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The Fort Campbell COURIER

VOLUME 49, NUMBER 40

THURSDAY, OCTOBER 3, 2013

WWW.FORTCAMPBELLCOURIER.COM

Government shutdown impacts post

Civilians sent home, services unavailable

by Heather Clark
Courier staff

Motorists passing Patriot Park outside Gate 3, Tuesday afternoon, honked in a show of solidarity with a small group of picketers holding up signs. Emblazoned on poster boards were messages like "Stop the Shutdown - Locked out by Congress" and "Shut down - Can't Work" - messages held aloft by members of the American Federation of Government Employees, local 2022.

The demonstration was in response to failed budget agreements leading to a government shutdown, the first the Nation has seen since 1996.

With the partial government shutdown effective at midnight Tuesday, Fort Campbell officials maneuvered to lessen the adverse impact on its Soldiers, Families and civilian workforce as much as possible.

"In matters of life, health and safety, as well as in maintaining our national security, we're going to continue normal operations and mitigate negative impacts as best we can," said Garrison Commander Col. David "Buck" Dellinger.

Federal government operations and programs are funded through appropriations approved by Congress and become law when signed off by the president. That was not done for fiscal year 2014, and both Congress and the president did not approve it by the deadline Tuesday at midnight. Therefore, the government has no funding with which to operate.

"Essential services such as utilities, law enforcement and fire services, hospital emergency room services and Soldier training and operations in direct support of



Checkout lines at the Fort Campbell Commissary ran to the back of the store Tuesday afternoon as customers rushed to obtain items before the store closed in the wake of the government shutdown. The store was scheduled to close after selling all perishable items.

PHOTO BY HEATHER CLARK | COURIER

MORE information

- A community town hall will be held Monday, 6 p.m., at the Family Resource Center and live on the U.S. Army Fort Campbell Facebook page.
For furlough support websites, see 2A.
To see a list of Fort Campbell agency openings, see 3A.

national security and preparation for deployment will not be affected," said Dellinger.

The military was exempted from pay delays during a government

shutdown under a bill passed by Congress and signed late Monday by President Barack Obama. Soldiers continue in their normal duty status.

During the partial government shutdown, civilian employees in excepted positions will also continue working. Those in non-excepted positions will be put on emergency, non-pay furloughs. Retroactive pay for those in these positions requires a specific law authorizing payment.

"We just came from a six-day furlough," said Judy Hansford, executive vice president of AFGE local 2022, during the Patriot Park demonstration. "Our pay has already

been reduced. It's a financial hardship on the employees, on the families they support, certainly on the community - and ultimately on our Nation."

In a handwritten note posted on his Eagle 6 Facebook page Tuesday morning, Maj. Gen. James C. McConville, 101st Airborne Division and Fort Campbell commander, extended his appreciation from Afghanistan to furloughed workers.

see SHUTDOWN, Page 3A

Private 1st Class Montana Norris and Pfc. Michael Herrera, Headquarters, Headquarters Company, 3rd Battalion, 187th Infantry Regiment, 3rd Brigade Combat Team, 101st Airborne Division, wait by their M252 81mm Mortar System for their next fire mission during a field training exercise at Fort Campbell, Sept. 17. The mortar teams worked in unison with forward observers to increase their proficiency.



PHOTO BY SPC. BRIAN SMITH-DUTTON | 3RD BCT

MORTAR FIRE

4th BCT Soldier dies in Afghanistan

Media release

A Fort Campbell Soldier died Sept. 26, as a result of combat-related injuries sustained in Paktya Province, Afghanistan.

Identified is Staff Sgt. Thomas Allen Baysore Jr., 32, of Milton, Pa. Baysore was killed by an enemy combatant wearing an Afghan National Army Uniform who opened fire on a group of Soldiers. He was struck on the left side of his neck.

Baysore was taken to his post aid-station where he succumbed to his wounds.

Baysore was assigned to Charlie Company, 1st Battalion, 506th Infantry Regiment, 4th Brigade Combat Team, 101st Airborne Division, at Fort Campbell, as a squad leader.



BAYSORE

He joined the Army in June 2001 and was stationed at Camp Ederle, Italy, where he had a variety of assignments, including vehicle driver, rifleman, automatic rifleman and fire team leader. He was also assigned to the Harrisburg Recruiting Battalion, in Harrisburg, Pa., as a recruiter.

Following his assignment there, Baysore arrived at Fort Campbell, in August 2010 and was assigned to the 4th Brigade Combat Team, 101st Airborne Division. This was his third deployment to Afghanistan. He deployed once prior to arriving to Fort Campbell in 2005, and again with the Division in 2010. He also deployed to Iraq in March 2003.

His awards include three Army Commendation Medals, five Army Achievement Medals, one Valorous Unit Award, one Army Superior Unit Award, four Army Good Conduct Medals, one National Defense Service Medal, three Afghanistan Campaign Medals,

one Iraq Campaign Medal with Arrowhead, one Global War on Terrorism Service Medal, two Noncommissioned Officer Professional Development Ribbon, one Army Service Ribbon, one Overseas Ribbon, one NATO Defense Medal, one U.S. Army Basic Recruiter Badge-Silver with two Gold Achievement Stars, three U.S. Army Basic Recruiter Badge-Gold with three Star Sapphires, one Combat Infantryman's Badge, one Expert Infantryman's Badge, one Air Assault Badge, one Parachutist Badge with Distinguished Device, Bronze Service Star and one Expert Marksmanship Badge.

Baysore is survived by his spouse, Jamie L. Baysore of Clarksville, Tenn., his son, Jamie L. Baysore, age 5, of Clarksville, Tenn., his mother, Sandra Hackerberg of Winfield, Pa., and his father, Thomas Baysore of Milton, Pa.

A memorial ceremony will be conducted in Afghanistan.

Night Stalkers mark new lineage with donning of ARSOAC patch

160th Special Operations Aviation Regiment release

Soldiers, Families and friends of the 160th Special Operations Aviation Regiment marked a new chapter for the unit with a patch change-over ceremony Tuesday at Fort Campbell.

"For the first time, we have a patch that reflects our own identity as an aviation special operations force," said Col. John R. Evans, regiment commander, 160th SOAR. "This new patch, is uniquely ours and its history and lineage moving forward will be built by the deeds of our Soldiers."

The ceremony begins a new lineage for the 160th SOAR "Night

Stalkers," which will move forward wearing the U.S. Army Special Operations Aviation Command shoulder sleeve insignia.

"It's something that's been long and coming," said Spc. Arturo Dimas, Company D, 2nd Battalion, 160th SOAR. "With a separate patch, it distinguishes the unit as an organization under U.S. Army Special Operations Aviation Command."

The ARSOAC patch with Fairbairn-Sykes and upswept red wings form a spearhead reminiscent of the 1st Special Service Force and symbolizes the unit's role as the aviation element of the U.S. Army Special Operations Command.

"A lot of thought went into the

design of this patch, and it reflects our history and lineage," Evans said. "It links us to SOF's earliest heritage in World War II, but also recognizes the speed adaptability and versatility that special operations aviation brings to the modern and future fight."

He added, "I am certain the deeds of the men and women who wear it will soon make it recognized and respected across our Army and our joint force."

With the changing of the patch, the 160th SOAR officially joins the USASOAC team.

The Soldiers will continue to wear their regiment crest, all others assigned to USASOAC will don the new distinctive unit insignia.

SYMBOLIC changes



The Fairbairn Sykes dagger, with upswept red wings forming a spearhead reminiscent of the 1st Special Service Force, symbolizes the unit's role as the aviation element of the U.S. Army Special Operations Command. The motto "VOLARE OPTIMOS," "To Fly the Best," inscribed on a silver scroll, refers to Special Operations ground forces and their mission. The motto embodies the Army Special

Operations Aviation ethos - our enduring commitment to maintain the sacred trust of the Special Operations we support. The Aviation blue shield with black border reflects 1st Special Operations Command lineage, but also serves as a constant reminder that the Command is inseparable from Army Aviation Branch.



