

GIVING BACK
AAFES puts profits
back into community



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Warrior Adventure
Quest seeks to
recondition Soldiers



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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

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PHOTO BY JIM HUGHES

DOD stages hurricane relief at Cairns

Two HH-60 Alpha Plus Black Hawks take off over two CH-47 F-model Chinooks, all from Fort Campbell, Ky., Friday after spending most of the week at Fort Rucker in preparation for hurricane relief missions that didn't materialize when Hurricane Isaac slammed into the gulf coast last week. Part of 7th Battalion, 101st Aviation Regiment, 159th Combat Aviation Brigade, 101st Airborne Division, the mission's Soldiers are "a combat-seasoned group, trained, disciplined and fit, and ready to go anywhere anytime to support the nation's needs," said Lt. Col. Scott Halter, 7-101st Aviation commander. Also at Rucker were Air Force pararescue Airmen and a C-130 Hercules, and Navy helicopters and rescue forces.

Fort Rucker events celebrate life

By Nathan Pfau
Army Flier Staff Writer

As suicide rates in the Army continue at high levels, the post offers events that celebrate life, educate and build camaraderie during Suicide Prevention Month in September.

"What our overall goal [for Suicide Prevention Month] is to be able to get the message out there that there really are things to live for," said Chaplain (Col.) Dennis R. Newton, garrison and U.S. Army Aviation Center of Excellence chaplain. "Life is worth living no matter how bad things are around you. In another day, another month or another year, life will be different."

The campaign will kick off with the "Swing Fore Life" golf tournament Friday at the Silver Wings Golf Course, which is open to the public, and other events include the Strike Out Suicide Bowling Tournament Sept. 13, and 20 at the Bowling Center, and the return of the "Music Under the Alabama Stars" concert series Sept. 21 at 6:30 p.m. at Howze Field.

The need for awareness of suicide prevention is high. In July, suicides in the Army averaged more than one per day with 38 confirmed or suspected suicides, according to the Army, and is the highest one-month tally in recent Army history.

"I feel that since we've got so many Soldiers coming back [from war], we're just not challenging them," said Newton. "I think we've just got

so many guys back and we've got the issues with [post traumatic stress disorder] and [traumatic brain injuries], and I think that some of these guys are feeling like they don't have the purpose that they once had."

One of the main things Newton said that people should be aware of is a change in behavior.

"You want to look for whether they seem depressed or if they're having mood swings," he said. "One thing I look for is if they are giving things away ... or if they suddenly take no interest in something that is their hobby. You look for changes, and then it's a case of just knowing them — you've got to be their friend."

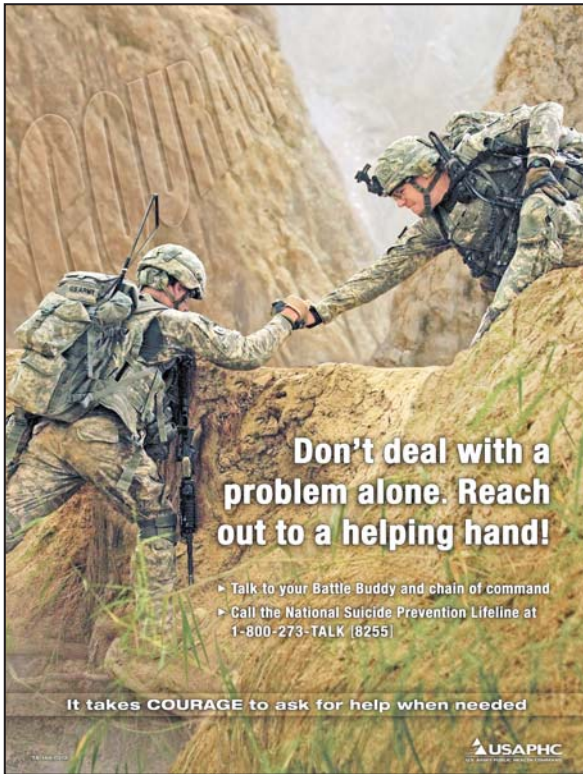
Newton said people should get involved socially with the person if they suspect that they might be suicidal.

"Ask them what's going on and what has changed," he said. "Ask, 'Are you doing alright?' or the question I always ask is, 'Are you feeling safe?'"

The campaign reaches far beyond Fort Rucker and is an issue that is recognized by the Army's top leaders.

The Vice Chief of Staff of the Army Gen. Lloyd J. Austin III ordered an Army-wide suicide "stand down," which is scheduled for Sept. 27. As a way to familiarize all members of the Army Family with health promotion and suicide prevention,

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Be heard: AFAP solicits issues from community

By Nathan Pfau
Army Flier Staff Writer

Sometimes people need a soapbox to stand on to get their issues heard, and the Army Family Action Plan gives people on Fort Rucker a platform to stand on to do just that.

The local-level AFAP conference will be held at the Wings Chapel Oct. 10-11 from 8 a.m. to 4 p.m., and anyone that wishes to have their issues reviewed must have them submitted by Sept. 28, according to Shellie Kelly, Army Community Service Army Family Team Building and AFAP program manager.

"People can submit their issues directly to me at the ACS office, or can do so online as well," said Kelly. People can visit www.ftrucker.mwr.com/acs/army-family-action-plan/ to submit an issue.

"There are also boxes at many Directorate of Family, Morale, Welfare and Recreation facilities around the installation that people can submit their issues to," she added.

When people submit an issue, Kelly said they should make sure to clarify what the problem is, why it is a problem and have a recommendation to fix the problem.

"One of the really cool things about the AFAP program is the vetting process," she said. "The process ensures that everything that is submitted is really well researched and the cost is thought out. It's all looked at from A to Z before it moves forward."

Some of the programs and accomplishments that have come about because of AFAP are Better Opportunities for Single Soldiers, Army Volunteer Corps,

Military Thrift Savings Plan, increased military annual leave carryover and distribution of the Montgomery GI bill benefits to dependents.

A local-level AFAP conference is held each year where all the issues that are submitted are brought before garrison leadership and discussed, said Kelly. It is at this conference where it is decided whether or not issues can be dealt with on the installation level, or if they need to be sent to the U.S. Army Training and Doctrine Command level.

"The conference is a two-day conference and there will be four work groups with 10-15 people in each work group," said the AFAP manager. "During the conference we will do delegate training and teach them how to analyze and

SEE AFAP, PAGE A4



FILE PHOTO

Survivor Outreach Services Financial Counselor Beth Gunter reviews benefits with survivor Fredda Jones and her son, Jamerius, in 2010. People on Fort Rucker have an opportunity to have their Army Family Action Plan issues discussed during the local AFAP conference Oct. 10-11 as long as their issues are submitted by Sept. 28. Last year, Fort Rucker submitted an issue that not only went to the HQDA-level conference, but was marked as the No. 1 issue to be taken on.

PERSPECTIVE

JAG: 13 tips when going to a car dealership

By Capt. Kenneth Hall
Fort Rucker Office of the Staff Judge Advocate

You see a car dealership’s commercial on TV. It has “Old Glory” waving in the sky, images of Soldiers deployed in the background and the salesperson in the commercial proclaims that the dealership salutes the troops. And you think to yourself, “I’ll go there to buy a car!”

Not so fast. Just because the dealership supports the troops doesn’t mean they support giving you a good deal. Car dealerships are in business to make money.

So, here are a few tips for your trip to the dealership:

- 1. Call your bank about a loan:** Before going to a car dealership, call your bank or credit union and see what kind of auto loans you can get through them. This is important for a number of reasons.
- Under the Truth-In-Lending Disclosures Act, the bank will provide you with the annual percentage interest rate, finance charges, number of payments and total overall price you can expect to pay after the loan is completely paid off. By checking with a bank before you head to the dealership, you’ll have a good idea of what kind of interest rate you should expect to receive, and you’ll know exactly what kind of vehicle you can afford.
- Also, you can use your bank’s loan offer as leverage to get the dealership to offer you a better interest rate. And you’ll be able to avoid something called an “acquisition fee” from the dealership. That’s a fee banks charge dealerships just to approve a loan, and the dealership passes the fee, plus added interest, on to you. Carbuyingtips.com reports, “Car dealership financing is not a service they provide you, it is a product they sell to you.”
- 2. Research:** Do your own research before walking onto the dealership’s property. Get on the Internet and check out the value of the vehicle you’re interested in purchasing. Find the price that the dealer had to pay for the vehicle – you want to know the invoice price. With this information, you’ll be in a better place to negotiate a fair bargain.
- 3. At the dealership, only negotiate on the final price of the car:** Do not negotiate with them on the monthly payment. Why? The dealership can end up charging you higher interest over a longer period of time. The monthly payment may look smaller, but by the time you pay off the loan over a longer period of time, you actually end up paying more.

So stick to negotiating on the actual price of the car.

Dealerships make huge profits off the money they lend you. They want you locked into higher interest rates. Sometimes those high interest rates are higher than your credit score justifies. Dealerships get a fee for arranging loans and then make even more money by getting you to pay a higher interest rate. Hence the reason for first checking on loans through your own bank first.


- 4. Ask the dealership for a detailed statement of your negotiated purchase price:** Look it over carefully. Check for extra fees that are not required by law. You have to pay taxes of course, but you should not have to pay for such things as preparation fees, window etching, extended warranty, and other unnecessary expenses. Try to persuade the dealership to deduct those items off the final price. If they won’t, you should consider walking away. The dealership wants to sell cars, and you might just get a telephone call from them a day or week later agreeing to the deductions you requested.
- 5. Pick the right time to buy a car:** The best times to purchase an automobile are generally the last two weeks in December and in late summer or early fall when car models are changing out.
- 6. Rethink the dealership extended warranty:** Think hard before you get an extended warranty from the dealership, and check to make sure the dealership has not added an extended warranty in the contract itself. Some dealerships will tell you that the extended warranty is required. That is not true, and they are trying to rip you off. Extended warranties are simply a way for the dealership to make more money. Period. Car dealerships often make five to seven times the price they actually pay for the extended warranty. If you want an extended warranty, look to other places besides the dealership – you can usually find a better deal on extended warranties outside the dealership.
- 7. Say “No!” to etching:** Don’t pay for the car window etching that dealerships offer. Etching is where they use acid to put the VIN# on the car glass. If it is in the contract price, have the dealer deduct it from the price. Car window etching makes huge profits for dealerships. Most experts agree that etching is worthless.
- 8. Investigate the dealership:** Check out the dealer-

ship’s reviews online. Check out the Better Business Bureau website. You may discover that the dealership you considered visiting has a poor rating with the BBB, even though they have a really cool commercial on TV.

9. Don’t pay for prep fees: Preparation Fees account for such things as washing the car, vacuuming the vehicle’s interior, adding fluids, and taking the plastic off the new car seats. Do not pay for dealer preparation fees in the contract. Nowadays, the car maker actually pays the dealership to prep the vehicle, so you should not have to pay the dealership again for that service. You should avoid dealership preparation fees, and if the dealership will not take it off your final price, perhaps you should avoid that dealership altogether.


10. No life insurance or disability required: Do not pay for the dealership’s auto life insurance or disability insurance they are trying to sell you. Don’t let them tell you that these are required for the lender to give you the loan. A lender can’t require life or disability insurance. Your own bank doesn’t require it for an auto loan.

- 11. Trade-ins:** If you’re trading in a car, check out its blue book value before taking it to the dealership. That way, you know whether or not the dealership is giving you a close to fair price on your trade-in. Most of the time, you’ll get more bang for your buck if you sell your car to a private party instead of trading it in.
- 12. Think before you sign:** When the dealership places the sales contract in front of you, read it carefully. Read it slowly. Read it over again. Don’t let them rush you. And if you get confused by all the paragraphs, lawyer-speak and fine print, do not sign it! Ask for an explanation regarding anything you do not understand. Better yet, tell the dealership you would like to take the contract home and read it over in the privacy of your own home. Also, feel free to bring it in to the legal assistance office for a review.
- 13. Most important advice:** Be willing to walk off the car lot without a deal. If you don’t like what the dealership is offering, or if you need more time to think about it, do an about-face and walk away. It may be just a matter of time before the dealership is calling you and trying to offer a better deal.




