SAFETY
Snakes go on the move as cooler weather hits area

Story on Page A3

HALLOWEEN
Family, frightening fun for all

Story on Page C1

GO FISH
Weather cools down, fishing spots heat up

Story on Page D1

ARMY FLIER

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SPOUSES' AVIATION DAY

PHOTOS BY NATHAN PFAU

Lisa Dlugopolski, Raquel Briggs and Heather Walker, participants of Spouses' Aviation Day, work together to overcome an obstacle during the Leader's Reaction Course Friday.

Spouses earn wings, experience training

By Nathan Pfau
Army Flier Staff Writer

It's not often that Army spouses get to experience what it's like to be a Soldier going through training, but during Fort Rucker's Spouses' Aviation Day, a few were able to do just that.

Twenty eight Fort Rucker spouses got the opportunity to get their hands dirty and their hair wet during this year's Spouses' Aviation Day Friday when tried their hand at flying, shooting, teamwork and survival skills.

The spouses took to the events in groups of four, in which they would all experience four different types of training that every Army Aviator must complete: flight simulation, firing range simulation, team building skills and Helicopter Overwater Safety Training.

"This (experience) was a lot of fun and it was definitely not what I expected," said Raquel Briggs, Spouses' Aviation Day participant. "I just wanted to experience what he's experienced throughout his training and challenge myself to see if I could do it, and I got through it alive."

Team building was one of the most important lessons the spouses learned during the day, and the spouses had to work together to get through the Leader's

SEE WINGS, PAGE A7

Participants of Spouse's Aviation Day practice firing weapons during a simulation at the Engagement Skills Trainer 2000 shooting range simulator Friday.

Assistive technology breaks down barriers

By Jay Mann
Fort Rucker Public Affairs

New technology is helping disabled people break down old barriers that were overshadowing their skills and talents before, and those innovations were on display at the Soldier Center during the Fort Rucker Assistive Technology Expo Oct. 16.

Assistive technology is assistive, adaptive and rehabilitative devices for people with disabilities, and also includes the process used in selecting, locating and using them, according to Timothy Knighton, director of Fort Rucker's Equal Employment Opportunity Office.

October is National Employment Disability Month, and EEOO took time to "inform and educate our employees about employment for people with disabilities," Knighton said.

"There are several agencies here demonstrating equipment and sharing information in hopes of breaking down barriers so that people can recognize that there are things available to assist employees with disabilities," he said. "People with disabilities have skills and abilities that are valuable in the workplace, and they deserve an opportunity at employment just like anyone else. Sharing knowledge and educating the employers is key."

Using today's technology allows people with disabilities to use their skills, knowledge and experience fully without the barriers that their disabilities would have placed on them in the past, he added.

"If a disability limits you, you are at the risk of not getting the job or advancing in it," Jeffrey Mega, Alabama Department of Rehabilitation Services, said. "By using the technology, it gives you the capability to do the same things as

SEE TECHNOLOGY, PAGE A7

PHOTO BY JAY MANN

Kimberly Gorland, speech language pathologist, explains the use of technology in augmentative communication at the Fort Rucker Assistive Technology Expo Oct 16.

AVOIDING INFLUENZA

Flu vaccination, education effort under way

By Nathan Pfau
Army Flier Staff Writer

With recent talks of Ebola in the news, one more common virus could potentially make its rounds if people aren't prepared – influenza.

That's why Fort Rucker wants to make sure that its population is properly educated and prepared when it comes to getting this season's flu vaccinations.

According to the Centers for Disease Control and Prevention, seasonal flu activity begins as early as October and peaks between January and February, and that's why Jeanie Eddy, allergy immunizations nurse for Lyster Army Health Clinic, urges people get their flu vaccinations early to fight the spread of the virus.

"The flu vaccine is very important and people need to make sure to get it every season, especially for the young and the elderly," she said. "It's important for everybody, but young children and older adults are more susceptible to getting the flu because of weaker immune systems."

There are two delivery options available for the vaccine this year: the traditional shot or the nasal mist. Flu vaccinations will be available for active-duty Soldiers (who didn't get the vaccine at Yano Hall), retirees and family members at preventative medicine in Lyster beginning Nov. 3.

The nasal mist, the less painful of the two options, is only licensed for people between the ages of 2-49 years who are in a healthy condition, said Eddy. Those outside of that age range must have the shot.

PHOTO BY NATHAN PFAU

Sgt. 1st Class Justin Hartman, NCO Academy, receives a flu shot from Sgt. Joey Rivera, Lyster Army Health Clinic, at Yano Hall Monday.

"The mist is a great option for children 2 and older because it's a lot less scary for them and less painful," said the immunizations nurse. "All they have to do is sniff it through their nose."

Although the mist is less painful, it's not for everyone, she said. Those with weakened immune systems due to medications or treatments, such as chemotherapy, or any type of immunodeficiency must take the shot due to the fact that the nasal mist is a weakened, live virus, while the shot is not.

Both, however, are equally adept at helping the body build its defense against the virus.

"When we give you the shot or the mist, the body builds antibodies in its system against the strain that is in the flu vaccine," said Eddy. "With the mist, it is a weakened live, but it serves the same purpose. The immune system will get a hold of that virus and build antibodies to resist the virus. Essentially it's teaching the body to fight against the strains of flu that you might be most susceptible to getting for the season."

Although the vaccine helps protect the body against the virus, it's not 100 percent effective, she added, but that's no excuse for people to skip out on vaccinations this season.

"We want to make sure that most people get it, but a lot of people don't get it because they think it will make them sick, which is one of the biggest misconceptions about the vaccine," said Eddy.

Oftentimes, especially around this time of year, people will get sick through other viruses, such as colds, and associate that sickness with the flu shot they received, which causes these misconceptions to come about, she said. Despite what people think, however, they should make sure they do what they can to prevent the spread of the disease.

SEE HEALTH, PAGE A7

PERSPECTIVE ▪ A2 | ARMYWIDE ▪ B1-4 | COMMUNITY ▪ C1-8 | ON POST ▪ C2 | SPORTS ▪ D1-4

PERSPECTIVE

Prevent ergonomic injuries in workplace

ARMY PHOTO

The U.S. Army Public Health Command Ergonomics Program recommends sit-stand workstations to allow for a variety of postural changes throughout the day.

By Maj. Jay Clasing
U.S. Army Public Health Command
Ergonomics Program Manager

The word ergonomics is derived from the Greek words ergon (work) and nomos (law) to mean "the laws of work."

Today, ergonomists study the interaction between humans and systems. They consider physical, cognitive, environmental and other relevant human factors in the design and arrangement of things people use. The Army Institute of Public Health's Ergonomics Program serves military and civilian personnel worldwide by reducing and preventing work-related musculoskeletal injuries.

The ergonomics program is often called upon to conduct workplace ergonomic assessments for workers who are experiencing joint and muscle pain. These symptoms may be caused by exposure to a variety of ergonomic hazards, to include repetitive motion, non-neutral postures, static postures, eye strain and contact stress.

Repetitive motion is simply performing the same motion over and over again without allowing for rest, thereby straining a body part. An example is typing without a break for hours on end. Non-neutral postures can be described as an imbalance of muscle groups (such as twisting), which increases stress on your muscles and joints. Static posture refers to holding the same posture or position for an extended period of time.

Eye strain or fatigue can be caused by prolonged computer work and can result in tired eyes or headaches. Contact stress can occur when resting a body part on a hard surface resulting in internal stress to soft tissues such as nerves and blood vessels.

These ergonomic hazards can be eliminated or at the very least minimized through proper ergonomic interventions.

During a computer workstation assessment, the ergonomist assesses the worker's environment for potential ergonomic hazards to include the desk, chair, keyboard, mouse, monitor and any additional pieces of equipment that are frequently used.

Ergonomic hazards are identified and possible solutions are discussed with the worker. Often, immediate, no cost modifications can be made to a workstation; however, occasionally, special equipment is recommended, and the ergonomist provides a detailed list of equipment to the supervisor.

The following are general guidelines for an ergonomically-sound computer workstation.

- Keep your shoulders in a relaxed position (the use of arm rests is encouraged).
- Keep your arms positioned close to your body.
- Forearms and wrists should be parallel to floor.
- The top of the monitor should be directly across from your eyes.
- Allow for at least 16 inches between your eyes and the monitor.
- Keep your feet flat on the floor or slightly elevated.
- Desks should not have hard, sharp edges – rounded or sloping edges are preferred.
- Sit-stand workstations are encouraged to allow for a variety of postural changes throughout the day.
- Add a footrest if your chair height doesn't allow your feet to rest comfortably on the floor.

THIS MONTH IN ARMY AVIATION HISTORY

This month we're highlighting the October 1967 issue.

Haunting Mission

The date was Dec. 18, 1903. The time was 8 p.m. Top ghosts of the Haunters, the military arm of the Kingdom of Disembodied Spirits, were in their red plush seats in the conference room at Haunter's Barracks, Shadow Island. The conference had been hurriedly called by the Chief Specter. Some of the ghosts had flown all day to make the meeting and looked tired from the lack of a good day's sleep.

Pitch, Power and Experience

There we were at 100 feet, airspeed 20 knots, rpm 6,000 and falling like a rock. The aircraft commander, flying our UH-1B from the left seat, flared the aircraft to stop our forward movement as we approached the opposite bank of the canal. Then to improve our condition, or should I say deteriorate our predicament, the tail rotor struck the only piling in the canal for miles around.

The Smoke Grenade — A Couple of Ounces of Prevention

"CEASE FIRE! ... Cease fire, Firebird!" The pair of rockets exploded. As the smoke rose, the voice of the Special Forces adviser below, weak with relief, came over the FM. "You almost got me that time, old buddy." "Sorry about that," I said to myself, "but that's what you get, old buddy, for not carrying any smoke grenades." Sounds callous, doesn't it? But it was only about the hundredth time I'd run into the same problem.

They Come To Us As 'Pilots' and Leave As Army Aviators

They come to us as experienced student pilots. Their training: 28 weeks of going to classrooms a half day and to the flight line the other half, plus anything they can read about flying in their spare time. Twenty-eight weeks in basic aerodynamics, navigation, meteorology and maintenance. One hundred eighty-five hours working on hovering, take-offs, approaches, traffic patterns, forced landings and autorotations, instruments and some confined area operations.

… and much more. Download this issue of the U.S. Army Aviation Digest at http://bit.ly/av8-oct67

Rotor Wash

"Fort Rucker kicks off Halloween Friday night with Fright Night at the riding stables from 7-11 p.m. What are some other fun, family-friendly activities to help kick off the spookiest season of the year?"

James McMillion, retired military

"What we do at my church is we put together a fall festival."

W01 Jake Kingsbury, B Company, 1st Battalion, 145th Aviation Regiment

"People can make costumes together as a family."

Yolanda Bickham, civilian

"They can go to pumpkin patches to choose a wonderful pumpkin to carve for Halloween, and a lot of people are into doing the harvest festivals, too."

Annette Keller, military spouse

"They can have a carnival at the church and have all the kids go, and you can go have fun with them."

Cornelius Woods, retired military

"They can carve pumpkins, decorate their houses with Halloween stuff and make their own costumes to save some money."

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

Snakes on the move as cooler weather hits

By Jay Mann
Fort Rucker Public Affairs

Enjoying the cooler weather is what fall is all about, but people are not the only animals out enjoying the respite from the heat.

"Snakes are a concern," said Daniel Spillers, fish and wildlife administrator. "When we come out of a period of hot weather, they get more active initially before the weather starts to cool off.

"We have several species of venomous snakes here," he said. "We have the Diamond Back, Timber and Pygmy Rattlesnakes, Copperheads, and Cottonmouths. All of those are pit vipers. They have a triangular-shaped head, elliptical pupils in their eyes and hemotoxin venom."

Hemotoxins are toxins that destroy the red blood cells, disrupt blood clotting, and cause organ degeneration and tissue damage. A snake's venom serves more than just a self defensive purpose. Hemotoxic venom aids the snake's digestion. The venom breaks down protein near the bite, making prey easier to digest.

"Another snake in this area is the Coral snake," Spillers said. "It is a much smaller snake and it has a neurotoxin venom."

A neurotoxin is a poison that acts on the nervous system. There are many different neurotoxins, and each one has a specific effect on nervous tissue and the body, he said. Coral snake venom neurotoxins may not cause symptoms right away, and they might not show up for hours. Some of the symptoms include blurred vision, difficulty breathing, nausea, paralysis and death.

COURTESY PHOTO

Coral snakes, just one of the many venomous snakes found on Fort Rucker, are most notable for their red, yellow/white, and black colored banding. Other venomous snakes that people might encounter include the Eastern Diamondback Rattlesnake, the Timber Rattlesnake, the Pygmy Rattlesnake, the Copperhead, and Cottonmouth or Water Moccasin.

"You don't usually encounter them around here," Spillers said. "They are very reclusive."

The U.S. National Library of Medicine suggests treating all snake bites as being venomous unless you are sure that the snake is not. Children are more susceptible to snake venom because of their smaller size.

"This time of year you need to watch where you are stepping when you are out in the woods, especially if you are in an area with high brush or tall grass," Spillers said. "People should wear boots or protective leggings if they are working in these areas.

"Bites on Fort Rucker are rare," he said, "But snakes should still be a concern.

"Snakes are cold blooded, and if the temperature is very hot or cold you don't see snakes out much," Spillers explained. "The temperatures are just right for them in the fall though, and also it coincides with their breeding season. If you do get bit by a snake, just go to the hospital. Don't try to cut the wound or anything like that."

The number to call for medical emergencies on Fort Rucker is 911.

IN CASE OF SNAKE BITE

Source: From the U.S. National Library of Medicine, National Institutes of Health: http://www.nlm.nih.gov/medlineplus/ency/article/000031.htm

- Keep the person calm. Reassure them that bites can be effectively treated in an emergency room. Restrict movement and keep the affected area below heart level to reduce the flow of venom.
- Remove any rings or constricting items, because the affected area may swell. Create a loose splint to help restrict movement of the area.
- If the area of the bite begins to swell and change color, the snake was probably venomous.
- Monitor the person's vital signs – temperature, pulse, rate of breathing and blood pressure – if possible. If there are signs of shock, such as paleness, lay the person flat, raise the feet about a foot and cover the person with a blanket.
- Get medical help right away.
- Bring in the dead snake only if this can be done safely. Do not waste time hunting for the snake and do not risk another bite if it is not easy to kill the snake. Be careful of the head when transporting it – a snake can actually bite for several hours after it's dead from reflex.

Army leaders say ethics integral part of Soldiering

By Lisa Ferdinando
Army News Service

WASHINGTON – The Army profession demands that Soldiers adhere to the Army ethic at all times, the chief of staff of the Army said.

Trust is the foundation of the ethic, Army Chief of Staff Gen. Ray Odierno said Oct. 13 during a Living the Army Ethic panel on "Why and How We Serve," at the Association of the United States Army annual meeting.

While Soldiers come from different ethnic, religious and financial backgrounds, "what bonds us together is this profession and professional ethic," he said.

The ethic, he said, is an inherent part of the Army.

"It is not a 9-to-5 ethic. That is a 24-hour-a-day, seven-day-a-week ethic. You have to live it. It has to be a lifelong ethic," Odierno said. "I can think of no other profession where we are given the responsibility in order to defend our nation to take other people's lives. That's an incredibly serious, serious mission."

Lt. Gen. Robert B. Brown, commanding general, U.S. Army Combined Arms, moderated the panel. Speakers included Gen. David G. Perkins, commanding general, U.S. Army Training and Doctrine Command; Sgt. Maj. of the Army Raymond F. Chandler III; and Karl F. Schneider, principal deputy assistant secretary of the Army.

Mission command is based on trust and having a professional Army that acts ethically at all times, according to Perkins.

The Army ethic is the "bedrock of who we are," he said.

"Now that you have trust amongst everybody, and you all have a common vision on what the ethics are, you can empower people to do whatever you want them to do, and you don't have to come back and check on them, you don't have to worry about them, because now they can exploit the initiative," he said.

He outlined two important priorities: understanding just how critical the ethic is, and quickly getting new members to exemplify the Army ethic.

PHOTO BY LISA FERDINANDO

Sgt. Maj. of the Army Raymond F. Chandler III speaks at the Association of the United States Army Annual Meeting and Exposition at a Living the Army Ethic panel on "Why and How We Serve," in Washington, D.C., Oct. 13.

Soldiers come together in all environments and develop strong bonds, Chandler noted, whether it is in training or in war.

"Being a Soldier is about being part of a team, a family. Sometimes we don't necessarily like our family, but love is always something we always have in a family," Chandler said.

In war, Soldiers "build a bond and develop a team that becomes effective on the battlefield," he said.

Soldiers strive daily to live the Army ethic, Chandler said.

"The Army that I live in has values, and our Soldiers believe the Warrior Ethos, and as a noncommissioned officer, we're dedicated to our NCO creed," Chandler said. "That's why we serve."

The Army ethic is applied in both the military and civilian workforce, according to Schneider.

"The ethic is important because it allows all of us, both military and civilian, to think about the decisions we make every day through that lens about who we are as members of the profession," he said.

The ethic must be an integral part of all Army actions, he said.

"If we don't teach people what the ethic is, if we don't model that ethic in our own behavior, and if we don't enforce that ethic when we see that the ethic is being violated then it's not going to work."

PHOTO BY NATHAN PFAU

Yard sale

Shoppers check out the wares at the Fort Rucker Outdoor Yard Sale and Flea Market Saturday at the Festival Fields.

News Briefs

Career Expo

The Fort Rucker Soldier for Life Center will host the NCO Association of America for its annual Career Expo Tuesday from 10 a.m. to 2 p.m. at The Landing. The expo is open to active-duty military, veterans, retirees and spouses only.

Amnesty day

The Fort Rucker Amnesty Day is scheduled for Tuesday from 8 a.m. to 4 p.m. Individuals may anonymously drop off any unused, unwanted or unauthorized ammunition and explosives at the ammunition supply point off of Christian Road on Fort Rucker.

For more information, call 255-4224 or 255-4898.

As a reminder, officials caution people against picking up unexploded ordnance and advise them to call 911 if they encounter UXOs.

AFAP help wanted

The Fort Rucker Army Family Action Plan staff is seeking volunteers to be facilitators, recorders, transcribers, and issue and staff support. People interested in assisting with the preparation and execution of this year's AFAP Conference, scheduled for Nov. 5-6 at Wings Chapel should register online at http://www.ftruckermwr.com/afap-frtis-and-volunteer-application/. Online registration applications are due Friday.

For more information, call 255-9637.

Retirement ceremony

Fort Rucker will host its quarterly retirement ceremony Oct. 31 at 2 p.m. in the U.S. Army Aviation Museum. All are welcome to attend and honor Fort Rucker's latest retirees.

