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free safety inspections

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fun, camaraderie

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Signups begin in
Sept. for fall fitness
Boot Camp

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ARMY FLYER

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

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AUGUST 23, 2012



COURTESY PHOTO



PHOTO BY NATHAN PFau

Left: CW4 Philip E. Baker. **Right:** Lt. Col. Demetrios J. Nicholson, commander of the 1st Battalion, 223rd Aviation Regiment, and his wife, Christina, honor Baker at a memorial service held at the Post Chapel Friday.

Post remembers Aviator

By Nathan Pfau
Army Flier Staff Writer

Soldiers, friends and Family members came together at the Main Post Chapel Friday to pay respect to and honor a fallen Aviator.

CW4 Philip E. Baker, an instructor pilot with the 1st Battalion, 223rd Aviation Regiment, died Aug. 13, but is remembered by his friends, Family and coworkers as a great Soldier and true Aviator, said Capt. Brandon Spence, commander of B Company, 1st Bn., 223rd Avn. Regt.

“He lived his life to the fullest and touched so many people,” he said during the memorial. “As I look through the kaleidoscope of his life ... first and foremost, I see the husband who loved his wife, Barbara.

“I also see Phil, the friend,” he continued. “He was a first-class friend to so many. He could be depended on always when you needed counsel, a shoulder to lean on or a buddy to go fishing with.”

Along with being a first-class friend, Baker was also remembered as a Soldier.

Baker served in the military for more than 25 years and began his military career in 1983 when he joined the

Marine Corps where he served until 1986. He then went on to Warrant Officer Candidate School and completed flight school in 1988.

“We mourn our loss, but we celebrate and honor [Baker’s] service to all of us. Professionally and personally, [Phil] was a leader, a guardian, a mentor and a friend,” said Lt. Col. Demetrios Nicholson, commander of the 1st Bn., 223rd Avn. Regt. “He will be with this team forever, just as much as he will be with those he’s served with over the years.”

SEE AVIATOR, PAGE A5

Unauthorized handicap parking use rising



PHOTO BY SARA E. MARTIN

Delane Daniels, Family member, is helped into a car Monday by Pauline Hobbs, military spouse, in a handicap parking space on post.

By Sara E. Martin
Army Flier Staff Writer

While handicap parking spaces on post are by design appealing places to park, the people of Fort Rucker are reminded that the spaces are only for the use of those with legitimate handicaps.

Current trends suggest that more people are abusing the handicap parking spaces on Fort Rucker and, according to Marcel Dumais, chief of police for Fort Rucker, some of those violators might not know that they are breaking the law.

“I think there is a misunderstanding on post on what constitutes handicap parking. There may be some disabled American veterans with disabled veteran identifiers on their license plate that think they can park in the blue spaces, but unless they have a long-term disability and they have either the license plate or permit with the blue wheelchair symbol on their dash that states that they do have a disability, they are not authorized to park there,” he said.

The parking spaces are for those specific people that have disabilities, which have a wide qualification range.

“The disabilities range from people who can’t

walk over 200 feet or have to walk with some type of assistance, like a cane or walker, to those who rely on portable oxygen or have some type of cardiovascular condition,” said Dumais.

Dumais added that people using a vehicle that has a handicap permit but are not themselves handicapped, must refrain from parking in handicap spaces.

“If you are not handicapped and are driving without a disabled person, then do not park in those designated spots. When average drivers that are not handicapped take up a handicap space, that means whoever is handicapped has to park farther away, and depending on their condition that may be a bridge too far for them,” he said.

Dumais said that the fees that go with illegally parking in a blue space can quickly add up for repeat offenders.

“The minimum first offense ticket when parking in a handicap space without a permit is \$50. The second offense is a minimum fine of \$200 and the third offense is a minimum of \$500. Disabled people have to live through enough hardship and by making a walk a few feet shorter they can enjoy a

SEE PARKING, PAGE A5

Soldiers volunteer to train Civil Air Patrol cadets

By Sara E. Martin
Army Flier Staff Writer

Cadets of nearly every age from the Dothan and Montgomery Civil Air Patrol squadrons met Saturday at Fort Rucker Range Area 16 to participate in a land navigation course with Soldiers from Fort Rucker to learn how to properly traverse the landscape.

The cadets learned the skills to prepare themselves to complete search and rescue missions. Civil Air Patrol is the Air Forces’ auxiliary organization for community service and other functions.

“CAP teaches participants leadership and emergency services skills like search and rescue as well as teaching cadets how to fly,” said CAP Lt. Col. Jim McGlone, deputy commander for cadets at the Dothan composite squadron.

Two Soldiers from Fort Rucker volunteered to help train the cadets Saturday to give the youth a better understanding of land navigation.

Staff Sgt. Christopher Brown, B Company, 1st Battalion, 13th Aviation Regiment, provided the military lensatic compasses. Brown, who works in an office, found out that CAP needed a combat life saver out in the field, and jumped at the opportunity to better himself and his community.

“I don’t get to get out and do a lot of field exercises, so I wanted to participate to stay in touch with my roots of soldiering. I can share my experience and advice with younger people. I like to help and that’s what I like about the Army,” he said.

During the course Brown would be the first care injured cadets would receive before a medical team would arrive if a cadet was injured. Fortunately, though, the cadets remained hydrated so Brown wasn’t called into action, he said.

“I gave a small brief about drinking water and told them to take breaks out there if they needed to. The main



PHOTO BY SARA E. MARTIN

Staff Sgt. Vernon McNabb, B Com., 1st Bn., 13th Avn. Regt., helps two cadets locate their next point.

SEE CAP, PAGE A5

PERSPECTIVE

You posted what on Facebook?

By Ben Sherman
Fort Sill, Okla., Public Affairs

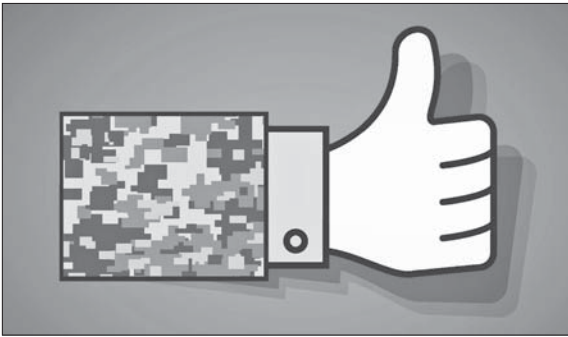
The 2012 presidential election is less than 90 days away. Political perspectives and opinions are running at a fevered pitch, and many people are more than willing to express their opinions in public.

Often Soldiers and government employees want to get involved with the political process, especially on social media sites. There are, however, a number of things that they need to keep in mind when it comes to being in military or government service and being involved in political activity.

For example, an Army Reservist found himself in deep trouble last year after he took the stage at a Ron Paul campaign event while in uniform to express his support for the candidate. This kind of political activity is prohibited because he was in uniform.

Social media is giving people more opportunities to express their opinions about politics than ever before. A statement can be posted on Facebook, Twitter or other social media sites and be viewed across the country and around the world instantly. Some of these messages are posted on the fly, and not thought out concerning their impact. Soldiers and government employees need to know the rules that apply to such public statements, both on the Internet and other places.

In an example of how social media can cause trouble for military personnel, a Marine was recently discharged from the Corps because he posted critical and derogatory comments about the president on Facebook. The site failed to indi-



COURTESY PHOTO

cate that the views being expressed were not the views of the Marine Corps or the Department of Defense. He had previously been warned by the Marine Corps that such sites were a violation of military policy, but he did not heed the warning.

Social media guidelines

DOD has included guidelines for using social media related to political activities and issues in the “Public Affairs Guidance for Political Campaigns and Elections.” A link to the full document is at the end of this article.

Below are highlights of guidance offered by the DOD regarding political activity on social media.

- Active-duty service members may generally express personal views on public issues or political candidates via social media or personal blogs, much like writing a letter to a newspaper.
- If the social media page or posts identifies the person as an active-duty service member, then the page or post should clearly and prominently state that the views expressed do not represent the DOD, or their branch

of service.

- Active-duty members may become “friends” or “like” a Facebook page, or “follow” the Twitter account of a political party or partisan candidates
- Active-duty military personnel may not do the following:
 - Active-duty members may not engage in any partisan political activity, even on social media sites. Posting of any direct links to political parties, partisan candidates, campaigns, groups or causes is the equivalent of distributing campaign literature on behalf of the individual or party, which is prohibited.
 - Active-duty members may not post or comment on pages or send “tweets” to political parties or partisan candidates, as such activity is engaging in partisan political activity through a medium sponsored or controlled by political entities.
 - Active-duty members should not engage in activities that suggest others “like,” “friend,” or “follow” the political party, partisan political candidate, group or cause, or forward an invitation or solicitation from

those political causes.

- Active military service members may be subject to additional restrictions under the Uniform Code of Military Justice governing the use of government resources and communication systems, such as email and the Internet. To learn more see the “Public Affairs Guidance for Political Campaigns and Elections” document: <http://tinyurl.com/d9ovwxh>.

Hatch Act and political activity

The Hatch Act, originally passed in 1939, applies to federal employees. The act was amended in 1993 and “permits most federal employees to take an active part in partisan political activities and campaigns. While federal employees are still prohibited from seeking political office in partisan elections, most employees are free to work, while off-duty, on partisan campaigns of candidates of their choice.”

DOD recently published the “Civilian and Military Personnel Participation in Political Activities” guide to help civilian and military know what is permitted. The basic guideline is contained in DOD Directive 1344.10 “Guidance for Military Personnel” and states:

“Generally all service members are prohibited from acting in any manner that gives rise to the inference of endorsement or approval of candidates for political office by DOD or the U.S. military.”

A clear example of this is an active-duty military person wearing their uniform while engaging in political activity, as mentioned earlier. Reservists and Guard members not on active duty have more latitude and may engage in

certain political activities, provided they are not in uniform, and do not act in a manner that implies sponsorship or approval of a candidate. Military personnel should avoid any activity that violates this policy.

DOD civilians are covered under similar guidelines for political activities that are directed towards success or failure of a political candidate or party. Government employees are allowed to participate in the same political activities that military personnel are allowed to do, as previously mentioned.

However, government employees may not:

- participate in any political activity while on duty or in a federal building;
- use the insignia of a government office or any official authority while participating in political activities;
- solicit, accept or receive political contributions, regardless of where these activities take place;
- display campaign posters, buttons, bumper sticker, screen savers or any other campaign materials in a federal building;
- engage in political activities while using a government-owned or leased vehicle;
- host a fundraiser for partisan candidates; and
- run for public office in a partisan election.

For more information, see “Political Activities by Members of the Armed Forces” at <http://tinyurl.com/cv8aup> and “Civilian and Military Personnel Participation in Political Activities” at <http://tinyurl.com/c5bshlw>.

Rotor Wash

“Summer vacation has come to a close for most Families and school is now in session. What is your favorite memory from this summer vacation season?”



W01 Peter Leslie,
B Co., 1st Bn.,
145th Avn. Regt.

“Flying this past summer as a crew chief.”



2nd Lt. William Mayne,
B Co., 1st Bn.,
145th Avn. Regt.

“Coming back from Ecuador, because America is great.”



1st Lt. Dawn Herron,
B Co., 1st Bn.,
145th Avn. Regt.

“My first day out on the flight line, when I had my nickel flight.”



2nd Lt. Evan Hoyt,
B Co., 1st Bn.,
145th Avn. Regt.

“I celebrated my one-year wedding anniversary. We took a trip, it was great.”



W01 Logan Yawn,
B Co., 1st Bn.,
145th Avn. Regt.

“Easy, SERE (Survival, Evasion, Resistance, Escape) training.”

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ACE SUICIDE INTERVENTION

Ask your buddy

- Have the courage to ask the question, but stay calm.
- Ask the question directly. For example, “Are you thinking of killing yourself?”

Care for your buddy

- Remove any means that could be used for self-

injury.

- Calmly control the situation, do not use force.
- Actively listen to produce relief.

Escort your buddy

- Never leave your buddy alone.
- Escort to the chain of command, a chaplain, a behavioral health professional or a primary care provider.

Auto skills center offers free safety inspections

By Nathan Pfau
Army Flier Staff Writer

With Labor Day fast approaching, the Fort Rucker Automotive Skills Center wants to help people stay by offering free holiday vehicle inspections.

“Before any major holiday we encourage people to have their safety inspections done [on their vehicles] ... to ensure the safety of our Soldiers and their Families,” said Tina Barber, program manager at the center. “We just want to make sure that people are getting from Point A to Point B safely.”

The inspection will be performed by the staff at the center and includes a check of all safety lights on the vehicle, headlights, high beams, brake lights, reverse lights, turn signals and emergency lights, said Barber. They will also check fluids and tire pressure before recommending if any action is needed to the vehicle.

“One of the big things is tire pressure,” she said. “It’s important to make sure that you have even tire pressure because if it’s not even, it can cause the vehicle to pull to one side or the other, which can lead to other problems.”

Barber said that failing to keep up with proper maintenance and inspections on a vehicle can lead to breaking down.

“It’s an awful feeling to be broken down



PHOTO BY NATHAN PFU

CW2 Brian Crowe, Warrant Officer Career College, checks the oil on his vehicle at the automotive skills center Monday.

on the side of the road,” said the program manager. “I’ve been there before and it came from my own foolishness because I wasn’t doing what I’ve been telling people to do.”

If during an inspection a problem is detected, the staff at the auto skills center will either remedy the problem on the spot or make an appointment with a mechanic if the issue cannot be corrected at that time, said Barber.

“We want to try and correct the issue on the spot if we can, but it depends on how serious the issue is,” she said.

To prevent having maintenance issues, Barber suggests that people have at least a visual inspection done on their vehicle during every oil change.

“There are also maintenance schedules [in the vehicle’s manual] that people should follow,” she said. “If people want their car to last a long, long time, they should stick

to those maintenance schedules.”

The center wants to keep the people on Fort Rucker safe through any driving season, but is also looking to help people save money by teaching them how to perform maintenance on their own vehicles, according to the program manager.

“We offer weekly classes where people can come learn how to change their oil and things like that,” said Barber. “People only need to provide the materials for what they want to learn how to do.”

The center also has a mechanics for hire program, a hobby shop with instructors to help people, a paint booth and a car wash that is all available to active duty and their Families, Department of the Army civilians and contractors.

The skills center is a great place for people to go and get their hands dirty if they just want to work on their cars with help from experienced professionals, or learn about basic automotive knowledge, said Barber, adding that although it’s a profession mostly dominated by men, women are starting to get in on the action.

“We’re starting to get a lot of women in here because a lot of them are starting to tinker, and they should,” she said. “I love working here because of the camaraderie and I’m a teacher by nature, so I like to share what I learn.”

For more, call 255-9725.

