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ARMY FLIER

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

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A BITTERSWEET FAREWELL

Aviation training moves into new era with OH-58D departure

By Nathan Pfau
Army Flier Staff Writer

On one of the coldest days of the year so far, three OH-58D Kiowa Warriors geared up for their final flight off the installation, and Fort Rucker bid farewell to one of the most versatile airframes to grace the Alabama skies.

With the primary mission in the Army's fleet as an aero-scout airframe, these agile birds are sights that will truly be missed over the skies of Fort Rucker, but despite their departure, Aviators will continue to be trained to top standards at the home of Army Aviation, said Lt. Col. Mark Gillespie, 1st Battalion, 14th Aviation Regiment commander.

"For me, it's a bittersweet feeling to see these airframes go. I'm sad, but we will continue to keep that mission in the Army through the Aviation Restructure Initiative," said the 1-14th commander who has been an OH-58D pilot for 20 years. "We won't lose that mission, which is security and reconnaissance that is being developed into the AH-64D- and E-model Apache helicopters, as well as continue to develop pilots here at Hanchey (Army Airfield) through the UH-72 Lakota as it starts to be the primary trainer here at Fort Rucker."

The OH-58D was built and designed as an observation helicopter. Its primary role is to provide security and reconnaissance for the ground command, explained Gillespie. Although the airframe has been around since the Vietnam era, the first OH-58D helicopters arrived on Fort Rucker in 1986 with the primary mission of aero-scout integration, and were modified in 1991 after the successful testing support of Operation Prime Chance flying armed in the Persian Gulf providing security for ships.

PHOTOS BY NATHAN PFAU

The last three OH-58D Kiowa Warriors prepare to leave Fort Rucker for the last time at Hanchey Army Airfield Tuesday.

"We started training the current configuration of the OH-58D(I) (integrated weapon systems) in late 1991 with a heavier emphasis on observation, security and additional gunnery skills," he added.

Beginning sometime next year, Hanchey Army Airfield will start to field more UH-72 Lakota helicopters, which are currently used at Shell Army Airfield by 1st Bn., 212th Avn. Regt. for training, said Gillespie. They're currently at Cairn's Army Airfield for Flat Iron as Medevac aircraft.

"During a pilot's training, (he or she) goes through (Initial Entry Rotary Wing) training, which is where they learn the basics on how to fly using the instruments," said the 1-14th Avn. Rgt. commander. "Then they go through the Basic Warfighter Skills course, which is currently done at Shell Army Airfield with the 1-212th.

"As we start divesting the OH-58D and start replacing them with the UH-72, instead of putting them out of Shell, they'll bring them out here and this battalion will start training that mission," he added.

The final destination of the OH-58Ds that flew out of Fort Rucker is Davis-Monthan Air Force Base, Arizona, where they will be prepped for storage and de-militarization. Following de-militarization, many of the aircraft can be sold to civilian entities and local law enforcement agencies, said Gillespie.

Although these three birds were the last to fly off the installation, Fort Rucker will still be home to one OH-58D that will be housed in the U.S. Army Aviation Museum for people to enjoy for generations to come.

The last three OH-58D Kiowa Warriors fly off the flight line at Hanchey Army Airfield Tuesday as they leave Fort Rucker.

Post celebrates Native American Heritage, impact

By Nathan Pfau
Army Flier Staff Writer

Native Americans have contributed much to the United States, including the introduction of different foods, animals and agriculture, but many Native Americans have also impacted the nation by serving in the military.

That's why Fort Rucker and the equal opportunity office are making sure to bring awareness to the installation to celebrate Native American History Month with the kickoff event held at the post exchange Friday, said Sgt. 1st Class Jason Garcia, 1st Aviation Brigade equal opportunity adviser.

Garcia said it's important to show Native American heritage and educate people on the contributions they've made to the nation.

"Native Indian and Alaskan Native heritage is a rich part of our country's history, so much so that parts of this heritage was a model for the development of the U.S. government," he said. "Native American and Alaskan Native culture has profoundly shaped this country and our way of life, and we honor this esteemed history by observing and celebrating those contributions."

The event featured the Choctaw Tribe drum group from Mississippi, as well as Native American Food samplings that included hefty servings of bapa souz, wojapi, wasna, and hominy and chicken – traditional Native American dishes. The event also featured vendors, cultural displays and some traditional dancing.

The drum group opened the ceremony with an introduction song, and followed with a veteran's song to honor those who have fought for the nation, said Richard Greybull, member of the Dakota tribe.

"When veterans come home, we honor them with the song for our veterans and we perform a dance to show that we appreciate them," he said during the kickoff event.

PHOTO BY NATHAN PFAU

The Choctaw Tribe drum group from Mississippi performs the "Veteran's Song" during the kickoff of Native American Heritage Month at the post exchange Friday.

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Planning lessens cold weather impact

By Jay Mann
Fort Rucker Public Affairs

People may not think of cold weather when they think about Alabama, but not properly planning for the cold can cost you dearly in the deep south this winter.

January is the coldest month on Fort Rucker with an average low of 38 degrees, but the lowest recorded temperature here was -1 degree in 1985 -- 33 degrees below freezing, according to Cindy Howell, Fort Rucker meteorological technician.

"According to NOAA's Climate Prediction Center, this winter could be cooler and wetter than normal," said Howell. "This is due to the likelihood that a weak El Niño pattern will set up by year's end. Here at Fort Rucker, wintry precipitation is pretty rare. We have had snow only four times in the past 12 winters."

But Howell warns, "For folks who were here last January, you probably remember our rare winter storm. Northern portions of the area received measurable snow while the southern portion of the area, including Fort Rucker, received freezing rain and sleet. It was quite messy. This storm prompted post closures for parts of three days."

The National Weather Service calls winter storms the "Deceptive Killers" because most deaths are indirectly related to the storm.

SEE WEATHER, PAGE A6

ARMY PHOTO

SERE students apply what they learned to construct a Dakota hole to provide fire covertly so as not to attract enemy forces.

SURVIVAL, EVASION, RESISTANCE, ESCAPE

Training develops leaders for complex environment

By Capt. Erik Olsen
Resistance Training Officer in Charge
U.S. Army Survival Evasion Resistance and Escape

Faced with an ever-evolving and dynamic operational environment, the Army must produce small unit leaders capable of making independent tactical decisions.

High-risk training conducted at the U.S. Army Survival Evasion Resistance and Escape School at Fort Rucker trains Soldiers to survive in isolation, making them a less vulnerable target to the enemy.

"SERE-C training positively impacts the Army's operational and strategic level personnel recovery mission to ensure mission success and bring everyone home with honor," said Lt. Col. Marcus Gengler, commander, 1st Battalion, 145th Aviation Regiment, 1st Aviation Brigade.

Army SERE Level C encompasses full-spectrum training including academics and resistance training labs.

The SERE-C training provides a unique opportunity to teach Soldiers adaptive leadership skills to be employed in complex operational environments.

"What makes SERE school so unique is the stress tailored to the individual Soldier. Regardless of a Soldier's background, the SERE-C training approach exploits his or her weakness in order to induce the most amount of stress safely and effectively," said Maj. Anthony Hanson, commander, U.S. Army SERE School at Fort Rucker.

Soldiers are able to apply leadership in a variety of scenarios ranging from a classroom academic laboratory setting to a field survival environment and escape and evasion situations.

Leaders practice covert leadership to organize and resist in the hands of the enemy role-play instructors.

In Army training such as Ranger School, food and sleep deprivation are used to simulate the stressors of hostile situations. While this approach is highly effective, SERE-C goes even further to truly train for a worst-case isolation event. It is in this arena the U.S. Army SERE School separates itself. The SERE-C training environment stresses Soldiers in controlled, safe, but

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PERSPECTIVE

CG issues Thanksgiving message

By Maj. Gen. Michael D. Lundy
U.S. Army Avition Center of Excellence and Fort Rucker Commanding General

Thanksgiving marks the beginning of the holiday season as we give thanks for the many blessings we enjoy in our great nation.

As you take advantage of this long weekend to visit friends and family or just enjoy some downtime, I ask that you look out for others and make the right choices for yourself.

The Thanksgiving holiday is one of the busiest travel periods of the year, so if you're planning a road trip be sure to think ahead about potential hazards on the highway. If you are driving, be well rested, keep an eye on the weather and never drive faster than is safe for current conditions. If you are of the legal purchase age and choose to drink alcohol, always do so in moderation and responsibly.

The greatest blessing the Aviation Center of Excellence has is you – every Soldier, civilian and family member. May you all have a blessed and safe Thanksgiving!

Above the Best!

MAJ. GEN. MICHAEL D. LUNDY

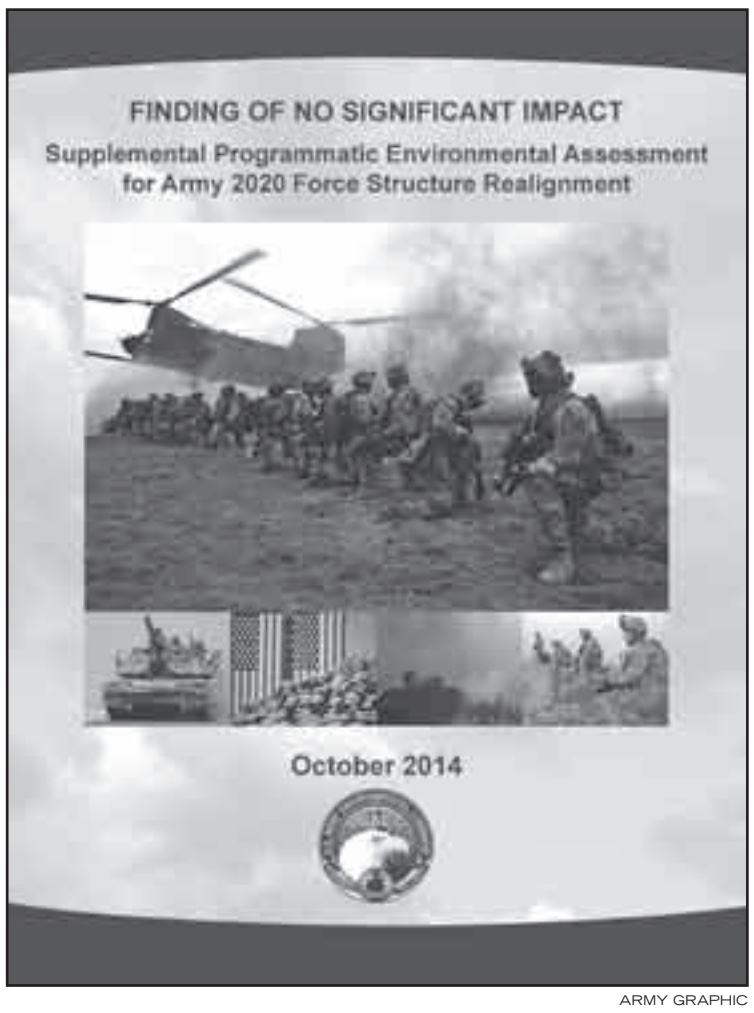
Army completes environmental study for possible force reductions

By Cathy Kropp
U.S. Army Environmental Command Public Affairs

JOINT BASE SAN ANTONIO, Texas — The Department of the Army announces the availability of the Finding of No Significant Impact for the Supplemental Programmatic Environmental Assessment for Army 2020 Force Structure Realignment.

The Army evaluated the environmental impacts of potential reductions of active-component Soldiers and Army civilians (Army employees) at 30 installations. The Army determined that there are no significant impacts, other than socioeconomic impacts, and that preparation of an environmental impact statement is not required.

As a result of current budgetary projections, the Army must reduce its active component end strength to a level below that analyzed in the January 2013 Programmatic Environmental Assessment. The supplemental environmental assessment built on the 2013 assessment and analyzed the impacts of a potential reduction of an additional 70,000 Soldiers and associated Army civilians, down to an active component end-strength of 420,000. These reductions are necessary to meet the spending levels required by the Budget Control Act of 2011.



ARMY GRAPHIC

Nearly all Army installations will be affected in some way by the reductions. The 2013 assessment evaluated 21 Army installations and joint bases where Army stationing changes could result in the inactivation and restructuring of brigade combat teams, or a combined loss of 1,000 or more Army employees during the fiscal year 2013-2020 timeframe.

With the deeper reductions now anticipated, the supplemental assessment evaluated the original 21 installations for greater cuts as well as nine additional installations.

Both the 2013 assessment and 2014 supplemental analyzed potential reductions at Fort Benning, Georgia; Fort Bliss, Texas; Fort Bragg, North Carolina; Fort Campbell, Kentucky; Fort Carson, Colorado; Fort Drum, New York; Fort Gordon, Georgia; Fort Hood, Texas; Fort Irwin, California; Fort Knox, Kentucky; Fort Lee, Virginia; Fort Leonard Wood, Missouri; Fort Polk, Louisiana; Fort Riley, Kansas; Fort Sill, Oklahoma; Fort Stewart, Georgia; Fort Wainwright, Alaska; Joint Base Elmendorf-Richardson, Alaska; Joint Base Langley-Eustis, Virginia; Joint Base Lewis-McChord, Washington; and United States Army Garrison (USAG) Hawaii – Schofield Barracks, Hawaii.

The supplemental also analyzed potential reductions at Aberdeen Proving Ground, Maryland; Fort Belvoir, Virginia; Fort Huachuca, Arizona; Fort Jackson, South Carolina; Fort Leavenworth, Kansas; Fort Meade, Maryland; Fort Rucker, Alabama; Joint Base San Antonio – Fort Sam Houston, Texas; and USAG Hawaii – Fort Shafter, Hawaii.

The Army received more than 110,000 comments on the supplemental programmatic environmental assessment from members of the public, members of Congress, state and local officials, Tribal governments, regulators, state and local agencies and officials, special interest groups and non-profit organizations, civic groups, public service organizations, academia, and private businesses.

Many of these comments emphasized the seriousness of potential economic impacts, which is consistent with the Army's conclusion that the impacts would be significant at most installations. Socioeconomic impacts are of particular concern to the Army because they affect communities around Army installations and joint bases.

Decisions on which units and organizations will be selected for reductions have not yet been made. The analysis of environmental and socioeconomic impacts will help force structure decision-makers as they identify the specific units and organizations that will be reduced in the upcoming years.

As part of the force structure decision process, the Army will conduct local community listening sessions to receive public input that will be considered in the force structure decisions process. The schedule for community listening sessions will be announced locally.

The Army's decision and final supplemental assessment documents may be accessed at: http://aec.army.mil/Services/Support/NEPA/Documents.aspx.

For further information on the supplemental programmatic environmental assessment, call the U.S. Army Environmental Command Public Affairs Office at (210) 466-1590 or toll-free 855-846-3940, or email usarmy.jbsa.aec.nepa@mail.mil.

Rotor Wash

"Thanksgiving is just around the corner. What is your favorite thing about the Thanksgiving Holiday?"

Cailen Davis, military family member

"I really like the Turkey!"

Barry Owens, military family member

"I like the food because it's really good. The bread is my favorite."

Daiahni Owens, military family member

"I love everything about Thanksgiving. Playing outside, the leaves, jumping in the leaves, the food and spending time with my family."

Destiny Smith, military family member

"I really like spending time with my family because I get to see them a lot more."

Kaitlyn Price, military family member

"My favorite thing about Thanksgiving is getting to go out of town to hang out with my family."

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

'Tis the season for giving

By Nancy Rasmussen
Fort Rucker Public Affairs

For those asking themselves where they can make a difference this holiday season, opportunities abound.

The following are a couple of post charities that can use people's help.

Holiday Food Program

Since the post food locker closed earlier this year, community members are the sole source of funding for Fort Rucker's Holiday Food Program.

Holiday Food Program recipients are referred to Army Community Service by commanders and directors, according to Beth Gunter, post Army Emergency Relief and food program coordinator.

"Our Holiday Food Program is made possible solely through voluntary monetary donations from individuals, organizations and military units," said Gunter. "Although this is the time of year folks generally think of food donation programs, we accept donations for the Holiday Food Program all year."

Angel Tree

Therese Erthal, Catholic parish coordinator, manages the traditional Angel Tree project located at the Fort Rucker Main Post Chapel.

"The Angel Tree has provided gifts for children of Fort Rucker Soldiers and civilian workers for about 10 years. Christmas presents are donated by community members for children of families nominated for Army Community Service Holiday Food Vouchers," Erthal said.

"Although this is not an ACS program, ACS sends me a list after nominations have been screened and approved, and I generate our Angel Tree name tags based on the ages and genders of the children," she said.

This year, there are more than 450 children's names on the Angel Tree, according to Erthal.

"In addition to the chapel tree, this year I will also have a tree at the main entrance of the post exchange for the convenience of holiday shoppers that might want to participate. Donors may leave their gifts in the designated box at the tree. I will collect the gifts every night and bring them back to our tree at the chapel," Erthal said.

Angel Tree gift donations should be delivered unwrapped with the nametag of the child the gift is for to either location no later than Dec. 14.

For more information, call Erthal at 255-9894, or email her at therese.a.erthal.ctr@mail.mil.

FILE PHOTO

Nancy Jankoski, church community member, takes two tags from last year's Angel Tree. The chapel is again running the Angel Tree program with trees at the Fort Rucker Main Post Chapel and the post exchange.

Thanksgiving Feast offers convenience, home atmosphere

By Jeremy Henderson
Army Flier Staff Writer

Military families are often unable to return home for holidays, but The Landing aims to provide a home-cooked meal and a home away home for the Fort Rucker community this Thanksgiving.

The Landing's annual Thanksgiving feast, which boasts a wide selection of traditional dishes, is Nov. 27 from 11 a.m. until 2 p.m. However, Sara E. Martin, Five Star Catering operations assistant, said the feast offers much more than a hot meal.

"The Thanksgiving Feast offers more than just food," Martin said. "It offers a way for friends and family to gather without the stressors of whose house will host this year, who will prepare what dish, who will be responsible for clean up, and so on.

"You can do it all, but you don't have to," she added. "By eating with us on Thanksgiving Day, you will have all the comfort foods of home like juicy turkey and ham, warm casseroles and delicious desserts. As important as good food is to this holiday in America, family is too. So unchain yourself from the stove this Thanksgiving to make more time for your Family."

The event also provides an opportunity for Soldiers to bond with their Army family, according to Martin.

"Many Soldiers develop second families with others in their unit and their neighborhoods," she said. "This is a chance for that second family to bond a bit more. Families can make reservations together so they sit jointly, which can make a holiday that might have passed uncelebrated to be looked back upon with fond memories."

Reservations are recommended. The meal will cost $16.95 for adults, $6.95 for children ages 6-12, $3.95 for children ages 3-5 and children age 2 and under eat for free. A military family special is available for two adults and two children, ages 12 and under, to eat for $39.50.

The Landing takes time to carefully organize and prepare the buffet-style meal.

"Five Star Catering spends weeks getting the food ordered," Martin said. "We will have over 15 choices in starches, vegetables, meats and desserts. We begin taking reservations at the beginning of November to give families plenty of time to decide if they would like to eat with us or not.

"The day before the event is when things will get really busy as almost every worker we employ will either help set up for the event or will be serving Soldiers and their families, as well as the public, a Thanksgiving meal worth remembering," she added.

The dinner table is traditionally a place for families to share food, offer support and strengthen their bond. According to Martin, The Landing's Thanksgiving feast strives to provide that unique atmosphere.

"Instead of spending hours in front of the stove and sink, families can appreciate the smiles, the laughs, the jokes and especially the time together by eating with us," she said. "Soldiers and families are tough and strong, but the holidays are a chance for people to let go and savor every moment with children, siblings, parents and friends."

The Landing has offered Thanksgiving meals to the Fort Rucker community for more than 40 years, according to Martin. How has it remained a continual success?

"I believe the families and their continued desire through the years to spend as much time with each other has made it successful," Martin said. "Soldiers in training are always out of the home. So, when they have the time off to spend with family, many do not want to labor over an oven. They want to relax. So, in an effort to help them spend more time with their families, we continue to offer this feast. "

For more information or to make a reservation, call The Landing at 598-2426.

News Briefs

Flu shots

Lyster Army Health Clinic's Preventive Medicine Department offers flu shots for patients Mondays-Fridays from 7:30 a.m. to 3:30 p.m.

Clinic closure

Lyster Army Health Clinic will be closed Nov. 27 and 28 for Thanksgiving.

Thanksgiving service

Fort Rucker will host its Post-wide Thanksgiving Service Friday from 11:30 a.m. to 12:15 p.m. at the Headquarters Chapel, Bldg. 109 on Shamrock Street. The speaker, Chaplain (Lt. Col.) Timothy K. Bedsole Sr., deputy garrison chaplain for the U.S. Army Aviation Center of Excellence and Fort Rucker, will convey the Thanksgiving message. A special offering will be received in support of the Holiday Food Program.

For more information, call the religious support office at 255-2989 or 255-2012.

Opportunity Knocks

Lyster Army Health Clinic reports the following openings: Strategic Communications Specialist, GS-0301-11, can be found at https://www.usajobs.gov/GetJob/ViewDetails/385955900, closes Friday; and Health Technician (Audiology), GS-0679-06, can be found at https://www.usajobs.gov/GetJob/ViewDetails/385907800, closes today.

