



MENTALLY TOUGH

Level 2 combatives students learn resilience skills from CSF2 instructors

A3



HELPING HANDS

One year later, Soldier's recovery shows no sign of slowing

B3

The MOUNTAINEER

Fort Drum, N.Y. • Aug. 7, 2014 • Vol. 7 • Issue 30



Ready and Resilient Special Edition



SMA: Engaged leadership key to resilient force

Capt. Peter Smedberg

10th Combat Aviation Brigade PAO

As the Army begins moving toward reduced troop numbers, a glaring reality faces units across the board – commanders must be prepared to sustain a rigorous operational tempo with fewer Soldiers standing in formation.

To help shed some light on the future of the U.S. Army, Sgt. Maj. of the Army Raymond F. Chandler III and his wife, Jeanne, visited Fort Drum on Tuesday and Wednesday to meet with Soldiers and Family Members and to talk about the Army's Ready and Resilient Campaign.

Building the force during 13-plus years of combat in Iraq, Afghanistan and other more obscure theaters around the globe helped shape the Army into a force of more than 570,000 – a number that could shrink to 450,000 by the end of fiscal year 2017, and if sequestration continues, could result in an even lower number of troops as overseas contingency operations wind down.

With a smaller Army, an added demand is placed on the need for a ready and resilient force capable of standing up to operational requirements at home station, at national training centers and while deployed.

"We've got to have as many Soldiers ready as we possibly can," Sgt. Maj. of the Army Chandler said on Tuesday. "We have a very small Army that will get smaller, but we will still have to do the



CAPT. PETER SMEDBERG

Sgt. Maj. of the Army Raymond F. Chandler III speaks to Command Sgt. Maj. James L. Manning Jr., right, and 1st Sgt. Christopher Cunningham, center, both from 2nd Battalion, 22nd Infantry Regiment, on Tuesday during his visit to Fort Drum to discuss the Army's Ready and Resilient Campaign.

things we've done over the last 13 years.

"We're not going to be able to be successful as an Army if we have Soldiers who don't have the ability to bounce back – whether that's from an emotional injury or physical injury – so we've got to have as many Soldiers ready as we possibly can," he continued. "Resiliency helps us in our ability to bounce

back and to be that person that is able to deploy and fight and win our nation's wars."

To help mitigate the stressors placed on Soldiers and Families as a result of a leaner force, the Army has placed high-level command emphasis on its Ready and Resilient Campaign, or more simply, R2C.

R2C is designed to integrate and

synchronize multiple efforts and initiatives already under way to improve the readiness and resiliency of its force.

R2C ties assets including Sexual Harassment / Assault Response Program, Army Substance Abuse Program, Behavioral Health, Comprehensive Soldier and Family Fitness, Army Suicide Prevention Program, Soldier for Life: Transi-

tion Assistance Program, Total Army Sponsorship Program, Strong Bonds and Integrated Disability Evaluation System into a streamlined environment that is easily accessible and abundantly staffed at the lowest unit levels Armywide.

Despite the wide array of resources available to today's Soldiers and Families, the key to resiliency is engaged leadership at the first-line supervisor level, according to Chandler. Engaged leaders will be able to identify issues with their Soldiers' physical and mental well-being – many times before the Soldiers themselves – and help guide them to the appropriate resource to address their needs.

"There's a lot of things that engaged leadership means, but to me it means being present in your Soldiers' lives, whether they live in the barracks or off post," Chandler said. "It's about being empathetic, extending yourself to Soldiers and trying to understand where they're coming from – being aware of the issues that may be present in their lives."

Individual resilience can be built, maintained and strengthened when viewed as an enduring concept and acquired through regular training, but without engaged leadership – leaders who really know their Soldiers – the Army cannot become the resilient force officials envision.

"I think just the term 'engaged'

See CHANDLER, Page A7

Fort Drum agencies embrace Ready and Resilient Campaign

Michelle Kennedy

Staff Writer

As the Army decreases in size and Soldiers and Families can expect longer dwell times, much of the service's operations will take place on American soil. In order to accommodate the Total Army Family that has experienced frequent deployments and a high operations tempo for the last 13 years, leaders realize the need to help ensure the battle-ready community can remain ready and resilient for potential future conflict.

The Army recognizes that the resiliency of the force depends on the ability of its people to cope with the cumulative effects of stress and the challenges in a world of increasing complexities.

Soldiers and Family Members aren't the only ones to see changes, however. Civilians also are included in the Army's efforts to spread readiness and resilience, according to Lt. Col. Brian Clarke, 10th Mountain Division (LI) R2 director. This effort, known as the Ready and Resilient Campaign, or R2C, was created to help pave the way to a more ready and resilient force.

"The purpose of the Ready and

Resilient Campaign is to establish an enduring cultural change that integrates resilience into how we build, strengthen, maintain and assess total Soldier and Family health and fitness, individual performance and unit readiness," Clarke said. "Intuitive leaders understand the value of viewing their Soldiers in a holistic way. They realize that Army Physical Fitness Test scores, weapons qualification

scores and military occupational specialty proficiencies are no longer adequate measures to fully assess a Soldier's readiness.

"Leaders must see their Soldiers and Civilians through the lens of resilience, understanding whether their people are mentally and emotionally prepared and ready to conduct their assigned mission,"

See RESILIENT, Page A6

Soldier for Life Army looks to expunge 'ACAP mindset'

Steve Ghiringhelli

Staff Writer

If you haven't heard, the Army Career and Alumni Program, or ACAP, has been renamed "Soldier for Life: Transition Assistance Program" to help shift Soldier mindsets about transition services away from something required at the expiration of their term of service to a tool critical in their life's journey.

"This rebranding needed to happen," said Lorrie Guler, Soldier for Life: TAP manager. "ACAP became a verb. It was like checking the box. Soldiers said, 'I'm ACAP'ing today.'

"There has been an automatic connection to separation," she added. "But separation is just one option in the career decision-making process. We have to break from the negative connotation so leaders will embrace the process."

Army Chief of Staff Gen. Raymond T. Odierno ordered the name change in June to help transform the ACAP culture. The

new name is taken from an initiative he launched two years ago to better reflect a new direction in Army transition.

"Soldier for Life" represents an Armywide effort and mindset primarily aimed at ensuring Soldiers successfully reintegrate into civilian life once they take off the uniform.

"It ensures lifelong success for our Soldiers and their Families," Odierno said last year. "Our goal is for Soldiers leaving the military to be career-ready."

The program also follows the four-point philosophy of the Soldier lifecycle: start strong, serve strong, reintegrate strong and remain strong.

"Preparing for transition is something we are going to be doing right from the time that a Soldier enters active duty," Guler explained. "As they integrate good career-developing habits and practices early on, these Soldiers will hopefully internalize those

See MINDSET, Page A7

The MOUNTAINEER

Fort Drum, New York

Commanding General
Maj. Gen. Stephen J. Townsend

Garrison Commander
Col. Gary A. Rosenberg

Public Affairs Officer
Lt. Col. Tage J. Rainsford

Garrison Public Affairs Officer
Julie Halpin

Managing Editor
Lisa Reape Albrecht

Staff Writers
Steve Ghiringhelli
Michelle Kennedy
Melody Everly

This Army Civilian Enterprise Newspaper is an authorized publication for members of the U.S. Army. Contents of The Mountaineer are not necessarily the official view of, or endorsed by, the U.S. Government, the Department of Defense, Department of the Army, or Fort Drum. It is published weekly using offset method, with a printed circulation of 10,000. The editorial content of the publication is the responsibility of the Fort Drum Public Affairs Office. Printed by Watertown Daily Times, Inc., a private firm in no way connected with the U.S. Government, under written contract with the Commander, Fort Drum. The appearance of advertising in this publication, including inserts and supplements, does not constitute endorsement by the U.S. Army, or Watertown Daily Times Inc., of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchaser, user or patron.

E-Mail: Lisa.R.Albrecht.civ@mail.mil

Phone: 772-5469

Fax: 772-8295

Mailing Address:

10012 S. Riva Ridge Loop
Fort Drum, N.Y., 13602-5028

Paid advertising:

782-0400 or 1-800-724-0401
nnyads.com

Websites:

www.drum.army.mil

www.facebook.com/drum.10thmountain.com

CG's Hotline: 772-6666

Mountain Tough 'IS' Ready and Resilient

August marks the start of our Army's Ready and Resilient Campaign.

Over the past 13 years, 10th Mountain Division Soldiers, Civilians and Family Members have endured and overcome the stress of repeated deployments into combat, demonstrating a resiliency that sets them apart and makes them the epitome of "Mountain Tough."

It is this resiliency that gives us the mental, physical and emotional ability to face and cope with adversity, adapt to change, and to recover, learn and grow from the experience.

Everyone has their own level of innate resiliency, and we are all toughened by the training and experiences of Army life. Still, there are skills that can be learned to better equip us in dealing with life's many challenges.

A famous general once said, "the best form of welfare for the troops is first-class training." Resiliency is a trait and active skill that can be learned and improved upon over time through proper training and incorporated into all aspects of our personal and professional lives.

Resiliency is not only important on the personal level; it is also important on the unit level and has a direct impact on mission readiness.

Each of us must be physically and mentally prepared and tough – physically tough enough to withstand fatigue and physical demands, mentally tough enough to deal flexibly with change and able to think and act during emergencies, and resilient enough to deal with any situation – on or off duty.

In recognition of this month's campaign, I encourage all of us in the 10th Mountain Family to take personal inventory and assess what we can do to improve our personal and unit readiness and resiliency.

10th Mountain Soldiers, Civilians, Family Members and retirees are – Fit for Duty, Fit for Life, Fit for the Climb!

Climb to Glory!

Stephen J. Townsend
Major General, U.S. Army
Commanding



Fort Drum boosts inprocessing time for Soldiers, Families in transition

Melody Everly

Staff Writer

In an effort to ensure that Soldiers and Family Members arriving at Fort Drum have all the tools they need to be successful, several changes have been made to the inprocessing schedule.

Until last November, inprocessing was completed in five duty days. While this was sufficient for some Soldiers, many were unable to attend some of the recommended briefings and events that took place outside of those scheduled days, said James Garrett, chief of the Military Personnel Division.

"Army regulations require us to complete several tasks during inprocessing," Garrett said. "Not all of them were able to be fit in with the five-day schedule – whether it is the agency's scheduling or the unit's schedule that conflicts."

Soldiers attended the structured briefings, but they often missed those that occurred outside of their scheduled days because of things like the arrival of household goods, medical appointments or unit-scheduled activities. As a result, many missed out on important information, said Brian O'Connor, supervisor of the Personnel Services Branch.

"One of the changes we made was to incorporate all of those briefings within the regular inprocessing schedule," O'Connor said. "We are now at a much higher completion rate – almost 100 percent."

Some of the briefings that Soldiers missed most often touched upon some very important subject material such as resiliency, suicide prevention and financial planning. It was very important to Maj. Gen. Stephen J. Townsend, Fort Drum and 10th Mountain Division (LI) commander, that all Soldiers attended these valuable training sessions, Garrett said.

"Soldiers are at their most vulnerable when they are transitioning," he said. "They are uprooting their Families from their churches, from their communities – from all

kinds of support networks that they have. They don't have these supports when they first come here, so we want to make sure that they get training and focused attention that would help them during that transition period."

The new eight-day schedule provides ample time for Soldiers to get established on Fort Drum before getting involved with their unit's operational tempo.

Scarlett Sharkey, Army Community Service Relocation Readiness Program manager, said that the new schedule also provides additional time for Soldiers to resolve any issues that may arise as they inprocess.

"We used to provide just a basic ACS brief at the beginning of inprocessing," Sharkey said. "Now we are their first briefer, and then we present the sponsorship training toward the end of inprocessing. It's more in-depth, and we get a change to interact with the Soldiers and Families much more."

Sharkey said that representatives from ACS provide Soldiers with a packet of information to get them started and remind them to keep a list of questions or concerns that they have as they go through the process.

"They get a chance to start to settle in, and then they come back to us when they really have questions."

Being able to check in with ACS representatives later in the process means that Soldiers and Family Members can be connected with the resources that they need to solve any issues that arise as they are getting settled, she said.

One major change to the inprocessing schedule is the addition of a Master Resiliency Training course.

Sgt. 1st Class Stephen King, Comprehensive Soldier and Family Fitness program manager, explained that resiliency training is now an annual training requirement for Soldiers.

"The resiliency training used to be a 15-minute brief given at Clark Hall," King said. "Now it is a and-



Sgt. 1st Class Stephen King, Comprehensive Soldier and Family Fitness program manager, demonstrates the way negative thoughts can affect thinking patterns during a recent Master Resiliency Training course. The course is offered twice a week at the Education Center Annex on 4th Armored Division Drive.

tory two-day course given in a structured environment. It's a good base to accomplish the mission of providing Soldiers with the skills we have identified as most important."

Among these skills are optimism, assertive communication and self awareness, all of which Soldiers can use in their day-to-day lives, he said.

Providing Soldiers with resiliency training during inprocessing means that Soldiers can brush up on tools that they can use to help them cope with tough situations, Garrett said.

