

ARMY FLYER

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

VOLUME 71 • NUMBER 13 • SEPTEMBER 9, 2021



PHOTO BY MAJ. JASON WELCH

Two Soldiers confirm the safety of paratroopers in the water after conducting helocast training in Lake Clunie, Joint Base Elmendorf-Richardson, Alaska, Aug. 17.

TOUGH PCS SEASON

Housing overcomes challenges to find Soldiers homes

PAGE 2

CONNECTIONS

Family, friends, social contact important in preventing suicide

PAGE 3

SOLDIER'S MEDAL

Flight medic honored for life-saving actions in Ozark

PAGE 4

NO NEED FOR SPEED

Speeding on post puts lives in danger

PAGE 5

ACES

Chaplaincy, family advocacy host training to help build resiliency

PAGE 6

Housing Services overcomes challenges to find PCSing Soldiers homes

By Jim Hughes

Fort Rucker Public Affairs

The 2021 housing market in the U.S. features a combination of low interest rates, high demand and soaring prices, and while that certainly complicates people's home-buying decisions, it is also making finding off-post rental properties for Soldiers and families moving to Fort Rucker a challenge.

While the Fort Rucker Housing Services Office has been able to find homes for Soldiers and families, "it's been an adventure," said Michaela Smith, housing services manager.

A Soldier moving to Fort Rucker's journey to find a place to live should start with a phone call to the housing services office, followed by a visit to homes.mil to look at available properties, Smith said.

The housing services office helps Soldiers and families find a place to live off post, assists them deal with issues while living in rental properties and helps them deal with any problems when they leave, according to Van Danford, Fort Rucker Directorate of Public Works Housing Office chief.

But it's the first part of that three-tier mission that's gotten complicated, according to Danford.

"People are putting homes on the market to sell this year because prices are so high," he said. "A lot of places that owners and companies have been renting for the past 6-8

years, they have sold them this year instead. It's a problem across the country. Between this and the transportation issues, it's been a tough year for PCSing."

One small realty company that manages rentals in the area recently told Smith that they had lost 100 properties this summer because of sales.

"How many rental properties that are on the site varies – this summer, there haven't been many," she said. "Things are renting before they even hit the site – they're renting before people even move out."

"With a lot of these companies, things are renting so fast that they're not taking the time to advertise on our site," Smith added. "So, I'm searching each realtor's site to see what has been added and what has come off. Right now, each company might have five or six advertised, but only one is available right now. Then there's not anything else until Oct. 1. It's better than it was earlier in the year, but prices have really gone through the roof – they know what they have."

Despite the challenges, housing services is finding homes for Soldiers moving to Fort Rucker and making sure they're good places to live, as well, according to Danford.

As part of its commitment to taking care of Soldiers and families, the office inspects all properties listed on the homes.mil site,



ARMY PHOTOS

on which commercial realtors can advertise rental properties, to make sure they're suitable living accommodations, Smith added.

"We're very particular about the properties that we allow them to place on the site," she said. "As they come onto the site, those are the ones that we inspect first and foremost. If we receive any complaints or hear about issues, we inspect those homes, as well."

Inspectors look for life, health and safety issues with the properties, and also look to see if they are well maintained and well kept, if appliances are operating properly, if there are any signs of mold and if there are any code violations, Smith said.

"We want to make sure each property is something Soldiers would be proud to live in while they're here," Danford said.

Additionally, if a Soldier moving to Fort Rucker is still at their old post but wants in-

formation on a rental property in this area, Smith will inspect it and share all of her findings with that Soldier. She will also do a walk-through via FaceTime to allow the prospective tenant to tour the property.

With so few properties on the market and on-post housing being 96% occupied, some people moving to Fort Rucker might want to jump on any offering they see in the area, but Danford cautions against rash action.

"Don't sign a lease without seeing the property first, or without asking us to look at it for you," he said. "Soldiers are supposed to go through us before signing, but with the market so tight right now, there may a temptation just to get something and commit to it. Come through us first – we'll make sure you're getting a good place to live."

For more information on off-post housing in the Fort Rucker area, call the housing services office at 255-1849.



Relationships, connections, support critical to preventing suicide

By David Agan
Fort Rucker Public Affairs

Challenges created by the pandemic have left many feeling stressed and isolated. During times like these, relationships and interpersonal connections to family and friends are vital to a person's wellbeing.

As the Department of Defense and the Army observe Suicide Prevention Month this September, officials say it's critical for people to remember the role that social connections play in preventing suicide, and that help is always available.

This year's theme, "Connect to Protect: Support is Within Reach," emphasizes the importance of personal connections and encourages everyone to "reach" for support when in need, says Traci Waters, Army Substance Abuse Program manager.