Rotor Wash

“The Leading Change Team begins its recruitment drive this month. If you could change one thing at (or about) Fort Rucker, what would it be?”




Spc. Dhrett Massey,
B. Co., 1st Bn.,
13th Avn. Regt.

“I would make the shoppettes open 24 hours a day.”




Maj. Ryan Hedberg,
1st Bn., 223rd
Avn. Regt.

“I would make it so diesel fuel would be sold on post.”




Kathy Crisp,
Directorate of Resource
Management

“I would improve our professional development for both civilians and the military.”



Melissa Jackson,
military spouse

“I would fix all the sidewalks in post housing because it’s hard to run with a stroller with all the cracks.”



Johanna Rudolf,
military spouse

“I wish the commissary would be open on Mondays.”

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FORT RUCKER COMMANDING GENERAL

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FORT RUCKER GARRISON COMMANDER

Lisa Eichhorn
FORT RUCKER PUBLIC AFFAIRS OFFICER

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

ACE SUICIDE INTERVENTION

Ask your buddy

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

Care for your buddy

- Remove any means that could be used for self-

Escort your buddy

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

injury.

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

AAFES puts profits back into community

By Nathan Pfau
Army Flier Staff Writer

Many people on Fort Rucker are familiar with the benefits of shopping at the post exchange, but most may not be aware that what they purchase helps pay for services and facilities on the installation.

“Two-thirds of Exchange earnings are paid to Directorate of Family, Morale, Welfare and Recreation programs, and the other one-third is used to build new stores or renovate existing exchange facilities,” said Susie Antonello, visual merchandiser manager for the Fort Rucker Army and Air Force Exchange Service. “At Fort Rucker, the dividends paid back actually help make the military community a better place to live and work.”

Antonello said that purchases made at AAFES operations in the past 10 years have contributed to more than \$2.4 billion to military programs like youth services, gyms and aquatic centers. On Fort Rucker, the dividends paid out by the PX provide more than \$1.3 million a year to MWR programs.

The dividends that are paid out by the earnings have gone to fund things like the remodeling of the PX in 2009, which expanded its selection of electronics and added the firearms and ammo department, to the remodeling of the Burger King last year, said Antonello.

“This year, both of the express stores on post will get mini facelifts,” she said, “and the funds generated from our patrons’ purchases have allowed us to stay vital and competitive with outside retailers.

“These funds are critical to Army Installation Management Command G-9’s ability to enhance local programs and MWR facilities, including the Fort Rucker Bowling Center and youth services, to



FILE PHOTO

Shopping at the PX not only features deals, but AAFES also pays dividends back into the community that benefit DFMWR community programs, such as fitness facilities, pools and other facilities Soldiers and Family members use regularly.

the Lake Tholocco cabins and lodging and the new outdoor recreation facilities.

Janice Erdlitz, DFMWR marketing manager, said that shopping at the PX is a great way for Soldiers and Families to support local facilities and programs.

“The PX offers patrons convenient shopping and great deals with the added bonus of dividends being used to make Fort Rucker a great place to live, work and play,” she said.

As well as providing support for the

community and MWR programs, shopping at the PX has another benefit – saving money.

“[People that shop at the PX] have the added benefit of not having to pay sales tax,” said Antonello. “This can add up to significant savings.”

The PX also has the “We’ll Match It” program, which, depending on the item, price matches can be done with or without a competitors ad. If an item has a price difference of \$10, it will be matched on

the spot, and if an item has a price difference of more than \$10, it will be matched with a local competitors’ advertisement, according to Antonello.

“AAFES has a mission to provide quality goods and services at competitively low prices [to people on Fort Rucker], which allows it to generate earnings to support quality of life efforts,” she said. “This dual benefit AAFES provides goes far beyond the clothes, electronics and snacks on the shelves.”

ACS, chapel offer Financial Peace University

By Sara E. Martin
Army Flier Staff Writer

Army Community Service and the Fort Rucker Installation Chaplains Office present Financial Peace University Tuesdays from Sept. 11 through Dec. 4 from 5:30-8 p.m. to help Soldiers, Families and Department of Defense civilians beat debt and build a more stable future.

The course enables participants to tell their money where it is going to go and what it’s going to do instead of their money constantly making them work for it, said Beth Gunter, financial counselor with Survivor Outreach Services, adding that the program is a life-changing way of looking at finances.

“The course is a 13-week program that works on finances in baby steps. So, instead of being overwhelmed with information about what you’re supposed to do about your finances, it goes through it in increments that build on each other so that you can make wise decisions about your money,” she said.

Being so long, the course can seem daunting, but Gunter assures people that if they can stick with it the course will make a behavioral change that will stay with them long after.

Classes will be held at Wings Chapel on Andrews Avenue and are free, but it is only open to military, their Family members and DOD civilians. The chapel will provide a meal before each session.

Financial Peace University

Are You Ready to Decide To be Debt Free?
Army Community Service and Fort Rucker Installation Chaplain's Office
present Dave Ramsey's Financial Peace University Program

**Tuesday Evenings
Sept. 11th – Dec. 4th from 6 pm – 8 pm
Wings Chapel , Andrews Ave.**

Join us for a light meal provided by the Chapel at 5:30 pm
with Video Presentation of the lesson beginning at 6 pm.
Child watch available.
Registration required by September 4

Classes will cover:

- Savings
- Eliminating Debt
- Investments
- Insurance
- Real Estate
- Building Wealth and Giving

**For more information or to register please call 255-9639.
www.ftruckerarmy.com**

A one-time \$10 donation is asked to be donated to help cover costs. There is a child watch program for parents who wish to participate, but Gunter said that parents must register children ASAP.

“We are making a big investment in the attendees because we feed them each night, its free and they get a kit to help them in their journey to financial stabilization. That is why we ask for each member to stay the entire 13 weeks because that is what makes the program successful,” she said.

There have been attendees who are not in debt and attended the program, but Gunter said that the majority of attendees have some form of debt that they want to take control over.

“What’s really great is the first hour is a video presentation by Dave Ramsey and then the second hour we will break down into small groups with one or two counselors to each group to discuss the lessons and the obstacles that come up in life that prevent people from doing the things they want,” she said.

The program can help attendees who are in debt and seeking financial counseling to become debt free and also people looking for ways to acquire wealth.

“The first four lessons go over how to get rid of debt and live out of debt. It teaches them how to make major purchases like washers and dryers or even cars with cash and have a spending plan that allows them to do it,” she said.

Because of the way the program is designed, Gunter said that it is very important that registered participants attend every week.

“The program works in a specific way, especially concerning the cohesiveness of the small groups, so it is required that people who sign up be present. We realize that mission comes first and students that may be going through flight school or have to leave for another school can’t make it because of training. We can work with them as long as they are making the program a priority. We ask that people who know they will be constantly tardy or missing every other week because of their child’s schedule to not register, because that takes a seat away from someone who has a more open schedule. They need to have the ambition to be there,” she said.

There will be homework each night, so participants should expect regular reading.

“There will be reading, as well as assignments to developing different plans like an emergency plan and a spending plan. The homework isn’t

hours of hard labor, but there will be a certain amount of work that participants will have to complete at home,” she said.

Gunter said that participants will learn how to developed a spending plan and a thrift savings plan; how to eliminate debt; living outside of debt; how to make plans for future expenditures; make investments; differences between stocks, bonds and mutual funds; how to get bargains; how to not be taken advantage of; and proper insurances.

Participants’ feedback on past sessions of FPU has encouraged ACS to continue with the program.

Some of the testimonials were: “My husband and I are not living paycheck to paycheck as before,” “We have completely restructured our lives. We are living like no one else and making much better financial decisions,” and “FPU has made paying off our debt realistic.”

Having the ability to succeed in living outside of debt is empowering, and Gunter said it is the main reason why people should participate in the program.

“To live out of debt is really liberating. Knowing that you get to make the decisions about what you want to do with your money and knowing that you can really do it is encouraging to others,” she said.

Registration is open until tomorrow and seating is limited. Those interested may call 255-9639 or email beth.gunter@us.army.mil.

News Briefs

Army Aviation Seminar Series

The U.S. Army Aviation Center of Excellence hosts the second of its Army Aviation Seminar Series Sept. 13 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.

Army Doctrine Overview

The U.S. Army Aviation Center of Excellence Directorate of Training and Doctrine will host an Army Doctrine Overview Monday in the Seneff Warfighting Center After Action Report Room during two

identical sessions, at 8:30 a.m. and 1 p.m.

Representatives from the U.S. Army Combined Arms Doctrine Division at Fort Leavenworth, Kan., will provide an overview of the Army’s current and evolving doctrinal concepts. The unclassified briefing is open to all USAACE staff and faculty, and professional military education students.

For more information, call Maj. Terry Brooks at 255-3551.

Case lot sale

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

Thrift shop

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

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

For more, call 255-9595.

Retiree council meetings

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

Parker awards

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

The Parker awards are broken into four categories: Combat, Combat Support, Combat Service Support, and Table of Distribution and Allowances. One winner will be selected as the Top Aviation Battalion in

each category. Each winner will then compete for the title of Top Aviation Battalion of the Year.

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

Lost and found

Fort Rucker Community Police have a Nintendo DS and a case of tools that were found on post in its lost and found department.

To get more information or to check to see if the property belongs to them, people can call 255-2861 or 255-1359.

Protestant Men of the Chapel

The Fort Rucker Protestant Men of the Chapel meets every first Saturday of the month from 8-9 a.m. in the Fort Rucker Spiritual Life Center. Men are welcome to attend for a time of fellowship and a short devotion. Breakfast is provided free of charge.

For more, call 255-2989.

Life: Post offers numerous life-saving resources

Continued from Page A1

as well as reduce the stigma associated with seeking care for behavioral health issues.

Newton spoke about the issue and said that the problem people have with seeking help is that many think that it will reflect negatively upon them.

“The image of it is that it’s going to be used against you somehow, maybe at a board, or you might somehow lose security clearance,” he said. “[People think] that it’s somehow going to get into their record. The stigma comes from what

people have perceived from the way it’s been handled in the past. Is it going to be used against you? No, it’s not.”

During a recent visit, Sgt. Maj. of the Army Raymond F. Chandler III spoke during a town hall meeting about the stigma associated with seeking help.

He spoke of a near-death experience he had while deployed that affected him in a way that caused him to turn off his emotions to be able to continue his job as a command sergeant major. He said it affected him in such a way that he sought out individual and Family counseling.

“It made a big difference in my life,”

said Chandler. “If I can be the Sergeant Major of the Army and be in health care counseling, you can be in whatever it is that you do, and get help and get counseling, and there is nothing wrong with that.

“I had some help ... and it has really made a huge difference in my life,” he said. “I’m a better man, I’m a better husband, I’m a better father and, last but not least, I’m a better Soldier because of my counseling.”

There are many ways that people can get help on Fort Rucker if they feel overwhelmed through behavioral medicine at

Lyster Army Health Clinic, Army Community Service military life consultants or talking to any of the post chaplains, but Newton suggests that people seek help any way they can.

“You’ve got to find a purpose in life,” he said. “As a chaplain, I would say to go and make peace with God, but you’ve got to go out and find where it is that you feel comfortable. We’ve got eight chaplains on post and all of them are helpful guys that love their Soldiers ... if you have any questions, just come in and see us.”

For more information, call 255-7508.

AFAP: Soldiers, Families urged to submit concerns

Continued from Page A1

write an issue to be briefed to command.”

The delegates are a mixture of Soldiers from different units that are tasked to work the issues as well as volunteers that include additional Soldiers and Family members.