COMMAND MESSAGE

SecArmy's message to workforce



John McHugh Secretary of the Army

To the men and women of the United States Army:

It is with deep sadness that I write you regarding the government-wide shut-down, and the actions the Department of the Army must now take to come into compliance. This great disruption of our operations was made necessary after Congress failed to enact either a FY 2014 budget or a temporary funding measure that would have allowed normal operations to continue after the 2013 fiscal year ended Monday.

While Congress and the President have taken prudent steps to protect military pay for our men and women in harm's way, our civilian workforce will likely be deeply and personally impacted. A large number of our civilian workforce will be temporarily furloughed beginning [Tuesday]. As Secretary of Defense Hagel noted recently, decisions about who will be furloughed are dictated solely by law. Please know that if you are furloughed, it in no way diminishes the importance of your work to the Army or our mission.

Coming so soon after a six-day fur-

SUPPORTsites

These links may be of use for military personnel and civilian employees impacted by a government shutdown. Resources available for financial counseling and/or stress counseling are below:

MILITARY:

Military One Source is available at 1-800-342-9647, or their crisis line is 1-800-273-TALK. They are available online at www.militaryonesource.mil/army.

CIVILIANS:

For stress, counseling:
• Employee Assistance Program – EAP EAP (FOH4you) is a free, 24-hour confidential counseling and referral service that can help you and your Family successfully deal with life's challenges. They are available via phone at 1-800-222-0364, or online at www.foh4you.com.

• Federal Occupational Health's Work/Life program is offered to you and your dependents at no cost and you can use the services as often as you like. Call or log in today at 1-877-WL4-NOAA (1-877-954-6622), (TTY 800-873-1322), or online www.WorkLife4You.com.

OTHER RESOURCES AND INFORMATION:

- OPM: Furlough guidance www.opm.gov/policy-data-oversight/pay-leave/furlough-guidance?url=Shutdown-Furlough
• Civilian Personnel Office: Guidance for the 2014 lapse in appropriations http://cpol.army.mil/library/general/2013sequestration/FY14Lapse.html
• DoD: Financial planning during civilian furlough http://www.whs.mil/HRD/Furlough/FinancialPlanning.cfm
• Army Emergency Relief http://www.aerhq.org/dnn563/

lough required by budget sequestration, this furlough will create a tremendous hardship on both our workforce and their Families. Please know that you are in our thoughts and prayers, and that

we hope for a speedy resolution to this impasse.

Thank you for all you have done, and will continue to do, for the United States Army.

COMMENTARY

'Army Energy Awareness equals Action'

Army Release

October has been designated by the President as "Energy Action Month." Throughout the month, the Army will focus on Energy Awareness equals Action, as a means to educate and inform Soldiers, civilians and Family members on taking action by becoming more aware of the impact energy security has on the Army's mission and readiness, the value of private and public collaboration in improving energy performance to achieve security in times of constrained resources, and the Army's vision of Power and Energy advancements through collaborating and partnering.

with Soldiers, civilians and their Family members in changing energy behavior. The Army is collaborating across installations, implementing Net Zero initiatives and large scale renewable energy projects through the Energy Initiatives Task Force, and increasing efficiencies across the enterprise, to include Operational Energy initiatives at Forward Operating Bases, while sharing lessons learned. The Army is leveraging corporate, industrial, private and public core competencies in developing renewable energy sources, creating new energy efficiencies, and securing third-party funding to drive efficiencies.

What efforts does the Army have planned for the future? Through partnering efforts,

the Army will continue to reduce energy demands and improve operational capabilities to enhance mission effectiveness. It will continue to reduce its dependence on traditional energy sources. The Army will continue to expand the use of renewable energy sources on its installations and increase efficiency and reduce costs.

Why is this important to the Army?

The Army must leverage its culture of discipline to change the energy usage to make energy informed operations a consideration in all that is done. The amount of energy needed to power a Soldier's equipment in the field impacts reach, mobility, agility, interoperability and sustainability.

The sheer volume of fossil fuels needed to maintain contingency operations constitutes the majority of the logistical tail. The installations on which Soldiers and their Families live and train are almost completely dependent on commercial power grids that can be disrupted by weather, nature and acts of terrorism.

During the month of October, it is the Army's responsibility to become energy informed and aware so that this knowledge can be carried through the rest of the year. By taking action, becoming champions of change, promoting energy awareness and taking action to make energy informed operations a key consideration, the Army will continue to possess the power to succeed.

COMMENTARY

Campaign goal: Protecting Army Family

Army Release

The Domestic Violence Awareness Month campaign is developed to protect and honor one of the most important assets of the Army – the Family – as they are a vital part of our Nation's security through the foundation they provide to our Soldiers. With the theme, "End Domestic Violence: Recognize It, Report It, Prevent," the focus of the campaign is to raise awareness of domestic violence, inform victims that help is available and emphasize the negative impact it has on Family readiness.

of Army Families. The Army provides varying degrees of resources everyone can use to prevent domestic abuse and develop skills to help restore stability and health through the Army's Family Advocacy Program, a congressionally mandated program intended to prevent and reduce the occurrence of Family violence. Resources include support groups for young parents, reintegration programs for Families experiencing deployment and redeployment stress, and programs on anger management, dating violence and gender issues.

What efforts does the Army have planned for the future?

Throughout the month of October, Domestic Violence Awareness Month campaigns will be executed at each garrison to highlight prevention programs and services to Soldiers and Family members.

These programs are designed to promote awareness, encourage reporting, provide safety for victims, and ensure treatment or administrative action for offenders with special emphasis on services for junior enlisted Soldiers and their spouse or intimate partner. Family Advocacy Program's preventive educational programs are a primary resource for Army Families to learn these life skills.

Why is this important to the Army?

Domestic abuse has negative effects on Family readiness and undermines quality of life. The Army is committed to fully support Families and overcome negative events that diminish health and well being. We all must acknowledge that interpersonal violence is wrong, reach out to support victims, hold offenders accountable and create a climate of safety and respect.

CHAPLAIN'S PULPIT

Struggling with life? Help only phone call away

by Chap. (Maj.) Jeff Jay 5th Special Forces Group

The populace of the United States is composed of both military and civilian Families. Though similar we are not the same. For example; most have no idea of what it is like to endure a deployment. We frequently miss holidays, birthdays and anniversaries. Events we would love to enjoy together. It is OK, though; as love knows no bounds. The word LOVE is thrown around pretty loosely these days but what is love? Everyone says love is what brings us together. If that is so, why are 30 percent of marriages over within three years after the wedding day? Obviously, we either misunderstand or misapply the word love.

referred to as the "love chapter," aptly describes what we all wish we had in love.

"I'm bankrupt without love. Love never gives up. Love cares more for others than for self. Love doesn't want what it doesn't have. Love doesn't strut, doesn't have a swelled head, doesn't force itself on others, isn't always "me first," doesn't fly off the handle, doesn't keep score of the sins of others, doesn't revel when others grovel, takes pleasure in the flowering of truth, puts up with anything, trusts God always, always looks for the best, never looks back, but keeps going to the end. Love never dies." (1 Corinthians 13:3-8, Message translation)

The love mentioned above is obtainable only through

God. Our best effort without God is selfish; it is all about me and what I want. Since God is love, it only seems reasonable that He would want to be included in our lives; our relationships. Love is much more durable and enduring than we often give it credit for. I encourage you to look at this portion of Scripture and honestly ask yourself, which areas are strong points and which areas need more attention.

