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VOL. 61 ■ NO. 36

FORT RUCKER ★ ALABAMA

SEPTEMBER 8, 2011

NEWSLINES

INCREASED SECURITY

With the 10th anniversary of the 9/11 attacks occurring Sunday, Fort Rucker has been directed to raise its Force Protection Condition to Bravo.

Those working on, living on and visiting Fort Rucker can expect increased delays entering the installation, at Lyster Army Health Clinic, and other facilities on the installation.

Fort Rucker will remain at the increased condition until further notice and will return to Alpha conditions as soon as directed.

The command of Fort Rucker asks for people's patience and support during this period.

CREEPY CRAWLIES

Snakes and other critters are on the move at Fort Rucker looking for food and water. Watch out for them, and follow the tips in this article.

See Page A3.

SUICIDE PREVENTION

The Army continues its battle against suicide in the ranks.

See Page C7.

MUSIC UNDER THE ALABAMA STARS

The 98th Army "Silver Wings" Band will perform its second Music Under the Alabama Stars concert Sept. 16 at 6:30 p.m. at Fort Rucker's Howze Field.

Maj. Gen. Anthony G. Crutchfield, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, invites everyone to attend, and bring along their lawn chairs, blankets, Families and friends.

CIF CLOSURE

The Fort Rucker Central Issue Facility will close for inventory Sept. 26-30. For more information, call James Jackson at 255-9573 or Phyllis Keith at 255-1095.

LOST AND FOUND

The Fort Rucker Directorate of Public Safety reminds the community that it operates a lost and found section to reunite people with lost property. People who've recently lost or had items taken on post should contact the Community Police Station at 255-2222.

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Weather 3-DAY OUTLOOK

THURSDAY

High **83**

Low **58**

Mostly sunny



FRIDAY

High **86**

Low **60**

Partly cloudy



SATURDAY

High **86**

Low **63**

Partly cloudy



Commanders talk civilian reductions with Rucker, USAACE workforce

BY JIM HUGHES
Command Information Officer

The commanding general of the U.S. Army Aviation Center of Excellence and Fort Rucker and the post garrison commander met with hundreds of members of the workforce Sept. 1 in the post theater to discuss openly how the Army's plan to reduce its civilian workforce servicewide by more than 8,700 over the next year will affect people locally.

While cuts are necessary at both organizations to meet the Army's demands, cutting vacant positions and attrition will be the

keys to avoiding people losing jobs here, according to Maj. Gen. Anthony G. Crutchfield and Col. James A. Muskopf.

The general explained that while the cuts are Armywide, four commands took the brunt of the responsibility of reducing the workforce: Army Materiel Command, Headquarters Department of the Army, Installation Management Command and Training and Doctrine Command - with the two latter, of course, being big players on the Fort Rucker scene.

For USAACE, leaders worked long hours trying to come up with a way to make the cuts while minimizing the impact on people

and mission alike. The solution, said the general, was cutting "spaces, not faces."

"This was not an option, folks — we had to do it. We had to figure out how to do this, and how to do this to our Family, how to do this so people aren't hurt, and how to do this and still do the mission we have to do," Crutchfield added.

"Out of the positions I'm talking about, the majority are not filled with people — no one is in them now," he said. "We're cutting paperwork, but the positions will never get filled now."

SEE REDUCTIONS, PAGE A7



PHOTO BY ERIN MURRAY

ATSCOM workshop

Sgt. 1st Class Elliott Appleberry, 1-58th Airfield Operations Battalion, Fort Rucker, and Staff Sgt. Wesley Dodge, 2-244th Airfield Operations Battalion, Louisiana National Guard, discuss their measurements of Hatch Stagefield during an ATSCOM Contingency Airfield Management Workshop field exercise Sept. 1. **See Page A3 for more photos and the full story.**

Fort Rucker CG stands by Leading Change Team

BY RUSSELL SELLERS
Army Flier Staff Writer

Change can be difficult, but it's necessary in order to continue pushing the installation into the future, according to Fort Rucker leadership.

Maj. Gen. Anthony G. Crutchfield, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, talked to the Leading Change Team at its meeting Aug. 31 about the challenges it's currently facing and what can be worked on for the future.

"I've gotten a sense of lull in support for the LCT lately," Crutchfield said. "I care so much about this Branch. We need to find a way to make that change."

Crutchfield said he plans to go out to the commanders and other leadership on post and talk to them about the importance of supporting the LCT.

"I believe in the LCT and the work they're doing," he said. "Their charter is to find new ways of doing things. It saves money and time."

After talking to the group about his continued support, Crutchfield took a



PHOTO BY RUSSELL SELLERS

Maj. Gen. Anthony G. Crutchfield, USAACE and Fort Rucker commanding general, speaks to the Leading Change Team at the group's meeting Aug. 31 at the headquarters building.

SEE TEAM, PAGE A7

ARMYFLIER

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FORT RUCKER COMMANDING GENERAL

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Deadlines are Friday at 2 p.m. for the following week's edition.

All editorial content of the *Army Flier* is prepared, edited, provided and approved by the Public Affairs Office, U.S. Army Aviation Center of Excellence and Fort Rucker, AL.

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

Perspective

LET YOUR VOICE BE HEARD BY WRITING AN E-MAIL TO THE ARMY FLIER AT JHUGHES@ARMYFLIER.COM.

LTG Lynch provides update on AFAP

BY LT. GEN. RICK LYNCH
*Commanding General IMCOM and
Assistant Chief of Staff for Installation
Management*



Lynch

The Army Family Action Plan is an incredibly important program that allows senior Army leaders to understand the needs of Soldiers, civilians and Families and continue to deliver on the promise of the Army Family Covenant.

It's a grassroots effort by the Army community to identify what's not working, why it should change and how to fix it.

Since the inception of AFAP in 1983, there have been 683 issues elevated to the Department of the Army level. Of those, 500 have been completed, 144 were unattainable due to either legislative or budget constraints, and 38 remain active.

Twice a year, Army senior leaders and program representatives meet to review the progress made against the remaining active issues and assign a status of active, complete or unattainable.

The latest review session was held at the beginning of August. Of the 35 issues reviewed, it was determined that 22 of those should remain active as work is still being done, five are complete, and the remaining eight are unattainable. The results will make life better for Soldiers, civilians and their Families for years to come.

Now 38 states offer military spouse unemployment compensation compared to only eight in 2002 when this issue was intro-

duced into the AFAP process. In addition, Maryland and the District of Columbia evaluate eligibility on a case-by-case basis. This issue arose because most states considered leaving a job due to military relocation as voluntary rather than involuntary.

To get a complete listing of the participating states and to learn more about this issue, visit the Army OneSource website at <https://www.myarmyonesource.com/familyprogramsandservicesandsearchforissueNo.524>.

Through issue No. 574, funding for the Reserve Component Strong Bonds Program is now available. Its mission is to increase Soldier and Family readiness through relationship education and skills training. Attendees voluntarily participate in a Strong Bonds retreat that provides an emotionally safe and secure environment to address the effects of military lifestyle stressors. To learn more about

the Strong Bonds Program, visit www.strongbonds.org.

Three medical and behavioral health issues are nearing completion. Funding for Issue 583, which mandates that all stateside installations, including Alaska and Hawaii, provide Advanced Life Support services on or near the installation has been requested for the fiscal year 2013 budget. Issue 646, once approved, eliminates generic mail order prescription cost shares beginning in fiscal year 2012.

Lastly, an increase in authorizations of career coordinators assigned to Wounded Warrior Soldiers and their Families/Caregivers is also complete. Warrior Transition Units now have Military Career Counselors and Transition Coordinators to assist transitioning Warriors with developing career and education goals.

Although some issues remain active, considerable progress has been made. An example is Issue 641, which recommends a comprehensive strategy to optimize alternative treatment options to manage pain and prevent over medication. Three years ago, more than 95 percent of our Wounded Warriors at Walter Reed were on opioid narcotics. Today that number is 8 percent, and we're moving this practice across to other services.

Part of this year's process also includes improving our resource management. As the Assistant Chief of Staff for Installation Management, it is my responsibility to ensure that the Army deliv-

ers on its promise to provide Soldiers, civilians and their Families a quality of life commensurate with the quality of their service. At the same time, it is also our responsibility to be good stewards of the taxpayer's money.

Currently we're funding hundreds of Family programs at approximately \$2.1 billion. As an Army we have to embrace a cost culture in order to sustain the force and accomplish our strategic imperatives effectively and efficiently. The three fundamental questions we must all ask ourselves are: Do we really need it? Is it worth the cost? What are we willing to do without?

Of those programs, what are we willing to do without? Which programs should be combined, and which should be eliminated? Which ones are no longer useful, and which programs need more resources?

Over the past few months through Army OneSource we have asked the Army Family what are our most valuable programs and which ones are least important. I've also received input from senior leaders at the garrison level.

This information collected at the grassroots level will be invaluable as we move forward in the ever changing fiscal environment. Be assured that Army leadership is fully aware of the sacrifices Soldiers and their Families have made over the past 10 years. With this awareness, we continue to fulfill the promise of the Army Family Covenant.

Support and Defend!

This month in Army Aviation history

This month we're spotlighting the September 1976 issue of the U.S. Army Aviation Digest.

This issue features:

Army Aviation applications of meteorological satellites

Meteorological satellites offer a new and highly efficient means for acquiring detailed Aviation weather information for Army pilots over any battlefield.

How High The Moon - How Bright The Night

The author offers a

practical method for Army Aviators and commanders to predict brightness on clear nights for tactical operations. Additional factors



affecting the degree of illumination are not discussed here; the intent is solely to provide a relatively simple means to forecast brightness.

The pilot and the weather forecaster

"What we are looking at here is a lack of communications."

This may be a tired cliché, but it too often is applicable in pilot-to-forecaster relationships.

The communications gap usually results in confusion, occasionally in angry confrontations between the pilot and forecaster, and potentially in tragedy.

Operational aspects of stress and fatigue

During World War I, little was known about and even less consideration was given to crew rest and flying fatigue.

Consequently, aircraft accidents rather than combat losses caused the majority of Aviator deaths.

Chronic stress fatigue in World War I led to a syndrome of isolation, loss of appetite and poor sleep, which in many cases was followed by accidents and death.

... and much more. You can download this issue of the U.S. Army Aviation Digest at <http://bit.ly/av8-0976>.

Rotor Wash

“How did you spend Labor Day weekend?”



Victor Merino,
retired military

"I stayed home because it was raining."



Nadine Garcia,
Hertz Rental employee

"I just stayed at home and relaxed."



WO1 Jacob Crossman,
B Co. 1st Bn. 145th Avn.
Regt.

"I spent it grilling with my Family."



Shirley Connolly,
military spouse

"I didn't do much because of the weather"



Master Sgt. Aaron Stewe,
visiting on leave from
Germany

"I was mostly just sitting around in the rain."



PHOTOS BY ERIN MURRAY

Mark Hampton explains the importance of identifying and preventing pavement fractures in theater airfields during an ATSCOM Contingency Airfield Management Workshop field exercise Sept. 1

Workshop provides essential lessons in airfield management

BY ERIN MURRAY
Army Flier Staff Writer

Fort Rucker Air Traffic Services Command hosted more than 20 Soldiers and civilians at the biannual contingency airfield management workshop last week, making it the third successful workshop since ATSCOM began efforts to train Aviators in airfield management after combat missions began in Iraq and Afghanistan.

The three-day workshop was attended by active duty, National Guard, Reserve and civilian air traffic control staff and consisted of two days of classes on airfield management and a third day of hands-on training at Hatch Stagefield.

“We organized this workshop to give Soldiers who are getting ready to deploy the necessary skills,” said Mark Hampton, instructor of the workshop. Hampton has more than 20 years of air traffic control experience as well as experience with writing doctrine tactics for the Aviation community before joining ATSCOM last December.

According to Hampton, airfield management encompasses the responsibilities for organizing and gathering the equipment and personnel necessary to provide a safe aircraft



Soldiers handle equipment used to measure and maintain airfields at the ATSCOM Contingency Airfield Management Workshop field exercise Sept. 1

operation for Army, Air Force and coalition forces. Before engagements in Kuwait, Iraq and Afghanistan, Air Force personnel were primarily responsible for these duties, but the

presence of Aviators to serve as senior airfield authority has increased significantly.

“There’s not enough airfield management in the Air Force to go around. Due to a need in the Army, we found that airfield management is something that’s required of our Aviation forces. We’re working very closely with Fort Rucker to develop the right solution for this because our combat Aviation brigade has to perform this role that is a critical function,” said Col. James R. Macklin, Jr., commander, U.S. Army Air Traffic Services Command.

The workshop became the “in-house solution” to help accommodate the need for Army Aviators in airfield management until combat engagements end and training can occur long before deployments, said Macklin.

“Fort Rucker has addressed this and USAACE is actively pursuing a solution. We are going to get there, but as with anything it’s a changing environment that we have to constantly be looking at. We want to look for what’s after the war. You can’t model training for the current fight. We have to be thinking beyond,” he said.

Both Hampton and Macklin said that ATSCOM’s contingency airfield management workshop

was the immediate solution to the problems faced at combat airfields, hosting up to 50 attendees at ever biannual session. The workshop aims to provide soldiers with adequate airfield training from lessons learned on recent deployments.

“We’re trying to make it as realistic and as relevant as possible. The Army is routinely given airfields where it is being told it is the senior airfield authority,” said Macklin.

Sgt. 1st Class John Devon, 204th Theater Airfield Operations Group operations NCO, said that the workshop expanded on things he was familiar with by using lessons learned in recent combat.

“This is a one-of-a kind opportunity for those in this arena to gain knowledge of what is happening in theater now,” he said.

Along with providing the three-day workshop, ATSCOM has established mobile training teams that bring the lessons from the workshop to brigades approaching deployment. Macklin said that on a recent deployment, he met Soldiers from all over who had attended the ATSCOM training and had seen the benefits.

“It’s been a positive thing. We get a lot of feedback from the units. It’s a success story.”

DPS urges caution when dealing with snakes

BY RUSSELL SELLERS
Army Flier Staff Writer

As the temperatures vary during the fall, snakes are more likely to have encounters with people in their search for food, water and shelter, according to Directorate of Public Safety officials.

Recently, police have been notified of several snake sightings or encounters in and around the housing areas here.

Two of those encounters were with rattlesnakes. While rattlesnakes are common in the Wiregrass area, there are many other types of snakes around, including both poisonous and non-poisonous.

