better shopping experience is what Fort Rucker plans to provide to military personnel and their Families with the new, state-of-the-art commissary being built on the installation.

Construction began as officials, including Maj. Gen. Kevin W. Mangum, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, and Col. Stuart J. McRae, Fort Rucker garrison commander, took shovels in hand and broke ground on the new 85,302-square-foot facility during a ceremony Friday.

“We’re very eager to have (construction) on this commissary start. It’s been a long time coming,” said McRae at the ceremony. “We’ve waited a long time for this. I’m a man of great faith, and in great faith I



PHOTO BY NATHAN PFAU

Ed Janasky, Directorate of Public Works director, Col. Stuart J. McRae, Fort Rucker garrison commander, Maj. Gen. Kevin W. Mangum, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, Jess Lira, Defense Commissary Agency representative, and Ray Boggs, Carothers Construction Inc. representative, take shovels in hand and break ground on the new, state-of-the-art commissary during a ground breaking ceremony at the corner of Ruff Avenue and Division Road Friday.

had signs put up this year stating that construction would start (on the new facility) in 2013.

“A lot of the magic (is owed to) our (Directorate of Public Works), contracting folks and a lot of other people around here, and we were able to keep that

promise,” he continued.

McRae said that much of that dedication was in large part to the team of teams that work together on the installation to make things happen, and stressed that a key part in that teamwork was continuity.

The idea for the new commissary has been in the works for more than four years, said McRae, and it was the persistence of command teams and others involved that came through Fort Rucker that construction has finally begun on the new facility.

The new \$16.9 million dollar commissary, located on the corner of Ruff Avenue and Division Road, will be about the same size as the current facility, but will boast a larger floor space and less warehouse space, according to the garrison commander, thus bringing it into a more modern age.

“When the old commissary was built in 1968, the standard then was that you warehoused everything that was in your commissary,” said McRae. “Consequently, our old commissary has about 40 percent of floor space that is dedicated to warehouse (space).”

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# PERSPECTIVE

## Army Medicine: Beware of emotional eating

By Capt. Candice Hebert  
*U.S. Army Public Health Command*

“I have a deadline to meet – I am working long hours and feel overwhelmed. I usually eat something sweet to cope with the stress.”

“My wife and I are having problems in our marriage. I stay up late and eat — usually pizza — it helps me cope with the anxious feelings.”

“I’ve been feeling lonely lately, so I sit in front of the TV with potato chips or some other type of junk food to help with the sadness.”

“When I am feeling depressed I am constantly hungry.”

At one time or another, most of us have turned to food to cure our emotional troubles or make ourselves feel better. In essence, we are feeding our emotions. However, problems arise when eating becomes the only approach we use to manage emotions – especially if the foods we choose to eat are unhealthy or the amounts are excessive.

If you are experiencing a persistent depressed mood for more than two weeks, see a healthcare provider.

### The connection between serotonin and food

What is the connection between food and mood? A neurotransmitter, a mood hormone, called serotonin. When serotonin levels are low, we feel sad, and when elevated, we feel happy. Serotonin is known to be in many antidepressants such as Prozac and Zoloft. However, what most people don’t know is that the majority of our serotonin cells are in our digestive systems, not our brains. Thus, diet plays a big role in our serotonin levels.

Carbohydrate-rich foods have a big effect on our serotonin levels. When we are sad or upset (low serotonin levels), we crave foods high in carbohydrates to feel better. It makes sense then why people who are feeling down eat more junk food.

In addition, the connection be-



PHOTO BY PATRICIA DEAL

### Choosing healthier snack options is one way to help control weight.

tween serotonin and food is noticeable in the depressive feelings experienced after several weeks of a high-protein, low-carbohydrate diet. The effect of dieting and low carbohydrate intake decreases our serotonin levels and causes us to feel down. This, in turn, may lead dieters to crave carbohydrate-rich foods to improve their mood, which usually results in overeating and contributes to regaining weight.

### The behavior connection

When you form the habit of

feeding an emotion, you put off learning skills to manage your emotions. Here are some tips to help break the habit of feeding your emotions.

- Identify your triggers for emotional eating.
- Take notice of when you feel stressed, overwhelmed, lonely, sad or anxious.
- Instead of searching for something to eat, do an enjoyable non-food related activity. Go outside, take a walk, or talk to a friend, family member or coworker.

- If you find that your emotional eating is out of control, enlist the help of a qualified professional such as a registered dietitian and/or a behavioral health specialist (such as a social worker, therapist or psychologist).

Keep in mind that it is OK to eat the foods you enjoy in moderation. If you find that you absolutely have to have a favorite food, like chocolate, take the time to enjoy it. Engage the food with all your senses – touch it, smell it, chew it slowly and savor the taste. You will

find that you are more fulfilled with a small amount versus the whole package.

In addition, develop the habit of reaching for healthy serotonin-boosting snacks such as nuts, fruits and vegetables.

### Summing up

Understanding what we eat and how our mood relates to our behavior are important ways to help improve our mood. A well-balanced diet and engaging in healthy activities can keep us feeling great more often.

## Rotor Wash

“Thanksgiving is Thursday.  
What are you thankful for this  
holiday season?”



**Spc. Donald Sanford,  
D Company, HHC,  
1st Bn., 10th Avn. Regt.**

“I am thankful for my Family and for the Army to give me the opportunity to come train in (Army Training and Doctrine Command).



**Bailie Welk,  
military spouse**

“I am thankful for a roof over my head and my Family.”



**Lisa Rubalcava,  
Army spouse**

“I am thankful that my husband is home with me, on the ground.”



**2nd Lt.  
Mathew Kazy-Garey,  
D Comp., 1st Bn.,  
145th Avn. Regt.**

“I am thankful for my girlfriend and for my Family.”



**Aaron Caldwell,  
Family member**

“I am thankful for my Family, for sure.”

### COMMAND

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FORT RUCKER COMMANDING GENERAL

**Col. Stuart J. McRae**  
FORT RUCKER GARRISON COMMANDER

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# Corvias shows appreciation for military Families

By Nathan Pfau  
*Army Flier Staff Writer*

Soldiers and their Families are put through a lot, whether it be deployments or constantly moving from place to place, but Corvias Military Living made sure to show how much they appreciate their residents for what they’ve sacrificed.

Corvias held its Resident Appreciation Dinner Friday at The Landing where a Thanksgiving-style dinner was served and raffles were held for Families living in Fort Rucker housing areas as a way to thank the more than 700 people who attended, said Matthew Roe, communication’s specialist for Corvias Military Living.

“This is just an opportunity for us to bring our residents together to say thank you for what they do,” he said. “We try to have resident activities regularly throughout the year (to show our appreciation), and this is just another thing we could do for them.”

The Families were treated to a buffet-style turkey dinner that included mashed potatoes, gravy, stuffing and all the trimmings, and were even able to get their hands on some pumpkin pie or brownies for dessert.

“I thought this was just awesome,” said Shaylen Gnau, who enjoyed the dinner with her husband, W01 Steven Gnau, B Company, 1st Battalion, 145th Aviation Regiment, and three children, Kylie, Taylor and Caden. “I really enjoyed it and I thought it was set up really well. It makes me feel extremely appreciated, very welcome and taken care of.”

“This is better than most military communities we’ve been to,” added Steven. “They actually give back (to the Families) here, and that was nice to see. It was a welcome change.”

As Families poured in, some were greeted by members of Fort Rucker’s command team and



PHOTO BY NATHAN PFAU

**CW2 Adam Busch, E Company, 1st Battalion, 212th Aviation Regiment, holds his son, Lucas, as Yan Pa, server at The Landing, provides him a hefty serving of turkey during the Corvias Military Living Resident Appreciation Dinner Friday.**

their Families, including Maj. Gen. Kevin W. Mangum, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, and Command Sgt. Maj. James H. Thomson Jr., Aviation Branch command sergeant major.

They were also greeted by a handful of gift baskets, which each person had a chance to win that contained everyday amenities for the home. The gift baskets were raffled off along with ham

and turkey vouchers for the commissary to help people get started on their holiday meals.

The gift baskets, provided by the Wiregrass Retired and Senior Volunteer Program, were just another way to show appreciation for the sacrifice that military Families make every day, said Lavonne Stromenger, Geneva County coordinator of volunteer services for the Wiregrass RSVP.

“I’ve been doing this job for about 13 years ... and it was just

very important for us to do something for our troops.”

Stromenger, who comes from a military Family, had heard about the appreciation dinner and wanted to take the opportunity to show her thanks.

“We just love our troops and we just wanted to be able to do something for them,” she added. “We were very excited to do this.”

Roe said that getting multiple organizations involved only improved the experience they were

able to provide for the Families they serve.

“The general sacrifice that military Families go through is paramount to everything, and for everything that those Families go through, it’s important to stop and recognize what they do,” said Roe. “We want to be the best housing provider that we can, and we provide the best customer service we can because we care about the Soldiers and Families that we help.”



PHOTO BY NATHAN PFAU

## Hollyday Bazaar Family fun

**Sgt. 1st Class Charles Duran shows his daughter, Natasha, how to shoot a rubber band gun as his other daughter, Nyasia, shows her mother, Liz, a ping-pong shooter at one of the booths set up at the Fort Rucker Spouses Club Hollyday Bazaar Saturday. The bazaar featured hundreds of vendors featuring a myriad of different crafts, clothing and food that people could browse or shop.**

## News Briefs

**CWOB change of responsibility**

The U.S. Army Aviation Center of Excellence hosts its Chief Warrant Officer of the Branch change of responsibility ceremony Monday at 9 a.m. at the U.S. Army Aviation Museum. CW5 Randy Godfrey will assume responsibility as Chief Warrant Officer of the Aviation Branch from CW5 Michael L. Reese.

**Thanksgiving service**

The Fort Rucker Chapel hosts an ecumenical post-wide Thanksgiving service Wednesday from 11:30 a.m. to 12:30 p.m. at the Headquarters Chapel in Bldg. 109. Chaplain (Col.) Dennis R. Newton, will convey the Thanksgiving message. Immediately following the service, a light lunch will be served in the Fellowship Hall.

For more information, call 255-2989 or 255-2012.

**Opportunity knocks**

The following internal positions are available on Fort Rucker: Budget Analyst, SCEG13758200979948, GS-0560-05/09, closing date today; CP-64 Career Program Manager, SCEG13744725991307, GS-0301-15, closing today; Career Proponency Manager, SCEG13744740991068, GS-0301-14, closing

today; Quality Assurance Specialist, SCEG13746729816805, GS-1910-09, closing Friday; and Training Specialist (SERE/PR), SCEG13746762948418, GS-1712-12, closing Nov. 29.

For more, check out [www.usajobs.gov](http://www.usajobs.gov).

**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 people’s 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>.

**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.



# Dempsey: Military battles against fiscal uncertainty

By Jim Garamone  
*American Forces Press Service*

WASHINGTON – The U.S. military, the most formidable force on the globe, is being challenged by the current fiscal uncertainty amid a changing world, the chairman of the Joint Chiefs of Staff said Saturday during his speech at the Reagan National Security Forum held at the Reagan Library in Simi Valley, Calif.

