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FORT RUCKER ★ ALABAMA

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## NEWSLINES

### INCREASED SECURITY

With the 10th anniversary of the 9/11 attacks occurring recently, 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.

### WOUNDED WARRIOR RETURNS HOME

Fort Rucker and the surrounding communities welcomed home a Marine wounded in Afghanistan.

**See Page A3.**

### BOSS HELPS FAMILIES

Fort Rucker's Better Opportunities for Single Soldiers held a day of fishing and fun for children of fallen servicemembers.

**See Page C4.**

### POW/MIA CEREMONY

Fort Rucker hosts its POW/MIA ceremony Friday at 8:30 a.m. at the U.S. Army Aviation Museum. The ceremony will honor the commitment and sacrifices made by the nation's prisoners of war and those still missing in action.

For more information, call 255-2366.

### HISPANIC HERITAGE KICKOFF

Fort Rucker kicks off Hispanic Heritage Month Friday from 11 a.m. to 1 p.m. at the post exchange. The event features food, music, dancing and cultural displays. The celebration continues with a children's festival Saturday from 11 a.m. to 1 p.m. at the post exchange.

For more, call 255-9878.

## What's Inside

Perspective .....2A  
Armywide ..... 1-4B  
Community ..... 1-8C  
On-Post .....2C  
Wiregrass .....6C  
Sports ..... 1-4D

## Weather 3-DAY OUTLOOK

**THURSDAY**  
High **90**  
Low **63**  
PM T-Storms

**FRIDAY**  
High **90**  
Low **64**  
Partly cloudy

**SATURDAY**  
High **86**  
Low **63**  
Mostly Sunny



PHOTO BY ERIN MURRAY

Soldiers prepare to raise the flag over Howze Field at the 9-11 remembrance ceremony Sunday morning.

## Wiregrass commemorates 9-11

BY ERIN MURRAY  
Army Flier Staff Writer

Last week, events across the Wiregrass reflected upon the 10 years since the terrorist attacks of Sept. 11, 2001.

Local commemorations included a presentation on he-

roes at Fort Rucker Primary School, a patriotic poker run in Daleville and ceremonies with Fort Rucker commanders on post in Enterprise and in Dothan.

Students at Fort Rucker Primary School participated in a program coordinated by the

school's music and media teachers Friday. "Celebrating Heroes" was a weeklong FRPS event that focused on heroes in many forms, said Sylvia Thornton, music teacher at FRPS.

"Our focus has been about recognizing those around us who help us. We are excited

over this little celebration and the importance of recognizing those who are around us every day and the things they do," said Thornton.

Students learned about the many types of heroes, including

SEE 9-11, PAGE A6



PHOTO BY RUSSELL SELLERS

CW4 Jesse Pascua, 98th Army Band commander, gets some help conducting from Elizabeth Nowel, 4, during the Music Under the Alabama Stars event at Howze Field Aug. 19. A second concert takes place Friday at 6:30 p.m. in the same location.

## Fort Rucker kicks off weekend with vigor

BY NANCY RASMUSSEN  
Fort Rucker Public Affairs

Friday evening promises to be another memorable one for Fort Rucker Soldiers and Families, with an energy-filled band concert on Howze Field, followed by stress-relieving laughter and lively, crowd-pleasing country music in The Landing Ballroom.

A crowd of more than 200 attended the hour-long *Music Under the Alabama Stars* concert by the 98th Army "Silver Wings" Band Aug. 19, and as dusk descended upon the assembly, the band left the audi-

ence wanting more.

And more is what the audience will get at Friday's concert. The rockin' will start at 6:30 p.m. when two 98th Army Band ensembles kick off the evening's fun.

"Our rock band, Crossfire, and our funky New Orleans street band, Blackout Brass, will share the hour-long concert," said Sgt. 1st Class Jason Emanuelson, band operations NCO in charge.

"We have an energetic song list prepared to get the weekend off to a vigorous start," said

SEE WEEKEND, PAGE A7

## CFC begins drive

BY ERIN MURRAY  
Army Flier Staff Writer

For 50 years, the Combined Federal Campaign has provided federal employees with the chance to donate to charities of their choice, and that mission continues during the annual campaign Wednesday through Nov. 4.

The CFC will kick off the 2011 campaign on Wednesday at 9 a.m. at the Landing, with an agency fair and guest speaker Russell Dunman, United Way Chief Executive Officer. The kick-off event is different from previous years, with CFC-supported charitable organizations coming to speak with attendants.

"We've invited charity agencies from around the area to set up booths, so that when people come to the kickoff, they get to talk to people who receive funds through the CFC," said Beverly Arnold, CFC Wiregrass area cam-

paign associate.

Having the organizations present allows for some fun, with each guest receiving an agency bingo card that will be turned in for prizes from local business and the charities present, said Arnold. The event also gives donors and campaign officers a chance to network and develop charitable events for the community.

"The kickoff is a huge opportunity to come out and visit the charity agencies, to hear directly from them how the funds for the CFC are used," Arnold said.

This year's campaign goal is \$1,125,000, a goal Arnold believes will be easy to attain in light of the recent merger between the Wiregrass area CFC and Heart of Alabama CFC that expanded the local effort from five to counties to 49 counties across the state.

SEE CFC, PAGE A7





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# Perspective

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

## Army Suicide Prevention Month – watching out for each other

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



Lynch

When I talk with garrison professionals who work in suicide prevention, they all have stories about the person who really made them realize the importance of what they do. There was the Soldier who seemed to have it all together, until one day he asked a course instructor, "When you're driving home, do you think about wrapping your car around a tree?" And the civilian supervisor with a stressful, high-visibility job, who did not want to attend the mandatory suicide prevention training because he did not want to admit to himself his own thoughts about suicide. And the Family member who felt desperately alone and overwhelmed during another deployment.

Most of the stories have happy endings — the people received the help they needed. When they didn't, it was a hard, hard loss.

Losing someone to suicide is doubly painful and confusing, as those left behind not only deal with the absence of their friend, loved one or coworker, but also with guilt and ques-

tions of what could have been done.

September is Army Suicide Prevention Month. Suicide prevention is an institutional Army program, focused on this urgent issue year round, but this month the Army intensifies its efforts to make sure every Soldier, civilian and Family member knows what resources are available to help those in need.

The Army has developed Ask, Care, Escort training, to equip everyone to take care of a person at the point of crisis until a professional can assist. It is available through the garrison Suicide Prevention Program, as well as the Army's Suicide Prevention website (www.

armygl.army.mil/hr/suicide/default.asp).

A number of other resources provide help with issues that can put a person at risk for suicide. These resources include the Army Substance Abuse Program, Army Community Service's Financial Readiness Program, the Family Advocacy Program, Military and Family Life Consultants, Behavioral Health, Soldier and Family Assistance Centers, and unit and garrison chaplains.

Looking at the bigger picture, the Army has expanded the resources aimed at strengthening the overall resilience and well-being of our Army Family. More training is now available through the Comprehensive Soldier Fitness Program, which focuses on physical, emotional, social, family and spiritual strength.

The Army's commitment to suicide prevention has resulted in some real policy and program changes that have reduced the number of people at risk. But as long as any member of the Army Family views suicide as a viable option, we still have work to do.

From the Installation Management side we are strengthening programs that provide critical support. This includes hiring

more ASAP counselors and Suicide Prevention Program Managers for installations worldwide, and revising the Total Army Sponsorship Program to help transitioning Soldiers, Civilians and Families build stronger connections with their new communities.






One key component to successful Army prevention efforts is fully engaged, committed leadership from top to bottom. Great leaders create a culture in which people observe standards and discipline, and also get to know and care about each other. They make sure policies are enforced, programs are run correctly and everyone gets the training they need to watch out for those around them.

Most critically, great leaders get out the message that it is a sign of strength to ask for help. We will keep repeating that every which way — in formations, during stand down days, on Facebook, in print, on radio and TV, at FRG meetings, at community events — until we have no more cause for saying it.

Every positive outcome starts with one person reaching out to another and finding strength and hope together. We are the Army Family and we take care of each other.

# Rotor Wash

“Who is your greatest hero, and how have they impacted your life?”

 <p><b>Kandace Grave,</b> military spouse</p> <p>“My husband. He’s an absolutely amazing Soldier.”</p>	 <p><b>Dawn Davis,</b> military spouse</p> <p>“My father, because he’s stayed positive and overcome so much.”</p>	 <p><b>Gwen Byrd,</b> military spouse</p> <p>“Thomas Jefferson because he was such an innovator and that impresses me.”</p>	 <p><b>Sgt. 1st Class Anthony Kenny,</b> 96th Aviation Support Bn.</p> <p>“My third grade teacher is my hero. She took me out of a bad environment when I was younger.”</p>	 <p><b>Felicia Roberson,</b> military spouse</p> <p>“My dad has always been there for me when I needed him.”</p>
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# Commissary honors wounded hero, Family

BY ERIN MURRAY  
*Army Flier Staff Writer*

Commissary staff gathered Sept. 6 to welcome home a wounded Marine, former commissary employee, and son of a current commissary worker after his months spent recovering at Walter Reed National Military Medical Center in Bethesda, Md.

Lance Cpl. Stephen Ayhens lost both his legs June 21 after a pressure plate exploded during combat operations in Afghanistan, injuring him and two others. The Family stopped by the commissary on the way to attend the basic training graduation of his younger brother later in the week.

Though the staff was welcoming home Stephen, the staff was eager to honor his Family for their years of service to the Fort Rucker community.

Walter Wilkerson, commissary head bagger, has known the Ayhens Family for more than 20 years and considers them Family. Stephen's mother, Shanta; sister, Lizzie; and brother, Bobby; have all worked for the commissary throughout the years. Wilkerson considers the Ayhens Family a primary example of the "above the best" attitude.

He said that Stephen would often join him for lunch and talk about his plans to become a Marine.

"He always talked about going into the service. He always said he wanted to be on the front line. He is just a super young man," he said.

Many of the staff members were eager to acknowledge that his mother, Shanta, was the primary reason that Stephen has been so positive. The staff considers Shanta's loyalty to Family and Fort Rucker a great contribution to the post.



PHOTOS BY ERIN MURRAY

Lance Cpl. Stephen Ayhens receives a warm reception from commissary staff during a welcome home ceremony held in his honor Sept. 6.

"She considers this job something she can do for service members," said Tina Wilson, commissary management specialist.

Wilson explained that by doing her job with an open heart and a smile, Shanta has become a well-known face for commissary shoppers, who have noticed her absence during Stephen's recovery.

"She's a motivated lady and a concerned mother. She loves everybody," said Wilkerson.

Stephen and his mother will return to Walter Reed National Military Medical Center after their visit home, where Stephen will continue to heal.

## Warning sirens, tests aid post community

BY RUSSELL SELLERS  
*Army Flier Staff Writer*

On the first Wednesday of every month, a loud, sustained warning siren can be heard across the installation, according to Fort Rucker Installation Operations Center officials.

It's a good thing, too, since this area is approaching the peak of its tornado season, said Willie Worsham, IOC chief.

"When the cold, polar air and the warm moist air we've got now come into contact with each other, it can produce a violent reaction," he said. "It happens this way each year as we change from one season to another."

Another weather issue people should consider is that it's still hurricane season, according to Maj. Jay Massey, installation emergency management operations officer. While the weather might have cooled a little in the recent weeks, hurricanes are still popping up in the Atlantic Ocean.

"Folks need to be reminded that hurricane season extends until November," he said. "People will know if there's an approaching hurricane by watching their local news. They need to build a kit, have a plan and be prepared."