“If you see a snake anywhere on post, the best thing to do is back away from it slowly and notify the police,” said Sgt. Dough Johnson, Civilian Police patrol supervisor. “It doesn’t matter if it’s poisonous or not, the experts should be called to deal with the animal.”

Johnson said that the game wardens would be called in to handle the snakes in most cases, but that police are equipped with some tools such as snake sticks and buckets to contain the animal if needed.

“The game wardens will come in and

Avoiding contact with snakes

- Don’t just blindly wander through woods, weeds, trails, bushes, and the like. Be aware of your surroundings at all times.
- Remember that snakes have needs for shelter, water, and food basically in that order just to survive. Learn to recognize food favorites of the snakes in this area so that when you know the food-animal’s habits.
- Be aware of wood piles, anything you may have stacked in your yard - these make excellent snake habitats.
- Wear leather shoes or boots at least ankle high or better when walking in wooded area.
- Never sit or climb (feet and hands), or step over obstacles anywhere without first looking carefully prior to making the move.
- Observation is critical to avoidance — learn to check around with a sweeping glance for anything that seems out of place, for this may be your subconscious notice of a camouflaged critter lurking close by.
- Be especially vigilant near water of any kind.
- Try not to walk along quietly as snakes have many sensing devices to warn them of your presence — make noise so the snake doesn’t think it’s a target of a predator and become aggressive.
- Take a pet along on outings since these animals have a much more effective set of senses when it comes to snakes - a point guard is often a good confidence builder and may provide a beneficial warning.

simply relocate the snake to somewhere it’s less likely to encounter people,” he said. “We don’t want to kill them because they help keep the rat and mouse population down.”

Smaller snakes also like to hunt smaller animals and insects, he added. These

snakes are more likely to be found in housing areas because their prey will be around. The snakes are also looking for warmth as the temperatures dip down.

“If you have a water heater outside, they might be found near it, as well as dryers, because they generate so much

heat and the animal is cold-blooded and can’t regulate its own body temperature,” he added. “Also, if you have a stack or pile of anything in or around your yard, that’s a potential hiding place for a snake. They like to get into places where they can hide out.”

Johnson said he’s had a bit of experience dealing with the animals, dating back to his time in the Boy Scouts of America. That experience has come in handy in the past and recently.

“Just this past week we had a call about a snake at Yano Hall,” he said. “When we arrived the Soldiers had placed a bucket over it and we discovered it was just a small, non-poisonous snake. But, you never know and that’s why we should be called anytime one is seen.”

Peggy Contreras, DPS community police supervisor, said children who happen upon a snake should also follow the same rules as adults: do not approach the snake, and call an adult.

“Snakes can be found just about anywhere on post,” she said. “The walking trails around Beaver Lake to the housing areas and even in places of heavy traffic. Never think that snakes can’t be found in busy places.”

Job initiatives focus on vets, Family members

BY DONNA MILES
American Forces Press Service

WASHINGTON — President Barack Obama called on Congress to move quickly on an initiative to offer tax credits to employers who hire unemployed veterans, including those with disabilities.

Speaking Aug. 30 at the American Legion National Convention in Minneapolis, the president emphasized the nation's responsibility to care for its veterans.

"To get this done, I've proposed a Returning Heroes Tax Credit for companies that hire unemployed veterans and a Wounded Warrior Tax Credit for companies that hire unemployed veterans with a disability," Obama told the assembly. "When Congress returns from recess, this needs to be at the top of the agenda."

Obama said he has directed the federal government to hire more veterans. During the past year and a half, that directive has resulted in more than 100,000 veteran hires.

And, the U.S. Office of Personnel Management announced Aug. 31 that it has published final regulations to give military spouses of deceased and 100-percent disabled veterans as much time as



they need to apply for a federal job under the military spouse hiring authority.

"But in this tough economy, far too many of our veterans are still unemployed," the president said. "That's why I've proposed a comprehensive initiative to make sure we're tapping the incredible talents of our veterans."

The two-part initiative is designed to help the newest veterans find and

get private-sector jobs, while providing tax credits for companies that hire unemployed veterans, including those with disabilities, the president explained.

Obama said he has directed the Defense Department and Department of Veterans Affairs to create a "reverse boot camp" to help the newest veterans prepare for civilian jobs and translate their military skills into industry-accepted licenses

and credentials.

He also called on every state to pass laws making it easier for veterans to get the credentials, and jobs for which they qualify.

The second part of the initiative calls on the private sector to do its part.

"I've challenged companies across America to hire or train 100,000 unemployed veterans or their spouses," Obama said.

This, he noted, builds on commitments many

companies have made as part of the Joining Forces campaign being led by First Lady Michelle Obama and Jill Biden, wife of Vice President Joe Biden.

Saluting the 5 million Americans who have served in uniform since 9/11 as a "generation of innovators" who've "changed the way America fights and wins its wars," President Obama said that veterans also are the very people the nation needs to jump-start its economy.

"After a decade of war, it's time to focus on nation building here at home," the president said. "And our veterans, especially our '9/11-generation' veterans, have the skills and the dedication to help lead the way."

"We need these veterans working and contributing and creating the new jobs and industries that will keep America competitive in the 21st century," he said.

Obama cited funding for the post-9/11 GI Bill that's now helping more than 500,000 veterans and Family members "go to college, get their degrees and play their part in moving America forward."

The program will expand this fall to include vocational training and

apprenticeships "so veterans can develop the skills to succeed in today's economy," he said.

Meanwhile, OPM's new rule, published Aug. 31, gives specified military spouses more opportunity to get government jobs.

Previously, certain military spouses and widows or widowers could be appointed non-competitively to a federal job within a limited two-year timeframe after their spouse died or became totally disabled, OPM officials explained.

However, many spouses were not prepared to enter the workforce within that timeframe, they said. Some were still grieving or were enrolled in educational or training programs or caring for children or their disabled spouse.

The final regulations recognize that two years may not be enough time for these spouses to seek and obtain a federal job.

"Military spouses make countless sacrifices for our nation through their dedication and support on the home front while their loved ones are serving," said OPM Director John Berry. "In recognition of their sacrifice, this rule will help military spouses find employment in the government."

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Military retiree pay dates to change

BY DEFENSE FINANCE AND ACCOUNTING SERVICE
News Release

CLEVELAND — Paydays for military retirees and those who receive portions of retired pay are changing for the months of September and December, as the Defense Finance and Accounting Service changes its pay schedule to comply with the 2011 National Defense Authorization Act.

The 2011 NDAA requires military retiree pay to be processed on the first day of the month. When that day falls on a weekend or national holiday, the pay date is moved to the previous business day.

This year, payments normally scheduled for Oct. 3 will be issued Sept. 30, and payments normally scheduled for Jan. 3, 2012, will be issued Dec. 30. For the calendar year 2011, this means military retirees will receive 13 rather than the normal 12 payments.

The 13th payday on Dec. 30 falls within the 2011 tax year, which could affect the tax liability of some retirees and those who receive portions of their retired pay. Customers should speak with a tax adviser, the Internal Revenue Service or their state tax authority to determine if their tax withholding will satisfy federal and state income taxes when they file returns next year. DFAS cannot provide tax advice.

For tax year 2012 and beyond, retirees will receive their normal 12 payments.

This change affects regular retired pay, concurrent retirement and disability pay and combat-related special compensation. The new rule also applies to retiree allotments, garnishments and court-ordered former spouse and child support payments. It does not affect annuity payments.

If retirees need to make changes to their federal or state tax withholding,

the quickest and most secure way to do so is through myPay. Available 24 hours-a-day, seven days-a-week, myPay enables eligible users around the world to make routine changes to their pay information, including tax withholding, that become effective within days.

Customers who cannot access myPay can change federal withholding amounts by completing a new IRS Form W-4 or W-4P, or change state withholding amounts using a DD 2866. These forms can be found on the DFAS web site, www.dfas.mil/retiredmilitary/forms.html, and should be mailed or faxed to the below address once completed:

Defense Finance and Accounting Service

U.S. Military Retired Pay
P.O. Box 7130

London, KY 40742-7130

Fax: 800-469-6559

It may take up to 30 days for chang-

es to be made when mailing in a paper form.

The Defense Finance and Accounting Service provides responsive, professional finance and accounting services to the men and women who defend America. DFAS pays about 6.4 million people and in FY 2010 made 8.1 million travel payments, paid 11.4 million commercial invoices, made \$578 billion in disbursements to pay recipients, and managed \$487.9 billion in military retirement and health benefits funds.

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The Department of the Army has the following vacancies. For announcements and application information, call 255-9015 or visit www.armycivilianservice.com

INTERNAL	SCEG11MEPS06D Closing Date: Sept. 30 (DUTY LOC: Jasper)
General Engineer GS-0801-12 SCEG11178778R Closing Date: Sept. 8	Test Administrator GS-0303-04 SCEG11MEPS07D Closing Date: Sept. 30 (DUTY LOC: Mobile)
Logistics Management Specialist GS-0346-09 SCEG11265032 Closing Date: Sept. 9	Test Administrator GS-0303-04 SCEG11MEPS08D Closing Date: Sept. 30 (DUTY LOC: Northport)
Lead Resource Management Analyst GS-0501-23 SCEG11272425 Closing Date: Sept. 9	Test Administrator GS-0303-04 SCEG11MEPS09D Closing Date: Sept. 30 (DUTY LOC: Opelika)
Contract Administrator GS-1102-12 SCEG11285301 Closing Date: Sept. 9	Test Administrator GS-0303-04 SCEG11MEPS10D Closing Date: Sept. 30 (DUTY LOC: Oxford)
OPEN CONTINUOUS	Test Administrator GS-0303-04 SCEG11MEPS11D Closing Date: Sept. 30 (DUTY LOC: Crestview, Fla.)
Test Administrator GS-0303-04 SCEG11MEPS01D Closing Date: Sept. 30 (DUTY LOC: Birmingham)	Test Administrator GS-0303-04 SCEG11MEPS12D Closing Date: Sept. 30 (DUTY LOC: Panama City, Fla.)
Test Administrator GS-0303-04 SCEG11MEPS02D Closing Date: Sept. 30 (DUTY LOC: Demopolis)	Test Administrator GS-0303-04 SCEG11MEPS13D Closing Date: Sept. 30 (DUTY LOC: Pensacola, Fla.)
Test Administrator GS-0303-04 SCEG11MEPS03D Closing Date: Sept. 30 (DUTY LOC: Dothan)	Helicopter Flight Instructor GS-2181-13 SCEG11849767 Closing Date: Dec. 31
Test Administrator GS-0303-04 SCEG11MEPS04D Closing Date: Sept. 30 (DUTY LOC: Enterprise)	Helicopter Flight Instructor GS-2181-13 SCEG11912814 Closing Date: Dec. 31
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Obama vows solid support for veterans

BY DONNA MILES
American Forces Press Service

WASHINGTON — As the United States deals with its fiscal challenges, President Barack Obama emphasized Aug. 30 that it won't do so at the cost of its military and won't "balance the budget on the backs of our veterans."

Despite 10 years of war, the U.S. military "is the best it's ever been," Obama told the American Legion National Convention in Minneapolis.

"And as we meet the tests that the future will surely bring, including hard fiscal choices here at home, there should be no doubt," he said. "The United States of America will keep our military the best-trained, the best-led, the best-equipped fighting force in history. It will continue to be the best."

Obama also vowed to staunchly defend the Department of Veterans Affairs' budget during the budget-cutting process.

"I want to be absolutely clear," he told the assembly. "We cannot, and we must not, and we will not balance the budget on the backs of our veterans. As commander in chief, I won't allow it."

Noting historical increases in VA funding in recent years, the president promised to maintain that momentum with special emphasis on programs for wounded warriors and veterans who have served since 9/11.

The president noted the United States' obligation to its veterans, particularly those returning



WHITEHOUSE.GOV SCREEN CAPTURE

President Barack Obama addresses the 93rd annual conference of the American Legion, Aug. 30 at the Minneapolis Convention Center in Minneapolis, Minn.

home from the current conflicts with post-traumatic stress disorder, traumatic brain injuries and other mental-health issues.

In addition to major improvements throughout the VA's health care system, including better outreach and service to women as well as veterans in rural areas, VA is making big strides in meeting the needs of those suffering the unseen wounds of war, Obama said.

"We're continuing to make major investments — improving outreach and suicide prevention,

hiring and training more mental health counselors and treating more veterans than ever before," he said.

Obama called recent reports of veterans not getting the prompt mental health care they need "unacceptable."

"If a veteran has the courage to seek help, then we need to be doing everything in our power to deliver the life-saving mental [health] care they need," he said.

VA will "stay on this" issue, Obama said, "and we'll continue to make it easier for veterans with post-traumatic stress to

qualify for VA benefits, regardless of what war you served in."

In addition, the president cited programs within VA and across the federal government to address some of the associated issues: homelessness and unemployment, among them. In addition to helping veterans secure homes and funding the post-9/11 GI Bill that is now helping more than 500,000 veterans and their families go to college, Obama said he has directed the federal government to hire more veterans.

Meanwhile, Obama

cited VA Secretary Eric K. Shinseki's leadership in building a "21st-century VA" that takes advantage of technology to provide faster, better service and care for military veterans.

With progress in medical records sharing between the Defense Department and VA, Obama promised, "we're going to keep at it until our troops and veterans have a lifetime electronic record that you can keep for life."

Other work remains ahead, he said, including efforts to "break the backlog of disability

claims."

"When our veterans who fought for our country have to fight just to get the benefits they've already earned — that's unacceptable," the president told the forum. "So this is going to remain a priority."

Obama closed with a reminder to all veterans — no matter when they served or for how long — that the United States owes them a debt of gratitude.

"America will never leave your side," he said. "America will never forget you. We will always be grateful to you."

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Reductions: ‘Trust in your leadership here’

Continued from Page A1

The garrison did the same kind of work and identified positions that would need to be cut, but the garrison currently has faces in the spaces, Muskopf said.

While the numbers are higher with the garrison, minimal impact on people is still the goal — and an achievable one, said the colonel.

“Last year, we had people that retired from civil service, not because of anything going on here, but because it was their time to retire,” he said. “If that follows through, I’m more than halfway there to getting down to (the goal).”

He added that in the garrison, there are many employees who are married to students in flight school — people who knew they would only be employed here for about a year, and who plan to move with their husbands and wives when they go on to their operational assignments.