"A person who is at risk for suicide has often isolated themselves from their loved

ones," said Waters. "Our personal connections can help keep us from getting to a dark place that may cause us to contemplate suicide."

Connections, whether between friends or family, can be protective factors against suicide, continued Waters. "Building those connections and maintaining them is key to supporting our mental health."

Raising awareness of suicide prevention and available support resources is only a part of the reason for observing Suicide Prevention Month. Equally important is the emphasis on recognizing when someone is in need and identifying ways to offer help. Sometimes, offering a helping hand can be as simple as lending an ear, says Waters.

"If you know someone who's going through a difficult time, one of the ways you can support them is to simply offer a listen-

ing ear. Striking up a conversation is probably the easiest way to help them feel comfortable sharing their concerns," said Waters. Sharing personal experiences can also help people establish common ground. Once someone feels comfortable enough to share their concerns, "hopefully, they will feel comfortable seeking help as well."

How can people get help? "The easiest way is to start with your leader," said Waters. Leaders can help guide people in the right direction to get the support they need. Individuals can also reach out directly to community agencies.

"There are numerous organizations on the installation who are available to assist, including the Department of Behavioral Health, chaplains, the Military Family Life counselor, Army Community Services, and the Employee Assistance Program, located within the Army Substance Abuse Program," said Waters.

Another area of focus for this year's observance is lethal means safety. "When we refer to lethal means, we're talking about easy access to items that can be used to cause harm to oneself, like weapons, medications or sharp objects," says Waters. "While everyone with access to these items is not necessarily a risk for suicide, a person who is at risk with easy access to such means could be at higher risk."

While COVID-19 continues to create new challenges for everyone, the ASAP manager underscored the resources on post that remain available in spite of the pandemic. "There are a variety of ways that the pandemic has affected us all emotionally. We want everyone to know that we're still here even though our services may be limited or adjusted. Please reach out and we will support you in every way we can."

"Throughout September, it is important for each of us to focus on connecting to protect the servicemembers and military families in our lives. We have a moral duty to protect each other — now more than ever," said Waters. "If you are concerned [for someone's safety], or if they are at an imminent risk for suicide, do not leave them alone. Seek help immediately. Contact the Suicide Prevention LifeLine, 24/7, at (800) 273-8255 (press 1) or call a chaplain, a healthcare provider, an emergency room, or 9-1-1."

People are reminded to utilize the following community resources for assistance.

- National Suicide Prevention Lifeline 800-273-8255 (24/7)
- Behavioral Health (334) 255-7028
- Religious Support Office (334) 255-2989 or (334) 255-3100 (after hours)
- Employee Assistance Program (334) 255-7678
- Army Community Services (334) 441-9369



Connect to Protect:
Support is Within Reach
#BeThere



Right place, right time: a Soldier's Medal story

By Kelly Morris
USAAACE Public Affairs

Nearly a year ago, Staff Sgt. Travis M. Adams happened to be in the right place at the right time to respond to a multivehicle accident and help save lives in the local community.

For his heroism, the Fort Rucker flight medic was awarded the Soldier's Medal by Maj. Gen. David J. Francis, U.S. Army Aviation Center of Excellence commanding general, in a ceremony at the U.S. Army Aviation Museum Aug. 27.

To earn the Soldier's Medal, an individual has to personally be in danger and risk their life to save another, Francis explained.

"This is a rare event. In 32 years of service I have never presented a Soldier's Medal, and I've only been present in the presentation of one. This is a very unique award, and very much deserved by Staff Sgt. Adams," Francis said.

On Oct. 9, 2020, Adams was just coming off a 24-hour shift as a flight medic with FLATIRON (Fort Rucker's air ambulance detachment), and was spending some quality time that day with his wife and son at a park in Ozark, Alabama.

Not long after they departed the park, they happened upon the scene of a multivehicle accident. It was at a dangerous spot near a curve in a road, with the wreckage hidden from oncoming traffic. Adams parked their family vehicle, and immediately ran down the hill to assess the situation and provide triage.

The driver of a pickup truck, whose air bags had deployed, was dazed but unhurt and talking on his phone, which Adams thought was a call to 911. But it soon became apparent no one, not even the onlookers had called for help, so Adams' wife made the call.

Adams approached a badly damaged sedan. One side of the vehicle had been ripped off,

and a female passenger was still trapped inside, screaming, with the roof folded down onto her pinning her in the car.

As he spoke to the passenger, he heard her say, "Help her."

Adams immediately stepped around the car, looking for the driver, who had been ejected violently from the vehicle and lay motionless, face down in shards of broken glass in the street.

