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ARMY FLYER

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PHOTOS BY SARA E. MARTIN

Maj. Gen. Kevin W. Mangum, USAACE and Fort Rucker commanding general, speaks to a formation of about 3,000 Soldiers to motivate and to educate them on the importance of suicide prevention Sept. 27.

Post stands up to suicide

By Sara E. Martin
Army Flier Staff Writer

More than 3,000 Fort Rucker Soldiers ran along a 3-mile route lined with 232 pairs of combat boots that represented comrades in arms who took their own lives in the past year during the post's suicide prevention stand down Sept. 27.

Maj. Gen. Kevin W. Mangum, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, led the formation, and then addressed the assembled Soldiers as part of Fort Rucker's response to the Army-directed suicide prevention worldwide stand down. The day also included suicide prevention and awareness training at the post theater.

Mangum, who said that the run was about promoting wellness and resilience and remind-



Soldiers run past one pair of the 232 sets of boots that lined the running route Sept. 27 during the Fort Rucker stand down for suicide prevention.

ing Soldiers that there are resources that can help them when they need it, ran with the formation from beginning to end.

"Today our Army is doing a suicide prevention stand down to recognize that nearly every

day this year we have lost a Soldier who has taken his or her own life. As we run I want you to think about the sets of boots that line the roadway. Each one of those sets of boots represents a Soldier, a battle buddy, a com-

rade in arms who has taken his or her life this year," he said.

The run, according to the Mangum, addressed three dimensions of comprehensive Soldier fitness: physical, to build physical toughness; mental, to build mental toughness and confidence; and emotional, to build esprit de corps.

Mangum also reminded Soldiers that it is their responsibility to take care of their buddies if they see someone who needs help.

"Think about the gravity of the situation we are in with our Army and our suicide rate. In more than 230 cases, somebody knew that something was wrong. Somebody intervened in some of those, but in most nobody did. You can do something about it, whether it is seeking care yourself, or if you see your buddy hurting, helping them

find the care they need," he reminded.

He wanted each Soldier to fully comprehend just how many Soldiers have taken their lives this year. To push the message through, he had a company of more than 230 men and women march onto the parade field as a visual reminder of the Soldiers lost to suicide.

"That's what it looks like in [a] formation. I ask that you do your part to do your best to ensure that we have not one more. Not one more! There are a lot of misconceptions about suicide — that it's young Soldiers or Soldiers who have deployed. All of those are false. This year Soldiers who have taken their lives range from private to colonel. Every one of us needs someone to look after

SEE STAND, PAGE A5

Lyster continues tradition of excellence

By Nathan Pfau
Army Flier Staff Writer

Fort Rucker is well known for its excellence in Army Aviation, but that excellence extends far beyond the airfield.

The Lyster Army Health Clinic Laboratory earned accreditation by the College of American Pathologists during a recent onsite inspection, according to Karla Moorehead, chief of laboratory services at LAHC.

"Every two years, [inspectors from CAP] come through and do an accreditation survey," she said. "The checklists had over a thousand questions of criteria that we have to meet to receive the accreditation."

Lyster Army Health Clinic's Laboratory provides analysis on blood and other bodily fluids to offer health care providers at the clinic the information they need to be able to serve their patients in the most accurate treatments and diagnoses, said Moorehead.

During the accreditation process, inspectors examined laboratory staff qualifications, equipment, facilities, safety programs, management, laboratory records and quality control of procedures over the past two years, according to a press release from CAP.

"This stringent inspection program is designed to specifically ensure the highest standard of care for all laboratory patients," it read.

A standard that LAHC has lived up to year after year.

Moorehead, who has been at Lyster for more than 30 years, said that the health clinic has had its CAP accreditation as long as she's been employed there.

"This accreditation shows that we meet or exceed the standards that were put out by the Clinical Laboratory Improvement Amendments," she said. "It means that we meet the highest quality standards for providing patient care."

The CAP Laboratory Accreditation Program has been in place since the early 1960s, and according to

SEE AWARD, PAGE A5



PHOTO BY NATHAN PFAU

Spc. Miguel Perales, military laboratory technician at Lyster Army Health Clinic, examines a blood sample at LAHC's laboratory Monday. Lyster recently received its accreditation from the College of American Pathologists.

Fort Rucker seeks to reduce fossil-fuel consumption



PHOTO BY SARA E. MARTIN

Members of departments operating at Lowe Army Heliport examine the three potential electric carts that might replace the current diesel carts.

By Sara E. Martin
Army Flier Staff Writer

Fort Rucker is looking to minimize its fossil-fuel consumption by testing three electric utility side-by-side all-terrain vehicles to cut spending.

The Leading Change Team headed the operation in its beginning stages and will observe it to its completion as the carts are tested for the next several weeks at Lowe Army Heliport to weigh the costs and the benefits of switching to electric and solar-powered carts.

"For a while people said that this wasn't a priority, but I was always telling people in the motor pool and in the offices that it was a priority to the LCT," said Darrell Hager, environmental protection specialist of environmental and natural resources division.

Replacing the mules is one way the LCT and other programs on post are trying to reduce Fort Rucker's

fossil-fuel footprint, said Patricia Donahue, director of logistics at Army Fleet Support, adding that feedback was gathered from the workers at the motor pool to help narrow down just what kind of cart would be best.

"This venture is a very multi-agency, multi-department project. We talked with Aviation Center Logistics Command, AFS and LCT, we have environmental, quality and maintenance all involved in coming up with what is best in terms of what kind of cart would best suit our needs and reduce our fossil-fuel footprint on post. This was truly an honest team effort to make Fort Rucker a better place," she said.

The three carts that were selected for testing underwent a cut list of more than nine companies. The supplier companies visited Fort Rucker to observe

SEE FUEL, PAGE A5

PERSPECTIVE

ACAP part of the road to success

By Bryan Tharpe
Fort Rucker Army Career and Alumni Program
Transition Services Manager

I’ve noticed that many people in the military seem to have a built-in sense of direction. Not only can they find their way to any location, but after they have been somewhere once, they can easily find their way to the same location again.

For many military personnel, that sense of direction is innate, but others instill it by attending military training in map reading or orientation. The sense of direction may also be a result of traveling to and living in many different locations. However it was achieved, a good sense of direction is an important skill to have.

Even those with a sense of direction, though, need to use a road map occasionally. Starting a trip without a road map is a sure way to induce a stress attack – for the driver and those around him.

The same can be said for those beginning a new life after a military career. The transition can be a stressful time, even under the best of circumstances, but it becomes even more so unless the transitioner maps out or plans the journey carefully. ACAP can help with this task.

To prepare for a smooth journey in your career after the military, there are some things you should be doing long before you exit the military.

Explore the possibilities. You may need to do research to help you decide on a career or a place to live. While you are on active duty, you need to be thinking about what you want to do when you get out. Research occupations, including requirements for the job, education needed, pay scale, work conditions, availability and outlook for the future. With skills developed in the military, you have multiple options and you will need to make a thoughtful decision about what jobs to pursue.

Research the destination. While you are in the mili-

tary, you have many opportunities to travel to and live in different locations, so it would help if you looked at each place as a possible future permanent home. Will a job be available there? Does it have the amenities that you want? Is it near to the people and things that you want to be near? Does it have the cultural, entertainment or sporting events that you like to attend? Does the climate suit you? Are the schools, healthcare and recreational facilities good? Decide what is important to you and check each location to see if it fills your needs.

Expand the possibilities. During your military career is an excellent time to work on a college degree or get some specialized training. Statistics show that people with a college degree generally make almost double what workers make without a degree. Whatever your career decision, it is usually beneficial to have computer skills, so taking computer classes or other self-improvement courses is always worthwhile. There may also be some military training that would expand your opportunities after the military.

Get a head start. You may need to gain experience in the career you have chosen if you aren’t working in that area presently. Sometimes people get experience through volunteering within the community. For example, if you are thinking about teaching or working with youth, while you still work for the Department of Defense, you could volunteer to coach, assist in a classroom, or tutor. Regardless of whether the work is volunteer or paid, if you spend enough time at it, it can be used on your resume.

Request support. When you are looking for a job, the employer will certainly ask you for references, either professional or personal. Supervisors and coworkers make excellent references, but if they are military the chances are good that they will have moved away when you most need to contact them. One thing you can do to make sure you have good references is to get

home of record addresses for those you might want to use as references in the future. You can also ask them to write you letters of recommendation as you leave the unit. Sometimes when you have a letter of recommendation, the employer may not need to contact the reference personally.

Ask directions. When it’s finally time to change careers, ask for advice and assistance. You need to learn as much about looking for a job as possible and that is where ACAP will be of the most value. If you are retiring, you can use ACAP up to two years before you leave the military. If you will separate, you can use ACAP beginning 18 months to a year prior to getting out of the military.

In addition to providing information about your benefits, ACAP also teaches you about the job search process. A workshop is available that covers where and how to look for a job, networking, filling out applications, writing resumes, interviewing, negotiating salaries and learning other job search skills.

After you attend the workshop, trained counselors will assist you as you progress through each stage of the job search process. The counselors will offer advice on writing your resume, critique it for you, assist with civilianizing your military experience or show you how research career possibilities if you are undecided. They will give you a push if you get stuck and pump you up when you get down.

ACAP even has tools for you to use, such as computer software, job search books, Internet addresses and job leads to help you find the right job.

No matter how good your sense of direction and map reading skills are, transitioning to life outside the military is new territory. If you have a navigator who knows the way, you will reach your destination with fewer problems. Let ACAP help you through the process.

You can contact Fort Rucker ACAP at 255-2558 or 255-2546 for additional information.

Rotor Wash

“The annual Army Family Action Plan conference is Wednesday and Thursday from 8 a.m.-4 p.m. at Wings Chapel. What positive steps do you feel could be taken to improve quality of life for Soldiers and their Families?”



Jeffrey Palonarez,
Family member

“It would be great to have more activities for older teenagers. There are a lot of Family and child events, but not as much for teens around my age. I would love to have more things to do or events on post.”



2nd Lt. Greg Johnston,
23rd Flying Training
Squadron

“It seems like to me they offer plenty of events for all ages and ranks. I think if they keep up what they are offering then most of the post will be pretty happy.”



WOC Tommy Glasgow,
1st WOCC

“I think holding more events like the Hispanic Heritage Gate-to-Gate Run will bring awareness and understanding to people as well as give them something productive to do.”



Sgt. 1st Class
Shawn Redondo,
NCO Academy

“I think there needs to be more events for single Soldiers. I am married and have plenty to do with my Family, but it seems to me there aren’t many events catered or publicized strictly to singles here on post.”



Irma Wong,
Army spouse

“I wish there was more organized sporting events. There is the gym and all, but I wish the community would come together to create more sport teams for all ages.”

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FORT RUCKER GARRISON COMMANDER
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ACE SUICIDE INTERVENTION

Ask your buddy

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

Care for your buddy

- Remove any means that could be used for self-

injury.

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

Escort your buddy

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

Army-wide barracks program improves Soldier quality of life

By Nathan Pfau
Army Flier Staff Writer
and
Evan Dyson
U.S. Army Installation
Management Command

A new Army-wide program has been set in place that changes the way barracks are run on installations, and Fort Rucker garrison leadership said it will improve the quality of life for Soldiers that reside in unaccompanied housing.

The First Sergeants Barracks Program 2020 is designed to give units resources, training and responsibility while ensuring the quality of life standards established by IMCOM are met.

“In a nutshell, [the Army] is going to put military organizations back in charge of the barracks,” said Command Sgt. Maj. Buford E. Noland, Fort Rucker garrison command sergeant major. “It was felt that units have gotten out of the business of maintaining the barracks and maintaining a good order of discipline in those barracks, but I don’t believe we’ve had this problem so much on Fort Rucker.”

Previously, garrisons directly controlled the barracks and were responsible for the room assignments and maintenance of the facilities. Under FSBP 2020, mission units provide room assignments and Soldiers identify issues and inefficiencies in a more direct manner to their leadership, while ensuring consistency across the Army.

FSBP 2020 builds upon three core principles: supporting the mission, taking care of Soldiers and using resources wisely, said Suzanne Harrison, acting chief of the OAC-SIM Army Housing Division.

“It also allows us to fulfill our commitment to the Army Family Covenant, [the Army’s formal commitment to Soldiers and their Families] by taking care of Soldiers,” Harrison said. “It gives us the structure to do that and the commitment across the Army – and not just an installation function – so FSBP 2020 is a total Army effort.”



PHOTO BY NATHAN PFAU

Spc. Doris Johnson, Better Opportunities for Single Soldiers president, and Command Sgt. Maj. Buford E. Noland, Fort Rucker garrison command sergeant major, display the lounging capabilities of the new movie theater room in the BOSS building at one of the post barracks Tuesday.

“Our part of that in garrison operations is to partner with the units to help them manage that [responsibility],” said Noland, “and some of the things we’re going to do as part of the garrison staff is to help maintain the quality of life and wellbeing of single Soldiers that are living in the unaccompanied housing.”

The program was developed, with the endorsement of the chief of staff of the Army, to clarify roles and responsibilities at the garrisons and by the mission units, according to Harrison.

Through FSBP 2020, mission units will be the face of operations for their barracks.

“[The program is] creating this partnership between the military unit, the housing professionals and the directorate of public works staff,” said Harrison.

“The success of the program depends on a continued solid relationship between my

unit housing people [here on Fort Rucker] and the unit leadership,” said Noland. “We’re going to work with the units to help them understand their role in the barracks under the centralized barracks management approach.”

NCO leadership is particularly important to the program’s success. The management of an average brigade-size barracks will require five mission unit Soldiers and one Army civilian, according to estimates. Housing staff at the garrison will provide on-the-job training and mentorship to those new to managing barracks, Harrison said.

“The Installation Management Command is committed to making sure that they provide the needed program oversight and training that goes along with executing the program for the military unit,” she said.