In spite of what people say; absence does not make the heart grow fonder. Conflict, already existing when we leave or cropping up while we are gone left unresolved is still there when we return. When we are absent from each other, we dream of getting back together; everything can be like it was before. Though

this is a good idea, I regret to say it is not reality. Both the deployed Soldiers and Family members change; in some good and some bad ways.

Please consider these words and then set yourselves up for success by making any necessary adjustments. In response to relational needs seek to foster communication skills. Even if it is merely preventive maintenance, it will not hurt you two to meet with a chaplain or counselor. An unbiased third party's involvement (i.e. chaplain/counselor) can help you work through it. Your marital struggles to simply get along and stay together are not unique. We can help you find your happily-ever-after. Don't worry; help is only a phone call away. We are here to help bring God's peace back into your lives today!



SPEAKUP

Love this! Paying Homage to our Fathers/Brothers in Arms 69 years later. Us Veterans shall Never Forget Our Brother Who Have Gone Before Us.

John Sabia, Facebook comment, "Market Garden commemorated with living history" Sept. 26

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It is published weekly using offset method by the Kentucky New Era, Inc., P.O. Box 1087, Hopkinsville, Ky. 42240.

Printed circulation: 23,000 The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of the Army or Kentucky New Era, Inc., or the products or services advertised.

All editorial content of the Fort Campbell Courier is prepared, edited, provided and approved by the Public Affairs Office of Fort Campbell, Ky. Fort Campbell Courier is printed by Kentucky New Era, Inc., under exclusive written contract with Fort Campbell, Ky. Kentucky New Era, Inc., is responsible for commercial advertising.

All news items, articles and photographs must be submitted to the Public Affairs Office, 2574 23rd St., Fort Campbell, Ky. 42223. Telephone (270) 798-6090. Items may also be emailed to the editor at campbell.courier.editor@gmail.com.

Although every effort will be made to return articles, materials and photographs to submitting individuals, the newspaper and publisher are not responsible for their loss.

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The annual subscription rate for the Courier is \$40. Call (270) 886-4444 for information.

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The Fort Campbell Courier Advertising Department is located at 15095 Fort Campbell Blvd., Oak Grove, Ky., 42262.

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NEWS

SHUTDOWN

Continued from Page 1A

"To our civilian workers at Fort Campbell, On behalf of all the Screaming Eagles in Afghanistan, I want to sincerely thank you for your selfless service in support of our Soldiers and Families. We could not do what we do without you and for that we are truly grateful."

Army/Air Force Exchange Service Manager Steve Martin said the post exchange and its operations should not be affected because the PX is largely funded through non-appropriated funds. However, he did note, "Some transactions may be delayed, such as the purchase of firearms, which require background checks or other federal government actions."

The commissary was open for a full business day Tuesday, to reduce the amount of perishables on-hand before closing until appropriations are approved. During a shutdown, commissary customers should be able to access the DeCA website. However, that site and the agency's social media platforms – Facebook, Twitter and other sites – would not be updated until the shutdown is over.

Customers should be able to access the Department of Defense website, and its social media sites for any updated information and breaking news that affects service members and federal government civilian employees.

According to officials with the Department of Defense Education Activity, which operates nine schools on Fort Campbell ranging from elementary to high school, classes remain in session. Child care



PHOTO BY HEATHER CLARK | COURIER

Marilynn Hill, secretary/treasurer of the American Federation of Government Employees Local 2022, holds up a picket sign during a demonstration at Clarksville's Patriot Park Tuesday. AFGE members organized the demonstration in response to the partial federal government shutdown, which placed thousands of government employees on indefinite furlough.

facilities operated by the installation Morale, Welfare and Recreation directorate, a largely non-appropriated fund agency, also remain open.

Blanchfield Army Community Hospital continues to offer all inpatient, acute care and emergency services including honoring previously scheduled medical appointments during the government shutdown, according to a release.

During the shutdown, BACH's patient care teams will keep all previously scheduled appointments in all medical services, according to the release. Integrated Disabilities Evaluation System appointments

and some elective surgeries and procedures have been curtailed.

BACH's leadership is following both Department of Defense and Army Medical Command guidance to maintain safe and effective operations. Patient services, including Patient and Soldier-Centered Medical Homes; inpatient care; Warrior Care; pharmacies; obstetrics; laboratories; emergency care; behavioral health; and radiology, continue as normal.

Many medical personnel are exempt from the furlough, according to a BACH release. However, civilian staff who do not

provide direct patient care would be affected. Although BACH's leadership plans to keep the same medical service and operational hours available; patients may see an increase in wait times and a reduction in administrative services.

"We have some of the finest civilian personnel in the Army and everyone is a valuable part of our mission. Without the entire team, we cannot function as smoothly and effectively as our patients deserve. Although the quantity of care we provide may be reduced during a government shutdown, we will not sacrifice patient safety or quality of

care. Our patients and staff are resilient and continue to support our mission regardless of these uncertain times," said BACH commander Col. George N. Appenzeller. "We are grateful to their dedication to Fort Campbell, BACH and the Soldiers and Families that they serve."

During the shutdown patients should expect longer wait times for some appointments and services. Patients may call the appointment line at (270) 798-4677 or (931) 431-4677 to determine if the service they need is affected.

Beneficiaries may contact a Patient Advocate at (270) 798-8091 or (270) 798-8718 for issues or concerns related to quality or access to care. Wounded, injured or ill Soldiers and their Families may contact the 24/7 Wounded Soldier and Family Hotline at 1-800-984-8523.

Details are still being worked for how other services on Fort Campbell would be impacted during a government shutdown to include certain Morale, Welfare and Recreation facilities, which are among the excepted activities where employees would continue working.

Fort Campbell leadership suggests the public check the Facebook pages for various agencies and how they may be affected. The U.S. Army Fort Campbell Facebook page will remain in operation, but at a slightly reduced rate.

Hansford says she is one of many government employees who hope the situation will be resolved with haste.

"We're being caught in the middle of a political struggle, but the bottom line is that we're here to work," she said. "Because they can't agree, we're being deprived of the opportunity to work and get paid."

AGENCYguide

The following list shows status of select agencies on post. This list is subject to change.

Army Career and Alumni Program: (270) 798-5000
• Full services

Army Community Services: (270) 798-9322
• Closed

Army Emergency Relief: (270) 798-5518
• Limited services

Army/Air Force Exchange Service: (270) 439-1841
• All facilities open for business.

Possible delays in firearm purchases.

Child Development Centers:
• Open
• Call CYSS for specific CDC phone numbers

Child and Youth School Services: (270) 798-0647
• Open

Commissary: (270) 798-2606
• Closed

Education Center: (270) 798-3201
• Open

Pratt Memorial Museum: (270) 798-3215
• Open

Survivor Outreach Services: (270) 798-0272
• Open

Human Resources: (270) 798-2811
• Following services are open: In/Out Processing, Reassignments/Family Travel (Passports/VISAs), Retirements/Separations, ID Cards, Casualty Assistance, Official Mail, FOIA, Drug and Alcohol and Suicide

Prevention/Counseling, SRP/Reintegration, Finance and Dental In-Processing
• Closed – Civilian Leader and Workforce Development

Morale, Welfare and Recreation: (270) 798-7535
• Open for business operations like restaurants, bowling, golf, etc. as is our recreation division, gyms, outdoor recreation programs, arts and crafts, auto skills, etc.

Blanchfield Army Community Hospital: (270) 798-8400

• All in-patient, acute care and emergency services including honoring previously scheduled medical appointments.
• All previously scheduled appointments in all medical services. Integrated Disabilities Evaluation System appointments available beginning today. Some elective surgeries and procedures will be curtailed.
• Patients may call the appointment line at (270) 798-4677 or (931) 431-4677 to determine if the service they

need is affected.