His first thought was the driver didn't survive the crash, but as he approached her, she began to regain consciousness, and started screaming in pain, unable to move.

A broken fuel line coming off the vehicle was spraying gasoline directly on the female on the ground. The vehicle began to spark and smoke, making hissing sounds, and the fuel was pooling around her.

"The scene was very clearly not safe for her," Adams said.

Adams bent the fuel line up away from her. He got her permission to move her away from the fuel and to safety. He too became saturated with fuel, but continued rescue efforts despite the sparking engine block.

He returned to the car, crawled through the driver's side, lifted the roof with his back, and forced the dash off the passenger so that she could climb out of the vehicle. She was bleeding from the head and had some bruising to the legs, but otherwise seemed to be OK.

He sat the passenger on the curb, and went back to further assist the driver, who was in much worse condition.

"I checked her pulse motor sensory, which is her ability to move and feel her feet, checked to see if she had any step-off of the spine, which would be like misalignment," said Adams, as he



PHOTO BY KELLY MORRIS

Staff Sgt. Travis M. Adams, flight medic with Fort Rucker's air ambulance detachment, receives the Soldier's Medal from Maj. Gen. David J. Francis, USAACE and Fort Rucker commanding general, during a ceremony at the U.S. Army Aviation Museum Aug. 27.

recalled the checklist from his Army training.

Adams continued to keep the victims calm and comforted while they waited for the ambulance to arrive.

Once first responders arrived on the scene, Adams relayed the information to emergency medical services personnel, and both females were transported for care.

As he recalled the events that day, Adams said he was just doing what he would hope someone else would do for his own family in a similar situation, and he feels glad it worked out the way it did.

"It just as easily could go the other way," he said. "When you put yourself in a situation where somebody was already hit on a blind curve — somebody just as easily could have hit my wife's car, and just as easily could have hit me in the street. You do what feels right, and

hope nothing else happens."

Zyisha Carson, 18, who was the driver of the car that day, attended the ceremony, along with her mother, Carmella Carson. It was the first time they were formally introduced to Adams.

"They told me somebody helped me, but I didn't know who it was," Zyisha said. "It's amazing because I knew somebody was there to help me."

Thankfully, Zyisha made an incredible recovery. In the wake of the accident, she was in the hospital for 11 days, with five broken bones and her pelvis shattered on one side, Carmella said.

"They said she defeated all odds," Carmella said. "They didn't expect her to be able to walk. Now she plays basketball for Enterprise State Community College."

NO NEED FOR SPEED

Speeding on Fort Rucker puts lives at risk

By Jim Hughes
Fort Rucker Public Affairs

People fulfilling their need for speed while driving on post may find themselves in need of a pay raise to pay for the resulting costs associated with getting a ticket on post.

And while the costs of the ticket, the processing fees and the inevitable increase in insurance premiums do add up, building the government's coffers isn't why Fort Rucker law enforcement officials are cracking down on speeders – it's to keep the community safe, said Marcel Dumais, Fort Rucker chief of police.

"The speed limits on post are set as they are for a reason," the police chief said. "It has to do with how the roads are on post -- it's for safety. The area around Parker Elementary School has seen an increase in speeding, as well as drivers not stopping at stop signs. We're just trying to keep the installation safe for everyone."

With so many children on the post, especially in the housing areas and around the school, along with U.S. Army Aviation Center of Excellence student formations, the numerous crosswalks and the general pedestrian traffic associated with a busy Army installation, drivers obeying the speed limit and keeping their attention on the road is vital to keeping the people of Fort Rucker safe – possibly saving a few seconds on a commute isn't worth putting people's lives at risk, Dumais said.

"Please pay particular attention in the

housing areas and school zone," he added. "The children may not know any better, so when they're chasing a ball into the street in the housing area or crossing with their bike at the school, drivers need to exercise extreme caution. If we're obeying the 20 mph speed limits, it allows us that response zone, if you will, so we're not hitting children."

And another consideration are the roads on post – they're just not made for some of the speeds law enforcement officers are seeing people doing, Dumais added.

"We don't have a highway on post, but we have seen some speeds on radar that are at those highway levels of speed," he said.

Fort Rucker has a speed limit of 30 mph in most areas of the post, but the limit decreases to 20 mph in the housing areas and 10 mph in parking lots. The speed limit increases to 40 mph on the long stretches of outer roads to places like the Ozark, Faulkner and Newton gates, Dumais said.

"We've seen speeds in excess of 70-75 mph (on those roads)," the police chief said. "And we do get quite a few 20 overs on the installation also. Where that becomes a problem is our road network is not built for those types of speed, so there is a hazard associated with that."