Retiree Health Fair

Fort Rucker will host its annual retiree health fair Oct. 31 from 8 a.m. to noon at the Fort Rucker Physical Fitness Center. For more information, call 255-1749.

Trick or treat

Fort Rucker's trick or treating hours will be 6-8 p.m. Oct. 31.

Flu shots

Soldiers will have the opportunity to receive their flu vaccinations now through Saturday from 7:30 a.m. to 4:30 p.m. at Yano Hall. Those unable to attend during the week may come to the preventive medicine department at Lyster Army Health Clinic Monday-Oct. 30 from 7:30 a.m. to 3:30 p.m.

Flu shots for patients begin Nov. 3 in the preventive medicine department from 7:30 a.m. to 3:30 p.m. Children can receive their flu shots Nov. 6 until 6 p.m.

Veterans Day ceremony

Fort Rucker will host its Veterans Day ceremony Nov. 7 at 3:30 p.m. on Howze Field. All are invited to attend and honor the nation's veterans.

ID card section

Those who need a military or military dependent ID card may make an appointment by calling 255-2437 or 255-2182. Walk-ins are served on a first-come, first-served basis. People may experience delays in service from 11 a.m. to 1 p.m.

Vice chief discusses Africa, AOC

By J.D. Leipold
Army News Service

WASHINGTON — In a media roundtable at the Association of the U.S. Army's Annual Meeting and Exposition, Gen. Daniel Allyn talked with reporters Oct. 13 about troops deploying to Africa, the new Army Operating Concept, and how war-fighting concepts will determine vehicle types.

In early October, the Pentagon announced that at the end of the month, about 4,000 U.S. military personnel, most of whom are Soldiers, will deploy to western Africa to construct 17 planned Ebola virus treatment units, each with 100 beds. Several units will be in the Liberian capital of Monrovia and others in the in more remote areas.

Allyn said the Army has been taking a very aggressive stance on pre-deployment training for those Soldiers heading to Africa and leaders have all been connected to Army medical professionals.

PHOTO BY STAFF SGT. LAURA M. BUCHTA

Army Vice Chief of Staff Gen. Daniel Allyn talks with reporters during a media roundtable Oct. 13 at the Association of the U.S. Army's Annual Meeting and Exposition in Washington, D.C.

"They're speaking with U.S. Army Africa leadership who are forward in Liberia making sure they're abreast of all the threats out there, both medical and health concerns as well as what's going on in the environment," Allyn said.

"We don't underestimate the risk associated with it, but our Soldiers will not be in direct contact with the principle areas of risk," he said adding that deployed forces will be in a supporting role to the U.S. Agency for International Development. "I'm confident our leaders will stay engaged to mitigate the risk and ensure we don't put our Soldiers at risk without appropriate protective gear."

Allyn also said the Army was in the early stages of studying the equipment requirements needed of small expeditionary units which will be the primary way the Army deploys under the new AOC.

"Frankly, we know that we need a middle-weight, mobile, protected firepower platform to enable early-entry forces to seize and exploit the initiative," he said, adding that Abrams tanks and Bradley fighting vehicles are the finest in the world, but too heavy. "You've got to seize a major airfield to be able to get them in, so we're looking into the future for equipment that's not so heavy, but still enables us to have tactical mobility with protection and firepower to maintain the edge on the enemy," Allyn said.

"I think if you look at where our nation is employing the Army today, across six continents, we're demonstrating the global responsiveness and regional engagement that our chief has given us as one of his priorities, and we're going to continue to ensure we can adapt the equipment to keep pace with the environment we're operating in," he said.

The vice chief noted that the Army Operating Concept will codify the way the Army has been already been operating for several years, with small groups of Soldiers around the globe, including some 15 countries in Africa alone, supporting theater security cooperation.

Army Operating Concept expands definition of combined arms

By Gary Sheftick
Army News Service

WASHINGTON — The Army Operating Concept, published Oct. 7, expands the idea of joint combined-arms operations to include intergovernmental and special operations capabilities, said Gen. Herbert R. McMaster Jr.

The new concept includes prevention and shaping operations at the strategic level across domains that include maritime, air, space and cyberspace, he said.

It's a "shift in emphasis," said McMaster, deputy commanding general of the Army's Training and Doctrine Command for Futures and director of the Army Capabilities Integration Center. He spoke at a "Warrior's Corner" presentation Oct. 14 during the Association of the U.S. Army's Annual Meeting and Exposition.

The Army Operating Concept – TRADOC Pamphlet 525-3-1, titled "Win in a Complex World" – suggests how commanders in the future could combine warfighting functions such as maneuver, fires, sustainment and intelligence. It introduces two new Army tenets to do this: simultaneity and endurance.

Simultaneity means the Army must operate across multiple domains at the same time, including cyberspace, McMaster said.

PHOTO BY MARVIN LYNCHARD

Gen. Herbert R. McMaster Jr., deputy commanding general of the Army's Training and Doctrine Command for Futures and director of the Army Capabilities Integration Center, outlines the new Army Operating Concept at a "Warrior's Corner" presentation Oct. 14 during the Association of the U.S. Army's Annual Meeting and Exposition in Washington, D.C.

Endurance is seen as a particular Army strength, he said. "The Army gives the joint force endurance." This includes resilience to cope with adversity and losses; it means having the staying power to hold for the duration.

The new Army Operating Concept is an "evolution" of joint combined-arms operation, McMaster said. The new doctrine is also compatible with Army Doctrine Publication 3-0, "Unified Land Operations," published in October 2011, to update Field Manual 3-0.

"In each of these categories, you can cross-walk with (Field Manual) 3-0 and you'll see complete compatibility," he said. The new concept simply expands ideas outlined in the Army Doctrine Publication.

It builds on lessons learned over 13 years of conflict, McMaster said. It institutionalizes the need to be familiar with "cultural complexities" of the operating environment. It articulates the need for flexibility to operate in an uncertain environment. And it includes hard-learned lessons of asymmetric warfare.

Special Operations is added as an Army core competency. The Army needs dynamic combinations of special operations and conventional forces to be able to accomplish its missions, McMaster said. "And we have to be able to task organize on the fly in order to be able to do that."

The Army Operating Concept expands the Army's idea of combined-arms operations, he said, to include the "broad range of activities that are necessary." It expands the idea of combined arms to include not just Army capabilities, but joint, inter-organizational and multi-national capabilities.

He explained that "inter-organizational" is another word for "civilian" capabilities and the Army must be able to work alongside other government and non-governmental agencies.

In the past, the Army "deliberately divorced" operations and tactics from strategy, McMaster said. "We can't afford to do that anymore," he emphasized. The Army must be able to work with all platforms of national power to shape the environment in order to reach the desired end state.

America's overmatch and technical advantages are increasingly challenged in today's world, McMaster said. Potential enemies are emulating U.S. capabilities and adopting technology.

"We don't want a fair fight," he said, adding this is where help is needed from industry.

National Peanut Festival
Advance Tickets Now on Sale!
ONE DAY ADMISSION TICKETS - $6.00
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22 RIDE COUPONS - $12.00
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ONE DAY MEGAPASS $25.00
Includes Admission & Armband ticket
May be used for any one day of the festival.
(Megapasses are on sale at the NPF office until 5:00 pm Thursday, October 30)
Advance tickets, megapasses and ride coupons will be on sale at Advance Ticket Outlets until Monday, October 27 (or while supplies last). On Sale at the NPF Ticket Window and Online until 5:00 pm Thursday, October 30
Advance Ticket Sale Outlets:
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Under SecArmy:

Civilian employees 'indispensable' from Afghanistan to Africa

By Gary Sheftick
Army News Service

WASHINGTON — As the troop drawdown in Afghanistan continues, the demand for Army civilian employees there will increase, predicted the service's under secretary.

Speaking at the Department of the Army Civilian Luncheon Oct. 15 during the AUSA Annual Meeting and Exposition, Under Secretary of the Army Brad R. Carson said the Army's civilian workforce is indispensable. He pledged to continue support for career program development and training for civilians serving worldwide.

More than 1,000 Army civilians now serve in Afghanistan, Carson said, adding that more than 16,000 have served there over the past few years.

Army civilian employees assist with logistics, budgeting and planning, he said. Others help train Afghan security forces as part of the Advise and Assist program.

"The skills of the Army civilian workforce are as much needed as those brought by our military personnel," he said.

With Soldiers now deploying to West Africa to help contain the Ebola epidemic, the under secretary predicted Army civilian employees will also assist with the mission there.

"For it is our civilians who possess those skills necessary to serve in positions like adviser to the minister of health, contract specialist, lawyer, engineer or safety (specialist)," Carson said. "So whether in Afghanistan or Sierra Leone or the many dusty places in between, this is not easy work and it is not work that is going away."

A total of about 225,000 civilians currently work for the Army, Carson said, adding that's only appropriated-fund employees. If non-appropriated fund employees were included, the total would be about 301,000.

PHOTO BY STAFF SGT. BERNARDO FULLER

Under Secretary of the Army Brad R. Carson says great strides are being made in career programs for civilians, but more needs to be done. He spoke at the Department of the Army Civilian Luncheon during the AUSA Annual Meeting and Exposition in Washington, D.C., Oct. 15.

Despite this workforce size, Carson said civilian personnel have not always been given the best professional development opportunities. Progress is being made, though.

All Army civilians today are in one of 31 career programs. Just four years ago, only 40 percent had career programs.

That means four years ago, only 40 percent of the Army's employees had access to funds for professional development, explained Deputy Assistant Secretary of the Army for Civilian Personnel Gwendolyn R. DeFilippi.

Professional staffs have been hired to assist career program managers, she said. Employees have been given access to Army Career Tracker – long used by Soldiers to chart career progression and now available to civilians.

"Indeed much effort has been spent to make life better for our civilian workforce," Carson said.

In August, the Army launched the Civilian Acculturation Pilot Program. The program familiarizes new employees with the Army's culture and mission at a number of installations and commands. The short-term goal of the program is to ease integration of new employees, Carson said. The long-term goal is to improve job satisfaction and retain talented professionals.

Since 2012, the Army has tripled the number of leadership development programs offered to civilians, Carson said. Programs have been established such as the Civilian Emergent Leadership Development Program initiated by the Army's Training and Doctrine Command.

Many strides have been made, Carson said, but more work needs to be done. He suggested more mentorship programs for civilian employees and a comprehensive talent management program for the workforce.

"I need your help," he said to civilians in the audience, "Your ideas, your passion, your commitment. I believe that together we and the Army can do some revolutionary things."

The Army civilian workforce has a "long and rich tradition of service," he said. He used the example of John Garand, developer of the M1 rifle.

Garand was a civilian firearms engineer who worked for the Army from 1919 to 1953. His M1 rifle was eventually lauded by Gen. George Patton "as the greatest battle implement ever devised."

"Mr. Garand did not develop this mainstay of the American Soldier overnight," though, Carson said. "His design was forged through years of deliberate trial and error – years rife with the inevitable failures that ultimately enabled success."

He said Garand had something in common with Army employees of today: a desire to make a difference and to be part of a cause larger than himself.

Carson pointed to a current Army employee who made a difference – Ashley Russell who, with a graduate degree from the University of Chicago, originally took a GS-7 position with the Army Medical Command. As a GS-11, she led a review of the Army's Medical Evaluation Board process at Fort Riley, Kansas.

At the time, MEBs were taking an average of 254 days at Fort Riley. Her team identified a number of processes that could be shortened, lowering the average MEB completion time there to 120 days.

Originally, narrative summaries that were supposed to be completed in five days were taking 60. She put together a standard for Medical Command that shortened the average completion time for narrative summaries by more than 50 days.

Russell, who now serves as a GS-12 with Army G-1, was recognized earlier this year at the Lean Six Sigma awards ceremony in the Pentagon.

She saved the Army millions of dollars by "vastly improving" the MEB process, Carson said. "More importantly her work made life better, simpler, easier for injured Soldiers and their families. And there is no price tag on that."

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Official:

Changes needed in Army's promotion system

By Lisa Ferdinando
Army News Service

WASHINGTON — The Army needs to make serious institutional changes in order to retain and develop the best Soldiers, the Army's under secretary said.

"We have a system in place that is archaic, that now works against us rather than helping us," Under Secretary of the Army Brad Carson told a panel at the Association of the United States Army's Annual Meeting and Symposium Oct. 15.

The topic of the forum was the human dimension.

Other speakers included Lt. Gen. Robert B. Brown, commanding general, Army Combined Arms Center; Lt. Gen. Patricia D. Horoho, Army surgeon general and commanding general, Army Medical Command; and Maj. Gen. Eric P. Wendt, commanding general, U.S. Army John F. Kennedy Special Warfare Center.

The system, with the "up or out" way of doing business, has been "universally criticized" by "every single person who has looked at it," he said.

"You will nary find a single source anywhere that defends the current way we run our personnel system," he said. "That system has to change."

The promotion system should focus on competencies, while Soldiers should be matched to desired assignments, he said. Members should also be able to make seamless transitions, he said, between the Active Component and Reserve Component.

"We have incredible turnover at the highest levels of the U.S. Army," he said, noting that a missing component is the "broadening experience" that allows people to excel.

The evaluation system has been roundly criticized and doesn't paint the picture of the whole Soldier, Carson said.

In order to strengthen the human dimension, it is important that the Army captures "granular data," which would allow the Army to use the talents, education and skills of a Soldier, for the development of that person and to strengthen the mission.

The Officer Evaluation Report is "a source of long-standing criticism from everyone in the Army" and is "filled with inflated language, only capturing a narrow band of competencies," he said.

PHOTO BY LISA FERDINANDO

Under Secretary of the Army Brad Carson speaks on a panel about the human dimension at the Association of the United States Army's Annual Meeting and Exposition in Washington, D.C., Oct. 15.

He said imagine going to the large, successful companies that are attracting former Soldiers and telling them they should handle talent the way the Army does, he said.

Carson said those companies could trade an "amazingly flexible personnel system," in favor of the Army's way of doing business by grading by year group over time, kicking people out after they are passed over for promotion twice, giving employees very little say in their next move, and having no individualized career path.

"Imagine we went to them and said 'You should trade your system for that one.' Well, they would say 'no' to that. We should say no to it as well," Carson said

Increasingly complex world

Brown talked about the increasingly complex environment of the world and why the human dimension is more important than ever.

For the last dozen years or so, the Army has said it needed people who are "comfortable" in conditions of "ambiguity and uncertainty," Brown said.

A complex world demands more, Brown said.

"If you want to win in a complex world, 'comfortable' isn't good enough. We need individuals who improve and thrive in conditions of uncertainty and chaos," he said.

The enemies of the United States are not building armies or training to fight against America's military might, he said.

"Not a lot of tanks being built to fight against our strengths, but there are a lot of folks building to fight against our weaknesses and watching and looking at how they can adapt and find the weakness," he said. "There is no doubt that the enemy is native to an ambiguous environment."

A Soldier must be able to make split-second decisions on whether to use force. Now, instead of doing what is right when no one is watching, the Army must do what is right as the entire world watches, he said.

Optimizing the human performance is critical in these changing and complex times, he said.

While the best equipment is needed, it cannot adapt like a Soldier can, Brown said.

The Army profession and ethics are more important than ever, he said, as Soldiers face an enemy who does not follow the Geneva Convention.

Needed to strengthen the human dimension are institutional agility, executing realistic training that replicates the complexity of the world, and the ability to out think the adversary and figure a way out of complex situations, he said.

Healthy body, mind

Another key in optimizing human performance is ensuring a healthy brain with mental agility, Horoho said.

Brain health is the "new frontier," Horoho said.

"It's unknown how powerful our Army can be if we start out with a healthy brain, and we take the best from industry and academia and from our Army and training. I think that's the power that we're going to really see with optimizing Soldier performance," she said.

The Army is looking at what the physical standards should be for each military occupational specialty for a Soldier based on the ability to do that mission in any type of environment, Horoho said.

"That is going to feed the direction that we'll go with placing the right Soldiers in those positions," she said.

Horoho highlighted the Performance Triad of proper sleep, nutrition and exercise in enhancing Soldier performance and in executing the mission.

Food, sleep and nutrition help the body and the mind, she said.

"We are an Army that is continually learning, continually wanting to adapt and to be a step ahead of our enemies, so as they are learning and adapting, we got to have that cognitive advantage," she said.

Wings: Spouses navigate simulated training

Continued from Page A1

Reaction Course.

While on the course, the spouses had to figure out how to traverse an area with ammunition canisters using only the tools provided, which during some obstacles included long metal poles, while others utilized wooden planks. They were only allowed to step on areas covered in white, and areas marked in black were considered dead zones, which meant any object or person that touched the area would be considered out of action.

Each team had to safely get across the area with both ammo cans while getting their entire team across safely as well.

Amanda Heath, military spouse and Spouses' Aviation Day participant, said the most challenging part of the day for her was the course.

"Having to work together as a team to get through the course presented its challenges," she said, adding that the experience helped solidify the appreciation that she has for what her husband does as a Soldier. "I already had a good appreciate for everything (my husband) does, and this was a really good experience. I'm really glad that they continue to do this for the spouses."

During the day, the spouses were able to get their hands on M-4 and M-16 rifles, as well as a Mark 19, a 50-caliber machine gun, and even a rocket launcher during the Engagement Skills Trainer 2000 shooting range simulator where they started off firing at pop-up targets, before taking aim at turkeys, enemy troops and even tanks.

Although the simulators aren't live-fire exercises, the guns do their best to simulate the kickback felt by real weapons.

"My favorite experience was the shooting simulator," said Heath. "Getting to shoot the .50 Cal was so much fun."

The "dunker" training at the HOST facility allowed the spouses to literally get their feet wet as they suited up and got in the water. They had to swim under water along a designated area to open a hatch, simulating being trapped in an aircraft underwater.

They also were able to fly high in the flight simulators at Warrior Hall and experience what it is like to operate OH-58D Kiowas, CH-47 Chinooks and UH-60 Black Hawks.

PHOTO BY NATHAN PFAU

Participants of Spouses' Aviation Day work together to overcome an obstacle during the Leaders' Reaction Course Friday.

Each spouse had his or her reasons for participating in the event, but for Heath, stepping into her Soldier's boots was something she's always wanted to experience.

"My husband's been a pilot for nine years now and I've wanted to do this for a while," she said. "We've been stationed here three times and I never had the chance to do it until now, so it was a fun little taste for me. It was an awesome experience. It was a lot of fun and it was really great to be with the other (spouses) and get to have some fun."

At the end of the day when all their tasks were completed, a graduation ceremony was held at the U.S. Army Aviation Museum for the spouses to receive their wings, but the ceremony served another purpose – to recognize what it means to be an Army spouse.