For more on the Lyster openings, call 255-7189.

CFC continues

The Heart of Alabama Combined Federal Campaign continues through Dec. 8. The awards ceremony is scheduled for Dec. 8 at 1 p.m. at the U.S. Army Aviation Museum. For more information, call 255-9261.

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.

TRICARE Nurse Advice Line

Lyster Army Health Clinic uses the TRICARE Nurse Advice Line for all after-hours urgent care questions. Call 1-800-TRICARE (874-2273) to speak with a nurse 24 hours a day, 7 days a week.

Volunteers needed

Lyster Army Health Clinic is looking for volunteers to drive patients to and from the parking lot in its golf cart. The golf cart was donated in 2011 by the mayor of Dothan after a retiree noticed that patients often needed assistance when walking to and from the clinic parking lot. Those interested in volunteering can call Capt. Brian Turner at 255-7245.

Thrift shop

The Fort Rucker Thrift Shop is open Wednesdays-Fridays from 10 a.m. to 2 p.m. The thrift shop needs people's unwanted items. People can drop off donations at any time in the shed behind the shop (former Armed Forces Bank building) located in front of the theater next door to the bowling alley. Donations are tax deductible.

For more information, call 255-9595.

Huey restoration

The U.S. Army Aviation Museum is planning to restore the only remaining prototype Huey. The aircraft was called the XH-40, tail No. 54459. Museum officials describe the aircraft as the grandfather of the UH-1 series helicopters, and added that it represents the leap from reciprocating engines to the turbine technology that changed the world of rotary wing Aviation and the Army. The helicopter is currently missing a number of parts, including all instrumentation and console equipment.

People who have these components and would like to donate them to the museum or know where like items may be found can contact Robert Mitchell, curator, at 255-1060 or Robert.d.mitchell3.civ@mail.mil; or Steve Maxham, director, at 255-1078 or robert.s.maxham.civ@mail.mil. Any other information in the form of photographs, tech manuals, etc. would be helpful, officials said.

PPPT instructor training

People looking for a way to positively impact Soldiers and gain experience as a leader should consider become a Pregnancy and Postpartum Physical Training Program instructor trainer. The position requires completion of the PPPT Exercise Leader Training that provides guidance on leading exercise sessions for pregnant and postpartum Soldiers in a PPPT consolidated installation program.

Attendees may include unit NCOs, health care personnel, and Morale, Welfare and Recreation personnel interested in PPPT program implementation. Requirements include: enthusiasm about helping others succeed; E-6 and above or junior officer; not being pregnant or postpartum; not on a permanent physical profile for no physical training; and stability of at least one year.

Course registration is available by calling the local PPPT NCO in charge at 255-7846, or the officer in charge at 255-7719. The next training is scheduled for Jan. 12-16 at the Fortenberry-Colton Physical Fitness Center.

For more information about the PPPT Program visit the Army Knowledge Online PPPT website at https://www.us.army.mil/suite/page/693153.

Marriage 101

Marriage 101, a premarital seminar and training, will be held on the second and fourth Tuesdays and Wednesdays of each month from 1:30-4:30 p.m. at the Spiritual Life Center, Bldg. 8939. Marriage 101 is mandatory for those wishing to get married at Fort Rucker, according to Chaplain (Capt.) Troy D. Allan.

For more information, call 255-3447 or 255-3903.

Alcoholics Anonymous

Alcoholics Anonymous meets Thursdays at 7 p.m. at the Spiritual Life Center, Bldg. 8939, Rm. 38. AA is described by chapel officials as a fellowship of men and women who share their experience, strength and hope with each other so that they may solve their common problem and help others to recover from the use of alcohol. The program is focused on spirituality and religion, having an impact on changing a person's life.

For more information, contact the religious support office at 255-2989.

Fire extinguisher servicing

The Fort Rucker Fire Department is unable to provide people portable fire extinguisher service, but it is still able to conduct annual inspections and tag replacements. For six-year maintenance, recharges and hydrostatic testing, there are local businesses that can assist people.

For more information, call 255-3316.

TRADOC CG to civilians: See big picture, solve big problems

By Anthony O'Bryant
Training and Doctrine Command Public Affairs

FORT EUSTIS, Va. — The leader of the command responsible for shaping the future U.S. Army shared some of his leadership principles and insights with Army civilians during a professional development session Nov. 4.

Gen. David G. Perkins, commanding general of U.S. Army Training and Doctrine Command, began the discussion at Fort Eustis' Wylie Theater with an overview of TRADOC's role in the big picture, so civilians could better understand how they support the command – and the Army.

"Our job, in the institutional part of the Army, is to make sure that when our Soldiers are sent into battle, they have the full weight and might of the United States behind them," he said.

From the institutional point of view, that means TRADOC's job is to make sure the Army's brigades and battalions are filled with Soldiers who are well-trained, educated and equipped. But equipping Soldiers is more than just issuing rifles, pistols or artillery, he said. It's making sure that Soldiers have been given the right ideas, grounded in solid lessons learned, so they are prepared to solve problems.

"TRADOC is the intellectual foundation of the future of the Army. We are the ones who think through all the concepts and doctrine, and it starts with your ideas. Eventually, it ends up in tanks and Bradleys, but it starts with you," said Perkins.

Solving the right problems was a major principle Perkins shared with the more than 200 civilians in attendance and thousands of others across the command who listened online.

"Remember – as you get promoted to higher and more senior positions, it is more important for you to spend your time asking the big questions and focusing on the right problems, instead of wasting time chasing small answers," said Perkins.

PHOTO BY CHRIS THOMPSON

Gen. David G. Perkins, commanding general of U.S. Army Training and Doctrine Command, talks to TRADOC civilians about the future of the U.S. Army during a professional development session Nov. 4 at Wylie Theater on Fort Eustis, Virginia.

To illustrate his point, Perkins discussed the recently released Army Operating Concept and how his team, led by Lt. Gen. H.R. McMaster and the Army Capabilities and Integration Center, focused on asking and addressing the Army's big questions and that answers to those questions will drive the force for generations.

To watch the full discussion, including Perkins' insights on the new Army Operating Concept and how it compares to AirLand Battle (Field Manual 100-5), visit TRADOC's YouTube Channel at www.youtube.com/usarmytradoc.

Perkins said he believes that TRADOC was originally built after Vietnam to drive dramatic change for the Army, and will do so again during this period when the force needs to reposition for the future.

"We design and build the Army. TRADOC changes the Army – that is what we do. Our job is not to maintain the status quo. Other services and countries visit us to see how we do it because we are good at it, and we have a history of it," said Perkins.

To further emphasize TRADOC's importance to the Army, Perkins pointed to Command Sgt. Maj. Daniel A. Dailey, TRADOC's senior enlisted adviser, who will become the next sergeant major of the Army. Dailey will join Gen. Martin Dempsey, the current chairman of the Joint Chiefs of Staff, as recent TRADOC leaders who have moved onto pivotal Army and Department of Defense positions.

"I think it is another indication of how serious the Army is about change – they chose the next sergeant major of the Army from TRADOC because that's where you get quality people who know how to change the Army," said Perkins.

Perkins encouraged the audience to question themselves, and whether their actions contribute to the prestige and honor of the Army.

While the exact definition of esprit de corps varies from culture to culture, and from organization to organization, the attribute of honor often comes up when defining esprit de corps within military organizations.

"It is very powerful to see others interact with a sense of honor. They are representing not only themselves, but their organization and the United States Army. They have a sense that they are a steward of the reputation of the Army for decades to come," Perkins said.

Perkins ended the discussion by imploring the audience to go out and engage with others to explain the size and scale of the Army because many have no idea what the Army does every day.

"It's amazing when you stop and think that the Army is an organization of 1.2 million Soldiers with a multibillion-dollar budget that hires 10,000 new Soldiers every month and gives 500 Soldiers a new job every day," said Perkins. "The Army gets things done because of people like you. We have a very dedicated workforce that has given a lot to our profession and that makes us very unique."

Professional development program breaks ground for Army civilians

By Ellen Helmerson and Barbara Melton
Training and Doctrine Command G1/4

FORT EUSTIS, Va. — The U.S. Army Training and Doctrine Command has established a professional development program for its civilians at Fort Eustis that could be replicated across the Army.

The program aims to increase civilians' knowledge of Army doctrine and initiatives, while encouraging excellence, professional development and resiliency.

Civilians are a critical component of the Army team supporting the defense of the nation, said those organizing the Civilian Professional Development program from U.S. Army Training and Doctrine Command's Office of the Deputy Chief of Staff G-1/4 (Personnel and Logistics).

To become strategic leaders, civilians must be innovative, adaptive, professionally educated and dedicated to lifelong learning, the officials said.

Employees, supervisors, senior leaders, and career program managers all have a role in developing Army civilians, they added.

Through the CPD program, TRADOC civilians at Eustis have the opportunity to attend monthly professional development forums. During these forums, senior leaders from TRADOC and the Army discuss topics pertinent to the Army Civilian Corps.

While not all commands or installations have the resources to operate local training programs, this approach can be relatively inexpensive with a big return on investment per professional, according to organizers. A small investment in professional growth demonstrates to the workforce that leadership cares about their development, and organizers stress this inspires loyalty.

The benefits are four-fold. The program:

- Delivers a deeper understanding of what it means to be a professional and a member of the Army profession, along with a greater appreciation of the implications and impacts of their work.
- Reinforces the important role of the civilian, therefore inspiring them to continue to make meaningful contributions to the team and become more effective in the workplace.
- Encourages civilians to stay interested and interesting through focused CPD sessions that open the workforce to new possibilities, new knowledge and new skill areas.
- Retains staff and nurtures employee skills by consistently and actively promoting professional development activities.

Of course, the program would not be successful without the support and engagement of TRADOC senior leaders.

From the onset of the program, many of Senior Executive Service members have participated in CPD sessions, including Coaching and Mentoring. This was a great opportunity for civilians to learn and seek guidance from experienced senior executives to find out what has worked for them, and learn at least one thing to help them professionally.

Recently, Gen. David G. Perkins, commanding general, TRADOC, discussed "The Future of the U.S. Army and the Civilian Corps." He explained what TRADOC is for and what it does for the Army, and then contextualized the bigger picture of where the Army is going, and what role TRADOC has in that, which is fairly substantial.

Civilians now have a better understanding of the larger environment they are operating in, thus understanding their piece of the pie and their individual roles in support of the command's missions.

Maj. Gen. William C. Hix, deputy director for Army Capabilities Integration Center, TRADOC, discussed "Strategic Landpower - Force 2025 and Beyond." As members of the Army Profession, this was an opportunity for civilians to better understand the future of the Army and TRADOC's role developing the concepts, strategies, capabilities and design for the future force.

The Communicating for Effect panel, kicked off by Lt. Gen. Kevin W. Mangum, deputy commanding general/chief of staff, TRADOC, gave civilians an opportunity to learn effective written, verbal and nonverbal communication skills, and their value in the workplace. Whether coordinating a staff package, writing an email, tweeting, or giving a speech, proper communication skills can help employees achieve the results they want.

Other topics include health and resiliency, Army history, preparing for a new position, conflict resolution and generational differences in the workplace.

When planning a program, there is no reason to reinvent the wheel. Commands can leverage current professional development opportunities. They can also coordinate across their staffs to identify available resources, such as guest speakers and panel members.

Commands should query their civilians to determine what topics employees would like to learn about, as well as time and date preferences. Feedback should also be solicited after each event as the true success of the program depends on civilians' participation and their view.

A focused CPD program is something Army commands can easily establish for their civilians to reinforce the importance of their professional development and their value to the Army.

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SecDef observes full-spectrum NTC exercise

By Amaani Lyle
Defense Media Activity

WASHINGTON — Defense Secretary Chuck Hagel lauded training efforts at the Army's National Training Center at Fort Irwin, California, where he addressed troops and observed a "full-spectrum" war exercise involving about 4,700 Soldiers preparing for deployments to the Middle East Sunday.

The training on the 1,200-square-mile site included exercises in traditional tactics, political leader and citizen interactions, and cyberattacks.

Importance of training

"It is critically important that the kind of training you're getting here continue to be refined, because … it is training that prepares you, that keeps you ready," Hagel said. "It is training that keeps you on the cutting edge of what's coming next."

Noting that the "unpredictable is the predictable," Hagel championed a proactive approach to threats and challenges. He described joint efforts among Army, Navy and Air Force special operations forces as "important and essential" to the U.S. military's future.

He lauded the comprehensive training for transcending the parameters of basic Soldiering with its inclusion of understanding the culture and appeal of radicalism to insurgents.

"You've got to know a little something more about the environment that you're going into – some of the history, some of the culture, some of the human dimensions that always play out in any contest, and in any conflict," he said.

Troops will gain greater training control

Hagel noted the "impressive" level of coordination he observed and vowed to give commanders and their troops more latitude and flexibility in preparing for current and future challenges.

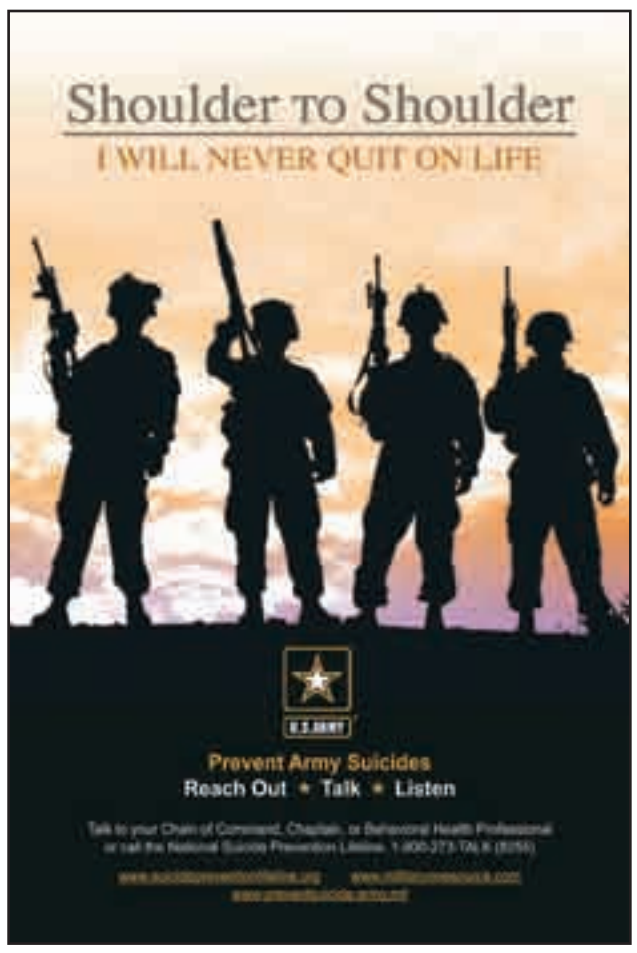
"You have to be mayors of small towns, you have to be sewer commissioners, you have to be architects," he said. "And you have to be Soldiers."

Hagel reminded the troops that they serve as role models for society and future generations of service members.

"What you do is not just what you do here or on the battlefield or anywhere else you go," Hagel said. "But you represent as proud a tradition and as important a job as there is in this country."

PHOTO BY SPC. MICHELLE U. BLESAM

Soldiers from 3rd Brigade Combat Team, 4th Infantry Division, evacuate a simulated casualty during Decisive Action Rotation 15-02 at the National Training Center, Fort Irwin, California, Nov. 6.



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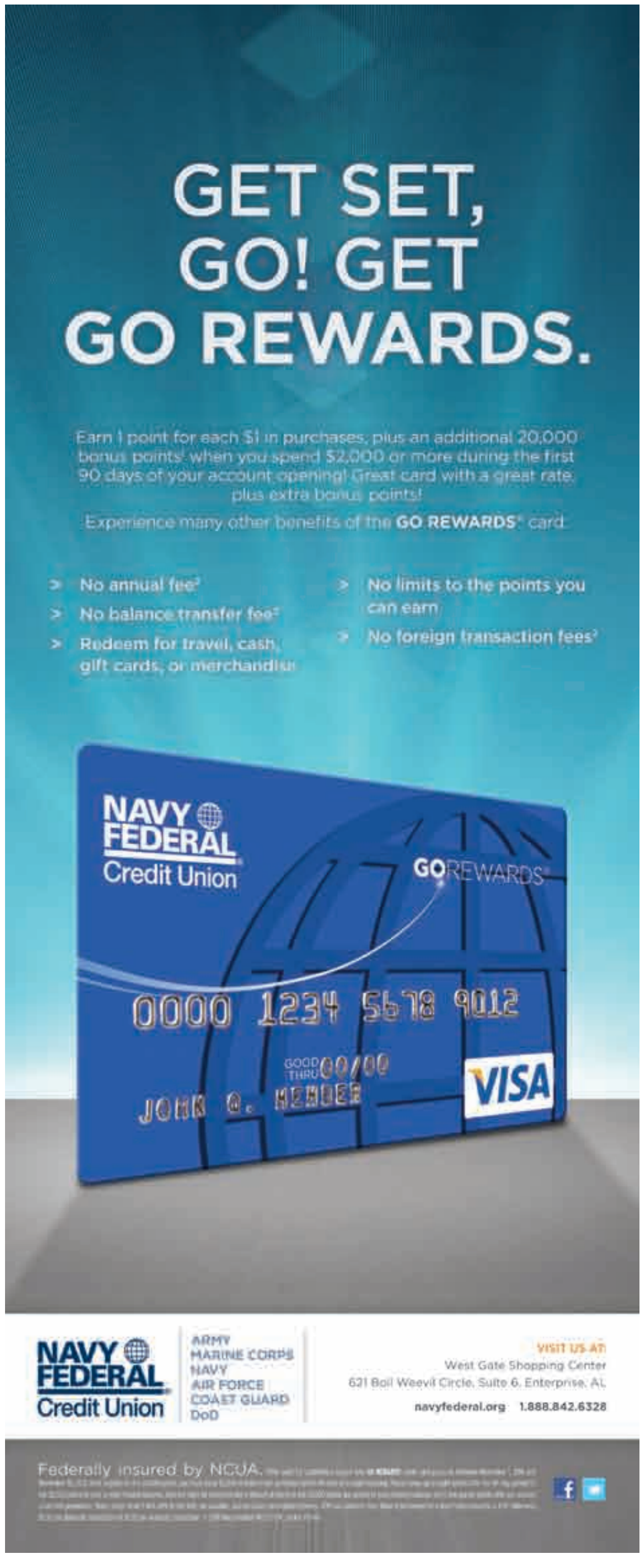

Great American Smokeout – going smoke free for a day

By BethAnn Cameron
U.S. Army Public Health Command

Did you know that just 20 minutes after a person quits smoking, their heart rate and blood pressure drop? Did you know that after 12 hours, the carbon monoxide level in the blood drops to normal?

Today is the Great American Smokeout Day – a day to encourage smokers to make a plan to quit using tobacco for the day and go smoke-free for 24 hours.

About 42 million Americans still smoke cigarettes. Tobacco use is the leading cause of preventable death in the United States accounting for more than 480,000 deaths each year or one out of every five deaths. According to the recent Department of Defense Survey of Health-Related Behaviors, at least 24 percent of our military personnel reported smoking cigarettes.

Smoking is especially hazardous for our Soldiers. Tobacco use decreases Soldier readiness by causing impaired night vision, respiratory illnesses, delayed wound healing, increased surgical complications and accelerates hearing loss. Tobacco not only stains your teeth, but also causes tooth decay, gum disease and various types of cancers. Smoking decreases oxygen in the muscles leading to decreased physical performance.

Breathing secondhand smoke also affects the health of other people. Secondhand smoke contains over 250 chemicals that are harmful, leading to serious health effects such as heart disease, stroke and lung cancer. It causes health problems in infants and children such as asthma, bronchitis and other lung diseases. According to the Centers for Disease Control and Prevention, over the past 50 years, 2.5 million adults who were nonsmokers died from secondhand smoke.

Today, join people around the world to support quitting tobacco for the Great American Smokeout. If you smoke, make a pledge to quit. If you don't smoke, help someone to quit.

Here are a few tips to help you prepare to quit smoking.

- Plan ahead.
- Change your daily routine for that day to help you break the habit such as taking a different route to work.
- Get rid of all tobacco in your house or car.
- Remove cigarettes, ashtrays, lighters and matches in your house, car or other locations.

If you feel an urge to smoke, use the 4 Ds.

- Delay the urge. Count to 100 or 200. Wait 15 minutes.
- Drink water. Water flushes out the nicotine toxins.
- Deep breaths. Deep breathing relieves stress.
- Do something else. Distract yourself. Talk with a friend or co-worker.

Do you want to help someone else to quit? Frustration, anxiety, irritability and mood changes are normal reactions when a person quits smoking so try being encouraging, available to listen and understanding.

Although the Great American Smokeout encourages you to quit for one day, quitting this day can be the first day of being tobacco free for life.

For more information on tobacco reduction and cessation, visit:

- U.S. Army Public Health Command, http://phc.amedd.army.mil/topics/healthyliving/tfl/Pages/default.aspx;
- U Can Quit 2, http://www.ucanquit2.org;
- American Lung Association, http://www.lung.org/stop-smoking/how-to-quit/;
- American Cancer Society, http://www.cancer.org/Healthy/StayAwayfromTobacco/index; and
- Become an EX, Online Tobacco Cessation Program, http://www.becomeanex.org.