Fort Rucker Cub Scouts pack seeks new members

By Nathan Pfau
Army Flier Staff Writer

There is no shortage of activities for boys to be involved in on Fort Rucker, from youth sports to the EDGE! program, but Cub Scouts gives them an opportunity be a part of something that will grow with them as they get older, according to the post’s Pack 50 Cubmaster.

Pack 50 Cub Scouts will be holding a membership drive Monday from 5-7 p.m. at the Commons Community Center located on 7th Avenue.

“We have the membership drive every year to recruit first graders that start out as Tigers,” said CW3 Stuart Bennett, Cubmaster for Pack 50 on post. “Every year, the [Tigers] move up so we have to get a new group of boys.”

The Cub Scouts is divided by ranks in different age groups, according to Bennett, with Tiger being first graders, Wolf as second graders, Bear as third graders, and Webelos as fourth and fifth graders.

The cost to sign up is \$8, which will be good through Jan. 31,



COURTESY PHOTO

Members of the Cub Scouts and their Families participate in last year’s Cubmobile race where the Scouts and their Families built the cars they raced in.

then \$16 a year after that, said the Cubmaster. Parents can also pay an additional \$5 for a subscription to “Boy’s Life” magazine through Jan. 31, then \$12 a year after.

“When the boys start out, it’s very Family oriented,” said Bennett. “The boy can’t do anything without his Family member – a parent or a chaperone. Cub Scouts is just a lot of fun and it teaches great values.”

The Cub Scouts is a great opportunity for children to be rewarded in things that they excel

in, whether it be academics or sports, said the Cubmaster.

“They can get badges for sports or academics,” he said. “If you’re doing something for school, we will reward that just as we will reward someone if they are doing well in sports.”

The children involved in the Cub Scouts come from different backgrounds will be involved in activities ranging from a community service project and Akela Cub Campout in October, to the Blue Angels Weekend in No-

vember and the Cubmobile race in March, just to name a few, according to Bennett.

“We did our first [Cubmobile race] last year and we’re really looking forward to doing it again this year,” he said. “The Cubmobiles are these little go-karts made out of wood that the boys get to get in and drive. It’s really a lot of fun.”

Another activity that the Cub Scouts does is the Pinewood Derby Race in January, which Bennett said is a great Family activity because the participants get to spend time with their parents to build the small wooden cars for the race.

“We’ll also go camping and they’ll get to shoot BB guns, bows and arrows, and go fishing – it gets them out,” he said. “This is the age of video games and stuff like that, so it gets the boys out into the outdoors and they learn how to grow up. It’s just a great experience.”

An experience that parents can also be involve in, by not only helping out with different events, but becoming involved in the Cub Scout program as a den leader,

assistant den leader or committee chair.

Parents that wish to be a den leader can do so by signing up with their child at the membership drive to start the process.

“A lot of parents might be deterred from signing up because they don’t know what they are doing, but they won’t just be thrown into a den and expected to lead the children,” said Bennett. “They will be trained on what to do because we want to make sure that they understand what they are doing and how to deal with these kids.”

Bennett said that potential den leaders need to enjoy being around children and enjoy teaching, but the main responsibility for a den leader is to make sure the kids are having fun.

“You’re not there to be their babysitter, you’re there to teach them skills that are going to help them grow,” he said. “The parents will be there and they are involved with their kids. This is not the type of thing where they just drop their kids off and leave.”

For more information, email pack50frucker@yahoo.com.

Local AAFES gets new general manager

By Susie Antonello
Fort Rucker Army and Air Force Exchange Service

One of Fort Rucker’s newest residents is ready to make an impact on quality of life here as the exchange’s new general manager.

“I’m extremely excited to be at Fort Rucker,” said Lorenzo Salgado. “Taking care of Soldiers and their Families is my No. 1 priority. I will strive to ensure their needs are met every time they step foot in the exchange.”

Salgado comes to Maxwell/Gunter/Fort Rucker Consolidated Exchange from UK Consolidated Exchange, where he was general manager for the past four years. He has 21 years of experience with the Army and Air Force Exchange Service and has served at several locations, including Vandenberg Air Force Base, Calif., Peterson AFB, Colo., and the Yokota Exchange in Japan.

“Much like our customers, I have been on the move throughout my career,” said Salgado. “I am anxious to put best practices learned from previous assignments to use here at the Fort Rucker Exchange to provide a great shopping experience.”

Making the Fort Rucker Exchange the customer’s first choice helps the entire community, as part of the exchange’s dual mission is to generate earnings that provide a dividend to support Family, Morale, Welfare and Recreation programs. In 2011, Soldiers exercising their benefit by dining and shopping on post generated a dividend of \$1,343,284.67.

“These funds are critical to MWR programs’ ability to enhance local programs and facilities,” said Salgado. “As a result, the dollars that Soldiers and their Families use to shop the exchange generate a healthy return by directly improving quality of life efforts.”



Lorenzo Salgado

News Briefs

Wings of Honor

The U.S. Army Aviation Center of Excellence hosts a deputy commander’s Wings of Honor ceremony Friday at 10 a.m. in the U.S. Army Aviation Museum. During the ceremony, Col. Douglas M. Gabram will assume duties as the USAACE deputy commander from Col. Jessie O. Farrington

Blood drive

The 1st Battalion, 13th Aviation Regiment hosts a blood drive Friday from noon to 8 p.m. in the Fortenberry-Colton Physical Fitness Center. The blood drive benefits Soldiers, Family members and Lyster Army Health Clinic patients.

For more, call Karla Moorehead at 255-7557 or Sgt. 1st Class Jemar Ford at 255-1333.

Lyster construction

The main entrance to Lyster Army Health Clinic will be closed starting Sept. 3 while construction to install a revolving door is ongoing. Several alternate entrances will be in use while construction is going on, including on the east side by the primary care clinic and behavioral medicine, where there is a handicapped-accessible ramp. The other alternate entrance is on the other side of the building by the MRI suite. The revolving door is the latest improvement designed to make the clinic a more patient-friendly environment, according to Lyster officials.

MUTAS

The Music Under the Alabama Stars concert series returns Friday as the 98th Army “Silver Wings” Band provides entertainment with a variety of sounds at 6:30 p.m. at Howze Field.

People are welcome to bring lawn chairs, picnic baskets and even their pets on leashes to enjoy music from the band’s various music performance teams. The concert will start with the ceremonial MPT performing patriotic music and will then transition into the band’s jazz combo and rock band, Crossfire.

Case lot sale

The Fort Rucker Commissary hosts a case lot sale

Sept. 14-16. The sale will feature deals and coupons linked to products as everything is sold by the case. For more on the commissary, visit www.commissaries.com or call 255-2212.

Parker awards

The deadline for submitting nominees for the 2012 Lt. Gen. Ellis D. Parker awards is Nov. 2. The Army-level Parker awards are given each year to recognize excellence at the battalion level, the primary warfighting Army Aviation force.

The Parker awards are broken into four categories: Combat, Combat Support, Combat Service Support, and Table of Distribution and Allowances. One winner will be selected as the Top Aviation Battalion in each category. Each winner will then compete for the title of Top Aviation Battalion of the Year.

The guidelines and nomination format can be obtained from the USAACE G-1/4 website at http://www.rucker.army.mil/usaace/g1-g4/award_edp.html. Inquiries can be made by calling the USAACE G-1 Awards Section at 255-1487.

CAC check

People need to look at their Common Access Cards for the wording “Oberthur ID One 128 v5.5 Dual” or “Gemalto TOPDLGX4 144” in the laser engraving above the magnetic strip on the back of the card. If neither is there, the CAC must be replaced prior to Oct. 1 or people’s certificates will not be recognized.

For more information or to set an appointment to have a card replaced, call 255-2437 or 255-2182.

Retiree council meetings

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

Child Find

Fort Rucker Primary School conducts on-going Child Find screenings. People who suspect their child, ages 2-4, has a developmental delay in any area can call Michelle Griffin at 598-4473 to set up an appointment.



PHOTO BY JULIA BOBICK

Vicki Brown, chief of Civilian Training and Leader Development, Army G3/5/7, answers a question about Army civilian training during a speaker roundtable at the annual Civilian Training and Leader Development Symposium Aug. 7. Also on the panel were David Rude, chief of Leader and Professional Development at DOD; Anthony Stamilio, deputy assistant secretary of the Army for Manpower and Reserve Affairs; and Gwendolyn DeFilippi, director of the Army Civilian Senior Leader Management Office.

Army strives to improve civilian leader development

By Julia Bobick
U.S. Army Recruiting Command

WASHINGTON — How can the Army improve awareness of and access to, and project requirements for Army civilian functional and leader development training programs and opportunities?

In a nutshell, that was the primary focus of the mid-August annual Army Civilian Training and Leader Development Symposium sponsored by the Army G-3/5/7 Training Directorate CTLD team Aug. 7-9.

The three-day event in the National Capital Region for Civilian Education System quota managers, workforce development and command training managers, and functional career representatives and civilian career program managers from across the Army included discussions from the strategic to the tactical levels.

“This week is about people and strategy,” said Vicki Brown, the Army’s chief of civilian training and leader development in the Army G-3/5/7 Training Directorate, adding that the symposium was designed to empower participants, giving them the information and resources they need to provide the highest levels of service to their commanders, supervisors and employees.

Presentations ranged from an update on civilian workforce transformation initiatives, Army Learning Model and the civilian role in the Army Profession, to submitting command civilian training requirements in the Total Army Centralized Individual Training Solicitation system and using Army Career Tracker to prepare and track Individual Development Plans. To help develop synergy, participants and topics spanned the overlapping personnel and training program areas of the Army G-1 (civilian employee competencies and career maps) and Army G-3/5/7 (Civilian Training Management and Policies), as well as workforce development, which is most often a completely separate entity.

The symposium also included Department of Defense strategies on leader development strategy and core leadership competencies, to include leveraging inter-agency training programs across the federal government from both a resource and enterprise-wide learning perspective.

“We want civilians to be able to effectively lead DOD’s complex missions,”

said David Rude, chief of the Leader and Professional Development Division, DOD Civilian Personnel Management Service. “Our focus is making sure that civilians realize their fullest potential – whatever that potential is, wherever their talents and passions take them – that we have a culture that is supportive to help them get there and to therefore achieve the organization’s mission.”

Dustin Brown, Office of Management and Budget in the Executive Office of the President at the White House, began the conference with a presentation focused on program efficiency, evaluation and improvement.

“Too often we are more concerned with putting a plan into place than actually implementing the plan. Leaders and managers are responsible for results and must put as much emphasis on implementation of good ideas as the ideas themselves,” he said.

Anthony Stamilio, deputy assistant Secretary of the Army for Manpower and Reserve Affairs, discussed his recent briefing at the chief of staff of the Army’s Leader Development Forum, where he talked about civilian workforce leader development with a very receptive audience.

“There is some pretty significant momentum,” in Army-wide emphasis on civilian leader development, but work still needs to be done in communicating to leaders and employees, he said.

Continued Army-wide education is key, according to Col. Todd A. McCaffrey, director of Training, Army G-3/5/7, adding that he was more than 20 years into his career before he was really exposed to the contributions of Army civilians.

“I don’t need to tell you how critical Army civilians are to the mission we do every day,” he said.

But that understanding is generally lacking on the uniformed side, especially at the more junior levels where many officers have little day-to-day interaction with Army civilians. He encouraged participants to take every opportunity to educate uniformed leaders on the importance of civilians and civilian training opportunities.

According to the 2011 Center for Army Leadership Survey of Army Leadership Army Civilian Leaders report released last week, the leader competency “develops others” continues to receive the highest num-

ber of negative assessments, with only 52 percent rated as effective or very effective, according to Vicki Brown, adding that this presents a clear challenge in ensuring civilian leaders have the training they need to be effective coaches and mentors, and lead their teams and organizations to success.

“The role of the Army civilians is going to become more and more critical,” McCaffrey said, adding that Army civilians currently comprise some 60 percent of the Army’s generating force – the support force that prepares, trains and educates Soldiers for current and future operations.

“We are past the days when we can leave the Army civilian corps at home, deploy the Army, execute our mission and do that with just green suiters. It’s just not possible. It is no more possible to do that than it is to leave the Reserve component at home,” McCaffrey said.

Brown said the symposium centered on tying all the various resources, tools and information together, and emphasized the need for all participants to work together as a team to strengthen the Army civilian

corps for the future.


She also focused on developing a Community of Practice for all training managers to facilitate an environment of interconnectedness among those who manage the training function.

“The event was informative, interesting and engaging,” said Tamara Elston, from the Installation Management Command’s G-1 Talent Management Office. “Every aspect of [the training] was pertinent to what we do every day. It’s an exciting time in our arena with civilian workforce transformation and the release of Army Career Tracker for Civilians.”

Elston said it was beneficial to network with the G-3 CTLD staff, as well as the more than 100 professionals who attended from across the various training, workforce development and career program lanes.

For more information about Army civilian training and leader development programs, policies and opportunities, visit the CTLD website at www.civiliantraining.army.mil or connect on Facebook at www.facebook.com/armyciviliantraining.

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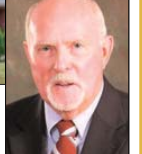
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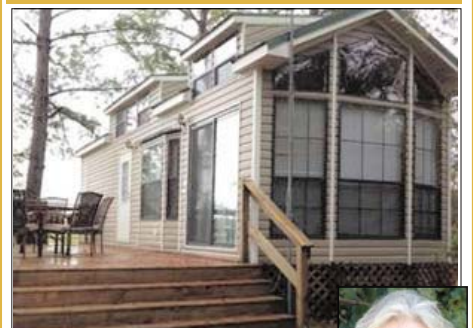
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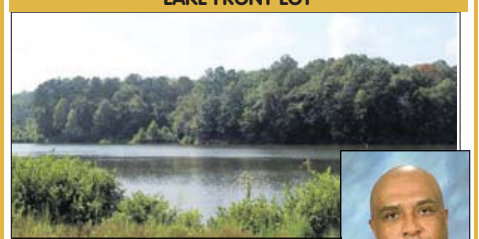
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Afghans share concern over insider attacks



Gen. Martin E. Dempsey, chairman of the Joint Chiefs of Staff, prepares to board a CH-47 Chinook helicopter at Kabul International Airport, Afghanistan, Monday.

By Jim Garamone
American Forces Press Service

KABUL, Afghanistan — Afghan leaders are just as concerned as coalition authorities are about insider attacks, Gen. Martin E. Dempsey said after meetings Monday.

The chairman of the Joint Chiefs of Staff said this is the first time, in his dozens of trips to the region, Afghans have exhibited this same level of concern.

“I am reassured that the Afghan military and civilian leaders understand how important this moment is,” he said.