When the sirens go off on the first Wednesday of each month at 11 a.m., there's usually nothing to be worried about, Massey added. But all on the installation should still listen for the instructions that follow each siren.

"They'll hear a long, sustained sound followed by a verbal instruction on what action should be taken," he said. "If it's just a test, the instructions will tell them that."

The sirens on the installation are also used to alert people to other potential dangers like an intruder or chemical release.

"Those two warnings are the same tone, but the verbiage is a bit different," Worsham said. "We would use the intruder alert for something like an active shooter incident. People should never be complacent when they hear the sirens."

Worsham added that the surrounding counties of Coffee and Dale counties have begun testing their sirens around the same time as Fort Rucker to help the communities be closer and have a common readiness plan.

Worsham said the once-a-month test is standard across the U.S. and keeps those on installations aware of what the sirens sound like without using it so much that they get used to hearing them.

"We're trying to lump the outside communities into our testing to help those out on other fields, like Shell Field, hear the warning sirens at the same time ours is going off," Worsham said. "The people in Coffee and Dale county do hear our sirens, so we thought it would be a good idea to have us all on the same page."

Worsham also said that the new CoderED system is another way for those on Fort Rucker to know what's happening when things like severe weather or other potential hazards strike.

"It's a free service and it's very useful," he said. For more information, call the IOC at 255-9777, or visit <http://www.rucker.army.mil/codered>.



PHOTO BY JIM HUGHES

## Helping history

Patrick Harmon, a history and political science student at Troy University, receives a certificate of appreciation and a coin from Col. Donald N. Galli, U.S. Army Aviation Center of Excellence chief of staff, Friday in the USAACE headquarters building. Harmon was honored for his efforts as a volunteer in assisting Army Aviation Branch historian, J. Patrick Hughes, Ph.D., work on Army Aviation archives.



# New Army chief of staff warns of challenges

BY C. TODD LOPEZ  
Army News Service

WASHINGTON — After assuming responsibility as the Army's new chief of staff, Gen. Raymond T. Odierno discussed challenges ranging from transnational terrorism to "uncertainty of the Arab Spring," to looming resource cuts, and he called for caution to avoid a hollowing of the force.

Before an auditorium full of members of Congress, current and former leaders in the Department of Defense, Soldiers, and Family members at Joint Base Myer-Henderson Hall, Va., Odierno took an oath as the 38th chief of staff of the Army.

"I pledge I will work with all the Joint Chiefs and our service secretaries and the secretary of Defense, as we face these very difficult challenges," Odierno said. "But I do have a word of caution. We must avoid our historical pattern of drawing down too fast and getting too small. Especially since our record of predicting the future is frankly not a very good one. So as we make difficult resource decisions we must be thoughtful and understanding of the risk we incur to the future security of this great nation."

Odierno said the Army must continue to provide combatant commanders a trained and ready Army to ensure the United States prevails in both Iraq and Afghanistan. In order to do that, he said, the nation must sustain the all-volunteer Army and continue to develop leaders and commitment to the profession of arms.

"Today is like no other in our history," said the new chief of staff. "It is a time of uncertainty and historic change. We face a multitude of security challenges such as transnational and regional terrorism [from] places like Yemen and Somalia, North Africa, and Pakistan's federally-administered tribal areas."

"We have the uncertainty of the Arab Spring," he said about the revolts in north Africa and elsewhere. He warned of the proliferation of nuclear weapons, and the challenges of rising national powers. "All of that is underpinned by our own fiscal challenges," he said.

"The strength of our nation is our Army," Odierno said. "The strength of our Army is our Soldiers. The strength of our Soldiers is our Families. This is what makes us 'Army strong.'"

Secretary of Defense Leon Panetta praised Odierno, and commented on his ascent to the top military position in the Army.

"He brings a wealth of combat experience, with three long deployments to Iraq that totaled over 50 months," Panetta said. "After leading the 4th Infantry Division in the early years of that war, he later returned, as General Petraeus' right-hand man."

Panetta said Odierno was the operational architect of the troop surge that "turned the tide" in Iraq. The general was commander of Multi-National Corp-Iraq during those days and later became the overall commander in Iraq, from 2008 to 2010.



Secretary of the Army John McHugh administers the oath to Gen. Raymond T. Odierno during a change of responsibility ceremony at Joint Base Myer-Henderson Hall, Va., as Odierno's wife Linda looks on, Sept. 7. Upon completion of the oath, Odierno became the Army's 38th chief of staff.

"A very crucial time when our military was trying to make sure we lock in the gains that were made with the surge," Panetta said.

After having sworn in his new chief of staff, Secretary of the Army John McHugh commented on the "transfer of responsibility" of the Army — the name of the process is different for the chief of staff than it is for a command position — saying it is a reflection of Ameri-

can democracy.

"The transfer of authority from one CSA to another [takes place] not with weapons, not with force — as we have seen in so many places across the planet in recent days — but with honor and tradition and even reverence," McHugh said.

"It's a credit to our democratic principles and a credit to our nation, and to the military's respect of civilian authority. But most importantly, it's a

credit to the selfless men and women of profound character and conviction who take up arms and don uniforms in defense of our nation, our liberties and our freedom."

McHugh, a former congressman from New York, said Odierno brings to his position as the new chief of staff "impeccable credentials as a Soldier, [and] as a leader," and noted that the general had com-

manded units at every level during a career that has spanned more than 35 years.

"As a testament to his leadership and acumen on the battlefield, General Odierno is only the second officer since Vietnam to command up to division, corps and Army level during the same conflict," McHugh said.

The secretary said it was during Odierno's time

in Iraq the two first met. Over a period of 10 years, McHugh said, he's visited Iraq about 14 times.

"As I recall, Ray was there for just about every one of them," McHugh said. "Every time I returned to Washington thereafter, I felt better about our presence in that theater, better about our mission and better about the leadership in that nation, because of Ray Odierno."

Odierno himself thanked many in the audience, including the members of the 1974 graduating class of the U.S. Military Academy at West Point — his own classmates.

The outgoing chief of staff, Gen. Martin E. Dempsey, who had just passed responsibility for the Army to his counterpart, had these words for the Army's 38th chief of staff and for his wife, Linda.

"I wish I could've gotten a few more things ironed out before you Ray, but you two know more about service and sacrifice than just about anybody we know," he said. "And you're going to be a terrific 38th chief."

Dempsey, after serving just five months as the Army's chief of staff, will move on to assume new duties as the chairman of the Joint Chiefs of Staff following the Sept. 30 retirement of Adm. Mike Mullen.



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# Dempsey to move on as chairman of Joint Chiefs

BY C. TODD LOPEZ  
Army News Service

WASHINGTON — As a new chief of staff of the Army prepares to run the largest of the services, the outgoing Gen. Martin E. Dempsey now prepares for his new role as chairman of the Joint Chiefs of Staff.

It was during a ceremony at Joint Base Myer-Henderson Hall in Arlington, Va., Sept. 7, where Dempsey handed the reins of the Army over to Gen. Raymond T. Odierno. Dempsey will become the senior-most officer in the U.S. military when Adm. Mullen retires Sept. 30.

Following the Army change of responsibility ceremony, Dempsey commented on his time as the lead officer in the Army, on challenges the service faces, and on challenges faced by the Department of Defense.

“The challenges we face are not new,” Dempsey said of potential cuts to both budget and manpower in the Army. “The Army, by its nature over the course of history, has always expanded and contracted as conflicts demanded and post-conflicts came. So the challenge is not new.”

He also said the Army has learned from previous experience with post-conflict situations and continues to learn to deal with changes.

“What makes this one a little bit unique is that the conflict doesn’t have any clean endings, so it’s not that we are about to have sort of a post-conflict reduction, it’s that we’ve decided that because of the nation’s economic state and because the security environment around the world is as stable as it’s ever going to be, we’ve decided that we can absorb some resource cuts,” he said.

To avoid becoming a “hollow force,” Dempsey said, it is imperative the Army dial back in balance – pulling all the right “levers” equally.

“Whether we hollow it or not will largely depend on whether we have the ability to do it by turning all those levers – manpower, force structure, maintenance, equipment, training, and infrastructure. As long as I can change and account for all those factors, then we won’t hollow out. But if I have to take a disproportionate change in any one of those accounts: more maintenance, or more equipment, or more manpower — that’s how you become out of balance. And that’s where ‘hollow’ starts to resonate. But we have some control over that.”

The general also said he didn’t expect the Army would take the biggest hits in terms of budget cuts.

“I don’t look at it that way,” he said. “I think we have got to decide what does the future security environment demand? And where will our priority be? We can’t be everything to all people everywhere. We have to at some point prioritize our efforts. And that may mean that one service or another is the main effort as we describe it militarily. And that service may have a greater share of the resources.”

Dempsey said as the chairman of the Joint Chiefs of Staff, he and

the Secretary of Defense will make those kinds of decisions and provide military advice about the needs of the nation, and then added “if you’re going to declare something the main event, you have to resource it.”

On his job as the Army’s chief of staff, Dempsey said he’d like to be known as a chief that “got the people right.”

“If we get the people right, then we will figure out how to equip them, how to train them, how to develop them,” he said. “Then that is when you have an Army, and a military, that actually can do what the nation asks it to do.”



Gen. Martin E. Dempsey speaks with reporters following a change of responsibility ceremony, where he handed responsibility for the Army to Gen. Raymond Odierno.

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# 9-11: ‘Today we feel proud as a nation’

Continued from Page A1

Soldiers, parents and even animals. The week of lessons in patriotism and heroism culminated in a program of singing, and presentations by Fort Rucker military police and fire department.

Saturday, the 1st Bn., 223rd Avn. Rgt. and the Daleville Chamber of Commerce hosted the annual 9-11 Memorial Poker Run. At the event, more than 150 motorcyclists drove from Daleville to Troy and back, to honor the victims of the attacks and fallen servicemembers.

Greg Akers, a participant and coordinator of the event, explained why a bike rally was significant to the remembrance events.

“It’s a fun event, so it concentrates less on the negativity. Bikers are the most patriotic people around,” said Akers.

Sgt. Maj. Micheal Sutterfield, 1st Bn., 223rd Avn. Rgt, added that the poker run was to support the Daleville community by doing something that is not only fun, but has a purpose.

“It’s important to enjoy the freedoms that we take for granted,” said Sutterfield.

Sunday morning, guests gathered at Howze field for a brief time of prayer and remembrance with Maj. Gen. Anthony G. Crutchfield, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general.

In his invocation, Chaplain (Col.) Dennis Newton was both solemn and hopeful with his prayers.

“It has been a difficult decade. Now, as we reflect, may we honor the acts of courage that some made in order to finish this mission. We shed our tears in a common bond of grief for those we have loved and lost from our ranks,” said Newton.

According to Crutchfield,

his remarks were some of the most serious in his year as commanding general. With his words, Crutchfield hoped not only to honor those lost, but urge Soldiers, Family members and civilians to continue to persevere.

“It’s almost too beautiful of a day to be memorializing something so sad. We gather to honor nearly 3,000 who lost their lives on that fateful day, September 11, 2001. Also, we honor the men and women in uniform who answered our nation’s call and have made the ultimate sacrifice this past decade. That day changed us as a nation,” said Crutchfield.

The commanding general also recognized the many foreign guests at the ceremony, thanking them for their loyalty and service.

“Our international partners — the people who stand side by side with us, bleed and die with us, for what happened to our country 10 years ago today. They’re true friends,” he said.

Though many have felt the weight of 10 years of deployments, Crutchfield was optimistic that the Army and the nation will remain strong.