"We get to honor the accomplishments of the spouses that participated in Spouses' Aviation Day … but most of all to recognize that they are a an absolutely critical component of our Army team," said Col. David J. Francis, U.S. Army Aviation Center of Excellence and Fort Rucker deputy commander. "Our spouses bring something to the table that cannot be replicated by anyone in uniform – by taking care of each other, taking care of their spouses and being a part of our units our there.

"You are a critical part of our team, you're a critical part of the readiness of our Army and we don't pay you a dime to do it," he said. "We want you to know – as your Soldier is going through this process of training here at Fort Rucker – that each and every one of you is a critical part of our Army family and our Army team."

Technology: Tools allow disabled to use their skills, abilities

Continued from Page A1

any other employee."

"Technology is moving very fast," Mega said. "When I started, for example, to use voice recognition programs that type your spoken words on the screen … you… had… to… talk… like… this. Now, programs can type our words just as we are talking."

"We are bringing it out of the dark ages with assistive technology," Knighton said. "There are numerous opportunities for people to come to work, and use their skills and abilities, even though they may be disabled.

"The federal government is taking the lead in this," he said. "The important thing is to break down the barriers, so that employers, supervisors and managers don't have those stereotypes about individuals with disabilities that would preclude them from being selected for employment."

President Barack Obama issued Executive Order 13548 in July of 2010, which says that the federal government, the nation's largest employer, must become a model for the employment of individuals with disabilities. The order directs executive departments and agencies to improve their efforts to employ federal workers with disabilities, and targeted disabilities through increased recruitment, hiring and retention of these individuals.

"With the federal government, the Schedule A Hiring Authority is available to enable an individual with a disability to pursue employment non-competitively," Knighton said. "The important thing there is making employers, managers and supervisors aware that these avenues are available to be able to reach people with disabilities."

"If people need information, they can give us a call and we can talk with them about equipment that is available or agencies that are available to assist them," said Knighton.

The EEOO maintains a 24-hour hotline for reporting sexual harassment and other issues an individual feels necessary with confidentiality. The hotline number is 255-9558.

PHOTO BY JAY MANN

Stephany Marshall (seated), Pride Industries vocational councilor, demonstrates a computer for people with limited use of their arms for visitors at the Fort Rucker Assistive Technology Expo Oct 16.

Health: Proper hygeine helps prevent flu

Continued from Page A1

Poor hygiene is the biggest culprit in spreading the flu, said Eddy.

"Wash your hands often and if you know someone is sick with the flu please stay clear of them," she said. "The best defense against the flu, though, is good hand hygiene."

People's hands come in contact with every surface imaginable, so it provides a perfect vehicle for the virus to spread, said the immunizations nurse.

"Make sure you have some hand sanitizer on you or wash your hands with soap and water whenever possible," she said. "Cover your mouth when you cough and when you sneeze to make sure you're not spreading those germs around."

Preventative medicine in Lyster is a walk-in clinic, and is open from 7:30 a.m. to 3:30 p.m.

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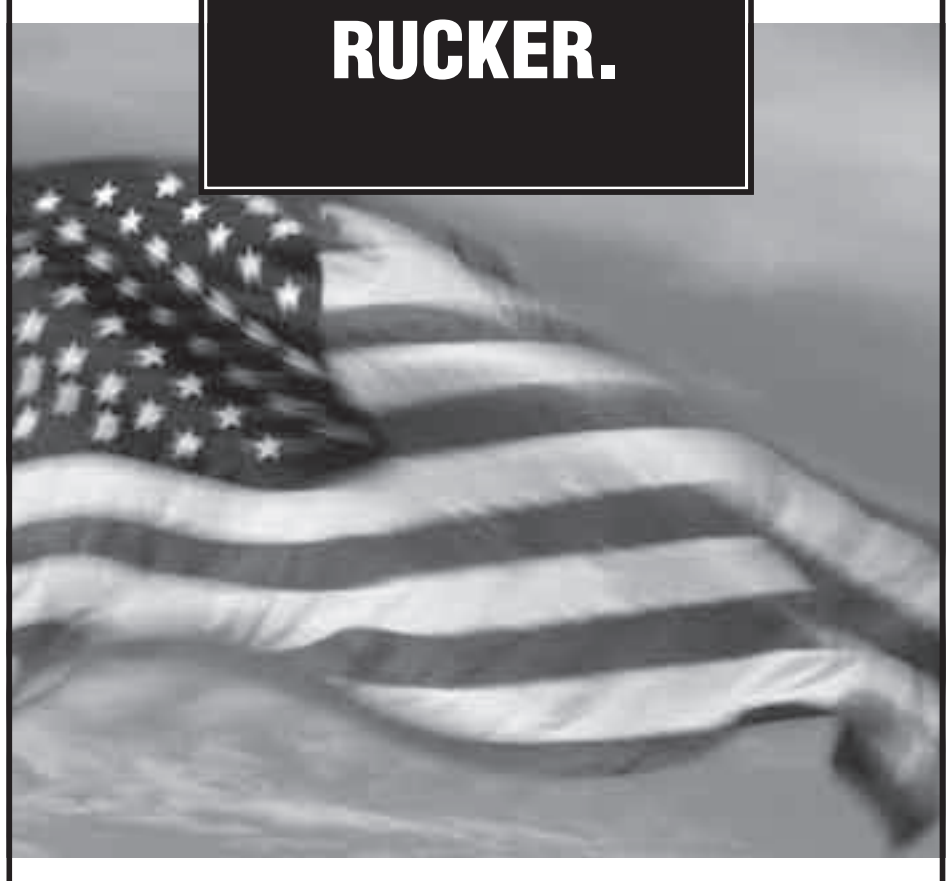

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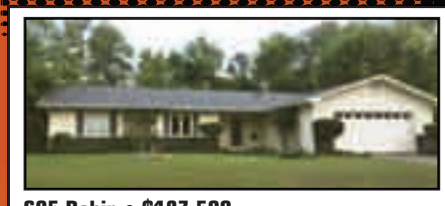
Easy 1-level living in this 3BR ranch home on large shady corner lot conveniently located to schools, shopping & the Ft Rucker gate. Recent updates include flooring, fixtures & repainting much of the home's interior. Step into the large screen porch from the family room - great outdoor space for entertaining & relaxing. Side-entry 2-car garage, fenced yard, large shade trees & a sidewalk for your morning strolls.

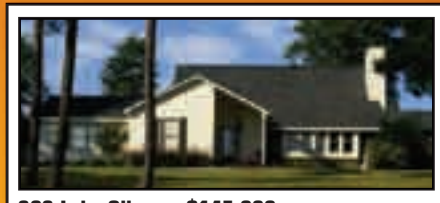
300 Choctaw • $116,530
Looking for a convenient location & 4BR? Schedule a time today to see this 4BR/2BA2 bath with 2 living areas & a 2-car side-entry garage on a corner lot. Enjoy sitting in the shade of the covered patio while the children play in the fence backyard. Great price – great location – call today to view this great property price at the county appraised value.

107 Comanche • $124,900
You'll love this delightful find – a 2-story, 3BR/2.5BA home located in a cul-de-sac.Features a covered front porch & patio & a sid-entry 2-car garage. Interior updates include paint & new laminate vinyl floors in living room. Living area with wood burning fireplace, dining area, sunny master bedroom with adjoining bath & 2 additional bedrooms with connecting bathroom.



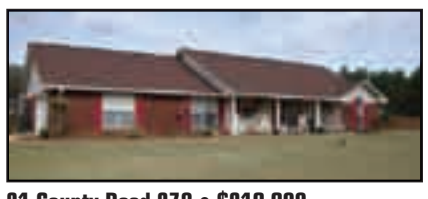
605 Robin • $127,500
Relax & enjoy life in this easy-care 3BR home convenient to shops, offices, churches, schools & minutes to Ft Rucker. You can enjoy a spacious living area with bookcases & wood burning fireplace. Sunroom/bonus room off the dining area & the covered patio add to the charm of this home. A fenced yard for the children to play, workshop/shed for projects, 2-car garage, HVAC new in July 2013 & roof approx. 4 yrs old. A delightful home.

305 Richland • $140,000
Spacious 2-story family home with formal living/dining room, family room with fireplace, eat-in kitchen, enclosed porch off kitchen, fenced yard & privacy fence surrounding in-ground pool. Updates include new windows, exterior & interior paint. Great family home conveniently located to the Ft Rucker gate from Enterprise.

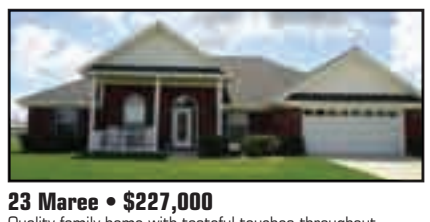


303 Lake Oliver • $145,000
Wonderful contemporary home with 3BR/2BA & side-entry 2-car garage. Updates to include stainless appliances in kitchen & custom upgrades in the baths. Generously sized living area with beautiful stone fireplace & cathedral ceiling. 2 of the bedrooms & 1 bath are upstairs.

503 North Canal, Samson •$163,000
Ready to move? Then see this spick & span 3BR/2BA one-of-a-kind ranch situated on 4 lots! More than an acre of space to relax, play & plant a garden. 2 generously sized living areas, separate dining, eat-in kitchen & sunroom. Large enough for family & friends to gather. Many updates throughout make this well-cared for house the one you will love to call home.



21 County Road 278 • $219,900
Your family is all that is needed to fill this bright & cheerful 3BR/2BA, double garage brick ranch on a large landscaped corner lot. There's a fenced backyard that's perfect for entertaining with salt water pool & a large open lawn just waiting for a sandbox & swing. It's all here with the covered front porch for those lazy afternoons, a patio off the living area overlooking the pool, a family-sized kitchen, formal dining room & so much more. It's more than a house, it's a home.



23 Maree • $227,000
Quality family home with tasteful touches throughout. Interior of home has just been repainted & new carpet installed…beautiful home for your family. This 4BR/3BA home is packed with character & modern comfort. Ideal for entertaining with sunlight large living area, separate formal dining & eat-in kitchen. This spacious brick home has been well cared for & the large corner lot well maintained.

476 County Road 555 • $415,000
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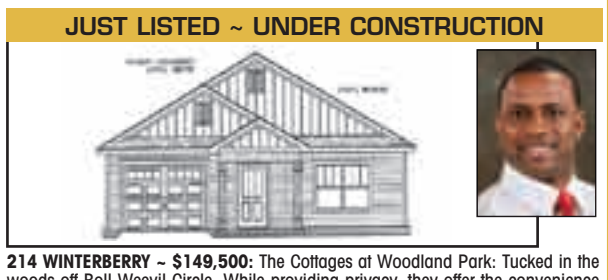

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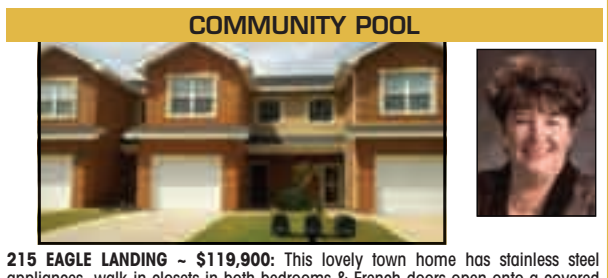

215 EAGLE LANDING ~ $119,900: This lovely town home has stainless steel appliances, walk-in closets in both bedrooms & French doors open onto a covered patio downstairs. There's access to a community pool for your enjoyment and so much more to see! This lovely town home shows very well! **PAT LEGGETT 406-7653**

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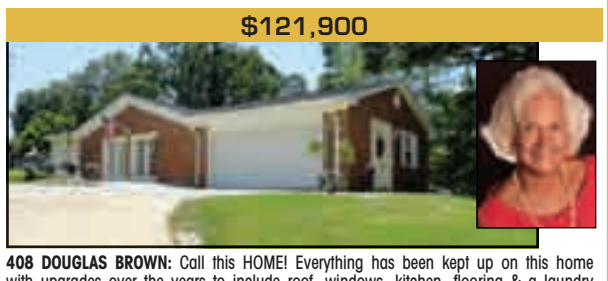

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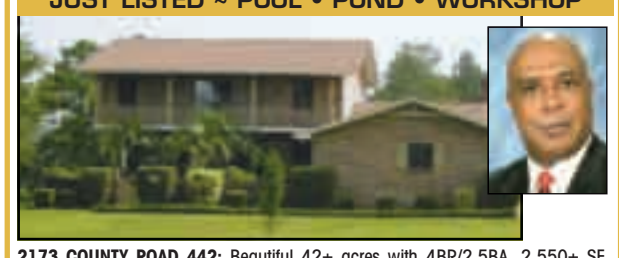

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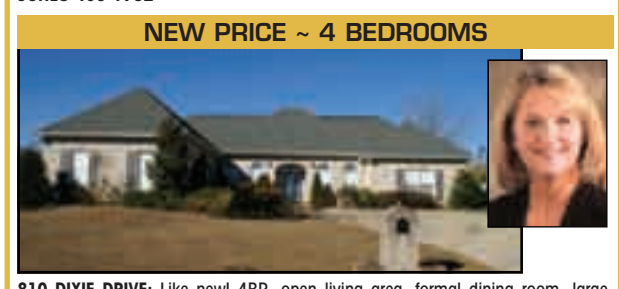

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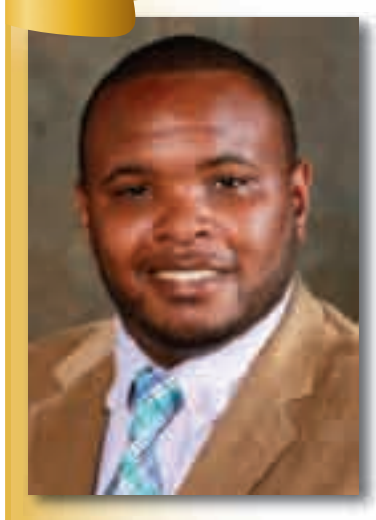

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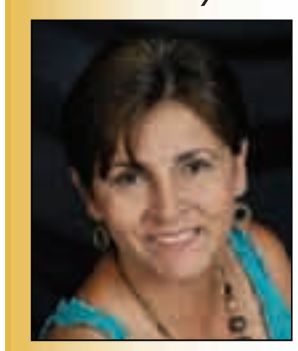

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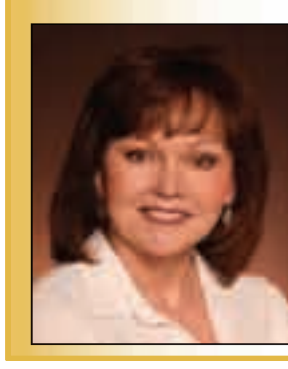

SEPTEMBER TOP LISTER
JAN SAWYER
334-406-2393

AERIAL DOMINATION

Talon warriors demonstrate air power

By Sgt. 1st Class Vincent Abril
2nd Combat Aviation Brigade Public Affairs

YANGPYEONG, South Korea — Soldiers of the 2nd Combat Aviation Brigade, 2nd Infantry Division carried rockets and large rounds of ammunition as they worked feverishly to prepare two AH-64D Longbow Apaches and two OH-58D Kiowa Warrior helicopters during a combined rotary wing aircraft demonstration with elements of the Republic of Korea Army Aviation Operations Command Oct. 6.

The demonstration began soon after the opening ceremony for the AAOCs Top Heligun (meaning top helicopter gun) competition. The event was for Korean helicopter aviators to test their skills and compete against their fellow pilots for the bragging rights as the Top Heligun.

Although the competition was for Korean aviators only, pilots and crewmembers of the 4th Attack Reconnaissance Battalion, 2nd CAB and the 6th Squadron, 17th Cavalry Regiment, 2nd CAB put on a show of airpower alongside their Korean counterparts prior to the competition.

"Today is a demonstration of capabilities between U.S. and ROK rotary wing aviators," said CW2 Daniel Bean, OH-58D Kiowa Warrior helicopter pilot and squadron safety officer with Headquarters and Headquarters Troop, 6-17th CAV and native of Mariposa, California.

The demonstration was just one part of the event, explained Bean.

PHOTO BY SGT. 1ST CLASS VINCENT ABRIL

An OH-58D Kiowa Warrior of 6th Squadron, 17th Cavalry Regiment, 2nd Combat Aviation Brigade shoots rockets at a mountainside during a combined U.S. and Republic of Korea army rotary wing aircraft demonstration at Biseung Range, South Korea, Oct. 6.

"The ROK army is starting their Top Heligun competition all the week," said Bean. "They will be out here with their aircraft and they're going to have a nice Top Gun competition to see who shoots the best in the ROK army."

The demonstration featured several aircraft, including ROK army Cobra attack helicopters, UH-60 Black Hawks and the Super Puma. The small airfield was littered with aircraft prior to the demonstration's start.

When the event started, one by one each helicopter took turns pounding a mountainside range with rockets, Tube-launched, Optically Tracked, Wire-Guided Missiles and machinegun fire. One helicopter even gave a display of flares that looked like angel wings in midair.

The Korean media and spectators were not the only ones seeing all the action. Even those responsible for maintaining the aircraft had a front row seat to something they don't see every day.

"I think this great," said Roque D.

SEE POWER, PAGE B4

ARMY PHOTO

The 2nd Combat Aviation Brigade conducts a joint air assault exercise with 2nd Battalion, 9th Infantry Regiment, 2nd Infantry Division Aug. 2, 2013, at an undisclosed location. Soldiers from the Republic of Korea's 2nd Battalion, 100th Regiment, 17th Division trained alongside their U.S. counterparts during the exercise.

2ID

Transformation improves readiness

By Staff Sgt. Josh Tverberg
2nd Infantry Division Public Affairs

UIJEONGBU, South Korea — The 2nd Infantry "Warrior" Division is entering a significant phase in its 100-year history.

Since 1950, 2nd ID Soldiers have stood shoulder-to-shoulder with their Republic of Korea allies on Freedom's Frontier keeping the peninsula secure against an aggressive and oppressive North Korean regime. The division is constantly seeking ways to further improve its readiness and strengthen the historic alliance it shares with the Republic of Korea.

In the next two years, as part of the Land Partnership Plan-an agreement made between the U.S. and ROK governments-the 2nd ID will relocate further south on the Korean peninsula to Pyeongtak. To commemorate this move, the division participated in a groundbreaking ceremony in April for its future headquarters at Camp Humphreys. The expansion and construction project costs an estimated $10 billion, most of which is paid for by the Republic of Korea. This includes motor pools, barracks, headquarters, housing, medical, educational and recreational facilities for more than 20,000 troops.

"The 2nd Infantry Division stands ready to accomplish its mission to be ready to Fight Tonight regardless of where it calls home," said Maj. Gen. Thomas S. Vandal, 2nd ID commanding general. "The communities of Dongducheon, Yang-ju and Uijeongbu have been extremely supportive over the years. We are committed to working hand-in-hand with leaders to ensure a smooth transition with minimal adverse effects on the local citizens."