This year has seen 32 incidents of Afghan soldiers and police turning weapons on coalition personnel, said Brig. Gen. Gunter Katz of the German air force, a NATO spokesman. The alliance is taking precautions and will continue to study the situation, he said.

Dempsey said his meeting with Gen. Sher Mohammad Karimi, Afghanistan’s defense chief, showed him the Afghans

recognize the problem.

“In the past, it’s been us pushing on them to make sure they do more,” Dempsey said at Kabul Air Base. “This time, without prompting, when I met General Karimi, he started with a conversation about insider attacks – and, importantly, insider attacks not just against us, but insider attacks against the Afghans, too.”

From Jan. 1 to Sunday, 32 insider attacks this year have resulted in 22 deaths, a senior defense official said. In all, 40 coalition personnel have been killed and 69 others have been wounded in those attacks. Over the same period in 2011, the official added, 16 attacks resulted in 28 deaths and 43 wounded.

Dempsey said he does not anticipate changing the basic way coalition forces work with their Afghan allies, but acknowledged that remains to be determined. “The actual key to this might not be to pull back and isolate ourselves, but

SEE DEMPSEY, PAGE B4



PHOTO BY STAFF SGT. TODD L. POULIOT

KIOWA REFUEL

Petroleum specialists from A Co., 277th ASB, 10th CAB, 10th MID (LI), fuel up an OH-58 Kiowa helicopter July 30 at the Fort Drum, N.Y., training area. The Soldiers are members of the Eagle Forward Arming Refueling Point that is supporting Aviation assets during the 10th Mtn. Div. Mountain Peak exercise, the largest exercise in the history of Fort Drum. For the first time since the beginning of the Global War on Terrorism, all but one brigade are currently back from deployments to Iraq and Afghanistan.

Training increases command awareness of cyber threat

By C. Todd Lopez
Army News Service

BALTIMORE — An increased focus on training and leader development can help commanders at all levels better understand the threat to America posed by adversaries in the cyber domain, said the commander of Army Cyber Command, during the Aug. 16 Armed Forces Communications and Electronics Association TechNet Land Forces East conference in Baltimore.

“There is still more that can be done that causes leaders at all levels to understand and appreciate what it is going to take to operate and be able to conduct operations in land and cyber,” said Lt. Gen. Rhett Hernandez, commander of ARCYBER. “I put a lot of energy into our exercise program.”

Hernandez said ARCYBER has already participated in three brigade combat team-level training rotations at the National Training Center at Fort Irwin, Calif., and is working now to expand opportunities where commanders can really see the impact that the cyber threat has on operations. Included in that effort is expansion to the Joint Readiness Training Center level and also into Europe at the Combat Maneuver Training Center.

“Once commanders are allowed to see and understand what it takes to plan for and integrate, and we unleash a world-class cyber [op-



PHOTO BY DOUG SAMPLE

Lt. Gen. Rhett Hernandez, commander of ARCYBER, spoke Aug. 16 at the Armed Forces Communications and Electronics Association TechNet Land Forces East conference in Baltimore.

posing force] on them, they now have the ability to recognize what they have to protect, what they can take risk in, and where we might have gaps in our training, or in our capabilities,” Hernandez said. “That will improve our ability to conduct operations at those levels.”

Hernandez said that commanders who operate “all the way to the tactical edge” must learn the importance of the network, and the impact that threats to the network have on land operations

“Every day at the tactical edge there is an absolute requirement to conduct operations that ensure that you are defending your network so you maintain the freedom to operate,” Hernandez said. “That’s not going to go away. What I believe will happen over time is we will have more conver-

gence. We will train more as one team, and we will be able to bring cyberspace operations effects at all echelons, through all three lines of operations.”

Those lines of operations, Hernandez said, include “operate, defend and, when directed, conduct offensive operations.”

SEE AWARENESS, PAGE B4

Exercise confirms homeland defense capability

By C. Todd Lopez
Army News Service

WASHINGTON — Army leaders say the performance of participants in the recently concluded Vibrant Response 13 exercise has demonstrated that the U.S. military is ready to handle a major catastrophe, such as a nuclear explosion, on the homeland.

“I think what we really demonstrated was a pact that we’ve made with the American people that should something like this occur in our nation, that we have the Department of Defense capability with trained and ready response forces,” said Maj. Gen. Walter L. Davis, deputy commander, U.S. Army North.

About 9,000 service members participated in Vibrant Response from July 26 to Aug. 13. It was held on 11 training areas across 5,000 square miles in southern Indiana and northern Kentucky. The purpose of the exercise was to confirm the capabilities of various elements of the DOD’s chemical, biological, radiological and nuclear response enterprise.

During the exercise, troops reacted to the simulated detonation of a 10-kiloton nuclear detonation in a major Midwestern city. Participants came from all four services, both the active and reserve components, and represented about 25 U.S. states and territories.

“It’s really kind of heartwarming and gratifying to see the people who are training, as an example, in search and rescue or search and recovery operations, putting on personal protective equipment and digging through rubble, and staying in it for minutes, hours, long periods of time to rescue somebody,” said Davis, who answered questions about the exercise as part of an Aug. 15 bloggers round table.

Although the exercise officially concluded, evaluation and further testing will continue through at least October.

Vibrant Response confirms the capability of the Defense CBRN Response Force as well

SEE SECURITY, PAGE B4

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Dempsey: Taliban failed in all its main objectives

Continued from Page B1

[to] reach out and embrace them even more,” the general said. “Again, this is my instinct based on conversations today that I now have to flesh out with our leaders.”

In addition to meeting with Karimi, Dempsey met with Marine Corps Gen. James N. Mattis, commander of U.S. Central Command; Marine Corps Gen. John R. Allen, the commander of NATO’s International Security Assistance Force; and Army Lt. Gen. James Terry, the commander of ISAF Joint Command.

Dempsey also discussed the nascent anti-Taliban

movement in Afghanistan’s Ghazni province and other areas in the country.

A senior NATO intelligence official told reporters residents of Ghazni’s Andar district protested against the local Taliban closing schools and attacking village leaders. In April, they banded together and forced the Taliban out. The movement has since spread, and residents have spontaneously banded against the Taliban in 26 other areas of the country.

Dempsey called the movement “a very positive step, and one that should be encouraged.”

The chairman said he does not want to overstate the

importance of the movement, because it is somewhat isolated. But it indicates the Taliban’s message is being rejected, he added.

Dempsey said the Taliban started the fighting season with three objectives: discrediting Afghanistan’s central government, impeding the development of the national security forces and recapturing lost territory.

“In every one of those objectives they’ve failed,” he said. “We have given a real opportunity for the Afghan government to establish its governance by allowing the security environment to show progress and, therefore, hope.”

Security: Preparedness key to homeland defense capability

Continued from Page B1

as the Command and Control CBRN Consequence Response Elements B-team, by evaluating performance in a realistic setting. The C2CRE-B team, comprised of about 1,500 personnel, begins their mission to support the DOD’s CBRN response capability in the United States on Oct. 1. At that time, members of the

C2CRE-A team, who also participated in Vibrant Response, will conclude their mission in that same role.

Davis said that Vibrant Response 13 served as both validation for C2CRE-B as they prepare to take on their mission, and as well as sustainment training for C2CRE-A. That type of training will continue, Davis said, in order to maintain America’s CBRNE response capability.

“We will have to continue encouraging the sustainment training,” Davis said. “These are forces that don’t have a lot of training days during the year. And so we will really have to continue to emphasize, maximizing as we go through the course of next year, the collective training for those units as they return back to their installations.”

Preparations have already begun for

next year’s Vibrant Response exercise, and Davis said lessons learned from this year’s exercise, and from those in past years, will be applied to the next exercise.

“We’ve learned a lot of lessons over three or four years of conducting this,” he said. “And so each time we try to improve it in terms of what we need to do to improve the entire enterprise and its preparedness to respond.”

Awareness: Networks capable of shaping battle space, preventing conflict

Continued from Page B1

Social media prevents, shapes, wins

Mirroring the words of the Army’s chief of staff, Gen. Ray Odierno, Hernandez presented to AFCEA conference attendees the roles of ARCYBER, in the cyber domain, in terms of the three roles that the chief has spelled out for the Army: prevent, shape and win.

Hernandez said that the network, mobile networks and the social media networks have the ability to both shape the battle space and to prevent conflict in the first place, and that commanders must come to understand the influence of those networks on operations.

“It is the social media that we all have a lot of work to do, and understand and appreciate it, because it is key to not only preventing but also shaping,” Hernandez

said. “We have seen from activities from around the world, particularly with the ‘Arab Spring,’ that it plays a significant role in winning.”

The general said the Army has “a lot of work to do” in determining how to include social media as an operational issue and not just as a public affairs issue, and must determine what needs to be done to “prepare ourselves for that social media environment that will be a part of, I believe, any future contests.”

Securing forces for cyber

With budget cuts on every Army commander’s mind, Hernandez said the Army must be smart in how it prioritizes the threat in the cyber domain, and how it allocates limited funding to combat those threats.

“What’s on us is to ensure that we clearly articulate the most

significant gaps and the requirements that need to be addressed — are prioritized in a way that give us the biggest effect for the least amount of cost,” Hernandez said.

Hernandez said that DOD’s plans for the “Joint Information Environment,” which includes consolidated data centers, consolidated operations and management of network infrastructure, consolidated end-user services like e-mail, migration to cloud services, and standardization of

hardware and software platform, are essential. Until the Joint Information Environment comes to fruition, he said the Army must focus on the essentials.

“Absolutely essential to this is our ability to bridge the gap between now and then with only those things we have to absolutely invest in to mitigate the most significant vulnerabilities and risk to the network,” Hernandez said.

Additionally, he said, the Army must remain focused on research and development to stay abreast

of rapidly changing technologies.

The Army, he said, must “remain committed to identifying and articulating the most significant science and technology requirements we need for the future, so that they are not surprises, but we are ahead of the threat and we are investing in the right R&D capability that will be there before we need it and not too late.”



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AUGUST 23, 2012

Girls Night Out

DFMWR event offers fun, camaraderie

By Sara E. Martin
Army Flier Staff Writer

The Directorate of Family, Morale, Welfare and Recreation invites women to enjoy a Girls Night Out Sept. 7 at the ballroom in The Landing. No men or children are permitted at the ladies event that features dancing, browsing and entertainment.

The event is open to the public for ages 18 and older with tickets currently for sale at The Landing Zone. Tickets are \$10 and will also be available at the door the night of the event.

"Girls Night Out is a ladies-only event that provides local women the chance to meet business owners and employees in a relaxed yet vibrant atmosphere that is devoted strictly to them. They can browse booths, freshen up on women's health issues, meet with friends and have a good time," said Leigh Ann Dukes, DFMWR sponsorship and advertising sales manager.

"Women wear everything from casual jeans or date night clothes to business attire because many come straight from work," she added.

The vendor portion of the night is 6-9 p.m. while the entertainment portion of the night is 9-11 p.m.

"The vendor portion is more of an expo or a showcase event. People are basically window shopping. There will be no sales that night. It's just a chance for women to see what the vendors have to offer, and letting women who may be new to the area know where these businesses are located to encourage them to explore the Wiregrass area," said Dukes.

The focus changes from business to pleasure with the opening of the dance floor for women to hang out, let loose and have a

good time with friends.

"It will be a ladies-only karaoke and dance party. The \$10 ticket purchase includes the after party, the vendor gathering and a beverage. If ladies would just like to attend the after party and not attend the vendor portion of the night they are more than welcome to for \$5 at the door," she said.

"There will be a DJ throughout the night that will play a variety of music," said Brian Jackson, FMWR program manager. "He does a really good job of making everyone feel comfortable to dance and sing and just have a good all-around time. He will even get on the floor and teach participants dances. Stress just melts off the faces of the women who attend. You see nothing but smiles."

This is the third time the event has been held and the DFMWR expects the event to keep growing.

"Next spring we will host it again, but vendors will be allowed to sell their wares next time. We will have some mom-and-pop type stores as well as large businesses. It will help the women of the area, especially military spouses who are not familiar with Dothan or even Enterprise, to see what the area has to offer," said Dukes.

The demographic of the women who attend is large, with attendees ranging from 18 years old to 65 years old.

"Women of all ages will be there mingling and dancing. Grandmas as well as granddaughters are welcome," said Dukes.

Women who have busy or stressful lives are encouraged to take a break and take a night for themselves.

"It's a good way for women to get away from work and the stress of the week. It's a morale-



COURTESY PHOTO

Women window shop and meet with local vendors during last year's Girls Night Out.

boosting event because women are going to be with their friends and will be able to live it up as well as get some insight on women's issues and do some window shopping," said Jackson.

A special event food menu and beverage specials will be available for purchase all evening, but are not included in ticket price.

Vendors and sponsors from the area will provide entertainment as well as door prizes to the women who stop at their booths.

"The Southeast Alabama Medical Center has made the night possible. They are a huge supporter of DFMWR. They have donated the 100 door prize gift bags. The bags are super cute

polka-dot gym type bags, and have all sorts of neat stuff inside like stress balls and athletic cups to promote healthy living," she said.

Other vendors that will be in attendance include: salons, retail stores, spas and boutiques.

"Mary Kay, Scentsy, 31 Gifts and a lot of photographers will be in attendance also," said Dukes.

"The Vita Luna boutique will be doing a fashion show at 7:30 p.m. The show will last about 30 minutes and [the boutique] has a lot of cute things, so women will really enjoy the showcase," she added.

Around 30 vendors will be present at the event and, accord-

ing to Dukes, each participates in the fun-filled atmosphere.

"Each vendor normally brings at least one door prize, so in addition to the 100 we give out almost everyone will get a door prize. Everyone, though, gets a boa from the Enterprise Women's Center. I am sure The Landing hates us when we leave, because there are feathers just everywhere. We have such a good time," said Dukes.

About 400 women are expected to attend and DFMWR encourages all women on post to enjoy an evening out.

"It is just a really fun time. Come out and enjoy yourself," said Dukes.

Schools use technology tools to boost learning

By Sara E. Martin
Army Flier Staff Writer

Schools across the country are embracing digital learning, and the teachers at Fort Rucker Elementary school are using technology as a tool to support 21st century learning, expand communication and enable students to think more critically.

Technology use in classrooms allows students to be actively thinking about information, according to Donna Brecher, gifted education class teacher.

"Technology motivates [children] to make choices and learn new skills more than in a typical teacher-led class," she said.

The elementary school has many learning tools for students to utilize during and after school hours.

"We have tons of learning tools available online from tutoring options to enrichment experiences to our own student-led broadcast studio. These learning tools equip them with the type of technology that the world uses. Everything they do in a computer lab is applicable to real life. They are learning skills that they are going to need," said Vicki Gilmer, Fort Rucker Elementary School principal.

Many of the programs students directly use while others are used to educate them and bring learning to them in new and unique ways.