Rising and reemerging powers, new relationships among the governed and governing, internal religious differences surfacing after being suppressed, and a roller-coaster fiscal environment are all shaping the world and the future, Army Gen. Martin E. Dempsey said.

The U.S. military embraces change, Dempsey said, but service members are rendered a considerable disservice when they're asked to accept endless unpredictability.

Dempsey said he is concerned about some of the words that are cropping up regularly in discussions about war and the future. These words are discretionary, limited, de-escalation and control. A tour of battlefields from the American Civil War to South Korea demonstrates the folly of such words, the chairman said.

"There is hubris in the belief that war can be controlled," Dempsey said. "War punishes hubris and that is worth remembering."

The United States has peace through strength today, but the question is if will this be true tomorrow, he said.



PHOTO BY NAVY PETTY OFFICER 1ST CLASS DANIEL HINTON

Army Gen. Martin E. Dempsey, chairman of the Joint Chiefs of Staff, delivers the keynote speech during the Reagan National Defense Forum at the Ronald Reagan Presidential Library in Simi Valley, Calif., Saturday.

"We are accruing risk and consuming readiness," the chairman said.

The United States is accruing risk through "the security paradox," Dempsey said. The risk of state-on-state conflict is diminished, he said, but because of the global proliferation of technology, the ability of non-state actors to wage conflict to injure or destroy has never been greater. Cyber falls in this category, and Dempsey called the threat of cyberattack his personal nightmare.

A second reason for accruing risk is the drive for immediacy, Dempsey said.

"Immediacy is part of our lives now. Everything has to be fixed

immediately, everything has to be somehow controlled," he said. "You all have access to immediate information, which, by the way, when you are in the business of governance, leads to the idea that you should have an immediate solution."

Unpreparedness is another reason the U.S. is accruing risk. From Somalia to Iraq and Afghanistan, the U.S. military has been fighting for the past 20 years. Yet, the force has engaged primarily in counterinsurgency operations since 2004.

"We knew we would have to rekindle lost skills," Dempsey said. The skills, he said, of higher-end combat.

"It is this thing called sequestration ... that's actually exacerbating what was already going to be high risk," Dempsey said.

Finally, if America does go all the way through the Budget Control Act and sequestration, the U.S. military will end up lacking depth.

"The 'fight tonight' forces will remain ready," Dempsey said. "But we'll have less depth."

The general used a basketball team as a metaphor. Instead of playing in a tournament with 12 trained and practiced players, the [U.S. military] team will only have six.

Dempsey discussed what the military must do in the next few

years.

"We have to control manpower costs and I don't want to do it every year," Dempsey said. "We have to get on with it, but we should do it once and not every year."

The American military, he said, also has to retrain to tasks that will be important.

"We have to recapitalize and modernize equipment that we've used over the past 20 years ... at levels that we never estimated they would be used," the chairman said.

The U.S. military also needs to "grip this crisis to drive ourselves to institutional reform," Dempsey said. "We need greater joint interdependence, and we should seek greater integration with capable and willing allies."

The U.S. military is the most formidable force in the world today because it is the best-trained and it develops great leaders, the chairman said.

"As you consider the definition of strength, remember it starts with the nation's, to those who volunteer to serve," he said.

The chairman ended by talking about what the United States should never do.

"We must never accept a fair fight," Dempsey said. If the military was a football team, he said, it doesn't want to win 10-7, but 59-0.

Also, "we can't lose our global network of global friends and allies," Dempsey said. "And finally, we simply can't believe too strongly in our ability to control conflict."

## Army showcases energy-efficient technologies for warfighters

By Lisa Ferdinando  
*Army News Service*

WASHINGTON – The Army displayed energy-efficient technologies in the Pentagon courtyard that are used or being developed to make Soldiers more effective on the battlefield.

The G-4 Operational Energy team hosted the event Nov. 14, showcasing technologies such as a rigid wall shelter, an Integrated Soldier Power/Data System, generators and portable solar panels.

Army leaders who toured the displays included Under Secretary of the Army Dr. Joseph W. Westphal, Sgt. Maj. of the Army Raymond F. Chandler III, and Katherine Hammack, assistant secretary of the Army for Installations, Energy and Environment.

Lt. Col. Roger D. Kuykendall, product manager for Common Engines with PEO Aviation at Redstone Arsenal talked about the Improved Turbine Engine Program for Black Hawk and Apache helicopters.

The improved engine that is being developed has more power, greater fuel efficiency, and expands operational capacity, he said.

"Compared to the current engine, you would save basically 14 million gallons of fuel per year," said Kuykendall.

The improved 3,000-shaft horsepower engine has the advantages of more power over the 2,000-shaft horsepower engine, allowing Soldiers to carry a heavier load and go farther.

The current engine can carry five passengers 120 kilometers, while the improved engine could carry 11 passengers 240 kilometers, he said.

"It's an important program for Army

Aviation, and it saves tax payers' dollars and gives increased capability to the warfighter," he said.

Maj. Mitchell J. Wisniewski, commander of the 542nd Quartermaster Company, headquartered in Fairview, Pa., was on hand to talk about the readily deployable shelters, Force Provider units.

"Our unit is responsible for setting up, operating and maintaining the Force Provider units, which are very energy efficient, as they utilize solar shade liners, a shower water reuse system and a microgrid generation system to reduce the amount of fuel that is used," he said.

The water reuse system reduces the amount of water that is necessary to be trucked into a base camp, said Wisniewski, thus keeping focus on the mission, increasing efficiency and reducing the number of potentially dangerous resupply trips.

A rigid wall shelter, based on a 20-foot container, is now under development, he said. That unit, he said, can accommodate a kitchen, latrines, a shower system and sleeping quarters.

The stronger walls provide increased protection for the Soldiers, and the shelter is also insulated to save energy. In addition, it uses less energy to run and uses a much smaller system, he said.

"They're all pretty much self-contained where you can drop these into a location, pull out the sides and set up a camp," said Wisniewski.

Maj. Aleyzer Mora, with PEO Soldier-Project Manager Soldier Warrior, showcased technologies that power equipment for individual Soldiers.

"Our mission is to provide expeditionary power solutions for the most disad-



PHOTO BY LISA FERDINANDO

Sgt. Maj. of the Army Raymond F. Chandler III speaks with Lt. Col. Roger D. Kuykendall, product manager for Common Engines with PEO Aviation, during an exhibition at the Pentagon, Nov. 14.

vantaged environment," he said.

At his display were solar-powered blankets, along with lighter, more efficient batteries. The technologies allow a Soldier to carry less while being more efficient.

"Currently we provide a solution that transfers power through the conformal battery, but in the future, not only is the ISPS going to transfer power, but it will also transfer data," said Mora.

The transfer of data will allow Soldiers, like forward observers, to mark distances and directions with greater accuracy before calling in for fire, he said.

Also under development are "smart" textiles that are embedded into the vest of the Soldier. It is about one pound, said Mora, and transfers power and data.

"We focus on lightening the load for the

Soldier and we also provide power solutions so we can make him more lethal," he said.

Sgt. 1st Class Brian W. Pessink, with the Rapid Equipping Force at Fort Belvoir, Va., demonstrated efficient battery chargers, lightweight generators and portable solar panels.

The technologies give Soldiers power sources and allow them to recharge batteries and sustain what they are already carrying, instead of bringing in new supplies. Reduction of weight is critical, as Soldiers have to carry ammunition, weapons, food, water and clothing.

"It all boils down to how much weight is reduced on the Soldier, but getting him the maximum capacity of what he needs," said Pessink.

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# Post: Awards represent ‘team win’ for community

Continued from Page A1

staff of the Army level, [and is] the best in the Army,” he said.

The installation is a first-time recipient of the Gold award for installation excellence. In the commander’s narrative portion of the package, highlights of different things the garrison has done and improvements Fort Rucker has made in the last year are laid out.

“Some of our improvements [were] in quality of life, energy, unit morale, communications, and safety and health,” said Cynthia Ranchino, lead plans specialist, Plans, Analysis and Integration Office.

The voice of the customer, along with the day-to-day laborers combined is what made

the achievement possible, said Davis D. Tindoll Jr., Installation Management Command Atlantic Region director.

“Not only did you win the best Army community, but you also won the Commander in Chief award, which signifies you as the best community in the Department of Defense. It is quite significant,” he said. “It is not just an Army garrison that won this award. This award is won by a team of teams.”

McRae agreed that it is truly a team win for everyone on Fort Rucker.

“Individual superstars do not make a winning team if the team as a whole doesn’t play well together. At Fort Rucker, although we have many superstars, we work well together as a team,” he said. “When we came on board, we established a coin that had on

the back of it, ‘One Team.’ On that coin we have the patch symbols for every tenant activity on this installation. We did that because we are one team . . . and your importance to the mission is not dictated by your proximity to the battlefield – that goes for everyone in here.”

Military installations are taking budget cuts, but it is how those budget cuts are handled and how a garrison is able to continue to provide services for its workers that helps decide who wins, said Ranchino.

“It has taken years of continued excellence that has allowed Fort Rucker to achieve this,” said Tindoll. “You truly are above the best, but remember to always continue on with this excellence.”

This award is bigger than Fort Rucker,

said Maj. Gen. Kevin W. Mangum, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, adding that it takes a community to make Fort Rucker a great place to live, work and raise a Family.

“It takes expectations and a standard of excellence to achieve this award . . . and it takes people at the point of delivery, it takes Soldiers and Families who demand the best and raise the bar, it takes units that are doing their very best to turn out their great product every day,” he said to the audience during the ceremony. “It is the culture, it is the climate, it is the expectation, and I am proud to serve with and alongside each and every one of you. Thanks for making this happen.”

# Voice: Input invaluable in improvement efforts

Continued from Page A1

with a report out on the following day. Despite the cutbacks to the conference, Kelly said that each person involved did a stand-up job with the time and resources they had available to them.

“The product that the workgroups came out with was outstanding, and the process that they went through in getting to that product was equally outstanding,” she said.

The conference was broken into three workgroups: Retail/Leisure and Family Community, Entitlements and Force Support, and Family Support and Civilians.

Each group worked to find the top issues submitted by discuss-

ing and vetting to make sure that each issue that was submitted and to be considered would have been viable to execute. Not all issues that are submitted can be considered, and of those that are, most can be dealt with on the garrison level, according to Mangum, but those that can’t are elevated to higher levels for consideration.

The top issues for each workgroup were: the current state and disrepair of the Parcours Trail for the Retail/Leisure and Family community workgroup; sick call and pharmacy hours that conflict with training schedules for the Entitlements and Force Support workgroup; and the continuity of treatment plans when Families PCS to another station for the Family Support and Civilian

workgroup.

These were all issues that were submitted directly to Fort Rucker’s leadership, said Kelly, so people can see that the time and effort they put into submitting these issues is actually seen, heard and reviewed by leadership.

Fort Rucker teenagers also had a chance to have their voices heard during a Teen AFAP conference where they were able to submit quality of life issues of their own.

“The teenagers this year were so engaged and so committed,” said Kelly. “They spent a lot of time on big-deal issues.”