He added that some people's "lead foot" takes over on these long stretches, but those roads are narrow, the trees come up close to the roadways and curbs are sometimes very



FILE PHOTO

close to the driving areas.

"We're concerned about that because if there ever is an accident associated with those speeds it could be catastrophic," Dumais said. "We've been extremely lucky that we have not had any real serious accidents where there was loss of life. Most accidents on installation are in the parking lots or in the cantonment area on the surface streets where speeds are slow and impacts are minimal – there's property damage, but very rarely are there injuries. Again, for people, their vehicles, their insurance – everything is going to be impacted by that. And even a small amount of damage on a vehicle these days you're probably talking \$1,500-\$2,000 cost to fix something minor."

Even though law enforcement is increasing its efforts to enforce speed limits on the roads lately, it doesn't necessarily mean there's an epidemic of speeding on post, the chief said.

"There's always speeding on Fort Rucker, or if you look at local municipalities there's a certain amount of speeding that happens every day," he said. "I don't think we've seen

a spike in speeding on the installation, there's just a consistent amount of speeding, but we are trying to get after it with some of our radar ops on installation – we need people to slow down."

On top of slowing down, Dumais reminds people not to use radar detectors on post, as it is against Department of Defense policy and people will be ticketed for using the devices.

But his main warning is for those looking to fulfill that need for speed.

"DPS will have all available assets out on the installation running radar and looking for other traffic violations to slow drivers down and ensure the driving public's safety," he said. "There are a lot of potential sensors out there on the installation and I would just ask you to obey the rules."

"A traffic law is just like an Army standard," Dumais added. "There are standards for a reason, and there are laws that we have to follow as far as traffic laws are concerned for public safety. I ask people to just adhere to those."

BUILDING RESILIENCY

ACS, chaplaincy host training on effects of adverse childhood experiences

By Jim Hughes
Fort Rucker Public Affairs

Installation family advocacy and chaplaincy officials hosted training designed to increase the resiliency of the Fort Rucker community for almost 50 people at Wings Chapel recently.

While the two-day Adverse Childhood Experiences and Trauma Informed Care: Building Resiliency training was held for people who respond to incidents such as domestic violence, child abuse, and sexual assault within the community, family advocacy program and chaplaincy officials would like to offer it up to all members of the community in the future, according to Luticia Trimble-Smith, Fort Rucker Army Community Service Family

Advocacy Program manager.

Attendees for this round included representatives from behavioral health at Lyster Army Health Clinic, the Sexual Harassment/Assault Response Prevention Program, the installation sexual assault response coordinator, the chaplaincy's unit ministry teams, ACS, Criminal Investigation Command and leadership from advanced individual training, she added.

The training, facilitated by Pamela Miles, Change My Mind Consulting, certified trauma informed counseling trainer and also executive director of the Exchange Center for the

Types of ACEs



ABUSE

- Emotional
- Physical
- Sexual



NEGLECT

- Emotional
- Physical



HOUSEHOLD CHALLENGES*

- Substance misuse
- Mental illness (including attempted suicide)
- Divorce or separation
- Incarceration
- Intimate partner violence or domestic violence



OTHER ADVERSITY

- Bullying
- Community violence
- Natural disasters
- Refugee or wartime experiences
- Witnessing or experiencing acts of terrorism

* The child lives with a parent, caregiver, or other adult who experiences one or more of these challenges.

Prevention of Child Abuse in Dothan, was designed to help attendees gain the knowledge they need to provide trauma informed care, Trimble-Smith said.

"The main objective was to understand how adverse childhood experiences impact people's overall life development experiences and how they impact people physically, emotionally, spiritually, mentally, socially and financially – in all aspects of their lives," she said.

"It also helped us understand how brain development can be impacted by adverse childhood experiences."

Attendees also learned risk factors associated with ACEs, behavioral symptoms of childhood trauma, and used the ACEs assessment tool to gauge their own level of childhood trauma, Trimble-Smith added.

"This allowed us to see for ourselves whether or not we had a high enough score that would indicate that we had trauma. The average score in the room was 3 out of 10, so that was kind of a low number. But if you were to have a group that involved family members or Soldiers or entire communities that number would definitely go up," she said. "While we can assume that most people have not experienced trauma up to age 18, we can also assume that more than a few have experienced some kind of trauma and might score a 5 or higher – 10 is the highest score. The further up you go, the more at risk you are."

"She shared a wealth of knowledge with us, including statistics on the correlation between high ACEs scores and suicide – it was alarming," she said, adding that 67% of all suicide attempts are linked to an ACEs score of 4 or

What Are Adverse Childhood Experiences?

Adverse childhood experiences, or **ACEs**, mean **potentially traumatic events in childhood (0-17 years)** such as neglect and experiencing or witnessing violence.



