

SCHOOL DAYS

Fort Rucker Primary School open house educates parents

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HEROES

Students learn importance of 'everyday heroes'

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FORE!

Golf tourney provides unique experience

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ARMY FLYER

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

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FORT RUCKER ★ ALABAMA

SEPTEMBER 13, 2012

Events raise suicide awareness

By Sara E. Martin
Army Flier Staff Writer

Army Substance Abuse Program's campaign to celebrate life kicked off with two tournaments that brought organizations from across post together to raise suicide awareness in the Army last week.

Suicide is a major concern of the Army, and ASAP's focus is to celebrate life with activities that are fun, said Denise Clark, risk reduction program coordinator, adding that by staying active people can improve their quality of life, making them happier.

"We all just want to encourage any Soldiers who need help to actively seek it out and for commanders to allow Soldiers to receive care when they need it," she said.

The first session of the first round of the bowling tournament was deemed a success by Ron Cook, manager of Rucker Lanes, Sept. 6.

"All of our lanes but five are full, we are so happy with the outcome and it's only the first session. The best thing is the sheer amount of support the cause is receiving. There are two teams from the fire department, several unit teams, a team from the police department and even Directorate of Family and Morale, Welfare and Recreation has a team," he said.

Suicide affects so many parts of a base, said Cook, and it impinges on the overall mission, the Families, the friends, the units, and his team at Rucker Lanes just wanted to strike it out to the best of their abilities.

Sgt. Maj. Lepharis Baker and Lt. Col. Ron Ells, 1st Battalion, 212th Aviation Regiment, re-



PHOTO BY SARA E. MARTIN

Joe Simon, firefighter lieutenant at Station No. 1, and John Ross, assistant chief of stage field branch, bowl at Rucker Lanes during the Strike Out Suicide Bowling Tournament Sept. 6.

cently experienced the tragedy of suicide, so the tournament meant a lot to them.

"Suicide is one of our biggest problems in the Army right now, so it is important for active Soldiers to take a stand against suicide. We need to get this stopped and it is so encouraging to see so many people here wearing yellow ribbons supporting the cause," said Baker.

"It's great that we have venues like the golf tournament and bowling to talk about suicide awareness. I have four members of my battalion out here for a good cause and it develops unit cohesion," said Ells, the battalion commander.

The stigma of seeking help for mental health has plagued the Army for many years, but many

Soldiers and Army employees see the stigma washing away as understanding has spread throughout the military and as people become more comfortable with seeking help, he added.

"What might used to have been seen as a stigma about seeking help in past years is being moved away from. We are protecting the privacy of Soldiers and we are acknowledging the stress that is to be expected with 10 years of war. So the old stigma of someone being a weak Soldier because they seek help is gone and the difficult part is getting that out to the Soldiers at every level so that they understand that. It's more important right now to take care of each other and look after one another in terms of mental health," said Ells.

"Soldiers are trained to not feel

weakness and feeling mentally weak can be very embarrassing for them. It can be a hard thing for them to admit, but they can be helped if they show the strength that it takes to admit they need help," said David Unsicker, business manager of Silver Wings Golf Course.

Col. Stuart J. McRae, the garrison commander, visited and gave a pep talk to the 76 participants in the golf tournament telling them to recognize symptoms in people and if they did recognize the symptoms to take an active part in helping.

"Don't just tell your buddy that they need to go get help because they seem depressed or suicidal. Escort that person to help," he said.

The team approach is what was

conveyed by the different events hosted by ASAP, and Clark believes that by coming together as teams outside of work Soldiers learn how to fully work together and depend each other.

The challenges that Soldiers face were recognized at the golf tournament and participants said that it is unfortunate that Soldiers have to fight an internal war after so many years of conflict.

"It's one of those things where you have to go out and stop what you are doing to reflect and relax in a game with friends and co-workers. You can relax enough to maybe open up and talk about things like suicide. As an Army it is our responsibility to look after [young returning Soldiers]," said Wade Becnel, deputy director of the Directorate of Simulations.

CAC briefs USAACE staff, faculty on Doctrine 2015



PHOTO BY JIM HUGHES

James F. Benn, deputy director of the Combined Arms Doctrine Directorate at Fort Leavenworth, Kan., briefed more than 200 USAACE staff and faculty on Doctrine 2015 Monday at the Seneff Aviation Warfighting Simulation Center.

By Jim Hughes
Command Information Officer

Fewer, faster, shorter, clearer and more accessible.

While most people associated with the Army wouldn't associate those terms with the service's doctrine publications, the U.S. Army Training and Doctrine Command is looking to change that with its Doctrine 2015 program, according to James F. Benn, deputy director of the Combined Arms Doctrine Directorate at Fort Leavenworth, Kan.

Benn visited Fort Rucker Monday to brief more than 200 U.S. Army Aviation Center of Excellence staff and faculty on Doctrine 2015, how it will affect and help them, and the schedule for the changes.

He said the idea to overhaul the Army's doctrine originated during a conversation

between Gen. Martin E. Dempsey, now Chairman of the Joint Chiefs of Staff, and Lt. Gen. Robert L. Caslen, former commander of the Combined Arms Center, when Dempsey pointed out one of the books contained 200 pages.

"He said, 'People don't learn by reading a 200-page book,' and then he gave some guidance," Benn said. "The guidance we received was to put it in a format people are comfortable with and that the attributes of Army doctrine should be fewer, faster, shorter, clearer and more accessible.

"We were asked to design a program that cut down on the number of publications, make them much shorter, develop them faster, write in a language young people can adapt to and leverage existing technology that young people use," he

SEE DOCTRINE, PAGE A4

Music Under the Alabama Stars returns for fall concert

By Nathan Pfau
Army Flier Staff Writer

Temperatures are cooling down and the 98th Army "Silver Wings" Band is taking advantage of the cooler climate to bring back the Music Under the Alabama Stars concert series to Howze Field Sept. 21 at 6:30 p.m.

This performance will feature a music performance team that has yet to play for the concert series this year: the Blackout Brass Band, according to Sgt. 1st Class Joel Kosman, Operations NCOIC for the band.

"This [performance] will be a different experience for people from the previous Music Under the Alabama Stars performances," said Kosman. "[The brass band] will play very upbeat music and it's just something different that people don't get to hear very often."

The brass band was slated to make their MU-

TAS debut and feature their musical talents during a performance earlier in the year, but inclement weather prevented them from doing so. The upcoming performance is an opportunity for the band to show the people on Fort Rucker a different style of music.

"The style of music is funk and rock, and mostly instrumental," said Staff Sgt. Steven Coonley, leader of the Blackout Brass Band. "The music that we play is based on some other groups ... like the Young Blood Brass Band and Soul Rebels, and I really think that people are going to enjoy it. We're going to play some tunes that they're going to recognize, from classic rock to pop, funk and jazz."

"We just want to show [the people on Fort Rucker] a good time and make them feel good during and after our performance," he said. "It's just a lot of fun to go out and perform for the people on post."



PHOTO BY NATHAN PFAU

Crossfire, the rock band for the 98th Army "Silver Wings" Band, plays at Howze Field during its Music Under the Alabama Stars concert Series April 20. The upcoming concert will feature the Blackout Brass Band and show time will begin at 6:30 at Howze Field Sept. 21.

PERSPECTIVE

IMCOM CG, CSM issue message to workforce

By Lt. Gen. Michael Ferriter and
Command Sgt. Maj. Earl Rice
Installation Management Command

The Installation Management Command has the best workforce we have seen in each of our 30-plus years of service. At every installation, base and depot we visit, we are impressed by the spirit, energy and teamwork exhibited by the IMCOM team.

We are just as inspired by the dedicated professionals in the IMCOM and region headquarters, who oversee operations that stretch around the globe from Japan and Korea, across the continental United States, to Europe, and even into bases in Afghanistan. Simply said, no one touches our Soldiers, our Army Families and our civilian workforce

and retirees like we do — every day.

In August, we marked the 10th anniversary of the installation management team — first IMA and then IMCOM. That means we have experienced 10 years of evolution in our mission, our workforce and our methods of installation service delivery.

Those who have been with the organization all or most of that time know it has been a constant learning experience in a business with really high stakes — the quality of life of our all-volunteer force. Sustaining such a high quality force relies heavily on us, the installation management professionals, succeeding in our mission.

The installation management team has performed magnificently this year, just as it has in past years. Our ability to deliver services

every day ensures our Soldiers and Families know we care about them and appreciate their service.

The entire Army is now affected by force and funding reductions. This means IMCOM will also reshape and reduce in size. This past year we accomplished all of our mandated reductions through voluntary actions. We also retrained and reassigned people within our IMCOM team to allow for personal growth and to keep our team together.

Even as we reduced our numbers, we approved for hire almost 2,000 positions across IMCOM. In fact, many of these are vacant and I invite you to the IMCOM Enterprise Placement Program to see what is there and if there is a position that interests you.

Our workforce development is second to

none. Our IMCOM Academy, developmental assignments, the mentor program, career program 29, and schools such as the Civilian Education System and the senior service colleges are providing immediate and positive return on investment in shaping our team for the future.

As we move into the year ahead, my goal is to create even more certainty for you. I want IMCOM leaders at every level to increase communication to build understanding and certainty for our team. We're getting ready for the next 10 years of world-class installation services, so we need to get it right now.

To all of our great civilians: thank you for your dedicated service. Have a super weekend and a great week ahead.

Army Strong! Support and Defend!

LCT makes change happen with new members

By Christina Parker
*Directorate of Training and Doctrine
U.S. Army Aviation Center of Excellence*

If you have you ever thought, “If ‘they’ would only do this thing, this way, it would make it so much easier, better, faster, stronger?”

Then you are an innovator, process improver and idea generator. And you are wanted as a member of the Leading Change Team.

The LCT’s mission is to build an innovative, collaborative and efficient Army Aviation community by connecting the right people with the right resources at the right time. The LCT is comprised of Soldiers, civilians, contractors, and Family

members of all ranks, representing a cross section of Aviation and Aviation support organizations making it possible to make those connections.

There are several ways to become involved with the LCT. One significant way to participate is in the development and support of communities of practice. The CoPs serve to connect people, procedures, strategies and techniques in focused professional areas. The CoP and its participants promote best practices and lessons learned, review current literature, as well as implement performance standards and evaluations.

The CoP’s intent is to establish an environment where professionals interact with other professionals to share experiences

and expertise, promote continuous learning and innovation, discuss feasible and acceptable solutions for identifiable issues, and to improve morale, knowledge, skills and abilities.

With the developmental support of the LCT, members are encouraged to consider their own areas of interest and expertise in conjunction with organizational need developing CoPs to benefit those areas.

As we move into the third year of the LCT’s existence, it is important to revitalize the team with new membership from all USAACE and Fort Rucker mission, mission support and tenant organizations. Team members establish networks of “movers and shakers” who can facilitate, champion and socialize changes and

change ideas.

Change of this magnitude doesn’t happen overnight. In fact, this movement must span the course of several years in order to inculcate organizational behavioral change. That is why it is important to incorporate this philosophy into all that we do.

As our mission and work force changes over the years, so will our ability to act more like a team, eliminate inefficiencies and grow into a “cost culture” organization.

The LCT is recruiting new members through the month of September. Submit your applications to army.rucker.avncoe.mbx.leading-change-team@mail.mil or call 255-0546.

This month in Army Aviation history

This month we’re spotlighting the September 1964 issue of the *U.S. Army Aviation Digest*. This issue features:

V/STOL

If present research and development bears fruit, Army Aviators in the early 1970s may zip straight up into the ozone with a roar of thrust and a blast of dust to conduct battlefield surveillance flights in a new breed of V/STOL aircraft.