"We give the resiliency training to them up front to be sure that it's fresh in their mind. It reminds them that they can use these resiliency tools to get through their

transition," he said.

Garrett said that the units also benefit.

"It helps the units with their annual training requirements on a lot of these high-risk, need-to-do training events, because they are done before the Soldier ever gets to their unit," Garrett said. "It aids them in getting the Soldier integrated into the unit and into their mission-focus."

The interactive course also introduces Soldiers to a variety of support services available to them on the installation. King said it is important that Soldiers understand that help is available to them, no matter what they might be going through.

"We are trying to break the stigma," he said. "I was raised in

units whose motto was 'rub some dirt on it and keep moving.' Things are very different now. No one should be afraid to get the help that they need."

Another new requirement for inprocessing Soldiers is completion of a 90-minute Ask, Care, Escort suicide prevention training. There are two different levels of the course that are currently being offered – one geared at first-term Soldiers and the other catered to the needs of leaders.

Suicide Prevention Program manager Lori Starr said that incorporating this training into inprocessing helps command staff to meet training requirements. More importantly, she said, it means that all incoming Soldiers know what resources are available to them.

"This change has allowed us immediate access to Soldiers coming to Fort Drum," Starr said. "These Soldiers receive current information on Fort Drum trends and support resources."

Starr said the ACE training lets Soldiers know that their well-being is important to Fort Drum. They also learn to recognize when a comrade is in need of assistance.

"We hope that (Soldiers) leave training knowing that the safety of our Soldiers is important to us and that one death is one too many," Starr said. "We also stress the significance behind intervention. It's important to keep an eye out for each other."

It is important to note that Family Members are invited to attend the majority of training sessions their Soldier is scheduled to attend, said Sgt. 1st Class Vittorio Grady, operations noncommissioned officer in charge of inprocessing.

"The information provided in these classes and briefings really helps Soldiers and Family Members to adjust to life on Fort Drum," Grady said. "The Civilian workforce is very enthusiastic about the information they are providing. They make the briefs very interactive and informative for everyone." □

Soldiers, trainers use CSF2 skills to reinforce tough combatives training

Michelle Kennedy
Staff Writer

When Soldiers are required to engage the enemy in hand-to-hand combat, their mental strength is often just as important as their physical strength.

Soldiers who participated in the Light Fighter School's Level 2 combatives course last month endured physical strain, and sometimes, a little pain all while keeping their minds in the fight. Unlike the basic combatives classes, Soldiers taking Level 2 are required to grapple and use dominant body positions, all while receiving hits to the head and body.

"The hardest obstacles for the Soldiers to overcome are usually the fear of the unknown and the ability to implement the training they receive," said Staff Sgt. Catherine Duttine, chief trainer for the Light Fighter School combatives program.

When Soldiers are required to complete challenging tasks, it is important that they are prepared. However, preparation does not just mean physical, hands-on training; success is also a byproduct of preparing the mind for a task.

Fort Drum's Comprehensive Soldier and Family Fitness program does just that. When Soldiers get ready for demanding events, whether it is combatives training, weapons qualification or long road marches, a positive mental state is often just as important as knowing how to perform the physical actions.

"A clear head is important during training because it will allow the Soldiers to utilize the plan that they have put together ... because having a plan helps add to their confidence," Duttine said.

"CSF2 has resulted in a great improvement in the way Soldiers deal with chaotic scenarios that we place them in. Soldiers are learning how to hone into the CSF2 training, such as visualizing outcomes, using key words to alter emotions and knowing how to bring their emotions into control when the scenarios are over.

"CSF2 is definitely a benefit to other training events because it provides Soldiers self-awareness. Everyone is primed differently - as CSF2 has taught - and it can make the difference on how the Soldiers perform during that training," she continued.

CSF2 educators and performance experts specialize in sport psychology, one of the hottest buzzwords among elite athletes, according to Jeff Nelden, CSF2 Training Center manager. CSF2 trainers help people understand the connection between mental toughness and physical performance.

"The performance enhancement skills taught at the combatives course can be applied to any



PHOTOS BY MICHELLE KENNEDY
Staff Sgt. Catherine Duttine, right, chief trainer for the Light Fighter School's combatives program, provides guidance to Pfc. Joshua Thomas, 3rd General Support Aviation Battalion, and Sgt. Christopher Lagpacan, 277th Aviation Support Battalion, while they grapple with a "target" during a Level 2 combatives course July 25.



Pfc. Brandon Hatch, 754th Explosive Ordnance Company, 63rd Ordnance Battalion, provides instructions to a "target" during a Level 2 combatives react-to-contact drill July 30.

event in which you want peak or improved performance," he said. "The skills can be applied to increasing your weapons qualification scores, Army Physical Fitness Test results, four-mile run, 12-mile road march or attending a promotion board. These mental skills also apply to your personal life, whether it be preparing for a college exam, participating in a 10K or competing in a fishing tournament."

CSF2 instructors use resilience techniques during combatives training to help Soldiers "keep their heads in the game." Performance enhancement training aims at building mental skills - building confidence, controlling attention, managing energy, setting goals and integrating imagery - in order to help people achieve mental strength for life, on and off duty, according to Steve Brown, CSF2 master resilience trainer / performance expert.

"From a mental perspective, it is accepting the speed and intensity (of the training)," he said. "It is hard to prepare for those two elements without exposure, and it becomes more difficult to think clearly or even remember what you should do when your emotions and physiology take over."

To help Soldiers focus, Brown encouraged the students to practice self-talk and breathing techniques.

"There are a lot of uncontrollable factors in this exercise, and our goal is to limit their negative impacts by setting the stage for purposeful action and helping the Soldiers to remain task-focused under stress," he said. "A clear mind helps put a Soldier in control of both his body and his or her environment."

Soldiers who are able to remain calm experience better memory,



Steve Brown, Comprehensive Soldier and Family Fitness master resilience trainer / performance expert, provides instruction to Level 2 combatives students July 25. CSF2 instructors provided resilience skills to the students during the course to help them stay mentally tough during hand-to-hand combat.

faster reaction time and improved motor control, and they are more mentally agile than people who allow their stress to get the best of the situation, Brown added.

"The skills we taught can be applied to any stressful situation," he said. "The Soldiers in this course have the benefit of being able to apply these skills immediately and receive instant feedback. When we debrief with them, they are quickly able to identify many future applications."

Duttine added that she urges leaders to invite CSF2 staff members to their training events.

"The most important thing that leaders and Soldiers need to understand is what makes the Soldier successful," she said. "CSF2 training engages the Soldiers and

teaches them to find and hone the warrior in themselves. Tough training requires tough Soldiers, and sometimes, those Soldiers don't know how to turn it off. Resiliency is not just about bouncing back from your low, but from the highs as well."

Pfc. Brandon Hatch, a Level 2 combatives student who serves with 754th Explosive Ordnance Disposal Company, 63rd Ordnance Battalion, said he found using some of the techniques taught by CSF2 instructors to be helpful during the course.

"The deliberate breathing really helped," he said. "Any chance we get where we can reset our systems and calm ourselves is a good thing. I could tell a big difference in my ability to conserve energy."

Hatch also found that by visualizing the scenario before entering the area helped mentally prepare him for what he and his partner might encounter.

"(The instructors) are coming at you and they are giving it 100 percent, so we have the set the tone (during the fight)," he said.

CSF2 instructors, along with Army Community Service and 10th Mountain Division's master resilience trainers, promote positive thinking to help community members succeed at work and at home.

For more information about the Army's CSF2, program visit the official site at <http://csf2.army.mil>.

To schedule unit-level training at Fort Drum, contact Nelden at jeffrey.r.nelden.ctr@mail.mil. □

Strong Bonds program builds stronger Soldiers, Families

Staff Sgt. Joel Pena
10th Mountain Division Journalist

Building Army Family resiliency is part of a strategic approach to cope with the high operational demand placed on today's Army. One way of doing this is through the Strong Bonds program.

Strong Bonds is a unit-based, chaplain-led program that assists commanders in building individual resiliency by strengthening the Army Family. The core mission of the Strong Bonds program is to increase individual Soldier and Family Member readiness through relationship education and skills training.

To maximize the training effect, Strong Bonds is conducted in an offsite retreat format. The retreat or "get away" provides a fun, safe and secure environment in which to address the impact of relocations, deployments and military lifestyle stressors.

"One of the strings that flows in just about all the suicides is the loss of relationship," said Chaplain (Maj.) Cody Vest, Family Life Center chaplain. "By using Strong Bonds events, we try to build strong relationships for all Soldiers."

Healthy relationships contribute to the maintenance of a healthy Army and a secure future force.



SGT. 1ST CLASS LUIS SAAVEDRA
Chaplain (Capt.) Jesse Hunt, a chaplain assigned to 10th Sustainment Brigade Troops Battalion, leads a group discussion about some characteristics associated with difficult partners during a previous Strong Bonds Single Soldier Retreat.

With increasing demands placed on Soldiers and Families, to include both frequent deployments and duty relocations, intimate relationships are fully tested.

Research shows that training in communication skills, intimacy, and conflict management increases marital satisfaction, reduces divorces and reduces rates of family violence.

Unit chaplains teach from a wide variety of curricula, such as Active Military Life and Resiliency Skills, the Five Love Languages, and Seven Habits of Highly Effective Families for Army Families.

"How not to marry a jerk" is one of the curricula we teach single Soldiers," Vest commented. "It teaches them how to manage the complexity of choosing a life part-

"Marriage is hard, and military marriage can be exceptionally hard because of the different stresses that are put on the military Family."

Chaplain (Maj.) Cody Vest

ner and to ask themselves if they are the type of person that's going to be a good spouse and what changes they need to make in themselves to accomplish that goal."

Vest said that when they teach Families, they focus on developing communication skills, dealing with the stress of deployments and building friendships.

"A lot of children have a hard time expressing their needs to their parents," Vest said. "Most of the time, they 'act up' to get attention. In Strong Bonds, we build communication skills by using a play scenario in which Mom and Dad learn how to communicate with their kids and vice versa."

Recognizing the importance of family support, the Army introduced the program Building Strong and Ready Families in 1997.

Initially, 90 active-duty couples participated in four events. Over the past year, more than 160,000 Soldiers and Family Members have participated in more than 2,600 Strong Bonds events.

The program's success has led to increased funding, expansion Armywide, and more training options.

One chaplain doing his part to build strong and resilient Army Families at Fort Drum is Chaplain (Capt.) Lee R. Greenfield, 2nd Brigade Combat Team chaplain.

"We are having a Strong Bonds event in August for 2nd Brigade Special Troops Battalion, a Single Soldier Strong Bonds event for the 4th Battalion, 31st Infantry Regiment, 'Polar Bears,' in September and two more couples events in September with the 1st Squadron, 89th Cavalry Regiment," Greenfield said.

"Marriage is hard, and military marriage can be exceptionally hard because of the different stresses that are put on the military Family," Vest said. "The Chaplain's Corps is here to help Families not only survive in the military, but to thrive in the military. We will supply any type of support that we can to help our Soldiers."

For additional information or to find an event near you, visit www.strongbonds.org. □

SHARP Resource Center provides safe haven

Melody Everly
Staff Writer

There's a saying that the Army is only as strong as its people. Taking care of Army personnel means providing for their needs – physically, mentally and emotionally. In the event that any individuals become a victim of sexual harassment or assault, it is important that they receive assistance in a timely manner and within a safe and private setting.

To provide assistance to victims, Fort Drum has consolidated several support services within one building – the Sexual Harassment / Assault Response and Prevention Resource Center, located at 475A Tigris River Valley Road.

While this location houses the 10th Mountain Division (LI) SHARP team, there are also designated garrison and Family Advocacy Program SHARP personnel who handle cases involving Family Members or Civilian Employees. These personnel have offices elsewhere on post, but they also use the Resource Center's consolidated services.

The center's location, on South Post, provides a level of anonymity that is important for victims, said Maj. Adrian Sullivan, Division SHARP program manager.

"The SHARP office used to be within the division headquarters building – Hays Hall," she said. "The Resource Center is a much more comfortable setting than an intimidating office-type setting."

The first thing individuals should do if they have been victims of sexual assault is contact their unit's SHARP victim advocate.

Fort Drum employs approximately 465 victim advocates, who serve both Soldier and Civilian populations. These VAs provide assistance and support to victims and accompany them to the Resource Center to help them file a report.

Fort Drum operates a 24-hour hotline that victims can call to contact SHARP personnel. As soon as a call is received, professionals will ensure the safety of the victim and arrange for him or her to be brought to the Resource Center for assistance.