“How much can we endure? For me, for us, for our generation, the answer is for as long as it takes. Just as earlier generations of Americans overcame great tests of turmoil, the 9-11 generation has risen to the challenge [with the] support of our Families, communities, and foreign partners. The pride of our nation is what fuels us,” said Crutchfield.

Also on Sunday, Col. James A. Muskopf, Fort Rucker garrison commander, served as guest speaker at a ceremony in Dothan, where he spoke about loss, the importance of heroes and America’s resolve in the face of adversity.

“How we remember that day is a mark of our resilient American spirit,” Muskopf told the



PHOTO BY ERIN MURRAY

Sgt. 1st Class Ocie Conner, Fort Rucker Military Police, speaks to Fort Rucker Primary School students about everyday heroes at Friday’s “Celebrating Heroes” program.

hundreds in attendance. “Our enemy hoped that day would replace freedom with fear, but it didn’t — it did the opposite. It bolstered our resolve and became a defining moment in what would become the next great generation.”

Muskopf echoed Crutchfield’s statements when reflecting on the generation who saw the 9-11 attacks and chose to give their lives to preserve the nation.

“They are heroes and very much a part of the 9-11 generation who, knowing the risk, they choose to put on their uniform every morning and risk their safety for us,” he added. “Today we feel proud as a nation – we didn’t sit back and feel sorry for ourselves. We took action, we stood together then, and we still do today, and this is why we will never be defeated.”



Col. James A. Muskopf, Fort Rucker garrison commander, speaks in Dothan Sunday during a 9-11 remembrance ceremony.



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**246 FAITH:** Large lot, all brick home, all appliances, possible 4 BR or den. Choose from Enterprise or Daleville school districts. Relax on your deck and hold all of your tools or toys in the shed. This property has a lot to offer for the price. \$85,000 **FRAN CLAYTOR 334-790-5973 & MAGGIE HAAS 334-389-0011**

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**FOR RENT**

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# ARMYWIDE

VOL. 61 ■ NO. 37

ARMYFLIER★COM

SEPTEMBER 15, 2011

## ARMY BRIEFS

### ARMY EMBRACING ACQUISITION REFORM

ARLINGTON, Va. — The U.S. Army acquisition community is immersed in a series of reforms aimed at improving procurement practices such as streamlining requirements, better managing cost and schedule issues, integrating new technologies before they are sent to theater and working more closely with industry.

Lt. Gen. Bill Phillips, principal military deputy to the assistant secretary of the Army for Acquisition, Logistics and Technology, outlined the reforms Sept. 8 at an Association of the U.S. Army Institute of Land Warfare event in Crystal City.

"There's not a day that goes by that I don't think about what we can do to support our Soldiers. As we modernize our Army, we want to put the right capability in the hands of our Soldiers to make sure that they do their missions quickly and safely and come home to their Families and friends," Phillips told the audience.

### ANIMAL CARE SPECIALISTS LEARN CRITICAL SKILLS

FORT SAM HOUSTON, Texas — Army veterinarians and animal care specialists provide veterinary care on Department of Defense installations worldwide and are the only military branch that supports the Veterinary Services mission.

And the only place Soldiers in the 68-Tango military occupation specialty, or MOS, receive their training is at the Department of Veterinary Science, run by the U.S. Army Medical Department Center & School on Fort Sam Houston.

The basic 10-level 68T course is 11 weeks long and is 75 percent hands-on instruction and 25 percent classroom. Course instructors include senior active duty noncommissioned officer and retired 68-Tangos, an Army veterinarian, and a civilian veterinarian.

### MOBILIZATION ENDING AT FORT MCCOY

FORT MCCOY, Wis. — As the Army begins to drawdown its unit requirements in Iraq and Afghanistan, Fort McCoy's mobilization mission is ending this month.

A pair of Army National Guard companies — one from Texas, the other from Louisiana — will be the last to deploy from Fort McCoy. The departure of the 236th and 1022nd Engineer companies in late September will bring to a close a chapter in the post's history.

According to Brad Stewart, director of plans, training, mobilization and security at Fort McCoy, the installation will end mobilization due to the drawdown in Iraq and end of the troop surge in Afghanistan.

"As a result, 1st Army conducted a rebalancing plan to draw its Mobilization Training Centers from 10 down to four," Stewart said. "Even though 1st Army did not select Fort McCoy, the crown jewel of the Army Reserve, to continue the mobilization mission, its military value increases daily as a premier training installation with its state-of-the-art range complex for transient units as part of their Army Force Generation cycle."

The demobilization effort at Fort McCoy also is completed; the final units and Soldiers out-processed in August.



PHOTO BY STAFF SGT. MICHAEL J. TAYLOR

Two air assault students stand on the edge of a UH-60 Black Hawk helicopter and prepare to rappel to the ground as the helicopter hovers 80 feet in the air Sept. 1 at Camp Albertson in Schweinfurt, Germany. Nearly 300 Soldiers and Airmen began the course Aug. 22, with 146 making it through to graduation.

## Course puts Soldiers to test

BY STAFF SGT. MICHAEL J. TAYLOR

21st Theater Sustainment Command

SCHWEINFURT, Germany — In an effort to distinguish themselves from their peers, nearly 300 Soldiers and Airmen laced up their boots, packed their gear and headed to Camp Robertson training grounds here in hopes of becoming air assault qualified.

Servicemembers from units all around Germany were present

on day one of the 21st Theater Sustainment Command coordinated course. Of the 286 service members who began with Air Assault Class 306-11, only 146 made it through the rigorous training.

"The course was both physically demanding and mind challenging," said 1st Lt. Victor O. Mills, executive officer for Headquarters Detachment, 18th Military Police Brigade. "There are so many things to learn and remember in such

a short period of time. Plus you have to be in really good shape to meet the physical demands of the course."

All the training was conducted by air assault qualified Soldier instructors from the Army National Guard Warrior Training Center, at Fort Benning, Ga. The 10-day course consisted of three phases.

During the first phase, the combat assault phase, the servicemembers were introduced to the Army's rotary wing aircraft,

pathfinder hand and arm signals, helicopter landing zones and markings and areo-Medical Evacuation operations.

The second phase of the course was the sling-load operations phase. During this phase the servicemembers learned about standard sling-load equipment, sling-load ground crew operations, and how to properly prepare, rig and inspect various pieces of military

SEE COURSE, PAGE B4

## Experiment seeks to speed up communications



PHOTO BY MASS COMMUNICATION SPECIALIST SEAMAN JARED M. KING

U.S. Army, Navy and Air Force will fuse Army-developed web services in an attempt to achieve "dynamic airspace management" during a joint experiment this month. Army engineers hope to bridge the data gap between the services' systems while

BY CLAIRE HEININGER SCHWERIN  
PEO C3T

ABERDEEN PROVING GROUND, Md. — When the Army, Navy and Air Force maneuver in the same airspace, a straightforward request to engage a target often has to pass through multiple communications systems and manual approvals, slowing down a process that depends on speed.

Now the three services are looking to cut that time significantly — achieving "dynamic airspace management" by fusing new Web services technologies. A joint experiment kicking off this month will attempt to bridge the data gap between

the services' systems while automating some steps to speed communications, said officials with the U.S. Army Research, Development and Engineering Command, or RDECOM's, communications-electronics center, or CERDEC.

"What we're trying to do is use new technologies to shorten that cycle for airspace deconfliction to minutes, rather than hours," said Greg Davis, an engineer with CERDEC's Command and Control Directorate, or C2D, which is participating in the experiment for the first time.

Along with dynamic airspace management, other mission

SEE EXPERIMENT, PAGE B4

## Army officials announce greatest inventions

BY DAVID MCNALLY  
RDECOM

ABERDEEN PROVING GROUND, Md. — Army officials announced the winners of its greatest inventions competition Aug. 23.

Earlier this summer, a panel of combat veteran Soldiers reviewed and voted for the most innovative advances in Army technology.

"The contributions made by these teams promise to improve the well being of Soldiers and the Army's capability to contribute to quality of life and our national security," said Maj. Gen. Nick Justice, U.S. Army Research, Development and Engineering Command commanding general. "I would like to expressly thank you for submitting your Army Greatest Inventions nomination packages which continue to make the Army Greatest Inventions program a success."

The winners, in alphabetical order:



U.S. ARMY PHOTO

Just one of the Army's Greatest Inventions: The M240L 7.62mm Medium Machine Gun (Light) reduces the weight of the existing M240B without compromising reliability.

SEE INVENTIONS, PAGE B4



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**Blue Pit Bull puppies** for sale, nine, small re-homing fee. 100% pure bred, just need really good homes asap. Born 08/13 will be ready 09/24 (6 weeks old). Call 334-477-6973 or 334-379-8641. Mamma and Daddy are both excellent dogs, excellent temperament and GREAT with kids of all ages. They are super cute and really need GOOD homes. \$100 re-homing fee.

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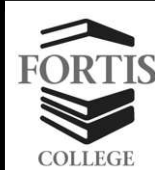
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# Course: ‘This course was definitely challenging’

Continued from Page B1

equipment. The third and final phase of air assault training was the rappelling phase where students learned to tie the conventional hip rappel seat in less than 90 seconds, and how to properly hook themselves up to a set of rappel ropes in 15 seconds or less. They also conducted numerous rappels from a 55 foot tower and performed rappels from a UH-60 Black Hawk

helicopter from the altitude of 80 feet. After enduring through the three phases, the servicemembers still weren't safe from failing the course. On their final day prior to graduation, they had to complete a 20-kilometer ruck-march in three hours, while caring 45 pounds of gear. Throughout the course, the number of servicemembers dwindled as they failed lessons taught by the instructors or engaged in an unsafe act.

But the majority of servicemembers who were disqualified were dropped from the roster on day one during the obstacle course. "You could get sent home at any moment," said Mills. "The hardest part of the course was just being prepared, because one false move could actually cost you your life when you're repelling from an aircraft." "This course was definitely challenging," said Spc. Kevin D. Repass, a

Motor Transport Operator, with the 16th Sustainment Brigade. "They play some mind games with you and you have to stick together in order to make it through." Those who completed the training were greeted by more than 200 Family members and peers who were invited to watch the Soldiers receive the prestigious air assault wings. During the graduation ceremony, Command Sgt. Maj. James E. Spencer, the 21st TSC's senior enlisted

adviser to the commander, was the guest speaker. Although his speech was short, Spencer emphasized the legacy of air assault and how it was the Soldiers' responsibility and honor to continue the tradition. After addressing the class, Spencer then allowed the Family members, leaders and peers of the graduating class to move forward and pin the new air assault personnel. "It feels great and I feel like I accomplished a lot,"

said Spc. Michael A. Perez-Arce, a military policeman with the 18th MP Brigade. "For once I actually have something on my uniform that sets me apart. Something I can say I was a part of and I displayed certain skills that helped me earn it." "After completing Air Assault School I feel like I can accomplish anything. Now my next challenge is to complete airborne school and after that I want to become a Ranger," said Perez-Arce.

