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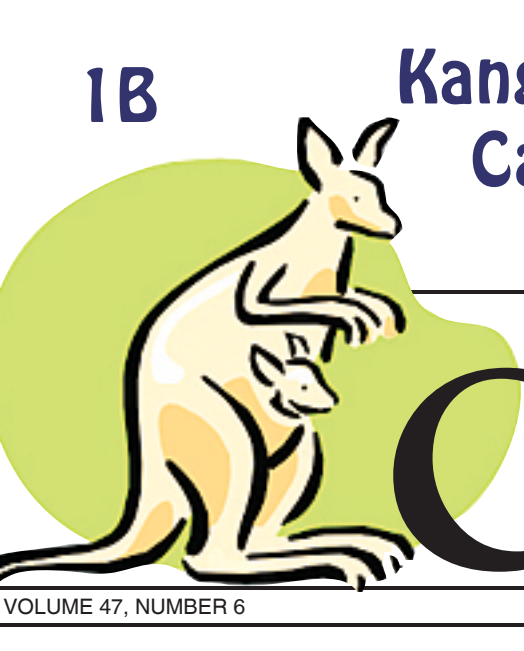

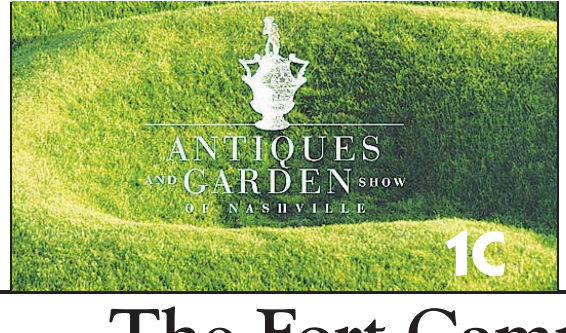

Remember Valentine's day Monday

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The Fort Campbell
COURIER

VOLUME 47, NUMBER 6 | THURSDAY, FEBRUARY 10, 2011 | WWW.FORTCAMPBELLCOURIER.COM

Troops returning changes post dynamics

by Glen Paddie
Courier staff

When Soldiers redeploy from a year of duty in a combat zone, it's a time of celebration.

The enemy is thousands of miles away, Families, friends and co-workers are reunited, businesses begin to flourish again and everything seems to return to some semblance of normal.

However, when 17,000 plus Soldiers reintegrate back into garrison life, nothing is normal.

Fort Campbell Police Chief Keith W. Shumate, had a clear message to civilians and contractors that the single purpose for Fort Campbell's existence is to house our Soldiers and give them a place to train.

"They are our number one priority," Shumate added. "They have requirements to meet their Soldier skills like physical training, running, road marches and we need to take that into consideration when traveling on post."

"Drivers really just need to keep their minds on what they're doing, especially during PT and peak driving times," he added.

Shumate said his office takes into account that traffic crashes and their severity will increase as units begin to return home from Afghanistan.

He also added that he and his officers hyper-focus on three main offenses when Soldiers redeploy.

"Most of our fatalities following past redeployments and reintegration were related to alcohol use, speeding and non-use of safety restraint devices," he said.

"The biggest message I have for Soldiers or civilians on post is plan accordingly," said Shumate. "Don't wait until the last minute to get where you're going and don't get into a hurry. Getting in a hurry will either cause you to create an accident or be part of someone else's."

Shumate said the number one traffic offense on post at all times is speeding.

"Everyone is in a hurry and they think that where they have to be is more important than anybody else," he said. "Sometimes people forget this is a U.S. Army installation."

Shumate was adamant that the most dangerous stretch of highway off-post is Interstate 24 between Fort Campbell and Nashville because of the usual "fun" nature of the trip.

see **SAFETY,** Page **3A**

PHOTOS BY HEATHER SOUTHALL I COURIER

Sergeant Kenneth Crawford, 3rd Brigade Combat Team, 101st Airborne Division, spends a few moments getting reacquainted with his 3-year-old daughter, Nicole Annamarie Crawford, Wednesday morning at hangar 3 at Campbell Army Airfield. Many Familiy members and friends were on hand to welcome the 3rd BCT Rakkasans home from a year-long deployment in Afghanistan.

Rakkasans redeploy

Soldiers of the 3rd Brigade Combat Team observe the welcoming crowd Wednesday morning as they cross the tarmac and head toward hangar 3 at Campbell Army Airfield. A large group of sign-bearing well-wishers were there to thank them for their year of arduous service. At right, Cpl. Brandon LeBlanc allows 4-year-old son Landon and 2-year-old daughter London to have a closer look at the patches of a hero's uniform Wednesday at hanger 3.

Investment plans help Soldiers save money from deployment pay

by Michele Vowell
Courier assistant editor

Fort Campbell Soldiers returning from Afghanistan may have a wallet full of cash and an uncertainty of how to spend it.

Before tapping into that deployment extra pay, Soldiers first should consider investing in themselves and their Families long-term.

"If [Soldiers] haven't started planning for retirement, they need to start planning now," said Dave Ellis, accredited financial counselor at Army Community Service Financial Readiness Office, 5662 Screaming Eagle Blvd.

Ellis suggested two key options for redeploying Soldiers to consider investing their money for retirement – the Thrift Savings Plan and a Roth Individual Retirement Arrangements.

Thrift Savings Plan

The Thrift Savings Plan is a retirement savings and investment plan for federal employees and uniformed services members.

Established by Congress in the Federal Employees' Retirement System Act of 1986, the TSP offers the same types of savings and tax benefits that many private corporations offer their employees under 401(k) plans, according to www.tsp.gov.

"The Thrift Savings Plan is a good way [to save]," said Betty Geren, financial advisor at the ACS Financial Readiness Office. "It will come right out of their pay."

Ellis noted that money contributed to the plan and the interested earned are tax-deferred – "meaning you don't pay taxes on it until you withdraw."

"You are not paying taxes on it, so you've got more money there to earn more money," Ellis said.

Soldiers or federal employees can enroll in the TSP and make monthly contributions – either a fixed amount or a percentage of their income and/or bonuses, Ellis said. However, no lump sum payments may be made to the fund.

For Soldiers interested in making a lump sum deposit from their deployment pay, Ellis said the Roth IRA may be the best bet.

> "If [Soldiers] haven't started planning for retirement, they need to start planning now."
>
> **Dave Ellis,** financial counselor

Roth IRA

A result of The Taxpayer Relief Act in 1997, the Roth IRA is traditionally used as an individual retirement account established at federally insured credit unions, banks, brokerage companies and most savings and loan organizations.

Soldiers may make limited contributions to a Roth throughout the tax year. Earnings may be withdrawn penalty free at age 59 1/2 or older if the account has been open for at least five years, according to rothira.com.

"It's a very wise investment," Ellis said.

Another advantage for Soldiers, Ellis said, is that the money they deposit into a Roth from deployment pay is tax free. The funds and the interest also are tax free when they are withdrawn from the account, he said.

"That's a great deal," Ellis said.

Before investing in any financial plan, Geren and Ellis advise Soldiers and their Families to seek assistance from ACS Financial Readiness Program.

"We can give them information so they can make a more informed decision," Ellis said.

Additionally, ACS presents Military Saves Week Feb. 20-27. The week includes a variety of classes designed to help Soldiers and their Families better manage their hard-earned money.

see **INVEST,** Page **3A**

Tax center's drop-off service saves busy Soldiers valuable time

by Glen Paddie
Courier staff

Fort Campbell is a bustling Army community.

However, with more than 17,000 Soldiers redeploying from Afghanistan and several units preparing to deploy downrange, free time for many has become a precious commodity.

For some, the Sgt. Brett T. Christian Tax Center, located at 2699 Kentucky Ave., between Burger King and Dryer Field House, is in the "time" commodity business with their expanded drop-off service.

"The drop-off service will save you time. It's a convenience thing," said Tom Loebl, volunteer site coordinator for the tax center. "The drop-off service offers an opportunity for some individuals to avoid waiting in line or going through the hassle of making an appointment."

> "The Soldier can conduct personal business, go back to their unit and work or do whatever they need to do while we're doing their taxes."
>
> **Sgt. Jonathon Erwin,** NCO in charge

Sergeant Jonathon Erwin, Bravo Company, 526th Brigade Support Battalion, 2nd Brigade Combat Team, and noncommissioned officer in charge of the drop-off service, said the process can be a huge asset to many Soldiers, especially those reintegrating or deploying.

"The Soldier can conduct personal business, go back to their unit and work or do whatever they need to do while we're doing their taxes," said Erwin. "After a 24-hour period, they come back in to sign their paperwork. They don't have to wait around here for us to finish."

Erwin said the tax center is making special arrangements for deploying Soldiers at this time, as well.

"We had a couple come in who is deploying in a couple of weeks, so we sent them to the front of the line," said Erwin. "So, we wanted to get them taken care of quickly so they can concentrate on whatever it is they need to do."

Only certain individuals with specific tax filing needs qualify for the drop-off service, however.

"We give the individual every opportunity to use the drop-off service, if their return qualifies," said Loebl. "In order to qualify, it has to be a W-2, single Soldier or married with no dependents. We will do investment income on a drop-off, but not stock sales, for example. We keep it simple."

Loebl said the reason for more stringent rules on who qualifies for the drop-off service is that the tax center wants it set up where the tax preparer can finish the individual's tax return as quickly as possible, normally within 24 hours.

Loebl also added that just because the drop off service is expedient, that doesn't mean the individual still doesn't have to spend a little of their own time in the tax center before they are done.

"The IRS requires us to review and interview all of the individuals that we process," added Loebl. "The interview in this center is when the individual sits down with the intake personnel."

According to Loebl and Erwin, if an individual qualifies for the drop-off service and is fully prepared with all their paperwork in hand when they walk through the door, including the intake sheet, the initial meeting could take as little as one minute.

Then, if there are no glitches in the 24-hour preparation period, the second meeting, where the paperwork is signed and e-filed, could take as little as five minutes.

see **TAXES,** Page **3A**

OUTLOOK

COMMAND MESSAGE

Net zero energy is 100 percent benefit

Lt. Gen. Rick Lynch, IMCOM

The most exciting part of the Army Net Zero vision is this: we all have a part to play ...

The Army has a bold vision for managing natural resources on its installations: they will become net zero. That is, as we go about the complex business of living, working and training on installations, our use and production of resources will balance out, so that in the end, we do not overconsume or waste. The most exciting part of the Army Net Zero vision is this: we all have a part to play in achieving it.

When the concept of net zero was first applied to installations, it was in terms of energy. A task force that grew out of a 2008 joint initiative of the Departments of Defense and Energy studied the possibility of net zero energy installations, or installations that produce as much energy on site as they use over the course of a year. Army Net Zero goes beyond energy, though, to also include water and waste.

Army Net Zero's holistic approach increases our ability to achieve the larger goal of sustainable installations. With an eye to all three – energy, water and waste – we are more likely to move beyond isolated projects, which carry the risk of succeeding in one area at the expense of another, to an integrated plan that balances benefits and costs across our operations.

Installations reach net zero through five interrelated steps: reduction, repurposing, recycling and composting, energy recovery and disposal.

To achieve net zero energy, garrisons start with aggressive conservation efforts, to reduce the amount of energy being used in the first place. Then they repurpose energy, or find secondary uses for building exhausts, boiler stack exhausts and other thermal energy streams, and recover heat from the electricity generation process. Once they have reduced their load through conservation and efficiency measures, they can meet their remaining requirements through renewable or alternative energy projects.

A net zero water installation limits the consumption of fresh water and returns water back to the same watershed, so as not to deplete the groundwater and surface water resources of that region in quantity or quality.

Similar to the process with energy, installations aiming for net zero water begin with rigorous conservation efforts. Then they repurpose the water used in showers, sinks, washing machines and cooling towers, capture rainwater for on-site use, and treat wastewater for recharging into groundwater aquifers. They achieve net zero water by capturing, repurposing, and recharging an amount equal to what they consume.

A net zero installation reduces, reuses and recovers waste streams, converting them to resource values with zero landfill. In other words, a net zero waste installation aims to make disposal an unnecessary step.

Garrisons start by reducing the initial amount of waste, and then find ways to repurpose waste with minimal processing. For example, they might crush construction rubble to use on trails. When they cannot reuse waste, they recycle or compost as much as they can or convert it to energy. They achieve net zero waste when they have nothing left to send to the landfill.

During my site visits over the past year, I have seen how our garrisons have taken steps – great strides in some cases – to manage our resources more efficiently.

Look at the energy projects at Forts Drum, Wainwright, Carson and Campbell.

So I know there will be tremendous interest in an opportunity that the Assistant Secretary of the Army for Installations, Energy and Environment is launching this month. The ASA (IE&E) is asking garrisons to nominate themselves to become Net Zero Energy, Net Zero Water or Net Zero Waste installations, or all three, by 2020.

Five will be selected in each category, with one to become all three. These installations will receive long-term, in-depth training and support and become showcases for the strategies, technologies and best practices of sustainable resource management.

I encourage every garrison to take on this challenge. It will require commitment and a lot of hard work. Not only do we have to learn about energy, water and waste management best practices and technologies, but we also have to learn the business practices that support them.

We have to build partnerships with those in the private sector and in non-government organizations who will join us in investing in the net zero vision. However, this is a prime opportunity to learn lessons we will be required to know in the future.

Everyone, every Soldier, civilian and Family member, has a role to play in managing our resources. Maybe it seems like a smaller role – turning out the lights, adjusting the thermostat or separating out recyclables at home. Maybe it is a more direct role, such as running an installation waste management program or writing enhanced use leases or energy savings performance contracts. Regardless, every effort adds up, and what it adds up to is important – our future.

Energy efficiency and security is a critical issue for the Army.

The Army depends on a reliable, safe, cost-effective supply of energy to accomplish its mission, as well as provide a good quality of life for Soldiers, civilians and Families on installations worldwide. To the extent that the supply and distribution of energy lay outside the Army's control, the ability to accomplish our mission is open to risk. The same can be said of water, or practically any of our resources.

If the Army is to accomplish its mission in the future, if we want to be good neighbors to those outside our gates and to leave a healthy world for our children and grandchildren, then we have to start operating sustainably today. It is the right thing to do.

COMMENTARY

Maintaining healthy relationships worth effort

by Chap. (Lt. Col.) Scott Weichl
USAPHC

Anyone in a romantic relationship (yes, that includes those of you who are married) knows that creating and maintaining a healthy relationship takes hard work. In the military, such factors as long hours at work and deployments and separations can take their toll on a relationship. Often, when service members return home after an absence, they discover that some roles have changed. Feelings of anger, isolation, betrayal and fear may be experienced by many people in these circumstances. A variety of stressors can challenge even the best relationships.

So, what can you do to improve and keep your relationship healthy?

Good habits like physical exercise and healthy nutrition keep our bodies and minds strong. So it is with healthy relationships! To improve and maintain a healthy relationship start practicing these three good habits:

First, work on improving your communication. You can begin now, and reap the benefits immediately by using these techniques:

• Active listening – Really listen to what your partner is saying when he or she is talking. Eliminate distractions such as television, an iPod or video games! Tune in to your partner's words and hear what is being said behind the words. Benefit: Your partner will feel valued and important.

• Reflection – When your partner finishes speaking, repeat what your partner said, so he or she knows you are listening. This practice ensures you really understand what is being communicated. Your partner then has a chance to clarify if you didn't quite understand. Benefit: Your partner will know you really want to know what he or she is trying to say.

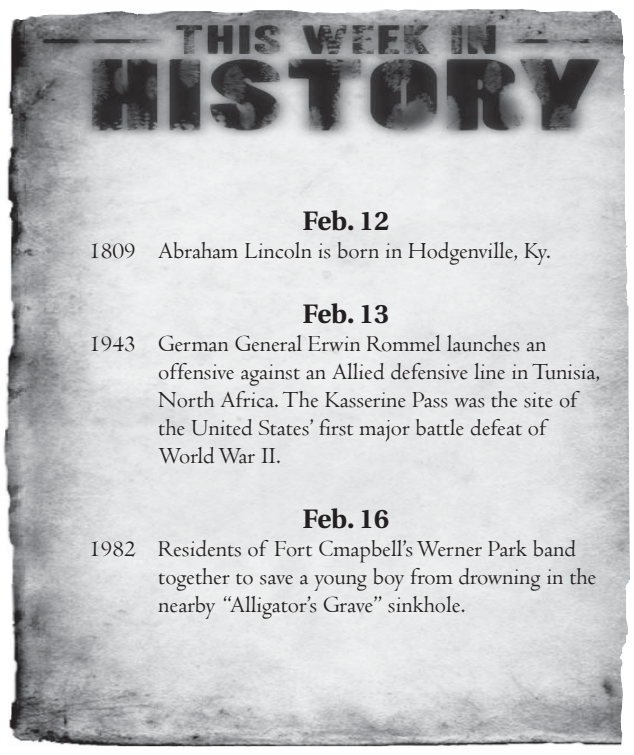
• Effective expression of emotions – If you are upset and feeling angry, slamming doors and shouting will not address the issue. If you are really out of control, take a timeout – go for a walk, or leave the situation – but not before telling your partner you want to talk about your feelings after you've had time to cool off. Benefit: You and your partner will exercise control over the situation rather than allowing the situation to control you.

Second, be thankful and appreciative. Take time to think about why your relationship is important to you, and the many benefits reaped from sharing life with your partner. Telling your partner that he or she is important can shift the emotional energy from conflict to contentment. Rather than being fixated on what is wrong, focus on the positive aspects of your relationship. Many times this reflection helps to put the issue in perspective.

Third, have fun! Remember when you were a teenager and dating? You might not be teenagers anymore, but re-dating your partner can jump-start a stalled relationship and steer you from a rocky, difficult time. Consider going to a movie together, trying a new activity such as bicycling or a pottery class or just taking a walk together.

Building and maintaining healthy relationships is hard work, but putting forth the effort can improve your mental and physical health. Arguments often cause blood pressure increases, hasty, impulsive decisions, a bad mood for the rest of the day, etc. Healthy relationships don't happen overnight, but making little changes in your behavior and thoughts can result in improved happiness and better overall health.

Visit After Deployment, a military site for help with a variety of life issues including program and information sheets for improving relationships at **www.afterdeployment.org**.



THIS WEEK IN HISTORY

Feb. 12

1809 Abraham Lincoln is born in Hodgenville, Ky.

Feb. 13

1943 German General Erwin Rommel launches an offensive against an Allied defensive line in Tunisia, North Africa. The Kasserine Pass was the site of the United States' first major battle defeat of World War II.

Feb. 16

1982 Residents of Fort Cmapbell's Werner Park band together to save a young boy from drowning in the nearby "Alligator's Grave" sinkhole.

COMMENTARY

Get finances in shape for America Saves Week

Jason Alderman, Practical Money Matters

So many expenses, so few dollars saved. That's the dilemma faced by millions of Americans – everyone from struggling college students to young Families saving for a down payment to baby boomers approaching retirement.

During severe recessions, people tend to curtail spending and increase saving as a hedge against potential – or real – hardship. In fact, the average personal savings rate as a percentage of disposable income has risen to about 5 percent, compared to an all-time low of negative 0.5 percent in 2005.

Back then, the economy was booming and many people assumed that the stock market and home values would climb indefinitely. How wrong we were.

It's probably too early to tell, but some worry that the strong 2010 holiday shopping season may signal a return to old spending habits. Here's hoping we've learned our lesson about living beyond our means and the importance of saving for a rainy day.

There are many reasons why it's important to develop and maintain sound savings habits during good times and bad:

• You could lose your job or see your hours cut. Most experts recommend having at least six months' income readily available for emergencies.

• Those approaching retirement need to boost their net worth slashed by plummeting home and retirement account values.

• Costs for high-ticket items like medical expenses, college and retirement continue to far outpace the rate of inflation.

• Many fear that future funding for government-provided benefits like Social Security and Medicare is at risk.

Although many believe that low- and moderate-income Families cannot afford to save and build wealth, research shows that there are "savers" and "spenders" in all income classes.

To help encourage people to learn sound saving habits, a broad coalition of non-profit, government, military and corporate organizations formed the America Saves campaign in 2001 (**www.americasaves.org**).

Last year, some 2,000 of these member groups sponsored the fourth annual America Saves Week. Millions of Americans were reached through their campaigns – everything from educational events at military installations outside the U.S., to financial planning seminars hosted by participating employers, to free tax preparation assistance.

This year's America Saves Week is slated for the week of Feb. 20-27.

America Saves offers many tools for learning more about the importance of saving, including:

• Use the America Saves interactive Personal Wealth Estimator to determine your current net worth and then estimate your future net worth.

• Sign up to receive monthly savings messages from national financial experts on topics such as money management, investment basics, building wealth through home ownership, saving during tax time and ways to get out of debt.

• Test your savings knowledge by taking their "Test Your Savings Knowledge" quiz. Did you know that Families that have a savings plan in place save about twice as much as those with no plan?

• Read tips for saving on everything from food and household items to medications to banking and insurance products.

• Handy links to numerous other websites that feature financial education materials.

Chances are that economic prosperity is still a ways off. When it eventually comes, I hope we all remember the harsh lessons of the past few years and retain the thrifty habits learned out of necessity.

CHAPLAIN'S PULPIT

Take responsibility for yourself in relationships

by Chap. (Capt.) Pete Stone
101st Aviation Brigade

We've taken a look at the first two strands of the DNA of relationships, based on Dr. Gary Smalley's book, "The DNA of Relationships." We've learned that the first two strands are (1) We are made for relationships – we must have a proper alignment and balance in our relationships first with God, then ourselves, then with the other person; and (2) we are made with the capacity to choose – regardless of the type of relationship we are in, whether it be good or bad, we are responsible for choosing the attitude we will have and the way we conduct ourselves toward the other person.

The third strand of the DNA of relationships is this: we are made to take responsibility for ourselves.

We see people avoiding responsibility for their actions all the time, but there's nothing new under the sun. This behavior dates all the way back to Adam and Eve in the Garden of Eden when they disobeyed God.

Do you remember how they each responded to God? I dunno – he/she made me do it! Sound familiar? Sounds like a 7 year old, doesn't it! But that's how most of us adults respond to the consequences of our decisions. Rather than taking responsibility for the circumstances we find ourselves in, we look for someone or something to blame.

To cultivate greater harmony in our relationships, we must learn to identify how our actions and patterns of behavior lead to conflict in the relationship, without blaming the other person. We must take responsibility for our part, and work on changing ourselves.

Rather than attacking the other person all the time, if we can identify the problem in ourselves, this often will melt the other's defenses and cause them to respond in kind. Oh, it's a beautiful thing when two people approach each other in humility, confessing their own faults one to the other.

Humility begets grace and mercy like a rose begets a kiss.

May God bless us as we seek to honor him in the three strands of the DNA of our relationships.

Editor's Note: This is the final article in a three-part series exploring the DNA of relationships.

The Fort Campbell
COURIER

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NEWS

SAFETY

Continued from Page 1A

"We ask our local law enforcement agencies to hold our Soldiers accountable for their actions," Shumate stated. "We appreciate that they've gone overseas and have done great and wonderful things for this nation, but the law is the law."

Shumate said it's not uncommon for Soldiers and civilians to get upset with law enforcement when they are pulled over for a traffic violation, be it on post of off.

"No one is making them take a wrong action other than themselves," he said. "Really, if they would just look up in the rearview mirror, they would see why they're receiving a citation at that particular time."

According to Lonnie Scott, installation safety officer, some younger Soldiers need to take extra pre-cautions when it comes to reintegration safety.

"Privately owned vehicle accidents are the number one killer of our Soldiers in garrison," said Scott. "Some of these young guys think they're invincible."

"They get adrenaline rushes from doing their jobs downrange," said Scott. "Then they come back home and it's somewhat of a mundane life for them. So, some tend to go out seeking thrills and excitement to fill that void."

Scott said motorcycles, namely sports bikes, tend to be the most popular mode of adrenaline rush for garrison Soldiers.

"Some Soldiers come back from deployment with a lot of money in their pocket and they want to buy the biggest, coolest motorcycle they can find," he added.

Scott was clear that "thrill-seeking" Soldiers were not the majority and consisted of about 10 percent of the 18-25 age group.

To combat the domestic enemy of traffic fatalities, Scott said better training on motorcycles, in general, was available to all Soldiers.

> "Drivers really just need to keep their minds on what they're doing, especially during PT and peak driving times."
>
> **Keith W. Shumate,**
> Fort Campbell Police Chief

"We provide several different types of courses on motorcycle training," stated Scott. "We have the basic rider course for the new bike owner, the experienced rider course and then the sport bike course."

Scott said certain units require all their Soldiers to take each of the motorcycle courses and that requirement is also being considered as an Army-wide mandate at this time.