Heritage: Event celebrates nation's diversity

Continued from Page A1

"Without our veterans, we wouldn't be able to share our culture or have the freedom to show how much our people have contributed to society and that we are all proud to be Americans."

The celebration was also a means to bring many Native American tribes together, and the various tribes included the Choctaw, Cherokee, Creek and Dakota tribes.

Jeremy Barnes, military family member, said it's always nice to see the different heritages celebrated here at Fort Rucker because it reminds him that our nation is made up of many different cultures.

"That's one thing we can't forget in our country is that most of the people that live here are mostly descended from immigrants, except for Native Americans," he said. "That's why we need to continue to remember everything they've given to us, as well as everything they've sacrificed over the years."

Laura Antley, military spouse, agreed and said that having the opportunity to sample another culture's heritage is important for growth.

"It's important to broaden horizons and show people that there are other ways of life and other upbringings than that of their own," she said. "Not everyone was raised the same way and not everyone comes from the same background, so understanding that people come from all walks of life is important to being a well-rounded human being – it's what makes us special."

In addition to the kickoff, a book reading was held at the center library to provide a learning experience to the children of the Fort Rucker community on the contributions and heritage of Native Americans, said Garcia. During the reading, children also had the opportunity to create Native American themed arts and crafts, and sample some Indian fry bread.

"Diversity is the core of our society and the fabric of who we are as Americans," said the EO adviser. "It is important for all citizens to recognize and embrace the strength that comes from those different attributes and backgrounds that make up the American people."

The last event to recognize Native American Heritage Month will be a bowling tournament held at Rucker Lanes Friday from 11:30 a.m. to 1:30 p.m., which will feature a trivia contest with prizes, learning, fun and a bit of friendly competition.

SERE: Training challenges Soldiers physically, mentally

Continued from Page A1

highly realistic ways. These stresses focus heavily on the psychological side, while still not easing up on the lack of food or sleep.

During certain phases, SERE-C training utilizes food and sleep as an additional challenge leaders need to manage effectively. For example, will the leader take time to hunt and gather food, and possibly improve energy and morale of his troops, or is it more important to push through and move to the designated recovery area?

At the same time, leaders must remain conscious of the non-permissive environment and not get captured by the Army of opposing forces searching for them in the woods.

These varying and dynamic leadership problem sets provide the best individual and group leadership training to prepare Soldiers for the complex operating environment.

Building trust among subordinates can be a difficult task for new leaders to accomplish when first assigned to a new unit. Through high-stress situations and shared hardships, the U.S. Army SERE School guides new leaders to learn the importance of earning teammate and subordinate trust at the tactical level.

The U.S. Army SERE School emphasizes the Code of Conduct in depth, making it the focal point of the course. Signed by President Dwight D. Eisenhower in 1955, the Code of Conduct is an ethical guide on how military personnel should act when evading capture, resisting while a Prisoner of War or escaping from the enemy. It requires Soldiers to keep faith with fellow prisoners, and when senior to take charge. Students learn that establishing trust through leadership actions, personal integrity and shared hardship provides the cohesion needed to effectively survive and return with honor.

By regulation, SERE-C school at Fort Rucker is required for all officers who have branched Aviation, prior to attending flight school, unless they have already attended another level-C SERE school.

The three week course provides a leadership foundation that leaders of all branches can benefit from.

The bottom line is better trained leaders.

"The result of the SERE experience is more agile and adaptive leaders, less vulnerable targets for our enemies to exploit, and an invaluable skill set that gives our Soldiers the ability to survive and return with honor," Hanson said.

Weather: Caution, preparation key to cold weather safety

Continued from Page A1

Unlike hurricanes or tornadoes, people die in winter storms from traffic accidents on icy roads and of hypothermia from prolonged exposure to cold. That is why Ready Army officials say it is important to be prepared for winter weather before it strikes.

In lower Alabama, the roads are not salted and cindered like they are in states further north, so drivers need to drive more cautiously.

"With this colder weather, even here in the South the roads have the potential to ice over," said Staff Sgt. Jason Goldsmith, Military Police traffic NCO in charge. "Especially bridges and overpasses where the air can pass under the road causing it to freeze sooner than a normal road."

Another concern people need to know is the effect the cold has on the wildlife around Fort Rucker.

"As the winter months are approaching, caution needs to be used while traveling on the roadways of not just Fort Rucker, but everywhere, as the deer and other wildlife will become more active and prevalent along the side roads," added Goldsmith.

Howell suggests that people should "Bookmark the Department of Transportation website so you can stay up-to-date on travel advisories, accidents and road closures."

Many winter storms are accompanied by dangerously low temperatures, and sometimes by strong winds, icing, sleet and freezing rain. Ready Army officials warn that a primary concern is the winter weather's ability to knock out heat, power and communications services to people's homes or offices, sometimes for days at a time. That is why preparedness is key.

Ready Army officials suggest people add winter supplies to their home and vehicle emergency kits. Most of the supplies are non-perishable, so people can store them after the winter months have passed.

Vehicle emergency kits should contain warm clothing in the winter months. Packing a warm jacket, hat and gloves in the car could make people more comfortable or save their lives, depending on the situation.

Howell warns, "Remember, the wind chill factor can be much colder than the actual thermometer reading. When you do go outside, dress appropriately. Dress in layers, and wear a hat and gloves."

To get their homes ready, people should stock up on a bag of rock salt or more environmentally safe products to melt ice on walkways and driveways. People can visit the Environmental Protection Agency website for a list of products it recommends.

Snow shovels might be hard to find around Fort Rucker, but a flat-head shovel will do just fine in an emergency to remove the all-too-common ice sheets from driveways and walkways.

In most homes, when the power goes out the heat stops, so people should plan on a safe, alternate way to keep warm during a blackout.

Ready Army officials warn that each year, an average of 430 Americans die from unintentional carbon monoxide poisoning, and there are more than 20,000 visits to the emergency room with more than 4,000 hospitalizations.

And people shouldn't forget about pets when planning for cold winter storms. They need to make sure they have enough pet food stocked in case they can't get to a store for a while.

Above all, Ready Army officials said that a family communication plan is the most important part of people's preparations. Families need to plan how they will let each other know if they get stranded at work, school or a friend's house and what the single fallback plan will be that everyone will follow if communication is cut off.

"You can find Fort Rucker Weather on social media to stay up to date on winter weather," said Howell. "We have a Facebook page, a Twitter handle and a free mobile app.

"Each day, I post a general outlook and highlight any potential weather problems – severe weather, winter weather, etc," she said. "Anytime we issue a weather watch, warning or advisory, we will post that to our social media sites as well."

People who would like to learn more about staying safe this winter can visit Ready.gov/winter-weather to find information and links to the National Weather Service, Centers for Disease Control, NOAA and more.

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Industry mentorships could help Soldiers

By C. Todd Lopez
Army News Service

PHOTO BY C. TODD LOPEZ

While speaking to an audience of industry representatives Nov. 12 at the U.S. Chamber of Commerce during a meeting of the Veteran and Military Spouse Employment Advisory Council, Sgt. Maj. of the Army Raymond F. Chandler III suggested that a kind of industry mentorship might better help Soldiers find work after they leave the Army.

WASHINGTON — As the Army draws down its end strength, more Soldiers will be looking for work in the private sector – some one million over the next 10 years.

A kind of corporate mentorship might be one example of how industry could make that transition easier for Service members, said the Army's senior enlisted adviser.

"That young Soldier, the first-term Soldier, may not have the skill set you need. But he or she has those intangibles that you are looking for in your organization," said Sgt. Maj. of the Army Raymond F. Chandler III.

One of those intangibles is leadership ability, Chandler said, while speaking to an audience of industry representatives Nov. 12 at the U.S. Chamber of Commerce during a meeting of the Veteran and Military Spouse Employment Advisory Council.

In order to tap into that market of Soldiers with leadership skills, Chandler said industry might consider a kind of mentorship arrangement with job-seeking Soldiers.

"What if you thought about partnering with those individuals and saying, 'I'd like you to use your Post-9/11 G.I. Bill benefit and look for a degree in the information technology field,'" he said. "And in return for that, over a period of two to four years, we'll inculcate our values and beliefs and mission about (our) organization, with a quarterly meeting ... where somebody mentors you in the organization and the corporate life."

When the Soldier finally graduates, the company guarantees the new graduate a "quality interview" for a job. Chandler said such companies wouldn't guarantee a job, just a shot at one.

A quality interview is "actually sitting down with somebody from human resources and doing an interview – not just saying that they've received a résumé. They actually have jobs for those skill sets, and that they actually conduct an interview with you for applying for one of those jobs," Chandler said. "If you can get your foot in the door, most kids can sell themselves."

Such an arrangement, he said, would solve three problems.

First, he said, it might increase use of the Post-9/11 G.I. Bill. Right now – the utilization rate is at about 35 percent. It also provides post-Army Soldiers with "focus and direction – something they are comfortable with based on their years of service."

And finally, he said, it gives a company an opportunity to look at a potential employee to see if "they are really going to fit into your corporate culture and organization."

As the Army draws down to 490,000 Soldiers by the end of fiscal year 2015, and goes as low as 420,000 by the end of fiscal year 2019, if full sequestration returns, Chandler said he is concerned most about two types of Soldiers: female Soldiers and first-term Soldiers for whom the Army has been their only job.

For female Soldiers leaving the Army, some of whom are single parents, "their unemployment rate is almost three times as high as their similar male counterparts," Chandler said. "How do we help them? How do we provide a soft landing?"

Chandler said that inside the Army there has been some discussion about extending some kinds of benefits to help those Soldiers with their transition.

For first-term Soldiers who transition to the private sector, he said those Soldiers might be shocked at how the private sector compensates them differently than the Army. He also asked private-sector representatives to consider how they view a first-term Soldier's resume – and if intangibles such as leadership, ability to operate under stress, and willingness to set aside personal needs are being considered.

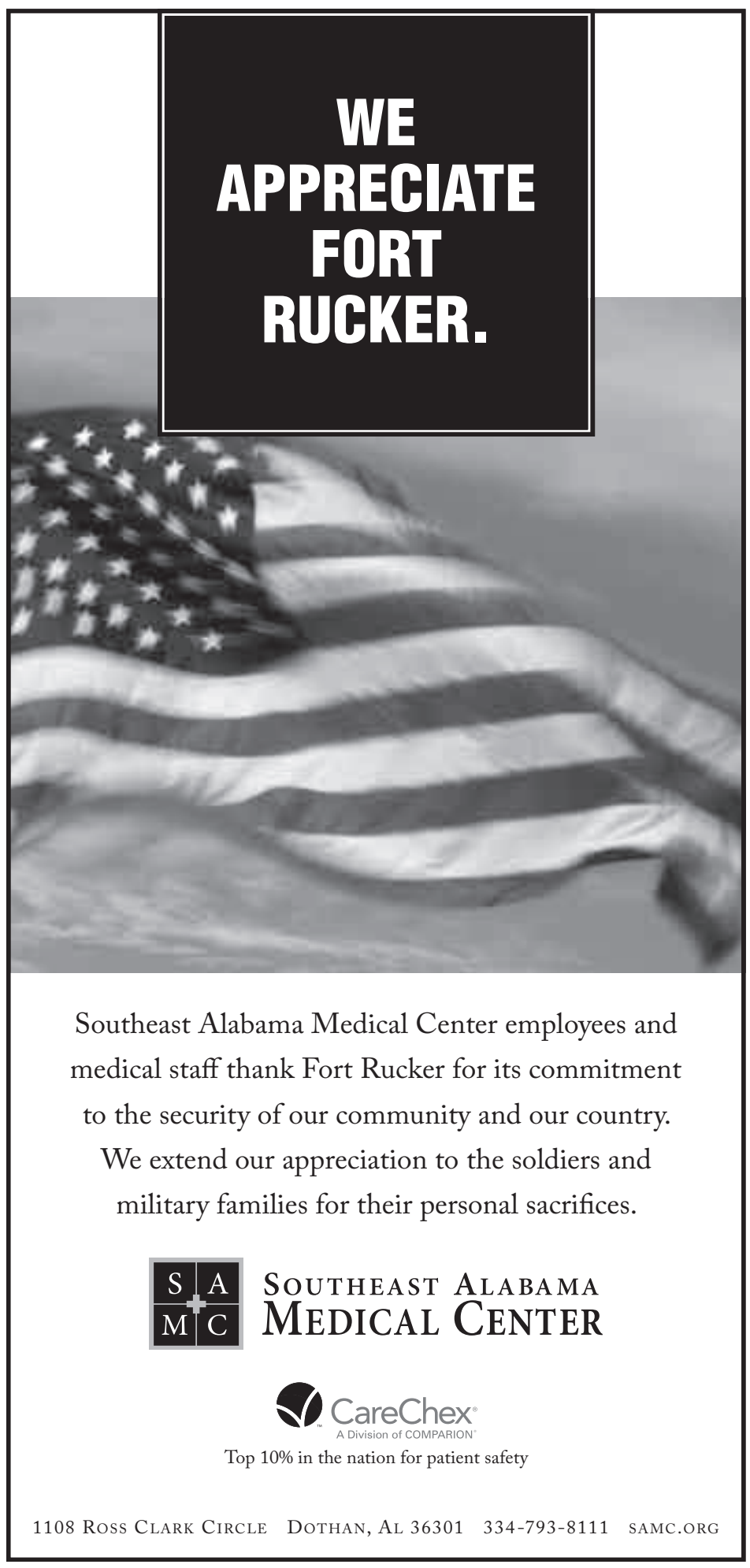
Finally, he said, the Army cannot get Soldiers hired in private-sector jobs. What it can do is prepare Soldiers for private-sector jobs. Soldiers themselves, with adequate guidance from the Army and their leadership, must prepare themselves for their futures.

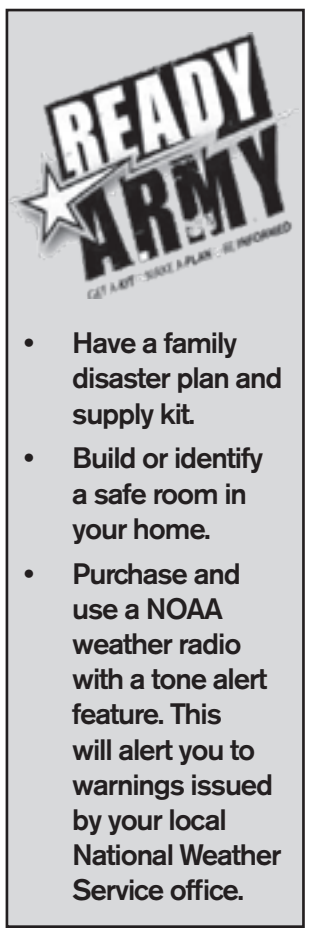
"Soldiers can help themselves," he said. "That's through getting as much civilian education and credentialing opportunities as they can while on active duty. When a Soldier starts, there should be a plan in place for that individual to start working on college after one year of active federal service."

As part of the Army's Soldier for Life program, Chandler said the Army starts talking about transition to civilian life with Soldiers "almost from the moment they come into the Army."

And with the Army's Transition Assistance Program, Soldiers may start as much as a year in advance of separation or retirement to contemplate their plans for the future.

"One year out we are starting to talk to you about what direction you will go," Chandler said. "Do you want to stay in? Do you want to leave? What will you do? That's where leadership comes into play, and the Soldiers have to recognize they have a responsibility to take care of themselves."





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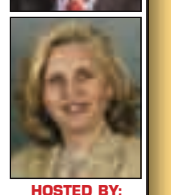

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From Boll Weevil Circle. Go North on Shell Field Road. Take right on Hickory Bend. Left Windsor Way. Right on Valley Stream. Keep going into new Valley Stream Garden Subdivision. Home is on right.

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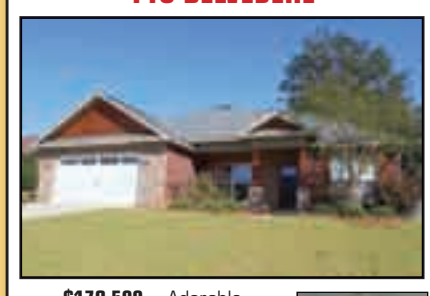
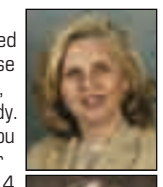
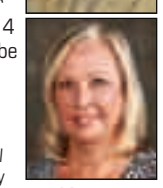
VALLEY CHASE SUBDIVISION 118 BELVEDERE



$179,500 ~ Adorable Craftsman-style cottage located in the very popular Valley Chase Subdivision. Better than new, it's immaculate & move-in ready. If you like new construction, you should add this home to your list of homes to view. It's only 4 years new & the location may be just what you are looking for.

Directions:
Valley Chase Subdivision:
From Boll Weevil Circle take Shell Field Road north. Right on Hickory Bend, Left on Windsor Way, Right on Valley Stream, Right on Valley Chase, Left on Belvedere. House on right.





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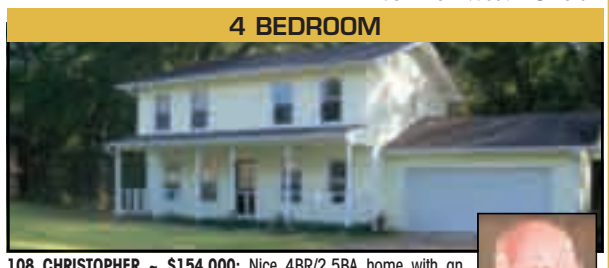
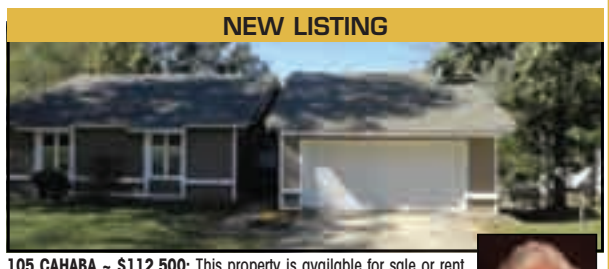
4 BEDROOM



108 CHRISTOPHER ~ $154,000: Nice 4BR/2.5BA home with an in-ground pool (new pool liner will be installed), large bonus room that could be used as a living room, office or play room, separate dining room & kitchen bar. Family room with a fireplace & opens to a large deck that overlooks the pool & big backyard. Heat pump installed June 2011. Convenient to schools, shopping & Ft Rucker. **BOB KUYKENDALL 369-8534**

NEW LISTING

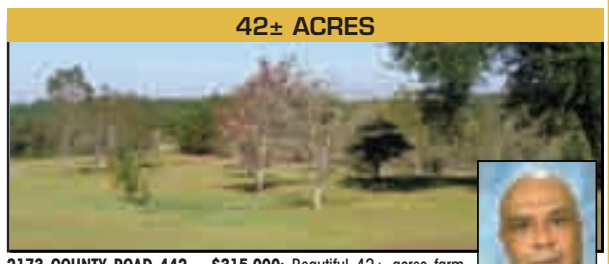


105 CAHABA ~ $112,500: This property is available for sale or rent. Great floor plan featuring a grandroom with fireplace, kitchen with dining area & built-in desk unit in first bedroom and built-in storage boxes in corner bedroom closet. Master bedroom features a separate area for tub & commode, but has a double vanity, dressing area with closets across the back wall. Bring your groceries in from the garage right to the kitchen. Enjoy the double decks on the back with plenty of room for play or for the dogs to run. **EVELYN HITCH 406-3436**

37± ACRES

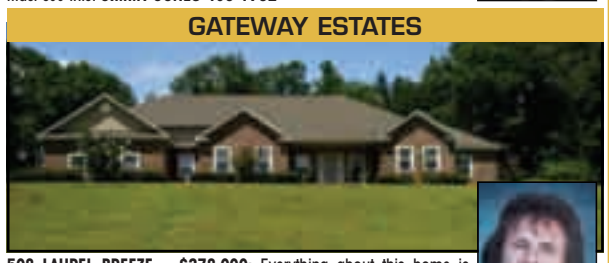
BOLL WEEVIL CIRCLE ~ $484,000: 37± acres with 850± feet on Boll Weevil Circle. Priced to sell. **PAT LEGGETT 406-7653**

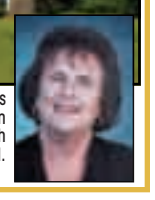
42± ACRES



2173 COUNTY ROAD 442 ~ $315,000: Beautiful 42± acres farm, 4BR/2.5BA, 2550± SF, large blueberry patch, many pecan trees & other fruit trees, pool, pond, workshop & shed. Looking for a farm? Must see this. **JIMMY JONES 406-1752**

GATEWAY ESTATES





508 LAUREL BREEZE ~ $378,000: Everything about this home is LARGE - kitchen & dining area, grandroom, sunroom, master bedroom & bath, bonus room, walk-in closets, laundry room PLUS each bedroom has its own bathroom! Private setting to enjoy your pool. **JACKIE THOMPSON 406-1231**

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5 BEDROOMS

307 SOUTH ACADEMY, GENEVA ~ $249,900: Great price for this much house, buy now for built-in equity!!! House updated while retaining as much character as possible along with a new addition of approx 775 SF. Game room (635 SF large enough for pool table, bar, game table, etc.) & 139 SF office. A new 12'x24' porch added off game room. 5 bedrooms with their own bathroom, master down with bath & large walk-in closet. Lot of storage throughout house, too many features to list. **JUDY DUNN 301-5656**

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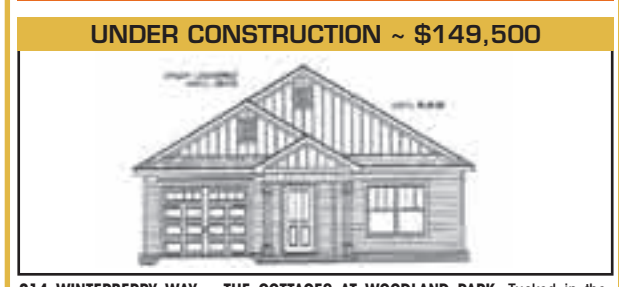

214 WINTERBERRY WAY ~ THE COTTAGES AT WOODLAND PARK: Tucked in the woods off Boll Weevil Circle. While providing privacy, they offer the convenience to schools, shopping, golf, restaurants & minutes from Ft Rucker. Security system, stainless appliances, natural gas heat/cooking/water heater, low E windows, irrigation system, 2" faux wood blinds, framed mirrors in bathroom & tray ceiling in grandroom. *(Poplar Place Plan)* **EXCLUSIVELY MARKETED BY CENTURY 21 347-0048**

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Pathfinders vigilant during drawdown

By Staff Sgt. Whitney Houston
U.S. Forces Afghanistan Public Affairs

CAMP DAHLKE, Afghanistan — Banter filled the corridors as the pathfinder platoon known as Red Team readied their rucksacks with recovery equipment such as ropes, glow sticks, extraction saws and weaponry to stage at Camp Dahlke Nov. 8.