When an individual arrives at the Resource Center, he or she is invited to have a seat in the "Roaring Brook Room," an in-take space that is decorated more like a living



MELODY EVERLY

The Fort Drum and 10th Mountain Division (LI) SHARP team and their partners gather outside the SHARP Resource Center. From left are Mike Stankovich, CID agent; Chris Nestico, CID agent; Maj. Andy Scott, chief of justice; Flo Hare, Sexual Assault Medical Management program manager; Maj. Adrian Sullivan, division SHARP program manager; Master Sgt. Tawanna Moses, division sexual assault response coordinator; Sgt. 1st Class Daryl Monn, division senior victim advocate; Vanessa Pierce-Willis, garrison victim advocate; Chief Warrant Officer 2 Emey Brantley, CID agent; and Capt. James Harris-Chappell, special victim counselor.

room than a military office. Here, individuals can wait in safety and comfort as representatives come to them in order to provide medical attention, legal assistance and many other support services.

"We have a collaborative, supportive relationship with on-post health care providers (both clinical and medical), CID special victims unit, special victim counselors, special victims prosecutors and victim witness liaisons," Sullivan said. "Regardless of which services a victim chooses to use, the most important factor is that it is their choice to participate and the 10th Mountain Division (LI) SHARP team brings those services to their attention in a timely and compassionate manner."

One of the first professionals to meet with a victim is Flo Hare, nurse practitioner and Fort Drum's Sexual Assault Medical Management program manager. Hare said that it is helpful for victims to seek support in a timely manner for several reasons.

"Speaking forensically, it is important to seek care as soon as possible to preserve evidence," she said. "Medically speaking, the sooner they can engage with medical care, the sooner they can begin the road to recovery."

Hare's permanent office is located within the Resource Center. She said that this facilitates the re-

porting process, and it means that victims receive the right information in a no-pressure setting that focuses on their needs.

"It serves as a single point of entry for our victims that is dedicated to their care and recovery," she said.

Hare also said that the center allows victims to meet with representatives from several support agencies at once, helping to reduce the stress a victim feels.

"It limits the number of times they have to tell and retell their story, which can be traumatic in and of itself," she said.

Within the center, there is an office set aside for CID agents who assist victims. Having this designated space helps agents to prepare reports and gather necessary information, Sullivan said.

"CID has their own headquarters, but when they come here, they have a space of their own to work in," she said.

CID Special Agent Mike Stankovich said that having this space makes the investigation process more efficient.

"The investigation can, at times, be a very lengthy process," he said. "Having a dedicated office at the SHARP Resource Center is a force multiplier for the CID office. It allows a one-stop shop for the victims we encounter and a comfortable setting for an inter-

view."

Stankovich also said that the Resource Center's warm, safe atmosphere is important as the investigation is in progress.

"These cases are the result of a traumatic event, and we want to do everything in our power to assist the victim and provide action commanders and the Office of the Staff Judge Advocate with a quality product so an educated decision can be made in terms of moving forward with possible prosecution," he said.

Having a dedicated space within the center also strengthens relationships between the CID office and SHARP personnel, allowing them to be more in tune with the other, Stankovich said.

In addition to meeting with medical personnel and special agents, victims also have an opportunity to meet with representatives who will assist them during legal proceedings.

"When a victim speaks with their sexual assault response coordinator or with a CID representative, the paperwork they complete asks if they would like to meet with our special victims counselor, Capt. James Harris-Chappell," Sullivan said. "If they say yes, he comes over and meets with them right away, providing advice and explaining the legal process to them."

SIDNE lets Soldiers have fun while learning

Staff Sgt. Joel Pena
10th Mountain Division Journalist

Cpl. Julio Escobar was seen getting into a vehicle July 30, when he began driving erratically and running over orange cones.

While Escobar was not under the influence of alcohol or drugs, he was wearing goggles to simulate the effects of impaired driving during an Army Substance Abuse Program training event held at a parking pad between 3rd and 4th streets, adjacent to Nash Boulevard.

Escobar, who serves with Headquarters and Headquarters Company, 2nd Battalion, 14th Infantry Regiment, 2nd Brigade Combat Team, was one of the Soldiers taking part in the Simulated Impaired Driving Experience (SIDNE), an electric-powered go-cart used to simulate a moderate to high level of impairment while driving.

While SIDNE is fun to drive, it is

also a powerful tool when teaching Soldiers about driving while impaired. When switched to "impairment mode," it provides a realistic and challenging experience that simulates impairment.

"The one thing constant among people in an impaired state is that our normal levels of ability are reduced," said Thomas L. Russell, Army Substance Abuse Prevention coordinator. "Reduced abilities mean a high chance of being involved in a crash that could result in injury or death if they choose to drive."

ASAP's mission is to provide alcohol and drug awareness education, prevention support services, and other related training and support to command leadership, Soldiers, Family, and community members. ASAP also has licensed clinical counselors to screen, assess, treat and offer referral to additional resources as needed.

With summer in full swing, so is

the Army Safety's 101 Critical Days of Summer program. Warm weather attracts people looking to spend time and have fun outside, according to Russell.

"One thing about living in the North Country is that to get around, you will most likely need to drive to wherever you want to go," he said. "As we travel around and enjoy summer activities, we may want a few cold refreshing alcoholic drinks. Then we start thinking about the drive home and wonder, with the passing of time, are we OK to drive, or are we impaired?"

After driving the SIDNE and running over a few cones, Escobar admitted that driving while impaired is "reckless."

"People sometimes don't think about how negligent it is to get behind the wheel after a few drinks," he said.

Pfc. Joshua Nwosu, 2-14 Infantry, also had an opportunity to

take a spin in the SIDNE.

"This is really good training," he said. "Besides having fun while driving, you learn a lot. The instructors are very knowledgeable and experienced."

Russell explained that the main lesson he hopes Soldiers take away from the SIDNE training is to "never drive impaired."

ASAP will set up a SIDNE Driving Obstacle Course on the parking pad area between 3rd and 4th streets, adjacent to Nash Boulevard for scheduled training on the following days:

•Monday and Aug. 25, from 8:30 to 11:30 a.m. and 1 to 2:30 p.m.

•Sept. 8 and 22, from 8:30 to 11:30 a.m. and 1 to 2:30 p.m.

Other dates may be available upon request.

For more information or to reserve SIDNE training, call Russell at 772-3331 or Albert Mack at 772-5447. □



STAFF SGT. JOEL PENA

Thomas L. Russell, Army Substance Abuse Prevention Coordinator, hands Pfc. Joshua Nwosu, Headquarters and Headquarters Company, 2nd Battalion, 14th Infantry Regiment, 2nd Brigade Combat Team, goggles that help simulated impaired driving, during the SIDNE testing July 30 on Fort Drum.

Embedded Behavioral Health helps Soldiers bounce back

Sgt. 1st Class Kenneth A. Foss
1st Brigade Combat Team Journalist

Resiliency is the ability to bounce back. Whether dealing with a leg injury or an issue related to post-traumatic stress, Fort Drum Soldiers know where to go to receive care to get them back mission-ready.

The concept of Embedded Behavioral Health was developed at Fort Carson, Colo., five years ago. Fort Drum opened its first EBH clinic last October. It is designed to provide a team of behavioral health care professionals as a designated resource for a specific unit within that unit's footprint.

Each EBH building has seven providers assigned to it, including a psychiatrist or a psychiatric nurse practitioner and a mix of social workers and psychologists.

"The continuity of care is more connected, similar to having a primary care physician for other medical health concerns; Soldiers know who their doctors are and maintain the connection with them," said Todd Benham, chief of Behavioral Health Department, USA MEDDAC.

The Embedded Behavioral Health buildings are specifically designed for their purpose; they are the same across the Army.

All personal information is confidential and stays between the doctor and the patient.

Benham said this way of organizing the care for each unit provides a much more personal and organized approach to behavioral health. Soldiers and leaders know where they can go to deal with their problems and feel more comfortable.

"I feel like the Embedded Behavioral Health buildings are like going to my doctor's office for my physical needs, except only for my mental needs," said a Fort Drum Soldier whom The Mountaineer has chosen not to identify.

Being a deployable Soldier is not solely physically demanding; it is also a mentally demanding profession. It is vital that all ailments – physical and mental – are attended to properly to ensure full combat readiness.

"If I am injured, mentally or physically, I know where to go to get treatment, and I take care of my injured shoulder just as I do my anxiety issue," the Soldier said.

In the past, there was a certain stigma associated with seeking care for mental issues, suggesting it was a sign of weakness. Army Behavioral Health and the rela-

tively new embedded clinics have combated that stigma, and practitioners see more people feeling comfortable about coming in to get help.

One of the biggest contributing factors to combating this stigma is senior leaders and commanders stepping up and telling their Soldiers about how they received care that has helped them in their career.

"One of the things that reduces stigma is Soldiers knowing what would or wouldn't be disclosed if they came in for care. The word is out on the street about that," said Benham.

"For me, it was friends telling me about their past issues and how they are stronger minded and more motivated after dealing with their issues," said the Soldier.

Soldiers want to be able to per-

form at their best, and this means a healthy body and a healthy mind.

"Most people come in, see their therapist and go back to work without anyone knowing about it," Benham said.

The specialists at the EBH buildings also take a proactive approach with their units. Whenever a unit has a mission, field operation or anything that may introduce concerns for Soldiers' mental health, the EBH staff can work with the leaders to find ways to mitigate future health risks.

"Going to Behavioral Health does not ruin your career; what ruins your career, your marriage or your happiness is not being able to manage your concerns," Benham said. "We are in the business of trying to help people; we want what is best for them." □

One is too many

Officials discuss suicide, raise awareness of resources

Steve Ghiringhelli

Staff Writer

Fort Drum officials took time last week to address the insider threat of suicide. Because an incredible amount of resources and programs on and off post make it nearly impossible to not find help for one's personal issues, officials said there is great sadness in knowing that some Soldiers still see no way out.

"In reviewing the cases that I get from events on the installation, it saddens me to no end to hear time and time again that our Soldiers feel they are all alone and there is nobody out there who cares or who can help them," said Lori Starr, Suicide Prevention Program manager. "In reality, they have more support than they will ever recognize."

According to experts here, suicide – what an individual may perceive as the ultimate solution to his or her problems – is typically not the first self-destructive consideration of someone who has fallen on hard times.

Stress, whether from military work, relationships at home or financial difficulties, may lead someone to turn to unhealthy activities as a first line of defense, which can include alcohol or substance abuse, said Albert Mack, Fort Drum's Alcohol and Substance Abuse Program Prevention Branch chief.

He said things like alcohol and other substances reduce inhibitions and change people's perception on how they really feel about their situation.

"Alcohol and substance abuse are what some think are solutions to their problems," Mack said. "But it will actually intensify your

problems. If you have a financial problem and you turn to drinking, you will have more financial problems. If you also have a family, it contributes to your relationship issues."

"It contributes to that downward spiral and that hopelessness that people have sometimes," he added. "They think: 'Nothing is going to go right.' That will continue to be that way unless you look at the problem. When you address issues, you find out that they can be resolved."

'Sign of strength'

Starr said having "suicide" as a part of her job title is a bit of a misnomer. Dealing with suicide prevention means her office focuses on more than a dozen other issues that can lead to a person's life becoming so unmanageable that suicide becomes an option.

"Our resources are not just about who to call if you are feeling suicidal, but who can you contact if you are experiencing financial stress or relationship stress or a difficult time in the workplace," she said.

In addition to Soldiers, resources are available to Family Members and Civilian Employees, too.

But Starr said that the fact that many Soldiers believe in and possibly reinforce the stigma attached to visiting the ASAP and Suicide Prevention Program building means there is still a gap between what Soldiers think and the actual range of help and support available.

"The (stigma) is in the title itself," Starr said. "People don't want to come up to your table if it has 'suicide' across the front of it. That's why there's so much overlap

with these other organizations and why we partner with ASAP, the Family Advocacy Program and others."

Starr and Mack repeatedly emphasized how inclusive the programs and resources really are to the general Soldier population. Although health advocates on post wish to assist individuals at the end of their rope, they also want to help those with no history of suicidal behavior.

"Our programs focus on high stress areas ... (and) our efforts focus on reducing the stigma attached with getting help," Starr said.

Mack said it is important that leaders support the idea of people getting the help they need.

"One of the things I believe is important is for leadership to promote the idea that if people are having a problem and they are looking for ways to resolve their issues, that is not a sign of weakness; that is a sign of strength," he said.

Command climate, gatekeepers

It may come as a surprise to some that the sergeant major of the Army was himself a consumer of behavioral health services.

Sgt. Maj. of the Army Raymond E. Chandler III has been quite open about his not-so-distant past struggles with post-traumatic stress and traumatic brain injury stemming from a 2004 incident in Baghdad where his position was struck by a 122 mm rocket.

Before becoming sergeant major of the Army in 2011, Chandler told the Army chief of staff during his interview that he had been in behavioral health care counseling for the previous two years – and he still got the job.

"He got help before he became

sergeant major of the Army," Starr said. "I try to drill that into our Soldiers. Did his accessing mental health support have a negative effect on his career? No."

"We all need a little bit of help now and again in our lives," she added. "It will not have a negative effect on a person's career if they are trying to do right by themselves."

Starr said that suicide seems to affect all segments of the Soldier population, whether previously deployed or not, high-performing or not.

She also pointed out that she hopes to extend the excellent working relationships she has with the division's brigade and battalion commanders to the company commanders, platoon leaders and squad leaders.