# Experiment: Project synchronizes combat resources

Continued from Page B1

areas that could benefit from the 2011 Multi-Service Limited Technology Experiment include transmitting mission command information over intermittent or bandwidth-limited networks, and real-time monitoring of system status and message completion. Those capabilities can make a big difference in battle, when forces need reliable and actionable awareness on what information is getting through. "The ability of leaders to have quick access to critical information from multiple services operating in the same bat-

tle space will increase combat capability by allowing leaders and staffs to more efficiently synchronize resources and focus combat power," said Scott Rutter, with CERDEC. The use of open-source software for these solutions makes them flexible and scalable to scenarios involving mission command systems used by Soldiers, Sailors, Airmen, Marines, or a combination, officials said. The experiment — which began with integration work in July and runs through mid-September — will involve Army, Navy and Air Force locations around the country, including Charleston, S.C., Rome, N.Y.

and Aberdeen Proving Ground. For CERDEC C2D, the event is one of the first multi-service experiments that will involve a major contribution from Aberdeen Proving Ground, where the organization relocated under the Base Realignment and Closure transition. Beyond serving as a venue to evaluate and transition emerging technologies, the multi-service LTE will help forge long-term partnerships between systems engineering experts across the Joint force. The technical hurdles faced by those experts are high. As they would in the field, the services in the experiment

will start from different baselines of information known as federated data — or data that is stored in a single location, but can be widely used for a consistent user experience. The Army will rely on Service Oriented Architecture Foundation — Army, or SOAF-A, Lite, which was developed by CERDEC C2D using Government Off-The-Shelf and open source software. Packaged as a virtual machine for quick deployment in connected and disconnected environments, SOAF-A Lite provides users with a Web portal, service discovery, service repository, directory, security,

workflow and other features. The Navy and Air Force will be using a different framework known as Afloat Core Services, or ACS, which provides users with a software infrastructure platform upon which to mix and match services. "We've had to analyze what data format is used for the Army, what data format is used for the Navy, what data format is used for the Air Force. None of them are identical," said Oanh Trinh, an Army engineer with CERDEC. "So how do you bridge the gap? How do you find a way to get the data from one side to appear on the other side? That's the challenge."

# Inventions: Army maintains battlefield edge with technology


Continued from Page B1

**40mm Infrared Illuminant Cartridge, M992:** Soldiers now have capabilities to engage the enemy far more effectively during nighttime operations. The Army's new infrared illuminating cartridges/projectiles produce infrared light that is invisible to the naked eye, but is clearly visible through night vision devices that U.S. Soldiers use in Iraq and Afghanistan. (Source: Armament Research, Development and Engineering Center)

**5.56mm M855A1 Enhanced Performance Round:** Since June, the Program Executive Office for Ammunition at Picatinny Arsenal has fielded about 30 million new 5.56mm M855A1 Enhanced Performance Rounds in Afghanistan. The bullet has been redesigned and now features a larger steel penetrator on its tip. A notable feature of the EPR is that its bullet features a copper core. (Source: Armament Research, Development and Engineering Center)


**Green Eyes:** Escalation of Force Kit Integration with the CROWS System: The system emits a wide band of green light that temporarily disrupts a person's vision so that driving a vehicle or aiming a weapon becomes difficult if not impossible. One application would be to warn civilians away from checkpoints and other areas where their safety is at risk. At closer distances, the lasers provide an immediate, non-lethal capability to deter aggressive actions. (Source: Armament Research, Development and Engineering Center)

**Husky Mark III, 2G 2-Seat Prototype:** This landmine detection vehicle is blast survivable, overpass capable and field repairable. Officials said the second generation 2-seat prototype is a natural evolution of the larger MK III Husky. The Husky Mark III/2G 2-Seat Prototype responds to the immediate warfighter need to mitigate the risks of task overload on the Husky operator, increases the Route Clearance Package's ability to find and neutralize improvised explosive devices, or IEDs, and provides direct fire capability for the lead vehicle of the RCP.



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BOSS goes fishing for Hearts Apart, SOS  
Story on Page C4

# COMMUNITY

VOL. 61 ■ NO. 37

ARMYFLIER★COM

SEPTEMBER 15, 2011

## Shoulder-to-shoulder Post seeks to prevent suicides

BY ERIN MURRAY  
Army Flier Staff Writer

Hundreds of Aviators gathered before physical training exercises on Sept. 7 to hear Maj. Gen. Anthony G. Crutchfield, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, remark on national suicide prevention month.

As the sun rose over Howze Field, Crutchfield began a compassionate plea to his fellow Soldiers to move away from the stigmas of the past and into a more supportive role as Army members.

"Let's take care of each other. We're going to stand shoulder-to-shoulder with this awareness of suicide prevention," said Crutchfield, whose word's echoed the Army's official theme for suicide prevention month — "shoulder-to-shoulder: building resilience in the Army Family."

The speech was coordinated in part by the Fort Rucker Army Substance Abuse Program. Denise Clark, risk reduction program manager for ASAP, explained that it was a great way to begin a month of awareness.

"Fort Rucker is doing its part to support the Army's anti-suicide initiative. Life is tough, especially in the military. Help is available. The Army is trying to reduce the stigma associated with seeking help," she said.

The stigma around seeking help is something Crutchfield admitted he had encountered during his early years as a Soldier. Unlike physical injuries that many Aviators encounter, Crutchfield explained that the psychological aspects of suicide cannot be ignored.

Shoulder to Shoulder

# NO ONE STANDS ALONE

Prevent suicide. Be willing to help.

It's your responsibility to stand by your family member, friend or co-worker when they need you most.

For more on suicide prevention talk to your chaplain or behavioral health professional or call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255), it's open 24 hours a day; or Military OneSource at 1-800-342-9647. You can also visit <http://www.mentalhealthscreening.org/military>, or the American Society of Suicidology Web site at <http://www.suicidology.org>.

"I don't want [Soldiers] to choose a permanent solution to what is probably a tempo-

rary situation," he said.

In addition to the initial speech, ASAP hosts other pro-

grams to encourage Soldiers, their Family members and civilians to seek help. Next

Monday and Wednesday, ASAP will host two command-sponsored events to reach out to the non-clinical side, said Linda Pappas, who has written, cast and directed a three act drama for the event. Her play, entitled *Before Dialing 9-1-1* seeks to inform audiences of the signs, symptoms and prevention of suicidal behaviors.

The two ASAP events will also feature guest speakers: professor and suicide researcher Dr. Thomas Joiner from Florida State University on Monday and ASAP clinical director Donald Schuman on Wednesday.

Both ASAP staff and Crutchfield agreed that suicide prevention is a community effort. Crutchfield encouraged anyone contemplating suicide to ask for help, and urged his fellow Aviators to work together to prevent another lost life. ASAP staff offered additional advice.

Traci Dunlap, ASAP clinical case manager, encouraged the Fort Rucker community to utilize the many programs, such as financial management and Family assistance that help reduce smaller stresses before they turn into larger problems.

"Care enough to ask and let others know you care," she said.

ASAP is located in Iyster Army Health Clinic, Rm. T-100, and open 7:30 a.m. to 4:15 p.m. Mondays through Fridays. For more information or to make an appointment, call 255-1040.

For assistance 24 hours a day, seven days a week, call the Military OneSource-endorsed National Suicide Prevention Hotline at 800-273-TALK.

## AFAP gives voice to community

BY ERIN MURRAY  
Army Flier Staff Writer

Soldiers, civilians and Family members representing the total Army concept will have their voices heard at the annual Army Family Action Plan Conference Oct. 5-6.

In order to make this year's conference successful, AFAP is seeking the help of the Fort Rucker community. Issues and concerns to be discussed are being accepted now until Sept. 22.

Shellie Kelly, AFTB and AFAP program manager hopes that Fort Rucker Community members will submit their issues no matter how small or large they may be. To submit an issue, Soldiers, Family and civilians can visit Bldg. 5700 Rm. 390 and fill out a form that will be reviewed by AFAP.

"It's a chance to change your world - to influence and impact the things that challenge military communities. It's frustrating to see something you know is not right, and not be able to get it changed. Army Family Action Plan is that opportunity," Kelly said.

AFAP's work affects all levels of Army life, including active, Reserve, and National Guard Soldiers, Family members, retirees, surviving spouses and Department of the Army civilians. Since AFAP began, there have been 124 legislative changes; 176 Department of Defense or Department of the Army policy changes and 195 improved programs or services that have

come directly from issue submissions and conferences.

The conference is held over two days, with about 50 delegates working in smaller work groups. Kelly said that the representatives at the conference are selected as a cross-section of the community.

"They mirror the Fort Rucker Community. It's a wide demographic. There's a lot of Soldiers, civilians and spouses," she said.

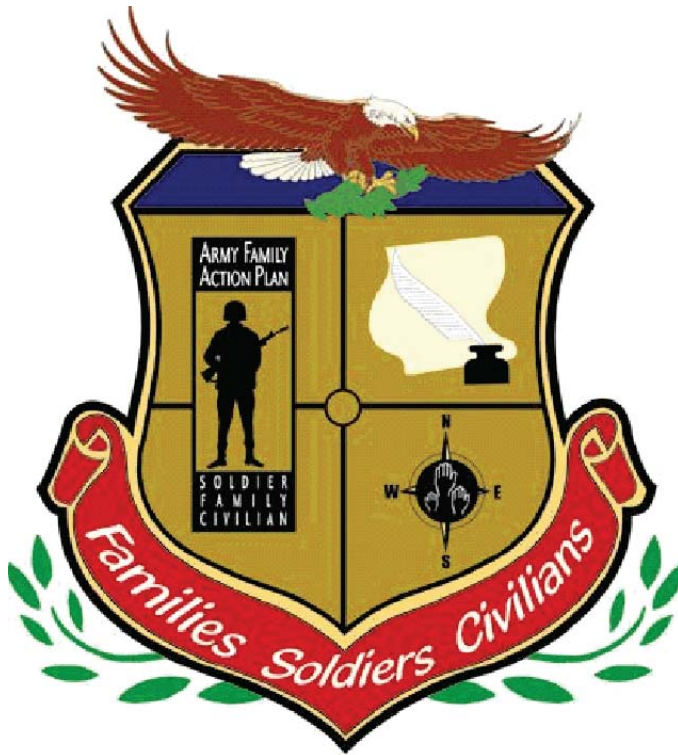
According to AFAP data, 90 percent of AFAP issues are handled at a local level, resulting in ongoing community improvements. The issues that cannot be resolved locally are handled at mid-level conferences and are sometimes reviewed at the Army-level AFAP conference. For those who are unsure of what constitutes an appropriate issue, Kelly provided some clarification.

"Issues that affect everyone at Fort Rucker or the global Army are good [for] AFAP. The focus should be on improving facilities, changing policy or regulation, and just making things work better for everyone," she said.

There will also be a Teen AFAP session Sept. 24 in order to handle youth issues directly, Kelly added.

She emphasized the importance of AFAP by recalling the many mainstays of Army life that came about because of Army Family concerns.

"Army Family Team Building came about because of an AFAP conference," she said.



Along with AFTB, other notable total Army results have been changes to the Heart Relief Act, current appeals for a Tricare orthodontic supplement and establishing minimum standards for Army child care. Locally, AFAP has helped resolve issues with pest con-

trol in Fort Rucker housing, hand-capped parking at Bldg. 5700 and safety hazards on post roads, among many others, she said.

For more information or help with submitting an issue to AFAP, call 255-2382.



# On Post

YOUR WEEKLY GUIDE TO FORT RUCKER EVENTS , SERVICES AND ACTIVITIES

### POW/MIA ceremony

Fort Rucker hosts its POW/MIA ceremony Friday at 8:30 a.m. at the U.S. Army Aviation Museum. The ceremony will honor the commitment and sacrifices made by the nation's prisoners of war and those still missing in action.

For more information, call 255-2366.

### Hispanic Heritage kickoff

Fort Rucker kicks off Hispanic Heritage Month Friday from 11 a.m. to 1 p.m. at the post exchange. The event features food, music, dancing and cultural displays. The celebration continues with a children's festival Saturday from 11 a.m. to 1 p.m. at the post exchange.

For more, call 255-9878.