“I don’t know what that number is, but that will get us closer to that goal,” Muskopf said, adding that people in affected slots can also retrain or work in other areas vacated by employees who leave or retire to continue to minimize the impact. “There is no choice, we need to do it. I think we can get there, and get there without a lot of pain.”

The bottom line is that at Fort Rucker and USAACE, “At this time, we are not considering a reduction in force,” Crutchfield said.

The general admitted that this is the beginning of a challenging time for the Army, including Fort Rucker and USAACE.

“The Army is getting smaller, that is a fact,” Crutchfield said. “The Army is going from 567,000 active Soldiers to 520,000, and that is happening now — we’re supposed to be at 520,000 by fiscal year 2015. What’s decided after that, well,

when they tell me, I will tell you.”

The general continued by saying people at Fort Rucker and USAACE need to control what they can control to minimize the impact of declining budgets, resources and manpower on people and the mission.

“Look at what’s about to happen in our country in terms of ends, ways and means. A lot of you, you’ve seen this before. I know I have. Since I’ve been in the Army this has happened three times to me. We can get through it. It won’t be easy, and it won’t make everyone happy, but we can get through it. When you’re having a tough time, think of it this way.

“Ends: When the president comes to the chief of staff of the Army and says I need the Army to go to wherever and do whatever, do you think (the general) is going to go to the president and say, ‘Sorry, but we’re a little busy, can’t do it.’? That isn’t going to happen. The ends

won’t change.

“Means. The means are changing. Resources are going to shrink. We have no control over that. We can manage it, but we don’t control it.

“Ways. What is the one thing we can control? The way we do things. It’s the way we do things — it’s got to change or we won’t make it. One way we can look at how we change things is the Leading Change Team — be a part of it and help determine how we change the way we do things so we can make it through this challenging time.”

Crutchfield added that trust must also play a part in getting through the challenge.

“We can do this. Follow me, trust in me, trust in him (pointing at Muskopf), trust in your leadership here,” he said. “We’re going to do the right things and we’re going to lead us through this. We will get through it.”

Team: LCT reaffirms focus to make Branch better

Continued from Page A1

few minutes to listen to team members about what they’re planning and what they would like to bring to the installation.

As he listened to the group’s ideas, he said his goal was to provide a vision for the LCT and to offer support when good ideas are presented. However, he did say the group needed to consider the possibilities that not everything would be affordable for the installation or the branch.

“The Army’s getting smaller,” he said. “That means we have to figure out what we can get by with and what we actually need. For the past few years, we’ve talked about getting ready to handle a larger training load. We’re looking at about 1,500 for our training load. But, I think it’s coming down after 2013. We have to figure out what our steady state is and what resources we need to make that work. Nobody has told me that this is what we’re

doing, but I think this is what we need to prepare for. We’re going to continue to spend the money we have, but we’re going to do it in the most efficient way possible. We’ve been more efficient this year than we ever have been, but we still have to continue being that way.”

CW4 Paul Sivacek, LCT member and Combined Arms Division instructor pilot, said he felt good about what Crutchfield had to say and was encouraged by his statement about getting the word out to other commanders throughout the post.

“I think the CG’s comments, support and his passion are exactly what the branch needs right now,” he said. “With his support, the LCT can accomplish just about anything for the branch.”

Sivacek also said he felt the CG was keeping a close watch on ideas and actions as to make sure everyone stayed on the same page as far as new efforts are concerned.

“He doesn’t want duplica-

tion of effort on the military side,” he said. “If something isn’t being done in a certain area, it could be an opportunity for the LCT. Top-down support is important and hopefully the other commanders will help us make Fort Rucker, USAACE and the branch better.”

Making the branch better is something the LCT has worked toward since its inception. In June, it established a new initiative to create and provide professional development workshops to those who need them with the new cost

culture in mind, according to Kathy Crisp, LCT member.

The first workshop was held for training instructional designers, instructors, instructor writers and Instructional administrators in June. The training provided attendees with familiarization of new Army learning concepts to assist them in developing Aviation training for the future.

Crutchfield also spoke about the challenges facing Army Aviation and the country as a result of the U.S.’s financial troubles.

“We’re going to have to throw some bones out on the altar, but we’re not taking nearly the cuts that other branches are taking,” he said. “The ends are not going to change. When the president says to the Army, ‘do this,’ we’re going to do it. That’s our job. We’re still going to be expected to fight and win the nation’s wars. The means are going to change and we have no control over that. What we do have control over is how we do it and how we soften the blow. I do have a plan for that.”

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ARMY BRIEFS

TRICARE BENEFICIARIES SAVE ON PRESCRIPTION DELIVERY, VACCINES

WASHINGTON — Beneficiaries of the TRICARE military health plan can obtain 90 days of home-delivered medication with no copayment and can get free vaccinations at participating pharmacies without seeing a doctor.

For beneficiaries who use TRICARE pharmacies, however, the retail cost of generic medications will increase from \$3 to \$5 for a 30-day supply, Hunter said, and brand-name medications will increase from \$9 to \$12 for a 30-day supply.

The admiral also suggested going to TRICARE's website to find participating pharmacies by area.

JOB INITIATIVES FOCUS ON VETS, FAMILY MEMBERS

WASHINGTON — President Barack Obama recently called on Congress to move quickly on an initiative to offer tax credits to employers who hire unemployed veterans, including those with disabilities.

Speaking Aug. 30 at the American Legion National Convention in Minneapolis, the president emphasized the nation's responsibility to care for its veterans.

Obama said he has directed the federal government to hire more veterans. During the past year and a half, that directive has resulted in more than 100,000 veteran hires.

The U.S. Office of Personnel Management recently announced that it has published final regulations to give military spouses of deceased and 100-percent disabled veterans as much time as they need to apply for a federal job under the military spouse hiring authority.

The two-part initiative is designed to help the newest veterans find and get private-sector jobs, while providing tax credits for companies that hire unemployed veterans, including those with disabilities, the president explained.

TWO FEMALE ACQUISITION OFFICERS TO GET SECOND STAR

WASHINGTON — Two female Army acquisition officers have been tapped for promotion to the rank of major general.

Brig. Gen. Camille M. Nichols, Program Executive Officer-Soldier, and Brig. Gen. N. Lee S. Price, Program Executive Officer-Command, Control and Communications-Tactical, were nominated in June for promotion by Secretary of Defense Leon E. Panetta.

Both Heidi Shyu, acting assistant secretary of the Army for acquisition, logistics and technology, and Lt. Gen. Bill Phillips, the military deputy to the assistant secretary of the Army for acquisition, logistics and technology, praised the individual merits of Nichols and Price, while also pointing out that, not too long ago, there were not as many women general officers in the Army ranks.

In 1990 there were only four female generals in the entire Army. Last year, there were 44. Today, there are six female major generals on active duty in the Army, two lieutenant generals and one general. The National Guard has two female two-stars and the Army Reserve has one female two-star.

Guard Aviators respond to hurricane

BY ERIC DURR

New York State Division of Military and Naval Affairs

LATHAM, N.Y. — New York Army National Guard Aviation units logged 150 hours of flight time and transported 60,000 pounds of food and water to isolated mountain towns and central distribution centers as state officials continue to respond to the aftermath of Hurricane Irene.

The first flight of New York Army Guard Aviators occurred on Sunday, just after the brunt of the storm passed over the state. Aviators flying from the Army Aviation Support Facility at Albany International Airport flew south into Greene County to see if they could assist in rescuing people in the town of Prattsville who were stranded by rising flood waters. The stranded civilians were rescued

SEE AVIATORS, PAGE B4



PHOTO BY SGT. 1ST CLASS RAYMOND DRUMSTA

The food was contributed by the Regional Food Bank of Northeastern New York, and the Aviators Soldiers flew it to the victims of flooding that occurred in the wake of Hurricane Irene.



COURTESY PHOTO

FIRE IN THE SKY

Two AH-64D Apache Longbows from TF Comanche, 4th CAB, 4th Inf. Div., flying side-by-side launch flares during a mission near Shindand Air Base, Afghanistan, recently.

'If you can play Xbox, you can fly a Raven'

BY STAFF SGT. NANCY LUGO

2nd Brigade Combat Team, 82nd Airborne Division Public Affairs

RAMADI, Iraq — A pair of military vehicles rolled into a square of land used by the Iraq army to conduct weapons qualifications at Camp Fallujah, Iraq, Aug. 23.

Paratroopers, jumped out, walked into the middle of the square and began putting together a toy-like airplane, setting up an antenna and powering up a computer. They worked as a team, training together once a week over the previous months.

The airplane is a Raven, one of the smallest unmanned aircraft in the Army. It weighs only 4 pounds, 8 ounces, and has a 4-foot-3-inch wingspan and is 3 feet, 7 inches long.

The Raven is used for aerial reconnaissance when larger unmanned aircraft are unavailable, said Maj. Paul Grant, the operations officer for 1st Battalion, 325th Airborne Infantry Regiment, of the 82nd Airborne Division's, 2nd Advise and Assist Brigade.

Pfc. Shawn Clark, an infantryman with B Company, 1st Bn., 325th AIR, launched the Raven by throwing it up into the sky.

Spc. Cameron Simpson, an infantryman with D Company, 1st Bn., 325th AIR, was manning the controls on the ground, using

SEE FLY, PAGE B4



PHOTO BY STAFF SGT. NANCY LUGO

Spc. Cameron Simpson, infantryman with 1st Bn., 325th AIR, of the 82nd Airborne Div., 2nd AAB, launches the unmanned aircraft into the sky, during training at Camp Fallujah, Iraq, Aug. 23.

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 **GMC '89 3500 Diesel-** Excellent work truck, long wheel base, orange, rebuilt engine, \$1,500. Quick Sell

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Aviators: Soldiers deliver supplies to hurricane victims

Continued from Page B1

before the helicopters were needed that night.

At first light Aug. 29, the citizen-Soldier Aviators of Task Force Aviation began flying surveillance missions so that state officials could begin to assess the impact of the storm. On both Long Island, where Hurricane Irene first hit, and Catskill Mountain towns where small creeks became raging rivers, the Guard UH-60s provided eyes in the sky.

In a joint operation, three New York Air National Guard HH-60 Pavehawk search and rescue helicopters, which had been evacuated from their base on Long Island to escape the storm, were dispatched to Schoharie County to conduct search and rescue missions if necessary.

The Task Force Aviation team also provided transportation to Governor Andrew Cuomo, Secretary of Homeland Security Janet Napolitano, and Federal Emergency Management Agency Administrator Craig Fugate so they could conduct a tour of flood-ravaged regions.

On Aug. 30 and 31, the Aviators began hauling food and water.



A member of B Co., 3rd Bn., 126th Avn. Regt. of the New York Army National Guard, directs forklift operator David Whitaker, FEMA, in loading a pallet of bottled water into a Chinook helicopter at Stewart Air National Guard Base in Newburgh, N.Y., in support of Hurricane Irene recovery operations Aug. 31.

CH-47D Chinook heavy lift helicopters assigned to B Co., 1st Battalion, 126th Aviation Regiment picked up Federal Emergency Management Agency supplies flowing into Stewart Air National Guard Base. The supplies were loaded into the Chinooks and flown to Belleayre Ski Center, a state-owned facility in Highmont, Ulster County.

At Belleayre, UH-60s from the Albany flight facility picked up water and food and airlifted them into Margaretville, Prattsville, Middleburgh, and other Greene and Schoharie County mountain towns which were not easily accessible by road.

Other flights carried food and water donated by the Regional Food bank of Northeastern New York. Soldiers packed the UH-60s full of food and bottled drinks and sent them on their way.

Fly: UAS maintains proficiency, battlefield capability

Continued from Page B1

a screen with two toggles on either side to control the airplane.

"If you can play Xbox, you can fly a Raven," said Spc. Benjamin Halbert, an infantryman

with D Co., 1st Bn., 325th AIR.

The Raven can fit into a rucksack and is meant to be carried on patrol with the Soldiers. It features real-time surveillance capabilities. The camera can be switched out for use at night. This Raven is a compact tool to

enhance situational awareness of a team of Soldiers on the battlefield.

These Soldiers went through three weeks of training at Fort Benning, Ga., last January.

"The training was good at the school," said Clark. "The in-

structors provided ample time to work with the equipment so that we became proficient on the Raven."

The Soldiers regularly train with equipment such as the Raven to hone their skills and stay flexible so they are prepared

for any mission.

The paratroopers will come out to Camp Fallujah once a week to train on the equipment, said Grant.

"The intent is to maintain proficiency and the capability," he said.



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Story on Page C3

COMMUNITY

VOL. 61 ■ NO. 36

ARMY FORT RUCKER.COM

SEPTEMBER 8, 2011

NATIONAL HISPANIC HERITAGE MONTH

EO, AAFES events honor Hispanic heritage

BY ERIN MURRAY
Army Flier Staff Writer

The Fort Rucker Post Exchange and the Military Equal Opportunity Office host events in September and October in observance of national Hispanic Heritage Month.

Recognizing Hispanic heritage is important for the Army, explained Sgt. 1st Class Paula Bair, 1st Aviation Brigade equal opportunity adviser.

"These events educate civilians, Soldiers and Family members on different backgrounds and ethnic groups within our organization. Hispanic people are a large ethnic group within the Army, and a large part of Army culture," she said.

The kickoff event at the Post exchange will be a three day event complete with Hispanic food, dancing and activities, said Susie Antonello, exchange visual marketing supervisor. The three day event will be a kick-off Sept. 16, children's fiesta Sept. 17 and the exhibition finale on Sept. 23.

"There will be plenty of food, traditional and contemporary dancing, amazing cultural displays, infectious music and a wide variety of excitement for guests to come out and experience," said Christina Caldwell, visual merchandiser for the PX.

The highlight of the event is always the food from Mexico, Puerto Rico, Cuba, Venezuela and the Caribbean Islands, said Antonello. She hopes every guest will get to sample these cuisines for free and maybe learn about a restaurant they might have been nervous about trying.

"The food is definitely an experience. You can try food from many different countries," she said.

After the kickoff, the Fort Rucker Physical Fitness Facility and EO will



PHOTO BY RUSSELL SELLERS

Marta Trevathan, dance and Zumba instructor here, teaches post exchange patrons a few dance moves during the Hispanic Heritage Month kick-off event last year.

host a gate-to-gate run Oct. 1. This annual run has always had a high turnout, explained Bair, and is a Family event as well as a challenge for runners.

"It's definitely about endurance at over 4.1 miles. Start training now," said Bair.