"Army-wide, motorcycle fatalities have increased because of these young guys coming back from downrange and buying these sport bikes," he said. "Since 2005, every motorcycle fatality we've had on this installation has been on a sports bike."

"We really push this training," Scott added. "The Soldier can apply for it online at **https://airs.lmi.org/default.aspx**. They will receive necessary credentials upon completion of each course."

In addition to motorcycle training, the installation has put together a group of reintegration briefings to delineate pertinent information to Soldiers in order to prepare them for garrison life again.

"We talk to them about speeding, aggressive driving, wearing safety restraints, not driving under the influence of alcohol or drugs and driving fatigued, as well," Scott stated. "We even brief them on recreational safety, namely boating and personal handguns."

Scott said the reintegration briefings are for the lowest ranking private to the highest ranking general.

Scott, like Shumate, wants everyone who drives to and on post to be more vigilant than ever, especially during this current reintegration.

"We have designated PT routes for our Soldiers, but inevitably they will leave those routes sometimes," he said. "It is imperative that anyone driving on post be very patient with our Soldiers during PT time."

"Even now, with more traffic volume, we're seeing accidents happening near our gates," Scott lamented. "People need to stop running yellow lights and blocking the intersections on Highway 41A. Just slow down, leave a bit early for work and plan better."

Finally, Scott mentioned current and new construction on post, which is something that will affect us all.

"With nearly 20,000 Soldiers added to our roads, along with construction popping up everywhere, there are going to be some real cramps in traffic," Scott said. "The division is not going to be deployed again for two years. It's great for our economy, but our traffic issues will be huge."

"Directorate of Public Works is trying to rebuild our infrastructure right now," Scott added. "Soldiers, civilians, contractors, Families are all going to have to be really patient with one another."

Scott said in two years, Fort Campbell won't be recognizable once all the construction is complete.

"Soldiers will be in better barracks, the roads and infrastructure will be better," he said. "Most of all, though, the safety of our Soldiers is very, very important in the process."

INVEST

Continued from Page 1A

Classes, which include "Saving in Tough Times," "Money Management" and "Saving and Investing," will be held at the ACS Financial Readiness building, 5662 Screaming Eagle Blvd. Register by calling (270) 798-5518.

For Soldiers returning home without any money to invest, Ellis and Geren advise them to make an appointment with the office to review their financial situations.

"It's better if they come [to ACS Financial Readiness Program] before they get in debt and they have to come directed by the[ir] commander," she added.

If a Soldier has incurred debt, Geren and Ellis advise him or her to stop spending, avoid off-post or online credit repair businesses or agencies and avoid consolidating their debts or loans. Instead, the Soldier should visit ACS Financial Readiness for free and confidential financial counseling assistance, Geren said.

"If they can't pay cash for it – wait," Geren said.

If a Soldier is facing an emergency situation, he or she can turn to Army Emergency Relief, the Army's own emergency financial assistance organization, by contacting Geren, who is an AER officer for Fort Campbell.

Savings Deposit Program

Soldiers returning from Afghanistan may have earned some extra cash while they were away by investing in the Savings Deposit Program.

Designed for those serving in a combat zone, the SDP is a savings account with 2.5 percent quarterly interest or 10 percent annually. Soldiers are eligible on the 31st day of deployment when they sign up for an account with their finance office down range.

In the program, Soldiers may deposit up to 100 percent of their un-allotted monthly pay by check, money order or allotment.

"They can go over $10,000 [in contributions to SDP] in the year while they are deployed," but they will only receive interest up to the amount of $10,000, Geren said.

Redeploying Soldiers should stop making deposits into their SDP account immediately upon their return, Ellis said.

"Any [other deposits] will not earn interest," he said.

Ellis advises Soldiers to leave their money in the SDP account for another 90 days after they redeploy.

"He might as well leave [the money in the account] for another 90 days because that's going to be another 2 and a half percent interest [earned]," Ellis said.

Soldiers will pay taxes on the interest earned, Ellis noted.

Ninety days after the Solder redeploys, he or she has to withdraw the money from the SDP.

Before withdrawing their money, Soldiers first must make sure that their allotment to the account has stopped, according to the SDP website,www.dfas.mil.

Then, Soldiers may make the request for withdrawal via e-mail to **CCL-SDP@dfas.mil** (SDP mailbox), or fax (216) 522-5060 with the heading: "Attention: SDP."

Soldiers also may submit a withdrawal request on-line using myPay.

Additionally, requests can be mailed to the following address:

DFAS – Cleveland Center
(DFAS-CL)
ATTN: SDP
Special Claims
1240 East 9th St.
Cleveland, OH 44199-2055

According to the website, when making the withdrawal, Soldiers must include their name, social security number and date of departure from the combat zone.

Their Electronic Funds Transfer information must include the bank name, routing number, account number and account type (savings or checking).

If a hard copy check is requested, a complete mailing address must also be provided by the Soldier, according to the site.

If Soldiers have questions or need assistance with their SDP account, they may call the SDP Help Line toll free at 1-888-332-7411.

Ellis and Geren note that there are several options for Soldiers who would like to invest their SDP funds, including a Roth IRA. For assistance in reinvesting their funds, Soldiers may contact Fort Campbell's ACS Financial Readiness Office and speak with an accredited financial counselor. Services there are free.

TAXES

Continued from Page 1A

The intake sheet, which has to be filled out by everyone, not just drop off service candidates, can be found online at **www.campbell.army.mil/campbell/SJA/Pages/TaxCenter.aspx**.

"It's also important that the individual provide all proper documentation for identification when they drop off their paperwork," said Loebl. "Things like ID cards, Social Security Cards and such are needed, too, when they meet with the intake personnel, even if it's just for the drop-off service."

There are three caveats that can slow the drop-off service process or disqualify someone from being a candidate.

"The drop-off service isn't for those using a power of attorney," said Erwin. "Those individuals need to make an appointment or walk-in."

Erwin said the easiest form for power of attorney is the IRS form 2848 or the spouse can get a local, notarized power of attorney for "taxes only."

"Another issue is when we are given the wrong routing or bank account number," added Erwin. "The intake sheet doesn't ask whether it's a checking or savings account, but in order for us to properly prepare their taxes, we need to know what kind of account we are dealing with when we e-file."

"Finally, we can file state taxes as part of the drop-off service, but we have to know which state, county and school district code in order to do so," added Erwin.

Erwin and Loebl both added that services provided at the tax center are free for Soldiers, Department of Defense civilians, retirees, spouses and active and reserve military components.

DROP-OFF service

Those qualifying for drop-off tax service include:

- **W-2 filers, single Soldiers or married Soldiers with no dependents**
- To see if you qualify, visit **http://www.campbell.army.mil/campbell/SJA/Pages/TaxCenter.aspx**
- Other assistance is available at the **Sgt. Brett T. Christian Tax Center, located at 2699 Kentucky Ave., between Burger King and Dryer Field House.**

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NEWS

PHOTOS BY SGT. CHARLENE MOLER | 2ND BCT

Locals from around Command Outpost Kolk participating in the Cash for Work program work on a canal, Jan. 17. The canal, which would supply the surrounding area with water for farming, employs a large portion of the local CfW program.

101st bolsters COP Kolk

by Sgt. Charlene Moler
2nd Brigade Combat Team

COMBAT OUTPOST KOLK, Afghanistan – From a simple field to a Command Outpost in just over two months, the Soldiers of Apache and Chaos Company, 1st Squadron, 75th Cavalry Regiment, 2nd Brigade Combat Team, 101st Airborne Division, along with the assistance of a few of the Navy SeaBees have built up the Army presence at Kolk.

Named for the major town of the area COP Kolk is situated between Patrol Base Chaos and Strong Point Sablughay along Route Victoria.

Prior to the construction of COP Kolk the Taliban had a hold on the area, but with the continued improvement of the COP the Army has shown its intention to maintain a presence in the area.

"With the push of Operation Evictus [part of Operation Dragon Strike] we have shown the people of the area that we mean to stay," said 1st Sgt. Larry Breland, first sergeant for Chaos Company. "It has shown our intention to ensure that security, governance and education are established in this area."

Within a day the first Hesco wall was built, the SeaBees were not wasting time.

The skeleton of the COP was built in 21 days, consisting of the outside Hesco walls, the concrete T-walls just beyond that and a handful of tents to house the Soldiers. However the leadership for 1-75 was not done there.

Sergeant 1st Class Timothy Totaro, designated the mayor of COP Kolk, has continued making improvements to the area since his arrival to the COP in early December, including the building of the Command Post, the construction of a dining facility, a Morale Welfare and Recreation center, a gym and the overall organization and layout.

The idea was to simplify and organize, said Totaro. With the continued additions to the COP there was a lot of equipment that wasn't vital to what we are doing out here so that was put aside.

The goal is to have all the amenities here that are necessary to Soldiers while they are here.

The next thing to be constructed is a laundry facility.

During the initial construction of Kolk, Route Victoria ran straight through where the Tactical Operations Center and the CP buildings now sit, so the road was re-directed.

For the last month and a half the improvements of the COP have not been the only focus, but have continued on Route Victoria which now runs alongside the COP.

Due to the increase in U.S. Army presence in the area the Taliban who were pushed back to the city of Didar, which lies to the northwest of the COP, would go out at night and threaten the locals.

It was necessary to reassure the local people that the Army presence was here to stay.

The Cash for Work program was implemented in the area to demonstrate that the U.S. Army was here to help.

The current projects include cleaning out a canal to the northeast of the COP as well as building a shura hall just outside the entrance to the COP.

The continued efforts of the Army along with their Afghan National Army counterparts have shown results in the increased amount of people who come to the area to attend the shura.

The first one in the area only 12 people attended, the last shura held had over 160 people attend.

With constant patrols, improving and providing security the integration of the ANA soldiers with the Soldiers is increasing in those regards.

The ANA work alongside of their U.S. counterparts.

The ANA commander works at the same desk as his U.S. commander counterpart ensuring that they understand what is going on and what needs to happen on missions, tracking troops on ground.

This close partnership has increased effective communication.

Consistency has been the key to success in achieving this close partnership between U.S. Soldiers and their ANA counterparts.

It has been the same U.S. Soldiers working with the same ANA counterparts that has built a level of trust that allows this partnership to flourish.

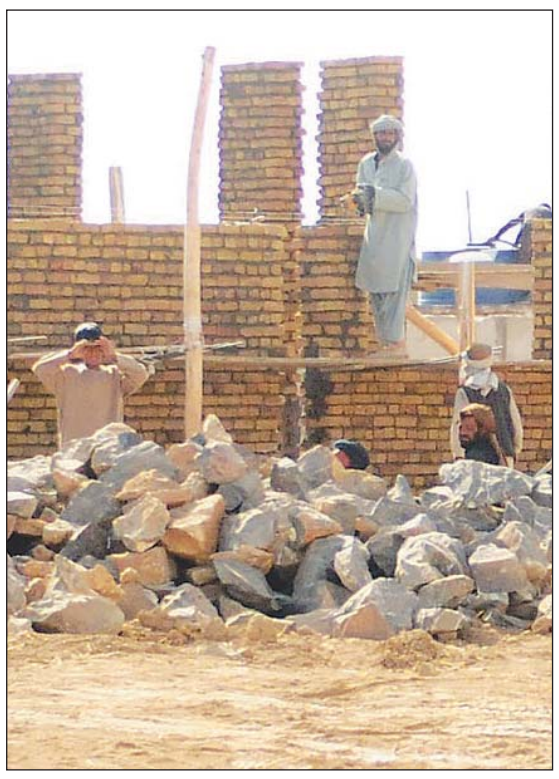
In a constant game of hide and seek with the sometimes elusive enemy the Soldiers and leadership of Apache and Chaos Troops have found what will ensure their overall success, trust.

"I trust them with my life," said Breland said about the ANA soldiers from 3/2/205th. "Our partnership has improved. Our intent is to set the next unit up for success, and I think we have done that."

Although the end of this tour is in sight for the Soldiers of 1-75 they do not let that effect what they are doing here.

Their focus is still on the task at hand, with preparation at night for the next day's mission.

Always diligent and with their head on a swivel, watching for the enemy, will ensure the safe conclusion and return home of the Soldiers at COP Kolk.



Locals from around Command Outpost Kolk participate in the Cash for Work program work while they build a shura center, Jan. 17. The shura center located right outside the walls of COP Kolk would give locals a permanent place to hold their regular meetings.

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NEWS

PHOTO BY TECH. SGT. KEVIN WALLACE | U.S. AIR FORCE

Sergeant Robert Smith, 2nd Battalion, 502nd Infantry Regiment, 2nd Brigade Combat Team, 101st Airborne Division, looks on as Afghans show up for the Cash for Work Program outside Stronghold Dog, Afghanistan, Jan. 29. The program provides partnership with the local community by providing income for daily labor and the turning in of unexploded ordnance.

'Cash for Work' works

by Tech. Sgt. Kevin Wallace
U.S. Air Force

KANDAHAR PROVINCE, Afghanistan – On an unseasonably cold and rainy morning in southern Afghanistan, hundreds of local villagers approach a small stronghold manned by the Afghan National Army and Soldiers from Dog Company, 2nd Battalion, 502nd Infantry Regiment, 2nd Brigade Combat Team, 101st Airborne Division.

Approaching the seemingly endless lines of concertina wire that surround the stronghold, they line up in rows for the chance to do what many Afghans want to do: make an honest living to support their families.

Sergeant Robert Smith runs the "Cash for Work Program" that employs so many Afghans. Because of the compound's location, it is vital to clear the area of debris and deny the Taliban concealment. That's where the local Afghans come in.

"We pay them to trim tree branches or cut them down altogether," Smith said. "This place used to be surrounded by tree lines that provided the Taliban cover. This removes their advantage and puts the local community to work."

Smith said as many as 250 Afghans show up every day for work with some walking more than an hour for a chance to earn money.

"I didn't know how massive this was going to be at first," Smith explained in his obvious Texas drawl. "Most of these people have very meager possessions. Many of them had farms south of Highway One. The Taliban pushed them out and now they live in a massive camp with a lot of other displaced locals. But now that we're pushing the Taliban out, some are moving back to the south to reclaim their land."

With the help of Khan, an English teacher from Kabul and one of the stronghold's interpreters, and ANA soldiers, Smith assigns jobs to the Afghans. The bigger, stronger workers remove trees, while others dig or remove branches and other debris.

"This is a very good program," Khan said in near-perfect English. "These people have a chance to earn an honest living. More importantly, it removes them from Taliban influence and builds trust."

While Khan went to direct younger Afghan workers on where to place tree branches, Smith explained that along with the work the Afghans provide, and sometimes information on Taliban activity in the area, some of the workers show up with some interesting items that give the soldiers more work of their own to do – unexploded ordnance.

> "These people have a chance to earn an honest living. More importantly, it removes them from Taliban influence and builds trust."
>
> **Khan,** interpreter

"We see everything from old Russian munitions, land mines, mortars, grenades to 107 [mm] rockets," Smith said with a slight grin. "Depending on what they bring us, they can earn some extra money. This makes the program worth it because even if they don't do any work and bring in only one IED, lives are saved."

Standing next to a big hole in the ground filled with all kinds of explosives, Smith pointed and laughed as he said, "EOD is going to [freak out] when they see all this."

By giving local Afghans jobs that decrease the amount of Taliban attacks in the area, Afghan farmers now understand the benefits of the program and are more forthcoming to the soldiers by providing information.

"At first they came up and asked if they can farm on their land," Smith said. "They seemed a little intimidated. We told them, 'of course you can farm here. We're not going to deny anyone a chance to make a living.' That opened the doors for us to communicate more openly with them."

With all the progress made so far, there is still a lot of work to be done. As the ANA and Dog Company expand the stronghold, Smith excitingly said he is really looking forward to fortifying security when the workers complete a moat around the entire compound.

Patrols increase business

by Tech. Sgt. Kevin Williams
U.S. Air Force

HOWZ-E-MADAD, Afghanistan – Afghan National Civilian Operational Police and Coalition Forces patrolled a bazaar along Highway One outside of Forward Operating Base Howz-E-Madad.

The patrols are accomplished a few times each week to increase security and establish trust between the ANCOP and local population. One of the goals is for Afghan police to establish familiarity with the shop owners and find out what they need so profits continue to increase.

"We go in to maintain a record of shop owners and check on the progress being made," said Staff Sgt. Steve Surface, Mortars, Headquarters and Headquarters Company, 2nd Battalion, 502nd Infantry Regiment, 2nd Brigade Combat Team, 101st Airborne Division.

Not only is security better, the bazaar is busier than ever and more shops are opening.

"A lot of the owners are making more money we see more people shopping every time we go there," Surface said. "More shops are moving here from other locations because security is better and they feel safer."

One gas station owner, sitting outside his shop sipping tea with friends, agreed. He said they were fired upon regularly a few months ago, but now the shootings have stopped.

"We are very busy now," explained Said Mohammad through an interpreter. "I have more business and we feel safer."

Surface said they do these patrols with Afghan law enforcement so the ANCOP can talk with the shop owners and earn their trust. When the people trust their law enforcement officials, they'll report suspicious activities. The Afghans see what good security can do for business and they want it to continue and improve.

Staff Sgt. Steve Surface (left), Mortars Platoon, Headquarters and Headquarters Company, 2nd Battalion, 502nd Infantry Regiment, 2nd Brigade Combat Team, 101st Airborne Division, and an Afghan interpreter verify that a shopkeepers information is correct during a joint patrol with Afghan National Civilian Operational Police at the Howz-E Madad Bazaar in Kandahar province, Afghanistan, Jan. 28. The joint patrol purpose was to help foster a better relationship between local law enforcement and the local population.

PHOTO BY TECH. SGT. KEVIN WILLIAMS | U.S. AIR FORCE

NEWS

Army wants 36 more 'Punisher' weapons in 2012

by C. Todd Lopez
Army News Service

WASHINGTON, D.C. – Only five XM25 weapons exist today, but Soldiers lucky enough to have used them in Afghanistan are saying more are needed.

Two Soldiers took the prototype weapons into theater to link them up with requesting units.

They trained troops on the weapon's use and managed the Forward Operational Assessment to collect information about the weapon's performance in theater and how Soldiers used it.

"The XM25 brought the difference to whether they would stay there 15 to 20 minutes shooting [and] taking pot shots or the actual fight ended after using the XM25," said Sgt. 1st Class Carlos Smith, Soldier Requirements Division, Maneuver Center of Excellence, Fort Benning, Ga. "That was due to the defilade capabilities of the XM25 to shoot beyond targets and behind targets."

The XM25 allows Soldiers to engage defilade targets – those behind a barrier, protected from oncoming weapons fire.

The XM25 measures the distance to the enemy's protective barrier, and can then program the round to detonate a user-adjustable distance past that – allowing Soldiers to put an air-bursting round directly above the enemy's head, inside their protected area.

The round measures the distance it travels by counting its own rotations after leaving the barrel.

Both Smith and Maj. Christopher Conley, an assistant product manager for Program Manager Soldier Weapons, at Picatinny Arsenal, N.J., were part of the team that brought those weapons into theater for Soldiers to use in actual combat.

> "What our Soldiers have told us, is when we do fire this weapon, it does have a high probability of effect."
>
> **Maj. Christopher Conley,** assistant product manager

The five prototype weapons entered theater in November, and were first used in combat Dec. 3.

Since then, hundreds of XM25 rounds have been fired in theater, though only 55 of those rounds were fired as part of combat, on nine different operational missions.

"We disrupted two insurgents on an [observation point] and we silenced two machine-gun positions – two PKM positions," Conley said, describing some of the scenarios he witnessed in theater where the XM25 had been used. "We destroyed four ambush locations, where the survivors fled."

"And when we launched it at a longer range target, who was carrying a machine gun and it exploded near his target – it either badly wounded him or scared him good enough that he dropped his machine gun and ran away," Conley recalled.

Overall in Afghanistan, the five XM25s have been with two separate units.

The first unit used the weapon on four engagements and fired 28 rounds in combat.

The second unit was able to use the XM25 on five engagements and fired 27 rounds in combat.

"The troops are very excited to carry it," Conley said. "We've limited who can carry it based on the number of folks that we've trained. But within that group of Soldiers that are trained on the operation of the XM25, I heard a Soldier say 'hey, he carried it yesterday, so I get it today.'"

Some Soldiers who've used the XM25 in Afghanistan had taken to naming the weapon – though there is no official name for the system yet.

"The kids are calling it 'the Punisher,'" said Brig. Gen. Peter N. Fuller, who heads up the Program Executive Office Soldier. "I don't know what we're going to title this product, but it seems to be game-changing. You no longer can shoot at American forces and then hide behind something. We're going to reach out and touch you."

Conley said during the Forward Operational Assessment, the performance of the XM25, and Soldier response to the system, provided positive response to three questions about the system from Army leadership, including if the weapon gives "higher probability of effect," if the weapon provides more survivability for the Solider, and how will the weapon be used at squad and platoon level.

"What our Soldiers have told us is, when we do fire this weapon, it does have a high probability of effect," Conley said. "The enemy stops firing. They flee. They drag off their casualties. Essentially, a Soldier is very happy when the enemy stops firing at him."

Soldier survivability is also increased with the XM25 because it allows Soldiers to fire on the enemy from protected positions, while the enemy themselves believe they are in protected positions.

"We have increased the survivability of our Soldiers because our Soldiers no longer have to maneuver from their cover position to gain an advantageous firing spot for the enemy," Conley said. "We are able to stay behind cover, and we welcome [the enemy] to stay behind cover – because we'll get you."

Conley and Smith also said that Soldiers were using the XM25 as their primary weapon – forgoing additional weapons like the M4, for instance.

When the Forward Operational Assessment ended in January, and the testing organization had enough data to send to the Army leadership, they expected to take the weapons home, but Soldiers thought otherwise.

"We had the Soldiers ask us to leave the weapon there and the ammo there," said Conley. "They did not want to give up that capability. The word got back to us, we made the decision, let them keep the XM25, let them keep that additional ammunition. We will then go ahead and go back downrange and collect up any additional data that they have received."

Now the Army is working to find the money to build an additional 36 XM25 weapons, said Col. Doug Tamilio, the Army's program manager for Soldier weapons.

"The Army is looking to find some kind of funding that we can put against maybe a battalion set," he said. "It will depend on how much funding we can get. The idea would be if we can get that funding, we absolutely would try to get these into the fight in a year. And we think we can do that. "

PHOTO BY PEO SOLDIER

A Soldier aims an XM25 weapon system at Aberdeen Test Center, Md. Five XM25s are being used now in Afghanistan.

Right now, an obstacle to getting more XM25s into theater is that each weapon and each round must be built by hand, Tamilio said. There are no production lines yet for the system.

The Army won't begin mass producing the XM25 until sometime in 2013 at the earliest, Tamilio said. Before that, improvements must be made to the system, including those learned from its use in Afghanistan.

Tamilio said improvements include improved battery life, as the XM25 is full of electronics.

Also, he said, the 12.5-pound weapon could be lightensome, though Soldiers are now overwhelmed by the capability of the weapons.

Tamilio also said Soldiers would like to see the weapon's range extended to about 1,000 meters. Its current range is about 500 meters for a point target and 700 meters for an area target.

The XM25, officially called a "counter-defilade target-engagement system," recently reached a milestone decision B in its acquisition cycle and has only recently entered into the engineering and manufacturing development phase, or EMD, of the procurement process.

"We still have to get through EMD, still get some fixes into the gun that we know need to be fixed – to make it durable and reliable," Tamilio said. "We have to go through a very stringent safety procedure with this gun."