The construction project under way at Camp Humphreys is the largest in the history of the U.S. Army Corps of Engineers. Additionally, there are plans to improve the facilities at Rodriguez Range, which will allow for increased training capabilities.

By 2016, the division will move into world-class facilities, allowing consolidation with ROK forces and increased interoperability; not only with the ROK, but also within U.S. Forces Korea.

Since being forward-stationed on the Korean peninsula since 1965, the 2nd ID

SEE READINESS, PAGE B4

TAKING THE PLUNGE

PHOTO BY STAFF SGT. JENNIFER SPRADLIN

Soldiers from the 555th Engineer Brigade jump from a CH-47 Chinook helicopter during helocast operations at American Lake on Joint Base Lewis-McChord, Washington, Oct. 9. The helocast is the first the unit has conducted and is part of the brigade's program to prepare Soldiers for the Sapper Leader Course.

4th CAB unit competition evaluates leaders

PHOTO BY SGT. JONATHAN C. THIBAULT

The command of 2nd General Support Aviation Battalion, 4th Aviation Regiment, 4th Combat Aviation Brigade, conducts a six-event physical fitness test during a competition for its junior leaders to test their leadership qualities to help them prepare for future command roles on Fort Carson, Colorado, Oct. 2.

By Sgt. Jonathan Thibault
4th Combat Aviation Brigade Public Affairs

FORT CARSON, Colo. — Lieutenants were tested on numerous leadership qualities to see where they would best perform in their battalion's different companies in a competition held on Fort Carson Oct. 2.

Leaders from 2nd General Support Aviation Battalion, 4th Aviation Regiment, 4th Combat Aviation Brigade, 4th Infantry Division, conducted a competition dubbed the Lieutenant Olympics.

"The events in this competition were held to get most of the lieutenants in our unit together and evaluate their leadership abilities," said Capt. Anthony Tankiewicz, assistant operations officer and competition coordinator. "The competition also helps us create an order of merit list that allows the lieutenants to request a specific company. But ultimately, the commanders will have the final say on which lieutenant they get."

The company commanders took a personal interest in the competition and who would best fit on their command teams.

"We invited the company commanders to help evaluate our young leaders," said Lt. Col. Tyler Smith, commander, 2nd GSAB, 4th Avn. Reg. "I will talk with the commanders after the competition on how the lieutenants did and where they would best fit in each of their companies."

The competition included Aviator tasks, but it also incorporated personality, mental and physical tests.

"We started with Black Hawk simulator tests and flight plan evaluations," said Tankiewicz. "We then gave them a simple personality test to see how they would best fit with the personalities of their possible commanders. We gave them a six-event physical fitness test, which consisted of pushups, sit ups, a 2-mile run, rope climb, pull-ups and dips. We ended the competition with an assigned research paper presentation consisting of 10 minutes and board testing their military knowledge."

First Lt. Chester Haner, assistant operations officer, said the competition helped the lieutenants learn things about themselves that could help them evaluate and fine tune their leadership skills.

"Besides getting a chance to possibly go to the companies that we want, we get to learn strengths and weaknesses in our leadership styles," he said. "We get to show the leadership our abilities outside of our appointed jobs. We also get to learn what we need to work on in all the aspects of the well-rounded leader concept."

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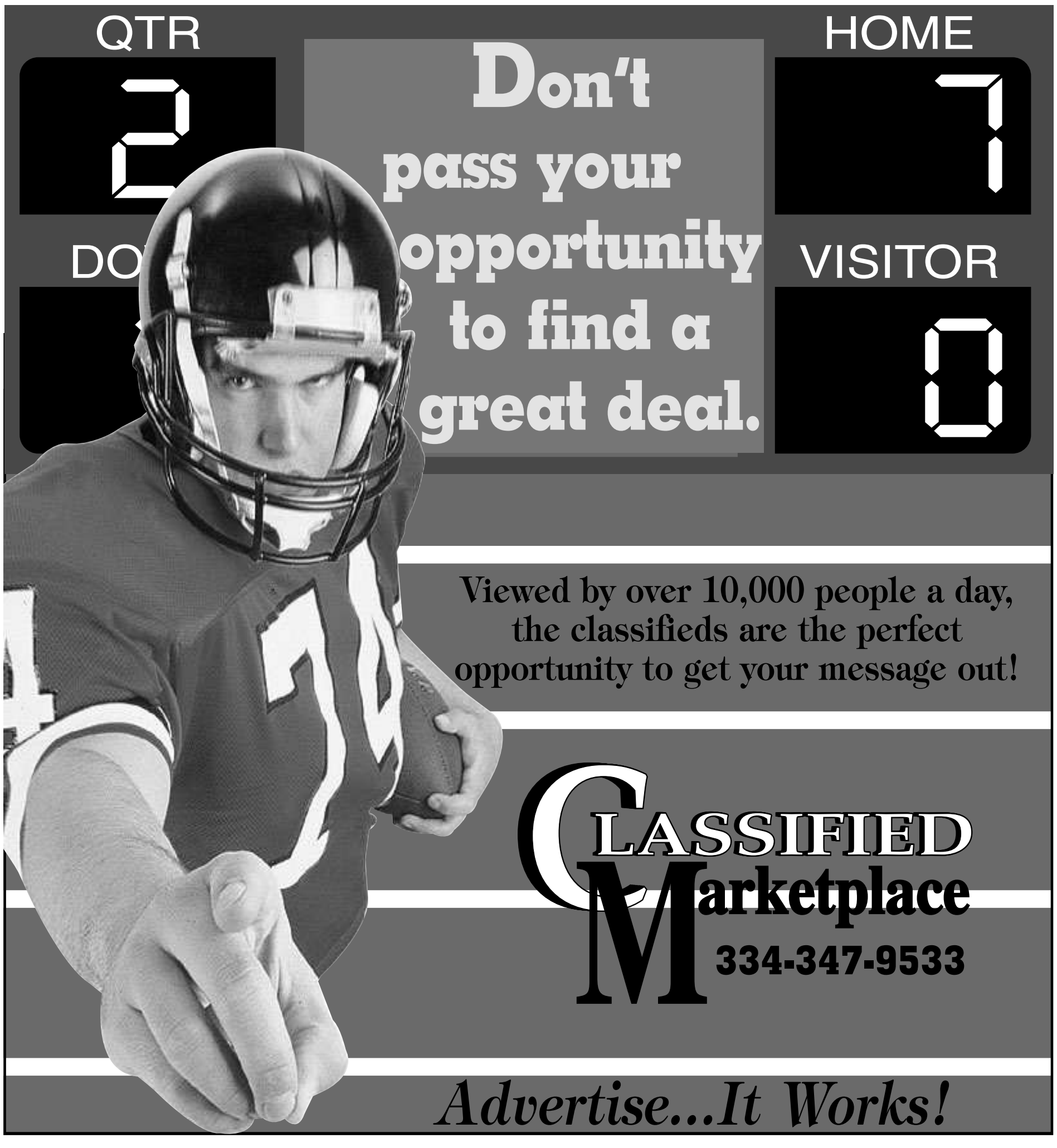

Power: Event enhances US-ROK alliance

PHOTO BY SGT. 1ST CLASS VINCENT ABRIL

A Korean Super Puma helicopter shoots flares during a combined U.S. and Republic of Korea army rotary wing aircraft demonstration at Biseung Range, South Korea, Oct. 6.

Continued from Page B1

Martinez, an armament, electronic and avionics specialist with Company D, 4-2nd ARB, 2nd CAB and native of Phoenix, Arizona. "Besides showing off our stuff, I'm getting to see a lot of things that I would have never been able to see here. I'm seeing things that a lot of people in the Army may never see. Watching the Koreans doing their thing, and watching their aircraft shoot rockets and rounds is pretty amazing"

This event surely promoted interoperability while enhancing the U.S. and ROK alliance. The 2nd CAB works and trains with many different Korean units of all forces across the peninsula as the only permanently forward-stationed combat Aviation brigade in the U.S. Army.

That fact alone paves way for Soldiers to experience a very unique relationship and training environment with ROK and U.S. forces here.

"I feel lucky," said CW2 Jody S. Clark, an Apache pilot with A Company, 4-2nd ARB and native of El Dorado Hills, California. "It's neat to do something like this, especially working with our ROK counterparts. This is my first time working with the [ROK Army]. It's fun to work with all the different aircraft here."

Readiness: Unit applies 13 years of lessons to combat

Continued from Page B1

has always served alongside its allies. In July 2014, the ROK and the U.S. agreed to the establishment of a combined U.S.-ROK division. According to the ROK Ministry of National Defense, the new division is scheduled to stand up in the beginning of 2015 and will include a combined division staff, and a brigade from the Republic of Korea army. Decisions on troop numbers and the types of equipment involved will be based on the operational needs and the capabilities required to support the Combined Forces Command's operational plans.

"The Combined Division construct is itself historic. It will be the first of its kind at any time in the U.S. Army's history. U.S. and Korean Soldiers will literally operate under one flag with one unified effort," said Vandal.

ROK officials agree that the combined division will help strengthen the alliance and provide training opportunities to improve warfighting skills, and to increase interoperability between the ROK and U.S.

"The allies currently have their Combined Forces Command to ensure the strategic-level cooperation. But the new division will provide opportunities to strengthen the allies' tactical-level wartime cooperation," said Maj. Gen. Wi Seung-ho, chief of the Joint Chiefs of Staff division in charge of a new allied defense structure. "Through the preparations for the wartime division, the allied troops would be able to achieve some synergic effect, strengthen interoperability, and raise personnel with expertise in allied operations and other alliance-related issues."

In addition to furthering their partnership with the ROK military, the division is also supporting the U.S. Army's rebalancing efforts in the Asia-Pacific region. This month, the fourth rotational battalion begins its nine-month deployment to the Korea peninsula in support of the 2nd ID mission.

By using rotational forces, the division is applying the lessons learned from 13 years of preparing and sending units to combat. Rotational forces provide trained units and Soldiers from the continental U.S. to improve the overall readiness posture.

"Rotational units allow us to leverage regionally aligned forces that have trained to deploy to the Korean theater of operations and have conducted a certified training event at one of our combat training centers," according to Vandal.

Each unit arrives in country fully trained and in the ready phase of the force generation process. Not only do the rotational tours of duty help Soldiers and units maintain readiness, they provide Soldiers with a broader global skill-set in support of the U.S. Army's strategic shift to the Pacific theater.

This past July, 2nd ID welcomed the 6th Squadron, 17th Cavalry Regiment out of Fort Wainwright, Alaska. This was the second attack reconnaissance squadron to serve as a rotational force supporting 2nd ID. The unit arrived ready to conduct operations with OH-58D Kiowa Warrior helicopters. Within a few weeks of their arrival, Soldiers supported a combined training exercise with elements of the Republic of Korea Army and another rotational unit, the 1st Battalion, 12th Cavalry Regiment, based out of Fort Hood, Texas.

"The addition of rotational units to the division makes these training opportunities paramount in developing Soldiers capable of working together not only with other U.S. units but their ROK allies, as well," said Vandal.

July 1, both rotational units conducted a week-long gunnery exercise at the Multipurpose Range Complex, also known as Rodriguez Range, near Pocheon, South Korea. They didn't go at it alone though. The 4th Attack Reconnaissance Battalion, 2nd Combat Aviation Brigade, a regular at the MPRC with their AH-64D Longbow Apache helicopters and an organic unit of the 2nd ID, also trained with the rotational duo.

"It's definitely a unique opportunity," said 1st Lt. Demetrios Kolitsos, 1st Platoon leader with C Co., 1-12th Cavalry Regiement and native of Youngstown, Ohio. "It's been a very good experience for us thus far. We've had a chance to work with other units out here that we don't have much experience with. Korea itself provides some very unique challenges, and we had an opportunity to use all of the different assets at our disposal to meet those challenges."

Another training exercise in July afforded the 1-12th Cavalry Regiement, from 1st Cavalry Division at Fort Hood, an opportunity to train with not only organic 2nd ID units, but the ROK Army as well.

The Republic of Korea's 101st Infantry Regiment, 17th Infantry Division worked alongside the 23rd Chemical Battalion, 1st Armored Brigade Combat Team, and 1st Battalion, 12th Cavalry Regiment to conduct a combined air assault exercise at Camp Mobile near Dongducheon.

"It's an incredibly valuable experience to get so many Soldiers from the ROK Army and U.S. Army together to do such a complex operation," said Capt. Drew M. Mumford, commander of B Co., 1-12th Cavalry. "Learning how their tactics work, how they understand the battlefield and how they maneuver will help us do combined operations in the future."

To move closer to the goals of the U.S.-ROK alliance and the U.S. Army concept, the division will continue to conduct combined training exercises that incorporate elements of the ROK army and rotational units.

"For almost 50 years, the 2nd Infantry Division has successfully served as a forward-stationed division on the Korean Peninsula. In order to continue this momentum, we must constantly seek ways to further improve our readiness and strengthen the historic alliance we share with the Republic of Korea," said Vandal.

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ALFA members with membership card admitted for $5.00 • $20 Armband
TUESDAY, NOVEMBER 4
ALFA members with membership card admitted for $5.00
Regular Price Gate Admission for all others • $15 Armband
WEDNESDAY, NOVEMBER 5
Dream Big Food Drive for the Wiregrass Food Bank
Bring a minimum of 3 cans of food or 1 jar of peanut butter and receive $2 off gate admission and $5 off ride armband
Without food donations: Admission - $7 and Armbands - $20
THURSDAY, NOVEMBER 6
Seniors (55 & over) admitted free from 12:30 p.m. until 4:00 p.m.
(Free admission only at the ALFA gate)
Senior Admission $5.00 starting at 4:30 p.m. • Regular Price Gate Admission for all others
$20 Armband
SATURDAY, NOVEMBER 8
Military and their family members with ID admitted for $5.00
Regular Price Gate Admission for all others
$35 Armbands sold from 12:00 noon to 4:00 p.m. • Armbands may be used until closing time
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One Day Admission Tickets - $6
Ages 6 and over – under age 6 is free
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Advance tickets and ride coupons will be on sale at the Advance Ticket Outlets until Monday, October 27 (or while supplies last)
On Sale at the NPF Ticket Window and Online until 5:00 p.m. on Thursday, October 30
22 Ride Coupons - $12
(Save $9 off midway prices)
One Day Megapass - $25
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JOB TIPS
Army experts offer vets job search advice
Story on Page C4

OCTOBER 23, 2014

HALLOWEEN

Family, frightening fun for all

By Nathan Pfau
Army Flier Staff Writer

FILE PHOTOS

A ghoul scares a group of teenagers while they wait to board the haunted hayride during a previous Frite Nite.

'Tis the season when ghosts, ghouls and even superheroes come out to play as people don costumes for a chilling, yet family-friendly Halloween on Fort Rucker.

Even though Children's Fest, which was originally scheduled for Saturday, has been canceled, the installation still has a host of events planned for people to get their Halloween fix.

Frite Nite

This year's Frite Nite is bigger than ever with more than 230 volunteers signed up to help with the event, and Aida Stallings, business manager of the community recreation division, said this year's event should be one of the scariest around.

This is an event that people should attend only if they're ready for a proper night of horrors, she said.

People will hop on a trailer to take them down to the entrance of the Trail of Nightmares, a haunted cemetery, the boogie man's home and a Maze of Screams.

The two-night event will start Friday at 7 p.m. and the last trailer will run until 11 p.m. Tickets will be sold at the Riding Stables beginning at 6 p.m. each night for $12 per person (cash only). Food and beverages will be available for purchase at additional cost.

"We don't recommend the trail for children under 12, but it's at the discretion of their parents," said Stallings. "Also, people should make sure to wear comfortable shoes because it is a walking event and should dress accordingly."

For more information on Frite Night, call 598-3384.

Parents and children laugh and scream during a previous BOSS Haunted House. BOSS Soldiers this year have volunteered their time to enhance Frite Nite.

Monster Bowl

Monster Bowl is another event returning to Fort Rucker for this year's Halloween season, and this family-friendly event promises a night of spooky fun for the whole family after a night of trick-or-treating.

The Monster Bowl will be Oct. 31 from 8 p.m. to midnight and monsters and ghouls will prowl the lanes. There will be a costume contest held in three different age groups, and people can don their scariest costumes as they bowl through the night.

Cost for a lane is $66 for up to six people and includes unlimited bowling, prize pins, a 16-ounce beverage per person, and choice of burger, hot dog or flatbread pizza. Shoe rental is $2 per person.

Prizes will be given out through the night. For more information or to reserve a lane, call 255-9503.

Costumed runners compete in a previous Spooky 5K.

Monster Bash

For a more grown-up experience, The Landing is hosting its Monster Bash Oct. 31 from 8 p.m. to midnight, and promises to be a night to remember.

"The Landing has prepared a blazing party for the Wiregrass' party fiends," said Sara Martin, operations assistant for Five Star Catering. "It is going to be a devil of a good time. With an intimate but spirited atmosphere, The Landing offers up a full-throttle nightlife experience that will make this Halloween night a thrill."

The party is open to ages 18 and older, and will feature a disc jockey, live music by Los Locos, games and specials running all night.

People are encouraged to come dressed in their spookiest costumes and take part in the contest for a chance to get their hands on the grand prize – a three-day, two-night stay at in Panama City, Florida, and $250. There will also be prizes for second place, $200, and third place, $100.

"So drop off your children with a sitter after trick-or-treating and head to The Landing for some grown-up fun," said Martin, adding that costumes are preferred, but not mandatory.

VIP packages are also available for purchase for parties who have 40 or more guests, which includes a private room with appetizers, a private bartender and exclusive access to the mezzanine overlooking the ballroom.

For more information, call 598-2426.

Spooky 5k

For those who want a little fitness during their Halloween season, the Spooky 5k, hosted by Fortenberry-Colton Physical Fitness Center, has just the ticket.

This year's run will be Oct. 25 and start at 9 a.m., but participants are encouraged to don their scariest and most creative costumes for a costume contest at 8:15 a.m. Trophies will be given out for overall best costume, scariest costume and most original costume in both adult and children's categories.

Registration for the race will begin at 7:30 a.m. and run until 8:45 a.m. After the 5k-run, a 1-mile fun run will be held, and all participants who take part will receive a medal.

For more information, call 255-2296.

Trick-or-treat

This year's trick-or-treating hours on post are from 6-8 p.m. Oct. 31 in the post housing areas. Parents, children and those driving through the housing areas at that time are reminded to keep safety in the forefront of their minds and to be vigilant while enjoying trick-or-treating this year, said Peggy Contreras, Fort Rucker Community Police supervisor.

"A parent or responsible adult should always accompany young children on their neighborhood rounds, and if your older children are going alone, plan and review the route that is acceptable to you," said the community police supervisor. "Also, make sure to agree on a specific time when they should return home and only go to homes with a porch light on, and never enter a home or car for a treat."