Indications of leadership

How many times have you heard these words: Army Aviators are bred in

pinochle games and born at the officers’ club bar? Such general phrases are thrown around in military ranks by professional officers although Army Aviation, with its growing pains, is proving itself more and more essential.

Pilot ignorance

Capt. Joe D. Konley’s fingers shook just a little as he quickly tore into the long, white envelope from the Pentagon. For five years he had been an Army Aviator, the last two in the hot, dry wasteland of Fort Eureka. Over 1800 accident-free hours and still he had no checkout in any

of the twin-engine aircraft.



A film is born

Along with the steady growth of Army Aviation a need has developed for training aids to assist in the instruction of Aviators and aircraft mechanics. One of the many fine aids is a large number of training films for a particular program of instruction.

... and more.


Download this issue of the *U.S. Army Aviation Digest* at <http://bit.ly/av8-sep64>.






Rotor Wash

“September is Suicide Prevention Month. What advice would you give to Families to stay resilient during tough times?”



Gregory Finch,
COR Base Operations
Contract

“You need to count on your Family members for support. Talk to each other.”




W01 Devans Browder,
B. Co., 1st Bn., 1-145th
Avn. Regt.

“Just care about each other and keep an eye out for odd behavior.”




James Drake,
contractor

“Talk to a friend, rely on your clergy, and make sure there is someone you can go to who is positive who can keep you focused and grounded.”



Chris Rose,
Department of the Army
civilian

“Keep a good sense of humor and know that life always gets better. Keep your hopes up.”



Melinda Hinds,
LifeSouth blood drive

“Find someone that you are comfortable to talk to and always be open to listening to others.”

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Col. Stuart J. McRae	FORT RUCKER GARRISON COMMANDER
Lisa Eichhorn	FORT RUCKER PUBLIC AFFAIRS OFFICER
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Contribute news items or photographs by contacting the *Army Flier*, Public Affairs Office, U.S. Army Aviation Center of Excellence, Fort Rucker, AL 36362, or call (334) 255-2028 or 255-1239; calls to other PAO numbers are not normally transferable.

If you would like to contact the *Army Flier* by e-mail, please contact the editor at jhughes@armyflyer.com.

Heart of Alabama CFC kicks off at Rucker

By **Jim Hughes**
Command Information Officer

Despite tough economic times throughout the country, the Heart of Alabama Combined Federal Campaign set an aggressive goal for its 2012 fundraising campaign that kicks off Monday on Fort Rucker.

The CFC kickoff and charity agency fair takes place Monday at 9 a.m. at The Landing with the goal to raise \$1,150,000 by the end of the campaign on Nov. 9, according to Beverly Arnold, Wiregrass Area Associate of the CFC.

The kickoff will feature Maj. Gen. Kevin W. Mangum, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, as speaker, along with Me-

linda McClendon, a civilian from Dothan who “has been instrumental in fundraising efforts for charities,” said Arnold.

All military members and federal employees are invited to the kickoff event to learn more about CFC, participating charities and show support for the fundraising campaign, Arnold said. The event starts off informally with the agency fair and reception, where attendees can enjoy beverages and meet with an estimated 25 charity agencies that will set up booths. At about 9:45 a.m., the speakers will begin the more formal part of the program.

Last year’s CFC raised \$1,345,889 – exceeding the 2011 goal of \$1,125,000. Arnold expects similar results this year.

“Last year was a record year for us,” she said. “When times are tough economi-

cally, the need is even greater. Food banks run low on food, agencies run out of funds, government grants are reduced, but military and federal employees are great at responding to that need through the CFC.

“I’ve spoken to our project officers, and they are a motivated group. I’m confident that we’ll meet the goal,” Arnold added.

The Heart of Alabama CFC is the biggest in the state, according to Arnold, and it encompasses 30 counties stretching from Tuscaloosa to Tuskegee down into the Wiregrass, and includes all federal employees in those areas.

“The CFC is the only authorized solicitation of employees in the Federal workplace on behalf of charitable organizations. It continues to be the largest and most successful workplace fundraising model

in the world,” according to the Heart of Alabama CFC website. “With a tradition of commitment to the community through the selfless efforts of Federal employees, the CFC has its roots in the many charitable campaigns of the early 1960s. Seeing a need to bring the diversity of fundraising efforts under one umbrella, the CFC was created – one campaign, once a year.”

Each unit and organization on post has a project officer to serve as the point of contact for the CFC. People with questions or who would like to give to a charity should contact their POC. They can also call Arnold at 255-9261 or email her at beverly.a.arnold2.vol@mail.mil.

Additionally, people can give directly online by going to <http://www.heartofalabamaafc.org>.

Prescription Take-Back Day offers easy meds disposal

By **Sara E. Martin**
Army Flier Staff Writer

The problem of prescription medication addiction is sweeping the nation, and Fort Rucker is supporting the campaign to help reduce abuse in the area by holding a Drug Take-Back Day Sept. 29.

From 10 a.m. to 2 p.m. Fort Rucker will participate in the campaign by having two stations on post where Soldiers, Families and employees can bring their old, unwanted or unused medications to be properly disposed of, said Jesse Hunt, Fort Rucker Army Substance Abuse Program prevention coordinator.

“The main post exchange and the commissary will have stands to turn in medications, as well as local area businesses. Enterprise will have a collection at city hall, Ozark in the Wal-Mart parking lot and Dothan is participating in front of the police station,” he said, adding that Lyster will have a representative at the PX and commissary to answer questions that participants or passersby may have about the drug take-back day or medication.

There are several reasons why Families on post should not only dispose of their medications, but dispose of them properly.

“The Drug Enforcement Administration Drug Take-Back Day is for people to take all their unwanted and unused medication out of their medicine cabinets. People are not supposed to dump it down the toilet or throw it in the trash because it is unsafe for the environment and prying eyes that may dig it out of the trash,” said Hunt.

“Getting it out of the house is good because it prevents those who are looking for anything to make them feel better taking it, or for kids to experiment with,” he added.

The hazard of having a large amount of medication in a home affects young children to seniors.

“[Getting rid of medications] gets rid of an attractive nuisance. The medicine could harm children or adults. Seniors may misread a date or just open the cabinet to grab any of their medicines to relieve whatever pain they may be experiencing, and since it is in the cabinet they assume that it is ...

safe to consume. They are setting themselves up for more damage than relief and could cause themselves more potential problems,” said Hunt.

Prescription drugs can help as well as hinder consumers. They can pose serious health risks if not taken precisely how and when prescribed. Hunt added that after a year pills begin to break down and lose their effectiveness, so one pill may not necessarily mean one dose, and that is a high risk for possible addiction.

“The properties of many medications do not last, so the effectiveness has been compromised. If [someone] keeps taking pills that don’t seem to be working quite right, [they] don’t know how much is really in [their] system. Some pills [in the bottle] could be more true than others, so taking three or four pills doesn’t necessarily mean a double dose, it could be a triple dose or maybe even one-half of a dose. You just never know, so it’s not safe to be consumed,” he said.

Among adolescents, prescription and over-the-counter medications account for most of the com-

monly abused illicit drugs by high school seniors, according to www.drugabuse.gov.

The campaign’s April collection drew in over 1.5 million pounds of medication nationally.

“This is our third time participating. We participated six months ago and we had such a good turn out that we decided to do it again,” said Hunt.

Once collected, the medication is incinerated, and then what is left is safely and properly disposed into the environment without harm. The medications that are allowed to be collected are controlled, non-hazardous medications, including prescribed or over-the-counter vitamins/supplements, homeopathic remedies, creams, oils, ointments and suppositories, according to www.deadiversion.usdoj.gov.

Though Lyster is not participating directly in the campaign, it does collect medicine for proper disposal.

“Soldiers and their Families can bring medication to the pharmacy area in Lyster [Mondays through Fridays] all year long,” said Hunt.

The DEA is currently handling Drug Take-Back Day, and accord-

ing to DEA rules, police must be involved in the collection of the medication. Some potential participants may fear incarceration by turning in the medication, but Hunt assures people that the police are not out to get anyone participating in the campaign.

“The police present are not going to check you out or look into your package to see what you are bringing in. If someone is turning in illegal medication, they can safely turn it in without prosecution,” he said.

To participate, people only need to place their vials of medication inside a brown paper bag or some sort of container and deposit it into a box at the sites.

“Participants will not have to fill out any paperwork. They just drop it off and go on their way,” said Hunt.

Prescription addiction is a growing problem in America and Hunt said Fort Rucker isn’t immune to its effects.

“Even with all our checks and balances to help prevent medication addiction, our No. 2 drug problem on Fort Rucker is legal prescription addiction,” he said.

Fort Rucker Primary School open house educates parents

By **Nathan Pfau**
Army Flier Staff Writer

The first days of school can be difficult for some Families, but the Fort Rucker Primary School makes it easier for parents by educating them on what a typical day for their child is like.

The primary school had its open house Sept. 6.

Parents were invited to talk with teachers, take a tour of the classrooms and learn about the daily life of their children while they are at school.

“We [at the Fort Rucker Primary School] thought it would be a good opportunity for the parents to come in and experience what their child experiences every day at school,” said Debbie S. Deas, Fort Rucker Primary School principal. “They had the opportunity to look at their children’s work and it was a great chance for everybody to share and get acquainted with one another.”

Earlier in the school year, the primary school hosted a Sneak Peak where parents could come and meet with the teachers, but Sylvia Thornton, music teacher for Fort Rucker Primary School, said they wanted to provide a more in-depth experience for the parents.

“With the [open house], par-



PHOTO BY NATHAN PFAU

Four-year-old triplets, Jesse, Jacob and James, and 3-year-old Anna Spiri, show their parents, CW3 Jimmy and Pamela, some of their work area during an open house at the Fort Rucker Primary School Sept. 6.

ents get the chance to actually see what the kids are learning,” she said. “The students are a lot more involved now and the parents can see exactly what they are working on.”

Ashley Bronson, whose 4-year-old daughter Jayden attends the primary school, said it was a good chance for her to see what her daughter does throughout the day as well as an opportunity for Jayden to show some of her favorite things at school.

“[She] is really proud of what

[she] does at school,” said Bronson. “I think it’s just a nice thing to know what your child is learning and to get to see all of the hands-on things that they do.”

During their time in the classroom, Jayden was showing her mother where they read and her favorite book, but Bronson said she was most surprised by the quality of education at the primary school.

“I was really surprised by everything that they teach the children in pre-k,” she said. “I’m just really

happy and pleased overall with the staff and everything that she brings home from learning at school.”

The school also does home visits before school starts to better know the Families of those that will be attending, and that is another feature that Bronson said she was extremely pleased with.

“I think that the home visits are such a special touch,” she said. “To get that one-on-one experience and to be able to meet the teachers ... I absolutely loved that. I know it’s a lot for them to do and I really appreciate the time they made to do that.”

CW3 Jimmy and Pamela Spiri, parents of 4-year-old triplet boys, Jesse, Jacob and James, as well as 3 year-old Anna, said the home visits were also something that they appreciated.

“I thought the home visits was an awesome idea,” said Jimmy, who is also a Chinook training and instructor pilot. “I think it’s wonderful for them to actually come and see where the kids are staying and everything.”

The Spiris said they came to the open house in order to see what their boys would come home and talk about everyday and said they were happy with the experience that they had and overall were im-

pressed with the primary school.