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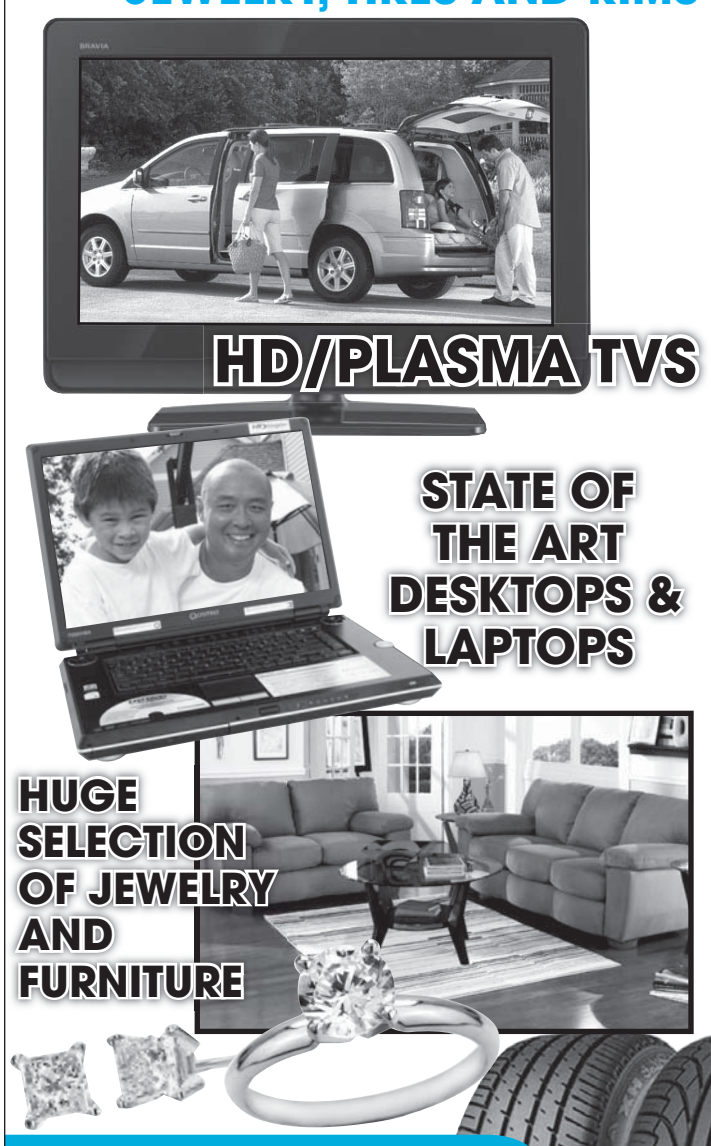

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NEWS

'Paws for Purple Hearts' helping treat PTSD

by Alexandra Hemmerly-Brown
Army News Service

WASHINGTON, D.C. – Paws for Purple Hearts, a non-profit that teaches wounded Soldiers to train service dogs for seriously-disabled veterans, may soon begin testing the physiological reactions that come from working with the animals.

Soldiers returning from Iraq and Afghanistan often suffer from non-physical wounds such as post-traumatic stress disorder and traumatic brain injury, commonly referred to as TBI, which are disorders the organization believes it is helping alleviate.

In partnership with the National Intrepid Center for Excellence, program founder Rick Yount hopes that studies on how man's best friend helps service members will confirm what he already believes – that training dogs saves lives.

"We have powerful anecdotal evidence, more than one veteran saying, 'this dog saved my life,' but now we'd like to find out why this works," said Yount.

Testing planned at National Intrepid Center for Excellence this fall will focus on sleep studies, tracking biomarkers and symptom reduction, with the goal of providing viable statistics on the benefits of PTSD patients working with service dogs, Yount explained.

One in five service members who deployed are estimated to suffer from PTSD, according to a 2008 Rand study, a topic that has become an increasing concern to Army and government leaders.

Yount, a social worker for 24 years, explained the idea for Paws for Purple Hearts came to him one day while watching the news. In 2006, Yount had already been working as a service dog trainer at Bergin University in California, and while watching the increasing reports about service members returning from deployments with PTSD and TBI, he realized they would be excellent service dog trainers.

PHOTO BY ALEXANDRA HEMMERLY-BROWN I ANS

Chief Warrant Officer Francis Young, gives Yoko a command while Whitney waits her turn to train on a grooming table at Walter Reed Army Medical Center, Washington, D.C., Jan. 20. The dogs are part of the Paws for Purple Hearts organization, a non-profit that teaches wounded Soldiers to train service dogs for seriously-disabled veterans.

"It sounds so simple," Yount said of his organization's comprehensive approach. "But there's nothing wrong with simple answers to difficult problems."

The program was started at the Veterans Affairs Health Care System's Menlo Park in Palo Alto, Calif., in 2008, the program has now also branched out to Walter Reed Army Medical Center in Washington, D.C. At Walter Reed, the program is located adjacent to the Warrior Transition Battalion, so Soldiers recovering there can easily access and inquire about the program.

Soldiers in the Warrior Transition Battalion must participate in a "work in education" program, where, as able, they are required to pursue an interest or activity non-related to their physical recovery to prepare them for life after the hospital.

The Soldiers have the choice to pick among different "internships" and Paws for Purple Hearts is one of them.

However, what started as a service to severely-wounded veterans has turned in some cases into a comprehensive treatment for PTSD, Yount explained.

"It's not for everybody, but it seems to work on the people who are struggling the most," Yount said of the program.

Yount said service members have attributed training service dogs to saving their lives, marriages and parenting abilities.

He said one Soldier who had insomnia requiring heavy sleeping medication, slept six hours straight the first night he took one of the dogs home with him. Another Soldier told Yount the program saved his marriage because prior to working with the dogs, he was treating his 3 year old like a private.

"Learning to train this dog taught me how to give praise and how to connect with my 3 year old," Yount said the Soldier told him.

The dogs also force the Soldiers to interact with other people and to engage in possible symptom-producing situations.

"There's no way you can isolate when you have a service dog and you're training in the community," Yount said. "People are going to come up to you and interact with you, there's no way out of it."

Yount explained that some of the characteristics of PTSD include emotional numbness, isolation, insomnia, hypervigilance and nervousness in crowds. Yet Soldiers training dogs have to challenge their symptoms in order to be successful: they have to get in touch with their emotions to give praise, and guide the dogs through crowds, ensuring them that it's safe.

In essence, service members with PTSD have to do the exact opposite of what they are feeling to complete their mission: to train a dog for a fellow vet. It's a deeply-ingrained sense of duty that pushes them, Yount said, and in turn, many end up healing themselves.

"I've spent almost 30 years in the military and there's a reason for it," said Chief Warrant Officer Francis Young, who first joined the Army in 1976.

"It's a way of life that's a brotherhood. I'd like to give back."

The helicopter pilot began working with Paws for Purple Hearts about a year ago after he was sent to Walter Reed for neck surgery.

"I find it very therapeutic," Young said. "I've always been around animals, and grew up with them and I enjoy working with the dogs."

Young explained that he'll be seeking a service dog himself to help him with balance after he's discharged, and added that he'd like to see more Soldiers participating in the program.

"There's a lot of dogs that are needed, so the more people you have to train them, the more service dogs there will be," said Young.

Yount said that the program has done much better than he first expected, and he hopes to expand the program to five more Veterans Affairs locations in the future, pending a congressional vote on funding.

He said he's thankful for the interest others have shown, and that without financial contributions, Paws for Purple Hearts would "just be another idea in a filing cabinet."

Stress management clinic combats Soldiers' inner conflicts

by Spc. Richard Daniels Jr.
1st Brigade Combat Team

NANGARHAR PROVINCE, Afghanistan – Stress is an everyday occurrence, one that is nothing new to the Soldiers of 1st Brigade Combat Team, 101st Airborne Division, Task Force Bastogne.

However, when stress becomes an issue, the stress management clinic is there to help.

The Forward Operating Base Fenty facility receives patients daily for a variety of stress-related problems, but the treatment staff determined one issue that affects most patients in the TF Bastogne area of operations – sleep or the lack thereof.

Air Force Tech. Sgt. Maria Snyder, a mental health technician with the 60th Medical Operations Squadron attached to TF Bastogne, explained that sleep is the No. 1 problem and concern among service members. Rapid change of shifts and fear of what's going on outside the wire can contribute to sleep loss.

Other problems such as a traumatic event, a communication issue, a personal or professional relationship or other complication can also contribute to sleep deprivation.

"Someone will come in with months of poor or little sleep," said Snyder. "Things just build up."

"It's very hard to treat sleep [issues] out here," said Air Force Maj. Jeff Lammers, a psychiatrist with the 59th Mental Health Squadron attached to the 1st BCT, 101st Airborne Div.

The clinic offers several treatment options, however, not every treatment is an option in a combat environment.

"The best treatments are behavioral, which means modifying your environment and your behavior as much as you can to enhance sleep," said Lammers. "You have to be careful out here because medicines that enhance sleep, or any medicine, [may] have side effects. Those side effects can be little annoyances or a bigger problem."

The side effects of some drugs may prevent a service member from waking up at moment's notice. That can be especially dangerous when a threat presents itself.

"The thing I like to use most, it sounds simple, but it would be something like [cold medicine], which has some sedating properties," Lammers said. "It doesn't last for a super long time."

In addition to sleep-related issues, many service members work in the infantry, military police, civil affairs and other career fields that frequently leave the comfort of the base and enter local Afghan countryside and insurgent territory. The constant presence of danger creates a type of stress needed to survive in the combat environment.

According to the medical staff, depending on the individual's reaction, combat stress can increase a service member's focus, stamina, strength and heighten alertness. Alternatively, it can also create tension, irritability, decrease concentration and may cause a variety of physical symptoms. Out of control, the latter can harm mental and physical health, relationships, work and enjoyment, especially in a combat environment.

The stressors of combat can result in post-traumatic stress disorder, according to Lammers.

For those service members seeking help, there are clinics spread across the battlefield. These clinics are stationary with an on-call staff available whenever the need arises.

"Stationary is good because we are always here," said Snyder. "They always know where a provider can be found, especially if there is an acute crisis."

When a patient enters the facility, a service member will greet them and gather information. From there, a provider will see them, get their history and begin the treatment.

"Talking about what is going on with them is, in itself, a treatment," explained Lammers. "With future appointments, we do things like cognitive behavioral therapy, which is exploring what triggers thoughts and emotions for you. We may even get to why those occur for you. Once you can identify that, then [you can] change your pattern of thinking and emotional responses. The idea there is if you have negative emotions or thoughts, you can modify them to something less negative, maybe into something positive."

In addition to the clinics, mobile clinic teams are dispatched within TF Bastogne's area of operations. The teams visit the FOBs and outposts frequently to address the issues of those who cannot travel to a clinic.

"It's great to travel and get out there," said Snyder. "You get to meet people, and it's easier to [connect with] them. We can ... create less of a stigma of [mental health professionals]."

For those with PTSD or other disorders, Lammers recommends one treatment that has shown the most success.

"We do things, such as exposure therapy, a little bit out here," said Lammers. "Let's say something has you worried. You expose yourself to something similar to the thing you fear. The idea is that you get more comfortable with it. If you can expose yourself to things associated with your fear, maybe, eventually, to the thing itself, but you do it in a controlled environment ... you can learn that 'Oh, this is not such a scary thing to me. I can tolerate this.'"

PHOTO BY SPC. RICHARD DANIELS JR. I 1ST BCT

Specialist Sean D. McCann, a combat stress behavioral health technician with Company C, 426th Brigade Support Battalion, 1st Brigade Combat Team, 101st Airborne Division, gives a class on stress triggers and stress coping techniques at the Forward Operating Base Fenty stress clinic in eastern Afghanistan's Nangarhar province, Friday. The clinic also has a mobile element that travels to the FOBs and outposts for service members unable to travel to the nearest facility.

The clinic also teaches relaxation techniques to help service members cope with daily activities and issues.

"Teaching relaxation techniques is pretty common for us," Lammers explained. "Relaxation techniques can be used to help [you] fall asleep, deal with anxieties, [become aware of] elevated emotional responses, maybe even anger that we feel during the day."

Relaxation techniques include breathing, visualization and progressive muscle relaxation, said Lammers.

Despite all the options available, some service members do not seek help until their problems and fears fester or until someone tells them they have a problem. Sometimes, it requires leadership to take that first step.

One of those leaders, Sgt. Kevin R. Garrison, a squad leader with Company D, 1st Battalion, 327th Infantry Regiment, Task Force Bulldog, had not only benefited from the clinic here, but has referred several of his Soldiers.

"Ever since I got [my issues] out I've felt better," said Garrison. "I've been able to operate better. Sometimes they offer you medication to help with the anxiety, and that's good too. The important thing to realize is, no matter how tough you are, everybody needs a little help. There are people here to help."

NFPA offers reminders to keep home fire-safe this winter

NFPA Release

QUINCY, Mass. – Half of all U.S. home heating fires occur in December, January and February. That's according to the National Fire Protection Association's Home Fires Involving Heating Equipment report, which shows that heating equipment is a leading cause of winter fires. In fact, heating equipment was involved in an estimated 66,100 reported home structure fires in 2008, causing 480 civilian deaths, 1,660 civilian injuries, and $1.1 billion in direct property damage.

NFPA and the U.S. Fire Administration are working together to remind everyone that home fires are more prevalent in winter than in any other season. For more information about the organizations' joint safety campaign, "Put a Freeze on Winter Fires," and a complete list of winter safety tips, visit **www.nfpa.org/winter** .

"Winter fires are highly preventable," says Lorraine Carli, NFPA's vice president of communications. "Every tragic news story about a devastating winter fire is a reminder that simple precautions can prevent deadly consequences."

Space heaters resulted in far more fires and fire fatalities than central heating devices. Between 2004 and 2008, fixed (stationary) and portable space heaters (excluding fireplaces, chimneys, and chimney connectors, but including wood stoves) annually accounted for, on average, one-third of reported U.S. home heating fires and four out of five associated civilian deaths.

Meanwhile, an estimated 15,200 reported creosote fires – 23 percent of all home heating fires – annually resulted in an average of four civilian deaths, 17 civilian injuries and $33 million in direct property damage. Creosote is a sticky, oily, combustible substance created when wood does not burn completely. It rises into the chimney as a liquid and deposits on the chimney wall.

One in four heating equipment fires started due to a failure to clean equipment. Other causes include placing a heat source too close to combustibles, and unclassified mechanical failures or malfunctions.

Roughly half of all home heating fire deaths resulted from fires started by heating equipment that was too close to something that could burn, such as upholstered furniture, clothing, or a mattress or bedding.

In addition to heating fires being a concern, NFPA would like to remind the public that cooking fires are the leading cause of home fires all year round. This time of year, whether you are feasting on Super Bowl Sunday or simply cooking to warm up on a bitter cold day, it is important to stay in the kitchen when frying, grilling or broiling. Unattended cooking is the leading cause of cooking fires.

The NFPA is a worldwide leader in providing fire, electrical, building and life safety to the public since 1896. The mission of the international nonprofit organization is to reduce the worldwide burden of fire and other hazards on the quality of life by providing and advocating consensus codes and standards, research, training, and education.

Visit NFPA's website at **www.nfpa.org**.

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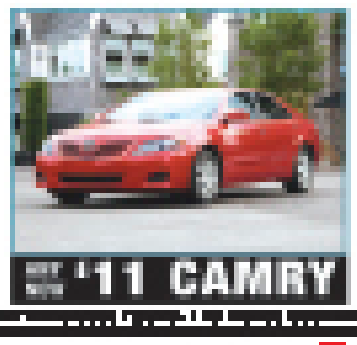

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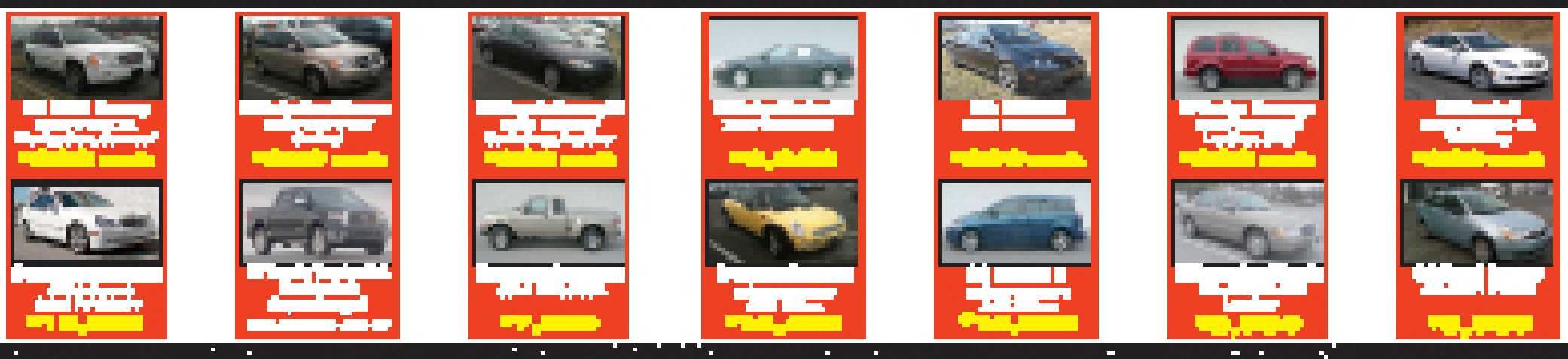

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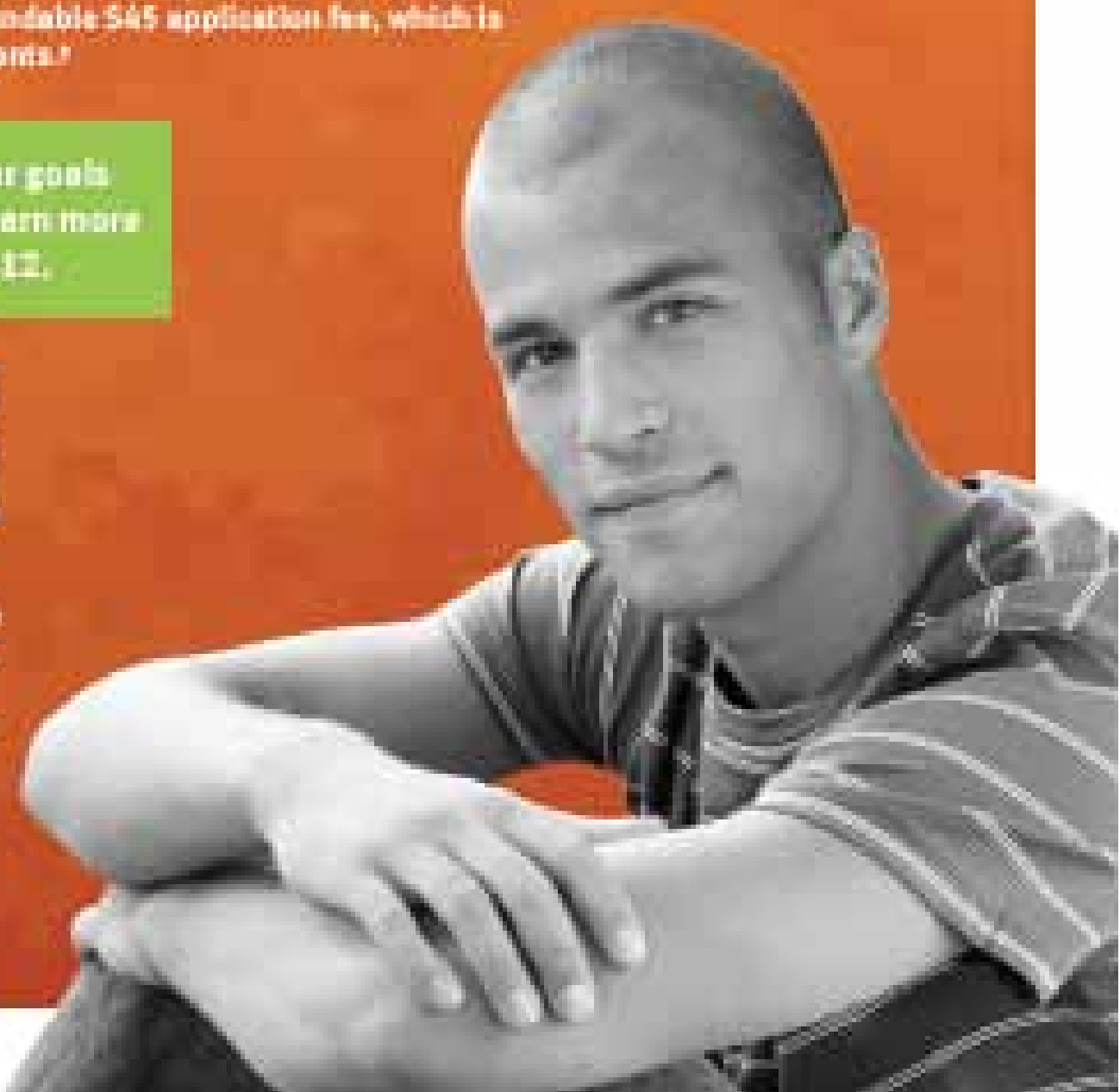

Currahees help remote FOB retrieve supplies

by Spc. Kimberly K. Menzies
4th Brigade Combat Team

PAKTIKA PROVINCE, Afghanistan – Soldiers from 801st Brigade Support Battalion, 4th Brigade Combat Team, 101st Airborne Division, helped Company D, 1st Battalion, 506th Infantry Regiment, retrieve essential supplies of water and fuel dropped by a C-17 Globemaster III aircraft as part of a container delivery system Jan. 30-31 at Forward Operating Base Waza Khwah.

The CDS drop is a supply method in which an aircraft flies low to the ground and releases cargo on pallets from the aircraft's rear cargo doors. Once the pallets exit the aircraft, parachutes release and slowly lowered the cargo to a specified location on the ground.

This drop was much larger than FOB Waza Kwhah normally receives, according to Lt. Col. David J. Preston, commander of 801st BSB, 4th BCT.

"The drops consisted of 101 bundles of fuel and 19 bundles of water; about 40 bundles per aircraft," said Preston. "The fuel should help sustain them for a little over 30 days."

Preston said his Soldiers supported Co. D, 1st Bn., 506th Inf. Regt., in the supply pickup for a variety of reasons.

"First, it is the Soldiers' at Waza Khwah job to conduct combat missions," he said. "If they are all out retrieving the cargo from a drop this large it would detract from their mission. Second, it is my battalion's job to provide support for other battalions within the brigade, and I was the one who signed them up for such a large drop."

Since Waza Khwah is a landlocked FOB, all supplies are flown in via helicopter and fixed-wing aircraft.

"To drive through the Gwashta Pass would put Soldiers at a significant risk due to the hazardous terrain," said Maj. Scott W. McLellan, the plans officer in charge of 4th BCT, 101st Airborne Div. "The terrain in the area favors the enemy and the mitigation of this hazard is utilizing air support."

"We only are able to receive resupply by air," said 1st Sgt. Brian D. Gemmil, first sergeant from Co. D, 1st Bn., 506th Inf. Regt.

"Using these new drop systems is important and very efficient," Gemmil said. "These drops also reduce the risk to my Soldiers because they do not have to travel too far out of the wire to get supplies, and the fuel makes it so we are able to maintain our mission."

To the unit, this drop was lifeline extended to their forward operating base.

"We need fuel; without it we cannot survive," said Staff Sgt. Ricky R. Reaser, squad leader from Co. D, 1st Bn., 506th Inf. Regt.

see **CURRAHEES**, Page **10A**

Soldiers from Company D, 1st Battalion, 506th Infantry Regiment, and 801st Brigade Support Battalion, 4th Brigade Combat Team, 101st Airborne Division, roll barrels of fuel into a vehicle Jan. 30. The barrels were dropped as part of a container delivery system, an alternative supply delivery system in which an aircraft flies low to the ground and releases cargo on pallets from the back of the aircraft cargo area.

PHOTO BY SPC. KIMBERLY K. MENZIES I 4TH BCT

PHOTO BY PFC. SHAWN DENHAM I 2ND BCT

Specialist Mason Brown and his working dog, Atilla, with 526th Brigade Support Battalion, 2nd Brigade Combat Team, 101st Airborne Division, search a compound near Strong Point Iron, Afghanistan, Jan. 29. Atilla's sense of smell allows him to find hidden bombs and weapons wherever they may be concealed, protecting Soldiers from harm.

Working dogs provide security

by Pfc. Shawn Denham
2nd Brigade Combat Team

KANDAHAR PROVINCE, Afghanistan – Working dogs detect hidden explosive and defend Soldiers from would-be attackers. These dogs are a large part of patrol operations during 2nd Brigade Combat Team, 101st Airborne Division's deployment to Afghanistan.

Working Dogs with Company A, 526th Brigade Support Battalion, 2BCT, attached to Company I, 3rd Squadron, 2nd Stryker Cavalry Regiment patrolled near Strong Point Iron, Jan. 29 and 31.

The working dogs searched compounds and fields in the southern Maiwand District during Operation Night Wolf. The dog handlers guided their dogs through previously unpatrolled locations considered to be under Taliban control.

"We searched for bombs in the area with the [Afghan National Army] and American Soldiers," said Spc. Mason Brown, dog handler with Company A. "It was pretty difficult; we were out most of the night until early afternoon, walking all the way. Atilla [the working dog] is only 18 months old but he held up really well during the patrol."

Atilla's sense of smell is very sensitive and he can tell the difference between the smell of explosives and harmless smells in an area, said Brown.

"[Atilla] is well-trained and knows his job," said Brown. "If anything is out here, he'll find it."

The ability to detect hidden explosives gives Soldiers an edge on the underground threat of improvised explosive devices. Without the dogs, Soldiers rely on metal detectors, out of place items on the ground and signs of buried objects; methods that aren't always accurate.

"The dogs contributed a lot to the mission," said Spc. Zane Henson, medic with the Company I. "They searched the area pretty thoroughly; they didn't find anything and that's good."

Having the dogs on patrol increases the confidence of Soldiers that they will be safer while on mission, said Henson.

"There's no doubt in my mind; these dogs keep us safe," said Henson.