• Beneficiaries may contact a Patient Advocate at (270) 798-8091 or (270) 798-8718 for issues or concerns related to quality or access to care.
• Wounded, injured or ill Soldiers and their Families may contact the 24/7 Wounded Soldier and Family Hotline at 1-800-984-8523.

Family Resource Center: (270) 956-2935
• Closed, except for New Soldier and Family Orientation on Thursdays.

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NEWS

Legion Detachment showcases skills

by Staff Sgt. Barbara Ospina
5th Special Forces Group

A Special Forces Operational Detachment-Alpha is designed to be comprised of 12 highly-trained Green Berets. The team typically includes two of each specialty to include: weapons, engineering, medical, communications and intelligence sergeants. The teams are led by a detachment commander, assistant detachment commander and a senior Special Forces team sergeant. There are many skills and abilities that give Green Berets their elite title, but one thing that is certain, is that Green Berets deploy all over the world as one of America's premier fighting forces in no more than 12-man elements relying on each other.

The 5th Special Forces Group, also known as The Legion, completed its second annual Best SFODA Competition Sept. 10. The competition not only challenged each man to his fullest ability, but it challenged the overall team as well.

Four SFODAs volunteered for the competition each representing their respective Battalion and competed to determine the "Best ODA" within the Group. Each team was required to be team pure, meaning it had to be the team that trains, operates and fights together; no additions or substitutions of team members were permitted.

The men jumped approximately 1500 feet from a CH-47 Chinook helicopter into a water drop zone marking the beginning of the challenge. Participating in a parachute jump may be standard training for a Green Beret, but that adrenaline rush was followed with an exercise that tested their minds and



Green Berets from the 5th Special Forces Group parachute into a water drop zone marking the beginning of a two-day long competition testing their abilities as an Operational Detachment-Alpha.

required them to use their unique language capability and speak fluent Arabic in order to progress. They then threw a 50 pound ruck sack on their backs and ruck marched through the night for time.

The teams participated in various stations designed to test their knowledge and current training as a Green Beret to include: a stress shoot, mortar emplacement, a mystery event (hand to hand combat in urban terrain), an obstacle course and a weapons

pile test. Following certain stations, Soldiers were required to conduct a "commo shot," showing the team's communication ability from a remote or hostile environment.

This year's mystery event, entitled mystery because the teams are not given any information related to the event until they arrive at the station, consisted of a standard shoot house that simulated urban terrain with real role players simulating both innocent civilians and hostile enemy within the same structure. This forced the

Soldiers to quickly transition from a friendly environment to a hostile environment; and forcing them to engage in hand to hand combat.

The second to last event was the recently constructed 5th SFG obstacle course. The course consists of three full lanes of more than 20 simulated tough-man obstacles. This challenging event was strategically placed following the end of nearly 30 miles of ruck marching and mental and physical exhaustion forcing each man to demonstrate their inner strength.

Although there were less than ten overall events, the competition stretched more than 24 hours with the Soldiers getting little to no sleep and being challenged around every corner.

As the four detachments completed the last station, they had a sense of pride in completing the event, even though they would not know who would earn the title of "Best ODA" until the scores were calculated.

"The most important thing that we did was stay together," stated the team sergeant from the winning detachment, the top non-commissioned officer on the team [who is] responsible for overseeing all team operations and ensuring the detachment remains proficient in their Special Forces skill sets. "We knew from the first event that no matter what, we were finishing the competition together. Everyone on the team knew that and pushed each other to finish strong."

Although each detachment demonstrated exceptional effort and the final standings were close, Green Berets from 3rd Battalion, 5th SFG placed first in the overall competition.

According to Command Sgt. Maj. Dwayne Cox, the Command Sgt. Maj. for The Legion, the competition is not designed to destroy the Soldiers, it is designed to test their abilities as a team and build camaraderie and esprit de corps through friendly competition.

"We don't want to hurt them," commented Cox. "We want to challenge them."

Each detachment completed the challenge and endured a series of events designed to test their minds and bodies to the max, proving they exude the Special Operations Forces' attributes.

Family remembers fallen 101st Soldier at Gold Star ceremony

by Capt. Charles An
3rd Medical Command
Deployment Support

MCDONOUGH, Ga. —The last Saturday of September was a perfect sunny day to enjoy some time out in a park. Nearly 20 different Families gathered at Heritage Park in McDonough, not necessarily to enjoy the day, but to be honored and to remember their loved ones.

The Families were all Gold Star Families from Georgia taking part of a remembrance ceremony known as Gold Star Family Day, and to add a framed photo of their lost service member on the Wall of Honor inside the Heritage Park Veterans Museum. This is the third annual event, and this year there were 17 new portraits added to the wall.

The tradition of the Gold Star Family originated from when each Family would receive a service flag or service banner with a blue star representing a service member in their Family during a period of war. If the service member died during that period of war the service member would then be represented with a gold star instead.

The Fort Gordon Army Survivor Outreach Services Program put the event together with the help of

the volunteers at the Heritage Park Veterans Museum, Soldiers from the Fort Gordon Installation Support Detachment, Strong Rock Christian School Chorus, and Soldiers from the 3rd Medical Command Deployment Support.

The event started with a ceremony at the Heritage Park Veterans Wall of Honor, where the Fort Gordon Installation Support Detachment provided the Color Guard.

Soldiers of the 3rd Medical Command Deployment Support from Gillem Enclave, Ga., escorted the Gold Star Families as they arrived.

For Sgt. 1st Class Karmen Walker, a Soldier from 3rd Medical Command, said she volunteered because, "It was not only to support the Families of the fallen, but to know the Family members as well."

Warrant Officer Richard Eswine, also from the 3rd Medical Command, echoed similar reasons why he volunteered at the event.

"It is the Family members who stand behind us and support us that really make the military services work," says Eswine. "This is an opportunity to come out and pay respects to the Families, and let them know we appreciate them for all that they do."

Judge James Chafin III, a retired Air Force colonel, was the key speaker giving remarks on the service and sacrifices made by the Families.

Chafin called on everyone to remember that the sacrifices made by service members still continued by giving the example of Spc. James T. Wickliffchacin, 22, who died Sept. 20 at Brooke Army Medical Center in San Antonio, Texas.

Wickliffchacin died of injuries sustained from an improvised explosive device in Afghanistan.

The Strong Rock Christian School Chorus provided singing, and was followed by Randy Rawlings playing taps, which brought a somber remembrance of event.

The second part of the ceremony proceeded at the Heritage Park Veterans Museum where the Wall of Honor is located.

At the Wall of Honor, the Gold Star Families presented a portrait of their lost service member to the color guard, and the color guard placed the photo on the wall followed by a salute.

"I feel honored because these were Soldiers, military personnel who have come before me, who have given their lives for me to be here," said Pfc. Tasia Pickett, a member of the color guard.

Staff Sgt. Michael Artis, also a member of the color guard, said with his "small part" he really did not do enough compared to what the Families sacrificed.

For the only employee of Henry County that works at the museum, James Joyce, a retired Army Command sergeant major, he is proud to work with the eight volunteers of the museum.

Joyce was even more impressed by how everyone had the desire to volunteer for the ceremony, particularly by Capt. Dawn Gordon, the company commander of Headquarters and Headquarters Company, 3rd Medical Command.

Gordon figured it was important enough that the commander should be the first to volunteer, so she and some of her Soldiers took up Family escort duties.

The people who gave the most to the ceremony were the Gold Star Families.

Terry Whittington came with his Family, including his 4 year-old grandson Charlie Whittington, to remember his son 1st Lt. Charles Whittington, 1st Brigade Combat Team, 101st Airborne Division.

