The holiday season can be stressful, but we want to put one meal on the table for some, it’s not a disease that should be "Influenza is a very serious disease," said Maj. JoAnn Ward, chief of staff, receives his flu vaccination at Aviation Day. The program provides something special for families who are possibly struggling in silence, Gunter said. “During the holidays, we share wishes of peace and joy,” she said. “For families struggling with financial hardship this time of year, it can easily become a time of stress and anxiety.”

"When you think of Thanksgiving, you may picture a bountiful table of food," she added. “However, for those struggling to make ends meet it is an overwhelming reminder of what isn’t there. The community’s generosity brings hope to families that they are not alone, lifting them up well beyond the holiday season.”

Gunter said the program’s efforts are funded solely by voluntary donations, which may be made year round. The generosity of last year’s donors made the holiday season brighter for more than 200 families.

"In the spirit of the holidays, voluntary donations from individuals, military units and community organizations made it possible last year to reach out to 221 families at Thanksgiving and 219 families for the Christmas season — making it a special time for families to gather to enjoy a special meal and create holiday memories," she said.

Voluntary donations must be officially accepted by the Director of the Family, Morale, Welfare and Recreation Directorate. Those who wish to contribute can bring their monetary donation to Army Community Service, Bldg. 5700, Rm. 350. For more information, call 255-2341.

Post hosts job hiring event

By Jeremy Henderson

The Fort Rucker community invites job seekers to become a part of the workforce family during the NAF Job Hiring Event Tuesday from noon until 4 p.m. at the Enterprise Recreation Center.

The Fort Rucker Non-Appropriated Funds Civilian Personnel Advisory Center team is actively seeking chefs, cooks, waiters and bartenders, and Pamela Potts, NAF Human Resources Office chief, offered a few tips for tackling the hiring event’s opportunities.

"Job seekers should prepare a résumé and make sure they have detailed experience of what positions they held related to the positions management is currently hiring for," she said. “We will be screening everyone, just those job seekers that meet the qualifications and skills management is selecting for. They must have a résumé or they will not be able to move on in the process.”

Although the team hopes to fill certain positions, Potts said job seekers will learn how to find and apply for future openings.

“At this time, these are the only positions we are actively recruiting for,” she said. “Job seekers will be given information on how to apply on USA Jobs where all positions at Fort Rucker are posted.”

Potts said working on post provides numerous benefits and opportunities.

“You have the opportunity to support our Soldiers and their families, and the surrounding community. It’s rewarding experience every day to serve them — whether it’s serving them a meal, taking care of their children or providing a helping hand,” she said.

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“You have the opportunity to support our Soldiers and their families, and the surrounding community. It’s rewarding experience every day to serve them — whether it’s serving them a meal, taking care of their children or providing a helping hand,” she said.
A timeless priority for our nation is to defend to ensure we organize, equip, man, train and lead our Soldiers to win against a capable enemy. We can never afford to lose another battle against a capable adversary. The U.S. is a global power with worldwide interests, and consequently it is the solemn obligation of all of us to prepare our Soldiers for combat against multiple adversaries in various locations.

Our Soldiers, our nation’s sons and daughters, will have the necessary training, leadership and equipment to win. To do so, we will refine our training programs to execute tough, realistic training and warfighting fundamentals that build capability and our Soldiers’ confidence. We will discriminate our resources to sustain modern, technologically advanced, U.S. and training overmatch. We will enhance our leadership development and education at all levels to produce adaptive, agile, innovative, and flexible leaders of character and competency. And we will do so in a manner that allows our Soldiers to fight and win in tomorrow’s world, anytime, against any enemy.

In many ways, the vicissitudes in building and maintaining readiness across the total force reflect both the lessons of history and the reality of current operations. The 14% of integrated operations have demonstrated that we are, in fact, one Army. Our Army readiness must reflect both sufficient capacity and predictable resources. It involves individual and collective training, multiple exercises and constant repetition. Units must be ready at combat levels, and equipment must be up-to-date, modified, modernized and maintained. Our readiness is measured in terms of how complex the environment, or how uncertain the situation, our Soldiers win their fight. And no matter the challenge, no matter how complex the environment, or how uncertain the situation, our Soldiers win. They are demonstrating unparalleled competence and agility.

Today, the Soldiers of America’s Army are deployed and engaged around the globe – in places like Iraq, Afghanistan, Korea, Eastern Europe, Africa, throughout the Pacific, the Balkics and Latin America. Acting as part of one joint team, they are simultaneously deterring adversaries and assuring allies, building increased partner capacity and responding to regional challenges, providing humanitarian support and disrupting terrorist networks.

Wherever they are, America’s Soldiers are displaying true courage, commitment and character. They are demonstrating unsurpassed competence and agility. And no matter the challenge, no matter how complex the environment, or how uncertain the situation, our Soldiers win their fight and, with the lessons of history, are preparing for tomorrow, and ensuring we care for our service members, our Soldiers, their families, our nation. My No. 1 priority is readiness across the Army. There is no other. No. 2. Readi-

To fight tomorrow. Winning the nation’s war as part of the joint force is what the United States Army is all about, which is why readiness is my No. 1 priority. Our Soldiers remain currently engaged in active contingency operations in both Iraq and Afghanistan. And there exists a very real possibility we will be called upon in many other areas as well.

The U.S. is a global power with worldwide interests, and consequently it is the solemn obligation of all of us to prepare our Soldiers for combat against multiple adversaries in various locations. Our Soldiers, our nation’s sons and daughters, will have the necessary training, leadership and equipment to win. To do so, we will refine our training programs to execute tough, realistic training and warfighting fundamentals that build capability and our Soldiers’ confidence. We will discriminate our resources to sustain modern, technologically advanced, U.S. and training overmatch. We will enhance our leadership development and education at all levels to produce adaptive, agile, innovative, and flexible leaders of character and competency. And we will do so in a manner that allows our Soldiers to fight and win in tomorrow’s world, anytime, against any enemy.
October is known as the month for frights, chills and thrills during Halloween, but the cooler weather also brings out many different critters that people might encounter in the area.

The season’s cooler weather makes it more appealing for insects and reptiles to come out and be more visible to the population on Fort Rucker, not to mention the fact that people are much more愿意 to venture out more often, Spillers added. But there are a few that use the cooler weather as a reason to establish new homes for themselves, causing them to venture out more often, Spillers added.

“During this time of year, many of the snakes you’ve heard been born, so they’re trying to go out and establish their territory,” he said. “When the weather cools down, snakes are a lot more active than they are during the hotter portions of the year because two things make them more visible to the public: the cooler weather on Fort Rucker, not to mention the fact that people are out exploring more of the cooler weather, as well.”

There are a wide variety of snakes on Fort Rucker, most of which are not dangerous and pose no threat to people, Spillers noted. But there are a few that people should especially avoid, such as the eastern diamondback rattlesnake, the timber rattlesnake, the copperhead, cottonmouths or water moccasins, and the coral snake.