Organizers hope this transition will strengthen the military culture in the barracks by having NCOs involved in daily operations.

According to Shenise Foster, OACSIM liaison for the Army Housing Division, local housing offices can help first sergeants with any questions about FSBP 2020.

Although there will be a change in responsibility, organizers say, the Army’s commitment to providing a quality unaccompanied housing program to Soldiers around the world will remain intact.

“Fort Rucker was pretty much ahead of the game and ahead of other installations with this program because we were already doing this,” said Noland, “but I think it will improve the overall condition and maintenance of the barracks, quality of life for the Soldiers, and it will make sure that all the unaccompanied housing is a safe and pleasant place to stay for them while stationed here at Fort Rucker.”

SMA on suicide: It’s OK to seek help

By David Vergun
Army News Service

WASHINGTON — “It’s a source of strength to ask for help and we are all about being strong in the Army,” said Sgt. Maj. of the Army Raymond F. Chandler III, on the eve of the Army-wide suicide stand down.

He was referring to the importance of reducing the stigma in the Army concerning seeking help for thoughts or feelings of suicide.

Chandler acknowledged that suicides have been increasing in the Army and remain a huge problem.

“Suicide is an enemy we have yet to defeat,” he said. “Our ultimate goal is to change mindset across the force, build resilience, strengthen life-coping skills and address the stigma associated with asking for help. We’ve got a long ways to go, but we’re going to get there.”

He drew a comparison between a Soldier and a police officer.

“Soldiers are asked to close with and destroy the enemy, and that means ultimately taking another human being’s life,” he said. “If you are a police officer in any community around the United States, if you draw your weapon and shoot it, you are going to see behavioral health care, because we recognize that act is one that places extreme stress on an individual.

“For our Army and its culture, we will routinely ask you to close with and destroy the enemy, which means to possibly kill someone,” he continued. “Being a Soldier and what we ask Soldiers to do is probably the highest level of performance we will ask of any human being. (Now), we ask you as a United States Soldier (to seek) behavioral health.”

Those who have been in harm’s way are not the only ones at risk for suicide, he said. “More than 50 percent of suicides are Soldiers who’ve never deployed. Our challenge is with each individual Soldier to reach out to them.”

He called junior leaders “truly our first line of defense against suicides,” adding that they “are fully aware of (the



PHOTO BY DAVID VERGUN

Sgt. Maj. of the Army Raymond F. Chandler III, tells Soldiers thinking about suicide that it’s OK to ask for help. He also discussed his own behavioral health challenges and treatment on the eve of the Army’s suicide stand-down, Sept. 27.

resources) out there and their responsibilities, and we make it as easy as possible for them to get the help for their Soldiers that they need.”

Chandler also encouraged Family members to ask their Soldiers to seek help or to seek help for themselves.

“There are tremendous resources across the Army to help, but first step is for the individual to say, ‘I need some help,’ or for a friend or loved one to say ‘you may have some issues, let’s talk about getting some help.’”

Change is taking place for the better, he said. “I’m starting to see some traction around the force about it’s OK to seek help – and that’s a big deal for us.”

He praised the quality of care that is available as well.

“We have tremendous behavioral health care specialists who serve our Soldiers. I’d place our medical community against anyone else’s in the world.”

One of the challenges facing the Army is hiring more behavioral health care specialists, he added. “We’re looking for more ways to bring them onboard.”

Establishing a relationship of trust with the caregivers

is just as important as reducing the stigma associated with seeking help for suicidal ideation, Chandler said. He lauded the effort to provide behavioral caregiving at the unit level.

“One of most exciting things we’ve done recently is to start with our embedded behavioral health care, pushing it down to the brigade level. That relationship building between the Soldier, leader and health care provider tells them that there’s care available, easier to get to and to access. And then, the stigma and the walls start to break down.”

Chandler was frank about his own behavioral health challenges regarding post-traumatic stress disorder and traumatic brain injury.

“Around 2004 on June the 30th at 1600 in Baghdad, Iraq, a 122mm rocket came into my room and blew up, knocking me around a bit,” he said. “I had to face my own mortality and in doing that I made some decisions from an emotional standpoint that turned my feelings off, and in doing that I put myself in a position over a period of years where I became less attached to those things most important in my life: my Family, my wife, and instead, focused on those things I could control, which was my work environment.

“And that had a negative effect on me and I went into a downward spiral and started to make some poor decisions in life,” he continued. “I got to a place where I needed help, and with the help of some friends and loved ones, recognized that and spent about two years in almost weekly behavioral health counseling.

“When I was interviewed to be the sergeant major of the Army by General (George W.) Casey, who was the chief of staff at the time, he asked me, ‘is there anything I need to know about?’ I told him I’d been in behavioral health care counseling for the past two years. He said, ‘I see that as a strength and would ask if you can talk about it to Soldiers and Families if selected,’ and it’s been a part of what I’ve done for about the last 20 months.

“Ultimately I’m a better person and a better father, a better husband, which in turn helps me to be a better Soldier because of it,” he said.

News Briefs

MUTAS cancelled

The Music Under the Alabama Stars concert scheduled for Oct. 19 at 6:30 p.m. at Howze Field has been cancelled. Details on future concerts will be released once they are available.

CFC update

The Fort Rucker Combined Federal Campaign has raised \$230,000 as of Monday. The amount raised is 20 percent of the campaign’s goal of \$1.15 million. To find out more or to give to the CFC, visit <http://www.heartofalabamacfc.org/>.

Army uniform survey

The Army wants Soldiers to sound off about the Army Service Uniform. In an effort 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 Tuesday. The survey can be accessed by visiting (CAC enforced logon) <https://asusurvey.natick.army.mil> or (non-CAC enforced logon) <https://surveys.natick.army.mil/Surveys/asu.nsf>.

Observance closes

The post’s Hispanic Heritage celebration concludes Oct. 12 with the Latin Ritmo Dance and Music Expo at 6 p.m. at the post theater. The event is free and open to the public. The event will feature the Hispanic rhythms of various cultures within the Latin community. Dothan’s St. Columba Children’s Dance Group will perform traditional dances from Mexico, and Ron DeVane and a dance group will perform traditional and modern

dances. Salsa and ballroom dance instructor Marte Vere and the “Con Sabor” (With Flavor) dancers will perform a variety of modern and traditional dances. The event will also feature other local volunteers who will represent Panama, Paraguay, Spain and other countries with folkloric dancers and dress.

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.

Army developing new fixed-wing aircraft

By Kris Osborne
Army News Service

WASHINGTON — The Army is refining an initial capabilities document for a new fixed-wing utility aircraft that is designed to replace more than 112 airframes with a common platform.

The new platform should be able to perform a range of key mission sets and services, officials said.

“We manage 73 different series of aircraft and more than 40 different designs,” said Col. Brian Tachias, project manager, fixed-wing, Program Executive Office Aviation. “A common cockpit and platform will reduce the amount of resources needed to train pilots and sustain the aircraft. Moving to one common fleet will reduce the manpower needed and allow us to gain efficiencies by reducing the number of contracts.”

PM Fixed-Wing, established in October of last year, was stood up to create a central hub to manage the Army’s fleet of fixed-wing aircraft. As many as 37 different fixed-wing aircraft programs are now consolidated and centrally managed under the purview of the project office.

“Centrally managing Army fixed-wing aircraft will help to achieve improvements in safety, airworthiness certification, configuration management and aircraft maintenance. We will also gain efficiencies by reducing the number of contracts where it makes sense,” Tachias said.

The Army has a current fleet of approximately 377 fixed-wing aircraft spanning a range of functions. Plans to develop a new fixed-wing utility aircraft emerged out of a fleet-wide Army assessment of fixed-wing aircraft conducted by PM Fixed-Wing and Army Training and Doctrine Command Capability Manager-Lift, Tachias added.

“The fixed-wing utility aircraft initial ca-



ARMY PHOTO

This newly manufactured UV-18C, destined for the U.S. Army’s Golden Knights parachute team, will eventually be modified and painted with the Golden Knights paint scheme. The Army is refining an initial capabilities document for a new fixed-wing utility aircraft that is designed to replace more than 112 airframes with a common platform, which will reduce the amount of resources needed to train pilots and sustain the aircraft.

pabilities document is now in staffing at the Pentagon,” Tachias said. “Once this is finalized, we will start an analysis of alternatives. We are teaming with the Army’s Aviation schoolhouse and military intelligence schoolhouse to build one common aircraft able to perform a range of functions, such as [intelligence, surveillance, and reconnaissance], utility and transport missions.”

The analysis of alternatives will, among other things, examine the costs associated with sustaining older aircraft compared with buying new ones. The new utility aircraft program is designed to address obsolescence issues within the fleet and engineer a common platform for the future.

While specifics related to the acquisition of the new aircraft are still being evaluated, the initial notional plan is to begin procure-

ment in the next program objective memorandum cycle, Tachias explained. With this in mind, the Army has stood up a special fixed-wing contracting division at Army Contracting Command at Redstone Arsenal in order to consolidate contracts for fixed-wing programs.

Alongside the effort to build a new fixed-wing utility aircraft, PM Fixed-Wing will also manage a wide range of Army aircraft, such as the now-in-development enhanced medium altitude reconnaissance and surveillance systems that are King Air 350 planes engineered with high-tech cameras, sensors, data link and surveillance equipment able to gather and distribute key, combat-relevant information. Four EMARSS aircraft are slated to deploy to Afghanistan as part of a forward operational

assessment.

In addition, PM Fixed-Wing is making progress to procure new UV-18C Twin Otter short takeoff and landing utility aircraft for the Army’s prestigious Golden Knights Parachute Team.

PM Fixed-Wing is also teaming up with the Air Force in an effort to acquire four new T-6B Texan II aircraft designed for use in testing with the Army’s Test and Evaluation Command. The aircraft will be T6 Hawker Beechcraft two-seater planes configured with mounted cameras and sensing devices designed to measure testing events.

“The Air Force has allowed us to participate in their ACAT 1C program. This is saving the Army money because a lot of their sustainment is already in place,” Tachias explained.

Cone discusses command progress, suicide prevention during town hall

By Ryan Poole
U.S. Army Training and Doctrine Command

FORT EUSTIS, Va. — Gen. Robert W. Cone, commanding general of U.S. Army Training and Doctrine Command, led a Sept. 13 town hall meeting at Fort Eustis’ Jacobs Theater where he shared the command’s progress over the last year, and held a question-and-answer session with the Soldiers and civilians assigned to TRADOC.

“It’s been an incredible year,” Cone said. “TRADOC was put in a position where it had to perform to set conditions for the Army into the future, and it has truly been a magnificent year.”

The meeting began with Cone acknowledging TRADOC’s impact on the Army as a whole, progress with its command initiatives, addressing Army-wide areas of concern, and talking about the ongoing facility upgrades taking place across the installation.

TRADOC is a key leader in four of the Army Chief of Staff’s five priorities.

These priorities include developing the force of the future (Army of 2020); sustaining a high quality all-volunteer Army; adapting leader development to meet future security challenges; and fostering continued commitment to the Army Profession.

Cone said TRADOC will have trained more than 700,000 Soldiers by close of fiscal year 2012. Prior to the war, TRADOC trained roughly 400,000 Soldiers and last year trained more than 600,000 Soldiers.

“Much of the increase in Soldiers being trained comes from structured self-development and online courses,” Cone said.

He pointed out that teaching via online courses does not lessen the workload for TRADOC because executing state-of-the-art online courses still requires instructors to grade papers and provide feedback.

Besides the increase in the volume of training at TRADOC schools and courses, Cone believes the quality of the training has also improved through the extensive application of the “Army Learning Model.”

“A year ago I could talk conceptually about the Army Learning Model, but today I can go out on the ground and walk into most of our schools and centers and I am very impressed by the things that they are doing,” Cone said.

Cone used the Intelligence Center of Excellence as an example of leveraging and incorporating technology into the classroom. One digital application the students are using has reduced training time from seven to two hours.

Cone noted that the time saved by using digital training resources like “apps” can be applied towards reinforcing other skills such as oral and written communication.

Cone noted that one of the most important accomplishments of the command is the launch of “Doctrine 2015.”

Doctrine 2015 transforms the Army’s doctrinal base to deliver doctrine — clear, concise, current and accessible — to the point of need. The first level of Army doctrine — Army Doctrine Publications — consists of 15 foundational

manuals about 10-15 pages long that capture the enduring principles inherent in land warfare in the 21st century.

The ADPs are now available via the new “Doctrine 2015” website at <http://usacac.army.mil/cac2/MCCOE/Doctrine2015Tables.asp>.

“The biggest problem with doctrine is not writing it; it’s getting the force to use and understand it,” Cone said.

The TRADOC CG also discussed several Army-wide concerns such as suicide, discrimination, hazing, and sexual assault and harassment.


“We have to look harder at preventing suicides, and we have to think outside the box,” Cone said. “In my mind Soldiers are in the top one percent of Americans when they raise their right hand to join the Army. This loss of life, this tragic loss of great Soldiers is just unacceptable to me.”

In regard to sexual harassment and hazing, Cone made it clear to the audience that there is zero tolerance for those actions in the Army and TRADOC.

“Sexual harassment is like a cancer in an organization

that takes happy, willing participants and takes away their ability to contribute. I will not tolerate that in TRADOC,” Cone said. “It amazes me that in the year 2012, I have to stand up in front of an audience and talk about things like racial or gender discrimination.”

Cone emphasized that TRADOC should work as a team, and that those who support discrimination, harassment or hazing cannot be part of the organization.



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Stand: Community urged to care for each other

Continued from Page A1

us. So please take care of yourself and each other,” he said.
The commander then opened up about how the morning’s run had affected him.
“When I saw them setting those boots out this morning on my run here, it brought more than one tear to my eye,

that my comrades in arms are taking their own lives. We have a ton of resources that people can access. People need to know what those resources are. They are there for Soldiers and Families to use them,” he said.
The event was the first time Fort Rucker participated in a post-wide stand down for suicide, and Mangum said he would

try to keep it going so that Soldiers and the community would keep the issue on their minds.
“It takes everybody in the community to put their arms around each other to take care of those that they see are depressed. It is not a sign of weakness to seek mental health; it shows strength to seek help. Those are injuries, too,” he said.