Charles and Charlie never got to meet each other. Charles died before Charlie was born.

"I want to express my appreciation. Their par-



Charlie Whittington, 4, hides his face as his grandmother, Norma Whittington comforts him. Charlie and his Family attended the Gold Star Family Day ceremony at Heritage Park Veterans Wall in McDonough, Ga., Saturday, to honor his late father, 1st Lt. Charles Whittington, 1st Brigade Combat Team, 101st Airborne Division.

icipation serves in a bigger tradition, as part of a bigger Family," says Whittington, speaking of all those who took part of the ceremony to honor Charles.

With volunteered work, a lot of heart, unimaginable

sacrifice, and many tears, the Gold Star Family Day of 2013 at Heritage Park was a success. But the greatest success was that the fallen service members were honored and remembered before their Families.

Military must slow growth for military pay, health care

by Jim Garamone
American Forces Press Service

SEOUL, South Korea — The military has to look at the entire package of compensation, health care and retirement, Army Gen. Martin E. Dempsey told a U.S. Forces Korea Town Hall meeting here Tuesday.

The chairman of the Joint Chiefs of Staff and his wife, Deanie, spent an hour answering question from the joint service audience. Budget issues were a main concern for the service members.

Personnel costs have to be brought under control, the chairman said. He assured the service members that any changes to mil-

itary retirement would be grandfathered. "So the question is, what do we do with retirement for the next generation of Soldiers, sailors, airmen and Marines," he said. "But compensation ... and health care costs are growing at rates that are unsustainable to the all-volunteer force."

This does not mean cuts, the chairman said, "We may not actually have to reduce pay and benefits, but we have to slow the growth."

Last year, for example, DoD recommended a 1 percent pay raise for military personnel. Congress upped the total to 1.8 percent. Slowing the rate by just that much would have saved DoD \$13 billion. Instead, the money to pay

for the raise came out of readiness accounts, the chairman said.

In an interview with reporters traveling with him, Dempsey expanded on this. He noted he has been through three drawdowns in his career that began in 1974 — the post-Vietnam drawdown, the post-Cold War drawdown and the current one. This one is alarming to him because it is the steepest drawdown he has seen.

"The steepness of it puts us in a position to not exert enough control on balancing our requirements across all the accounts, whether they are manpower accounts, modernization, maintenance, training, Family care," he said. "It's extraordinarily challenging to try to balance the

budget because of the steepness of this drawdown."

He is worried about the long-term effects of the drawdown. Under sequester, DoD must cut an additional \$52 billion from the budget in fiscal 2014. "If I were able to shrink the force, close some unnecessary infrastructure, potentially cancel some weapons systems that we don't think are as important as others, I think I can probably balance it and not affect readiness to the extent we are," he said.

But Congress will not allow another base realignment and closure process, and Congress has continued some weapons systems the department has specifically said it does not need.

"Because there are parts of the budget that are untouchable to me at this point," he said. "Unless I can touch some of those things, it all comes out of readiness, which means the next group to deploy will be less ready than they should be."

"That's not a position that our armed forces should be in as the greatest military on the planet serving the greatest Nation on the planet."

And sequestration could continue to be a year-by-year process, and that is dangerous "because we are asking the force to live with uncertainty and do it a year at a time," he said. "Eventually I think they are going to lose faith if we do it a year at a time."

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NEWS



COURTESY PHOTOS

Sergeant Dell Rocco, (left) a medical logistics specialist with Headquarters and Headquarters Company, 4th Brigade Combat Team, 101st Airborne Division, pictured as a private first class, poses for a picture during his first deployment to Iraq. Rocco shared a special bond with his grandfather, Chief Warrant Officer Louis R. Rocco, a medic during the Vietnam War, who was a Medal of Honor recipient, inspiration and role model for his grandson, who followed in his grandfather's footsteps.

Medal of Honor recipient inspires Currahee grandson

by Sgt. David Cox
4th Brigade Combat Team

The word role model, is defined as a person whose behavior in a particular role is imitated by others.

Professional athletes, fire-fighters and policemen are some of the roles in society that young kids can chose to look up to or emulate.

However, for those who have service members in their Families, the role model can be much closer and tangible person to admire.

Such was the case for Sgt. Dell Rocco, a medical logistics specialist with Headquarters and Headquarters Company, 4th Brigade Combat Team, 101st Airborne Division, who had his grandfather to emulate.

His grandfather, Louis Richard Rocco, a Medal of Honor recipient for actions during the Vietnam War, not only affected Sgt. Rocco's career choice but also other important areas of life.

Chief Warrant Officer Rocco, then Sgt. 1st Class Rocco, was a member of Advisory Team 162, U.S. Military Assistance Command, Vietnam, and was awarded the American Medal of Honor for conspicuous gallantry and intrepidity in action at the risk of his life above and beyond the call of duty northeast of Katum, 24 May 1970," states Quad-a.org.

On that day, Dell said that his grandfather had volunteered for a mission. During that mission, the medical evacuation helicopter he was aboard was shot down on a trying to remove wounded troops near Katum.

Louis suffered back injuries, a broken hip and a broken wrist, and the other four crew members were shot.

Louis is cited telling the Armed Forces Information Service, "I guess I was going on reflexes," he said. "I jumped out and pulled the pilot out first. I looked for cover and saw a big tree lying on the ground. I dragged him to the tree, knowing that any time I was going to get shot."

An article in the *New York Times* describes Louis going back to the helicopter and carrying the co-pilot, the crew chief and another medic to cover, one at a time, crossing 20 yards of open ground under a hail of gun fire, his hands and face being burned by the helicopter.

On Dec. 12, 1974, President Gerald Ford formally presented Louis with his medal during an official

White House ceremony. After being diagnosed with terminal lung cancer, Louis passed away, Oct. 31, 2002, at his San Antonio home.

Beyond his grandfather's prestige, Dell most remembers the special bond they shared.

"I spent weekends and every summer vacation with my grandpa," shares Dell. "We would eat out, watch sports and go to local events."

"We used wrestle consistently. It was always a competition between me and him," said Dell. "Sports, boxing, anything dealing with competition, we'd be all over it."

Approximately a year after Louis' passing, Dell entered the U.S. Army on Oct. 31, 2003.

He soon realized having such a highly regarded Soldier for a grandfather does not go unnoticed for too long in a military career.

"In basic training, I was about seven weeks into it, the [drill sergeants] did a health and welfare, and they found a memorial I had with my letters," said Dell laughing. "I got yelled at a lot; apparently I was supposed to let people know who I was related to."

Dell reflected on a humorous memory of time spent with his grandfather at an event.

"It was me, my grandpa, some of his Veteran buddies and a recruiter," said Dell. "The recruiter was in his Class A's and they had noticed he had on jump wings. So they asked him when he got his jump wings, how many jumps he had done. The recruiter was real proud when he answered that he had had them for about four years and he had 100 jumps. My grandpa and his buddies said 'we got wings too.' The recruiter asked how many did they have. They answered 'two, one in Normandy and the other was somewhere else famous; I don't recall the specific name. You should have seen the look on the recruiter's face."

Another fond memory Dell has of his grandfather is Louis' humility.

"He was a hero even though he didn't consider himself one," said Dell.

Aside from a competitive drive and similar occupation, Dell also said that he learned how to treat people from his hero, his grandfather.

"I think the most important aspect of everything I've been taught was how to treat people," Dell said. "Although he outranked a lot of people he treated everyone with respect."



Army Warrant Officer Louis R. Rocco, (left) a medic during the Vietnam War, pictured as a staff sergeant, earned the Medal of Honor for his actions when he volunteered to accompany a medical evacuation team on an urgent mission to evacuate eight critically wounded Army of the Republic of Vietnam personnel. According to the citation, his bravery under fire and intense devotion to duty were directly responsible for saving three of his fellow Soldiers from certain death.