On the last day of the operation, a working dog identified wires and other electrical components used in making bombs buried in a grape-drying house. Without the dog's ability to sniff-out the material, the parts may have been overlooked during the initial search.

"The dog hit on it immediately, we just had to dig it out," said 2nd Lt. Corey McCaigue, platoon leader with Company I.

The working dogs of Strike Brigade help bring security to both Soldiers and local nationals as they help clear threats from Afghanistan.

Finger-pickin' good

1st BCT Soldier strums guitar, writes songs from his heart

by Sgt. 1st Class Paula Taylor
1st Brigade Combat Team

NANGARHAR PROVINCE, Afghanistan – He grew up in the small town of Pearcy, Ark., in a Family of five and, as a teen, he found his love for music and has been playing, song writing and entertaining ever since.

His name is Cpl. Jamie Gold and he's an all-wheeled vehicle mechanic assigned to the 426th Brigade Support Battalion, 1st Brigade Combat Team, 101st Airborne Division.

"The first real interest in playing music was when I went to a football game, and I told my mom I would like to play music," recalled Gold. "I heard the high school band play at halftime and that is when it all started."

When Gold and his identical twin brother Jimie were given the option of buying a car or buying instruments, the choice for them was simple.

"We got some money for a car and bought a Memphis bass guitar and a five-piece CBMAX drum set for $600," said Gold. "I started out with the bass guitar. She was my baby, and her name was 'The Rebel,' that was the sticker that I put on it. It was perfect for the crimson red color of the guitar."

After high school, Gold met who he calls "the woman of my dreams," Misty Burks, in downtown Hot Springs, Ark. They dated for a year and married, Sept. 22, 2001, just 11 days after the N.Y. city twin towers came crashing down. In January 2003, he joined the U.S. Army.

"Ever since then, she has been supporting me in anything and everything I do," bragged Gold.

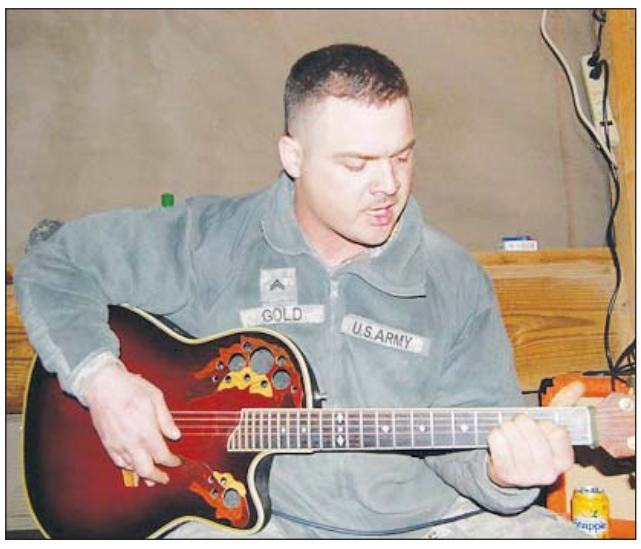

PHOTO BY SGT. 1ST CLASS PAULA TAYLOR I 1ST BCT

Corporal Jamie Gold, an all-wheeled vehicle mechanic, plays his guitar and sings on Forward Operating Base Fenty in eastern Afghanistan Sunday. Gold, assigned to the 426th Brigade Support Battalion, 1st Brigade Combat Team, 101st Airborne Division, is on his fourth combat tour.

see **GUITAR**, Page **10A**

Longest-serving SMA says goodbye

by Jacqueline M. Hames, C. Todd Lopez
U.S. Army

WASHINGTON, D.C. – The longest-serving sergeant major of the Army emphasized the importance of maintaining an adaptable force during a farewell interview Monday at the Pentagon.

Sergeant Maj. of the Army Kenneth O. Preston has served as the top enlisted adviser for seven years, from January 2004 until next month. He faced several key challenges when he first arrived, but said he feels the Army has advanced through properly manning, equipping and training the force.

"If you look at the Army at that time, we were in Iraq and Afghanistan at that time, we were tied up with fighting two wars," Preston explained. "It was pretty significant to have large numbers of Soldiers forward-deployed in both Iraq and Afghanistan. That was the first piece, just the size and the demand on the Army.

"The focus coming in here was manning, training, and equipping and making sure our Soldiers had the best equipment, the best training, and had the right skill sets and had the right number of people in their units and organizations for the mission they were being asked to do," Preston said.

Preston feels that the Army has achieved those initial goals and gone beyond to greater successes. The Army has grown in size and transformed to a modular force.

"The whole transformation of the Army, in my mind, has been the biggest accomplishment that's really taken place since 2004," he said.

The manning of the Army has grown by about 100,000 Soldiers over the course of Preston's career, and equipping has advanced greatly – the SMA compared the uniforms and equipment from 2004 to today's and said it's like looking at pictures of the modern Soldier compared with Soldiers from the Korean War.

Training has also been made more relevant by incorporating lessons-learned and providing professional military education geared at supporting an Army at war, he said.

"We've taken an Army that was the best Army in the world and taken it to a whole new level."

Preston joined the Army just out of high school, hoping for the opportunity to get away from his small hometown in western Maryland.

He served as a cavalry scout and tank commander during his 35-year career and as the command sergeant major for the Combined Joint Force Task Force 7 in Baghdad, Iraq, before taking the position as SMA.

He advised his successor, Command Sgt. Maj. Raymond F. Chandler III, to command and learn the Army from an historical perspective.

Once in the position of SMA, there is a plethora of information and historical files to help understand the decision-making processes that led the Army to where it is today in terms of manning, equipping and training the force, Preston said.

He plans to return home to Maryland, "back to the farm," to determine what the next chapter in his life will be.

Army senior leadership announced Monday that Chandler will serve as the 14th sergeant major of the Army.

Chandler currently serves as the 19th commandant of the Army Sergeants Major Academy at Fort Bliss, Texas. He enlisted in the Army in 1981 as a armor crewman.

Chandler will be sworn into the new position March 1 in a ceremony at the Pentagon.

> "We've taken an Army that was the best Army in the world and taken it to a whole new level."
>
> **Kenneth O. Preston,**
> Sgt. Maj. of the Army

"We have the utmost confidence in Command Sergeant Major Chandler and look forward to having him join our leadership team," said Secretary of the Army John McHugh. "He has the right qualities and credentials to assume this vitally important duty that Sergeant Major of the Army Preston has skillfully and adeptly performed for the last seven years."

During his nearly 30-year career, Chandler has served in tank crewman positions and has had multiple tours as a troop, squadron and regimental master gunner.

"It's huge shoes that I have to fill, following Sergeant Major of the Army Preston," Chandler said. "But I am humbled and excited about the opportunity. And we'll see what the future holds, and what Soldiers and Families tell me we need to look at – and I'll work that with Army leadership to try and make those changes that that best support them."

Chandler said he knows some of the challenges he'll help the Army face while serving as SMA are the same the Army is working on now: maintaining the force, reconstituting the force, and building resiliency in the force.

"We have got to maintain the combat-seasoned force that we have been so successful at sustaining over the past nine years," Chandler said. "We have an Army that is unparalleled in its lethality and its willingness and ability to conduct operations around the world. So I think that is the first thing, to maintain the combat-seasoned force."

Chandler also said he knows it's important for Soldiers to have more dwell time with their Families.

"This has been a very difficult and long war the Army has been in, and we have some work to do to help it reconstitute as we build dwell time over the next couple of years," he said.

The new SMA is also impressed with efforts the Army is making at building resiliency into the force – in particular with the Comprehensive Solider Fitness program.

"Programs like CSF and the new Master Resilience Training that we are developing for the Army and producing for the Army, along with the Army Family Covenant, is going to help us build a more resilient force for the long term," he said. "We are in a period of persistent conflict and this is not going to go away anytime soon – so we have got to build a more resilient force that can see us through the challenging times."

Chandler also said he's fortunate to have participated in developing at the Sergeants Major Academy some of the concepts driving noncommissioned officer development today – including the advancement of structured self development.

see **SMA**, Page **10A**

NEWS

Training saves lives at FOB Wilson

by Sgt. Charlene Moler
2nd Brigade Combat Team

FORWARD OPERATING BASE WILSON, Afghanistan – With the constant dangers Soldiers face when in conflict, knowing basic first aid can be the difference between life and death. Medical personnel from Headquarters and Headquarters Troop, 1st Squadron, 75th Cavalry Regiment, 2nd Brigade Combat Team, 101st Airborne Division, trained their Afghan National Army counterparts on trauma lanes, Jan. 25.

The purpose of trauma lanes is to simulate a combat situation so Soldiers can practice their medical skills under stressful conditions similar to combat. With units continuously integrating their ANA counterparts more fully into operations training them in lifesaving skills is crucial.

"We are working hard to train the ANA medics and their physician assistant because they will need to be able to treat their own guys once we leave," said 1st Lt. Jason Kim, a medical platoon leader for HHT, 1-75th CAV. "The ANA medics must be able to provide both clinical and combat medical care for over 600 Soldiers in 2nd Kandak."

Eight ANA soldiers and the ANA physician's assistant attended this session of training covering tourniquets and how to move a wounded soldier out of harm's way. Six of the ANA soldiers were new to the unit and this was their first experience with medical training.

"For being new, they did a good job," said Lt. Col. Christopher Martin, the squadron surgeon for 1-75th CAV. "They need to continue practicing with the equipment they carry and what they have to work with."

Martin explained the mechanics of the tourniquet and demonstrated the proper application of a tourniquet, placing it above the wound and tightening it down the correct amount so it functions as designed.

"When using a tourniquet only twist it three to four times," said Martin. "If that doesn't stop the bleeding don't continue to twist it tighter, apply a second tourniquet above the first."

PHOTO BY SGT. CHARLENE MOLER I 2ND BCT

Specialist Robert Perkins, a medic with Headquarters and Headquarters Troop, 1st Squadron, 75th Cavalry Regiment, 2nd Brigade Combat Team, 101st Airborne Division, shows his Afghan National Army medical counterparts the correct way to apply a tourniquet, Jan. 25. This was part of trauma lanes training to increase the ANA soldier's knowledge of basic lifesaving skills.

When demonstrating how to apply tourniquets Martin also showed the ANA soldiers how to put pressure on the artery to slow the bleeding while they emplace the tourniquets. This is a useful technique to know, especially when there is only one soldier present to render aid.

When the soldiers demonstrated the understanding and ability to apply tourniquets correctly the next portion of the exercise was added, moving the wounded soldier to safety.

With one soldier as a simulated casualty, working in buddy teams they emplaced tourniquets. Using a two man variation of the cradle drop drag the soldiers moved the injured soldier approximately 25 meters to a combat litter.

Martin explained the correct way to strap the wounded into the litter to ensure the person was secure. Once the soldiers strapped in the wounded, they dragged the litter around the compound.

"It is harder than it looks," Martin told the ANA soldiers. "Imagine having to drag a larger Soldier, and remember their body armor gets strapped down on the litter with the Soldier. Everything gets transported with that Soldier except the weapon."

Every soldier had hands-on practice with each step of the training demonstrating their understanding. Another trauma lane exercise teaching different skills was scheduled for the following week to continue building their medical knowledge.

"They have significantly improved in their skills and are independently running sick call operations for the Kandak," said Kim. "They will continue to improve on all fronts with more practice and learning more skills."

GUITAR

Continued from Page 9A

Gold, 30, has completed three tours in Iraq and is finishing his first tour in Afghanistan. And, like many service members, the hardest part of any deployment for Gold is saying goodbye. Sometime during the middle of his second tour, Gold began writing one of his favorite songs, "Coming Home."

"I kept thinking of all the times I had to leave my wife, either for deployments or [rest and recuperation leave] while being deployed," said Gold. "It is easy to deploy but not so much when it comes to saying goodbye."

Gold remembered what it felt like standing there with Misty before getting on the plane bound for the battlefield. It was that feeling of sadness that led him to write the song for her.

"I would look around, seeing the other Soldiers with their Families, seeing the expression on their faces, watching them hold each other as I was holding my wife and not wanting to let go," Gold recalled. "I knew I had to go to get my mind ready for the long deployment. It is a hard thing to do, to pull away knowing that you may not make it back.

"That is one of my biggest fears, but it comes with the job," Gold continued. "It relieved my wife knowing the training I got from the unit and me having faith in my abilities to do my job. She would tell me, 'You come home to me.' I couldn't look at her straight in the eyes. I had to be strong. I told her, as I was holding feelings back, 'I am coming home to you.'"

The song, Gold said, is a combination of emotions and experiences from all three deployments in Iraq. The first deployment, he said, was the most difficult but he's grateful to have Misty and the love and support she gives him. The first verse of the song, although written for the two of them, is something that many military Familes can probably relate to.

"It is slow but strong," said Gold. "There is a lot of finger picking and a lot of emotion. It is somewhat of a duet. It is one of the most patriotic songs that I have ever written."

Misty, who describes her husband as a caring, loving, sweet guy, said the first time she heard "Coming Home" she couldn't help thinking, "He is singing about what we go through when we go through a deployment."

"It is a beautiful song, and I am really proud of him," she said. "He has a way that can make me smile or laugh. I feel safe when he is near. He is the type of guy who would give you the shirt off of his back if you needed it. He loves writing and playing music."

Gold has written more than 30 original songs since picking out that first guitar. The songs and the music help him relax and ease the stressors in life, while the lyrics he writes help keep his memories fresh.

"Well, some people who have problems that they don't know how to deal with, especially with depression or anything that has to do with life's troubles, usually go to the alternative of drinking," said Gold. "I don't do that. I pick the guitar up and start playing my favorite songs or just write down what I am feeling. It helps me when I think back about how I grew up."

Gold admits that although he loves his Family very much, he didn't have a role model in his dad when he was growing up due to his father's trouble with alcohol, which is another reason why using music as an alternate stress reliever has proven to be a good choice.

"He had a problem controlling himself when he was drinking alcohol," Gold explained about his father. "An alcoholic is something I never want to be. I control what kind of person I want to be. So far, I think I have done a good job. Being in the Army while being deployed causes a lot of stress – some good and some bad. Fighting for your country, worrying about your wife at home or worrying about your Family are the good and bad stresses for me. I use music to wind me down after a long day at work."

So whether Gold is sitting outside playing guitar on Forward Operating Base Fenty in eastern Afghanistan or whether he's just relaxing in his room writing poetry, he said he feels much better after he's done, like a weight has been lifted off his shoulders.

"I love my job and my Family," Gold beamed, "but music is my other love. It lets me give up my emotions when life may seem to be too much to bear. So instead of drinking my sorrows away with a bottle, I write down what I am feeling or what is on my mind, then I pick up my guitar and write a song. Writing words and playing music are my therapy, as is spending time with my wife when we're together."

Gold, who launched a website to highlight his band's music and songs, is scheduled to return to Fort Campbell in the spring. Until he does, he'll keep picking at his guitar strings and pulling on Misty's heart strings.

"Being in Afghanistan for the first time is a different beast, but one thing I focus on is getting home to my wife," said Gold. "Misty, I love you!"

CURRAHEES

Continued from Page 9A

"It may be hard for some to gain perspective on it, but you have to think without the fuel they have no heat, no power, no transportation, no communication and no security," said Preston.

The supplies are a critical aspect to mission success, he said.

"With fuel, we can fill our trucks and conduct operations," said Sgt. Ricky J. Spencer, fire team leader from of 2nd Platoon, 3rd Squad, Co. D, 1st Bn., 506th Inf. Regt. "Without it, we will have no heat and will be unable to meet our mission here in Waza Khwah."

Though the CDS drop delivers the essential fuel, the drop is only part of the process.

After the drops were coordinated, the Soldiers on the ground wait until the bundles have reached a specified drop area, and then go out to the landing zone to bring back supplies, said Spencer.

With the amount of supplies received, Soldiers at Waza Khwah appreciated the aide provided by the support battalion.

"I think it was a great idea to have Soldiers from other battalions out here," said Reaser. "It gives them an opportunity to get out, see things and do things they normally would not do as part of their specific job."

SMA

Continued from Page 9A

"One of the things I've been fortunate to partake in while here at the Sergeants Major Academy is to really understand SMA Preston's vision for the NCO Corps," Chandler said. "Structured Self Development ... [was] built here at the Sergeants Major Academy, and I have been intimately familiar with that process and where we are trying to go. From my perspective, I will continue to sustain and move forward those initiatives that have started with SMA Preston."

While Chandler said he's familiar with some of what he'll be working on as the next sergeant major of the Army, he also said that he is not brining his own agenda to the job – and that he serves at the discretion of the chief of staff.

"I have no priorities at this point, except to provide predictability for Soldiers and their Families," Chandler said. "I do not come into this position with some set agenda or group of things that I personally want to fix or look into. I serve at the whim of the CSA and he is going to tell me what he wants me to focus on, and from there I move forward."

Chandler will likely serve the bulk of his time as sergeant major of the Army alongside Gen. Martin E. Dempsey, currently the commander of the Army's Training and Doctrine Command. Dempsey was nominated to be the next chief of staff of the Army.

Chandler and Dempsey share a working relationship today – Chandler's position as commandant of the USASMA falls under Dempsey's TRADOC. The two have also worked together as part of the Third Armored Cavalry Regiment. There, Dempsey was Chandler's regimental commander, while Chandler served as a first sergeant in the regiment.

Chandler was chosen as the next sergeant major of the Army by Chief of Staff of the Army Gen. George W. Casey Jr. That selection is something Chandler said he never considered during his career.

"I never thought in my wildest dreams I would ever even be in a position to be considered for the SMA," Chandler said. "So, I never dreamed about being SMA, or thought about it. For me, I was a squadron command sergeant major in combat. And that is what I aspired to do. Since that time I have had a series of other assignments that have challenged me and helped me to grow as an NCO and as a person."

When serving as sergeant major of the Army, Chandler will spend time on Capitol Hill, discussing Army needs and concerns before both the Senate and the House. He will also likely meet with the President of the United States, and will spend much time traveling alone and with the chief of staff of the Army to visit Soldiers and their families throughout the Army.

Chandler said the new role for him will not distract him from what he is at his core.

"I am a Soldier – and I happen to be a sergeant major," Chandler said. "But that doesn't change the fact that I came from the same rank and the same position that those young privates and sergeants and first sergeants are in today. And that's the tie that binds us together – those shared experiences. There is a responsibility to represent the Army at various events and engagements. But at the end of the day, my place is with the Soldiers and their Families in the Army and that's where I intend to be."

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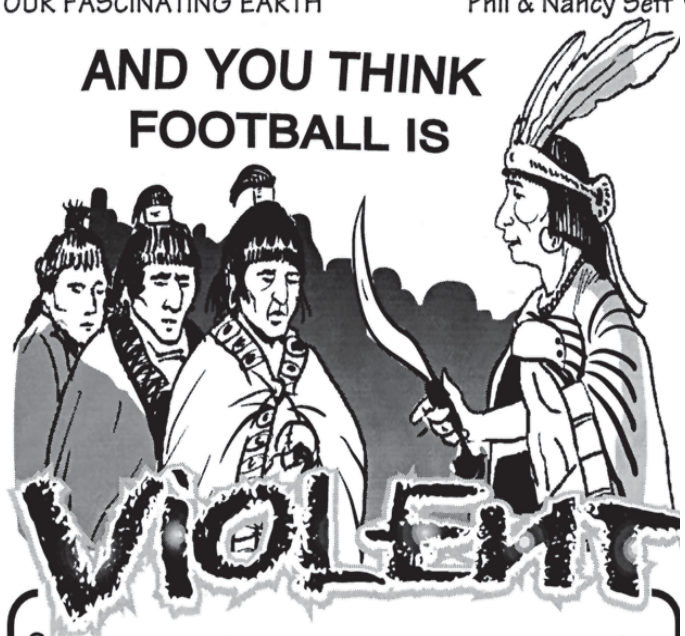

CHIEF SPORT OF ANCIENT MAYANS WAS POK-A-TOK, A GAME SOMEWHAT SIMILAR TO BASKETBALL. EACH SIDE STRUGGLED TO GET A RUBBER BALL THROUGH A VERTICAL STONE RING ON THE WALL. RELIEF CARVINGS ON THE WALLS SHOW POK-A-TOK TO HAVE BEEN QUITE VIOLENT AND AT TIMES EVEN DEADLY. SCIENTISTS BELIEVE, ALTHOUGH IT HAS NOT BEEN PROVED, THAT THE PENALTY FOR ALL LOSING TEAM'S MEMBERS WAS DEATH BY DECAPITATION.

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MIDDLE EAST NEWS

PRT donates clothing to orphanage

by AF Master Sgt. Matthew Lohr
Khowst Provincial Reconstruction Team

KHOWST PROVINCE, Afghanistan – Khowst Provincial Reconstruction Team medical personnel and engineers brought donated winter clothing and blankets to a Khowst City orphanage Feb. 1.

The PRT was following up after a mid-January visit in which they identified a lack of cold-weather items available to the children.

"I noticed right away that none of the children were wearing winter clothes," said Petty Officer 1st Class Prayot Bunmeema, a hospital corpsman, reflecting on his first visit to the orphanage.

Thanks to the generous donations from civilian agencies, Khowst PRT personnel collected and, with the help of local Afghan National Police, distributed blankets, sweaters and winter hats to the orphans.

After handing out the donated items, the PRT medical team gave a class about dental hygiene to the children.

Navy Lt. Timothy Harmon, the senior medical officer for Khowst PRT, stressed the importance of teaching good hygiene habits and preventive medicine.

"The lack of basic preventive medicine services, many of which most Americans don't even think about, can be life-threatening here in Afghanistan," said Harmon.

The PRT is planning additional visits to the orphanage as more donated clothing and school supplies arrive.

"It feels really good to know that today, at least for these children, we made a difference," said Bunmeema.

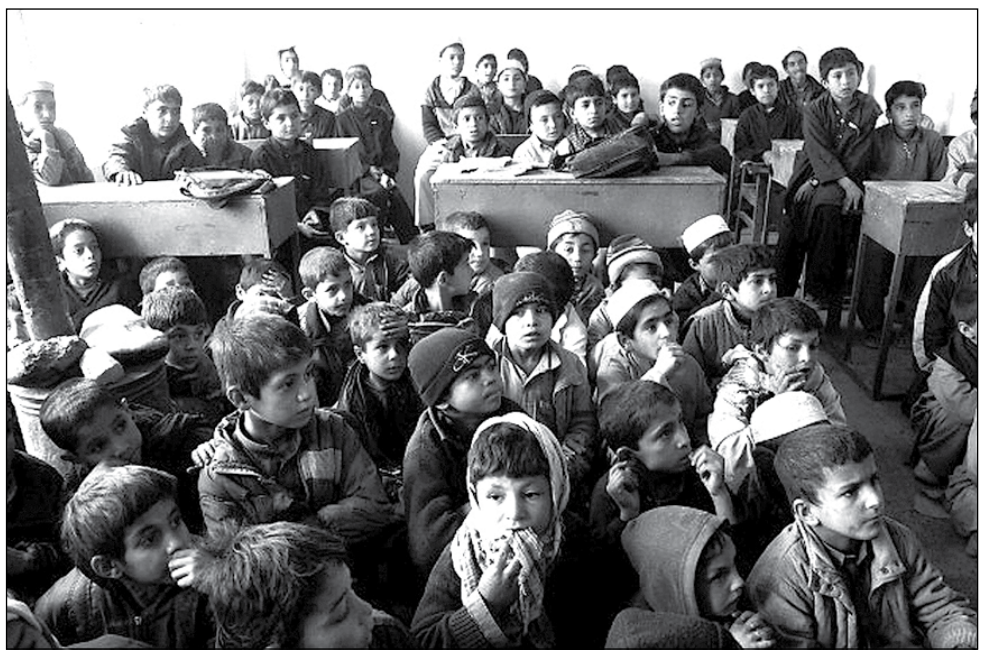

PHOTO BY AF MASTER SGT. MATTHEW LOHR | KHOWST PRT

Children at an orphanage in Khowst City pack into a school room as they prepare to receive donated blankets, shirts, scarves and school supplies from Provincial Reconstruction Team Khowst. The items donated were from civilian agencies in the U.S.

Iowa ADT trains Chowkay women in animal care

by AF Capt. Peter Shinn
734th Agribusiness Development Team

KUNAR PROVINCE, Afghanistan – The Iowa National Guard's 734th Agribusiness Development Team worked with Chowkay District officials to host animal care training for 22 Afghan women Jan. 31.

All of the trainees were in place and ready to begin promptly at 9 a.m., exactly when the training was scheduled to start. That marked a departure from previous similar events according to Master Sgt. Darla Sheasley, ADT veterinary technician who provided the training to the Afghan women.

"We've done training like this several other times and usually when it's scheduled to start at 9 a.m., we can expect to get started around 10 a.m. or a little later," Sheasley said. "I really credit the local officials and the [Kunar Province] director of women's affairs for getting this organized so well."