ACEs can negatively impact physical, mental, emotional, and behavioral development.

ACEs can also have lasting effects on health, well-being, and prosperity well into adulthood.



ACES cont.

higher.

The entire two-day session proved quite valuable, according to Chaplain (Col.) Bob Crowley, U.S. Army Aviation Center of Excellence chaplain.

“The training helped unit ministry team members understand ACEs’ impacts on Soldiers and family members. In understanding these impacts, chaplains can have pastoral

care and counseling strategies to meet many needs,” Crowley said. “I felt that the training would be beneficial prior to the chief of chaplains’ Spiritual Readiness Training, which is scheduled for early next year in Fort Rucker.”

The training event was also an excellent opportunity for UMT members to interact with ACS and behavioral health personnel, he added.

“It takes a multi-disciplined approach to combat many of the ACEs that children or adults experience. Clinicians and chaplains should be acquainted with it in order to work hand in hand to help Soldiers and family members,” Crowley said. “It is difficult enough just to be in a rigorous and demanding career such as the Army. If there are other problems from childhood, we can help to have a more positive

stance as far as readiness is concerned.”

Trimble-Smith agreed.

“As people who are working with families, the family advocacy program mission is to prevent and intervene in situations involving domestic abuse, child abuse and problematic sexual behavior in children and youth, so we are required by (Department of Defense) regulation to ensure that our staff is trauma informed and educated,” she said. “This training helps us when we are working with individuals who are in a crisis already – we’re looking that them through a trauma informed lens and we will be more aware of the need to not cross boundaries with them and not judge them. It helps us connect more with them and for them connect back with us as we are trying to assist them.”

Those attending thought highly of the training, as well, according to Trimble-Smith.

“We collected 37 course evaluations and all but one said that they would recommend this training for their colleagues or other co-workers,” she said.

A sampling of the evaluations revealed people complimenting Miles’ presentation, and also the value of the information provided.

“ACEs is a new term for me – this was fantastic information” wrote one attendee.

“ACEs studies provided research data to what I already believed to be true,” wrote another.

“I had never heard of ACEs before, but I honestly think this is something that should be taught and briefed to Soldiers,” wrote another.

Trimble-Smith said ACS would let people know if the class becomes open to the community.

For more information on family advocacy, or for people who need help, call 255-3898. The 24/7 domestic violence hotline is available by calling 334-379-7947. The family life chaplain is available at 255-3447.

ACES Can Increase Risk for Disease, Early Death, and Poor Social Outcomes

Research shows that **experiencing a higher number of ACEs** is associated with **many of the leading causes of death** like heart disease and cancer.



CHRONIC HEALTH CONDITIONS

- Coronary heart disease
- Stroke
- Asthma
- Chronic obstructive pulmonary disease (COPD)
- Cancer
- Kidney disease
- Diabetes
- Obesity



MENTAL HEALTH CONDITIONS

- Depression
- Suicide or attempted suicide



HEALTH RISK BEHAVIORS

- Smoking
- Heavy drinking or alcoholism
- Substance misuse
- Physical inactivity
- Risky sexual behavior



SOCIAL OUTCOMES

- Lack of health insurance
- Unemployment
- Less than high school diploma or equivalent education

NEVER FORGOTTEN

Pentagon quilts, Army memorial continue to pay homage to 9/11 victims

By Devon Suits
Army News Service

WASHINGTON — Twenty years ago, terrorists hijacked four flights and launched a series of attacks that changed all of America.

At 8:46 a.m. on Sept. 11, 2001, hijackers crashed American Airlines Flight 11 into the World Trade Center's north tower in New York, followed by a second attack on the south tower by Flight 175 at 9:03 a.m. The result of the crash killed everyone on both flights and hundreds of others working in the two buildings.

Diane Murtha, a Marine Corps spouse, recalled watching the horrific events unfold from her home in Stuttgart, Germany. Time stood still as she found solace in her family and sought to provide support as a member of the local Black Forest Quilt Guild.

Later at 9:37 a.m., American Airlines Flight 77 struck the Pentagon, killing 64 people on board and another 125 on the ground, proving that the symbol of American defense was not immune from attack.

Then Lt. Col. Franklin Childress recalled hearing the explosion from his small apartment, about a mile away from the Pentagon. He later found out that some of his coworkers, including Lt. Gen. Timothy J. Maude, the Army's deputy chief of staff for personnel (G-1), were killed in the attack.

"I was waiting for my household goods to be delivered that day," Childress said. "Initially,

the transportation clerk dropped the ball and had to reschedule and only had September 10th or 11th available. By the grace of God, I decided to pick the 11th."