They discussed issues from the lack of an emergency room at Lyster Army Health Clinic, to wanting to have a youth council

that meets four times a year in order to have their concerns heard, which came to be their No. 2 issue. Their No. 1 issue was to see if they could have the old commissary building turned into an indoor recreational facility after the new building is constructed.

Although the program provides a voice of change for the community, the process to get change in place isn’t always easy, said the commanding general.

“Many of the changes that are proposed through this process require legislative changes and changes to law – no small deal,” he said.

In the 30 years since the program has been in existence, there have been 128 changes to the law, 184 policy changes and 208 pro-

grams that have been established because of AFAP, proof that the program is working, Mangum said.

But none of that change can be made if people don’t submit their issues and use the voice they have, said Kelly.

“You hear people complain all the time, but a lot of times they won’t take that extra step to shoot me an email and say what the problem is, why it’s a problem and what they would do to fix it,” she said. “It doesn’t have to be any more than that. Just take that extra step to actually tell somebody what’s bothering you.”

For more information on AFAP, or to submit an issue, call 255-2382, or email martha.m.kelly2.civ@mail.mil.

# Ground: Commissary 1 step in long-term installation goal

Continued from Page A1

Rather than converting the additional warehouse space in the old facility, which is not air-conditioned, it was decided that a new facility would be more effective to construct than to update the existing, aging building.

The new commissary will house only about 10 percent of warehouse space and use a method called “just-in-time delivery.”

“The goods and products come in and the products are

stocked on the shelves the night before, which makes for a constant turnover of items on the shelves,” said McRae. “The shelves in the store is where the majority of the items will now be stored, and there will be a little bit of extra stock, but not much.”

As for the old facility, no decision has been made on what will be done with the building, but ideas are being considered that are in the best interest of the community, said the garrison commander.

“(We’re looking at) putting other facilities in there or, if

it’s not cost effective, (one option) could include tearing it down,” he said. “We’re going to look at a lot of our options and develop a good plan that we can sustain that’s in the best interest of the public.”

McRae said that the installation’s long-term goal for the area is to develop other facilities around the new commissary to benefit the community, which could include parks, a new theater or even a new post exchange.

“That’s our long-range goal, but we’re taking it one step at a time, and today it’s the commissary,” he said.

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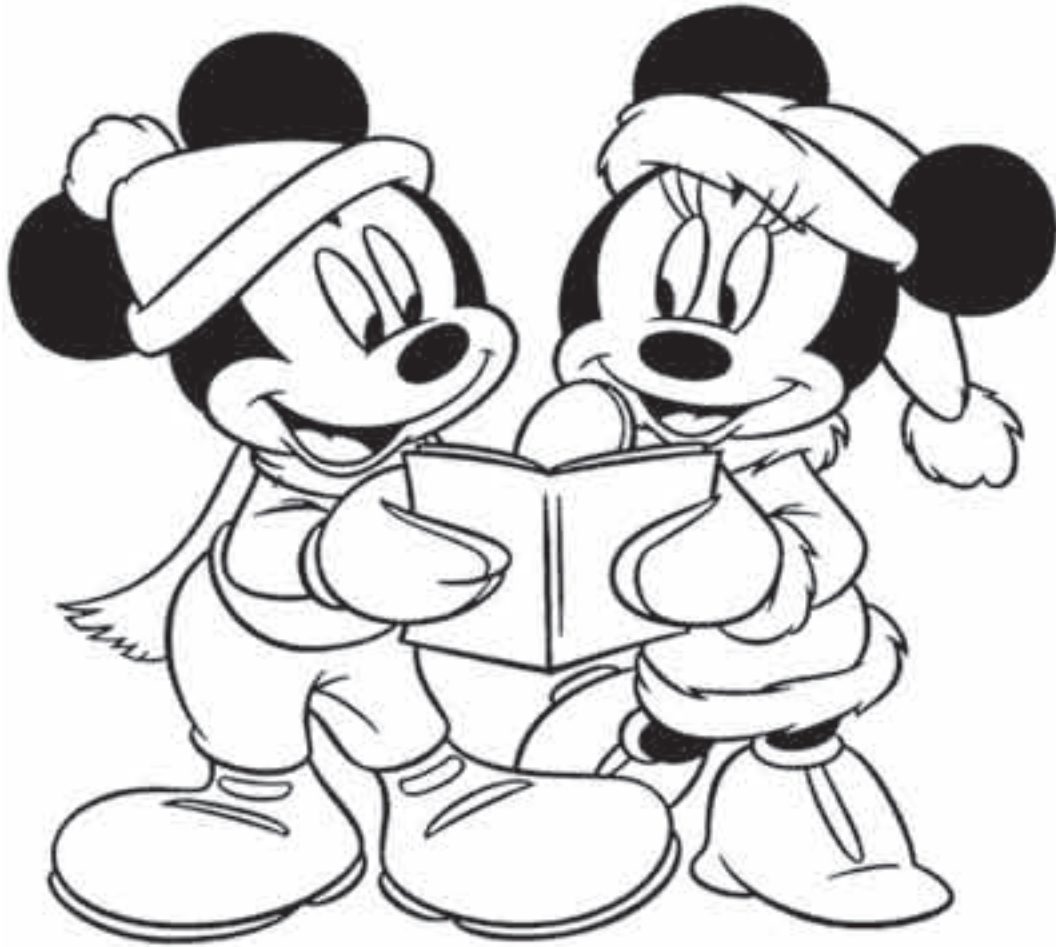
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# Five things to know about Soldier 2020



Jan Redmond (left), a research scientist with U.S. Army Medical Command's U.S. Army Research Institute of Environmental Medicine, observes a timed test as Soldiers assigned to the 1st Brigade Combat Team, 1st Cavalry Division, construct parts of a Bailey bridge during the Army's Physical Demands Study at Fort Hood, Texas, Sept. 12.

PHOTO BY CW2 JASON PENROD

**By Amy L. Haviland**  
*U.S. Army Training and Doctrine Command  
Public Affairs*

FORTEUSTIS, Va. — U.S. Army Training and Doctrine Command is currently leading two efforts within Soldier 2020, the Army's plan to integrate women into previously closed military occupational specialties.

As these efforts continue to shape the future of the force, command leadership would like people to remember five things about TRADOC and Soldier 2020.

1. It's about standards.

TRADOC's first effort, in collaboration with U.S. Army Medical Command's U.S. Army Research Institute of Environmental Medicine is a study of the physical demands required for each military occupational specialty throughout the Army, beginning with MOSs currently closed to women.

TRADOC and USARIEM have iden-

tified the critical physically demanding MOS specific tasks. Applying scientific rigor and methodology, USARIEM is using laboratory equipment to instrument Soldiers while they carry out these tasks. These measurements will determine the physiological capabilities (e.g., strength, endurance and energy) that an individual must have to complete specific tasks to acceptable standards. These measurements will also help the Army establish clear, updated standards across the force.

"Soldier 2020 is about a standards-based Army; upholding the standards of our profession — the Army Profession," said Command Sgt. Maj. Daniel Dailey, TRADOC senior enlisted adviser. "Our work will allow us to match the right Soldiers, regardless of whether they are men or women, to jobs that best correspond to their abilities."

2. It's about leadership.

TRADOC's second effort, led by the

SEE 2020, PAGE B4

## Texas Soldiers navigate from desert to sea

**By Maj. Randall Stillinger**  
*36th Combat Aviation Brigade*

CAMP BUEHRING, Kuwait — As colder weather descends upon Texas, the blowing sand of the Kuwaiti desert continues to challenge some of its Army Aviators and Soldiers.

Since April, the 449th Aviation Support Battalion has endured harsh conditions that few Texans will ever experience with daily high temperatures over 100 degrees for five months straight, and with many days exceeding 120 degrees.

These Texas Army National Guard Soldiers, with a detachment from Arkansas, are deployed with the 36th Combat Aviation Brigade to the Middle East in support of Operation Enduring Freedom. The brigade's mission is to provide security to the region and build partnerships with countries that will further long-term stability in and around the Arabian Gulf.

A significant key to regional security is the free flow of maritime traffic in the Arabian Gulf. Of particular importance is the Strait of Hormuz between the United Arab Emirates and Iran, which is crucial to the export of oil to the world market.

The 449th's specific mission is to provide Aviation maintenance, supply, fuel distribution, medical, and signal support for the Soldiers, aircraft and equipment within the brigade. Once used as a stepping stone for units headed north into Iraq, Camp Buehring is the home base for operations and training missions across the region.

During a recent training mission, Soldiers loaded military vehicles onto a U.S. Army cargo transport vessel for a trip into the Arabian Gulf and the reconnaissance of a refueling point for a future event. The combined arms training aboard U.S. Army Vessel Churubusco (LCU-2013) was new for these Texas

SEE NAVIGATE, PAGE B4



PHOTO BY STAFF SGT. TODD POULIOT

## AT THE READY

CH-47 Chinooks of the 10th Combat Aviation Brigade await their next mission at Bagram Air Field, Afghanistan, Nov. 11.

## Wild Cards lead way in combined training

**By Sgt. 1st Class Vincent Abril**  
*2nd Combat Aviation Brigade*

CAMP HUMPHREYS, South Korea — U.S. and Republic of Korea helicopter pilots sat side-by-side while receiving a mission briefing prior to executing one of the largest combined air assaults of the year on the Korean peninsula Oct. 30 at an undisclosed location.

Twenty aircraft comprised of UH-60 Black Hawks, CH-47 Chinooks and AH-1 Cobra helicopters manned by pilots of the 2nd Assault Battalion, 2nd Aviation Regiment, 2nd Combat Aviation Brigade and ROK Aviators from the 601st and 602nd Aviation Battalion, 2nd Aviation Brigade, Republic of Korea Army Aviation Operational Command.

Once briefed, these Aviators departed in pursuit of a fictitious enemy in this training exercise. They focused on enhancing combined operations and interoperability by practicing air assaults, tactical maneuvers and improving communication.

The 2-2nd AVN depends on training opportunities such as this one to strengthen the combined Aviation force for future operations with their Korean counterparts.

"We are aggressive in getting, developing and seizing training opportunities with our ROK brothers and sisters," said Lt. Col. Brian E. Walsh, the 2-2nd battalion commander and native of Apopka, Fla. "It's absolutely essential to maintain interoperability, our familiarity and our shared understanding of operations with our counterparts."

From the initial concept and planning to the skies, the execution of the combined effort began with



PHOTOS BY SGT. 1ST CLASS VINCENT ABRIL

C Co., 2nd AB, 2nd Avn. Regt., 2nd CAB, UH-60 Black hawk helicopters transport several Republic of Korea Army infantrymen during one of the largest combined air assaults of the year on the Korean peninsula Oct. 30 at an undisclosed location.

ROK infantry soldiers being tactically inserted on a landing zone as the mission came to fruition.

"There is a lot of coordination that's involved in each one of these training exercises," said Stephen M. Townsend, executive officer of Company C, 2-2nd AVN. "As we continue to work with them, they help educate us on how they operate and that makes it easier for follow-on training missions."