"ProQuest is an online database that contains over 150,000 test resources and 25,000 primary sources that contain older media and materials, pro-vs.-con articles and culture grams written by natives that give insight into cultures. Children use it on multiple levels. The Thomson Gale database is also available for 21st century learning that offers a variety of reference and research resources," said Gilmer.

Staying connected is an important key for students to help each other in the many aspects of learning and the older elementary students are trusted with having digital communication accounts.

"Students have access to Gagggle.net, which is a safe online communication tool that promotes online learning and engages students," said Gilmer.

Many students, like Aden Rothmeyer, appreciate the chance to further their technological skills.

"I like Gagggle because it's kind of like email for the older kids. I use mine often. We can message other students and our teachers can email our homework to us on it. I can collaborate on group projects with it while I'm at home," said



PHOTO BY SARA E. MARTIN

Aden Rothmeyer, a sixth grader in the gifted program, prepares his NXT Mindstorm robot to perform a series of tasks at the Lego Lab Monday.

Rothmeyer.

Other programs used by the school present learning in a fun and interactive way.

BrainPOP, according to the principal, creates animated curricular content that engages students, supports educators and bolsters achievement in exciting ways.

"BrainPOP is an animated educational site for children. It is curriculum-based content that is launched online that features new ways to educate children. It has educational games that make learning fun. New topics are introduced through it and it can illustrate complex subjects to the children in a simple way," said Gilmer.

The elementary school also has a Lego robotics lab that promotes hands-on learning.

"Children build small to large robots. Some are more complicated than others," said Brecher. "It takes a lot of time because they have to have the pieces exactly right. Once it is complete they will program the robot to perform certain tasks."

Lego Robotics is used in the entire school, but the gifted program students are trained first and help train the other students.

"The children can build very basic models that are battery

operated to quite complex machines that are programmed to do different functions such as lift objects and 'bite.' The children write a specific program for a specific robot," said Gilmer.

"These robots are an exceptional learning tool. The students have a lot of fun building them. Once they get the basics down they graduate up to the more complex robots. They have competitions and everything," she added.

Gilmer enjoys watching the students work and think critically with their robots.

"When you go into the lab and see the children working on a specific design and then programming them to perform certain functions, you can tell they are actively problem solving with all the little faces they make. You can see the gears in their heads just turning. The program is really stretching their brains," said Gilmer.

Students from every age use the lab, but some standout students are taking their robots to the next level.

"I love the Lego lab because it deals a lot with engineering and I want to be an engineer when I grow up. I've never made a robot before; the NXT Mindstorm is my first construction. We built them last year and now we get to program them to do stuff. My robot knows so many commands. I am very proud of it," said Rothmeyer.

The primary school also has its hands in the middle of new learning tools with its unique iPad program that has already seen results, though it is in its beginning stages.

"The pilot program for the iPads has been successful in two kindergarten classes. We are using them, but the school is waiting on approval from the Department of Defense Education Activity to implement the program full time," said Shaney Shaffer, educational technologist at the primary school.

Other helpful programs at the elementary school help students succeed in the field of reading.

"We have the Scholastic Reading Inventory and Reading Counts to help us read better," said Rothmeyer. "SRI is a program teachers use to place us into reading groups and Counts is our point system. The harder the book we read, the more points we get after we take a comprehension test on the computer."

"SRI is a reading assessment tool. The students set their own goals throughout the year to get to a certain level that they choose. They can use these two programs to see how much progress they have made. We don't have deadlines that they must meet; they read at their own pace," said Gilmer.

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The 2012 Fort Rucker Family and Morale, Welfare and Recreation Welcome Guides are available to all organizations on post. Units or organizations that would like guides delivered should contact DFMWR Marketing at 255-1879 or send an email to brittaney.t.hinton.naf@mail.mil with the organization or unit name, point of contact name, phone number and email, as well as the desired quantity of guides. Minimum delivery is 25 copies. People can also pick up copies at the marketing office in the Soldier Service Center, Bldg. 5700, Rm. 352.

Landing Zone Birthday

The Landing Zone celebrates its third birthday with a Hawaiian-style Birthday Bash Friday. People are welcome to wear a bright shirt, a grass skirt or a lei from 6–10 p.m. at the outdoor Tiki Bay. The party is for adults 18 and older. Advanced tickets are available for purchase at The Landing Zone for \$15. Tickets will be available at the event for \$18. Guests will be able to enjoy a Hawaiian-style dinner from 6-8 p.m. with beverage specials all night, along with music by DJ Dave.

For more, call 598-8025.

Feds Feed Families Campaign

The Feds Feed Families Food Drive continues now through Aug. 31. All donated items will be taken to Fort Rucker's 1st Aviation Brigade Food Bank. Donation drop-off points are located at the commissary, post exchange, Soldier Service Center, 1st Aviation Brigade Food Locker and the Picerne neighborhood centers. Among the most needed items are diapers, baby lotion, multigrain cereals, rice, oatmeal, pasta and canned items.

For more, call 255-9631.

AFTB Level I

Being new to Army life can be confusing, but Army Community Service's Army Family Team Building Level I training is designed to help with the transition. The next AFTB Level I training is scheduled for Tuesday and Wednesday from 8:30 a.m. to 2:30 p.m. in Bldg. 5700, Rm. 371F. Modules of learning include military acronyms, chain of command, customs and courtesies, and more.

For more, call 255-2382.

Boneless Wing Night

Beginning Sept. 3, every Monday in The Landing Zone will be Boneless Wing Night starting at 4 p.m. Patrons can get six wings for \$3, 10 wings for \$4.75 or 15 wings for \$7 with the purchase of a beverage. This offer is not valid with any other coupons or promotions and is for dine-in only.

For more, call 598-8025.

Traditional Wing Night

Beginning Sept. 5, every



PHOTO BY SARA E. MARTIN

Suicide Prevention Month activities

Jane Clements, Army Substance Abuse Program, sets up a display Aug. 10 of the trophies and plaques that winners will receive at the Swing Fore Life Golf Tournament and the Strike Out Suicide Bowling Tournament in September. In observance of National Suicide Prevention Month, Rucker Lanes will host a bowling tournament Sept. 6, 13 and 20. People can form four-person teams, select a time to bowl and go to Rucker Lanes for a special "Lunch & Bowl" price from \$6-\$8.50, depending on food choice. Teams must register with Rucker Lanes no later than Aug. 30. Available "Lunch & Bowl" times are 11 a.m., 1 p.m. and 3 p.m. This event is open to all Soldiers, Family members, Army civilians and retirees. For more information or to register, call 255-7509. Also, Silver Wings Golf Course will host a Swing Fore Life tournament Sept. 7. Teams consist of four players using a Scramble format with a yellow ball twist. Registration and "Grab & Go" breakfast will take place from 7-8:15 a.m. with an 8:30 a.m. tee time. The cost for the event is \$55 per player and members of Silver Wings Golf course will receive a \$10 discount. This event is open to all Soldiers, Family members, Army civilians and retirees. For more information or to register, call 255-7509.

Wednesday in The Landing Zone will be Traditional Wing Night starting at 4 p.m. Patrons can get six wings for \$3, 10 wings for \$4.75 or 15 wings for \$7 with the purchase of a beverage. This offer is not valid with any other coupons or promotions and is for dine-in only.

For more, call 598-8025.

EDGE! September activities

Child, youth and schools services offers its September EDGE! program with activities such as accessory making, map reading, painting, pottery and woodworking. EDGE! events cost \$5 per hour for children 6-10 years old and are free for children 11-18 years old. Activities occur every weekday from 4-6 p.m.

For more, call 255-0666.

Grandparent's Day Craft Making

The Center Library hosts a Grandparents Day Craft Making Activity Sept. 4 from 3:30-4:30 p.m. for children ages 3-11. Light refreshments will be served. Space is limited to the first 65 children to register.

For more information or to register, stop by the Center Library or call 255-3885.

Family Member Resilience Training

Army Community Service offers its free Family Member Resilience Training Sept. 6 from 8 a.m. to 4 p.m. and Sept. 7 from 8 a.m. to noon at The Commons. The MRT provides people with the thinking skills and coping strategies needed to take care of themselves. The skills people learn will assist them with strengthening relationships, building confidence and increasing their general wellbeing. People need to register by Sept. 4 to take part in the training.

For more, call 255-3643 or 3735.

Story Time

The Center Library holds Story Time Fridays from 10:15–11 a.m., except for holidays and days of no scheduled activity. The free program introduces "the joy of reading" to children ages 2-5 years old and enhances parent-child interaction, according to library officials. A typical event includes a story, music, and coloring or craft time.

For more, call 255-0891.

Steak Night

Beginning Sept. 7, every Friday at 5 p.m. is Steak Night at The Landing Zone, featuring an 8-oz. Flat Iron Steak with fries for \$5, with the purchase of a beverage. People can add a side salad for an additional \$1. Other sides are also available for purchase. This special is limited to the first 100 guests per night and is available for dine in only, with a limit of one per guest. The offer is not valid with any other coupons or promotions.

For more, call 598-2426.

Fridays on the Patio

Every Friday now through Sept. 21 the Tiki Bay next to the SPLASH! Pool is open until 11 p.m. Guests can enjoy cold beverages, listen to music and play Cornhole.

For more, call the Landing Zone at 598-8025.

Financial Readiness Training

Army Community Service offers Financial Readiness Training Sept. 7 from 7:30 a.m. to 4 p.m. at the Soldier Service Center in Rm. 284. This free training provides a practical approach to personal financial management so Soldiers can gain control of and manage money effectively. Financial Readiness Training is required for all first-term junior enlisted Soldiers (E-1 through E-4). Spouses are encouraged to attend.

For more, call 255-2594.

DFMWR Spotlight

GET YOUR TICKETS TODAY!

Don't miss out, get your tickets while they last!

OPEN TO THE PUBLIC, WOMEN AGES 18+

girls' night out

Sept. 7th • 6 – 9 pm

The Landing Ballroom

This is a night dedicated to the girls. Check out the latest trends in fashion during our Fashion Show provided by Vita Luna Boutique (begins at 7:30 pm), health and beauty exhibitors, door prizes & more!

You will also have a chance to win 1 of 100 gift bags, compliments of Southeast Alabama Medical Center, that will be given out during the event. So, grab your girlfriends and join us for Girls Night Out!

Tickets are \$10 and include one drink stub, good for one complimentary beverage. Tickets will be available for purchase, at The Landing Zone (598-8025).

After the expo, join us for ladies only karaoke and dancing, from 9 pm - 11 pm with DJ Dave. There will be a \$5 cover for ladies who only wish to join us for karaoke.

Door Prizes will be awarded between 7- 9 pm. Do not have to be present to win. Prizes must be picked up at DFMWR within 30 days or will be forfeited.

FOR DETAILS CALL 255-9810. WWW.FTRUCKERMWR.COM

LADIES KARAOKE 9-11 PM

FORT RUCKER FMWR

FORT RUCKER MOVIE SCHEDULE FOR AUGUST 23-27			
Thursday, August 23	Friday, August 24	Saturday, August 25	Sunday, August 26
Tyler Perry's Madea's Witness Protection (PG-13)7 p.m.	Abraham Lincoln: Vampire Hunter (R)7 p.m.	Studio Appreciation Advance Screening (R)7 p.m.	Katy Perry: Part of Me (PG-13)7 p.m.
TICKETS ARE \$4.50 FOR ADULTS AND \$2.25 FOR CHILDREN, 12 AND UNDER. MILITARY I.D. CARD HOLDERS AND THEIR GUESTS ARE WELCOME. FOR MORE INFORMATION, CALL 255-2408.			

Heat illness

Prevention, education keys to beating heat

By Donna Upshaw-Combs
Community Health Nurse

Alabama's extreme summer temperatures and humidity can lead to life-threatening heat-related illness and even death. Getting too hot can make you sick. Heat illness occurs when you get too hot and your body cannot compensate for the heat and your body cannot cool down properly. It's important for individuals to recognize the warning signs of heat-related illness and how to stay cool in hot weather.

There are several types of heat illness: heat stroke, heat exhaustion, heat cramps and heat rash.

Heat stroke, sometimes called sun stroke, is the most serious heat — related illness, according to the Centers for Disease Control.

Heat stroke occurs when the body is unable to control its temperature. The body temperature rises rapidly, the sweating mechanism fails and the body is unable to cool down. Heat stroke can cause death or permanent disability if emergency treatment is not provided.

Heat exhaustion occurs when there is a rapid loss of water and salt through excessive sweating. If untreated, heat exhaustion may progress to heat stroke.

Heat syncope is a fainting (syncope) episode or dizziness that usually occurs with prolonged standing or sudden rising from a sitting or lying position. Factors that may contribute to heat syncope include dehydration and lack of acclimatization.

Heat cramps are muscle pains or spasms — usually in

A poster titled "Take 5 for Heat Injury Prevention". It features a man drinking water from a bottle. At the top, it says "SOLDIERS LEADERS CIVILIANS FAMILIES". Below the title, there are five bullet points: "Take it easy with outdoor activities in the heat.", "Many heat injuries are preventable.", "Stay hydrated and use sunscreen.", "Proper clothing is important.", "Monitor the wet bulb globe temperature, and your daily workload/heat exposure.", "Recognize symptoms of heat injury and know what to do." At the bottom, it says "Take 5 ... then take action." and includes logos for "ARMY STRONG", "U.S. ARMY COMBAT READINESS SAFETY CENTER", "ARMY SAFE IS ARMY STRONG", and "A BAND OF BROTHERS & SISTERS".

the abdomen, arms or legs — that may occur in association with strenuous activity. People who sweat a lot during strenuous activity are prone to heat cramps. Heat cramps may be a symptom of heat exhaustion.

Heat rash is a skin irritation caused by excessive sweating during hot and humid weather. It can occur at any age, but is more common in children.

Warning signs of heat illness can include the follow-

ing, according to the CDC:

- an extremely high body temperature (above 103 degrees);
- red-hot and dry skin (no sweating);
- dizziness;

- nausea or vomiting;
- confusion;
- unconsciousness or fainting;
- weakness;
- headache (throbbing);
- muscle cramps;
- paleness; and
- tiredness.

When temperatures are high, individuals should remember to use common sense and keep cool. The best defense is prevention! Know how to prevent heat illness from occurring.

Educate yourself, and your family, friends and coworkers about heat illness, signs, symptoms and prevention.

Tips:

- Drink plenty of fluids (non-alcoholic) — don't wait until you are thirsty.
- Replace salt and minerals.
- Wear appropriate clothing (light, loose-fitting clothing) and sunscreen.
- Pace yourself.
- Stay cool indoors, if possible.
- Schedule outdoor activities carefully.
- Rest often and try to rest in shady areas.
- Look out for your family, friends and coworkers (buddy system).
- Monitor those at risk and adjust to the environment.