Contreras also recommends that they carry a cell phone for quick communication, and remember to wear reflective clothing and flashlights.

Parents should also talk to children about safety when it comes to the candy they are collecting, and remind their children to let the parents inspect the candy before eating it, she said.

"It may be a good idea to pin the address or phone number on children in case they get lost or separated from their group," she added.

Police and fire personnel will be set up at all three community centers handing out candy, and they will also be roaming and walking the area during those hours to maintain safety.

"Drivers should decrease speed and watch for people moving, and really should avoid driving the area if possible," she added.

For more information on Halloween events call, 255-1749.

On Post

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

FILE PHOTO

Frite Nite

Frite Nite returns to the Fort Rucker Riding Stables Friday and Saturday from 7-11 p.m. Guests will take a short ride and be dropped off to walk through the wooded trail of nightmares, a haunted cemetery, the boogie man's home and a maze of screams. Officials warn that Frite Night is not for the light of heart and strongly encourage only those ready for a real fright to participate. Cost is $12 per person. Tickets are available each night, or people may purchase tickets in advance at the riding stables. Concessions will also be available at the event for additional cost. The event is open to the public. For more information, call 598-3384.

Children's Fall Festival

The Children's Fall Festival scheduled for Saturday has been cancelled.

For more information, call 598-3384.

Fear Factor Lock-In

The Fort Rucker Youth Center invites its members to its Fear Factor Lock-In Friday from 6 p.m. until 6 a.m. Saturday at the youth center, Bldg. 2800 on Seventh Avenue. Admission is free to all active members in grades six-12. Guests are welcome to attend for $10 and a photo ID is required for age verification. The event will feature scary movies, spooky arts and crafts, and strange treats and sour drinks. There will also be spooky basketball and dodge ball, and other scary activities.

For more information, call 255-2260 or 255-2271.

'In Their Shoes' exhibit

Throughout October, Army Community Services will host an exhibit called "In Their Shoes," demonstrating the different walks of life of those who are victims of domestic violence. Officials said they hope the main takeaway is for people to realize that domestic violence can happen to anyone, no matter what race, gender, age or economic status. The exhibit will be set up at three locations: Lyster Army Health Clinic, the first floor of Bldg. 5700, and the Army and Air Force Exchange Service Food Court.

For more information, call 255-3817.

Purple Day

October is Domestic Violence Awareness Month and Fort Rucker will once again take part in the Purple Day campaign, which will begin Friday and continue each Friday throughout the month. This will be a community-wide effort to recognize people's collective responsibility to prevent all forms of domestic violence by wearing Purple every Friday throughout October. People are encouraged to band together and wear purple as a visible commitment to support the prevention and awareness of domestic violence.

For more information, call 255-9641.

Teen AFAP Conference

The Fort Rucker Teen Army Family Action Plan conference is scheduled for Tuesday from 5-8 p.m. at The Commons, Bldg. 8950 on Seventh Avenue. The Teen AFAP gives Army Teens a voice to address issues that impact their lives and be heard by Army leadership. Issues may range from entertainment and program options, to volunteer and job opportunities, to leisure time activities. Those interested in attending the conference need to register today by calling 255-9637. The Teen AFAP is open to Army and Department of Defense civilian teens, ages 13-18. To submit quality of life issues to be worked at this year's AFAP conferences, submit online at http://www.ftruckermwr.com/army-family-action-plan-2014/.

To take part or get more information, call 255-9637.

Pumpkin carving, costume contest

Center Library will host a free pumpkin carving and decorating contest and a Halloween costume contest Tuesday from 4-5 pm. The event is open to authorized patrons of all ages. People can bring their carved or decorated pumpkins to the Center Library between Monday during the hours of 9 a.m. to 5 p.m. and Tuesday from 9 a.m. to 3:30 p.m. Age groups for winners are 0-11 years, 12-17 years, and 18 and older. People can also come dressed in their scariest, cutest or silliest costume to win a prize. Winners for both contests will be announced at 4:45 p.m. Tuesday. Space is limited to the first 65 people to register. Light refreshments will be served.

For more information or to register, visit the library or call 255-3885.

Family Member Resilience Training

Army Community Service will host its Family Member Resilience Training Tuesday and Wednesday from 8:30 a.m. to 3 p.m. at The Commons. Trainers will give people the tools they need to become more resilient in all the challenges that life may throw at them. People should sign up by Friday.

For more information and to register, call 255-3735.

Right Arm Night

The Landing Zone will host Right Arm Night Oct. 30 from 4-6 p.m. Right Arm Night is an Army tradition, promoting a night of camaraderie and esprit de corps as leaders come together and treat those who help them accomplish the mission. Complimentary appetizers will be served while supplies last. Right Arm Night is held every month, and both military and civilians are welcome. For more information, call 598-8025.

Employment Readiness Class

Army Community Service is giving people the chance to build and enhance their careers at one of the Fort Rucker's Employment Readiness Program Orientation Sessions, held monthly in the Soldier Service Center, Bldg. 5700, Rm. 371A. The next session is Oct. 30. People will first meet in Rm. 350 for paperwork and attendance prior to going to Rm. 371A. People can sign up to learn essentials about the program and receive helpful job search tips, as well. Advance registration is required and attendance at a session is mandatory for participation in the program.

For more information, including times, or to register, call 255-2594.

Monster Bash

The Landing will host its Monster Bash Oct. 31 from 8 p.m. to midnight in its ballroom. Advance tickets are $10, and tickets at the door the night of the event will cost $15. People are welcome to attend in their spookiest attire and participate in the costume contest for a chance to win the grand prize three-day, two-night stay at a resort in Panama City, Florida, and other prizes. Prizes for the best costumes will be awarded at 11 p.m. The event will also feature live music by the band, Los Locos; a DJ; and specials all night long. The event is open to the public for those 18 and older.

For more information, call 598-2426.

Youth Peanut Festival trip

The Fort Rucker Youth Center will kick off the Month of the Military Family with festival fun, food, games and rides. Members are invited to join the center staff Nov. 1 for a field trip to the annual National Peanut Festival Field in Dothan from 2-10 p.m. The trip is open to youth in grades sixth-12 with an active Middle School Teen Pass. The event is free to all active Torch and Keystone Club members. Other active youth will be responsible for all fees.

For more information, call 255-2260 or 255-2271.

DFMWR Spotlight

FORT RUCKER Movie Schedule for Oct. 23 - 26

Thursday, Oct. 23	Friday, Oct. 24	Saturday, Oct. 25	Sunday, Oct. 26
The Giver (PG-13) ..... 7 p.m.	Dolphin Tale 2 (PG) ..... 7 p.m.	No Good Deed (PG-13) ..... 7 p.m.	The Maze Runner (PG-13) ..... 2 p.m.

TICKETS ARE $6 FOR ADULTS AND $5 FOR CHILDREN, 12 AND UNDER. MILITARY I.D. CARD HOLDERS AND THEIR GUESTS ARE WELCOME. FOR MORE INFORMATION, CALL 255-2408.

Experts focus on mental health of Army children

By Elizabeth M. Collins
Soldiers Live

WASHINGTON – Army children are at a slightly higher risk for mental disorders, but they're also incredibly resilient, say mental health and education experts.

As children and teens continue to cope with the fallout of frequent moves, uncertainty, and parents who have deployed multiple times and may face physical or invisible wounds themselves, it's the people who see them most frequently – their educators and especially parents – who are most likely to recognize a problem, said Dr. Paula K. Raunch, the director of a program with the Red Sox Foundation and Massachusetts General Hospital.

Raunch spoke during a Family Forum presentation at the Association of the United States Army Annual Meeting and Exposition, Oct. 13-15.

"Parents are the experts on their own children," she said. "Because development is so variable child to child, it's the people who know a child best who are likely to be able to intervene most quickly. They're the ones who quickly recognize 'This might be fine for someone else's child, but this is not normal behavior for my child.'"

Parents shouldn't expect children to respond or act the way adults would in similar situations, she added, explaining that something that may seem as simple as changing schools can be deeply traumatic to some children.

In fact, depression can express itself as rage and anger in teenagers, said retired Col. Steve Cozza, a professor of psychiatry and associate director of the Study of Traumatic Stress at the Uniformed Services University. Parents may not realize their children need help until it's too late.

That's particularly troubling, Raunch and Cozza agreed, because a recent study found that as many as 30 percent of teenagers have had suicidal thoughts. That number is slightly higher for military children.

PHOTO BY ELIZABETH M. COLLINS

Retired Col. Steve Cozza, a professor of psychiatry and associate director of the Study of Traumatic Stress at the Uniformed Services University, discusses the mental health of military children at the Association of the United States Army Annual Meeting in Washington, D.C., Oct. 15.

No one should look at those figures as solely a military problem, however, Raunch said. Compounding the problem is a nationwide shortage of mental health services for children.

Col. Rebecca Porter, commander of Dunham Health Clinic at Carlisle Barracks, Pennsylvania, said telebehavorial health is becoming more available, in part to offset that shortage.

She said the Army's surgeon general is adding a child and family behavioral health service to its behavioral health service line over the next three years.

It includes "intervention in consultation with primary care providers. So many behavioral health needs that come into our treatment facilities come in through primary care. They don't start in specialty care clinics," Porter said.

Another component of the new program involves community outreach. Behavioral health providers will be available in the schools and on installations to work with educators. When teachers – who spend all day with children – notice changes in behavior, "there can be some professionals right there to consult with," Porter said.

While military children face greater stressors and challenges as a result of their military lifestyle, no one should treat military children as victims, Cozza said, saying that military life actually provides a lot of advantages.

"I think it's an important point that we not miss that many of these military kids view their military lifestyle as an asset and a key differentiator," said Julie Broad of the Army Resiliency Directorate's Comprehensive Soldier and Family Fitness Program. "As the world becomes flatter, whether we're an adolescent or an adult, anything in our lives that brings mental agility and adaptability is a great asset and a great skill for us. I think today's military teens certainly know that this is something that can be capitalized upon."

Soldiers found the program's resiliency training so helpful they asked for a similar program for their families, and the Resilient Teen Pilot includes a series of performance enhancements and learning enhancement skills. The program is also working with teenagers either about to go to college or who have just started college to talk about study skills, energy management and how to adjust to leaving home.

"When I meet with teens across the country and talk about the skills that they're learning and the common language that they're using, I think that we're at a paradigm shift where the Army's investment in resilience skills is making its way to the dining room table," said Broad. "When I look at these Army teens and I look at them in the eye and I see the strength that they have, there's no doubt in my mind that these are going to be the future military and civilian leaders for the next generation."

COURTESY PHOTO

Pick of the litter

Meet Monroe, 5-month-old medium-hair black and white female cat available for adoption at the Fort Rucker stray facility. She is friendly. Adoption fees vary per species and needs of animal, which includes all up-to-date shots, the first round of age-appropriate vaccinations, microchip and spaying or neutering. For more information on animal adoptions, call the stray facility at 255-0766, open from 8 a.m. to 3 p.m. All adoptable animals are vet checked and tested for felv/fiv (for cats) or heartworm for dogs (over six months) and on flea prevention. 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 stray facility. Visit the Fort Rucker stray facility's Facebook page at http:// www.facebook.com/ fortruckerstrayfacility/ for constant updates on the newest animals available for adoption.

Religious Services

WORSHIP SERVICES

Except as noted, all services are on Sunday

Headquarters Chapel, Bldg. 109
8 a.m. Multi-Cultural Worship Service

Main Post Chapel, Building 8940
9 a.m. Catholic Mass Sunday
11 a.m. Traditional Worship Service
12:05 p.m. Catholic Mass (Tuesday - Friday)
4 p.m. Catholic Confessions Saturday
5 p.m. Catholic Mass Saturday

Wings Chapel, Building 6036
8 a.m. Latter-Day Saints Worship Service
9:30 a.m. Protestant Sunday School
10:45 a.m. Wings Contemporary Worship Protestant Service
1 p.m. Eckankar Worship Service (4th Sunday)

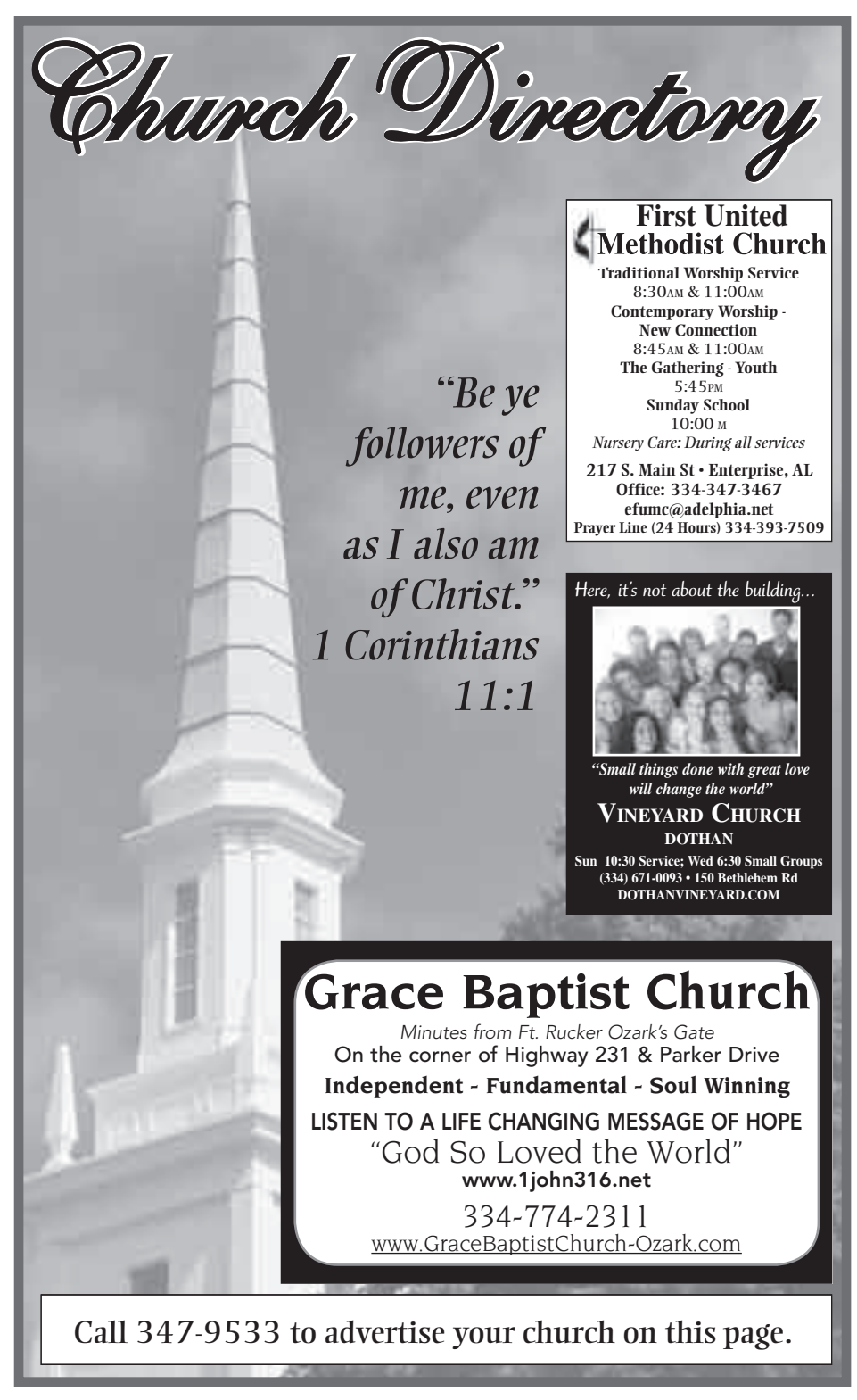
Spiritual Life Center, Bldg. 8939
10:45 a.m. CCD (except during summer months).

BIBLE STUDIES

Tuesday
9 a.m. Protestant Women of the Chapel, Wings Chapel
5:30 p.m. Youth Group Bible Study, Spiritual Life Center
6 p.m. Protestant Women of the Chapel, Wings Chapel
7 p.m. Adult Bible Study, Spiritual Life Center

Wednesday
8:30 a.m. - Catholic Women's Bible Study, Spiritual Life Center
11 a.m. Above the Best Bible Study, Yano Hall
11:30 a.m. 164th TAOG Bible Study, Bldg 30501
12 p.m. Adult Bible Study, Soldier Service Center
6 p.m. Adult Bible Study, Spiritual Life Center

Thursday
9 a.m. Adult Bible Study, Spiritual Life Center



Army experts offer vets job search advice

By Elizabeth M. Collins
Soldiers Live

PHOTO BY ELIZABETH M. COLLINS

Panelists discuss issues facing transitioning Soldiers and spouses, particularly employment, at the second Family Forum at the Association of the United States Army Annual Meeting, held in Washington, D.C., Oct. 14. Noreen O'Neill, director of the Military Spouse Program, Hiring Our Heroes, United States Chamber of Commerce Foundation, and Col. Adam L. Rocke, director of the Army's Soldier for Life program, were part of the panel.

WASHINGTON — Transitioning Soldiers and Army spouses have a trove of experience and insight to offer civilian employers, say Army experts.

Part of being a successful Soldier is not only being successful after the Army, said Col. Adam L. Rocke, director of the Army's Soldier for Life program, but becoming a community leader and an ambassador for the Army.

"We're preparing you at some point to transition out of the service, whether it's a first term or for a Soldier like myself, who has been in for 30 years," he said. "We all transition. We want you to be ready for that transition. So we provide you things along the way to do that."

He pointed out that the Army has recently refined and renamed its transition program, turning the Army Career and Alumni Program into Soldier for Life: Transition Assistance Program. Services start at least a year before separation – two years for retiring Soldiers – and are now required.

"Whether you need to go to TAP or not, you should go down and visit TAP," he said. "There are over 700 counselors. There are improved services, a partnership with the Department of Labor, Veterans Affairs and the Small Business Administration – all there to help service members and their spouses and dependents for a successful transition."

Army spouses are now eligible for the program as well, Rocke said. He works closely with Noreen O'Neill, an Army spouse and director of the Military Spouse Program at Hiring Our Heroes, a program run by the United States Chamber of Commerce Foundation, to connect spouses with employers at specialized networking events and summits.

These include federal agencies, small businesses and nationwide Fortune 500 companies that can hopefully keep spouses employed as they move with their Soldiers.

O'Neill said that all too often she sees spouses list their volunteer experience at the very bottom of their resumes. Instead, she said, Hiring Our Heroes has a resume translator that can help spouses create skills-based resumes that highlight volunteer work and minimize resume gaps. She said she would not have her job without experience she gained as a volunteer.

Spouses and employers should think outside the box, as well, said Lynn McCollum, director of family programs at Installation Management Command G-9, Family and Morale, Welfare and Recreation Programs.