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NEWS

Bastogne Soldier receives unexpected reunion

by Megan Locke Simpson
Courier staff

Arriving home, July 26, after a deployment to Afghanistan, Sgt. 1st Class Russell Zink was looking forward to simply spending some quality time with his Family.

When wife, Amy, told the 1st Squadron, 32nd Cavalry Regiment, 1st Brigade Combat Team, 101st Airborne Division Soldier they would be going to Atlanta during his block leave time thanks to a great Groupon deal, he thought nothing of it.

Fast forward to Aug. 23. Russell, Amy, and their children, Jane, 12, and Peter, 7, walked in a ballroom at the Homewood Suites by Hilton Atlanta Midtown, only to see more than 20 Family members present.

The Zinks, who hail from North Dakota and Montana, had not seen some of these Family members for at least a decade, as they hopped from Army assignments both stateside and in Germany.

"Absolutely, completely surprised," Russell said, as he recalled his reaction to seeing the gathering of his father, brothers and 89-year-old grandfather, among others, in the room.

The room was filled with the Family members holding handmade welcome home signs, as white balloons carrying pictures of Jane and Peter during the deployment floated through the air.

"It was just amazing," Russell added. "I got everybody in the

"I remember growing up, the worst day in the world is when he left, and absolutely the best day in the world was when he came back."

Christian Kuhn,
VP, Homewood Suites by Hilton

same place at the same time."

The once-in-a-lifetime reunion was made possible by Homewood Suites by Hilton, and it is the first in a series of military reunions set up as a way to give back to our Nation's service members. In conjunction with this effort, Homewood Suites by Hilton is offering a 15 percent evergreen discount for all leisure stays booked by service members and Veterans.

"I remember growing up, the worst day in the world is when he left, and absolutely the best day in the world was when he came back," said Christian Kuhn, vice president of marketing for Homewood Suites by Hilton.



Sergeant 1st Class Russell Zink shares a special moment with his 12-year-old daughter Jane, after their arrival in Atlanta for a surprise reunion with more than 20 Family members. The Zink Family, including Russell's wife, Amy, and 7-year-old son, Peter, enjoyed a all-expense paid weekend courtesy of Homewood Suites by Hilton. It was the first in a series of military reunions by the hotel chain.

Kuhn's father served in the Navy, and he understands firsthand what it is like for military Families. In a phone interview Monday, he talked about the power of making memories and the opportunity that Families get from these all-expense paid reunions.

"When you see this Family get together, and we got to be part of that, I can't think of a better job that to bring a Family together like that," Kuhn said, of helping with the Zink reunion.

Not only Homewood Suites, but all Hilton Worldwide hotels will be offering a 10 to 15 percent

discount for service members and Veterans. This roll out comes at the heels of the unveiling of the brand's Operation: Opportunity, where the hotel chain vows to hire 10,000 American Veterans in the next five years.

see ZINK, Page 8A

Legionnaires building resiliency, preparedness

by Staff Sgt. Barbara Ospina
5th Special Forces Group

Pushing their body to the max when conducting physical fitness training is a familiar feeling to Soldiers of the 5th Special Forces Group. However, using fine motor skills to thread a needle immediately following flipping an oversized truck tire is a foreign concept. At least it was until a few weeks ago.

Soldiers and Family members from the 5th SFG, otherwise known as The Legion, participated in a week long Leader Development Course designed and implemented by the Army's Comprehensive Soldier and Family Fitness organization.

The course is intended to train leaders across the Army to "understand human performance and to leverage mental skills to maximize training and combat performance so Soldiers can be at their best when it matters the most," according to the CSF2 course summary.

Resiliency has become a top priority for the leaders, Soldiers and Families of The Legion as their mission is continuous throughout the Middle East. Soldiers are told their jobs will be difficult when they join the U.S. Army Special Forces Regiment. Courses like this contribute to the mental fitness and preparedness of The Legion's Soldiers and Families.

"We use biofeedback technology as a tool to help Soldiers learn to do this effectively..."

Justin Foster,
resiliency trainer

According to Justin Foster, the lead master resiliency trainer performance expert for the CSF2 Training Center at FortCampbell, the program helps teach Soldiers how to regulate their thoughts, emotional state and physiology on an individual level. This helps increase their overall performance in training and combat for quicker recovery while managing the demands of work and their home life.

To kick-off the course the participants were put into teams and were required to go through a small obstacle course of various challenges. Each challenge had a short but strenuous physical activity such as performing 40 pull-ups with a weighted vest on, immediately followed by an activity requiring fine motor skills, memory or problem solving, conducted with a still elevated heart rate.

Throughout the week the participants learned many techniques such as deliberate breathing and mental rehearsal in a classroom setting. According to Foster, the

deliberate breathing technique taught helps Soldiers produce an optimal performance state. This practice involves controlled breaths, which can minimize mental chatter, help focus attention and elicit certain emotions.

"We use biofeedback technology as a tool to help Soldiers learn to do this effectively and replicate it under adverse conditions," stated Foster. "This alone has numerous performance benefits related to reaction time, memory decision making, composure and neuromuscular coordination."

The mental rehearsal technique is one that many Soldiers already use, but the trainers with CSF2 taught the participants how to maximize the technique's potential by teaching them how to use it more systematically in order to prepare the brain for performing.

"The biggest takeaway or benefit from this course for the Soldier is knowledge gained about their mental, emotional, and physiologi-



Soldiers from 5th Special Forces Group participate in a memory exercise using cards as part of a Leader Development Course implemented by the Army's Comprehensive Soldier and Family Fitness organization. The training consisted of physical and mental challenges designed to maximize training and combat performance.

cal reactions to stress," said Master Sgt. Durham, a Green Beret with the 5th SFG. "We are taught about the things that happen naturally inside of anyone under certain stressful situations which reassures the Soldier that he is not the only one feeling a certain way. Once the Soldier understands what and why something happens inside of them, they then learn to accept what can't be changed and the skills to combat the things that can be changed."

At the conclusion of the course the participants then went through the same type of obstacle course. This provided feedback on how well the techniques taught throughout the week work as well as forced the participants to use the techniques

in both physically and mentally challenging environment.

According to the MRT-Performance Experts each individual's optimal performance state is unique and that is why it is crucial for each person to sharpen the tools and techniques that are going to help them personally and to optimize their performance regardless of the situation.

According to Foster, who was one of the original MRT-Performance Experts who helped establish the program at Fort Bliss, Texas, this course was one of the best Leader Development Courses he has ran yet.

"The students were a varied group of intelligent high performers already and they were eager to gain an

extra edge and refine their mental approach across their areas of expertise as well as in their home life," stated Foster. Ultimately, it is the feedback from the participants that helps the trainers know if the course was a success or not.

"I personally have identified a few of the skills taught as ones that I have used or I am using currently. I can now put a name to these skills and even refine what I already know so that I am even better equipped for life," commented Durham. "The bottom line for me is that I am a master sergeant, husband, and father of five and that without applying these skills daily I would not be able to function at the level required for my responsibilities."

'Lifeline' Soldiers test limits at Iron Dawg Competition

Task Force Lifeline's operational contract support officer in charge, 1st Lt. Stephen G. Hoar, does pull-ups to earn extra points during the 101st Special Troops Battalion Iron Dawg competition, Saturday, at Bagram Airfield, Afghanistan. This competition is to promote esprit de corps within the Task Force Lifeline units.



PHOTO BY SGT. SINTHIA ROSARIO | 101ST SUST. BDE.

by Sgt. Synthia Rosario
101st Sustainment Brigade

BAGRAM AIRFIELD, Afghanistan – Soldiers from Task Force Lifeline tested their limits during the 101st Special Troops Battalion Iron Dawg competition, Saturday.