### Music Under the Alabama Stars

The 98th Army "Silver Wings" Band will perform its second Music Under the Alabama Stars concert Friday 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.

### Volunteers needed

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

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is noon Thursday  
for the following  
week's edition.  
E-mail submissions  
to Jim Hughes at  
jhughes@armyflyer.com.

hands. No experience is necessary. The shows will be performed Sept. 26 and 28.

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

### Employer day

The Fort Rucker Army Career and Alumni Program Center hosts an employer day for the Alabama Department of Corrections, AFS, PEMCO World Air Services and MED-TRANS Friday 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 Wednesday 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.

### The Best Christmas Pageant Ever!

Fort Rucker's new community theater group is looking for four men, six women and about 24 boys and girls to star in a comedy Christmas play, *The Best Christmas Pageant Ever!* Tuesday from 6-8 p.m. in the Better Opportunities for Single Soldiers building, Bldg. 8350.

No acting experience is necessary. Show dates are scheduled for Dec. 9-10, and rehearsal days and times are flexible.

For more information or directions, call 255-9810.

**Divorce/Separation Co-Parenting Workshop**

Army      Community

Service's Family Advocacy Program holds a Divorce/Separation Co-Parenting Workshop Monday 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.

### AFAP Conference

The Army Family Action Plan Conference is the place people can submit their issues they would like local and Army leadership to address. This year's conference is at the Wings Chapel from 8 a.m. to 4 p.m. Oct. 5-6.

People should submit their issues to AFAP no later than Sept. 22. AFAP is the Army's grassroots-level process to identify and elevate the most significant quality of life issues impacting Soldiers (all components), retirees, Department of Army civilians and Families to senior Army leadership for action.

People can submit quality of life issues online by visiting [www.ftruckerfmwr.com](http://www.ftruckerfmwr.com) or calling the AFAP program manager at 255-2382.

### Comedy Live, band plays

Comedy Live at Rucker will feature comedians Tom Cotter and Mo Amer Friday. Doors will open at 7 p.m. and the comedy show will last from 8-9:45 p.m.

The show is considered adult rated — for ages 18 and up. Advanced tickets are \$10 and are available

at The Landing Zone until today.

Tickets are \$15 at the door. Food and beverages will be available for purchase. Comedy ticket holders will get to watch the comedy show and the band performance after the show — "Emma King and the Heartsets" will perform until 1 a.m.

For more information, call 255-9810.

### Research fundamentals for students

The library hosts a Library 101 — Research Fundamentals for Students session Saturday from 1-2:30 p.m.

Students ages 13 and older can bring research topics in and the library staff will help them get started. The staff will show students how to use library resources to find information.

Registration is limited to the first eight students to sign up. Students must have a library account and an online "My Account" must be activated before the class.

For more information, call 255-3885.

## DFMWR Spotlight



**Emma King and the Heartsets**

**September 16<sup>th</sup>**

*The Landing 10pm-1am*

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*or no charge with Comedy Live ticket purchase*

**COMEDY LIVE AT RUCKER**

**SEPT 16<sup>TH</sup>**

**THE LANDING BALLROOM, 8 – 9:45 PM**

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**For details call 255-9810    ADULT AUDIENCE AGES 18+**



PHOTO BY ERIN MURRAY

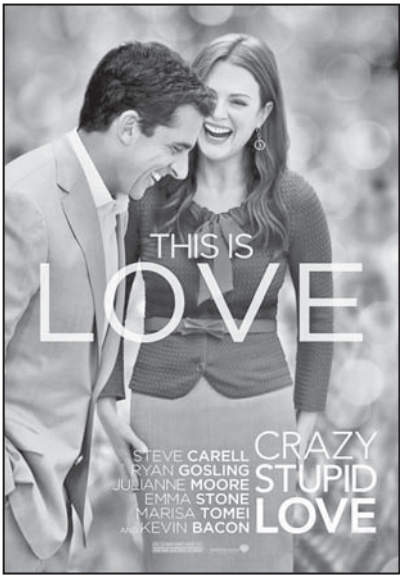
## Pick-of-the-litter

Meet Jolie, a 12-week-old female domestic medium hair available for adoption at the Fort Rucker stray facility. She is talkative and always ready to be snuggled. It costs \$81 to adopt Jolie and other animals at the facility, which includes all up-to-date shots, microchip and spaying. For more information on animal adoptions, call the stray facility at 255-0766, open from 8 a.m. to 3 p.m. The facility needs donations such as dry or canned foods for cats, dogs, kittens and puppies, as well as blankets, toys and towels. Donations can be dropped off at the veterinary clinic or the commissary. Visit the Fort Rucker stray facility's **Facebook** page at <http://www.facebook.com/ftruckerstrayfacility/> for constant updates on the newest animals available for adoption.

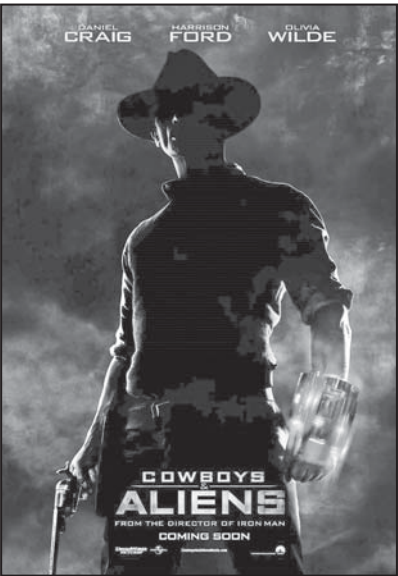


## FORT RUCKER Movie Schedule for September 15 - 18

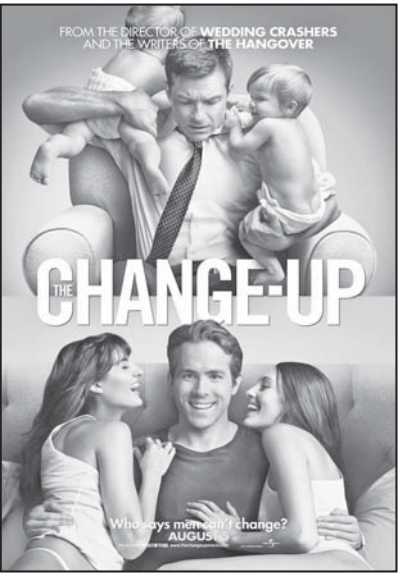
# See you at the movies



THURSDAY, SEPT. 15  
**Crazy Stupid Love (PG-13) ..... 7 p.m.**



FRIDAY, SEPT. 16 & SATURDAY, SEPT. 17  
**Cowboys & Aliens (PG-13) ..... 7 p.m.**



SUNDAY, SEPT. 18  
**The Change-Up (R) ..... 7 p.m.**



# Soldier saves friend from committing suicide

BY STEPHENIE TATUM  
Fort Bragg Public Affairs Office

FORT BRAGG, N.C. — On the outside, Spc. Josh Brown looks and acts like an average 22-year-old paratrooper serving in the 82nd Airborne Division.

Brown's dark hair is close-cropped against his skull, and he prides himself in the jump wings he earned. He also smiles often, revealing the sense of humor he often used to mask the growing, gnawing pain in his life.

Yet, no one knew what Brown, whose name is fictitious to protect his privacy, was feeling on the inside. Brown said that a multitude of things led him to want to kill himself. For the past six months, Brown said he was feeling unhappy with himself and the path his life was taking.

He suffered from Family and financial issues, relationship problems, constant physical pain from a jump accident, insomnia and poor adjustment after arriving at a new duty station.

If that was not enough, Brown's 1980 Chevrolet Camaro — his most-prized possession — had been vandalized and the process to get it fixed through his insurance company was not going well.

When Brown quit calling and making plans to socialize with his close friend, Spc. Christy Sawyer, she thought nothing of it and figured he just wanted to spend more time with his other friends.

Sawyer, a medic in 2nd Battalion, 508th Parachute Infantry Regiment, 4th Brigade Combat Team, 82nd Airborne Division, had no idea until the morning of Aug. 7 that Brown, also a medic in the 82nd Division, had been withdrawing and for the past two weeks was planning to commit suicide.

Brown said his issues caused him to become overwhelmed and feel like his world was caving in on him.

The night he decided to end his life had started out like many previous nights, Brown said.

"I went to the club and started drinking," he recalled. "Part of my plan was to take the \$100 I had, and drink as much as I could and then go wreck my car to make it look like an accident."

After leaving the club and going to another bar, Brown ran into a friend who knew something was not right with him. After some time, she persuaded him to talk.

"I have things I need to do tonight and you're not going to stop me," Brown told the friend.

The friend then contacted Sawyer, a coworker and mutual friend, for help.

The eight missed phone calls and two text messages that night from Brown, and her conversation with their mutual friend told Sawyer that something was very wrong

with Brown.

"I had just got back from block leave and had forgotten my phone in the barracks when I went to pick up some friends who were having car trouble," Sawyer said. "He actually left me a message telling me goodbye. I still have not listened to it. I can't do it."

After speaking with her friend, Sawyer drove to the bar to get Brown. When she arrived, Brown was sitting in his car, distraught and unreasonable. Sawyer said she reached in and took the keys out of his ignition. They talked for a long time. Brown continued to tell her he was sticking to his plan to end his life that evening.

Sawyer said she tried to talk Brown out of taking his life.

"I tried to explain to him that I can't live with that kind of guilt," she said. "I just kept telling him, 'It's not going to happen.' I was trying to wake him up."

At one point during the evening, Brown decided to run. He threw himself over the hood of the car, but his friends caught him before he got very far. After the chase and multiple failed attempts to get Brown to calm down and listen to reason, his friends decided to contact the unit chaplain.

The 4th Brigade Combat Team chaplain called Brown's unit, which then sent staff duty personnel to get him. Sawyer met the staff duty members

at an elementary school parking lot in Fayetteville near here, where Brown once again tried to run away.

After being caught a second time, Brown was taken to the barracks and placed on a 24-hour, three-day suicide watch. He was referred to Womack Army Medical Center here for mental health evaluations.

Sawyer credits her concern for Brown for taking action to save him.

"I think mostly, for me, it was the fact that I care about him so much. He is like my baby brother," she said. "There was no way I was leaving him. I would not have let him go re-

gardless. I was ready to do whatever it took."

Sawyer said she'd applied her suicide prevention training to save her friend.

"I see [suicide] a lot differently now," she said. "I think suicide training is something Soldiers need to have and it needs to be emphasized."

Yet, Brown had attended suicide prevention training at his unit just three days before he'd threatened to kill himself.

"I understood the point of it and I saw the briefing, but I guess I just did not want anyone to stop me," Brown said. "I was not looking for help."

Brown said his turning point came the next night when the adrenaline wore off and he realized he was still alive.

"Once I got some sleep and woke up the next day, I felt depressed and empty," Brown said. "Knowing I wasn't supposed to be here felt weird. For about two days afterwards, everything felt so unnatural. I honestly didn't expect to be where I was. It was like everything just hit restart."

Today, Brown is receiving treatment as he continues to serve in the 82nd Division. Brown is thankful, he said, for the help and support he's re-

ceived from his fellow Soldiers, noncommissioned officers and officers in his unit.

Sawyer said she finds herself getting upset whenever she thinks about the night Brown wanted to take his life and worries about what could have happened if she hadn't been there.

"I want him and other people who are thinking about doing this to understand what you are doing to the people in your life — your friends, your Family and your spouses and your relationships," Sawyer said. "This devastates people. I am still so upset."



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# BOSS goes fishing for Hearts Apart, SOS

BY RUSSELL SELLERS  
Army Flier Staff Writer

Single Soldiers might not be married, but that doesn't mean they don't want to help other Families when possible, according to Better Opportunities for Single Soldiers and Survivor Outreach Services officials.