The exercise provided both U.S. and ROK forces an opportunity to fly alongside and learn from one another, while sharpening old skills and honing the new ones needed to sustain the ability to "Fight Tonight," he added.

While educating each other, the two forces do their part to strengthen the alliance while living and breathing the mantra, "we go together" as they, and so many before them have done for the last 60 plus years, said Col. Geon Yeong Heo, commander of the Republic of Korea's 2nd Aviation Brigade,



U.S. Aviators of the 2nd AB, 2nd Avn. Regt., 2nd CAB, along with the 601st and 602nd AB, 2nd Avn. Bde., Republic of Korea Army Aviation Operational Command ready themselves for one of the largest combined air assaults of the year on the Korean peninsula Oct. 30 at an undisclosed location.

Aviation Operational Command.

"Whenever I hear Kachi Kaphshida from U.S. Soldiers, I feel exactly the same, 'We go together,'" said Heo. "I feel a strong alliance between the ROK and U.S. This is a great opportunity to make our alliance stronger."

The 2-2nd AVN talks the talk and walks the walk as it continues to conduct several air assaults each year with ROK forces leading by

example while paving the way to more future combined operations, said Walsh.

"I see us as a unit that's asked for by name from either ROK ground or air, to work with," said Walsh. "I see us as a friendly ease of use, flexible and agile force that the 2nd Infantry Division, Eighth U.S. Army and the Republic of Korea can count on to get the job done."



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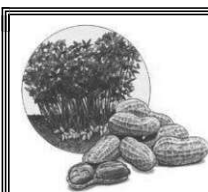
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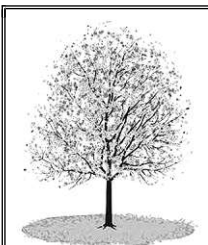


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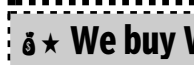
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# 2020: Leaders work to build better Army

Continued from Page B1

TRADOC Analysis Center, is an extensive study of the institutional and cultural factors associated with integrating women into previously closed MOSs.

Using focus groups, interviews, surveys, Soldier feedback, an ongoing literature review and collaboration with numerous outside agencies, TRAC's effort will not only study current policies and processes, but will also look at potential implementation strategies, and possible barriers to success that may be driven by culture and tradition.

"As we move toward integrating women into previously closed occupations, we must do so with the understanding that the leadership and culture of a unit — the history, lineage and social dynamics — are crucial to successfully dealing with changes that will occur," said Col. Lynette Arnhart, TRAC's Fort Leavenworth, Kan., deputy director and senior military analyst.

3. It's about doing it right.

Gen. Robert W. Cone, commanding general of TRADOC, said the studies will take time in order to be successful and must be done right in order to maintain the credibility of the institution while improving standards throughout the Army.

"The combat readiness of our Army must remain the first priority," Cone said. "While this integration requires a well-thought out approach, I am confident we can do this right and improve the total force."

During a visit earlier this year to Joint Base Lewis-McChord, Wash., Sgt. Maj. of the Army Raymond F. Chandler III said the changes won't — and shouldn't — happen overnight, but, rather, they should be deliberate and incremental.

"The first and largest obstacle the Army must overcome for integration is the culture," Chandler said. "There is still a perception in some parts of the Army that female Soldiers won't be able to do the same things as their male counterparts, or that we won't be as successful if we have them in combat arms organizations. I think the people saying these things are a vocal minority."

4. It's about Soldiers.

Using a standards-based approach, Soldier 2020 aims to remove barriers, thereby giving every Soldier the opportunity to serve in any position where he or she is capable of performing to the standard, according to TRADOC's commanding general.

"Soldier 2020 holds the promise of improving quality across our warfighting formations, while providing a level field upon which all Soldiers can succeed based upon tal-

ent," Cone said.

Additionally, the Army will be better able to select and train Soldiers — regardless of gender or age — who are able to safely perform the physically demanding tasks of the MOS, with the goal of fewer training injuries.

"There are Soldiers right now in almost every MOS who are not capable of doing their jobs," said Marilyn Sharp, USARIEM research scientist and project lead investigator for Soldier 2020. "And not only are they the ones who probably get passed over for promotion, but they're the ones who get hurt because they're in a job they're not physically qualified for."

Fewer injuries mean stronger Soldiers and stronger Soldiers mean a stronger Army.

5. It's about building a stronger Army.

The Army of the future will require mental agility, teamwork and resilience from all Soldiers, regardless of gender, and the goal is to identify, select and train the best-qualified Soldiers for each job, which ultimately strengthens the Army's future force.

"In the end, we will only get better because all of our Soldiers — men and women — continue proving themselves as highly capable warriors on a daily basis, Cone said. "By expanding opportunities and assignments for women, we will only strengthen the force."

## Navigate: Soldiers set to return home this winter

Continued from Page B1

Soldiers. In fact, very few of them knew that the U.S. Army has such an extensive fleet of watercraft.

The Texas Soldiers are also working with the Kuwaiti air force and other multi-national partners in the region to strengthen ties, execute joint training events, and learn best practices from each other to provide long-term stability.

"Working with the Kuwaitis has been fantastic," said Lt. Col. Bradford Hughes, commander of the 449th. "We're learning a lot from them in terms of their expertise in different ways that they approach military operations. The partnership events that we do are the wave of the future and it's been a positive experience."

Col. Rick Adams, the 36th CAB commander, said, "As the U.S. military moves into the future, the 449th is on the tip of the spear with

regard to joint, interagency, intergovernmental and multinational operations."

"Lieutenant Colonel Hughes and his Soldiers have excelled in everything that we've asked them to do here in Kuwait and across the region," Adams said. "We're privileged to be in a time and location where the elements of combined arms merge, offering opportunities for them to advance their skills geometrically."

Hughes, of Austin, is very appreciative of all the support that his Soldiers have received from the Families back home.

"To the Families back home, we're on final approach. We'll be back in about a month," Hughes said. "Your Soldiers are doing great and everybody is looking forward to getting back to Texas and Arkansas."

The 449th ASB will return to their home base in San Antonio this winter.



PHOTO BY SGT. MARK SCOVELL

A UH-60 Black Hawk from the 36th CAB departs the Kuwait coastline bound for the USS Ponce in the Arabian Gulf. The 449th ASB has been conducting training and support operations in and around the gulf while deployed to the Middle East as a part of Operation Enduring Freedom.

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NOVEMBER 21, 2013

# Post offers a feast of Thanksgiving options

By Sara E. Martin  
Army Flier Staff Writer

The holiday season is afoot and everything from Christmas music to fall wreaths are beginning to make appearances, and following tradition, different programs on post are hosting activities to spread good tidings.

"We have a diverse community and we always want to offer something everyone can enjoy. Whether you're civilian or military, single Soldier or Family, you will be able to find something to do with the many fun activities planned for this Thanksgiving season," said Janice Erdlitz, Directorate of Family, Morale, Welfare and Recreation.

The Landing will be setting a table just for "you," so, if going away for the holiday is not in the works, or if cooking and cleaning the mess do not appeal to your tastes, The Landing will be hosting its annual Thanksgiving Feast from 11 a.m. to 2 p.m. Thanksgiving day.

The feast is a "true Family affair," and a special military-Family rate is available, said Erdlitz.

The Family rate is \$39.50 for two adults and up to two children, ages 12 and younger. Regular price is \$16.95 for adults, \$6.95 for children ages 6-12 and \$3.95 for children ages 3-5. For more information, call 598-2426.

The meal is buffet style, featuring Thanksgiving favorites like mashed potatoes and ham. Reservations are recommended, and people are more than welcome to come dressed in their Sunday best or Tuesday casual, said Tim Carter, The Landing Zone programs manager.

"It has everything Families are looking for in a Thanksgiving meal.



Spc. James Fairless, 4th Battery 160th Special Operations Aviation Regiment, examines his choices and is served a Thanksgiving meal from the USAACE command team last year at the dining facility.

We have several meats and an assortment of desserts," said Carter. "It is an opportunity for a Family to gather together and celebrate Thanksgiving as a military Family and be proud of that."

The installation dining facility will host a special Thanksgiving meal Nov. 28 in Bldg. 5914 from 10:30 a.m. to 1:30 p.m. Meal card holders eat free, but a special price of \$7.60 will be offered for Soldiers on separate rations, Family members, retirees and civilians.

"Thanksgiving is the biggest day of the year from the meal preparation and serving to decorations and displays – making the meal a special one for Soldiers," said Catherine Holmes, food program manager. "Soldiers can still

have the traditional Thanksgiving Day meal with their friends and fellow Soldiers."

The DFAC will have a special two-meat option during the meal. People can choose between roast turkey, shrimp cocktail, prime rib and baked salmon. Specialty sides for the meal include cornbread dressing, sweet potato casserole and eggnog.

"Every year we want to make the Thanksgiving Day meal one to remember for the Soldiers and try to provide everything they would have if they were at home," said Holmes. "The Soldiers deserve no less, and we are thankful for their service in supporting the warfighter."

If loading up on calories is something that you're worried about, then prepare for the turkey "coma" by getting your swing on at the Silver Wings Golf Course.

The Turkey Shootout Tournament will be held Saturday. Tee-time is between 7-9 a.m. and the registration fee is \$20 plus cart and green fees. The formats for the tournament can be individual stroke play or U.S. Golf Association handicap, or weekend dogfight points can be used. Turkeys and gift certificates will be given to gross and net winners.

"This is a great way for people

to get a free turkey. They don't have to fight the crowds," said Rachel Adler, SWGC admin assistant. "It is also the perfect way to de-stress before the holiday shopping begins, or before Families come in from out of town or you go out of town."

Another way to celebrate the holiday without eating one's weight in dressing is to participate in this year's Turkey Trot – 5K, 10K and one-mile runs.

The Turkey Trot will take place Saturday at 9 a.m. Race day registration ends at 8:40 a.m. and cost is \$25. All of the races begin and end at the Fort Rucker Physical Fitness Center on Andrews Avenue.

"The Academy gift certificate drawings of \$25, \$50 and \$75 will be drawn after the race for all entrants," said Lynn Avila Fitness programs coordinator, saying that the races are a great way to kick start the fall.

"It is a great way to check yourself physically and to get out before the shopping season," she continued. "It is also an economical way to stay in shape for the entire Family because it is a Family affair. Kids are free to run and all the children receive a medal."

Avila said the course is fairly flat and straight.



# Mini CDC opens, offers after-duty-hours care

By Nathan Pfau  
Army Flier Staff Writer

Childcare has a new face on Fort Rucker in the form of a new facility, and although the child development center is still the No. 1 option for parents to take their children, its little sister is going to make a big impression on the installation.

Members of the community and Fort Rucker command team, including Maj. Gen. Kevin W. Mangum, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, and Col. Stuart J. McRae, Fort Rucker garrison commander, were among those who came out to cut the ribbon on the new facility that will cater to parents with non-traditional work hours, according to Pam Williams, child, youth and school services coordinator.

"We wanted to help reduce the conflict between mission and parental responsibilities," she said.