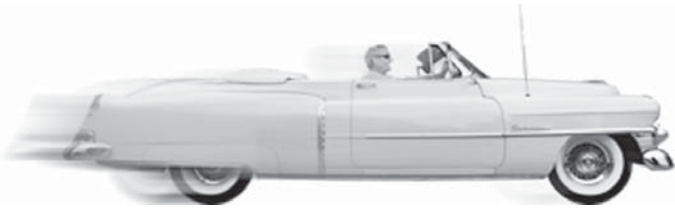
Remember, heat-related illness can be life threatening and sometimes fatal. However, heat-related illness is preventable and prevention is the key. Know and understand what heat illness is and how it affects your and others' health and safety.

For more on heat-related illness, visit <http://emergency.cdc.gov/disasters/extremeheat/faq.asp>.

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Non-Denominational

Church Directory
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Center Point Community Church
† Charismatic † Relational † Purposeful
Pastor: Ed Corley
† 3351 Lynn Road — Enterprise (right off Rucker Blvd)
† Service times
• Sunday Worship — 10 AM
• Sunday Evenings — 5 PM
• Wednesday Evenings — 7 PM
• Nursery — Children — Youth
† Office: 334 347 5044
www.centerpointag.org
centerpoint3351@yahoo.com
First United Methodist Church
† Traditional Worship Service 8:30 am & 11:00 am
† Contemporary Worship - New Connection 8:45 am
† The Gathering - Youth 5:45 pm
† Sunday School 10:00 am
† Nursery Care: During all services
217 S. Main St • Enterprise, AL
Office: 334-347-3467
efumc@adelphia.net
Prayer Line (24 Hours) 334-393-7509
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Call 347-9533 to advertise your church on this page.



WHICH ONE ARE YOU GONNA TAKE?

Fort Payne offers view from Lookout Mountain

By Brian S. Jones
Alabama Tourism Department

The largest city along the Alabama portion of Lookout Mountain Parkway is Fort Payne, located on what was originally a village in the Cherokee Nation and home to Sequoyah, who created the Cherokee alphabet that made reading and writing in that language possible.

A canvas of scenic beauty year-round is the best way to describe the Lookout Mountain area of northeastern Alabama, especially in DeKalb County, near Fort Payne. Native poplars, dogwoods, maples and hickories explode throughout the area in the fall and provide a panoramic showcase of vibrant yellow, gold and orange.

Chock-full of natural splendor, the area is also known for its protected forestlands, which are rich with greenery in the spring. Little River Canyon, considered a marvel of nature and a recreational wonder, boasts a river that begins and ends entirely on top of a mountain and attracts visitors throughout the year. Many come here simply to view the beautiful waterfalls; others come to enjoy some of the country’s best white-water kayaking.

History of Fort Payne

Fort Payne derived its name from the fort commanded by Maj. John Payne that was built here in the 1830s by the U.S. Army and used to corral American Indians, whose Cherokee ancestors had lived in the area for

thousands of years, before removal to the west.

As a stop on the railroad line between Birmingham and Chattanooga, Fort Payne flourished and became a boomtown during the late 1880s. Unlike the gold rush out west, this area experienced a coal and iron rush when an influx of workers came here from New England with the lure of instant riches. Many of the town’s historic buildings date from this period, including the Fort Payne Opera House, the W.B. Davis Mill Building and the Fort Payne Depot Museum.

Sadly, the boom that brought attention to the town in the latter 1800s was soon a bust. The area fell into decline before coming back in the early 1900s as the center of hosiery manufacturing — an industry that earned Fort Payne the nickname of “Sock Capital of the World.”

Fort Payne is credited with developing athletic socks. As textile industries began moving overseas in the 1990s, the area around Fort Payne began to diversify again. This time, city leaders used tourism as the means of attracting people to the Lookout Mountain area to enjoy its scenic beauty and nature-based activities.

Fort Payne Depot Museum

When visiting the area, there are a number of attractions you’ll want to be sure to see. Among them is the Fort Payne Depot (105 Fifth St. N.E., (256) 845-5714). Constructed in 1891 out of pink sandstone in

the Richardson Romanesque style of architecture, the depot was a main stop on the railroad line with two express mail trains and six passenger trains passing through daily. With its central location, the depot also became the town’s unofficial community center. Locals used it as a gathering place to catch up with friends and family who would come into town from their farms.

The depot remained in service as a train station until 1970 and was placed on the National Register of Historic Places the following year. Today, the depot serves as a museum of local history with separate collections for railroad history, Native American heritage, war memorabilia and DeKalb County history.

Fort Payne Opera House

The Fort Payne Opera House (510 Gault Ave. N., (256) 845-3137) was built in 1889 and is still in use today. It began life as a venue for live performances and was used for public forums before being converted to use as a theater during the silent movie era. The opera house has been completely restored and is today used as a cultural center for the community. It is on the National Register of Historic Places and the National Register of 19th Century Theaters in America.

Little River Canyon National Preserve

Little River Canyon was carved out by the river after thousands of years and is one

of the deepest canyons in this part of the United States. To get there via AL Highway 35, take the I-59 exit and go east about 10 miles.

There are three major waterfalls in Little River Canyon. Little River Falls marks the beginning of the canyon and is located off Highway 35 next to the bridge separating the town of Gaylesville from Fort Payne. This is your first stop on a scenic tour entering from the north. An expanded boardwalk project completed this year leads you directly to the 45-foot waterfall.

Next is DeSoto Falls, which is located on the west fork of the river and is 104 feet high. Grace’s High Falls is the last of the major three and is Alabama’s highest waterfall at 133 feet. The falls are seasonal. The best time to view them is in the fall, winter or spring. Lack of rain often diminishes the falls in the summer.

Besides the beautiful falls, visitors will discover that Little River Canyon is a hiker’s delight with beautiful natural forests and sandstone cliffs towering 600 feet above the canyon floor. There are several hiking trails you can take along the edges of the canyon. These trails allow you to get some great views of the entire canyon area.

Eberhart Point is the best point for hiking down to Pine Tree Hole at the bottom of the canyon. The more adventurous can even put in there for some whitewater rafting fun. As visitors will discover, the Little River Canyon area is also a land of beauty and legends.

WIREGRASS COMMUNITY CALENDAR

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

ANDALUSIA

ONGOING — The American Legion Post No. 80 regular meetings are the second Monday of each month at 6:30 p.m. at the Legion Hall.
For more information, call 222-7131 or visit www.andalusialegonpost80.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.

SATURDAY — “Ride for Supplies,” sponsored by FAITH Riders, is a benefit motorcycle ride to collect basic school supplies and monetary contributions to purchase supplies for Daleville city school children and teachers. Cost of the ride is \$15 per person and includes lunch. Ride departs Daleville Baptist Church at 9 a.m. Riders are also asking for donations for “Stuff the Bus” parked next to MaFoosky’s Deli from 9 a.m. to noon. For more information, call 598-4530 or 598-2313.

SEPT. 8 — Daleville Chamber of Commerce and the 1st Bn., 233rd Avn. Regt. hosts West Coast Poker Run. Cards are given a numeric value and the values are unknown until the end. Highest score and best hand will be awarded along with lowest score/hand. Cost is \$20 for the first rider and \$10 for the second. Registration starts at 9 a.m., bikes out at 10 a.m. Drawings begin at 2 p.m. Food and drink available. For more information, call (254) 423-2928 or 598-6331.

DOTHAN

FRIDAY — The Center For Community Advancement, Inc., hosts the Southeastern Indian Festival at Landmark Park beginning a 6 p.m. Tickets are \$5 per person.

For more information, call 794-7007.

SATURDAY — The Carnes Chiropractic & Wellness Center hosts “Health Chats - How To Help Lower Back And Sciatic Nerve Pain Naturally” in classroom 2323 W. Main St., Suite 217 from 8-11 a.m. Health Chats are free and open to the public. For more information, call 794-2225.

SATURDAY — The Wiregrass Museum of Art hosts its annual Yard Party for Art from 6 p.m. to midnight in the garden next to the museum. Tickets are \$10 for military with ID, \$15 for WMA members or \$20 for non-members. Food and entertainment will be on site.
For more information, call 794-3871 or visit wiregrassmuseum.org

SATURDAY — Men’s Health Fair presented by Southeast Alabama Medical Center from 8-11 a.m. at the Dothan Civic Center. The fair offers local men the chance to learn about specific health issues affecting their gender and set up screenings. For more information, visit SAMC.org or call 615-3175.

TUESDAY — SAMC Sweet Tea Society presents humorist Jeanne Robertson at the Dothan Opera House at 6:30 p.m. Humorist Jeanne Robertson will talk about the steps to developing a sense of humor. Tickets are \$12 per person. For more information or for tickets, call 615-3175.

ENTERPRISE

OCT. 9 — City officials host “Getting to Know Enterprise Fair and Picnic” at Johnny Henderson Park from 9 a.m. to 1 p.m. Local businesses and clubs provide information on services and activities for retirees and newcomers to the area. Entertainment and food are provided. For more information, call 347-0581 or 389-1554; or visit www.enterprisealabama.com or www.visitenterprise.com. Free

tickets are available at the chamber office.

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

TODAY — Disabled American Veterans Chapter No. 99 meets at 6 p.m. in the New Brockton City Hall. Food and drinks will be served followed by regular chapter business. Veterans throughout the Wiregrass are invited to join as new members.

ONGOING — Every Tuesday and Wednesday, Disabled American Veterans Chapter No. 99 maintains a service office in the New Brockton police station. The officers can help veterans and their spouses with disability compensation claims, VA pension, death benefits, VA medical care, Social Security disability benefits, veterans’ job programs and other veteran services. All veteran services provided are free of charge. For more information, call Chuck Lobdell at 718-5707.

OZARK

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.

WEDNESDAY — The Dale County

Extension office will be hosting a Master Gardener Class on Wednesdays from 8:30 a.m. to 12:30 p.m., now through Oct. 31 at the Dale County government building. The price is \$125.

For more information, call 774-2329.

THURSDAY — 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.

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

ONGOING — Every Monday through Friday aerobic classes are open to the public at the Autrey Recreation Center from 8-10 a.m. For more information, call 774-2042.

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

Mystery Dinner

Mobile Mystery Dinners are performed at Mobile’s Carnival Museum at 6:30 p.m now through December. Cost is \$55 per person. Reservations are required.
For more information, call (251) 479-3212.

Ghost Walk

Birmingham’s Ghost Walk at Linn Park runs all year long Fridays at 8 p.m.; and Saturdays at 8 p.m. and 9:30 p.m. For more information, call (205) 538-1853 or visit ghostmagick.com/ghost-walks.html.

Friday Fest

On the first Friday of the month now through November from 6-10 p.m., downtown Panama City on Harrison Avenue hosts a street fair with music and food.
For more information visit, <http://www.pcfridayfest.com>.

All the King’s Women Play

The Kaleidoscope Theatre, located on 24th Street in Lynn Haven, Fla., hosts a comedy about Elvis and his fans now through Sunday.
Saturday shows begin at 7:30 p.m. and Sunday shows at 2 p.m.
For more information visit, www.kt-online.org.

Kitty Hawk Kite Festival

The fourth annual Kitty Hawk Kite Festival and Yolo Race is Saturday and Sunday from noon until 5 p.m. at Harborwalk Village in Destin, Fla.
The event is free. Activities include games for all ages, a floating lantern light show and an interactive children’s show.
For more information, call (850) 837-2800.

Greek Festival

Annual Greek Festival over Labor Day weekend begins Aug. 31 at 10 a.m. at Emerald Coast Convention Center, Fort Walton Beach, Fla.
For more information, call (850) 609-3800.



PHOTO BY NATHAN PFAU

Pick-of-the-litter

Meet Jacob, an 8-month old male mixed lab. He is well-behaved, friendly and loving. Jacob is \$81 to adopt, which includes neutering, a microchip and heartworm testing. For more information on animal adoptions, call the stray facility at 255-0766, open from 8 a.m. to 3 p.m. The facility needs donations such as dry or canned foods for cats, dogs, kittens and puppies, as well as blankets, toys and towels. Donations can be dropped off at the veterinary clinic or the commissary. Visit the Fort Rucker stray facility's **Facebook** page at [http:// www.facebook.com/fortruckerstrayfacility/](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, BUILDING 109

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

MAIN POST CHAPEL, BUILDING 8940

9:30 a.m. Catholic Mass Sunday
11 a.m. Liturgical Worship Service Sunday
12:05 p.m. Catholic Mass (Tuesday - Friday) 4 p.m. Catho-
lic Confessions Saturday 5 p.m. Catholic Mass Saturday.

WINGS CHAPEL, BUILDING 6036

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

SPIRITUAL LIFE CENTER, BUILDING 8939

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

BIBLE STUDIES

9 a.m. Protestant Women of the Chapel, Wings Chapel,
Tuesday 11 a.m. Above the Best Bible Study, Yano Hall,
Wednesday 1 p.m./6 p.m. Adult Bible Study, Spiritual Life
Center, Wednesday noon/1 p.m. Adult Bible Study, Soldier
Service Center, Wednesday 5:30 p.m. Catholic Adult Bible
Study, Spiritual Life Center, Wednesday, 5:30 p.m. Youth
Group Bible Study, Headquarters Chapel, Wednesday 6:30
p.m. Chapel Next (Meal/Bible Study), Wings Chapel, Thurs-
day 9 a.m. Adult Bible Study, Spiritual Life Center, Thursday.