Though Mangum was happy about the morale the run built, he was aware of the impact that the boots along the street made.
“I think it was a powerful message, seeing those boots and the Soldiers in formation. Hopefully it got somebody’s attention, somebody who was thinking about hurting themselves,” he finished.

Award: Teamwork essential to clinic’s efficiency

Continued from Page A1

Moorehead, LAHC’s laboratory has had its accreditation since mandated by the Army in the beginning.
The checklist that was checked for Lyster’s laboratory included areas in chemistry, hematology, microbiology, serology and hematology urinalysis, said Moorehead.
“Those are the areas that we actually perform the test-

ing for here [at the laboratory],” she said. “[The inspectors] go through each of the checklist questions and we have to meet their requirements in each area to get this accreditation – it’s a big process.”
Moorehead said that the teamwork at LAHC is how the health clinic has maintained its high standards and is able to achieve its accreditation.
“Everyone is involved in the process,” she said. “It’s

not a check, check, check type of situation. They actually have to observe all of the people doing the work and they make sure they are doing it based on what the standards of procedures say that they are supposed to do.”
The attention to detail that the accreditation process puts LAHC through is what allows the health clinic to continue its tradition of excellence for Soldiers and Families on Fort Rucker, she said.

Fuel: Electric ATVs could cut all-around operational costs

Continued from Page A1

the terrain, learn about Fort Rucker’s mission and talk to everyone who would be involved in using the carts.
“These carts are all about the same price range, but they all have different features that we will test over the next several weeks to see which one works better. We might not end up with just one type of cart. Depending on the results, we might use all three models. It just all depends on the test results,” said Donahue.
Donahue said she was impressed with how the LCT got the project running, adding the project was off to a good start because the opinions of the workers were taken into consideration while choosing the carts.
“We want the good and the bad feedback. That has been a problem before. A lot of past failures have happened because the right people were not in the room when decisions were being made. We have to ask the people using the equipment and maintaining it,” she said.
One thing that is different about the new carts is the towing capacity of the electric vehicles, Donahue said. Two of the carts can tow 1,250 pounds and one can tow up to 2,500 pounds.
“There are various features that we can add to each cart from solar panels to quick charging capabilities. Right now we are testing the base models of each cart to see what everyone likes best,” said Rebekah Morgan, AFS procurement manager, adding that it is important that the carts are monitored by everyone because Lowe

is a 24-hour, seven-day-a-week operation. “We want to make sure we get the cart that best fits the worker’s needs. The carts can run 45 miles on a single charge, but is that enough? We just don’t know yet.”
How much money the carts can save is also a big issue that is being monitored.
“These carts are right at or cheaper than the current Kawasaki Mules that we purchased. So we could save money and save fuel. Kawasaki also has a lifetime Mule replacement, so maybe we can swap them for the electric vehicles,” said Robert Tillery, program management directorate at ACLC.
The rigorous testing that will be conducted will go further than testing the carts themselves.
“We will have to do a trade-off analysis with the fossil fuel versus electricity. We need to measure which one is cheaper and we need to figure out what our capacity is. These questions still need to be answered. There are around 1,100 [utility side-by-side all-terrain vehicles] on our contract, so infrastructure is really important and we need to make sure that we can take care of that,” said Tillery.
Though the new electric utility side-by-side all-terrain vehicles have a long way to go, Donahue is hopeful that the operation will go on without any major hiccups.
“We are hoping these carts take us into the future. If the tests go well then we hopefully will see the installation gradually using them to reduce our dependence on fossil fuel,” said Donahue.



COURTESY PHOTO

Educational tailgate

The Army Education Center hosted its Fall College Tailgate Wednesday to educate Soldiers and their Families about the benefits of higher education. Colleges from Alabama, Florida and Georgia presented information to people interested in pursuing a college degree.

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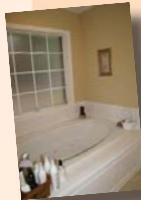
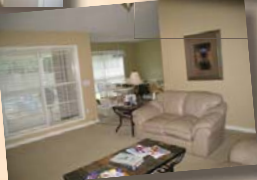
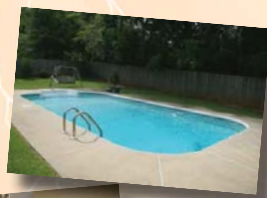
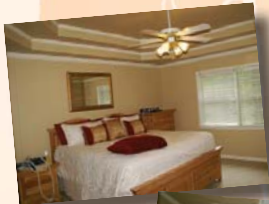
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CSA announces ‘Ready and Resilient’ Campaign

By J.D. Leipold
Army News Service

WASHINGTON — Chief of Staff of the Army Gen. Ray Odierno opened the service-wide suicide prevention stand down Sept. 27 by announcing that 237 Soldiers have potentially taken their lives so far this year and that the Army will step up its resilience training to combat the problem.

“I think one of the most important things we want to do is to start thinking about how we build Soldier and Family resilience, so we’re going to establish a Ready and Resilient Campaign plan to build the capabilities within our Soldiers to solve problems on their own and to help Families deal with numerous stresses that are put upon them,” Odierno said.

Addressing the Army staff of 150 general officers and senior civilian leaders at Joint Base Myer-Henderson Hall, Va., the chief said the Army lost 283 Soldiers to suicide in 2011, but the rate in 2012 is higher than at this time last year.

“I equate that to a whole bunch of infantry squads. That’s what I think about. How many infantry squads is that? A lot ... a lot,” he said. “These are 283 Soldiers who raised their hands, who wanted to join an institution that is greater than themselves and they probably joined to prove themselves, maybe to move forward with their lives or maybe they just wanted to fight for their country; 283 are too many and the loss of one Soldier is one too many, no matter what the cause may be.”

Odierno said that before solutions to the suicide problem can be found, the Army needs to answer “why” are these suicides happening and is suicide symptomatic of a larger problem?

“In my mind, that’s what we have to think about every day,” he said, adding that he’d held a video teleconference Sept. 26 with almost all his commanders to discuss what they’re currently doing to beat suicide and what their plans are long-term.



PHOTO BY J.D. LEIPOLD

Army Chief of Staff Gen. Ray Odierno opens the senior leader suicide prevention stand down at Joint Base Myer-Henderson Hall, Va., Sept. 27. The chief stressed the importance of resiliency training in trying to solve the Army suicide problem that has claimed 237 Soldiers as of Sept. 26.

SEE CSA, PAGE B4



U.S. AIR FORCE PHOTO BY STAFF SGT. JONATHAN LOVELADY

LANDING ZONE SECURITY

Staff Sgt. James Bates, a security force squad leader with Provincial Reconstruction Team Farah, pulls security at a landing zone as his team loads a tactical vehicle into the cargo bay of a CH-47 Chinook helicopter in Pur Chaman district, Farah province, Afghanistan, Sept. 26. The mission marks the first time coalition forces have been to the Pur Chaman district in over a year. PRT Farah is a unit of Soldiers, Sailors and Airmen working with various government and non-government agencies tasked with facilitating governance and stability in the region by working hand in hand with local officials and the government of the Islamic Republic of Afghanistan.

Not all forward operating bases similar

By Sgt. Daniel Schroeder
25th CAB Public Affairs

FORWARD OPERATING BASE SHUKVANI, Afghanistan — When you ask Soldiers about their deployment experience, you might hear about them going down to the post exchange at Kandahar Airfield or about how they were in the middle of nowhere using water bottles for brushing their teeth, shaving, or using baby wipes for a shower.

Soldiers of the 25th Combat Aviation Brigade are witness to these contrasts as they exist between service members at Kandahar Airfield, which has more services and resources to offer, than to the Soldiers at smaller forward operating bases.

Service members at even smaller outlying FOBs must continue normal operations without the services and resources of the larger FOBs. Soldiers of C Company, 1st Battalion, 169th Aviation Regiment, currently attached to the 25th CAB, conduct medevac operations out of FOB Shukvani with only essential tools and equipment.

“When we first arrived here, the only thing for us was a bunker,” said Staff Sgt. Mike Berry, a flight medic with C Co., 1st Bn., 169th Avn. Regt., originally from Covington, Ga. “We sent a three-man advance team to set up our

area. They drew up the floor plan, set up tents, built floors, and coordinated with the Marines here for generators, constructing outhouses and emplacing security barriers.”

Another experience the Soldiers at FOB Shukvani experience is living with no plumbing. For bathrooms, they had to construct outhouses and equip them with exposable baggies known as Wag Bags. Within the past couple of weeks, they received two portable toilets. Another new addition is a tent equipped with water bags and nozzles so they can shower.

“The shower was the biggest improvement for us,” said Sgt. Cherie Flett, flight operations non-commissioned officer, C Co., 1st Bn., 169th Avn. Regt., from Smyrna, Tenn. “Before the shower tent, we were using water bottles for showers. Since being here, we are still making improvements like making walk ways, building doors for the tents, just the small things to make it more homely.”

The bigger bases have several dining facilities with chicken, steak, tacos, hamburgers, hot dogs, salad bar and a dessert bar. The smaller outlying posts have nothing of the sort.

“We receive T-Ration meals twice a day, one for breakfast and one for



PHOTO BY BILL PROKOPYK

Above is a personal hygiene station constructed by C Co., 1st Bn., 169th Avn. Regt. Soldiers currently attached to the 25th CAB, allowing them to brush their teeth and shave in the morning at FOB Shukvani, Afghanistan.

SEE FOBS, PAGE B4

Recovery teams train to return downed aircraft to safety

By Spc. Jennifer Andersson
Army News Service

FORT CAMPBELL, Ky. — Soldiers of the 159th Combat Aviation Brigade performed a full-scale rehearsal of a downed aircraft recovery Sept. 24-28 at Fort Campbell.

“It’s to train the Soldiers to recover an aircraft in a combat zone, if an aircraft goes down for any reason,” said Command Sgt. Maj. Roberto Galicia, the 563rd Aviation Support Battalion’s command sergeant major.

The downed aircraft recovery team’s response time depends on the circumstances, the weather and the urgency of the mission.

Galicia said if an aircraft has mechanical issues and must land in a relatively secure, friendly area, the mission would not be considered as urgent as one that was shot down.

However, if the aircraft goes down in an area where enemy is present, the team must wait until they can get in safely to complete the mission, said Staff Sgt. Brenden MacDonald, the noncommissioned officer in charge of the DART training.

When it comes to getting an aircraft back to safety, timing is significant.

The DART mission is to initiate action within minutes of helicopter damage. The best way to perfect that is to train.

“We break it down into battle drills,” Galicia said. “The mission is so critical and time is of the essence. It has to be done with military precision. The Soldiers have to be trained to the level where it becomes muscle memory. It becomes so automatic that knowing each other — knowing how to communicate — is (key).”

The team is comprised of experts, each with a specialized role in the recovery, including security, defense operations and repairers who are trained specifically for the type of aircraft to be recovered.

SEE SAFETY, PAGE B4

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CSA: Chief urges social networking caution

Continued from Page B1

He said Army Vice Chief of Staff Gen. Lloyd J. Austin III, who is leading the effort on behalf of the Army to drive the trend in suicides down, traveled to installations Army-wide to meet with commanders, leaders, Soldiers, Families and behavioral health experts. And he has acknowledged that while he is very encouraged by the efforts under way and the best practices found at different installations, there is still more work to be done.

“We will not stop because this is about the lives and the well-being of our most important asset: our people,” he explained.

One of those best practices is the Comprehensive Soldier and Family Fitness program launched three years ago. The program teaches Soldiers how to build resilience and develop life-coping skills, and enhance their performance by learning to be more self-aware, optimistic and empathetic, as well as how to develop strengths of character and connection.

Earlier this year the program conducted

a pilot master resilience trainer course that included 32 Army spouses. Plans are being developed to include squad leaders at the sergeant level as master resilience trainers and up the requirement of one MRT per battalion to one per company.

While the resilience training course doesn’t specifically address suicide, the course has proven effective at reducing the symptoms of depression, anxiety and other behavioral problems that can trigger suicide.

Odierno went on to say, “Secondly, I want to figure out how we can improve what I call command climate with regard to taking care of our Soldiers.”

He added that he was confident senior leaders down to battalion commanders understood the fear problem.

“They want to create a command climate where people can come forward and admit they have problems looking to get help, but we still have a cultural problem down to the lowest level where people fear retaliation; they fear, ‘what are the impacts on my career if I come forward and admit I

have a problem?’”

The chief said the third thing he wants to look at is the way society communicates today through Twitter, Facebook and the Internet in general because he believes those methods cause isolation. Isolation means Soldiers lose that face-to-face contact that is so essential to the job they do, he said.

After Odierno’s opening remarks, the senior leaders were taken through an overview of CSF2 by its director, Col. Ken Riddle, to better acquaint them with how the program works and its future plans to include the Army civilian workforce.

Karen Reivich, co-director of the University of Pennsylvania Resiliency Project — which teaches about 180 Soldiers every other month to become master resilience trainers — followed with a synopsis of MRT training, and how skills are learned to gain mental toughness and build stronger relationships.

The vice chief concluded the four-hour senior leader stand-down training session by adding his thoughts on the importance

of leader involvement in solving the suicide problem.

“This is an American issue and not just a military issue,” Austin said, adding that the last count on the country’s suicides per the Center for Disease Control goes back to 2010 when almost 38,000 people took their own lives.

“That’s a lot of people; that’s an American issue,” he said. “We have to remain focused on this and we have to drive the trend in the other direction and we have to work together with the rest of the great minds in the country to figure out what’s going on not only in the military, but in society at large.”

Austin said the Army wants to continue to partner with academic institutions and the scientific community to really understand the phenomena more.