The eastern diamondback is the largest of the poisonous snakes that can be found on Fort Rucker and they can be identified by the diamond shape markings along its back, and the wild blue jay pattern. The rattlesnakes, along with the copperheads and cottonmouths, are all pit vipers, which have one main distinguishing characteristic: a wedge-shaped head.

Spillers noted that most of the poisonous snakes on Fort Rucker have a head that looks larger than its body and shaped like an isosceles triangle. Non-venomous snakes heads usually just flow into the body of the snake without much difference in size, but the coral snake has no such distinction, he added.

“The coral snake is a really cool looking snake with red, black, and yellow bands along its body,” Spillers said. “It’s a smaller snake and very unique. Unlike most snakes, it doesn’t have a rattle or a shaped head and its fangs are in the back, not the front.”

Spillers described a common coloring with the scarlet king snake, which is a non-venomous snake, he added, and people can distinguish the two by looking at the top of the snake’s nose. The tip of a Coral snake’s head will be black, but the tip of the head of a scarlet king snake won’t be.

“If this is not a snake that can easily eject venom and inject its venom into others,” said the wildlife biologist. “It would basically have to protrude your finger and start chew on you or get its venom into you, otherwise, this fact makes the coral snake no less dangerous than the others.”

The coral snake’s venom is primarily neurotoxic and much more difficult to apply to other snakes because its fangs are only about half an inch long and you can’t see it from the outside. Neurotoxic venom works di- rectly on the nervous system, which is why people try to avoid getting it in your bloodstream, Spillers added, rather than the other snakes which are all pit vipers and the pit vipers are the very dangerous ones.

Coral snakes are one of the venomous snakes found on Fort Rucker and are most easily identified for their red, yellow, and black coloring.

While on the field trip, the students were divided into four groups and were even provided with their own Audubon guides that followed and led them each to a station where they received classes on the safety and responsibility of the snakes. Students also received a Tuesday Tracks walk Tuesdays at noon for the healthy tip of the day and clinic information, such as class dates and times. Lyster’s Twitter page for the healthy tip of the day and clinic information, such as class dates and times. Lyster’s Twitter page for the healthy tip of the day and clinic information, such as class dates and times.

“Most snakes aren’t very aggressive, so if you leave them alone, they will leave you alone,” he said. “Most of the time you don’t have to do anything other than just recognize them and give them a way to exit the scene.”

“If a person does come across one of these poisonous snakes in an area they can’t avoid, however, he suggests that people call for assistance by calling 911 or Fort Rucker at 255-2222, and they will be able to offer the proper help needed to assist the person.”

Stalker showed how she would apply a constrictor and perform CPR if the needed to receive a prompt, as well as how to take the patient’s blood pressure and perform a pulse check rate.

Although the day was a great loss in safety overall, it was also an opportunity to serve as a reminder to the eyes of the children to what it means to support their parents every day, said Kober, who is a retired military officer with two children of his own. “My children, who are 22 and 23 now, were exposed to the military, but the way they were exposed to it was in the eyes of their children to what it means to support their parents every day, you,” adding that this fact makes the difference in size, but the coral snake has no such distinction, he added.

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DOD: Army bid farewell to McHugh

By C. Todd Lopez

WASHINGTON — The Secretary of the Army has announced his retirement after being in the role for over six years, and in his departure, the second-longest serving Army secretary in the Army's history.

"As secretary, John offered the Army a steady hand, providing guidance through four major conflicts of defense and four terms as Army chief of staff," Carter said. "Among many other characteristics, he understood that America's strength was in its diversity and strength of service members and the bonds between them. He led us through these transitions and has helped prepare us to continue to serve." Carter also cited McHugh's efforts as secretary to improve conditions at Arlington National Cemetery, near the Pentagon, during his tenure from 2009 to 2016.

"He exemplifies what the Army in September 2009 or York, McHugh assumed the mantle of 21st century Army secretary. Among many other perspectives and helped to get our Army to the right place," Carter said. "Thank you for raising your right hand to serve," he said. "Thank you for your outstanding leadership to our people, and for making the most professional land force on Earth even stronger, and from me, for leading with such dedication." Army Chief of Staff Gen. Mark A. Milley called McHugh a "true leader" who has been "a drawdown from two wars and extended budget cuts, to lead our Nation's Army through these transitions and has helped prepare us to continue to serve." Carter also cited McHugh's efforts as secretary to improve conditions at Arlington National Cemetery, near the Pentagon, during his tenure from 2009 to 2016.

"Every day has been a learning experience for me," McHugh said. "I’ve learned by your example and grown through your knowledge." McHugh said that as a former U.S. congressman from New York, he understood the Army's mission and for being there in his role as Secretary of the Army, providing the foundation for a robust culture of excellence to the joint force in order to provide more effective, efficient use of resources.

"Your leadership, Mr. Secretary, has as-
Job: Event provides valuable professional networking resource

Continued from Page A1

or just being able to broaden their opportunities within the federal government. We have many opportunities for growth potential through on-the-job-training. Working on post also provides financial benefits, according to Potts.

“A waiter on post makes an average $2.15 per hour, plus tips,” she said. “Fort Bragg’s waiters make $3.25 per hour, plus tips. If they don’t make enough tips, they are guaranteed $5.13 per hour. Our waiters also work catered events and the vaccine provides protection against the most prevalent strains, as well as helping to reduce the potential of having serious complications from the disease. People of all ages can be infected with the flu, and those not properly vaccinated could suffer serious complications, said the preventative medicine chief.

“Children whose immune systems are not fully developed and individuals who have deficiencies in the strength of their immune system are more at risk for having serious complications if they catch the flu, and the most serious complication for anyone who catches the flu is death,” she said.

Of course, there are always some people who are hesitant about receiving a vaccination and there are many misconceptions regarding flu vaccinations, said the vaccine will give people the flu,” she said. “A person may feel some mild symptoms, but that is a part of the body doing what it is supposed to do. When exposed to an organism, the body attempts to protect itself from that organism by making antibodies.

“Antibodies are the white cells,” she said. “The first time you ride a bike with no knee pads you skin your knee. After that you start to wear knee pads. The next time you fall off the bike you still hit your knee, but the knee pad protects you from getting another skinned knee.”

Ward said people should make sure to get vaccinated, not only to protect themselves, but to protect their loved ones. “Getting vaccinated could help protect you from being sick, but it could also help to keep you from being the one to spread it to those who you love. If you won’t get it to protect you, then get it to help protect them.”
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THE SPARKLE TOWN!~SPARKLE TOWN is a beautiful subdivision built by Century 21 Bolder, Faster Regency Realty, Inc.
Black Hawk modification complete

By Sgt. William Begley
3rd Combat Aviation Brigade
Public Affairs


The brigade also welcomed a new command chief warrant officer, CW3 Timothy C. Small, while bidding farewell to CW3 George Kelly.

Sending their regards all the way from Afghanistan by way of an audio message were the 3rd Infantry Division, 3rd Sustainment Brigade and the 82nd Combat Aviation Brigade.