Sheasley trained the women on basic animal care procedures, recognition and treatment of animal parasites, as well as rabies control and prevention. These topics, Sheasley explained, are vital to Afghan women because they are the primary caretakers of livestock that typically live in the compound with the families of the women.

"The animals are very important to these women because they provide most of the protein through milk, eggs and meat that their families get," Sheasley said. "In some cases, they're also a source of additional income to the family."

The women at the training included both teenagers and senior citizens. At the training's conclusion, each expressed gratitude as she received her certificate of completion. One young woman, Asan Jan, lauded Sheasley's bravery.

"We are very glad you had the courage to come and teach us today," Jan said. "We are an uneducated people and this will help us to better provide for our families."

Sheasley pointed out the veterinary training is virtually cost-free, yet is immensely popular among the trainees.

PHOTO BY SGT. TESSA POPPE | ARMY

Linguist Shafiqa Ansary and Master Sgt. Darla Sheasley, veterinary technician for Iowa National Guard's 734th Agribusiness Development Team, answer questions while providing basic animal care training to 22 women from the Chowkay District Jan. 31.

OPERATIONS: enduring freedom & new dawn

Drug lab discovered, material destroyed

NANGARHAR PROVINCE, Afghanistan – U.S. Soldiers assigned to Troop C, 1st Squadron, 61st Cavalry Regiment, attached to 1st Brigade Combat Team, 101st Airborne Division, conducted a search with Afghan National Security Forces in Loya Torma Village in Sherzad District Saturday.

Soon after the search began, the Soldiers discovered several bags hidden in bushes that turned out to be processed heroin and unprocessed opium. Further searching revealed evidence of a drug and improvised explosive device-making lab.

The explosive ordnance disposal team was immediately called to further exploit the site and help identify unknown substances.

The cache included 800 pounds of unprocessed opium, 100 pounds of processed heroin, four bags of sodium chloride; Bandoleer RPK ammo, 100 rounds of machine gun ammo, four full AK-47 assault rifle magazines, 30 feet of copper wire, batteries, three bags of unidentified brown powder, 21 pounds of urea nitrate, one bag of hexamine and two jugs of ammonia solution.

All drug-related items discovered were turned over to the Afghan National Army for evidence and destruction. The EOD destroyed all IED-making components.

There were no shots fired, injuries or locals detained during the search.

Document signing opens compound

BABIL, Iraq – The 3rd Armored Cavalry Regiment and representatives of the 2nd Battalion, 31st Iraqi Army Brigade, signed official documents Saturday that will provide Iraqi Security Forces a new compound on Contingency Operating Site Kalsu.

Development of the new compound will allow for more joint missions for the two units, while supplementing security in and around COS Kalsu.

"The completion of this project is one of the initial lines of effort for the Regiment," said Lt. Col. Wilton C. Jackson, the 31st BDE Stability Transition Team chief.

Commander of the 3rd ACR's 1st Squadron, Lt. Col. Gregg Athey, signed the papers alongside Iraqi officials, marking the start of a transition to a self sufficient security force.

Planning for the compound began in November 2010, and a piece of ground within the COS was selected and prepared for the layout of the site.

For more "Operations: Freedom" briefs, visit www.usf-iraq.com, www.defenselink.mil, www.cjtf101.com, www.isaf.nato.int.

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Enhanced Combat Helmet to be fielded this fall

by C. Todd Lopez
Army News Service

WASHINGTON, D.C. – The Army is looking at an improved combat helmet that surpasses the capabilities of what Soldiers are currently wearing in the field, and it may be available in the fall.

The new Enhanced Combat Helmet doesn't look much different than the Advanced Combat Helmet it's designed to replace, but the performance difference is huge, said Col. William Cole, project manager, Soldier Protection and Individual Equipment.

"If you hold them in your hand, you'd have a tough time telling the difference, other than the relative thickness," Cole said during a media roundtable Feb. 2, in the Pentagon. "The ECH is a little bit thicker, also about an ounce to four ounces lighter depending on the size. But it's really a huge leap ahead forward in terms of head protection capability."

During testing, he said, the helmets did so well that a new test system will need to be developed to evaluate their effectiveness at protecting a Soldier's head from fragments.

"The data we're getting from the prototypes going into the milestone was even better than we hoped," he said. "We had hoped for a 35-percent improvement over the ACH in terms of ballistic protection and it's way better than that."

With smaller fragments, the lab was unable to determine a "V50" rating – that's a determination of what velocity is needed for 50 percent of fragments to penetrate a test material.

"In this case the test guns they had couldn't shoot fragments fast enough to penetrate the helmet," Cole said. "We don't know exactly what the V50 is, but we know it's better than anything we've seen before. We're going to have to build stronger test guns to figure out exactly how good it is."

The Army wants 200,000 of the helmets, though Cole said, "I'd be surprised if we stop at that number."

It's expected fielding of the ECH will happen this fall and will align with the Army's Force Generation Model, though Cole said he hopes to accelerate fielding. The Marine Corps is a partner in development of the ECH and will also purchase the helmets.

"It potentially could mitigate some traumatic brain injuries. We're seeing it has great potential," said Brig. Gen. Peter N. Fuller, the Program Executive Officer Soldier. "We're trying to work through getting that product accelerated."

PHOTOS BY SR. AIRMAN ASHLEY N. AVECILLA I PAKTIKA PRT

Above, Paktika Provincial Reconstruction Team members meet with Muhammad Haib, Paktika director of economy Jan. 31. Over a cup of tea, Haib discussed the February schedule, the budget process and future plans for the province. Having tea together often helps make the atmosphere relaxed and friendly. Below, Navy Lt. Cmdr. Michael Wautlet, Paktika Provincial Reconstruction Team executive officer, receives a gift from Dr. Arif, Paktika rule of law for medicine Jan. 31. Wautlet also gave Arif a gift. The two met at a previous meeting and made a positive impression on each other.

Relationship building with tea

by Senior Airman Ashley N. Avecila
Paktika PRT

PAKTIKA PROVINCE, Afghanistan –Fighting fire with fire is not necessarily the case anymore. No longer is war fought solely with weapons, but with relationship building and tea.

Now, military leaders are not just patrolling villages, but participating in key leader engagements. U.S. counter-insurgency strategy focuses more on learning the Afghan culture and getting to know their Afghan allies.

Provincial reconstruction teams all over the country use this new strategy to reach out to the local Afghans and help stabilize the Afghan government.

Building close relationships with local government officials is not only an opportunity to sit down to a cup of tea or an Afghan lunch, but a useful tool to build trust and understanding.

> "Personal relationships are critical to tactical and operational success in Afghanistan."
>
> **Lt. Cmdr. Michael Wautlet**
> Paktika PRT executive officer

Key leader engagements give coalition forces the chance to understand current cultural situations of the region and how the Afghan government is improving the situation. With these meetings, coalition forces put their effort in what the Afghans think is best for their own country.

"Increased transparency, cooperation and partnering opportunities with Afghan officials are the most important benefits in building relationships here," said Navy Lt. Cmdr. Michael Wautlet, Paktika Provincial Reconstruction Team executive officer. "Personal relationships are critical to tactical and operational success in Afghanistan. The Afghan culture is entirely relationship-based."

Like the various PRTs spread throughout Afghanistan, Paktika PRT regularly participates in working group and development meetings. Government officials share their line directorates' operating and development budgets, discuss partnering opportunities, and review priorities under the provincial development plan. Paktika PRT members receive valuable information and friendships that help improve the transparency and coordination of future provincial projects, which in turn help the local area.

"Much of the long-term success we achieve in Afghanistan will come from the perceptions we change about who Americans are and why we are here," said Wautlet. "The U.S. counterinsurgency mission is not about the projects we build or the number of Taliban insurgents that coalition forces remove from the fight. It is about the capacity we build in the Afghan people and their government institutions, so that we can transition our efforts now through 2014."

Through a cup of tea, Afghan officials and military leadership learn to understand one another and build a trust that builds a better Afghanistan. In turn, this renewal of faith and pleasant personal interaction works to provide a safe environment for future Afghan generations.

Medics in Kunar province help patients in Asadabad hospital

by AF 1st. Lt. Nicholas Mercurio
Kunar Provincial Reconstruction Team

KUNAR PROVINCE, Afghanistan – Medicine has no race, no gender. It is unconcerned with social stature, religious preference or political affiliation. All that matters in medicine is helping people.

When medics, attached to 1st Brigade Combat Team, 101st Airborne Division, from Kunar Provincial Reconstruction Team were escorted through Asadabad Hospital, Jan. 31, and paused by the beds of the sick and the injured, the message was the same whether the words were spoken in Pashto or English: "I am here to help you."

"It's a common trait I've noticed amongst medical professionals around the world," said Lt. Cmdr. Lynn Redman, Kunar PRT nurse practitioner. "They genuinely care about people."

The purpose behind the PRT visit was twofold. First, Redman said, she wanted to make sure the Afghan doctors did not have any questions about the medical equipment they owned and that someone had been properly trained on operating the equipment. She also wanted to see about re-engaging the advising program between the doctors at the forward surgical team and the surgeons here.

Afghan Dr. Ismat Shinwary, Asadabad Hospital general surgeon, was highly receptive to the prospect of working with the American FST surgeons. "We enjoy the relationships with your surgeons very much," he said.

Shinwary went on to say that reopening the lines of communication would be extremely beneficial as there are some surgeries they perform which are very complicated, and the Afghan surgeons would be interested to observe the latest techniques.

"War surgeries," as Shinwary referred to them, "often present the greatest challenge to the surgical staff and would provide an excellent opportunity for continued learning from the American doctors. We don't care whose bomb was responsible. We just want to heal the injuries, save lives."

Afghan Dr. Ismat Shinwary, Asadabad Hospital general surgeon, explains the types of injuries that come through the hospital's operating theater to Lt. Cmdr. Lynn Redman, Kunar Provincial Reconstruction Team nurse practitioner, Jan. 31. During the hospital visit, the PRT began preliminary discussions for transporting highly complicated surgery cases to the forward surgical team located at Forward Operating Base Wright in order for Afghan surgeons to learn the latest techniques and procedures while assisting American doctors.

PHOTO BY A.F. 1ST LT. NICHOLAS MERCURIO I KUNAR PRT

Flushing out Taliban in Spinpir village

by Tech. Sgt. Kevin Williams
U.S. Air Force

SPINPIR VILLAGE, Afghanistan – Coalition Forces are flushing out Taliban fighters in southern Afghanistan by installing barriers in various locations in an effort to funnel everyone through security checkpoints and compounds.

In a once volatile area of the country, insurgent activity is reduced, even on this unseasonably warm day along Highway One.

"We used to see a lot of contact here," said 1st Lt. Allen Anders, Distribution Maneuver, Headquarters and Headquarters Company, 2nd Battalion, 502nd Infantry Regiment, 101st Airborne Division. "In the past we would not be walking out here. Now it's pretty safe."

The team puts up about 30-40 barriers every day. Their biggest day so far is 68 barriers. Commerce is also going up along with the barriers.

"The people are happy," said Anders. "They give us the thumbs up when they drive by and we're seeing a lot more activity at the bazaar and famers' market."

The task of getting the barriers installed has been a long process, but the team works every day to make this region of Afghanistan safer for the local population and coalition forces.

"We've been at this since October," said Spc. Kyle Marlin, HHC, 2-502nd. "Some of the farmers were irritated at first, but now we give them PVC pipes to go under the barriers for water irrigation."

Anders agreed and said people did complain at first, but now they understand. Afghans noticed less IED's and more commerce so they definitely see the benefits of these barriers now. Also, insurgent activity is down, which is always a good thing.

Law, justice rules within the district of Zharay

by Sgt. Charlene Moler
2nd Brigade Combat Team

FORWARD OPERATING BASE WILSON, Afghanistan – Representatives from the United States government and Military personnel specializing in Rule of Law met with the newly appointed Afghan national security prosecutors to discuss the progress of Afghan government's new judicial system, Jan. 18.

Vice Adm. Robert Harward, the commander of Combined Joint Interagency Task Force, with Brig. Gen. Mark Martins, the commander of the Rule of Law Field Force, Afghanistan, met with Mohammad Abdul Raheem and Mohammad Naquibullah, the appointed Afghan prosecutors to express their combined hope of governance moving forward in the Zharay district.

> "It is so striking to see the difference in Arghandab, Panjwa'I and Kandahar now that there is real and actual justice."
>
> **Vice Adm. Robert Howard,**
> Commander, Combined Joint Interagency Task Force

"It is so striking to see the difference in Arghandab, Panjwa'I and Kandahar now that there is real and actual justice," said Vice Adm. Harward. "Now there will be fair and rapid justice offered to the people of these districts."

In an area where justice was determined and meted out by Taliban members, the offer of unbiased justice to the people of Afghanistan is a step forward.

"We are making commitment to put as much effort on this as we have on fighting," said Harward. "The United States will assist Afghanistan on this matter to make sure it's done right."

Assurance of further assistance in the development of Afghan Rule of Law was given to the Zharay government representatives.

"I am in constant communications with Brig. Gen. Martins," said Rosa Brooks the Deputy Assistant to the Secretary of Defense for Rule of Law and Humanitarian Policy. "If there is anything we can assist with, please let him know. We will do what we can."

The U.S. advisors also visited the Saraposa Prison, the Chel Zeena Criminal Investigative Center, the Operations Coordination Center – District Arghandab, and a tour of the Kandahar Air Field Detention Site. All these stops and the meeting with the National Security prosecutors allowed them to see the progress of rule of law in the Kandahar province.

Lieutenant Col. Joseph Krebs gives Vice Adm. Harward a tour of the Zharay district center located Forward Operating Base Wilson, Jan. 18. Vice Adm. Harward's visit to FOB Wilson is to see the progress of rule of law in the Zharay district.

NEWS BRIEFS

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The Civilian Corps of the United States Army Medical Command (MEDCOM) is seeking to fill a variety of positions in over 70 locations within the Army Medical Department. **Civilianmedicaljobs.com** is a concise way for your civilian friends and Family with healthcare experience to view and apply for current openings. The website is continually updated with the latest openings and in-person job fair opportunities, and also details the many benefits offered to Army Medicine Civilian Corps employees.

1ST SFOD-DELTA RECRUITING

The 1st Special Forces Operational Detachment-Delta (AIRBORNE) is conducting recruiting briefings for Fall 2011 Assessment and Selection Course and Support/Direct Support Positions. Because of the unique mission of Delta's Operations, all MOS's are encouraged to apply. For more information on DoD's highest priority unit and a possible career opportunity, Soldiers are encouraged to attend on the following briefings. Interested Soldiers should be in the ranks of sergeant thru master sergeant (officers at the captain level), have at least four years time in service, be 22 years or older, and have a GT score at at least 110 or able to raise the score to 110 or higher. The briefings will be Tuesday, 4 p.m., and Wednesday, noon or 3 p.m. at the SSG Glenn H. Army Education Center, 202 Bastogne Ave., room 242/243. If you have any questions or unsure of location, e-mail **sofsupport.recruiter@us.army.mil** or call (910) 643-0689 or cell phone (910) 263-2605.

DISTRIBUTED LEARNING CENTER

The Distributed Learning Center is a training facility with six automated training rooms and is available to all Soldiers and Department of the Army civilians. Each room contains 16 computerized workstations and the technology to support video tele-training broadcasts, powerpoint presentations and slide presentations.

The DLC is an excellent training enhancer where the individual Soldier or the unit can train on web-based, job related and professional development courses away from the workplace and distractions of home.

The DLC also has an additional training room with LAN drops and capability to seat 40 students. Unit must provide government owned computers for connection into LAN. Catalogs of available training are located on **AKO/Self Service/My Training**.

The DLC is located in Buildings 6911 and 6912, 30th Street, between A Shau and Desert Storm avenues. The hours of operation are Monday-Friday, 8 a.m. until 5 p.m. Two facility managers are available at (270) 798-6142 or (270) 798-5373 to assist and schedule the rooms. If a reservation is requested for deployment required training, state that information at time of request. A calendar of scheduled training and room availability is posted on the FTCKY Intranet G3 portal.

SERGEANT'S TIME TRAINING

Simulate the battlefield experience on Outdoor Recreation's Paintball field. Take your troops out for the unique, hands-on learning experience of moving under direct fire, quick decision making and forming field combat strategy. Sergeant's Time Training is available on Thursdays and Fridays with times to be scheduled at the unit's discretion. Cost for this training is $12 per person, which includes a paintball gun, mask, CO2 tank and field fee; for $22 you get the equipment as well as 500 paintball rounds. Additional rounds can be purchased for $40 per case, $25 for half of a case, and $15 for 500 rounds. For additional information on Outdoor Recreation Sergeant's Time Training, contact Outdoor Recreation Paintball at (270) 798-4620.

RETRAINING WOUNDED VETS

The Retired Enlisted Association through their Armed Forces Aid Campaign has a new program, Vocational Educational Training. The program will provide disabled Afghanistan and Iraq veterans separating from the military an opportunity to receive educational training in an area that he would be suitable for with his experience and background. The program will cover some costs not provided by the Veterans Administration or other Department of Defense government educational assistance programs. VET assistance will be awarded on a case-by-case basis with allowances made for the severity of the disability, the type of vocational training being sought, and the personal financial situation of the applicant.

To see if you qualify and obtain an application, contact, Bill De Boer at 1-800-338-9337.

VACANCY ANNOUNCEMENT CHANGE

Department of the Army Headquarters has implemented a change to the current self-nomination process for applicants who self-nominate for Army vacancy announcements.

In order to self-nominate for Army jobs, all applicants must have an established Army Resume Builder account and will be required to enter their Army Resume Builder password, social security number and e-mail address on the self-nomination form.

An applicant will no longer have to enter his/her name or phone number, since this information already exists in the applicant's Army Resume Builder account.

The reason for this change is to add another level of security to protect applicants from having their personal job record history shared with others who have obtained the applicant's SSN.

WORSHIP SERVICES

Church of Christ

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Minister - Caleb Sampson
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Morning Worship 10AM
Evening Worship 6PM
Wed. Evening Worship . . .7PM
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Co-Pastor - Wanda M. Gaines
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Wed. Bible Study 7:00 p.m.
Sunday School 9:00 a.m. • Sunday Worship 11:00 a.m.
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Non-Denominational

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Sunday Worship - 11:00 a.m.
Wednesday Prayer - 6:45-7:15 p.m.
Bible Study, Wednesday - 7:15-8:30 p.m.
Youth Rally, 4th Sunday - 12:00 p.m.
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Sunday Evening Worship	6:00pm	Youth Meeting Friday	7:00pm
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Wednesday Worship	7:00pm	Cable TV-Channel 10 Saturday	7:30pm

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270-885-8757
www.gracehopkinsville.org

Catholic

St. Michael the Archangel Catholic Church
Mass - Sat. 5:30 p.m.
Sun 8:30 a.m. & 11:30 a.m.
Daily & Holy Days - 5:30 p.m.
CCD - Sun 10:05 a.m.
448 State Line Road
(across from gate 4)
Oak Grove, KY 42262
Father David Kennedy
640-9850

POST SCHEDULE

**Contact the Chaplain's Office 798-6124 for further information.*

Catholic

Saturday Anticipatory Mass
Soldiers Chapel
(Bldg. 5875, 30th & Desert Storm)
5 p.m.
Confession 3:30 p.m.-4:30 p.m.

Sunday Masses
Soldiers Chapel
(Bldg. 5875, 30th & Desert Storm)
9:30 a.m. & 12:30 p.m.

Daily
Soldiers Chapel
(Bldg. 5875 30th & Desert Storm)
Mon., Tues., Thurs., Fri.
11:45 a.m.
Hospital Chapel (BACH)
Weds. only
11:45 a.m.

Denominational and Ethnic

Sunday
Samoan Service, Hope Chapel
(Bldg. 7514, Cav Country)
Sunday School 10am-10:45am
Regular Sunday Service 11:30 a.m.

Greek Orthodox

Saturday
Community Chapel
(Building 6761, 15th & Dessert Storm)
10:00 a.m.

Sunday
Divine Liturgy Sunday 10:00 a.m.
Peace Chapel(7th & Indiana Ave.)

Jewish

Friday
Peace Chapel
(Bldg. 2303, 16th & Indiana)
7:30 p.m

Muslim

Friday
Friday Prayer
(Religious Ed. Center, 3203 Indiana Ave.)
1 p.m.

Pagan

Sunday & Wednesday
Religious Education Center
3203 Indiana Ave.
Sun. 2:00 p.m. – Wed. 6:00 p.m.

Protestant

Sunday
Chapel Next Memorial Chapel
(Building 3934, 55th & Indiana)
9 a.m.
Grace Chapel
(Bldg. 3206, 46th & Indiana)
9 a.m.
Hospital Chapel, (BACH)
9:30 a.m.
Soldiers Chapel
(Bldg. 5875, 30th & Desert Storm)
11 a.m.
Memorial Chapel
(Bldg. 3934, 55th & Indiana)
11 a.m.
Samoan Congregational Christian Church
Choir Practice 6:30 Thursdays & 2:00 Sunday
Sunday School 10:30-11:15
Worship Service 11:00 a.m.
(3206 Grace Chapel • 46th & Indiana)

Sunday
Community Chapel Gospel
Sunday School 8:45 a.m.
Worship Service 10 a.m.
Bldg. 6761 15th & Desert Storm

Baptist

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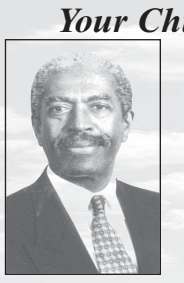

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645-2431
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Sunday School 8:15 & 9:30 a.m.
Journey 11:00 a.m.
Evening Worship 6:00 p.m.
www.fbct.org

Methodist

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Church of Christ

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Methodist

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Baptist

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Kangaroo Care

Newest BACH initiative bonds parents, baby

by Heather Southall
Courier staff

Few things are as awe-inspiring and meaningful as a mother holding her newborn infant in her arms for the first time. While little incentive is generally needed for a mother to cradle her baby, it should be noted that this level of contact has proven to be beneficial to the overall health of the infant.

It is a concept known as Kangaroo Care, and Blanchfield Army Community Hospital has launched an initiative to educate the new and soon-to-be mothers at Fort Campbell about its benefits.

The term Kangaroo Care refers to the practice of providing skin to skin contact to an infant immediately after birth. Typically, the infant is placed in an upright position on the mother's bare chest, so there is as much skin contact as possible.

In 1983, the practice was implemented for the first time in Bogota, Colombia. Neonatologists Edgar Rey and Hector Martinez proposed this method of care as a means to combat the lack of space and technology in the local hospitals. Studies indicated that the implementation of Kangaroo Care reduced the infant mortality rate from 70 percent to 30 percent.

Major Jessica Whaley, clinical nurse for BACH Labor and Delivery, said that, while the official launch for the program was Monday, she has been priming all of the nurses to encourage Kangaroo Care for the past two months.

"From what the nurses have said, the mothers have been receptive thus far," said Whaley. "Right now it's more of an education thing. They need to learn about Kangaroo Care before the baby is born so they'll be more receptive to the concept."

With the kickoff of the program at BACH comes the goal of 100 percent Kangaroo Care for each of the mothers who choose to participate. It will, however, be a program offered on a voluntary basis.

"Obviously if a mother is not interested in having their baby do skin to skin, we're not going to force them," said 1st Lt. Rebecca Ferguson, a clinical staff nurse in the mother/baby unit and a mother who practiced Kangaroo Care with her own infant. "We are shooting for 100 percent implementation in our unit, though. We're going to really start tracking to see if it's making a difference in the level and quality of care that we're providing."

PHOTO BY HEATHER SOUTHALL I COURIER

Rebecca Hilfiker holds her 4-week-old son, John Nicholas, recently at Blanchfield Army Community Hospital. John Nicholas is Hilfiker's third child, but the first with which she tried Kangaroo Care. "It was really neat," she said of Kangaroo Care. "He woke right up and was very attentive after birth. It was a great bonding experience."

> **"It's so important to spend as much quality time with the infant as possible…"**
>
> **1st Lt. Rebecca Ferguson,**
> clinical staff nurse

In addition to the skin to skin bonding, BACH is encouraging exclusive breastfeeding as part of the Kangaroo Care program.

"Exclusive breastfeeding means that the only source of nutrition an infant will receive is from breast milk, whether at the breast or pumped," said Ferguson. "The babies receive no type of formula while they are here."

With the skin to skin contact, a hormone called oxytocin is released, which calms mother and baby and can assist with satisfactory milk production.

Like the rest of the program, the no-formula option is completely at the discretion of the patients.

The bonding benefits of this method of newborn care are not exclusive to new mothers. Part of the education program will encourage fathers to become active participants in the skin to skin contact, especially if the mother has to undergo a c-section and cannot hold the infant immediately.