“We have a window of opportunity here to make our Army better and stronger if we focus on the right things and resiliency is one of the right things that will make the Army stronger and more effective,” he said.

Safety: Leaders impressed by training exercise results

Continued from Page B1

The first DART member on the scene is the technical inspector.

MacDonald said the TI must do an assessment of how much damage the aircraft has sustained. This assessment determines what is required of the rest of the team.

If the TI decides the aircraft is flyable or can be fixed right there on the ground and then flown back, the DART members will grab a pre-staged kit for the type of aircraft that went down.

The TI may decide the wreckage is bad enough that the team cannot repair it. If the aircraft is not repairable to fly back safely on its own, it must be extracted by ground or by slingload.

“If it’s in pieces and it’s not worth recovering, it’s the commander’s decision whether he wants to destroy it in place or recover it in pieces,” said MacDonald.

He said if this is the case, they will call in the explosive ordnance disposal team to reduce the wreckage to rubble.

Whether the aircraft must be razed or raised, response time can be consequential. The speed in which the downed aircraft is returned to safety comes down to muscle memory, communication and teamwork, all of which are fostered by training.

Galicía said he was extremely impressed with how well his 563rd ASB Soldiers work seamlessly with Soldiers of the 3rd, 4th and 7th battalions of the 159th CAB during the training exercise.

“We can expect nothing less than the best from these Soldiers,” Galicía said.



PHOTO BY SPC. JENNIFER ANDERSSON

Pfc. Jonathan Zube (left), an aircraft armament, electronics and avionics systems repairer with B Co., 563rd ASB, 159th CAB, follows the guidance of Sgt. Michael Tiller, a CH-47 Chinook helicopter repairer, to rig a clevis for aircraft recovery during a downed aircraft recovery team training event Sept. 26 at Fort Campbell, Ky.

FOBs: Teamwork essential to mission success

Continued from Page B1

dinner,” said Berry. “For lunch, we have Meals, Ready-to-Eat, or make what we can out of snacks.”

On rare occasions, the Soldiers on FOB Shukvani get a taste of the big FOB life. For example, the nights of “surf ‘n turf,” which is slang for steak and seafood; the shrimp is delivered in a garbage bag. The shrimp is in addition to the four trays of steak and rice that are about as wide as a laptop computer and as thick as a stack of printer paper.

Since the medevac company is split up between three different locations, they receive assistance from their counterparts in Kandahar Airfield or Dwyer to bring out needed supplies, parts and food via.

“One of the things that

help keep us going out here are the care packages from home,” said Flett. “We get mail about once a week. My husband and I are both deployed out here. Since we are located at different FOBs, we send each other care packages containing movies we watched with letters. It gives us something else to talk about out here other than work.”

With every installation not the same, Soldiers must bond together to take care of

each other and accomplish the mission.

“We have to do what we can to get by out here,” said Flett. “Being out here makes you grateful to be able to walk to, and buy, the simple things. When we go back home, I won’t take it for granted.”

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services on October 14

Jeff & Cheryl Scruggs are authors, speakers, counselors, and partners all over again. Their writings include the well-known book “I Do Again,” their 30 year story of marriage, betrayal, infidelity, divorce, emotional damage and scarring, forgiveness, restoration, trust, and re-marriage. This remarkable and life-changing story has been featured on The Today Show, I am Second, Family Life with Dennis Rainey, Life Today and more. They passionately seek to help make marriages whole in His power. Jeff & Cheryl are intimately familiar with a marriage focused on the principles of the world, the sting, heartbreak and pain from a divorce, and the deep-rooted hope and joy of a fully restored marriage centered on God.

For questions or to sign up, please contact the First United Methodist Church office at 774-2569 or email: heathercohen@ozarkfumc.org

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OCTOBER 4, 2012



PHOTOS BY SARA E. MARTIN

Capt. Markus Haake, E. Co., 1st Bn., 212th Avn. Regt., with his wife, Christine, and children, Isabella and Jonas, search for the perfect pumpkin at the pumpkin patch Friday.

Family fun takes center stage

By Sara E. Martin
Army Flier Staff Writer

More than 4,500 people attended Fort Rucker's 10th annual Oktoberfest that featured vendors, live music, children's activities and food Friday.

Maj. Gen. Kevin W. Mangum, Fort Rucker and U.S. Army Aviation Center of Excellence commanding general, and Col. Stuart J. McRae, Fort Rucker garrison commander, opened with remarks in German in the main tent during the keg tapping ceremony.

"Welcome to Oktoberfest. The traditional way to begin each year is with the keg tapping ceremony. This is the first year we have participated in this tradition," Mangum said, adding that he hoped everyone had a fun but responsible night.

As people traversed the event, they could fully experience German culture as they heard the native language spoken as much or more than English.

"We need to recognize our cultural diversity. We have a lot of spouses that come from Germany, so it's neat to celebrate all the different types of heritage. We came last year, too. It was great, but there are more activities this year. I love seeing everyone with the traditional garb on," said Dejah Hess, military spouse, adding that she thought the event was a great way for Families to come out for

Directorate of Family, Morale, Welfare and Recreation's Family friendly version of Oktoberfest.

The music and dancing was a focus for many attending the event, including one dancer dressed in a dirndl, Kristin Larson.

"The music is my favorite part of Oktoberfest. It sets the scene and you can get up and dance, even if you dance poorly. The event is really Family friendly. It's important to have Family-friendly events in this area because events like this make it possible for parents to have a fun time with their children, but still have a date night if they cannot find a babysitter," she said.

Organizers of the event were proud that the 10th anniversary of the event went well.

"The turnout has been great! I think it's the most we have ever had at an Oktoberfest, and I can still see more cars pulling in. People come out for the food, live entertainment, drink specials, activities and the dancing. But this year we have a lot of new stuff like the petting zoo, the zip lines and the pony rides. We are always expanding and looking for new things to [bring in]," said Kimberly Abeln, special events coordinator with DFMWR, adding that her favorite thing about Oktoberfest was seeing children in lederhosen as well as "seeing Soldiers out of uniform."

"[I] can see all the Soldiers having a



Aubrey and Alexis Dana, military Family members, paint pumpkins and tops at the crafts tent at Oktoberfest.

good time, and that makes me feel great. I know I've done it right," she said.

Diverse people from all aspects of life could be seen mingling together at the same table enjoying drink specials and sauerkraut, and the sight impressed one Soldier.

"I like that people from all different

parts of the world can come together and fellowship at one table to enjoy each other's company. It gives me hope that one day we can all come together," said Capt. Joshua Sheik, whose last day in the Army was Saturday and added that the night was the perfect way to end his active Army career.

Energy Expo seeks to educate, entertain

By Nathan Pfau
Army Flier Staff Writer

People find different ways to cut costs and save money from clipping coupons while grocery shopping to hitting the sale rack at local department stores, but Directorate of Public Works officials want to show people how to save money while helping out the environment.

This year's Fort Rucker Energy Expo returns for a second time to the Festival Fields Wednesday from 9:30 a.m. to 2:30 p.m. to do just that – educate people on ways to be more energy efficient, not only on post, but in their daily lives, according to Candy Vaughan, DPW branch chief of utilities and energy management.

"We're going to be bringing in different exhibitors who will have different kinds of technologies and energy saving ideas for homes, offices or even commutes," said the branch chief. "They will have things on display from LED light-



FILE PHOTO

People check out the all-electric Tesla Roadster at last year's Energy Expo. DPW hosts the event again this year Wednesday from 9:30 a.m. to 2:30 p.m. at the Festival Fields as the Roadster is scheduled to make another appearance.

ing to electric cars."

There will also be exhibits by energy service companies that specialize in energy efficiency projects, including Alabama Power, who will return with its all-electric Tesla roadster, said Tony King, resource efficiency

manager for DPW.

"The car is pretty neat," he said. "It has regenerative braking, so when you take your foot off the gas, it sees that drop in demand and captures that rotational energy and puts it back into charging the battery.

"It's all really neat stuff to see – cutting edge stuff," he said. "[The expo] will showcase the kind of things that people hear about all the time, so this is their chance to actually come out and see it."

A new addition to the expo this year is the involvement of Fort Rucker Elementary School.

"They will have exhibits of their own and that should be really exciting to see," said Vaughan. "Last year, they had their own event, so we decided to team up this time and have one large event."

Vaughan said the purpose of the expo is to educate people on Fort Rucker to be aware of energy waste, whether it be leaving a light on when they leave a room or opening a window when they have the air conditioner running.

"Saving energy saves money," she said. "Whether it's at your own home or at the office, that's our job here [at DPW]. Anything that we can do to educate people and make them more conscious of the energy they use is a good

thing."

King also stressed that people's involvement in energy saving is crucial to helping Fort Rucker meet its goals.

"The bottom line is you can design the best energy-efficient building possible, but if the occupants don't use it as it was intended, then that design is partially negated," said King. "Occupant understanding and awareness is important, and it's the behavioral part of energy management that is the hardest part to get a hold of."

Fort Rucker spends about \$12 million a year on electricity and it's DPW's job to cut that cost by 3 percent annually.

"There is a lot of room to save there, so every little bit helps," she continued. "That's why we've got to reach out to all the people on the installation that are using energy and get them on board with us."

For more information, call 255-0494.

ON POST

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

Domestic Violence Prevention Month

Army Community Service hosts the Domestic Violence Prevention Month kickoff event Friday from 9-9:30 a.m. in the lobby of the Soldier Service Center where people can learn about all of the activities taking place throughout the month. Light refreshments will be provided.

For more, call 255-9641.

Purple Day

October is Domestic Violence Awareness Month and the Purple Day campaign will begin Friday. 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 wear purple every Friday in October as a visible commitment to support the prevention and awareness of domestic violence.

For more, call 255-9641.

AFAP Conference

Fort Rucker hosts its Army Family Action Plan conference Wednesday and Oct. 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.

For more, call 255-2382.

Assistive Technology Expo

The Fort Rucker Exceptional Family Member Program and Equal Opportunity Office host an Assistive Technology Expo in observance of National Disability Employment Awareness Month Oct. 17 from 10 a.m. to 2 p.m. in the Soldier Service Center lobby. The expo will showcase assistive technology devices available for individuals with disabilities. The event is open to the public, and representatives from the Alabama Department of Rehabilitation Services and Alabama Institute for the Deaf and Blind will be present.

For more, call 255-9277.

Army Digital Photography Contest

Entries for the 2012 Army Digital Photography Contest will be accepted Oct. 15-Nov. 30. Military, Family members, retirees and Army civilians are welcome to submit entries. For contest categories and rules, visit new.armymwr.com/recreisure/artsandcrafts/ or call the Fort Rucker Arts and Crafts Center at 255-9020.

Boss' Day Lunch

People can bring their boss to lunch at The Landing Zone Oct. 16 between 11 a.m. and 2 p.m. During that time, bosses will receive a complimentary Boss's Day dessert with purchase of an entrée.

For more, call 598-8025.

Families of Excellence nominations

Army Community Ser-



FILE PHOTO

Sesame Street Experience

The Sesame Street Experience performs for a Fort Rucker audience in 2010. Sesame Street and the USO are bringing the furry, fuzzy and friendly muppets back to Fort Rucker Oct. 18 and 19. The tour's return is complete with a fresh new look and a brand new character named Katie - a military child who, with the help of her Sesame Street pals, learns to deal with her fears and excitement about relocating after her parent's deployment. The 40-minute shows are Oct. 18 at 2 p.m. and 6 p.m., and Oct. 19 at 2 p.m. and 7 p.m. at the school-age center in the old youth center, Bldg. 2806 on 7th Avenue. Tickets for the Sesame Street Experience are free and available to military and Department of Defense ID card holders at leisure travel services in Bldg. 5700 while supplies last. Tickets are limited to six per family. All ticket holders must be seated 15 minutes prior to start of show. Fifteen minutes prior to show time, officials will allow people without tickets to claim any open seats on a first-come first-served basis until the facility is full. For more, call 255-9810.

vice accepts nominations for "Families of Excellence" now through Oct. 12. People who know a military family that contributed to improving the quality of life for Soldiers and Families within the Fort Rucker community can submit a nomination in Bldg. 5700, Rm. 390. Nominations must describe specific contributions the Family has made. For specific criteria and requirements for nomination applications, call Tom Jenkins at 255-3817 or send an email to Tom.c.Jenkins@us.army.mil. Nominees will be recognized at the "Salute to Military Families" event Nov. 3.

Financial Readiness Training

Army Community Service offers Financial Readiness Training Oct. 12 from 7:30 a.m. to 4 p.m. at the Soldier Service Center in Rm. 284. The free training provides a practical approach to personal financial management so Soldiers can gain control of and manage money effectively. Financial Readiness Training is required for all first-term junior enlisted Soldiers (E-1 through E-4). Spouses are also encouraged to attend.

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

Halloween craft making

The Center Library hosts a Halloween craft making activity Oct. 16 from 3:30-4:30 p.m. for children ages 3-11. Light refreshments will be served. Space is limited to the first 65 children to register. Children are encouraged to wear Halloween costumes.

For more, call 255-3885.

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.

EDGE! October activities

Child, youth and schools services offers its October EDGE! program with activities such as racquetball, compass reading, wood burning, arts and crafts and more. EDGE! events cost \$5 per hour. Activities occur every weekday from 4-6 p.m.

For more, call 255-0666.

Story Time

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

For more, call 255-0891.

EFMP meeting

The Fort Rucker Exceptional Family Member Program invites all active duty military that have an exceptional or special needs Family member attend the EFMP Information and Support Group meeting Oct. 16 from 9-10 a.m. at The Commons in Bldg. 8950 on Seventh Avenue. With the theme Holidays and Traveling with a Special Needs Family Member, the meeting will feature a discussion on tips, tools and resources that can assist special needs Families having a successful trip. The EFMP Information and Support Group offers camaraderie, information exchange, community resources and assistance with finding solutions.