Mothers of Preschoolers (MOPS)

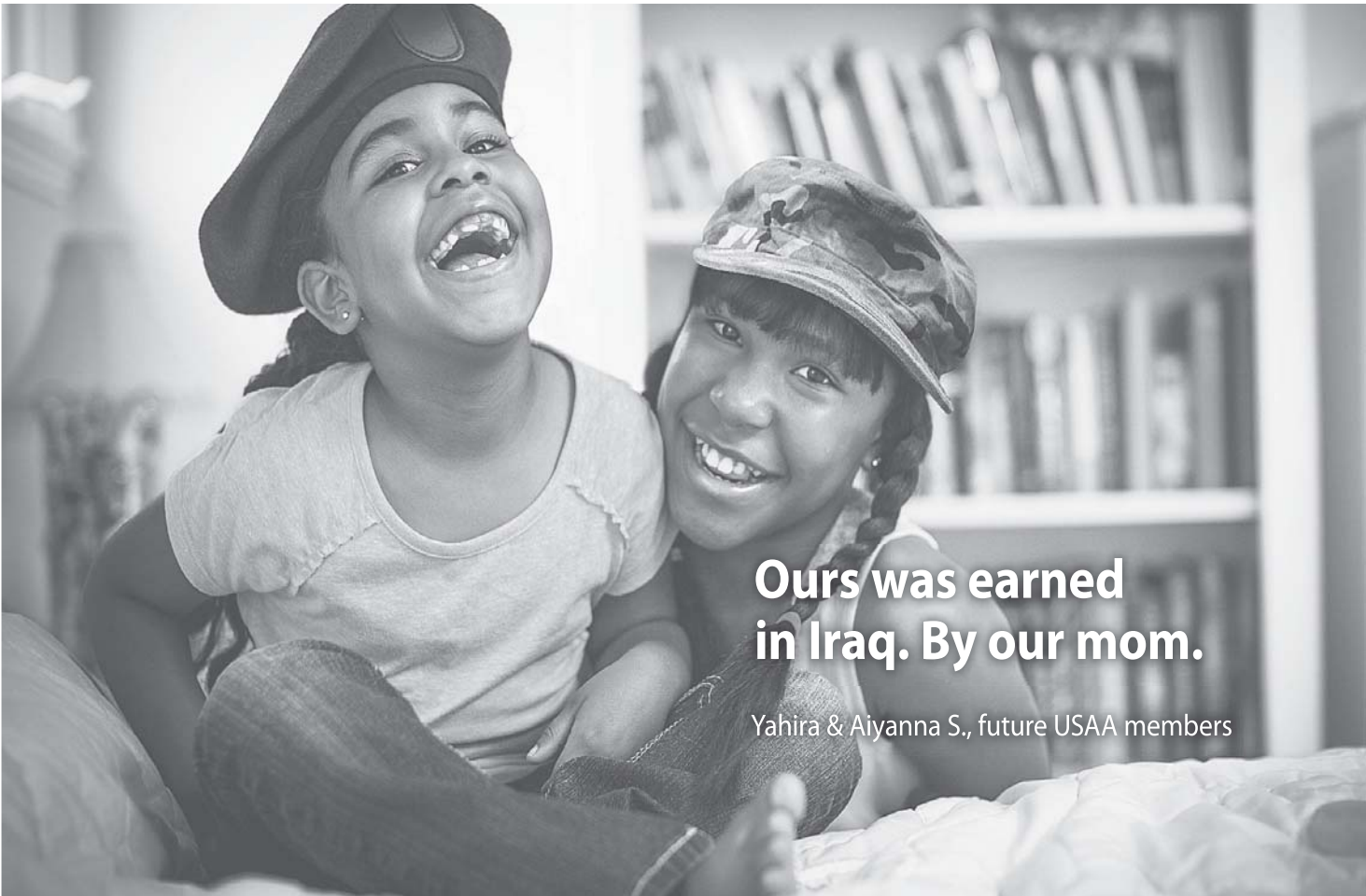
MOPS is a Christian-based mom's group. MOPS is
about meeting the needs of every mom of a child from
conception through kindergarten. MOPS will meet every
first and third Thursday, 9 a.m., at Wings Chapel, Bldg
6036. For more information, call the Religious Support
Office at 255-2989.



Photo by Laren Allgood

Merle Norman/Elements of Beauty/Splash-A-Color celebrated a grand opening.

The Daleville Chamber of Commerce welcomed Merle Norman and Elements of Beauty, LLC. and Splash-A-Color, LLC, with a ribbon cutting ceremony on Wednesday, August 15, 2012. This is a one stop place for cosmetics, spa treatments, manicures and pedicures. The owner and operator of Merle Norman and Elements of Beauty are Dolores and Greg Shehee (center pic). The owner of Splash-A-Color is Amy Knowles (right of center). They are located at 175 North Daleville Ave (across from McLins) call 334-598-4124 for more information.



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¹Based on 2010 Member Communications Trend Survey.
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Army standardizes PTSD diagnosis, treatment

By David Vergun
Army News Service

WASHINGTON — The Army, along with the other military services and the Department of Veterans Affairs, is standardizing the diagnosis and treatment of post-traumatic stress disorder.

“No matter where Soldiers are getting care or seeking help for PTSD or any other medical issue, we want to ensure we are doing it the same way,” said Lt. Col. Christopher Warner, the Army Surgeon General’s psychiatric consultant and deputy commander of clinical services at Bassett Army Community Hospital, Fort Wainwright, Alaska.

Warner said standardization increases a Soldier’s level of trust and fairness in the system.

The Army medical community is now being trained on guidelines spelled out in Army Medical Command Policy Memo 12-035 (April 10), Policy Guidance on the Assessment and Treatment of Post-Traumatic Stress Disorder, Warner said.

The memo emphasizes the urgency of the issue. “The majority of service members with PTSD do not seek treatment and many who do seek treatment drop out before they can benefit,” the memo reads. “There are many reasons for this, including stigma, other barriers to care and negative perceptions of mental health care. Lack of trust in military behavioral health professionals has been identified as one important predictor of service members not utilizing services. Therefore, it is critical that Army behavioral health professionals do everything they can to advocate for and provide care in a patient-centered manner that reassures patients that they will not be judged and that their primary concerns will be addressed.”

PTSD is a widespread problem. It occurs in 3-6 percent of service members with no deployment experience and in 5-25 percent of service members who have been deployed to combat zones. Combat frequency and intensity are the strongest predictors of the condition, according to the policy memo.

An example of standardization is using the “patient-centered care” approach.

“Patient-centered care within a culture of trust requires that care providers focus on patients’ primary concerns, and these diagnoses, when inappropriately used, can damage therapeutic rapport and interfere with successful care,” the memo reads.

In the past, some medical commands have supplemented this approach with forensic psychiatry, which, according to Warner, incorporates the medical practice of psychiatry with the legal field to conduct administrative reviews for medical boards.

Warner said the approach is similar to the workman’s compensation model that, while not utilized inappropriately, did not provide a standardized process across the Army.

“That model is no longer in use in the Army,” Warner said.

Lt. Gen. Robert B. Brown, I Corps commander, speaking at an Aug. 2 press conference at Madigan Army Medical Center, Joint Base Lewis-McChord, Wash., agreed that the patient-centered care approach and standardization is best.

“Our No. 1 concern is taking care of Soldiers and their families,” he said. “Cost doesn’t play a part in military medicine. We want them to have world-class medical care. For that reason, we are going to stop using the forensic psychiatry system with the disability evaluation system here at Madigan.”

Brown explained that forensic psychiatry adds “an extra layer of supervision really not needed for PTSD medical board examinations.” He said that while forensic psychiatry is a good tool to use in specific situations, the Army needs a more consistent and equitable method of fairness in PTSD diagnosis.

The forensic psychiatry model has been criticized for placing too much emphasis on malingering. The policy memo clarifies the reason for discontinuing that model.

“Although there has been debate on the role of symptom exaggeration or malingering for secondary gain in DOD and VA PTSD Disability Evaluation System processes, there is considerable evidence that this is rare and unlikely to be a major factor in the vast majority of disability determinations,” the memo reads.

Other aspects of standardization for PTSD care are being addressed. For example, some medications used in the past were found to not be the best choices for PTSD, said Warner.

Another example he cited is standardization of new treatment methods based on research, not only from military medicine, but from first responders — firemen, police officers and paramedics — who routinely handle very traumatic situations.

A cutting-edge development within the Army for the prevention of PTSD that the committee is looking at, for example, would be Comprehensive Soldier Fitness, which increases a Soldier’s resiliency, he said.

Standardization is not limited to Army Medical Command Policy Memo 12-035. The Army, VA and other ser-



PHOTO BY SPC. ELISHA DAWKINS

Soldiers often have delayed reactions to traumatic events that may take years to manifest. Post-traumatic stress disorder occurs in 5-25 percent of service members who have been deployed to combat zones, with combat frequency and intensity being the strongest predictor of the condition. Pictured here are Soldiers on an operation in Dora, Iraq, in June 2007.

vices are standardizing the administration of treatment, using the Integrated Disability Evaluation System.

Warner said the IDES, in conjunction with the Army Physical Evaluation Board, determines whether or not a service member should stay in service or transition to the VA system as a medical retiree. If the latter, the service member is guided through the process of transitioning from Army to VA care, while he or she is still on active duty, to ensure no loss of coverage or break in treatment, he explained.

The Army’s success at standardization and innovation are a source of pride within the medical community.

“Combat has been our greatest catalyst to medical innovation,” said Maj. Gen. Richard W. Thomas, commander, Western Regional Medical Command, who also spoke at the press conference.

Thomas said that the best minds are working to improve diagnosis and treatment of PTSD, adding that besides the VA and other services, the Army is working with universities across the country and even the National Football League to improve the quality of PTSD care.

He added that the Army has developed a collaborative relationship across the medical spectrum in its effort to find the best treatment possible. For example, he said, “surgeons are seeing patients, alongside psychologists, and even practitioners trained in yoga, massage and acupuncture.”

Treating PTSD is a challenge, Thomas said, because it is not as obvious as treating something like a bullet wound. He explained that diagnosis is further complicated because Soldiers often have more than one injury — for

instance, PTSD combined with traumatic brain injury.

Additionally, Soldiers often have delayed reactions to traumatic events that may take years to manifest, he said.

One problem still facing the Army is the stigma associated with mental disorders.

“It is critical as leaders to get rid of the stigma involved,” Thomas said. “There is still a stigma in society and in the Army, but I’ve seen an improvement over the years. We want Soldiers to reach out and seek help from the Army or even outside the base if they so desire.”

Thomas said that today, the Army is seeing more Soldiers come forward for treatment, but the gains are still not enough.

“We need everyone’s help in educating Soldiers,” Thomas said. “It’s not a normal thing asking Soldiers to seek help. We need to get across that it’s normal.”

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AUGUST 23, 2012

Signups begin in Sept. for fitness Boot Camp

By Nathan Pfau
Army Flier Staff Writer

Beach season is coming to an end, but that's no reason for people hang up the towel when it comes to working out.

Fortenberry-Colton Physical Fitness Facility's 2012 Fall Boot Camp will begin Oct. 1 to help keep people motivated and on the right fitness track throughout the year, according to Kristina Rach, Fort Rucker fitness specialist and certified personal trainer.

"I want to get people into the program to get to a fitness level that they feel comfortable with and can continue for the rest of their lives," she said. "We push people to their own limitations."

"Sometimes people hit a ceiling and they don't want to go through it because they don't think they can, but one of the things I say is that there is no such thing as 'I can't,'" said Rach. "We work with people and try to push that barrier with them."

The boot camp is a six-week program with sign ups beginning after Labor Day, and will begin with orientations Sept. 28 at 6:30 and 8 a.m., which all who sign up are expected to attend one of the two, said the fitness specialist.

The program will feature a variety of workouts ranging from plyometrics, agility drills, running obstacle courses, cardio and endurance training, and strength training.

Rach said the majority of the workouts associated with the boot camp will take place outdoors to show people different ways to exercise.

"We like to do 99 percent of the classes outside because we want people to realize that you don't have to be in a gym to workout," she said. "We'll do a lot of running on the horse trails and bike trails, as well as doing



FILE PHOTO

Rachel Tehvand, right, and her workout partner Krissi Mace, perform a tire flip during a previous Boot Camp, hosted by Fortenberry-Colton Physical Fitness Facility staff, at the intramural football field.

some cross training."

There will also be days that the participants will spend training in a pool where people will not only swim laps, but also utilize the pool deck to do pushups, lunges and some weightlifting before getting back into the pool,

said Rach.

The program also incorporates many fitness classes that are available at both Fortenberry-Colton PFF and the Fort Rucker PFF, and people that are signed up for the boot camp will have access to all the group fitness

classes available during the six weeks of the program.

Many facilities on Fort Rucker have gotten involved with the boot camp to allow the participants to utilize facilities at Lake Tholocco, Beaver Lake, The Fort Rucker Riding Stables and even

the NCO Academy, said the fitness specialist.

"The NCO Academy has been really helpful in the past year and we even got to use some of their facilities for the boot camp," she said. "The whole point of the program is to really get people out of their comfort zones."

Another benefit of the boot camp is that it gives participants the opportunity to network and make new friends to work out with, said Rach.

"People can get workout buddies and lots of people continue to work out together after the boot camp is over," she said, adding that once people sign up, they are granted access to a boot camp web page that they can post schedules of their workouts or simply ask people that are interested to join in a run.

The program will run from Oct. 1 to Nov. 9th in two sessions – the 6:30-7:30 a.m. or the 8-9 a.m. session – and the cost to sign up is \$100 per participant. Payment must be presented during signup and spots are limited to 25 people per session, said Rach.

The cost of boot camp also includes weekly consultations to keep track of progress.

The program is available to anyone that has access to the fitness facilities, including active duty and their Families, retirees, Department of the Army civilians and contractors, said Rach.

"We have a huge variety of people that sign up and you have to have drive to do the boot camp," said Rach. "It's just a lot of fun ... and we help push personal goals. We don't want people to focus on a weight number, we want them to focus on doing it to improve their overall health."

For more information, call 255-3794.

Fort Rucker hunting regulations change

By Nathan Pfau
Army Flier Staff Writer

Hunting is a popular activity in this area, and with deer season around the corner, Fort Rucker hunters need to be up to date on changes that will affect them this year.

Deer hunting season runs from Oct. 15 to Jan. 31 and a new regulation has been put in place on Fort Rucker regarding the amount of deer that can be harvested on the installation, said John Clancy, outdoor recreation and Lake Tholocco lodging program manager.

"We have a quality deer management program in place to try and get the fawn recruitment numbers back up," he said. "The problem we have on Fort Rucker isn't that we don't have enough fawns being born, but that coyotes are putting a damper on the population of fawns."

Because of the surge in the coyote population and the effect they are having on the deer population, recommendations were put forth by the Natural Resources Branch of the Directorate of Public Works to help get the population back up.

"It was decided that there is a need to cut back on doe harvesting, so there will not be any doe harvested this year with any type of weapon," said Clancy. "People can harvest bucks, but only two bucks this season on Fort Rucker and they must be three-point bucks or better."

Clancy said that the regulations are only for Fort Rucker and can change from year to year.

"Once they feel that the population has come back up, there will be adjustments," he said.

If people hunt off the installation, they are allowed to take a maximum of two deer per day and only three bucks in a season, in the state of Alabama, but specific counties, such as Barbour County, have their own QDM programs in place as well, said Clancy.

"[Other counties] will have scheduled gun hunts just like we will have throughout the season and they will be allowed to harvest does during that specific time, but on Fort Rucker the amount of does harvested this year will remain zero," he said.

For a map of the hunting area on Fort Rucker or the scheduled hunting times, people can visit the outdoor recreation website at ftrucker.mwr.com/rec

reation/outdoor-recreation/.

The hunting schedule and area also depends on the type of weapon people are using to hunt the deer, said Clancy.

"People are allowed to use bows to hunt in any of the designated hunting areas on post throughout the entire hunting season," he said, adding that bow hunters must also keep with the new regulation limits of only two three-point or better bucks for the season.