News of the attacks spread quickly, leading to a final and heroic standoff between the passengers and hijackers of Flight 93. After overtaking the cockpit, the plane crashed near Shanksville, Pennsylvania, at 10:03 a.m. — close to 20 flight minutes away from the National Capital Region.

"In the beginning, nobody knew where it was coming from," Murtha said. "We didn't know if there was going to be more attacks or if the kids were going to keep going to school."

Over the next month, Murtha helped take care of her two boys while her husband worked tirelessly to support post operations during Force Protection Condition Delta.

"My husband was in the middle of a joint exercise [on 9/11]," Murtha added. "He told me that they were all in the situation room, but all the TVs were on. They knew it was no longer an exercise -- it was the real thing."

National 9/11 memorials in New York, Pennsylvania, and outside the Pentagon have since been built to honor the sacrifice and heroic actions by victims and first responders, and the countless number of impacted families and loved ones.

While numerous people visit the 9/11 me-



ARMY PHOTOS

The Stars of Liberty Quilt currently on display at the Pentagon Quilts memorial in Washington, D.C., Aug. 20, 2021. The quilt is a collective project by the Black Forest Quilt Guild, a group Diane Murtha, a former Marine Corps spouse, and more than 70 German and Americans participated in while stationed in Stuttgart, Germany.

morials each year, a far less amount gain access to the Pentagon to view a unique tribute — a series of 40 commemorative quilts donated by children, civilians, churches, companies, and artists.

Among the Pentagon Quilts display is "The Stars of Liberty Quilt," previously donated by the Black Forest Quilt Guild, a group Murtha and more than 70 German and Americans participated in while overseas.

QUILTS FOR SUPPORT

The Stars of Liberty Quilt showcases five

equivalent stars in the middle and incorporates various shades of red, white, blue, and gold surrounded by a patriotic outer border.

"The Pentagon contacted us as a guild and asked if we could make donations," Murtha recalled. "The intent was for those quilts to go to families who were affected."

Murtha said that the organization opted to contribute as a group as members donated their time and materials to support the noble cause. It took close to three weeks to assemble the piece fully and send it to the Pentagon. The group also included a Black Forest Quilt Guild

9/11 cont.

tag on the backing.

Pentagon officials later contacted the guild and explained their desire to hang its quilt alongside other sewn pieces comprised of kid's drawings, pockets filled with handwritten prayers and letters, and textile-printed photos of the Pentagon victims.

"I felt like I was doing one small thing that I could do for a family affected by this at the Pentagon," Murtha said as tears welled up in her eyes. "I equate a quilt with a hug. If I can't be there to hug you, I can send it through the love of a quilt I made."

SHARING THEIR STORIES

Shortly after Flight 77 hit the Pentagon, Childress donned his uniform and ran toward the building only to be stopped by FBI agents cordoning off the area to preserve the scene and expedite rescue efforts.

"I said, 'I want to do something — help with stretchers,'" Childress said, but officials quickly told him to return home. "Meanwhile, my wife was panicking because she didn't know if I was at the Pentagon and all the phones were jammed. Personnel from my office were also trying to get ahold of me to find out if I was in the Pentagon."

It took several hours for Childress to contact his wife and family and almost a full day to reach someone in his duty section.

"My office was on the D-ring of the fourth corridor, and it was directly above ground zero from where the plane hit," Childress explained. "The plane went underneath my area and exploded about halfway through the Army deputy chief of staff for personnel office."

In total, 29 people working in his office and for the Assistant Secretary of the Army for Manpower and Reserve Affairs, or ASA M&RA, were all killed, he said.

"I actually had survivor's guilt. Why was I spared and everybody else was killed?"

Childress asked. "All the people that I met — they were gone."

Childress was originally assigned to his office as a marketing officer but transitioned over as the public affairs officer for Army G-1, he said. He had the monumental task of sharing the stories about 9/11 victims, survivors, responders, and families.

Childress later designed a joint G-1 and ASA M&RA memorial in front of the office, just one floor up from the Pentagon Quilts memorial. The rear of the display houses a piece of sandstone wall recovered after the attack. A memorial plaque rests in the middle, surrounded by photos of the 29 victims.

Part of the plaque reads, "These 29 friends, coworkers, and loved ones paid the ultimate price for their Army and nation. We will forever mourn their loss and celebrate their lives. Our memories of their devotion and sacrifice will remain with us always as we, the survivors, soldier on for this great Army and nation."

Observers can see a photo of then Maj. Kip P. Taylor, a military aide and former Delta Force operator, posthumously promoted to lieutenant colonel, Childress said. Taylor left behind a wife, Nancy, who was over eight months pregnant with their second son. Not soon after giving birth, she was diagnosed with terminal cancer and lived for close to three years before giving her last breath.