On Saturday, BOSS teamed with SOS, outdoor recreation and the Hearts Apart organization to provide Families of fallen Soldiers and Families with deployed Soldiers with a fun day of fishing at Buckhorn Lake, said Brian Jackson, Directorate of Family, Morale, Welfare and Recreation BOSS adviser.

"The BOSS program planned and executed a very selfless event this past weekend with Hearts Apart



COURTESY PHOTO

Soldiers from Fort Rucker's BOSS program spent their Saturday helping with the Hearts Apart and SOS Fishing and Fun Day at Buckhorn Lake.

and SOS Families," he said. "The BOSS fishing event is held once a year and it gets a lot of Soldiers to come out and volunteer to fish with Families. There's nothing better than seeing the kids' smiling faces after learning how to fish

and talking with our single Soldiers."

The idea to provide a fishing activity for children

of fallen servicemembers came from a child who mentioned, with the death of his father in Iraq, he now

would not have someone to teach him how to fish, said Beth Gunter, SOS program manager.

The organization involved and mentorship of the Soldiers during the Fishing and Fun Day demonstrates a commitment to survivors that they are, and will continue to be, an important part of the Army Family, she said.

"The caring commitment of the local community to the Families of our fallen heroes helps to keep the memory of their loved ones alive," she said. "It also provides support as they get together with peers experiencing similar losses, and reaffirms they will


never be forgotten."

Jackson said the event also gave Families a chance to get to know the single Soldiers and make new friends.

"This is the fourth year we have organized and participated in this event and it has truly changed the perception that the Hearts Apart and SOS Families have of single Soldiers," he said. "As one of the parents stated to me, 'This is the second year we have been to this event and my daughter talks about it all year long' and 'I am in shock that this many single Soldiers would give up their Saturday for me and my Family.'"




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# Patience key when transitioning to minimalist running shoes

BY SHANNON CARABAJAL  
*Army Medicine*

FORT SAM HOUSTON, Texas — Though the Army allows the wear of most types of minimalist running shoes with the improved physical fitness uniform and when conducting physical training in military formation, officials are urging Soldiers to transition slowly when switching from regular running shoes to those that offer less support.

Only shoes that accommodate all five toes in one compartment are authorized for wear.

According to Lt. Col. Timothy Pendergrass, allied health staff officer, Office of the Surgeon General, minimalist running shoes, or MRS, offer minimal support and cushioning.

“There are no true specifications for MRS but most are extremely lightweight, low to the ground and flexible. They have little to no cushioning in the heels and have a low slope from the heel to the toe — called the heel-toe drop — that makes them look more like the old racing flats than traditional running shoes,” Pendergrass said.

The design encourages runners to land toward the front of their foot and move naturally through a stride cycle. Sometimes described as forefoot strike, the runner lands near the ball of the foot first, lowers the heel and rolls forward to push off over the toes. This type of stride generates minimal initial impact without sending a shock wave through the runner’s body.

For runners used to traditional running shoes in which they land on their heel then roll forward to push off with the toes, transitioning to MRS too quickly can lead to injury so runners should use caution.

“Most runners have been using heel strike in traditional running shoes all their life. When changing to MRS, runners will engage the muscles in their feet, leg, and core differently. They’ll need to

strengthen muscles that may have played a more secondary role with traditional running shoes. They’ll need to stretch muscles and tissues that have been supported in a more rigid shoe structure; and they’ll need to become accustomed to the changes in sensory feedback that they’ll experience with MRS.

They’ll need to let the tissues, including the bones, adapt to the changes from the new shoes and different running posture. This takes time,” he said.

He recommends a slow break-in period focused on strengthening the foot and leg muscles. For the first two to three weeks, Pendergrass suggests running no more than 10 percent of your normal running distance. After the initial period, runners should gradually increase their MRS distance by no more than 10 to 20 percent each week, taking at least eight weeks to fully transition to the new shoe. For some, the transition can take up to six months.

For the first four weeks, runners should avoid running two days in a row in MRS. Light jogging is OK for no more than two days in a row.

Running on different surfaces is also encouraged. A firmer surface, such as pavement, helps the foot make the transition from a cushioned environment.

Pendergrass recommends stretching the foot, calf, leg and hamstring muscles regularly during the transition as these muscles will be used more when using MRS. He encourages a functional warm-up that dynamically stretches all muscles prior to any run. After the run, runners should target specific muscles.

Above all, runners shouldn’t push themselves to transition more quickly and should immediately stop running if they experience pain.

“The most important aspect to a smooth transition is to listen to your body. It will tell you when you need to slow down, and to stick with the structured transition. Don’t get anxious and try to speed things along,” Pendergrass said.

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Patrons may select to take a test and receive immediate scoring. Test results are stored in personalized individual accounts, accessible only to patrons. Call 222-6612 for more information.

## 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

**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 Emmett at 348-2603 or email [Tarae1@cityofenterprise.net](mailto: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*.

## Beyond Briefs

### Hartselle Depot Days Festival

People can visit the Hartselle Downtown District for a festival celebrating the history of the railroad and its contribution to Hartselle Saturday from 8 a.m. to 5 p.m.

Some events scheduled are an antique car and tractor show, arts and crafts, live entertainment, and games.

This event is free. For more information, call (256) 773-4370 or (800) 524-6181.

### Way off Broadway Theater

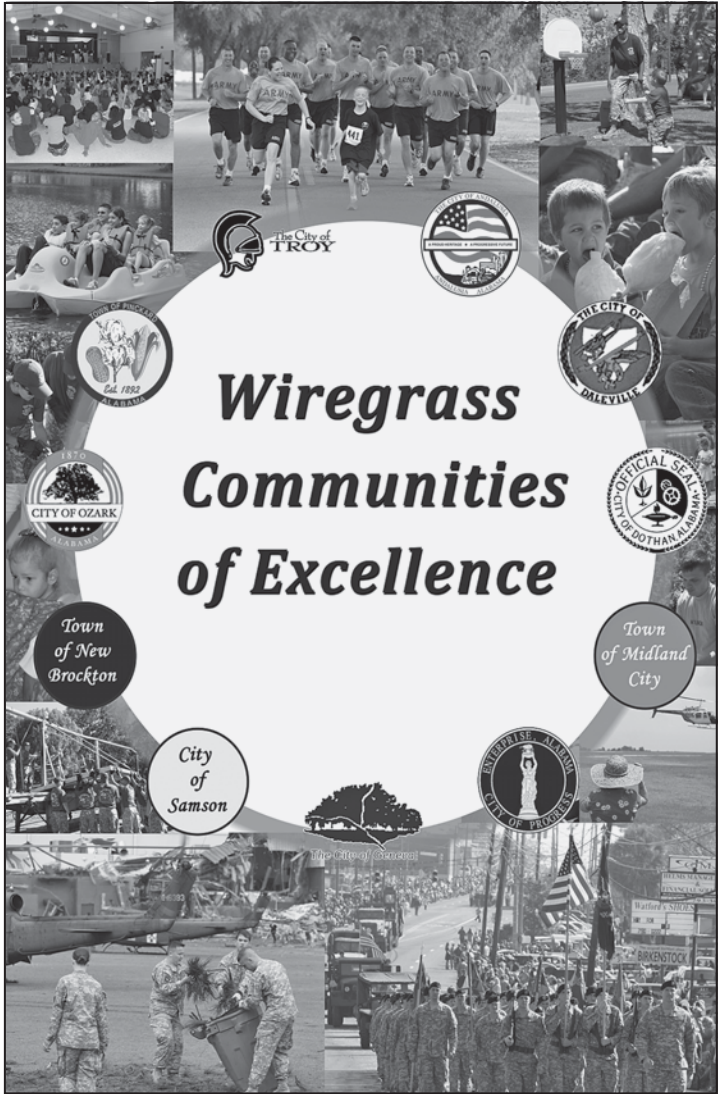
Prattville's Way off Broadway Theater presents Complete Works of Wilm Shkspr (Abridged) today through Sept. 30 and Oct. 2.

Three men will attempt to perform each and every one of Shakespeare's 37 plays in less than two hours, resulting in the funniest play that Shakespeare never wrote.

Admission is \$8 in advance and \$10 at the door. For more information, visit <http://www.prattvilleal.gov/departments/way-off-broadway-theatre.html> or call (334) 358-0297.

### Nature programs

Oak Mountain State Park in Pelham



## 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.

**SEPT. 22** — Wiregrass Disabled Ameri-

can Veterans Chapter No. 99 will meet Sept. 22, 6 p.m. in the New Brockton City Hall. A meal and refreshments will be served.

For more information, call Joseph Myrard, (334) 347-9574 or 389-7050. Chapter 99 will also establish an auxiliary consisting of male and female spouses of members.

For more information, call 684-3328.

## 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.ruddart-center.org](http://www.ruddart-center.org). \$\$\$

**NOW THROUGH SEPT. 30** — Men and

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.

### 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

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.

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 selectd 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](http://www.ruddartcenter.org). Complete the entry form and return the last page to: [backstreetart2011@gmail.com](mailto:backstreetart2011@gmail.com) or mail to DCCA, 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

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

### 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>.



# Wounded warrior to star in reality show

BY ELAINE SANCHEZ  
American Forces Press Service

A few weeks ago, I was browsing the Web, filling my insatiable appetite for pop culture trivia, when I saw a familiar face among the new cast of *Dancing with the Stars*.

Among a line of reality and pop stars was Army veteran J.R. Martinez, a wounded warrior turned motivational speaker and actor. I smiled as I recalled meeting the former Soldier three years ago.

At the time, I was the post newspaper editor at Fort Sam Houston in San Antonio and had volunteered to write about a special camp for military teens whose parents were wounded or deployed.

The camp took place at the middle school, and when I arrived, the teens already had split into small groups to share their stories. One table in particular caught my eye. A group of 16- and 17-year-olds was intently listening to a wounded warrior as he shared his war-

time experiences.

I approached the table, camera in hand and first noticed his face was heavily scarred. But after a few seconds, I saw only a young man with a ready smile, at ease with the teens around him. He laughed and joked with them as he talked about his experiences and shared his message of resilience and hope, qualities he had acquired in spades several years ago.

In March 2003, Martinez was less than a month into his deployment when the Humvee he was driving struck a landmine. Three Soldiers were thrown from the burning vehicle, but Martinez was trapped inside. He suffered severe burns to more than 40 percent of his body.

He spent 34 months in recovery at Brooke Army Medical Center in San Antonio, and underwent 33 surgeries.

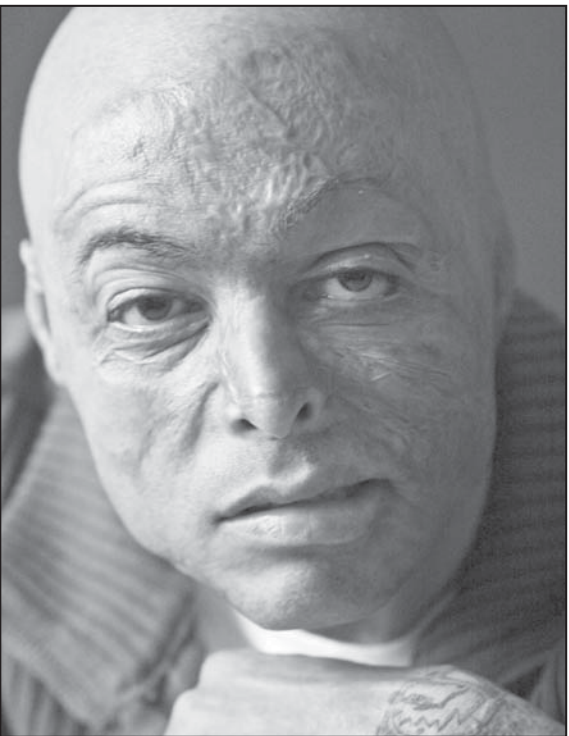
While in recovery, Martinez began to share his story with other burn patients, which eventually led him to become a highly sought-after motivation-

al speaker. He now travels the country, spreading a message of resilience and optimism. He also pursued an acting career, and plays a combat veteran on *All My Children*.

