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entertainment,
games, camaraderie
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GATE-TO-GATE
Run celebrates
Hispanic heritage
Sept. 29
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ARMY FLYER

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

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FORT RUCKER ★ ALABAMA

SEPTEMBER 20, 2012

164th TAOG Soldiers deploy

By Nathan Pfau
Army Flier Staff Writer

Families and friends came together at the U.S. Army Aviation Museum to say their farewells to about a dozen Soldiers of the 164th Theater Airfield Operations Group who deployed to Afghanistan and Kuwait Saturday to provide additional airfield oversight for an earlier deployed unit, according to Lt. Col. Terry Meyer, rear detachment commander for the 164th TAOG.

"They will join the 164th TAOG headquarters already deployed where they will provide maintenance, standardization, safety and technical expertise to air traffic control units and expeditionary airfields throughout the Army Central Command area of operations," he said during the ceremony. "Standing before you and sitting next to you are the Soldiers and Families who start their journey today to advance this proud history [of this unit] and answer the call of our great nation."

The Soldiers that deployed consisted of Soldiers from all three of the 164th TAOG units on Fort Rucker: Headquarters Headquarters Company 164th TAOG, 1-58th Airfield Operations Battalion and the 597th Ordnance Company, said Meyer.

One of the Soldiers that deployed was Sgt. Adam Pressley, of HHC 164th TAOG, who was originally slated to deploy in July but was allowed to stay behind to be with his wife, Karen, for the birth of his son.

"Mentally we had to prepare very quickly because my orders came down within a month, so we had to do everything really fast," he said, adding that he's proud to have the opportunity to serve his country.

"I was originally stationed in Germany ... and my unit left twice [to deploy], and I



PHOTO BY NATHAN PFAU

Sgt. Adam Pressley, HHC 164th Theater Airfield Operations Group, holds his newborn son during the 164th TAOG deployment ceremony at the U.S. Army Aviation Museum Saturday. Pressley deployed with about a dozen members of his unit to Afghanistan and Kuwait for a six-month deployment.

SEE 164TH TAOG, PAGE A5

Run, CG highlight suicide prevention event

By J.D. Leipold,
*Army News Service, and
Fort Rucker Public Affairs*

WASHINGTON — The Army will conduct a suicide prevention stand down worldwide Sept. 27 to focus on promoting good health, teammate involvement, risk reduction and resilience training.

As part of the Army-wide stand down, Fort Rucker will conduct a post run at 6 a.m. that day at Howze Field, followed by addresses by Maj. Gen. Kevin W. Mangum, U.S. Army Aviation Center of Excellence commanding general, and Aviation Branch Command Sgt. Maj. James H. Thomson Jr., according to post officials.

Army Vice Chief of Staff Gen. Lloyd J. Austin III ordered the stand down following the release of July suicide figures, which confirmed two suicides and another 36 potential suicides presently under investigation. To date, 120 active-

duty Soldiers are confirmed to have taken their lives while another 67 deaths are under investigation.

"Suicide is the toughest enemy I have faced in my 37 years in the Army," he said, adding that he believes it preventable through solutions aimed at helping individuals build resiliency to help strengthen their life-coping skills.

Austin said the Army must continue to address the stigma associated with asking for help.

"Ultimately, we want the mindset across our force and society at large to be that behavioral health is a routine part of what we do and who we are as we strive to maintain our own physical and mental wellness," Austin said.

As part of the Fort Rucker's stand down, units will form up on Howze Field by 5:45 a.m., observe Reveille, go on the run and then reform for the CG and CSM addresses on

SEE STAND DOWN, PAGE A5

What to do during 'Reveille,' 'Retreat'

Soldiers not in formation:

On the first note of "Reveille," Soldiers should come to attention and salute the flag. If the flag is not visible, Soldiers should face in the direction of the music and salute.

In the evenings, "Retreat" is played before "To the Colors." On the first note of "Retreat," Soldiers should come to attention and face the flag. If the flag is not visible, Soldiers should face in the direction of the music.

On the first note of "To the Colors," salute. Exceptions are made if duty requires Soldiers to face elsewhere or saluting hampers the assignment.

Soldiers in formation:

The senior Soldier will call the group to attention and then parade rest at the first note of "Retreat."

That same Soldier will call the group to

attention and "Present, Arms" at the first note of "To the Colors." At the conclusion, "Order, Arms" is called.

Civilians/Soldiers in civilian clothing

When in civilian clothing, Soldiers should place their right hands over their hearts instead of saluting.

Civilians should remove hats and place their right hands over their hearts.

Military veterans have two options: salute like other civilians or render a military-style salute.

While in vehicles:

Vehicles in motion should stop. People in cars or on motorcycles should dismount and render proper honors.

If Soldiers are with a group in a military vehicle or bus, only the individual in charge will dismount the vehicle and salute.

Combined Federal Campaign aims to raise \$1.15 million



PHOTO BY NATHAN PFAU

Jarkayzio Frank, Directorate of Human Resources employee, talks with Angie Sherrill, southeast Alabama Children's of Alabama coordinator, to get more information on the organization during the Combined Federal Campaign kickoff event Monday. Children's of Alabama is one of the many organizations in the CFC campaign, which collectively hopes to raise \$1.15 million on Fort Rucker.

By Nathan Pfau
Army Flier Staff Writer

The Heart of Alabama Combined Federal Campaign kicked off its fundraising efforts Monday with an event at the Landing that showcased the different organizations that people can donate to.

The goal for this year's campaign is to raise \$1.15 million for the various CFC organizations, according to Maj. Gen. Kevin W. Mangum, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general.

"Our goal here at Fort Rucker is to have 100 percent participation and our mission is to have 100 percent solicitation of our workforce to ensure that all of our [people] ... have the opportunity to give," said Mangum during the event. "We are very lucky, fortunate and blessed ... that we have the opportunity to make a difference."

The kickoff event started as different CFC orga-

nizations had tables set up for people to visit and be educated on the different services they provide.

"The tables that are set up are the different charities that are in our campaign, not all of them, but a representation of the local [charities]," said Beverly Arnold, Wiregrass area associate for CFC. "They've come today to talk to potential donors, military members and federal employees about what type of services they provide, and it gives that face-to-face opportunity for people to see where their money goes and how the charities use it."

To encourage attendees to learn about the different organizations, a game of bingo was played where each person participating received a card, and for each organization they visited and learned about, they would receive a stamp on their card. The bingo cards were then collected and names were drawn for door prizes that included T-shirts, bags and gift

SEE CFC, PAGE A5

PERSPECTIVE

ACAP: Master application important to job search

By Bryan Tharpe
Fort Rucker Army Career and Alumni Program

Have you gone for a job interview lately? Chances are, if you have, you were asked to arrive a few minutes early to complete your job application. This is something that everyone has to complete before they begin work for a new employer. Filling out the application is a breeze if you are prepared, but if you are not prepared it can be a nightmare and may cost you the job. Frequently, the employer asks the job

candidate to arrive a few minutes before the job interview to fill out the application. If you are not prepared, you may go into the interview with a negative mindset from having to rush through the lengthy application. The application asks for a vast amount of information, including your previous experience and skills, completed education and schools, dates and addresses of employment, names and contact information of previous employers, salary history, reason for leaving each job and more. All of this information must be verifiable and accurate. Otherwise, if

you get the job and the employer finds out that the information is false, you could lose the job. To make the application process easier and to maintain a positive mindset going into the interview session, it is crucial to develop a master application to take with you to the interview. This master application will have all the details of your previous jobs (usually going back 10 years) to include the information listed above. The details of your previous jobs must also be in terms that are familiar to the employer. Having this information handy in the

form of a master application will help you feel prepared as you fill out the application, and you can be confident that the information you are providing is accurate. However, you still can't just hand in your master application – you will still have to fill out the application. For more information on job search skills, transitioning Soldiers and their spouses should call the Fort Rucker ACAP Center at 255-2558, or log on to <https://www.acap.army.mil> to register for ACAP services, and schedule additional events and appointments.

Websites teach youth how to deal with bullying

By Lisa Daniel
American Forces Press Service

WASHINGTON — The start of school is a good time to talk to children about the complicated and heartbreaking problem of bullying. Fortunately, there are at least two good websites devoted to the cause. The Federal Partners for Bullying Prevention website, at <http://stopbullying.challenge.gov>, created by the Health Resources and Services Administration and its eight partner departments, is offering a video challenge to help prevent and end bullying in schools and communities across the nation. The contest invites youth ages 13-18 to create a 30- to 60-second video to inform and motivate youth to prevent bullying. The videos should promote an environment of kindness and respect for others, and show how not to be a bystander to bullying. Education Secretary Arne Duncan says in a video on the site. Video entries must be submit-

ted by Oct. 14. The Department of Defense Education Activity has joined in the federal partnership and has its own Web page on bullying prevention at <http://www.dodea.edu/StopBullying/> that gives advice to parents and kids about how to deal with bullies and prevent it. For parents, the DODEA site advises:



- If your child is being bullied, talk to his or her teacher instead of confronting the bully's parents. If no action is taken, talk to the principal;
- Teach your child nonviolent ways to deal with bullies, like walking away or talking it out;
- Role-play bullying scenarios with your child and help your child act with self-confidence;
- Practice walking upright, looking people in the eye, and speaking clearly;
- Don't encourage your child to fight – he or she could get hurt, get in trouble or start more serious problems with the

bully; and

- Involve your children in activities outside of school so they know they can make friends in a different social circle. The site offers these tips for children:
- If you are bullied at school, tell your teacher, school counselor, or principal. Telling is not tattling;
- Tell your parents or other trusted adults. They can help stop the bullying;
- Don't fight back. Don't try to bully those who bully you;
- Try not to show anger or fear. Students who bully like to see that they can upset you; and
- Try not to be alone in places where bullying is likely to happen, such as bathrooms or locker rooms.


Most of our children will witness or be part of bullying in some form or another, according to the bullying prevention programs. I've never been more proud of my son than when his sixth-grade teacher told me he intervened against a bully, even as the

rest of the class took the silent bystander approach. The teacher's eyes welled with tears as she told me how my son had gone against the grain. To my surprise, when I tried to commend my son for his good judgment and courage, he recoiled, saying he didn't want to think of it again. The incident was painful not only to the child who was bullied, but also to everyone who witnessed it and then had to deal either with the guilt of not handling it right or the anxiety of how their role as bystander or intervener would affect them later at school. Like all forms of harassment and abuse, bullying is hard to witness and even harder to deal with. Sometimes it is subtle and can leave kids confused about when someone has crossed the line, when something that may start as playful teasing isn't funny anymore. The bullying prevention programs seek to ease that burden by helping kids understand what bullying is and how they can prevent it.




Rotor Wash

“September is National Severe Weather Preparedness Month. What are your tips for being prepared?”




W01 Timothy Ocain,
1st Bn., 1-145th
Avn. Regt.

“Always have a contingency plan and make sure your Family knows what the plans are if something happens, and make sure you have a rally point.”




1st Lt. Michael Debroy,
B. Co., 1st Bn., 1-145th
Avn. Regt.

“Have enough food and water when you know a storm is developing at home for at least a week, and make sure you have a full tank of gas because you never know if you will have to evacuate or not.”




Scott Howell,
Soldier Service Center
facility manager

“Have a good emergency kit that is well stocked on supplies and accessible.”



2nd Lt. Joel Castillo,
1st Bn., 1-145th Avn.
Regt.




“Water is so important, it's essential to survival. You also need to stock up on things like baby wipes and toilet paper. You also have to be aware of things your children might need especially.”