"The kids were adopted by a couple that happened to be my neighbors while stationed in Fort Leavenworth, Kansas," he said. "Nancy was laid to rest at Arlington National Cemetery with her husband and the others killed that day."

Spc. Chin Sun Pak Wells was another person memorialized in the display, he added. She looked out the window while talking to her boyfriend on her cellphone and saw the plane coming in.

"She said, 'Oh my god, there's a plane com-



One of two quilts titled "America's 9/11 Memorial Quilts" that honor the 184 killed after American Airlines Flight 77 crashed into the Pentagon on Sept. 11, 2001.

ing,' and then the phone went dead," Childress said, as he recalled information he collected leading up to her death.

The joint memorial remembers the victims; however, the true impact of 9/11 extends beyond the many who died, Childress added. Through all the chaos, countless heroic responders stepped up to aid rescue and recov-

ery efforts.

Childress recalled one Soldier's story, Staff Sgt. Christopher Braman, a culinary specialist working in the Pentagon that day.

After the plane struck the building, he decided to run back in and later found a lady who couldn't speak from all the lingering smoke in the area.

9/11 cont.

"She was clapping and hoping somebody would come. This Soldier reached out through the smoke and saved her life," Childress said. "He now has permanent lung damage from the smoke inhalation."

Another example of heroism involves now-Texas Sen. Brian Birdwell, a former lieutenant colonel, Childress said.

Birdwell was caught in the flames after Flight 77 exploded, which melted his uniform to parts of his body. After being helped out of the Pentagon, heroes like former Air Force Col. Rob Maness and others triaged his injuries and provided support.

"They said, 'He is going to die if he doesn't get to a burn center. So somebody put him in their [Ford] Explorer and drove over the 14th Street Bridge against traffic and on the side-

walk just to get him there in time to save his life," Childress said.

It has been 20 years since the events of 9/11. As the nation and military reflect on all the stories, Childress feels it is an opportunity to unify as a country once again.

"When I see the memorial [or the quilts], it reminds me of all the people who were here, and all the people who served in Afghanistan and Iraq in the past 20 years," he said. "I think there is a lot to be proud of, and I am thankful for people who went over to serve their country."

"I want everyone to remember not only those killed on 9/11, but all those who have served since."



A closeup of the "Hearts Across America" quilt on display at the Pentagon Quilts memorial.



The U.S. Army has partnered with the Army & Air Force Exchange Service (AAFES) to create the **Digital Garrison** mobile app. **Digital Garrison** is a one-stop information source for Army communities. The app puts real-time information into Soldiers', families', and civilians' hands and keeps military communities connected – a key part of readiness and resiliency.

DOWNLOAD DIGITAL GARRISON TODAY FROM THE APPLE APP STORE OR GOOGLE PLAY!



Louisiana National Guard conducts multiple Hurricane Ida missions

By Sgt. 1st Class Denis Ricou

Louisiana National Guard Public Affairs Office

BATON ROUGE, La. – Thousands of Louisiana National Guardsmen continue emergency operations in the state in the wake of Hurricane Ida.

More than 5,380 members of the Louisiana National Guard are protecting lives and property, maintaining communications, and ensuring the continuity of operations and government throughout the state. In addition, there are 2,676 Guardsmen from 11 other states and 374 active-duty service members augmenting response missions.

One of the first missions following any



NATIONAL GUARD PHOTO

While on a high-water boat mission to conduct wellness checks on residents in Maurepas, Louisiana, Spc. Gemini Jack (pictured) and Spc. Jacob Hawkins from the 1020th Engineer Vertical Construction Company, 527th Engineer Battalion, 225th Engineer Brigade, rescued an elderly cancer patient Sept. 1.

hurricane is to save lives through air, land and water search and rescue (SAR). Since Ida made landfall in south Louisiana Aug. 29, the LANG has rescued 397 people and 65 pets.

While on a high-water boat mission to check on people in Maurepas Sept. 1, Spcs. Gemini Jack and Jacob Hawkins from the 1020th Engineer Vertical Construction Company, 527th Engineer Battalion, 225th Engineer Brigade, rescued an elderly cancer patient.

“That was the first time I really ever got the chance to help somebody, and it was a really good feeling,” said Hawkins.

The Soldiers found the man lying on a couch in a building. He said he hadn’t eaten in three days and was feeling too weak to move. “We got in there and immediately noticed that he was in bad condition,” said Jack.

They lined the bow of their boat with couch cushions so the man would have a comfortable place to lay for the ride back to where an ambulance was waiting to take him to receive medical care at a hospital.