Additionally, EO will host an all-ages soccer tournament Oct. 8 and a Hispanic themed luncheon at both Fort Rucker dining facilities on Oct. 12. The entire community is invited to attend these events for Family-friendly fun, said Bair.

"These [events] are a great opportunity

for the community to learn more about the Hispanic culture in a fun and relaxing environment. It is also helps all of us embrace the diversity of our community," Antonello said.

For more information on Hispanic Heritage Month events, call 255-9878 or contact your EO representative.

Oktoberfest celebrates German culture — Rucker style

BY ERIN MURRAY
Army Flier Staff Writer



Fort Rucker residents get to experience German culture and heritage without having to leave post at the Fort Rucker Directorate of Family, Morale, Welfare and Recreation ninth annual Oktoberfest Sept. 23, 4:30 p.m. at the post's Festival Fields.

DFMWR hosts Oktoberfest as a way to not only recognize German heritage, but also to give those who have been stationed in Germany a chance to be nostalgic, explained Kimberly Abeln, DFMWR annual events coordinator.

"Many of our Soldiers and their Families have been stationed in Germany and this is a great way to strengthen the partnership our countries share. It also allows those who have not been to Germany to experience some of their great musical and culinary contributions to the world," she said.

This year's Oktoberfest will have many familiar highlights from previous years, including live music, multiple vendors and German-inspired events and competitions.

The entertainment for the evening will be Sonnenschein Express, a German musical group

from Orlando, Fla. The group will be return to Fort Rucker for the fourth time. Previous Oktoberfest guests have been entertained by the groups traditional Alpine folk act that includes traditional instruments and crowd participation.

"The audience also loves the cow bells and yodeling the band members are so good at. Sonnenschein Express is known to get people out of their chairs and onto the dance floor," said Abeln.

Vendors will offer German food as well as American fair-favorites such as fried Oreos and frozen sweet tea, as well as arts and crafts items. There will also be many events offered for children and adults. Some of these events include barrel rolling, pumpkin painting, pony rides and a giant boxing ring. Abeln added that there are two exciting new events this year.

"The Barrel Rolling challenge is where contestants roll an empty keg as fast as they can in and out of cones and back to the start line. If you skip a cone or knock a cone over, you have to start at the beginning. Don't Spill Your Mug is where each contestant has filled mugs in each hand and they race through cones trying to spill as little as possible," said Abeln.

On Post

YOUR WEEKLY GUIDE TO FORT RUCKER EVENTS , SERVICES AND ACTIVITIES

Music Under the Alabama Stars

The 98th Army “Silver Wings” Band will perform its second Music Under the Alabama Stars concert Sept. 16 at 6:30 p.m. at Fort Rucker’s Howze Field.

Maj. Gen. Anthony G. Crutchfield, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, invites everyone to attend, and bring along their lawn chairs, blankets, Families and friends.

CIF closure

The Fort Rucker Central Issue Facility will close for inventory Sept. 26-30. For more information, call James Jackson at 255-9573 or Phyllis Keith at 255-1095.

Be a star

The Army Substance Abuse Program is looking for volunteers to help with a theatrical presentation it is planning as part of Suicide Prevention Month. ASAP welcomes all Soldiers, civilians and Family members to volunteer as members of the cast and also as backstage hands. No experience is necessary. The shows will be performed Sept. 26 and 28.

For more information, call Linda Pappas at 255-7806.

Lost and found

The Fort Rucker Directorate of Public Safety reminds the community that it operates a lost and found section to reunite people with lost property. People who’ve recently lost or had items taken on post should contact the Community Police Station at 255-2222, or stop by the station located in Bldg. 5001 on Luck Star Road, to see if the item is at the lost and found.

The lost and found section currently has items such as bikes and jewelry that need to be returned to their owners.

Employer day

The Fort Rucker Army Career and Alumni Program Center hosts an em-

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for the following
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E-mail submissions
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jhughes@armyflyer.com.

ployer day for the Alabama Department of Corrections, AFS, PEMCO World Air Services and MED-TRANS Sept. 16 from 10 a.m. to 2 p.m. in Bldg. 5700 in the second floor break room. Active duty Soldiers, veterans and Family members are invited attend the event to network with these military-friendly companies.

ACAP will host another employer day for Air Evac Lifeteam Sept. 21 from 10 a.m. to 2 p.m. in Bldg. 5700 in the second floor break room.

For more information, call Bryan Tharpe at 255-3932.

PWOC turns 50

The Protestant Women of the Chapel hosts a special program commemorating the 50th anniversary of PWOC at Fort Rucker Tuesday from 9-11:30 a.m. at Wings Chapel on Andrews Avenue, Bldg. 6036. Child-care is provided on site.

Additionally, every Tuesday, PWOC hosts a morning Bible study from 9-11:30 a.m. and a night Bible study from 6-8 p.m. at Wings Chapel, also with childcare provided on site.

For more information, send an email to rucker@pwoc.org or call 255-9995.

Child and Family Find Campaign

Exceptional Family Member Program staff members are in the process of identifying active duty military Families with special needs. Special needs can include physical, intellectual, developmental delays, emotional impairments that require special treatment, therapy, education, training or counseling. Enrollment allows the assignment manager at Army personnel agencies to consider the documented medical and special needs of EFMs in the assignment

process. For more information, call 255-9277.

FRG Forum

The Family Readiness Group Forum takes place today from 8-11 a.m. in Bldg. 8950. The forum gives FRG leaders Fort Rucker-specific information to promote the success of their groups. Planned topics include: proper food handling, fundraising information and rules, child care for FRG meetings and activities, volunteer recognition an interactive session on planning an FRG meeting.

For more information, call Curtis L. Williams at 255-9578.

BOSS Fishing Hearts Apart/SOS

Better Opportunities for Single Soldiers’ fourth annual Hearts Apart and Survivor Outreach day of fishing for Hearts Apart members and SOS is Saturday from 9-11:30 a.m. at Buckhorn Lake.

The event gives single Soldiers the opportunity to mentor and lend a helping hand to the children of deployed or deceased service members from the ages of 3 to 18.

Soldiers or Family members that would like to volunteer and/or mentor from 7:30 a.m. to 1 p.m. are asked to sign up by calling 379-4594 or 255-9810.

Divorce/Separation Co-Parenting Workshop

Army Community Service’s Family Advocacy Program holds a Divorce/Separation Co-Parenting Workshop Monday and Sept. 19 from 9 a.m. to noon at the Early Childhood Activity Center.

Topics include commitment to staying child focused, effective communication and negotiation skills, reducing parental conflict, and understanding children’s needs during and following divorce. This workshop is a two-part series.

Participants must attend all classes in order to receive a certificate of completion. Registration is required. The workshop is

open to active duty, retired military, civilian employees and Family.

For more information, call 255-3898.

Character Dining featuring Kiddy Karaoke

The Landing Zone’s Tuesday Character Dining will feature Kiddy Karaoke with DJ Dave Tuesday from 5-7 p.m. Children can enjoy free balloons and a children’s buffet. There is a limit of two free children’s meals per adult entrée purchase. The event is open to the public.

For more, call 598-8025.

Using Credit Wisely

The financial readiness program hosts a Using Credit Wisely program Wednesday from 11:30 a.m. to 12:30 p.m. in Bldg. 5700, Rm. 284. Topics of discussion include proper use of mortgages, auto loans and credit cards, and also credit histories, credit scores, and the best ways to improve credit scores and negotiate with creditors about derogatory entries on credit reports.

For more information, call 255-9631 or 255-2887.

DFMWR Spotlight

Experience
The Landing Zone's
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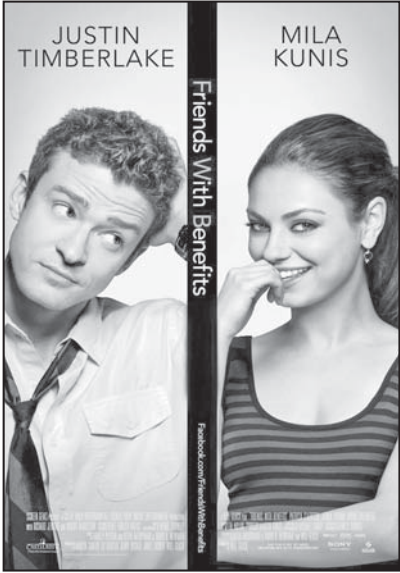
PHOTO BY ERIN MURRAY

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Meet Penny, a 10-month-old female mix breed. She is very sweet. It costs \$81 to adopt her, which includes spaying, a microchip and heartworm testing. It costs \$81 to adopt Penny and other animals at the facility, which includes all up-to-date shots, 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/ftruckerstrayfacility/> for constant updates on the newest animals available for adoption.

FORT RUCKER Movie Schedule for September 8 - 11

See you at the movies



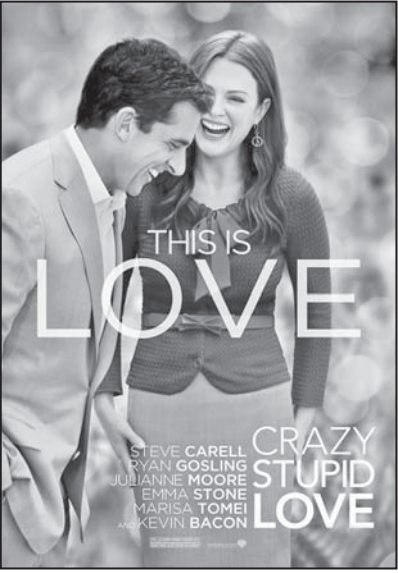
THURSDAY, SEPT. 8

Friends with Benefits (R) 7 p.m.



FRIDAY, SEPT. 9 & SATURDAY, SEPT. 10

Captain America: The First Avenger (PG-13) 7 p.m.



SUNDAY, SEPT. 11

Crazy Stupid Love (PG-13) 7 p.m.

TRICARE portability reduces moving stress

BY TERRI MOON CRONK
American Forces Press Service

WASHINGTON — With a single phone call, service-member and Family beneficiaries under TRICARE Prime can arrive at a new duty station, confident their medical records and prescriptions were transferred and new doctors were lined up for them in advance, a top TRICARE official said.

TRICARE's "Moving Made Easy" option takes some of the stress out of moving, Navy Rear Adm. (Dr.) Christine Hunter, TRICARE Management Activity deputy director, said in an Aug. 26 interview.

And beneficiaries don't have to worry about a gap in their coverage, she added.

Servicemembers and their Families can make the transfer call prior to moving, during the move, or after they've arrived, Hunter said.

Telephone numbers to transfer TRICARE information and find new health care providers are listed by region and overseas at www.tricare.mil.



"This was an initiative of [former Defense Secretary Robert M.] Gates who, like [First Lady Michelle] Obama and our leadership chain, were very worried about the stresses of moving on our military Families," Hunter said. "They have a lot to do and a short time frame in which to

do it."

Based on moves made this summer by active duty troops and their Families, TRICARE has racked up 6,000 calls per week to transfer enrollments, Hunter said.

Limited to active duty servicemembers and their Families for now, Hunter said the

program's popularity could allow for expansion.

Feedback from users of the program say it's much more efficient than the former, more complicated system, Hunter said.

"It takes more people on the phones to do it this way, but our contractors feel it's

more efficient, because there are no missed signals," she said. "Families leave with a completed enrollment, they know where they're going, and they're happy."

"All of these things make the interaction more personal and more satisfying for the troops," Hunter added.

TRICARE beneficiaries save on prescription delivery, vaccines

BY TERRI MOON CRONK
American Forces Press Service

WASHINGTON — Beneficiaries of the TRICARE military health plan can obtain 90 days of home-delivered medication with no copayment and can get free vaccinations at participating pharmacies without seeing a doctor.

These measures can make life a bit simpler for beneficiaries of the military health plan, Navy Rear Adm. (Dr.) Christine Hunter, TRICARE Management Activity's deputy director, said in an Aug. 26 interview.

"We're trying to encourage people to use TRICARE's home delivery for a 90-day supply of generic medication, because by Oct. 1, there will be no copay," she said.

Many people get their prescriptions filled at military treatment facilities, which remains "our preferred place for

people to go," Hunter said. No changes exist in the cost of prescriptions from military hospital pharmacies, she said. Some 70 percent of TRICARE beneficiaries obtain generic medications, and those kinds of medications will be home-delivered in a 90-day supply at no copayment, Hunter said.

For beneficiaries who use TRICARE pharmacies, however, the retail cost of generic medications will increase from \$3 to \$5 for a 30-day supply, Hunter said, and brand-name medications will increase from \$9 to \$12 for a 30-day supply.

According to TRICARE's website, DOD established a uniform list of covered brand-name and generic drugs, as well as a third tier of drugs designated as "non-formulary." Prescriptions for non-formulary medications can be dispensed, but at higher cost to beneficia-

ries, unless the provider can establish medical necessity.

Hunter said a one-month supply of a non-formulary medication will cost \$25 at a TRICARE pharmacy. "So, it's always better to use TRICARE home delivery for any chronic medications," she said.

Hunter suggested that people use home delivery "when they know they can tolerate a new medication, know they're going to be on it awhile, or it's something they've been taking."

The home delivery plan saves time and money for beneficiaries, and the government also benefits from the savings, Hunter noted.

"When you get your medications through TRICARE home delivery, the government gets a volume discount," she explained. "And it's cheaper for our beneficiaries, because they get a 90-day supply for zero

copay."

TRICARE's mail orders for prescriptions grew by about 10 percent in 2010, the admiral said. At the same time, she added, retail growth decreased about 3.9 percent, producing a medication savings of \$30 million, and people received their medications more conveniently at home.

In addition to prescription home-delivery savings, Hunter said, TRICARE offers beneficiaries seasonal flu shots, school vaccinations and other immunizations.

Beneficiaries can get most of their vaccinations from participating TRICARE pharmacies, eliminating the need to schedule clinic appointments, Hunter said.

"It's also a great time to update your Family [vaccine] checklist so you keep everyone healthy," Hunter said.

Many schools require

an update on vaccines and immunizations before children return to school, she noted. Parents typically look at a tetanus booster and other immunizations for their children, she said, and the meningococcal vaccine for children going off to college. People who plan to travel might consider a hepatitis vaccine, she added.

"Flu shots are recommended for just about everybody these days, and are available at our TRICARE pharmacies," Hunter said. "But what people might not know is the pertussis [whooping cough] vaccine is recommended for more and more adults, especially for those with small children."