“I’m happy with how everything has gone and the kids just love it here,” said Pamela. “[The boys] really, really love it and the teachers are just amazing and great. When they come home from school, they just can’t be quiet about everything that they are doing at school and we just wanted to come see everything that they talk about.”

“I’ve been impressed with all of the smart boards and technology they are using here,” Jimmy added. “That’s one of the things that our kids pointed out to us – the computers. As everything is progressing, they are keeping up with technology ... and I just think it’s really cool.”

Deas said that it’s important for parents to see how their children are learning to not only better understand how they are learning, but to help continue that education when they go home for the day.

“Any time a parent knows what a child is doing at school, they can reinforce that learning at home and it increases the child’s success at school and in life,” she said. “Especially with the technology [that the school is using], it’s important for parents to see what we are using and doing.”

News Briefs

Army Aviation Seminar Series

The U.S. Army Aviation Center of Excellence hosts the second of its Army Aviation Seminar Series today from 11:30 a.m. to 12:30 p.m. in the Seneff Aviation Warfighting Simulation Center in Bldg. 5440. The chronologically organized panel discussions consider the impact of the eras of Army Aviation, from Vietnam to the present, to generate ideas for transition of the force from an Army at war to an Army preparing for war. The event is open to the public.

This second part of the series hosts a panel of leaders to discuss the impacts of Aviation on the Cold War. Also, the panel will discuss the formation of the Aviation Branch in 1983, and combat operations in Grenada and Panama. For more, call 255-3551.

Case lot sale

The Fort Rucker Commissary hosts a case lot sale

Friday-Sunday. 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.

Lunch and Learn

Fort Rucker’s Army Continuing Education System and Troy University host their free Lunch and Learn series Sept. 21 from 11:30 a.m. to 1 p.m. in Bldg. 4502, Rm. 112. The series features Dr. Scott Beaulier speaking on the importance of economic freedom in a prosperous society. Refreshments and lunch will be served as part of the presentation. The event is open to military members, students and Family members.

For more, call 255-2378 or 255-3613.

Education fair

The Fort Rucker Army Education Center hosts its Fall

College Tailgate Education Fair Sept. 26 from 10 a.m. to 2 p.m. in Bldg. 4502. The event will feature representatives from colleges, universities, Army community Service, Army Career and Alumni Program, and Army continuing education specialists all available to help Soldiers and Family members learn how they can further their educations and the benefits available to them.

For more on the fair, call 255-2219.

Funded Legal Education Program

The Office of the Judge Advocate General is accepting applications for the Army’s Funded Legal Education Program. Under the program, the Army projects sending up to 25 active duty commissioned officers to law school at government expense. Selected officers will attend law school beginning in the fall of 2013 and will remain on active duty while attending law school.

Interested officers should review Chapter 14 of Army Regulation 27-1 to determine their eligibility.

This program is open to commissioned officers in the rank of second lieutenant through captain. Applicants must have at least two, but not more than six years of total active federal service at the time legal training begins. Eligibility is governed by statute and cannot be waived.

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

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

Doctrine: Officials seek to make material more user-friendly

Continued from Page A1

added. “And Doctrine 2015 was launched.”

According to the website for Doctrine 2015, it “is transforming the Army’s doctrinal base to deliver doctrine — clear, concise, current and accessible — to the point of need. This process accelerates the implementation of new doctrine across the force by providing the Army with a completely revised structure of manuals.

“Doctrine 2015 captures the essential lessons learned from 10-plus years of persistent conflict. It leverages a broader range of available collaborative technologies, including wiki, interactive media instruction, video books, blogs and social media. Most importantly, it makes doctrine more accessible to Soldiers whether they are in a learning, training or operational environment.

The site also includes a quote that summarizes the goal of the program.

“Our force has been operating at the speed of war for a decade – it’s time our doctrine caught up,” said Lt. Gen. David G. Perkins, commanding general of the U.S. Army Combined Arms Center, in the March issue of “ARMY Magazine.”

Benn explained that Doctrine 2015 organizes publications into five categories:

- Army Doctrine Publications, which address fundamental principles, are limited in size to about 10 pages and are approved by the Army chief of staff;
- Army Doctrine Reference Publications, which provide detailed explanation of all doctrinal principles to provide the foundational understanding so everyone in the Army can interpret them the same way, are limited to less than 100 pages and are approved by the CAC commanding general;
- Field Manuals, which lay out tactics and procedures, limited to 200 pages, describe how the Army executes operations described in the ADP and are approved by the CAC CG as the TRADOC proponent for Army doctrine;
- Army Techniques Publications, which include non-prescriptive ways or methods used to perform missions, functions or tasks. There is no size limit or limits on how many separate documents there will be and

the approval authority will be the proponent. Also, the techniques pubs will have wiki versions behind Mil-Suite where individual Soldiers can suggest changes online, subject to approval by the proponents; and

- Applications, which will consist of interactive media, podcasts and mobile apps. The idea is that any content of the ADPs, ADRPs, FMs and ATPs can be converted into apps.

Benn added that not all the work is done. The ADPs are available at <http://armypubs.army.mil>, and also <http://usacac.army.mil/cac2/MCCOE/Doctrine2015Tables.asp>, where further explanation on Doctrine 2015 is available.

He said that all 50 FMs (there used to be about 600 of them) are scheduled to be complete by Dec. 31, 2013, and all remaining knowledge transitioned to Army Techniques Publications with draft versions on a milwiki site by Dec. 31, 2015.

The Aviation FM, 3-04, is at Fort Rucker going through the approval process, said Lt. Col. Charles R. Bowery Jr., chief of the Doctrine Division for the USAACE Directorate of Training and Doctrine.

“We’re taking the material out of a number of older FMs and combining them into the new FM 3-04, and adding emerging capabilities such as unmanned aircraft systems, so it is a fairly significant change. We expect to complete worldwide staffing of the new FM in February 2013,” Bowery said, adding that Benn’s visit showcases the great level of synergy between CAC and USAACE.

“It ensures that our staff and faculty are using Army doctrine in the correct ways and teaching the right concepts in our courses.”

As for the more accessible part, Benn said a lot of the feedback he’d received was from people who occasionally had either no access to the Internet or to Army Knowledge Online. He said the plan is to create DVDs that contain all

the documents, along with charts that make finding topics more user friendly, that are pushed to the field every six months — ensuring people have the most updated versions.

He added that there is debate about whether printed materials are still needed, and found at Fort Rucker much the same the CAC finds elsewhere — feelings are mixed. Some in the crowd felt printed materials were still needed, while others were happy with just the digital material. But with budgets shrinking, Benn was not confident printing funds would remain available.

While numerous changes are included in the various doctrine products, Benn said that 75 percent of the information is the same, “it is just in different places.”

Bowery feels the changes are a good thing.

“With Doctrine 2015, the Army will have a doctrinal base that is revised to capture current operations, is more relevant and more easily accessible than ever before,” he said. “New doctrine will capture best practices in the operating force via the milwiki interface, which will allow the end user to quickly suggest modifications to doctrine.”

For more on Doctrine 2015, visit the website at <http://usacac.army.mil/cac2/MCCOE/Doctrine2015Tables.asp>.

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11 years later

Honoring the fallen, moving forward

By Joseph W. Westphal
Under Secretary of the Army

WASHINGTON — For Americans, the date “September 11, 2001” evokes very distinct memories of that specific time in our lives when the world, as we knew it, changed forever. Our memories mark this day far more poignantly than any words ever will.

We will forever honor the victims of those attacks and pay tribute to a generation that has borne the burden of our nation’s security through their sacrifice and commitment to our American ideals.

What did our nation, and the world, learn at 9:37 a.m., on Sept. 11, 2001, in the midst of that unimaginable act of terrorism? That Americans unite through adversity like no other society, and our resiliency enables us to draw the strength necessary to navigate through any challenge.

Today, our country is in a time of great

change and our Army is transforming to meet the needs of our nation — like it has for more than 237 years of service, sacrifice and valor.

With all the changes we face, one thing will never change — the strength of the Army is its Soldiers, Families and civilian workforce. The Army is committed to their well-being and will never break the non-negotiable contract to provide them the resources they deserve to be successful, on the battlefield or at home.

Military service is tough and often dangerous. The values of our Soldiers are based on the ideal that liberty is worth defending, and their dedication comes with a cost. The commitment, selfless service and adaptability of our Soldiers exemplify the excellence of our entire society and embody the American spirit.

No matter how hard the winds of change may blow, our Army will continue to move forward and remain strong — **Army Strong!**

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SEPTEMBER 13, 2012

Afghan pilot program achieves milestone with 1st graduates

By Michelle Harlan
USASAC

SHINDAND, Afghanistan — For the first time in more than 30 years, Afghan pilots completed pilot training held in their home country.

The Rotary Wing Flight Training Program was developed and conducted by Soldiers from the U.S. Army Security Assistance Training Management Organization for the Afghan Air Corps in order to create an independent Afghan Air Force program.

Six MD 530Fs, two Flight Training Devices and additional equipment and critical spare parts were delivered in December to the Shindand Air Base as part of a foreign military sales case facilitated by the U.S. Army Security Assistance Command and managed by PEO Aviation's Non-Standard Rotary Wing Aircraft Project Office, both located at Redstone Arsenal.

The four Afghan Air Force lieutenants participated in the four-month program. The course consisted of three phases of instruc-

tion on the MD 530F aircraft, according to Lt. Col. Jeffery Bouma, USASATMO's team chief for the course. The first phase taught the fundamentals of flying a helicopter, such as normal traffic patterns, hovering and emergency procedures. The second phase included basic instrument flight. The final phase covered tactical maneuvers such as dust and brownout landings and formation.

"Each student accumulated 140 hours of flight time in the MD 530 and MD 530 Flight Training Device," Bouma said. This included "team rides," where two students rode together and completed three flight patterns each, without a U.S. instructor in the aircraft.

The final phase of training also included an extended cross country flight from Shindand to Kandahar and back, which is approximately 475 miles round trip. Students were responsible for the entire process of the trip such as flight planning and fuel consumption estimates. The class leader, 1st Lt. Ahmad

SEE MILESTONE, PAGE B4



U.S. ARMY PHOTO

Four Afghan Air Force pilots training on the MD 530F helicopter at the Rotary Wing Flight Training Program in Shindand, Afghanistan, prepare for an extended cross-country flight. The pilots are the first to graduate from a pilot training program held in their country in more than 30 years.



U.S. NAVY PHOTO BY PETTY OFFICER 3RD CLASS JAMES GINTHER

KEEPING WATCH

A coalition special operations forces member looks out over Khas Uruzgan from the open door of a UH-60 Black Hawk helicopter in Afghanistan's Uruzgan province, Aug. 29.

N.D. Guard, tribes dedicate Lakota helicopter

By North Dakota National
Guard Public Affairs

BISMARCK, N.D. — More than 500 people showed up Sept. 4, to dedicate the North Dakota Army National Guard's newest helicopter, the UH-72A Lakota, at a ceremony which included a tribal blessing of the aircraft.

The ceremony took place at United Tribes Technical College in Bismarck, N.D., ahead of a week-long powwow scheduled for this week. The master of ceremonies was Scott Davis, executive director of the North Dakota Indian Affairs Commission. North Dakota Gov. Jack Dalrymple led the remarks.

"The UH-72A Lakota helicopter will be a valuable asset for North Dakota and an important tool in our Guard's inventory for supporting our communities and serving our citizens," said Dalrymple. "This state-of-the-art aircraft will strengthen our capabilities when responding to emergencies and natural disasters across the state."