For more, call 255-9277.

DFMWR Spotlight

OCTOBER

DOMESTIC VIOLENCE PREVENTION MONTH ACTIVITIES

DOMESTIC VIOLENCE PREVENTION MONTH KICK-OFF – OCT. 5TH

Join us in the Soldier Service Center, Bldg. 5700 Lobby from 9 a.m. to 9:30 a.m. for the kick-off and learn about a month of fun filled activities. Open to everyone, come enjoy light refreshments while they last.

PURPLE DAY – OCT. 5TH, 12TH, 19TH & 26TH

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

STEAK NIGHTS FOR DOMESTIC VIOLENCE PREVENTION MONTH – OCT. 5TH, 12TH, 19TH & 26TH




In recognition of Domestic Violence Prevention Month, The Landing Zone in partnership with ACS Family Advocacy Program will be offering tote bags filled with fun and exciting information for couples participating in Steak Night at the Landing Zone every Friday at 5 p.m. during the month of October. Tote bags limited to the first 20 couples, while supplies last. Enjoy an 8 oz. flat iron steak with fries for \$5, with the purchase of a beverage. Add a side salad for an additional \$1. Steak Night limited to first 100 guests. Available for dine in only, limit 1 per guest.

THE FIVE LANGUAGES OF APOLOGY COUPLES WORKSHOP – OCT. 26TH

Join ACS for an exciting lunchtime workshop from 11:30 a.m. to 1:00 p.m. at The Commons, Bldg. 8950. Learn how to recognize your own primary apology language while speaking the languages of those you love. Topics of this workshop will include expressing regret, accepting responsibility, making restitution and requesting forgiveness.

For more information on Domestic Violence Prevention Month activities please call Army Community Service at 255-9641/3898.

www.ftruckerarmymwr.com



Fort Rucker Army Community Service

FORT RUCKER MOVIE SCHEDULE FOR OCT. 4 - 7

Thursday, Oct. 4

The Bourne Legacy (PG-13)

.....7 p.m.

Friday, Oct. 5

Sparkle (PG-13)

.....7 p.m.

Saturday, Oct. 6

Sparkle (PG-13)

.....7 p.m.

Sunday, Oct. 7

Hit and Run (R)

.....7 p.m.

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

Chaplain: Holiday provides time to make a friend for life

By Chaplain (Lt. Col.) Milton Johnson
Garrison Chaplain's Office

In 1978, I met a Korean gentleman at church who remains a close friend today. In fact, I am convinced that I gained a friend forever.

It is strange and nothing short of a miracle the way we met.

What happened is this: 34 years ago (1978-79) when I went to Korea as a young Soldier, I had only been in the country one week when I asked my commander if I could get a pass to go off base (Camp Essayons) and search for a Seventh-Day-Adventist church. I told him that I grew up a Seventh-Day-Adventist Christian and regularly participated in church on Saturday all my life.

I also told him that the Seventh-Day-Adventist church is an international denomination that has worshipers all over the world — even in Korea — and I really wanted to find a congregation where I could worship and unite with fellow believers during my tour in that country.

I expected the commander to say no and tell me to come back the next week, but he didn't. To my surprise, he issued a pass and said, "Good luck."

I was shocked because that was unusual. I had only been in the country a total of seven days and Soldiers were rarely issued a pass within their initial two weeks. In those days, it was mandatory for Soldiers to stay on the installation 14 days before getting permission to go outside the gate for the first time. But the commander granted a waiver and allowed me to leave post to find a place of worship after my first week in town — unbelievable!

The other interesting thing is I had seen a sign earlier during that week when I came to the base that read, "Seventh-

Day-Adventist church" in English, and I thought, boy, if I could just find that sign again I can probably locate the church.

So, there I was early Saturday morning outside the main gate of Camp Essayons in Uijongbu. I am in a strange country and I don't know where I am, where to go, what to do, or who to talk to. You can only imagine how strange I felt!

The first thing that came to mind was to get a taxi, and that is exactly what I did. I flagged down a cab driver and asked him to take me to a place that I would show him as we traveled. The truth is, I didn't know where I was going nor did I know how to direct him to where I wanted to go. But, after offering a prayer, we proceeded ahead to the first intersection where I pointed left and he turned left.

After driving several blocks, I spotted that sign I saw earlier in the week and I said to the driver, "Take me there." When the cab driver looked at that sign, he immediately knew where I wanted to go and within minutes we pulled up to the front door of the church.

This was almost unbelievable. I had learned to pray and trust God at an early age, but this was my first encounter with such an experience. Little did I know that I would miraculously locate that sign again and more importantly that I would be at church my first weekend on foreign soil.

When the driver pulled up to the church, I asked him not to leave right away but to wait a minute until I could go inside and meet someone who speaks English, then I would come back and pay him. Although it seemed he understood very little English, he waited and it wasn't long before I returned to pay him.

Unexpectedly, when I entered the sanctuary a young Korean gentleman immediately jumped up from his seat and rushed to give me a warm welcome to the service. He made

me feel like a celebrity. More than that, I was amazed to hear someone in that setting speak English.

Long story short, that young man and I developed a friendship that remains strong today. We entered college at the same time and graduated the same year. The two of us were also ordained to the ministry in the Seventh-Day-Adventist church the same year. In addition, we attended seminary together at Andrews University in Berrien Springs, Mich., and graduated in the same class of 1994.

I have since had three tours to Korea and each time I return to "The Land of the Morning Calm" the two of us get together to reminisce and fellowship with each other.

My friend's name is Kwon, JohnHgaeng — he and his wife reside in Seoul. They have two sons and both are ministers like their father.

I share this story to say that Columbus Day is approaching and it will be celebrated by millions of people. It is said that holidays are great times to not only count our blessings and give thanks for miracles, but they can also be occasions to reach across cultural lines and possibly establish a friendship that will last for a lifetime.

Since 1920, Columbus Day has been celebrated annually, and in 1937 President Franklin Roosevelt proclaimed every Oct. 12 as Columbus Day. That's where it remained until 1971 when Congress declared it a federal public holiday on the second Monday in October.

Holidays were chosen as occasions to bring everyone together, not for excluding certain people. They were supposed to be about the recognition of our society's common struggles and achievements — they were to be about our land and all peoples.

Take time this year to establish a new friend — perhaps one who will be a friend forever.

Chaplains step up 'Strong Bonds' to halt suicides

By Gary Sheftick
Army News Service

WASHINGTON — As part of a push to prevent suicides, Army chaplains want 50,000 Soldiers and additional Family members to attend their "Strong Bonds" retreats over the next three months.

Relationship problems are a leading cause of suicides, said Army Chief of Chaplains Maj. Gen. Donald L. Rutherford. He added that research has found that couples who attend the weekend retreats have fewer divorces, two-thirds fewer, in fact, according to a 2010 University of Denver study.

A relatively new emphasis of the Strong Bonds program, however, is teaching single Soldiers how to properly end bad relationships.

"Young troops need to know how to break up and start over again," Rutherford said.

It may seem counter-intuitive to some at first, he said, but bouncing back from breakups with resilience is key to preventing depression and even suicide.

Strong Bonds now offers customized programs for single Soldiers and for Families at different stages of their relationships.

For instance, this recent Strong Bonds program at Fort Benning, Ga., was titled "Laugh Your Way to a Better Marriage." The sessions were conducted by famous speaker Mark Gungor, whose daily radio show "Better Marriage Minute" is carried by more than 250 stations.

At Fort Eustis, Va., the U.S. Army

Training and Doctrine Command hosted Bob Delaney, a former National Basketball Association referee who lives with post-traumatic stress derived from years of undercover work with the mob while a member of the New Jersey State Police. Delaney provided a speech titled "Finding a way out of the shadows of PTSD," as part of the command's Sept. 27 suicide stand down.

An Army-wide suicide stand down was ordered for Sept. 27 by Army Vice Chief of Staff Gen. Lloyd J. Austin III following the release of July suicide figures, the highest month for the Army in years with 38 potential suicides.

Chaplains worldwide are participating in the suicide stand down by taking part in workshops, speaker panels and command "terrain walks."

Terrain walks involve unit leaders stopping at installation support activities and visiting caregivers. As one of the service providers, chaplains will impart advice to leaders on how to help Soldiers and Family members who are at risk.

In fact, chaplains should be the place to start when it comes to suicide prevention, said Rutherford. One reason is that chaplains are non-judgmental, he said. Another is they are sworn to confidentiality.

"I've never seen a chaplain who has not been able to go out and talk with a Soldier," Rutherford said. He said chaplains are in unit motor pools every day talking with the troops.

Many deployed chaplains are about the same age as company commanders, Rutherford said, and can easily relate to

small-unit leaders and offer them advice.

Chaplain interventions with young Soldiers in theater are also paying big dividends, Rutherford said. For instance, chaplains are embedded with combat stress teams and help Soldiers deal with PTSD.

"We are resilient because of what we have within ourselves," Rutherford said.

Three years ago, the Army started embedding family life chaplains with divisions. Family life chaplains undergo 14 months of specialized training.

Chaplains support Families following the loss of service members. They work with Survivor Outreach Services coordinators and periodically check on Families, even months after a burial.

"The Army's commitment to walk with Families through their grief is sincere and genuine," said Col. Kenneth W. Stice, a chaplain in charge of strategic communications with the Office of the Chief of Chaplains. "Those efforts cannot bring

back their loved ones, but it really makes the difference to help them start the healing and growth necessary to go on with their lives."

In response to the Army vice chief of staff and his Health of the Force assessment this summer, the chief of chaplains ordered the surge in "Strong Bonds" programs for the remainder of this year. Additional funding is going toward the program with more than 1,000 events scheduled for the quarter.

Some retreats will be geared toward single Soldiers; some toward young couples; and others for Families with children. Some sessions are for those preparing to deploy and others for those redeploying home.

"Classes don't prevent suicide," Stice said. "They prepare the battle buddy."

He explained that classes can teach Soldiers and Family members how to recognize signs of risk and how to react in order to save lives.

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.

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

Military Council of Catholic Women
MCCW meets every Tuesday from 5:30 p.m. - 7 p.m. at the Spiritual Life Center. Childcare provided. For more information, call 255-9894.

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

Youth Groups (CLUB BEYOND)
1836 Varsity Club (Ninth-12th Grade), Tuesday
1703 JV Club (Sixth - Eighth Grade), Thursday For more information, call Eric Gillis at (850) 333-3039.

Church Directory

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

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

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

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Grace Baptist Church

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On the corner of Highway 231 and Parker Dr
Independent - Fundamental - Soul Winning
"They ceased not to teach and preach Jesus Christ." Acts 5:42
334-774-2311
www.GraceBaptistChurch-Ozark.com

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

Ghostly events celebrate Alabama’s haunted history

By Alabama Tourism Department
Press Release

MONTGOMERY — Visitors can experience Alabama’s haunted history in October with ghost trails, story-telling festivals and ghost walks.

A variety of events and trails pay homage to the state’s ghostly history including a rare moonlit tour of the famous ghost town Old Cahawba where paranormal investigators will showcase their ghost hunting equipment. In Montgomery a mortician will take you on a tour of Oakwood Cemetery in a hearse. The Black Belt Ghost Trail showcases dozens of haunted sites that include homes, restaurants, cemeteries and Civil War sites.

The Alabama Tourism Department offers the following list of 13 ghostly events taking place this month across the state.

Athens

Seventh annual “Historic Haunts Walk” — Tuesday, Oct. 16, 23 and 30

This annual Historic Haunts Walk, held each Tuesday night in October, begins at the Athens Visitors Center and includes tales of paranormal activity at 13 local structures. Hear about the college student who fell to her death and is said to still wander the halls at Athens University Founders Hall. Each walk is about 90 minutes. The first walk begins at 6:30 p.m. followed by the second walk at 7 p.m. Advanced tickets (\$5 each) are required. For more information, call

(256) 232-5411 or email Jeanette@visita-thensal.com.

Beatrice

Ghost Stories at Rikard’s Mill — Oct. 12-13

Enjoy a pumpkin toss, pumpkin painting and relay race before gathering around a bonfire to listen to spine-chilling ghost stories at the historical Rikard’s Mill. The Haunted Swamp Trail is open for those brave enough to wander its scary path from 6:30-10 p.m. Admission is \$5 per person. For more information, call (251) 575-7433.

Black Belt Ghost Trail —self-guided, year-round

Visit Alabama’s Black Belt Region to tour the popular ghost trail. The self-guided tour takes you to dozens of sites in three counties (Dallas, Perry, Wilcox) and includes restaurants, hotels, cemeteries and homes. A brochure provides a map and the haunted history of each stop on the tour. The trail also includes a site for visitors to view videos detailing the ghost stories. For more information, call 636-5506 or visit www.alabamiasfrontporches.com.

Demopolis

Tombigbee Haints and Haunts— Oct. 26-27

Participants hear ghost stories, the coffin maker’s tale and more on this tour to the darker side of Demopolis. Local story tellers share folklore and facts about the Tombigbee River and early inhabitants of the area. Tours start at 7, 8, 9 and 10 p.m. and are \$15.

Seating is limited for each tour. For more information, call 289-9644.

Florence

Tenth annual Haunted History of the Shoals Ghost Walk— Oct. 19-31

Participants stroll the downtown Florence historic district with a local tour guide and author Debra Johnston Glass. Participants are entertained with stories steeped in legend, folklore and truth. The tours cover a one mile area and last about 90 minutes. They begin at 7:30 p.m. at the W.C. Handy statue in Wilson Park. Tickets are \$10 for adults and \$8 for children ages 12 and younger. For more information, call (256) 757-7506 or visit www.discovertheshoals.com.

Huntsville

Ghost Walk — Fridays and Saturdays in October

Visitors have three walking tours to choose from and they run simultaneously on both Friday and Saturday nights. Participants hear documented stories of Historic Huntsville’s haunted past while walking along the Old Town Historic District, the Haunted Downtown Historic District and the Twickenham Historic District. Tickets are \$10 for adults and \$5 for children ages 12 and younger.