The Red Team pathfinders serving with F Company, 2nd Attack Helicopter Battalion, 82nd Combat Aviation Brigade, 82nd Airborne Division, are the primary rescue or extraction force for personnel in need, standing ready to stage themselves wherever operations within the Train Advise and Assist Command-East area of operations necessitate their recovery capabilities.

Due to a reduction of U.S. and coalition forces across Afghanistan, such planned staging of rescue and recovery personnel is necessary to ensure a quick response should such life saving actions become necessary.

"We have mission-ready aircraft and personnel that can respond in 15 to 30 minutes to a downed helicopter, or to whatever is needed on the battlefield," said 1st Lt. Kevin Frey, a native of Fort Worth, Texas, who serves as a pathfinder platoon leader for F Company's Blue Team, 2nd Bn., 82nd CAB.

Frey explained there are two pathfinder platoons, the Red and Blue Teams, which make up the pathfinder company.

"We are a specialty subset of

SEE VIGILANT, PAGE B4

PHOTO BY STAFF SGT. WHITNEY HOUSTON

Soldiers serving with Red Team, a pathfinder platoon with F Company, 2nd Attack Helicopter Battalion, 82nd Combat Aviation Brigade, 82nd Airborne Division, sit aboard a CH-47 Chinook helicopter en route to Camp Dahlke, Afghanistan, Nov. 8.

ORIENT SHIELD 2014

PHOTO BY MASS COMMUNICATION SPECIALIST 2ND CLASS CHELSY ALAMINA

Members of the Japan Ground-Self-Defense Force load their gear into a U.S. UH-60 Black Hawk during air assault training in support of Exercise Orient Shield 2014 Oct. 31. The exercise highlighted the development and refinement of the JGSDF and the U.S. Army in bilateral planning and coordination, and enhances combat readiness and interoperability.

MISSION STATEMENT

Uncle, nephew put mission, family 1st

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

RODRIGUEZ RANGE, South Korea — The 2nd Battalion (Assault), 2nd Aviation Regiment, 2nd Combat Aviation Brigade is well known for its ability to train with anyone at any time across the peninsula.

The 2-2nd Aviation, also known as the Wild Card battalion, offers tactical speed, mobility and surprise while conducting air assault operations utilizing UH-60 Black Hawk helicopters.

The 2-2nd Aviation provided speed, mobility and surprise during an air assault exercise involving U.S. Marines with Company C, 1st Battalion, 3rd Marines and Republic of Korea Marines with 9th Company, 83rd Battalion, 2nd Marine Division Oct. 15.

As both U.S. and ROK Marines loaded the formation of Black Hawk helicopters that awaited them, one U.S. Marine was a bit more anxious than his counterparts.

Cpl. Vincent H. See, an infantryman with C Company, 1st Battalion, 3rd Marines and native of Wilmington, Massachusetts, was going to work with his uncle who is in the Army.

"I knew he was flying the mission on the 15th for a week," said See. "He told me that he was flying the third bird – we were just excited about being on the same mission."

In a rare instance where family members from different services meet during joint military exercises, See was lucky, not only to reunite with his uncle, but also fly in his aircraft during the training mission.

"It was surreal because it was only my second time in a helicopter and my first time in a Black Hawk," said See. "They gave me a headset so I could listen in on the radio chatter."

PHOTO BY SGT. 1ST CLASS VINCENT ABRIL

Cpl. Vincent H. See, an infantryman with C Company, 1st Battalion, 3rd Marines, poses for a photo with his uncle, CW4 Shawn J. McLaughlin, a UH-60 Black Hawk maintenance test pilot with B Company, 2nd Battalion (Assault), 2nd Aviation Regiment, 2nd Combat Aviation Brigade, 2nd Infantry Division, on a remote pick-up zone Oct. 15 in Korea.

See's uncle was just as excited to see his nephew. Both have not seen each other in almost three years, making this moment a special and lasting one.

"Vinny and I are from opposite sides of America," said CW4 Shawn J. McLaughlin, a UH-60 Black Hawk maintenance test pilot with B Company, 2-2nd Aviation, 2nd CAB, 2nd Infantry Division and native of Vancouver, Washington. "He is also separated from me by almost a full generation. On top of that, he is at the beginning of his career and I am, shall we say, in my twilight. So getting to link up with him on some remote little pick up zone in the Republic of Korea, my wife's homeland, is one of the coolest things I have ever done in my career."

See sat next to his team as they flew off to carry out the training mission they came here for. His platoon commander shared in the excitement for the uncle and nephew's reunification.

"I think it's cool," said1st Lt. Gene A. Harb, platoon commander with C Company, 1st Battalion, 3rd Marines and native of Lexington, Virginia. "This shows that we have different missions, capabilities and services, but Americans are all family and it kind of all ties back together."

McLaughlin and See shared a hug that day as Family members often do. On such a rare occasion, it's not known when another opportunity like this would present itself again. McLaughlin explained that they are not the only people in their family to serve.

"I have another nephew, Brandon McLaughlin, serving in the Coast Guard," said McLaughlin. "My deceased father, Robert J. McLaughlin, retired after 21 years of active federal service. He served 18 years in the Air Force, and three years in the Army during World War

SEE FAMILY, PAGE B4

PHOTOS BY SPC. AUDREY ANN HAYES

A Polish news crew from TVN interviews Spc. Conner O'Neal, 12th Combat Aviation Brigade, Nov. 7 at Miroslawic Air Base, Poland, for a segment on a news show called "Dzien Dobry Polska," the Polish equivalent of an American morning news and talk show. O'Neal, a Phoenix native, is a UH-60 Blackhawk mechanic with C. Co., 3rd. Bn., 158th Aviation Regiment.

Polish news show highlights NATO alliance

By Spc. Audrey Hayes
214th Mobile Public Affairs Detachment

ZLOCIENIEC, Poland — A news crew from TVN, Poland's largest news television network, visited Miroslawic Air Base Nov. 7 to tell the story of the Polish-American alliance and to show the Polish population their cooperation with the American military with NATO.

The news piece will air on Dzien Dobry Polska, the equivalent of typical morning news and talk shows on U.S. television.

The crew from Dzien Dobry Polska interviewed Soldiers from 12th Combat Aviation Brigade from USAG Ansbach, Germany, and observed them during a typical duty day.

Paulina Chorazewska, a new media specialist with the U.S. embassy in Warsaw, Poland, escorted the TVN crew around Miroslawic and said, "There are a lot of Americans here in uniform and I'm not sure Pols know why. For us, we want to explain that the Polish-American military relationship is strong."

U.S. Soldiers have been in Poland participating in training with the Polish army as part of Operation Atlantic Resolve. OAR is a demonstration of the America's continued commitment to the collective security of NATO, and dedication to the enduring peace and stability in the region, in light of the Russian intervention in Ukraine, specifically, said Chorazewska.

Lukasz Riedel, a native of Warsaw and a journalist with Dzien Dobry Polska, said, "It is good to know that you are here. People don't get a chance to talk to you or know who you are; it's like we watch movies about the military but we don't know what it's like in real life. I think it is important for our viewers to see you as a human being."

Dzien Dobry Polska viewers are very diverse.

"There are daughters, mothers, students ranging from high school to the universities, and the list of people that will be reached goes on," said Chorazewska.

Chorazewska expressed satisfaction with the coverage.

"We got so much more than we hoped for. In terms of Polish-American cooperation, I think what we were able to capture today, I would say, is a poster example of what NATO is," she said.

Lukasz Riedel, a journalist with TVN from Warsaw, Poland interviews Sgt. Jon Polanco, 12th Combat Aviation Brigade, Nov. 7 at Miroslawic Air Base, Poland, for a segment on a news show called "Dzien Dobry Polska," the Polish equivalent of "Good Morning America." Polanco, a New York City native, is an AH-64 Apache crew chief with E Co., 2nd Bn., 159th Attack Reconnaissance Regiment.

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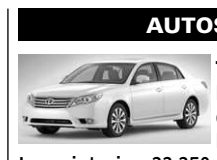

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Vigilant: Pathfinders' mission continues to evolve

Continued from Page B1

infantry, like a scout or mortar platoon are specialty groups, and as such have a very specific mission… There are only three pathfinder companies in the Army — one in the 82nd (Div.) and two in the 101st Airborne. Our mission is to stand ready for personnel recovery missions throughout eastern Afghanistan."

As coalition troops continue to become more and more scarce throughout Afghanistan, the pathfinders will preposition or forward stage themselves somewhere geographically closer to operations that are under way to reduce risk, said Capt. Matthew Hoffman, a native of Limestone, Maine, who serves as the pathfinder company commander.

"Our job is mainly for downed aircraft and we have a lot of specialty equipment for that mission. We have belaying capabilities if the landing zone isn't safe for the helicopter and we can rappel to where we need to be," Hoffman said. "We also have the K12 saw that cuts through armor, and a hand-held pneumatic Jaws of Life that really helps if you ever had to get someone out of an aircraft. We can also sanitize the aircraft if needed. Our goal essentially is to get in and get out quickly without leaving anybody or anything important behind."

The pathfinders have also taken part in the downsizing effort, doing another traditional pathfinder role of sling loading equipment from several forward operating bases throughout TAAC-East with Chinooks.

"We moved millions of dollars worth of equipment to different locations quicker and safer than it would have been if they would have moved it on the ground," said 1st Sgt. John Ferrante, a New York City native, who serves as the pathfinder company's first sergeant.

Frey explained that the rescue and extraction mission that is now inherent to pathfinders has evolved over the last few years in Afghanistan due to needs on the battlefield.

Pathfinders traditionally go forward into enemy territory ahead of the main body of airborne forces to find drop zones where aircraft can safely drop paratroopers, as well as designate helicopter landing zones. He said they are basically logistics liaisons between air and ground commanders, getting Soldiers and equipment on and off the battlefield safely.

The insignia that embodies the pathfinder mission is a flaming torch with wings. Frey explained that the torch represents leadership and lighting the way forward similar to Olympic tradition where an athlete would lead the way with a torch to an athletic event, and the wings represent airborne capabilities.

Hoffman said that the rescue and extraction teams work very closely with their Army Aviation partners and naturally share a special bond with them.

"The Aviation companies to our left and our right that we fly around with are not just any Aviators, they're our Aviators," Hoffman said. "So when something goes wrong, those guys are not just coworkers, they're our friends, and my guys know when we're dragging them out of bed at all hours it is because we're doing something really important for them (the Aviators)."

As Operation Enduring Freedom comes to a close and troops continue to draw down to suit a Resolute Support framework, pathfinders maintain a vigilant watch to keep what troops are left on the battlefield safe.

PHOTO BY STAFF SGT. WHITNEY HOUSTON

Senior Airman Jesse Waldron, a Grand Rapids, Mich., native who serves as a joint terminal attack controller with the Air Support Operations Squadron out of Fort Drum, N.Y., sets up his satellite communication system on the airfield of Camp Dahlke, Afghanistan, Nov. 8. He, along with a pathfinder platoon with F Company, 2nd Attack Helicopter Battalion, 82nd Combat Aviation Brigade, 82nd Airborne Division, were staged there to be geographically closer to a coalition operation in case their recovery capabilities were needed.

Family: Service members place mission above all else

PHOTO BY SGT. 1ST CLASS VINCENT ABRIL

Republic of Korea Marines with 9th Company, 83rd Battalion, 2nd Marine Division and U.S. Marines with C Company, 1st Battalion, 3rd Marines, mount a UH-60 Black Hawk with B Company, 2nd Battalion (Assault), 2nd Aviation Regiment, 2nd Combat Aviation Brigade during a combined air assault exercise Oct. 25 in Korea.

Continued from Page B1

II. He was assigned to the 38th Cyclone Division and fought as an Infantryman in the Philippines."

McLaughlin has been in the Army over 21 years and comes from a family that is grateful for their service.

"My immediate and extended family is very proud of our country and our service," said McLaughlin. "I am excited to have had a chance to conduct an operation with one of my nephews before I [leave] the service."

The two successfully completed the training exercise alongside their teammates. The opportunity for relatives to meet while serving in different branches of the military is rare. Service members place their mission above all else in an act of selfless service and sacrifice. That includes leaving family for extended periods of time. Sometimes, when the stars align, they are able to catch a glimpse of one another in a seemingly priceless moment.

"I will seriously remember this day for the rest of my life," McLaughlin said.

HEALTH
Primary School ramps up health initiatives
Story on Page C4

NOVEMBER 20, 2014

Camping Under the Stars

Hundreds brave cold to camp out

By Nathan Pfau
Army Flier Staff Writer

More than a hundred Soldiers and family members braved the wind and cold Friday for a night under the Alabama stars as part of Fort Rucker's tribute to its military family members during Month of the Military Family.

Families gathered along West Beach at Lake Tholocco and warmed up by the campfire for a night of s'mores, storytelling and movies during the Directorate of Family, Morale, Welfare and Recreation's Camping Under the Stars, which featured a special story time by Col. Stuart J. McRae, Fort Rucker garrison commander, who enjoyed his second year reading during the event.

"These kids pump me up with the way they react to the books and how they get into it, and it just makes you appreciate the job that we have," he said. "Families have got to have time together and these are good opportunities for the kids to spend time with their parents, and when you have conditions like we have tonight (cold temperatures) it really drives them close."

Blue Star Families, a military family support organization, was on hand to provide free Disney books to families after the reading, and the most popular book that was given out was "Brave."

"It's one of my favorite stories," said Lacy George, military family member. "I'm glad we got to come out tonight so I could get this book and spend some time with my family."

Lacy's mother, Stephanie, said she was more than happy to bring her children to Camping Under the Stars because it's not something they get to participate in often.

PHOTOS BY NATHAN PFAU

Melissa Dotson, military spouse, helps her daughter, Cassondra, cook her marshmallow for her s'more during Camping Under the Stars on West Beach at Lake Tholocco Nov. 14.

"We're not a big outdoors family, so I thought this would be a good chance for us to do something different, so I'm glad that they have things like this on Fort Rucker," she said. "Although it's a bit cold, we've been having a great time snuggling up next to the fire, and the free books for my kids doesn't hurt."

After story time, the families were able to enjoy the showing of two movies, "Frozen," a crowd favorite that had children singing along all night, and "The Lego Movie."

"'Frozen' is my favorite movie," said Lacy. "I love to watch Elsa and Anna an Olaf."

Providing an opportunity for families to get together and spend quality time together is important to maintaining healthy Army families, said McRae, and with a busy Army life, it can oftentimes be difficult for families to find time to spend together. That's why it's important to provide a way for families to get together and share a special memory, he added.

"I grew up camping my whole life, and camping is just an experience that's a great opportunity for families to bond and have a special time," said the garrison commander. "These are memories that the kids will never forget."

Col. Stuart J. McRae, Fort Rucker garrison commander, reads to children during Camping Under the Stars on West Beach at Lake Tholocco Friday.

"The community, especially our military families, deserves events like this," said Brian Jackson, DFMWR events manager. "It not only satisfies a need, but it provides a different event that is right here on base."

Center helps hone lifelong skills

By Jay Mann
Fort Rucker Public Affairs

The classic image of an old craftsman, hunched over a masterpiece, pouring a lifetime of hard-learned lessons into every movement might be an inspiration to some, pushing them to take up a craft. But the masterpiece is not the prize – the value is in the act of crafting, according to the Fort Rucker Arts and Crafts Center manager.

"If you have a creative outlet and a place to let that creativity out, it can take a lot of stress off of you," said Joan Varner, arts and crafts center program manager. "People who don't know what their medium is can start small, maybe with scrapbooking, and then take other classes to explore their creative side.

"In today's society, to hang on to these skills or even have a place to practice them is such a relaxing thing," said Varner. "And if you have those skills, you can take them wherever you go. You can't carry all the crafting tools and equipment you need with you to a new duty station. We have flight students come in all the time that are only here for a year or year and a half."

People using the arts and crafts center don't need to bring much to practice their crafts, she said.

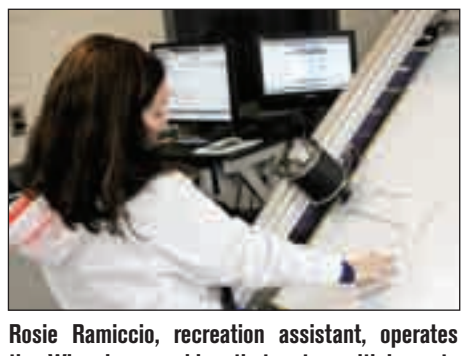
"We have all the tools that they need here," Varner said. "Back in the wood shop, they can even find drawings and plans for projects they might want to build."

But the tools and materials don't stop at the wood shop, she added.

"They can come in and learn to paint, sketch, or throw pottery – all the tools are here for them," Varner said. "If people feel they can't express themselves in their job or life, they should just come in and try something. We offer stained glass classes, drawing, acrylics, watercolors, and we are planning an oil painting class. If you don't like it, you'll know within the first hour, and then you can move on and try something else.

PHOTOS BY JAY MANN

Kelly Randolph, recreation assistant, shows what an experienced mat cutter can do at the Fort Rucker Arts and Crafts Center.



Rosie Ramiccio, recreation assistant, operates the Wizard, a machine that cuts multiple mats for picture frames at the Fort Rucker Arts and Crafts Center.

The wood shop stands waiting for craftsmen at the Fort Rucker Arts and Crafts Center.

"Pottery is pretty big here. It seems a lot of the flight students have made pottery before," she said. "They come in for classes or studio time and sit at the wheel and throw. They seem to have a good time. They can run the slab roller or the extruder, whatever they want to do. It is all here for them."

And there is no experience necessary to get started, Varner added.

"Pottery is one of those skills that most people enjoy right away, but it takes a few times for people to get it," she said. "But we have an excellent teacher here. He is a volunteer and teaches a two-hour class. It is a lot of fun – you can play in the clay, and your hands are all mucky and a mess. We'll throw an apron on you and you'll have a great time.

"There is a little bit of everything here. We have a gentleman who comes in and volunteers his time teaching wood burning," Varner said. "That is becoming a lost art with laser engravers becoming so popular. He came in and took a class and was hooked. Now he teaches his own class. That is his outlet."

Varner feels arts and crafts can be good for everyone.

"People need an outlet … a focus," she said. "Today everyone is going so fast, and this is a way to slow down. I wish everyone would walk in here. The center has all the tools and equipment you need. We had a Soldier show up here with a knapsack, and by the time he PCS'd, he had built a moving truck full of furniture. He was a character and a good kid. He made a bedroom set, a dining set, a living room set – he had it all when he left."

Varner welcomes all authorized patrons to drop by and see what the center has to offer – they might find a lifelong hobby within the center's walls.

"People should come in and take a tour because this is a pretty awesome place," she said.

The Fort Rucker Arts and Crafts Center is open Tuesdays-Fridays from 9 a.m. to 6 p.m. and Saturdays from 9 a.m. to 4 p.m.

On Post

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

PHOTO BY NATHAN PFAU

Right Arm Night

The Landing Zone will host Right Arm Night today 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.

Newcomers welcome

Army Community Service hosts the newcomers welcome Friday from 8:30–11 a.m. at The Landing. Active-duty military, spouses, foreign students, Army civilians and Family members are welcome to attend. A free light breakfast and Starbucks coffee will be served. For free childcare, people can register their children at the child development center by calling 255-3564. Reservations must be made 24 hours in advance.

For more information, call 255-3161 or 255-2887.