The Army has already fielded more than 219 Lakotas in 43 states. The Lakota fleet logged 100,000 flight hours in May.

The Lakota is the Army's newest light utility helicopter and is replacing the UH-1H Iroquois and OH-58 Kiowa helicopters.



PHOTO BY BILL PROKOPYK

As part of the UH-72A Lakota helicopter dedication ceremony Sept. 4, two Lakota helicopters were blessed by Native American spiritual leader and elder, George Ironshield of Standing Rock, N.D.

Fielding more Lakotas will allow more UH-60 Black Hawk helicopters to deploy, Army officials said. The Lakota is designed for logistics and missions in support of homeland security, emergency response and medical evacuations.

"We are pleased to partner today with all of the great nations of our state to celebrate the newest aircraft and resource avail-

able to the North Dakota Guard as we support our communities across the state in emergency operations," said Maj. Gen. David Sprynczynatyk, adjutant general for North Dakota.

"We are pleased that the members of so many different nations have assembled to celebrate this great bird as we welcome the UH-72A Lakota helicopter to our fleet," said Sprynczynatyk.

Sen. John Hoeven, Congressman Rick Berg, and David Gipp, president of United Tribes Technical College; and representatives of North Dakota Indian nations Sisseton Wahpeton Oyate, Spirit Lake Tribe, Standing Rock Sioux Tribe, Three Affiliated Tribes and the Turtle Mountain Band of Chippewa also rendered remarks

SEE LAKOTA, PAGE B4

14 seconds: Pilot uses experience, quick thinking during Aviation accident

By Michelle Kennedy
Fort Drum Public Affairs

Every second counts.

Two AH-64 Apache pilots found that out firsthand during a deployment to Afghanistan last year.

CW2 Mark Foschetti and CW2 Mike McGann were on their way back to Bagram Airfield, Afghanistan, in the early-morning hours of July 7, 2011, when something unexpected happened — the tail rotor on their helicopter broke off.

The two pilots from C Company, 1st Battalion, 10th Aviation Regiment, Task Force Phoenix, were returning from a mission. McGann, a junior pilot at the time, was flying in the front seat of the AH-64 Apache while Foschetti, the pilot in command, worked the radios.

"(McGann) was on the controls doing everything he was supposed to and I was on the radio making the calls to the tower, and then all heck broke loose," Foschetti said. "We heard this crunching snap sound, and I jumped on the controls."

McGann ensured Foschetti had the controls as the helicopter began its 14-second descent from 400 feet in the air. The radio call was hauntingly quiet with the only audible phrase being "we're going down" before the aircraft hit the ground.

"It's funny, you say things you don't remember saying until you hear the tape playing back," McGann said. "Initially, I was on the controls and I just remember thinking, 'oh crap, did we just get shot at?'"

Foschetti agreed, adding that with everything going on, he thought he and McGann had a whole conversation that never took place.

As Foschetti tried to regain control of the helicopter, he realized the nose of the aircraft kept going to the right.

"(That's when) I realized we lost our tail rotor," he said. "The aircraft has a natural tendency to turn right because the rotor blades spin to the left, especially with the more torque you pull in."

"The tail rotor system
SEE SECONDS, PAGE B4

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Milestone: Teamwork key to program’s success

Continued from Page B1

Bakhshi, said it “was a great opportunity for us to fly in our environment.”

Bouma and CW3 Randall Jaynes are in place for one year to conduct pilot instruction and logistics for the program, which included developing the program’s goals.

“They took a basic contractor-provided training program and molded it into a complete solution for basic helicopter flight training and supporting classroom instruction,” said CW4 David White, Security Assistance Team manager for USASATMO’s Aviation Branch. “Conventional U.S. forces do not use the MD 530F, so it was a particular challenge for SATMO to develop a relevant pro-

gram from the ground up.”

Bouma commented that many factors, such as equipment delivery, personnel arrivals and maintenance and life support, came together under difficult conditions.

“Without a doubt, the success of this program has been the immense amount of teamwork and cross talk between multiple organizations,” Bouma said. In addition to USASATMO and NSRWA, the Security Assistance Office in Kabul and the U.S. Air Force were among the organizations that played a significant role in establishing the program. “Without the full support of everyone, the program would have failed,” Bouma said.

“The MD 530 helicopters were designed, built and customized for the Afghan Air

Force,” said Randy Rivers, a contractor with the NSRWA project office. This included switching the pilot’s seat from the right side to the left side of the aircraft to account for Afghanistan standards.

During a ceremony July 1 at Shindand Air Base, Bouma said the importance of the pilots’ graduation was not only an achievement for them, but for their Families, the Afghan Air Force and the people of the Islamic Republic of Afghanistan.

“We are very proud and very excited that we are the first four students to complete training inside our country to become pilots in the Afghan Air Force and serve our people,” Bakhshi said.

All four of the graduates are undergoing

advanced aircraft qualification in the MI-17 and are to conclude their training in late August. Upon completion, they will be assigned to operational squadrons throughout Afghanistan.

“Training opportunities such as this are very difficult and time consuming to get off the ground,” Bouma said. “With our assistance we can help the Afghans build a program that they can take sole ownership of in just a few years.”

In addition to training future pilots, Bouma said efforts are under way to train instructor pilots and mechanics for the MD 530 helicopters. The plan is to transfer the whole program over to the Afghan Air Force by January 2015, according to White.

Seconds: Training helps pilots survive ‘surreal’ experience

Continued from Page B1

provides anti-thrust to balance the aircraft and keep the nose straight,” he continued. “No one ever wants to lose that.”

Foschetti scanned the area and saw a two-story qualat, or house, in front of them. He said he was unsure if they had enough elevation to fly over it.

“We happened to have a beautiful open field right in front of us. I made the decision and I told my wingman, ‘we’re going down,’” Foschetti said.

As the helicopter went down, two things came to Foschetti’s mind: keep the nose of the aircraft up to protect McGann and cushion the landing at the bottom the best he could.

“I knew as soon as I pulled in power (to cushion the landing), the aircraft was going to start spinning,” he noted.

“There was a portion (of the descent) where I stopped — it was amazing. For a split second, I saw my wife, my two kids, my brother, my mother and father — my immediate Family,” Foschetti added. “As quick as it popped into my mind, they were gone and it was time to act, because (I thought) ‘we’re not dying today.’”

Foschetti had another concern as he tried to control the aircraft: prevent the aircraft from tumbling over when it hit the ground.

“We’re OK.”

“Those 14 seconds were the longest autorotation I’ve ever done,” Foschetti said. “We start autorotations (in training) at 1,000 feet. If you keep the aircraft in trim, it takes a while to get to the ground. I was at 400 feet and was trying to keep the aircraft from spinning.”

When the helicopter impacted the ground, both pilots confirmed that they were OK.

“It was so surreal — the whole descent,” McGann added. “The whole thing happened so fast, but at the same time, while it was going on, it felt slow. I remember thinking at the bottom, at the very end, I was afraid of the blades hitting the ground and us toppling over. I remember thinking, ‘this is going to hurt.’”

As the rotor blades slowed down, the Aviators lost radio communication. Foschetti realized that they needed to make sure their “sister ship” that had been flying with them, as well as the Soldiers back at BAF, knew what happened and that they were alive.

When the rotor blades finally stopped, both Aviators began using their experience and instincts.

Both Foschetti and McGann served in the Army as enlisted Soldiers for several years before going to Warrant Officer Candidate School and flight school. Foschetti previously served as an Apache armament / electrical systems repairman, while McGann was a military policeman.

“I went into a (communications security) mode: (clearing) my cockpit, getting my goggles, collecting all of my sensitive items,” Foschetti said. “When we got out of the aircraft, I ran to the storage bay to grab our flight bags. In case we had to hot tail it, we’d be ready.

“I stop and turn around, and I see Mike on the perimeter with his M-4 doing everything perfectly,” he added, laughing.

What Foschetti didn’t know was that before McGann grabbed his weapon, he made sure he had one other “sensitive item” — a stuffed dragon that his now-4-year-old daughter, Hope, sent him.

“It flies with me all the time; it usually sits right on the console,” he explained. “Before I grabbed my weapon, and before I did anything else, I grabbed (the dragon) and stuffed it under my armor.”

Foschetti and McGann suffered only minor injuries. Foschetti had a cut on his palm, and McGann bit his lip hard and was bleeding. Within 14 minutes, an Air Force emer-

gency helicopter had arrived to transport them to receive medical treatment.

After they arrived at the hospital and saw their commander and first sergeant, Foschetti and McGann were instructed to call home.

“I have an unbelievable wife; she’s such a strong wom-

an,” Foschetti said. “There were no tears, she was just happy we were OK. I love that woman.”

Foschetti had actually told his wife, Olivia, that he would be unable to call for a while due to his busy schedule. The couple met while they were both stationed in Korea. She separated from active duty when they got married in 2002.

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Lakota: Ceremony honors UH-72A name, success

Continued from Page B1

during the two-hour ceremony. The festivities also included veteran honor guards, performances by the Youngbear/White Lodge Drum Group of Mandree, N.D., and Native American dance groups.

As part of the ceremony, two Lakota helicopters were blessed by Native American spiritual leader and elder, George Ironshield of Standing Rock, and officially named “Eagle” and “Turtle” respectively. The Eagle symbolizes spirituality and hope while the Turtle is honored as a protector and healer.

These helicopters’ names reflect the life-saving and emergency response missions of the Lakota and officials said they symbolize the respect and partnership between the Native American Warriors honored by the aircraft and the Soldiers of the North Dakota National Guard that will operate them.

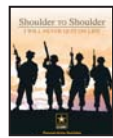
The North Dakota Army National Guard is expected to have four Lakota helicopters in their inventory by the end of 2013. The aircraft will be stationed at the Army Aviation Support Facility in Bismarck.



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SEPTEMBER 13, 2012

HEROES

Students learn importance of 'everyday heroes'

By Sara E. Martin
Army Flier Staff Writer

The gymnasium at Fort Rucker Primary School was filled with students and staff wearing red, white and blue to celebrate Hero Day on Tuesday.

Sept. 11 is recognized as Hero Day at the primary school to celebrate everyday heroes. The special area teachers have been teaching a unit on everyday heroes because the school does not emphasize the remembrance of 9/11 as the children are too young, said Sylvia Thornton, music teacher and publicity officer Fort Rucker Primary.

"We don't say September 11th or talk about it because of the age of the children. We just talk about heroes, specifically community heroes," said Shaney Shaffer, educational technologist.

The students have been introduced to books and photos educating them on real-life heroes and the they all drew pictures of their favorite heroes, which were displayed on a Hero Wall down the front stretch of hallway.

"[The teachers] talk about how important it is to recognize our everyday heroes. The importance for us is to relate to them what real heroes do. They are not on TV like celebrities or in the movies; they are real, breathing people that help others," said Janet Amuso, media specialist.

The children have been introduced to the idea that heroes might not even see themselves as heroes.



PHOTO BY SARA E. MARTIN

Col. Brian D. Bennett, Amy Bennett, Investigator and D.A.R.E officer Sgt. Keith Aamodt and Detective Holly Patterson thank the Fort Rucker Primary School ambassadors for hosting them.

"We learned that real heroes are neither Batman nor Captain America, but real heroes are everyday people who help other people. They may have started out their day not thinking that they were special, but by the end of it they proved themselves to be real heroes," said Thornton.

Several teachers held a question and answer session over the week with their students about who is their favorite hero and why, what makes a hero, as well as relating to the children who their favorite hero was and why.