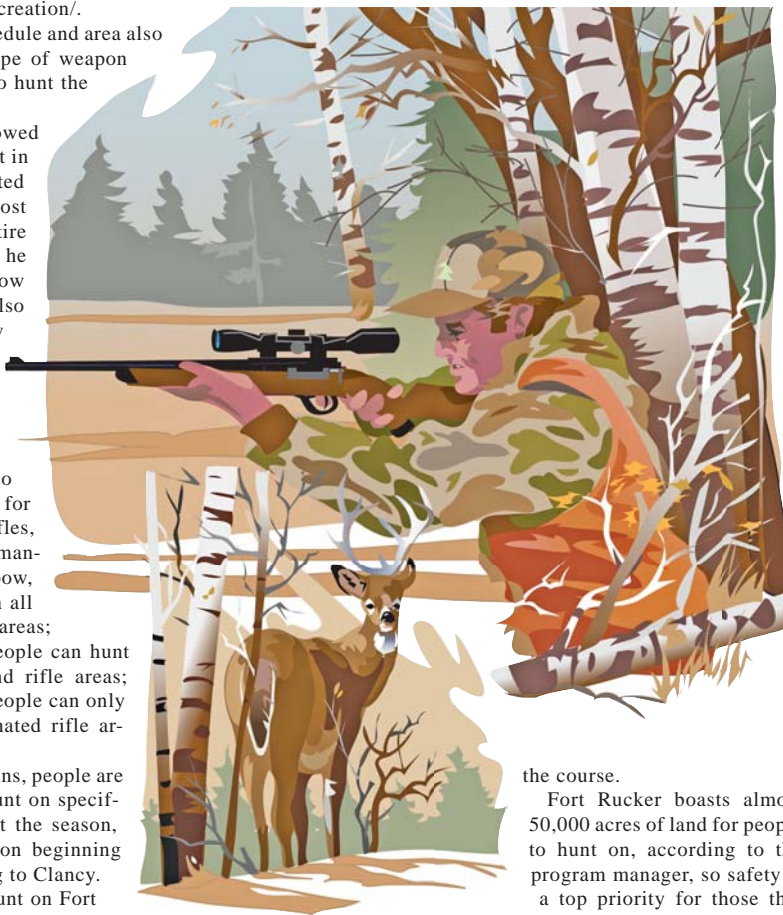
There are also designated areas for shotguns and rifles, said the program manager. "With a bow, people can hunt in all the designated areas; with a shotgun, people can hunt in the shotgun and rifle areas; and with a rifle, people can only hunt in the designated rifle areas."

Also with any guns, people are only allowed to hunt on specific days throughout the season, with the gun season beginning Nov. 17, according to Clancy.

For anyone to hunt on Fort Rucker, people must have an Alabama state license and have proof that they have taken the hunter's education course.

"After they show us that they've taken the hunter's education course, we will sell them a permit to hunt on the installation," said Clancy.

People can visit the outdoor recreation website for a link to take the online hunter's education course before choosing a date to attend a four-hour class for



the course.

Fort Rucker boasts almost 50,000 acres of land for people to hunt on, according to the program manager, so safety is a top priority for those that hunt on the installation.

"People always need to wear hunter's orange," said Clancy. "Whether the state allows people to wear just a hat (with hunter's orange on it), people on Fort Rucker must wear a vest and a hat."

Clancy also suggests that people should always walk with the safety on their guns on whether they are hunting alone or with other people.

For more information, call 255-4305

DOWN TIME



Trivia test

by Fifi Rodriguez

T R I V I A

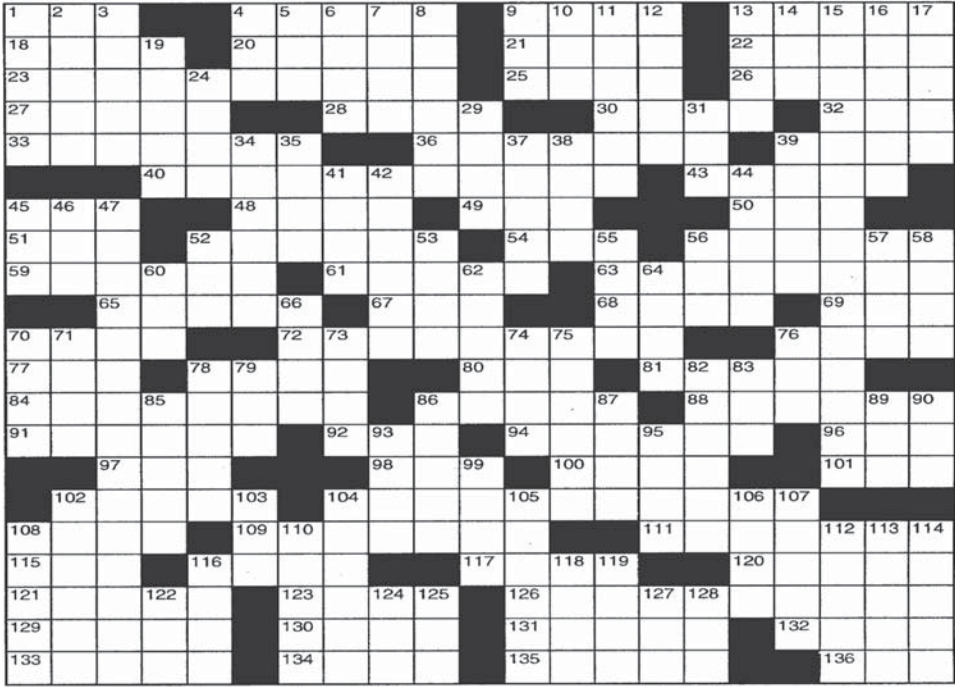
1. FOOD & DRINK: What is French "pate de foie gras" made from?
2. GEOGRAPHY: The island of Madagascar lies in what body of water?
3. LANGUAGE: What is a similar way to describe a "ribald" joke?
4. AD SLOGANS: What movie was promoted with the slogan, "Just when you thought it was safe to go back in the water"?
5. HUMAN ANATOMY: What is the most common type of blood?
6. POLITICS: What longtime Ohio senator was known as "Mr. Republican"?
7. LITERARY: What famous author used the pen name "Boz" in his early career?
8. MOVIES: Which three actors have starred in major roles as Inspector Clouseau in the Pink Panther movies?
9. CHEMISTRY: What does the "Ag" stand for in the chemical symbol for silver?
10. HISTORY: When did Queen Anne's War (Third Indian War) begin in colonial America?

See Page D3 for this week's answers.

Super Crossword

HOOFERS

- ACROSS**
- 1 Martin Sheen, to Emilio Estevez
 - 4 Photo tint
 - 9 Pipe part
 - 13 TV's "The — of Life"
 - 18 Baal or Elvis
 - 20 Bonus
 - 21 Soccer superstar
 - 22 Cold sound
 - 23 Dancing president?
 - 25 Landed
 - 26 Range rope
 - 27 — a customer
 - 28 Whip
 - 30 Tranquil
 - 32 —4 (Toyota model)
 - 33 Little lumps
 - 36 Fawning
 - 39 Parisian pronoun
 - 40 Dancing colonist?
 - 43 Go Fish and golf
 - 45 Comic DeLuise
 - 48 Muse with a scroll
 - 49 Command to a corgi
 - 50 Meyerbeer's —
 - 51 Huguenots'
 - 52 Prospector's prize
 - 52 "The Twelve —" ('70 film)
 - 54 At once
 - 56 Freezin' season
 - 59 Finger food
 - 61 Trickle
 - 63 Short story
 - 65 Cognizant
 - 67 In the manner of
 - 68 Bare
 - 69 Start to snooze
 - 70 Viva —
 - 72 Dancing comic?
 - 76 "— of Gold" ('70 hit)
 - 77 Gray matter?
 - 78 Northwestern st.
 - 80 Phillips of "H.I.F."
 - 81 Tonto's horse
 - 84 More disreputable
 - 86 Director Lang
 - 88 Flusters
 - 91 Percussion instrument
 - 92 Feel awful
 - 94 Bean
 - 96 Make cheddar better
 - 97 Prohibit
 - 98 Wine vessel
 - 100 Yuletide
 - 101 Piglet's parent
 - 102 Hunt or Hayes
 - 104 Dancing boxer?
 - 108 Kid at court
 - 109 Hailing from Hunan
 - 111 Mention briefly
 - 115 Aussie walker
 - 116 Space
 - 117 Assistance
 - 120 Spanish guitarist
 - 121 "Crazy" singer
 - 123 Widespread
 - 126 Dancing cartoonist?
 - 129 Neighbor of Somalia
 - 130 Singer Phoebe
 - 131 Entertain "H.I.F."
 - 132 Sour fruit
 - 133 Novelist Danielle
 - 134 Bronte heroine
 - 135 Aden's locale
 - 136 Minnesota twins?
 - 1 Word form for "environment"
 - 6 It may be bitter
 - 7 "— Dinka Doo" ('33 song)
 - 8 '92 Wimbledon winner
 - 9 Health resort
 - 10 — Aviv
 - 11 Draw forth
 - 12 Copper or cobalt
 - 13 "Green Acres" setting
 - 14 "Stroker —" ('83 film)
 - 15 Dancing body-builder?
 - 16 Wrecks the Rolls
 - 17 Italian wine
 - 19 Abate
 - 24 Seafood selection
 - 29 Coop crowd
 - 31 Pantyhose part
 - 34 Rembrandt or Whistler
 - 35 Ward of "Sisters"
 - 37 Wreckage
 - 38 Reject
 - 39 Touch up the text
 - 41 Journalist Jacob
 - 42 Jeanne of "Jules and Jim"
 - 44 Mrs. Kramden
 - 45 Bandleader Severinsen
 - 46 "... man — mouse?"
 - 47 Dancing statesman?
 - 52 Numbers pro
 - 53 Push a product
 - 55 Trick stick
 - 56 Tie the knot
 - 57 Thames town
 - 58 Funnymen
 - 60 Veneration
 - 62 Less vivid
 - 64 Van —, CA
 - 66 Piece of fencing?
 - 70 Enormous
 - 71 European capital
 - 73 Akbar's city
 - 74 "— the Mood for Love" ('35 song)
 - 75 "— bet!"
 - 76 Sprout
 - 78 It's up in the air
 - 79 Volcano part
 - 82 Peruvian port
 - 83 Keats composition
 - 85 Dickens title start
 - 86 Peel off
 - 87 Move like mad
 - 89 Self-esteem
 - 90 Make a mumuu
 - 93 Psychologist Pavlov
 - 95 Obligation
 - 99 TV host John
 - 102 Village
 - 103 Sgt. or cpl.
 - 104 Disney cricket
 - 105 Margin
 - 106 Mallard or teal
 - 107 Suffers
 - 108 Acts like a chicken
 - 110 Neighsayer?
 - 112 Actress Berry
 - 113 Synthetic textile
 - 114 "The Highwayman" poet
 - 116 Genuine
 - 118 Fancy fabric
 - 119 Horner's fruit
 - 122 Carrie or Louis
 - 124 On behalf of
 - 125 Ovine female
 - 127 Poetic monogram
 - 128 — Buddhism



See Page D3 for this week's answers.

Weekly SUDOKU

by Linda Thistle



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

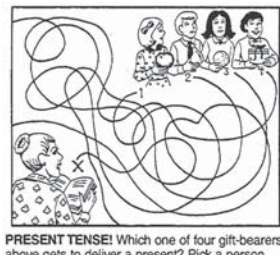
DIFFICULTY THIS WEEK: ★★★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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See Page D3 for this week's answers.

KID'S CORNER



PRESENT TENSE! Which one of four gift-bearers above gets to deliver a present? Pick a person, then trace that route.

PITY PATTERN! There is a three-word question made up of the nine letters in the word POSITIVELY to which the word POSITIVELY might also be the answer. What is the question?

1-5 SPOT! You are asked to insert the numbers 1-5 in blank spaces of the diagram shown so that when totaled in any direction — horizontally, vertically or diagonally — a sum of 15 will result.

Oh yes, there is one more condition: Each row must contain all five numbers — 1, 2, 3, 4, 5.

Digits shown remain in place.

As a clue, let it be known that digits 2 and 4 occupy opposite corners. Give it a try.

Time limit: 1-5 minutes.

TRY LETTER-MAN CHALLENGE

EACH of the three athletes above is a letter-man of sorts. That is to say, contained in the panel depicting each one are the six or seven letters of the person's name.

One is named Charles, one is named Richard, and the third is named Thomas, but not necessarily in that order.

Look for a letter E to avoid confusing Richard with Charles.

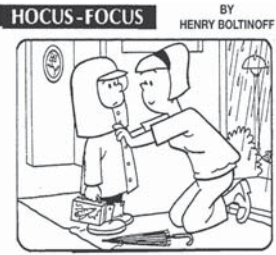
Let's see how quickly you can find appropriate letters in each panel to name each person.

No fair peeking below.

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

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



Military athletes at London games enjoy Family support

By Tim Hipps
IMCOM Public Affairs

LONDON — U.S. military athletes at the London 2012 Olympics Closing Ceremony on Aug. 12 had more than just fans cheering them on throughout the games.

Service members competing in London had a support network of Family members and fellow Soldiers who came to help them train and to provide motivation.

U.S. Army World Class Athlete Program, or WCAP, wrestler Spc. Justin Lester had his wife, daughter, parents and more than a dozen friends and Family members from Akron, Ohio, there to see him compete in the Olympic Greco-Roman wrestling tournament. The group, all wearing the same WCAP T-shirts emblazoned with Lester's name on the front, included two of his former wrestling coaches and three teammates from his high school wrestling squad.

About \$26,000 was raised by the community of Akron so that the Lester Family could travel to London and see him compete. Cradle Gear made a substantial donation, Family members said, and so did an 82nd Airborne Division veteran who donated \$3,000.

Lester stopped in Akron to visit Family and friends before coming to London for the Olympics.

June 30 was declared Justin Lester Day in Akron with a proclamation signed by the mayor. The Akron Bible Church held a community day attended by many, including the president of the city council. Lester also participated in a free wrestling clinic that day for youth in Akron.

"The whole community got behind us and supported us and we are so grateful," said Lester's sister, Kenya Young.

Brad Sanderson was one of three of Lester's former high school wrestling teammates who came to the Olympics to support him.

"He was an inspiration to our team," Sanderson said of their high school days.

Al McIntosh, a former wrestling coach at Cuyanoga Valley Christian Academy, provided Lester wrestling pointers when the athlete was only 10 years old. Young Lester would come to high school wrestling practice with his older brother, Damian.