For Rebecca's husband, Capt. Matthew Ferguson, commander of Headquarters Detachment, 5th Special Forces Group Support Battalion, Kangaroo Care was a way to break through the societal norms of new fatherhood.

"From a guy's perspective, I can see where a lot of fathers would want to withdraw," said Matthew. "It can be easy for a father to feel marginalized. With the skin to skin care, dads can feel more involved in the process. It was good to be able to contribute."

The ultimate goal of Kangaroo Care is to provide a healthy and special bonding experience for the entire Family, a concept that is especially important for military Families.

"I think it's especially important for military moms and dads to become involved in Kangaroo Care because the first few months are so critical," said Rebecca. "It's so important to spend as much quality time with the infant as possible, because you never know when duty will call and you will be pulled away."

For more information about the Kangaroo Care program, contact BACH's labor and delivery unit at (270) 798-8219.

DEAR MS. VICKI

Dear Ms. Vicki,

I just found out some disturbing news that really has me distraught. My best friend slept with my fiancé while they were both in Afghanistan. I found the emails that validated what happened.

Now my fiancé is making excuses for what happened. He says it was a mistake and he was very lonely without me. Right now he is saying it will never happen again and he is very sorry.

My best friend is calling me every day apologizing for what she did. She says she did not want it to happen but it just happened. Can you believe this? She says "it was bound to happen with someone because no one can go without 'it' for a year so it happened with him because she trusted him over other guys running around in Afghanistan."

I just can't believe this! Basically, I've put our wedding on hold because I don't know what else to do. I'm just very disappointed in my fiancé because I really trusted him and I don't know if I can move forward with him because of this.

For goodness sake, if I can't trust him now, then how can I trust him if we get married? As far as my best friend goes, I refuse to take any of her calls. She really makes me sick because it's like she is the one who is making excuses for this.

Honestly, I still love him very much. I just can't believe this happened. This is just very hard for me and I just don't know which way to turn. My mom says I need to give him another chance because he has called her crying on her shoulder and telling her how he wants us to be together.

Is infidelity an unpardonable sin? What do you think?

From: Afghanistan Behavior

Dear Willing,
Dear Behavior,

You are in a tough situation. You love your fiancé but you don't believe you can trust him, rightfully so. Hey I'm not sure if infidelity is an unpardonable sin, but I have to report that many couples tell me they stayed together and have managed to build a stronger relationship when this happened to them.

I know it's not easy to get over it and move forward, especially since you know the person he cheated with; your best friend.

Listen, you can examine how and why this happened until you turn blue in the face. However, you need to answer one question; do you want to move forward in a relationship with your fiancé? You have to answer this question, not me.

You can choose to kick your fiancé and your best friend to the curb. I'll definitely understand and I would support your

See **VICKI**, Page **2B**

• The advice, opinions and recommendations of Ms. Vicki do not necessarily reflect those of the Fort Campbell Courier, Fort Campbell, the 101st Airborne Division, the Department of the Army or Department of Defense.

• If you have issues or concerns, your first line of communication should be your sponsor's chain of command. However, not all issues can be resolved at that level. Military One Source is a great source of information at **www.militaryonesource.com**, or call 1-800-342-9647. On Fort Campbell you can also call the Military Family Life Consultants at (270) 956-2935 for free, confidential counseling and advice. Additional counseling services are available 24/7 at (270) 798-CARE.

• Questions can be sent to Vicki Johnson at **dearmsvicki@yahoo.com**. Readers may also blog with her at **www.washingtontimes.com** or check out her internet radio show at **www.blogtalkradio.com/dearmsvicki**.

• Vicki Johnson has a Master of Science in social work from the University of Louisville and has been working with families and children – specifically those in crisis – for more than 10 years.

Elmo DVDs help Families 'Talk, Listen, Connect'

by Megan Locke
Courier staff

For many Screaming Eagles coming home to their nests in the next few months, their baby birds at home may be experiencing the reunification after a deployment for the first time.

Sesame Street's Elmo makes this same transition when his father deploys.

The day Elmo's dad leaves, he explains to Elmo: "I need to go help some people. It's a very important job."

In a Southern drawl, Elmo's dad lets his preschool-age son know he won't be forgotten while he's away, when he says: "It won't be the same without you, partner."

Upon his father's return, Elmo is comforted by friends and Family when they assure him that it's normal to be nervous and excited. Elmo confides, "Elmo's excited that Daddy's coming home … but excited in a funny way. Elmo's tummy's doing flip-flops."

No matter how large or small the changes that come pre- or post-deployment, Sesame Street's Elmo helps military Families through the transition period with the "Talk, Listen, Connect" DVDs.

These DVDs are part of the broader initiative introduced by Sesame Workshop in 2006. At that time, there weren't a lot of resources to help explain deployments and other important changes to military children, explained Lynn Chwatsky, Sesame Workshop Associate Vice President of Educational Outreach.

"We don't want to be doing what everybody else is doing," she said. "At that time, there weren't a ton of resources."

What makes the DVDs so appropriate in addressing these military-specific issues, which range from homecomings, to loss or injuries of a parent, to missing Mom or Dad during a deployment, is the puppets unique ability to befriend and become a peer to Sesame Street's target audience: children ages 2 through 5.

"Elmo is 3 and a half," Chwatsky said. "… [We thought] maybe we could use Elmo and his friends to help model the conversations that should be going on at home."

From the very first DVD, focusing on deployments, the life of a military Family is explained, using a mix of puppets and documentary style-footage from actual military Families.

It's this realistic approach that's helped make the series effective. Elmo experiences sadness and concern when his father leaves, as well as happiness mixed with hesitation when he returns.

In a young person's life, 12 months is a long time. During a year-long deployment, new routines can develop, as simple as reading a bedtime story, that suddenly changes once a Soldier comes home.

"Elmo's dad comes home and he's almost taken aback by it," Chwatsky said. "That's real-life for these kids."

Elmo gives kids suggestions on how to remember their parent during a deployment, traditions to establish and how to handle emotions dealing with the separation, such as loneliness or anger.

"It was amazing that these really did connect with Families," Chwatsky said.

While some parents may question how Sesame Street develops its programming on such difficult issues, there is much forethought, discussion and planning to research and develop episodes on a range of topics from reintegration to resiliency.

"We have leading experts who this is their specialty," Chwatsky said. "They help us develop our curriculum."

Elmo's story is not only beneficial for military Families, but also their friends, neighbors and community members.

"You may not realize that your neighbor is in the National Guard," Chwatsky explained. "[These DVDs give] you ways to help."

The "Talk, Listen, Connect" initiative has grown to develop at traveling USO show, known as "The Sesame Street/USO Experience for Military Families," that goes to different military bases throughout the year to entertain military Families at no cost. A type of social media for military Families is also available at **www.sesamestreetfamilyconnections.org**.

"It's our way of saying 'thank you,'" Chwatsky said of the programs.

While Sesame Workshop provides all these resources, new ideas and programs are always in the works to help continue the community outreach started by Sesame Street's first producer, Joan Ganz Cooney, 41 years ago.

"Our work continues," Chwatsky said. "We're going to look at [providing more resources for] school-age kids. … We're committed to helping military Families through the various transitions."

To receive free videos available in English or Spanish, find the order form on Military OneSource (**www.militaryonesource.com**). Bulk orders for organizations or events can also be requested by calling Military OneSource at 1-800-342-9647. For more information about "Talk, Listen, Connect" or to download videos or parent resources, visit **www.sesamestreet.org/tlc**.

VIDEO orders

• To receive free videos available in English or Spanish, find the order form on Military OneSource (www.militaryonesource.com). Bulk orders for organizations or events can also be requested by calling Military OneSource at 1-800-342-9647.

• For more information about "Talk, Listen, Connect" or to download videos and parent resources, visit **www.sesamestreet.org/tlc.**

COMMUNITY

VICKI

Continued from Page 1B

decision. Conversely, what I will recommend is couples counseling before you proceed, and I definitely would not marry him until we have some sessions with a therapist or a counselor.

This may help you to discover much about him and yourself and will help you determine if you want to marry him. Thanks for writing me. Stay in touch and let me know what you decide to do from here.

Dear Ms. Vicki,

My 11 year old has ADHD and providing for his care is adversely affecting our whole Family. The other children appear to resent him and all of the attention he is getting. It seems that he knows how to get attention both good and bad.

I'm always at the school to assist my son or to intervene on his behalf when he is misbehaving or something. It is so tiring and I can understand how our other children feel.

My 11 year old is disruptive and continues to start trouble with other children. Not just his siblings but other children at school and in the neighborhood. It's like a full time job to monitor him.

The school only wants to send him home when he misbehaves or expel him. That's not the answer because now he is suffering academically. I'm wondering if I should I home school him? I can't let my son move further behind academically. This will only hurt him more.

Do you have any advice for a Fatigued Mother?

Dear Mother,

You have to accept that there will be no quick fixes or a "catch all" for a child with ADHD. There will be a continual planning, strategizing, and meeting with different professionals who play a part in the well-being of your son.

First of all, your Family must learn skills to cope with the challenges of ADHD and acquire strategies to deal with the Families fatigue and frustration. You must view each of your children as unique and focus on their individual strengths and abilities.

There is much I could say on this topic but I will try to give you some quick tips. Please check out this organizations website: Children with Attention Deficit Disorders, www.chadd.org.

They provide a wealth of information to include information on finding support groups for Families. Know that just because your son has been diagnosed with ADHD, it does not mean he cannot be responsible for his behavior.

He must continue to receive rewards for good behavior and fair consequences for misbehaving. You and your husband can do this by assuming the role of parent coach when directing and disciplining your son.

First purchase a series of Parent Coaching Cards at www.parentcoachcards.com. Determine the skill you wish your son to develop and initiating practice sessions to help him acquire that skill.

Skills are colorfully illustrated on these cards. It has the skill to be developed on one side of the card and self talk and coping messages for skill development are on the other side. I think this is a great tool.

You and your husband must continue to work with school for better ways to improve your son's behavior. You are right, sending him home or suspending him is not the answer. You must always advocate for your child.

Consider a few sessions with a Family counselor to meet with you and other Family members. This will help continue the educational process about ADHD, resolve areas of frustration and conflict and offer support for you and your Family.

Lastly, you must take care of yourself too. You have to eat healthy most of the time, get plenty of rest and exercise a least three times a week. Walking at least 30 minutes a day would be great. This will help you deal with the stress and fatigue. Hang in there and don't give up. I know this was quick, but I hope it helps.

Responses

Dear Ms. Vicki,

I just want to thank you for being here for the entire world to dump their problems on. You are truly one of God's angels, thanks!

I'm a nana of six wonderful grandkids. I'm here on post taking care of two while mom and dad are at war. Military life is not all that bad or all that good! I'm just sad that it's not "all" that good.

I feel that are military Family's should have the best! The Families are the heart of our country, we lose Soldiers every day. Why do they have to pay for child care? Why is it so high?

It shouldn't be this hard for military Families.

I see families that work in the world get help with child care, and sometimes better care at the doctor. People put down military families and after reading your page I see them put down themselves too.

We need to stop this and try working together for a better military. I talk to a lot of Families and they say my spouse can't work because of daycare problems. This is very sad. It's not because there lazy or getting "high" paychecks, they just can't pay a sitter. They live paycheck to paycheck. What should they do or what can they do? They can get help off post maybe, but why? Thanks nana of six

COMMUNITY BRIEFS

VOLUNTEER RECRUITMENT FAIR

Learn how you can participate in the Volunteer Recruitment Fair and meet these volunteers face-to-face. The Volunteer Recruitment Fair is being held at the Family Resource Center (FRC) Feb. 23. This is a fabulous opportunity to not only obtain free help for your organization or agency, but also to empower Soldiers and Military Family members with knowledge and skills that they can use to help the military community.

For additional information, or to register for the Volunteer Recruitment Fair, contact Becki Mastrian at (270) 956-2934, or via e-mail at **rebecca.mastrian@us.army.mil**.

CIVILIAN MEDICAL PROFESSIONALS

The Civilian Corps of the United States Army Medical Command (MEDCOM) is seeking to fill a variety of positions in over 70 locations within the Army Medical Department.

Civilianmedicaljobs.com is a concise way for your civilian friends and family with healthcare experience to view and apply for current openings. The website is continually updated with the latest openings and in-person job fair opportunities, and also details the many benefits offered to Army Medicine Civilian Corps employees.

WELCOME HOME CEREMONY PARKING

Family members who are parking for transport to Welcome Home Ceremonies should follow the signs to the ceremony parking. Family members – to include those with child car seats – are not to park at the Welcome Home ceremony site. Buses are available to transport Family members safely.

GREAT AMERICAN SPIT OUT

DoD/TRICARE® wants military personnel to participate in the Great American Spit Out Feb. 24. The DoD Quit Tobacco—Make Everyone Proud campaign at **http://www.ucanquit2.org** is focusing this month on helping those who spit and chew tobacco to develop a personalized quit plan and to take action.

Throughout the month, the DoD website will host a special GASpO page, **http://www.ucanquit2.org/facts/gaspo/**, where service members can publicly post their pledge to quit. Capt. Larry N. Williams, U.S. Navy tobacco clinical cessation champion, will host an Ask the Expert forum, answering questions about smokeless tobacco. Installations planning GASpO events will find ideas, an event registration page, pledge cards and downloadable promotional materials.

Service members and their friends, Family and other supporters are invited to join the GASpO event on Facebook at **http://www.facebook.com/event.php?eid=177051459002636**. Those planning to quit can get a "Kiss me, I'm tobacco-free" badge to post on their Facebook page.

MWR APP

If you are an iPhone user, you will want to download your free Mobile MWR app. Not only do you have immediate links to Family MWR News stories, but in addition, we have links to big Army, IMCOM, the Environmental Command, and other pertinent Army sources. as well as Twitter and Facebook feeds, plus plenty of extras. This is an IO 4.2 or later system requirement. Link to **ArmyMWR.com** and click on NEWS.

LEADERSHIP KENTUCKY

The Hopkinsville-Christian County Chamber of Commerce is accepting applications for the 2011-2012 Leadership Kentucky class. Leadership Kentucky's goal is to bring together a selected group of people that possess a broad variety of leadership abilities, career accomplishments and volunteer activities to gain insight into the complex issues facing the state, preparing participants to take an active role in advancing the state for the common good. The application deadline is Tuesday.

The application is available on the Chamber's website, **www.hopkinsvillechamber.com**.

COUPLES COMMUNICATION SEMINAR

Whether you have been married for a little while or for several years, communication plays a vital role in your relationship. Army Community Service understands the impact that good and poor communication can have on a relationship, and is inviting couples to participate in a Couples Communication Seminar Monday and March 14 and April 18 from 9 a.m. until 3 p.m. at the Family Resource Center.

Facilitators are able to give couples a different perspective as to what might really be going on when communication is lacking in a relationship. The workshops include power point presentations, DVDs, videos and group discussions.

The Couples Communication Seminars are open to all couples and usually are a good mix of all ranks and marital lengths.

Limited child care is available for those with children. The child must be registered with CYSS. Registration is required for the seminars and interested parties should call (270) 412-5500 or (270) 798-2045 for more information.

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Best General News Story
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Best Sports Story
- Third Place

Best Sports Feature Story
- Third Place
- Honorable Mention

Best Investigative Story or Series
- Third Place
- Honorable Mention

Best on-Going/Extended Coverage Story
- Second Place

Best General News Picture
- Second Place
- Third Place

Best Feature Picture
- First Place

Best Sports Picture
- Honorable Mention

Best Sports Picture Essay
- First Place
- Second Place

Special Section
- Honorable Mention

Best Graphic
- Third Place

Best Sports Page/Section
- Second Place
- Third Place

Best Lifestyle Page
- First Place
- Second Place
- Third Place

Best Editorial Page
- Second Place

Best Front Page
- First Place
- Second Place
- Third Place

Best Newspaper Website
- Second Place

Multiple techniques help alleviate chronic pain

by Kelly L. Forys
U.S. Army Public Health Command

When we experience pain, such as a toothache or a headache, relief is usually right around the corner. Imagine what it would be like to experience pain on a daily basis without relief from medications or other therapeutic techniques. This is a reality for many people who suffer from chronic pain.

Chronic pain is defined as pain that lasts longer than what would be expected in normal healing of an injury. So, if a back injury occurs while on duty and the pain doesn't go away after the usual amount of time, the pain could be classified as chronic.

Chronic pain is tricky to diagnose because, in many cases, tests to identify the pain do not indicate that there is a problem; however, that does not mean that the person is not experiencing pain.

In general, pain is a complex and individual experience. Because the cause is difficult to identify, chronic pain is frustrating to the patient and to healthcare providers trying to help the patient.

Soldiers are in better shape than the average person, but they are at greater risk for chronic pain. Soldiers sleep on cots, carry heavy packs, ride in uncomfortable positions and stand on their feet for long periods of time.

Soldiers often experience multiple wounds such as blast injuries, penetrating shrapnel wounds and restorative surgeries. These conditions and injuries can cause prolonged pain. With more opportunities for injury and pain, there is a greater likelihood of developing chronic pain.

Chronic pain hurts in more ways than one. The constant pain can interfere with concentration, which takes a toll on the ability to function at work. In addition, the chronic pain reduces one's ability to enjoy life, hobbies and friends.

The pain can also cause irritability, anxiety and depression, which can negatively affect relationships with friends and Family members.

Difficulties at work and in relationships often cause more stress, which in turn makes the pain worse.

So, how does a person suffering from chronic pain break the cycle and get relief?

The best way to prevent chronic pain is not to become injured. However, as a Soldier operating in high-stress conditions, this is often unrealistic.

When injury occurs, the likelihood of developing chronic pain can be minimized by seeking care immediately and working closely with a health care provider to find a treatment that works. If pain persists, continue to try other treatment options.

Pain doesn't have to take over your life. Maintain control over the pain by staying positive and continuing to engage in activities that you find enjoyable.

Running 10 miles might not be possible, but perhaps a two-mile run is still an option. Seek out social support from Family, friends and others who are have been through similar experiences.

As with any other mission, knowledge and support from a team is the best way to get the job done.

Learn about your pain and gather your team to get relief from chronic pain.

PETS OF THE WEEK

PHOTOS BY MEGAN LOCKE I COURIER

A male, domestic short hair, black and brown cat and a female, cream and white, pit mix dog are available for adoption at the Vet Treatment Facility. Adoption fees for military ID card holders are as follows: $97 for female cats and dogs, $92 for male dogs and $82 for male cats. Prices include an adoption fee and the distemper/parvo/corona vaccine, rabies vaccination, antigen heartworm test, fecal test, microchip implant and spay/neutering. It also includes a feline leukemia test for cats. Civilian price is $72 and includes rabies and distemper shots, canine heartworm tests, heartworm prevention medication and feline leukemia tests. Spay/neuter not offered to civilian pets. Microchips are required the day of adoption. The impound is located at 5290 Eighth St. and is open for adoptions Monday-Friday, 10 a.m. until 3 p.m. (270) 798-5519. www.fortcampbellmwr.com/animalshelter/index.html.

Screaming Eaglets

The following is a list of babies born on post and at local hospitals. Information was submitted by the parents or relatives. The Fort Campbell Courier is not responsible for submissions of infant births. The Courier publishes birth announcements for Soldiers and Family members stationed at Fort Campbell free of charge. The Fort Campbell Courier ***only*** accepts birth announcements through the Web site, ***www.fortcampbellcourier.com***. We need to receive the completed form by ***noon Friday*** in order to appear in the upcoming edition. For more information, call ***(270) 798-6090***.

January 6
Aiden Sutton
Son of Kimberly and Timothy Sutton
8 pounds, 15 ounces

January 21
Savannah Jae Back
Daughter of Melissa and John Back
9 pounds, 1 ounce

January 25
Jasmine Skinner
Daughter of Toni and Terrence Skinner
6 pounds, 1 ounce

February 1
Lukas Tuttle
Son of Robin and James Tuttle
8 pounds, 1 ounce

Ready To Take The Next Step In Your Job Search?

A clickforads.com PARTNER

Clickforads.com - the Web site that connects you to classified ads in four regional newspapers - has recently partnered with The Job Network. Now, job seekers like you are empowered with the tools you need to easily and successfully manage your job search to find the ideal position

Begin With

The Job Network
Your employment matchmaker

The Job Network makes it easier to find the perfect job. Just as online dating services make personal matches based on the compatibility of personal profiles, by teaming up with The Job Network, as a job seeker - passive or active - you will be "matched" with posted jobs, jobs specifically tailored for your background, experience and skills. The Job Network also offers unique career management tools and useful career content, along with matching you with current openings, whether local, regional or national. The job match will save you time - no need to review hundreds - or even thousands - of job listings.

"The miracle of job matching goes online."

Kentucky New Era. www.kentuckynewera.com
Fort Campbell Courier www.fortcampbellcourier.com
The Times Leader www.timesleader.net

Get Started Today: Visit the Job Network link at **www.clickforads.com** to register and find the job you wish for. Follow the instructions to enter your profile information and job preferences. You can even upload your entire resume and a photo! It's free, it's accurate and it's confidential.

Service provided by the Kentucky New Era family of newspapers.

Legal Notice

Important information about the $3.4 billion Indian Trust Settlement

For current or former IIM account holders, Owners of land held in trust or restricted status, or their heirs

There is a proposed Settlement in *Cobell v. Salazar,* a class action lawsuit about individual Indian land held in trust by the federal government. This notice is just a summary. For details, call the toll-free number or visit the website listed below.

The lawsuit claims that the federal government violated its duties by (a) mismanaging trust funds/assets, (b) improperly accounting for those funds, and (c) mismanaging trust land/assets. The trust funds include money collected from farming and grazing leases, timber sales, mining, and oil and gas production from land owned by American Indians/Alaska Natives.

If you are included in the Settlement, your rights will be affected. To object to the Settlement, to comment on it, or to exclude yourself, you should get a detailed notice at www.IndianTrust.com or by calling 1-800-961-6109.

Can I get money?

There are two groups or "Classes" in the Settlement eligible for payment. Each Class includes individual IIM account holders or owners of land held in trust or restricted status who were alive on September 30, 2009.

Historical Accounting Class Members

- Had an open individual Indian Money account ("IIM") anytime between October 25, 1994 and September 30, 2009, **and**
- The account had at least one cash transaction.
- Includes estates of account holders who died as of September 30, 2009, if the IIM account was still open on that date.

Trust Administration Class Members

- Had an IIM account recorded in currently available data in federal government systems any time from approximately 1985 to September 30, 2009, **or**
- Owned trust land or land in restricted status as of September 30, 2009.
- Includes estates of landowners who died as of September 30, 2009 where the trust interests were in probate as of that date. This means you have asked a court to transfer ownership of the deceased landowner's property.

An individual may be included in one or both Classes.

What does the Settlement provide?

- A $1.5 billion fund to pay those included in the Classes.
- A $1.9 billion fund to buy small interests in trust or restricted land owned by many people.
- Up to $60 million to fund scholarships to improve access to higher education for Indian youth.
- A government commitment to reform the Indian trust management and accounting system.

How much can I get?

- Historical Accounting Class Members will each get $1,000.
- Trust Administration Class Members will get at least $500.
- If you own a small parcel of land with many other people, the federal government may ask you to sell it. You will be offered fair market value. If you sell your land it will be returned to tribal control.

If you believe you are a member of either Class and are not receiving IIM account statements, you will need to call the toll-free number or visit the website to register.

What are my other rights?

- If you wish to keep your right to sue the federal government about the claims in this Settlement, you must exclude yourself by **April 20, 2011**.
- If you stay in the Settlement you can object to or comment on it by **April 20, 2011**. The detailed notice explains how to exclude yourself or object/comment.

The U.S. District Court for the District of Columbia will hold a hearing on June 20, 2011, to consider whether to approve the Settlement. It will also consider a request for attorneys' fees, costs, and expenses in the amount of $99.9 million. However, Class Counsel has fee agreements that would pay them 14.75% of the funds created for the Classes, which could result in an award of $223 million. The Court may award more or less than these amounts based on controlling law. If approved, these payments and related costs will come out of the Settlement funds available for payment to Class Members.

If you wish, you or your own lawyer may ask to appear and speak at the hearing at your own cost. For more information, call or go to the website shown below or write to Indian Trust Settlement, P.O. Box 9577, Dublin, OH 43017-4877.