Many of the children picked their mom or dad as their favorite hero, others picked Soldiers, doctors,

and firemen, while a creative few picked service dogs, plumbers and dolphin scientists.

"It's our priority to instill in [the children] the recognition that those people such as nurses and police are real heroes that often don't get recognized as heroes" said nurse Debbie Doggett.

Kenny Loggins' "Highway to the Danger Zone" played during a video while astronauts, police, farmers, doctors, firefighters and Soldiers were depicted on the screen demonstrating everyday real life heroes, and Brandon Johnson, a first grader, acted as prime reporter interviewing fellow students about their

everyday heroes.

The special guest speaker was Sgt. Keith C. Aamodt, military police investigator, and Detective Holly Patterson. The team members brought different equipment with them, like guns, tasers, handcuffs and bullet proof vests, to demonstrate to the children how they are everyday heroes. The students were particularly impressed with Aamodt's handcuffs, letting out a collective "whoa" when he displayed them.

"When we put on these vests we become like Superman. It keeps us safe and we have to stay safe to keep you safe," said Aamodt.

Patterson encouraged

the students to shoot for the stars if they want to become everyday heroes.

"You can be any type of hero you want when you grow up, but you can be a hero now if you help others," she said.

Children were also encouraged to see their parents as heroes.

"At the end of the week we send the deployed parents a little package that demonstrates what their child has learned about heroes, like them serving abroad," said Yve Esteves-Hurst, Spanish instructor, adding that at first most of the children named "The Avengers" as their personal heroes, but soon learned the difference between

make-believe heroes and real heroes.

Col. Brian D. Bennett, 1st Aviation Brigade commander, and his wife, Amy, stopped to show support for the program. Bennett, who related that his hero is his wife, complemented the teacher's task of schooling the children to recognize everyday heroes.

"I think it is important for them to recognize everyday heroes, because it's our heroes that are a part of our legacy, our history and have done so much for us. It shows them that heroes don't have to be anything extraordinary, that they are just people who do their jobs every day by making a difference," he said.

Girls Night Out: 'From big to small, they had it all'

By Sara E. Martin
Army Flier Staff Writer

With more than 300 women and 40 vendors turning out for Girls Night Out Friday, attendees and organizers alike deemed the event a success, including one who claimed, "from big to small, they had it all!"

"This is a great opportunity for women. I always have my kids so I never get to go anywhere for adults. I welcome the chance to come and see all the businesses. My drive was worth it, I have thoroughly enjoyed myself. The fashion show was amazing," said Heather Moody, an attendee who drove for more than an hour to get to the event.

The event, which showcases local businesses, most geared toward women, is held twice a year and gives military spouses and local women a taste of what the Wiregrass has to offer in terms of shopping, food and spas.

The women that made Girls Night Out a success by window shopping then raising the dance floor as the night carried on, had a lot to say about the event.

"I was trying to buy tickets last year after the event ended to make sure I could get one. I enjoy coming every time they have it. My favorite part about the night is the dancing and that no men are allowed," said Darlene Reynolds,



COURTESY PHOTO

Women window shop at a booth to talk to associates and see what each vendor has to offer at Girls Night Out Friday.

adding that the lingerie booth was nice because "some women don't know where they can get feminine [underclothes]."

Athena Watson and Deb Delk who drove from Wicksburg said they had a great time as well.

"The music is fantastic. I love to dance and this gives me a chance to let loose a little. This is our first time, but we will definitely come back. We both won door prizes, so that makes the night extra fun for us," said Watson.

"I think it's really important for women to get time away from their Families and spouses without feeling guilty about it. They need to take off their shoes and have a great time. My favorite vendor was the massage booth," said Delk.

The night offered dozens of prizes, dancing, karaoke, a fashion show and two spas gave complimentary massages.

Jillian Kalocsay, said that she had "heard about [Girls Night Out] before and wanted to experience it for myself. Everybody here is so pumped up and excited, it's a good time for the girls. I am shocked at all the women who have come. I'm having so much fun."

Organizers of the event were happy that women were coming for a number of reasons.

"Getting together without the guys is always a recipe for success. It is just a great way for them to shed the stress of the week and get the weekend kicked off right. They can do some window shop-

ping, have some [refreshments], do a little dancing in a secure atmosphere," said Jodi Roark, promotions coordinator at The Landing, adding that she wants the event to grow so that The Landing can use both rooms. "It's important for the event to continue and to get even more vendors, because we want to give something back to the military spouses."

The program will change next spring, permitting vendors to sell their wares as well allow women to continue to window shop.

"Next spring we will offer window shopping as well as have opportunities to purchase items. [Women] will be able to buy makeup, jewelry, bags, candles and accessories. We have a lot of returning people because they know how fun the night can be, but we have a lot of new faces as new Families [come] to Fort Rucker," said Leigh Ann Dukes, Directorate of Family and Morale, Welfare and Recreation sponsorship and advertising sales manager.

Different demographics of women and spouses could be seen browsing the stalls, and Brian Jackson, DFMWR program manager, said it was the perfect environment to mix and mingle for women.

"[The night] builds morale, broadens horizons about local businesses that cater to women and provides stress relief. We like to

show Soldiers whose wives, a lot of which are stay at home moms, are here but they may be elsewhere that [the wives] are having a quality life, that Fort Rucker is taking care of them through DFMWR with events like this," he said.

The business venture side of Girls Night Out was also viewed as a success.

"It is a great opportunity for businesses to gain new customers and display a product that isn't mainstream yet. I can show new items and products and get a chance to communicate with our customers and potential customers," said Stacy Holub-Thames, adding that no other event is quite like Girls Night Out.

"For DFMWR to recognize the needs of not only Army spouses but women in the area is great to see," she said.

Other vendors liked the chance to connect with attendees.

"This is a great opportunity for me and my business as well as for women to causally see what is here locally without being pressured to buy, which often happens in smaller shops or boutiques. We had an opportunity to talk with each woman because they didn't feel rushed to head off to the next booth," said Cathy Vail, adding that she thought it was important for the women who sacrifice so much for the Army to have a night just for them.

ON POST

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

NASCAR event

A Talladega Superspeedway Pace Car will be on exhibit at The Landing Friday from 10:30 a.m. to 2:30 p.m. For more, call 598-8025.

Parent advisory council meets

Child, youth and schools services hosts its parent advisory council meeting Sept. 20 from 5–6 p.m. at the child development center in Bldg. 8938. The meeting allows parents to learn more about CYSS programs and share their ideas on how to improve programs for their children. In addition, parents can learn how they can earn points each time they volunteer for CYSS programs. Once they have accumulated 10 points, parents will receive 10 percent off their monthly childcare fees – not including sports activities.

For more, call 255-2958.

BOSS Caribbean Cruise

Fort Rucker's Better Opportunities for Single Soldiers program sponsors its fourth annual cruise Dec. 3-8, but Soldiers need to sign up and pay by Oct. 1. The Caribbean cruise will set sail out of Sea Port Canaveral in Orlando and Soldiers can sign up in Bldg. 5700, Rm. 350. Cost of the cruise is \$160 and payment plans are available, but BOSS officials strongly encourage people to pay in full at the time of booking. The cost includes transportation to and from the port of call, and lodging and food. Soldiers will be responsible for gratuities and other expenses incurred while on the cruise. The cruise is reserved single Soldiers, geographical bachelors and single-Soldier parents only. There are 20 slots available, so Soldiers are encouraged to sign up early.

For more, call 255-9810.

Steak Night

This month, 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.

Newcomer's Welcome

Army Community Service hosts a Newcomers Welcome the third Friday of each month from



FILE PHOTO

Oktoberfest

A band performs traditional German music during a previous Oktoberfest. The Fort Rucker Directorate of Family, Morale, Welfare and Recreation hosts the post's 10th annual Oktoberfest Sept. 28 from 4:30–9:30 p.m. at the Festival Fields. The event will feature live German music by Sonnenschein Express, traditional German food like bratwurst and schnitzel, a keg toss competition, and more at the Family-friendly event, including inflatables, a pumpkin patch, craft activities and pony rides. For more, call 255-1749.

8:30–10:30 a.m. at The Landing. Active duty military, spouses, foreign students, Department of the Army civilians and Family Members are all encouraged to attend. A free light breakfast and coffee is served. For free childcare, parents should register children at the child development center by calling 255-3564. Reservations must be made 24 hours prior to the Newcomer's Welcome.

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

AFTB Level II training

Army Community Service will host Army Family Team Building Level II classes Monday-Wednesday from 8:30 a.m. to 2:30 p.m. at Bldg. 8950, The Commons. AFTB Level II classes include topics such as communication, stress management, time management, acknowledging change and more. Advance registration is required.

For registration and childcare information, call 255-2382.

Kids Night at The Landing Zone

Starting Tuesday, every Tuesday is Kids Night Character Dining at The Landing Zone from 5–8 p.m. Children 12 and younger eat for free from the Kids Buffet with the purchase of an adult entrée (limited to two per adult). Kids Night events will vary each week to include Kid-die Karaoke, magic shows, face painting, crafts and more. The event is open to the public.

For more, call 598-8025.

BOSS fishing with Hearts Apart, SOS

The Fort Rucker Better Opportunities for Single Soldiers hosts its fifth annual Fishing with Hearts Apart and SOS children's event. This event will be held at Buckhorne Lake Sept. 22 from 9 a.m. to 1

p.m. People who would like to volunteer should contact their BOSS representative. Hearts Apart and SOS families can register through Army Community Service. The event is not open to the general public.

For more information, call 255-9810.

Youth Adjusting to Change bus tour

Fort Rucker's Youth Adjusting to Change program, designed to help youth between the ages of 13 and 18 who are new to the post adjust to their new home, hosts a bus tour Sept. 22 from 1-5 p.m., beginning at the youth center in Bldg. 2806. The event serves as a welcome to the post and surrounding communities and puts youth new to the area in touch with other youth to show the different things to do in the area. All youth must be registered with child, youth and schools services prior to the tour. Youth can register and sign up for the tour at CYSS Parent Central Services in Bldg. 5700.

For more, call the school liaison officer at 255-9812 or the relocation readiness program manager at 255-3735.

Stress Management Workshop

The Army Community Service Family Advocacy Program hosts a Stress Management Workshop Sept. 25 from 9 -11 a.m. at the FAP Early Childhood Activity Center in Bldg. 3705 on Dean Street. Topics include: identifying causes of stress, symptoms of stress, techniques on how to manage stress and developing a stress management plan. Registration is required. The workshop is open to active duty and retired military, Department of Defense employees and their Family members.

For child care information and registration, call 255-9641.

DFMWR Spotlight

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Entry Deadline:
Friday, September 14th, 5 pm

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**For more details call,
Silver Wings Golf Course, 598-2449**
www.ftruckermwr.com



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Friday, Sept. 14

The Bourne Legacy (PG-13)

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The Bourne Legacy (PG-13)

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DOD: Families, friends need to recognize signs of suicide

By Karen Parrish
American Forces Press Service

WASHINGTON — September is National Suicide Prevention and Awareness Month and it serves as a reminder to everyone in the military community to watch out for each other, a senior defense official said.

Jacqueline Garrick, acting director of the Defense Suicide Prevention Office, told the Pentagon Channel and American Forces Press Service the Defense Department’s theme for the month’s observance, “Stand by Them,” is a prompt to get involved when a friend or loved one seems distressed.

Defense Secretary Leon E. Panetta, she noted, has been adamant about encouraging people to seek help, and in stressing leaders’ responsibility to ensure their people get the counseling they need.