"We want to educate leadership at the ground level on how to identify (issues) with their Soldier before it gets to the point where that Soldier is exhibiting suicidal behavior," she said.

Possibly one of the fastest prevention vehicles to reaching troops at the ground level is through the program's "gatekeepers," professionally trained Soldiers at the platoon level that are equipped to handle a person in crisis.

"Soldiers are beginning to realize that they have people they can talk to," Starr said. "If they want to go to someone other than their leadership or other than behavioral health, they can initiate contact with those gatekeepers."

"And if Soldiers are accessing help, leaders should encourage them and continue to foster resiliency in their lives," she added.

'Great Soldiers'

Despite the pain that is associated with such a difficult topic, Starr said she is grateful for the silver linings of the Suicide Prevention Program at Fort Drum.

"The positive in something that can be very negative is that we have a lot of great Soldiers doing fabulous work out there," she said.

Starr said the majority of events on post are Soldiers who are thinking about suicidal behavior. In summary reports she receives from the units, she is encouraged by the success stories.

"We have had a lot of fabulous saves by people who took the time to step in and intervene," she said. "(Soldiers) are able to intervene because they took the time to pay attention and have those conversations."

Intervening is something Starr asks of Soldiers' friends and Family Members as well.

"If they wish to reach out to our program because they are concerned about a Soldier of theirs, they absolutely can do that," she said. "(Some) get worried their Soldier will be mad at them. But by you calling us, you are ensuring the fact that they will be getting the help they need in a safe environment."

Starr practically pleads with the community to continue reaching out to those who may be suffering in silence.

"I personally don't have to meet the individual to feel the impact of their personal struggles," she said. "There is help out there. They just have to be willing to recognize that they need help and know that it is OK to ask for it."

Assistance is available 24 hours a day / seven days a week at the National Suicide Prevention Lifeline, 1-800-273-TALK (8255). □



COURTESY PHOTO

Marc Mero, former World Championship Wrestling and World Wrestling Entertainment wrestling champion, will bring his high-energy often humorous message of hope and self-empowerment Sept. 9-10 at the Multipurpose Auditorium on post as a part of Fort Drum's observance of Suicide Prevention Month.

Former WWE wrestler to offer presentations at Fort Drum

Steve Ghiringhelli

Staff Writer

Marc Mero, former World Championship Wrestling and World Wrestling Entertainment professional wrestler, will bring his high-energy production of music, visuals and video to Fort Drum next month to convey a passionate and humorous message of hope and self-empowerment.

Mero, who founded his non-profit Champion of Choices in 2007, will entertain Soldiers at the Multipurpose Auditorium from 1:30 to 3:30 p.m. Sept. 9 and again

from 9:30 to 11:30 a.m. Sept. 10 during the U.S. Army's Suicide Prevention Month.

In addition, Mero will present a communitywide event from 5:30 to 7:30 p.m. Sept. 9 at the MPA on post for all Family Members, Civilian Employees and members of the Fort Drum community.

The former WWE wrestling champion turned to substance abuse and contemplated suicide after many heartbreaking experiences earlier in life, according to Lori Starr, Fort Drum Suicide Prevention Program manager.

"But the focus of his training is resiliency," she said. "He does ex-

plain his story up front, but then focuses on the positives."

Author of "How to be the Happiest Person on the Planet," Mero candidly shares where his good and bad choices took him in life. According to group promoters, the focus of Mero's speaking events is to share his "compelling personal story of tragedy and triumph" to encourage people of all ages to make positive choices and achieve their highest potential.

"Everyone faces adversity," Mero says. "Attitude is a choice. It's not about the circumstance or situation. It's how we respond to it." □

RESILIENT, from Page A1

he continued. "The aim is to make this consideration deliberate in nature."

The R2C umbrella encompasses nine programs of special emphasis that are all aimed at improving Soldier, Family and Civilian readiness.

The Army Substance Abuse Program, or ASAP, mission is to provide nonclinical alcohol and drug-related education, prevention services, training and support to leaders and community members.

The mental well-being of Soldiers and Family Members is a top priority. Behavioral Health programs provide services to promote a healthy mental state of mind.

A healthy state of mind also can be reinforced by Comprehensive Soldier and Family Fitness, or CSF2, training. CSF2 provides resilience-based instruction to help Soldiers stay focused and battle-ready, and it can help Family Members and Civilians stay resilient at home and on the job.

For those Soldiers who are injured, the Integrated Disability Evaluation System, or IDES, is used to determine whether they are able to continue serving. The system was established by the Department of Veterans Affairs and Department of Defense to provide examinations to determine disability ratings.

For Soldiers who are victims of sexual assault and / or sexual harassment, the Army's Sexual Harassment / Assault Response

Program, or SHARP, provides victim advocates and prevention-focused training from the unit level to division level. Victims are treated with respect and receive support from partner services such as medical professionals, chaplains, law enforcement, legal and advocacy agencies.

For Soldiers who are transitioning from Army to civilian life, the Soldier for Life: Transition Assistance Program, formerly known as the Army Career and Alumni Program, provides guidance to help make the transition process easier. Service members, retirees, veterans and Family Members learn about everything from benefits to employment resources to help make the process less stressful.

Soldiers and Civilians who are relocating due to a permanent change of station have access to the Total Army Sponsorship Program. This is a commander's program to help assist Soldiers, Families and Civilian Employees during a move. Incoming personnel are assigned a sponsor who has significant time on station and welcomes newcomers with information and referral services on the installation.

The Army also offers Strong Bonds to single and married Soldiers. Strong Bonds is a unit-based, chaplain-led program that builds individual resiliency and strengthens the Army Family through relationship education and skills training.

The Army Suicide Prevention Program is an integral part of R2C

that helps improve the readiness of the entire Army Family through training, data collection and analysis, and education to decrease suicidal behaviors and recognize warning signs.

Clarke said that while each program has a specific purpose, they are interrelated and are part of a large network of services that are available to support leaders in maintaining and improving readiness and resiliency.

Clarke referenced Pfc. Robert Hickey, 2nd Battalion, 22nd Infantry Regiment, 1st Brigade Combat Team, who recently completed U.S. Army Ranger School at Fort Benning, Ga. The six-week physically and mentally demanding course has a graduation rate of about 50 percent.

"It is exceptionally rare for a private first class to graduate Ranger School," he said. "Not only is the school exceptionally challenging physically and mentally, but the students' leadership skills are evaluated and they are expected to perform as a mid-grade noncommissioned officer or higher."

Clarke added that Hickey is an example of resiliency among the division's Soldiers.

"In respect to the resilience required, it brings up a great point for developing resiliency in our formations," he said. "While we do conduct annual formal resiliency training taught by unit master resiliency trainers, the best way to hone and test those skills is through tough, demanding, realistic training that challenges Sol-

diers and leaders – whether that be a unit-level training like demanding physical fitness training, field training exercises, etc. – or in this case, external schools such as Ranger School."

Leaders are not the only ones who are tasked with looking out for the force; Soldiers are also responsible for looking out for their battle buddies, Clarke added.

"Leadership plays a major role in building resilience and sustained unit readiness; likewise, peer relationships can provide important sources of support," he said. "Peer relationships are more likely to reveal problems or concerns before leaders have a chance to recognize warning signs. All personnel should act as responsible peers and utilize the education, training, assistance and treatment provided by the R2C programs and services."

All of the R2C programs are available at Fort Drum, and agencies are ready and eager to assist community members.

"Our R2C end state is achieved when 10th Mountain Division's culture embraces readiness and resilience as part of the profession and as a critical component to force readiness," Clarke said. "Our efforts are focused (on) building stronger and more resilient Soldiers, Families and Civilians, and enhancing individual and unit readiness, now and in the future."

For more information about the Army's Ready and Resilient Campaign, visit the official site at www.army.mil/readyandresilient. □



Starting with this week's issue of The Mountaineer, all articles that support the Ready and Resilient Campaign (R2C) will feature the new "R2" logo. This logo will help ensure community members identify articles and events relating to readiness and resilience, as well as where to find ways to enhance their own skills through upcoming events and activities at Fort Drum.

Fort Drum and 10th Mountain Division (LI) leaders and support agencies across the installation are dedicated to promoting R2C and assisting Soldiers, Family Members, Civilian Employees and retirees. Be sure to watch for upcoming issues of The Mountaineer, in which staff writers will highlight other resilience-based support programs on post. □

Integrated Disability Evaluation System assists transitioning Soldiers

Staff Sgt. Joel Pena
10th Mountain Division Journalist

Despite advances in modern medicine and the best efforts of patients, some Soldiers cannot be returned to full duty status after suffering an injury or illness. In this event, it will be necessary for the Soldier to be referred to the Integrated Disability Evaluation System, also known as IDES.

"IDES is the joint venture between the Department of Defense and the Department of Veterans Affairs that aids service members that have a condition – whether it is an illness or an injury – that prevents them from continuing on active duty based upon Army Regulation 40-501," said Laura Swatsworth, Fort Drum Integrated Disability Evaluation System director.

IDES combines the DOD and VA disability processes and uses a streamlined evaluation for delivery of a total benefits and compensation package.

"The first part of the process is the Medical Evaluation Board," Swatsworth said. "The whole MEB process – from your referral to a MEB until the day your case file is forwarded to the Physical Evaluation Board – should take about 100 days. We are currently operating on 87 days, so we are doing a pretty good job in getting service members into the system and through to the Physical Evaluation Board."

The MEB is an informal process made up of at least two physicians who compile, assess and evaluate the Soldier's medical history and determine how the injury / disease likely will respond to treatment.

However, if the treating physician believes that Soldiers are unable to perform their full military duties, or that they are unlikely to be able to do so within a reason-



STAFF SGT. JOEL PENA
Laura Swatsworth, Integrated Disability Evaluation System director, assists Soldiers with the DOD and VA disability process.

able period of time (normally 12 months), they will be referred to a MEB at the medical facility where their treatment is being provided.

If a Soldier's physical condition falls below medical retention standards, the attending physician will refer him or her to the physical evaluation board liaison officer, or PEBLO, to start the MEB.

Since 2009, nearly 3,000 service members at Fort Drum have gone through this process, and currently 867 Soldiers are actively going through the process.

One of the people helping Soldiers transition through this process is Jose "Joe" Duque, physical evaluation board liaison officer.

The PEBLO is one of the most important representatives in the IDES process. From the start of a MEB referral to a Soldier's return to duty or separation from military service, the PEBLO remains the link between the service member, his or her commander, and the IDES.

The PEBLO is responsible for as-

sembling all of the information that is included in a Soldier's IDES case file. This includes helping the Soldier initiate VA Form 21-0819, VA / DOD Joint Disability Evaluation Board Claim, and sending it to the military service coordinator.

"Everything that happens during this process goes through the PEBLO," Duque said. "There are 13 PEBLOs here at Fort Drum, and we are all housed in Bldgs. T-27 and T-28. The typical workload for a PEBLO is around 40 cases, but each of us here has anywhere from 65 to 75 cases at any one time."

"The best part of our jobs is the service we provide," Duque commented. "Most of us here have already been on 'that side of the fence,' so we know what Soldiers are going through – the anxiety of the transition, especially for Soldiers with Families and small children. We try to help them out in any way we can to alleviate some of that stress and assure them a smooth transition."

Before separation, Soldiers should stay in contact with their military service coordinator at their medical treatment facility. The MSC will notify the VA regional office of a Soldier's separation date and track the separation process.

The MSC also will advise Soldiers about their rights to appeal their disability ratings and other post-separation VA processes and will forward the DD Form 214 (Part 3) to the VA rating board.

"Just be patient and keep an open mind," Swatsworth said. "There are a lot of 'barracks lawyers' out there that will tell you things that may not be what reality is. We will do everything in our power to make sure that service members make it through the whole process efficiently (and) appropriately and that all of their issues are addressed." □



CAPT. PETER SMEDBERG
Sgt. Maj. of the Army Raymond F. Chandler III speaks to a Soldier during a town hall meeting Tuesday at the Commons.

CHANDLER, from Page A1

means action; you can't just spout the NCO Creed or warrior ethos and thump your chest and say 'look at me, I'm an NCO,'" Chandler said. "It means actually taking steps to be engaged in your Soldiers' lives and the lives of their families."

Chandler explained that being engaged does not mean interfering; rather, it means NCOs should be empathetic and knowledgeable about how to help and what services are available to Soldiers and their families.

"It's about ... extending yourself to Soldiers and trying to understand where they're coming from – being aware of the issues that may be present in their lives," he said. "It could be financial issues, it could be physical issues that a Soldier or Family Member has, and it's your responsibility as a leader to do something about it."

"That takes a level of commitment, character and competence," Chandler continued. "There's a lot of things that engaged leadership means, but to me, it means being present in your Soldiers' lives. I challenge any NCO ... if you don't know where your Soldiers live off post and have not physically gone out to see how they live and where they live, you are not an engaged leader."

While addressing 10th Mountain Division (LI) Soldiers during a town hall meeting, Chandler said

engaged leadership extends past the supervisor level down to the "battle buddy."