After the training is complete, the delegates will break up into their work groups and go over each of the issues, one-by-one, prioritizing them from most to least important, said Kelly. They will then choose the top two or three issues that they feel are the most important.

“These issues will then be rewritten to be reported to garrison leadership,” said the AFAP manager. “At the end of the second day, each work group will report directly to (Maj. Gen. Kevin W. Mangum, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general), on what their findings were.”

The conference will also have facilitators to lead the

process to make sure that issues that have been worked in the recent past aren’t brought up again during the conference.

“The Army Family Action Plan exists to give a voice to every member of the total Army Family,” said Kelly. “We address quality of life issues that range from pay and benefits, to Family programs, installation facilities, child development centers, dog parks and anything that will make a Soldier or Family member’s life better.”

If an issue that is brought before the AFAP committee cannot be dealt with at the installation level, it will then be passed on to the TRADOC level, but 90 percent of submitted issues can be resolved at the garrison level, said Kelly.

If an issue reaches the TRADOC-level conference, and if it is prioritized from there, it will head on to the Headquarters Department of the Army level, which is Army-wide.

Last year, Fort Rucker submitted an issue that not only

went to the HQDA-level conference, but was marked as the No. 1 issue to be taken on.

“Since AFAP began in 1983, it has resulted in 126 legislative changes, 177 Army and [Department of Defense] changes, and 197 program and service changes,” said the AFAP manager. “The main thing is getting the issues in front of leadership, because anything that is brought forward here will be looked at by (Col. Stuart J. McRae), garrison commander and the commanding general.”

Kelly said that if people don’t submit an issue, it will never be heard, and that’s why the program is important. It gives people that forum to speak on their issues.

“You hear people’s gripes all the time, but if you don’t take the time to submit an issue, it’s never going to get fixed,” she said. “From the leadership’s perspective, they can’t see what’s going on if people don’t tell them. Everyone has a role to play and change has to be initiated.”

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Army-wide stand down supports suicide prevention

By David Vergun
Army News Service

WASHINGTON — Vice Chief of Staff of the Army Gen. Lloyd J. Austin III ordered an Army-wide suicide “stand down,” scheduled for Sept. 27, as a way to empower leadership to prevent further loss of life due to suicide.

The stand down is meant to familiarize all members of the Army Family with the health promotion, risk reduction, suicide prevention, and comprehensive Soldier and Family fitness resources available in the Army.

The stand down will also focus on how to improve the health and discipline of the force and reducing the stigma associated with seeking care for behavioral health issues.

The stand down was issued after Austin visited installations around the Army and listened to Soldier feedback and suggestions, said Walter O. Morales, chief of the Army Suicide Prevention Program.

“He realized more work was needed to address the issue of suicides in the Army and to ensure the awareness and training momentum continues,” Morales said.

The last Army-wide suicide prevention stand down took place in 2009. During that event, Morales said, the Army used the



Chaplains can help assist Soldiers who are going through difficult times. A chaplain from the 173rd Airborne Brigade Combat Team performs a communion service at an outpost overlooking the Tangi Valley in Afghanistan, recently.

“chain teach” approach to push information down to Soldiers.

“For example, the Army required that specific training materials would be used and specific training requirements met, although some supplemental training was allowed, such as leader-led discussions,” he said.

This time, Morales said, the stand down will be different.

“Activities and training will be less prescriptive,” he said. “Commanders now have the flexibility to assess the needs of their units and customize the training and activities.”

Morales said some commanders might opt for a “fun walk” or run to get Soldiers, civilians and their Families involved. They might follow that with an afternoon town hall meeting. Others may conduct risk assessments to better inform their training requirements for the training and sustainment portion of the stand down.

Although the stand down is just for one day, Morales said training and activities will be conducted throughout September, which is recognized in the Army as Suicide Prevention Month. Efforts will likely continue into October, particularly for the reserve component.

One of the main events slated for Sept. 27 is the “terrain walk.” Morales said that during the event, Army leaders at posts, camps, and stations will go on tours of their respective service support organizations, and will visit the caregivers there “who are in excellent positions to help Soldiers and their Families who are most at risk.”

Providers include chaplains, clinicians, lawyers, social workers, financial advisors, Family therapists, substance abuse counselors, military life consultants, and psychologists. The purpose of the terrain walks, Morales said, is to let commanders know what

kinds of resources are available, so they may in turn let Soldiers know what is available.

“We have so many good programs out there, but people often get lost in the shuffle – they know there’s help available, but it’s sometimes difficult finding out how to access it and find the appropriate points of contact,” Morales said.

The theme this year for suicide prevention month – “A healthy force is a ready force” – reflects the Army’s awareness that healthy people and mission go together, Morales said.

“We’re not just worried about suicides, we’re concerned with the overall fitness and well-being of our Soldiers, Army civilians, and Family members,” he said. “It is especially important that leaders lead the charge in changing the Army culture, wherever seeking help for suicide or other issues is stigmatized.”

In addition to the terrain walk and unit events, other suicide awareness activities are planned throughout September, including health fairs and resilience training. A special Suicide Prevention Month webpage has been established on the Army Suicide Prevention website, which explains more, at www.pre-ventsuicide.army.mil.

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UAS operators learn ground, flight skills



Members of D Co., 2nd Bn., 13th Avn. Regt. 15W UAS operator students, review their materials during the "Unmanned Scout Operations" portion of common core training. The operators learn to operate UAS on Fort Huachuca because both the weather and restricted air space create favorable aircraft flight conditions.

By Fort Huachuca
Public Affairs

FORT HUACHUCA, Ariz.. — Typically, Fort Huachuca enjoys more than 300 days a year of favorable Unmanned Aircraft Systems flying weather due to the sunshine in its arid desert location.

On top of that, there is available airspace and infrastructure at the airfield at the Black Tower training facility available to support UAS operations. Due to this, Soldiers entering into the military occupational specialty 15W, UAS operators, learn their craft on the installation. This includes both on-the-ground and flight training.

Originally, the UAS MOS, 15W, formerly known as 96U, was assigned to the Army's Military Intelligence branch from 1993 to 2006, explained Bob Swann, 15W Common Core course manager. Today, 15W training falls under the 2-13th Aviation Regiment, a tenant unit on Fort Huachuca. The brigade's headquarters and command staff is located at Fort Rucker.

The UAS operator's course is currently 21 weeks long and consists of two phases. There are approximately 20 students per class, with three classes per month, which train a total of 864 students a year, according to Walter Rice, supervisory training instructor, UAS.

"The UAS operator supervises or operates the UAS, such as the Army's Shadow UAS, to include mission planning, mission sensor/payload operations, launching, remotely piloting and recovering the aerial vehicle," said Sgt. 1st Class Joshua Beal, 15W course instructor.

Training consists of fundamental tasks associated with the processes of their missions, as well as the operational role of the UAS within the scope of reconnaissance, surveillance and target acquisition missions, explained Rice. Students also learn how to identify targets and combat equipment on the battlefield.

"The Federal Aviation Administration Unmanned Ground School module provides

SEE UAS, PAGE B4

Suicide prevention: A healthy force is a ready force

By Kirk Frady
Army Medicine

WASHINGTON — The Army has designated September as Suicide Prevention Month and joins the nation in observing National Suicide Prevention Week, Monday-Sept. 14, and World Suicide Prevention Day, Monday.

The Army will expand its observance with events occurring during the entire month of September, focusing efforts on total Army Family well-being, resilience, stigma reduction, and positive results achieved by getting involved and reaching out for help.

"We are committed to every Soldier and our efforts are focused on prevention well before the individual chooses suicide as their only option," said Lt. Gen. Patricia D. Horoho, Army Surgeon General and Commander of the U.S. Army Medical Command.

To reduce the number of suicides, the Army is taking a holistic approach to health promotion, risk reduction and suicide prevention. It takes into account the challenges derived from financial, relationship, legal, substance abuse and medical issues. The Army has partnered with the National Institute of Mental Health to conduct the largest behavioral health study of risk and resilience factors among military personnel.

Agencies and organizations throughout the Army are planning appropriate educational activities to observe the Army's Suicide Prevention Month. The Department of the Army will sponsor a health fair in the Pentagon Courtyard, Wednesday-Sept. 13, with representation from various government and non-government agencies. Similar activities will occur throughout the Army.

Former NFL player Herschel Walker will attend the health fair to share his testimony with attendees. A SuicidePreventionwebpage has been established on the Army Suicide Prevention website to facilitate suicide

SEE PREVENTION, PAGE B4



PHOTO BY SPC. ALEXANDRA CAMPO

KEEPING WATCH

Pfc. Sean Serritelli, with Legion Company, 1st Bn., 503rd Inf. Regt., provides security during a combat operation outside Combat Outpost Charkh, Logar province, Afghanistan, Aug. 23. U.S. Army paratroopers provided support while Afghan National Army soldiers searched houses for weapons caches.

Newest general purpose round shows accuracy

By Eric Kowal
RDECOM

PICATINNY ARSENAL, N.J. — The Army's new M855A1 Enhanced Performance Round is performing well under combat conditions in Afghanistan, but how does it stack up during a rifle competition?

The Army recently put it to the test against some of the best marksmen in the world at the 2012 National Rifle Association's National High-Power Rifle Championship at Camp Perry, Ohio, in August.

The Army's newest 5.56mm ammunition was initially fielded to troops in Afghanistan in July 2010 as a replacement for M8855 "green tip" ammo. As green tip ammo stockpiles are drawn down, Soldiers will begin using the new M855A1 Enhanced Performance Round for training as well as combat operations.

Rob Harbison, a contractor supporting small caliber ammunition capability development at Fort Benning, Ga., competed in the competition at Camp Perry while firing the EPR. This was a special event for the Project Manager for Maneuver Ammunition Systems and the Army's



PHOTO BY ERIC KOWAL

The Enhanced Performance Round fired by Rob Harbison, a contractor supporting small caliber ammunition capability development at Fort Benning, Ga., at the National Rifle Association's National High-Power Rifle Championship at Camp Perry, Ohio.

Maneuver Center of Excellence as it was an opportunity to showcase the capabilities of this new round.

"We felt that we had an excellent opportunity in Rob to put the M855A1 EPR in the hands of a veteran of the Camp Perry national competitions," explained

Lt. Col. Philip Clark, the Army Product Manager for Small Caliber Ammunition. "We had every confidence that his abilities, coupled with what we know to be quality ammunition, would yield positive results."

An act of the U.S. Congress established the National Shoot-

ing Matches in 1903 to promote rifle practice and firearms safety. The competition is open to military and civilian competitors, and has been hosted by Camp Perry, a National Guard training center, since 1907.

SEE ROUND, PAGE B4

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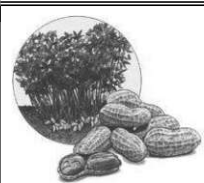
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UAS: Learning MOS requires more than classroom

Continued from Page B1

the student with the basic aeronautical knowledge and skills to successfully and safely operate a UAS in the national/tactical airspace,” Rice added.

Instructors here seem passionate about the skills they teach, and one Soldier explained why he teaches.

“I wanted to teach so I could basically influence new Soldiers coming into the MOS,” said Staff Sgt. Brian Allen, 15W instructor, D Company, 2nd Battalion, 13th Aviation Regiment.

“I started off as a different MOS, I was an air defender, then I [reclassified]. They

were downsizing, so my recruiter pointed out UAS. I did my homework on it. It was pretty new [in 2005], and I wanted to be on board with it.”

Allen later requested the opportunity to teach. He was assigned to teach Common Core, “which is great. It is the first block ... and they get map reading and basic Unmanned Scout Operations skills. We teach [the students] and they build off that [learning] throughout their military career. It is nice to know I had a part in that,” he said.

Allen explained that learning the MOS is much more involved than sitting in a classroom.