Brig. Gen. Erik Peterson, commanding general of the U.S. Army Special Operations Aviation Command (Airborne), gives a speech during a ceremony at the Special Operations Forces Supply Activity Facility in Richmond, Kentucky, Oct. 16. The ceremony was to commemorate the completion of the modification of the MH-60K Black Hawk.

By Staff Sgt. Michael Behlin
4th Force Support Unit (Headquarters)

BURKA, Lithuania — Soldiers with the 4th Battalion, 3rd Aviation Regiment provided air support for Exercise Baltic Piranha at Gaisiunai Training Area in Rukla, Lithuania, Oct. 22.

“Working with the other NATO nations, as well, has been a very good experience,” Wilde concluded. Wilde and his crew were responsible for inserting a Belgian reconnaissance team into the objective area later in the exercise.

Those involved were very appreciative of the time spent with their NATO counterparts and saw this exercise as a very valuable experience, said Capt. Cathrine Kinsel, commander of B Company, 4-3rd Avn. Regt.

“It’s really a awesome and eye opening,” she said. “When working with your NATO partners, they’re offering their procedures and we’re looking at operations through a NATO lens. We have a lot to offer them with regards to training, but we can learn so much from them.

The 4-3rd Avn. Regt. is the current rotational Aviation Force attached to the 12th Combat Aviation Brigade, which is committed to building strong relationships with its NATO allies in Europe.

Exercise Baltic Piranha is part of Operation Atlantic Resolve, providing U.S. and allied forces the opportunity to work and train together, and improve their ability to operate as a combined force – a capability that is essential to the security and stability of Europe, according to U.S. Army Europe officials.

Special Army outreach effort in nation’s capital

By Bruce Lepley
U.S. Recruiting Command
Public Affairs

In most cases, the 106th Special Operations Aviation Regiment conducts its secret missions under cover of night around the world.

But there were three of its lethal, high-tech aircraft, parked outside the Washington DC National Guard Armory on two sun-splashed days last week, with children and parents exploring every inch of the helicopters and SOAR personnel answering questions.

“We’re right out to the public, let them see who we are, what we do, instead of just what they see on the news,” said Capt. John T. Miller, a crew chief with B Company, 1st Battalion, 106th SOAR at Fort Campbell, Kentucky.

U.S. Army Recruiting Command stages the exhibit with the assistance of U.S. Army Special Operations Command each year in the nation’s capital in conjunction with the Army Ten Miler.

There’s many outreach opportunities with a race that draws 33,000 runners, more than 6,000 of whom are Army active duty personnel, who engage in a non-profit Special Forces organization, and speak to the public about the Army’s active duty personnel who think of joining Special Forces.”

4-3rd Avn. Regt. assists with Baltic Piranha

By Staff Sgt. Michael Behlin
4th Force Support Unit (Headquarters)

BURKA, Lithuania — Soldiers with the 4th Battalion, 3rd Aviation Regiment provided air support for Exercise Baltic Piranha at Gaisiunai Training Area Oct. 12.

The exercise aimed to train the rapid response force of the Belgian armed forces, enabling it to conduct its conduct of stability operations and other joint actions.

The Soldiers provided UH-60M Black Hawk and MH-60K Black Hawk for the joint exercise, which included members of the Belgian armed forces, Lithuanian Grand Duch- ess Birute Uhlan Battalion and Lithuanian Grand Duke Algirdas Mechanized Infantry Battalion.

“Overall, everything went well,” said Maj. Patrick Wilde, the 4-3rd Avn. Regt. executive officer and UH-60M pilot. “The Belgian armed forces are very good at incorporating aviation assets into their overall plan and scheme of what they want to do.”

“Working with the other NATO nations, as well, has been a very good experience,” Wilde continued. Wilde and his crew were responsible for inserting a Belgian reconnaissance team into the objective area later in the exercise.

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Thursday, October 29, 2015
Army Flier Classifieds
SOAR: Leaders impressed with teamwork

Continued from Page B1

important to SOCOM, U.S. Army Special Operation Command, USASOC/AC and, of course, to the Nightstalker regime, it’s a testament to the capabilities of the Bagram Air Station in PDK SOFSA, said Peterson. “We have expanded the engineer capability to support non-combat engineering and test flight activities.”

“We now have a robust team with dedicated skill sets that are here to provide our support and capabilities to SOF rotary wing needs into the future.”

Peterson went on to explain how the facility has been able to expand by building additional hangars, Aviation parts warehouses, helicopter pads, and various upgrades to improve the logistics process and procedures needed to better support SOAR at Fort Campbell.

“What really impresses me is the teamwork, and the team spirit of contributors and stakeholders that brought all of this together,” said Peterson. “It’s pretty humbling the amount of talent we have assembled for such a sustained effort, and even more impressive is the collaboration and collegiality across this team that got us to this milestone.”

“What also impresses me is that all of this talent provided a substantially improved, reliable, high-performance tool to better enable our most important asset, the Nightstalker Soldier,” he said. “And trust me, those Nightstalkers, and the elite special operations forces that support them, have effectively used the tool that you have provided across the globe in the most demanding missions, in the most demanding conditions and it has never let them down.”

He explained that the Nightstalkers have flown the MH-60M in more than 13 different countries to demonstrate the United States’ resolve and have executed more than a dozen combat missions in Afghanistan while supporting U.S. Special Forces.

“Thank you for enabling Nightstalkers with effective tools to accomplish our incomprehensively demanding missions in the face of determined foes anywhere in the world,” said Peterson.


Outreach: Recruiters discuss multi-faceted EOD mission set

Continued from Page B1

Army 10-Miler runners were required to pick up race packets at the armory Oct. 9-10 before the Oct. 11 run. It’s a semi-captive audience of very fit civilians and Soldiers with their family members. Washington, D.C., residents served as a semi-captive audience of very fit civilians and Soldiers with their family members. Washington, D.C., residents.

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Kline spoke about his experience commanding the Falcon Brigade, thanking the many Soldiers, battalion commanders and command sergeants major, as well as the division leaders. “It’s a thoroughly enjoyable commanding this team over the last two years,” Kline said. “This teamwork we’ve had between the division leadership and the staff has been fantastic. It’s nice to work for leaders that you lead.”

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Spouses earn wings at Spouses' Aviation Day

By Nathan Pinn
Army Family Staff Writer

Military spouses play a vital role in the lives of Army Aviators, and Fort Rucker periodically gives these valued Army family members the opportunity to step into their Soldiers’ boots and get a taste of the training that goes on day to day.

Fort Rucker spouses got the opportunity to get down and dirty during their Spouses’ Aviation Day Oct. 22 when they tried their hand at flying, shooting, problem solving and survival skills.

The spouses were split into four groups in which they would tackle four different types of training that every Army Aviator must complete: flight simulation, land navigation, team-building exercises and helicopter Overwater Survival Training.

“We had so much fun,” said Danielle Calli, Army spouse and participant. “My husband challenged me to try this, so of course I had to take him up on the challenge.”