Thanksgiving Feast

The Landing will host its annual Thanksgiving Feast Nov. 27 from 11 a.m. to 2 p.m. The feast will be buffet style, featuring Thanksgiving favorites. The price will be $16.95 for adults, $6.95 for children ages 6-12, $3.95 for children ages 3-5, and children ages 2 and under eat for free. A Military Family Special will also be available for two adults and two children ages 12 and under to eat for $39.50. Reservations are highly recommended. When making your reservations, people should include how many adults and children will be in their party.

For more information or to make a reservation, call 598-2426.

Christmas Tree Lighting

The annual Fort Rucker Christmas Tree Lighting will be held Dec. 4 from 5-6 p.m. at Howze Field. The event will feature music, hot chocolate, the lighting of the post Christmas tree and a visitor from the North Pole. Afterward, enjoy complimentary photos with Santa and Mrs. Claus at The Landing, where there may treats for children. The event is free, open to the public and Exceptional Family Member Program friendly. In case of inclement weather, the event will take place at The Landing.

For more information, call 255-1749 or visit www.ftruckermwr.com.

Annual spaghetti dinner

Following the Christmas Tree Lighting Ceremony Dec. 4, people are welcome to stroll over to The Landing for the annual spaghetti dinner from 6-7:30 p.m. Dinner prices are $10 for ages 13 and older, $5 for ages 3-12, and children ages 2 and younger eat for free. There is also a Family special price of $25, which includes two adults and up to two children ages 12 and younger. Dinner will include people's choice of pasta and sauce, garlic bread, assorted cookies, tea and coffee. The dinner is open to the public.

For more information, call 598-2426.

Bowling pin decorating contest

Rucker Lanes will host a bowling pin decorating contest Dec. 1-15. People are welcome to visit Rucker Lanes and pick up a pin, decorate it and bring it back for a photo by Dec. 19. Prize packs will be awarded to the top pins Dec. 23. Cost is $1 to enter the contest. All pins are used.

For more information, call 255-9503.

Financial Readiness Training

Army Community Service will offer Financial Readiness Training Dec. 5 from 7:20 a.m. to 4:15 p.m. in the Soldier Service Center, Bldg. 5700, Rm. 284. Personal Financial Readiness Training provides a practical approach to help Soldiers manage their money more effectively. The training is required for all first-term junior enlisted Soldiers (E-1 through E-4). Spouses are welcome to attend.

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

Parents Day Out

Fort Rucker Child, Youth and School Services will host its Parents Day Out Dec. 6 and 13. The program is designed to help parents enjoy some time out and about, free of children, while they shop during the holidays. The program is open to all CYSS members ages 6-10 in grades 1-5. The program will run 8 a.m. to 1 p.m. Dec. 6 and 10 a.m. to 1 p.m. Dec. 13. The cost is $20 and payment is due at the time of enrollment. Late pick-up fees are in accordance with the Department of Defense Fee Policy. No refunds or fee transfers are permitted.

For more information, call 255-9108. For membership, parents can register their children at parent central services, 255-9638.

Christmas craft activity

The Center Library will host a Christmas craft activity Dec. 9 from 3:30-4:30 p.m. for children ages 3-11. Light refreshments will be served. Space is limited to the first 65 children to register. The event is open to all authorized patrons.

Stop by the library or call 255-3885 for more information or to register.

Small business counseling

Small business owners and those interested in starting their own business can get some free one-on-one counseling Dec. 10 from 9:30 a.m. to noon in the Soldier Service Center, Bldg. 5700, Rm. 350. Areas of counseling may include, but are not limited to: advertising, organizational structures, financial planning, inventory, controls, management, marketing, personnel planning, pre-business planning and sales techniques. The counseling is sponsored by Army Community Service Employment Readiness Program and the Troy University Small Business Development Center. Appointments are scheduled every 30 minutes beginning at 9:30 a.m. The counseling is open to active-duty, National Guard, and Reserve Soldiers, retirees, Department of Defense civilian employees, and eligible family members.

For more information or to set up an appointment, call 255-2594.

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 Dec. 11. People will first meet in Rm. 350 at 8:45 a.m. 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.

DFMWR Spotlight

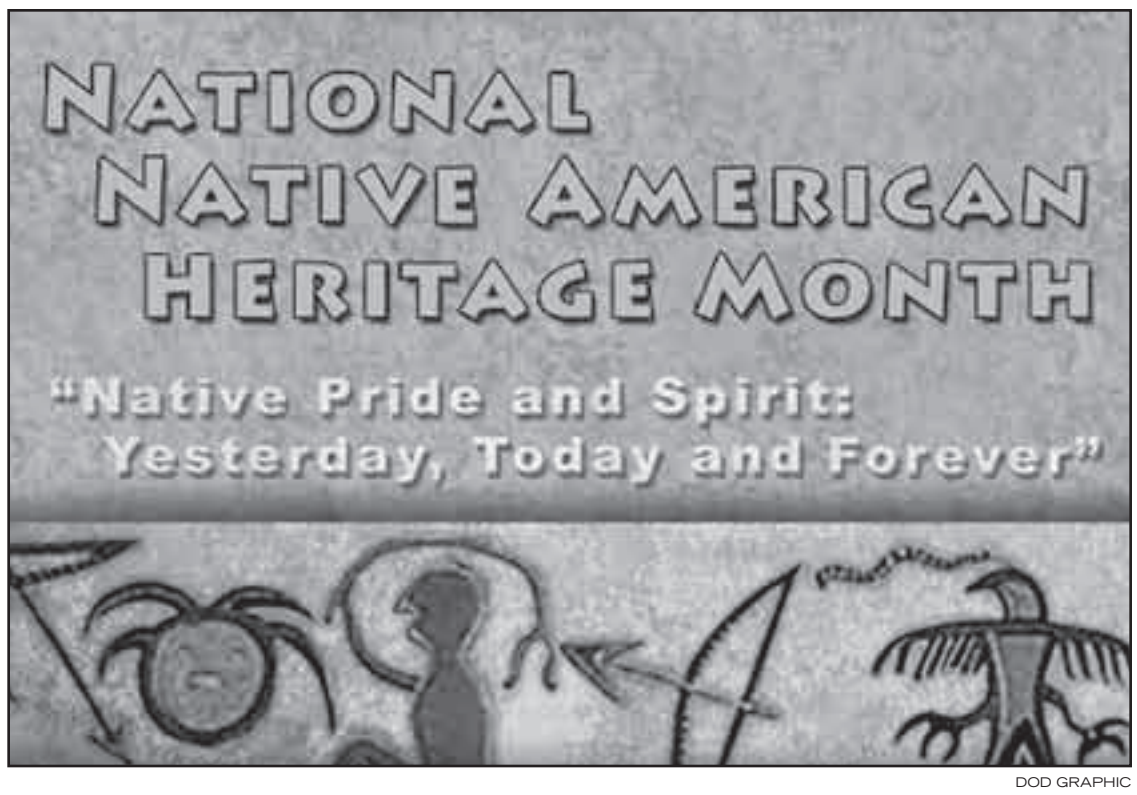
FORT RUCKER Movie Schedule for Nov. 20 - 23

Thursday, Nov. 20	Friday, Nov. 21	Saturday, Nov. 22	Sunday, Nov. 23
Annabelle (R) ..... 7 p.m.	The Equalizer (R) ..... 7 p.m.	The Judge (R) ..... 7 p.m.	The Book of Life (PG) ..... 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.

DOD celebrates Native American Heritage Month

By Karen Parrish
Defense Media Activity



DOD GRAPHIC

WASHINGTON — The observance of National Native American Heritage Month each November gives the Defense Department an opportunity to honor the service of some 21,000 American Indian and Alaska Native service members and civilians, a defense official told DOD News.

Joe Sarcinella, the department's senior adviser and liaison for Native American affairs, said the department benefits when members of the nation's 566 federally recognized tribes join the military community and add to its diversity.

Native Americans have the highest per capita number of service members in the country of any ethnic group throughout the U.S., he said.

Expanding opportunities

"Military service, in particular, is hugely important in Indian Country. We're trying to make sure that more and more native people make their way into DOD – not just in the military, but in civilian roles, as well. I know there's a lot of outreach that's happening," Sarcinella said.

He added that he recently attended the National Congress of the American Indian's annual meeting in Atlanta where he spoke to a number of representatives from schools with mentoring programs for native students.

"There is a dialogue that's happening," he said. "Native students want to come in and work for the Department of Defense, not just in a tribal capacity, but in the areas of science, technology, engineering and mathematics. It's really a growing field."

He said one great example is Navajo Technical College, which has numerous defense contracts. "They're doing some amazing work in science and technology," he said. "I believe they actually worked on the Mars [Exploration] Rover."

Filling the role of liaison

Sarcinella is tall, with a long braid of dark hair. Interviewed wearing a suit, eagle-talon necklace and fancy cowboy boots, he described his heritage. He said his father's family was first-generation French and Italian; his mother's mother was Hunkpapa Lakota and Assiniboine, from Canada; and his maternal grandfather was "non-removed Creek and Scottish, from Tennessee." His wife is a member of the Navajo nation.

He grew up with a high level of cultural fluency, he said.

"My whole life was pretty much civic service, community service, really focused on Indian country," he added.

Sarcinella said as a "one-man band" for DOD, he has a full portfolio. He's the "go-to person" for Native American and Native Hawaiian affairs. He also manages the Native American lands and environment mitigation program, "where DOD goes in and cleans up DOD impacts on tribal land."

Sarcinella works with interagency partners, including the departments of Interior and Energy on tribal affairs, and trains DOD military and civilian personnel on proper tribal consultation methods.

He earned a master's degree in federal Indian law and policy before attending law school, and he has worked with tribes, in academia and for nonprofits before accepting his current position with DOD.

The job he holds for the department is in partnership with the National Congress of the American Indian. "I thought it would be a good way to serve Indian country, and also serve my government and my country," he said.

Sarcinella said his advice to native students is to get a broad range of experience along with an education.

"Education is key, but … if you are coming from a reservation, you have to try to get those internships, those externships, those abilities to actually leave your home turf," he said. "Actually get out there and see how the government operates."

Similar to internships, externships offer students formal training and hands-on experience in their field of study, he said.

Government outreach increases

Sarcinella noted the department engages in vigorous outreach with Native American communities, and the department's Office of Diversity Management and Equal Opportunity, or ODMEO, is "really going above and beyond," he said, working with SAIGE, the Society for American Indian Government Employees, conducting training and expanding opportunities.

ODMEO also is working to implement a strategic plan to promote diversity and inclusion in the federal workforce, in line with Executive Order 13583 to establish such an initiative government-wide, he noted.

Sarcinella added that President Barack Obama recently created the White House Council on Native American Affairs.

"It's the first time in history that native people have actually had the ears of the secretaries, in an established body that meets regularly to discuss tribal affairs," he said. "It's in its first year, [and] it's going to be very interesting to see what comes about from that body."

DOD will honor National Native American Heritage Month with programs and activities at installations around the world. In addition to the monthly observance, Nov. 28 is Native American Heritage Day. The theme for this year's observance is "Native Pride and Spirit: Yesterday, Today and Forever."

Native Americans place special honor in military service

By Karen Parrish
Defense Media Activity

FORT MEADE, Md. – All of the 566 Native American tribes across the country have special respect for those who serve in the military, said the editor of "Native Peoples Magazine."

Mary Hudetz, editor-in-chief of the magazine and president of the Native American Journalists Association, spoke Nov. 12 during a National Native American Heritage Month observance at the Defense Media Activity. She is a member of the Crow tribe in Montana, but now lives in Phoenix, Arizona, headquarters of the magazine, which has a circulation of 100,000.

"I think in every tribe, there is this amazing way to pay tribute to veterans," Hudetz said. Some have special dances at powwows for veterans. Others select veterans as their tribal leaders and many allow veterans to lead ceremonies.

The Kiowa tribe, for instance, has the Black Leggings Warrior Society, created specifically to honor veterans and those who are currently serving in the military. Also known as the Ton-Kon-Gah, this society was established generations ago and hosts a special annual festival for its veterans in Anadarko, Oklahoma.

Not all tribes have such a society, but Hudetz said all of them are proud of their veterans.

Hudetz recently interviewed a 101-year-old veteran considered by many as the last Crow "war chief." Dr. Joseph Medicine Crow fought in World War II.

In the traditional Crow tribal culture, if a warrior could accomplish four major deeds on the battlefield, he became a war chief:

- touch an enemy in combat without killing him;
- take the enemy's horses;
- lead a successful war party; and
- disarm an enemy without taking a life.

Joe Medicine Crow was able to achieve all four during World War II, Hudetz said. He even convinced his commander that he should release horses from a farmhouse so that German Soldiers could not use them to escape.

He is often called the last Crow war chief, Hudetz said, because battle has changed today, and has made the four tasks too difficult to achieve, particularly when it comes to stealing horses.

Sometimes it is difficult to preserve Native American culture and language, she said, and misconceptions about the culture are widespread.

"Like many ethnic groups, we face a lot of stereotypes," Hudetz said. Some people see Native Americans as stoic or possessing super powers, such as controlling the weather or having the ability to talk with animals, she said.

"Native-American women are often presented as exotic, even with the best of intentions from the media and journalists sometimes," Hudetz said, adding that sometimes native women are portrayed as mystical and having powers such as shamans or "medicine men."

Such generalizations can be "very emotional" for Native American women, Hudetz said.

Another misconception is that all tribes have casinos, Hudetz said.

"Not all tribes are casino-rich," she said. "Mine certainly is not."

Many people think that the majority of Indians live on reservations. Actually, today, about 80 percent of Native Americans now live in urban areas, according to the last census, she said.

When asked if the culturally correct term to use is American Indian or Native American, Hudetz said that Native American is more accurate.

"We're not Indians," she said, because those indigenous people live in India or the West Indies.

"But yet, when I grew up, we called ourselves Indians ... it doesn't offend, it doesn't sting to say that, but for media and song purposes, it's always best to use the tribe if you can."

"As long as it's not the 'R' word (redskins)," or Injun, then it's alright, she said.

The word "redskins" is not used in print by her magazine, Hudetz said, because it's considered a racial slur.

PHOTO BY GARY SHEFTICK

Mary Hudetz, editor-in-chief of "Native Peoples Magazine" and president of the Native American Journalists Association, speaks to reporters and students at the Defense Information School during the Defense Media Activity's Native American Heritage Month observance Nov. 12 at Fort Meade, Md.

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Church Directory

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Traditional Worship Service
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Contemporary Worship - New Connection
8:45AM & 11:00AM
The Gathering - Youth
5:45PM
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10:00 M
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Primary school ramps up health initiatives

By Nathan Pfau
Army Flier Staff Writer

PHOTO BY NATHAN PFAU

Beth Calkins, Fort Rucker Primary School nurse, checks out Aaron Simpson, first grader, in the nurse's office Nov. 13.

With widespread stories of sickness and disease in the news, it's no surprise that Fort Rucker's schools are taking the fight to combat the spread of disease head on.

The Fort Rucker Primary School is pushing a health initiative in order to educate not only its students, but their family members, as well, on the importance of awareness when it come to the spread of disease, said Beth Calkins, FRPS school nurse.

"I always start every year out with initiatives for the children to wash their hands, eat healthy, get enough sleep and those sort of things, but this year the enterovirus D68 (or EV-D68) was brought to our attention as children in the Midwest were contracting the virus and falling ill," said Calkins. "We don't want our children caught up in that, so we decided to make sure to educate them, as well as the parents, on the issue."

Symptoms of the enterovirus include severe respiratory problems, runny nose, sneezing, coughing, body aches and difficulty breathing, and if not treated properly can lead to death in some cases. The virus can be spread through the air in droplets or by contaminated surfaces, so prevention through proper hygiene is key, said the school nurse.

"The No. 1 protection against the enterovirus is hand washing, so we took the children one class at a time and did a unit on hand washing," she said. "We tell our kids all the time to wash their hands … but we don't really teach them how to wash their hands properly.

"It seems like a simple task, but the biggest part of washing your hands is the mechanical piece and scrubbing the germs off," Calkins continued. "If you're not scrubbing your entire hand or you're not scrubbing hard enough or long enough, you're not really washing your hands."

The children were taught to sing the "Happy Birthday" song twice or sing the "Alphabet Song" twice as a means to time how long they should wash their hands. They were also told to make sure they get all the areas between their fingers and in the cracks because that's where lots of germs can hide out, she said, and they employed an interesting way to make sure they were getting all the hidden spots.

"We used some glow-in-the-dark germ juice that we put on their hands to spread around their hands, and with the germ juice we were able to look at their hands with a black light and see all the places that germs can hide on their hands," said Calkins. "After they wash their hands, we can use the black light again to see where they might have missed to show them how well or not so well they are washing their hands. That way they can be a little more cognizant about what they're missing, and this is especially good for kids because they're more visual when it comes to learning."

As a school nurse, Calkins' motto is "Kids have to learn to be healthy, but they have to be healthy to learn," and she said there are two main parts to being a school nurse – educating them on health and keeping them healthy.

Part of that health education is passing the knowledge onto parents, so they know the best way to keep their children from spreading disease and also knowing when to keep children home when they're sick.

"If I send a child home from school today, they have to stay home today and tomorrow at a minimum," said the school nurse. "If their fever persists or they are only able to keep their fever down with medication, the child is not allowed to come back the next day either. The child must be at home, fever free for a 24-hour period without any type of fever-reducing medication before they are able to return to school."

Calkins said that the policy is in place to not only give the child the proper time to heal, but to make sure that disease isn't spread to other children in the school, which could spread it to the community.

"We want our children to stay healthy and we want to make sure to keep the community healthy. The healthier they are, the more they can learn in school," she said.

Much of this education comes just in time for flu season, which is another disease that families need to make sure to be aware of, said Calkins.

Influenza is responsible for thousands of deaths each year, said Calkins. According to the Centers for Disease Control and Prevention, since the 1976-1977 flu season to the 2006-2007 season, the amount of influenza-related deaths range from 3,000-49,000 per year.

Although the numbers can be staggering, Calkins said the best defense is still good hygiene.

"The (enterovirus and the flu) are the things we really need to focus on preventing because those are the two diseases our children are most likely to encounter, and all of that prevention starts with good hygiene and healthy habits," she said, adding that as long as people practice these habits, their chances of contracting either should be minimal.

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

COURTESY PHOTO

Pick of the litter

Meet Tommy, a 6-month-old grey and white short-hair male cat. Tommy is available for adoption at the Fort Rucker stray facility. He plays well with other cats as well as small children and small dogs. 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.

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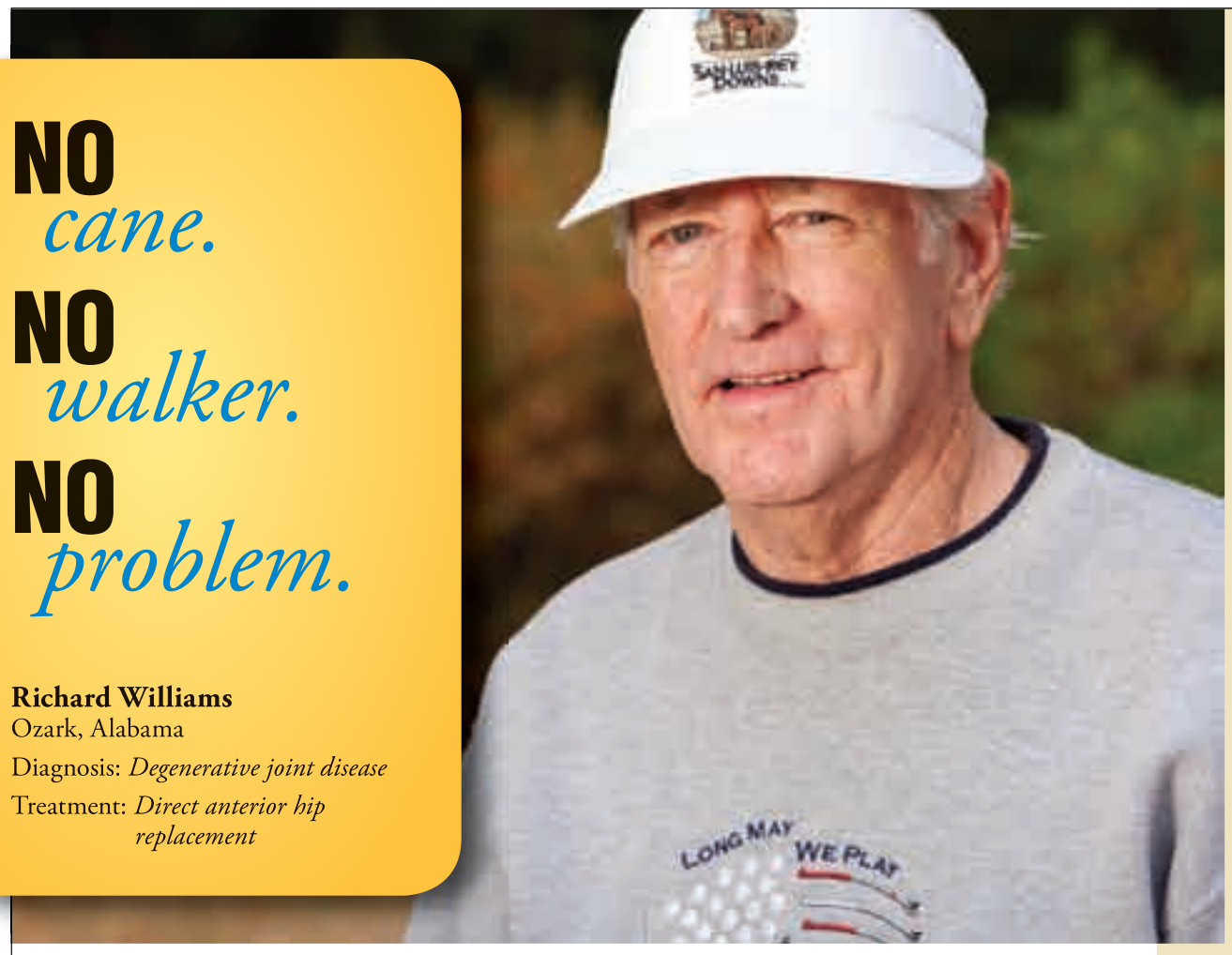

Richard Williams
Ozark, Alabama
Diagnosis: *Degenerative joint disease*
Treatment: *Direct anterior hip replacement*

Unbearable hip pain forced this active 79-year-old retiree to an orthopedic surgeon.