"The Mini CDC is designed for Families that need child care outside of traditional work hours that can't be accommodated at the CDC."

The facility, which is located right next door to its big sister, will be able to accommodate child care for parents who are air traffic controllers, flight students, military police officers, firefighters, instructor pilots, DOD civilians and other contractors that work hours outside the CDC's hours of operation.

The new 4,600-square-foot facility features a living room, a den, a reading area, an open area, a full kitchen, a crib room for infants, an outdoor playground, and separate sleeping rooms for boys and girls.

Each of the sleeping rooms are fitted with eight beds, storage compartments and full bathrooms that can be utilized for overnight care if needed, said Williams.

The concept came about around

2007 when the idea was thrown around for a facility like the Mini CDC, she said. The CDC was having issues meeting the needs of those that worked throughout the night, and some childcare providers were even electing to stay throughout the night to care for these children.

"They were working these late nights and early mornings, and they were getting really burned out because it was just too much to handle," said Williams. "We did a survey and found that we had the right population for something like this, and when the window of opportunity opened up, we seized it and submitted the paperwork to get started. Now it's a reality."

Construction finally began on the facility in 2012 and is now ready to serve the community by meeting all the same standards as its bigger sister for fire, health and safety, but can only accommodate up to 20 children, ages 6-12.

"Although the capacity is much smaller, it should be able to meet the need," said the CYSS coordinator. "The building is primarily for full-day care, part-day care and even hourly care on a space-available basis."

Fort Rucker is home to nearly 2,500 Families and more than 3,200 children that are enrolled in the CDC program that require this professional level of childcare, according to Williams.

The same people with the same experience that that provide care for the children at the CDC will be providing care for those at the Mini CDC – child and youth program assistants. The assistants go through the same training program as the other childcare providers, and a manager will always be on duty at the new facility, she added.

Although the facility is not the first of its kind, Williams believes it's the first of its kind being used specifically for the purpose it was

designed for.

"A lot of other installations are doing hourly care only, but our population of flight students and instructors that work during so many of those non-traditional hours may have a greater need, and I think we can really meet that need," she said.

The Mini CDC will utilize the same lesson plans and curriculum that is used in its sister building, but will be more of a multi-age grouping depending on the children that are there, said Williams, adding that it depends on the amount of children in full-time care versus part-time care and hourly in the facility.

"We really try to meet the needs of the individual child, as well as the development of the group," she said. "We're all very excited about the future of this facility, and how beneficial it will be for our Soldiers and Families."

For more information, call 255-2375.



# ON POST

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

### Military Family Appreciation Month

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

### Hired! winter term

Fort Rucker Child, Youth and School Services offers its Hired! winter term prerequisite training Saturday from 8 a.m. to 1 p.m. at the youth center in Bldg. 2800. CYSS-registered teens will have the opportunity to complete the six required trainings needed in order to begin the process to become a Hired! apprentice. A brown bag lunch will be provided. Attendees should bring a copy of their birth certificate, photo identification, Social Security card and a current report card.

For more information, call 255-2260.

### AFTB personal growth and resiliency

Fort Rucker’s Army Family Team Building hosts personal growth and resiliency training Monday and Tuesday from 8:30 a.m. to 2:30 p.m. at The Commons, Bldg. 8950. The seminar includes classes on communication, stress management, time management, growing through change, resiliency during crisis and grief, and more. Advance registration is required. The class is free to attend and all materials are provided.

For child care information and registration, call Shellie Kelly at 255-2382 today.

### Thanksgiving feast

The Landing hosts a Thanksgiving feast Nov. 28 from 11 a.m. to 2 p.m. in its ballroom. The buffet-style feast will feature delicious Thanksgiving favorites. The price will be \$16.95 for adults, \$6.95 for children ages 6-12, \$3.95 for children ages 3-5, and children ages 2 and younger eat for free. A military Family special will be available for two adults and two children, ages 12 and younger, to eat for \$39.50. Reservations are highly recommended.

For more information or to make a reservation, call 598-2426.

### Family Member Resilience Training

Fort Rucker Army Community Service offers Family member resilience training Dec. 3 and 4 from 8:30 a.m. to 2:30 p.m. at The Commons, Bldg. 8950. The Army recognizes the increased sacrifices that Family members make on a daily basis and its resilience classes are designed to provide people the thinking skills and coping strategies needed to meet and overcome life’s challenges. The free classes focus on strengthening relationships, effective thinking strategies, building confidence and increasing general wellbeing. Advance registration is required by Nov. 27.

For more information or to register, call 255-2382.

### Scream Free Marriage Workshop

The Fort Rucker Family Advocacy Program and Lyster Army Health Clinic host the Scream Free Marriage Workshop Dec. 4, 11 and 18 from 11a.m. to 1 p.m. at The Commons, Bldg. 8950 on Seventh Ave. The free workshop will include free childcare and is open to active duty, retired, Department of Defense employees and their Family members. Registration is required by Dec. 2.

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



PHOTO BY SARA E. MARTIN

## Christmas tree ornament contest

The scene at last year’s Christmas tree lighting. Fort Rucker Directorate of Family, Morale, Welfare and Recreation holds its Christmas tree ornament contest now through Wednesday for children ages 3-11. Ornaments may be turned into the youth center, child development center or parent central services located in the Soldier Service Center, Bldg. 5700. Participants should label their entry with the child’s name and age, and the guardian’s name and contact information. All entries will be displayed on the post Christmas tree and awards will be presented during the Christmas Tree Lighting Ceremony Dec. 5. Prizes will be awarded to first-place entries in the following categories: 3-4 years old, 6-8 years old and 9-11 years old. For more information, call 255-1749.

### Christmas tree lighting

Fort Rucker hosts its annual Christmas tree lighting ceremony Dec. 5 from 5-6 p.m. at Howze Field. The event will feature music, hot chocolate, the lighting of the post Christmas tree and a visitor from the North Pole. After the ceremony, people can enjoy complimentary photos with Santa and Mrs. Claus at The Landing. This event is free and open to the public, and Exceptional Family Member Program friendly. In case of inclement weather, the event will take place at The Landing.

For more information, call 255-1749.

### Spaghetti dinner

The Landing hosts its spaghetti dinner Dec. 5 from 6-8 p.m. directly after the Christmas tree lighting ceremony. Dinner prices are \$10 for ages 13 and older, \$5 for ages 3-12, and children ages 2 and younger eat for free. There is also a Family special price of \$25, which includes dinners for two adults and up to two children, ages 12 and younger. Dinner will include a choice of pasta and sauce, salad, garlic bread, assorted cookies, tea and coffee. The event is open to the public.

For more information, call 598-2426.

### Financial readiness training

Army Community Service offers its financial readiness training Dec. 6 from 7:30 a.m. to 4 p.m. at the Soldier Service Center, Bldg. 5700, Rm. 284. The free training provides a practical approach to personal financial management to help Soldiers gain control of and manage money effectively. Financial Readiness Training is required for all first-term junior enlisted Soldiers (E-1 through E-4).

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

### Winter Wonderland Skate Night

The Fort Rucker School Age Center hosts a Winter Wonderland Skate Night Dec. 6 at gymnasium. The cost is \$20 for safety skate from 6:15-7:15 p.m. (children 12 years old and younger) and \$5 for regular skate from 7:30-10:30 p.m. All children younger than 6 must have a Family member 13 years old or older with them.

For more information, call 255-9108.

# DFMWR Spotlight

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# Lyster challenges smokers to go 24 hours without lighting up

By Katherine Rosario  
*Lyster Army Health Clinic Public Affairs*

Lyster Army Health Clinic is challenging smokers to go 24 hours without using any tobacco products as part of The Great American Smokeout today.

Staff will be at the post exchange today from 8 a.m. to noon to encourage smokers to quit for a day. Tobacco cessation class information will be available, as well as other health information.

The Great American Smokeout, sponsored by the American Cancer Society, takes place every year on the third Thurs-

day of November. In the United States, about 440,000 deaths per year, about 28 percent of heart diseases, and 4 percent, or 15,900, of strokes are attributed to smoking, according to the Centers for Disease Control and Prevention.

“Not only are the numbers of people who die from smoking each year incredibly high, the economic impact of using tobacco can be a real strain on finances,” said Lt. Col. Samuel Jones, chief of preventive medicine at LAHC. “Tobacco users as a whole spend about \$96 billion a year in medical costs.”

The GASO observance day also gives smokers a chance to learn how second-hand smoke affects others.

“It’s been more than 25 years since a Surgeon General’s report found that secondhand smoke can cause lung cancer,” Jones said, adding it also concluded that there is no safe level of exposure to secondhand smoke.

Those up for today’s challenge can even use a free app on their iPhone, iPad or Android to help keep their hands busy and mind off any cravings. Search Zombie Smokeout in your app store.

“Some individuals who have or attempt-

ed to quit can attest to the fact that quitting is hard to do, but with pre-planning and some key strategies it can be done,” Jones said. “If you have decided that now is the time for you to quit tobacco products, talk to your health care provider about your options.”

LAHC also offers free tobacco cessation classes to it beneficiaries and Department of Defense civilian employees. For more information, call 255-9908. Additional information can be found on the LAHC webpage by clicking on Health/Wellness Classes on the right side of the page.



COURTESY PHOTO

## Pick-of-the-litter

Meet Jasper, an eight-week-old male that is available for adoption at the Fort Rucker stray facility. He is a curious guy since he was born outside. He has a unique meow that is raspy and big. It costs \$80 to adopt Jasper 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/](http://www.facebook.com/fortruckerstrayfacility/) for constant updates on the newest animals available for adoption.

## Religious Services

### WORSHIP SERVICES

Except as noted, all services are on Sunday.

### HEADQUARTERS CHAPEL, BLDG. 109

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

### MAIN POST CHAPEL, BLDG. 8940

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

### WINGS CHAPEL, BLDG. 6036

9:30 a.m. Protestant Sunday School

10:45 a.m. Chapel Next Contemporary Worship Protestant Service.

### SPIRITUAL LIFE CENTER, BLDG. 8939

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

### BIBLE STUDIES

9 a.m. Protestant Women of the Chapel, Wings Chapel, Tuesday  
11 a.m. Above the Best Bible Study, Yano Hall, Wednesday  
10 a.m. and 6 p.m. Adult Bible Study, Spiritual Life Center, Wednesday  
Noon Adult Bible Study, Soldier Service Center, Wednesday

5:30 p.m. Youth Group Bible Study, Headquarters Chapel, Tuesday  
6:30 p.m. Chapel Next (Meal/Bible Study), Wings Chapel, Thursday

### MOTHERS OF PRESCHOOLERS

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

### PROTESTANT MEN OF THE CHAPEL

PMOC meets the first Saturday of each month in the Fort Rucker Spiritual Life Center

from 8-9 a.m. Men are encouraged to attend for a time of fellowship and a short devotion. Free breakfast is provided.

### Protestant Women of the Chapel

PWOC meets every Tuesday at 9 a.m. and 6 p.m. at Wings Chapel, Bldg 6036. Childcare is provided.

For more information, call 255-9894.