For Calli and fellow participant Pamela Burns, the team building exercise at the leadr’s reaction course was one of the most challenging events.

“The most difficult aspect of the day was probably the obstacle course,” said Burns. “Trying to have the strength (to complete the task) and have everyone work together and get on the same page was tough. You can’t rely on yourself for that.”

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

“Something that really stood out to me was both arms crossed while getting the entire team across safely, as well as solving and survival skills. The spouses to literally get their feet, and everything else, wet as they suited up and got in the water. They had to swim under water along a designated area to open a hatch, simulating a downed helicopter. Burns said the exercise they had to complete was challenging enough.

“It was really tough,” she said. “Trying to swim and find your way to a door underwater was really challenging and harder than it seemed.”

One of the highlights of the day, however, was when the spouses got to fly high in the flight simulation at Warrior Hall. There they got to experience what it’s like to operate different airframes, such as OH-58D Kiowa, CH-47 Chinook and UH-60 Black Hawks.

Calli said that although the experience was fun, she understands that the training is serious for soldiers and it gives her a greater appreciation for what her Soldier must go through.

“Of course this gives me a greater appreciation for what he does,” she said, “but at the same time, I’m hoping that him being home with the twins also gives him a greater appreciation for what we do.”

Agreements customary washed the U.S. Army Aviation Museum where the spouses learned about the various simulators and flight equipment.

Throughout the course of the day, the spouses were also able to get their hands on M-4 and M-16 rifles, as well as a Mark 19, 40-millimeter machine gun, and even a rocket launcher at the Engagement Skills Trainer 2000 shooting range simulator. They started off firing at pop-up targets, before taking aim at enemy tanks.

Although the simulator wasn’t a live-fire exercise, the games simulated the kind of real weapons, according to EST 2000 officials.

The training at the HOST facility allowed the spouses to literally get their feet, and everything else, wet as they suited up and got in the water. They had to swim under water along a designated area to open a hatch, simulating a downed helicopter. Burns said the exercise they had to complete was challenging enough.

“I thought it was very important that we take time out of our busy days to be able to do that,” said Burns. “With what you do support, your Men.”

A graduation ceremony was held at the U.S. Army Aviation facility during Spouses’ Aviation Day Oct. 22.

Maj. Gen. Michael D. Lundy, U.S. Army Aviation Center commander, said he wanted to thank everyone for coming out to participate.”

“I’d also like to thank you for the support that you give our spouses,” he continued. “We’re really busy as a Branch and as an Army, and we couldn’t do the things that we do today without your support and your encouragement — and sometimes tough love. I think it’s very important that we take time out of our busy days to be able to do that.”

Position: Community Activity Service Non Parent Support

Duties: Assists with the activities of the library and other youth and family support

Position: Child, Youth and School Service Youth Basketball Coaches

Duties: Teach basic fundamentals of basketball, and

Position: Marketing Coordinator AFAP Conference

Duties: Work with AFAP coordinator and place in appropriate workgroup during meetings. Track all issues submitted for the annual event. Participates in AFAP Advisory Council meetings; attend AFAP Advisory Council meetings; submit AFAP Issue status report to AFAP program. If interested, call 255-9637.

Position: AFAP Facilitators

Duties: Serve as central member of work group, help participate in breakout sessions, meaningful participation by group members, maintain timeline set forth by AFAP coordinator, work with group nascent at the conference. Serve as a spokesperson for the AFAP International Issue Coordinator. Attend AFAP national meetings and ensure issues are communicated. Serve as a spokesperson for the AFAP program.

Position: AFAP Issue Manager/Subject Matter Expert Coordinator

Duties: Serve as a spokesperson for the AFAP program. If interested, call 255-9637.

Position: Activities Support

Duties: Volunteer time and equipment to help perform tasks in a work area; help design and sew costumes; help in organizing local activities; help in understanding issues and secure copies of凤儒 of the issue and you are not the author, please contact the author to request to have the file removed.

Position: Downtown Library

Duties: Assists with the activities of the library and other youth and family support

Position: Library Support

Duties: Assist with shelving books, periodicals, and

Position: Community Activity Service Parent Support

Duties: Assists with shelving books, turning in overdue cards, and

Position: Literacy Facilitator

Duties: Assist in the library with books, newspapers, and journals.

Position: Newsletters Facilitator

Duties: Assist in the library with books, newspapers, and journals.

Position: Youth and Family Support

Duties: Assist in the library with books, newspapers, and journals.

Position: Parent Facilitator

Duties: Assist in the library with books, newspapers, and journals.

Position: Board Members

Duties: Assist in the library with books, newspapers, and journals.

Position: Volunteer Coordinator

Duties: Assist in the library with books, newspapers, and journals.

Position: Parent Support

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Position: Parents

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Position: Members

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Position: AFAP Conference and work closely with issue support volunteers and

Position: AFAP Program

Duties: Support the AFAP program.

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Reduction readiness workshop
Army Community Service will host a reduction readiness workshop Friday from 9-10 a.m. in Bldg. 370B, Rm. 371A. Soldiers any spouses will receive information from the Army personnel office on benefits, entitlements, finance, pay, government travel and more. They will also receive information on Army Emergency Relief and budgeting, preparing for employment before leaving the service, completing the necessary documents and forms for exceptional family members moving overseas, and relocation checklists and websites to help prepare for a move.
Space is limited, so please register early by contacting the relocation readiness program at 255-9123 or 255-3772.

Volunteer recognition ceremony
Army Community Service will honor Fort Rucker volunteers at the quarterly Army volunteer recognition ceremony Monday at 1-4 p.m. in the U.S. Army Aviation Museum.
For more information, call 255-1429.

CYSM database temporarily down
The child, youth and school services child and youth management system database will be down temporarily Monday and Tuesday for a required upgrade. During this time, no programs can be taken or processed. Parents will not be able to log into CYSM and fee bills may not be able to be completed or paid at facilities. All programs will resume normal CYSM operations Wednesday. CYSM will allow deductions for payments, including late fees if paid by Nov. 15. The CYSM 10.3 upgrade will not impact care or availability for childcare, only administrative functions of payment. Web application and facility cost will experience downtime.
For more information, call 255-6316 or 255-3025.

PAC meeting
The Fort Rucker Child, Youth and School Services Parent Advisory Council meeting Tuesday from 5-6 p.m. in the child development center, Bldg. 8908. The meeting is free and open to all Fort Rucker patrons. PAC meetings give parents the opportunity to provide input about administrative policies and developmental programming for CYSM services, and establish volunteer opportunities. PAC members will earn two parent participation points per meeting and when they accumulate 10 points, they will receive 10 percent off monthly child care fees.
For more information, call 255-2596.

Army Family Team Building app
People can now complete Army Family Team Building training through AFTB’s new app. Visit http://www.truckermwr.com/acs/army-family-team-building/ to find the direct download or go to the app store on Apple devices.
For more information, call 255-3067.