Another option is a one-hour Trolley Tour through Huntsville’s haunted past. Reservations for the trolley should be made in advance by purchasing tickets at Harrison

Brothers Hardware Store at 124 South Side Square. Adult tickets are \$12 and \$10 for children ages 12 and younger. Seating is limited. All tours leave from Harrison Brothers Hardware Store and begin promptly at 6 p.m. For more information, call (256) 509-3940 or visit www.huntsvilleghostwalk.com.

Huntsville

Cemetery Stroll — Oct. 14

The annual Maple Hill Cemetery Stroll is Oct. 14 from 2-4 p.m. This event, which is free to the public, features over 70 locals dressed in period costume to tell the story of people buried at Maple Hill Cemetery. Maple Hill is the final resting place of five Alabama governors, the man who ordered the first shot fired at Fort Sumter, S.C., the man who announced Alabama’s withdrawal from the Union, and many more. Donations help restore headstones damaged by time, vandalism and weather. For more information, call (256) 533-5723.

Mobile

Ghost Tours — Monday through Friday, year-round

Hop aboard the trolley at the Fort Conde parking lot each night for a tour through dark, ghostly historic districts of Mobile. A guide will share tales of the past and stories of famous local spirits that roam the streets after dark. Tours depart at 7 p.m. and cost \$20 per person. Reservations are required. For more information, call (800) 338-559 or visit www.baycityconventions.com.

WIREFGRASS COMMUNITY CALENDAR

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

ANDALUSIA

ONGOING — The American Legion Post No. 80 regular meetings are the second Monday of each month at 6:30 p.m. at the Legion Hall. For more information, call 222-7131 or visit www.andalusialegionpost80.org.

DALEVILLE

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

SATURDAY — The 27th annual Daleville Marching Band Classic is from noon until 9 p.m. at the Warhawk Stadium behind Daleville High School. Admission is \$6 at the gate. More than 20 Marching Bands from Alabama and Florida will perform as well as the 98th Army “Black Out Brass” Band. For more information, call 379-7496 or 406-2035.

DOTHAN

OCT. 10-12, 17-19 — Landmark Park hosts “Harvest Hey Days” from 9 a.m. to 1 p.m. Visit the pumpkin patch and enjoy many other fall-related activities such as corn pulling and cotton picking. Cost is \$7 per student and teachers and aides are admitted free. Preregistered school groups only. For more information, call 794-3452.

OCT. 26 — Landmark Park hosts “Cane Grinding Day” from 9 a.m. to 1 p.m. Experience farm life in the early 1900s with quilting, blacksmithing, butter churning and other traditional skills. Admission is \$7 per student and teachers and aides are admitted free. Homeschools must register through the group coordinator. Preregistered school groups only. For more information, call 794-3452.

OCT. 27 — The Wiregrass Heritage Festival is 10 a.m. to 4 p.m. at Landmark

Park. Learn how peanuts were harvested in the Wiregrass a half-century ago. Enjoy the sights, sounds and smells of cane grinding, syrup making, butter churning, basket weaving, soap making and other traditional farm activities. Plus, food, music and antique tractors and farm equipment. Cost is \$8 for adults; \$6 for seniors and active duty military; \$4 for children; and free for park members.

NOW THROUGH OCT. 31 — Dothan Area Botanical Gardens hosts “Scarecrows In The Gardens.” Take a stroll through the gardens to see all the different scarecrows designed and decorated by local schools, civic organizations and local artists. The event is free and open to the public. For more information, call 793-3224 or visit www.dabg.com.

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

TODAY-SATURDAY — Southern Broadway Dinner Theater presents “Professor Ballyhoo’s Traveling Miracle Medicine Show” beginning at 6:30 p.m. each day. For more information, visit www.southernbroadway.com or call 470-6568.

TUESDAY — 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 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

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

SATURDAY—Claybank Jamboree

will be held in downtown 9 a.m. to 4 pm. Activities include arts and crafts, food vendors, children’s activities, entertainment, quilt show and Backstreet Juried Art Show at The Potting Shed. For more information, call 774-9321.

OCT. 13—The Dowling Museum/Ann Rudd Art Center hosts an art exhibit with works showcasing observations on ocean life, oil spills and global warming. Reception is 6-8 p.m. The show continues through Nov. 30. For more information, visit www.ruddartcenter.org.

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.

Zombie Walk

The Oak Hill Cemetery in Birmingham holds its first and only cemetery-sponsored Zombie Walk Saturday. Both alive and undead walkers are welcome. Come in costume and make-up and shuffle through the cemetery

or in T-shirts and shorts and run through it. Registration is \$15 in advance and \$20 at the door. Zombie make-up artists will be on hand at 7 a.m. and the walk begins at 8 a.m. For more information, call (205) 251-6532 or visit www.oakhill-birmingham.org.

Seafood Festival

The 34th annual Destin Seafood Festival returns to its original home on the Destin Harbor at Harborwalk Village Friday through Sunday. Enjoy fresh local seafood, live music, artists and more. Admission is free. Festival hours are Friday from 4-10 p.m., Saturday from 10 a.m. until 10 p.m., and Sunday from 11 a.m. until 4 p.m. For more information, call (850) 218-0232.

Alabama National Fair

The Alabama National Fair is Friday through Oct. 14 in Montgomery. The annual event features midway rides, main stage entertainment, food, information and commercial booths, a childrens’ area, livestock and other competitions. Cost of admission and hours vary. For more information, call 272-6831 or visit www.alnationalfair.org.

41st Annual Harvest Day Festival

The town square in Headland holds its fall event Oct. 13 featuring live entertainment, rides, games, arts and crafts, cake walks, moon walks, local vendors, pony rides and train rides for children. For more information, call 693-3303.

DOD focuses on leaders, recruits in sexual assault prevention

By Karen Parrish
American Forces Press Service

WASHINGTON — Defense Department measures announced Sept. 25 focus on military commanders, senior enlisted and frontline leaders as key in the battle to prevent and respond to sexual assault, a senior defense official said today.

Army Maj. Gen. Gary S. Patton, director of DOD’s Sexual Assault Prevention and Response Office, told American Forces Press Service the department will strengthen pre-command and senior enlisted training and assess initial officer and enlisted training across the services.

“We’re doing an ongoing assessment of multiple training venues, but the first one the secretary wanted to hit was the pre-command course,” Patton said. “Commanders play a key role in sexual assault prevention and response.”

He noted commanders are responsible for enforcing DOD policies on sexual assault, and for creating a unit climate that supports victims, holds offenders accountable and encourages all service members to prevent unsafe behavior.

“We think such a culture starts with leaders and permeates down to the lowest levels,” Patton said.

In January, Defense Secretary Leon E. Panetta directed Patton’s office to review sexual assault prevention and response training received by officers and senior noncommissioned officers before they assume unit command or senior enlisted positions. That review generated recommendations aimed at making best practices in one service into common practices across all the services, he added.

In a memo to service chiefs yesterday, Panetta directed them to:

- Develop and implement standardized core competencies and learning objectives applicable to pre-command and senior enlisted leader sexual assault prevention and response training;
- Develop and implement standardized methods for objectively assessing the effectiveness of pre-command and senior enlisted leader sexual assault prevention and response training;
- Provide a dedicated block of interactive instruction for commanders and senior enlisted leaders that allows for sufficient time to achieve learning objectives;
- Provide program information and guidance for commanders in a quick-reference “Commander’s Guide”;
- Assess commanders’ and senior enlisted leaders’ understanding and mastery of key sexual assault prevention and response concepts and skills; and
- Develop and implement commander and senior enlisted leader refresher training to sustain skills and knowledge.

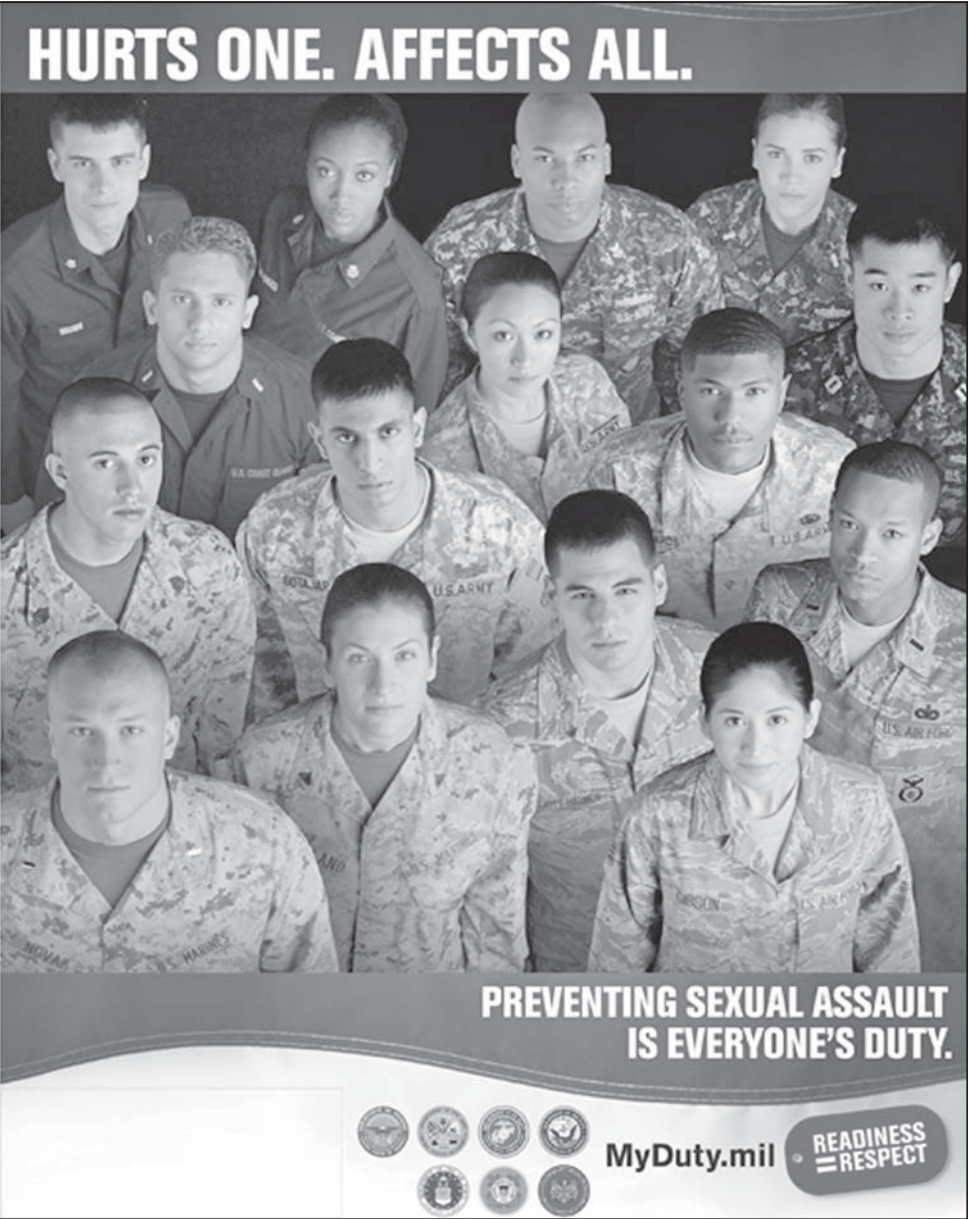
Patton said his office will work with the services’ senior sexual assault prevention and response program managers to develop the required standardized core competencies and learning objectives.

“For example, all commanders must understand the reporting options available to a victim of sexual assault,” he said.

Other key concepts, he added, include the wide range of victim services available and that sexual assault investigations are conducted by professional military criminal investigative organizations, not by commanders.

In reviewing existing pre-command sexual assault prevention training, Patton said, his staff saw many innovative approaches to the topic that the new standardized training will emphasize.

“Let’s get away from PowerPoint; let’s get to interactive training,” he said.



U.S. ARMY PHOTO

In a parallel effort, he said, the secretary of defense directed the services to examine the training environments where new service members — officer and enlisted — begin their military careers. Patton acknowledged the sexual misconduct cases at Lackland Air Force Base, Texas, contributed to the comprehensive review.

“It’s also something the secretary of defense has been concerned about for some time, and part of a broader effort in the department to address the crime of sexual assault,” he said.

Safe, secure learning environments are critical to young Soldiers, Sailors, Airmen and Marines, the general said.

“We know that those youngest and newest service members are the ones most likely to experience a sexual assault,” he said.

The review will examine timing and delivery of sexual assault prevention training, processes for gathering student

feedback, and trainee access to sexual assault prevention and response programs, he said.

It also will examine the selection, training and oversight of instructors, instructor-student ratios, leader-instructor ratios within training units, and the potential benefit of increasing the number of female instructors, he added.

The review is aimed at achieving two ends. “One is to create a safe environment for our initial military trainees; and two, deter and detect those who choose to ignore standards and engage in inappropriate or criminal behavior,” he said.

Panetta will receive the review’s results in February, Patton noted. He said he’s confident each of the services takes the matter seriously.

“They’ll go out and give this a very comprehensive and close examination,” he said. “I know they’re all interested in making their training environments safer and better ... for their newest service members.”