“I think the first key factor is to understand the signs and symptoms of suicide, and not to be afraid to ask the question,” she said. “It’s a myth that if you ask somebody, ‘Are you feeling suicidal?’ that you’ll put a thought in their head. And that’s just not going to happen. If somebody’s really in distress, ... the first thing we want people to know to do is ask the questions, ‘Do you feel like you could hurt yourself,’ ‘Do you have a plan?’ and ‘How can I help?’”

Garrick said relationship issues, legal or financial problems often are factors in the lives of people at risk for suicide. Anyone suspecting possible suicidal impulses in a friend, co-worker or loved one should also be sensitive to changes in moods or behavior patterns, she added.

Excessive risk taking, substance abuse, giving away possessions and changes in life insurance arrangements are all possible indicators someone may be considering suicide, she said.

“Be mindful of those kinds of things,” she advised. Garrick added that mood changes in both directions can indicate a person is considering suicide.

“Sometimes it’s a euphoria, or it’s a depression,” she said. “So just be mindful. And leadership needs to know ... what their service members are like, so that they can know when there have been those changes.”

Garrick said she encourages military Family members concerned about a loved one’s state of mind to contact commands, chaplains’ offices, community services or any other means of help they can reach.

“One of the key features that we’re working on right now is with the Department of Veterans Affairs,” she said. “For several years, they have been working on the Veteran’s Crisis Line, and we have been working with them to rebrand [it] as the Military Crisis Line so that our men and women in uniform

know that the Military Crisis Line — ‘1-800-273-TALK(8255) number, press 1 if you’re military’ — is for them as well.”

The Military Crisis Line is an overarching and confidential resource — “one number to call when you’re experiencing any kind of crisis, any kind of suicidal ideation, any thoughts, feelings ... that you’re not sure how to deal with,” Garrick said.

The crisis line also has an online chat option at <http://www.militarycrisisline.net>, and a text component reachable by smartphone at 838255, she explained.

“You can access assistance any way, any time of the day, from anywhere in the world,” Garrick said, adding other options are in place or in development for troops overseas.

Any of the various means of approach to the crisis line will put military members or their Families in contact with a VA mental health provider, she said. Garrick noted Family members often are the first to notice a loved one’s struggles, and she encourages them, as well, to reach out through the crisis line.

“We know that Family members are usually the first ones to see if somebody has had any changes in mood, personality and activity,” Garrick said. “They’re the ones that need to hear the message first.

“We want to give them a way to get involved,” she continued. “If they call the crisis line, Family members can be supported as well – for their service member, and for their own issues.”

Garrick acknowledged there is a common belief among military members that seeking help for mental health issues can damage their careers.

“Not seeking help is going to harm your career even more,” she said. “So even if you have to take a medication, or you can’t deploy, or you have to go for further testing ... there are benefits to treatment. Treatment works.”

Mental health support “that we know works” is available across the services through military treatment facilities, community mental health services and chaplains’ offices, Garrick said.

“That will benefit your career in the long run,” she added. “And it will benefit your life in the long run, because this isn’t just about your military career – it’s about your Family well-being, it’s about your safety and it’s about what your long-term plan is for your future.”

Someone who calls the crisis line, Garrick said, “can expect to talk to somebody who is compassionate and competent. These are all trained clinicians [and] providers that are on the other end of the line.”

Military crisis line responders understand military culture, and many are themselves veterans, she said.

“The VA works very closely with this department to make sure that our service members are being cared for properly,” she said. “So they can expect to get the best possible assistance and competent care.”

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Alabama's Gulf Coast

Tourism officials recommend destinations where kids drive the fun home

By Annette Thompson
Alabama Tourism Department

Some of the best Family memories are made on a beach vacation. Ditching your regular routine and setting out for Alabama's 32 miles of sandy seashore welcomes a bit of magic into your lives. The special times aren't simply limited to the beaches though. The entire coastal region — the wetlands, rivers, and bays — is a rich playground full of a variety of adventures.

Children can play in the surf and also will soak up the culture of the coast. So plan your trip with a healthy mix of downtime combined with several outings to explore the watery ecosystem and the region's role in American history. And don't leave out a few squeal-producing activities.

Surf's up!

Until your teens or tots sink their toes in the sand, you haven't really arrived at the beach. So travel down Alabama Highway 59 (Gulf Shores Parkway) to land's edge. All of the major resorts in Gulf Shores and Orange Beach maintain beach services with lounge chairs and umbrellas (typically about \$25 per day), and some even rent kayaks or catamarans (typically about \$50 an hour).

Look beyond the high-rises to discover less-crowded strands, where you'll feel as if the entire beach belongs to your Family. At these tranquil spots, you'll need to bring your own blankets, chairs and umbrellas for comfort (don't forget a cooler with cold drinks, snacks and wet cloths to wash hands and faces). One of the best sites along Alabama Highway 182 is Gulf State

Park (20115 Alabama Highway 135; (251) 948-7275). The 3.5 miles of sugary sands separate Gulf Shores and Orange Beach. The park features the second-longest fishing pier (1,540 feet) anywhere along the Gulf of Mexico. (Youth under age 16 don't need fishing licenses, but adults do. They can be purchased on the pier.)

After substantial rains or high tides push extra water onto the shore, small ponds develop along Alabama's beaches. Families with toddlers especially love these seaside lakes, which can remain for days at a time. It's Mother Nature's way of creating little kiddie pools. While there's no guarantee you'll encounter one, when you do, it's a special bonus. Parents can watch older kids ride boogie boards in the gulf's gentle waves and splash around with their youngest kiddos in the warm shallow waters — all just a few feet apart.

Cross over the bay

When you're ready for a break from the beach, make tracks for Mobile Bay. As the fourth-largest estuary in the U.S., the bay is home to dolphins and seabirds as well as two 19th-century forts. The entire bay encompasses 413 square miles, with six different rivers feeding into it. Plus, a really cool auto ferry crosses its southern tip. Pack up the kids for a full day of ecological and historical adventure.

Drive out Fort Morgan Road (Alabama Highway 180). As the peninsula narrows, the bay laps against the north shore of the road, and the gulf on the south. At road's end (just over 20 miles), spend a morning climbing over the 1834 star-shaped fortifications at Fort Morgan (110 Highway 180 W.; (251) 540-5257). Exhibits describe

the events of the War of 1812 as well as the Civil War. Barrel-vaulted ceilings carry echoes between masonry walls that whisper of centuries past.

The bay was heavily fortified with sunken mines (called torpedoes then). Adm. David Farragut led the Union boats past Fort Morgan, Fort Gaines and the bay's mine-riddled waters to end the Confederate hold on the coast in the Battle of Mobile Bay during the Civil War.

Afterward, drive your vehicle (or walk) onto the Mobile Bay Ferry (1606-B Bienville Blvd.; (251) 861-3000) to putter across the mouth of the bay (\$30 round trip for cars and \$5 for adult walk-ons; children free). The ferry is an adventure in itself. Dolphins frolic in the ferry's wake as it crisscrosses the three miles to Dauphin Island. Huge tankers use the ship channel to make their way in and out of the bay. On clear days, take along some binoculars to spy the historic Sand Island Lighthouse a couple of miles south. Built in 1873, the 125-foot lighthouse and its island have been ravaged by time and hurricanes.

Upon arrival, visit The Estuarium (101 Bienville Blvd.; (251) 861-7500). Run by Sea Lab, a university-level research facility, the aquarium is a hands-on touch-the-horseshoe-crab kind of place geared toward Families. Exhibits explain the local ecosystems, from barrier islands (Dauphin Island is a classic example) and river deltas to living marshes and the universe of the gulf. You'll learn about salt marshes, sponges, oil production and even gulf weather.

Afterward, wander into Fort Gaines, (251) 861-6992, which was built to protect the western entrance to the Mobile Bay. Completed during the Civil War, Fort

Gaines also played host to Soldiers on U-boat watch during World War II. Today, Farragut's anchor is on display where living-history actors enact the fort's legends.

Don't miss: scooping up the bay, one net at a time

Drop by Dauphin Island's Ship and Shore store (401 Lemoyne Drive; (251) 861-2262), the only store on the island, to pick up an inexpensive net, cooler, bait and some hand wipes. Then make your way to one of the bay access points on either Dauphin Island or Fort Morgan Road. Wade into the knee-deep water to throw the net out to catch small fish, or scoop up crabs with a pole net. Another way to catch crabs is to tie a piece of bacon or a chicken neck on the end of a string and toss it into the water. Use your scoop net to pick the snappy creature up.

Afterward, drive under the bay through a tunnel (via I-10) to the Battleship USS Alabama. The 680-foot behemoth served in both the Atlantic and Pacific arenas during World War II. Families may explore the brigs, walk the decks and man the gun turrets. Students can even arrange to spend the night on the iron beauty. The park also includes the 311-foot USS Drum submarine plus a massive hangar with more than 25 war planes, ranging from the World War II-era through the Cold War.

All this exploring will work up an appetite, so take the kids over to Felix's Fish Camp Grill (1530 Battleship Parkway; (251) 626-6710). Set on the edge of the bay, Felix's feels like a big old screened-in porch with ceiling fans, wooden tables and a kitchen cooking up tasty seafood dishes. It's a great place to watch the sunset.

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.

DOTHAN

SATURDAY — The Princess Macy 5K begins at 7 a.m. at Westgate Park. Morgan's Mile begins at 9 a.m. Morgan Hasty is currently battling Sclerosing Rhabdomyosarcoma. The price is \$25 per person. For more information, call (229) 308-1181 or (251) 436-0015.

SATURDAY — The Cultural Arts Center hosts Dixie Crafters Workshops. Several types of classes are offered in the morning and afternoon, prices vary.

The morning workshops will be held from 8 a.m. until noon and afternoon workshops will be from 1-4 p.m. Registration fee is \$35.

For more information, call 677-5827.

SATURDAY AND SUNDAY — The 22nd annual Wiregrass Model Railroad Show and Sale takes place Saturday from 9 a.m. to 5 p.m. and Sunday from 10 a.m. to 4 p.m. at the National Peanut Festival Fairgrounds. More than 125 tables of model railroad equipment and supplies, several large operating model layouts, door prizes and concessions both days are viewable. Admission is \$5 for adults and free for children age 12 and under. For

more information, call 790-6284.

OCT. 6 — The Cultural Arts Center hosts the Ballroom Dance Club Oct. 6, Nov. 3 and Dec. 29, 7-9:30 p.m. Food and drinks are available. The cost is \$2 per couple. For more information, call 677-4967 or visit www.theculturalartscenter.org.

ONGOING — Wiregrass Suicide Prevention Services holds bimonthly suicide survivor support groups the second and fourth Monday at 6 p.m. at 148 E. Main Street. The support groups are for anyone who has lost a friend or loved one to suicide. Children's groups are also available. For more information, call (334) 792-9814.

ENTERPRISE

SEPT. 22 — The city of Enterprise hosts the Aviation Expo at the Enterprise Municipal Airport. Event contains aerial acrobatics, static displays, arts and craft vendors, food vendors, live entertainment and more. For more information, call 347-1211.

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.

ONGOING — The American Legion Post 73 meets at the American Legion/Doer's Shrine Club building at 200 Gibson Street in Enterprise on the fourth Saturday of each month, beginning at 8 a.m. This building is across the street from the Lee Street Baptist Church on Lee Street. For more information, call Post Commander

Jerry Goodson at 347-5961 or 447-8507.