At the same time, aviation assets were conducting air search and rescue operations with daily flyovers of the affected areas to ensure nobody was stranded.

“On Monday, we started in the vicinity of Houma and worked our way south,” said Chief Warrant Officer 3 Ronald Cole, with G Company, 2-238th General Support Aviation Battalion. “Our main priority was to look for individuals needing evacuation.”

“We heard a call where they needed a hoist bird activated north of Grand Isle. A guy had a house on stilts, and his stairs and access to the ground were blown away,” said Spc. Christopher Brossette, the crew chief with G Company, 2-238th.



PHOTO BY STAFF SGT. GREGORY STEVENS

Louisiana National Guardsmen CW3 Cody Davis and CW3 Ronald Cole, UH-60 Black Hawk pilots with the 2-238th General Support Aviation Battalion from Pineville, Louisiana, prepare for departure as they continue search and rescue missions after Hurricane Ida, Sept. 3

“Basically, I hooked one of our crew members up to the hoist and lowered him onto the porch from above,” said Brossette. “When we put the citizen down on the ground, he was picked up by the mayor of Grand Isle in his truck.”

To assist coordination efforts at the local level, the LANG had liaison officer teams in 18 parishes.

The regional staging area in Tangipahoa Parish has had trucks and trailers delivering food and water to direct locations and to 64 points of distribution (POD), which are also staffed by service members.

As of Sept. 6, the LANG had distributed 2,437,765 meals, 117,484 tarps, more than 2.7 million liters of water, 224,000 sandbags

and 377,107 bags of ice.

The LANG has deployed 17 large, bulk-water container trucks to provide clean, potable water in five parishes.

Louisiana Guard engineer work teams also helped assess potentially compromised infrastructure and 3,974 miles of roadway and cleared 2,397 miles of roads in 20 parishes.

Working with the Governor’s Office of Homeland Security and Emergency Preparedness (GOHSEP), the Guard has 133 generators deployed to assist areas affected by power losses.

In addition, 475 Guardsmen are assisting law enforcement with security and traffic control in 15 parishes.

Lyster Army Health Clinic recognized for environmental sustainability

By Janice Erdlitz
Fort Rucker Public Affairs

In recognition for its achievement and innovation in health care sustainability, Lyster Army Health Clinic received the Environmental Excellence Award from Practice Greenhealth, the nation's leading organization dedicated to environmental sustainability in health care.

The Environmental Excellence Award recognizes health care facilities that continuously improve upon programs to address sustainable operations, reduce and recycle waste, lower energy and water use, source more sustainable products, and more. Winning facilities have

developed successful sustainability programs in a variety of different areas.

"In a shifting health care landscape, a focus on sustainability can help build resilience while better protecting the health of patients and the community," said Gary Cohen, Practice Greenhealth founder. "Lyster demonstrates the kind of leadership, innovation, and performance that can drive the entire health sector toward more environmentally responsible practices."

The award is one of Practice Greenhealth's



Environmental Excellence Awards given annually to honor health care's achievements in sustainability.

Practice Greenhealth is the leading mem-

bership and networking organization for sustainable healthcare, delivering environmental solutions to more than 1,100 U.S. hospitals and health systems.

ARMY FLIER

COMMAND

Maj. Gen. David J. Francis
Fort Rucker Commanding General

Col. Robert J. Holcombe
Fort Rucker Garrison Commander

EDITORIAL STAFF

Jimmie E. Cummings Jr.
Director of Public Affairs

Jim Hughes
Command Information Officer

David Agan
Digital Media Manager

The "Army Flier" is an authorized publication for the Fort Rucker community, published under the authority of AR 360-1.

Contents are not necessarily official views of, or endorsed by the U.S. Government, Department of Defense, Department of the Army, or Fort Rucker.

The "Army Flier" is published digitally bi-monthly by the Fort Rucker Public Affairs Office, Bldg. 131, Sixth Avenue, Fort Rucker, AL, 36362.

Questions, comments or submissions for the "Army Flier" should be directed to the editor at usarmy.rucker.us-ag.mbx.atzq-pao@mail.mil.

The PAO staff reserves the right to edit submissions selected for publication. For more information about the "Army Flier," call (334) 255-1239.

ON THE WEB:



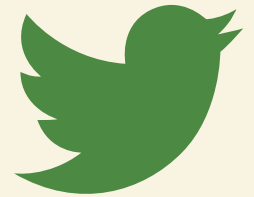
HOME.ARMY.MIL/RUCKER

LIKE US AT:



FACEBOOK.COM/FTRUCKER

FOLLOW US AT:



[@FT_RUCKER](https://TWITTER.COM/FT_RUCKER)

Deadline for submissions is one week before publication.