"I go back to the Army profession where it's about character, commitment and confidence," he said. "You should be looking out for the welfare of your battle buddy both on and off duty. You should be committed to them, willing to do what is necessary to ensure their well-being."

"You should know what to do if you sense that something's wrong and be able to talk to your leadership about it," Chandler added. "If you do that, I think you're supporting our Ready and Resilient Campaign."

While the readiness and resilience of the force is a serious matter, it can be a chance for Soldiers and Families to have fun, unwind and spend quality time together, Chandler explained.

He encouraged Soldiers and Families to take part in the many opportunities provided by Fort Drum's Family and Morale, Welfare and Recreation program, including family support programs, Better Opportunities for Single Soldiers and Outdoor Recreation events and activities.

"I think Fort Drum is one of the best places for outdoor activities we have in the country," Chandler said. "Fort Drum has really been at the leading edge for a lot of activities, not only through FMWR, but also marital and spiritual fitness." □

MINDSET, from Page A1

practices and become better rounded Soldiers.

"Readiness will be increased; resiliency will be increased," she added.

Transition now a 'lifelong process'

To make transition services more manageable and accessible to Soldiers, the Army will roll out a new Army Transition Campaign Plan beginning Oct. 1.

The campaign plan is aimed at integrating transition throughout the Soldier lifecycle.

"Under this plan, some of these events and services that we are piling on Soldiers right when they are getting ready to walk out the door are going to be integrated throughout the Soldier lifecycle," Guler said. "It's really a cultural paradigm shift."

As one example of the Army Transition Campaign Plan, Guler said the U.S. Army Training and Doctrine Command will be responsible for ensuring a "gap analysis" of military occupational skills is created for all Soldiers graduating from a military school.

"That will show exactly how their skills translate into the civilian sector," she said.

Guler pointed out that Soldiers and their NCOs will need to be much more proactive and engaged in transition services in the days to come – long before separation is even on their radar – to keep with the mindset that transition is now a lifelong process.

Retention NCOs are currently required to sit down with incoming Soldiers to develop an Individual Development Plan, or IDP, no later than 60 days after their arrival in the unit. With the new campaign plan, encouraging the professional development of Soldiers over time through the promotion of schooling, licensing and certifications will be even more important.

Under the Army Transition Campaign Plan, Soldiers will not only develop an IDP but they also continually update it throughout their time in uniform.

The IDP ultimately becomes the Soldier's ITP, or Individual Transition Plan, once they approach one year away from separating from

the service.

The plan also will require mid-careerists to produce a resume before attending a professional military school.

"Transition really becomes a part of the entire Soldier lifecycle," Guler said.

Another requirement will be financial. Soldiers will need to write up a budget for their commander within 60 days of reporting to a unit.

"Soldiers already do financial readiness training, but there is no enforcement with Soldiers producing and following a budget," Guler explained. "The Army is really trying to head off some of these larger issues that come from the stressors related to financial issues."

Separating

For military leaders, the ultimate goal in making transition a lifelong process centers on the idea that Soldiers be given the opportunity to make their transition into civilian life a successful one.

Since the rollout of President Barack Obama's Veterans Opportunity to Work (VOW) to Hire Heroes Act of 2011, a complete overhaul of transition services began throughout the Department of Defense, and those efforts included close partnerships with the Departments of Labor, Education, Veterans Affairs and Homeland Security as well as the Small Business Administration and the Office of Personnel Management.

At Fort Drum, Guler said her office has fortunately remained ahead of the curve, and many of the mandatory changes to Army transition have already taken place.

"We have met and exceeded the requirements of the new VOW Act," Guler said.

When it comes to separation, Soldiers at Fort Drum are required to begin the pre-separation process no later than 12 months from separation, but Guler said she prefers to see them sooner.

"It used to be that the career decision-making window was right at 12 months out," she said. "But that's been extended. It now opens at 18 months – and 24 months for retirees."

The first step, the Pre-separation



STEVE GHIRINGHELLI
Dwight Doane, a facilitator for the Department of Labor Employment Workshop, offers students tips July 23 at Clark Hall on searching for careers. The three-day workshop includes everything from career planning and conducting a successful job search to labor trends, labor market research and how employers seek out employees.

Counseling Checklist (DD Form 2648), is a five-page, 90-minute assessment of everything from education, employment assistance and financial considerations, to veterans' benefits, health insurance and the effects of a career change.

After the checklist, preferably more than one year away from separating, Soldiers are scheduled for an initial one-on-one counseling session in which they begin developing an ITP. They also begin a transition overview to evaluate how their acquired skills compare with the skills required in their ultimate dream job.

The assigned counselor remains with the Soldier throughout the process.

"It sounds like a lot early in the process," Guler said. "But what we are also trying to do is act as a professional development (resource) for the Soldiers."

"When Soldiers use our services, they get a good feel for what goes into some of the decision making when thinking about a career in the military or the civilian sector," she added. "They also become better mentors and better authorities on transition when talking to their younger Soldiers."

A six-hour financial readiness seminar follows the counseling, another mandatory element of the Soldier for Life: TAP. Guler said it is extremely important for Soldiers to develop a post-transition bud-

get to fully understand their financial picture, especially if they plan to go right into college.

"The GI Bill is not enough to pay for everything while going to school," she noted.

After the finance class, the critical component of transition comes – the Department of Labor Employment Workshop, which should be scheduled no later than nine months before separation. The DOLEW covers the nuts and bolts of career planning. Soldiers learn resume writing, salary negotiation, effective interviewing techniques and how to translate military skills into civilian ones.

"Having the finance class before the DOLEW helps you figure out how much you will need to make to maintain your standard of living," she said.

No less than six months before separation, Soldiers attend a VA seminar. The daylong briefings contain the ins and outs of eBenefits and MyHealtheVets, a heavy concentration on education benefits and an optional VA claims class.

As one of the final steps in transition, Guler said Soldiers are required to produce a resume or a completed application for a job or a university no less than five months before separation. They also need to complete a "capstone" assessment ensuring all career readiness goals and objectives have been met no later than 90

days out.

Nearing their ETS date, Soldiers may choose to attend any of three two-day track seminars. The higher education seminar, small business seminar and career technical training seminars are optional, but if Soldiers have a career track indicated on their ITP, commanders should support their attendance, Guler said.

"Remember that transition is a commander's program," she said. "It's not up to me to be pulling people out of the units to get this done. Commanders should be pushing their Soldiers into this program, which will result in more ready and resilient Soldiers."

'New way'

Even though these additional requirements have since strengthened the program, Soldiers at Fort Drum have been required to attend a two-and-a-half-day employment workshop and a four-hour VA benefits briefing ever since then Maj. Gen. Michael Oates, 10th Mountain Division (LI) and Fort Drum commander, made it an installation policy in 2008.

Being a proactive installation has helped many Soldiers here, but Guler is quick to acknowledge that well-established mindsets in today's Army still exist, often treating transition services like a taboo topic.

She said it particularly pains her to think that Soldiers choosing to separate from the Army are unfairly seen by their peers as disloyal for leaving.

"But the stigma attached to Soldiers leaving the military is definitely changing," Guler noted. "Leaders realize their Soldiers have met the intent of their contract and deserve to be taken care of on their way out."

She said that is because Soldiers need to know they are supported when they decide to take off the uniform as much as when they first put it on.

"This is a completely new way of looking at transition," Guler said. "But by embracing the changes, our exceptionally trained Soldiers – disciplined leaders, loyal team members and hard workers – will be stronger, more resilient and absolutely ready for every transition throughout their military careers." □

What does it mean to be 'Ready and Resilient'?

What is Ready?

Being ready refers to having the ability to accomplish missions through resilience, individual and collective team training, and leadership.

What is Resilient?

Being resilient means having the mental, physical, emotional and behavioral ability to face and cope with adversity, adapt to change, recover, learn and grow from setbacks.

What's different?

The Ready and Resilient Campaign integrates and synchronizes multiple efforts to improve the readiness and resilience of the Total Army – Soldiers (active duty, Reserve, National Guard), Army Civilians and Families. Ready and Resilient will build upon mental, physical, emotional and behavioral resilience in Soldiers, Families and Civilians to enhance their ability to manage the rigors and challenges of a demanding profession.

At the heart of this initiative is a focus on enabling the person to achieve enhanced performance, which directly links to the increased readiness of the individual, his or her unit and the Total Army.

Specifically, Ready and Resilient will do the following:

- Provide comprehensive resilience training for Soldiers, Family Members and Army Civilians that develops coping skills and behaviors and increase capability.
- Ensure education about and promotion of preventative measures that encourage self-awareness, deter high-risk behaviors, and support healthy alternatives that produce positive outcomes.
- Develop improved methods to provide leaders and commanders timely and accurate information

and metrics to aid them in better identifying "at risk" and "high-risk" Soldiers, enabling early intervention.

- Increase emphasis on leadership involvement, empowerment and accountability to promote help-seeking behavior.

- Produce an enduring cultural change and yield an Army environment that supports and develops its members to perform at their optimum level both personally and professionally, and enables them to overcome setbacks, recover and grow from adversities and thrive on a sustained basis.

- Challenge its members and leaders to embrace and live by the Army Profession, Values and Ethics.

- Produce a supportive Army climate that ensures its members are treated with dignity and respect while sustaining a resilient force.

- Institute a scientific process for measuring success and implementing lessons learned to restructure Army systems and processes to better prioritize resources while promoting resilience throughout the Total Army.

Why is it important?

- A healthy mind and body are essential to individual and unit readiness.

- Resilience combines mental, emotional and physical skills to generate optimal performance (i.e. readiness) – in combat, healing after injury, and in managing work and home life.

- Resilient individuals are better able to bounce back and overcome adversity by leveraging mental and emotional skills and behavior by seeking out training.

- Individual resilience can be built, maintained and strengthened when viewed as an enduring concept and acquired through regular training.



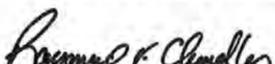
The United States Army's Ready and Resilient Campaign

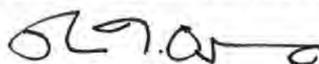
Our Army demonstrates exceptional skill, adaptability and courage as we continue to fight our Nation's wars, respond to domestic and international disasters and deter would-be aggressors. We are exceedingly proud of the accomplishments of our Soldiers, Civilians and their family members, which are a direct result of their professionalism, patriotism and dedication. We also know that for the last 12 years of war and as we move into the future, we will continue to ask our entire Army family to make sacrifices.

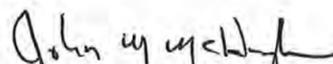
The Army remains a highly trained and well-equipped force. However, we have faced numerous challenges such as the stress of combat, illness, injury and the strain placed on our relationships. These adversities, coupled with the display of high risk behaviors, have affected the overall readiness of our force. Simply put, there are no short term solutions.

The Ready and Resilient Campaign is a far-reaching and comprehensive campaign to enhance individual and collective resilience in order to improve readiness across the Total Army (Active, National Guard, and Army Reserve), Civilians, and Family Members. This program will integrate and synchronize Army programs aimed at improving physical, psychological and emotional health. Specifically, it integrates and synchronizes the multiple Army-wide efforts that are designed to improve physical, psychological and emotional health in order to enhance individual performance and increase overall unit readiness. We must ensure that individuals understand and have access to effective programs and feel empowered to seek help.

We expect every leader to fully support the campaign by incorporating resilience training into all educational and professional development programs. Soldiers of all ranks must practice skills that build resilience as part of our collective effort to sustain a strong Army team. Finally, we trust our leaders to understand they must lead from the front to create cohesive and resilient units and organizations. *Army Strong!*


Raymond F. Chandler III
Sergeant Major of the Army


Raymond T. Odierno
General, United States Army
Chief of Staff


John M. McHugh
Secretary of the Army

Army officer beats suicide, helps others who struggle

The following story originally ran in the Sept. 2, 2010, issue of *The Mountaineer*. Although Emily Stehr no longer serves on active duty in the Army, she continues to work with Soldiers.

Alexandra Hemmerly-Brown
Army News Service

Walking her cousin's dog past a cemetery on a winter day in 2009, Emily Stehr realized she envied the bodies buried there – they had peace.

That was the day she recognized she was suicidal.

"I started to fixate on death, especially my own death. ... I would think of different ways to kill myself," Stehr confessed.

Entering into what she calls a "shroud of suicide," Stehr, a captain now assigned at Fort Drum MEDDAC, battled with a feeling of hopelessness upon returning from a 15-month deployment to Iraq. Stehr had struggled with depression before her deployment, she said, but this was different.

A physical therapist, Stehr helped nurse injured Soldiers of 2nd Stryker Cavalry Regiment back to health so they could return to the fight – a job, she said, that caused her anger and grief when many of her former patients went on to be killed in combat.

Stehr experienced accumulative trauma and compassion fatigue; she was jittery around crowds, she had trouble sleeping, and her anxiety level increased.

She kept waiting for her life to go back to "normal" after her deployment, but it didn't.

What eventually pushed Stehr to her limit was reading an e-mail from a co-worker downrange who had witnessed the death of a female combat medic.