### Military Council of Catholic Women

MCCW meets every Tuesday from 5:30-7:30 p.m. at the Spiritual Life Center. Childcare is provided.

For more information, call 255-9894.

### Catholic Adult Fellowship

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



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Contemporary Worship - New Connection  
8:45AM & 11:00AM  
The Gathering - Youth  
5:45PM  
Sunday School  
10:00 M  
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cfumc@adelphia.net  
Prayer Line (24 Hours) 334-393-7509

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1 Corinthians 11:1

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Call 347-9533 to advertise your church on this page.



# Tread off the turkey with coastal half-marathon

By Ally Mills Dorrough

*Gulf Shores and Orange Beach Tourism*

GULF SHORES AND ORANGE BEACH — Wishing you did not go back for seconds, thirds or fourths during Thanksgiving dinner? People can jump-start a healthier holiday season by participating in the Kaiser Realty by Wyndham Vacation Rentals Coastal Half-Marathon, 5K and 1-mile fun run Nov. 30 with the entire family.

With a distance for just about anyone, guests will be able to enjoy wildlife on Gulf State Park’s paved Backcountry Trails as well as beach views throughout Gulf Shores and Orange Beach. Emily Gonzalez, director of marketing for Kaiser, said that this Family-focused event is one she holds

dear.

“Kaiser loves this event, because it’s the time of year when families come together,” Gonzalez said. “We as a staff like to participate, because it gives us a chance to interact with guests and enjoy the family atmosphere surrounding the event.”

Gonzalez candidly said this time of year lends itself to what she terms “togethering” – when families come together and celebrate each other. She explained this term goes full circle, impacting the realty company’s mission, which encompasses an obligation to guests, employees and the community.

“We live for this,” she said. “We strive to be very involved in the community, both locally and around the country. Being the

title sponsor of family-friendly event that promotes personal well-being is something we strive for.”

The marketing rep continued to express that the event is strategically placed so that beachgoers may capture the beauty of Alabama’s Gulf Coast as they work off unwanted holiday pounds.

“This event allows guests to run through Gulf State Park to see the matchless beauty of the Backcountry Trails – a hidden gem that not enough people know about,” she explained. “This is a fantastic opportunity to expose it.”

Gonzalez said the most extraordinary part of sponsoring the run is hearing about families “togethering” for a challenge.

“It’s heartwarming to hear people go

through the experience and push themselves,” she gushed. “It’s important for families to come out for a challenge they can endure together.”

This event is produced by Team-Magic, a race production team from Birmingham, on behalf of the Gulf Shores & Orange Beach Sports Commission and will serve as the Road Runners Club of America Half-Marathon Alabama State Championship. Each race begins and ends at the Orange Beach Sportsplex.

For more information and to register, visit <http://bit.ly/1j4ydoR>.

For information on upcoming athletic events along Alabama’s Gulf Coast, visit [www.gulfshoresorangebeachsports.com](http://www.gulfshoresorangebeachsports.com), or call 1-800-745-SAND.

## WIREFLASS COMMUNITY CALENDAR

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

**ONGOING** — Wiregrass Tennis Association is offering eight weeks of free tennis lessons June 3 through July 26th. In order to find a court near you, visit [www.wiregrasstennisassociation.com](http://www.wiregrasstennisassociation.com) or call 855-849-8868.

### DOTHAN

**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 receive a free ice cream cone Saturday and have a free digitarium planetarium program experience.

For more information, visit [www.landmarkpark.com](http://www.landmarkpark.com).

**DEC. 1** — Landmark Park will host its Christmas decorating workshop at 1 p.m. A snack will be provided and volunteers will have a chance to create their own old-fashioned ornament to take home. Free with paid gate admission. Registration required. For more information, call 794-3452 or visit [www.landmarkpark.com](http://www.landmarkpark.com).

**DEC. 8** — Experience Christmas past with mulled cider, hot chocolate, a circuit riding preacher, old fashioned decorations, turn of the century desserts and music at Landmark Park’s Victorian Christmas at 1 p.m. Free with paid gate admission. For more information, call 794-3452 or visit [www.landmarkpark.com](http://www.landmarkpark.com).

**ONGOING** — People are invited to play ultimate frisbee with the Dothan Ultimate Discers on Optimist Field on Thursdays at 7 p.m. and Sundays at 2 p.m. Described as

being co-ed fun for everyone from age 10 to 100 with no prior experience required. For more information, call 615-3760.

**ONGOING** — The Flagship Theatre is offering voice lessons. Kim Graham will offer 12-week long sessions that can be taken either in private or as a group. For more information, or to sign up, call or text 248-8445.

**ONGOING** — The Wiregrass Museum of Art hosts “First Saturday Family Day” the first Saturday of every month at 10:30 a.m. The event is recommended for elementary aged children. For more information, visit [wiregrassmuseum.com](http://wiregrassmuseum.com) or call 794-3871.

**ONGOING** — Landmark Park has a reptile feeding at 4 p.m. every second Sunday of each month. Children and adults can learn why these animals are important to the environment. The program is free with paid gate admission. For more information, call 794-3452 or visit [www.landmarkpark.com](http://www.landmarkpark.com).

**ONGOING** — Alabama Agricultural Museum in Landmark Park hosts the Wiregrass Woodturners club meeting the first Saturday of every month at 9:30 a.m. Open to the public, no experience necessary. Free with paid gate admission.

**ONGOING** — Landmark Park hosts a dulcimer club jam session the first Saturday of each month at 1 p.m. Patrons must have a mountain dulcimer, but no experience is necessary. Free with paid gate admission.

**ONGOING** — Wiregrass Suicide Prevention Services holds bi-monthly suicide survivor support groups the second and fourth Monday at 6 p.m. at 148 E. Main Street. The support groups are for anyone who has lost a friend or loved one to suicide. Children’s groups are also available. For more information, call 792-9814.

**ONGOING** — The Tri-State Community Orchestra rehearses every Thursday evening from 6-8 p.m. at the Dothan Cultural Arts Center. They welcome all string, brass, woodwind, and percussion players ages 16 and up. For more information, visit [www.tristatecommunityorchestra.com](http://www.tristatecommunityorchestra.com) or call 585-4903.

**ONGOING** — The Wiregrass Youth Symphony Orchestra meets every Saturday morning at the Dothan Cultural Arts Center. They offer beginner lessons and welcome all string players high school age and below who already play. For more information, visit [www.tristatecommunityorchestra.com](http://www.tristatecommunityorchestra.com) or call 696-2320.

### ENTERPRISE

**ONGOING** — The American Legion Post 73 meets at the American Legion/Do-

er’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** — Disable American Veterans Chapter #99 will conduct its holiday meal at Po Folks in Enterprise today at 6 p.m.

A special priced dutch treat buffet style meal will be served. Chapter No. 99 maintains a DAV service office in the New Brockton Police station every 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. Dead-

line for applications is Dec. 15.

For more information, call 718-5707.

### OZARK

**TODAY** — Dale County Farm City’s “Celebration” will be held at the Ozark Civic Center from 6-8 p.m. A hamburger and hotdog supper will be served along with entertainment and door prizes. Tickets are \$8. For tickets, call 774-3300 or 774-9321.

**NOW 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.

**ONGOING** — Every Thursday at 5:30 p.m. yoga with Sandra Bittman is at Perry Recreation Center for \$5 a person.

**ONGOING** — Every Wednesday the Ozark-Dale County Public Library hosts free Wii Zumba from 5:30-6:30 p.m. Teens and adults are invited.

For more information, call 774-5480.

**ONGOING** — Every Thursday at the Ozark Chamber of Commerce the Somersizers Weight Club meets at 5 p.m. to shed weight.

For more information, call 774-9321.

### PINCKARD

**ONGOING** — The public is invited to the Cross Country Workshop every Sunday at 6 p.m. at the Pinckard United Methodist Church.

For more information, call 983-3064.

### SAMSON

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

### TROY

**ONGOING** — Troy Bank and Trust Company sponsors senior dance nights every Saturday night from 7-10 p.m. at the J.O. Colley Senior Complex.

The complex is transformed into a dance hall and features music from the 40s, 50s, and 60s, finger foods, and refreshments.

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

## 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.

### Christmas At The Fair

Christmas at the Fair is an arts and crafts show featuring artists from Florida, Alabama and Georgia held at the Bay County Fairgrounds Saturday.

Event is described as an upscale event where people can expect to find one-of-a-kind handmade boutique quality items. More than 100 exhibitor booths will be in attendance.

There will be art work for every budget and exhibitors will be selling everything from jewelry, hand thrown pottery, stained glass, watercolors, personalized

Christmas ornaments, wreathes, wooden birdhouses, scroll art, embellished applique Christmas wearables, dog coats, purses, wooden furniture, botanical art to whimsical children’s clothing and accessories.

### Winterfest

The third annual Winterfest Festival in Panama City Beach will include craft vendors, food vendors, a chili cook-off, child activities and a live band.

The event will be held from 4-7 p.m. Saturday. Patrons should bring lawn chairs and blankets to watch college football on a 20’ inflatable screen.

Winterfest is also a location for viewing the Boat Parade of Lights which will pass around 5:40 at the Panama City Marina.

### Grills Gone Wild

The Rotary Club of Panama City Beach presents the sixth annual Grills Gone Wild Saturday at Gulf Coast State College as a means to raise funds for local charitable organizations in Bay County.

Grills Gone Wild is an event where locals share barbeque and local charities benefit. This year will include a 5K Wild Hog Jog run, live music and a “Swine Tasting” where for \$10 patrons get a sampling of each griller’s favorite item.

For more information, call 407-506-6130.

### ShrimpFest

Friday Oak Mountain State Park will host Baumhower’s ShrimpFest and Barbecue. The event begins at 3 p.m. and will take place at the beach area behind the park’s main office. Admission is \$3 for adults, \$1 for children ages 6 to 11 and seniors 62 and up. Event features Alabama Gulf Coast shrimp, barbecue, former Alabama and Auburn football players, live music and inflatables. For more information, call 205-620-2520.

### Coastal half-marathon

The Kaiser Realty by Wyndham Vacation Rentals Coastal Half-Marathon, 5K and one-mile fun run will take place Nov. 30 in Gulf Shores, Ala. For more information, and to register, visit <http://bit.ly/1j4ydoR>.



# Triple-amputee conducts resiliency training

By Kristen Schabert  
Fort Knox Medical Activity

FORT KNOX, Ky. – In honor of Warrior Care Month in November, the Fort Knox Warrior Transition Battalion invited former Army Sgt. Bryan Anderson, a triple-amputee, to conduct resiliency training Nov. 8.

Anderson enlisted in the Army in April 2001, and had a “ship out” date of Sept. 11, 2001, he said, adding that he served two tours of duty in Iraq and was stationed in the Baghdad area.

He attained the rank of sergeant in the military police, conducted police training courses in Iraq and gained additional law enforcement experience at Leavenworth Federal Penitentiary, Ky., as a prison guard.

In October 2005, he was injured by an improvised explosive device that resulted in the loss of both legs and his left hand. As a result of his injuries, he was awarded a Purple Heart. Anderson received rehabilitation for a period of 13 months at Walter Reed Army Medical Center, then in Washington, D.C. He is one of the few triple amputees to have survived his injuries in Iraq.