PHOTO BY NATHAN PFAU

Pick-of-the-litter

Meet Tex, a six-week-old male domestic short hair, available for adoption at the Fort Rucker stray facility. He is very outgoing and affectionate. It costs \$81 to adopt Tex 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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II FINDING NEMO IN 3D - G
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DREDD* IN 3D* - R
Mon - Fri 9:10 • \$ 6.5 9:10

III END OF WATCH* - R
Mon - Fri 7:00 & 9:10 • \$ 6.5 2:00, 7:00 & 9:10

OZARK

I THE ODD LIFE OF TIMOTHY GREEN - PG
Fri 7:00 & 9:10 • Sat 2:00, 7:00 & 9:10
Sun: 2 & 7:00 • Mon - Thurs 7:00

II THE POSSESSION - PG-13
Fri 7:00 & 9:00 • Sat 2:00, 7:00 & 9:00
Sun: 2 & 7:00 • Mon - Thurs 7:00

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OCTOBER 4, 2012

Run celebrates heritage

By Sara E. Martin
Army Flier Staff Writer

The Fort Rucker Physical Fitness Facility hosted its annual “Gate-to-Gate” run Saturday to celebrate the Army’s cultural diversity as part of Hispanic Heritage Month.

Runners of all ages and fitness levels ran the 4.2 miles from the Ozark Gate to the Daleville Gate, with 282 completing the run out of 295 registered participants, according to Kristi Fink, fitness programs manager at Fortenberry-Colton Physical Fitness Facility.

“The event was a huge success! The biggest Gate to Gate we have ever had. Last year we had 215 participants, so that number was blown out of the water,” she said.

The event seeks to bring cultural awareness to the community through the mingling of the different runners.

“As a class we all came out to support Hispanic Heritage Month. As an Army, we are diversity. A big part of what we are is unifying different cultures and coming together as a single element to work together. So, it is important to embrace all the different cultures that make up the melting pot of the Army. Doing things like [the 5k] draws attention and supports that,” said Warrant Officer Candidate Tommy Glasgow.

Supporting different ethnic backgrounds and educating people on cultural differences is one way some Soldiers feel the equal opportunity policies are helping people understand that being culturally diverse is what makes the military strong.

“Being Hispanic myself this run hits a little closer to home for me,” said Sgt. 1st Class Shawn Redondo, NCO Academy, adding that it was nice to get out and see others in the community come together to support tolerance and understanding.

“Cultural events, not just this run, open people’s eyes to how diverse our Army really is. Everyone in the Army is green, but we all have different backgrounds and upbringings, so it brings us all together at least to show what others believe in and where they come from,” he said.

One younger participant felt that he could finish the run without any difficulty, but still understood the importance behind the run.

“My mom was participating and I wanted to help sup-



PHOTO BY SARA E. MARTIN

Runners take off at the annual Hispanic Heritage Month 5k Gate-to-Gate Run Saturday.

port her. This is the first time I have done a 5k, but I’m not nervous. I think I can take it on, no problem. It’s good to bring all different types of cultures together, because it’s nice to have everyone united, even if it only lasts through the run,” said Jeffrey Palonarez, military Family member.

David Seymour, who finished first place overall, said it was a great race.

“It’s nice coming in as the first runner. Last year I got third place, so it feels good claiming first. It gives me motivation to run the 10k in Washington, D.C. This race is such a motivational event on post. It’s a great event all around,” he said.

Each competitor had a different reason for running, but Irma Wong felt it was the pride in their ancestral history that made many people hit the pavement.

“I run because it is fun, but I am representing my Hispanic heritage by running today. Everyone feels proud of

where they come from and it is very rewarding for most of us, especially me, to participate in events that bring awareness to [different cultures],” she said.

Everyone from 7-year-old girls to 70-year-old men finished the run. One particular runner, 70-year-old Winston Howell, has participated in more than 1,383 races—12 being marathons.

“I have run this race so many times I can’t even remember. I love running here on Fort Rucker because there are a lot of hills,” he said.

Hispanic music played at the finish line where Family members, Col. Stuart J. McRae, Fort Rucker garrison commander, friends and fellow teammates cheered on and welcomed runners to the finish line.

“I think it’s great to celebrate different cultures. We are so diverse and that’s what makes us such a great country. The runners know whether they win or lose that they are supporting a good cause,” said Fink.

Fall hunt aims to help wounded warriors

By Nathan Pfau
Army Flier Staff Writer

Always looking for ways to honor and help the Soldiers and Families of the Army, Fort Rucker is doing its part to make sure that wounded warriors are taken care of when it comes to outdoor recreation.

The 2012 Wounded Warrior Fall Hunt will be from Oct 20-27 and give wounded warriors as well as Soldiers and civilians the opportunity to hunt deer, turkeys and hogs to win prizes and help out a worthy cause, said Mark Yoakum, outdoor recreation assistant business manager.

“This is an opportunity for [Fort Rucker] to provide an activity for the wounded warriors, it’s a special event that outdoor recreation does for them,” said Yoakum. “It’s a chance to get the wounded warriors on the installation out for a hunt, but also to showcase to them what we have here [at Lake Tholocco] to offer them.”

The seven-day hunt will take place throughout the various



PHOTO BY SARA E. MARTIN

Andrew Weissenberger, military veteran, sits in a new track chair next to one of the new hydraulic elevated tree stands Aug. 24. The new equipment was purchased by outdoor recreation to help wounded warriors hunt with funds that were raised from last year’s Wounded Warrior Hunt.

hunting areas on Fort Rucker and the event is open to the public.

There will be no registration fee for wounded warriors, but for the general public registration is \$25 and can be done at outdoor recreation. Those that wish to participate in the hunt must be at least 16 years of age with a hunter’s education card, Alabama state hunting license, Fort Rucker post hunting permit and have

their weapons registered with the Provost Marshal Office.

All of the proceeds from the Wounded Warrior Hunt will go directly back into outdoor recreation to fund programs or equipment for wounded warriors, said Yoakum.

There will be different winners for biggest deer, turkey and hog, as well as door prizes that will be given away on the final day of the

hunt beginning at 11 a.m.

People don’t have to participate in the hunt to be eligible for door prizes, said Yoakum, and they can purchase tickets for \$5 at the Outdoor Recreation Service Center, Leisure Travel Services in Bldg. 5700, and any Coffee Zone at The Landing, Lyster Army Health Clinic or Bldg. 5700.

Prizes will range from hunting equipment, which people don’t need to be present to win, to a Polaris EV LSV, which people must be present to win.

“Last year’s hunt raised \$40,000, which went directly into buying new equipment for the wounded warriors,” said Yoakum, adding that all the funds raised during the event benefit Fort Rucker directly. “We bought the two elevated tree stands and the track chair to help wounded warriors hunt.”

Yoakum said that they hope to match or do better than they did the previous year, but that the goal isn’t completely about raising funds. The hunt is a good way to get wounded warriors involved in something physical and out of

the house, he said, and the way to start is through their Families.

“In my opinion, a lot of wounded warriors can be reclusive, and I feel the way to get the wounded warrior outdoors is to reach out to the Family,” said Yoakum. “Their Families also have to live with it every day and they’re also paying a high price – the Family feels it just as much.”

Yoakum said the focus is to expand the wounded warrior programs on Fort Rucker to accommodate not only wounded warriors that hunt, but all wounded warriors.

“That’s why we want an opportunity to be able to do things for wounded warriors,” he continued. “We want to showcase what we’ve got out here at the lake. We don’t really have a lot of programs [on Fort Rucker] for wounded warriors, but we’re trying to change that. We’re just trying to raise awareness for wounded warriors by expanding on the hunt and doing more things for them.”

For more information, call 255-4305.

PIGSKIN PICKS



Arizona vs.
St. Louis

Philadelphia
vs. Pittsburgh

Baltimore vs.
Kansas City

Miami vs.
Cincinnati

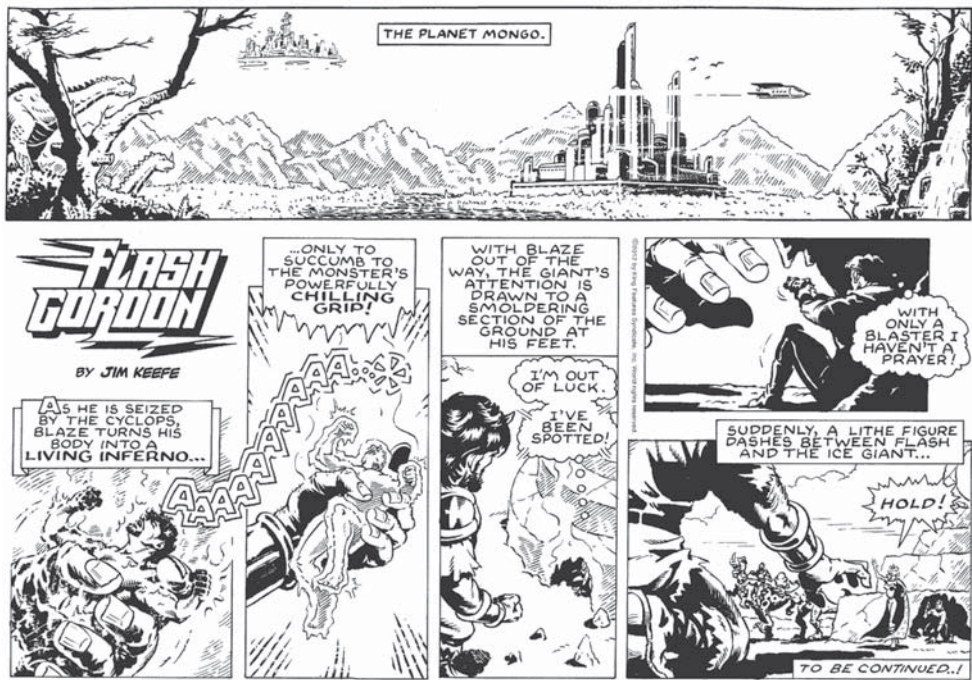
Denver vs.
New England

Tennessee vs.
Minnesota

Houston vs.
New York Jets

 <div>Jim Hughes <i>Public Affairs</i> (14-14)</div>							
 <div>Brian Jackson <i>DFMWR</i> (8-20)</div>							
 <div>John McGee <i>CDID</i> (13-15)</div>							
 <div>Capt. Mike Simmons <i>Directorate of Public Safety</i> (11-17)</div>							
 <div>Sharon Storti <i>Network Enterprise Center</i> (11-17)</div>							

DOWN TIME



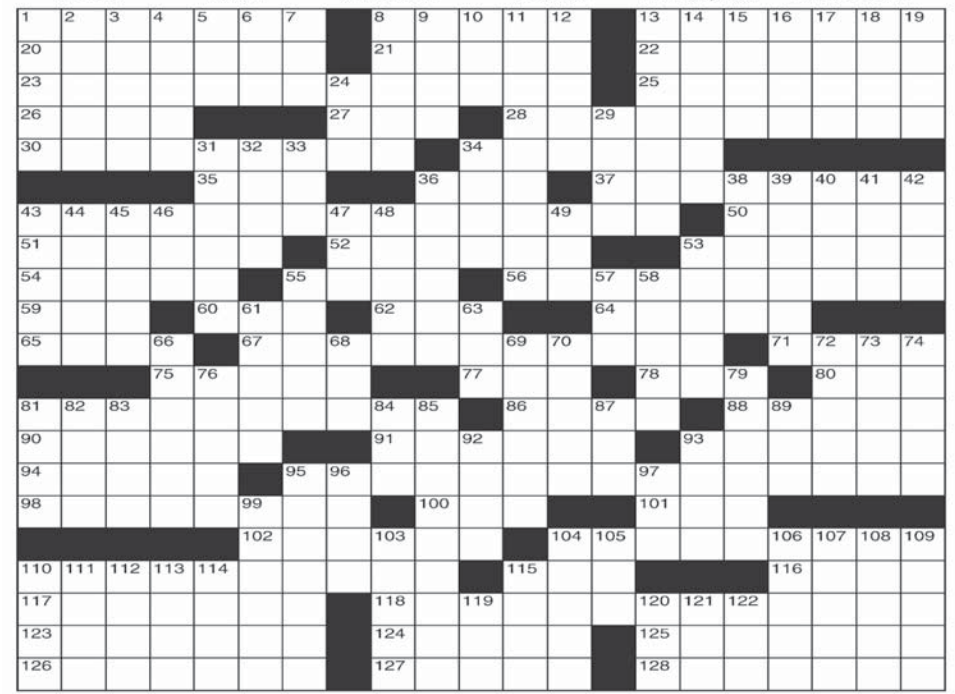
TRIVIA

1. MOVIES: Who played the male lead in the movie musical "Grease"?
2. GEOGRAPHY: Luzon is the main island of which nation?
3. HISTORY: When was the Sherman Antitrust Act approved?
4. TELEVISION: Which 1980s comedy show featured a character named "Reverend Jim"?
5. FAMOUS QUOTATIONS: What 20th-century American writer and monk said, "Every moment and every event of every man's life on earth plants something in his soul"?
6. MUSIC: What was the nationality of composer Franz Liszt?
7. U.S. STATES: Which state's nickname is "The North Star State"?
8. THEATER: Which play featured the song "Food, Glorious Food"?
9. MONEY: What is the basic currency of Albania?
10. U.S. PRESIDENTS: Which president once said that the United States "never had to put up a wall to keep our people in"?

See Page D3 for this week's answers.