Tina Kiguradze,
civilian

“It's important to have things like water, nonperishable food, fuel and toilet paper.”

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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.

Tailgate event educates Soldiers on benefits

By Sara E. Martin
Army Flier Staff Writer

The Army Education Center strives to help Soldiers achieve life-long learning goals and take things to the next level with its Fall College Tailgate, designed to bring Soldiers and Families face-to-face with the college representatives that can help them in their quests for higher learning.

On-post and off-post schools will be set up tailgate style outside with information about programs, degrees, tuition and on-line learning for attendees.

The event will be on the outside grounds of Bldg. 4502 Wednesday from 10 a.m. to 2 p.m. There will be hourly giveaways (people don't have to be present to win), and hamburgers and hotdogs will be provided to attendees who attend the free event, said Sally Markovich, an education counselor at the Army Education Center.

The event is a nontraditional school fair where potential students can see what they have available to them. Representatives will inform them what options Soldiers have in terms of brick and mortar classes as well as online.

"Our purpose in this is to get Soldiers familiar with outside schools so they can touch base with colleges and learn what is available. This event helps us get a lot of information out to a lot of people at one time rather than individually and to ensure that everyone is getting the proper information," said Markovich.



PHOTO BY NATHAN PFAU

Jeremy Glasstetter, military site representative and School of Visual Arts coordinator for Baker College, talks with CW4 Ron Smith, Aviation Center Logistics Command, about what the school has to offer at the Fort Rucker Education Center's Spring Fling education fair in April. The education center is at it again with its Fall College Tailgate Wednesday from 10 a.m. to 2 p.m. outside of Bldg. 4502 to help Soldiers and Families find out about the continuing education options available to them.

The casual and Family-friendly event is expected to bring in 200 Soldiers and Families who are searching for colleges.

"We can touch 10 to 30 people a day, but with the tailgate we hope to help hundreds with their educational goals. We want people to come and get excited about school. We want to show them all the different possibilities that they have. We want them to get real education plans in place," she said.

Most Soldiers only have access to the in-house schools like Troy and Embry-Riddle Aeronautical University-Worldwide, so the

AEC wants to expose Soldiers and Families to other schools that they have access to.

"We want people to touch base with these other, outside schools," said Markovich, adding that representatives from Baker College Online, Enterprise State Community College, George C. Wallace Community College, University of Phoenix, Central Texas College, University of Maryland University Colleges, Auburn University, University of Alabama, Excelsior College and others have been invited to share their admission process and program information as well

as post 9/11 GIBill benefits with Soldiers and Family members.

"We have many schools of all different types come out. We have a truck training school coming out as well as more traditional schools like the University of Alabama Birmingham. We try to get a good variety because not all our Soldiers and Families want the same type of school," she said.

The 21 schools that will be in attendance are interested in talking to Soldiers and their Families face-to-face about what education opportunities they have at their schools, Markovich added.

ACE encourages Soldiers who perhaps cannot attend school right now due to training to plan ahead for future endeavors.

"This is a great way for Soldiers who may be in flight school and cannot take on college right now, but they can plan ahead for their next duty station or for their Families to get their foot in the door when it comes to preparing for college," said Markovich.

ACE counselors want Soldiers and their Families to know that by using their educational benefits, such as the Montgomery GI Bill and post 9/11, they can improve their quality of life.

"The Montgomery G.I. Bill or the post 9/11 benefits are available to Soldiers as well as traditional financial aid like Pell Grants and student loans. The post 9/11 benefits are able to be transferred to dependents, so we want dependents to come out and see where they can spend those benefits and get the greatest in return," she said.

Different rules and regulations are attached to different types of financial aid. Soldiers or Families can contact an Army Continuing Education System counselor for more information at Bldg. 4502 or by calling 255-2378.

Markovich said she hopes to see just as many Family members as Soldiers at the event because, "this event is for everyone seeking a higher education."

"When we sit down with people, we want to make sure they are not just looking at today, but they are setting goals for their future in the Army as well as after the Army," she said.

Hispanic Heritage Month post event entertains, informs

By Nathan Pfau
Army Flier Staff Writer

The United States is made up of a vast number of cultures and has a mix of people from all areas of the globe, and Fort Rucker is no different when it comes to the diversity that makes up the nation.

The installation is celebrating Hispanic Heritage month now through Oct 15, and a kickoff event was held at the post exchange Friday to observe Hispanic culture with dancing, food and a bit of cultural education.

"Hispanic heritage has a rich tradition and [Hispanic Americans] have been involved in our history throughout the years," said Sgt. 1st Class Dunstan Fentress, 110th Aviation Brigade equal opportunity adviser. "What we're trying to do here [at the kickoff event] is highlight some of the things that they've done and say thank you. A lot of people overlook what other cultures have contributed to American society and this gives us an opportunity to recognize what Hispanic heritage has brought to our country."

Col. Stuart J. McRae, Fort Rucker garrison commander, addressed the audience to officially kickoff the festivities.

"We have a great history in the United States as a melting pot of a number of different cultures and this is just one opportunity that we have to embrace one of those cultures – Hispanic culture," he said. "[The Hispanic culture] has a pretty wide spectrum that goes from Europe to Central and South America."

The event began with traditional Hispan-

ic music by the 98th Army "Silver Wings" Band accompanied by Hispanic dances by dance instructor Marta Vere, who teaches at The Commons, and her dance partner Juan Nieves.

April Smith, military spouse, expressed her amazement at the dancing and said she was pleasantly surprised when she came out to shop at the post exchange.

"I actually just came here to shop today and didn't realize all of this was going on," she said. "I'm glad I chose today to come out because I think the dancing that they've been doing is amazing. I wish I could move like that – it makes me want to take some dancing lessons."

Shakima Lister, military Family member, said she came out to see and experience some of the Hispanic culture. The dancing was her favorite part of the celebration, as well.

"I really, really liked the dancing. It made me want to jump out there and start dancing, too," said Lister, who is of Hispanic descent. "I think it's important for people to see this because I'm proud of my culture."

"My dad is part Hispanic and he's really big on his heritage, so I wanted to come out and show my support," she said. "I have a very big Family out in California, and when we get together, there's a lot of the same stuff that's going on here, including a lot of the food."

The food that was available for sampling at the kickoff event were traditional Hispanic dishes that were prepared by volunteers like Susie Antonello, visual merchandiser manager for Army and Air Force Exchange



PHOTO BY NATHAN PFAU

A Zumba class demonstrates some Zumba dancing and exercise routines during the Hispanic Heritage Month kickoff event at the post exchange Friday.

Services, who made arroz con pollo, which is chicken and rice.

"My favorite dish was the chicken and rice – I really liked it a lot," said Smith. "I didn't think that when I came out here today I would be getting free food, but I'm glad that I did."

Other foods that were available were curry chicken, pica dillo, fried plantains and pinto beans.

Along with the traditional Hispanic foods,

people had the opportunity to see different clothing styles from the many different Hispanic countries including Puerto Rico, Panama, Brazil, Peru, Mexico and Argentina, according to Antonello.

"I think it's just amazing that Fort Rucker put something like this on to honor a different heritage," said Smith. "It's a great opportunity for people to learn about other cultures and see what this country is actually made up of."

News Briefs

MUTAS cancelled

The Music Under the Alabama Stars concert scheduled for Friday has been cancelled. The next concert is scheduled for Oct. 19 at 6:30 p.m. at Howze Field.

POW/MIA

Fort Rucker hosts its POW/MIA ceremony Friday at 8:30 a.m. at Veterans Park. The inclement weather location is inside the U.S. Army Aviation Museum.

Fall cleanup

Fort Rucker's fall cleanup effort is scheduled for Oct. 2-5 with all mission, garrison and tenant units required to participate. Oct. 2 is designated for cleanup of interior offices and work areas, Oct. 3 is for exterior areas and police call areas, Oct. 4 is for continuing interior and exterior cleanup in the morning along with barracks cleanup in the afternoon and Oct. 5 is the inspection by post officials.

Army uniform survey

The Army wants Soldiers to sound off about the Army Service Uniform. In an ef-

fort led by U.S. Army Training and Doctrine Command, a survey site has been developed to get feedback from the field about the ASU. This survey is for all Soldiers, although they must have Army Knowledge Online access to participate.

The ASU survey is part of the Army's effort to solicit continuous feedback on the equipment it provides to Soldiers. The feedback will be used to determine possible adjustments or improvements that can be made to the ASU.

The survey site is open now until Oct. 9. The survey can be access by visiting (CAC enforced login) <https://asusurvey.natick.army.mil> or (non-CAC enforced login) <https://surveys.natick.army.mil/Surveys/asu.nsf>.

Lunch and Learn

Fort Rucker's Army Continuing Education System and Troy University host their free Lunch and Learn series Friday from 11:30 a.m. to 1 p.m. in Bldg. 4502, Rm. 112. The series features Dr. Scott Beaulier speaking on the importance of economic freedom in a prosperous society. Refreshments and lunch will be served as part of the presenta-

tion. The event is open to military members, students and Family members.

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

Electronic retiree newsletter

The annual retiree newsletter is now available via email. To receive the newsletter electronically, people should send an email to ruck.retirees@conus.army.mil requesting the newsletter, and also include their name and U.S. Postal address.

Thrift shop

The Fort Rucker Thrift Shop hosts a bag sale Oct. 12 from 8 a.m. to noon where people can get everything they can stuff into a bag for \$5. The 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.

Education fair

The Fort Rucker Army Education Center hosts it Fall College Tailgate Education Fair Wednesday from 10 a.m. to 2 p.m. in Bldg. 4502. The event will feature representatives from colleges, universities, Army Community Service, Army Career and Alumni Program, and Army continuing education specialists all available to help Soldiers and Family members learn how they can further their educations and the benefits available to them. For more on the fair, call 255-2219.

CAC check

People need to look at their Common Access Cards for the wording "Oberthur ID One 128 v5.5 Dual" or "Gematlo TOPDL-GX4 144" in the laser engraving above the magnetic strip on the back of the card. If neither is there, the CAC must be replaced prior to Oct. 1 or people's certificates will not be recognized. For more information or to set an appointment to have a card replaced, call 255-2437 or 255-2182.



U.S. Air Force Auxiliary Lt. Col. Harold Coghlan, also a civilian instructor pilot with 1st Bn., 212th Avn. at Fort Rucker, with USAF Auxiliary Maj. Gen. Charles L. Carr Jr., Civil Air Patrol national commander.