ONGOING — Veterans of Foreign Wars Post 6683, John Wiley Brock Post membership meetings are at the post headquarters, on County Road 537, every third Tuesday of the month at 7 p.m. For more information, call Connie Hudson at 406-3077, Randy Black at 393-6499 or Bob Cooper 347-7076, or visit the VFW Post 6683 on *Facebook*.

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

SEPT. 27 — Disabled American Veterans Chapter No. 99 meets at 6 p.m. in the New Brockton City Hall. Food and drinks are served followed by regular chapter business. For more information, call 718-5707.

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 Dale County Extension office hosts a Master Gardener Class Wednesdays from 8:30 a.m. to 12:30 p.m., now through Oct. 31 at the Dale County government building. Cost is \$125. For more information, call 774-2329.

SEPT. 20 — The Ozark Dale County Public Library will host a networking opportunity 'Afterhours' from 5-6:30 p.m. 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>.

Pineapple Willy Golf Classic

Camp Creek Golf Club in Panama City Beach hosts the third annual Pineapple Willy's Golf Classic Monday. Free food and drink for all players and volunteers. The event is a four-person scramble format with registration beginning at 8 a.m.

For more information, email george@hospitalitydepot.com or call (850) 233-7453 or 231-7600.

Half marathon, 5K run

The half marathon starts and finishes on the Super Speedway Track in Talladega Sunday. Participants can have their photo taken in Victory Lane after they cross the finish line and then head to the Pit Garage for a post-race party featuring live music, barbecue and a kids' zone.

For more information, visit www.talladegahalf.com.

Lobster festival, tournament

Schooners in Panama City Beach host the 23rd annual lobster festival and tournament. The festivities are now through Sunday.

For more information, visit <http://www.schooners.com/events/lobsterfestival.htm>.

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ASK THE HEARING AID EXPERT!

**Audiologist Dr. Wesley Ann Terry
Now on Staff**



What is presbycusis?

Presbycusis is hearing loss that gradually occurs in most individuals as they age. Hearing loss is a common disorder associated with the aging process. Hearing loss associated with presbycusis maximally affects the high frequencies and is usually associated with poor speech discrimination scores. A person with presbycusis may hear sounds less clear and speech may sound mumbled or slurred. A woman's high pitched voice may be more difficult to understand than a man's low pitched voice. Someone with presbycusis may experience more difficulty communicating in a listening environment with background noise. The person may also have ringing in the ears.

Doesn't hearing loss only affect old people?

No, hearing loss does not only affect old people. 65% of people with hearing loss are younger than age 65. There are numerous cases of hearing loss in children. Hearing loss affects all age groups.

Are there operations or medications that I can take for hearing loss?

This is a very common question! Only 5% of hearing loss in adults can be improved medically or surgically. The vast majority of Americans with hearing loss (95%) are treated with hearing aids.

Are hearing aids covered under Medicare?

No

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Benefits of hearing aids vary by type and degree of hearing loss, hearing environment, accuracy of hearing evaluation and proper fit.

*Home and community information, including pricing, included features, terms, availability and amenities are subject to change and prior sales at any time without notice or obligation. Price effective 9/10/12. Contracts must be written on 9/20/12 thru 9/23/12 and close by 10/31/12 for incentives to apply. Savings can be used towards upgrade options as specified on each individual home listed above and is not redeemable for cash or credit against purchase price. Offer only redeemable at closing. Cannot be combined with any other offer or incentive. Offer valid only on new contracts. Valid in the Northern Gulf Coast Division only. Restrictions apply. See a DR Horton sales representative for additional details.



J.J. Goddard, Wayne White, Tim Luchner and Bob Raichle watch a shot during the Swing FORE Life Golf Tournament Friday.

PHOTO BY SARA E. MARTIN

Golf tourney provides unique experience

By Nathan Pfau
Army Flier Staff Writer

The Silver Wings Golf Course has many tournaments throughout the year, but the 2012 Pro-Am Tournament gives amateur golfers a unique opportunity to compare their skills to professionals in a competitive setting Sept 21-23.

“The tournament is something we do for recreation,” said David Unsicker, SWGC business manager. “It’s an avenue for people who like to compete in our tournaments ... and it really showcases the golf course facility to a lot of people from outside [the area].”

The tournament will be a three-day, 36-hole event where professional and amateur golfers from all over the Southeast will compete in teams of four; one

professional and three amateurs per team, according to Unsicker.

“There will be between 25-30 pros that will be playing and about 75-80 amateurs, so it’s a pretty big turnout,” he said.

The first day of the tournament will be an all-day event of practice rounds and the following days will begin with a shotgun start at 9 a.m.

“The pros that will be playing are a combination of Dixie-section [Professional Golfer Association] professionals that work at clubs throughout Alabama and the panhandle, guys that play on the Emerald Coast tour and other professionals,” said Unsicker. “Occasionally we’ll get a guy from a nationwide PGA tour.”

For golfers to be considered professional, they must be eligible to win money in tournaments, said the SWGC business manager.

When people win money in a tournament, they are considered professional and cannot compete on the amateur level.

Amateurs are any golfers that qualify for or have a current U.S. Golf Association handicap index, added Unsicker.

“About 99.9 percent of the golfers around here are amateurs,” he said. “They are made up of our regular golfers, our members, retirees, some active-duty Soldiers and even some of the command group here at Fort Rucker.”

Each pro will team up with amateurs to create a four-person team, and the teams will play Team Stableford, which is a point system in which the team lumps their score together, and points are added to their pot depending on how well they shoot, according to Unsicker. Unlike tradition-

al scoring in golf, the objective in Stableford point system is to have the highest score rather than the lowest.

The winners of the tournament will receive a crystal trophy and gift certificates that can be used at the SWGC pro shop, said Unsicker.

“A lot of the participants that we have in this tournament are avid golfers, so if they’re going to buy something for golf, they’re more than likely going to buy it from the golf course that they play at,” he said, which makes the prizes well worth the participant’s time.

Unsicker said that all participants will also receive range balls, tournament gifts, tournament meals and other prizes.

“We give everybody that plays in the event a gift of some sort,” said Unsicker. “It could be any-

thing from shoe bags, apparel, golf balls or any number of golf merchandise from us. We’re going to make it worth their while.”

The cost to enter the tournament is \$125 for members, \$150 for non-members and \$250 for professionals, and all entries must be in by Friday at 5 p.m. People can visit www.ftruckerkmwr.com/recreation/silver-wings-golf-course/ for registration forms and faxed entries with credit card numbers are also accepted at 598-1555.

“I really encourage people to sign up if they have that competitive edge,” said Unsicker. “If they want to challenge themselves, they have the chance to compare themselves to someone who plays the sport professionally.”

For more information, call 598-2449.

PIGSKIN PICKS



	Chicago vs. Green Bay	New Orleans vs. Carolina	Oakland vs. Miami	Baltimore vs. Philadelphia	Dallas vs. Seattle	Detroit vs. San Francisco	Denver vs. Atlanta
 <div>Jim Hughes <i>Public Affairs</i> (4-3)</div>							
 <div>Brian Jackson <i>DFMWR</i> (2-5)</div>							
 <div>John McGee <i>CDID</i> (2-5)</div>							
 <div>Capt. Mike Simmons <i>Directorate of Public Safety</i> (2-5)</div>							
 <div>Sharon Storti <i>Network Enterprise Center</i> (1-6)</div>							

DOWN TIME



TRIVIA

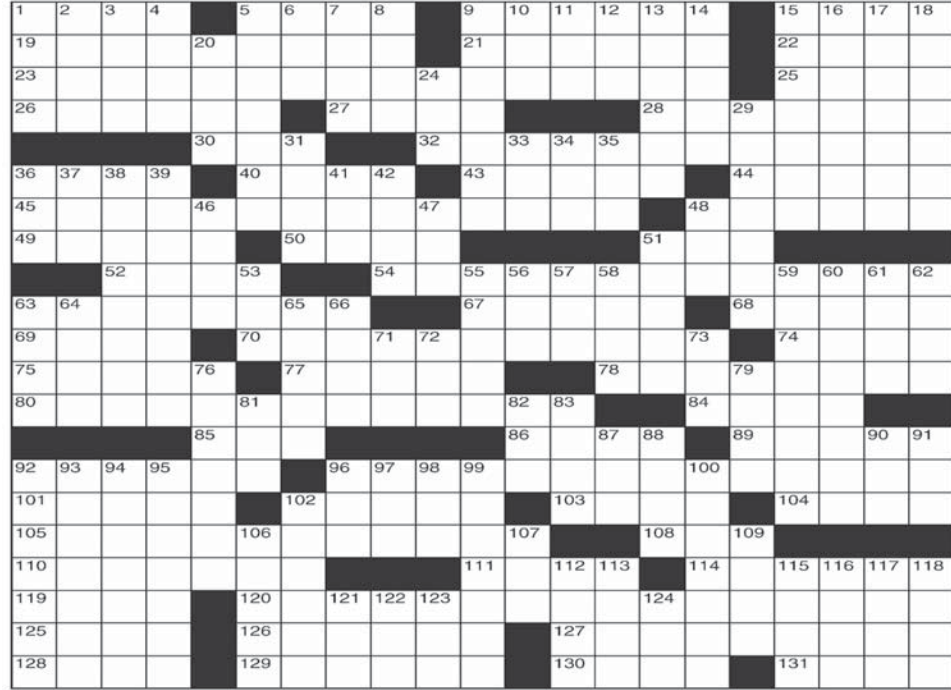
1. MOVIES: What was the name of Rocky's boxing nemesis in "Rocky"?
2. MUSIC: Which 1980s rock band had a hit with the title "Roxanne"?
3. HISTORY: Where did the Battle of Waterloo take place?
4. SCIENCE: What does a mycologist study?
5. TELEVISION: What was the name of the boyfriend in the "Gidget" surfing series?
6. COMPUTERS: What does it mean when you get the message "Error 404" on a computer?
7. LANGUAGE: What does the acronym "radar" stand for?
8. LITERATURE: When was "The Cat in the Hat" first published?
9. TEAM SPORTS: How many members does a cricket team have?
10. GEOGRAPHY: What is the capital of Trinidad and Tobago?

See Page D3 for this week's answers.