"For me, that was the straw that broke the camel's back ... I thought, 'I'm done – done with pain, done with life.'"

Stehr said that day she knew she was going to end up either in the hospital or dead. She chose the hospital.



COURTESY PHOTO

Then Capt. Emily Stehr, a physical therapist with Fort Drum MEDDAC, shared her story about her struggle with suicide in an article that first ran in *The Mountaineer* on Sept. 2, 2010.

She admitted herself to the Landstuhl Regional Medical Center in Germany. Stehr said going in that she was consumed with taking her life, but when she walked out she was determined to live.

"It was quite a transformation to happen in one week. ... I learned that I was sick, but not crazy or defective," she said. "Thankfully, I learned that there is something you can do if you are suicidal."

Stehr began cognitive behavioral therapy and joined a depression-management group. She is learning how to analyze and steer her thoughts.

"I didn't really realize how angry I was," Stehr admitted.

"I'm at such a healthier place now where I know how to cope." Stehr said part of the reason it was hard for her to ask for help is she knew the stigma associated with suicide would follow her.

"No one would say the 'S' word," she said. "The stigma tells us that people with mental health problems are crazy or weak or defective. ... I've actually been told that I am a less-quality person

because I've had struggles with suicide."

But Stehr wants Soldiers to know that emotional injuries are just as legitimate as physical – they are just invisible. She also said there are repercussions when a healthy person voluntarily elects to die.

"It's like a candle going out and there's less light in the world ... a representation of hope extinguished."

Stehr explained that at her lowest point, she believed no one would miss her if she was gone, but now she knows that her suicide would have hurt many people – namely her husband who has been supportive throughout her struggle.

"Don't believe the lies ... don't believe your thoughts and feelings. You don't have to kill yourself to escape your pain. There is a way out," she said.

Stehr's advice to friends and family members of a person who is battling suicide is to treat it as a medical emergency and to get them to a mental-health professional or hospital as soon as possible.

Stehr has now made it her mission to tell her story in hopes that it will reach and stop those contemplating suicide.

"I'll always tell my story if it will help someone not kill themselves," she said.

And while she still struggles with depression, especially on what she calls "death anniversaries" of friends she has lost, Stehr said suicide is no longer an option.

Her story has already helped others. She recently received word that a social worker's patient accepted treatment after watching a video featuring Stehr.

"That makes everything worth it," Stehr said of what she's been through. "That's my vindication."

If you or someone you know is considering suicide, call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255) or visit <http://www.armyg1.army.mil/hr/suicide>.

"Well-being cannot exist just in your own head. Well-being is a combination of feeling good as well as actually having meaning, good relationships and accomplishment."
– Martin Seligman

Developing your resilience is not about a focus on just one area of your life - it encompasses your mental, physical, emotional and behavioral ability to face and cope with adversity. Maintaining all of these areas can be a tall task, but tools have been developed to support you.

To track and keep up with self awareness and growth in all of the competency areas that develop resilience, take advantage of using the Global Assessment Tool (GAT) 2.0 at <http://csf2.army.mil/takethegat.html>.

The GAT 2.0 assesses your physical and psychological health based on the five dimensions of strength:

social, emotional, spiritual, family and physical fitness. It will provide you with tips and tools to build up areas that may need greater attention while maintaining the others.

It is free, confidential and full of great information. Take the GAT 2.0 today and start developing the very best you, because you are worth it!

For more information about being Ready & Resilient, call 772-2848.

We want to hear from you!

E-Mail
Lisa.R.Albrecht.civ@mail.mil
Phone
772-5469

Fax
772-8295

Submissions are due by noon Friday.

Mountaineer LEISURE

The Mountaineer, Fort Drum, N.Y. • Aug. 7, 2014

Environmental Division will host 2nd Annual Outdoor Adventure Day

Melody Everly
Staff Writer

Soldiers, Families and members of the North Country community are invited to learn more about the great outdoors as the Fort Drum Environmental Division and Cornell Cooperative Extension of Jefferson County conduct their 2nd Annual Outdoor Adventure Day from 10 a.m. to 4 p.m. Aug. 23 on post.

Outdoor Adventure Day will take place in and around Bldgs. S-2507 and S-2509, located off of Route 26 between Great Bend and Wheeler-Sack Army Airfield. Parking for the event will be off Munns Corner Road, leading to the airfield.

The event will provide an opportunity for attendees of all ages to immerse themselves in a variety of recreational and learning activities geared at awareness and preservation of our local natural resources, said Ray Rainbolt, Fort Drum Fish and Wildlife Program manager.

"The purpose is to offer a free event with activities for the entire family focused on the environment and outdoor activities," he said. "The idea is to unplug from the indoors as an entire family and experience something together."

There will be live animal displays, allowing attendees to observe crayfish, frogs and snakes up close. Taxidermist mounts of several different animal species also will be on display.



COURTESY PHOTO

A Family Member tries his hand at netting minnows during Outdoor Adventure Day 2013. This year's Outdoor Adventure Day, conducted by Fort Drum's Environmental Division in conjunction with Cornell Cooperative Extension of Jefferson County, will be held from 10 a.m. to 4 p.m. Aug. 23 in and around Bldgs. S-2507 and S-2509.

Demonstrations on outdoor cooking, mining minerals and gardening also will be provided.

Representatives from the New York State Department of Environmental Conservation will give a mining and mineral demonstration. Fort Drum game wardens will present information regarding conservation law enforcement.

In addition, representatives from Cornell Cooperative Extension's Master Gardeners program will teach interested individuals

about planting and tending a variety of plant species. Personnel from Watertown's Sci-Tech Center will provide bubbles for children and will present information on the physics of bubbles.

Smoky Bear will attend to remind children about fire safety practices. Representatives from Fort Drum's Forest Management Program will discuss wildfires and give attendees an opportunity to spray a fire hose.

Attendees can try their hand at



COURTESY PHOTO

Attendees shoot archery during Outdoor Adventure Day 2013. The archery range will once again be open at this year's event.

interactive activities such as archery, trapping and marking techniques, wildlife viewing and photography, and much more.

Aspiring anglers can take part in a fishing demonstration, where they can try casting techniques on a variety of fishing rods.

Children 10 year of age and older may test their marksmanship skills on the air pistol range. A climbing wall will be available for

attendees weighing at least 45 pounds.

Food will be available for purchase, or attendees can bring a picnic lunch to enjoy on the lawn.

This outdoor event will take place rain or shine, and attendees should come dressed appropriately for the weather. For further information about Outdoor Adventure Day, visit <http://fortdrum.isportsman.net>. □



MICHELLE KENNEDY

Jeff Senecal, a boat enthusiast from the Albany area, takes Spc. Huy Nguyen and Spc. Frannie Baker, both from 10th Brigade Support Battalion, 1st Brigade Combat Team, on a ride along the St. Lawrence River. Senecal's boat, "Patriot," is a replica of an antique speed boat. Senecal gave free rides to active-duty and retired service members during the event. Soldiers and Family Members are invited to attend this year's Fort Drum Rides the River event Aug. 28 in Clayton.

Soldiers, Families may enjoy 'Fort Drum Rides the River'

Summer can be a busy time for Soldiers and Families, as it is the premier time to enjoy the outdoors in the North Country. As the season winds down, Soldiers and Families can enjoy the end of summer with the Fort Drum Rides the River event Aug. 28 in Clayton.

This will be the third year that Fort Drum Family and Morale, Welfare and Recreation has partnered with Lockheed Martin to host a fun-filled day on the St. Lawrence River. (Sponsorship does not imply endorsement.)

Tickets will be on sale throughout the month at \$5 per adult ticket and \$3 for children ages 6-12. Children 5 and younger can enjoy the day for free with no ticket necessary.

Each ticket includes admission to the world-famous Antique Boat Museum, where visitors can take a

self-guided tour of the museum and grounds and explore the 106-foot Rand McNally houseboat "La Duchesse." Children's activities will be available featuring crafts, photos and more.

Ticket holders can take a boat ride on the St. Lawrence River and enjoy a barbecue picnic lunch at the museum river shed. Visitors are invited to hitch a ride on the Family and MWR trolley to explore the village of Clayton and its many shops, galleries, museums and restaurants.

Bus shuttle transportation to Fort Drum Rides the River will be provided from Magrath Sports Complex.

Mark your calendar to save the date for your Family to enjoy this special day on the St. Lawrence River. For more information, call 772-5370. □

Fort Drum will conduct Army Ten-Miler qualifier

Michelle Kennedy
Staff Writer

The Fort Drum Sports Office is looking for a few fast runners to represent the installation at the 30th Annual Army Ten-Miler on Oct. 12 in Washington, D.C.

Fort Drum Family and Morale, Welfare and Recreation will host a round 2 team qualifier at 7 a.m. Aug. 20 at Magrath Sports Complex. Runners may preregister at Magrath Sports Complex the morning of the event. The qualifier is open to all active-duty Soldiers assigned to Fort Drum and 10th Mountain Division (LI).

FMWR held a qualifier in May, but officials wanted to organize another event to ensure those who were not able to attend due to training, block leave or deployment, had an opportunity to earn a spot on the team, according to Al Janssen, Magrath Sports Complex facility manager.

"We especially wanted to make sure we gave 3rd Brigade Combat Team Soldiers an opportunity to try out," he said.

Officials will select the nine fastest men and nine fastest women for the team. Alternates also will be selected.

On Aug. 22, officials will announce the 2014 Fort Drum Army Ten-Miler team members. Runners will be divided into one of three team categories in which the Fort Drum team will compete – all-male team, all-female team and mixed team.

The 18 runners representing the North Country will be a small group among the roughly 35,000 runners from around the world who will compete in the 2014 Army Ten-Miler.

Because of the popularity, Janssen said the second the race registration opened, he went in and reserved Fort Drum's slots.

"Race registration was closed within 20 minutes," he said.

The Fort Drum team will train together with a coach up until they leave for the Army Ten-Miler.



U.S. ARMY PHOTO

Spc. Benjamin Stropes from Fort Drum runs in the 27th Army Ten-Miler in Washington, D.C.

"Last year, the Fort Drum team did really well," Janssen said, noting that he has high hopes for this year's team.

Last year, the Fort Drum Women's Team earned eighth place in the Active-Duty Women's Division with a combined time of 5:10:23. Team members were Alison Atkins, Nina Barnhart, Jessica Forman, Mary Joy Guy, Jessica Miller and Claudia Smallman.

Meanwhile, the Fort Drum Men's Team earned 12th place in the Active-Duty Men's Division with a combined time of 4:13:46. Team members were Danny Freiden, Christopher Keegan, Michael Iozzo, Jeremy Machanic and Richard Merritt.

Fort Drum's Mixed Team earned

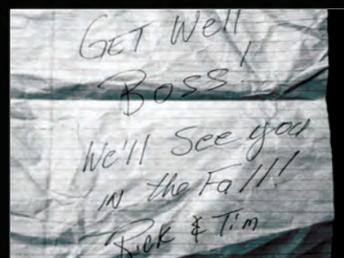
sixth place in the Active-Duty Mixed Division with a combined time of 4:05:18. Team members were Cintia Ctibor, Michelle Kelly, Lindsey Lalonde, Elliot Megquier, John Steger and Eddah Toroitich.

A civilian team composed of Fort Drum Family Members also competed in the Army Ten-Miler last year. The group earned second place in the Masters Women's Division with a combined time of 5:32:21. Team members were Diane Covell, Nancy Martel, Kimberly Royle, Cheryl Steiner, Melissa Townsend and Kristen Trujillo.

For additional information regarding Fort Drum's Army Ten-Miler qualifier, call 772-6663 or email Diane Sykes at diane.m.sykes.civ@mail.mil. □

Mountaineer PEOPLE

The Mountaineer, Fort Drum, N.Y. • Aug. 7, 2014 • B3



From left: Maj. Matt Smith sees his wife, Megan, for the first time since an attack in Afghanistan eight days earlier resulted in the loss of his leg in June 2013. Patrick embraces his father for the first time since the injury. Smith's sons, Patrick and Charlie, show off their message for Dad on Father's Day just days after his injury. Smith takes a seat at Walter Reed National Military Medical Center, where he received his prosthetic leg last year. This note from Chief Warrant Officer 2 Richard "Rick" Crunk and Chief Warrant Officer 2 Timothy Wing was placed in Smith's wet weather bag the day he was shot. The Soldiers later discovered Smith had kept the note for motivation to recover in time for the brigade ball last November.

'Angels in My Life'

Soldier's tough recovery relies on Family, community support

Steve Ghiringhelli
Staff Writer

It's like a premonition when he thinks about it deeply enough, like he can still somehow go back to Afghanistan and change what happened.

It was just before noon June 8, 2013. The Americans were wrapping up two hours of advising Afghan National Army partners at a forward operating base in the Zarghun Shahr District of Paktika Province.

It had been a quiet, almost "peaceful" Saturday morning at the Super FOB, recalled Maj. Matt Smith, an astute artillery officer known by others in 2nd Brigade Combat Team, 10th Mountain Division (LI), as a reserved but very kind and considerate Soldier.