Local instructor pilot earns Civil Air Patrol safety honors

U.S. Air Force Auxiliary
Press Release

A Fort Rucker civilian instructor pilot and volunteer with the U.S. Air Force Auxiliary, also known as the Civil Air Patrol, earned honors as the Alabama Wing and South East Region’s Safety Officer of the Year recently. Harold Coghlan, B Co., 1st Battalion, 212th Aviation Regiment instructor pilot and a volunteer lieutenant colonel with the Alabama Wing, is the director of safety for the wing’s headquarters squadron at Maxwell Air Force Base. During this past fiscal year, Coghlan’s proactive safety program resulted in zero ac-

cidents in flight or ground operations, while his unit flew more than 4,180 flight hours in a demanding flight mission environment, according to USAF Auxiliary Maj. Patricia Coghlan, public affairs officer for the wing. This included more than 800 hours flown overwater in support of Deep Water Horizon, and more than 600 hours in counterdrug operations, she added. The unit achieved a 0 percent accident rate for fiscal years 2010 and 2011, which also meant its Class A accident rate was zero. Col. Brad Lynn, Alabama Wing commander, presented Coghlan the awards at the recent Wing Conference. Lynn highlighted the successful management of the wing safety program under Coghlan’s tenure, not just

in the last fiscal year, but during the last nine years he has been in charge of the program, achieving a record of more than 36,800 flight hours without any Class A, B or C accidents. This safety record had never been achieved before by the Alabama Wing or any other USAF Auxiliary wing in the South East region. Coghlan, a retired Army chief warrant officer 4 and dual-rated Master Army Aviator with more than 20,000 hours of experience in military and civilian aircraft, spoke about the reasons why his safety program is so successful. “My Aviation career started at Fort Rucker as an Army Aviator, and for more than 20 years I was well indoctrinated in the value

of risk mitigation as a combat multiplier, so practicing and teaching safety principles to my fellow volunteers with the USAF Auxiliary is just a continuation of what other Army instructors and mentors taught me before,” he said. “I am just continuing the good tradition of being safe that is taught to all Army Aviators at Fort Rucker. “In a way, I am just trying to be, as the motto says, ‘Above the Best’ in all we do,” Coghlan added. “I would not be here today without a lot of good Army Aviators passing on what they knew to me, and I will try to continue that tradition”. Coghlan has also been nominated for a National Safety Officer of the Year award with the U.S. Air Force Auxiliary.



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164th TAOG: Family support key to deployment success

Continued from Page A1

had to stay behind,” he said. “I actually felt disappointed that I couldn’t go with my unit, and to be able to [deploy] twice with this unit now gives me a great sense of pride ... to be able to go and be the Soldier that I’m supposed to be.”

Since this isn’t the Pressley’s first deployment, Karen said certain aspects of deployment get a bit easier, but it’s still a tough situation to go through.

“The feelings go both ways,” she said.

“It’s easier when you get the news [that he’s deploying], but at the same time, you know what’s going to happen and it’s going to get frustrating and you’re going to get lonely. We’ve had our deployments pretty spaced apart, though, so I think I’ll be ok.”

Grisela Castillo, wife of Pfc. Bernardino Castillo, said that the deployment is going to be tough on her, but that she was mentally prepared for it when her husband joined the Army.

“We already knew when he signed up that [he was going to deploy], so I’ve just been

kind of preparing myself for when it was going to happen,” she said. “It’s just something you’ve got to deal with [as an Army spouse] and you just have to think that things will get better and he’ll come back to us soon.”

The Castillos plan to stay in contact with each other during the deployment through emails and video chats.

“Hopefully technology doesn’t fail us and we can keep in contact,” said Grisela. “There’s nothing you can really do but try to make the best of it, so you might as well think of the good things.”

CW2 Trask Preston, Air Traffic Services Standardization Element officer in charge, said that it’s part of his job to make sure his Soldiers make it through the hardest parts of deployment.

“The hardest part of deployment for a lot of Soldiers is being away from their Families, especially when the holidays are coming up,” he said. “It’s our responsibility [as leaders] to make sure that we’re going to keep them as safe as we possibly can ... and make sure that everything goes smoothly so that we can get them back safely.”

Stand down: Numerous programs available for education, prevention

Continued from Page A1

suicide prevention, according to officials.

Units will depart Howze Field following the command group and run primarily along the standard 5th Avenue physical training run route. The route goes from Howze Field onto Novosel, turning left onto 5th Avenue to Cowboy Street. The formation will then turn around in the field between Cowboy and Boxcar and return via the same route until reaching the Aviation Library. There the formation will transition up Novosel towards The Landing, where units will re-enter and reform on Howze Field to complete the run.

The last suicide prevention stand down the Army had was in 2009 and followed the train-the-trainer concept and how to recognize potential suicides, but this year’s program brings a more holistic approach to beating the epidemic, said Walter O. Morales, chief of the Army Suicide Prevention Program.

Morales said Army suicides have more than doubled since 2004.

“I think the big difference between 2009 and now is this time we’ve focused all across the Army, even here at the Pentagon we’re going to stand down with the Army chief of staff leading a personal session by talking with the general officers and senior executives,” said Lt. Gen. Howard Bromberg, Army G-1.

“This is absolutely a battle that we have to engage in every single day,” Bromberg added. “I’m asking all Soldiers this entire month and moving forward to just to think about that as military members, Family members, teammates, civilians, neighbors and friends to look out for each other in our community.”

“We’re looking at health promotion — establishment of good eating and sleeping habits, different ways of exercising and that leadership must be involved and accountable, so we’ll be looking at many resources and not just those resources specifically for suicide prevention,” said Morales. “Our goal is to let Soldiers, leaders, Family members and Army civilians know we have resources to help them remain risk-free.”

Several of those resources include Army Strong Bonds, a program led by the Chaplain Corps that seeks to build resiliency by offering individual Soldiers and Families relationship education and skills training, explained Col. George A. Glaze, chief of the Health Promotion Risk Reduction Division of G-1.

“We have Comprehensive Soldier and Family Fitness which is about building resiliency and learning coping life skills that you need to handle with some of the challenges we have,” Glaze added. “We have the Army substance abuse program that gets after the dependencies on alcohol and drug abuse and we have for those Soldiers who are geographically dispersed the National Suicide Prevention Lifeline, 1-800-273-TALK.”

Morales said programs like ACE — Ask, Care, Escort — teaches skills on how to intervene, and what questions to ask to get Soldiers the help they need. Key he says is to have the courage to intervene by stepping in with alternative solutions.

CFC: Community donations to campaign aid Soldiers, Families in need

Continued from Page A1

certificates.

But the main motivation for people seemed to be to educate themselves on where their donations go.

“A lot of times when you donate money, you want to know that the money that you’re giving is going to worthy cause or something that you actually believe in,” said Jar-kayzio Frank, Directorate of Human Resources employee. “I know that there are certain things that I really advocate people donating to,

so coming out here and being able to learn more about these organizations help me make that decision.”

The theme of the campaign is “There When it Counts,” which Mangum said was appropriate for both members of the CFC as well as Soldiers in the Army.

“It’s kind of what we do in the Army,” he said. “We are there when it counts. For the past 51 years, CFC has been providing a venue or an opportunity for caring [people] to put their money where their mouth is and contribute to charitable causes. Whether those

causes are local, regional, state, national or international, the variety of causes that you can contribute to through CFC is truly astounding.”

During the 51 years that the CFC has been around, it has received \$7 billion in donations for its charitable organizations, said Mangum, adding that in the last year alone, almost 1 million donors donated \$272 million.

“I often say that the most precious gift that a Soldier can give to his or her country is the gift of selfless service,” he said. “This is also an opportunity to selflessly

give to others.”

People that are in need of the services that are provided by the various CFC organizations come from all walks of life, and Melinda McClendon, guest speaker for the event, was able to testify to that fact.

“I don’t look like the typical recipient of any of the things that these charities here offer,” said McClendon, who is also an independent marketing consultant. “By looking at me, you wouldn’t know that I wear a prosthesis, you wouldn’t know that I’ve had a se-

ries of tests last week to see if my cancer has come back, and you wouldn’t know that I have a special needs son at home.

“It’s a broad spectrum of people who benefit from these organizations,” she continued. “We’re changing lives ... but we need your help.”

McClendon asked that people step up to the challenge and help Fort Rucker meet the \$1.15 million goal.

For more information or to take a pledge, visit <http://www.heartofalabamacfc.org/>



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REAL ESTATE SHOWCASE

NEW LISTING \$132,500



107 Beverly: This home couldn't get any closer to Rucker Blvd. Elementary School and is completely convenient to everything. This is a must see for a first time homebuyer or a growing family on a large lot that is move in ready. Owner is a licensed real estate agent in the state of AL. **Cindy Harper 317-5618**



NEW LISTING \$545,000



1360A Campbell: Horseman's dream. Beautiful large home with 4 BR/3.5 BA, pool, 2 large barns (one with 18 stalls & 3 tack rooms, second has 11 stalls and tack room). Storage area for hay & chips, 3 training rings, spectator stand, 2 wash areas. Cross fenced for grazing area, 16 +/- acres and so much more. Jackie 406-1231 & TEXT Terri 406-2072



NEW LISTING \$90,000



27 Richardson: Hurry up! There is still time to enjoy your new pool! Cute 4 BR/2 BA with eat in kitchen, dining area, covered patio and salt system pool. Convenient to Daleville high school and Fort Rucker. **Mary Jones 790-2933**



NEW LISTING \$45,000



504 W McKinnon: Nestled in the trees in New Brockton, 3 BR/2 BA, double wide on 3 lots. 2 living areas, split bedrooms and MBA with large garden tub. **Bob Kuykendall 369-8534 & Evelyn Hitch 406-3436**



NEW LISTING \$132,500



705 Dixie: So much space in this lovely 3 BR/2 BA with bonus room and office. Light and airy kitchen with Jenn-Air cooktop with grill. Large corner lot with shed and so convenient to everything. Priced to sell so come and see it today! **Jan Sawyer 406-2393**



NEW LISTING \$125,000



600 Pullum: Custom built 2011, 4 BR/2 BA, 2240 +/- sq. ft., 2 living areas, lots of extras with built-in entertainment center, large corner lot, .63 +/- acres, custom drive, deck, gazebo and porch. Convenient to everything. **Mildred Owens 464-2121**



NEW LISTING \$129,500



4088 Alford: Need space inside and out? Check out this 4 BR/2 BA with 2 living areas located on approx. 6 acres. Off paved county road approx. 15 miles to Florida line. **Mildred Owens 464-2121**



NEW LISTING \$244,900



802 Brookside: Big family and lots of toys? 3 car garage plus detached garage/workshop, room for everything. Even the boat. It doesn't stop there. 4 BR/3.5 BA plus bonus/media room and extra bedroom or office. Must see, beautiful corner lot. **Mary Jones 790-2933**



NEW LISTING \$144,900



46 Richards: New construction: Just one minute from the Ft Rucker gate, open floor plan, large pantry, ceramic tile in kitchen & bathrooms, walk in closets, ceiling fans. Seller is AL licensed builder and agent if family member and licensed agent in the state of AL. **Luda Streck 449-2826**



NEW LISTING \$244,000



125 W Edgewood: There is a guest apartment by the carport with 1 BR/1 BA/living/kitchen. Very nice, excellent for mother-in-law. Generous 4 BR/3 BA convenient to shopping. Large kitchen, spacious patio. **Angie Goodman 334-464-7869**



NEW LISTING \$45,000



403 Rawls: Priced to move, can't go much lower on this 2 BR/2 BA charmer framed by hardwood trees and flowery shrubs. Hardwood floors, built in china cabinet in dining room and so much more. Seller will do upgrades and increase price. **Evelyn Hitch 406-3436**



NEW LISTING \$30,000



391 CR 158: 3 +/- acres convenient to Bama Jam grounds. Large home in need of TLC. Raised ranch with 6 BR/3 BA and outbuildings. Visit homepath.com for more information. **Gina Swan 447-9451**



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303 SYLVAN \$99,900



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NEW LISTING 121 FALCON \$92,500



BRICK HOME ON LARGE LOT, very clean, large sunroom with detached carport and garage with office or sewing room. Well maintained. **JIMMY JONES 334-406-1752**



705 DIXIE \$132,500



SO MUCH SPACE in this lovely 3 BR/2 BA with bonus room and office. Light and airy kitchen with Jenn-Air cooktop with grill. Large corner lot with shed and so convenient to everything. Priced to sell so come and see it today! **JAN SAWYER 334-406-2393**



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125 W EDGEWOOD \$244,000



THERE IS A GUEST APARTMENT by the carport with 1 BR/1 BA/living/kitchen. Very nice, excellent for mother-in-law. Generous 4 BR/3 BA convenient to shopping. Large kitchen, spacious patio. **ANGIE GOODMAN 334-464-7869**



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West Point Branch Week

Event offers education, mentorship for cadets



PHOTO BY MIKE STRASSER

Seen through a pilot's helmet, a group of cadets learn more about the Aviation branch and get an inside look at a UH-60L Black Hawk. Far from the typical college career fair, Branch Week at the U.S. Military Academy afforded many opportunities for the Corps of Cadets to learn about the profession of arms from Soldiers representing 16 Army branches. Static displays were dwarfed by several hundred tons of vehicles, equipment and weapons systems.