“The students are not just in one setting

the whole time. Here you go from common core, then to UGS, then to in-place/displace [where they learn to prepare UASs for launch],” he said.

A few weeks later, students go out to the flight line, learn to fly, are assigned to a unit where they put their training into practice. “I think the variety of it helps [learning] out a lot.”

Pvt. Michael Delgado has been training in the 15W MOS since July.

“I believe UAS systems are the forefront of Aviation and not only Aviation, but probably military technology. To be put in the thick of things right here is pretty incredible,” he said.

“I want to make a career out of it, I want to go to my unit and perform the best job that I can, and Aviation is definitely a field I want to go into.”

Pfc. Robert Light, 15W, is also thinking about future employment.

“I will probably make it a career. I know there are lots of opportunities for it [UAS operator] in the civilian world, too, so I will just explore my options while I am in.”

Upon completion of the 15W course, the students will be assigned to their first duty station. Soldiers are typically placed within a brigade combat team based on the Army’s needs, said Beal.

Prevention: Campaign promotes resilient future force

Continued from Page B1

prevention training and resource needs at www.preventsuicide.army.mil.

Public service announcements with senior leaders’ messaging have been developed and disseminated throughout the Army to support Army leaders. A stand down has been directed by Vice Chief of Staff of the Army Gen. Lloyd J. Austin III for Sept. 27. The theme for the stand down is “Shoulder to Shoulder, We Stand up for Life.”

“Leaders across our Army recognize that the health of our Soldiers, Army civilians and Family

members is a top priority,” Austin said. “We remain committed to doing what is needed to care for our most precious asset — our people — thereby ensuring a healthy and resilient force for the future.”

Defeating suicide will take active involvement from everyone. Civilian and military research on suicide has demonstrated that it is a complex phenomenon which defies easy solutions. The Army has expanded access to services and programs to help Soldiers and Family members improve their ability to cope with the stresses associated with military service (i.e. separation, deploy-

ments, financial pressures, etc.).

The increased use of these services indicates that Soldiers and Families are using these programs. For example, the number of Soldiers that have been seen in behavioral health clinics has steadily increased over the past five years, the total number of behavioral health clinic visits increased, and the number of Soldiers that participate in Strong Bonds marital retreats has increased. These types of programs are geared toward getting the Army out “in front” of the suicide, and will ultimately help lower suicide rates.

“Despite the tough enemies

our Army encountered in Iraq and Afghanistan, suicide is the toughest enemy we’ve faced, and I’m confident we will defeat this enemy,” said Joseph Westphal, under secretary of the Army. “I’ve served as a senior leader in the Army and various capacities, across several administrations, and I have never seen a challenge that, when Army leadership put their minds to it, they weren’t able to address it successfully.”

Stigma toward seeking behavioral health support is a national problem that the Army takes very seriously. Numerous surveys indicate that some Soldiers are reluctant to seek help

because they view it as a sign of weakness, or they believe their leaders will view it as a sign of weakness.

However, over the past several years there has been a decrease in the percentage of Soldiers that hold these views. At the same time, the number of Soldiers who are using treatment programs such as behavioral health and substance abuse has steadily increased, which indicates Soldiers are overcoming those stigma barriers. It will take time to change this culture, but through actions and example, Army leaders are beginning that transformation.

Round: M855A1 proves worth during rifle competition

Continued from Page B1

The matches are co-administered by the Civilian Marksmanship Program and the National Rifle Association. The National Matches are the premier shooting competition in the United States, and draw the best competitive marksmen in the country.

The competition began July 30 with the CMP’s President’s match. The President’s 100 is a 30 shot match fired in one day. Competitors fire M16-series or M14 series (and civilian equivalent) weapons at 200, 300, and 600 yards at bull’s-eye targets.

The top 100 competitors are considered to be “in the President’s 100” for that year.

Harbison placed 169 out of 1,242 of the world’s finest marksmanship competitors on that day, putting him in

the top 15 percent.

The competition then picked back up Aug. 5-10, with the NRA National High Power Rifle Championship. This is a much less restrictive competition that allows the use of “unlimited” rifles with modified sights, custom stocks, high performance calibers and other ergonomic improvements over standard issue military service rifles.

Harbison finished 86th of 385 competitors, and 46th (17th civilian) of 200 marksmen competing with an M16-Series weapon.

Throughout the competition, Harbison had several noteworthy performances, including firing a perfect 200 points in the Coast Guard Trophy Match, which is 20 shots fired from the sitting position at 200 yards. He also finished 17th overall in that match (of 385 competitors), finishing in the top 5 percent.

Also of note Harbison scored a perfect 100 on the final string of 10 shots during the Air Force Cup Trophy Match, fired at 600 yards from the prone position. That is 10 shots in a row within the 12-inch, 10-point ring at 600 yards with combat ammunition.



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SEPTEMBER 6, 2012

NATIONAL HISPANIC HERITAGE MONTH

Fort Rucker events celebrate heritage, culture

By Sara E. Martin
Army Flier Staff Writer

The Army considers its diversity as a strength, and Fort Rucker will celebrate the diversity that the Hispanic culture brings to the armed forces by celebrating Hispanic Heritage Month Sept. 15 to Oct. 15.

The events, co-hosted by Army and Air Force Exchange Service and the Fort Rucker Equal Opportunity Office, will help everyone embrace the diversity of the community, said Susie Antonello, AAFES visual merchandiser manager.

"The term Hispanic can be used in referring to Spain and its history, art and culture. Hispanic Heritage is more broadly celebrated, referring to the cultures, peoples or nations with a historical link to Spain, especially those countries that were once colonized by Spain," she said.

Hispanics make up a large ethnic group within the Army, and Antonello believes that by observing National Hispanic Heritage Month with food samplings, music performances and art exhibits, Fort Rucker is recognizing the many Americans of Hispanic descent who have made contributions to the country.

"There have been brave [Hispanic] patriots who have fought in several wars that have earned the Medal of Honor for their courage. Their patriotism, valor, cultures and traditions have added to our country's character," said Antonello.

This year's theme is "Diversity United, Building America's Future Today" and the Fort Rucker community can find an array of Family-friendly activities to help honor and carry out diversity through Hispanic Heritage Month on post.

"The kickoff event is Sept. 14 from 11:30 a.m. to 1:30 p.m. at the main post exchange. The Army band Crossfire will perform Latin Salsa music, and Marta Vere and "Con Sabor" dancers will be there performing. A sampling of a variety of ethnic foods will be provided by local volunteers. Attendees can also expect to see a variety of exhibits and displays from various countries and local vendors selling art, like handmade items from Ecuador, and Latino spices and foods from Puerto Rico. Drawings will take place for couples to win free dance lessons, \$25 Exchange Gift Cards and other door prizes," said Antonello.

The annual 4.1 mile Gate to Gate run will continue this year and Antonello promises the run will be a challenge for runners and be a Family event.

"The Directorate of Family, Morale, Welfare and Recreation Hispanic Heritage Gate to Gate run is scheduled for Sept. 29 from 9-11 a.m. The run will be from the Ozark gate to the Daleville gate. Race day registration is 7:30-8:30 a.m. at the Daleville gate. From 8:30-10:30 a.m. traffic will be closed on Andrews Avenue from the Ozark gate to Third Avenue, and Third Avenue to the Daleville gate," she said, warning drivers who take that route that they will be detoured or blocked.

Free dance lessons will be offered to those who like to dance to Hispanic music.



FILE PHOTO

Capt. Roger Garcia, D Co., 1st Bn., 145th Avn. Regt. equal opportunity officer, and Marta Trevathan, a Zumba and dance instructor here, demonstrate a variety of Hispanic dances at the post exchange during last year's Hispanic Heritage Month kickoff. This year's event is Sept. 14 from 11:30 a.m. to 1:30 p.m. at the main post exchange.

"Marta Vere is having special dance lessons at The Commons Sept. 25, and Oct. 5, 12, 19 and 26. Vere can be reached at 618-7424 or at hotsalsayu@yahoo.com to register. The rehearsals will start at 6:00 p.m.," she said.

To end the celebrations there will be a free dance and music expo Oct. 12 at the post theater.

"The Latin Ritmo Dance & Music Expo will be from 6-8 p.m. and will feature the Hispanic Rhythms (Ritmos) of various cultures of the Latin community like Dothan's St. Columba Children's Dance group, Ron DeVane and dance group, Marte Vere and "Con Sabor" (With Flavor)," said Antonello.

The U.S. is a nation of immigrants and Hispanic Heritage Month celebrates the presence of Hispanic peoples in North America.

"With so many recent immigrants from Spanish-speaking countries across the U.S., Hispanic American celebrations are important ways to foster understanding and appreciation of their contributions and rich culture," said Antonello.

By celebrating the histories, cultures and contributions of American citizens whose ancestors came from Spain, Mexico, the Caribbean, and Central and South America Antonello believes tolerance and understanding will bring military communities closer together.

"These events educate civilians, Soldiers and Family members on different backgrounds and ethnic groups within our organization. The events are a great opportunity for the community to learn more about the Hispanic culture in a fun and relaxing environment," she said.

Picerne celebrates passing of summer during Ice Cream Social

By Sara E. Martin
Army Flier Staff Writer

Picerne Military Housing hosts a free Ice Cream Social Wednesday to celebrate the passing of summer from 2-4 p.m. at the Bowden Terrace community center.

The annual occasion is a resident-only event that is held under the large oak tree at the center and Brandon Masters, communications manager at Picerne Military Housing, said the social is one way residents can enjoy one of the last days of the summer season.

"We like to have the social at the end of the summer when it's not too miserable to be outside, but still warm enough to enjoy eating ice cream and cool off with a drink in the sun. It will be nice for residents to get some ice cream and relax under the shade of the tree," he said.

Picerne will set up tables, chairs and blankets. Picerne will also provide ice water to keep everyone hydrated, and to keep hands sticky free they will provide napkins to clean up hands and faces, Masters said.

The ice cream is provided by the Dothan Cold Stone Creamery and will be served in bowls for the convenience of children and parents. Masters added that the creamery was bringing top-notch toppings to seal the deal on flavors like vanilla, chocolate and strawberry.

Masters said that the social will have a festive atmosphere with games, music and balloons.

"We will be doing a spin-the-wheel



COURTESY PHOTO

The shade of the Bowden Terrace oak tree provides relief from the heat at last year's Ice Cream Social as Soldiers and their Families meet neighbors.

game where children can spin a board and win a prize. Every slot has a prize, so there will be a winner every time."

The event is completely free for Picerne residents, encouraging Families to come out to enjoy an afternoon with friends and Family.

"It's an opportunity to meet neighbors and see the community center. It also serves as a chance to enjoy some of the benefits to living on post. That's one of the things we pride ourselves on, to provide events for our communities. It's something we want to do for our Families and ulti-

mately we want to improve the quality of life of every Soldier and Family member that lives with us. So, that's why we have it at Bowden Terrace. It's centrally located so everyone can come and hangout since it's easier to get to," said Masters.

He added that Picerne wants single Soldiers to come out and participate.

"Everyone is welcome. Just because our mission is 'Families first' doesn't mean we don't want our single population to attend any of our events. We have a large population of single Soldiers in our housing and we would love for them to come out. We really want to put it out there that we want [single Soldiers] to come out and enjoy some ice cream on us," he said.

Picerne wants single Soldiers living in post housing to know that they are a part of the community and neighborhoods, and wants them to feel as though they are, Masters said.

"There will be other singles there to mingle with, but more importantly this is a chance to get to know the people around you and your community," he said.

The biggest benefit to all the hard work and scheduling that the Picerne staff does to put on events such as the Ice Cream Social, is looking at the smiles on the faces of the adults as they sit back and relax for a moment, and watching the children play together, according to Masters.

"Because of the social, the monthly birthday club that is usually celebrated every second Wednesday at the community centers will be pushed to Sept. 19," he said.