"Even within [Installation Management Command], we've had some challenges because the mindset is everybody needs to come to an office to come to work," she said. "And yet there are many jobs that lend themselves to working from home. They're perfect sometimes for military spouses who can do their job. You don't have to be at an onsite location with the technology that we have today. So part of that, I think, is a mindset. I have on my staff two military spouses who work remotely and every time there's a PCS move, I know I have to prepare for battle because I have to get that approved again."

O'Neill added that Army spouses are great networkers – with each other. They need to use the same skills to connect with potential employers.

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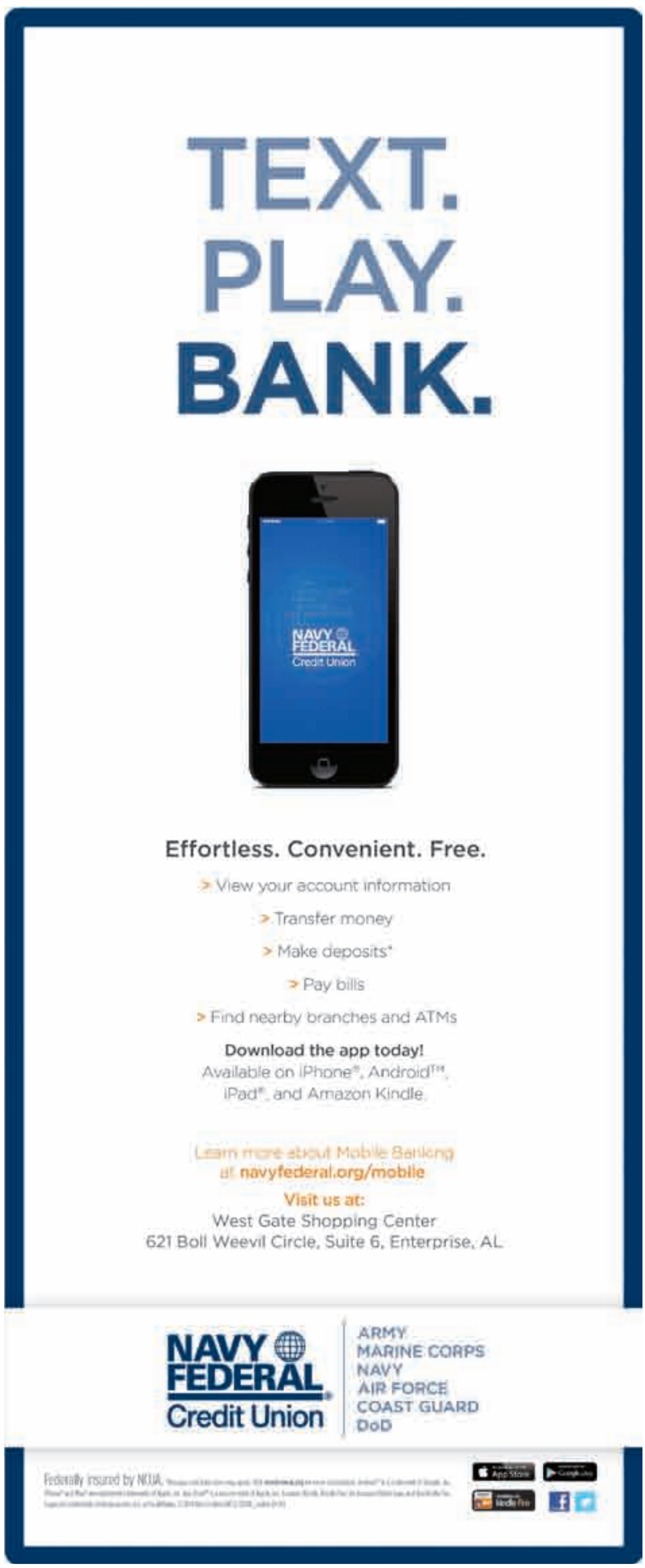

Soldiers, WWII vets honored at 'Fury' movie premiere

By Lisa Ferdinando
Army News Service

WASHINGTON — Soldiers and World War II veterans were among the honored guests Oct. 15 at the world premiere of Brad Pitt's latest movie, "Fury," a fictional account of tankers in what is often called the Greatest Generation.

The film features Pitt as an Army sergeant, "Wardaddy," who commands a Sherman tank with a five-man crew. The film is set in Germany behind enemy lines in April 1945.

At the premiere, reporters packed the red carpet at the Newseum, awaiting the arrival of the stars, including Pitt, Shia LaBeouf and Jon Bernthal.

The event also included red carpet welcomes for the World War II veterans who served in the Army's 2nd Armored Division and who provided consultations for the movie. The pre-movie ceremonies featured Army and other uniformed personnel, veterans and military families.

The Army had a starring role in the red carpet events, as the Color Guard presented the colors and a soloist with "Pershing's Own" U.S. Army Band sang the national anthem.

Pitt said that during the movie's pre-production consultations, the World War II veterans provided great insight into what they experienced during the war.

The men, he said, "constantly portrayed this picture of fatigue, exhaustion, lack of food, hunger, poor conditions, bad equipment."

In filming the movie, he and the other actors gained a "deeper understanding" of the physical and mental dedication and demands on the Soldiers who served during that time, he said.

Pitt said they went through three months of training before even starting the movie.

"Certainly we learned a lot about leadership," Pitt said.

PHOTOS BY MARVIN LYNCHARD

Retired Col. Steve Cozza, a professor of psychiatry and associate director of the Study of Traumatic Stress at the Uniformed Services University, discusses the mental health of military children at the Association of the United States Army Annual Meeting in Washington, D.C., Oct. 15.

Honoring Army's past, present

Lt. Gen. H. R. McMaster, who was representing Army Chief of Staff Gen. Ray Odierno, paid tribute to the Soldiers of today and those who served throughout the generations.

The Army is a "living, historical community," said McMaster, director of the Army Capabilities Integration Center. He honored the heroic actions of the World War II veterans in defeating Nazi Germany and liberating Europe.

"We feel very strongly the bonds that go back to these brave gentlemen here who fought in the 2nd Armored Division," he said, adding that it was an "amazing division, by the way."

It is great being able to celebrate the accomplishments of the World War II veterans, McMaster said. Among those veterans was Ray Stewart, who recalled his days as a tank gunner.

"I served with 2nd Armor, F Company, 66th Armor Regiment. I loved to drive a tank. I drove a tank from Germany down to the Bulge, which is over 100 miles, and I drove it in the rain and the cold," he said, in reference to the Battle of the Bulge, which began in December 1944.

"By the time we got down to the Bulge, it was 11 degrees below zero," he said.

For more information about the Battle of the Bulge, go to www.army.mil/botb.

Stewart attended the premiere with his family, including his wife of 63 years, Dottie.

"She has been a good wife to me, a beautiful wife," he said.

World War II veteran and author Paul Andert was in the infantry with the 2nd Armored Division. He regularly speaks to schools about the war history. "I enjoy doing it," he said.

It was great being on the red carpet, he added, noting that he and Pitt "talked a lot."

The premiere offered a great opportunity to meet the heroes of World War II, according to Col. Max Moore.

"It really goes a long way to really reinforce the fact that 'once a Soldier, always a Soldier,'" he said.

LaBeouf, who portrays a member of the tank crew, said filming was an "extremely eye-opening" experience.

"It hits me on a soul level," he said. "I've fallen in love with the military."

The director of the movie, David Ayer, is a Navy veteran with strong family ties to the military.

"Both my grandparents served in World War II," he said, adding they were career officers who retired. "My uncle was in the Army Air Corps, flew 35 missions over Germany."

That generation never talked about their experiences, he said.

"It was the armored forces that had the combat mass really to punch through the enemy," he said. "There's no more sort of intimate combat element than a tank crew. You got five guys, they're stuck in a metal box and they got nothing to do but to get to know each other."

Brad Pitt stops to talk to Army journalists about his new movie, "Fury," in which he portrays an Army sergeant who commands a Sherman tank in World War II. The movie premiered at the Newseum in Washington, D.C., Oct. 15.

Salute to the military

Secretary of the Navy Ray Mabus noted how the Army and Navy are "joint sister services." He lauded the United States military for how great it's been historically and how great it is today.

"It's really important to have that trust, have that connection, between a democracy and the people who defend that democracy," he said.

The members of today's military are the "best we've ever had," and the "rightful heirs" to the great heroes of World War II.

"Thank you for what you do," he said. "We have the best, the most talented, the most skilled, the most dedicated force in our history."

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Scottsboro: Visit, claim the treasures

By Brian S. Jones and J.P. Parsons
Alabama Tourism Department

Ask any visitor to Scottsboro about the reason for their trip and they're likely to respond that it's for the shopping experience at Unclaimed Baggage Center. And rightly so. This nationally acclaimed center draws visitors from around the world and has been featured on the Today show, CNN, Oprah, Fox News, Sunday Morning on CBS, the Late Show with David Letterman and in The New York Times. But shopping is only part of the allure of this beautiful mountain town.

Located in the foothills of the Appalachian Mountains on 69,000-acre Lake Guntersville, Scottsboro is a treasure-trove of adventure. Here you can tour a quaint museum that chronicles the early history of the Civil Rights Movement in America, see the courthouse where the Scottsboro Boys Trials took place in the 1930s, and enjoy premier outdoor recreation, such as bird-watching, boating, camping, fishing and golfing. From nearby canyons and mountains, you'll uncover trails perfect for hiking and biking, and venture along rocky bluffs and into caves located in the very same area that Davy Crockett explored in the late 1700s. To soak in the beauty of the area, be sure to plan visits to coincide with wildflower displays in the spring and the bold and brilliant colors of the leaves in the fall.

Where to begin

The history of Scottsboro and Jackson County is housed in a splendid Greek Revival mansion known as the Scottsboro-Jackson Heritage Center, 208 S. Houston St.; (256) 259-2122. As both a historical and a cultural museum, the center is dedicated to representing the rich history, customs, traditions and art of Jackson County. The center features three exhibit areas: the antebellum Brown-Proctor House, the pioneer village named "Sagetown" and the Little Courthouse. The center also offers a genealogical research library and hosts various art expositions and traveling exhibits throughout the year.

The Scottsboro Boys Museum and Cultural Center

Three blocks from the Heritage Center is the Scottsboro Boys Museum, 428 W. Willow Street; (256) 244-1310. It was established in 2010 by founder Shelia Washington and the Scottsboro/Jackson Multi-Cultural Heritage Foundation to tell the compelling story of the Scottsboro Boys.

History records the Scottsboro Boys trials as the beginning of the modern Civil Rights Movement in America. The Supreme Court decision requiring a "jury of one's peers" is considered one of the 10 most important jurisprudence decisions in American history. The trials and their aftermath served as inspirations for Harper Lee's 1960 Pulitzer Prize-winning novel "To Kill a Mockingbird."

Search for lost treasures at unclaimed baggage center

One block from the little chapel that houses the Scottsboro Boys Museum is one of the nation's premier shopping experiences. The Unclaimed Baggage Center, 509 W. Willow St.; (256) 259-1525, which has received recognition from across the country on television and in newspapers, offers to the public for purchase truckloads of lost luggage and cargo goods that can't be traced to the owners.

Under contract to the airlines and cargo carriers, Unclaimed Baggage receives tons of lost and unclaimed passenger bags and cargo goods each week. They sort through them then display the merchandise for sale to the public at hugely discounted prices. More than 1 million items pass through the store annually. About 60 percent of the merchandise is clothing with the balance of the store dedicated to cameras, electronics, sporting goods, jewelry, designer glasses, books and, of course, luggage. The vast majority of items are from unclaimed baggage – goods that remain unclaimed after at least 90 days of intensive tracking by the airlines. Cargo and freight shipments that are also unclaimed have been added to the inventory and are available in designated areas of the store.

Some items the Unclaimed Baggage Center receives are just too valuable or intriguing to sell. So store operators opened a small museum to display these "lost treasures." The museum features rotating displays that have included Egyptian artifacts estimated to date from 1567-304 B.C. and a violin from 1770, as well as other rare and unusual items. "Hoggle," the gnome-like gatekeeper from the Jim Henson movie "Labyrinth," has a permanent place in the display.

Where to eat

The on-site Cups Cafe, (256) 259-1525, inside Unclaimed Baggage Center is a great place to take a short break from shopping. The menu features Starbucks coffee, salads, sandwiches, barbecue and gourmet desserts. Make sure and try the famous homemade chicken salad. Directions: To get to Unclaimed Baggage Center from U.S. Highway. 72 in Scottsboro, exit on Veterans Drive (AL 35) and continue to Willow Street. Turn left. The store is approximately 1.2 miles from the traffic light, on the left side of the road.

An alternate suggestion for dining in Scottsboro is Carlile's Restaurant, 23730 John T. Reid Pkwy.; (256) 574-5629. This family-owned eatery is known for its homemade sauces, seafood, steaks and barbecue. Both the chicken salad at Cups Cafe and the signature tomato pie at Carlile's are featured in the "100 Dishes To Eat in Alabama Before You Die" brochure.

Experience the downtown square, nearby attractions

Five blocks from Unclaimed Baggage is Courthouse Square, 102 E. Laurel St., in downtown Scottsboro. Scottsboro is the county seat of Jackson County, and the square is one of the best landscaped in the state. In front of the Neo-Classical brick courthouse, constructed in 1911-1912, is a historic marker denoting where the first Scottsboro Boys Trials took place.

The front two-story portion is supported by four stone columns of the Doric order. A cupola on the top contains a Seth Thomas clock.

WIREGRASS COMMUNITY CALENDAR

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

ANDALUSIA

NOV. 8 — The Andalusia Area Humane Society's 10th annual Doggie Dash is scheduled for 9:30 a.m. at Robinson Park on Church Street. The goal is to raise $10,000 for spaying and neutering at-risk animals in Covington County. For more information, call 582-2665.

ONGOING — The American Legion Post 80 has regular meetings the second Monday of the month, starting at 6:30 p.m., at the Legion Hall. For more information, call 222-7131 or visit www.andalusialegionpost80.org.

DALEVILLE

OCT. 31 — Trick-or-treating will take place from 5-7 p.m.

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

DOTHAN

OCT. 25 — Landmark Park hosts its Fall Farm Day, formerly known as the Wiregrass Heritage Festival, from 10 a.m. to 4 p.m. Peanut harvesting the old-fashioned way will take place throughout the day, as well as cane grinding, syrup making, antique tractor and engine displays, and cooking on a woodstove. Syrup, warm from the kettle, will be on sale at the event. Tractors will participate in an antique tractor pull and parade. Entry forms for tractors and quilts can be found online at www.landmarkparkdothan.com. Admission to Fall Farm Day is $8 for adults, $6 for seniors and active military, $4 for children, and free for park members and children 2 and younger. Concessions will be available, and the Martin Drugstore and Shelley General Store will be open. For more information, call 794-3452.

OCT. 26-27 – The Southeast Alabama Community Theatre will hold auditions for its Dec. 9-13 production of "Boogie Woogie Christmas." For times, roles available and more about the production or SEACT itself, visit SEACT.com.

OCT. 31-NOV. 9 — The 71st annual National Peanut Festival will take place at various times at the fairgrounds off of Hwy. 231. According to a press release, the nation's largest peanut festival is held each fall to honor peanut growers and to celebrate the harvest season. Festivities include amusement rides, animal shows, agricultural displays, concerts, beauty pageants, arts and crafts displays, contests, food, a two-hour parade and tons of peanuts. For more information and the entertainment lineup, visit http://nationalpeanutfestival.com/.

ONGOING — The American Legion Post 12 holds monthly meetings on the second Thursday of each month at 7 p.m. Meetings are held at the VFW on Taylor Road. For more information, call 400-5356.

ENTERPRISE

ONGOING — The DAV Chapter No. 9 monthly meetings are held on the second Thursday of each month at 6 p.m. in the Baptist Center located on East Lee Street. For more information, call 308-2480 or 475-4373.

ONGOING — Disabled American Veterans Chapter 9 Enterprise-Coffee County, located at 201 W. Watts St., helps veterans with claims Mondays-Thursdays from 9-11 a.m. and other times by appointment. For more information, call 308-2480.

ONGOING — Disabled American Veterans Chapter 9 Enterprise-Coffee County meets the first Saturday of every month at 8:30 a.m. for membership meetings. Meetings are held at 201 W. Watts St.

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 on 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

OCT. 23 – Disabled American Veterans Chapter 99 will meet at 6 p.m. in the New Brockton old armory building. Food and drinks will be served, followed by regular chapter business. The chapter extends an invitation to veterans throughout the Wiregrass to join as new members as both DAV and DAV Auxiliary. For more information, call 718-5707.

ONGOING — Disabled American Veterans Chapter 99 maintains a DAV service office in the New Brockton Police station every Tuesday and Wednesday from 10 a.m. to noon. All veteran services provided are free. For more information, call 718-5707.

ONGOING — The New Brockton DAV Chapter 99 offers college scholarships of $500 to applicants that are children of U.S. military veterans who have fallen or were wounded, medically discharged wounded veterans and spouses of fallen Soldiers. Applicants may already be attending college or have been accepted at a certified college or university. Applications and additional information can be picked up at the New Brockton Police Department Tuesdays and Wednesdays from 10 a.m. to noon.

OZARK

NOV. 1 — Sav-A-Life of Dale County will host the organization's second annual Christmas "Life" Bazaar from 9 a.m. to 4 p.m. at the Ozark Civic Center.

The event features a variety of arts and crafts, as well as home-based businesses, with items ranging from Christmas centerpieces and wreaths to home décor, baked goods, coffees, teas, jewelry, gourd art, repurposed wood, candles, soaps, lotions, many children's items and other handmade items.

There will be door prizes, as well as a silent auction and raffles, entertainment, children's activities and refreshments. Tickets are $5, children 10 and younger are admitted for free. Vendor spaces are available.

For more information, call 774-4419, email sidonna@savalifeozark.org, or visit www.savalifeozark.org.

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 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 Tuesday at 7 p.m.

TROY

ONGOING — Troy Bank and Trust Company sponsors senior dance nights every Saturday night from 7-10 p.m. at the J.O. Colley Senior Complex. The complex is transformed into a dance hall and features music from the 40s, 50s, and 60s with finger foods and refreshments.

For more information, call Janet Motes at 808-8500.

WIREGRASS AREA

OCT. 30 — Elba will host its Pumpkins on the Square event Oct. 30 at 6 p.m. The event features trick-or-treat stations, Jack-o-Lanterns on the Levee, Foggy Bottom Hay Ride, Monster Mash Movie Party, Halloween Screams at the Haunted Jail, a costume party, goblins on the prowl, photo opportunities and other events designed for families.