By Mike Strasser
U.S. Military Academy Public Affairs

WEST POINT, N.Y. — The U.S. Military Academy's Department of Military Instruction hosted its first Branch Week, Sept. 10-15, bringing in several hundred tons of military equipment, vehicles and weapons for the academy's spin on a college career fair.

While the tanks, attack helicopters and armored vehicles attracted crowds, the week-long event was really an opportunity for the Corps of Cadets to learn about the various career fields they will either enter after graduation or work with in joint operations.

To that end, dozens of uniformed officers and noncommissioned officers representing the 16 branches provided cadets with insight into their professions.

Capt. Eric Tolska, 1-150th Assault Helicopter Battalion, New Jersey National Guard out of Joint Base McGuire, came to West Point on the same UH-60L Black Hawk he flew over MetLife Stadium for the

N.Y. Giants home opener, Sept. 5. After a few hours at the academy he was becoming familiar with cadet rank and how close they were to making their branch selections. Parked next to his helicopter on The Plain was an AH-64 Apache with Capt. Steven Lancianese from Task Force Night Hawk, 10th Combat Aviation Brigade, Fort Drum, N.Y., who was also answering cadet questions.

Lancianese said most cadets are focused on a 50-meter target, meaning their questions center on the most immediate objectives ahead, like flight school or being a platoon leader. Lancianese knows this all too well, as a member of the Class of 2006. He said the academy's effort to expose the entire Corps to all the branches at once is a good idea as indicated by the type of questions he's fielded throughout the week.

"These are all questions they can find out on their own and information they can get from their instructors," Lancianese said. "But they want to hear it from a pilot; they

SEE WEEK, PAGE B4



PHOTO BY STAFF SGT. SHANE HAMANN

READINESS'S TRAINING

Mississippi Army National Guard Soldiers with 2nd Bn., 20th SFG (Airborne) conduct "helo skids" into the Ross Barnett reservoir Sept. 13. The Soldiers are practicing water insertions that increase readiness for state emergencies and missions overseas.

Master fitness trainers make comeback

By David Vergun
Army News Service

WASHINGTON — The Army's Master Fitness Training Course, discontinued in 2001, will soon be back.

The pilot course for the new Master Fitness Training Course, which began Aug. 27 at Fort Jackson, S.C., and the class of about 30 Soldiers graduated Sept. 14.

The MFTC rebirth was announced at the same time U.S. Army Training and Doctrine Command decided to retain the three-event Army Physical Fitness Test. TRADOC also emphasized that Training Circular 3-22.20, published August 2010 to prepare troops for combat-specific tasks, will remain the physical readiness training program for the Army.

"The objective of the MFTC is to target [mid-level] NCOs (noncommissioned officers) and junior officers and teach them the fundamentals of exercise and nutrition science, using TC 3-22.20, Physical Readiness Training, as the foundation," said Capt. Donald Maye, operations officer, Physical Readiness Division, Fort Jackson. "When they return to their units, they will have the skills and expertise to tailor a comprehensive physical readiness training plan for their unit."

Upon graduation, the master fitness trainers will

return to their units to provide fitness mentoring, in consultation with their commanders, according to Maye.

Maye explained how fitness programs should be customized for each commander's mission requirements. He said the MFTC instruction — taught by subject-matter experts with backgrounds in exercise science and physical therapy — "is broad and flexible enough to accommodate the specific requirements of the unit mission to which they are assigned. For example, a program for engineers who do a lot of heavy lifting might be different from one at a medical treatment facility."

In addition to consulting with their commanders, Maye said the eventual goal of the MFTs will be to collaborate regularly with medical personnel, physical therapists, nutrition experts and even those involved with Comprehensive Soldier Fitness and Family.

"The goal of the program is not to train Soldiers to improve their physical fitness test scores," he emphasized. "It is to train to doctrine (TC 3-22.20), which itself is based on exercise science principles."

He added that improved PT scores and injury rate reduction would be byproducts of a fitness plan

SEE COMEBACK, PAGE B4

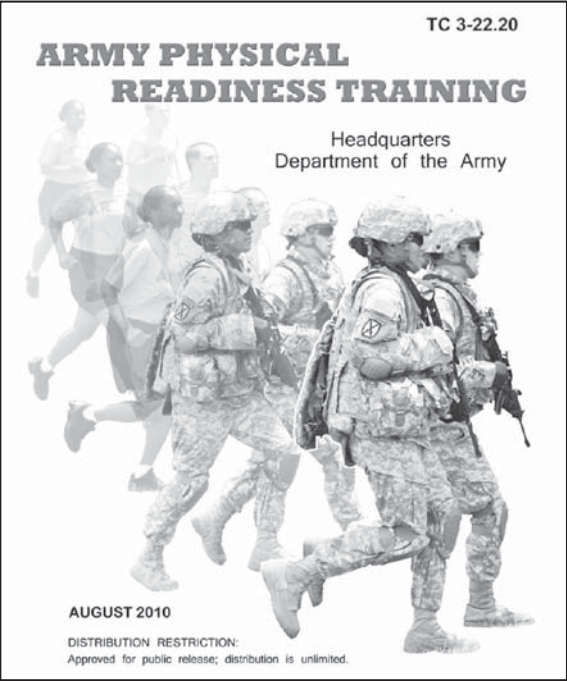


PHOTO BY DAVID VERGUN

The new Master Fitness Training Course will be based on exercises in TC 3-22.20, designed to prepare Soldiers for combat-specific tasks.

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OPELIKA-AUBURN NEWS

Week: Events help Soldiers pinpoint career path

Continued from Page B1

want to get the information from people in the field right now and I think it's good for us to come down here this week."

Class of 2014 Cadet Kyle Cardillo, Company I-4, made a beeline toward the Aviation displays early Tuesday morning. Like Lancianese, his desire to become a pilot developed at an early age.

"I knew when I came to West Point that I wanted to be a pilot, so that's obviously my top choice," said Cardillo, from Bellingham, Wash. "Now it's just a matter of cycling out my B and C plans, and those constantly change. All the branches do cool stuff and they all have unique missions. So it may come down to that night before Branch Night when you think, 'What do I really want to do?' and then submit the top three choices."

Lancianese said more than 100 members of his class were selected to become Aviation officers, and it's more competitive than some would think.

Cardillo said he needs to work harder to improve his class standing to ensure he makes the cut for Aviation. Last year, he completed the required aptitude test and will schedule the flight physical shortly, as he checks off all the requirements toward his goal.

"Then I just need to demonstrate to the branch that this is where I want to be," Cardillo said.

There were more than a few West Point graduates participating in Branch Week. Second Lt. Nargis Kabiri, Class of 2010, is a field artillery platoon leader, and introduced cadets to the Soldiers she brought

from 1-321 Army Field Artillery Regiment from Fort Bragg, N.C. They demonstrated teamwork in operating the light artillery weapon called a "Triple 7," or more properly known as the M777A2 medium towed howitzer.

Three graduates joined forces during a branch panel discussion to represent the Engineer Corps. Capt. John Chambers, a 2006 graduate, serves as the chief of training for the Sapper Leader Course. He spoke to cadets alongside 1st Lt. Rachel Neasham, Class of 2009, and 2nd Lt. Michael Eckland, Class of 2011, both of whom are serving as platoon leaders in the 57th Sapper Company at Fort Bragg, N.C. Maj. Anna Maria Slemph, a Class of 1995 graduate, joined her husband Maj. Timothy Slemph from Fort Leonard Wood, Mo., to represent the Military Police.

In years past, branch education has largely been presented to upper-class cadets with a Branch Day organized each summer for rising yearlings during Cadet Field Training and subsequent junior leader panels to allow cadets to gain perspective from various branch proponent officers.

Branch Week serves to consolidate those events and organize activities to educate the entire Corps. It involved an integrated effort with faculty encouraged to discuss branches in the classroom, lead tours of branch equipment and review mission capabilities. Cadets in the Military Science, or MS200, course are required to write a paper listing their top three branch choices and explain why they are suited to those branches.

Cadets in the Class of 2013 and 2014 rotated through three branch panel discussions at Eisenhower Hall. These also

allow squad and team leaders to pass on their knowledge about branch missions to the members of the Class of 2016 and lead them on display tours.

Maj. Dallas Cheatham, DMI's infantry and armor branch representative, said by shifting the focus away from just the upper-class cadets, it has become a stronger four-year program to benefit the entire Corps. Previous events mostly centered on combat arms, whereas Branch Week is all-inclusive.

Cheatham said this will help cadets to think about their choices early on and avoid making any misguided or uninformed decisions.

"We are revitalizing the way cadets learn about these branches and Branch Week allows us to bring in all the branches at once so we can focus on cadet education," he said. "Now all four classes are involved."

Cheatham said most senior cadets have narrowed down their branch preferences into a top three list and have had opportunities to hone their decisions while conducting Cadet Summer Training and Cadet Troop Leader Training programs. In addition to Branch Week, the junior cadets will have one more summer of military training to assist in making their branch choice.

"A lot of times we assume the cadets, being who they are and where they are, already know this stuff but that's not the case," Cheatham said. "So we have to put in the extra effort to get them smart about what they want to do for the rest of their careers."

Staff Sgt. Danella Coleman wanted to share the ever-expanding role of the Chemical Corps in the Army with cadets. She said

they were surprised to learn about all the equipment used by the Chemical Corps to accomplish its jobs.

"I tried to tell them why they need to be a part of the Chemical Corps and what they can get out of it," she said. "We're the best of the best. We travel here, there and everywhere and you can use these skills when you leave the Army."

She thinks her message got through to more than a few cadets.

"I honestly do, because I saw cadets coming back here who wanted to see more of what we do and ask a few more questions," she said. "They wanted more in-depth information and to learn more about what opportunities they would have if they came to the same unit I'm in (the 22nd Chemical Battalion, Technical Escort Unit, Aberdeen, Md.)."

Class of 2016 Cadet Pablo Zuniga, Company D-1, took advantage of the vast array of Army knowledge spread out in Central Area.

"I really like this opportunity because, for me, the whole idea of planning ahead and being ready to follow through on a goal and a mission to accomplish — it's nice to get started so early," said Zuniga, from Chicago, Ill. "Getting this now, we have four years to adjust our schedules and adjust what we are aiming for so we can focus toward a goal of what we want to do and how to get there."

Class of 2014 Cadet Emily Monk, H-2 Co., said Branch Week was a great opportunity to explore Army careers, and because it is a week-long event, what she didn't get to visit one day will still be available the next.

Comeback: All Soldiers should benefit from program's return

Continued from Page B1

based on the doctrinal principles found in TC 3-22.20.

Although all Soldiers are expected to benefit from the MFT once they arrive at their units, the ones who will see the most improvement are those at the lowest levels of fitness. "Our goal is to provide leaders the tools to safely and effectively train Soldiers," Maye said, adding that the program advances at a slow enough pace to prevent injuries from over training or from progressing too quickly to allow the body to recover and rebuild. He also said those

with injuries will benefit from MFT-supervised fitness and reconditioning programs.