ON POST

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

Girl's Night Out

Fort Rucker Directorate of Family, Morale, Welfare and Recreation hosts a Girls Night Out Friday from 6 -11 p.m. in The Landing Ballroom. This event is for women ages 18 and older only. Tickets cost \$10 and include DJ entertainment, fashion show, door prizes and gift bags, and sampling with numerous companies that cater to women. Door prizes will be awarded from 7-9 p.m. People do not have to be present to win. Prizes must be picked up at DF-MWR within 30 days or they will be forfeited. After the expo, entertainment includes ladies-only karaoke and dancing from 9-11 p.m. with DJ Dave. There will be a \$5 cover charge for ladies who only wish to take part in the karaoke. For more, call 255-9810.

Anger Management Workshop

Army Community Service hosts an Anger Management Workshop Tuesday and Sept. 18 from 9–11 a.m. at the Family Advocacy Program Early Childhood Activity Center in Bldg. 3705 on Dean Street. Participants will learn how to identify causes of anger, symptoms of anger, techniques to manage anger and how to develop an anger management plan. This is a two-part series and participants must attend both sessions in order to receive a certificate. The workshop is open to active duty military, retirees, Department of Defense employees and their Family members.

For child care information or to register, call 255-9641.

AFTB Level II training

Army Community Service will host Army Family Team Building Level II classes Sept. 17-19 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 Sept. 18, 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 Kiddie 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 Buckhome Lake Sept. 22 from 9 a.m. to 1 p.m. People who would like to volunteer should contact their BOSS representative. Hearts Apart



FILE PHOTO

ACS Family Bowling Night

Army Community Service offers a Family Bowling Night for all active duty military Families with special needs, Family Readiness Groups and Hearts Apart Families Sept. 13 from 5-7:30 p.m. ACS promises a fun-filled evening at Rucker Lanes that will cost \$1 per game and \$1.50 for shoe rental. Registration is required no later than two days prior to the event. For more information and to register, call 255-9277 or 255-3735.

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.

Investing 101

People having trouble understanding investing are welcome to attend the free

Investing 101 seminar Sept. 13 from 6–8:30 p.m. at the Munson Heights Neighborhood Center. The seminar focuses on the basics of investing and the fundamentals of the Thrift Savings Plan. Soldiers, Family members and Department of the Army civilians are welcome to attend. Space is limited, so advance registration is recommended. Child care is not provided for the event.

For more, call 255-9631.

Boneless Wing Night

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

For more, call 598-8025.

Whiskey Traditional Wing Night

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

For more, call 598-8025.

EDGE! September activities

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

For more, call 255-0666.

DFMWR Spotlight

GET YOUR TICKETS NOW!

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

OPEN TO THE PUBLIC,
WOMEN AGES 18+

girls' night out

Sept. 7th • 6 – 9 pm
The Landing Ballroom

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

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

Tickets are \$10 and include one drink stub, good for one complimentary beverage.

After the expo, join us for ladies only karaoke and dancing, from 9 - 11 pm with DJ Dave.

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

**LADIES
KARAOKE
9 – 11 PM**

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

  FORT RUCKER FMWR

FORT RUCKER MOVIE SCHEDULE FOR SEPT. 6 - 9

Thursday, Sept. 6

The Dark Knight Rises (PG-13)
.....7 p.m.

Friday, Sept. 7

Savages (R)
.....7 p.m.

Saturday, Sept. 8

Total Recall - 2012 (PG-13)
.....7 p.m.

Sunday, Sept. 9

Total Recall - 2012 (PG-13)
.....7 p.m.

TICKETS ARE \$4.50 FOR ADULTS AND \$2.25 FOR CHILDREN, 12 AND UNDER. MILITARY I.D. CARD HOLDERS AND THEIR GUESTS ARE WELCOME. FOR MORE INFORMATION, CALL 255-2408.

Flu vaccines key to illness prevention

By Donna Upshaw-Combs
Community Health Nurse

Flu vaccines are designed to protect against three influenza viruses that experts predict will be the most common during the upcoming season.

Three kinds of influenza viruses commonly circulate among people today: influenza B viruses, influenza A (H1N1) viruses, and influenza A (H3N2) viruses. Each year, one flu virus of each kind is used to produce seasonal influenza vaccines, according to the Centers for Disease Control.

Who should get vaccinated this season?

Everyone who is at least 6 months of age should get a flu vaccine this season. It's especially important for some people to get vaccinated. Those people include:

- people who are at high risk of developing serious complications like pneumonia if they get sick with the flu, such as people who have certain medical conditions including asthma, diabetes, and chronic lung disease;
- pregnant women;
- people 65 years and older; and
- people who live with or care for others who are high risk of developing serious complications, such as household contacts and caregivers of people with certain medical conditions including asthma, diabetes, and chronic lung disease.

Why get vaccinated?

Influenza is a contagious disease. It is caused by the influenza virus, which can be spread by coughing, sneezing or nasal



COURTESY PHOTO ILLUSTRATION

secretions. Anyone can get the flu, but rates of infection are the highest among children.

By getting the flu vaccine you can protect yourself from influenza and may prevent spreading influenza to others.

For more, the CDC website at <http://www.cdc.gov/flu/about/season/flu-season-2012-2013.htm>.

Tips to quit tobacco

Use the 5 Ds to help with urges

- **Deep** breathing — Take slow deep breaths to feel relaxed and in control.
- **Drink** water — Drink at least 8 glasses of water a day to flush out nicotine from your system.
- **Do** something else to keep busy.
- **Discuss** your urge with a friend or family member.
- **Delay** — Don't reach for tobacco right away. The urge to smoke passes in 3 to 5 minutes whether a person smokes or not.

Home sweet home.

Post housing questions?

Visit Picerne Military Housing at www.ruckerpicerne.com and click the feedback/information link.

Ask your buddy

- Have the courage to ask the question, but stay calm
- Ask the question directly: Are you thinking of killing yourself?

Care for your buddy

- Calmly control the situation; do not use force; be safe
- Actively listen to show understanding and produce relief
- Remove any means that could be used for self-injury

Escort your buddy

- Never leave your buddy alone
- Escort to chain of command, Chaplain, behavioral health professional, or primary care provider
- Call the National Suicide Prevention Lifeline

USAPHC <http://phc.amedd.army.mil/>

National Suicide Prevention Lifeline:
1-800-273-8255 (TALK)

TA - 095 - 0510

NEW Thrift Shop Now Open!

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Church Directory

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

Center Point Community Church
Charismatic † Relational † Purposeful
Pastor: Ed Corley
† 3351 Lynn Road – Enterprise (right off Rucker Blvd)
† **Service times**
☼ Sunday Worship – 10 AM
☼ Sunday Evenings – 5 PM
☼ Wednesday Evenings – 7 PM
☼ Nursery – Children – Youth
† Office: 334 347 5044
www.centerpointag.org
centerpoint3351@yahoo.com

First United Methodist Church
Traditional Worship Service 8:30 am & 11:00 am
Contemporary Worship - New Connection 8:45 am
The Gathering - Youth 5:45 pm
Sunday School 10:00 am
Nursery Care: During all services
217 S. Main St • Enterprise, AL
Office: 334-347-3467
efume@adelphia.net
Prayer Line (24 Hours) 334-393-7509

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DOTHAN
Sun 10:30 Service; Wed 6:30 Small Groups
(334) 671-0093 • 150 Bethlehem Rd
DOTHANVINEYARD.COM

Grace Baptist Church
Minutes from Ft. Rucker Ozark's Gate
On the corner of Highway 231 and Parker Dr
Independent - Fundamental - Soul Winning
“They ceased not to teach and preach Jesus Christ.” Acts 5:42
334-774-2311
www.GraceBaptistChurch-Ozark.com

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

September

Time to remember, prepare

By Scotty Johnson
Coffee County Community Emergency Response Team Program Coordinator

September marks the 11th anniversary of 9/11 and the Coffee County Emergency Management Agency, Homeland Security Office and Community Emergency Response Team Program will participate in National Preparedness Month in September – an event founded after 9/11 to increase preparedness in the U.S.

The event, now in its ninth year, is a nationwide, month-long effort hosted by the Ready Campaign and Citizen Corps, encouraging households, businesses and communities to prepare and plan for emergencies.

As a 2012 NPM coalition partner, Coffee County EMA and Coffee County CERT are partnering to sponsor the annual Emergency Preparedness Fair and Safety Saturday from 10 a.m. to 3 p.m. at Johnny Henderson Park in Enterprise.

There will be something for everyone. The children can meet Rex, the national ReadyKids mascot; McGruff the Crime Dog; and Sparky the Fire Dog. And if they really like fire trucks, police cars,

ambulances and rescue boats, then they won't want to miss this event.

While supplies last, children that stop by to meet Rex or participate in the kid's Preparedness Scavenger Hunt will get a free disaster preparedness activity book and a Certificate of Readiness.

There are simple, concrete steps people can take to prepare for emergencies:

- get an emergency supply kit;
- make a Family emergency plan; and
- be informed about the types of hazards and emergencies that can happen in this area and know how to properly respond to them.

At the Emergency Preparedness Fair and Safety Saturday, there will be the information and experts on hand to answer people's questions about completing these simple steps.

The event promises to be a very informative and fun time for all. The Coffee County EMA/HS Office, Coffee County CERT and the numerous participating state, county, and local agencies all welcome everyone to attend the event. The rain date is Sept. 15.

For more information, call 806-1994 or 894-5375.



C.E.R.T. – “NOT IF...”



- BUT – When Disasters Strike
- Will Your **Community** Be Ready?
- Will Your **Neighbors** Be Ready?
- Will Your **Family** Be Ready?
- Will **You** Be Ready?
- **YOU CAN BE! Attend the training!**



*Volunteers making our community safer, stronger
And better prepared to respond to disasters of all kinds*

You Can Make a Difference – Be Part of the Solution!

HOW TO REGISTER:

<http://www.ccema.com/>

Or

Call (334) 806-1994 or (334) 894-5375



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.andalusialegionpost80.org.

DALEVILLE

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

SATURDAY — Daleville Chamber of Commerce and the 1st Bn., 233rd Avn. Regt. hosts West Coast Poker Run.

Cards are given a numeric value and the values are unknown until the end. Highest score and best hand will be awarded along with lowest score/hand.

Cost is \$20 for the first rider and \$10 for the second. Registration starts at 9 a.m., bikes out at 10 a.m. Drawings begin at 2 p.m. Food and drinks available. For more information, call (254) 423-2928 or 598-6331.

DOTHAN

FRIDAY – Healthy You, Inc., hosts “Straight Talk About Marriage” workshop from 6-8 p.m. The workshop is designed to help couples optimize their marriage. Topics covered include communication styles, conflict resolution and emotion management. There is no cost to attend. Register at JTFStraightTalk.com or by calling (334) 671-7774.

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

SUNDAY — The Tri-State Peachy Painters will hold their meeting at noon at the Houston County Farm Center. The class will be 1-4 p.m. For more information call 334-803-4882.

THURSDAY — The Cultural Arts Center will present Wiregrass Talent Quest at the Dothan Civic Center.

For more information, call 596-2352 or visit www.theculturalartscenter.org.

SEPT. 13 — The Cultural Arts Center presents Wiregrass Talent Quest at the Dothan Civic Center. For more information, call 596-2352 or visit www.theculturalartscenter.org.

SEPT. 15 — 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.

SEP 15-16 — The 22nd annual Wiregrass Model Railroad Show and Sale begins Sept. 15 from 9 a.m. to 5 p.m. and Sept. 16 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.

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

SATURDAY — Coffee County Emergency Management host “Emergency Preparedness Fair and Safety Saturday” at 10 a.m. to 3 p.m. at Johnny Henderson Park.

Area emergency personnel will be on hand to share disaster preparedness information, ideas and supplies. Rex the national ReadyKids mascot, McGruff the Crime Dog and Sparky the Fire Dog will attend to greet guests.