PHOTO BY GARY SHEFTICK

Zurriana Lester, 2, waves a U.S. flag to cheer on her father, Army World Class Athlete Program's Spc. Justin Lester, as he competes in Olympic Greco-Roman wrestling at ExCel Centre in London, Aug. 7. Her mother, Staci Lester, holds Zurriana and to her left is Al McIntosh who coached Lester in wrestling when he was 10 years old in Akron, Ohio.

"I saw his talent then," McIntosh said while sitting in the bleachers at London's ExCel Centre before Lester's match against Germany's Frank Staebler.

The academy's current head coach, Dave Bergen, was also at the arena to cheer on his former wrestler.

"I'm going to think of this as a huge positive," Bergen said of Lester's wrestling after he lost to Staebler in the repechage wrestle-back and finished the tournament in eighth place. Bergen said there are at most 15 wrestlers of Lester's caliber in the world in the 66-kilogram weight class, which is 145.5 pounds. He said just making it to the Olympics is a major achievement.

The wrestler's father, Fred B. Lester, agreed, and added that he was proud of his son just making it to the Olympics. He has followed Justin to tournaments all over the world, including one in Azerbaijan, where Lester earned a bronze medal. Despite failing to make it to the bronze-medal match in London, Fred said the Family is going to tour the city and celebrate.

The Family had the opportunity to see the London Bridge, Jubilee Bridge and the Tower of

London, among other sites.

"All day long we're walking the streets and there's so much to see," said the wrestler's sister, Sandra Lester. "My camera's all full. This is so amazing."

Lester's wife, Staci, and 2-year-old daughter, Zurriana, were also in London. At the ExCel Centre, Staci held young Zurriana, who enthusiastically waved an American flag in the grandstands while her father wrestled on the mat.

Lester is a three-time U.S. National Champion and a six-time U.S. World Team member. He made the decision two years ago to join the military and the U.S. Army World Class Athlete Program.

Lester's mother, Verleane, said it was a good decision because the Army has helped her son: "It helped him a lot with his training and his diet. I think it was a good choice."

Some of Lester's WCAP teammates were also in London to help him and fellow wrestlers.

WCAP heavyweight wrestler Spc. Timothy Taylor was there as an alternate Olympian. When he was not helping train the three Army wrestlers who were competing in the games, he was out touring the city.

"Everybody's super friendly

here," Taylor said.

"The history is cool," he said. "We walked into one pub that said 'last remodeled in 1767.'"

Taylor, however, said the language is sometimes difficult to understand in London.

"Everybody's talking English, but you can barely understand what they're saying," Taylor said. "The slang is all different."

First Sgt. Terrence Burkett of the U.S. Army World Class Athlete Program at Fort Carson, Colo., was in London to watch his wrestlers compete.

"It's been quite an experience," Burkett said, even though none of his WCAP athletes earned an Olympic medal. The only Soldier to win a medal in the 2012 games was Sgt. Vincent Hancock of the U.S. Army Marksmanship Unit, or USAMU, who took the gold in skeet shooting and set two Olympic records in the process.

Army Family member Jamie Gray, wife of USAMU shooter Staff Sgt. Hank Gray, won an Olympic gold medal in the women's 50-meter 3-positions rifle event, Aug. 4, at the Royal Artillery Barracks.

Air Force Family member Janay DeLoach also won a bronze medal in the women's long jump Aug. 8 at Olympic Stadium. Her

father, retired Chief Master Sgt. William DeLoach, now a contract employee at Edwards Air Force Base, Calif., was at the stadium to see her compete.

"My dad's here with me, cheering me on," DeLoach said. "He's been there the whole way through. He's always supported me in all my endeavors."

While in London for the past two weeks, Staff Sgt. John Nunn did more than prepare for the Olympic 50-kilometer race walk on Aug. 11. His mother and daughter Ella, 8, joined him in London and together they toured historic sites in the city. They also watched the musical "War Horse" together in downtown London.

Nunn appeared on a segment of the NBC Today Show early in the Olympics to show hosts of the program, and the American public, how to race walk. He also cheered on other American athletes in venues including basketball, gymnastics and swimming, along with the first night of track and field.

"Friendship through sports," is the spirit of the Olympic Games said Team USA assistant wrestling coach and retired Army Staff Sgt. Shon Lewis. He said interacting with other athletes on and off the mat is all part of that Olympic spirit.

The spirit of the games is something that excites WCAP athlete Spc. Dennis Bowsher, who competed in the modern pentathlon Aug. 11.

Bowsher said he was exhausted after the five sports in one day of the pentathlon, but said he would walk in the Olympic Closing Ceremony, even if it was that night instead of the next.

"I'd still go and have a blast," Bowsher said. "It's the spirit of the Olympic games."

His father, John Bowsher, his sister, Devon, and his niece came to London to see him perform. His father works for Hilton, who provided some assistance for the trip, and the athlete lauded that because he said it's often difficult for Family members to travel to international events.

The Olympics were the first time his father and sister have seen him in an international competition, Bowsher said.

"To have them see me for the first time internationally on the big stage was something," he added.

BRIS

STRIKE OUT SUICIDE BOWLING TOURNAMENT

In observance of National Suicide Prevention Month, Rucker Lanes will host a bowling tournament Sept. 6, 13 and 20. People can form four-person teams, select a time to bowl and go to Rucker Lanes for a special "Lunch & Bowl" price from \$6-\$8.50, depending on food choice. The tournament awards luncheon will be held Sept. 27 from 11:30 a.m. to 1 p.m. Teams must register with Rucker Lanes no later than Aug. 30. Available "Lunch & Bowl" times are 11 a.m., 1 p.m. and 3 p.m. This event is open to all Soldiers, Family members, Army civilians and retirees.

For more information or to register, call 255-7509.

SWING FORE LIFE GOLF TOURNAMENT

In observance of National Suicide Prevention Month, Silver Wings Golf Course will host a Swing Fore Life tournament Sept. 7. Teams consist of four players using a Scramble format with a yellow ball twist. Registration and "Grab & Go" breakfast will take place from 7-8:15 a.m. with an 8:30 a.m. tee time. The cost for the event is \$55 per player and members of Silver Wings Golf

course will receive a \$10 discount. This fee includes green fees, practice balls, a cart, one mulligan, breakfast, lunch and a pass for a free round of golf. Prizes will be awarded based on participation. This event is open to all Soldiers, Family members, Army civilians and retirees.

For more information or to register, call 255-7509.

2-MAN BUDDY BASS TOURNAMENT

Outdoor recreation hosts its Two-Man Buddy Bass Tournament Sept. 15 from 6 a.m. to 2 p.m. at West Beach on Lake Tholocco. Cost is \$100 per team. Door prizes will be offered throughout the event and cash prizes will be awarded to participants with the top three weigh-ins. The person with the largest catch will win a special prize for "Biggest Fish." All participants must have an Alabama State Fishing License and a Fort Rucker Post Fishing Permit. Space is limited, so people are encouraged to register early. This event is Exceptional Family Member Program-friendly.

For more, call 255-4305.

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<p>FOR RENT</p> <p>510 TRACY CIRCLE, This 4BD/3BA HOME, includes a living room with fireplace, dining area, stove with built in microwave, refrigerator, dishwasher, utility/laundry room with washer and dryer, carport, fence, patio, outside storage, and lawn cutting. Pets OK with non-refundable pet fee!</p>	<p>FOR RENT</p> <p>608 GREEN DRIVE, This 3BD/2 BA Home features a living room with fireplace, dining area, stove, refrigerator, dishwasher, garbage disposal, utility/laundry room with washer and dryer connections, double car garage, patio, and fence. Pets OK with non-refundable pet fee!</p>	<p>FOR RENT</p> <p>207 MORGAN DRIVE, This 3BD/2 BA Home includes living room, formal dining room, stove, microwave, refrigerator, dishwasher, utility/laundry room, washer/dryer, carpet, vinyl, carport, heat pump heating and central air, patio and fence. Pets negotiable with non-refundable pet fee.</p>

Business Card Spotlight

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‘Unruly child’ becomes combatives champ

By Spc. Emily Knitter
1HBCT Public Affairs

FORT STEWART, Ga. — The crowd is on their feet, roaring encouragement as spotlights illuminate the octagon while two fighters circle each other, waiting for an opening.

In an instant, they are tangled on the ground, fists flying with nothing but bad intentions. This is the final match, winner takes all.

The challenger pins his opponent’s arm between his legs and starts punching him in his face for all he is worth. The crowd screams for blood.

Years earlier, a young boy is brought to a dojo and introduced to an old man. After one lesson, the boy is hooked and Brazilian Jiu-Jitsu becomes his way of life. The boy is there constantly, and earns the nickname “unruly child” for his smart-mouthed attitude.

“One day, unruly child, you will be in my place trying to teach young kids the mind and how to do the moves perfectly,” the old man warned.

The boy kept with it, and now he lies in the middle of a padded octagon, sweat-drenched and still punching the opponent pinned beneath him. He comes out of his fighting mindset as he feels the referee grab his arm, telling him the fight is over. Only then can he hear the roar of the crowd.

He has won.
He falls to his knees instantly, taking a silent moment to thank the man who started it all.

“Before and after every match I pay homage to my Judo Sensei, who passed away in February,” explained Spc. Nathaniel Freeman. “Without him I wouldn’t be doing this sport.” Freeman had just won the Heavyweight Division of the All-Army Combatives Tournament.

As the announcer raises his arm above his head, Freeman, a combat engineer with Co. C, 3rd Brigade Special Troops Battalion, 1st Heavy Brigade Combat Team, 3rd ID, smiles for the cameras and the fans, but said he was only really thinking about one thing.

“Believe it or not, after I won the first thing I wanted to do was have a moment of



COURTESY PHOTO

Spc. Nathaniel Freeman, a construction engineer with 3rd BSTB, 1HBCT, 3rd ID, punches his opponent during the final match of the heavyweight division of the All-Army Combatives Tournament, which he won by “technical knock-out,” July 28.

quiet to myself,” he said. “After all the interviews and everything else, I just wanted to take a shower and grab a bite to eat.”

The peace and quiet was a hard-earned reward for years of training.

“I got into combatives because I like to fight, honestly,” the Houston, Texas, native explained. “Sgt. 1st Class Keith Bach really got me into it when he was stationed here. He said, ‘You’re strong, you’re agile, try this,’ and I’ve been doing it on and off for almost eight years now.”

Freeman has been to multiple All-Army Combatives Tournaments in the past, but this was the first time any Fort Stewart Soldier has won first in their weight class.

“I didn’t know what I was doing when I started training for combatives so many years ago, but I learned,” he said. “Last year, we worked a lot on visualization, so before

every match I will visualize myself being totally destroyed.”

Visualizing losing would seem almost like a step in reverse before a big match, but Freeman explains why it works.

“I visualize what I would do to get out of those moves, so if I did find myself in that predicament in real life I already knew how to get out of it,” he said.

This training helps not only during a combatives match, Freeman said, but in combat as well.

“When you go into combat with this training you can step back and see the big picture,” he said. “You are still moving at that fast combat speed, but in your head you can almost slow it down and make a good decision.”

But during Freeman’s winning match this time, he was not focusing on combat, but his

Family running down to congratulate him.

“My uncle, who I haven’t seen in almost 19 years, was there,” he said. “So all I could think was, ‘I can’t lose in front of my Family.’”

After the final bell, Freeman’s uncle came running down from the stands.

“It’s hard to miss him,” Freeman said with a smile. “He is 6’8” and looks just like me. He flew down with my aunt and I got bombarded. It is always good to be loved.”

Although that was the final fight for Freeman’s military career, it is never truly over, he said.

“It is not combatives anymore for me, now it is back to Brazilian Jiu-Jitsu,” he concluded. “I will continue to train in this martial art until my body tells me that we can’t do it anymore, because there is always something new to reach for.”

Video Game Spotlight >>

3DS New Super Mario Bros. 2 too short, still fun

By Jim Van Slyke
Contributing Writer

“New Super Mario Bros. 2” is a wonderful game that fans of the series will certainly enjoy.

It doesn’t do anything differently than previous incarnations and it will feel familiar to anyone who has played a similar Super Mario Bros. game, but this is definitely a case of “if it isn’t broken, don’t fix it.”

The game has 80-plus levels of side-scrolling platform action with a handful of new features. This time around, the Bowser and the Koopalings (Bowser’s long-time minions) are the bad guys who end up in the boss fights at the end of each level. The golden coin collecting plays a big role, as always, and a majority of the new power-ups play a role into turning everything into gold. There’s a golden flower that gives Mario the power to turn everything around

him into coins, for example. The old power-ups are still there, too – Fire Flower, Starman and the Super Lea. The Mega and Mini mushrooms pop up, but less frequently than before.

The controls feel natural and the levels are wonderfully designed to take advantage of Mario’s abilities. The platforming sometimes takes a break so that Mario can work on puzzles, a nice breather that helps showcase some of the game’s many secrets. The game isn’t terribly hard and even average gamers should be able to stockpile extra lives because of all the coins they accumulate. Perhaps the biggest blemish is that the single-player game can be completed in six hours or less.

The co-op multiplayer reduces some of that sting. It’s fun, but sometimes frustrating. The camera often has trouble keeping both players on the small screen and the game doesn’t let the characters get separated.

“New Super Mario Bros. 2” is yet another worthy addition to the Mario legacy. There’s nothing groundbreaking here and the game is over too quickly, but it’s still fun.



Publisher
Nintendo
Rated
Everyone
Systems
3DS
Cost
\$40
Overall
3 out of 4

PUZZLE ANSWERS

Super Crossword Answers

DAD	SEPIA	STEM	FACTS
IDOL	ICING	PELE	ACHOO
JAMES	POLKA	ALIT	REATA
ONETO	LASH	CALM	RAV
NODULES	SERVILE	ELLE	
PETERMINUET	GAMES		
DOM	CLIO	SIT	LES
ORE	CHAIRS	NOW	WINTER
CANAPE	SEEPS	ANECDOTE	
AWARE	ALA	NUDE	NOD
VOCE	PAULL	LINDY	BAND
ASH	OREG	EMO	SCOUT
SLEAZIER	FRITZ	ADDLES	
TOMTOM	AIL	NOODLE	AGE
BAN	VAT	NOEL	SOW
HELEN	JAKEL	LAMBADA	
PAGE	CHINESE	TOUGHON	
EMU	ROOM	HELP	CHARO
CLINE	RIFE	WALTZ	KELLY
KENYA	SNOW	AMUSE	SLOE
STEEL	EYRE	YEMEN	ENS

Weekly SUDOKU Answer

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

TRIVIA

Answers

- Goose or duck liver
- Indian Ocean
- Vulgar
- “Jaws II”
- O positive
- Robert A. Taft
- Charles Dickens
- Peter Sellers, Alan Arkin and Steve Martin
- Argentina, the Latin word for silver
- 1702



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