Maye said the MFTC is progressing "exceptionally well" and the trainees are providing constructive feedback for further improvements in the course. Once they graduate, they will retain their primary military occupational specialty and will receive the Army skill identifier as MFT-certified. He said the goal is to eventually provide one MFT per company-level command.

Also, TRADOC is working on changing the designation of TC 3-22.20 to Field Manual 7-22. "We hope to

make the change as early as next month," Maye said, adding that the change will not affect any of the content.

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SEPTEMBER 20, 2012



Event offers entertainment, games, camaraderie

By Sara E. Martin
Army Flier Staff Writer

Oktoberfest, the traditional German cultural festival, will take place Sept. 28 at the festival fields at 4:30 p.m. and is open to the public.

The partnership between the United States and Germany is an important one and this celebration acknowledges its significance, said Kimberly Abeln, annual events coordinator at the Directorate of Family, Morale, Welfare and Recreation.

“Oktoberfest is a fun evening to be spent with friends and Family that includes carnival rides, music and more,” she said.

Fort Rucker celebrates Oktoberfest with German music provided by Sonnenschein Express, an “Oompapa” band, and Abeln said the event has expanded more and more every year. This year 3,500-4,500 patrons are expected to attend.

“Oktoberfest has expanded over the years to include crafts for children, games and competitions such as a Keg Toss and barrel rolling challenges, rides and activities such as a zip-line and a mechanical bull, and a variety of food and merchandise vendors. This year we have expanded the event even further to include an opening ceremony by [Maj. Gen. Kevin W. Mangum, U.S. Army Aviation Center of Excellence and Fort Rucker] the commanding general, at 5 p.m., pony rides, petting zoo and a radio-controlled race track activity where patrons can race their cars to the finish line,” she said.

The event coordinators want patrons to spend time with friends and Family during the event, and think it will be a great opportunity for building morale and camaraderie.

“There are exciting activities for all ages and some great vendors. This is going to be one of the biggest and best Fort Rucker Oktoberfests to date. Sonnen-



FILE PHOTO

The Sonnenschein Express “Oompapa” band performs at the 2011 Oktoberfest at the festival fields.

schein Express entertains us from 4:30-9:30 p.m. They are a great Alpine band that likes to get the crowd involved. You can expect to do the Chicken Dance and sing along to some traditional favorites,” said Abeln.

Admission to the event and live music are free. DFMWR will host inflatables, and a children’s craft and game area. Prices will vary for food, merchandise, pony rides, petting zoo, R/C car racing and rides. ATMS will be on site.

Different organizations and facilities will host child-friendly activities for both young children and teens.

“This event is definitely kid friendly. There will be a pumpkin patch where kids can purchase a pumpkin and then paint it for free at the DFMWR craft tent. The physical fitness facility will host games, which include a sack race for the younger ones and the older kids can participate in the other games offered, with parental

consent,” she said.

One of DFMWR’s primary concerns is patrons getting home responsibly, so steps have been taken to ensure that Soldiers and Families are safe.

“There will be signs posted on the field with alternate ways to get home on post and The Landing provides a free shuttle service to on-post housing and the on-post hotel also has a free shuttle. For those who live off post, we will have taxi cab numbers at the command post, which will be located next to the entertainment tent that patrons can utilize. We invite those who have had too much to leave their cars overnight (they will not be towed) and utilize alternate means of transportation to their final destination. The Directorate of Public Safety will be on site during and following the event to help in our efforts to deter driving under the influence,” said Abeln.

Spouse earns 2nd place in Armywide art contest

By Sara E. Martin
Army Flier Staff Writer

Over 500 people competed in the worldwide Army Arts and Crafts contest hosted by the Directorate of Family, Morale, Welfare and Recreation, and one of Fort Rucker’s own placed in the competition.

Helena Hennigan, Army spouse, won \$200 as the second place winner in the accomplished pencil drawing category.

Inspired by nature, Hennigan likes to capture the moment in which she draws and paints.

“I like making my paintings or drawings of nature to look realistic. Nature doesn’t last, it is constantly changing and even the same tree might look different the following spring. I also like telling stories with my pictures. So, instead of just looking at a picture the viewer is trying to figure out what is going on behind the picture to find its true meaning,” she said.

She draws and paints as an outlet to express her artistic side and, although she couldn’t pick a favorite piece of art she has done, she said she has a strong connection to each piece.

“I have several favorites in several genres that I have done. Some I don’t have the originals anymore because they were commissioned pieces, but I love each piece I do, otherwise I wouldn’t create them,” she said.

Getting outside of their comfort zone or sphere of activities is something Hennigan said all Soldiers or Family members should do.

“I think this competition would be something that anyone and everyone could and should get into. It is fun to at least try, and you never know you might place or even win, but trying is what is important,” she said.

There were nine categories, all divided into accomplished and novice groups. The nine mediums for the contest are ceramics, fibers and textiles, mixed media, digital art, glass, paintings, drawings, metals and jewelry and wood.

The contest is held every year along with its sister competition, the Army Photography Contest, which will begin in October. Fort Rucker submitted 27 pieces for the contest this year.



PHOTO BY SARA E. MARTIN

Helena Hennigan, second place winner in the accomplished pencil drawing category of the Army Arts and Crafts contest, prepares to mat a photocopy of one of her pieces of art.

Fort Rucker also had an honorable mention in the form of Denise Honeycutt, program manager for the EDGE! program with child youth and school services, with her novice piece in the category of glass. Honeycutt learned how to prepare and construct glass art at the Fort Rucker Arts and Crafts Center.

Joan Varner, program manager of the arts and crafts center, said that many people enter the contest to express themselves.

“We have everyone from single Soldiers to Army spouses enter at Fort Rucker. The demographics of the competition are huge nationally and worldwide. People enter for a lot of reasons, but I would think most enter just for a chance for others to see their art in any medium,” she said.

Hennigan said she enjoys other activities such as

working out, but that by sitting and focusing solely on a single piece of art is calming.

“I love to do sports, but this relaxes me in a different way. It’s one of the reasons why I participate,” she said.

DFMWRs around the nation host many events to improve the quality of life of Soldiers and their Families, and Varner believes the art competition is just another way the military looks after the well being of its members.

“I think the morale of the Soldiers and their Families is a big reason they host the two competitions every year. It not only improves their quality of life, but it gives them something else to work towards, something fun yet constructive and positive,” she said.

The Fort Rucker Arts and Craft Center has a woodshop, pottery, stained glass and ceramic areas, and an engraving and framing department, all of which Varner believes are highlighted through the competition.

“I think as far as the competition goes, it gets participants and the art centers out in the public eye more and it makes people aware of what the Army offers on posts. It pulls people out of their homes and into activates like this a little more,” she said.

Being active at the art center brings both camaraderie and criticism to her pieces, both of which Hennigan said are welcome in the classes.

“You can bounce ideas off each other and motivate each other to complete a piece or help if they get stuck on which direction to take if they are struggling,” she said.

The center serves as an avenue for artistic individuals to come together where they might have never met before and Varner said that is an invaluable asset.

“We can bring people together who might stay together as friends even after they leave Fort Rucker,” she said.

The two groups for the competition are novice, which includes individuals whose art skills have not been gained in formal education leading to college credit or a college degree, and accomplished, which includes individuals who have gained skills and knowledge through formal courses.

Those who judge the competitions each year are leading jurors who are professionally involved in the arts as critics, curators, editors, educators, practitioners or the like.

ON POST

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

AFAP Conference

Fort Rucker hosts its Army Family Action Plan conference Oct. 10-11 from 8 a.m. to 4 p.m. at Wings Chapel. AFAP is the Army's grassroots-level process to identify and elevate the most significant quality of life issues impacting Soldiers (all components), retirees, Department of Army civilians and Families to senior Army leadership for action.

People can submit their ideas now through Sept. 28 online at <http://www.ftrucker-mwr.com/acs/army-family-action-plan/> or by calling the AFAP program manager at 255-2382.

Military Family Month art, essay contests

As part of the Month of the Military Family, Army Community Service will host art and essay contests now through Oct. 19. Military children ages 4-12 are welcome to enter an 8.5-by-11 inch vertical drawing depicting the theme "This is my Family. This is my Fort Rucker." Military children ages 7-12 may enter the essay contest with a 100-200 word essay with the theme "My Journey as a Military Child." Children can drop off their entries by Oct. 19 to their teacher if they are students at a Fort Rucker school, or to Bldg. 5700, Rm. 390 if they are not at a Fort Rucker school. Winners of the contests will be recognized at the "Salute to Military Families" event Nov. 3.

For more, call 255-9888.

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 Lake Tholocco's East Beach Saturday from 10 a.m. to 1 p.m. People who would like to volunteer should contact their BOSS representative. Hearts Apart and SOS families can register through Army Community Service. The event is not open to the general public.

For more information, call 255-9810.

Oktoberfest

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

Purple Day

October is Domestic Violence Awareness Month and the Purple Day campaign will begin Oct. 5. The campaign will be a Fort Rucker community-wide effort to recognize the collective responsibility to prevent all forms of domestic violence. People are encouraged to



FILE PHOTO

Fall Boot Camp

The Fortenberry-Colton Physical Fitness Facility hosts its six-week Boot Camp starting Oct. 1 and ending Nov. 9. The program meets five days a week with two sessions to choose from, from 6:30-7:30 a.m. or 8-9 a.m. The cost is \$100 per participant, and includes weekly consultations to keep track of progress, training with certified personal trainers, access to all group fitness classes during the six weeks and T-shirts for participants who complete the training. Orientation will be Sept. 28 at 6:30 and 8 a.m. at Fortenberry-Colton PFF. There is limited space in each session. Registration forms are available at either post physical fitness facility. For more, call 255-2296.

wear purple every Friday in October as a visible commitment to support the prevention and awareness of domestic violence.

For more, call 255-9641.

Family Game Night

Army Community Service's Family Advocacy Program will host Family Game Night Oct. 5 from 5-7 p.m. at The Commons on 7th Avenue in Bldg. 8950. People can bring their Families for a free night of fun and games. ACS will have games for the entire Family. The event is limited to the first 25 Families to register. The deadline to register is Sept. 28. Families that complete the round robin of games receive a free board to take home. Light refreshments will be served.

For more, call 255-9641 or 255-3898.

BOSS Caribbean Cruise

Fort Rucker's Better Opportunities for Single Soldiers program sponsors its fourth annual cruise Dec. 3-8, but Soldiers need to sign up and all payments are due no later than Oct. 1. The Caribbean cruise will set sail out of Sea Port Canaveral in Orlando and Soldiers can sign up in Bldg. 5700, Rm. 350. Cost of the cruise is \$160 and payment plans are available, but BOSS officials strongly encourage people to pay in full at the time of booking. The cost includes transportation to and from the port of call, and lodging and food. Soldiers will be responsible for gratuities and other expenses incurred while on the cruise. The cruise is reserved single Soldiers, geographical bachelors and single-Soldier parents only. There are 20 slots available, so Soldiers are encouraged to sign up early.

For more, call 255-9810.

Kids Night at The Landing Zone

Every Tuesday is Kids Night Character Dining at The Landing Zone from

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

For more, call 598-8025.

Newcomer's Welcome

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

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

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 Saturday 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.