The plan was to break, go to lunch and reconvene in an hour and a half. Smith had just decided he would head back to the American side of the Super FOB for lunch when a vehicle pulled up with three men inside.

"Who's this guy?" Lt. Col. Todd Clark said over his shoulder, referring to a man seated in back wearing traditional Afghan garb.

An ANA soldier jumped from the passenger seat, lowered his rifle and opened fire.

The first bullet split Smith's femoral artery. Dropping to the ground, he pulled a tourniquet from his pocket. It went on his right leg a bit too high, but he could not stretch and place it farther down because of the M4 on his back.

Next to him, 1st Lt. Nate Jerauld was shot in the forearm. Capt. Matthew Heenan took a bullet in the shoulder. Across the road, Clark, Maj. Jaimie Leonard and civilian contractor Joseph Morabito were mortally wounded.

Staff Sgt. Chad Hart and Cpl. Jered Dominey, who would later both receive Bronze Star Medals with "V" devices, led the counter-attack.

In the chaos, U.S. Soldiers commandeered the ANA vehicle and placed the injured inside. They reached the American side of the Super FOB and carried the injured into the aid station.

Smith had lost a lot of blood. Heenan recalls the leg ballooning to twice its normal size.

As they awaited their 15-minute Black Hawk ride back to FOB Sharana, Smith's blood pressure stabilized; the tourniquet seemed to be doing its job.

The same morning, Smith's wife was shopping in the suburbs of Philadelphia, Pa., when a "terrible feeling" came over her, causing her to consider heading home to Fort Drum.

"It was pouring rain and pretty late, so I talked myself out of it," Megan Smith said.

She picked up her two sons from a Family Member and headed back to the home of Smith's mother, Anne McMaster, with whom she was staying.

As she drove, the same nagging feeling returned. With her boys now asleep in the back, she considered hitting the road. But the rain was torrential. She talked herself out of it again, but only — she promised herself — if she left for New York at first light.

She was home by Sunday night. After putting the boys down, she took care of a few things before falling asleep just before midnight.

The phone woke her less than an hour later. Groggy from driving all day with cranky boys and the same nagging feeling, she listened for a voice, but only heard a phone ringing back at her. Still trying to wake up, she remembered the same thing happening during past deployment calls.

Then, a woman's voice came through. It was a nurse. She was by Matt's side, and he wanted to talk to his wife.

She said his voice came over raspy and very faint.

"He told me he had been shot," she said. "I started to cry."

Staying positive

Maj. Josh Adams, 2nd BCT brigade surgeon at the time, shared a small tent with Smith in Afghanistan. He said his friend's complexion was extremely pale as his gurney was wheeled into FOB Sharana's surgical aid station, where medical staff performed emergency surgery to save not just his life but his leg as well.

Hours later, the success of the surgery was welcomed news to those still reeling from the deaths of Clark, Leonard and Morabito.

"That day was hard for many of us to deal with," recalled Adams, who worked on casualties besides Smith. "Matt making it through was a big boost for us."

Smith was medevaced to Bagram Airfield still unconscious from the anesthesia. But complications developed during the trip, and he woke up the next day in Bagram without his right leg.

Yet Smith said he felt lucky to be alive. For months on end, he had interacted with Clark several times a week and worked with Leonard every day. Losing them was harder than losing his leg.

"My heart ached for their Families," he said. "And I couldn't help thinking about my Family experiencing that kind of pain."

The next day, Smith arrived at Landstuhl Regional Medical Center, a U.S. military hospital in Germany. His good-natured humor was remarkable to those who visited him there, including Heenan, who was also receiving treatment there for his wounds.

"I was really inspired by Maj. Smith's resolve and lack of self-pity," he said.

Jerauld, who would eventually undergo seven surgeries on his arm, also was at Landstuhl. He had seen Smith wake up from surgery at Bagram bleary-eyed and disoriented, so he went to check on him.

"I'll never forget it," Jerauld said. "He looked up, smiled, and said: 'They give me all these drugs and keep coming in here and bothering me. All I want to do is sleep!'"

They both laughed. Jerauld said he knew then that Smith would be fine.

"He was back to himself."

But after two days at Landstuhl, Smith contracted a viral pneumonia. It wouldn't be until June 16 that the gaunt and bearded Soldier would stabilize enough to fly home and finally embrace his wife at Walter Reed National Military



COURTESY PHOTOS

Maj. Matt Smith and his wife, Megan, sit in front of the White House with their 5-year-old Patrick, left, and 3-year-old Charlie during a special July 4th event hosted by President Barack Obama and the First Lady last month in Washington, D.C., for military heroes and their Families.

Medical Center in Bethesda, Md.

Megan, Patrick, Charlie

Megan Smith said she does not remember what initially attracted her to her husband, probably looks or something equally as trivial, she said with a laugh.

"But I do remember something he said to me in an email that week after we met 16 years ago," she recalled. "He said: 'I don't have much to offer you but myself, and I'll give you all of me.'"

She said he has been true to those honest and vulnerable words, which could help explain the level of devotion and sacrifice she has demonstrated during his intense year of recovery.

"It's hard to accurately explain the heroic nature of her actions," Matt Smith said. "She has comforted me, reassured our little boys and graciously played host to an unbroken parade of friends and Family coming to see us."

"She is truly one of kind," he added, "and has been the greatest source of strength in my life."

With surgery after surgery, recovery has been a long and uncertain process. Smith was determined to get his body back to being an active father again for his 5-year-old and 3-year-old boys, Patrick and Charlie. Rehabilitation included painful, challenging sessions at the Military Advanced Training Center, a state-of-the-art occupational and physical therapy complex at Walter Reed.

He described the physical parts of recovery as being like a sprint and the mental aspects more like a marathon. He could manage getting his body back, learning the exercises and working hard every day. But his strong instincts to plan his military and family life over several years into the future had to be reigned in, which became mentally exhausting.

"But that's when the angels in my life were at their best," he said. "My wife and children provided me a whole new level of confidence in myself, and a purpose, an unrelenting purpose, to continue searching for excellence."

Facebook

For the Smiths, resiliency has come by finding ways to be grateful and leaning on loved ones in

the darkest of times — lessons that have spilled over into social media.

"It seems an odd thing to be thankful for, but I am very thankful for Facebook," Megan Smith said.

Shortly after her husband's injury, she created a page called "Matt's Road to Recovery." She said it was awkward to "friend" people on her personal account, especially if people were looking for updates on her husband and she was posting something endearing or funny related to the kids.

"It seems odd to say, but in the very early weeks, Facebook made me realize this was not all about us," she said. "I received so many notes from people who were there that day. The anguish and hurt in their words made it clear that this was a major life event for most people who had any part in it."

Now followed by more than 1,300 people, the "Matt's Road to Recovery" page has become what she calls an "interactive journal" for expressing her thoughts and receiving comfort and reassurance.

"It has been an amazing release for me, especially in very uncertain moments," she said.

A positive bittersweet aspect of the page was in connecting with the Family Members of Clark, Leonard and Morabito. Although difficult at first, worried that she would unwittingly hurt them with something she wrote, she eventually discovered they were genuinely happy to know her husband was doing so well.

Beyond the ripple effects of June 8, 2013, on his Family, friends, comrades and extended Army Family, Matt Smith said Facebook has also impacted recovery.

"One of the things I struggled with this year is that I'm an intensely private person," he said. "Because of the public nature of my injury, I had to endure a certain violation of that privacy."

His wife leading the way, Smith said that with every picture posted and milestone reached, the "engaged support system" of Facebook had a recharging effect on his recovery.

He said resilience involves more

than a person may be naturally comfortable giving.

"The better you communicate your needs and accept the support given, the stronger you'll become," he said.

'As long as they'll have me'

Col. Dennis Sullivan, the former 2nd BCT commander, said Smith was a highly respected leader and one of the top officers in the brigade during the unit's deployment to Afghanistan last year.

"That fact remains true today," Sullivan said. "Matt refuses to let his injuries define him. He remains a leader, husband, father and friend of great character. I hope to see him serve the Army for many years to come."

Today, 14 months after the attack, the Commando Brigade's 39-year-old former brigade planner and fire support officer is back to work — in uniform. But the reality of losing a leg is something he still struggles to accept.

Smith, who also deployed as a battery commander in support of Operation Iraqi Freedom from 2006 to 2008, always thrived in competitive sports, hard military training and the joys of wrestling on the floor with his sons.

"When I began to realize that no prosthetic could ever replace those experiences, I was forced to adjust my relationship with myself," he said. "It's an adjustment I still struggle with, but I realize that the core of someone goes much deeper than what that person can do."

"There's no better place to learn that lesson than at Walter Reed," he added. "Recovering alongside a group of Soldiers who are hurt far worse than you humbles even your most legitimate gripes."

Looking back, Smith said if he could have leaned more forward that morning in June of last year, he probably would have put his tourniquet lower on his leg, likely causing his femoral artery to bleed out. He said placing it high saved his life.

"It was like fate, almost," he said.

As fate would also have it, Army Chief of Staff Gen. Raymond T. Odierno recently approved the designation of an Operation Enduring Freedom Study Group to write a history of the OEF campaign, and Smith was asked to be the group's executive officer.

Working out of Fort McNair in Washington, D.C., Smith will operate on a 30-month timeline to produce an official, 700-page book that will serve to capture the critical lessons learned at the operational and strategic levels of war.

With his Family by his side and a new mission in hand, Smith said he is grateful and no longer worried about life three and four years in the future.

"I've learned the precious value of each day," he said. "I (want) to expend emotional energy on what is going on around me and not what might or might not happen in the future."

"The plan right now is to continue in the Army for as long as they'll have me," he said. "I am very grateful for the care I have received, and I still have a lot more to give to the Army." □

Mountaineer HAPPENINGS

The Mountaineer, Fort Drum, N.Y. • Aug. 7, 2014 • B5

Calendar

Today

Bone marrow donor registration drive:

8 a.m. to 4 p.m., USO, 10502 Riva Ridge Loop. To join the C.W. Bill Young Department of Defense Marrow Donor Program registry takes only an oral swab sample and a signed consent form. Open to DOD card holders (active duty, Reserves, National Guard, retiree, Family Member or DOD Civilian Employee) between 18 and 60. Information: Cpl. Julie Anne Jeffers, 772-0498.

Education Fair:

2 to 5 p.m., 4300 Camp Hale Road, hosted by the Fort Drum Education Center. Representatives of 22 colleges and universities will be present. The event is open to active-duty and retired service members, Family Members and Civilians. There will be food and prizes. Information: Douglas McKenzie, 772-2011, or Penny Plante, 772-4964.

Friday

Bone marrow donor registration drive:

8 a.m. to 4 p.m., USO, 10502 Riva Ridge Loop. To join the C.W. Bill Young Department of Defense Marrow Donor Program registry takes only an oral swab sample and a signed consent form. Open to DOD card holders (active duty, Reserves, National Guard, retiree, Family Member or DOD Civilian Employee) between 18 and 60. Information: Cpl. Julie Anne Jeffers, 772-0498.

Tuesday

Master resilience training:

9:30 a.m. to 12:30 p.m., Army Community Service. This MRT will focus on module 4 of the training program. Information / reservations: 772-2848.

Aug. 14

Career Fair:

10 a.m. to 2 p.m., Magrath Gym, hosted by Soldier for Life: Transition Assistance Program. National and local corporate, agency and education / training representatives will answer questions and discuss professional opportunities with Soldiers and their spouses. The public is welcome, and no preregistration is required. Information: 772-3434 / 3286.

Civilian Fitness Program assessments:

noon to 1 p.m., Army Wellness Center, 10550 5th Armored Division Drive. The Civilian Fitness Program allows for three hours each week of administrative leave to exercise during the duty day. The program lasts for six months and may be used once in a Civilian Employee's career. To enroll, eligible DA Civilians must receive supervisor approval, complete an enrollment packet and participate in fitness assessments before and after completing the program. Information: Nicole Bellinger, 772-0084.

OPSEC Safety for Families:

1 to 2:30 p.m., Army Community Service. Learn the importance of guarding information and protect Soldiers and Families. Participants will learn who is looking for their information and what information they hope to find. Information / reservations: 772-0470.

Aug. 15

Golf Tournament:

Willowbrook Golf Course, Watertown. The 10th Mountain Division (LI) and Fort Drum Family and Morale, Welfare and Recreation invite community members to participate in a four-person Captain and Crew Best Ball Golf Tournament. The event is open to all active-duty, reserve-component and retired military members, Family Members 18 and older and DOD Civilians employed on Fort Drum. Cost: \$40 per person, which includes greens fee, barbecue, half cart and prizes. Teams must register

by Friday. Information: 772-6663.

Aug. 20

Army Ten-Miler qualifier:

7 a.m., Magrath Sports Complex. If you're looking for an opportunity to join the Fort Drum / 10th Mountain Division Army Ten-Miler team, here's your chance. Sign up at Magrath Sports Office. Information: 772-6663.