In the past year or so, Hunter and her staff began to make a limited number of vaccines available at TRICARE pharmacies for flu shots, the influenza A [subtype H1N1] virus, and the

pneumonia vaccine. TRICARE provided 300,000 vaccines that first year, she said, and the program has expanded to all immunizations normally covered under the TRICARE preventive medicine benefit with no copayment.

Some limitations exist, Hunter noted. Pharmacy participation varies, some facilities stock only certain vaccines, and some don't immunize children. Others provide vaccinations only on certain days and times, she explained.

"Call ahead to make sure they have the vaccine, and if someone's there to give it," Hunter said. "There is no copay. It is part of TRICARE's preventive care, and we want people to be able to get it conveniently and easily."

The admiral also suggested going to TRICARE's website to find participating pharmacies by area.

Religious Services

HEADQUARTERS CHAPEL (BLDG 109)
- Multi-Cultural Worship Service, 8:00 a.m., Sunday.

MAIN POST CHAPEL (BLDG 8940)
• Catholic Confessions, 4:00 p.m., Saturday.
• Catholic Mass, 5:00 p.m., Saturday.
• Catholic Mass, 9:30 a.m., Sunday.
• Liturgical Service, 8:00 a.m., Sunday.
• General Protestant, 11:00 a.m., Sunday.

WINGS CHAPEL (BLDG 6036)
• Contemporary Protestant Service, 9:00 a.m. & 11:00 a.m., Sunday.

SPIRITUAL LIFE CENTER (BLDG 8939)
• Protestant Sunday School, 9:30 a.m., Sunday.
• CCD (except during summer months), 10:45 a.m., Sunday.

ADULTS GROUPS

• Protestant Women of the Chapel (PWOC) meets every Tuesday at 9:00 a.m. at Wings Chapel.

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Navy captain leads ‘Joining Forces’

BY ELAINE SANCHEZ
American Forces Press Service

Navy Capt. Brad Cooper seemed at ease seated in an ornate room in the White House’s East Wing, surrounded by memorabilia from past events. He gazed at a wooden rack of military coins across the room, taking a moment to contemplate my question about his mission there.

Cooper recently became the executive director of the White House’s “Joining Forces” campaign, a military Family support initiative led by First Lady Michelle Obama and Dr. Jill Biden, wife of Vice President Joe Biden. This nationwide campaign calls on all sectors of society — from businesses and communities to non-profit organizations and individuals — to rally in support of troops, veterans and their Families.

His mission, he told me, is to help build a bridge between military Families and the people seeking to support them. And like the first lady and Dr. Biden, he’s passionate about building this support, he said.

“I want to focus on the extraordinary [nature] of military Families and veterans who have been asked to do a lot over the course of a decade of war,” he said, “and bridge that with the extraordinary capacity of the nation to lend a hand.”

This is more than just a job; it’s personal, Cooper said.

With 10 deployments and 27 moves over the course of his own and his father’s Army career, he said, he’s more than familiar with the challenges military Families face. His two children have attended 10 different schools. And he frequently asks his wife, his high school sweetheart, for the military spouse perspective.



PHOTO BY LINDA HOSEK

Navy Capt. Bradley Cooper discusses his role as the new executive director of the Joining Forces military Family support campaign during an interview with American Forces Press Service at the White House, Aug. 25.

He’s confident Joining Forces can help ease some of the challenges military Families face, he said, from the frequent deployments and moves to education and employment challenges.

The first lady and Dr. Biden already have made inroads to that end, the captain said. Companies have stepped up to hire spouses and veterans, and the Chamber of Commerce is hosting spouse and veteran career fairs across the nation.

Cooper said he also recently met with the Council of Governors, and they identified three issues in which states can make a difference: professional licensing for spouses, the Interstate Compact on Educational Opportunity for Military Children, and job credentialing for transi-

tioning service members.

The council committed unanimously to doing everything it could to move those pieces forward, he said.

Along with leaders and companies, I asked Cooper how individuals can help.

He responded with a quote from the first lady:

“Do what you do best.” Business owners can hire military spouses, universities can connect with veterans, and individuals can help by mowing a lawn or watching a military parent’s kids, he said. “It’s a pretty broad spectrum, and in between are thousands of opportunities.”

While they may not

know exactly how, Cooper said, it’s evident people want to help. He cited the huge success of the Operation Honor Cards program, which encourages people to volunteer for community service to honor the service of military Families. In just a few months, people have pledged nearly 7 million

hours and served nearly 3.5 million hours. The goal, he noted, was 2.5 million.

The first lady often says everyone can do something, Cooper said.

“What that is, in doing something, is the bridge that needs to get built,” he said. “And the great piece is it’s our bridge to build.”

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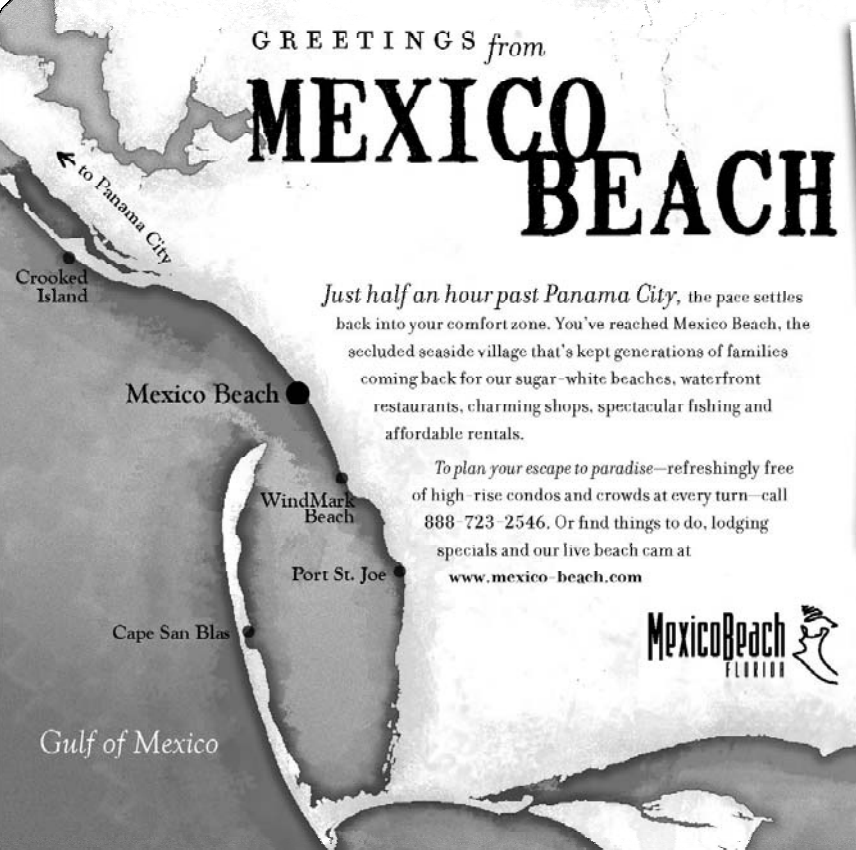
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Battle buddies for life

BY TONYA FOGG YOUNG
Stuttgart, Germany

Watching his comrade mature from a green, inexperienced recruit to an accomplished veteran has been one of the highlights of Sgt. 1st Class Richard Cooke Jr.'s 22-year Army career.

But helping Rocky transition from a nearly eight-year "active duty" career as a military working dog to a Family pet promises to be even more fulfilling for Cooke and his Family, who recently adopted the "retiree."

"He's gone from always being in an Army kennel facility to a house," said Cooke, first sergeant for U.S. Army Garrison Stuttgart Headquarters, Headquarters Company. "He now has free roam of the house and the whole yard."

Cooke was first paired with Rocky — then a year-old pup — when he was a land mine detection dog handler and search supervisor for an engineer detachment out of Fort Leonard Wood, Mo.

"At the end of the day, when I needed motivation and to get my mind off things, I would play with him, and the problems would melt away," said Cooke, reflecting on the pair's eight-month deployment to Afghanistan during their two years of working together from 2004 to 2006.

A job change for Cooke parted the pair, but even after rotating to USAG Stuttgart in 2007, Cooke said he would occasionally touch base with his former unit back in Missouri to check in on Rocky.

Cooke learned about six months ago that the dog's failing vision was bringing his career to an end and that he was under review for possible adoption. Cooke flew back to the States in August to make the Belgian Malinois part of his Family.

"I had expressed to his handler, the unit and other Soldiers that if the opportunity to adopt Rocky came up, I would be interested," Cooke said. "It was heart-breaking to work with him for so long and then to see him go with someone else, even though I was happy with the handler he was going to."

The Robby Law, enacted in 2000, allows Military Working Dogs, or MWDs, to be adopted following completion of their military careers.

Officials say that most MWDs serve long, useful careers, working for the Department of Defense for at least 10-12 years.

Dogs nearing the end of their military careers are carefully screened for their potential to be adopted as pets or transferred to other government law enforcement agencies, according to the Department of Defense Military Working Dog Program website. The program runs out of Lackland Air Force Base in San Antonio, Texas.

When military working dogs' fitness or age keeps them from begin considered for civilian law enforcement duties, more than 90 percent are adopted by their handlers at field units, officials say.

Most of the dogs that become available for adoption at Lackland Air Force Base, however, are relatively young dogs that have failed to meet training standards, according to the website.

Others are older dogs

that have completed their service. Still others are medically retired from service due because of an injury or sickness that will preclude them from performing the mission.

Officials say more than 1,000 MWD adoption applications are processed each year.

Once an appointment is made to meet a dog, prospective adopters can expect to make at least two visits. The first visit is spent reviewing the application and greeting the dog. Once the dog is selected, it has to be prepared for adoption, which includes a referral to the veterinary clinic for a departure physical. Then, after signing a legally binding contract that transfers the dog from the Defense Department to its owner, adopters are free to take their new Family members home.

"When we first reunited, Rocky showed little interest or recognition of me because his handler was there," Cooke said of his reunion with Rocky in Fort Leonard Wood for the adoption.

"When I sat down on the floor, he cautiously came up to me and smelled me. But then he finally recognized me, it clicked, and he went hyperactive."

While the Cooke Family was excited about the prospect of adopting Rocky, they admitted that there was some apprehension about adding to their Family of two children and three cats.

Cooke took a week of leave from work to acclimate Rocky to their house and the other pets. Cooke's wife Renate said she was concerned about how Rocky would fit in, having always lived in a kennel instead of a home.

"I wasn't sure how he would fit in, but things have been great," she said. "He's one of the Family members, like the cats are, now. He's such a sweet dog."

Daughter Kimberly Cooke, 15, laughed as she said she wondered whether Rocky would get along with cat Sasha, who she described as "22 pounds of pure attitude." However, Sasha wasted no time "putting Rocky in his place," she said.

"He's such a great dog, and I know it makes my dad happy to have him," said Kimberly, a sophomore at Patch High School. "Things are different because before, Rocky was like a Family friend, but not truly part of the Family. But now, I don't know what it would be like without him."

Kimberly said that several of her close friends know that Rocky is a former military working dog, but don't really understand what that means.

"People have a fear that they're attack dogs," Richard Cooke said. "But that's not the case. So many dogs could go to great homes, but people are unaware that the adoption program exists or that many are not attack trained. They're really carefully assessed and very safe to adopt."

The adoption screening process includes a medical exam and an assessment of the dog's temperament. Potential owners are also screened by the military working dog unit commander.

Renate Cooke described Rocky as "high-energy, but mellow in character."

Son Jesse Cooke, 12, said that he really likes having an older dog. "He's not like



PHOTO BY TANYA FOGG YOUNG

Sgt. 1st Class Richard Cooke, first sergeant for U.S. Army Garrison Stuttgart Headquarters, Headquarters Company, plays tug-of-war with Rocky, a retired military working dog that Cooke adopted last month as a Family pet. Cooke was Rocky's handler in 2004-2006, and they deployed to Afghanistan together. Now, they're still a pair in a new phase of Rocky's life.

a six-month-old puppy — he always listens," he said. "He's very obedient. It's great having him around."

Still, there are challenges in having Rocky as a pet. The Family avoids walking him in the evening because of his vision problems, and they try to always make sure there's ample lighting for him to see by, especially on the stairs.

Everyone follows Richard Cooke's lead on how he corrects and rewards Rocky because of their history together.

"It's really rewarding to see him grow from a pup one year of age — fresh and green — to an ac-

complished veteran who has done amazing things for our country and the overall mission in Afghanistan," Cooke said. "It's like watching a kid grow up and do great things."

But Richard and Renate Cooke agree that the chapter of Rocky's life with the military is closed and he is now getting some much-deserved rest.

"I feel like we're giving him a type of retirement home," Renate Cooke said. "He's not under the constant stress of working and deploying anymore."

Richard Cooke echoed his wife's sentiments. "I just want to give him the best and fullest life I can."

How to adopt a military working dog

- The adoption process starts when an interested Family sends an application request to MWD.Adoptions@us.af.mil. Once the completed application is submitted, it will be kept on file by the date of receipt. The current wait to adopt a retired military working dog is currently 12 to 18 months.
- Priority is given first to civilian law enforcement agencies, then to prior handlers, and finally to the general

public.

- All adopted dogs are required to be neutered or spayed.
- Adopted MWDs must not be used for illegal purposes, police- or security-related activities, private business activities, substance detection or sold to anyone with the intent of doing any of the previously mentioned things.
- The cost to adopt a MWD is free; however, owners are responsible for their transportation costs.

For more information, e-mail MWD.Adoptions@us.af.mil.

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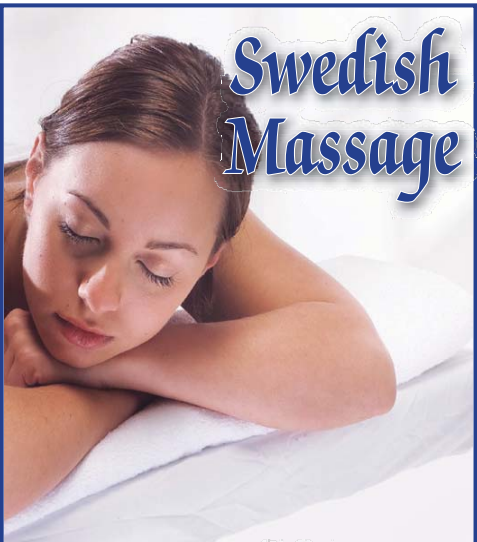
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DALEVILLE

ONGOING — The Fort Rucker chapter of the Vietnam Helicopter Pilots Association meets the first Wednesday of each month at 7 p.m. Meetings are in the Daleville VFW Post Ballroom.