DFMWR Spotlight

OUTDOOR RECREATION UPCOMING EVENTS

ATV TRAIL RIDE

SEPT. 29
7 AM – 1 PM
OUTDOOR RECREATION

COST
\$20
PER PERSON

PRE-REGISTRATION REQUIRED, OPEN TO AGES 16+
TO PARTICIPATE IN THE RIDE, THE DRIVER MUST PASS THE SAFETY DRIVING TEST THROUGH ODR. YOU MUST PROVIDE YOUR OWN ATV AND PROTECTIVE GEAR (HELMET, BOOTS, ETC.)
PROTECTIVE GEAR MUST BE WORN AT ALL TIMES.

Hunters Education Course


October 2nd at 5:30 p.m.
Bldg. 5206, Rm. 2, Fort Rucker
Limited to 60 students
Attendance of this class requires completion of an internet or CD course prior to the class. Participants must bring printed report to class (report does not need to be notarized).
On-line registration for this class is available.

Youth Marksmanship Shoot

October 6th from 8 a.m. to 12 p.m.
Tri State Gun Club, Daleville
Free for youth ages 7-15 years
Youth will learn the basics of shooting and gun safety.

For details call 255-4305
www.ftrucker-mwr.com

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FORT RUCKER MOVIE SCHEDULE FOR SEPT. 20 - 23

Thursday, Sept. 20

Ice Age - Continental Drift (PG)

7 p.m.

Friday, Sept. 21

The Bourne Legacy (PG-13)

7 p.m.

Saturday, Sept. 22

Ice Age - Continental Drift (PG)

7 p.m.

Sunday, Sept. 23

The Campaign (PG)

7 p.m.

DOD artist creates Hispanic Heritage Month poster

By Terri Moon Cronk
American Forces Press Service

WASHINGTON — When artist Peter Hemmer channeled his creative process to produce a poster highlighting the Defense Department’s participation in this year’s National Hispanic Heritage Month, he knew he wanted a one-of-a-kind design.

“I wanted to find something bright, colorful and vibrant,” said Hemmer, an illustrator with the Defense Equal Opportunity Management Institute at Patrick Air Force Base, Fla.

“Every observance has challenges built into it,” Hemmer said, noting he wanted this year’s Hispanic Heritage Month poster to be different and interesting.

Hemmer said he didn’t want to repeat what’s been done in years past, or produce a poster “that’s so specific, it alienates certain subgroups of that ethnic group.”

He conferred with DEOMI research editor Dawn Smith to develop ideas for the Sept. 15 to Oct. 15 observance, which is themed, “Diversity United, Building America’s Future Today.”

The consistent factor Hemmer and Smith found in different Hispanic cul-

tures was vibrant colors, they said.

“In the Hispanic population, some other strong qualities are embracing their past, Family, celebration and tradition,” Smith added.

And through her research for the culturally diverse observance, Smith found a common theme among the many Hispanic cultures: the traditional dress.

“She brought out some pictures of Latina dresses for fiestas, and I was struck by them,” Hemmer said. “The more I looked at them, the more I thought about abstract shapes that showed motion. It came together fairly quickly.”

In just two days, he said, he was finished with his acrylic abstract creation.

“My thought was that [the observance] encompasses such a huge group of people,” Smith said, “we wanted to make sure we used something that spoke to the entire population of Hispanic Americans.”

“Observances are designed to enhance cross-cultural awareness for harmony among all our military members, their Families and our civilian work force,” said Bryan Ripple, DEOMI public affairs officer.

Taking a bit of artistic license, Hem-

mer felt the poster should embrace the word “American” for Hispanic U.S. citizens.

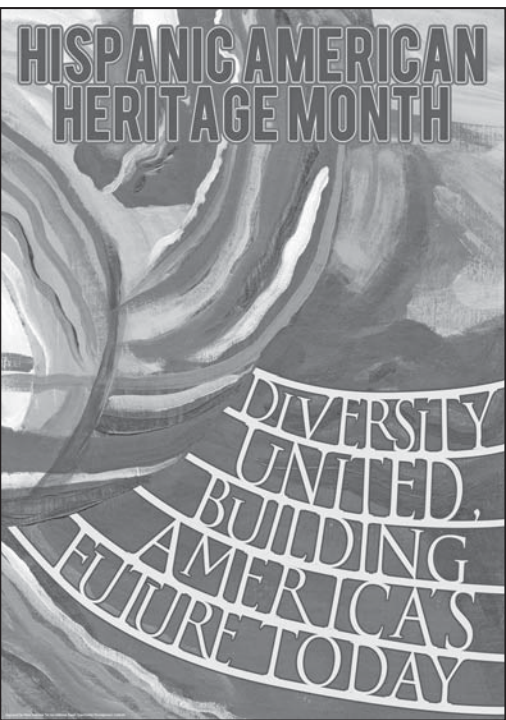
“Although Hispanic people come from several different countries in the world, we honor them as valued American citizens,” Ripple said of the poster’s inclusion of the word “American.”

“What I like about Pete’s posters is they cause you to stop and look at them and contemplate what he’s trying to do with his artwork,” Ripple said, adding that the poster is made available to all federal government agencies.

An illustrator with DEOMI for more than 11 years, Hemmer said he often uses mixed media to design his creations, from paint and photography to sculpture and calligraphy.

Hemmer’s work has become so popular, that DEOMI dedicated a “Diversity Hall” to display 53 framed pieces of his work — each one measuring 30 inches by 40 inches, Ripple said.

“Doing this job is wonderful for me to be able to use my talent — not only to create art, but to create art that’s useful to other people and furthers DEOMI’s mission,” Hemmer said. “That’s worth something.”



GRAPHIC COURTESY OF THE DEFENSE EQUAL OPPORTUNITY MANAGEMENT INSTITUTE

Peter Hemmer's poster highlighting the Defense Department's participation in National Hispanic Heritage Month.

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 a.m./6 a.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.

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Church Directory

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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Alabama Road Trips: Discover Dothan — the Heart of Alabama’s Wiregrass

By Marilyn Jones Stamps
Alabama Tourism Department

Dothan is an ideal place for a fun and affordable Family vacation.

Symbols of a bygone era await your visit at a 135-acre park on the outskirts of town. Art and history can be found in giant colorful murals painted on downtown buildings, and numerous shopping and dining options await your travel downtown and along historic Ross Clark Circle.

Known as the “Peanut Capital of the World,” Dothan is home to the National Peanut Festival each fall and pays homage to its agricultural heritage through a series of whimsical and “nutty” statues scattered around town. There is also a monument downtown dedicated to Dr. George Washington Carver.

Explore Landmark Park

Begin your tour of Dothan at Landmark Park (430 Landmark Dr.; 794-3452). The 135-acre park was built to preserve the natural and cultural heritage of southeast Alabama’s Wiregrass region. The 1890s living history farm allows visitors to observe a variety of farm animals, such as sheep, mules, cows, chickens, goats and pigs. It also features a collection of historic structures, including an old farmhouse, a smokehouse, a cane mill and syrup shed.

During your visit, you can drift back in time and experience the simple pleasures of a bygone era. Relax in a Victorian gazebo. Enjoy a refreshing drink at the soda fountain in the old-fashioned drugstore.

Sift through the wares of a country store or stroll through a one-room schoolhouse. You can also experience the solitude of a turn-of-the-century church, take a nature walk through the woods on an elevated boardwalk, explore the night skies inside the Digitarium Planetarium or visit the interpretive center to see wildlife exhibits.

A covered picnic area and the Barnyard, a large playground, provide a perfect setting for picture taking and even more family fun time at Landmark Park, so be sure to pack a picnic lunch and take your camera along for your visit.

Visit the Carver Museum, a hardware store and more

Located within walking distance of downtown shops and restaurants is the G.W. Carver Interpretive Museum (305 N. Foster St.; 712-0933). The museum commemorates the life and legacy of Dr. George Washington Carver and provides a comprehensive look into the historical influences of African-Americans in science, space exploration, the military and other areas.

Also downtown, you’ll find Porter Hardware (136 E. Main St.; 792-3158), the oldest continually operating hardware store in Alabama in its original location. It is open Mondays through Fridays from 7:30 a.m. to 4:30 p.m. For antique lovers, Dothan also boasts more than 10 different shopping venues downtown and along Ross Clark Circle. Each offers a plethora of treasure-hunting experiences to spice up your road trip.

A Must-Stop: World’s Smallest City Block

First-time visitors to Dothan might find maneuvering around the city to be a bit challenging, especially with the downtown area somewhat removed from the main thoroughfare known as Ross Clark Circle. Visitors with a sense of humor, however, might delight in discovering the World’s Smallest City Block. From downtown, where U.S. Highways 84 and 431/231 intersect, drive east three blocks along Main Street to Museum Avenue. Turn left and drive north one block to the intersection of North College Street, North Appletree Street and East Troy Street.

State Route 210, also known as Ross Clark Circle, or simply “The Circle” to locals, is a much longer stretch of highway overlaid by U.S. Highways 84, 431/231. With a number of antique shops, quaint boutiques and eclectic restaurants lining the thoroughfare, Ross Clark Circle has become a popular retail hub for visitors from Alabama, Georgia and Florida.

Discover the ‘Peanuts Around Town’

While exploring Dothan, you’ll quickly discover it’s a town that loves peanuts. In fact, the folks here love peanuts so much that they’ve created a citywide art project centered on the little goobers. Peanuts Around Town, a novel and nutty public art exhibit sponsored by The Downtown Group (793-3097) in coordination with local businesses and organizations, enables the citizens of Dothan to celebrate

the peanut and the agricultural heritage of the Wiregrass all year long.

Among the popular statues on the tour are: “The Peanut Man,” which honors Dothan’s own peanut peddler, Byron “Cotton” Traywick who sold boiled peanuts from a stand on Main Street for more than 25 years. Printed on the barrel of the statue placed in his memory on the corner of Ross Clark Circle and West Main Street is one of Traywick’s favorite sayings to his patrons, “Have a good day and let the Lord ride with ya.” Another favorite is the “hunk of burning love” statue of Elvis Presley that greets tourists at the Dothan Visitors Center. Employees there say the King of Rock ‘n’ Roll is perhaps the most popular of the peanut characters, as he cost about \$2,500 and was known to be taken without permission several times before he was given a permanent home inside the visitor center.

Celebrate the National Peanut Festival

The National Peanut Festival (5622 U.S. Hwy. 231 S.; 793-4323) is held each fall at the fairgrounds on U.S. Highway 231 S. just three miles south of the Ross Clark Circle to honor peanut growers and to celebrate the harvest season. This year, the event takes place Nov. 2-11. Numerous fun-filled Family events are a part of the festivities, including amusement rides, animal acts, agricultural displays, live music concerts, beauty pageants, arts and crafts displays, contests, food, a parade and, of course, tons of peanuts.

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.

DOTHAN

MONDAY — 1,2,3 Magic-Effective Discipline Techniques for Children 2-12 years old at Friend Bank community room from 9 a.m. to noon. Free and open to the public. Parents will learn how to handle misbehavior in public, how to put a stop to obnoxious behavior, how to encourage good behaviors, and how to discipline your children without yelling, arguing or spanking. Reservations needed. For more information, call 671-1966.

SEPT. 30 — Woodman of the World Insurance hosts the Miss Rock Star! Pageant. Attire is rock star-themed casual wear. Multiple age divisions. Entry fee is \$45. For more information, call 401-855-5488.

OCT. 5-7 — EAA Chapter 1358 and the Dothan airport hosts “A Tribute to the Wiregrass” with a ground showing of a WWII B-17 Bomber. Admission costs \$10 for adults, \$20 for Families, and children younger than 8, and military and veterans get in free. Ground tours will be 2-5 p.m. and mission flights from 10 a.m. to 2 p.m. For more information or to book a flight, call 1-800-359-6217 or 791-5452.