That day in San Antonio, Martinez shared his story with me and his desire to help others. He hoped the teens would be able to relate to him, he said, and gain inspiration from his story.

I met many wounded warriors in my time at Fort Sam, but Martinez left a lasting impression. He could have withdrawn after such a terrible tragedy. But instead, he has stepped into the spotlight with an indelible message of hope.

I'm excited about his upcoming appearance on the new season of *Dancing with the Stars*. While people may tune in to see the sambas and cha chas, I hope they also are reminded of the immense sacrifices our servicemembers are making each day, and their astonishing ability to soar even after the greatest adversity.



COURTESY PHOTO

Army veteran J.R. Martinez will appear on this season of *Dancing with the Stars*.





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

# SPORTS

VOL. 61 ■ NO. 37

ARMYFLIER★COM

SEPTEMBER 15, 2011

SPORTS SHORTS

**BOWLING INTRAMURALS**  
Fall bowling 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 and reserve component personnel and their Families with a valid ID card are eligible to play. Civilian employees and Family members residing in the households are authorized. Family members must be at least 19 years old. Contract civilian employees are authorized to play. For more information, call 255-9503.

**TWO-MAN BUDDY BASS TOURNAMENT**  
The annual fishing tournament is Saturday from 6 a.m. to 2 p.m. at Lake Tholocco. Cost to participate is \$100. Door prizes will be offered and top three 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. to 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. 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.



Maj. Tim Harloff attempts to pass a Frisbee around retired Maj. Travis Taylor during the biweekly Ultimate Frisbee pick-up game behind the Fort Rucker Physical Fitness Facility Friday.

## Soldiers take Frisbee to ‘Ultimate’ level

BY RUSSELL SELLERS  
Army Flier Staff Writer

The early morning air was pierced by calls like “Move Up!” and “Striker! Striker!” Friday as two, seven-man teams met on the field of battle behind the Fort Rucker Physical Fitness Facility.

However, the “battle” was more like a friendly competition between friends, and the weapons used were limited to fast feet and a round, floating disc that both teams traded back and forth for an hour.

This scene was from a bi-weekly pick-up game of Ultimate Frisbee that takes place every Wednesday and Friday morning at 6 a.m.

Organizers CW4 Paul Sivacek and retired Maj. Travis Taylor said it’s a great way to get in daily physical training and to have

fun doing it.

“For those people who are into sprinting, it’s a great workout,” Taylor said. “We’ve modified the game here to work in 20-minute halves with a 5-10-minute halftime.”

The game works as a combination of soccer and American football, Taylor said. It uses two endzones across a 100-yard field, but players can pass the Frisbee forward or backward. There are no referees, so the teams have to enforce their own rules.

“It’s a gentleman’s sport,” Taylor said. “The player with the Frisbee can call the foul, but you should always call your own.”

Defensive players have to give the player with the Frisbee at least an arm’s length distance. The Frisbee can’t be stolen from another player, unless it’s still in the air. Once a player catches the Frisbee, he or she has 10 seconds to pass it, or it’s a turnover.

If a defensive player knocks the disc out of the air or intercepts it, it’s also a turnover.

The game itself was a fast-paced, high-flying good time for those playing. Several players called out plays and worked patterns similar to what one might see in soccer.

While the action might have been fast and sometimes furious, it was never overly aggressive because it’s supposed to be about having fun and getting good exercise, said Maj. Tim Harloff.

“The friendly competition and being able to talk about the game later when we get back to the office is always fun,” he said. “Really, we’re just out here to get a workout, but if we can do that through a team sport, that makes it all the better.”

Harloff said the high speed of

the sport can sometimes make it hazardous for the players.

“You have to be careful, especially in a sport when the object of the sport is always floating,” he said. “You’ll always be watching it and maybe not watching where you’re running.”

Harloff said one of his favorite things about the game is being able to time that perfect catch and do something that makes the others stop in their tracks.

“You just have to wait for that perfect moment,” he said. “When you see that time to make a perfect diving catch, that’s when it gets really exciting.”

Sivacek said that the games are not just for Soldiers, but their Families and civilians working on post as well.

For more information on getting involved with the games, call 255-0870 or email paul.m.sivacek@us.army.mil.

PIGSKIN PICKS		LSU vs. Mississippi State		Auburn vs. Clemson		Michigan State vs. Notre Dame		Northwestern vs. Army		Tennessee vs. Florida		Ohio State vs. Miami		Oklahoma vs. Florida State	
	David C. Agan, Jr. Fort Rucker Public Affairs (11-3)														
	Kent Anger, Plans, Operations and Mobilization Division (10-4)														
	Maj. Michael R. Ivy, 1-13th Avn. Regt. XO (10-4)														
	Shane Jones, Network Enterprise Center (10-4)														
	Capt. Paul McKinney, B Co., 1-13th (10-4)														



# Down Time



## Super Crossword

**ACROSS**

1 Pay to play  
5 "Forever —" ('47 film)  
10 "Go, team!"  
13 Window parts  
18 German river  
19 "The Gong Show" guy  
21 Fit — fiddle  
22 Jergens or Astaire  
23 "The Shadow over Innsmouth" author  
25 "In a Free State" author  
27 "Big Three" site  
28 Most loathsome  
30 Ring official  
31 Po land  
35 Word form for "environ-ment"  
36 '62 Tornadoes smash  
39 "The Nibelungenlied," e.g.  
42 Golfer Trevino  
43 Omit  
45 Wooden strip  
46 — Aviv  
47 Adventure stories

**DOWN**

49 — Dawn  
51 Singer Vaughan  
54 "Perelandra" author  
56 "The Time Machine" author  
60 Writer Erich  
62 Game fellow?  
63 Actress Alicia  
64 "Cara —" ('65 song)  
65 Hard to lift  
66 Lesage's "Gil —"  
69 Zhivago's love  
71 CT hours  
73 Charged atom  
74 "The Catcher in the Rye" author  
78 "Women in Love" author  
82 Southern constellation  
83 Cal. page  
84 Tibetan monk  
86 Do Europe  
87 Gymnastics event  
90 Scoundrel  
92 Columnist Smith  
93 Lamb and pork  
97 Shining

**100 "Winnie-the-Pooh" author**

**102 Broadcast**

**104 "Tome"**

**105 Jitterbug dance**

**107 Mink's coat**

**108 Spruce**

**110 Use a**

**113 Fairway**

**114 "Cheerio!"**

**115 Earphones**

**118 Maestro de Waart**

**119 Proprietor**

**121 Chum**

**122 Fraught with danger**

**125 Fall birth-stone**

**129 "A Passage to India" author**

**132 "The Code of the Woosters" author**

**136 Post or Bronte**

**137 Zsa Zsa's sister**

**138 Explanatory phrase**

**139 Corporate VIP**

**140 Panelist Paul**

**141 — Tin Tin**

**142 Steakhouse order**

**143 Pants part**

**38 Stooze count**

**39 Emulate**

**40 Chihuahua**

**41 Poorly**

**44 Reading matter?**

**47 Bulge**

**48 Sedimentary rock**

**50 Architect**

**52 Once more**

**53 Devastation**

**55 Isle near Corsica**

**57 Knot**

**58 Combat**

**59 Egyptian**

**61 Director**

**67 Objective**

**68 — drum**

**70 Come clean**

**72 Terrible age?**

**74 Part of Indonesia**

**75 Races a jalopy**

**76 — Sainte Marie, MI**

**77 Up for — (available)**

**79 Eye color**

**80 Card game**

**81 " — saw Elba"**

**85 Mohammed — Jinnah**

**88 Actress Luft**

**89 Jacket material**

**91 " — brillig . . ."**

**94 — Romeo**

**95 Hardware item**

**96 Blood components**

**99 "Heartbreak —" ('56 hit)**

**100 From the top**

**101 Mideastern gulf**

**103 Hornets**

**106 Skater**

**109 Wobble**

**111 Take on**

**112 Purchased**

**114 Girl Scout units**

**115 Overdramatic**

**116 Puckish**

**117 Roman fountain**

**120 Numerical suffix**

**121 Role for Rigg**

**123 Persia, today**

**124 Medicine cabinet item**

**126 Immaculate**

**127 On a whale watch, perhaps**

**128 Gusto**

**130 Time-honored**

**131 Deli loaf**

**133 Oklahoma native**

**134 Uproar**

**135 Nationality suffix**

See Page D3 for this week's answers.

# TRIVIA

- MOVIES: Which one of Alfred Hitchcock's films won a Best Picture award?
- PRESIDENTS: Who was the 21st president of the United States?
- LANGUAGE: What does the Greek prefix "xeno" mean?
- TELEVISION: What was the name of the 1950s game show hosted by Groucho Marx?
- FOOD & DRINK: What are the eight vegetables in V8 juice?
- AD SLOGANS: What was the peanut butter that "picky people pick"?
- RELIGION: What was the religion of William Penn, founder of Pennsylvania?
- MUSIC: What were Frosty's eyes made of in the children's Christmas song?
- LITERATURE: John Steinbeck's novel "Sweet Thursday" is a sequel to what earlier book?
- GEOGRAPHY: Where is the mouth of the Mekong River located?

See Page D3 for this week's answers.

## Weekly SUDOKU

by Linda Thistle

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

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

**DIFFICULTY THIS WEEK: ★★**

★ Moderate ★★ Challenging  
★★★ HOO BOY!

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See Page D3 for this week's answers.

# Kid's Corner

### Riddle Card

1. What is the best butter in the world?  
2. When is an elevator not an elevator?  
3. Why are feet like olden tales?  
4. What state is round at both ends and high in the middle?  
5. What is the left side of an apple pie?

Answers: 1. The goat. 2. When it is going down. 3. Because they are leg-ends (legends). 4. Ohio. 5. The part that is not eaten.

**FIG. 1 A NEAT WAGER!** Draw four dots on a sheet of paper (Fig. 1). Challenge your friends to connect them up by drawing three straight lines through them without lifting the pencil from the paper (See Fig. 2 for solution).

**LINK-UPS!** Here's a list of 12 short words, divided into two columns. Turn them into six longer words by linking them together. To do this, draw a line from one word in the left column to one word in the right.

### Junior Whirl

by Charles Barry Townsend

A "B WORDS" FILL-IN PUZZLE!

Illustrated by David Coulson

- Below are the 15 "B" words you'll need to complete the puzzle grid above. Use the trial-and-error method, and keep a good eraser handy!
- |       |       |       |
|-------|-------|-------|
| BABEL | BALM  | BLOB  |
| BABY  | BEAST | BLOT  |
| BACON | BEBOP | BLURB |
| BADE  | BEEF  | BOOM  |
| BADGE | BLAZE | BRAVO |

Answers: 1. Across 1. Babop. 2. Buro. 3. Buro. 4. Buro. 5. Babo. 6. Bacon. 7. Babo. 8. Babo. 9. Babo. 10. Babo. 11. Babo. 12. Babo.