Demonstrations and interactive activities will be a part of the event.

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. The price is \$125. For more information, call 774-2329.

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.pcfriidayfest.com>.

Brett Robinson Alabama Coastal Triathlon

The Hangout hosts the 12th Annual Brett Robinson Alabama Coastal Triathlon Saturday at 7:30 a.m. in Gulf Shores, Ala. The event features a 1.5k gulf swim, 40k bike, 10k run, 300 yard swim, 10 mile bike, and two mile run. For more information, call (205) 908-5970 or visit team-magic.com/events/alcoastal/index.html.

9-11 Memorial Stair Climb

Panama City Beach hosts a stair climb Sunday at 3:45 p.m. at Laketown Wharf Condos to remember those lost on Sept. 11, 2001. Entry fee is \$25 per person and the event is open to everyone. Award ceremony to follow with food and music. For more information, call (850) 819-1156.

Pineapple Willy Golf Classic

Camp Creek Golf Club in Panama City Beach hosts the third annual Pineapple Willy's Golf Classic Sept.17. 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.



PHOTO BY NATHAN PFAU

Pick-of-the-litter

Meet Loki, a 5-month old Siamese mix available for adoption at the Fort Rucker stray facility. She is friendly and laid back. It costs \$81 to adopt Loki and other animals at the facility, which includes all up-to-date shots, the first round of age-appropriate vaccinations, microchip and spaying. For more information on animal adoptions, call the stray facility at 255-0766, open from 8 a.m. to 3 p.m. The facility needs donations such as dry or canned foods for cats, dogs, kittens and puppies, as well as blankets, toys and towels. Donations can be dropped off at the veterinary clinic or the commissary. Visit the Fort Rucker stray facility's **Facebook** page at [http:// www.facebook.com/fortruckerstrayfacility/](http://www.facebook.com/fortruckerstrayfacility/) for constant updates on the newest animals available for adoption.

Religious Services

WORSHIP SERVICES

Except as noted, all services are on Sunday.

HEADQUARTERS CHAPEL, BUILDING 109

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

MAIN POST CHAPEL, BUILDING 8940

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

WINGS CHAPEL, BUILDING 6036

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

SPIRITUAL LIFE CENTER, BUILDING 8939

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

BIBLE STUDIES

9 a.m. Protestant Women of the Chapel, Wings Chapel, Tuesday 11 a.m. Above the Best Bible Study,

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

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

Fort Rucker Protestant Men of the Chapel
Fort Rucker Protestant Men of the Chapel meet the first Saturday of each month in the Fort Rucker Spiritual Life Center, from 8-9 a.m. Men are encouraged to attend for a time of fellowship and a short devotion. Free breakfast is provided.

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

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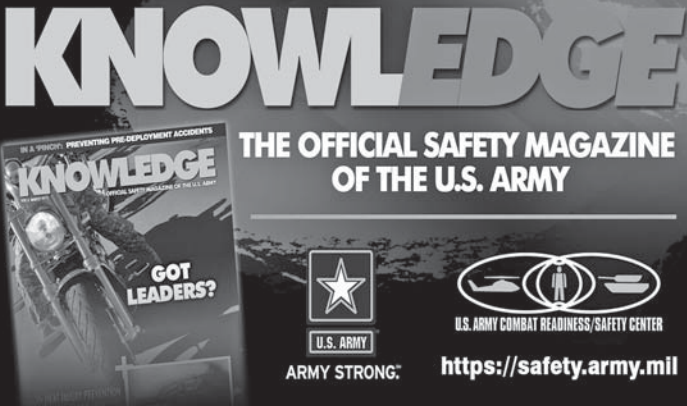
ENTERPRISE SHOPPING CTR
i THE POSSESSION- PG-13
Fri, Sat, Sun 2, 7:10, 9:10 • M-Thurs 7:10 & 9:10
ii THE OOGIELOVES IN THE BIG BALLOON ADVENTURE - G
Fri, Sat, Sun 2 & 7:00 • M-Thurs 7:00 Only
BOURNE LEGACY - PG-13
9:00 Only

WESTGATE CENTER
iii THE EXPENDABLES*- R
Fri, Sat, Sun 2, 7:00, 9:10 • M-Thurs 7:00 & 9:10
iv THE ODD LIFE OF TIMOTHY GREENE - PG
Fri, Sat, Sun 2, 7 & 9:10 • M-Thurs 7:00 & 9:10

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2016 - PG
Fri, Sat, Sun 2, 7:10, 9:00 • M-Thurs 7:10 & 9:00
HOPE SPRINGS PG-13
Fri, Sat, Sun 2, 7:00, 9:00 • M-Thurs 7:00 & 9:00
LAWLESS*- R
Fri, Sat, Sun 2, 7:00, 9:15 • M-Thurs 7:00 & 9:15

OZARK
i SPARKLE - PG-13
M-F 7:00 & 9:10 • Sat 2:00, 7:00 & 9:10
Sun: 2 & 7:00 • Mon - Thurs 7:00
ii THE OOGIELOVES IN THE BIG BALLOON ADVENTURE - G
M-F 7:00 & 9:00 • Sat 2:00, 7:00 & 9:00
Sun: 2 & 7:00 • Mon - Thurs 7:00

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Expert: Military leads in treating TBI

By Terri Moon Cronk
American Forces Press Service

BETHESDA, Md., – The proper management of traumatic brain injuries has become a military medical standard of care that’s returning 95 percent of service members with mild TBI back to the field within five days, said an Army neurologist who served on a Joint Chiefs of Staff panel to develop the protocol.

Army (Dr.) Col. Geoffrey Ling, program manager at the Defense Advanced Research Projects Agency, addressed medical care providers Aug. 27 on the military’s model approach to TBI in a lecture at the National Intrepid Center of Excellence on the campus of Walter Reed National Military Medical Center, here.

Ling, who retired Friday, served in Iraq and Afghanistan, and as both a professor and interim chairman of neurology at the Uniformed Services University of the Health Sciences and director of neurocritical care at Walter Reed. He also is an attending neurocritical care physician at Johns Hopkins Hospital in Baltimore, and has a doctorate in pharmacology.

TBI is considered a signature wound of the wars in Iraq and Afghanistan. With the adversity of war and the incidence of TBI, Ling said, the opportunity arose to do something about it.

“We’ve developed a system of care to identify that this was a very important disease, and to learn how to properly manage it,” Ling said. “That required a system from point of entry all the way through rehabilitation, [requiring] a standard, evidence-based approach, and the military created that.”

While military doctors often seek standards of care from the civilian sector, protocol for treating brain injuries was not available, he said.

By developing the TBI system of care, military medicine has created a model for civilians, Ling said, adding that he wants private medical institutions to learn about the military’s approach.

Today, after three or four years of study, which Ling calls “a remarkable achievement,” military doctors to leaders in the field are educated in TBI and know that early screening is critical to diagnose and treat the disease from mild to severe cases, he said. The diagnostic procedure used is called “MACE” – the Military Acute Concussion Evaluation.

Ling pointed out that renowned teaching medical centers around the country do not have concussion centers, but military posts in war zones do.

“If you go to Kandahar, Bagram ... or Herat and ask where the concussion center is, someone will point to it,” he said.

Following the JCS’ “Gray Team” panel’s conclusions, TBI screening became mandatory for what Ling called the “at-risk population” of personnel. The military published and issued manuals that dictate the standards of care, he said.

Making TBI assessments mandatory “obligates” military leaders in the field to make sure troops exposed to a blast or a similar incident are screened because “patients don’t always know they’re hurt with this disease,” Ling said.

The military’s system of care is not necessarily a “magical bullet,” but the strides it has made are greater than that, he said.

“More importantly, it’s identifying TBI as a very important disease and learning how to go about properly managing it,” Ling said.

Recognizing the potential for a TBI begins in the field with the buddy system, Ling said. If a service member suspects a buddy might have had a mild concussion, he said, it’s immediately brought to the attention of military leaders and medical personnel and the assessment begins.

Once a doctor makes a diagnosis, patients with TBI go into a concussion restoration center at the front, Ling said.

And regardless of the degree of injury, all TBI patients go through the same standardized treatment program. Neurosurgeons, he added, also have certain standardized surgical techniques.

“Everybody has to do things in a prescribed way, based upon the best clinical practices, [which] we have,” he added.

The quick-to-react attention has had overwhelming results for patients with mild TBIs, Ling pointed out.

“They’re going back to duty in a very effective, combat-ready way,” he said, “which means fully restored, by doing simple things up front. If you take care of something quickly, it will stay small. But if you let it fester, it gets worse.”

Those service members who don’t recover as quickly undergo further treatment and 90 percent of the time are returned to duty within a couple of weeks, he added.

The remaining group of patients that don’t return to duty have likely “fallen out” because of post-traumatic stress disorder symptoms, Ling said, adding that’s when psychiatrists and social workers get onboard.

“Who would have known unless we did this?” Ling said of the military’s standard of TBI care.

“We want to know what’s wrong with our soldiers so we can take care of them,” he said.


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Lauren Lewey

SEPTEMBER 6, 2012

Warrior Adventure Quest seeks to recondition Soldiers

By Sara E. Martin
Army Flier Staff Writer

Recovering from a deployment can be difficult for many Soldiers, that's why Installation Management Command developed a program of high-intensity activities to help bring Soldiers back to a stateside state of mind.

Warrior Adventure Quest is important for Soldiers who have been deployed because it allows them to reclaim what is considered a normal mental state, said John Clancy, outdoor recreation program manager, adding that retention reset is the goal of the program.

"They get that rush every day over there and when they get back they seek that high again, often in very dangerous ways. When they are all pumped up and don't know how to get that out of their system it can lead to injuries and even death, often caused by POV (personally owned vehicle) accidents. So, to help prevent that, this program and others like it were developed," he said.

The funding from IMCOM enables Soldiers to participate in activities like paintball and parasailing without any cost to them.

"It is a chance for them to find a free, reachable norm without them going off post alone and being reckless or getting into trouble. WAQ activities provide a transition from overseas to being back in the states," said Brian Jackson, recreation delivery systems program manager for the Directorate of Family, Morale, Welfare and Recreation.

Fort Rucker is unique with IMCOM's requirement that Soldiers



PHOTO BY SARA E. MARTIN

Soldiers attack during a game of paintball Aug. 24 at Lake Tholocco.

who participate must have been downrange in the past 120 days because it is a non-deploying base.

"IMCOM has given us permission to work with Soldiers outside the 120-day window. It takes a much longer time for us to contact Soldiers who maybe have been back a year and didn't know about our program here at Fort Rucker. It's out there for any leader, commander or sergeant major if they want to get some of their [Soldiers] involved. Just contact us," said Clancy.

Oftentimes Soldiers go into the program looking for "the catch" but Clancy is determined to

prove that the program is strictly about improving Soldier's mental states.

"[Some Soldiers] don't really want to be there and they think we are going to force them to work out or drill, but that's not it at all. It's all about relaxing. Afterwards, they come away so happy that it's all they can talk about," he said.

A group of Soldiers from the Captains Career Course gathered Aug. 24 at Lake Tholocco for a friendly game of paintball to gain an understanding of the importance of the program.

"As future commanders it's important for us to recognize the

programs that are out there to help our Soldiers when they come back. It's a great program and I really appreciate what DFMWR has done for us," said Capt. Thomas Simpson, Team 10's coordinator.

The Soldiers turned the game into a tactical exercise for a few rounds to simulate what they went through overseas.

"Paintball, and most of the other activities, teaches [Soldiers] how to work as a team and to cross talk. They've got to be able to communicate well and help each other out. And even here where you're under stress it teaches you how to handle it without yelling

at your fellow teammate," said Maj. Robert Van Dine, an instructor at 1st Battalion, 145th Aviation Regiment.

"I freshened up my teamwork skills. It's been a long time since we've done anything like this small-group tactical stuff. It's a lot of fun and a great way to just get out of the classroom and get out here and work as a team," said Capt. Aaron Orange of the Captains Career Course.