"I wasn't laying around waiting to have an operation," he said. "I was cutting the grass the day before the surgery."

Mr. Williams is one of a growing number of Southeast Alabama Medical Center patients who have chosen *direct anterior hip replacement.* In surgery for less than 90 minutes, he was discharged within three days and quickly began physical therapy.

"I can walk fine," he said. "No walker. No cane. No help needed. This is revolutionary."

To learn more, call Jan Wynn, MSN, RN-BC, director of Orthopedic Services, 334-793-8907.

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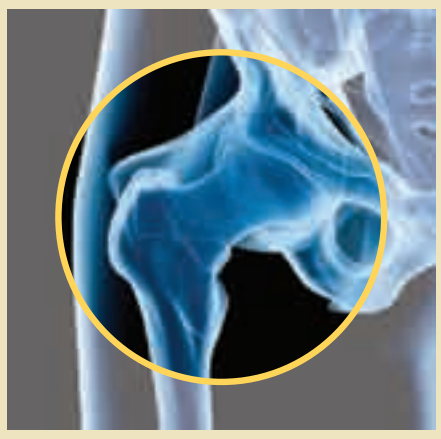

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Top 6 selected for Rising Star

By Tim Hipps
Installation Management Command
Public Affairs

PHOTO BY TIM HIPPS

U.S. Army Soldier Show alum Victor Hurtado epitomizes the "Soldier for Life" theme of the 2014 Operation Rising Star presented by PenFed alongside seven-time host GeNienne Samuels and past performers.

SAN ANTONIO – Army Entertainment officials selected three Soldiers, two Army family members and an Airman as semifinalists in the 2014 Operation Rising Star presented by PenFed military singing contest.

Staff Sgt. Michael Joseph of Fort Leonard Wood, Missouri; Pvt. Anthony Elliott of Presidio of Monterey, California; Celeste Betton of Fort Stewart, Georgia; Jackie Gollihar of Camp Humphreys, South Korea, won local competitions and were selected as regional finalists. Sgt. Johnny Vargas of Fort Benning, Georgia, and Air Force Tech. Sgt. Robert Carter of Joint Base San Antonio-Lackland Air Force Base earned wild-card spots via online submission.

Vargas earned a berth in the semifinals with "12 Different Ways," a song he wrote about his cousin's girlfriend and eventual wife.

"I didn't think it was good enough to get to the finals, but it's fun and it's positive and everyone likes it," said Vargas, 24. "I'm extremely excited. I actually went on YouTube, and went back to 2010 to see the competitors and see how the show was formatted.

"I'm not going to say I'm the best, but I'm definitely going to give it 100 percent. I have a couple buddies stationed at Fort Hood who are going to come down and see me. I'll just try to have as much fun as I can and do whatever it takes to stand out from everybody else."

The semifinalists will each be paired with a former Operation Rising Star winner, who will mentor and perform alongside them during live shows Dec. 6, 8, 10 and 12 at Fort Sam Houston Theatre. Free admission to the 7 p.m. shows will be open to the public each night to be filmed in front of a live audience, then the shows will air at www.OpRisingStar.com the following days.

Online viewer voting will count 50 percent in the scores that determine which contestants advance to the finals. Viewers will have 24 hours to vote for their favorite performers after each round. The winner will be revealed Dec. 13 on OpRisingStar.com, where the contest rules also are posted.

Veteran Operation Rising Star judges retired Sergeant Major of the Army Jack L. Tilley, "The Voice" vocal coach Debra Byrd, and country music recording artist Michael Peterson will return, as will seven-time host GeNienne Samuels.

To commemorate the 10th year of the U.S. Army Installation Management Command's Family and Morale, Welfare and Recreation program, former Operation Rising Star winners will mentor and perform alongside the 2014 finalists. Returning to the stage are: D.C. Army National Guard Sgt. Vicki Golding (2006); Army veteran, family member and DOD civilian Joyce Dodson (2008); Army veteran/wife/DOD civilian Melissa Gomez (2010); Georgia Army National Guard Sgt. Constance Mack (2012); and Army Sgt. Christiana Ball (2013), along with 2005 runner-up Ron Henry, a retired Army staff sergeant.

"We will get to see not only this year's contestants compete, but this gives us a chance to tell the story of some of our previous winners -- what they accomplished and have experienced since winning Operation Rising Star -- so we have an opportunity to tell our story as it relates to 'Soldier for Life,'" Army Entertainment Executive Producer Tim Higdon said. "We're going to tell their story; play some of their songs and videos. It's just a great marriage of telling that "Soldier for Life" story and what it means to wear the uniform and to support those that wear the uniform and how experiences like this prepare them for life after the military."

Operation Rising Star helped open entertainment doors for these Soldier-performers, but not without the help of Army Entertainment alums, such as Victor Hurtado and Joey Beebe, who also will return to work with their protégées, and the new contestants.

As a young Soldier Show performer who enjoyed a career with Army Entertainment, Hurtado thought the merging of his passions for service and performance would end when he left the military.

"Because of the relationships I've forged, that was not the case," he said. "That passion for service has led to a lifetime of devotion to our servicemen and women through production and direction of music. I've had the fortune of working with all six of the mentors that are coming back, and to share in their successes, and to humbly hope that they've trusted me to help them with those successes. I am really intrigued and thrilled to see them sharing the knowledge that they've gained over the last 10 years with these new contenders.

"I believe that a really large part of what they're coming back to do is to help the contenders implement the advice of the judges – because now they have perspective on the other side of Operation Rising Star," Hurtado said.

Pentagon Federal Credit Union, American Freedom Foundation and Kaplan University are sponsors of the 2014 Operation Rising Star program.

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Tread off turkey with coastal half-marathon

By Ally Mills Dorrough
Gulf Shores and Orange Beach Tourism

GULF SHORES AND ORANGE BEACH — Wishing you did not go back for seconds, thirds or fourths during Thanksgiving dinner? People can jump-start a healthier holiday season by participating in the Kaiser Realty by Wyndham Vacation Rentals Coastal Half-Marathon, 5K and 1-mile fun run Nov. 29 with the entire family.

With a distance for just about anyone, guests will be able to enjoy wildlife on Gulf State Park's paved Backcountry Trails as well as beach views throughout Gulf Shores and Orange Beach. Emily Gonzalez, director of marketing for Kaiser, said that this Family-focused event is one she holds dear.

"Kaiser loves this event, because it's the time of year when families come together," Gonzalez said. "We as a staff like to participate, because it gives us a chance to interact with guests and enjoy the family atmosphere surrounding the event."

Gonzalez candidly said this time of year lends itself to what she terms "togethering" – when families come together and celebrate each other. She explained this term goes full circle, impacting the realty company's mission, which encompasses an obligation to guests, employees and the community.

"We live for this," she said. "We strive to be very involved in the community, both locally and around the country. Being the title sponsor of family-friendly event that promotes personal well-being is something we strive for."

The marketing rep continued to express that the event is strategically placed so that beachgoers may capture the beauty of Alabama's Gulf Coast as they work off unwanted holiday pounds.

"This event allows guests to run through Gulf State Park to see the matchless beauty of the Backcountry Trails – a hidden gem that not enough people know about," she explained. "This is a fantastic opportunity to expose it."

Gonzalez said the most extraordinary part of sponsoring the run is hearing about families "togethering" for a challenge.

"It's heartwarming to hear people go through the experience and push themselves," she gushed. "It's important for families to come out for a challenge they can endure together."

This event is produced by Team-Magic, a race production team from Birmingham, on behalf of the Gulf Shores & Orange Beach Sports Commission and will serve as the Road Runners Club of America Half-Marathon Alabama State Championship. Each race begins and ends at the Orange Beach Sportsplex.

For more information and to register, visit http://bit.ly/1j4ydoR.

For information on upcoming athletic events along Alabama's Gulf Coast, visit www.gulfshoresorangebeachsports.com, or call 1-800-745-SAND.

WIREGRASS COMMUNITY CALENDAR

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

ANDALUSIA

DEC. 4 — The town's Christmas parade and tree lighting is scheduled for 7-8 p.m.

DECEMBER — Every weekend in December will feature Candyland on the Andalusia Square where people can visit to see snow in southern Alabama. Candyland will run Fridays 5-7 p.m., Saturdays 11 a.m. to 1 p.m. and Sundays 1-3 p.m. For more information, visit christmasincandyland.com.

DALEVILLE

DEC. 5 — The town's Christmas parade is scheduled for 5:30 p.m.

DEC. 5 — The town will host its Christmas market from 5-8 p.m. at the Billy Adkins Community Center. The event will feature a visit from Santa, vendors, food and children's activities.

DEC. 5 — The town will host its Best Owner/Pet Holiday Costume Contest at 6 p.m. at the Billy Adkins Community Center. For more information, call 598-3111.

DOTHAN

NOW-NOV. 22 — The Flagship Theatre will perform its production of Dr. Seuss' "Cat in the Hat and Oh Say Can You Say?" at 7 p.m. Nov. 20-21 and Nov. 22 at 2 p.m. at its facility on 965 Woodland Drive. Tickets will cost $12 for students, seniors and military, and $15 for adults. For more information, call 699-3524 or visit www.TheFlagshipTheatre.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

DEC. 2 — The city will host its Christmas parade Dec. 2 starting at 6 p.m. For more information, call 347-0581.

ONGOING — Veterans of Foreign Wars Post 6683, John Wiley Brock Post, membership meetings are at the post headquarters on County Road 537 every third Tuesday of the month at 7 p.m. For more information, call 406-3077, 393-6499 or 347-7076, or visit the VFW Post 6683 on Facebook.

GENEVA

ONGOING — The Geneva County Relay for Life meets the last Tuesday of the month at 6 p.m. at the Citizens Bank. For more information, call 248-4495.

MIDLAND CITY

ONGOING — Residents are invited to town hall meetings 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

ONGOING — Disabled American Veterans Chapter 99 maintains a DAV Service Office in the New Brockton Police station located at 202 South John Street Tuesdays and Wednesdays from 10 a.m. to noon. The office assists veterans who were injured or disabled while in military service. DAV service officers help veterans and their spouses with disability compensation claims, Veterans Affairs pension, death benefits, VA medical care, Social Security disability benefits, veterans' job programs, homeless veterans services and other services. All veterans services provided are free of charge. For more information, call 718-5707.

ONGOING — The New Brockton Disabled American Veterans 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. 21 — St. Michael's Episcopal Church will host its final fall classical guitar free concert at 7 p.m. at the church on 427 Camilla Ave. with a performance by Kevin Manderville, from Montgomery. Following the concert, there will be a meet the musician reception in the church parish hall. This is a free concert.

ONGOING — The Volunteer Income Tax Assistance Program at the Dale Baptist Association is looking for volunteers to help prepare tax returns for people with low to moderate income who cannot prepare their own returns. Volunteers will spend two to four hours a week volunteering from February to April 15. There are numerous benefits for volunteers, including helping those in need and adding a new skill to their resumes. For more information or to sign up, send an email to wi.spec.bhampartners@irs.gov with the volunteer's name and contact information, and asking for the Ozark location as the place to volunteer.

NOW-DEC. 20 — The Ann Rudd Art Center will be open through Dec. 20, Wednesdays through Saturdays, from 11 a.m. to 4 p.m., except for Thanksgiving Day. Shoppers will have numerous opportunities to discover local talent. Gourds, jewelry, paintings, crocheted items, clothing, hand-painted glassware, and other arts will be featured, as well as books by local authors. The Ann Rudd Art Center is located in downtown Ozark, on the Square.

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 — The Pioneer Museum of Alabama invites people to learn to cook like a pioneer. The museum's Hearthside Meals offers the opportunity to learn to cook in a Dutch oven and on a wood stove, and then participants get to enjoy the meal. Cost is $15 per person, and includes the cooking class and the three-course meal. Pre-registration is required and is limited to 15 people. For more information or to book a spot, call 334-566-3597.

DEC. 12 — The Pioneer Museum of Alabama invites people to its Ole Time Christmas from 7-10 p.m. People can experience Christmases past by walking through candlelit lanes, roasting marshmallows, story-telling, singing Christmas carols and mingling around a fire. Admission is $4. For more information, visit www.pioneer-museum.org.

WIREGRASS AREA

ONGOING — The Marine Corps League, Wiregrass Det. 752, welcomes all Marines, Navy corpsmen and chaplains, and their families, to its monthly meetings. Meetings are held the first Thursday of each month at 7 p.m. Attendees are welcome to arrive early for food and camaraderie. The next meeting will be at the armory at the corner of Westgate Parkway and Choctaw in Dothan.

For more information, call 718-4168 or 805-7335.

ONGOING — Veterans Of Foreign Wars Post 3073 Wiregrass Post membership meetings are at the post headquarters at 1426 Taylor Road every third Tuesday of the month at 6:30 p.m. There is a fish fry every Friday night from 5-7 p.m., then karaoke begins at 6 p.m.

For more information, call 793-7912.

NOV. 20 Headland will host a city-wide holiday open house to launch the holiday season from 3-8 p.m. Merchants will stay open late with special sales and holiday treats, and some businesses will also have customer appreciation and open house activities. The tree-lighting at the square will be at 6 p.m. followed by Headland Elementary School's Kindergarten Holiday Sing at the gazebo. Santa will arrive in his sleigh on Grove Street on the downtown square at 3:30 p.m. to visit with children and then will move to Diann's Florist from 4:30-5:30 p.m. Strolling carolers will also entertain with Christmas music in front of businesses during the evening.

NOV. 21 — Another Sundown Cinema at the Square is set for 6 p.m. "The Polar Express" will be the free featured presentation. Popcorn, hot cocoa and drinks will be available. People are welcome to bring their lawn chairs and blankets for this outdoor holiday event. This free outdoor movie is sponsored by the City of Headland, Headland Area Chamber of Commerce and Renaissance Headland.

DEC. 11 — Headland's annual Christmas parade will be at 6 p.m. The theme for this year's parade is "A Caroling Christmas Parade." Parade entry forms are available on line at www.headlandal.com. Entry fee is $10. For more information, contact the Headland Area Chamber of Commerce at 334-693-3303 or headlandalchamber@gmail.com.

Beyond Briefs

'Great Russian Nutcracker'

Moscow Ballet's "Great Russian Nutcracker" will run at the Montgomery Performing Arts Centre Tuesday from 7-9 p.m. Tickets start at $30. Tickets can be purchased online or at the MPAC Box Office Mondays–Fridays from 10 a.m. to 5 p.m. For more information, call 334-481-5100, or visit www.mpaconline.org/events/.

Christmas at the Fair

Panama City, Florida, will host the Christmas at the Fair arts and crafts showcase beginning Friday at 10 a.m. and ending Saturday at 6 p.m. at the Central Panhandle Fair Grounds. The show is the 10th annual juried show featuring artists from Florida, Alabama and Georgia. This arts and crafts showcase is described as an upscale event where attendees can expect to find one-of-a-kind handmade boutique quality items.

The event will feature 90 exhibitor booths of arts and crafts, and people are welcome to chat with the artists. There will be art work for every budget with a focus on quality and originality. This year the exhibitors will be selling everything from fine art, jewelry, hand thrown pottery, stained glass, candles, wooden pens, whimsical hand-painted door art, personalized Christmas ornaments, unique wooden birdhouses, metal sculptures, one-of-a-kind wooden furniture, shabby chic home décor to personalized children's clothing and accessories.

The fair grounds are located at the intersection of Sherman Avenue and U.S. Hwy 98. For more information, visit http://christmasatthefair.com/.

Apalachicola Christmas celebration

Nov. 28, the streets of Apalachicola, Florida, will be lined with luminaries and filled with holiday spirit as merchants will be open late and the sounds of carolers will echo through the streets. Santa will arrive on a shrimp boat at 4 p.m. at the City Dock on Water Street.

Also, Nov. 29 from 1-3:30 p.m. Santa has a special day devoted to hearing wishes from his furry friends. There will be a pet costume contest at 3 p.m. and special treats for dogs.

For more information, call 850-653-9419 or visit www.apalachicolabay.org.

Galaxy of Lights

Huntsville Botanical Gardens' Galaxy of Lights is a 2 ½--mile-long holiday light extravaganza featuring larger-than-life animated light displays Nov. 27-Dec. 31. Special exhibits include a holiday village, dinosaurs, wild animals, a magical twinkling icicle forest, garden scenes, animated snowmen and the 12 days of Christmas. Cost is $20 per car (up to 10 people).

For more information, visit http://www.hsvbg.org.

Zoo Christmas lights festival

The Montgomery Zoo will transform into a Winter Wonderland sparkling with thousands of lights and festive decorations during the Christmas lights festival Dec. 4-7, 11-14 and 18-31 from 5:30-9:30 p.m. Admission is $15 and includes a train ride. People are welcome to take a leisurely stroll, a brisk train ride or see the lights from atop the Zoofari Skylift Ride. Santa will be on hand and the event features live nightly entertainment, and hot chocolate and fresh-baked cookies. Other activities will be available, as well.

For more information, call 334-240-4900, or visit www.montgomeryzoo.com. The zoo is located at 2301 Coliseum Parkway, Montgomery.

Lighthouse climb

The Cape St. George Lighthouse offers people a chance to climb to the top of the lighthouse to view the sunset and full moonrise Dec. 6. Admission is $15 and includes snacks and a sparkling cider toast to the full moon. After sunset, additional climbers can view the full moon as time and space allow for $10. The lighthouse is located at 2B East Guld Beach Drive, St. George Island, Florida.

To make reservations or get more information, call 850-927-7745. To find out more about the lighthouse, visit www.stgeorgelight.org/.

U.S., NATO Soldiers meet, show off hardware to Lithuanians

By Sgt. David Turner
Army News Service

RULKA, Lithuania — U.S. Army Soldiers, along with their NATO counterparts, turned out with vehicles, weapons and equipment to show off and meet the local residents of Pabrade Nov. 9 as part of a groundbreaking NATO exercise being held nearby.

Military personnel from eight other NATO member countries participating in Exercise Iron Sword 2014 joined the U.S. Soldiers for the public engagement event, which featured a variety of military hardware on display. Along with Bradley and Stryker fighting vehicles, courtesy of the 1st Brigade Combat Team, 1st Cavalry Division, and 2nd Cavalry Regiment, Lithuanian residents had a chance to see weapons, armored vehicles, engineering equipment and some of the latest military gear from their NATO allies.

Iron Sword 2014 is the first such exercise in Lithuania to include multinational troops from NATO members. Nine NATO member countries are participating, including Lithuania, the United States, Canada, Great Britain, Germany, Hungary, Estonia, the Czech Republic and Luxembourg.

Public events are important for residents of the area, said Maj. Gen. Almantas Leika, commander of the Lithuanian Land Forces, who attended the event.

"Through events like this, we make sure that NATO solidarity and the NATO spirit reach as many people in our nation as possible," said Leika.

The public, said Leika, has been enthusiastic about having NATO troops train with their soldiers on Lithuanian soil. For U.S. troops, Iron Sword 2014 is part of Operation Atlantic Resolve, a U.S. Army Europe-led series of training events across Eastern Europe, aimed at contributing to regional stability and demonstrating U.S. commitment to NATO.

The message he hopes people in the area get from events like this, said Leika, is that "We are not alone. We are supported by our allies."

"They talk to the Soldiers from other nations, they see the equipment, they can touch it. Most of the people coming here are thanking the Soldiers for coming and being together with us," said Leika.

Many of those attending were families with children, who were allowed to explore the insides of the U.S. Army's Bradley and Stryker fighting vehicles, try on tactical gear, and even handle some of the weapons and equipment.

Cpl. Paul Rawlinson, a UK soldier with the Mercian Regiment, said it was a rare chance for him and his troops to meet and talk with Lithuanian residents.

"It's one of the few times you get appreciation from the general public," said Rawlinson, an infantryman from Cheshire, England. "You normally don't get that when you're in the Army because it's just you, surrounded by soldiers, doing your thing."

"It's a whole different side of the job that you don't get to see that often," he said.