Handmade ornament contest
The Fort Rucker Directorate of Family, and Morale, Welfare and Recreation will hold a handmade ornament contest for children ages 3-5 years old to its Native American story time Nov. 6-30
The Fort Rucker Directorate of Family, and Morale, Welfare and Recreation will hold a handmade ornament contest for children ages 3-5 years old to its Native American story time Nov. 6-30. The contest is free to all children in the Fort Rucker community. All handmade ornament entries will be displayed at the post Christmas tree lighting ceremony. All handmade ornament entries will be presented at the post Christmas tree lighting ceremony.
For more information, call 255-9637.

Government readiness training
Army Community Service offers financial readiness training Nov. 6 from 7:30 a.m. to 1:30 p.m. in the Soldier Service Center, Bldg. 370A, Rm. 204. Financial readiness training provides a practical approach to help individuals take charge of their money more effectively. The training is required for all first-term junior enlisted Soldiers 21-6 through E-4. Spouses are also welcome to attend.
For more information, call 255-6361 or 255-2944.

Native American story time
The Center Library invites children of all ages to its Native American story time Nov. 6 from 10:30-11:30 a.m. The staff will help people learn about Native American heritage, culture and way of life. Story time is open to all authorized patrons.
For more information, visit the library or call 255-3803.

Prime Festival field trip
The youth center will host kids off the field trip to Dorrance Nov. 6 from 2-10 p.m. The field trip is open to youth in grades 3-10 with an active Middle School and high school band membership. The trip is for active Forts & Keystone Club members enrolled in the after school programs. Parents and youth are responsible for money for food and shopping at the festival. Youths may stop by the youth center for verification of active club membership. All other members with active passes are welcome to attend, but will be responsible for their own fees.
For more information, call 255-2500.

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For more information, call 255-2500.
Corporations promise to hire Soldiers

By David Vergun
Army News Service

WASHINGTON — “We again and again hear that the number of people we bring to (corporate America) from the military, even at the higher and middle levels, is much more significant. They’ve been tried. They’ve been trained. They’ve been through adversity. They’ve proven themselves,” said the chief of U.S. sales and operations for Coca-Cola Enterprises, Inc. Since 2000, the year PaYS was established, the program has grown from 7,500 corporations or public-sector organizations throughout the private sector to continue to understand how to translate these experiences and those skills into what we need. That’s one of the goals of the program,” Partnership for Youth Success, Mark P. Rahiya and others spoke at a PaYS Memorandum of Agreement signing ceremony Friday. PaYS Memorandum of Agreement for Youth Success, Mark P. Rahiya and others spoke at a PaYS Memorandum of Agreement signing ceremony Friday. PaYS Memorandum of Agreement for Youth Success, Mark P. Rahiya and others spoke at a PaYS Memorandum of Agreement signing ceremony Friday.

How PaYS works

Lt. Gen. James C. McConville, deputy chief of staff, G-1, explained that the MOA means corporations or public-sector agencies have promised job interviews and possible employment to Soldiers who’ve served in the Army through PaYS once their term of military service has ended. During their term, Army’s military occupational specialties and training are matched to corresponding PaYS partners’ skills and knowledge, so they have the necessary skill sets. Thus far, about 161,000 Soldiers came into the active Army through PaYS, McConville said. Another 36,000 came into the Reserve. Also, of 2,440 interviews conducted since 2013, 1,183 were listed as a result, according to a PaYS fact sheet.

“Be ye followers of Christ of America,” McConville then told four young men and women who he was about to administer the Oath of Enlistment through the PaYS programs. “The Army you’ll serve, you’ll be stronger. You’ll be more talented. You’ll have more poise. You’ll be more confident.”

“I come from a poor background,” he continued, “these corporations, like Coca-Cola, will want you, because you’ve had these incredible skills and will have done some very challenging and difficult things. So when you enter the civilian market, you’re going to be a great catch. You’ve precisely the kind of people we want serving our country.”

“We know we are seeing a Soldier, always a Soldier. The reality is once you’re a Soldier, you’re a Soldier for life,” McConville said. He then gave the four young people a tip of how to succeed in the Army and later in life. “There are three things we expect of you,” he said. “We expect you to be physically fit. Second, we expect you to have integrity and character. And the third thing, we expect you to be willing to learn. Then you’ll be fit.”

The four new enrollees include:

- Antonio Fatahiuzar, who will become a 218C information technology specialist, and his PaYS partner is American Systems Corporation.
- Yan V. Ramos, who will become a 25C support systems specialist, and his PaYS partner is the Maryland Department of Veterans Affairs.
- Ely failure Harris III, who will become a 92A automated logistics specialist, and his PaYS partner is the Maryland Transportation Authority Police.
- Comrade Garcia, who will become a 92A, and his PaYS partner is 1st Mariner Bank Corp.

Rahiya and others spoke at a PaYS Memorandum of Agreement signing ceremony Friday.

Singing contest based on the concept of “American Idol.” The program is run by Army Entertainment and is under the direction of Recreation Army Entertainment Division, headquartered on Joint Base San Antonio-Fort Sam Houston.

Army entertainment announces 12 finalists for Operation Rising Star

By Tim Hipps
Army News Service

FORT SAM HOUSTON, Texas — “We again and again hear that the number of people we bring to (corporate America) from the military, even at the higher and middle levels, is much more significant. They’ve been tried. They’ve been trained. They’ve been through adversity. They’ve proven themselves,” said the chief of U.S. sales and operations for Coca-Cola Enterprises, Inc. Since 2000, the year PaYS was established, the program has grown from 7,500 corporations or public-sector organizations throughout the private sector to continue to understand how to translate these experiences and those skills into what we need. That’s one of the goals of the program,” Partnership for Youth Success, Mark P. Rahiya and others spoke at a PaYS Memorandum of Agreement signing ceremony Friday. PaYS Memorandum of Agreement for Youth Success, Mark P. Rahiya and others spoke at a PaYS Memorandum of Agreement signing ceremony Friday. PaYS Memorandum of Agreement for Youth Success, Mark P. Rahiya and others spoke at a PaYS Memorandum of Agreement signing ceremony Friday.

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Zoo hosts spooky family fun

Montgomery Zoo

Montgomery Zoo will continue to wear its halloween gear and honor the Zoo Boo festivities every Saturday from 7:30-11:30 p.m. For more information, call 222-7131 or visit www.montgomeryzoo.com/announcements/zoo-boo-week.

DREAD

NOV. 7 — Dothan Model Street Cemetery will be hosting its third annual Montgomery Veterans Appreciation Week Nov. 8-14. All veterans, active-duty military, whether active or retired, are welcomed to participate. Youth of all ages and people from all branches of the military and their immediate family members will receive a discount. For more information, call 671-7170.

ENTREPRENEUR

NOV. 3 — Doublebladed American Veteran Center of Cullman County located at 201 W. White St., meets the first Saturday of the month at 9:30 a.m. DAV services with clients minimum $15 per family, $10 per single, and other times by appointment. For more information call 508-2480.