Beyond Briefs

Beach scavenger hunt

Florida's St. George Island State Park will host a beach scavenger hunt Oct. 25 at 1 p.m. for children ages 6-10. There will be 10 items that hunters need to find and prizes will be awarded to the top three finishers. Park officials encourage participants to bring water and sun screen Admission to the park is charged, but the event is free.

For more information, visit http://www.floridastateparks.org/stgeorgeisland/events.cfm.

Pier Fishing Challenge

To showcase the world-class fishing in the Gulf of Mexico, Panama City Beach, Florida, will host weekend-long pier fishing tournaments in October. The City Pier vs. County Pier Challenge guarantees a prize purse totaling $7,500. Extending more than 1,500 feet into the Gulf of Mexico, the M.B. Miller Pier (County Pier) and the Russell-Fields Pier (City Pier) are two of the longest on the Gulf Coast and are prime fishing spots for anglers of all ages. There is no fee to enter the contest – anyone fishing from the pier is automatically entered into the tournament.

Breast cancer walk

The American Cancer Society will host its Making Strides Against Breast Cancer 5k Oct. 25 at 8 a.m. at Aaron Bessant Park on Pier Park Drive in Panama City Beach, Florida. Registration will start at 7 a.m.

For more information, visit www.makingstrideswalk.org/panamacity.

Black Wings: American Dreams of Flight

The U.S. Space and Rocket Center in Huntsville hosts the traveling exhibit Black Wings: American Dreams of Flight now through Nov. 2. The exhibit chronicles the story of African Americans who, despite facing racial barriers, attained great achievements in the world of Aviation, according to center officials. Designed by the Smithsonian Institution Traveling Exhibition Service in conjunction with the Smithsonian's Air and Space Museum, the exhibit presents a story of a powerful group of aviation proponents that emerged to challenge racial obstacles and create their own legacy in the world of flight.

From Bessie Coleman, the first African American woman to receive her pilot's license, to Mae Jemison, the first African American woman to fly in space, Black Wings retells the stories of African Americans who dreamed of flight, left their mark and helped pave the way for those who would follow.

To get to the center, take Exit 15 off I-565. The center is open 9 a.m. to 5 p.m. seven days a week. Admission is $20 for adults, $15 for children ages 5-12 and children younger than 4 are admitted for free.

For more information, visit http://rocketcenter.com/travelingexhibitions.

Senior leaders pledge renewed focus

By Elizabeth M. Collins
Soldiers Live

FORT MEADE, Md. – The Army's top leaders said in the face of changing missions and budget cuts, family readiness is more important than ever.

They made the remarks in a town hall-style panel during a family forum at the Association of the United States Army's Annual Meeting and Exposition in Washington, D.C., Oct. 15.

Secretary of the Army John McHugh, Chief of Staff of the Army Gen. Raymond T. Odierno and Sgt. Maj. of the Army Raymond F. Chandler III told family members that resilience is not just about Soldiers, it's about families.

"Caring for our Army family is mission essential," said McHugh.

"We are, all three of us, every day thinking about the impact of our decisions on our families and the role that our families play," added Odierno.

The three men recently launched Total Army Strong, which succeeds the Army Family Covenant. It sets high Army requirements and standards for family programs, but allows commanders to tailor the programs on installations to make sure they best fit their local populations. That's because Soldiers and families at, say, Fort Bragg, North Carolina, have different wants and needs than Soldiers and families at Joint Base Lewis McCord, Washington.

Of course, in order for any program to be effective, families have to first know that it exists and, second, actually participate. The Army can't force them, noted McHugh. It can only provide solutions and access.

"We really need to do a much better job of understanding who we're trying to reach and how they want to be reached," said Chandler, noting that many legacy, pre-9-11 programs are no longer relevant.

Every commander needs to use social media to reach families, especially because more than 60 percent of active-duty families live off base. To communicate effectively, however, leaders and commanders need to turn to younger Soldiers to learn which networks and programs new Soldiers and families are actually using, Odierno said. He suggested a family programs app might be helpful.

And, of course, remote and virtual access is especially important for reserve-component families, he added, as he challenged installation commanders to do more to support the Guard and Reserve populations who live near their bases.

At the same time, the three leaders agreed, nothing trumps the importance and the value of face-to-face communication and interaction. They made the comments in response to a question from a child psychiatrist who said too many teenagers don't know how to connect in person.

"We understand this is a problem," said Odierno, "and the Army is a people-centric organization, and interaction is absolutely essential to us and to our mission. So we now translate that to families.

"I think this is a growing problem that we have to recognize," he said. "I think we have to figure out how we help young families as they come into the Army and provide assistance that allows them to interact within a family, but also interact with others. I think we can do that with many of our families on the installation, whether it be the youth programs that we have, whether it be family forums that we have."

In fact, he said, they're considering expanding the Strong Bonds program run by the Chaplain Corps into a version for families as well as couples.

Chandler added that at a time the Army is combating stigma against post-traumatic stress disorder and other behavioral health concerns, it may have unwittingly made it easier for Soldiers and families in need to isolate themselves by building more private housing and single barracks rooms.

That problem, Chandler noted, goes far beyond the Army. It's a nationwide problem.

"I don't think the Army is going to solve (it). If we think the Army can solve all problems, I think we're deluding ourselves," he said, adding that there needs to be a collaborative approach with other federal agencies, as well as local and state resources.

No act: Sinise serious about supporting Gold Star families

By Tim Hipps
Installation Management Command

WASHINGTON — As the celebrity voice of the Gold Star pins public service announcements, actor Gary Sinise is determined to help raise awareness about military Gold Star families.

The Gold Star lapel button and the lapel button for next-of-kin of deceased personnel officially represent a military loss. The pins are presented to surviving family members of U.S. Service men and women who made the ultimate sacrifice while on active-duty military service to our nation.

"There are symbols that represent loss. There are symbols that represent strength. And there are symbols that represent both," Sinise says in both the "The Pledge" and "The Pin" PSAs, both of which includes members of military Gold Star families. "Remember, respect and honor our fallen military heroes and the sacrifice and strength of our military families who wear the Gold Star pins."

PHOTO BY TIM HIPPS

Gary Sinise, voice of the gold star pins awareness public-service announcements, visits with Gold Star family members Grant, Quinn and Carla Sizer Oct. 14 at the Washington Convention Center where Sinise was a guest speaker at the Association of the U.S. Army Annual Meeting and Exposition.

Another Gold Star PSA, "Unsung Heroes," further illustrates the importance of the pins. All three videos can be viewed at www.GoldStarPins.org.

After speaking at AUSA Family Forum II at the Washington Convention Center Oct. 14, Sinise discussed his involvement with the Gold Star campaign before visiting with several Gold Star families and Army senior leaders.

"I think we take for granted what our military goes through," Sinise said. "Only a very, very small portion of the population actually serves this country. It's like one percent, or less than one percent. If you don't have a family member or a personal relationship with somebody who is serving, generally I find that people are very, very unaware – they're just going about their business."

Sinise played the roles of Lt. Dan Taylor in "Forrest Gump" and detective Mac Taylor for nine seasons of "CSI: New York." He won an Emmy for portraying George Wallace in the television film and a Golden Globe for his role as Harry S. Truman. He was the executive producer of "Brothers at War," a documentary about a family with three brothers serving in Operation Iraqi Freedom, and he plays bass for the Lt. Dan Band.

"I'm involved in so many military efforts because of the veterans in my family, first of all, and then having been around the military for so long, I've met extraordinary people," Sinise said. "I've been involved with many, many Gold Star efforts – just trying to do something to help these people."

Helping raise awareness of Gold Star campaigns fits perfectly into Sinise's busy agenda.

"I do whatever I can on many fronts, and that's an important one," he said. "It's not like World War II, where everybody had skin in the game, everybody was sacrificing, and everyone in the country was feeling the effects of the war. Today, a very small percentage of us are actually feeling those effects. And our Gold Star families are, first and foremost, at the top of that list.

"Just keeping awareness up about what's going on with these families. These families sacrificed so much for us. We can never do enough to give back to them," Sinise said. "I think one of the things that they feel a great fear about is just being forgotten for what they've gone through. So if I can help to raise awareness about that and keep that awareness up, and give back to them, it's a privilege to do that."

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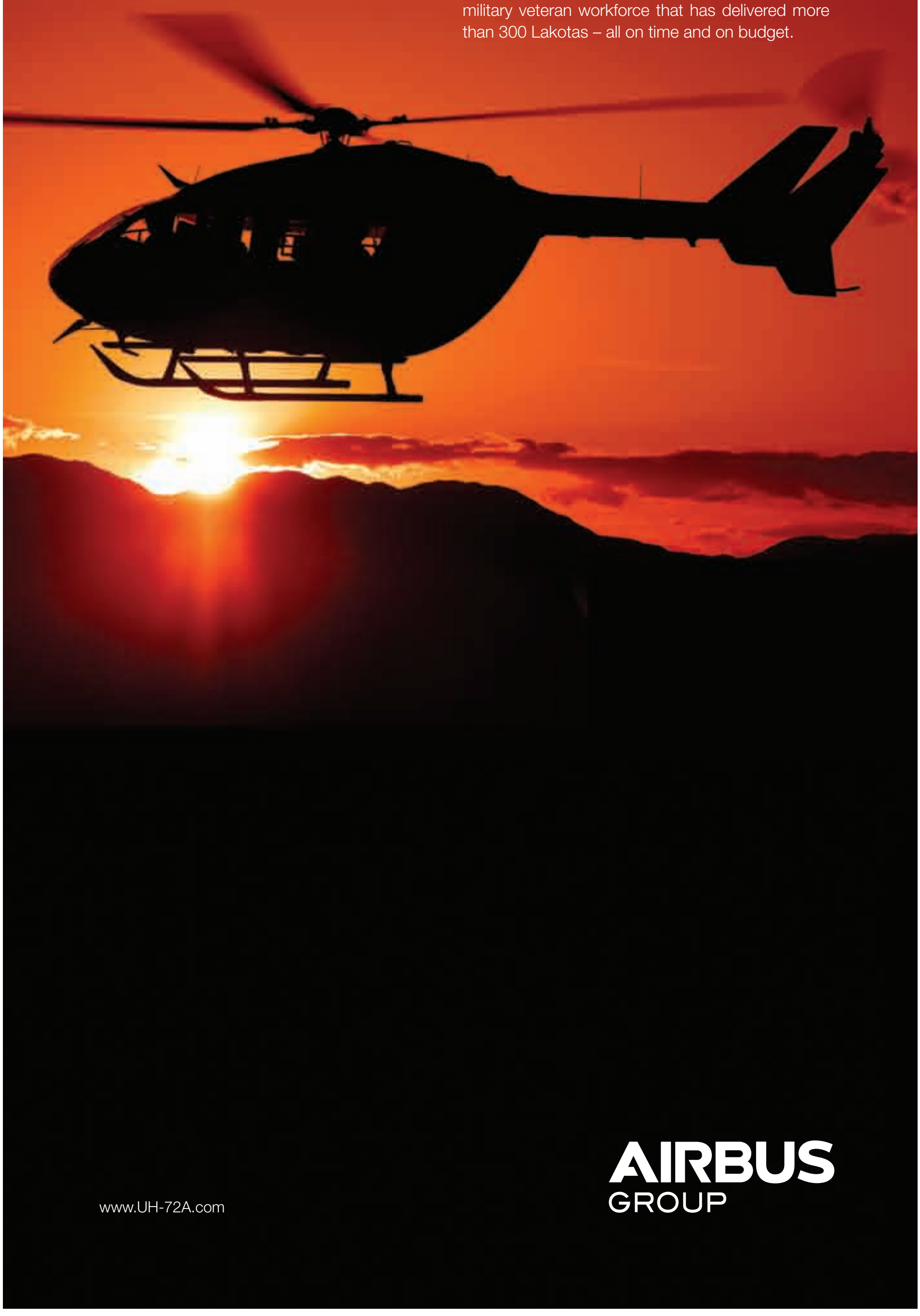

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AIRBUS GROUP

HEALTH
Important to choose right hearing protection
Story on Page D3

OCTOBER 23, 2014

Go fish: *Weather cools down, fishing spots heat up*

By Nathan Pfau
Army Flier Staff Writer

With cooler weather making its way into the South, the fishing spots are heating up at Fort Rucker.

Although Lake Tholocco is Fort Rucker's most well-known fishing spot, it isn't the only lake on Fort Rucker with prime fishing areas. There are many well-kept secrets on the installation for people to discover.

There are six different lakes on Fort Rucker covering more than 670 acres that house a variety of different fish ranging from largemouth bass, hybrid bass, catfish, crappie and bream, that people can test their skills with a rod and reel, according to Bob Schotter, recreation assistant for Fort Rucker Outdoor Recreation.

The first and most well known of all the lakes is Lake Tholocco, which offers two different fishing piers, one on East Beach and one on West Beach, and shoreline fishing is also permitted.

People can catch largemouth bass, bream, catfish and crappie in Lake Tholocco's waters, and something most people don't know is that night fishing is allowed on the lake.

"Night fishing at Lake Tholocco is the only authorized activity after sunset," said the ODR recreation assistant. "People can fish from the shore or from a boat, and as long as the boats are equipped with proper lighting, fishing at night is permitted anywhere on the lake."

People operating the boats must first complete the boater's safety course before taking any boats out on the lake, he added.

Lake Tholocco is also the only lake on the installation that permits powerboats, said Schotter. Any boats in the other lakes on Fort Rucker must be self propelled.

FILE PHOTO

Lucas Gangler, military Family member, took first place in the youth fishing tournament at Parcours Lake last year.

Although the lake is full of fish, there is a limit on how many fish people can take home, said Schotter.

For largemouth bass, there is a limit of five for less than 14 inches in length and only one for more than 18 inches. Any largemouth bass caught between the sizes of 14-18 inches must be thrown back, he said.

For bream there is a limit of 30; for catfish the limit is 15; and people can catch up to 30 crappie longer than nine inches.

Although the other lakes on the installation don't compare in size to Lake Tholocco, they come pretty close when it comes to the experience and are available from sunup to sundown, Schotter said.

Parcours Lake is another popular fishing spot on Fort Rucker, but this particular spot is reserved for the installation's youth anglers, he said.

"Because of the size of the lake – 4.1 acres – and its proximity to the housing areas, it's only permitted for those ages 15 and younger," he said, adding that parents are allowed to assist their children in fishing, but children must reel in their own fish.

The lake is home to bream, catfish and some largemouth bass, and is located on Farrel Road behind Lyster Army Health Clinic.

Another hidden gem on Fort Rucker, more known for its trails than its fishing, is Beaver Lake.

This 7.7-acre lake is open to all ages for fishing from sun up to sun down, and houses largemouth bass, bream, catfish and crappie. The limit on fish at Beaver Lake are two largemouth bass larger than 16 inches; 10 bream of no size limit; unlimited catfish; and up to 30 crappie with no size limit.

Beaver Lake is located off of Third Avenue across from the Fort Rucker Physical Fitness Center's football field.

There are also a few lakes that are relatively unknown to most on the installation, but the fishing they provide is just as enjoyable as their more well-known counterparts, said Schotter.

Eck Lake is a 7.7-acre lake that is open to all ages also filled with largemouth bass, bream, catfish and crappie. To get to this hidden gem, turn from Christian Road onto Johnston Road and take the first unpaved road on the left, then follow the signs.

The limits for the lake are no more than two largemouth bass 16 inches or larger, 10 bream with no size limit, unlimited catfish, and up to 30 crappie with no size limit.

Schotter said there is an alligator that lives in Eck Lake, but "he never bothers anyone."

Buckhorn Lake is another lake that isn't very well known, but it's also one of the installation's most restricted lakes due to its location and proximity to training areas, said Schotter.

The lake is 13.2 acres and is home to largemouth bass, bream and crappie, but days of operation vary from day to day.

Buckhorn Lake is located two miles past Silver Wings Golf Course on Hatch Road.

"The lake is only open about half the time, so people should call outdoor recreation before they head out to the lake to confirm the times," said the recreation assistant.

Beaver Pond is the smallest of all the lakes on Fort Rucker and is also the least developed, according to Schotter. Beaver Pond is open to all ages and is located off of Andrews Avenue between Silver Wings Golf Course and the Ozark Gate.

People 16 and older must have a state fishing license and post fishing permit to fish on Fort Rucker, and everyone operating a boat, motorized or self propelled, must complete the Fort Rucker Boating Safety Course. People can visit the outdoor recreation service center to obtain a license and permit.

For more information, call 255-4305.

Eye, ear clinic starts monthly diabetic exams

By Katherine Rosario
Lyster Army Health Clinic Public Affairs

To help patients be more proactive in their healthcare, the eye and ear clinic at Lyster Army Health Clinic is starting monthly diabetic exam days.

The optometry clinic will be able to provide 24 exams a month to diabetic patients who are seen at LAHC but don't receive regular eye checkups. Exam days will be the third Tuesday of the month unless mission requirement changes.

"These exams will be a comprehensive ocular evaluation including dilation," said Capt. Bret Lehman, optometrist at LAHC. "It will be a two-part appointment with the health assessment on Day 1 and a glasses check (if necessary) on a subsequent exam."

Appointments will be prioritized by hemoglobin A1C, duration of diabetes, current enrollees and date of last eye exam, he said, adding all diabetics should receive a yearly diabetic eye exam.

"We are trying to find our diabetic patients who are either not coming in to see us or who are not seeing an eye doctor in the civilian sector on a regular basis," Lehman said. "Those are the patients we need to get in for our first round of exams."

Patients who have been treated for diabetes for 10 or more years or have uncontrolled diabetes are more prone to developing eye complications, he said, adding the most common eye problem is diabetic retinopathy.

"Diabetic retinopathy causes blood to leak in the back of the eye and it is the leading cause of blindness in American adults," he said.

While early stages of this condition don't usually cause visual symptoms, late stages can cause permanent visual problems. A simple test that looks at the back of the eye can check for early signs of the disease.

"If you notice sudden onset of blurry or double vision, dark or floating spots, distortion to your vision, or blank spots or clouds blocking a portion of your vision, please contact an eye doctor immediately," Lehman said. "Treatment for diabetic retinopathy can range widely from close monitoring, injections, laser, or surgery."

The first exam day was Tuesday and the second iteration is scheduled for Nov. 18.

Patients interested in receiving a diabetic eye exam can speak with their primary care manager for a referral. To make an appointment, call 255-7000.

Lyster to host retiree health fair

By Katherine Rosario
Lyster Army Health Clinic Public Affairs

Retirees and their family members are invited to Lyster Army Health Clinic's 40th annual retiree health fair Oct. 31 from 8 a.m. to noon at Andrews Physical Fitness Center in Bldg. 4605.

LAHC, along with other outside agencies, will have tables set up to educate retirees on numerous health topics, including disease management, digestive health, physical therapy and nutrition.

Retirees and their family members can also receive their 2014-2015 flu vaccination. Those unable to attend the health fair can receive their vaccination at the clinic starting Nov. 3 from 7:30 a.m. to 3:30 p.m. in the preventive medicine department.