For more Information: 1-800-961-6109 www.IndianTrust.com

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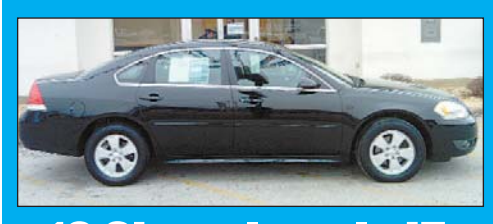
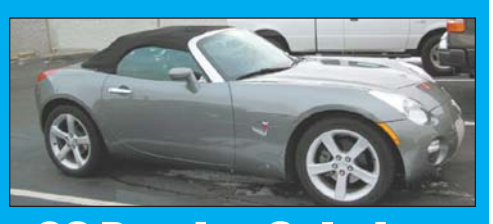


10 Chevy Impala LT
$239 mo.
G-1039

06 Jeep Wrangler
$13,888
G-1019-1



06 Pontiac Solstice
$13,960
G1064

08 Lincoln MKX
Just Arrived!
G-1063 - Loaded

08 Jeep Compass
$13,960
G-1062

10 Chevy Malibu
$239 mo.
G-1040

10 Chevy Camaro SS

3900 Miles – G-1006-1

2009 Pontiac G8

Must See – G-1050

07 Ford Mustang GT

570 HP! – DT474-1

07 Nissan Armada
$16,988
11NC281

07 Chrysler Aspen Limited
$12,588
DT458-1

09 Dodge Journey SXT
$16,988
G-1049 • 3rd Row

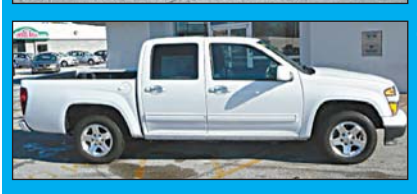
10 Dodge Charger SXT
$18,888
G-1042

09 F150
$14,488
G-1008

08 Chevy Impala
$9,888
G-1028

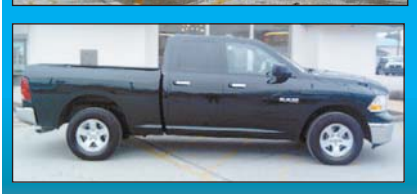
09 Chevy Cobalt
$10,988
G-993

06 Pontiac Grand Prix
$6,988
DT4331



10 Chevy Colorado
$20,988
G-1018

09 Nissan Titan
$22,888
DT423-1 • 11K



10 Dodge Ram SLT
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Quad Cab • G1043

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As we look back on all those who served and continue to serve in our military worldwide, we look to our nation for support. Join us as we honor our servicemen and women, those now and those in the past. We want to say thanks to you and your families for all you do to protect us.

The Fort Campbell COURIER

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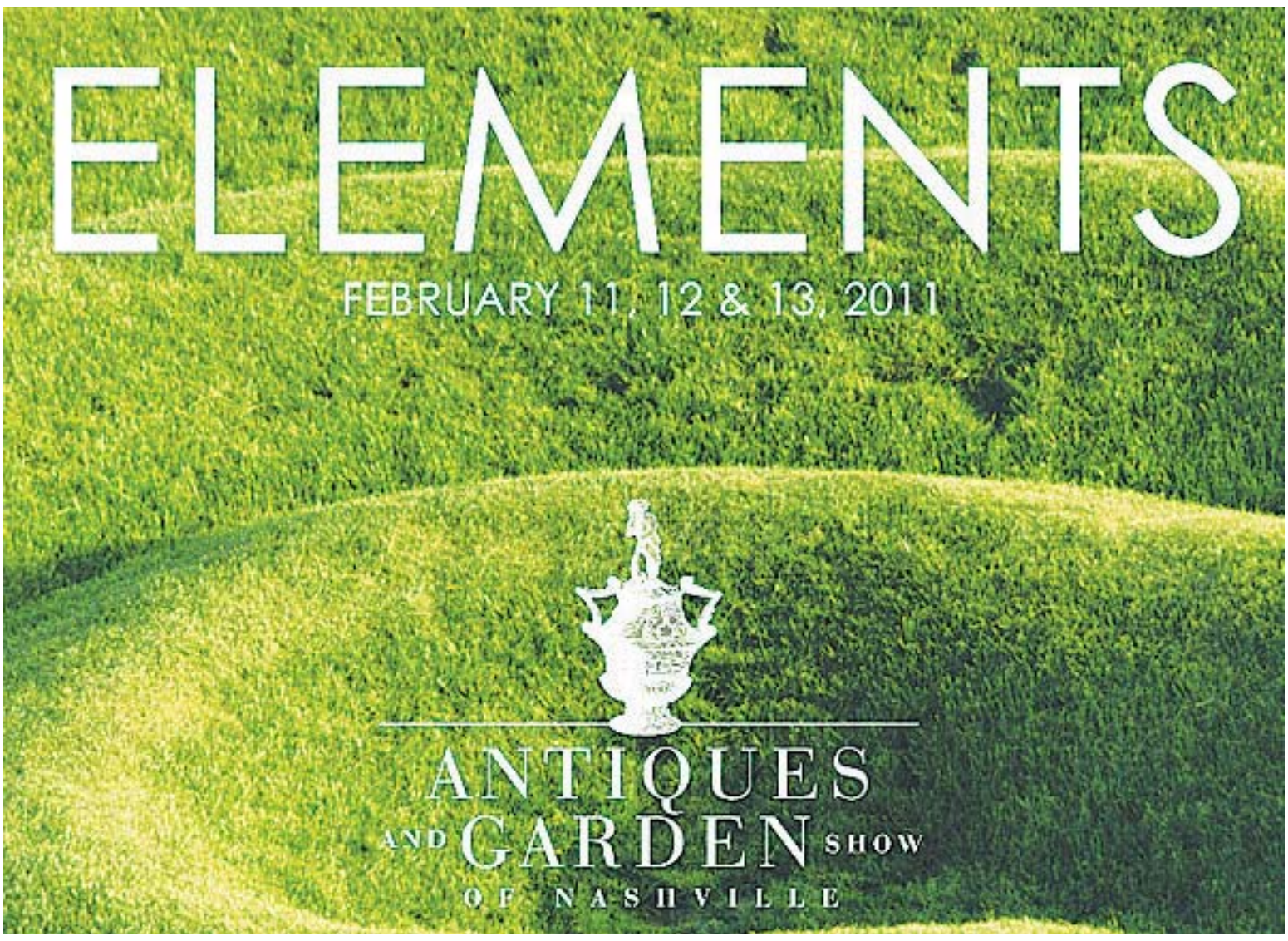

by Heather Southall
Courier staff

While the groundhog may not have seen a shadow, residents of the midsouth are still firmly planted in a cold, wintry landscape. This weekend, the Nashville Convention Center invites those looking to escape the frigid monotony to the 21st annual Antiques and Garden Show of Nashville. Whether you are a seasoned aficionado of antiques and horticulture or a curious observer, this highly-anticipated three day event offers a little something for all.

"We've gotten all of the gardens constructed already, and they are beautiful," said Kathy Rolfe, co-chair of the event. "With the flowers and the colors, they are going to make everybody feel as though spring is just around the corner."

The largest show of its kind throughout the country, the Antiques and Garden Show provides participants with a unique combination of education, dazzling aesthetics and a wide variety of shopping opportunities. For 2011, the show's theme will be 'Elements.'

"We chose that theme because we felt it would encompass the gardens, antiques, horticulture and all of the other features of the show," said Rolfe. "There is going to be jewelry, orchids, art…just a little bit of everything. This theme is broad enough to include all of those features."

With this year's show comes the desire for the organization to appeal to a younger, wider audience, a feat Rolfe believes will be accomplished with the addition of several new antiques dealers. These dealers specialize in mid-century antiques, which are popular with younger collectors.

"Of course, we'll still be featuring the traditional antiques we all love," explained Rolfe, "but we'll have the newer pieces as well. Right now, people are enjoying mixing later pieces with traditional."

Guest lectures and expert advice

Because the Antiques and Garden Show of Nashville is such a big event, it often attracts several well-known names. Past lecturers have included Martha Stewart, Stephen Lacey and HRH Prince Edward.

This year's lineup includes published designers and dealers from around the world, including Charlotte Moss and Sarah Champier, former flower arranger and event planner for HRH Prince Charles.

The majority of the lectures are ticket-only events. On Saturday, however, guests will be treated to guest lectures and book signings, courtesy of interior designers Alexa Hampton and Cathy Whitlock. Whitlock, who specializes in interior design on cinema sets, will be signing copies of her latest book Designs on Film: A Century of Hollywood Art Direction.

Shopping

Whether a person is in the market for interior design aids, gardening gadgets or authentic antiques, the Antiques and Garden Show will be ready to provide. This year, more than 150 antique and horticulture dealers will be present, selling items such as oriental rugs, home and garden furnishings, paintings, silver and various flora.

Those serious about making purchases should inquire about the special collectors party, which will be held Friday from 5 until 7 p.m. Participants will have the opportunity to be given a tour of the entire show floor, courtesy of Carolyn Englefield, editor at Large for VERANDA magazine.

In addition to offering various shopping and learning opportunities, the show works to improve the community through a partnership with Exchange Club Charities, Inc. and the Cheekwood Botanical Garden & Museum of Art. Since the inception of the show in Nashville, more than $4 million has been raised to assist these organizations.

From preview parties to featured lecturers to jazz night, the 21st annual Antiques and Garden Show of Nashville holds a bit of excitement for designers and hobby enthusiasts alike.

"We are the only show in the country that blends antiques and gardens," said Rolfe. "We're working hard to put a fresh twist on a wonderful tradition."

For more information about the Antiques and Garden Show, call (615) 352-1282 or log on to **www.antiquesandgardenshow.com.**

SHOWinformation

- WHERE: Nashville Convention Center, 601 Commerce St.; Nashville, TN 37203
- WHEN: Friday - Sunday, 10 a.m. until 7 p.m. Friday and Saturday, 11 a.m. until 5 p.m. Sunday
- Collectors Party: Friday, 5 until 7 p.m.
- Jazz Night: Saturday, 5 until 7 p.m.
- Ask an Expert: Saturday, 11 a.m. until 2 p.m.
- Charlotte Moss Lecture: Friday, 10:30 a.m.
- Sarah Champier Lecture: Friday, 1 p.m.

CONTACTinformation

- Mailing Address: P.O. Box 50950 Nashville, TN 37205
- Business Office: (615) 352-1282
- Ticket Information: (615) 352-9064
- Toll-free Ticket Information: (800) 891-8075
- Fax: (615) 352-6549
- Website: www.antiquesandgardenshow.com
- Email: antiquesgarden@cheekwood.org

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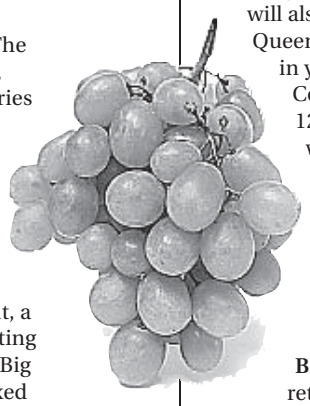
Today



The Art of Boxed Wine --The fun and educational wine, spirits and beer tasting series at TPAC's War Memorial Auditorium continues tonight, at 6 p.m. with "The Art of Boxed Wine," sponsored by The Wine Group and Lipman companies. During the two-hour event, a wine expert will lead a tasting of Pinot Evil, Monthaven, Big House and Silverbirch boxed wines. Light refreshments will be served including an array of award-winning cheeses, courtesy of Cabot Creamery of Vermont. Tickets are $25, with all proceeds benefiting TPAC Education, and may be purchased online at **tpac.org/theartof**, at the TPAC Box Office, downtown or by calling (615) 782-4040.

Friday

"Ain't Misbehavin'" -- The outrageously prodigious comic and musical soul of 1930s Harlem lives on in the Roxy Regional Theatre's production of "Ain't Misbehavin: The Fats Waller Musical Show," beginning Friday and runs through March 5, playing Wednesdays and Thursdays at 7 p.m. and Fridays and Saturdays at 8 p.m., with a 2 p.m. matinee on Saturdays. Tickets are $20 (adults) and $15 (ages 13 and under). Tickets to all performances may be reserved online at **www.roxyregionaltheatre.org**, by phone at (931) 645-7699, or at the theatre during regular box office hours (9 a.m. until 2 p.m., weekdays).

A Fresh Look: Antiques and Garden Show of Nashville -- The Antiques and Garden Show of Nashville is getting a makeover, announcing that its 21st annual show – themed "Elements" – will showcase new takes on design alongside more traditional antiques. The event will bring together internationally renowned experts and more than 150 exhibitors in the fields of antiques, decorative arts and horticulture, amidst spectacular landscaped gardens. The Antiques and Garden Show of Nashville is set for Friday through Sunday at the Nashville Convention Center. To purchase tickets or for more information, visit **www.antiquesandgardenshow.com** or call 1-800-891-8075 or (615) 352-9064.

Saturday

♦**Sweetheart Dinner** -- Bring your special someone to enjoy a delicious Sweetheart Dinner Saturday at Cole Park Commons from 6 until 8 p.m. Ticket price is $45 per couple and includes a four-course meal of spring mixed salad with mandarin oranges, shrimp cocktail with cocktail sauce, filet mignon, broccoli with hollandaise sauce, twice baked potato and a heart-shaped chocolate mousse for dessert. Participants will choose a glass of wine or sparkling grape juice. Reservations are required and tickets can be purchased at Cole Park's Southern Buffet and Eagle Catering between 9 a.m. and 4 p.m., Monday through Friday. For more information, call (270) 798-4610, extension 119.

♦**Mardi Gras Fever** -- Catch Mardi Gras fever and maybe catch a few beads, at the USAA and MWR February Mardi Gras Family Event Saturday. Enjoy free Mardi Gras themed crafts, face painting, and "King Cake" cupcake decorating. There will also be a Mardi Gras King and Queen crowned, so come dressed in your best Mardi Gras attire. Costume contest is for children 12 years of age and younger and will take place at 3 p.m. This celebration of Fat Tuesday will take place at Sportsman's Lodge from noon until 4 p.m. For more information, call the MWR Public Relations Office at (270) 798-7535.

Book Signing -- Edward Jolin, retired Air Force veteran, will be holding a signing event for his best-selling book, "Complexities of The Heart, The Diversity of Love and Passion." This single collection of romantic and realistically touching poetry from all aspects of love earned Edward the title Master Love Poet. Join him at Hastings, Books, Music and Videos, 1600 Fort Campbell Blvd., in Clarksville this Saturday from 10 a.m. until 7 p.m. and Sunday from 1 until 5 p.m. Selected readings from this book and a preview of some of the poems from his second book of love poems "Eternally, The Light of Love." Register to win a signed manuscript copy of his new book being released July 2011.

"Martinis with Fats" -- Beginning at 6:30 p.m. Saturday at the Roxy patrons will enjoy martinis, along with delicious hors d'oeuvres provided by Lovin' Spoonful Cafe. Then at 8 p.m., guests will be entertained by the music of Fats Waller in "Ain't Misbehavin'." Tickets are $50.

Ice Skating --Lace up your ice skates and enjoy a timeless winter classic as Outdoor Recreation will be driving to Centennial Sportsplex for their two-hour open skate Saturday. Transportation to and from the Sportsplex will be provided by Outdoor Recreation. Participants must be at least 6 years of age and the cost is $12 per person. Meet at Outdoor Recreation at 9:30 a.m. Preregistration required by 4 p.m. Friday.

50th Tennessee Infantry Regiment --An encampment interpreting the 50th Tennessee Infantry Regiment will be present at Fort Donelson National Battlefield from 10 a.m. until 4 p.m. Saturday and Sunday. The 50th Tennessee was part of the garrison of Fort Donelson in February 1862 and was part of the engagement with the Union Army. The encampment will demonstrate life inside Fort Donelson as it was in February 1862. The park visitor center and historic Dover Hotel have new exhibits. The Dover Hotel will be open 8 a.m. until 4 p.m. For more information, and to confirm weather conditions and program schedules, call the park at (931) 232-5706, or visit **www.nps.gov/fodo**.

Sunday

♦**Everything Chocolate Festival** -- If you have a love for all things chocolate then come to D.W. Rec. Sunday to taste a wide variety of chocolate items. Dabble, dip and drip into an array of chocolate items as the recreation center hosts the Everything Chocolate Festival. Bring your Valentine and start sampling at 2 p.m. For more information, call (270) 798-7391.

Tuesday

♦**Mountain Bike Maintenance** -- Outdoor Recreation's Women in the Wilderness learn how to care for and maintain your mountain bike during the Bike Maintenance Class Tuesday from noon until 2 p.m. Cost for class is $9 per person. For additional information or to pre-register for any of the MWR Outdoor Recreation events, call (270) 412-7854/7855.

Feb. 17

♦**Mountain Bike Maintenance** -- Outdoor Recreation's Women in the Wilderness learn how to care for and maintain your mountain bike during the Bike Maintenance Class Feb. 17 from 4 until 6 p.m. Cost for class is $9 per person. For additional information or to pre-register, call (270) 412-7854/7855.

National Wild Turkey Federation Trade Show -- Outstanding opportunity for Turkey hunters for free admission to all active service personnel for the National Wild Turkey Federation 4 day trade show and convention; Feb. 17 to 21 in Nashville at the Opryland Resort and Convention Center. For more information regarding the trade show, please visit **www.nwtf.org/special_events/convention.html.**

Feb. 18

Umphrey's McGee -- "Mantis" is the first Umphrey's McGee album to consist entirely of material never previously performed on the road. The band will be performing Feb. 18, 8 p.m., at the Tennessee Performing Arts Center's War Memorial Auditorium. Tickets start at $22.50.

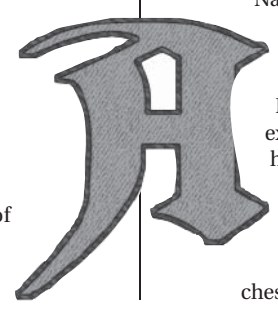
"A Midsummer Night's Dream" -- Live Feb. 18 at the Alhambra Theater in downtown Hopkinsville. This fantasy mixes mortals and gods, a feuding king and queen who unleash magical practical jokes on one another, spells that yield improbable love affairs and a band of comical tradesman wandering into an enchanted forest who are transformed in the most unlikely ways. Show begins at 7:30 p.m. Tickets are $23 for adults, $11 for high school and college students and $6 for students K-8. For more information, call (270) 887-4295.

Feb. 19-20

9th Kentucky Infantry Encampment -- An encampment interpreting the 9th Kentucky Infantry (USA) will be present and portraying Civil War drills, camp life and training Feb. 19-20. The encampments will be open for visits from 10 a.m. until 4 p.m. The Dover Hotel will be open from 9 a.m. until 4 p.m., and will be featuring some new exhibits highlighting the history of the building, the surrender of Feb. 16, 1862, and the stories of men and women who were part of the campaign. For more information, and to confirm weather conditions and program schedules, call the park at (931)232-5706, or visit **www.nps.gov/fodo**.

Feb. 20

"Lord of the Dance" -- "Lord of the Dance" is a mesmerizing blend of traditional and modern Celtic music and dance. The story is based upon mythical Irish folklore as Don Dorcha, Lord of Darkness, challenges the ethereal lord of light, the Lord of the Dance. Battle lines are drawn, passions ignite and a love story fueled by the dramatic leaps and turns of dancers' bodies begins to build against a backdrop of Celtic rhythm. The action is played out over 21 scenes on a grand scale of precision dancing, dramatic music, colorful costumes and state-of-the-art staging and lighting, Feb. 20, 3 p.m., at the Tennessee Performing Arts Center's Jackson Hall Tickets start at $37.50.



♦**Black Ops Tournament** -- Dale Wayrynen Community Recreation Center will hold a Xbox 360 Call of Duty Black Ops Tournament Feb. 20 beginning at 2 p.m. All eligible MWR participants ages 18 and above are welcome to play, with the top three finishers receiving trophies. For more information, call (270) 798-7391.

Feb. 21

Presidents' Day Events -- Looking for a place to spend your Presidents' Day holiday? Head on over to D.W. Rec. and participate in a variety of activities from 11 a.m. until 8 p.m. Feb. 21. For more information, call D.W. Rec. Center at (270) 798-7391.

Feb. 23-24

World's Largest Military Show -- The 19th Annual Show of Shows, the world's largest military show, will be held at the Kentucky Exposition Center Feb. 23 and 24. Guests can meet the legendary U.S. veterans and buy, sell or trade their items with more than 600 exhibitors occupying 1,600 tables that showcase an assortment of military antiques including uniforms, weapons, helmets, medals, documents, books and more. The Show of Shows is open to the public from 9 a.m. until 6 p.m. Admission is $9, and children 18 and under are free when accompanied by an adult. For more information call (513) 245-9540, or visit **www.sosovms.com**.

Feb. 24

Fort Donelson -- A a new book and film discussion series will be launched at Fort Donelson National Battlefield visitor center Feb. 24. The book series will be inaugurated with a discussion of Harold Holzer's "Lincoln: President Elect." In late February 1861, 150 years ago, Lincoln was making his journey to Washington, D.C. to become president of an increasingly fractured United States of America. A brief film on Lincoln's formative years in Kentucky will be shown. A limited number of Holzer's books are available at the park for participants. For more information, and to confirm weather conditions and program schedules, call the park at (931) 232-5706, or visit **www.nps.gov/fodo**.

"The Scarlet Letter" -- The Carson Center, Paducah, Ky., presents this adaptation of Nathaniel Hawthorne's searing classic, "The Scarlet Letter," Feb. 24, about crime, punishment and Puritanism in 1666 Massachusetts Bay Colony and explores the conflict between human emotion and intellect. Scorned by her adulterous past, Hester Prynne must bear the punishment of a scarlet red "A" emblazoned upon her chest. Tickets for all Eckstein Family Series shows are $15 per adult and $7.50 per student under 18.

Feb. 25

♦**Black History Month Luncheon** -- As we all know, Black history is American history, which is comprised of an abundance of incomparable stories of triumph and glory toward us becoming the greatest nation on planet Earth. Together we will emphasize where we were, where we are now, and where we are going as a nation of one people. The event is Feb. 25, from 11 a.m. until 1 p.m. at Cole Park Commons. Admission to this program is $10. Tickets must be purchased in advance. No tickets will be sold at the door! Please purchase your tickets from the EEO Office, Building 875, corner of Bastogne Avenue and Air Assault Street, no later than close of business Feb. 23. For ticket information, contact EEO Pamela D. Allen at (270) 798-2581 or at **Pamela.d.Allen@conus.army.mil**. or Gregory Stallworth at (270) 798-3765 or at **Gregory.p.stallworth@us.army.mil.**

Ongoing

♦**Archery 101** -- The first clinic for Women in the Wilderness in March showcases Outdoor Recreation's Archery Range. Learn the basics of archery and take aim at developing a new skill. Clinic takes place on March 3 from 4 until 6 p.m., and March 8 from 10 a.m. until noon. Cost is $9 per person. For additional information or to pre-register, call (270) 412-7854/7855.

♦**Guenette Arts and Crafts** -- Learn a new skill, discover a hidden talent, develop a new hobby, or create that perfect handmade gift to give to that special someone at the Guenette Arts and Crafts Center. An iris folding class will be from 5 until 7 p.m. Wednesday. Kid's Clay Workshop will be from 10 until 11 a.m. Feb. 19 to make letter holders. Make a stepping stone from 5 until 7:30 p.m. Feb. 23. The Pottery Club will meet from 2 until 4 p.m. Feb. 13 and 27. Make clay jewelry in a two-part class given Feb. 11 and 25 from 10 a.m. until noon. Adults 18 and over may make a stained glass piece from 5 until 7:30 p.m. Feb. 16. The center will be closed Feb. 20. Kid's workshops are $7 for one part and $10 for two part workshops. Clay Works and Paint Your Own Pottery are available on a walk-in basis Wednesday through Sunday. Registration for each class is required and can be completed at the center or call (270) 798-6693 for more information.

♦**Happy Hours** -- Introducing happy hour at Sportsman's Lodge Tuesday through Friday, 4:30 until 6:30 p.m., and happy hour at the Dawg Haus on Wednesdays from 4:30 until 6:30 p.m. Sportsman's Lodge's happy hour will have $1.50 domestic draft and longneck beers, while the Dawg Haus will offer $1.50 domestic long necks. Stick around and play free Texas Hold'em to earn points to qualify for the Main Event March 26. Texas Hold'em takes place every Tuesday, Thursday and Friday at Sportsman's Lodge, and every Wednesday through March 16 at the Dawg Haus starting at 6:30 p.m. For more information, call (270) 798-7535.