ONGOING — Daleville Chamber of Commerce meets the second Wednesday of each month at 11 a.m. at the Chamber of Commerce office in the Daleville Cultural and Convention Center. For more information, call 598-6331.

DOTHAN

ONGOING — The Wiregrass Museum of Art hosts a free Family Day the first Saturday of every month from 10:30-11:30 a.m.

The workshops are designed for elementary-age children and Families. All supplies are provided. For more information, visit <http://wiregrassmuseum.com>.

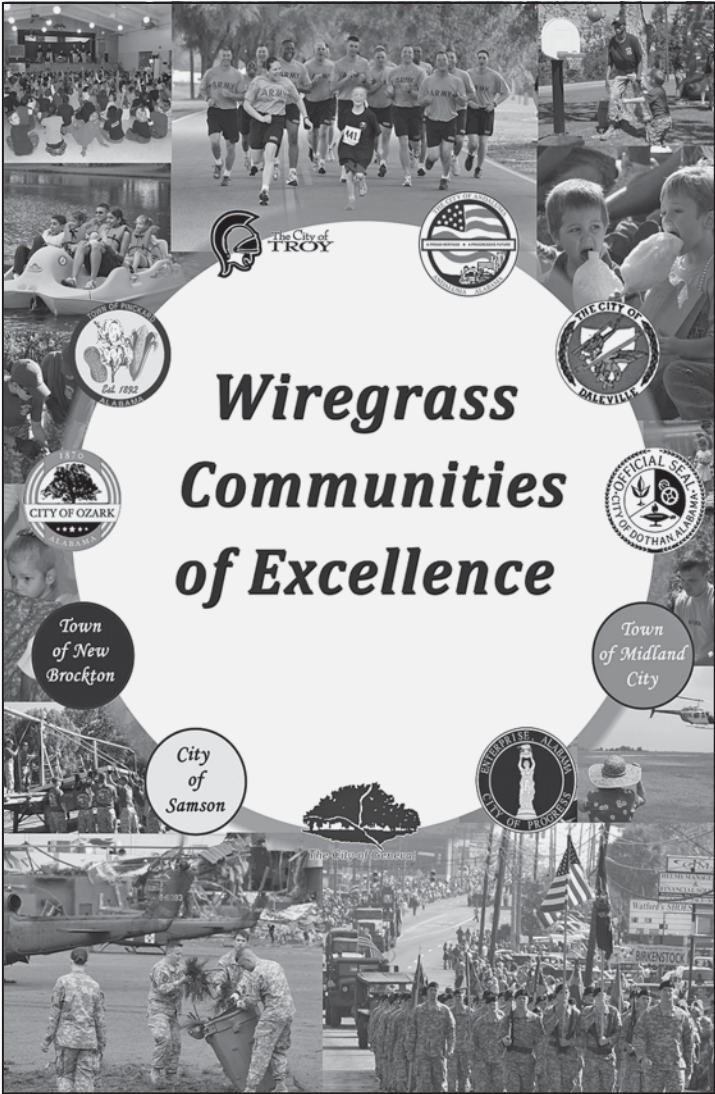
ONGOING — Daleville Chamber of Commerce meets the second Wednesday of each month at 11 a.m. at the Chamber of Commerce office in the Daleville Cultural and Convention Center. For more information, call 598-6331.

ENTERPRISE

TODAY — Disabled American Veterans Enterprise-Coffee County Chapter 9 membership meeting is 6 p.m. at 115 East Lee Street (First Baptist Church, Baptist Center). A meal with cost share to members of \$5 will be served. For more information, call 473-4373. \$\$\$

SEP. 24 — Enterprise Aviation Expo is 9 a.m. to 4 p.m. at the Enterprise Municipal Airport. Admission is \$5, free for children 12 and under. There are still several slots open for food and craft vendors as well as event sponsors. For more information, call Tara Emnett at 348-2603 or email Tarae1@cityofenterprise.net. \$\$\$

ONGOING — Veterans of Foreign Wars Post 6683, John Wiley Brock Post membership meetings are at the post headquarters, located on County Road



537, every third Tuesday of the month at 6:30 p.m.

For more information, call Connie Hudson at 406-3077, Randy Black at 389-0738 or Bob Cooper 347-7076, or visit the Veterans of Foreign Wars 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 — Adult education classes are offered in Rm. 12 at New Brockton High School, 210 South Tyler St., Mondays and Wednesdays from 6-9 p.m. All

classes are free for individuals 16 years old or older who are not enrolled in public school.

Individuals must take an assessment test prior to attending class. Call 894-2350 for more information.

OZARK

NOW THROUGH SEPT. 23 — The Dale County Council of Arts and Humanities hosts the 11th annual Regional Juried Art Exhibition at the Ann Rudd Art Center/Dowling Museum.

The council is now accepting entries from artists who wish to participate. Contestants are allowed three entries, with the first entry costing \$25 and \$5 for each additional entry.

All entries must be submitted at the Rudd Art Center by 4 p.m. Saturday. An open reception and award presentation will be held Saturday from 7-9 p.m. For more information, visit www.ruddartcenter.org. \$\$\$

NOW THROUGH SEPT. 30 — Men and women, boys and girls (5 years of age and older) are invited to apply to be models for the Fashion Revival show in Ozark on March 31, 2012.

more information, visit <http://desotocavernspark.com>.

Athens Cruise In

Downtown Athens hosts its monthly antique vehicle Cruise In and swap meet the first Saturday every month until October from 3-9 p.m.

Stores and restaurants stay open late and a DJ will play oldies at this free Family-friendly event.

For more information, call (256) 603-1227 or visit <http://www.athens-plus.com>.

Bruce Phillips "Different Perspectives" Exhibit

Troy University's Rosa Parks Museum showcases the work of Tuskegee University professor and artist Bruce Phillips until Oct. 14 in the museum's exhibit hall.

A lecture on the work will be held Saturday at 11 a.m.

The museum is free and open 9 a.m. to 5 p.m. Monday-Friday and 9 a.m. to 3 p.m. on Saturday.

For more information call curator, Viola Moten at 241-8701.

Main Street Alexander City Farmer's Market

Local growers will exhibit and sell

Applications are available at the Dale County Salvation Army Family Store at Martindale Plaza, the Ozark-Dale County Humane Society's "New Leash on Life" Thrift Shop on South Union Avenue. This fundraiser fashion show will benefit both these organizations.

Applications should include a full body photo and must be received at the Salvation Army Family Store, or the "New Leash on Life" Thrift Shop by Sept. 30.

Applicants will be reviewed by a panel and those selected will be notified by Nov. 30.

ONGOING — Dale County Council of Arts and Humanities is looking for artists to participate in its Back Street Art at Claybank Jamboree outdoor art show.

In conjunction with the Ozark Chamber of Commerce and the Potting Shed, the Back Street Art show is the first outdoor art show held at annual Claybank celebration in many years.

This show will be juried and cash awards will be presented the day of the show.

For more information and an entry form, visit www.ruddartcenter.org. Complete the entry form and return the last page to: backstreetart2011@gmail.com or mail to DCCAH, ATTN: Back Street Art, 144 E. Broad St., Ozark AL 36360.

Entry fee and form must be received not later than Wednesday. Call Denise Reyes at 618-3006 with questions or for more information.

For more information, call 445-3070.

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 — The Samson City Council meets monthly on the first and third Tuesdays at 5:30 p.m. at the Samson Community Center.

ONGOING — American Legion Post 78 meets monthly on the second Tuesdays 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.

\$\$\$ indicates a charge for the event

Beyond Briefs

Community fair

Everyone is invited to enjoy a day of fun, food and shopping at the community fair Saturday in Arab City, Ala., at 9 a.m. There will also be Civil War reenactments, demonstrations of camp life and cooking, old-time gospel and Civil War songs in the old Rice Church and various tours and demonstrations. For more information, call (256) 586-5646.

Art on the Square

Visit the Limestone County Courthouse grounds for the Art on the Square festival Saturday from 10 a.m. to 4 p.m. in Athens. Visitors can purchase original art and meet artists at this annual event. There will be approximately 50 visual artists including painters, sculptors, metal artists, photographers, ceramicists, fiber artists, jewelry artists, mixed media artists, and more. For more information, visit <http://www.aots-athens.com>.

Nature programs at Oak Mountain State Park

Oak Mountain State Park in Pelham hosts nature programs that cover vari-

ous topics. Join the naturalist for a walk at the lake trail Sept. 17 at 10 a.m.

Then, spend the day enjoying over 50 miles of hiking, biking and equestrian trails and the 9,940-acre park.

Admission to Oak Mountain State Park is \$3 for adults and \$1 for children and seniors. Nature programs are free with admission.

Historic Chattahoochee Commission supper

The Historic Chattahoochee Commission's annual supper meeting will be held Sept. 22 at Lakepoint Resort and Lodge in Eufaula.

Chris Abbott, assistant regional manager for partnerships for the National Park Service southeast region, will be the guest speaker.

The HCC is charged with promoting heritage tourism, history education and historic preservation.

For more information, call (877) 766-2443.

Grandparent's Day at Desoto Caverns

Grandchildren are encouraged to bring their grandparents to Desoto Caverns National Park for a free tour on Grandparent's Day Sept. 24. Two grandparents per child are eligible for this free tour of the scenic caverns. For

their fruits, vegetables, plants, specialty products and baked goods at the Broad Street Shopping Plaza in Alexander City on Saturdays now through Oct. 28, from 7-11:30 a.m.

For more information, call (256) 329-9227 or www.mainstreetac.org.

Eclectic Trade Days Second Saturday

Local vendors will sell antiques, artwork, clothing, baked goods, and farm fresh produce on the second Saturday of every month through December at The Warehouse in Eclectic from 7 a.m. to 4 p.m.

Throughout the day, activities such as music, contests, educational displays and Family activities will accompany the trading. For more information, call 541-2148.

German Sausage Festival

Visit Elberta Town Park for the biannual German Sausage Festival Oct. 29 from 8 a.m. to 6 p.m.

This fundraiser benefits the Elberta Volunteer Fire Department. The fire department sells nearly 7,000 pounds of sausage and boasts nearly 30,000 visitors each festival.

For more information, call (251) 974-1510 or visit <http://sausagefest.elbertafire.com>.

Army looks to protect mental health of force

BY ELIZABETH COLLINS
Army News Service

Soldiers take care of Soldiers. Period.

It doesn't matter whether it's a commander or noncommissioned officer keeping an eye on a young specialist, or two battle buddies watching out for each other. It doesn't matter if it's carrying a wounded comrade off a battlefield, or making sure a traumatized warrior gets the help he or she needs.

And that means that, "suicide prevention fits into what they do every day," said Col. Rebecca Porter, a clinical psychologist and chief of the Behavioral Health Division at the Office of the Surgeon General, especially because research shows that the earlier someone gets help, the better his or her chances of healing.

The Army suicide rate — despite programs and training in place and senior leader efforts to reduce the stigma associated with seeking behavioral health care — has left many officials

scratching their heads and asking, "Why?"

Porter believes that when the Centers for Disease Control and Prevention next releases the national suicide statistics, those numbers will show an increase in suicides across America, not just the Army. 2010 active-duty suicides actually dropped for the first time in several years to 156, down from 162 in 2009. However, reserve-component suicides almost doubled from 80 to 145.

Despite the availability of programs and training, and tireless efforts to eliminate the stigma associated with seeking behavioral health care, the numbers indicate these aren't just Army issues, but national ones.

Some young Soldiers have reported receiving mixed signals from their junior leaders when it comes to going to behavioral health, but Porter believes those platoon- and company-level leaders are acting out a misguided attempt to protect their Soldiers.

SEE HEALTH, PAGE C8



PHOTO BY PVT. ZACHARY ZUBER

Capt. Elrico Hernandez, battalion physician assistant for 2nd Battalion, 3rd Infantry Regiment, 3rd Stryker Brigade Combat Team, 2nd Infantry Division, discusses a training scenario as part of a primary care behavioral health seminar. Medical care providers throughout United States Division-North, Iraq, are taking part in these seminars to improve mental health screening for Soldiers.



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IT'S BACK

Cutest Kids Contest

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You know you have the cutest kid! Now here's your chance to prove it!

Complete the entry form below & mail with a recent photo of your child. You can also visit www.cutestkidcontest.net to upload your photo or stop by the office & drop it off. Each child's photo will appear in a special section in the Dothan Eagle, 10-5-11, online and in an ad that will run every Tuesday & Thursday during the contest. Everybody will be able to vote for their favorite kid! There will be 13 winners, 12 of which will receive a month in the 2012 Cutest Kid Calendar and one lucky child will be placed on the cover & of course there will be PRIZES and they are **AWESOME!** For a complete list of & prizes rules please visit www.cutestkidcontest.net

Child's Name _____ Birthdate _____




Parent's Name _____

Address _____ City _____

State _____ Zip _____ Phone _____

Email _____

Thank you to our AWESOME sponsors!



Health: ‘We go for the least intrusive form of treatment’

Continued from Page C7

That’s not the message Army leaders want them to receive; however, they want to erase any stigma and eliminate even the best-intentioned obstacles to care.

Some senior leaders have themselves come forward after receiving behavioral health treatment. Maj.Gen.DavidBlackledge, the assistant deputy chief of staff, G-3/5/7, for Mobilization and Reserve Affairs, has undergone treatment for post-traumatic stress disorder. He started experiencing flashbacks and nightmares after he was injured during two deployments to Iraq. Porter said Blackledge came forward to show young Soldiers they had nothing to fear.

“I think that’s what’s really encouraging ... that the leadership ... has taken this on as a responsibility for looking out for Soldiers, and returning to what Vice Chief of Staff of the Army Gen. Peter W. Chiarelli’s task force report refers to as ‘the art of garrison leadership,’” Porter said.

While she and other

doctors mostly see cases of depression, substance abuse and anxiety disorders like PTSD in veterans, Porter said that all Soldiers should expect some changes following a deployment. Individuals can experience symptoms including difficulty sleeping, discomfort with crowds and hyper vigilance of their surroundings—all traits that help Soldiers stay alive in a war zone, and all normal reactions when readjusting to garrison or civilian life. Porter added that it’s common for these symptoms to last anywhere from six months to two years.

If something doesn’t feel right, however, she said Soldiers shouldn’t hesitate to talk to someone—whether it’s a primary care doctor, a chaplain or a behavioral health provider.