This fun, friendly competition was a way to help build camaraderie between Soldiers and also to promote the importance of staying physically fit. The stronger the Soldier, the better prepared they are during their deployment in Afghanistan.

"It's a team building exercise, motivating each other and going out there and having fun," stated Sgt. Nicole Linn, a native of Baumholder, Germany, and a behavioral health specialist with Task Force Lifeline.

She continued to explain the importance of having these types of activities.

"We do things like this, the Iron Dawg competition to make the deployment a little more fun, make time go by just a little faster

and forget that we're in a deployment environment," added Linn.

The competition included push-ups, sit-ups, a three-mile run and pull-ups, which were worth extra points to give Soldiers an edge up on their competitors.

"What it does is it takes it beyond the normal physical training test and normal PT standards to motivate the Soldiers to go beyond that, do a little bit more so when it's PT test time it's easy," explained Capt. Eric F. Prazinko, commander of the 101st Special Troops Battalion, 101st Sustainment Brigade, 101st Airborne Division.

Prazinko said if Soldiers run the extra mile, work harder towards their sit-ups, push-ups and add the chin-ups to their work out it can help the Soldiers improve their overall performance. Being physically fit promotes health, well being, endurance and strength, which ultimately helps the Soldier physically and mentally to focus on the task at hand while in a deployed environment.

Physical fitness is an integral part of the daily routine of a Soldier.

"As a leader I think whether you're an NCO [noncommissioned officer] or an officer you want to set a standard," said 1st Lt. Stephen G. Hoar, a native of Pensacola, Fla., and operational contract support officer in charge with Task Force Lifeline. "You also just want to be present and push everyone else on."

He continued to explain that it's not just about the individual and setting standards, it's about helping everyone else better themselves.

"I think everyone had that attitude ... that's what really made the competition fun."

The main goal of this event is for the Soldiers to break away from their repetitive days, compete in a friendly competition and have fun.

"It adds a little bit of excitement to their days and I hope made their weeks better and hopefully made their tour better ultimately," added Prazinko.

NEWS

Soldiers compete at Warrior Adventure Quest

by Spc. Joseph Green
159th Combat Aviation Brigade

The three teams, made up of Soldiers from Headquarters and Headquarters Company, 159th Combat Aviation Brigade, were neck and neck as they headed into the final event of the Adventure Race Sept. 26, an activity that is part of the Warrior Adventure Quest offered by the Morale, Welfare and Recreation Center at Fort Campbell.

Although the red team started out with a lead coming off the first event, the rock climbing wall, the other teams never gave up and had caught up by the final event.

As the red team pulled ahead one more time to cross the finish line and

"This was about coming together, working together and getting to know Soldiers you don't normally get to work with."

Staff Sgt. Darryl Duverglas,
159th CAB

win the race, both the green team and the blue team

pushed hard to finish their events strong.

This is the type of resiliency the Warrior Adventure Quest is designed to develop among participants.

The Warrior Adventure Quest is a program, fully funded through Family and MWR command, that combines a Leader-Led After Action Debrief with high adventure, high adrenaline activities to strengthen teamwork skills, leadership skills and unit morale.

"You have to trust yourself, your team and your equipment," said Rachel Lancaster, a recreation specialist and Warrior Adventure Quest program leader for the past four years at Fort Campbell.

The Warrior Adventure

Quest consists of two separate activities in which Soldiers compete against each other.

The Soldiers were first split into three groups to compete in their first activity, the Adventure Race.

The Adventure Race consisted of five separate events that include team mountain biking, crossing rope bridges between trees and a rock-climbing wall among other events. The teams had to complete all of their events and make it back to the starting line first to win.

All of the events required each group to develop strong leadership and teamwork skills to complete the tasks.

The Soldiers' leadership and teamwork skills devel-

oped further during the second activity - paintball.

During paintball, Soldiers were split into different teams. They then began to strategize how to best attack the other side. Once the paintball activity began some Soldiers began to provide cover fire while other Soldiers began to move towards the other team.

The Soldiers realized the only way to compete and beat the other team was to work together and move towards their objective as a team.

Finally groups came back together to eat lunch and discuss what they learned and worked on during the Warrior Adventure Quest in a Leader-Led After Action Debrief.

"This [the Warrior Adven-

ture Quest] was about coming together, working together and getting to know Soldiers you don't normally get to work with," said Staff Sgt. Darryl Duverglas during the Leader-Led After Action Debrief, a chaplain assistant with Headquarters and Headquarters Company, 159th Combat Aviation Brigade.

In the end, the Soldiers had a good time while developing skills that will help them in the future, unanimously agreeing that the Warrior Adventure Quest was worth the time.

Lancaster hopes that, if nothing else, the Soldiers were able to relieve some stress, get out of the office and learn more about what the MWR has to offer Soldiers at Fort Campbell.

ZINK

Continued from Page 7A

"I don't think there's any other hotel company that's doing anything like this, so that's why we're excited to talk about it," Kuhn added.

Homewood Suites by Hilton worked with Joining Forces and the National Military Family Association to help select the first military family for the reunion. Amy, who works full-time in Clarksville, also volunteers with the National Military Family Association and other educational nonprofit organizations, including the National PTA.

Plans for the weekend began in May, with planners coordinating with Amy on the smallest details - even inquiring as to Russell's favorite candy and other likes.

"They took care of everything - the hotel, the travel for everybody, the cars for everybody," Amy said, of the Homewood Suites by Hilton team. "... It was great. They took good care of us."

As part of the weekend, the Zink Family enjoyed visiting the World of Coca-Cola, the Georgia Aquarium and CNN Headquarters. In the birthplace of Coca-Cola, the children especially enjoyed trying more than 60 different flavors of the popular soft drink.

The reunion attracted media attention throughout the weekend, and the Zink Family's story was even featured on HLN's "Morning Express with Robin Meade."

With more than 18 years in the service and four deployments, the Zinks are already looking ahead to what life will be like when Russell retires. As they head toward this life change, they will enjoy more precious family moments courtesy of Homewood Suites by Hilton - who gave them additional certificates for hotel stays.

"We're using those to do things we wouldn't normally do," Amy said. "We're going to go to New York City for Thanksgiving to see the Macy's Thanksgiving Day Parade. [We're] trying to give our kids some opportunities."



In a surprise reunion held in Atlanta, Sgt. 1st Class Russell Zink, 1st Squadron, 32nd Infantry Regiment, was welcomed home from his recent deployment with homemade signs crafted by more than 20 relatives - some of whom he had not seen in almost a decade.

COURTESY PHOTO BY HOMEWOOD SUITES BY HILTON

Hagel: National security assured during shutdown

by Karen Parrish
American Forces Press Service

SEOUL, South Korea - The Defense Department and other government agencies responsible for national security will carry out their missions despite the government shutdown, Defense Secretary Chuck Hagel said here, Tuesday.

The secretary, traveling in the Asia-Pacific regions this week for high-level meetings here and in Japan, sat down with reporters traveling with him to explain what is known, and what isn't, as monessential government services are temporarily mothballed.

"Our uniformed military are taken care of" and will be paid, the secretary said,

because President Barack Obama signs that exemption. Civilian who are exempt from the shutdown will remain at work and will be paid, he added.

Government agencies, including the Office of Management and Budget, have issued guidance to the civilian workforce in recent weeks on how to implement a shutdown. Hagel said the department is working to identify whether some civilians may be called back from furlough based on the nature of their duties, but he cautioned the question might not be answerable immediately.

"Our lawyers are now looking through the law that the president signed ... to see if there's any margin here, or

widening in the interpretation of the law of exemption versus non-exempt civilians," he said. "But it's a priority that we have, that we're working on right now. It's, in fact, the priority in our general counsel's office."