ZOO

NOV. 7 — Dothan Model Street Cemetery for Life will meet the last Tuesday of the month at 6 p.m. at the Citizens Bank. For more information, call 248-4495.

BENEFIT RIDE

NOV. 8-10 — The National Peanut Festival will run at various times and will feature a variety of vendors, rides, food, and entertainment. For more information, visit nationalpeanutfestival.com.

Alabama National Fair

Montgomery will play host to the Alabama National Fair Nov. 7 at the Garrett Coliseum and Fairgrounds, 1555 Federal Drive. The event will feature more than 60 rides, food, information and commercial booths, livestock, entertainment, games, and events are graphic and that Hunted Haunt Tours might not be suitable for everyone. To make a reservation, call 314-844-1155. For more information, visit www.hauntedhauntsmontgomery.com/Home/ Parties.

Hunted Haunt Tours

People are welcome to take a ride through Montgomery’s dark history in a real haunted. During the ride, people will be treated to ghostly tales of events, some long past, that happened along the quiet streets of the Capital City. Tours will leave The Alley every hour on the hour, beginning in October starting at 7 p.m. The last tour is at midnight each night. The cost is $15 per person. October events focus on more, spine-chilling events and are graphic that Hunted Haunt Tours might not be suitable for everyone. To make a reservation, call 314-844-1155. For more information, visit www.hauntedhauntsmontgomery.com/Home/ Parties.

Beyonf Briefs

Veteran's 5K Freedom Run/Walk

VFW/WMV Radio Station is teaming with Jimmy John’s to host the 2015 SK Veterans Run Nov. 7 at 8:30 a.m. Registration begins at 7 a.m. and youth of all ages and people from all branches of the military, whether active or retired, are welcomed to participate in this event honoring and supporting veterans in the River Region. The run will begin at Jimmy John’s on Carter Hill Road, and wind its way through the campuses of A labama State University and Old Colichen. Additional information about the event, including vendor information and entry fees, is available by calling 324-528-3074.

Zoo Veterans Appreciation Week

Montgomery Zoo and Alabama Wildlife Learning Museum will provide a military identification to active-duty military, and their immediate family members will receive a 50 percent discount on regular daytime admission to the Zoo and its exhibits. For more information, call 434-1733 or visit www.montgomeryzoo.com.

For more information, visit www.montgomeryzoo.com/aboutus/announcements/veterans-appreciation-week.

For more information about other upcoming events please visit www.montgomeryzoo.com/announcements/zooboo-week.

Beyond Briefs

Civic Center

Civic Center Nov. 8 at 3 p.m. Regular ticket prices range $175 respectively.
WASHINGTOIN — It’s not enough for newly-minted officers to be able to replicate on command the tasks they learned as part of their ROTC experience, said the commander of Army Cadet Command. Those officers must also be agile problem solvers.

“We are focused now on the officer of 2020 and beyond, on producing young leaders that can meet the challenges of a complex world,” said Maj. Gen. Peggy Combs. “Our overarching goal is to produce officers of character that are agile and adaptive leaders.”

More than 33,000 college students at nearly 1,200 campuses are now participating in Army-led ROTC programs. Combs said she believes the diversity of the United States is well represented by the Army’s ROTC programs.

Because ROTC happens on college campuses, Combs said the Army is in a good position to better prepare young Americans to meet the challenges of being new officers.

“Because we are in an academic environment, we have this wonderful opportunity to really utilize an education platform, to really get our officers thinking up to the next level and really develop a thinking skill,” she said.

As the Army moves from an “Army at war” to an “Army of the 21st century,” the Army must also be agile problem solvers. They must also be people who learn from multiple places, who are able to go into that box of knowledge you have, pull it apart, take knowledge from multiple places and solve the problem.

The Army, she said, wants agile thinkers — leaders that can solve a complex problem in a short amount of time using creative solutions.

Also critical for new officers, she said, is an adherence to ethics. “Ethics in our decision making is front and center,” she said, “but we are in an academic environment, we have this wonderful opportunity to really utilize an education platform, to really get our officers thinking up to the next level and really develop a thinking skill,” she said.

The strategy, she said, “integrates this approach individually and edge you have, pull it apart, take knowledge from multiple places and solve the problem.”

Today, the Army Cadet Command commissions about 5,000 officers a year into the Army. ROTC produces about 75 percent of new officers. The rest come from Officer Candidate School and from the U.S. Military Acadeny at West Point, New York.

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She said the commander of Army Cadet Command, Maj. Gen. Mike Ferriter, said today, the Army Cadet Command programs about 9,000 officers a year into the Army.

“Today, the Army Cadet Command commissions about 5,000 officers a year into the Army. ROTC produces about 75 percent of new officers. The rest come from Officer Candidate School and from the U.S. Military Academy at West Point, New York,” she said.

Combs said when a command brings a new second lieutenant into his command from a ROTC program, he can expect “a leader of character that is committed to the Army profession: a leader that can think, who is capable of solving problems, and who is responsible for him or herself and others.”

The Army Cadet Command is also responsible for managing the Junior Reserve Officers’ Training Corps program at high schools.

“That program comes on developing greater citizens with a desire to serve our communities,” Combs said.

More than 330,000 high school-aged cadets participate in ROTC at nearly 1,700 schools throughout the United States, as well as at Department of Defense Dependents Schools overseas, she said.

About 25 percent of those ROTC cadets choose, after high school, to pursue some form of military service — either by enlisting in one of the four branches of service, or by first going on to participate in a college-level ROTC program.
Bleier, Staubach discuss Vietnam War experiences

By David Vergun
Army News Service


“Today, it’s like in combat,” Bleier said. He also told them that he and others in Vietnam in the 1960s to 1970s, were drafted to serve in Vietnam who had been left behind.

About 8 a.m., while crossing a rice paddy, they attacked. Bleier was hit by an RPG, grenade and set of buckles by firing M-60 grenade launcher at the enemy. At that same time, he got hit by two mortars from the enemy. He was wounded once more and was later awarded the Bronze Star Medal.

Bleier, a Vietnam veteran was touched, he said. There was less unit cohesion than in today’s Army. For instance, soldiers did not deploy to Vietnam as units, they deployed and returned state-side as individual replacements.

Also, it was a different social climate in the country. People were protesting the war and there was not a lot of love for veterans, he said.

“Follow brothers and sisters didn’t have that same ability to talk about, much to this very day,” Bleier said. “I ran across millions of Vietnam veterans who say their dad never talked about it. I feel sad for them. There wasn’t a support group they could go to.”

Bleier said he was luckier than most. After landing a lot of time recuperating from his injuries in the hospital, he was welcomed back to the Steelers.

He said he became somewhat of a “poster child for the military” because of the success he experienced on the gridiron along with his combat experiences.

While Bleier was still to tell his story, “for me was a personal catharsis,” he said. “I gained a lot of new terms to come with that service who never came to represent.”