While speaking to the audience at Fort Knox, Anderson pointed out that there is nothing to be afraid of when meeting an amputee.

“Don’t be afraid of me, because I’m not afraid of you,” he said. “My Family doesn’t even look at me like I’m in a wheelchair anymore. In fact, my twin brother still asks me for socks.”

Anderson told those in attendance, which included most of the Warrior Transition Battalion as well as Soldiers and civilians from other units on post, how he has learned to live life to the fullest despite his life-changing injuries.

He combined humorous stories with more serious conversation, such as describing what it was like to go from his first deployment when an IED was more like a pop can on the side of the road,



Former Army Sgt. Bryan Anderson, a triple-amputee, speaks about his experiences during resiliency training Nov. 8 at Fort Knox, Ky.

to his second deployment when an IED almost took his life.

When his vehicle was hit, he said, the explosion cut off his legs and hand instantly, and spun him backwards in his seat. He credits his friends who were with him that day for saving his life until the medical evacuation helicopter could arrive to transport him to the nearest hospital.

Once he was in the helicopter, he remembers asking for oxygen and knowing he had a collapsed lung, and then he passed out. He said what felt like three seconds later, he awoke to the sight of his mother looking at him. She told him they were in Walter Reed Army Medical Center and it had been seven days since his accident.

“My entire Family was there,” he said, “and it showed me that no matter what, the people I cared about would be there for me.”

He also realized he had options. “I could either roll over and die or just exist, or I could adapt and overcome,” he said.

boarding, and realized he could do all of these things without limbs and enjoy himself immensely.

“This is all about moving on, continuing forward, resiliency,” he said. “If you’re not falling, you’re not trying.”

In the years since his injuries, he has learned to skateboard, snowboard, wake board, white water raft and rock climb. He has become the National Spokesman for Quantum Rehab, a division of Pride Mobility Corp., and travels the country making personal appearances while delivering his message of perseverance and determination in major rehab facilities. In addition, he is a spokesman for USA Cares, a non-profit organization based in Radcliff, Ky., that is focused on assisting post-9/11 veterans in times of need.

“I don’t see this as a tragedy anymore – this is just another life experience,” he said. “I’m very happy with who I am and the life I lead.”

Maj. Gen. Jeff Smith, commanding general of U.S. Army Cadet Command and Fort Knox, attended the presentation and spoke to Anderson at the conclusion of the event.

“You are an amazing person, an amazing man, and our country owes you a debt of gratitude,” he said. “You are an inspiration.”

PHOTO BY KRISTEN SCHABERT

He decided he was not going to “sit and feel sorry for myself” and pushed through four months of rehabilitation before succumbing to a period of depression. To get through that, he took some time for a fun trip to Las Vegas with his mom and best friend, and was able to refocus on healing.

He soon tried skateboarding and snow-



PHOTO BY 2ND LT. JESSICA P. SEXAUER

## 1-13th AVN’s Fall Festival

McGruff the Crime Dog patrols at the 1st Battalion, 13th Aviation Regiment, 1st Aviation Brigade’s Fall Festival Oct. 29. The event featured games, trunk or treat, people in costumes, face painting, refreshments and many other activities. Each company provided one game or activity and one spookily decorated trunk for the children to collect candy.

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# Adopt a pet

For more information about animal adoptions, call the Veterinary Clinic at 255-9061. The Stray Facility needs donations such as dry or canned foods for cats, dogs, kittens and puppies, as well as blankets, toys and towels. Donations can be dropped off at the Veterinary Clinic or the Commissary.



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**RUMBLE**  
Veteran amputee team  
rumbles with NFL  
alumni  
[Story on Page D3](#)

NOVEMBER 21, 2013

Fort Rucker runners excel at national level

By Sara E. Martin  
Army Flier Staff Writer

The eight-member Fort Rucker 10-Miler Team claimed the second-place division finish during the 29th running of the Army 10-Miler Race in October, and though the training season is over its runners are still pushing themselves to run faster than the wind.

There were 35,000 registered runners with more than 26,000 participants finishing the race, according to the results, and the team beat the old post record by 1 minute and 51 seconds with a scored time of 3 hours, 57 minutes and 38 seconds. It finished 18th out of 421 teams.

The team, as a whole, made great accomplishments, but team members made even more individually by pushing through injuries, making personal records and being recognized as some of the top military runners in the world.

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

MacGibbon, who has since transferred to Hawaii, is now being considered for the All-Army Cross Country Team.

“This was the first time I had ever run the Army 10 Miler and I’m really happy that I placed so high. I worked really hard and I beat my personal record by about seven minutes,” said MacGib-



COURTESY PHOTO

The Fort Rucker Army 10-Miler Team stands with Maj. Gen. Kevin W. Mangum, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, Oct. 20 in Washington at the Army 10-Miler Race. The team placed second in its division.

bon, who is now with D Troop, 2nd Bn., 6th Calvary Regt..

She was approached by Lt. Col. Liam Collins, All-Army Cross Country Team coach, after the race. He told her that her time qualified her for the team and that she needed to put in an application.

The team takes the top six applications for the women’s team, and though she thought that she might make the team, she didn’t expect to be considered for the next five years.

“I thought getting on the team was something I could build up to later in my career, I never thought I would be at the caliber I am at now so soon,” she said. “It feels amazing just to be considered. Getting the training I have the past six months with the Fort Rucker team has really made me feel better about my running ability.”

MacGibbon will find out if she was accepted to the team next month. If she makes the team she

will represent the Army at the U.S.A National Championship and the Armed Forces Championship in February, competing against Olympians and other military all-stars.

Post and personal records were not the only thing broken during the race.

CW4 Stephanie Rose, Headquarters and Headquarters Company, 1st Bn., 14th Avn. Regt., finished 83rd out of all military women at 71:57 with a second metatarsal head break in her foot, which she trained on for a month before the race, thinking it was just a twisted ankle.

Rose said that the team was so successful because of its diverse team members and dedication.

“I think that any type of extra physical activity outside the Army minimum shows exceptional standards of officers and NCOs,” she said. “Everyone on the team came from a different place in their career and has different background experience,

and this team has brought us from all different walks of military life together to work towards a common goal.

“Everybody improved from start to finish, and based off of different life lessons and experiences everybody has grown as a Soldier and a runner,” she continued.

This was the first time that most of the team had run in the Army 10-Miler, but all of them agreed that it’s overall feel of support and motivation for the participants was “really inspiring.”

“Seeing the support that the Army community shows for not only athletics but for recovering wounded warriors is great,” said Morenus. “Pride in our service is very cool, that really amazed me the most.

“When I was running a woman was standing on the sidelines and she yelled, ‘Go Rucker!’ as I passed. And you just know she was a part of Army Aviation –

she was a part of our little community – and that was very heartening to see and hear.”

Morenus was in survival, evasion, resistance and escape training the last several weeks before the race, but he said he was prepared mentally and physically to make sure he was in top running shape before he left for Washington.

“The race you run is the race you run,” he said. “Missing training towards the end was a non issue for me because I had to make do with what I had and make the best of those weeks I was out.”

Team members felt that finding the balance between the pressure of training and their professional demands was one of the hardest things about preparing for the race. And though the team had a few mix-ups with their bibs before the race began, everything between training, plane tickets and uniforms was worked out and the team was set up for success when the air horn sounded.



PHOTO BY NATHAN PFAU

Turkey Burn

Danielle Dermer, Zumba instructor, does a choreographed number during a session at Fortenberry-Colton Physical Fitness Center last year. 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.

PIGSKIN PICKS




	New Orleans vs. Atlanta	Pittsburgh vs. Cleveland	N.Y. Jets vs. Baltimore	Indianapolis vs. Arizona	Dallas vs. N.Y. Giants	Denver vs. New England	San Francisco vs. Washington
 Jim Hughes Public Affairs (49-28)							
 Brian Jackson DFMWR (45-32)							
 John McGee CDID (53-24)							
 Capt. Mike Simmons Directorate of Public Safety (47-30)							
 Sharon Storti Network Enterprise Center (45-32)							





# TRIVIA

 **Trivia**  
*test* by Fifi Rodríguez

1. **SCIENCE:** What is the function of the amygdala in the brain?
2. **GENERAL KNOWLEDGE:** How many member states belong to the United Nations in 2013?
3. **LANGUAGE:** What is a pugilist?
4. **GEOGRAPHY:** What is the capital of Canada?
5. **ENTERTAINERS:** What is Donald Duck's middle name?
6. **TELEVISION:** What was the name of the spaceship on "Lost in Space"?
7. **LITERATURE:** Who wrote the 19th century novel "The Pathfinder"?
8. **EXPLORERS:** What was the name of Sir Francis Drake's ship, which he sailed around the world?
9. **SLOGANS:** What company uses the slogan "Imagination at Work"?

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9. **SLOGANS:** What company uses the slogan "Imagination at Work"?
10. **MATH:** How many faces does a cube have?

**Super Crossword** **SCIENCE OF FLIGHT**

[illegible]

## Weekly SUDOKU

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

**DIFFICULTY THIS WEEK: ★ ★**

★ Moderate   ★★ Challenging  
★★★ HOO BOY!

# KID'S CORNER





# Veteran amputee team rumbles with NFL alumni

By J.D. Leipold  
Army News Service

WASHINGTON — It wasn't smash-mouth football, but there were moments when the game spilled into a rumble and tumble, filled with laughs and friendly bantering between the Wounded Warrior Amputee Football Team, and a squad of seasoned NFL veterans and Washington Redskins Alumni.

The game was in conjunction with Warrior Care Month, an observance established by the Defense Department in 2008, as a way of making the public aware of the sacrifices of wounded, ill or injured service members. The month was also designed as a way to showcase these men and women, who rebuilt through resiliency what they once felt were shattered lives.

Before the Nov. 16 kickoff, at McMurtrie Field on the grounds of Bishop O'Connell High School in Arlington, Va., colors were conducted, followed by a prayer and presentation of an engraved bench dedicated to a former school coach. Retired NFL Cleveland Browns' player Eric Metcalf was also inducted into the school's hall of fame for breaking a slew of records at O'Connell, from which he graduated in 1983.

Then the amputees were introduced to the cheering crowd in the bleachers who had come to support the fund-raising effort put on by the non-profit Military Benefit Association, which raised \$50,000 for the Wounded Warrior Amputee Football Team and raffled off a grand prize trip for two to see the Redskins take on the New York Giants Dec. 29. Players from both teams signed footballs and jerseys and about anything else a fan wanted signed.

Then the Redskins alumni and alumni from other NFL teams introduced themselves — the Redskins' Brian Mitchell, Larry Brown, Mike Bass, Mack Alston, Cleveland Browns' Eric Metcalf, Houston Texans' CC Brown (currently a free agent), Detroit Lions' Eric Hipple, Denver Broncos' Tony Lilly, Baltimore Colts' Bruce Laird, Dallas Cowboys' Stan Gelbaugh and Miami Dolphins' kicker Garo Yepremian and others, like Derrick Dockery, TJ Fitzpatrick and Ted Vactor. The head cheerleader was Hall of Famer Sam Huff. Former Virginia governor George Allen served as coach for the NFL Alumni, as his father coached the Redskins from 1971 to 1977.