OCT. 6 — The Cultural Arts Center

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

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

ENTERPRISE

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

SUNDAY — A free performance by the Enterprise High School FFA Alumni String Band at 2 p.m. will be held at New Parrish Hall of St. John Catholic Church. Refreshments provided. The band performs music ranging from Merle Haggard to Eric Church. For more information, call 406-2787.

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

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

ONGOING — Every Tuesday and Wednesday, Disabled American Veterans Chapter No. 99 maintains a service office in the New Brockton police station.

The officers can help veterans and their spouses with disability compensation claims, VA pension, death benefits, VA

medical care, Social Security disability benefits, veterans’ job programs and other veteran services. All veteran services provided are free of charge. For more information, call Chuck Lobdell at 718-5707.

OZARK

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

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

Ghost Walk

Birmingham’s Ghost Walk at Linn Park runs all year long on Fridays at 8 p.m. and Saturdays at 8 p.m. and 9:30 p.m. Admission is \$15 for adults and \$7 for children. For more information, call (205) 538-1853 or visit ghostmagick.com/ghost-walks.html.

Sportfish Classic

Panama City Beach will host a swordfish, blue marlin, tuna, wahoo and dolphin fishing tournament Friday and Saturday at the Lighthouse Marina. The Tournament begins at 5 p.m. Friday and the weigh-in is 7-10 p.m. Saturday. For more information, visit <http://www.visitpanamacitybeach.com/events>.

Golf Tournament

The Second Chance Golf Tournament is Friday at the Hombre Gold Club in Panama City Beach. The tournament is a four man, best ball/scramble. For more information, visit <http://secondchancewfl.com>.

Barbecue Festival

The Fort Walton Beach Landing Park hosts its premier barbecue festival Saturday from 10 a.m. to 6 p.m. Barbecue competition, children’s activities, music, and a selection of beverages are available. For more information, call (850) 244-8191 or visit <http://www.fwbchamber.org/bbq>.

Alabama Fair

The Shelby County Fair is now through Saturday at the Shelby County Exhibition Center, gates open at 5:30 p.m.

weekdays and 3 p.m. Saturday. Booths, contests, food, entertainment, exhibits, and rides are available. Admission is charged.

For more information visit www.alshelbycountyfair.com.

Haunted Theatre

Sherlock Holmes and the Haunted Theatre will play Saturday and Sept. 29 from 7-9 p.m. at the University of South Alabama Humanities Auditorium in Mobile. Price is \$10 at the door and \$8 in advance. The year is 1899. A murder has occurred during a performance of Dr. Jekyll and Mr. Hyde. When Inspector Lestrade fails to solve the case, he calls on Sherlock Holmes and Dr. Watson for help.

For more information, call (251) 510-0654 or visit www.commediadelarte.org.

Military couple averts Soldier’s suicide attempt

By Rick Scavetta
Installation Management Command

KAISERSLAUTERN, Germany — One evening in late July, military police called Sgt. 1st Class Danny Licciardi saying that a Soldier whom he knew needed help.

The Soldier had called stateside, telling friends goodbye. Fortunately, those friends called Military OneSource, a service that counsels Soldiers and Families during difficult times. They alerted military police in Kaiserslautern – but they didn’t know where to look.

Licciardi, the NCO in charge of the garrison’s religious support office, tried the Soldier’s cell phone. No answer. He and his wife, Charlene, got into their car – not knowing where to go. Licciardi called again, and again, and again. After 15 calls, he heard the Soldier answer in slurred words.

“Don’t hang up,” Licciardi said. “Stay on the line.”

An hour earlier, the Soldier had parked in an isolated area and overdosed on pills. Barely conscious, the Soldier could not tell Licciardi where the car was. Time was running out. If Licciardi couldn’t keep the Soldier awake and figure out where the car was, it might be too late. That’s when suicide prevention training kicked in, he said, allowing him to stay focused.

“Danny was very calm, totally in control. I was really impressed,” said Charlene Sanchez-Licciardi, who works at



PHOTO BY RICK SCAVETTA
Sgt. 1st Class Danny Licciardi and his wife, Charlene, were recently recognized for saving the life of a Soldier who had attempted suicide.

the garrison’s Army Community Service. “We had to ask leading questions because we didn’t know where the Soldier was.”

Training and suicide prevention awareness information helped the Licciardis as they drove along a wooded road behind Ramstein Air Base. Nerve-wracking minutes passed as they kept the Soldier talking.

“Stay awake,” he told the Soldier. “Don’t close your eyes.”

Danny had an idea where the Soldier was. Meanwhile, Charlene called the military police – telling them about the pills and Soldier’s relative location. Out of the corner of his eye, using what Charlene described as a “sixth sense,” Danny spotted the Soldier’s car.

“When we got there it was even more nerve wracking,” Danny Licciardi said. “The MPs and the ambulance arrived about five minutes later.”

The Soldier was taken to Landstuhl Regional Medical Center and afterward went to the U.S. for further treatment. For their efforts, the Army’s Installation Management Command recently recognized the Licciardis as heroes. During a teleconference, Joe Capps, IMCOM’s executive director, told the Licciardis how proud the command was of their dedication.

“What distinguishes a great leader is that they intimately involved and care about Soldiers,” Capps said. “They do not let time or distance stand between them and the people they lead. The Army owes you a lot for that type of leadership.”



PHOTO BY NATHAN PFAU

Pick-of-the-litter

Meet Shorty, a 7-week old male domestic short hair available for adoption at the Fort Rucker stray facility. He is friendly and affectionate. It costs \$81 to adopt Shorty and other animals at the facility, which includes all up-to-date shots, the first round of age-appropriate vaccinations, microchip and neutering. 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/> for constant updates on the newest animals available for adoption.

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FOR RENT

105 E DOGWOOD DRIVE. This 3BD/2BA HOME features a living room with fireplace, dining area, stove with built in microwave, refrigerator, dishwasher, garbage disposal, washer and dryer connections, laundry room, hardwood flooring, two car garage, patio, and fence.

FOR RENT

300 VICTORIA DRIVE. *FRESH PAINT* This 3BD/2 BA HOME includes a living room, dining area, stove, refrigerator, microwave, dishwasher, garbage disposal, utility/laundry room with washer and dryer connections, double car garage, patio, and fence. Pets Neg with non-refundable pet fee!

FOR RENT

112 E PONDELLA DRIVE. This 3 BD/ 2 BA HOME features a living room with fireplace, dining area, stove, refrigerator, dishwashers, garbage disposal, utility/laundry room with washer and dryer connections, carpet, vinyl, double car garage, central heating and cooling, fence, and quarterly pest control. Pets Neg with non-refundable pet fee!

FOR RENT

216 CLAREMONT AVENUE. This 2BD/2.5 BA townhome comes complete with washer and dryer, refrigerator with icemaker, microwave/food combination, stove, garbage disposal, dishwasher, single car garage, and fence. Lawn care, monthly pest control, use of clubhouse and swimming pool included!

FOR RENT

202 RIDGEWAY DRIVE. This 2BD/2.5BA Townhome includes washer, dryer, refrigerator with icemaker, stove, garbage disposal, dishwasher, and one-car garage. Pets ok with non-refundable pet fee. Lawn care, monthly pest control, use of clubhouse and pool included!

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

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

Gate-to-Gate run celebrates Hispanic heritage, culture

By Nathan Pfau
Army Flier Staff Writer

The Directorate of Family, Morale, Welfare and Recreation will host the Hispanic Heritage Gate to Gate run Sept. 29 from 9-11 a.m. to celebrate the history, culture and contributions of American citizens of Hispanic ancestry, according to Kristi Fink, fitness programs manager for Fortenberry-Colton Physical Fitness Facility.

“Hispanic people are a large ethnic group within the Army and a large part of Army culture,” said Susie Antonello, visual merchandiser manager for Army and Air Force Exchange Services. “The U.S. is a nation of immigrants – it’s a melting pot. Fort Rucker celebrates to recognize the many Americans of Hispanic descent who have made outstanding contributions to our country.”

The gate to gate run will start at the Ozark gate and end at the Daleville gate, and the length of the run is 4.2 miles, which differs from most runs on Fort Rucker that are either 5k or 10k runs, according to Fink.

“The event is open to the public and all ages are welcome. I am expecting 200-250 participants this year,” she said, adding that gate-to-gate runs in the past have had 150-200 runners.

The cost to sign up is \$20 if people sign up today, but after that up to race day the cost is \$25. People can also participate in the run in teams, and the cost to run as a team is \$100 for a team of up to eight people.



Hundreds of people participate in last year's gate-to-gate run from the Ozark gate to the Daleville gate. This year's Hispanic Heritage Gate-to-Gate run will be on Sept. 29 and begin at 9 a.m.

People can meet at the Daleville gate and busses will transport them to the Ozark gate starting at 7:30 a.m., and the last bus will leave at 8:40 a.m.

Fink also said that people on Fort Rucker that aren't participating in the run should be aware of roads that will be closed to

accommodate the runners.

“Andrews Avenue from the Ozark gate to 3rd Avenue, and 3rd Avenue to the Daleville gate will be closed from 8:30-10:30 a.m.,” she said. “Andrews will reopen once the last runner turns onto third.”

Fink said that she encourages people to

participate in the runs on Fort Rucker to promote a healthy lifestyle for those on the installation.

“We are always trying to promote health and fitness, and it's great to encourage new runners to do a race,” she said.

For more information, call 255-3794

ATV trail ride offers unique Family experience

By Nathan Pfau
Army Flier Staff Writer

Above and beyond the many recreational activities that are available on Fort Rucker from fishing and swimming at Lake Tholocco, to runs and fitness training at the fitness facilities — outdoor recreation is offering a unique experience for Soldiers and Families to participate in.

People are invited to bring their all-terrain vehicles on the ATV Trail Ride Sept. 29, which offers an opportunity for people get to see a side of Fort Rucker that is rarely seen by most of the population on the installation, according to Mark Yoakum, ODR assistant business manager.

“People [who come on the trail ride] are going to get to participate in something they couldn't normally do on an everyday basis here on the installation,” he said. “We're going to be out in the wooded areas on Fort Rucker along creeks and up to the outer boundaries by Highway 27. There are some trails out there that are probably traveled only once a



People prepare to embark on the ATV trail ride last year. This year's trail ride will begin at 7 a.m. Sept. 29 and people are encouraged to sign up by Sept. 28.

year, so the trails are overgrown.”

The trail ride will go from 7 a.m. to 1 p.m., and Yoakum said it's a good chance for people to disconnect from society and just enjoy the nature that Fort Rucker has to offer.

“It's just about being out in nature and being in the woods,” he said. “We just want to try and make it fun and exciting. People may see wildlife like deer or even wild hogs. It's really just a leisure-

ly ride, but it all depends on the group that we have.”

Depending on the dynamic of the group, Yoakum said that they try to adapt the experience for the type of people that are participating.

“In the past when we've had these trail rides, we had a lot of younger Soldiers that would come out and take part,” he said. “Since they were a younger group, they were kind of wild and crazy and

loved to find mud holes and enjoyed getting really dirty.”

In more recent trail rides, the group dynamic has been an older generation of Soldiers who enjoy taking the ride at a leisurely pace and enjoying what nature has to offer, said the ODR assistant manager.

“We just want to keep it interesting for whatever group we get to come out with us,” he said. “There are some areas that have graveyards with Civil War era graves, and depending on whether or not the group is interested, we would go visit some of those sites. There is some pretty good history to be seen out here on Fort Rucker.”

Although the ATV Trail Ride typically has participants that are Soldiers or couples, Yoakum said he would like to see more of a Family dynamic for the trail ride.