While Bleier praises today’s Army and military, he said that in 1968, the military was “a place who had the Soldiers’ bodies who had been left behind.”

Today, service is for the post-war re-employment, he said and when they went to sell their homes, it’s not like it was during Vietnam, where many families had to leave someone who body who served.

Another difference between then and today, he said, is today, they went to service. He might take weeks or months to receive one boot, as getting one was really special.

Getting care packages was special, too. “I looked forward to this. Everyone in your company somehow sensed that you were going to get a care package that day and they sort of hung around you. They knew before you knew. They were there when you tried to take everything they could out of that package.”

Today, soldiers can often chat real time on social media to their loved ones, he said. He had wondered how Soldiers can focus on the mission at hand if a loved one is chatting about problems at home. “That would be difficult. It’s got to be tough.”

Bleier said he’s proud of his team, and it’s “been a slow time coming” for Vietnam veterans to receive recognition for them.

More about No. 20

Bleier, No. 20, was a Round 1 pick in the NFL, draft, becoming Pittsburgh’s first Super Bowl champion.

While playing for the Cowboys, the generalist, 306-point rushing yardage, averaged 4.2 yards per carry, and he totaled 3,865 rushing yards, averaging for the Pittsburgh Steelers as a running back in 1968 and from 1969-79.

A four-time All-Pro, he was a six-time Pro Bowl selection and was named NFL’s most valuable player in 1969.

In 1985, Bleier was inducted into the Pro Football Hall of Fame.

Bleier attended the U.S. Naval Academy in Annapolis, Md., where he won the 1963 Heisman Trophy playing for the Midshipmen.

Staubach’s story

Staubach attended the U.S. Naval Academy in Annapolis, Md., where he won the 1963 Heisman Trophy playing for the Midshipmen.

Staubach served as a supply corps officer, attaining the rank of lieutenant. Staubach said he volunteered to go to Vietnam “because I wanted to give something back.”

He was stationed at the Naval Support Group in Danang for six months, then Chu Lai for six months. The Corps area was at that time, 1966 and 1967, was occupied by Marines, so everything he did was for them, he said. The Army would move into that area late, just as it was leaving.

“I came to love the Marine Corps,” he said, adding that he loved all of the service “but the Marines, I saw them determined that their experience would not be for future generations.”

“But our country has changed,” Staubach said.

Today, about 5,900 veterans and 5,900 civilians work for what is right and to do what’s best for our country are holding commemoration events in parks, businesses and schools to honor Vietnam veterans and their families, he said.

We remember the 3,212 Americans who gave their lives, including Bob Kalsu of the Buffalo Bills and Chuck Humpl of the Cleveland Browns,” Chuck Memering, Staubach said.

“Today, we are joined by two great leaders, Dan and Sally, who have led the way and led to help us honor the millions who served,” Memerring said. “Let’s get together to see veterans – past, present and future – do good and do conclusive.”

Meeting the Army During their visit to the Pentagon, Bleier spent some time visiting Army Chief of Staff Gen. Mark A. Milley and Sgt. Maj. of the Army Daniel A. Dailey. They also spent time visiting Vietnam veterans who were invited to the Pentagon.

http://www.christmissions.org

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EVERY DAY IS AN OPPORTUNITY TO HELP ANIMALS IN NEED

The U.S. Army is available for adoption.

Zoe, an approximately 2-year-old mixed breed, is available for adoption at the Fort Bragg Army Maw. Zoe is loving and well-behaved. For more information about Zoe, email petadopt@army.mil. View available pets at army.mil and Army Pet Adoption, 3116 Glenmont Lane, Fort Detrick, MD 21702. Army Pets Maw is open Monday through Friday, 8 a.m. to 4 p.m. Pet adoption center is open Monday through Friday, 9 a.m. to 5 p.m. All animals are strictly spayed or neutered, rabies vaccinated and up to date on their shots. View Army News Service story about Zoe at http://www.army.mil/article/440215/.

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We Accept Tricare!
We love Fort Rucker? We support our Men & Women!
By Nathan Pfeu
Army Floor Staff Writer

As the Fort Rucker Intramu- 
ral Football Season began its 
playoff week, two teams 
took to the field Tuesday on a quest 
for the championship. 
And for one team, advancing was 
like taking candy from a baby.

As true Halloween fashion, 
the D Company, 1st Battalion, 
145th Aviation Regiment Mon- 
stars came out on top as they 
beat the 1st Aviation Brigade 
Swift and Deadly 19-0 to ad- 
vance in the playoffs.

Monstars showed superior 
offensive prowess throughout 
the game as Swift and Deadly 
struggled to keep up. Although 
the 1st All team nearly man- 
aged to rally in the second half 
to get on the scoreboard, the 
1-145th team’s defense proved 
too strong, not allowing a single 
point.

“I think we drove the ball 
really well the whole game,” 
said 2nd Lt. Jack Finkemeyer, 
Monstars team captain. “They 
really couldn’t step us on of- 
ference and our defense played 
really well - we had the cover- 
age down tight.”

Monstars’ tight defense start- 
ed off as Swift and Deadly re- 
cieved to start things off, only 
managing a short return. The 
1-145th team held tight against 
their opponents to force a punt 
early in the game to take pos- 
session and get their chance to 
get on the scoreboard.

Swift and Deadly was off to 
a decent defensive start as they 
managed to keep the Monstars 
at bay and forced a turnover 
only minutes into the posses- 
sion. But their offensive capa- 
bility wasn’t able to keep up with 
their opponent’s.

For most of the first half, possession of the ball switched 
back and forth, but it was 
Monstars who would stop the 
stagnation as they started to 
push hard toward the oppos- 
ing goal line. They managed to 
get within five yards of the end 
zone before they were stopped 
by Swift and Deadly, who were 
able to get their opponents to a 
fourth down, but unable to stop 
their momentum as the 1-145th 
forced a gap in their defense and 
rush in for a touchdown. 
They then added the extra point 
to leadSwift and Deadly started 
to push aggressively up field, 
managing multiple first downs 
to get closer to the goal line, 
but an interception by Monstars ended their hopes of scoring in 
the half as the buzzer sounded.

Going into the second half, 
1-145th had the advantage as 
they received to start, and with- 
out missing a beat, they were 
able to make the plays to push 
toward the opposing end zone, 
and within minutes had their 
third touchdown to lead 19-0.

Swift and Deadly had their 
work cut out for them if they 
wanted to try and turn things 
around at this point in the game. 
It seemed as if they might rally 
with a hail-Mary pass that put 
them closer to the goal line, but 
beside the long bomb, it wasn’t 
enough to push past the Mon- 
stars’ defense, which remained 
tight.

With only minutes remaining in 
the game, the Monstars’ of- 
fense seemed to dominate, but 
their defense remained strong, 
leading to all they needed to take 
the win as the clock wound 
down.

By Jenny Stirling 
Lyser Army Health Clinic 
Public Affairs

Some Lyser Army Health Clinic 
beneficiaries may soon receive a letter 
notifying that their primary care manager 
has changed.