To submit an upcoming event that would be of interest to the *Courier* readers, e-mail complete details to **courier.editor@conus.army.mil.**

♦Denotes event held on Fort Campbell

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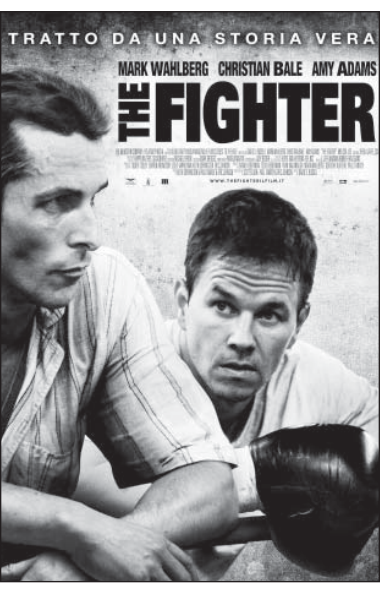
The Reel Deal

Now playing at Wilson Theater

Gulliver's Travel
Friday, 7 p.m.
(Jack Black, Jason Segel)
Lemuel Gulliver is a mailroom clerk at a New York newspaper. After Gulliver bluffs his way into an assignment writing about the secrets of the Bermuda Triangle, he is hurtled to an undiscovered land, Lilliput. In this fantastical new world, Gulliver is a bigger-than-life figure in size and ego especially after he starts telling tall tales, taking credit for his world's greatest inventions, and placing himself at the center of its most historic events. Gulliver's position is enhanced even further when he leads his new friends in a daring battle against their longtime enemies. But when Gulliver loses it all and puts the Lilliputians in peril, he must find a way to undo the damage. Rated PG for brief rude humor, mild language and action.

Season of the Witch
Saturday, 7 p.m.
(Nicolas Cage, Ron Pelman)
Nicolas Cage stars as a 14th century Crusader who returns with his comrade to a homeland devastated by the Black Plague. A beleaguered church, deeming sorcery the culprit of the plague, commands the two knights to transport an accused witch to a remote abbey, where monks will perform a ritual in hopes of ending the pestilence. Rated PG-13 for drama and suspense/horror.



The Fighter
Feb. 18, 7 p.m.
(Mark Wahlberg, Christian Bale)
Life story of boxer "Irish" Mickey Ward and his trainer brother Dick Eklund, chronicling the brothers' early days on the rough streets of Lowell, Massachusetts through Eklund's battle with drugs and Ward's eventual world championship in London. Rated R for language throughout, drug content, some violence and sexuality.

New Releases

Gnomeo and Juliet
(James McAvoy, Emily Blunt)
The greatest love story ever told, starring...garden gnomes? In the upcoming "Gnomeo & Juliet," Shakespeare's revered tale gets a comical, off-the-wall makeover. The film features the voices of James McAvoy and Emily Blunt as Gnomeo and Juliet, who have as many obstacles to overcome as their quasi namesakes when they are caught up in a feud between neighbors. But with plastic pink flamingos and thrilling lawnmower races in the mix, can this young couple find lasting happiness? Two garden gnomes, Gnomeo and Juliet, try to avoid tragedy and find a happy ending to their star-crossed love affair. Rated G.

Cedar Rapids
(Ed Helms, John C. Reilly)
To call insurance agent Tim Lippe "naïve" is a gross understatement. He's never left his small hometown. He's never stayed at a hotel. And he's never experienced anything like Cedar Rapids, Iowa. Sent to represent his company at the annual insurance convention, Tim is soon distracted by three convention veterans who will show him the ropes and push his boundaries. For a guy who plays everything by the book, this convention will be anything but conventional. Rated R for crude and sexual content, language and drug use.

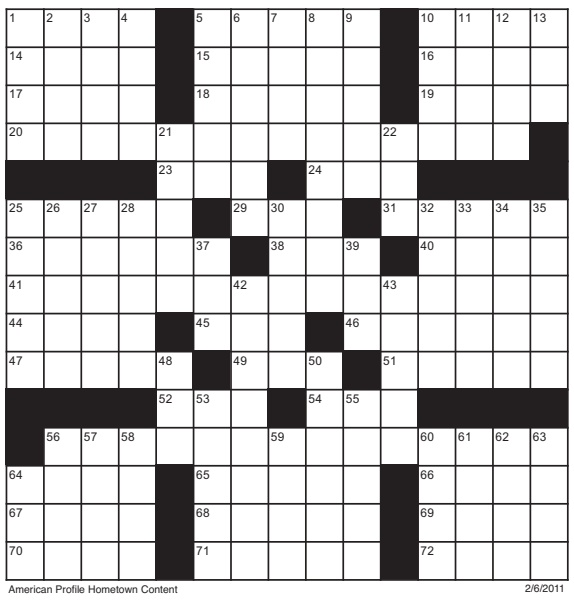
Just Go with It

(Adam Sandler, Jennifer Aniston)
In "Just Go With It," a plastic surgeon, romancing a much younger schoolteacher, enlists his loyal assistant to pretend to be his soon to be ex-wife, in order to cover up a careless lie. When more lies backfire, the assistant's kids become involved, and everyone heads off for a weekend in Hawaii that will change all their lives. Rated PG-13 for frequent crude and sexual content, partial nudity, brief drug references and language.

WORDS & NUMBERS

Crossword

Four-H Club

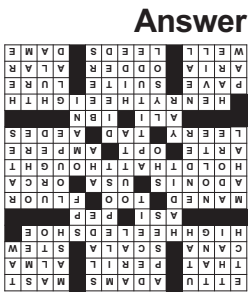


American Profile Hometown Content 2/6/2011

ACROSS
1. Words to Brutus
5. Father-and-son presidential name
10. Rigging support
14. "Oh, no! Not __!"
15. Problem for Pauline
16. __ mater
17. First miracle site
18. Milan's La __
19. Goulash, for example
20. Four-H Club's footwear?
23. "Just __ thought!"
24. Word before talk or rally
25. Tressed like Simba
29. In addition
31. Prefix for element #9
36. Handsome hunk
38. NATO member
40. Willy of "Free Willy," e.g.
41. Request for a pause in conversation at the Four-H Club?
44. Johnson of "Laugh-In"
45. Make a choice
46. Current unit
47. Distrustful
49. Wee bit
51. Dangerous mosquito
52. Ryan's "Love Story" costar
54. __ Saud (former Arabian leader)
56. King of the Four-H Club?
64. Lay blacktop on
65. Grof 's "Grand Canyon __"
66. Act the siren
67. Diva's performance
68. More off-the-wall
69. Controversial orchard spray
70. Place for a wish
71. City on the Aire
72. Title for Myra Hess

DOWN
1. Inscribe with acid
2. Bangkok tongue
3. Zingy taste
4. Brigham Young's state
5. Church recesses
6. Duplicity
7. Fast-shrinking sea
8. Highway distance marker
9. "Same Time, Next Year" playwright Bernard
10. The 4077th, for one
11. Choir voice
12. "Peter Pan" henchman
13. Shooting marble
21. "I've __ up to here!"
22. Sunblock letters
25. Taj __
26. Love to death
27. Nick of "Cape Fear"
28. Rear-__ (road mishap)
30. "I'm __ here!" (skedaddler's cry)
32. Jeweler's glass
33. Twisted the arm of
34. Earthy hue
35. Gives a thumbs-up or a thumbs-down, say
37. HBO competitor
39. "So, it's YOU!"
42. Part of SAT
43. Yemeni neighbor
48. Yevtushenko's "Babi __"
50. Lost on purpose?
53. Disinfectant brand
55. Oktoberfest quaffs
56. Aesopian loser
57. Bad to the bone
58. "Hud" Oscar winner Patricia
59. Elude the seeker
60. Tickled pink
61. Wahine's dance
62. Way around London, once
63. Not there?
64. Dad, to a rustic

Crossword Answer



Sudoku Puzzle

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

Sudoku Answer

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

MEDICAL IMAGING
Jennie Stuart Medical Center

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For more information contact your physician or the Jennie Stuart Medical Imaging Center, 270.887.8311.

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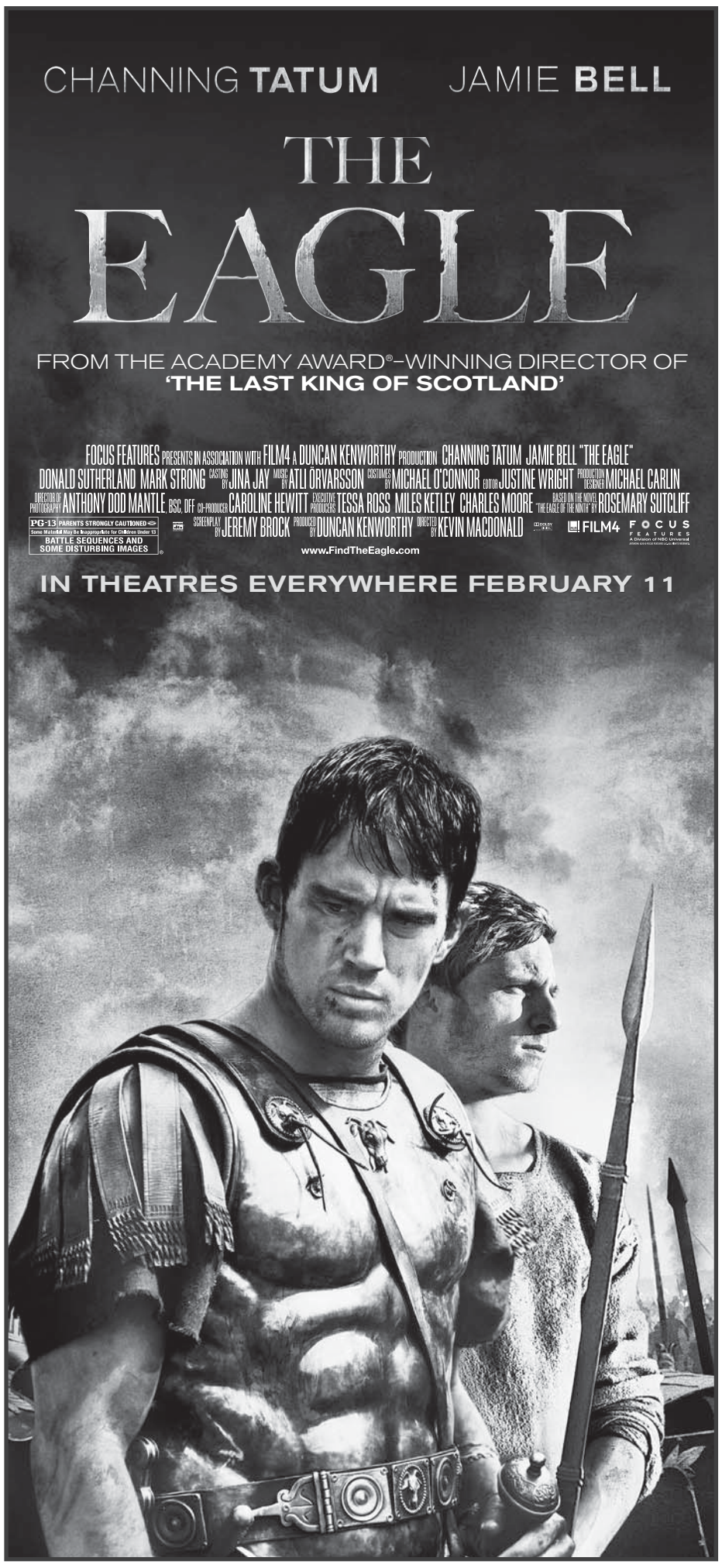

Falcons finish fourth in Blue-Gray Duals

by Megan Locke
Courier staff

The Fort Campbell wrestling team finished in fourth place after a day full of grappling at the Falcons' annual Blue-Gray Duals, Saturday.

The Wilson Central High School wrestlers, from Lebanon, Tenn., took top prize at the duals. Despite the Falcons' lowest finish in several years at the program's biggest event, Assistant Coach Anthony Shingler sees the team's improvement as a whole.

"The biggest highlight was the couple of upsets that there were today," he said. "Some huge upsets. [The] top eight kid in the state was beat. It just means that we're bringing the caliber of teams that are up in the top 25 in the state … If I could sum it up, we did well."

One wrestler who began and ended the duals on a high note with pins was sophomore Jerry Haywood (145 pounds). He faced several other grapplers he has seen on the mat throughout the season as regional play looms this weekend.

"I think I did well as an individual," Haywood said. "I went out there, wrestled my heart out. As a team, we definitely did very well. We did a lot better from the beginning of the season, we've improved a lot. So, I'm happy about that."

The bleachers were packed in the FCHS gym throughout the day with plenty of Falcons blue. Tina Haywood, Jerry's mother, was constantly on the sidelines photographing not only her two sons on the team, but the rest of the grapplers as well.

During Jerry's first match, she spoke excitedly to her husband, a 1st Battalion, 2nd Brigade Combat Team Soldier deployed to Afghanistan.

"He was actually on the phone for the first tournament," Tina said. "So I was giving him a play-by-play on his first match, and it was a pin. So it was great."

Previous two-time state qualifier Fort Campbell sophomore David Sahms (125 pounds) also performed well against his opponents, including pinning his Calloway County opponent, before a back injury stopped him from competing in the final round with Ohio County High School.

"I think we did very well with all our matches," Sahms said. "We worked well as a team. We probably could have done a little bit better against Wilson Central, but they're just a tough team."

Sahms enters regionals with high hopes of performing well.

"Just practice really hard," Sahms said of his strategy for making a third run for state. "Making sure I stay conditioned and well-trained."

Several teams competed at the Blue-Gray Duals, and a Junior Varsity All-Star Team was also assembled from all the schools in attendance. The competitors included Pleasure Ridge Park (Louisville, Ky.); Caldwell County, Paducah Tilghman, Trigg County, Hopkinsville, Calloway County, Ohio County and Wilson Central, among others. While Wilson Central came in first, Pleasure Ridge Park and Ohio County finished second and third, respectively.

Fort Campbell competed against five of the teams at the Blue-Gray Duals, including Trigg County, the JV All-Stars, Calloway County, Wilson Central and Ohio County. Fort Campbell was outmatched by Ohio County, 44-27.

Fort Campbell competes in Region 1 action Saturday at Union County High School in Morganfield, Ky.

"I think we did really well," Shingler said. "We had a lot of mistakes we made when we wrestled at Clarksville. I said it was plain and simple, our effort wasn't there. Over the last three weeks, I changed it up and if there was no effort, we'd run. We worked. That's all we did. And it showed."

The Falcons placed third at regionals in 2010.

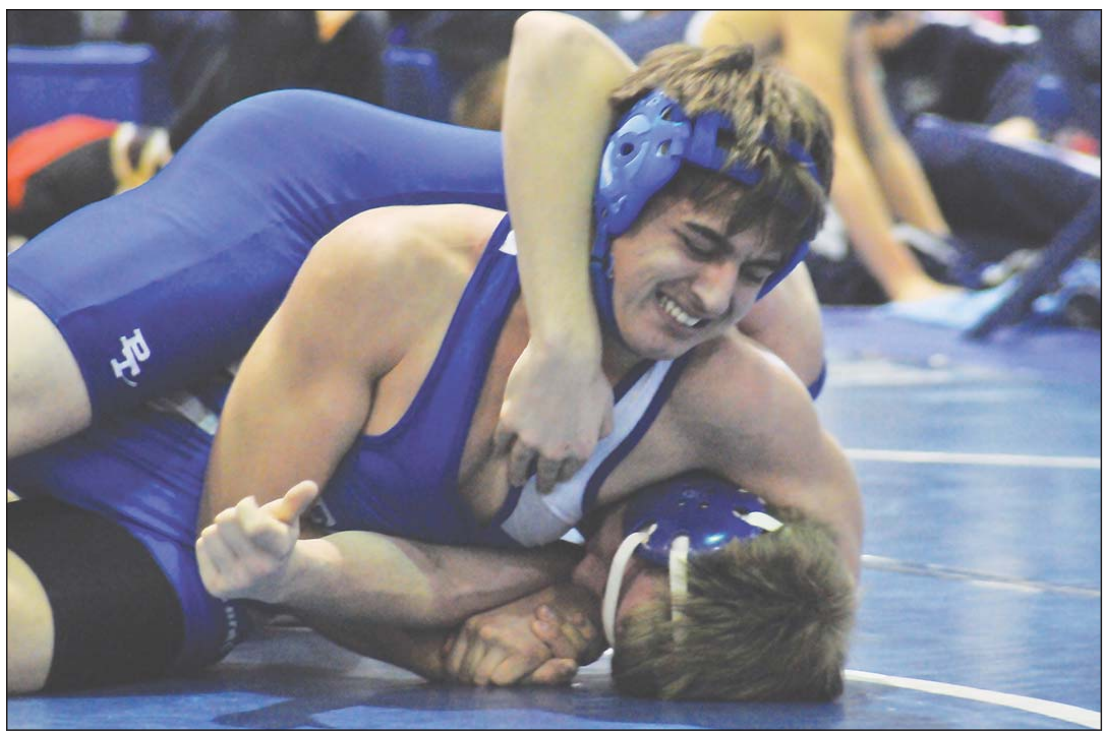

PHOTO BY MEGAN LOCKE I COURIER

Ki Ryder, Fort Campbell's 160-pound grappler, tries to take control in his match against Paducah Tilghman's Zack Thompson, Saturday, at the Blue-Gray Duals. Thompson went on to win the match in a 13-10 decision. Overall, the Falcons finished fourth in their biggest home wrestling event of the season.

FALCONresults

Blue-Gray Duals:

The Falcons placed 4th overall at the Blue-Gray Duals Saturday. In the team's final matches with Ohio County, wrestlers performed individually as follows:

103: BJ Miller (Ohio County) pinned Alexis Rivera (Fort Campbell), 1:16;

119: Anthony Chase Boone (Ohio County) pinned Delton Devose (Fort Campbell), 1:00;

125: Billy Jacob Moore (Ohio County) won by forfeit

130: Jacob Bennett (Ohio County) won a major decision against Robert Wright (Fort Campbell), 12-1;

135: Zach Green (Fort Campbell) won a decision against Ryan Bunch (Ohio County), 10-3;

140: Trevor Wilson (Ohio County) won a major decision against John Caseja (Fort Campbell), 17-9;

145: Jerry Haywood (Fort Campbell) pinned Kyle Bunch (Ohio County), 1:12;

152: Monnie Brown (Ohio County) pinned John Hasken (Fort Campbell), 3:15;

160: Eric Poston (Ohio County) pinned Ki Ryder (Fort Campbell), 2:46;

171: Jared Franklin (Fort Campbell) pinned Michael Kennedy (Ohio County), 3:31;

189: Bradley Easterling (Ohio County) pinned Sydney Martinez (Fort Campbell), :46;

215: Enrique Martinez (Fort Campbell) won by forfeit;

285: Matt Woods (Fort Campbell) won by forfeit.

Powell, Tucker sign with Murray State, Bethel

by Megan Locke
Courier staff

Tre Powell and T.J. Tucker are the high school football version of battle buddies.

The Fort Campbell Falcons senior players experienced the highest of highs in helping guide the football team to three consecutive 2-A state championships, followed by the lowest of lows when the players' final season was cut short after a Nov. 12 loss against Murray High.

Powell and Tucker both end their high school careers in ultimate celebration, however, after both inked their names on National Signing Day to play college ball, Feb. 2.

Neither player will travel far from Fort Campbell. Powell joins the team at Murray State University (Murray, Ky.) and Tucker becomes a part of Bethel University's (MacKenzie, Tenn.) lineup.

Powell, who led the Falcons as a receiver, maintains the position at Murray State. During the 2010 season, the Racers finished 6-5.

After tearing his ACL in April 2010, much of the interest from larger programs, such as Vanderbilt, UCLA, and Alabama, waned. As Powell recovered from surgery in a record four months to get back on the field in the midst of his senior season, Murray State was the one school enthusiastic to meet with him.

"I think it was destined to happen," Powell said of his final decision to select Murray State. "I respect Murray so much, because right after I tore my ACL, so many people were like all your schools are going to be gone. The first school that came to mind or came to see me was Murray State. All the other schools just knocked me down. From that moment, I gave them the utmost respect."

This instant camaraderie, along with a full-ride scholarship, is just part of what sealed the deal for Powell.

It's also Murray State's playing style that wooed Powell, who finished his high school career with 1,275 receiving yards, 43 touchdowns and 450 tackles.

"They throw the ball a lot," Powell said of the team.

As Powell finishes his senior season, he is cross-training by participating in track and doing his best to prevent any further injuries.

"It was painful to go through what I had to go through," Powell said of the injury.

However, it gave him even more passion and appreciation for the game.

"The first game I got back, when I accomplished my first touchdown on the first play, I cried," Powell explained. "I'm not a crier, but I cried because I was happy."

While Powell was more interested in basketball in his early years, it was the Falcons' coaches that spurred Powell to give the game a try when he was still in middle school.

"Coach [Berner] saw something in me," Powell said. "They motivate you … That's why I love this program."

For Tucker, his biggest reason for selecting Bethel, a small private school, was play time. During his high school career, Tucker had 45 carries for 765 yards, and worked offense, defense and special teams.

"First off, my concern was playtime," Tucker said. "I wanted to get a chance to play."

While Tucker originally looked at bigger schools, with hopes of being on national television every weekend and playing powerhouse programs, he changed his mind when visiting Bethel.

The football team offered him a position as a kick returner to start, with plenty of on-the-field time that he wouldn't see at larger schools. The atmosphere and academics of the school, affiliated with the Cumberland Presbyterian Church, made Tucker fall in love.

"When it came down to it, I knew that as far as like actually getting to see the field and getting more play time and education and stuff like that, [that] brought it down a little bit more, and it made it a little bit easier to choose," Tucker said of his decision.

Tucker also plans on competing in track, as well as starting a workout plan suggested to him by the Bethel coaching staff.

"I work hard in everything that I do," Tucker said. "It's going to be a challenge, but I don't look at it as too much of a big thing."

Falcons Head Coach Shawn Berner is proud of his athletes for joining the college ranks with a long line of other Falcons football stars, including previous Mr. Football Micah Johnson (Tucker's former next door neighbor) and Antonio Andrews.

"These are two great kids that have been part of our program for four years," Berner said. "They have dedicated a lot of time and effort over the four years to make this possible. As a coach I'm very proud of these guys for being able to continue their education and having the chance to play football as well. This is what a lot of kids dream of doing and it has become a reality for these guys."

Fort Campbell High School wide receiver Tre Powell weaves his way across the field as he dodges the Caldwell County High School defense in November 2009 at Fryar Stadium. Below, T.J. Tucker, charges into the end zone for one of the many Falcons' touchdowns scored in the homecoming game in October 2010. Powell and Tucker are getting a chance to play at the next level at Murray State in Murray, Ky. and Bethel University in MacKenzie, Tenn.

COURIER ARCHIVE PHOTOS

FALCONscoreboard

Girls Basketball

Feb. 4: – Fort Campbell – 32
Lyon County – 47

The Lady Falcons lost, 47-32, to Lyon County, Friday. The girls trailed their opponents in the away game much of the night, only outscoring Lyon County in the fourth quarter.

Leading scorers for Fort Campbell were Allie Tellez and Shakiera Taylor, both with 11 points. Tellez had one 3-point shot for the Falcons.

The Lady Falcons are 5-10 for the season.

Score by quarters:
FCHS: 6 - 6 – 8 – 12 - 32
LCHS: 11 - 13 - 12 - 11 - 47

Boys Basketball

Feb. 3: – Fort Campbell – 78
Trigg County – 98

Fort Campbell struggled against Trigg County Feb. 3 in the team's 98-78 loss at home.

Leading scorers for the Falcons were Marcus Tucker (21 points); Marcus Cole (18 points); Eric Broner (13 points); Michael Clayton (9 points); Isaiah Washington (6 points); Austin Randolph (6 points); Bryce Faulkner (2 points); and Shane Hempfield (3 points).

Feb. 4: – Fort Campbell – 63
Crittenden County – 62

The Falcons soared Friday in their first win of the season against Crittenden County. Fort Campbell won the close game, 63-62.

Fort Campbell's leading scorer was Marcus Tucker with 23 points. Other top scorers for the team were Marcus Cole (14 points); Mike Clayton (11 points); Isaiah Washington (7 points); Eric Broner (6 points); and Shane Hempfield (2 points).

"Our kids have been working hard all season, against superior talent and experience," Head Coach John Cunningham said. "Every team we play is more seasoned fundamentally and has more experience, but our guys leave it all on the floor every night. Everywhere we play fans, referees, and other coaches tell me how hard my kids play, and they see the improvement game by game.

"This team is very unselfish, and they realize that the team is the star, not one player. Our defensive effort has also helped lately, and guys are learning to stop people and finally taking pride in shutting people down."

The Falcons' season record remains at 1-16.

SOLDIERscoreboard

Basketball

Feb. 2

305th QM 54
1/5th SFG 46

159th CAB 35
594th TC 49

HHC 160th SOAR 36
160th SOAR 26

Feb. 3

1/5th SFG 0
4/5th SFG 1

86th CSH 60
MEDDAC 62

7/17th CAV 40
584th MC 34

Feb. 8

227th GS 57
159th CAB 60

HHC/160th SOAR 48
305th QM 28

594th TC 56
1/5th SFG 27