Sometimes they just need help learning relaxation techniques or suggestions to better manage stress, and early intervention could keep their symptoms from becoming full-blown disorders, Porter explained. For that reason, Soldiers should take their post-deployment

health assessments and reassessments seriously and be honest about what they are experiencing.

“It could just be that when you get back you don’t feel quite like you did before you left, whether...you feel angry or irritable, if you have a hard time relaxing or a hard time sleeping or if you’re just drinking more than you used to,” Porter explained. “Those are all things that, if you’re aware that it’s impacting your day-to-day life—whether it’s with your family or work, or if you just have concerns about it—then you should go and talk to somebody.”

To support Soldiers and their families, the Army has increased the number of behavioral health providers by 67 percent since 2007 (to 3,800). Additionally, it is standardizing programs service-wide under the Comprehensive Behavioral Health System of Care so all Soldiers—active duty, Guard and Reserve—will have the same experience.

The Army is also putting behavioral health providers closer to Soldiers, because, “If you see them at the dining facility in a nonclinical setting, then when you do need them, you’re willing to say, ‘I know Doc Porter and I’m going to talk to her about this,’” said Porter. Part of that effort involves assigning active-duty behavioral health professionals to brigade combat teams, so Soldiers can get to know them and they can keep an eye on Soldiers who need or are already receiving help.

To help Soldiers at remote bases without immediate access to a provider, the Army is also standardizing telebehavioral health and virtual behavioral health using video teleconferences, Porter said, explaining that the Northern and Pacific Medical Regions have been doing evaluations and psychotherapy remotely for several years. Some younger Soldiers, who are used to interact-

ing with their friends via the Internet, actually prefer it, and the results are comparable to face-to-face care, she added.

Similarly, TRICARE offers 24-hour, short-term counseling via the Internet and Skype through its Assistance Program, and servicemembers can confront their PTSD virtually in a 3-D video game-style format at the Department of Defense Virtual PTSD Experience. A free smart phone application is even available to help servicemembers and their families track their mental health. Once a Soldier begins seeing a behavioral health provider, that practitioner will work with him or her to decide the best course of treatment. That may be talk therapy or a combination of talk and drug therapy. It may

be at the provider’s office, at a daily, intensive outpatient treatment program or at an inpatient program. Army doctors will refer Soldiers to civilian facilities when there aren’t military or Department of Veterans Affairs programs nearby.

“It really depends on how the Soldier is able to function at work and at home,” Porter said. “We go for the least intrusive form of treatment that will still work for the Soldier. We’re not out there looking to hospitalize all the Soldiers when it would be more appropriate and just as effective to work with them on an outpatient basis.”

“If Soldiers can be honest so that we can talk with them and get an idea of what’s going on, then they’re more likely to have a good outcome.

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Staff members discuss the upcoming week in NFL, NCAA
Story on Page D3

SPORTS

VOL. 61 ■ NO. 36ARMYFLIER★COMSEPTEMBER 8, 2011

SPORTS SHORTS

ULTIMATE FRISBEE

Pick-up games every Wednesday and Friday morning at 6 a.m. behind the Fort Rucker Physical Fitness Facility on the soccer field. All skill levels and athletic abilities are welcome. Cleats and water are highly recommended. For more information, call 255-0870.

SCUBA COURSE

The Fort Rucker Aquarians Dive Club sponsors a SCUBA certification course beginning Monday. The first class will meet at the Fort Rucker Physical Fitness Center indoor pool at 6:30 p.m. After the first class, the course meets Monday and Wednesday nights for no less than six weeks and no more than seven weeks dependent on weather. One weekend is required at the end of the course to complete open water training in the Gulf of Mexico. For more information, call 774-3483 or 347-6936.

SILVER WINGS CLUB CHAMPIONSHIP

The SWGC club championship is Saturday and Sunday. Tee Times are from 7-9 a.m. with a 45-hole Individual Stroke Play. Entry fee is \$45, plus cart fees, unless walking. All participants must register by noon today. Sign-up sheet located in the golf shop. Gift certificates will be awarded to gross and net winners. Lunch will be provided Sunday following play. For more information, call 598-2449.

BOWLING INTRAMURALS

Fall Intramurals begin Tuesday at 6:30 p.m. There will be a one-time fee of \$10 to cover buffet the last night of league play. All active duty military personnel, members of the reserve component and their families with a valid ID card are eligible to play. Civilian employees and Family members residing in the household are authorized. Family members must be at least 19 years old. Contract civilian employees are authorized to play. For more information, call 255-9503.

SEE SHORTS, PAGE D4

Soldier running to remember

BY RUSSELL SELLERS
Army Flier Staff Writer

He's not doing it to change the world or to spread "awareness," but Capt. Zach Keefer is running from the U.S. Military Academy to Ground Zero of the Sept. 11, 2001, attacks as his way of honoring those lost.

The Fort Rucker Basic Officer Leadership Course instructor won't be alone.

Keefer will be joined by other Soldiers from around the Army, including some West Point students, as they run the 55 miles from the academy to the former site of the twin towers. The run takes place on the 10th anniversary of that September day when airliner planes struck the towers as part of a coordinated terrorist attack against the U.S.

Nine runners will leave West Point, N.Y., Saturday evening after a home football game against San Diego State and make their way to Liberty State Park, stopping at 8:50 a.m. for a moment of silence before continuing to the city limit until sunset.

"This was just our way of remembering those who lost their lives and why we do what we do," Keefer said. "None of us are trying to make people more aware of what happened. We just want them to remember those who lost their lives that day."

He added that the group's way of honoring those who lost their lives was through running, but it isn't the only way to remember them.

"It's just my personal way of remembering them," he said. "You don't have to run to do that. On the 10th year, we just want people to do whatever it is they can to commemorate those people."

Keefer said the run will equal about 100 miles and each runner will run the entire time.

Preparing for this type of event is made more difficult for Keefer as he's still in recovery from his last running event, a 100-mile event called the Western States Endurance Run in June.

"This was easily the hardest time I've ever had running that event," he said. "I'm not sure how I'm going to be able to maintain



Capt. Zach Keefer, BOLC instructor, prepares for a long-distance run from West Point, N.Y., to Ground Zero of the Sept. 11, 2001, attacks on the 10th anniversary of the attacks.

my endurance for this event."

As an instructor, Keefer's duties keep him busy during the week and it can be difficult to keep up a steady training regimen. Luckily for him, he's never been one for "traditional" training methods.

"I really listen to my body and let it tell me what it can do on any particular day," he said. "I'm one of those guys that doesn't spend a lot of time in the planning phase for my workouts."

Keefer said he never thought of himself as being a runner until high school, when his JROTC instructor convinced him to come to a cross-country team practice.

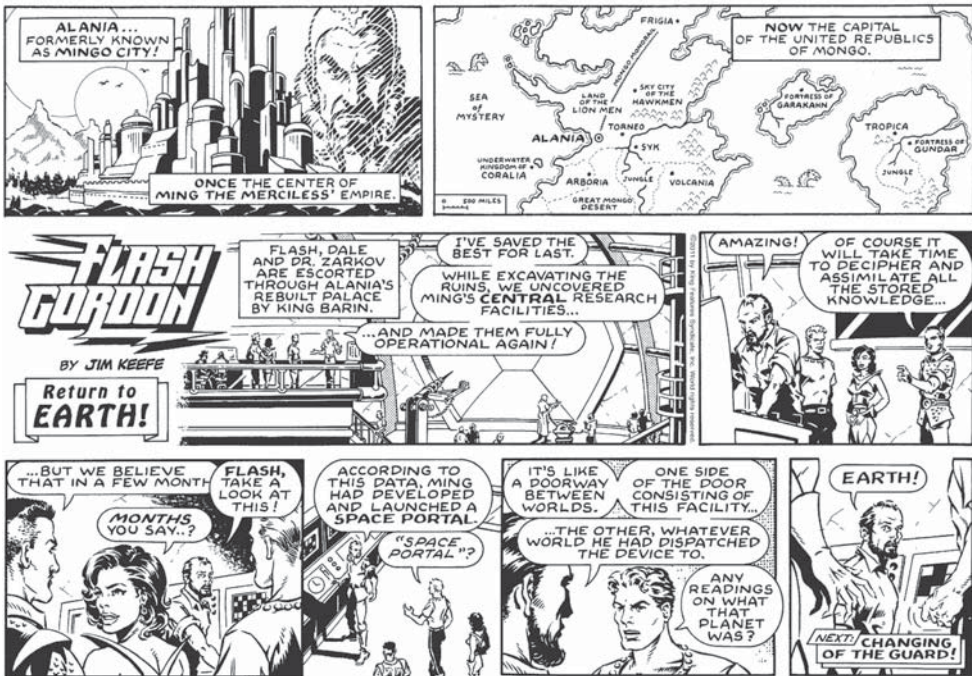
"I never really ran before that," he said. "Ever since then, I've never really been consistent with my running, but I haven't really stopped either. For me, it's therapeutic."

This type of distance running is never about competing with anybody else, he added.

"Generally, if it's my first time running a particular event, I just try to have a good time doing it and push myself as far as I can go," he said. "I always want to do more."

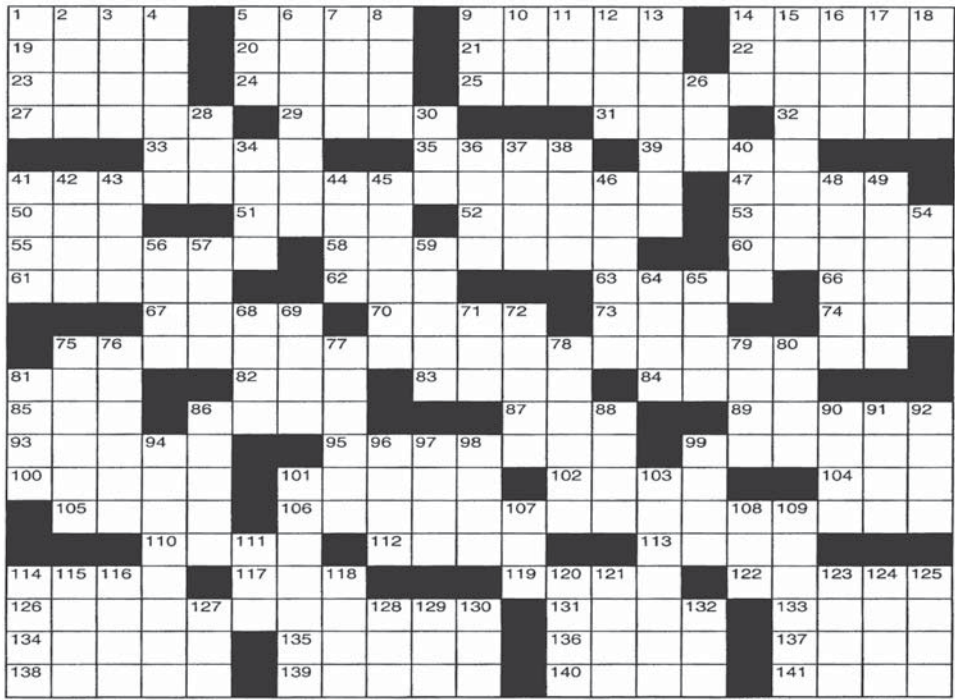
PIGSKIN PICKS		Mississippi State vs. Auburn		San Diego State vs. Army		Nevada vs. Oregon		Alabama vs. Penn State		South Carolina vs. Georgia		Notre Dame vs. Michigan		Virginia Tech vs. East Carolina	

Down Time



Super Crossword

- ACROSS**
- 1 Stroboli spew
5 "Waterloo" rockers
9 Envelops
14 Gaifers
19 Mideastern muck-a-muck
20 Spooky Stoker
21 Disprove
22 Let
23 General Bradley
24 Rustic tower
25 Start of a remark by 126 Across
27 Athenian sage
29 Indian sectarian
31 Airport abbr.
32 Good-sized
33 Author Jessamyn
35 With 81 Down, '44 chemistry Nobel
39 Hatch's home
41 Part 2 of remark
47 TV's "The Love —"
50 Santa —, CA
51 "Oh, woe!"
52 TV exec Arledge
- 53 Cited
55 Like a dachshund
58 Cozy cloth
60 Marten
61 — bear
62 Asian holiday
63 Skilled
66 Scottsboro's st.
67 Rubberneck
70 Morlocks'
73 Mexican prey
74 Point
75 Part 3 of remark
81 Crone
82 R-V hookup
83 Head for the clouds
84 Actress Purviance
85 Khan opener?
86 ER exclamation
87 Minify a midi, maybe?
89 Top-drawer
93 Feeling
95 Like a gymnast
99 S' Across' home
100 Michael of "Dynasty"
101 Schell or Shriver
102 European capital
- 104 Foster's "— Dog Tray"
105 Half-baked?
106 End of remark
110 McGregor of "Train-spotting"
112 Creme — creme
113 Bathday cake?
114 — League
117 Fond du —, WI
119 Metric measure
122 Pulsate
126 Speaker of remark
131 Writer Rendell
133 Autumn implement
134 Boredom
135 Draw forth
136 Exercise aftermath
137 Brute
138 Prepares cherries
139 Hazardous gas
140 — tetra
141 Tide type
- DOWN**
- 1 Composer Janacek
2 Bullets, briefly
3 Lab vessel
4 Cupid's missiles
5 Pecs' partners
6 "The — Stomp" ('61 hit)
7 Part of Indonesia
8 Coat of control
9 Twisted
10 Rock's — Speed-wagon
11 — Dhahi
12 Purple hue
13 Lawyer's concern
14 Bando of baseball
15 Excess
16 Jai —
17 Haynes or Rundgren
18 Fluctuate
26 "Unforgettable" name
28 Born
30 Torrid
34 Corset part
36 Aquatic bird
37 '82 Jeff Bridges film
38 Hautboy
40 Lplash?
41 Door hardware
42 In the know
43 Julia of "Havana"
44 Float
45 In the arms of Morpheus
46 Loosen the ropes
48 Conductor Claudio
49 Fat stuff
54 Shipshape
56 Unfashionable eyewear?
57 Wild child
59 Reference volume
64 Soft cheese
65 Arrive at Kennedy
68 "Yo!" at the library
69 Singer James
71 Lennon's lady
72 "My Own Private —" ('91 film)
75 Endangered feline
76 Kampala's country
77 Sheriff's quarry
78 Aftershock
79 Had no doubts
80 Patriot Nathan
81 See
85 Across
86 Creature for taming?
88 Kid's creation?
90 Matinee —
91 Reveal
92 They may be split
94 It's all in your head
96 Angered
97 Location
98 Comic Mort
99 Mediocre
101 Superintendent
103 Basutoland, today
107 Acorn, eventually
108 Welcome item?
109 "Silkwood" screenwriter
111 Flagon filler
114 Very long time
115 Fiat rate
116 Excellent
118 Musical finale
120 Where to speak Farsi
121 Last name in publishing
123 Frenzy
124 Creole veggie
125 Freeway sound
127 "Platoon" extras
128 "Father Knows Best" kid
129 Author Umberto
130 Actor Cariou
132 Lady lobster



See Page D3 for this week's answers.