Lyser has bid farewell to some pro- 
fessionals due to the permanent change of 
assignment or retirement.

医疗保健信息
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健康和

MOBILE HEALTH 
App helps Fort Rucker stay 
resilient

By Jenny Stirling 
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MOBILE HEALTH App

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Lyser has bid farewell to some pro-

All people with questions can call 
LACIC’s Managed Care Enrollment 
coordinators at 253-7731 or 253-7216.
D2 ★ OctOber 29, 2015 / ARMYFLIER.COM

See Page D4 for this week’s answers. See Page D4 for this week’s answers.

See Page D4 for this week’s answers.
USA earns 17 medals from Military World Games

USA earns 17 medals from Military World Games, if the cancer is detected in the early stages.

- Mammograms
- Breast self-exams
- Breast self-exams

- Clinical breast exam

- Brain self-exams
- Brain self-exams
- Brain self-exams

- Marathon medal

- Golf team medal

- Soccer medal

- Soccer medal
- Marathon medal

- USA earns 17 medals from Military World Games

By Richard J. Casey
Army Public Health Center (Provisional)

In recent years, medical advances in both early detection and treatment have helped military women and men survive breast cancer. This year, 210,000 women will be diagnosed with breast cancer and currently over 2.5 million breast cancer survivors are living in the United States, according to the American Cancer Society. How breast cancer continues to be the most commonly diagnosed cancer among women worldwide and the second leading cause of death among women in the United States.

What is breast cancer?

Breast cancer starts in tissue that causes normal cells in the breast to change and grow out of control. Abnormal cells group together to form a mass called a tumor. Tumors, destroy body tissue that may spread throughout the body. According to the American Cancer Society about 1 in 8 women in the United States will develop invasive breast cancer during their lifetime. The primary reason why it is important to detect breast cancer early through screening.

Why is early detection important?

The best chance of survival is if the cancer is detected in the early stages. According to the National Breast Cancer Foundation, when breast cancer is found early before spreading through the body, the five-year survival rate is 98 percent. The U.S. Centers for Disease Control and Prevention recommends breast cancer screening tests for early detection. This means checking a woman’s breasts for cancer before there are signs or symptoms. There are two main ways to screen for breast cancer:

- Mammograms

- Breast self-exams

Mammograms

Mammograms are the best way to find breast cancer early, when it is easier to treat and when there is a good chance of cure.

Clinical breast exam

Women should receive a clinical breast exam during their annual physical.

Breast self-exams

Women should perform a breast self-exam when breasts are most relaxed, such as after bathing or before going to bed. To lower the risk of missing a problem, it is important to know how your own breasts look and feel. Breast self-exams allow you to get to know how your breast and find any changes. Early detection. This means checking a woman’s breasts for cancer before there are signs or symptoms.

Symptoms to look for:

- Lump in the breast
- Thickening of the breast skin
- Rash or discharge of the breast
- Nipple discharge
- Lump in the nipple or the nipple turning inward
- Nipple discharge
- Lumps in the underarm area

Changes in your breast do not always mean you have breast cancer. If you or someone you know tells you her breast lump feels different from normal.

If there are any of these symptoms, a healthcare provider should check them out immediately.

USA women's breast athletes were crowned as they closed out the nine-day Closing Ceremony of the CISM World Games in the main stadium of the Karim Armed Forces Athletic Complex in Mungyeon, South Korea, Oct. 7.

Skydiving gold

Team USA beat out Russia for gold in women's two-person din- formation. To get the latest news and updates on breast health, go to ARMYFLIER.COM.

ARMYFLIER.COM • OCTOBER 29, 2015 • D3

PITTSBURGH — Team USA athletes who marched into the closing ceremony of the Military World Games in Mungyeon, South Korea, Oct. 10, previously were 17 medals earned in competition against more than 100 nations.

Eight of those medals were earned by wounded warriors who competed for the first time in the CISM International Sport Military World Games. Although para-athletes and para-archery were not able to demonstrate their abilities for their debut in the games, and the medals did not fall in the official standings on the games, difference from other awards ceremonies should be seen in the fact that soldiers were named.

During the awards ceremony, troops from all nations saluted as the gold, silver, and bronze medals were raised and the sound of the national anthems filled the air. USA's Chief of Staff Steven Dinsmore said he was proud of the soldiers and para-athletes, who earned medals in every one of the sports they entered.

All of the USA athletes represented the Department of Defense and the United States, Dinsmore said.

“arists,” “All of the USA athletes represented the Department of Defense and the United States, Dinsmore said. that you can opt in or out of that notifies you of upcoming events like 5K runs or healthy cooking demonstrations at near you. This mobile health app (helps) you stay connected to your caregivers and gives you the ability to see appointment

In this US Air Force photo, Air Force Airman 1st Class Jennifer Davidson, Staff Sgt. 1st Class Laura Davis, Sgt. 1st Class Janice Schrank led the women's mara-thon team to bronze, finishing in 3:21:40.

A second place finish by South Korea’s Lim Hye Jung in the marathon earned Team USA 17 medals in competition against more than 100 nations.

USA athletes swam 1 1/2 kilometers and ran 10 kilometers.

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WASHINGTON, D.C. — Using illegal drugs puts a person in an immediate "life or death" situation, said George Suber, a prevention coordinator for the Army Substance Abuse Prevention Joint Base Myer-Henderson Hall. Suber has been on the front lines helping people to overcome addiction for more than 20 years.

Suber, who will celebrate his 50th birthday today, was trained in the Air Force as a drug and alcohol counselor in 1983. He also worked at the Center for Disease Control and Prevention Suppression Agency, a federal agency located in Washington, D.C.

"I help people to see that they have something to live for," Suber said. "I help them with their transition back into society." Suber has been on the front lines helping people to overcome addiction for more than 20 years.

In Washington, D.C., using illegal drugs, such as synthetic marijuana, is an increasing problem, said Suber. "I have seen people who are using synthetic marijuana," Suber said. "I have seen people who are using synthetic marijuana, and they are coming to me for help." Suber has been on the front lines helping people to overcome addiction for more than 20 years.

The drug identification catalog "Street Drugs," which is used by law enforcement agencies, universities and hospitals, wrote in its annual report that the basic ingredients in Spice can cause people to react in unpredictable ways. "This synthetic drug has caused people to do harm to themselves, as well as others," Suber said. "We are seeing people, using Spice, who are making a lot of mistakes." Suber has been on the front lines helping people to overcome addiction for more than 20 years.

Suber said smoking spice, like traditional marijuana, will result in having a bloodshot red eyes with a glazed over look. But the physical reactions to Spice and marijuana are different. "This fake drug, this synthetic drug, is affecting the brain in a different way," Suber said. "We have seen people, using Spice, who are making a lot of mistakes." Suber has been on the front lines helping people to overcome addiction for more than 20 years.

"I help people to see that they have something to live for," Suber said. "I help them with their transition back into society." Suber has been on the front lines helping people to overcome addiction for more than 20 years.

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