One of the officers, Maj. Aahad Zarrar of the Captains Career Course, had never been paintballing before and was impressed with the way the day was conducted.

"Paintballing was amazing. I am a foreign officer. We don't have things like this back home. The program helps [Soldiers] take out excess stress and to fit back into society. When I go back I am going to stress to [my superiors] about having something like this. It can take on a lot of roles depending on what direction you take the activity. If you want to strengthen your teamwork and make a tactical exercise out of this you can, but it's also good exercise for excess energy and endurance. This takes out problems and anger a more realistic way. It was weightlifting to be able to shoot at people and be shot at without getting seriously hurt," said Zarrar.

Some of the programs that are currently set up for the program are paintball, white water rafting, ropes courses, golf, deep sea fishing, zip lining, wave runner and parasailing, and Clancy said that other activities that are cost

SEE WAQ, PAGE D3

Bragging rights on line at fishing tourney

By Nathan Pfau
Army Flier Staff Writer

Fort Rucker's outdoor recreation will hold its 2-man Buddy Bass Tournament to give people a chance to win cash and bragging rights.

The fishing tournament will be held Sept. 15 at Lake Tholocco with cash prizes for the winners: \$500 for first place, \$400 for second place, \$300 for third place and \$100 for the biggest fish, according to John Clancy, outdoor recreation and Lake Tholocco lodging manager.

"We hold the tournament to give people a chance to build camaraderie and give them something to do to compete against each other," he said. "It's Soldier against Soldier for a little bit of friendly competition, but anyone can participate."

The tournament will start at daybreak

and go until the weigh-in at 2 p.m. At the beginning of the tournament, teams will be assigned a team number and will leave the marina depending on their number, said Clancy.

"We'll call out for the teams to leave the marina," he said. "They won't all be leaving the dock at the same time."

Up to 25 boats will be allowed to participate in the tournament with two people per boat, and only artificial bait is allowed to be used. The boat limit was put in place to give participants more room to fish.

"When we first started the tournament, we allowed as many boats that wanted to enter the tournament enter," said Clancy, adding that it was soon apparent that the lake, as large as it was, was not big enough to accommodate that many boats for the



FILE PHOTO

Two men fish from their boat as they compete during the 2-Man Buddy Bass Tournament in 2010.

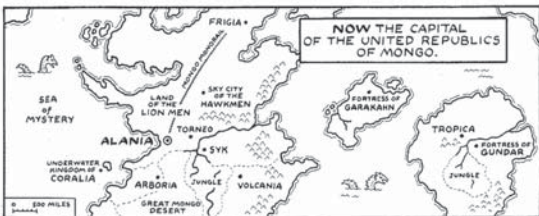
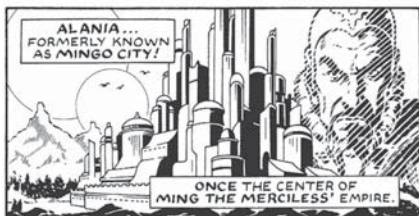
SEE FISHING, PAGE D3

PIGSKIN PICKS



	Washington vs. New Orleans	Buffalo vs. New York Jets	San Francisco vs. Green Bay	Seattle vs. Arizona	Carolina vs. Tampa Bay	Pittsburgh vs. Denver	San Diego vs. Oakland
 <div>Jim Hughes <i>Public Affairs</i> (0-0)</div>							
 <div>Brian Jackson <i>DFMWR</i> (0-0)</div>							
 <div>John McGee <i>CDID</i> (0-0)</div>							
 <div>Capt. Mike Simmons <i>Directorate of Public Safety</i> (0-0)</div>							
 <div>Sharon Storti <i>Network Enterprise Center</i> (0-0)</div>							

DOWN TIME



Just Like Cats & Dogs

by Dave T. Phipps



Trivia test

by Fifi Rodriguez

T R I V I A

1. MUSIC: Who composed the opera "Swan Lake"?
2. LANGUAGE: What is the meaning of the Latin phrase "Ars gratia artis"?
3. GEOGRAPHY: The island of Corsica belongs to what country?
4. MYTHOLOGY: What is the name for the three Greek goddesses of vengeance: Alecto, Megaera and Tisiphone?
5. LITERATURE: Who wrote a semi-autobiographical travel book called "Roughing It"?
6. TELEVISION: What detective series featured the theme song "Keep Your Eye on the Sparrow"?
7. CHEMISTRY: What is the chemical symbol for bromine?
8. AD SLOGANS: What was billed as "The Greatest Show on Earth"?
9. FAMOUS QUOTATIONS: Who once said, "Do not take life too seriously. You will never get out of it alive."?
10. MOVIES: Which Disney movie featured the hit song "A Whole New World"?

See Page D3 for this week's answers.

Super Crossword DOUBLING UP ON STAGE

- ACROSS**
- 1 Snow coaster
 - 5 Lemon or lime drinks
 - 9 Skiers' lift
 - 13 Leaf through rapidly
 - 19 Not yet final, legally
 - 20 Big name in mouthwash
 - 22 Loving sort
 - 23 Business letter abbr.
 - 24 Start of a riddle
 - 26 Gossip blogger
 - 28 It airs "Nova" and "Nature"
 - 29 — de-sac
 - 30 Comes by
 - 31 Riddle, part 2
 - 38 Slip behind
 - 39 Groves
 - 40 GPS display
 - 41 Moral nature of a group
 - 44 Summer, in Nantes
 - 45 Bic — Stic (pen brand)
 - 46 Religious sister
 - 47 Flat — pancake
 - 49 Water, in Nantes
 - 50 Riddle, part 3
 - 56 Morrow and Tayback
 - 57 Parked it, so to speak
 - 58 Planting dirt
 - 59 Bride of Lohengrin
 - 60 "Lay Lady Lay" singer
 - 63 Capital of Maryland, informally
 - 65 Geller of psychic acts
 - 66 Draw in outline
 - 67 Chit letters
 - 68 Riddle, part 4
 - 73 A Bobbsey twin
 - 74 Seeks office
 - 76 With 84-Across, kids' card game
 - 77 According to — (by the rules)
 - 78 Health insurance company
 - 80 Notable times
 - 81 Sonic —
 - 83 Copy a frog
 - 84 See 76-Across
 - 86 Riddle, part 5
 - 92 Shallow pan
 - 93 Kind
 - 94 Belly
 - 95 Fibbing type
 - 96 Rest house
 - 98 Ending for home
 - 100 12 in a yr.
 - 101 Madre or Mist lead-in
 - 103 Language akin to Iowa
 - 104 Riddle, part 6
 - 109 "— sow, so shall ..."
 - 111 Author Fleming
 - 112 GA neighbor
 - 113 Interminably
 - 114 Riddle's answer
 - 121 Avonlea girl
 - 122 Entertainer
 - 123 Certain resident of Manhattan
 - 124 Lasting mark
 - 125 "v" symbols
 - 126 Gives a new hue to
 - 127 Pine product
 - 128 Golfing pegs
- DOWN**
- 1 Lipton rival
 - 2 Erudite folks
 - 3 Female hormone
 - 4 Feasted
 - 5 "Thrilla in Manila" fighter
 - 6 "What's the —?" ("Who cares?")
 - 7 Hook shape
 - 8 "— if you've heard this one ..."
 - 9 Plait of hair
 - 10 Baby's wear
 - 11 Year, in Oporto
 - 12 Station porter
 - 13 Singer Lou
 - 14 Chlor- or fluor- suffix
 - 15 Drew a blank
 - 16 Uninhibited
 - 17 Resident of Riga
 - 18 Bow-wielding god
 - 21 Get on a Greyhound, e.g.
 - 25 Brynner of "Anastasia"
 - 27 Squash type
 - 32 Common baby illness
 - 33 "Iliad" and the like
 - 34 "Mary" writer
 - 35 "You can stop trying to wake me!"
 - 36 Supporting sticks
 - 37 Lend an ear
 - 42 Guy rowing
 - 43 Title girl of a Stephen
 - 46 A step below so-so
 - 47 Burning up
 - 48 Not hollow
 - 51 OH neighbor
 - 52 Alexis I, e.g.
 - 53 "America's Most Wanted" host John
 - 54 Bus line, e.g.
 - 55 Ex-Giant Ott
 - 60 Oversees
 - 61 Shout in tag
 - 62 Occasion for the Vietnamese holiday Tet
 - 63 Words before nails or roses
 - 64 "I've got my eye —"
 - 69 Amoco rival
 - 70 Drop heavily
 - 71 High peaks
 - 72 Destructive precipitation
 - 75 Bygone fast jet, briefly
 - 79 Dictator Amin
 - 82 One of a pair of biblical nations
 - 84 Fabric that shimmers
 - 85 In pieces
 - 87 Verdi work
 - 88 Thick porridge
 - 89 Mere commoner
 - 90 Savagery
 - 91 Insect head parts
 - 97 People dozing off
 - 99 "Juarez" actor Brian
 - 100 Chopped up
 - 101 Eliot's Marnet
 - 102 Tilted type
 - 105 Louise and Fey
 - 106 Very cross
 - 107 Mini-pies
 - 108 Bread that's browned
 - 109 Electrically versatile
 - 110 Mets' former stadium
 - 115 Colony insect
 - 116 Horse feed
 - 117 Legal addendum?
 - 118 Oath answer
 - 119 Guy doll
 - 120 Before



See Page D3 for this week's answers.

Weekly SUDOKU

by Linda Thistle

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



HELD OVER! Zero in on the big play above by shading areas marked with an X. Use an ordinary pencil or dark crayon.

OPS AND OOPS! There's a hot dog but no cold dog. There's a down payment but no up payment. Tightwad, loosewad? Sweet pea, sour pea? Hard copy, soft copy? Any to add?

GRAB BAG! Let's see how quick you are with head and hand. Extend one arm forward, with fist closed. Place a coin atop the back of your hand. Now, dropping your arm suddenly, attempt to bring your hand down and under to catch the falling coin in your palm.

Once you've mastered this, try reversing the twist of your wrist. That is to say, turn it in the opposite direction.

Remember, the object is to grab coin before it falls.

Junior Whirl

by Hal Kaufman

99999
- 9999
86997

SORRY, WRONG NUMBERS!

ALAS, we have the right answer to the subtraction problem provided at left, but we do not have the right subtractable amounts. Indeed, what's wrong is that four of the numbers are upside down.

Simply invert three nines in the top row and one nine in the middle row (that is to say, make them sixes), and alakazam, the answer is correct.

How long will it take you to up-end the nines?

Time limit is three minutes.

MINI-TEST! Five consecutive numbers add to 100. Quickly, what numbers?

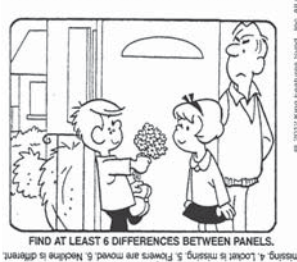
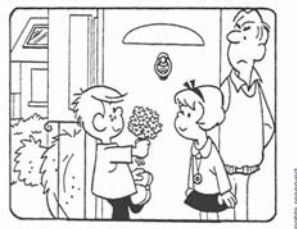
Wishing Well

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

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.

NFL, Army work to combat traumatic brain injury

By David Vergun
ARNEWS

WEST POINT, N.Y. — The Army and National Football League are both working to improve awareness of traumatic brain injury and further research into its causes, prevention and treatment.

The top leaders of both organizations -- Army Chief of Staff Gen. Ray Odierno and NFL Commissioner Roger Goodell -- met at the U.S. Military Academy Thursday to discuss the issue and sign a letter of agreement to continue sharing resources to combat TBI.

They were joined by a panel of Soldiers and retired NFL players who have had concussions while serving on the battlefield and the playing field. Also, about 200 cadets attended, as well as representatives from Army medicine.