“It's a great thing for Families to come out and we haven't had many children accompany us on the rides, but we would love to have some,” he said. “We would even like to have children bring fun karts or even mini bikes that they can keep up with us on to add

more of a Family element to it.” He added that people that register to be on the ATV Trail Ride must be at least 16 years of age to operate an ATV.

The cost for registration is \$20 per ATV, and Yoakum said that side-by-side ATVs are welcome.

“If people want to bring a two-seater utility vehicle and bring a friend, or if they want to have their child ride with them, I won't charge them for the seat. The cost will just be for each ATV,” he said.

Yoakum also said that people who participate in the ride should wear the proper protective gear, which includes helmets, long-sleeve shirts and pants, and boots. People should also make sure to bring refreshments, snacks or even a sack lunch.

“People should come out and enjoy this experience because it's something that they can't normally experience,” he said. “ATVs can't be ridden on Fort Rucker so this is a good opportunity to do something different.”

For more information or to register, call 255-4305

PIGSKIN PICKS

	Jacksonville vs. Indianapolis	Buffalo vs. Cleveland	Cincinnati vs. Washington	Detroit vs. Tennessee	Atlanta vs. San Diego	Houston vs. Denver	New England vs. Baltimore
 <div>Jim Hughes Public Affairs (6-8)</div>							
 <div>Brian Jackson DFMWR (4-10)</div>							
 <div>John McGee CDID (5-9)</div>							
 <div>Capt. Mike Simmons Directorate of Public Safety (3-11)</div>							
 <div>Sharon Storti Network Enterprise Center (3-11)</div>							

DOWN TIME



Super Crossword

ACROSS

1 Capital of Kazakhstan
7 Suffix with cyto
12 South American capital
20 Bull's-eye
21 Mello — (soft drink)
22 Small wind instruments
23 Start of a riddle
25 Smart alecks
26 Bailed-out insurance co.
27 Cousin of -ette
28 Garment with a watch pocket
30 German city on the Rhine
31 Swinger's stat
32 Little fellow
33 "Cry — River"
35 Shielded
37 Milk, in Cádiz
40 Riddle, part 2
45 Dual radio designation
47 Manfred of rock
48 Final Greek letter
49 Pal, in Cannes

DOWN

50 Sub meat
53 Northern French city
55 Spurred on
58 Riddle, part 3
62 Hem and — capital
63 Brewing tank
64 Reverse or neutral
65 No, in Scotland
66 Borden's cow
68 Line of Swanson meals
73 Signs of fatigue
77 Letters before Q
79 Figure skater
80 Even if, informally
82 — polloi
83 Riddle, part 4
90 Philanthropic giver
91 Free-for-all
92 Attend to
93 Hoppy quaff
94 Persian-founded religion
97 Fella
99 Fed Eliot
100 End of the riddle
106 Shorthand whiz

RELIEF FOR THE TAKING

107 — Lanka
108 — Paul's (frozen fish brand)
109 — pro nobis ("pray for us")
110 Cash cache
113 Castro's land
115 Island of Hawaii
117 2007 A.L. MVP
118 British lav
119 Former Big Apple mayor
122 Riddle's answer
126 Spiritual being
127 Soft pillow fill
128 Waiting for a phone agent
129 Part of a U.S. political map
130 Very thick, as fog
131 Very little

ACROSS

4 Show biz rep: Abbr.
5 "Harry Potter and the Goblet of Fire" director
6 Lacking a key center, in music
7 Gomer of TV
8 Directed
9 Prince — Khan
10 Hungarian's neighbor
11 Little grimace
12 It's a shore thing
13 Here, in Haiti
14 Robin's face wear
15 Ocular ring
16 Young oinker
17 Speak articulately
18 Bit of sunlight
19 Naval vessel abbr.
24 Stop blocking, as a river
29 Noah's eldest son
33 See 96-Down
34 Bored feeling
36 "Eat up!"
38 "Iliad" author
39 Sooner city

DOWN

41 Amo, amas, 84 "Just a moment"
42 Ranch pal
43 Baboon, e.g.
44 Religious law
45 — crow flies
46 India's Taj
51 Pack up and leave
52 — wink
54 Imprint on a hard surface
56 Colored marker brand
57 Brainchild
59 Biblical suffix
60 Golfer
61 Snead
61 "Mad About You" cousin
67 Cuzco inhabitant
69 Hagen with three Tonys
70 Bread of India
71 Wallace's canine sidekick
72 To the — power
74 Game fish of California
75 Taboo deeds
76 Autographs
78 Delve into
81 Use an ax on
83 "Rooms —" (vacancy notice)
85 Devilkins
86 Composer Edward
87 Is very dizzy
88 Didn't stay
89 Chinese dynasty
90 Poppas
95 Insulin, e.g.
96 With 33-Down, most of Turkey is in it
98 Complete, briefly
101 Accustoms
102 Poet Burns
103 "Tex" actor
104 Isaac Asimov classic
105 Novelist
111 Hardware store buys
112 Fungus-infested
114 — mater
116 Wahines' guitars
117 "Give it —"
119 Spruce kin
120 Ending for opal
121 Ovid's lang.
123 End of a school URL
124 Lively energy
125 The woman

See Page D3 for this week's answers.

TRIVIA

- LITERATURE: Who was England's first, unofficial poet laureate?
- MUSIC: Which musical group had a hit with "Penny Lane"?
- MEASUREMENTS: How many meters are in an "are," a unit of land measurement?
- INVENTIONS: Who invented frozen food in 1923?
- GEOGRAPHY: Which countries share the region of Patagonia?
- GENERAL KNOWLEDGE: What is the traditional birthstone associated with July?
- ASTRONOMY: The moon called Titan orbits which planet in our solar system?
- HISTORY: In what year did Ohio's National Guard kill four war protesters at Kent State University?
- MOVIES: Which Disney movie featured a character named Dory?
- RELIGION: Who is the patron saint of carpenters?

See Page D3 for this week's answers.

Weekly SUDOKU

by Linda Thistle

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

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

DUEL CONTROL!

Unfair! One person above seems to have a big advantage. Draw lines dot to dot to complete picture.

DUD LETTER! Just scrutinize this sentence very carefully and it can be quickly determined which letter of the alphabet is missing. Which letter? Answer in 30 seconds.

UFO A-GOGO! A skywatcher claims to have spotted a formation of nine unidentified objects (see diagram), each bearing a respective number, with numbers of each row of three having a total of 33. Unfortunately, our pal could not recall exactly where each of the numbers appeared in the group. See if you can puzzle it out.

Hint: Find the center number, and the rest is relatively easy. Remember, each row totals 33. Each number shown is used once.

Junior Whirl

by Hal Kaufman

PONDER THESE NO-SEE-EMS!

SEE HERE, folks, you may not be able to see what's described below, but all four subjects, assuredly, are familiar ones. How quickly can you identify them?

- Though I can't be seen by you at all, I can be heard and will return your call. (See illustration.)
- Hellos, good-byes, and in love I'm dwelt, I can't be seen, but I can be felt.
- I walk, I run, I work, I play, but I can't be seen on a cloudy day.
- I'm something that no one ever yet did see, that never was, but always will be.

Out of sight, out of mind? You decide.

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

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 BOLTIHOFF

PIGSKIN PICKS



	Army vs. Wake Forest	Missouri vs. South Carolina	Troy vs. North Texas	Michigan vs. Notre Dame	Kansas State vs. Oklahoma	Clemson vs. Florida State	Air Force vs. UNLV
 David C. Agan Jr, Fort Rucker Public Affairs (13-8)	WF	C	T	M	Q	FS	AF
 Kent Anger, Directorate of Plans, Training, Mobilization and Security (15-6)	WF	C	T	M	Q	FS	AF
 Benjamin Conner, Directorate of Public Safety (13-8)	WF	C	T	M	Q	FS	AF
 Wes Hamilton, Network Enterprise Center (17-4)	WF	C	T	M	Q	FS	AF
 Tish Williamson, USAACE (15-6)	WF	C	T	M	Q	FS	AF

Weekly SUDOKU

Answer

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

PUZZLE ANSWERS

Super Crossword
Answers

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

TRIVIA

Answers

- Ben Jonson
- The Beatles
- 100 square meters
- Clarence Birdseye
- Argentina and Chile
- Ruby
- Saturn
- 1970
- "Finding Nemo"
- St. Joseph

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II THE LAST OUNCE OF COURAGE - PG
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III FINDING NEMO IN 2D & 3D - G
2D Fri, Sat, Sun 4:10
3D Fri, Sat, Sun 7:7 & 9:10 • M-Thurs 7 & 9:10

IV LAWLESS* - R
Fri, Sat, Sun 2, 4:15, 7:00, 9:15
M-Thurs 7:00 & 9:15

OZARK

I THE EXPENDABLES 2* - R
M-F 7:00 & 9:10 • Sat 2:00, 7:00 & 9:10
Sun: 2 & 7:00 • Mon - Thurs 7:00

II HIT AND RUN* - R
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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SPORTS BRIEFS

Hispanic Heritage Gate to Gate

The Fort Rucker Physical Fitness Facility will host the annual “Gate to Gate” run in conjunction with Hispanic Heritage Month Sept. 29 from 9-11 a.m. Registration for the event on race day will begin at 7:30 a.m. at the Daleville Gate and close at 8:30 a.m. The race will begin at the Ozark Gate and finish at the Daleville Gate. Participants are encouraged to pre-register prior to race day. The registration costs are \$12 without a shirt, \$20 before Sept. 22 with a shirt, \$25 on or after Sept. 23 and \$100 for teams of eight. Participants on bicycles are welcome to enter and ride.

For more, call 255-2296.

ATV trail ride

Fort Rucker Outdoor Recreation will host an all-terrain vehicle trail ride Sept. 29 from 7 a.m. to 1 p.m. For more, call 255-4305.

Fall Boot Camp

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

For more, call 255-2296.

German Armed Forces Proficiency Badge

The German Army Liaison Office hosts its biannual competition for the German Armed Forces Proficiency Badge Oct. 1-Nov. 2. Practice for the competitions takes place

Mondays-Fridays from 6-7 a.m. during that timeframe. The competition consists of the long jump, shot-put, 200m swim, shooting, 7 ½-mile road march, 100m run and 3,000m run.

Soldiers who wish to sign up should call Sgt. Maj. M. Bouhloui, 255-2554, Sgt. 1st Class Michael Maxwell at 255-0949, or Sgt. Jamie Osmon, 6th Military Police Detachment at 255-2120 or email jamie.p.osmon.mil@mail.mil.

Youth basketball registration

Registration for youth basketball will take place throughout October. The cost is \$40 and all children must have a current sports physical, and be registered with child, youth and schools services to participate. Children must also meet age requirements by Sept. 1, 2012. Prospective coaches are needed for all age groups. Basketball regular season will begin Jan. 7.

For more, call 255-9105 or 255-0950.

Youth Marksmanship Shoot

Outdoor recreation hosts a Youth Marksmanship Shoot Oct. 6 from 8 a.m. to noon at the Tri State Gun Club. For more, call 255-4305.

Enterprise baseball

Enterprise’s semi-pro baseball team is in need of players. People interested in joining the team should call Joe Jackson at 347-4275 or 806-6929.

Riding Stables rules

Riding Stables staff reminds community members that letting horses out of their stalls can be dangerous to the horses and motorists. Visitors are also reminded to stay on the main roadways, do not approach any of the horses without owners’ permission, stay out of the pastures and obey the speed limit of 10 mph at all times. For more information, call 598-3384.

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