Soldiers from the 1st Cavalry Division and 2nd Cavalry Regiment enjoyed lots of attention from the public, who seemed especially interested in their Bradley and Stryker fighting vehicles.

Young boys especially seemed eager to climb through the hatches of his Bradley and learn about every part of the machine.

"They're curious about the capabilities of the vehicle," said 1st Lt. John O'Brien, a platoon leader with B Company, 2nd Battalion, 8th Cavalry Regiment, adding that his troops enjoyed themselves as much as their Lithuanian hosts.

"They're having a blast," said O'Brien, a Rice, Texas, native. "It's nice when you're welcomed with open arms and they treat you so hospitably ... hopefully, we're building relationships that will pay dividends in the future."

PHOTOS BY SGT. DAVID TURNER

Pvt. Wayne Tucker, of Atlanta, Georgia, a Soldier with the 1st Squadron, 2nd Cavalry Regiment, shows off the inside of a Stryker fighting vehicle during a public engagement event in Pabrade, Lithuania, Nov. 9.

Sgt. Arthur Rivera, of Bremerton, Washington, a Soldier with the 2nd Battalion, 8th Cavalry Regiment, 1st Brigade Combat Team, 1st Cavalry Division, lets a young Lithuanian try on a helmet and tactical vest during a public engagement event in Pabrade, Lithuania, Nov. 9.

Chief Raphael Deas, Luxembourg army, shows off an anti-tank weapon to a Lithuanian resident during a public engagement event in Pabrade, Lithuania, Nov. 9.

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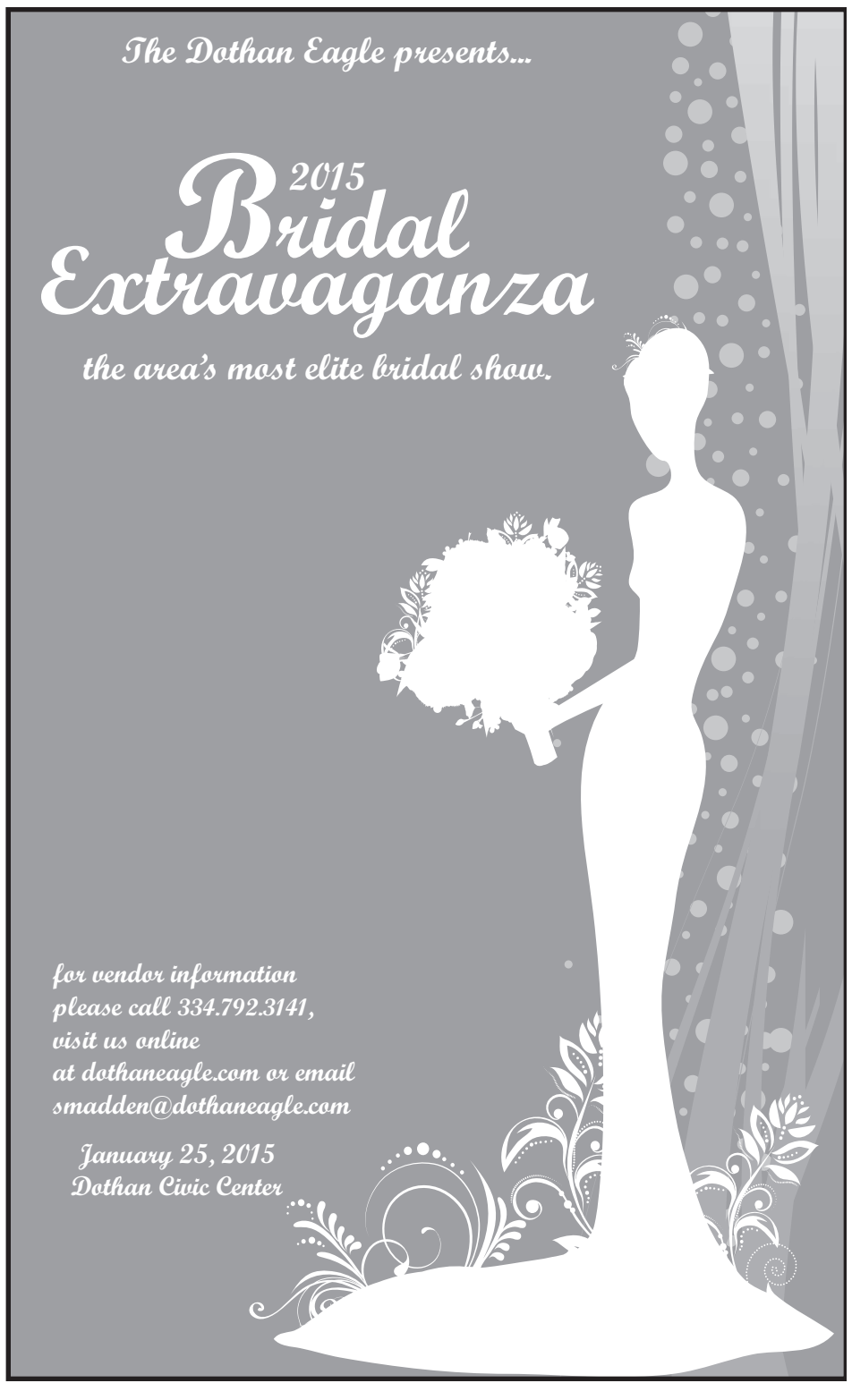

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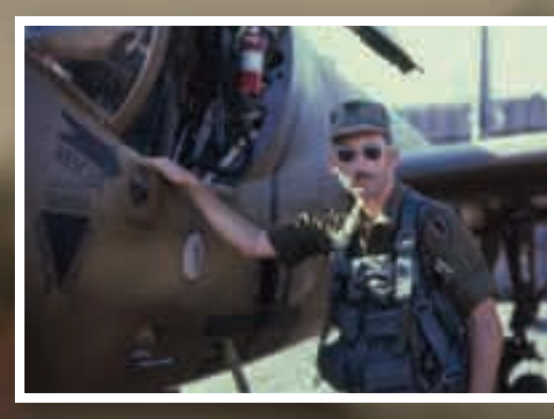

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UNITED ASSISTANCE
Fewer Soldiers will deploy to west Africa than planned
Story on Page D3

NOVEMBER 20, 2014

GOING FOR THE GOAL!

Rucker All-Star team gets runner up in regional championship

By Nathan Pfau
Army Flier Staff Writer

Thirteen Fort Rucker soccer players braved one of the coldest days of the year so far for a chance to be named champions, and although they didn't take the title, they left the field with a champion's spirit.

The Fort Rucker Youth Sports All-Star 9-and-under soccer team took the runner-up position in the Alabama State Regional Tournament in Troy Nov. 1, and Scott Wuergler, head coach, said although the team came in second, the players had a good time and left everything on the field.

"We played tough. I'm proud of the kids and how they played," he said. "It was a great time and a great experience. Although they didn't win the championship, I wanted the children to play hard and that's what they did."

The team players were Kourtney Rios, Matthew Siegler, Dylan Hansen, Isaiah Neal, Keely Hall, Owen Grimes, Shay Calderon, David McHugh, Jayson Altieri, AJ Harris, Thomas VonEschenback, Robert Olson and Dilan Baugh.

COURTESY PHOTO

Scott Wuergler (center), head coach, flanked by his assistant coaches, Wayne Grimes and Brian Hansen, pose with the 2014 Fort Rucker Youth Sports All-Star soccer team with their runner-up trophy after the State Regional Tournament in Troy Nov. 1.

The assistant coaches included Wayne Grimes and Brian Hansen, who Wuergler said provided invaluable help throughout the season and tournament.

The tournament was an all-day affair pitting eight teams against each other in the frigid temperatures. But despite the cold, the Fort Rucker team endured to make it to the final game.

The team's first game was at 9 a.m. when they faced the Ozark team, which ended in a 0-0 tie after regulation time, said Wuergler. Since the game ended in a tie, it went to penalty kicks.

"For the penalty kicks, it's five against five, so each team picks their five players to shoot, and at the end of that, whichever team has the most goals wins," said the head coach. "If it's still tied at the end of that, then it goes to six shooters, then so on and so forth. We finally won on the eighth shooter. It was a lot of build up and suspense and our goalie (Grimes) did a great job."

The following game was against Eufaula, and the Fort Rucker players fared much better in this game by scoring two goals in the first half and two goals in the second half to win, 4-1.

Still cold with the wind blowing hard, the team went into their final game against Dothan, who is known to win the tournament every year. The Rucker team was unable to pull out a win, but the players gave it their all, said Wuergler.

"I wanted them to leave everything on the field and not regret anything," he said. "And that's what they did. I'd rather them go down in a blaze of glory, trying their best and having a good time doing it, than to be scared to give it their all."

The road to the tournament wasn't easy, and for a lot of the children who hadn't played soccer together as a team, it was a tough experience, said the head coach.

The coaches chose the team by deciding who were the best players from the regular season – looking for the biggest, strongest and fastest players.

The players also had to get used to playing with more players on the field as their regular season was played as six-on-six and the tournament was played 11-on-11.

"We had two weeks of practice, six practices total, and it took a lot to bring the teams together," said Wuergler. "None of the children had played together before the beginning of the season … and the children had to get used to the bigger field."

Although the sport is competitive, Wuergler said the biggest emphasis was on fun.

"I just wanted them to have fun. There was lots of laughing, lots of joking and that's what I stressed," he said. "I was strict when I needed to be, but it was more about having fun and getting them to enjoy themselves."

The team was invited to the state tournament in Opelika, but due to logistics and schedule conflicts, the team was unable to attend.

Officials offer tips to help prevent food-borne illness

By Lt. Col. Steve Lawrence
U.S. Army Public Health Command

Ben Franklin once said, "An ounce of prevention is worth a pound of cure," and that certainly is as true today as it was in Ben's time.

The United States has one of the safest food supply systems in the world, but that doesn't mean it is perfect. Most service members are a well-traveled group and have eaten in countries that have differing food safety standards – some countries have no food standards at all. Gastrointestinal illness is one of the many repercussions that can afflict a service member who ate food from a street vendor selling the local specialty.

The U.S. Centers for Disease Control and Prevention estimates that one in six Americans get sick every year as a result of foodborne illness – 128,000 are hospitalized and about 3,000 die of foodborne diseases. Young children and adults over 65 years are most likely to be hospitalized with severe complications or even death as a result of foodborne illness. Salmonella, Norovirus, Clostridium and Campylobacter are the pathogens most commonly implicated in outbreak investigations.

Salmonella is a bacteria commonly found in farm animals like poultry. Many outbreaks can be linked to undercooked poultry and eggs, but also other commodities such as fruits and vegetables have been linked to Salmonella foodborne outbreaks.

PHOTO ILLUSTRATION BY DEBORA CARTAGENA

This photograph depicts a skinned and boneless piece of chicken breast meat. The USDA recommends that all poultry be cooked to a safe minimum internal temperature of 165 degrees to prevent foodborne illness.

The illness causes fever, abdominal cramps and diarrhea, and can last up to one week in duration. Most people recover quickly without antibiotics.

Norovirus is the most common food poisoning sickness found in the U.S. The CDC estimates that about 58 percent of all identified food outbreaks are caused by this virus. Salad ingredients and shellfish are the commodities most commonly associated with Norovirus. In addition to eating contaminated food and water, person-to-person contact or touching contaminated surfaces can lead to this sickness. Typical clinical symptoms of Norovirus infection are nausea, vomiting, cramps and diarrhea, and can last anywhere from one to three days.

Clostridium perfringens is a bacteria found in the environment as well as the intestines of people and animals. Most cases of clostridium are caused by improperly cooked meats, meat products and gravy. Typical symptoms of this type of food poisoning include abdominal cramps and watery diarrhea that last for only 24 hours, however milder signs can last up to a couple of weeks.

Campylobacter organisms are bacteria found in the intestines of animals. Foodborne outbreaks are linked to poultry or unpasteurized milk that may have been contaminated with manure. Typical symptoms of this disease include fever, cramps, diarrhea and vomiting, and can last from a few days to over a week.

Most of these foodborne illnesses can be prevented by following these guidelines.

1.Clean and properly disinfect food surfaces such as cutting boards. Keep separate cutting boards for fruits, vegetables and meats, and never cross-contaminate. Clean fruits and vegetables thoroughly before serving raw or cooking.

2. Keep warm foods warm and cold foods cold. Food grows bacteria in the food danger zone of 41 to 140 degrees. Ensure that hot foods are cooked to at least 165 degrees before serving. Use a thermometer to verify the cooking temperature. Ensure that your refrigerator temperature is set low enough to bring foods below 40 degrees rapidly.

3. Wash hands before, during and after food preparation.

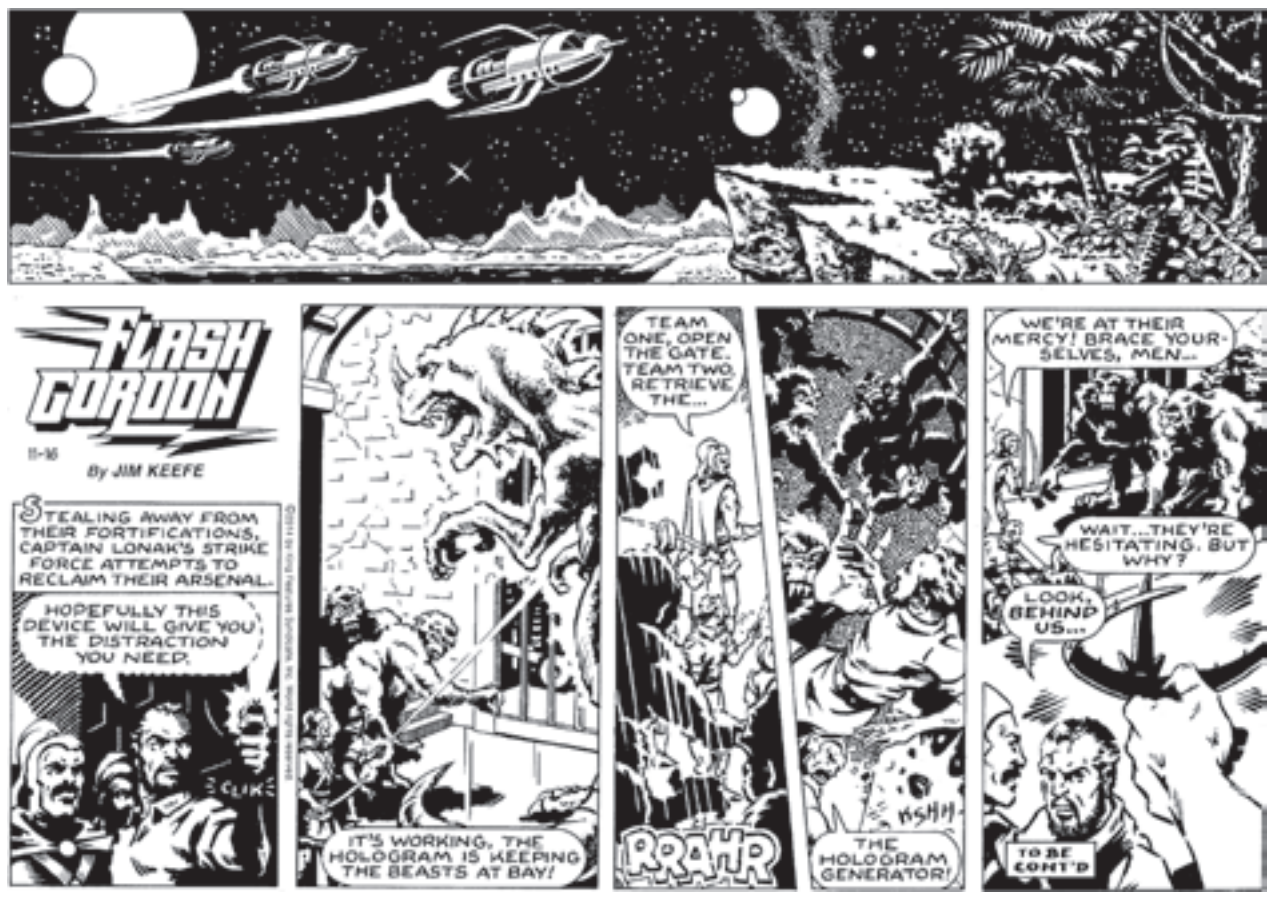
4. Respect the sell-by date on fresh meat products.

Practicing these simple methods can keep your family healthy and prevent food poisoning. Remember, an ounce of food safety knowledge will save you many appointments at your primary care physician.

PIGSKIN PICKS

	Kansas City vs. Oakland	Cincinnati vs. Houston	N.Y. Jets vs. Buffalo	Arizona vs. Seattle	Miami vs. Denver	Dallas vs. N.Y. Giants	Baltimore vs. New Orleans
Col. Tom von Eschenbach, TCM UAS (48-29)	KC	Houston	Buffalo	Seattle	Denver	Dallas	New Orleans
Jim Hughes, PMO (48-29)	KC	Houston	Buffalo	Seattle	Denver	Dallas	New Orleans
Brian Jackson, DPMWR (41-36)	KC	Cincinnati	Buffalo	Arizona	Denver	Dallas	New Orleans
Capt. Mike Simmons, DPS (43-34)	KC	Cincinnati	Jets	Seattle	Denver	Dallas	New Orleans
Sharon Storti, NEC (43-34)	KC	Cincinnati	Buffalo	Seattle	Denver	Dallas	Baltimore

Down Time

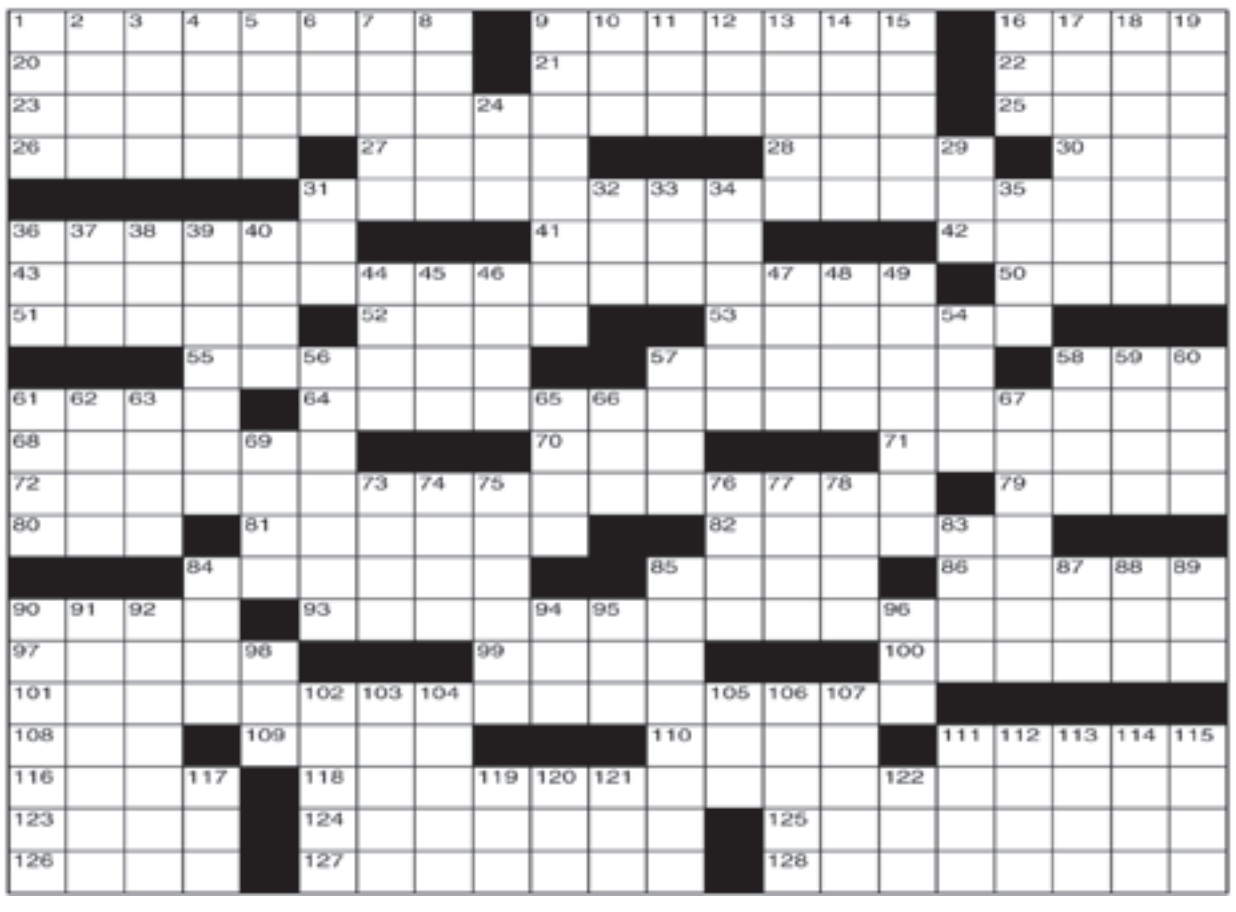


Super Crossword

IRISH SHUFFLE

ACROSS
1 Disparage
9 Nassau's nation
16 Spot's pal
20 Old gas giant
21 Acre native
22 Mac OS X is based on it
23 Lucy's hubby creates a portrait of an Egyptian Nobelist?
25 Sitar master Shankar
26 Doesn't split
27 First-time Net surfer
28 Classic cookie
30 Enshrouded
31 Singer Cline dupes singer Ross?
36 One in a tippy boat
41 Grin widely
42 Baker's —
43 Spaghetti that smells and tastes terrible?
50 Aviary abode
51 Company with a spokesduck
52 Big name in champagne
53 "Faust" playwright
55 Like a sure-to-succeed proposition
57 Impart fizz to
58 "Drop — line sometime"
61 Slightly
64 Declaration from one who abducts alley prowlers?
68 Food-conducting plant tissue
70 Author Levin
71 Third note in the A major scale
72 Soreness causes shaggy ox to lose focus?
79 Iowa city
80 Use a rocker
81 Fetus holder
82 Brother of Gretel
84 Eugene O'Neill's "The — Cometh"
85 Like quilts
86 Gravitates
90 Additionally
93 Salsa can be found on the platter of munchies?
97 Sonnet writers, say
99 "99 Luftballons" band
100 Valuables
101 Model Banks opts not to take Tums?
108 Slap handcuffs on
109 Pop's mama
110 River in Russia
111 "— bleu!" (French "Holy cow!")
116 Kazan with three Tonys
118 Observance "shuffled" in this puzzle
123 Put a fork in
124 Provider of funds
125 Dog flea, e.g.
126 Match up, as timepieces
127 Like grasslands
128 Some small pooches