Super Crossword NOTHING IN BETWEEN

- ACROSS**
- 1 Examine by touching, as for medical diagnosis
 - 8 Florida resort port
 - 13 Assemble again
 - 20 New York Indians
 - 21 Like a vine-covered wall
 - 22 Top celeb
 - 23 What an ivory tickler's hands are on
 - 25 Kind of onion
 - 26 — Reader (bimonthly digest)
 - 27 Blokes
 - 28 Jolly Roger
 - 30 Bamboo-eating cutie
 - 34 Domination, in slang
 - 35 Hi—
 - 36 Gene-splicing need
 - 37 Army meal buddy
 - 43 Siren-sounding vehicle
 - 50 Politico Ross
 - 51 Shows at the Met
 - 52 Actor Mickey
 - 53 "Dallas" wife
 - 54 Flax fabric
 - 55 FedEx or fax
 - 56 World Cup bouncer
 - 59 Cookout pest
 - 60 Query
 - 62 In the past
 - 64 Actor Ethan
 - 65 With 40-Down, highway snooze site
 - 67 Orca
 - 71 Talks to a beat
 - 75 Port near Nazareth
 - 77 Connection
 - 78 "For" vote
 - 80 Prohibition
 - 81 Chaplin movie, e.g.
 - 86 Cato's 559
 - 88 — Magli (shoe brand)
 - 90 Inflammation of the ear
 - 91 Stella — (lager brand)
 - 93 Liquor lover
 - 94 —'s razor ("keep it simple" maxim)
 - 95 Cryptogram alternative
 - 98 Synonym books
 - 100 Scale notes
 - 101 Charged bit
 - 102 Rouse
 - 104 Pet that looks like it's wearing a mask
 - 110 Often-twisted treat
 - 115 Author Rand
 - 116 City in Colombia
 - 117 Breakwater embankment
 - 118 Descriptive of 10 answers in this puzzle
 - 123 Vienna-born photographer
 - 124 "— you!" (cry of challenge)
 - 125 Longing person
 - 126 Marital state
 - 127 Campfire residue
 - 128 Professions
- DOWN**
- 1 High fly ball
 - 2 Baker of soul
 - 3 "Blue" singer
 - 4 Longed
 - 5 Kerfuffle
 - 6 "And we'll — a cup o' kindness yet ...": Burns
 - 7 WNW opposite
 - 8 Italian river
 - 9 Bard of —
 - 10 Hamm with a 56-Across
 - 11 Suspects' humiliating escorts
 - 12 Include as a bonus
 - 13 Devastating damage doer
 - 14 High classes
 - 15 — one's time
 - 16 Flyboys' org.
 - 17 "— never fly"
 - 18 Twin of Luke Skywalker
 - 19 Lag behind
 - 24 Sumac from Peru
 - 29 "— Lama Ding Dong"
 - 31 Secret things
 - 32 They sting
 - 33 Psychic "gift"
 - 34 — about (close to)
 - 36 Hard laborer
 - 38 Kindle
 - 39 Person in the club
 - 40 See 65-Across
 - 41 Parkway fee
 - 42 And the like: Abbr.
 - 43 Arctic
 - 44 Offer views
 - 45 Pre-Easter times
 - 46 State of rage
 - 47 "Right you —!"
 - 48 Concerning musical pitch
 - 49 Corp. kingpin
 - 53 Fly-catching bird
 - 55 Light boat
 - 57 Third of a dance move
 - 58 Flower part made up of sepals
 - 61 Comedy bits
 - 63 Meal crumb
 - 66 Letters before iotas
 - 68 Chou En—
 - 69 Surviving wives
 - 70 Sun: Prefix
 - 72 Activity-filled
 - 73 Comic strip segment
 - 74 Sleep loudly
 - 76 Life principle
 - 79 Teem (with)
 - 81 Flue buildup
 - 82 Have a yen
 - 83 Pet pests
 - 84 China's — -tzu
 - 85 Famous Amos rival
 - 87 Loc. of 75-Across
 - 89 Peri's role on "Frasier"
 - 92 Bygone ruler
 - 93 Fraternal lodge org.
 - 95 Some Louisianans
 - 96 Jeopardy
 - 97 Ten, in Dijon
 - 99 Letter-shaped fasteners
 - 103 Leg bone
 - 104 Small kids
 - 105 A, in Spain
 - 106 Earthy hue, to a Brit
 - 107 "Alfie" star Michael
 - 108 Adjust
 - 109 Theater rows
 - 110 Norwegian capital
 - 111 Bride part
 - 112 Soothe
 - 113 Actor Wilson
 - 114 Oscar winner
 - 115 Four roods
 - 119 Jacuzzi sigh
 - 120 TriBeCa site
 - 121 Narcs' agcy.
 - 122 Do battle



See Page D3 for this week's answers.

Weekly SUDOKU

by Linda Thistle

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

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

Junior Whirl

by Hal Kaufman

VOTES

1	V	O	T	E	S
2					
3					
4					
5					

FAIR & SQUARE VOTES TO CAST

TWO VOTES carry the day in this word square challenge. VOTES appear both across and down. You are asked to find four additional words that will also read alike in these two directions. Definitions are as follows:

1. What it takes to win an election (VOTES, already in place).
2. Mother Nature's sky-high sun blocker.
3. Viennese dessert cake.
4. Enroll in a contest or race.
5. Persons who claim to peer into the future.

Remember, word square words read the same both down and across.

Time limit: Two minutes.

1. Votes, 2. Ozone, 3. Tote, 4. Enroll, 5. Seers.

DUMB STUFF! Perhaps it is a dumb thought, but it seems amazing how anyone is able to pronounce the word DUMB. With D as in fudge, U as in four, M as in mnemonics and B as in debt, every letter is silent.

GREEK-SPEAK! Some 2,500 years ago, a Greek mathematician worked out proof that if he drew a square upon each of the three sides of a triangle, the larger square was equal in area to that of the other two squares combined.

In elation, legend has it, he gave away all his earthly goods in offerings to the gods. But contemporaries scoffed, made him show his proof to the dogs. His name, anagrammed: **GRAY PATHOS**. Can you identify him?

He was Pythagoras, formulator of the Pythagorean theorem.

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

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

FIND AT LEAST 6 DIFFERENCES BETWEEN PANELS.

Differences: 1. Bag is missing. 2. Shirt is missing. 3. Telephone pole is missing. 4. Hat is missing. 5. Fence board is missing. 6. Cat is missing.

Army tightens fitness standards for students

By C. Todd Lopez
Army News Service

WASHINGTON — Pre-war height, weight and physical fitness standards are coming back for Soldiers entering professional military education courses on or after Nov. 1.

The short explanation is if you're heavier than you should be, or you can't meet the Army's physical fitness standards, you're not going to get into the professional military education course you're scheduled to attend.

The standards had been waived because the Army needed as many Soldiers as possible trained for the Iraq and Afghanistan conflicts — but that is no longer the case.

"In 2007, when the Army was fighting two simultaneous conflicts, we instituted a physical fitness waiver for institutional training courses," said Brig. Gen. Todd McCaffrey, director of Army training. "This ensured Soldiers attending these courses received the required education and relevant operational and combat skills training, regardless of temporary fitness issues or post-deployment recovery and



Sgt. Nicholas Johnson, U.S. Forces Korea Soldier of the Year, finishes the pushup portion of the Army Physical Fitness Test during the sixth annual Department of the Army Best Warrior Competition, Oct. 3, 2011, at Fort Lee, Va.

reset cycles. We accepted this risk, rather than send an untrained or unschooled Soldier back to their units."

Now, McCaffrey said, the Army can afford to have Soldiers who

meet both the training and fitness standards.

According to a message sent to all Army activities, PME courses affected include the Senior Service College, the Sergeants

Major Academy, the Joint Special Operation Forces Senior Enlisted Academy, the Captains Career Course, intermediate level education, the Warrant Officer Advance Course, the Warrant

Officer Staff Course, the Warrant Officer Senior Staff Course, the Advanced Leaders Course, the Senior Leaders Course and the Warrior Leader Course.

The policy change applies equally to courses taught in-residence and by mobile training teams.

Soldiers who are identified to attend these courses and schools will get an initial Army physical fitness test, height and weight screening. Those who don't pass the initial test will be allowed one retest. Soldiers who don't meet requirements after the second test will be removed from the course. Their service school academic evaluation report will also be annotated "failed to achieve course standards."

"Reestablishing the Army physical fitness test and height/weight standards into our professional military education programs reinforces the efforts the Army's senior leaders have been emphasizing on standards based training and education," said McCaffrey.

For more information on the new policy, visit http://www.apd.army.mil/pdffiles/ad2012_20.pdf.

ATV trail ride

Fort Rucker's Outdoor Recreation hosted an all-terrain vehicle trail ride Saturday with participants ranging from four-legged Family members to military veterans. The ride cut through wooded trails with plenty of "muddin'" opportunities. For more information on the next ATV trail ride, call 255-4305.



PHOTO BY SARA E. MARTIN

BRIEF

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 Saturday from 8 a.m. to noon at the Tri State Gun Club. For more, call 255-4305.

COUPLES INVITATIONAL

Silver Wings Golf Course hosts a Couples Invitational Oct. 13 from 9 a.m. to 2 p.m. The entry fee is \$65 per couple and members of SWGC receive a \$10 discount. This fee includes green and cart fees, range balls, food and prizes. The tournament

format will include six holes best ball, six holes scramble and six holes modified alternate shot.

For more, call 598-2249.

BIG BUCK CONTEST

Outdoor Recreation's Big Buck Contest will run from Oct. 15 to Jan. 31. Participants must have an Alabama State Hunting License, a Fort Rucker Post Hunting Permit and a Hunter Education Card. Registration will cost \$25.

For more, call 255-4305.

WOUNDED WARRIOR FALL HUNT

The 2012 Wounded Warrior Fall Hunt Oct. 20-27 will give Fort Rucker's wounded warriors a week of fall deer and turkey hunting and is open to the public. There is a one-time registration fee of \$25 and registration will begin at 3 a.m. every morning at West Beach at the Lake Tholocco Pavilion and 8 a.m. at the outdoor recreation center. The closing ceremony will be conducted along with food and drawings for door prizes Oct. 27 at

11 a.m. All proceeds will go towards easy, accessible equipment for wounded warriors in future programs.

For more, call 255-4305.

SPOOKY 5K

The Fort Rucker Physical Fitness Facility will host the annual Spooky 5K and 1-mile fun run and costume contest Oct. 27 from 9-11 a.m. Registration on the day of the event will begin at 7:30 a.m. and end at 8:45 a.m. at Fortenberry-Colton PFF. Participants are encouraged to pre-register for the event. The 1-mile fun run is free and open to all children and will begin after the 5K is completed. Each fun run participant will receive a medal. There will be a costume contest with first place trophies for Overall Best Costume, Scariest Costume, and Most Original Costume for both adults and children categories. The costume contest is free to enter and will start at 8 a.m. Cost for the 5K is \$20 until Oct. 20 with shirt; \$25 after Oct. 20 with shirt, \$12 without shirt and \$100 per team of eight.

For more, call 255-2296.

Weekly SUDOKU

Answer

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

TRIVIA

Answers

1. John Travolta
2. Philippines
3. 1890
4. "Taxi"
5. Thomas Merton
6. Hungarian
7. Minnesota
8. "Oliver!"
9. The Iek
10. John F. Kennedy

PUZZLE ANSWERS

Super Crossword

Answers

PALPATE	TAMPA	REBUILD
ONEIDAS	IVIED	ALISTER
PIANOKEYBOARD	VIDALIA	
UTNE	MEN	PIRATEFLAG
PANDABEAR	OWNAGE	
RES	DNA	MESSMATE
POLICEPATROLCAR	PEROT	
OPERAS	ROURKE	PAMELA
LINEN	SEND	SOCCEBALL
ANT	ASK	AGO
HAWKE		
REST	KILLERWHALE	RAPS
HAIFA	TIE	YEA
BAN		
SILENTFILM	DLIX	BRUNO
OTITIS	ARTOIS	BOOZER
OCCAM	CROSSWORD	PUZZLE
THESAURI	FAS	ION
BESTIR	TUXEDOCAT	
OREOCOOKIE	AYN	CALI
SEAWALL	BLACKANDWHITE	
LISETTE	IDARE	YEARNER
ONENESS	ASHES	CAREERS

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PIGSKIN PICKS



	Navy vs. Air Force	Arkansas vs. Auburn	LSU vs. Florida	Georgia Tech vs. Clemson	Georgia vs. South Carolina	West Virginia vs. Texas	Nebraska vs. Ohio State
 David C. Agan Jr, <i>Fort Rucker Public Affairs</i> (22-13)							
 Kent Anger, <i>Directorate of Plans, Training, Mobilization and Security</i> (25-10)							
 Benjamin Conner, <i>Directorate of Public Safety</i> (20-15)							
 Wes Hamilton, <i>Network Enterprise Center</i> (26-9)							
 Tish Williamson, <i>USAACE</i> (22-13)							

Video Game Spotlight >>



COURTESY SCREENSHOT

2K13 delivers fun, realistic gameplay

By Jim Van Slyke
Contributing Writer

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

With no threat of a lock-out this year, the NBA will soon be ballin’ for a full season. That means pro basketball fans will be treated to the new-look Lakers and get to see if the Heat can defend their championship.

Of course, as gamers we don’t have to wait to see who will raise the NBA trophy for the 2012-13 season. All we have to do is pick up a copy of “NBA 2K13” and get dribbling. As the only serious pro basketball video game around (“NBA Live” is still dead), “NBA 2K13” goes above and

beyond to reward its fans. Not only does it produce a great game on the court, but there are so many extras in the basketball simulator that even borderline NBA fans will be intrigued.

Michael Jordan is back, and this time around he’s joined by old friends Charles Barkley and Scottie Pippen. There was a lot of talk this summer about which U.S. men’s Olympic team — 1992 or 2012 — was better and gamers can settle that debate by pitting the two teams against each other in “NBA 2K13.” MyPlayer, the mode that lets gamers create a player and then play him through a career, has been expanded. Nearly everything the gamer does in “NBA 2K13” produces points that can be allocated to MyPlayer. New suits can be purchased for post-game press conferences and the gamer can buy new

shoes and other equipment that boosts statistics. The created player can even take teammates out to dinner and demand that the coach be fired. Perhaps the coolest addition — although completely unnecessary — is the Shoe Creator. Gamers can design their own shoes using different materials, colors, etc. and then use them in a game. Better yet, this feature syncs with the NikeiD website and those shoes can be made and then shipped to your home.

“NBA 2K13” continues to “wow” despite the lack of competition. Playing basketball through the game is fun and realistic and all the extras make it much more than just a basketball simulator. For pro basketball fans, it’s a monstrous slam dunk.

Reviewed on Xbox 360



Publisher	Systems
2K Sports	Multiple
Rated	Cost
Everyone	\$30-60
Overall	3.5 out of 4



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