Super Crossword

CONSONANT SEXTETS

- ACROSS**
- 1 Holier-than- —
 - 5 Cow sounds
 - 9 Blueprint, e.g.
 - 15 Not very much at all
 - 19 Procure off-site, as
 - 21 Novelist
 - 22 "Livin' La Vida —" (Ricky Martin hit)
 - 23 Bodybuilding regimen
 - 25 Dull, as London skies
 - 26 Buying places
 - 27 "Candida" playwright
 - 28 Declares
 - 30 That vessel
 - 32 Potential epidemic
 - 36 Post-shave splash-on brand
 - 40 Rowboat movers
 - 43 Arab rulers
 - 44 Utah's — Mountains
 - 45 Airline posting
 - 48 Bay — (Bostonian, e.g.)
 - 49 Juliet's guy
 - 50 New Mexico art mecca
 - 51 Biol. or geol.
 - 52 "Born Free" lioness
 - 54 Certain fruity liquor
 - 63 Spiel giver
 - 67 Fry a little
 - 68 "Rocky" actress Talia
 - 69 Tel —
 - 70 Excellent
 - 74 Have — with (know someone at)
 - 75 Credit card
 - 77 — few rounds (spars)
 - 78 Backed down
 - 80 Senior
 - 84 Auto pioneer
 - 85 With 56-Down, bigwig with big bucks
 - 86 Is hurting
 - 89 — that hard to believe!
 - 92 — frisé (toy dog)
 - 96 Large dog used in police work
 - 101 Broadcasting
 - 102 Actor Joe
 - 103 Emmy winner Falco
 - 104 Rosten and Sayer
 - 105 Penetrate suddenly
 - 108 Nose variety
 - 110 Pays a casual visit
 - 111 Vehemence
 - 114 Delineated
 - 119 "I — Song Go Out of My Heart"
 - 120 1952 Peace Nobel
 - 125 Ireland, in poetry
 - 126 Regret-filled
 - 127 Greeting in a locked book
 - 128 Nitwit
 - 129 1922-73 comic strip
 - 130 Gear teeth
 - 131 Whizzes
 - 9 Marine plant
 - 10 Livy's 106
 - 11 Barn clucker
 - 12 Yale Bowl cheerer
 - 13 Avian mimics
 - 14 Gloomy anxiety
 - 15 Neighbor of Libya
 - 16 Downpour
 - 17 Film overlay
 - 18 Bright planet seen before sunrise
 - 20 Some till fill
 - 24 Rally cry
 - 29 They're not able to get out much
 - 31 Part of NNE
 - 33 — Darya (river)
 - 34 Small, in Dogpatch
 - 35 Three, in Trieste
 - 36 15-Down loc.
 - 37 Polly
 - 38 Light brown sitcom
 - 39 21-35 range, maybe
 - 41 Nipper's co.
 - 42 Buying place
 - 46 "Bonanza" brother
 - 47 Suffix with Taiwan
 - 48 Educ. inst.
 - 51 Venue
 - 53 Pooch sound
 - 55 Syrian president
 - 56 See 85-Across
 - 57 "Ben- —"
 - 58 Budge
 - 59 Some
 - 60 Small
 - 61 — dieu (pew add-on)
 - 62 Dispatch
 - 63 Filmmaker
 - 64 Declare
 - 65 Two cubed
 - 66 — rock (music genre)
 - 71 Homily: Abbr.
 - 72 Airport uniform abbr.
 - 73 Day- — paint
 - 76 Attempts
 - 79 Kazan of Hollywood
 - 81 Light brown
 - 82 Have dinner
 - 83 Move upward
 - 87 PC screen variety
 - 88 Armada unit
 - 90 Prefix with colonial
 - 91 "ER" figs.
 - 92 Winter Olympics event
 - 93 Not yet born
 - 94 Neck artery
 - 95 — American (Latino U.S. resident)
 - 96 Hamburg loc.
 - 97 Prefix with propyl
 - 98 Start to puncture?
 - 99 During every evening
 - 100 Fixes, as Rover
 - 102 Chordata, for humans
 - 106 Some ski lifts
 - 107 Bulls, rams, and bucks
 - 109 Basic street system
 - 112 Flexible, electrically
 - 113 Mr. Kojak
 - 115 "Take — from me ..."
 - 116 Antidrug kingpin
 - 117 Architect
 - 118 Ones against alcohol
 - 121 The Andrews Sisters' — "Mir Bist Du Schön"
 - 122 New newt
 - 123 Deep groove
 - 124 Turn tail?



See Page D3 for this week's answers.

Weekly SUDOKU

by Linda Thistle

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

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

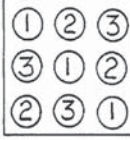


UP FOR GRABS! Which route — 1, 2, 3 or 4 — does the football take to reach receiver at point X? It's for you to decide.

POST HASTE! Quickly, name the M state designated by each of the following postal abbreviations. MA, ME, MD, MI, MN, MO, MS, MT. See if you can name them all.

SIX PACK! You will note that with the exception of numbers in a single diagonal row, all three-number rows in the diagram shown total six. However, it is possible to shift just one row of numbers and have all horizontal and vertical rows, and both diagonals, total six. Let's see how quickly you can make this adjustment.

Time limit: Two minutes.
P.S.: There is more than one way to achieve the desired result. Two answers are given below.



MUSING OVER HIGH POINTS

HOW did earth's satellite, the moon, go into orbit? Perhaps it just snowballed down a mountain as suggested at left. See if you can put these panels in a logical order.

And, speaking of mountains, each continent has its highest peak. See if you can match these continents with peaks listed below:

1. Africa
2. Asia
3. Europe
4. N. America
5. S. America

Peaks: Aconcagua, Elbrus, Everest, Kilimanjaro, McKinley.

P.S.: Which peak is highest? 6,000 feet.

Printed order: C.A.D.B. 1. Kilimanjaro, 2. Everest, 3. Elbrus, 4. McKinley, 5. Aconcagua. Everest is highest by some.

Wishing Well®

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

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

HOCUS-FOCUS

BY HENRY BOLTINOFF



FIND AT LEAST 6 DIFFERENCES BETWEEN PANELS.

Soldier runs 100 miles in honor of fallen comrades

By Maj. Matthew Devivo
IMCOM

CAMP ARIFJAN, Kuwait — On the first day of April, a 10-mile road race was set to begin, while on the other side of the base, a lone runner pushed herself harder and faster around this desert outpost to finish her 24-hour quest: 100 miles in remembrance of fellow North Carolinians who have died in the war on terror.

That lone runner was Sgt. 1st Class Rita Rice from Sanford, N.C., stationed here with the North Carolina Army National Guard's 113th Sustainment Brigade. Rice carried her own water. Traffic wasn't stopped for her. No T-shirts or medals were handed out, and the only cheers and recognition along the way were a few high fives and pats on the back from Soldiers who took turns running with her.

Rice, a former member of the 82nd Airborne Division, joined the North Carolina Army National Guard in 2009. Every runner that ran a lap or two with Rice during her 100 miles said they felt honored to share the road with her.

"It's awesome," said Sgt 1st Class Lee Klimala, "her superhuman ability and can-do attitude is contagious."

Rice is an ultra runner, one who trains for and participates in endurance races more than 26.2 miles long, the length of a marathon; most are between 50 and 100 miles long. It took many years for her to become the runner she is today.

In 2006 she began to slowly pound the pavement and shady wooded trails of North Carolina to keep up with her twin daughters, who had started running track at school.

"It was a good excuse for me to get back in shape and to be with my girls and bond," Rice said. "It was hard at first, but well worth it. I had not run seriously for almost 14 years since my days in the 82nd, but my FDamily and friends kept me motivated."

Over the following months, Rice was able to complete a 2-mile run, then 4 miles, a 10-miler, and before long she completed her first marathon in 2007.

Rice said the major change in her attitude toward running and her desire not to quit came when a close neighborhood friend, special forces CW2 Scott Dyer, was killed in Afghanistan in late 2006. After the news of her friend's death, Rice wanted to honor his service, and decided that running was a healthy and challenging way to do it.

Rice said she was lucky to have a running mentor, Lt. Col.



PHOTO BY SGT. 1ST CLASS KEITH WARZON

Staff Sgt. Samuel Joyce of the 113th Sustainment Brigade runs a few laps with Sgt. 1st Class Rita "Missy" Rice during Rice's 100-mile run around Camp Arifjan, Kuwait, April 1, 2012. Each lap around the base was approximately seven miles. Rice dedicated her run to fallen comrades from North Carolina.

Mike McNeill. McNeill, a special forces officer, motivated Rice, helped her get past the mental challenges of running long distances and taught her how to enjoy the experience of running.

Rice, now a veteran runner, has completed five marathons, multiple endurance races, and other fun runs that challenge a person mentally and physically. Rice said her personal mottos, "Rules according to Rice," are as follows: "Live life to its fullest. Set challenging goals for yourself and maybe it will inspire others to also 'go for it.' Dream big dreams. Never quit, and never forget those who gave their lives so that we may enjoy ours."

"Rice is the definition of a 113th Sustainment Brigade "Steel Soldier" whose determination to succeed inspires others and makes the whole unit "twice as strong," but above all else, she's proud to be an American Soldier, serving her country and honoring our fallen heroes," said Col. David Jones, commander of the 113th Sustainment Brigade.

Weekly SUDOKU

Answer

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

TRIVIA

Answers

1. Apollo Creed
2. The Police
3. Belgium
4. Fungi
5. Moondoggie
6. Webpage not found
7. Radio detecting and ranging
8. 1957
9. Eleven
10. Port of Spain

PUZZLE ANSWERS

Super Crossword

Answers

THOU	MOOS	SCHEMA	ATAD
OUTSOURCE	EVELYN	LOCA	
STRENGTH	TRAINING	GREY	
STORES	SHAW	ASSERTS	
SHE	HEALTH	THREAT	
AFTA	OARS	EMIRS	UINTA
FLIGHT	SCHEDULE	STATER	
ROMEO	TAOS	SCI	
ELSA	PEACHS	SCHNAPPS	
SALESREP	SAUTIE	SHIRE	
AVIV	FIRST	STRING	ANIN
NOFEE	GOESA	RELENTED	
TWELFTH	GRADER	OLDS	
FAT	AILS	IFIND	
BICHON	GIANTS	SCHNAUZER	
ONAIR	PESCI	EDIE	LEOS
BURST	THROUGH	PUG	
STOPSBY	HEAT	TRACED	
LETA	ALBERTS	SCHWEITZER	
ERIN	RUEFUL	DEARDIARY	
DODO	SMITTY	COGS	PROS



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SPORTS BRIEFS

Museum Golf Classic

Silver Wings Golf Course hosts the 17th annual Army Aviation Museum Golf Classic Friday. The four-person scramble, handicap and string tournament is open to the first 144 golfers. Registration starts at 9:30 a.m. at the golf course and the shotgun start is at 11:30 a.m. Cost is \$65 per person for SWGC members and \$75 for nonmembers. The fee includes string, green fees, cart rental, range, balls, afternoon buffet, participation gift certificates for an additional 18 holes of golf at SWGC. Prizes will be awarded.

For more information or to sign up for the classic, call the museum at 598-2508 or SWGC at 598-2449.

Fall Boot Camp

The Fortenberry-Colton Physical Fitness Facility hosts its six-week Boot Camp starting Oct. 1 and ending Nov. 9. The program meets five days a week with two sessions to choose from, from 6:30-7:30 a.m. or 8-9 a.m. The cost is \$100 per participant, and includes weekly consultations to keep track of progress, training with certified personal trainers, access to all group fitness classes during the six weeks and T-shirts for participants who complete the training. Orientation will be Sept. 28 at 6:30 and 8 a.m. at Fortenberry-Colton PFF. There is limited space in each session. Registration forms are available at either post physical fitness facility.

For more, call 255-2296.

Fishing tournament

Outdoor recreation hosts its Two-Man Buddy Bass Tournament Saturday 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.

Business Card Spotlight

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PIGSKIN PICKS



Northern Illinois
vs. Army

Alabama
vs. Arkansas

Virginia vs.
Georgia Tech

Florida vs.
Tennessee

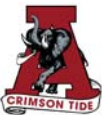
Mississippi State
vs. Troy

Notre Dame vs.
Michigan State

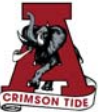
BYU vs.
Utah



David C. Agan Jr,
Fort Rucker Public Affairs
(9-5)



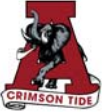
Kent Anger,
Directorate of Plans, Training,
Mobilization and Security
(11-3)



Benjamin Conner,
Directorate of Public Safety
(10-4)



Wes Hamilton,
Network Enterprise Center
(12-2)



Tish Williamson,
USAACE
(9-5)





Adopt a pet

For more information about animal adoptions, call the Veterinary Clinic at 255-9061.

The Stray Facility needs donations such as dry or canned foods for cats, dogs, kittens and puppies, as well as blankets, toys and towels.

Donations can be dropped off at the Veterinary Clinic.

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