Odierno explained how some of the best traits in Soldiers can sometimes hinder many from seeking help following concussions: "Mental and physical toughness, discipline, team over self and stressing the importance of resilience are fundamental to the cultures of both the NFL and the Army. We have the Warrior Ethos, reinforced by the Soldier's Creed," said Odierno.

"While commendable and essential to what we do, these traits make it particularly difficult for individuals to come forward and identify physical and mental issues, especially mental," he con-



PHOTO BY DAVID VERGUN

Army Chief of Staff Gen. Ray Odierno holds an official NFL football signed by NFL Commissioner Roger Goodell. "The NFL is a longstanding supporter of the Army family," said Odierno. "The NFL season begins next Wednesday and I want to thank

tinued. "We are seeking to educate both players and Soldiers about TBI, to empower them to seek treatment both on the battlefield and playing field."

The Army and NFL are continuing the dialogue and sharing of research on TBI, said Odierno, citing examples of joint efforts at monitoring TBI, including placing special sensors in the helmets of both Soldiers and NFL players, which can detect a possible concussion following trauma to the head.

Both NFL players and Soldiers are now coordinating strategies and using special types of tests to

determine if a concussion has occurred, added Dr. Richard Ellenbogen, chair, Department of Neurological Surgery, University of Washington. He expects research to continue to reduce TBI.

The NFL commissioner then addressed the cadets. "You are the future leaders of Army," he told them. "Together, we can make a big difference, sharing medical research, and helping players and fighters and bringing a greater awareness to society as well. I believe we can change our cultures, with athletes and Soldiers sharing their experiences."

The cultural shift to which

Goodell was referring is the reluctance of many football players and Soldiers to ask for help after receiving concussions.

"A frank conversation needs to take place at the lowest levels with the people most powerful in Soldiers' lives -- not me, but their platoon sergeants and first sergeants," said Odierno, referring to the change he said has to take place. "Soldiers must be made to realize that there will not be retribution of any kind for asking for help."

"Sometimes the NCOs must make the decision for the Soldiers and not penalize them," said Staff Sgt. Shawn Hibbard, addressing the reluctance of many Soldiers to seek help on their own. "When I got blown up I felt like, 'hey, I'm mentally still in the fight.' That NCO must check those injured and remove them from the fight so they can get better." Hibbard suffered concussions during recent combat operations, but was reluctant to seek help.

Maj. Christopher Molino, who also suffered a concussion during recent combat operations, agreed that small unit leaders must step in and take charge. "Removing yourself is counterintuitive to Soldiers' instincts. That's why good leadership is important."

Troy Vincent had a concussion on the field so severe, he said he was unconscious and didn't recall the event. No one got him to seek help, he explained. "They protected me with some play calls and didn't expose my weakness at the

time," he said.

"The coach told me that 70 percent of you is better than 100 percent of the second string (players)," meaning that despite losing 30 percent of his ability to play due to concussion, he was still better than many of the other players without injury. Vincent was a cornerback for the Miami Dolphins, Philadelphia Eagles, Buffalo Bills and Washington Redskins.

Bart Oates, who also suffered a concussion on the playing field, agreed that the mindset is hard to change. He played center for the New York Giants and San Francisco 49ers.

Goodell said that old school mentality of not asking for help will no longer be tolerated. He stressed the importance of accountability. "Myself, the coaches and other members of this organization have a responsibility to make the lives of players better, both on and off the field," he said, adding that he hopes those in other sports -- especially young athletes -- get the message and provide proper leadership and supervision.

"We need to learn to rely on the players to do the right thing; to raise their hand if they need help or ask others to seek assistance," he said. "Someone needs to say 'hey, you're not feeling too well,' and allow medical personnel to make the call whether to stay in the game. The coaches or players should not make that call. You can play smart as well as tough. Seeking help is playing smart."

WAQ: Soldiers urged to slow down, take Family time

Continued from Page D1

efficient are in development.

"We are researching skydiving, ATV (all terrain vehicle) trails, mountain biking, bungee jumping, ropes courses, cave exploring and rock climbing. The plan is to get Soldiers involved in activities that are much safer, with instructors and other professionals, but can be fun and relaxing," he said.

Some of the programs that the Soldiers from Team 10 thought would be good to add to the course were scuba diving, because Soldiers would learn about staying calm under a stressful situation, backpacking and hiking because of the local terrain, and horseback riding because many Soldiers have never been on a horse before.

The importance and the ground gained from WAQ were discussed between the Soldiers during a break from paintball.

"I am glad that MWR has these types of programs and I hope they don't go away with the deployments starting to calm down. It builds esprit de corps and its great learning," said Van Dine.

"It helps build camaraderie and its great exposure for me because I didn't know what WAQ was prior to coming to Fort Rucker. It's awesome knowing what is available to me now. It's been a great time coming out here, because we didn't have to supply anything. We just brought our game faces," said Orange.

Not all of the activities revolve around seeking a rush of adrenaline, according to Clancy. He stated that WAQ is also about teambuilding, relaxing and occasionally a little friendly competition.

"These Soldiers will get really pumped up over a golf or fish competition that they will get going between them. They will holler and jump up and down over sink-

ing a putt because they might have never played golf before in their lives or caught a tuna that weighs more than they do. Who is to say what a good thing is for any individual?" he said.

Fort Rucker also provides WAQ for Soldiers at other bases.

"We do programs for the special forces from Eglin Air Force Base because they don't have an outdoor recreation program there. Those guys can be hardcore and tense, so to see them all laughing hard at the end of the day really makes me feel ecstatic about what this program does for Soldiers. I see a big difference in their demeanor afterwards," said Clancy.

The other focus of WAQ events is to get Soldiers participating in that event long after they have completed the program, and according to Clancy Soldiers from around the area are doing just that.

"We now have Soldiers who after par-

ticipating in an event liking it so much that they will go back with their Families. We really like to hear that because we want to stitch the Families back together as well. We know how hard that can be with [a Soldier] being gone so long. That separation can really cause behavioral issues, and we want to heal that," he said.

For Soldiers who feel they are suffering from any side effects from a recent deployment, Clancy said they should contact him at DFMWR through email (john.o.clancy.naf@mail.mil) or by visiting his office in Bldg. 5700 or by going to the Facebook page (www.facebook.com/pages/Fort-Rucker-FMWR-Sports-Fitness-and-Aquatics-Branch) to be placed on the list to participate.

"Slowing down isn't a bad thing. Take time with your Family and come to one of the events. You have nothing to lose," he said.

Fishing: Post tournament offers big fun, cash prizes

Continued from Page D1

tournament.

"We had 57 boats the first time we did the tournament," he said. "The problem was that people were complaining that others were too close while they fished, so we reduced the number of boats allowed to 25, which is perfect."

Clancy said the reduction of boats allowed provided fisherman plenty of room to enjoy the tournament as well as give them a better chance to win, but exceptions can always be made in some cases.

"Last year we did allow 26 boats to enter the tournament because the

participants, who were wounded warriors, couldn't get in touch with us in time," said the ODR manager. "We took a consensus with the participants and they said they had no problem with the wounded warriors fishing with them," adding that the wounded warriors ended up winning the tournament.

The tournament is for Soldiers and civilians alike, said Clancy, but people who participate, not just in the tournament, but in fishing on Fort Rucker must have an Alabama state fishing license as well as a permit to fish on the installation.

"After they get their state fishing license and Fort Rucker permit,

they just need to register with us at outdoor recreation for the tournament," said Clancy. "They don't have to go through any classes or anything like they do with hunting."

If people wish to operate a boat, however, participants are required to take a boater's safety course on Fort Rucker, according to the ODR manager. People can do so by visiting the outdoor recreation website at <http://www.ftruckerfishing.com/recreation/outdoor-recreation/> and clicking the boating safety course link.

"The course is about 20 or so questions. They'll take it, bring it

to us, and we'll grade it and give them their card," said Clancy.

Outdoor recreation has five or six boats that are available to be rented out for the tournament, but otherwise people need to provide their own boats.

Clancy said the winner of the tournament is determined by the weight of the team's collective catch, which will be a maximum of five fish per team and a deduction of three ounces for every dead fish. In the event of a tie, the winner will be decided by the biggest fish. Clancy claims that people that fish in Lake Tholocco have a chance at breaking the state record

for biggest bass.

"The state record is 14 pounds and we we've been about four or five ounces short of matching the state record," he said. "Fort Rucker has a type of Florida largemouth bass and they are gluttons. They will eat every little fish they can suck in, so they put on the pounds fast."

During the tournament, people not only have the chance to win cash, but they have the chance the catch the biggest bass they've caught in their life, according to Clancy.

For more information, call 255-4305.

Weekly SUDOKU

Answer

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

TRIVIA

Answers

1. Peter Tchaikovsky
2. Art for art's sake
3. France
4. The Furies
5. Mark Twain
6. "Baretta"
7. Br
8. Barnum & Bailey Circus
9. Elbert Hubbard
10. "Aladdin"

PUZZLE ANSWERS

Super Crossword

Answers

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

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	<p>Wes Hamilton, Network Enterprise Center (7-0)</p>							
	<p>Tish Williamson, USAACE (4-3)</p>							

Golden Knights beat France

By Donna Dixon
U.S. Army Parachute Team

FORT BRAGG, N.C. – The Golden Knights Female 4-Way Team, or GKF4, part of the U.S. Army Parachute Team, will bring home a gold medal for their performance in the Czech Republic.

The GKF4 Team includes Sgt. 1st Class Angela Nichols, the team leader; Sgt. 1st Class Dannielle Woosley; Sgt. 1st Class Laura Dickmeyer; Staff Sgt. Jennifer Schaben and videographer Sgt. 1st Class Scott Janise.

The GKF4 Team competed in the 18th International Parachuting Commission World Cup of Formation Skydiving and 11th FAI European Formation Skydiving Championships, 9th FAI World Cup of Artistic Events and 8th FAI European Artistic Events Parachuting Championships. The skydiving events were held Aug. 26 - Sept. 2 in Prostějov, Czech Republic.

The annual competition allows formation skydiving teams from multiple countries to compete for the opportunity to jump in the World Parachuting Championships, Mondial 2012, in Dubai, UAE in December.

The Golden Knights Female 4-Way Team competed in the Women's 4-way Formation Skydiving category.

The female parachutists have been spending hours and hours honing their skills since their last match. They have made over 555 jumps and spent more than 20 hours in the wind tunnel preparing for their most recent win. They had a tough fight with the French team, which pulled ahead in final rounds of the meet, but once again came home undefeated.



U.S. ARMY PHOTO

The GKF4 Team includes Sgt. 1st Class Angela Nichols, the team leader; Sgt. 1st Class Dannielle Woosley; Sgt. 1st Class Laura Dickmeyer; Staff Sgt. Jennifer Schaben and videographer Sgt. 1st Class Scott Janise.

“We took first in the female category and managed to pull back ahead of the French by two in the end,” said Nichols, the team leader. “I’m so proud of my girls and Scooter!!!”

Two other teams competed in the women’s category, including France’s Aerodyne Deep Blue Defenders and Norway’s Polarus. The GKF4 Team competed against both of these teams back in March at the Paraclete XP Outdoor Championship (Shamrock Showdown) held in Raeford, N.C.

SPORTS BRIEFS

MUSEUM GOLF CLASSIC

Silver Wings Golf Course hosts the 17th annual Army Aviation Museum Golf Classic Sept. 14. 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 non-members. 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.

SWING FORE LIFE GOLF TOURNAMENT

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

\$55 per player and members of Silver Wings Golf course will receive a \$10 discount. This fee includes green fees, practice balls, a cart, one mulligan, breakfast, lunch and a pass for a free round of golf. Prizes will be awarded based on participation. This event is open to all Soldiers, Family members, Army civilians and retirees.

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

2-MAN BUDDY BASS TOURNAMENT

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

For more, call 255-4305.

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