Aug. 23

2nd Annual Outdoor Adventure Day:

10 a.m. to 4 p.m., near Bldgs. 2507 /2509 off of Route 26, hosted by Fort Drum Environmental Division in partnership with Cornell Cooperative Extension of Jefferson County. This free, family-friendly event will include live demonstrations and hands-on activities related to outdoor activities. Stations will include: fishing; archery; trapping; hunting; air pistol shooting; fish and wildlife management; trees and forest management; weather; camping and outdoor cooking; wildlife viewing / photography; wildland fire / emergency services; law enforcement; geology; GPS and geocaching; live animal displays; woodsmen's team axe and sawing demonstrations; native arts (e.g., flint knapping); gardening, climbing wall; and composting.

Aug. 28

Fort Drum Rides the River:

10 a.m. to 3 p.m., Antique Boat Museum, Clayton, hosted by Family and Morale, Welfare and Recreation. Participants can enjoy a self-guided tour of the museum, tour of 106-foot Rand McNally houseboat "La Duchesse," a picnic lunch, children's activities, and a trolley ride around the village. Tickets cost \$5 for adults and \$3 for children 6-12. Tickets include transportation to and from the event and are available at the FMWR window at Clark Hall and Outdoor Recreation and at the Antique Boat Museum the day of the event. This event is open to Soldiers, Family Members, Civilian Employees and their guests. Information: 772-5370.

Sept. 9

'Champion of Choices' presentations:

Multipurpose Auditorium, hosted by Army Substance Abuse Program in conjunction with the U.S. Army's Suicide Prevention Month. Former World Championship Wrestling and World Wrestling Entertainment professional wrestler Marc Mero will bring his high-energy production of music, visuals and video to convey a humorous message of hope and self-empowerment. Mero turned to substance abuse and contemplated suicide after many heartbreaking experiences earlier in life, but the focus of his presentation is resiliency. Mero will give a Soldiers-only presentation from 1:30 to 3:30 p.m. and entertain Family Members, Civilian Employees and members of the Fort Drum community from 5:30 to 7:30 p.m.

Sept. 10

Master resilience training:

9:30 a.m. to 12:30 p.m., Army Community Service. This MRT will focus on module 5 of the training program. Information / reservations: 772-2848.

'Champion of Choices' Soldier event:

9:30 to 11:30 a.m., Multipurpose Auditorium, hosted by Army Substance Abuse Program in conjunction with the U.S. Army's Suicide Prevention Month. Former World Championship Wrestling and World Wrestling Entertainment professional wrestler Marc Mero will bring his production of music, visuals and video to convey a humorous message of hope and self-empowerment. Mero turned to substance abuse and contemplated suicide after many heartbreaking experiences earlier in life, but the focus of his presentation is resiliency.

Take a trip to the Big Apple on Aug. 22-24 with Outdoor Recreation. Cost is \$180 for adults and \$90 for children. Fee includes transportation and lodging. A bus will leave Outdoor Recreation at 8 a.m. Aug. 22 and will return the evening of Aug. 24. Participants can enjoy a self-guided tour of Manhattan and more. Those interested must register at Outdoor Recreation by Friday. For more information, call 772-8222.

Join Fort Drum Better Opportunities for Single Soldiers at its monthly fun run. This month, BOSS is throwing an '80s 5K Fun Run at 9 a.m. Aug. 16 at Magrath Sports Complex. Registration will begin at 8:30 the day of the event. Participants are encouraged to dress up in their raddest '80s attire – leg warmers, headbands and neon colors – or dress up as your favorite celebrity or cartoon character. Event-goers can run, walk or skate their way to wicked cool prizes. The event is open to all active-duty, reserve-component and retired military members, Family Members 18 and older and DOD Civilians employed on Fort Drum. Participants may bring their dogs, but must have a New York state registration and a leash. For more information, call 772-7807.

The Youth Summer Reading Program "Paws to Read" will continue through Aug. 23 at McEwen Library. The program is open to children in preschool through 12th grade. During the event, children can earn prizes and incentives for reading books. This self-paced program can be completed around busy summer schedules. For more information, call 772-9099.

Fort Drum's Directorate of Family and Morale, Welfare and Recreation has an easy-to-use calendar of events on its webpage. For an additional resource that will help you stay informed about what is happening on post with FMWR, visit www.drummyr.com.

Army Community Service

The Relocation Readiness Program now offers craft classes every Monday, Tuesday and Thursday. Join the program Mondays for one of two sewing classes. The first class meets from 9 to 11 a.m. for beginners, and from 1 to 3 p.m. for those with more sewing experience. Crochet classes are offered from 1 to 3 p.m. Tuesday at the Soldier and Family Assistance Center. Attendees are asked to bring a "G" crochet hook. Join the quilting group from 1 to 3 p.m. Thursdays at Monument Ridge Community Center. For more information, including materials needed, call 772-6566.

New members of the post community can learn about Fort Drum and the surrounding area in two ways:

- Newcomer's Orientations provide each attendee with a welcome packet and a briefing about available resources both on and off the installation. Orientations are offered from 9:30 a.m. to noon on the first Monday of each month at Army Community Service. No registration is necessary.

- The Welcome Tour offers a narrated van tour from 9:30 a.m. to 2:30 p.m. the first and last Tuesday of each month. Participants will be taken to Fort Drum and Watertown medical facilities and Family and MWR facilities, including Child, Youth and School Services facilities. All new arrivals to Fort Drum and their Family Members are welcome, but reservations are required. For more information, call ACS Relocation office at 772-5196.

Financial Readiness Budget Development Class is now held from 8:30 a.m. to 4 p.m. every Wednesday of the month at Army Community Service. It is open to all active-duty personnel, Family Members and DOD Civilians. For more information, call 772-0050.

The First Term Financial Briefing is held from 8:30 a.m. to 4 p.m. every Wednesday. This class is mandatory for Soldiers in the rank of private to sergeant who are new to the military. For more information, call 772-5196.

Officers, warrant officers and non-commissioned officers are authorized to submit Army Emergency Relief financial assistance requests directly to Fort Drum AER. Soldiers in the rank of specialist and below are required to complete the AER application through their company commander or first sergeant. AER provides no-interest loans and grants for emergency travel, initial rent deposits and vehicle repairs. It also can

Activities

assist Soldiers with financial needs for household and appliance repair, dependent dental care and initial home furnishings. For information, call AER at 772-6560.

The Exceptional Family Member Program offers a free playgroup from 10 to 11:30 a.m. every Wednesday for children 6 months to 5 years at the Soldier and Family Assistance Center, 11042 Mount Belvedere Blvd. For more information, call 772-5914.

Army Family Action Plan accepts issues all year. For information on submitting your issue to enhance or improve the quality of life for all at Fort Drum and in Army, call 772-9229.

English for Speakers of Other Languages class meets from 9 a.m. to noon every Tuesday and Thursday at Army Community Service. DOD ID card holders who wish to enhance their English language skills are welcome. To sign up, contact BOCES at 779-7220.

If you plan to leave Fort Drum soon, the stateside permanent-change-of-station briefing takes place from 3:30 to 4 p.m. every Tuesday and Thursday at Clark Hall. An Overseas PCS briefing takes place monthly; call the Relocation Program at ACS at 772-6902.

Family Advocacy Program offers an infant massage class from 9:30 to 11 a.m. every Wednesday at Monument Ridge Community Center. For information, call 772-5914.

Cope with Hope, a support group for Families of fallen Soldiers, meets from 10:30 a.m. to noon every Wednesday. For details, call 772-6357.

To report sexual assault, call 772-5914. Confidentiality is guaranteed. A 24-hour helpline is available at 767-6128.

Child, Youth and School Services

Access your child care account online at www.drummyr.com.

CYSS SKIES Unlimited offers classes in tae kwon do, tumbling, babysitting and sewing. Hours of operation are 11:30 a.m. to 4:30 p.m. For information, call 772-0629.

Free child care may be provided for Families of a Soldier who is deployed, a member of a rear detachment, a wounded warrior, a fallen warrior, or on temporary duty, temporary change of station, permanent change of station (unaccompanied tour) that qualify for special child care options under the Army Family Covenant. For more information, contact CYSS Outreach Program at 772-3677 or 772-8672.

Youth Center:

Visit www.drummyr.com and click on Child, Youth and School Services for a list of Fort Drum Youth Center trips and events.

The Youth Center is open to youths in grades 6-12 on weekdays after school, at noon Saturdays and when school is not in session. Free snacks are offered. Membership is free.

Youth Sports and Fitness:

Call or visit the CYSS Youth Sports Office to sign your child up for a team. For registration requirements, fees or more information, call 772-6718.

Community Operations Division

Pine Plains Bowling Center: Summer hours at Pine Plains Bowling Center are as follows: 11 a.m. to 2 p.m. Wednesday, 11 a.m. to 2 p.m. and 5 to 8 p.m. Thursday, 11 a.m. to 2 p.m. and 5 to 10 p.m. Friday, and 4 to 10 p.m. Saturday. The facility will be closed Sunday, Monday and Tuesday.

The Snack Bar is closed until further notice.

The Commons:

Buster's Brew Pub invites you to enjoy lunch from 11 a.m. to 2 p.m. Monday through Friday. Dinner specials at Buster's Brew Pub include Wednesday's rack of ribs special, Thursday's prime rib and Friday's steak specials. A pasta special also is available. Dinner is served from 5 to 9 p.m. Wednesday through Friday, with bar service offered from 4 to 10 p.m.

Community Recreation Division

Automotive Skills Center: The Automotive Skills Center has a Self Help Center for ID card holders who wish to work on vehicles. The Self Help Center is open from noon

to 5:30 p.m. Tuesday through Friday and from 8 a.m. to 4 p.m. Saturday. A free safety and orientation class is required to use this facility. Classes meet at noon and 5 p.m. Tuesday through Friday.

Automotive Skills Center offers towing, jump starts, lockout and propane services.

BOSS:

Better Opportunities for Single Soldiers Facility on Nash Boulevard is open from 11 a.m. to 7 p.m. Wednesday through Sunday. The BOSS Facility in the Jack T. Sweet Complex is open from 11 a.m. to 7 p.m. Wednesday through Sunday.

BOSS has gaming stations connected to big-screen TVs and the latest video games. BOSS accepts requests for games; ask at the front desk. In the game room, BOSS offers pool and air hockey, along with arcade games.

Fitness Facilities:

Fort Drum's fitness centers offer state-of-the-art facilities to support mission readiness and health of the community's mind and body. For more information, call Atkins Functional Fitness Center at 772-3377, Magrath Sports Complex at 772-9670 or Monti Physical Fitness Center at 772-4936.

The Atkins Functional Fitness Facility offers women's self defense classes on Tuesdays and Thursdays from 7 to 8 a.m. for active-duty female Soldiers and from 9 to 10 a.m. for female Family Members. For more information, call 772-3377.

Units may sign up for special aquatics training for PT, held at Monti Physical Fitness Center. For more information, call 772-4807.

Intramural Sports:

Sign up for fitness, athletic and aquatics sporting events through the Intramural Sports Division Office at Magrath Sports Complex. Tournaments are open to active-duty military members assigned or attached to Fort Drum, Family Members 19 and older with valid military ID, and DOD Civilians employed on Fort Drum. Rosters are due in advance; for deadlines, call 772-6663. For more information, visit www.drummyr.com.

McEwen Library:

Digital and eBooks can now be "borrowed" from the McEwen Library! Patrons can access the Army / Digital Media Library through their AKO accounts. Click "Self Service" then "My Library." There, patrons may select "Read" or "Listen to a Book." The eBook and audio book resource page will allow patrons to load books onto their eReader or tablets.

McEwen Library offers online research tools. The eResources / Research Tools can be accessed at <http://mylibraryus.fmwrr.net/screens~S24/resources2.html> on the library's card catalog. All patrons have to do to access the resources is sign up for a McEwen Library account.

Books from other local libraries may be dropped off at the McEwen Library and will be returned through the North Country Library System delivery. Materials from other Army libraries also are accepted and will be returned to the library from which they were borrowed.

Outdoor Recreation:

Summer hours at Outdoor Recreation are as follows: from 8 a.m. to 5 p.m. Monday, 9 a.m. to 5 p.m. Tuesday through Thursday, 8 a.m. to 5 p.m. Friday, and 9 a.m. to 5 p.m. Saturday. Outdoor Recreation is closed on Sundays and holidays.

Recreational shooting is available from 9 a.m. to 3 p.m. at Range 21 on Saturday, Sunday, holidays and "days of no scheduled activity." To sign in, call 772-5169.

Outdoor Recreation has rental equipment to make parties and special events more fun. For details, call 772-5169.

Warrior Adventure Quest:

Warrior Adventure Quest offers a skeet and archery range, paintball range, GPS units and maps for geocaching or orienteering, and guided hunting and fishing trips. Equipment is available for rent. For more information or to plan a trip, call 772-4010.

Family readiness groups can schedule Outdoor Recreation and Warrior Adventure Quest event and activity briefings by emailing eugene.s.spencer2.naf@mail.mil.

At the Movies



6 Reel Time, Bldg. 10725, North Riva Ridge, is closed for renovations until further notice.