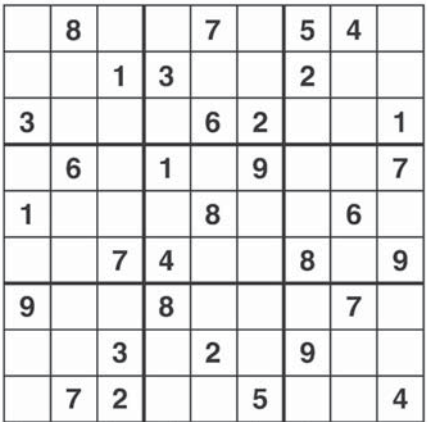
TRIVIA

1. GEOGRAPHY: Most of the Sierra Madre mountains are located in what country?
2. MATH: What term is used to describe an irrational number such as pi?
3. HISTORY: Before the start of the Civil War, in what city was the Confederacy's provisional constitution adopted?
4. ART: What was artist Picasso's first name?
5. TELEVISION: What was the Bionic Woman's name?
6. OPERA: Who composed the opera "The Magic Flute"?
7. SCIENCE: What is the most abundant element in the known universe?
8. LANGUAGE: What does the acronym GOP stand for?
9. LITERATURE: Who wrote the book "The Naked and the Dead"?
10. MUSIC: What does the musical term "allegro" mean?

See Page D3 for this week's answers.

Weekly SUDOKU

by Linda Thistle



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

DIFFICULTY THIS WEEK: ★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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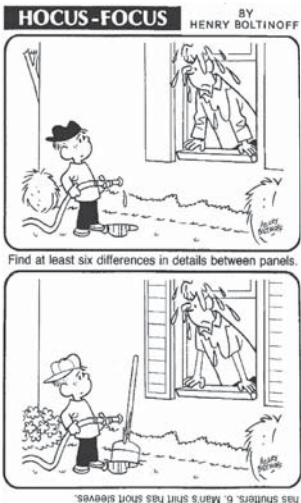
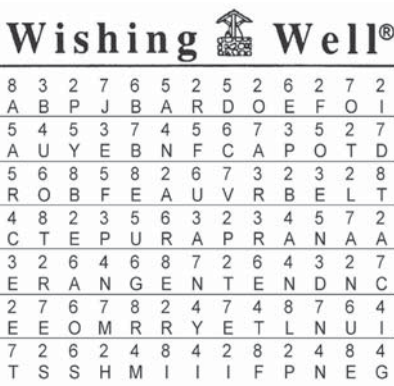
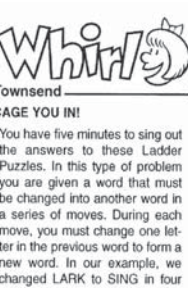
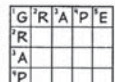
See Page D3 for this week's answers.

Kid's Corner



A WARP FACTOR FIVE FRAZZLER! See if you can replace the letters on this droid's screen with the digits 0 through 9, so that you will have a correct addition problem. The same letters get the same digits. Try to get the highest possible total.

HERE'S A JUICY PROBLEM! At the right is a Word Square. Can you find the four five-letter words that match the definitions below?
1. Source of raisins (in place).
2. All stirred up.
3. In association with.
4. A British coin.
5. Borders; dividing lines.



GRIDIRON CORNER

In NFL opener, age just a number, but a big one

BY RUSSELL SELLERS
Army Flier Staff Writer

Let the real fun begin — the regular National Football League season is here!

Although, some fans might want to keep their enthusiasm in check for a little while longer. I'm looking at you Miami and Houston.

The Dolphins had a decent preseason, coming out 3-1 overall, but now it's for real and they have to tangle with the New England Patriots in the season opener.

Even the recent signing of tight end Dante Rosario and offensive lineman Ryan Cook isn't going to change much for the Dolphins, mostly because Chad Henne is still at the starting quarterback position.

In fact, Henne, new starting running back Reggie Bush and wide receiver Brandon Marshall sat on the sidelines for

the last preseason game against the Dallas Cowboys. Saving themselves for the regular season, eh? Maybe Tony Sparano should consider doing a flip of his roster. The second team seems to have better luck on the field.

Look on the bright side, 'fin fans: if this season winds up like the last one and/or Bush winds up on the injured list (again), you'll probably wind up with the first pick in next year's draft. I hear that Andrew Luck kid from Stanford might be looking for a job.

But let's talk about some games that might be worth watching this week

The New Orleans Saints have a road battle ahead of them in Green Bay and the Packers are definitely ready.

Don't let some preseason numbers fool you, the Pack hasn't really lost a step when it comes to intensity and ability to



move the ball.

If you're wondering how the Packers are on defense, look at the new guy, Vic So'oto at line-backer.

While I've just said that preseason doesn't mean anything, you'd never know it by watching this

guy play. He returned an interception 33 yards for a touchdown, had 1 1/2 sacks and a forced fumble in Green Bay's 20-19 win over Kansas City last week. This guy's future could be great if that intensity remains.

Probably the biggest

question mark of the week has to be in Indianapolis. Peyton Manning is most likely sidelined while doctors continue to try and figure out why his recovery is taking so long, which means quarterback duties fall to 38-year-old Kerry Collins. No matter how you slice it, things aren't looking good for the Colts.

Sure, they won their final preseason game against Cincinnati, but they're opening against the Houston Texans, a team that's been talking about Super Bowl prospects since before the preseason started.

While I would never suggest that Houston has even a remote chance of going that far, I wouldn't sell it short of being able to put Indianapolis away, especially if there's no Manning taking the snaps.

Rounding out what should be a very interesting weekend in the NFL,

the big divisional playoffs rematch between the Pittsburgh Steelers and the Baltimore Ravens.

Ravens QB Joe Flacco should be well rested after sitting out the team's last preseason game against the Atlanta Falcons.

With virtually no injuries to hold them back, the Ravens look to be a real threat to the Steelers, as they were at the end of last post-season.

But don't forget about the Steelers' defense. It's been known to stop an offense cold.

Pittsburgh returns all 11 starters from a unit that led the league in scoring defense a year ago. While some experienced injuries during the preseason, and eight of those starting are over 30 years old, it shouldn't keep them from performing at near-optimal levels for this opening game. This one could be the game of the week.

Upsets, poll shifts abound in Week 1

BY DAVID C. AGAN JR.
Fort Rucker Public Affairs

Week 1 of the college football season is in the books and fans were treated to several warm-up games, a handful of thrilling victories and even a few upsets.

Things kicked off with the surprising defeat of No. 14 Texas Christian University at the hands of the unranked Baylor Bears. Baylor's win over TCU might have been the first upset of the weekend, but it wasn't the last, nor was it even the most surprising.

Ah, Notre Dame. By now, shouldn't we be accustomed to putting "disappointment" and "Notre Dame" in the same sentence? Against the upstart Bulls of South Florida, the Irish turned the ball over five times, including a fumble that was returned 96 yards for a touchdown. USF led 16-0 at halftime, at which point fans were asked to leave the stadium due to lightning strikes in the area. The game was finally called after a second weather delay forced

remaining fans out of the stadium. Notre Dame Head Coach Brian Kelly, who treated the national television audience to multiple purple-faced freak-outs as he yelled at his quarterbacks, replaced starting quarterback Dayne Crist with sophomore Tommy Rees, who accounted for two of the five turnovers by tossing a pair of interceptions.

Rees starts at quarterback when the Irish step into the Big House this weekend to face Michigan. To say things don't look good for Notre Dame is an understatement. This game should have zero-bearing on who will win the national championship, but who cares, right? It's Notre Dame-Michigan! And this time it's at night. Michigan looks better than it did last year and it needs a big win to light the fires under the team this season. The Wolverines have one of the most electric players in the country in quarterback Denard Robinson, who is looking to kick off his 2011 Heisman Campaign with a bang. And, oh yeah, he absolutely

destroyed Notre Dame last year. Look for Michigan to get that statement win this weekend.

Turnovers were the name of the game in Arlington, Texas, where the Louisiana State University Tigers beat the Oregon Ducks, 40-27. Chip Kelly's hyper-offense doesn't ever seem to outperform a defense that is big enough to shut it down.

And LSU's defense is, in a word, big. When it comes to size, nine times out of 10, Goliath clobbers David, but nobody wants to hear that story.

At this point, the Tigers should be considered the frontrunner in western division of the Southeastern Conference. But there's a lot of football to be played between now and then, and quarterback Jarrett Lee didn't look great against the Ducks, so LSU fans: don't book those flights to Atlanta just yet.

The Boise State Broncos galloped into the Georgia Dome and methodically dismantled the Georgia Bulldogs in front of what was essentially a home crowd. Boise State's de-

fense looks to be as good as advertised after shutting down the Bulldog rushing game and sacking UGA quarterback Aaron Murray six times. And yet, their win might not be enough for them to sneak into the realm of Bowl Championship Series national championship talk.

The rest of Boise State's schedule is less than spectacular, especially when considering its only other ranked-at-this-time opponent, TCU, has nearly dropped out of the top 25. While it's easy to dismiss their schedule as a bit soft, it's impossible to deny that the Broncos continue to beat the big programs whenever they actually meet on the field.

The 'Dawgs need to get their heads up off the ground quickly to prepare for their SEC opener against South Carolina, which will bring the "Stephen Garcia Traveling Sideshow" and park it right between the hedges in Athens, Ga., this weekend. The Gamecocks seem to be in the driver's seat in the SEC East this season. The talent level in the East

is not what it has been in years past, but that isn't to say that South Carolina isn't talented. In fact, head coach Steve Spurrier's decision to commit to the running game led it to the SEC Championship Game last year and it looks like it might ride running back Marcus Lattimore all the way to Atlanta again this year. Their return trip to Atlanta also depends on how well Garcia can avoid self-sabotage in what is likely to be his final season at South Carolina.

Also this weekend, the Alabama Crimson Tide travel to Happy Valley to face the Pennsylvania State Nittany Lions. Both are storied programs, rich in tradition with enough history between them to fill at least an hour's worth of inspirational pre-game video packages on ESPN College Gameday. Alabama is looking to strengthen its position at the top of the college football polls with a win against Penn State. Joe Paterno, Penn State's legendary head coach, is still nursing an injury he sustained during off-season practice, and may or

may not be on the sidelines during game. Both teams remain mum as to who their starting quarterbacks will be on Saturday. To be sure, there are more than a few question marks about this weekend's matchup. I'd like to predict that Penn State gets a little bit of revenge for last year's thrashing at the hands of the Tide, but Alabama should make it two in a row.

The "Biggest Loser of the Week" Award goes to the Pacific-12 Conference. The Colorado Buffaloes continued to rack up road losses by losing their debut as a member of the PAC-12 to Hawaii. The Oregon Ducks lost on the biggest stage of the weekend and migrated southwards in the polls. Oregon State was embarrassed by an overtime loss in Corvallis, Ore., at the hands of I-AA Sacramento State. The University of California at Los Angeles Bruins couldn't hold off the Houston Cougars, and the University of Southern California Trojans barely scraped out a win against the Golden Gophers of Minnesota.

Weekly SUDOKU

Answer

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

PUZZLE ANSWERS

Super Crossword Answers

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

Answers

- Mexico
- Transcendental
- Montgomery, Ala.
- Pablo
- Jaime Sommers
- Mozart
- Hydrogen
- Grand Old Party
- Norman Mailer
- Lively and fast

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PIGSKIN PICKS

	New Orleans vs. Green Bay	Atlanta vs. Chicago	Philadelphia vs. St. Louis	Pittsburgh vs. Baltimore	Indianapolis vs. Houston	Dallas vs. New York Jets	New England vs. Miami
 Jim Hughes Fort Rucker Public Affairs (0-0)							
 Master Sgt. Jimmy Lindsey DPTMS NCOIC (0-0)							
 Russell Sellers Army Flier Staff Writer (0-0)							
 Capt. Mike Simmons Directorate of Public Safety (0-0)							
 Sharon Storti Network Enterprise Center (0-0)							



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SPORTS SHORTS

Continued from Page D1

TWO MAN BUDDY BASS TOURNAMENT

The annual fishing tournament is Sept. 17 from 6 a.m. – 2 p.m. at Lake Tholocco. Cost to participate is \$100. Door prizes will be offered and top 3 weigh in totals receive cash prizes. The participant with the largest catch wins a special prize. All participants must have an Alabama state fishing license and a Fort Rucker post fishing permit. Registration begins August 17. For more information and to register visit Outdoor Recreation, Bldg. 24236, or call 255-4305.

OUTDOOR RECREATION ATV TRAIL RIDE

The next ODR ATV Trail Ride is Sept. 24 from 7 a.m. – 1 p.m. Cost is \$20 per Person. Pre-registration is required and all participants must be 16 or older. Everyone must pass the safety driving test through Outdoor Recreation and provide their own ATV and protective gear (helmet, boots, etc). Protective gear must be worn at all times. For more information, call 255-4305.

TAOIST TAI CHI SOCIETY

The Enterprise YMCA staff hosts two beginner's classes in the Taoist Tai Chi Society arts of health. Classes are offered Thursdays, 1-2:30 p.m., and Saturdays, 10-11:30 a.m. The beginner's class covers all 108 moves of the Tai Chi set. Taoist Tai Chi is an ancient Chinese exercise that promotes health and relaxation. It is suitable for all ages and physical conditions. Comfortable, loose clothing and flat-soled shoes are recommended attire. All classes are taught by accredited volunteer instructors. For more information, call 348-9008 or 347-4663.

BURGER AND BOWL

Rucker Lanes staff offers a daily "Burger and Bowl" special for \$7. The special includes a cheeseburger, fries, soda, shoe rental and two games of bowling.

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