"The retiree health fair is a great event for retirees and their family members because it gives them a chance to see everything Lyster offers in one room," said Jeffrey Atkins, licensed practical nurse for Lyster and organizer of the event. "It also gives them the opportunity to meet outside providers we may refer them to for specialty care."

FILE PHOTO

A scene from last year's retiree health fair. This year's fair is scheduled for Oct. 31 from 8 a.m. to noon at the Andrews Physical Fitness Center.

LAHC will have booths set up for physical therapy, preventive medicine, primary care, laboratory, pharmacy, dental, nutrition care and managed care.

Other agencies attending include the Wiregrass Veterans Affairs Clinic, USAA, Medical Center Enterprise, Extendicare, Digestive Health Specialists, Noland Hospital, Flowers Hospital, Center Drug and Home Health, Eye Center South, ReBath, MOAA, Hearing Associates of Dothan, Gentiva Hospice, SARHA, Southeast Alabama Medical Center, Gulf Coast Dermatology, Dale Medical Center, Bay County Vet Center, Dr. Chancey Dentist, The Terrace at Grove Park, Mentoring and Behavioral Services, and Hollowell Chiropractic.

Refreshments will be provided, and all booths will have educational information and giveaways to take home.

PIGSKIN PICKS

	San Diego vs. Denver	Seattle vs. Carolina	Baltimore vs. Cincinnati	Chicago vs. New England	Philadelphia vs. Arizona	Green Bay vs. New Orleans	Washington vs. Dallas
Col. Tom von Eschenbach, TCM UAS (34-15)	San Diego	Seattle	Baltimore	Chicago	Philadelphia	Green Bay	Dallas
Jim Hughes, PAO (32-17)	Denver	Seattle	Cincinnati	New England	Arizona	Green Bay	Dallas
Brian Jackson, DFMWR (24-25)	Denver	Seattle	Baltimore	New England	Arizona	Green Bay	Dallas
Capt. Mike Simmons, DPS (27-22)	Denver	Seattle	Baltimore	New England	Philadelphia	Green Bay	Dallas
Sharon Storti, NEC (29-20)	Denver	Carolina	Baltimore	New England	Philadelphia	Green Bay	Dallas

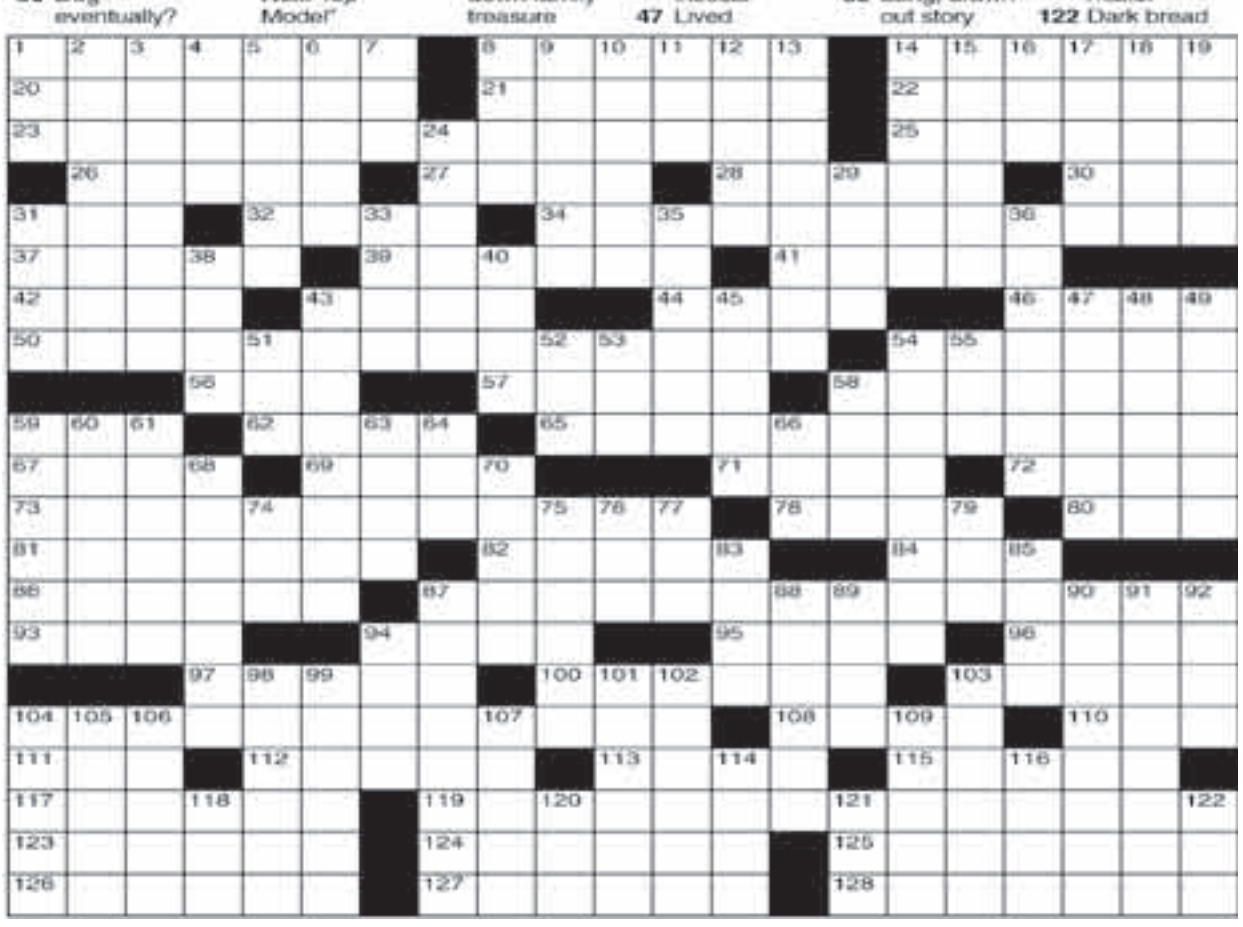
Down Time

Super Crossword

MIXED BREEDS

ACROSS
1 Daughter in "Hamlet"
8 Admittance
14 Jay-Z, e.g.
20 Before a marathon, say
21 Swimming gold medalist Ian
22 Capital of Canada
23 Essential part of a dog's diet?
25 Bellyached
26 Less restricted
27 Café additive
28 City on the Ruhr River
30 Wallach of Hollywood
31 ISP giant
32 Morales in movies
34 Eyelike spots on a dog's coat?
37 Mournful cry
39 Placid
41 Under siege
42 Pal of Andy
43 "You wouldn't —!"
44 Poking tools
46 Sword hilt
50 Dog eventually?
54 Naval builder
56 Dandy type
57 Religious offshoots
58 Less cloudy
59 Weep audibly
62 Bone in the arm
65 Dog curled up in the shape of a circle?
67 Gabiest
69 Shocking swimmers
71 Alternative to a punch
72 Luau mementos
73 Have new lab work done on a dog?
78 Hershey's toffee candy bar
80 Biochem strand
81 Pipe openings
82 Boo-boo
84 Bro relative
86 Concise summary
87 Dogs living in Katmandu?
93 Banks of "America's Next Top Model"
94 "I Love Lucy" actor Arnaz
95 Abacus part
96 All used up
97 Casey of radio countdowns
100 Tire patterns
103 Port in Israel
104 Most sordid dog?
108 Awarded
110 Football player Tebow
111 Rage
112 Is without
113 Abraded
115 Made less severe
117 Fanatic
119 One taking a dog out of service?
123 Total
124 Scarf down
125 In a coarse way
126 Had a bite of
127 Confined, with "up"
128 Slander

DOWN
1 Antithesis: Abbr.
2 As a matter of politeness
3 Handed-down family treasure
4 Marine eagle
5 Triangle-shaped sail
6 Ones who frost cakes
7 — Lingus
8 Gillette razor name
9 Option
10 T-shirt fabric
11 'Fore
12 Patter
13 In a rational manner
14 Male lovers
15 This instant
16 Educational org.
17 Contest-judging group
18 Epsom and —, England
19 Diameter halves
24 Gripping tool
29 Meets with
31 "What —!" ("Groovy!")
33 "What — commentary"
35 Bring on
36 Fuel additive
38 Starting from
40 Old Olds cars
43 Uses up
45 Stinging insects
47 Lived
48 "You've Lost That Lovin' —"
49 Beneficent "Mother"
51 "— tell me!"
52 Tormé or Ott
53 Prefix with conscious
54 Alleged
55 Brian who produced U2
58 Pierre's state: Abbr.
59 Handwriting
60 Writer known for irony
61 Cake mix
63 Loch — Monster
64 British brew
66 2012 British Open winner Ernie
68 Scone alternative
70 Stairs
74 Race a Super G, e.g.
75 Genetic inheritances
76 Suffix with northwest
77 King, in Brest
79 — -roaring
83 Musical McEntire
85 Long, drawn-out story
87 Relating to meaning in language
88 Accountant's book
89 Acronym on a shuttle
90 One just hanging around
91 Nonbelievers
92 Dress line
94 Society girls
98 Toward the beach
99 Uttered
101 Put a new bandage on
102 Star ballerina
103 Warm, as leftovers
104 "Carmen" composer
105 Action venue
106 Barstools, for example
107 Office dictation taker
109 Turns aside
114 Marsh grass
116 Slaw or fries
118 Enkindled
120 Letter after pi
121 Big TV maker
122 Dark bread



See Page D4 for this week's answers.

TRIVIA

Trivia test by Fifi Rodriguez

1. LANGUAGE: What does the Greek prefix "chrono" mean?
2. MOVIES: What kind of encounter is experienced in the movie "Close Encounters of the Third Kind"?
3. LITERATURE: Who was the author of "The Optimist's Daughter"?
4. SCIENCE: Who developed the Uncertainty Principle in quantum mechanics?
5. ASTRONOMY: How many days does it take for the planet Mercury to orbit the Sun?
6. AD SLOGANS: What product's sales slogan was, "Tastes so good cats ask for it by name"?
7. ANIMAL KINGDOM: What is the adjective used to describe bees?
8. MAGAZINES: In what year did the magazine National Lampoon launch?
9. GEOGRAPHY: What is the capital of Hungary?
10. ENTERTAINERS: Which silent movie actress was known as "The Vamp"?

See Page D4 for this week's answers.

Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ★★

★ Moderate ★★ Challenging ★★★ HOO BOY!

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See Page D4 for this week's answers.

Kid's Corner

Important to choose right hearing protection

By Army Hearing Program
U.S. Army Public Health Command

Hazardous noise comes in many forms, from continuous noise such as generators or vehicles to impulse noise such as weapons fire or explosions.

Failure to wear hearing protection can result in hearing loss, difficulty understanding speech (especially with background noise) and tinnitus. Hearing damage is more severe when the number of exposures to such noise or the exposure duration increases.

Hazardous noise is also found in many everyday experiences, such as operating a lawn mower or using a vacuum cleaner.

Selecting appropriate hearing protection can be a daunting task with so many different kinds and models available. You obviously want something that protects you, is comfortable and easy to use, and fits well. You don't want it to interfere with face-to-face or radio communications. Unfortunately, there is no perfect hearing protector that does it all, but tips are available for selecting appropriate hearing protection.

Just about every protector provides significant noise attenuation. All point-of-sale packaging contains a Noise Reduction Rating that describes in a single number how much attenuation is provided. A higher NRR number indicates more attenuation. The National Institute of Occupational Safety and Health provides a searchable compendium listing performance of many hearing protectors.

Users will achieve the listed NRR only when the device is worn correctly and fits properly. Follow manufacturer's fitting instructions carefully. Difficult-to-fit hearing protectors may be uncomfortable and, therefore, not worn. Appropriate protection selection is a balance between getting the performance while retaining qualities like comfort.

The amount of attenuation provided by a hearing protector should closely match the required protection need. For most noise exposures, such as lawn or shop tools, passive earplugs or earmuffs should work well – the latter are easier to fit and will provide more reliable protection. Be cautious when using devices that provide much more protection than is needed, as speech and other warning sounds may be difficult to hear or understand. A hearing health professional, such as an audiologist, can help you understand how much protection is needed.

If you want to be able to hear everything that's happening around you all the time while remaining protected from sudden loud sounds – for example, when visiting a shooting range – the best hearing protection is probably something more specialized, like a level-dependent device. Examples include earplugs that have a mechanical filter inside that prevent loud sounds from getting to the eardrum while allowing softer sounds to pass through, or devices that instantly cut off loud sounds electronically. Expect to pay more for the electronic products.

The conclusion from all this is that the best protection is the one that meets your situational needs, fits well and is comfortable when worn. If you find a device that meets your attenuation requirements, but isn't comfortable, keep searching! Many hearing protection choices are available.

PHOTO BY CHRISTINA GRABER

Staff Sgt. Nicole Gillespie inserts hearing protection.

Soldiers ramping up capability to fight Ebola in Liberia

By Gary Sheftick
Army News Service

WASHINGTON — U.S. Soldiers in Western Africa are constructing facilities to treat Ebola patients and providing logistics, engineering and medical skills to help contain the epidemic.

Maj. Gen. Darryl Williams and Command Sgt. Maj. Jeffery Stitzel, of U.S. Army Africa, talked to reporters Oct. 15 as they skyped from Monrovia, Liberia, to the Association of the U.S. Army's Annual Meeting and Exposition, at the Washington Convention Center.

"We think we're making a difference," said Williams, U.S. Army Africa commander and the officer in charge of the U.S. Joint Operations Center in Liberia. He emphasized that the U.S. military is there in support of local governments, the U.S. Agency for International Development, and other non-governmental agencies striving to fight Ebola.

Currently, 539 service members are part of the U.S. military task force in Western Africa, and Williams said he expects that to grow to about 3,200 over the next month. When the 101st Airborne Division (Air Assault) headquarters arrives later this month, division commander Maj. Gen. Gary Volesky will take over the Joint Operations Center, Williams said.

Williams has been in Liberia for about 30 days now, and said much of the first two weeks were spent providing an assessment of what was needed across affected areas in West Africa, to include Sierra Leone. Facilities in the "hinterlands" often have different situations than those in Monrovia, Williams said, and sometimes jungles need to be cleared before construction can begin.

About two weeks ago, two U.S. Navy mobile labs arrived and Williams said those have shortened the time to diagnose a patient from two or three days down to about three or four hours.

A 25-bed military hospital also arrived about two weeks ago and its erection is almost completed. It will be used to treat any health care workers who come down with Ebola, Williams said. Soldiers are also constructing several 100-bed Ebola treatment units across Liberia, to treat patients.

Williams said the majority of those should be operational in November.

"We're moving gravel" and helping construct other facilities as well, Williams said. Construction continues 24 hours a day despite an 11 p.m. curfew in Monrovia. The Liberian government granted the U.S. military an exception to policy to speed up construction of treatment facilities.

The U.S. military is also ramping up efforts to train up to 500 health care workers per week, he said. About 200 of those would be in Monrovia, and the rest in other areas across West Africa.

Stitzel talked about the protective measures Soldiers are taking to ensure they don't contract the disease. They wash their hands often in chlorine, which kills the virus, and body temperatures are taken to ensure Soldiers don't have a fever – one of the prevalent symptoms of the virus.

When notified, U.S. Army Africa moved quickly to deploy into West Africa. Williams said he received a briefing on a Sunday, and two days later, he and the command sergeant major were in West Africa.

"This is what we do," Williams said, explaining that U.S. Army Africa stands ready to deploy on short notice to provide "bridging and enabling" capabilities in response to a crisis.

And there's a real need for aid in West Africa now, he said. Deploying the task force to West Africa was "absolutely the right thing to do," Williams said.

PHOTO BY CMDR. PETER NILES

Maj. Gen. Darryl A. Williams, commander of U.S. Army Africa, third from front, and U.S. Ambassador to Liberia Deborah R. Malac transit the hot zone at an Ebola treatment facility in Liberia. The hot zone is defined by the double barrier orange fence.

PIGSKIN PICKS

	Miami vs. Virginia Tech	Troy vs. USA	San Jose vs. Navy	Ole Miss vs. LSU	Alabama vs. Tennessee	Ohio State vs. Penn State	USC vs. Utah
David C. Agan Jr. FAO (28-21)	VT	Troy	Navy	Ole Miss	Alabama	Ohio State	Utah
Kent Anger, DPTMS (26-23)	VT	Sam Houston	Navy	LSU	Alabama	Ohio State	Utah
Sgt. 1st Class Brian Brenner NCOA (30-19)	VT	Sam Houston	San Jose	Ole Miss	Alabama	Ohio State	USC
Wes Hamilton NEC (28-21)	VT	Sam Houston	Navy	Ole Miss	Alabama	Ohio State	USC
John Tkac DPS (32-17)	Miami	Sam Houston	Navy	Ole Miss	Alabama	Ohio State	USC

PUZZLE ANSWERS

Super Crossword

Answers

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

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

Weekly SUDOKU

Answer

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

TRIVIA

Answers

1. Time
2. Contact with an alien or robotic life form
3. Tadora Wally
4. Werner Heisenberg
5. $6
6. Moon Mia
7. Aplan
8. 1970
9. Budapest
10. Theda Bara

SPORTS BRIEFS

Big Buck Contest

Outdoor recreation will host its Big Buck Contest from Saturday through Feb. 10 during daylight hours. Entry fee is $25 per person and the contest is open to the public. Participants must be registered before harvesting their buck and it must be harvested on Fort Rucker to qualify for the contest. Fort Rucker requires that individuals ages 16 and older have an Alabama State Hunting License, a Fort Rucker Post Hunting Permit and a Hunter Education Card. For more information and to register, call 255-4305.

Glow Ball night golf tournament

Silver Wings Golf Course will host its Glow Ball night golf event Oct. 24. People can sign up individually or by foursome. Glow balls will be provided. This is a four-person, 18-hole Captain's Choice (Scramble) tournament. Nine holes will be played in the daylight, then a break for dinner and then nine holes will be played at night. People need to register for the tournament by 5 p.m. today. The field is limited to the first 72 people to sign up. Cost is $45 for course members and $55 for non-members. Fee includes cart and green fees, glow balls, range balls, meal and prizes.

For a complete schedule or to get more information, call 598-2449.

2-Man Buddy Bass Tournament

Outdoor recreation will host a Two-Man Buddy Bass Tournament Saturday from 6 a.m. to 2 p.m. at Lake Tholocco's West Beach. Entry fee will be $100 per team and only 25 slots will be available. The top three weigh-in totals will receive a cash prize, along with a prize for biggest fish and other door prizes. Participants must have an Alabama State Fishing License, Fort Rucker Post Fishing Permit and Fort Rucker Boater Safety Completion Card. The event is open to the public.

For more information and to register, call 255-4305.

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