DOWN
1 Gin mills
2 Release
3 "Livin' La Vida —"
4 Totally gross
5 Playthings
6 Highest-rated
7 Tropical vine
8 Author T.S.
9 Gradually
10 Talking biblical beast
11 Wk.'s 168
12 Org. aiding stranded motorists
13 French red wine
14 Happy as —
15 Locales
16 Dog covering
17 Befuddled
18 Discovers intuitively
19 It causes rust
24 Thumbs-down votes
29 Like 1 or 3
31 Nose around
32 Koppel of news
33 Jail sentence
34 Mental pictures
35 Skye of film
36 Civil War org.
37 Anti-moonshine org.
38 Naught
39 Ad infinitum
40 Kitchen utensil brand
44 Berserk
45 Mozart's "— Fan Tutte"
46 Marsh plant
47 Categorize
48 Rend
49 Assails
54 Attention-getting calls
56 Restricted
57 Give — on the back
58 What to call a lady
59 French I verb
60 Nile biters
61 Downloads for iPhones
62 Asian cuisine
63 Came to rest
65 Vardalos and Long
66 Bit of a circle
67 Huts in the Swiss Alps
69 Concern of a PTA: Abbr.
73 Big hauler
74 Web, to a fly
75 Altercations
76 "— Leaving Home"
77 Exhibit ennui
78 Court star Kournikova
83 Deer kin
84 Greek vowel
85 Collection of busts, e.g.
87 "Is" pluralized
88 Turner of a rebellion
89 Part of MS-DOS: Abbr.
90 Suitability
91 Allegiance
92 Certain Slav
94 Mermaid site
95 "Maisie" star Sothern
96 Ill-bred dude
98 Tax form ID
102 DJ Casey
103 Asinine
104 — visit (dropped by)
105 Mastery
106 Grouses
107 Near the hip
111 Game with 32 cards
112 Admin. aide
113 Roman 402
114 $5/hour, e.g.
115 Glimpses
117 "20/20" airer
119 Doze (off)
120 One and one
121 Basilica seat
122 — -Magnon



See Page D3 for this week's answers.

TRIVIA

Trivia test by Fifi Rodriguez

1. MEASUREMENTS: What does a quadricentennial represent?
2. MEDICINE: Which vitamin is essential in blood clotting?
3. U.S. STATES: Which U.S. state has a license plate that proclaims, "Land of Lincoln"?
4. GENERAL KNOWLEDGE: Which one of the seven dwarfs in the 1937 film "Snow White and the Seven Dwarfs" did not have a beard?
5. HISTORY: What were known as "liberty steaks" during World War II in America?
6. ANIMAL KINGDOM: How many limbs does a squid have?
7. LITERATURE: What is the name of the boy raised by wolves in Rudyard Kipling's "The Jungle Book"?
8. GAMES: What is known as skeet?
9. MOVIES: How many roles did Peter Sellers play in the movie "Dr. Strangelove"?
10. FOOD AND DRINK: Which young French wine is released annually on the third Thursday in November?

See Page D3 for this week's answers.

Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ★★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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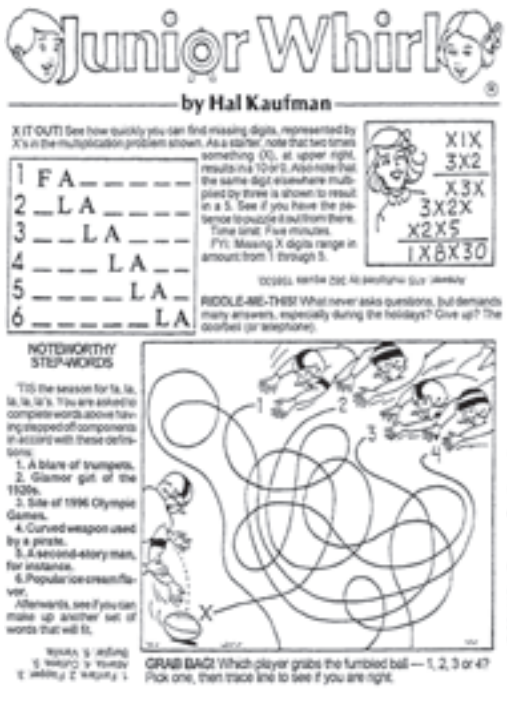
See Page D3 for this week's answers.

Kid's Corner



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

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

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Army: Fewer Soldiers will deploy to west Africa than planned

By Cheryl Pellerin and David Vergun
Army News Service

WASHINGTON — Nearly 2,200 U.S. troops are in west Africa working to stop the spread of Ebola, and that number will peak just short of 3,000 next month, according to the task force commander.

"We will top out in the middle of December just short of 3,000 and that's the most we'll bring into the country," said Maj. Gen. Gary Volesky, commander of the 101st Airborne Division (Air Assault), and Joint Force Command - Operation United Assistance.

That is about 1,000 troops less than a previous estimate, but Volesky said there's more capacity in Liberia than planners thought because of the U.S. Agency for International Development, whose personnel have been in Liberia for months, and because of efforts by the government of Liberia and many non-governmental organizations.

Volesky spoke during a teleconference from Monrovia, Liberia, with the Pentagon press corps Nov. 12.

The rate of increase of Ebola is much lower than it has been over the last couple of months, "but there are new cases every single day here in Liberia, so we are supporting USAID in building Ebola treatment units, training health care workers," and sustaining treatment units, Volesky said.

Thanks to pre-deployment and continuous training and monitoring, he said, no military personnel have shown symptoms of Ebola.

"We continue to sustain their training and talk about how to make sure they don't put themselves at risk. And our chain of command and leadership are very involved in making sure our (service members) are adhering to those standards," Volesky said.

"You won't see Soldiers roaming all over Liberia," he added. "We've got it very controlled. They go places where there's a mission and we make sure we're following all those protocols."

On the ground in Monrovia, the first two treatment units have opened.

The Monrovia medical unit for health care workers opened its doors a week ago. Volesky called it a strategic treatment unit "because it is hopefully giving the international community confidence that if they have people come to Liberia (who) get infected, there's a place for them."

PHOTO BY SGT. 1ST CLASS NATHAN HOSKINS

Maj. Gen. Gary Volesky, commander of the Joint Forces Command - United Assistance and 101st Airborne Division (Air Assault); Lt. Col. Lee Hicks, JFC-UA command engineer; Capt. Tad Reed, aide to the JFC-UA commander; Gregg Gross, engineering contractor; Sam Sells, military liaison officer, U.S. Agency for International Development; Armed Forces of Liberia Capt. A. J. Halley Moore, 1st Battalion commander; and Scott Dehnisch, military liaison officer, USAID, walk down a street in Ganta, Liberia, Nov. 3 on their way to meet with local city and medical officials.

Another unit, the Tubmanburg Ebola Treatment Unit, opened a few days ago – a joint venture with members of the Liberian armed forces, who Volesky said did much of the work, with U.S. oversight for electricity and plumbing.

Eventually, there will be 17 treatment units, with three or four more completed before the end of November and, depending on weather and other considerations, the rest should be completed before the end of December, the general said.

In addition to treatment units, an increase in mobile diagnostic labs in and around Monrovia has been a game-changer, he added.

It used to take days to determine from a blood sample whether an individual had Ebola. "Now that's determined in a few hours," he added, reducing the chances that people waiting for diagnoses might infect each other with Ebola or another disease.

Of the nine labs in or near Monrovia, Volesky said, seven are DOD labs, one is a Centers for Disease Control-National Institutes of Health mobile lab and the other is a European Union-donated mobile lab.

Liberia also has a permanent national reference laboratory that DOD and National Institutes of Health have supported to help build the facility's testing capacity. A reference lab is one that performs quality, high-volume or specialty testing of biological samples for physicians, hospitals and other laboratories.

Partnership effort

The effort to stop the spread of Ebola is testing Soldiers' agility and ability to work with multiple partners.

Dr. Rajiv Shah, the administrator for USAID, described the effort as "the largest U.S. response to a global health crisis in history."

Shah and others spoke at a House Committee on Foreign Affairs hearing on "Combating Ebola in west Africa," Friday.

He termed the effort a "whole-of-government approach," during his opening testimony. Besides USAID, the Army and the other services, he said partners on the ground in west Africa include the Department of State, the Department of Health and Human Services, the Centers for Disease Control and Prevention, and the U.S. Forest Service.

International partners include the World Health Organization, the World Food Program and UNICEF, along with non-governmental organizations such as International Medical Corps and Global Communities, he continued.

"Ultimately, the ramp-up of civilian, (non-governmental organization), host country, and international partner capacity will enable our military to transition home," he added.

Now and in the coming years and decades, Soldiers will increasingly serve with counterparts from the other services as well as multinational and interagency partners, Army Chief of Staff Gen. Ray Odierno announced last month in his keynote address at the opening of the Association of the United States Army's annual meeting.

He was referring to the new Army Operating Concept that provides a blueprint for the way ahead in a complex and dangerous world, a world in which an epidemic like Ebola, as well as trans-national terrorism, can pose a national security threat for the U.S. in unpredictable ways.

Michael D. Lumpkin, who also testified, said the Ebola epidemic "is not only a global threat, but a national security priority for the U.S."

Lumpkin is the assistant secretary of Defense for Special Operations and Low-Intensity Conflict.

The military's "unique capabilities, specifically speed and scale," give USAID and other agencies "the time necessary to expand and deploy their own capabilities," he said.

Also, "U.S. military efforts are helping galvanize a more robust and coordinated international effort, which is urgently needed to contain this threat and reduce human suffering in west Africa," he added.

Lumpkin reiterated that the safety and well-being of the U.S. military in west Africa is of utmost importance. Although U.S. military personnel are not in direct contact with Ebola patients, should a Service member be exposed to the virus "we have procedures in place to evacuate (them to Centers of Disease Control and Prevention)-designated advanced care facilities in the U.S."

In conclusion, Lumpkin applauded the Army's role.

"Volesky and the deploying elements of his command bring not only significant operational capabilities to support the mission's lines of effort, but also the command-and-control structure necessary to coordinate U.S. military efforts with other entities," he said.

PIGSKIN PICKS

	Kansas State vs. West Virginia	Fordham vs. Army	Ole Miss vs. Arkansas	Arizona vs. Utah	Louisville vs. Notre Dame	Missouri vs. Tennessee	USC vs. UCLA
David C. Agan Jr. PAO (45-32)	WV	Army	Arkansas	Utah	Louisville	Tennessee	UCLA
Kent Anger, DPTMS (46-31)	WV	Army	Ole Miss	Utah	Notre Dame	Tennessee	UCLA
Sgt. 1st Class Brian Brenner NCOA (43-34)	WV	Army	Ole Miss	Utah	Notre Dame	Tennessee	USC
Wes Hamilton NEC (44-33)	K-State	Army	Ole Miss	Arizona	Notre Dame	Missouri	UCLA
John Tkac DPS (50-27)	WV	Army	Ole Miss	Arizona	Louisville	Tennessee	UCLA

PUZZLE ANSWERS

Weekly SUDOKU

Answer

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

TRIVIA

Answers

1. A celebration marking 400 years
2. Vitamin K
3. Illinois
4. Dopey
5. Hamburgers
6. 10
7. Mowgli
8. Trapshooting
9. Three
10. Beaujolais nouveau

Super Crossword

Answers

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

SPORTS BRIEFS

Big Buck Contest

Outdoor recreation is hosting it Big Buck Contest now 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.

Rucker Lanes Month of Military Family

Rucker Lanes will celebrate the Month of the Military Family by offering free bowling for children throughout November. Parents can bring children in for up to three free games and a shoe rental with the purchase of three adult games and a shoe rental. The offer cannot be combined with any other offer.

For more information, call 255-9503.

Zumba Challenge

The Fortenberry-Colton Physical Fitness Center will host a two-hour Zumba Challenge today from 5:30-7:30 p.m. The cost is $3.50 or people can use their Fitness Card. Door prizes will be given and refreshments will be provided. The challenge is open to all authorized patrons.

For more information, call 255-3794.

Turkey Trot

The annual Turkey Trot 5K/10K and 1-Mile Fun Run will be held Saturday starting at 9 a.m. at the Fort Rucker Physical Fitness Center. Race day registration will be between 7:30-8:45 a.m. Participants are encouraged to preregister at either physical fitness center or MWR Central. The fun run will begin after the 5k/10k race is complete, and is free and open to all children. Each fun run participant will receive a medal. The 5k/10k costs are $20-25 individual and $120-160 for teams.

For more information, call 255-2296.

Turkey Shoot Out

Silver Wings Golf Course will host a Turkey Shoot Out Saturday. Tee times are 7-9 a.m. and cost is $20 per player, plus cart and green fees if applicable. For individual stroke play, U.S. Golf Association Handicap or Weekend Dogfight points will be used. Gift certificates and turkeys will be awarded as prizes to gross and net winners. The event is open to the public and Exceptional Family Member Program friendly. People need to register by 9 a.m. Saturday

For more information, call 598-2449 or 598-1632.

Zombie Bowl

Rucker Lanes will host its Zombie Bowl Nov. 28 from10 a.m. to 4 p.m. Cost is $50 per lane and includes two one-topping 12-inch flatbread pizzas, pitcher of soda or tea, bowl of tortilla chips and salsa, shoe rental and unlimited bowling for up to six people per lane. The event is open to the public. Advance registration is recommended.

For more information or to make a reservation, call Rucker Lanes at 255-9503.

The 'Real' Iron Bowl

Silver Wings Golf Course will host its "Real" Iron Bowl Nov. 29. Tee times begin at 7 a.m. The entry fee is $20 – green and cart fees not included. U.S. Golf Association rules apply to all play, except for local rules. Prizes will be awarded to the Low Gross, Low Net and Most Team Spirit. The tournament format is Alabama Fans vs. Auburn Fans, four-person teams, best two balls of four. People can sign up the day of the event and let the staff know if they are for Alabama or Auburn. People can register individually or as a team.

For more information, call 598-2449 or 598-1632.

SWGC Pro Shop holiday sale

Silver Wings Golf Course's Pro Shop will host its holiday sale Dec. 1-24. People who purchase an item from the shop during that timeframe will have a chance to choose a stocking from the tree. There will be a special holiday discount inside each stocking and that special discount will be applied to the purchase. The sale does not include demo club purchases, range tokens, club repair or grip replacement services.

For more information, call 598-2449.

Youth spring soccer registration

Fort Rucker Child, Youth and School Services will hold spring youth soccer registration Dec. 1-31. Cost is $20 for youth ages 4-5 and $40 for youth ages 6-14. Additional children beyond the first can be registered for a percentage discount to be determined at parent central services during registration. Parents who pay by WebTrac will need to call in their children's shirt and short sizes. Leagues are Training League for ages 4–5; Pee Wee League for ages 6–7; Mites League for ages 8–9; Junior League for ages10–11; and Senior League for ages 12–14.

A current sports physical and a valid CYSS registration are required for participation. Children must meet age requirements by Aug. 1, 2014. There will be a parent's meeting Feb. 4 at 6 p.m. at the youth center gymnasium, Bldg. 2800, Seventh Avenue. Season begins Feb. 23 and runs until March 26. Soccer practice begins Feb. 9.

Coaches are needed, and those interested should call 255-2257 or 255-2254.

For more information and to register, call the above numbers or 255-9638.

Turkey Burn

Fortenberry-Colton Physical Fitness Center will host its Turkey Burn for two sessions Dec. 1 from 10 a.m. to 2 p.m. and 4-8 p.m. There will be door prizes awarded, and fruit and water will be available to all participants. The event includes classes such as Zumba, Tabata, Spin, Bodyweight Strength and Cardio, Yoga and more. These four-hour fitness marathons are designed to help people burn off those extra dinner calories. The marathon will include a variety of classes, with a mixture of instructions every thirty minutes. The cost is $3.50 per four-hour session, unless patrons have a monthly class card. The event is open to authorized physical fitness center patrons.

For more information, call 255-3794.

Dove shoot

Outdoor recreation will host a dove shoot Dec. 6 at a half hour before sunrise until sunset in Training Areas 21 and 15. This event has a 25 hunter maximum-allowed limit. Cost is $25 per person. Youth ages 6 to 15 are allowed to hunt with a guardian, with the understanding that they must sit side by side. Hunters will receive a sack lunch with bottled water.

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

READY ARMY

- Have a family disaster plan and supply kit.
- Build or identify a safe room in your home.
- Purchase and use a NOAA weather radio with a tone alert feature.This will alert you to warnings issued by your local National Weather Service office.

Visit armyflier.com.

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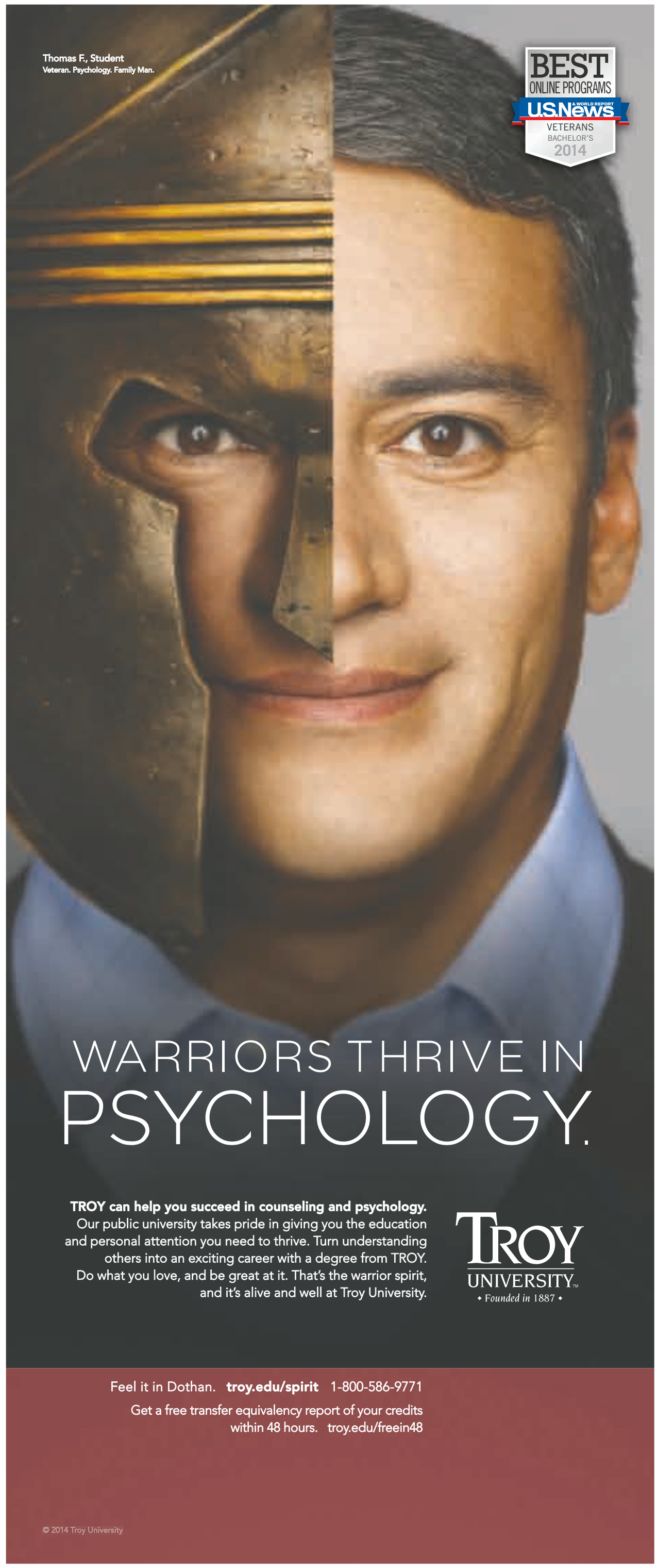
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