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

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

### HOCUS-FOCUS

BY HENRY BOLTIHOFF

Differences: 1. Girls hair is different. 2. Skirt is black. 3. Flowers added around well. 4. Rock is missing. 5. Fence has been added. 6. Boy has short sleeves.



# GRIDIRON CORNER

## Records break like hearts during NFL opening week

BY RUSSELL SELLERS  
Army Flier Staff Writer

What a weekend it was in the land of the National Football League. Mostly, it went as expected, but there were a few surprises and, indeed, some broken records and hearts left on the fields of play.

New Carolina quarterback and all-around media darling, Cam Newton, set a record in his National Football League debut (we're not counting pre-season), and if he'd had a good team backing him up, it might have even been a win over the Arizona Cardinals. Didn't he win the last time he was in that stadium?

Still, passing for 422 yards in his debut is nothing to scoff at, though I did Monday after seeing Tom Brady pass for 517 yards in New England's somewhat understated, 38-24, trouncing of the Miami Dolphins. It's just a reminder of what being a big shot in the NFL actually looks like.

I call it a trouncing because Miami looked absolutely sluggish after the opening scoring drive. It's like QB Chad Henne filled his quota for getting 'Fin fans' hopes up in the opening minutes only to

dash them completely in the ensuing three quarters. How does this guy still have a job? What's even worse is that Henne set a passing career-high for himself in the same game. Seriously, it's time for some real changes in Miami.

Although, that moment when Miami defensive end Jared Odrick snagged a deflected pass and almost ran it back for a touchdown was one of the better moments of this first week.

Miami is going to have to step it up this week, it's getting a visit from Houston next.

The Texans are coming off a big win over Indianapolis, although that was without star QB Peyton Manning on the field for the Colts. Manning's value to the Colts franchise should be pretty obvious now.

This could be the chance the Texans, and especially their fans, have been waiting for: to finally have the AFC South title in their sights.

Getting by Miami should be no trouble for Houston, so expect this one to be yet another blow out in south Florida.

Speaking of potential blowouts, Philadelphia



travels to Atlanta this week after taking down the St. Louis Rams, 31-13.

QB Michael Vick looked absolutely stellar, passing for 187 yards and rushing for 98. This guy is on fire and is looking to set Atlanta ablaze.

Now hold on a second, I said earlier that Atlanta was one of the teams to watch this season and I stand by it. Just because the Falcons had a really, really bad day against a brutal Chicago team doesn't mean the season is anywhere near being "over."

Being at home this

weekend puts the odds slightly in Atlanta's favor. What needs to happen in practice this week is a series of offensive line drills on how to best protect your quarterback in the pocket. And possibly a quick refresher course for QB Matt Ryan on how to hold onto the ball when scrambling.

Bears QB Jay Cutler looked great Saturday, but I'm not ready to drink the Kool-Aid yet. Chicago's defense is incredible, but for those who are ready to say Cutler is the real deal after

Week 1, you need to go

back and look at last season again. Or, you could just watch Saturday's game again and take notes on who was actually responsible for all those scoring drives. \*Hint\* it wasn't Jay Cutler. Actual answer starts with a big "D."

Speaking of which, Chicago's going to have its hands full this week as it hits the road to New Orleans. Believe it when you hear the Saints are not in a happy mood right now. Who would be after a crushing road loss to Green Bay?

Yeah, you could say that losing to the current Super Bowl champs is kind of expected, but not when you've still got QB Drew Brees and hot-shot draft pick Mark Ingram in play. The Saints are going to be looking to take out some frustrations this weekend and that's something they did very well at home last season. Chicago won't make it easy and Brees is going to have to be quick on his feet against the likes of defensive ends Julius Peppers and Henry Melton. Both recorded a couple of big sacks on Matt Ryan that definitely helped Da Bears put up the 30-12 win over the Falcons.

And just because I

picked on them a bit earlier, I have to say the Dallas Cowboys looked pretty good Sunday against the New York Jets.

Cowboys QB Tony Romo put up some pretty good passing numbers with 342 passing and two touchdowns. It's too bad he can never sustain that high level through an entire game.

While he tried to shoulder the bulk of the responsibility after the game, it wasn't just him. There was plenty of blame to go around.

Remember the blocked punt that turned into a TD for the Jets? That's on the punt team's line. That was a huge breakdown in communication. But, Romo did throw way too many interceptions, which did ultimately set up the Jets for success. Still, at least the Cowboys defense didn't look completely terrible. They do look better than last season. But don't expect it to be all that effective against San Francisco this week.

The 49ers are coming off a very impressive 33-17 win against Seattle. You should believe that Niners' wide receiver Ted Ginn plans to recreate some of that kick-return magic this week. Ah, the benefits of playing at home.

## 'Luck of the Irish' a no-show in Week 2

BY DAVID C. AGAN JR.  
Fort Rucker Public Affairs

As the luck of the Irish remains elusive for Notre Dame this season, Head Coach Brian Kelly is catching a lot of heat for his sideline demeanor, or rather, his lack thereof. If the Irish can't find a win soon, Kelly may want to consider consulting his physician about the benefits of a daily aspirin regimen.

After a heartbreaking loss to Michigan where victory appeared certain in the final minute of the game, the Irish are sitting at 0-2 for only the 6th time since 1900. They continue to produce offensively and, at least for the moment, the decision to start Tommy Rees at quarterback seems to have been the right choice. Notre Dame has a lot of talent on the field and, statistically speaking,

the Irish are not terrible.

But it's tough to win at football when you turn the ball over 10 times over the course of two games, as Notre Dame has done this season. Against Michigan, the Irish defense seemed to quit in the final quarter as quarterback DeNard Robinson led the Wolverines on two touchdown drives of 79 and 80 yards, respectively, in the last two minutes of the game. Notre Dame is staring down the barrel of an 0-3 start as they face the 15th-ranked Michigan State Spartans this week at home in South Bend.

Over in the Southeastern Conference, the Alabama Crimson Tide manhandled Penn State, 27-11, to reclaim the No. 2 spot in the AP Top 25 poll from the Louisiana State Tigers. LSU dropped back to No. 3 after easily beating Northwestern State 49-3. The Tigers of Auburn Uni-

versity managed to keep Mississippi State quarterback Chris Relf out of the end zone on the final play of the game to preserve the nation's longest winning streak with a 41-34

victory.

In the SEC East, the South Carolina Gamecocks were busy building their case for the top-spot in the division by beating the University of Georgia,

45-42, in a thriller between the hedges in Athens, Ga. This is the first 0-2 start for the Bulldogs since 1996 and Head Coach Mark Richt is definitely sitting on the hottest seat in the

country.

After a short week, the LSU Tigers travel to Starkville, Miss., tonight to face the Mississippi State

SEE LUCK, PAGE D4

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**Weekly SUDOKU**  
Answer

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

**Answers**

1. "Rebecca"
2. Chester Arthur
3. Strange or foreign
4. "You Bet Your Life"
5. Tomatoes, spinach, beets, carrots, celery, lettuce, parsley and watercress
6. Peter Pan Peanut Butter
7. He was a Quaker
8. Coal
9. "Cannery Row"
10. Vietnam

**PUZZLE ANSWERS**

**Super Crossword**  
Answers

ANTE	AMBER	RAH	JAMBS
SAAR	BARRIS	ASA	ADELE
HPLOVE	CRAFT	VSNA	PAUL
VALTA	SLIM	EST	REF
ITALY	ECO	TEL	STAR
EPIC	LEE	SKIP	LATH
TEL	SAGAS	RAE	SARAH
CSLEWIS	HGWELLS	SEGAL	
HOYLE	LANA	MIA	HEAVY
JDSALINGER	DHL	LAWRENCE	
ARA	MAR	LAMA	TOUR
VAULT	RAT	LIZ	MEATS
AGLOW	EB	WHITE	AAMILNE
STREW	SAO	LINDY	FUR
NEAT	STAB	TEE	TATA
HEADSET	EDO	OWNER	
PAL	PERILOUS	TOPAZ	
EMFORSTER	PGWODE	HOUSE	
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LYNDE	RIN	TBONE	SEAT

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# PIGSKIN PICKS

	Kansas City vs. Detroit	Chicago vs. New Orleans	Dallas vs. San Francisco	San Diego vs. New England	Houston vs. Miami	Philadelphia vs. Atlanta	St. Louis vs. New York Giants
 <b>Jim Hughes</b> <i>Fort Rucker Public Affairs</i> (6-1)							
 <b>Master Sgt. Jimmy Lindsey</b> <i>DPTMS NCOIC</i> (4-3)							
 <b>Russell Sellers</b> <i>Army Flier Staff Writer</i> (5-2)							
 <b>Capt. Mike Simmons</b> <i>Directorate of Public Safety</i> (5-2)							
 <b>Sharon Storti</b> <i>Network Enterprise Center</i> (4-3)							

## Luck: More than a few questions remain unanswered

Continued from Page D1

Bulldogs. Yes, MSU Head Coach Dan Mullen is probably fielding the best team that Bulldog fans have seen in years. Nevertheless, LSU is about to hand State its second conference loss in less than a week, firmly planting the Bulldogs at the bottom of the SEC West.

The Pacific-12 Conference kicked off its inaugural conference match-up in Los Angeles where Southern California faced off against the Utah Utes. With the score 17-14, Utah was in position to tie the game with a field goal in the final minute of the game when the kick was blocked and returned 68 yards for a touchdown by USC. As the Trojan bench cleared in celebration, it seemed that the touchdown would be nullified due to an unsportsmanlike-conduct penalty. Hours after the game, however, officials did rule it a touchdown, explaining that the penalty could not be enforced because the game was over, making the final score 23-14.

Here's another PAC-12 nugget you might have missed: the California Golden Bears defeated the Colorado Buffaloes 36-33 in an overtime thriller in Boulder, Colo., earning the Golden Bears a 1-0 record in conference play. That is, of course, if the game weren't part of a home-and-home series with the Buffaloes that was scheduled before Colorado left the Big 12 Conference to become a member of the PAC-12. Colorado will try again for their first win of the season this weekend against the Colorado State Rams.

Kellen Moore and the Boise State Broncos face a Toledo Rockets team that last week nearly became the first in-state opponent to defeat the Ohio State University Buckeyes since 1921. Boise State pummeled Toledo last year to the tune of 57-14 and the Broncos have only gotten better since then. With a

win this weekend, No. 4 Boise State will improve to 2-0 with potentially some room to maneuver at the top of the polls if Florida State Seminoles can pull off the upset against Oklahoma.

Speaking of which, No. 1 Oklahoma is on the road against No. 5 FSU in what is, hands-down, the biggest game

of the week. The Sooners have struggled on the road during Bob Stoops' tenure as head coach. Oklahoma quarterback Landry Jones will be depending on his offensive line to protect him from a 'Noles defense that has racked up seven sacks in its first two games. Led by quarterback E.J. Manuel, the Seminoles are loaded

with a ton of young, talented players who will need to rise above their inexperience and make some big plays. Look for FSU to upset Oklahoma if they manage to wake up their running game. If they can get by the Sooners, the only roadblock on the way to the Bowl Championship Series National Championship

game for the Seminoles will be the Florida Gators later this season.

Also of interest is the "Malfeasance Bowl" down in Miami, where No. 17 Ohio State Buckeyes will line up against the Miami Hurricanes. Both teams have been hampered by violations and suspensions that happened in the off-season. The Buck-

eyes have seven of their top players suspended for this weekend's contest. Miami quarterback Jacory Harris is fresh off a one-game suspension and will be the starter this Saturday. Several other suspended Hurricanes will be reactivated for this weekend but may or may not actually see playing time.

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