Former Army Staff Sgt. Greg



PHOTO BY J.D. LEIPOLD

Former Sailor Robert Donnelly rushes along the sideline for the Wounded Warrior Amputees Football Team, which took on the NFL and Washington Redskins Alumni Flag Football Challenge at Bishop O'Connell High School in Arlington, Va., Nov. 16 as part of Warrior Care Month.

Reynolds — who lost his left arm and entire shoulder blade when a car hit his motorcycle shortly after returning from Iraq — dealt with depression and anger at the extent of his injuries initially, but he's since become a changed man, bounced back and can now pump out 100 one-armed push-ups, hardly breaking a sweat.

Today, Reynolds not only serves as co-captain of the Wounded Warrior Amputee Football Team, but he's also on the Wounded Warriors Amputee Baseball Team, playing left field.

"There are a lot of things in life that happen," Reynolds said. "The one thing that we all can control is our attitude; so instead of being negative about it, try to find the positive. Nobody wants to be around a negative person; find the positive and things will come your way," he said. "Don't sit on the couch feeling sorry for yourself."

Former Miami Dolphin place kicker Garo Yepremian, who had emigrated to the U.S. from Cyprus, brought his soccer skills to the NFL in 1966. The first game he played in was also the first game he happened to have ever seen. He would later be part of the Dolphins team that went undefeated, winning Super Bowl VII against the Washington Redskins.

Yepremian almost blew that game when he attempted a field

goal that was blocked, then he batted it into the air. It was picked off by a Redskin who returned it for a touchdown. The Dolphins managed to pull off the win, 14-7.

He came to the game not to play, but to say "thanks," to the amputees and see old NFL friends, including former Redskin Mike Bass, who was the player that ran his bumbled play the opposite way for six points.

In those days, professional football players didn't earn big salaries, so they held other jobs the rest of the year. Yepremian said he felt a "real love of country," so he joined the Army National Guard and served for six years, beginning at Fort Leonard Wood, Mo.

"My friends told me that I'd better get in shape and I said, 'no problem, I've been to football camp.' I went to basic and I found out it was 100 times tougher than an NFL football camp and it made me a stronger man, gave me more discipline and it's made me a better person," he said.

Yepremian, who later became a U.S. citizen, had dinner with the amputees the previous night and said he saw the resiliency in them.

"I saw a lot of the young Soldier amputees yesterday, and I told my wife, 'I will never complain about my pain anymore, because I'm 69 years old, and

I've had many problems as far as back and shoulder problems,'" he said. "I looked at them and I say, 'I can't believe this, these guys have given 100 percent of their lives to our country, and now they come back without an arm or leg, but they're not letting that keep them down.'"

Former Army Staff Sgt. Michael Caine lost his right leg in Iraq when his vehicle hit an anti-tank mine and rolled over, in 2003. His surgeons had been trying to salvage his left leg for the last 10 years, but they determined in October they couldn't continue, so it was amputated below the knee.

"I was upset at first, but then I took a couple of deep breaths and decided I wanted to do whatever I had to do to get back up on my feet and get back to my regular everyday life," he said. "So now I play hockey for the U.S.A. Warriors Ice Hockey Team, and I'm just waiting for my rehabilitation to be over and I'll hopefully be able to get a job working with the Washington Capitals in the front office."

Former Marine staff sergeant and co-captain of the football team, B.J. Ganam, was hit by an improvised explosive device on Thanksgiving night 2004, in Iraq. The blast killed his gunner and left Ganam with an amputated leg below the knee.

"When I first realized I was

being medevac'd, that was it for me, that was my career, it was pretty depressing and took a lot of time to get over, a lot of work with a bunch of different organizations, a lot of supporters to help me get to the point where I am now where I think I'm thriving and doing a lot of good stuff," he said.

Ganam said his life has come full circle through the help of veterans organizations and he's moving ahead, not looking back at what has been. He's now working as a veteran-to-veteran mentor for the Semper Fi Fund and America's Fund to help veterans transition. They have to learn, adapt and overcome, he said.

For the game Saturday, the field was shortened and played between the 25-yard lines with no kicking. Even so, runs and passes were along sidelines, "hail-Mary" passes wobbled through the air and some of the players enjoyed soft take-downs, even though it was flag football.

The score went back and forth, trading touchdowns (no field goals), but with one minute to go, the amputees pulled off their fifth straight victory 28-21, leaving the team undefeated.

The Wounded Warrior Amputee Football Team's sixth game promises to be a tough match against 9/11 first-responders from the New York City Fire Department, slated for Jan. 25.

## BRIFES

### FALL DUATHLON

Fort Rucker's fall duathlon is ongoing at the Fort Rucker Physical Fitness Center. The duathlon consists of a 2-mile run on a treadmill, followed by 8 miles on a stationary bike ride, and finishing with another 2-mile treadmill run. Participants may complete the duathlon during operating hours of the facility and may reserve the equipment one day prior to their participation in the event, if requested. Participants must be authorized to use the fitness center.

Trophies will be awarded to the overall winner, as well as male and female master (40+) and grand master (50+). First place trophies, second- and third-place medallions will be awarded for the following age categories: 16-18, 19-29, 30-39, 40-49, 50-59, 60-69, and 70 and up.

For more information, including sign-up costs, call 255-2296 or 255-3794.

### TURKEY TROT

The Fort Rucker Physical Fitness Center will host the annual Turkey Trot 5k, 10k and 1-Mile Fun Run Saturday 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.ftruckerfmr.com/recreation/physical-fitness-centers/events/](http://www.ftruckerfmr.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 Saturday 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. Saturday.

For more information, call 598-2449.

# PUZZLE ANSWERS

Super Crossword

Answers

WHOA	RECUR	WILLA	CREW
OATH	ALONE	OLEAN	LENO
WHICH	FIELD	DRINSE	ETTU
SACHET	ADAMANT	BAIRN	
OF	STUDY	IS	CONCERNED
BESOT	ISEEM	NARRATES	
MRI	TRE	AHT	MOES
WITH	THE	MOST	EFFECTIVE
SQUARE	ENE	LIL	LIVE
SIST	MAUD	ALOU	CAN
TECHNIQUES	FOR	PURSUE	ING
ORO	ASSN	HOPI	CRUZ
OMNI	IDONE	ENS	ERIEPA
AND	CAPTURING	PER	SWHO
ILIE	BEG	ALY	Ein
MR	CARKE	LOEIL	TERSE
ARE	TRYING	TORUNAWAY	
NADYA	NEON	NOIR	ICECAP
ATOP	PESTO	GET	EMOLOGY
NENE	ASCOT	I	KEEP
ADES	LEONE	NANNY	TYRE

Weekly SUDOKU

Answer

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

Answers

1. The almost-shaped brain jostles in between as a "last center" that tells us whether to fight, flee or be afraid.
2. 193
3. Alton
4. Ottawa
5. Faintly
6. August 2
7. James Fenimore Cooper
8. The Golden Bird
9. General Electric
10. No

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**CATCHING FIRE** - PG13  
Mon - Fri: 6:00 & 9:00  
Sat & Sun: 2:00, 6:00 & 9:00  
II **THE HUNGER GAMES:**  
**CATCHING FIRE** - PG13  
Mon - Fri: 7:00 & 9:45  
Sat & Sun: 1:00, 4:00, 7:00 & 9:45  
**WESTGATE CENTER**  
III **THOR: THE DARK WORLD** - PG13 IN 2D  
Mon - Fri: 7:00 & 9:20  
Sat & Sun: 2:00, 4:20, 7:00 & 9:20  
IV **LAST VEGAS** - PG13  
Mon - Fri: 7:00 & 9:10  
Sat & Sun: 2:00, 4:10, 7:00 & 9:10  
**COLLEGE CINEMA • ENTERPRISE**  
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I **DELIVERY MAN** - PG13  
Mon - Fri: 7:10 & 9:30  
Sat. & Sun: 2:10, 4:30, 7:10 & 9:30  
II **12 YEARS A SLAVE** - R  
Mon - Fri: 7:00 & 9:30  
Sat. & Sun: 2:00, 4:25, 7:00 & 9:30  
III **THE BEST MAN HOLIDAY** - R  
Mon - Fri: 7:00 & 9:30  
Sat & Sun: 2:00, 4:30, 7:00 & 9:30  
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Video Game Spotlight >>



COURTESY SCREENSHOT

# ‘Killzone’ makes solid PS4 debut

By **Jim Van Slyke**  
Contributing Writer

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

As one of the lead titles for Sony’s new PS4 a lot is expected of “Killzone: Shadow Fall.” The good news is that it mostly lives up to the hype. It’s a fun sci-fi shooter that puts a new spin on the Killzone franchise, but it has too many holes to be the PS4 “must have” of the season.

The Killzone franchise has long been known for dark, bleak environments that come hand-in-hand with the large-scale

wars. But in “Killzone: Shadow Fall” there has been an uneasy peace for 10 years that has let the game world become more colorful. The two rival factions – Helghast and Vektans – are living in a futuristic city divided by a vast wall. Gamers become a Shadow Marshal in charge of maintaining this “cold war.” The Shadow Marshal comes equipped with all sorts of cool weapons, including the OWL, a versatile combat drone that can do everything from creating shields to hacking computers, to reviving the Shadow Marshal after he’s been shot one too many times.

Movement in “Shadow Fall” is a lot quicker than in previous “Killzone” games, a much needed improvement. But

the enemy AI tends to fall asleep at times. Some enemies won’t put up a fight when they should and some seem to never recognize there’s battle brewing right in front of them. The 10-hour story is OK and when the missions are combat oriented they work fine. But there are too many non-combat type missions that interrupt the fun.

The multiplayer picks up the slack, however. It’s a lot fun and offers plenty of variety in terms of maps to play, skills to use, weapons to brandish and modes to experience. Many of the modes are true tests of skill and not built just for gamers with fast reflexes.

“Killzone: Shadow Fall” gives this fran-



**Publisher**  
Sony  
**Rated**  
Mature  
**Systems**  
PS4  
**Cost**  
\$60  
**Overall**  
3 out of 4

chise a much-needed shot in the arm and offers gamers a chance to experience the Killzone universe in a different way. It’s far from perfect, but it’s worth your time and money.

*Reviewed on the PS4*

## PIGSKIN PICKS



Nebraska  
vs. Penn State

Mississippi State  
vs. Arkansas

Arizona State  
vs. UCLA

Texas A&M  
vs. LSU

BYU vs.  
Notre Dame

Vanderbilt  
vs. Tennessee

Baylor vs.  
Oklahoma State

<b>David C. Agan Jr.</b> PAO (60-24)							
<b>Kent Anger,</b> DPTMS (63-21)							
<b>Wes Hamilton,</b> NEC (62-22)							
<b>Alex Tressler,</b> 1-11th AVN (52-32)							
<b>Jim Hughes</b> Public Affairs (52-32)							

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