The secretary noted he has been asked repeatedly by South Korean officials here why the shutdown occurred. Hagel, this week, called the action irresponsible, and he said it affects "our relationships around the world."

He added, "It cuts straight to the obvious question: can you rely on the United States ... to fulfill its commitments to its allies?"

The secretary continued, "Here this great republic and democracy, the United States of America, shuts

down its government. The Pentagon, even though we are exempted - our military - has no budget. We are still living under this dark cloud of uncertainty, not knowing what's going to happen."

The shutdown affects missions around the world, the confidence of the nation's allies and planning for pending budget cuts, he said, but core missions will be carried out.

"We're going to be able to fulfill our mission of keeping this country ... secure, we will fulfill our mission of maintaining the alliances we have and our troops in South Korea [and] Japan, and other treaty obligations," Hagel stated.

He warned, however, that the shutdown casts a signifi-

cant pall over America's credibility with its allies.

"It is nonsensical ... it is completely irresponsible," the secretary said. "It's needless. It didn't have to happen."

Hagel said the shutdown "puts us all in a very difficult spot." A strong military is essential to the Nation's security, he said, but civilian employees, not only in DoD, but across government, also play a vital role in that mission.

"To think of what this is doing to these civilian employees and their families ... they've taken furloughs already this year - administrative furloughs," the secretary said. "Now we have legal furloughs. This is going to impact the future of a lot of our employees."

Without quality employees, he added, "you will have a dysfunctional system; a dysfunctional government. This is serious."

Military and civilian leaders from himself and Army Gen. Martin E. Dempsey, chairman of the Joint Chiefs of Staff - who is also in Seoul this week - on down have sent out messages this week to the military and civilian workforce.

"When you take that number of civilian employees out of the mix of everyday planning and working ... you're going to impact readiness," he said. "There's no point in kidding about that. But [Americans] should not be concerned that their security is now in jeopardy. It is not; it will not be."

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The Fort Campbell
COURIER
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Four Currahees inducted into Sergeant Audie Murphy Club

by Sgt. Justin Moeller
4th Brigade Combat Team

PAKTYA PROVINCE, Afghanistan – Originating in 1986 at Fort Hood, Texas, the Sergeant Audie Murphy Club is an exclusive U.S. Army organization for non-commissioned officers who have demonstrated outstanding leadership and performance.

In order to be inducted, the NCOs must be recommended, pass a physical training test as well as several rigorous board appearances.

“First of all, you have to be recommended by your leadership,” said Sgt. 1st Class Danielle A. Whitaker, medical operations non-commissioned officer in charge for the 4th Brigade Combat Team, 101st Airborne Division, native of Wrens, Ga, and recent inductee of the SAMC. “You then go to a battalion board. If the battalion board recommends you, [you] go to a brigade board, once recommended by your brigade, you go to an installation or division board. That is the last and validating board.”

Having accomplished those feats, Whitaker, Sgt. 1st Class Spencer A. Headley, Sgt. 1st Class Tcherry Samedy and Staff Sgt. Joshua Cook, all Soldiers with the 4th Brigade Combat Team, 101st Airborne Division, were inducted into the SAMC during ceremonies held on Forward Operating Bases Salerno and Lightning.

“The whole time going through the process of being inducted into the Sergeant Audie Murphy Club, I didn’t do it for myself, I did it for my Soldiers,” said Cook, a cannon crewmember with Battery A, 4th Battalion, 320th



PHOTO BY SGT. JUSTIN A. MOELLER | 4TH BCT

Sergeant 1st Class Danielle A. Whitaker (left), medical operations non-commissioned officer in charge for the 4th Brigade Combat Team, 101st Airborne Division, gives a verbal presentation about Audie Murphy during a Sergeant Audie Murphy Club induction ceremony Sept. 17 at Forward Operating Base Salerno, Afghanistan.

Field Artillery Regiment, 4th BCT, 101st Abn. Div., and native of Elizabethtown, Ky. “I did it so that my Soldiers would want to push themselves.”

“I like to set the highest standard and the best example I can, for not just my Soldiers but anyone who sees me,” added Cook. “I also did it for my daughters, who were just born, so they know that I did something special.”

Being part of the approximately two percent of NCOs that have distinguished themselves by being inducted in the SAMC deserves a sense of satisfaction.

“It feels good to be a part of the Sergeant Audie

Murphy Club,” Whitaker expressed. “We can reach out and talk to other Sergeant Audie Murphy Club members, see what they are doing in their units to better their Soldiers.”

“We need to continue to take care of Soldiers every day,” Whitaker added. “Soldiers are our greatest resource.”

With a motto of “You lead from the front”, the SAMC members have a reputation they are privileged to uphold.

“It’s an honor that my leaders identified me [for this],” Cook said. “I set the right example and I pushed myself hard enough to do something that not a lot of other people have done.”



PHOTO BY SGT. RYAN SHARP | 2ND BCT

Sergeant Kyle Donlan, a team leader in Company D, 1st Battalion 502nd Infantry Regiment “First Strike,” 2nd Brigade Combat Team, “Strike,” 101st Airborne Division, and a native of Blaine, Minn., reads “Are You My Mother” by Dr. Seuss to Stephanie Langlois’s kindergarten class at Kenwood Elementary School in Clarksville, Tenn., Friday.

Strike goes to school

by Sgt. Ryan Sharp
2nd Brigade Combat Team

CLARKSVILLE, Tenn. – Six Soldiers from the 1st Battalion 502nd Infantry Regiment “First Strike,” 2nd Brigade Combat Team “Strike,” 101st Airborne Division had the opportunity to spend some quality time with students at Kenwood Elementary School, Friday.

The Soldiers visited with the kindergarten through fourth grade classes as part of the “Partners in Education” program. The program focuses on building community relations between Fort Campbell and the Clarksville community.

“We try to partner up with one of the military units so that we can bridge the gap between the Clarksville community and Fort Campbell,” said Ptosha Maclin, the Kenwood Elementary School assistant principal. “

Many of the children already have some sort of connection with military,

“I jumped at the opportunity to go and read to the school children today.”

Sgt. Lewayne Campbell,
2nd BCT team leader

be it a parent, friend or Family who are, or have served. For some that only know what a Soldier looks like, this was their chance to get to know one up close.

Maclin went on to say the Soldiers provided a positive role model to the children and that they demonstrated that anyone can achieve what they want by working hard and staying in school.

During the visit the children asked many questions such as “Where do you sleep?” “how old do you think I am?” and “Do you carry a gun?”

“I jumped at the opportunity to go and read to the school children today,” said Sgt. Lewayne Camp-

bell, a team leader in Headquarters and Headquarters Company, a native of Martinsville, Va. “Not only do I feel obligated to give back to the community, but my wife is also a teacher, and now I have that connection knowing what she does.”

This event is just one of the many events the Soldiers will be involved in with the “Partners in Education” program.

“We would like the Soldiers to take part in our field day, and our reward system, which is the “School Wide Positive Behavior Support,” and when we have events such as Hat Day they could come and help out with that,” said Maclin.

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NEWS

Mogadishu Veteran shares experiences

by Nick Duke
Fort Benning Public Affairs

This month, the Army will mark the 20th anniversary of the Battle of Mogadishu, a 1993 conflict in Somalia that inspired the book "Black Hawk Down" and the mainstream movie of the same name.

As part of the commemoration of the 20th anniversary, the Airborne and Special Operations Museum at Fayetteville, N.C., is in the process of developing an in-depth temporary exhibit dedicated to telling the story of the battle.

The exhibit will incorporate video interviews with Veterans of the battle, as well as testimonies from Family members and artifacts from the battle.

Fort Benning will also play a role in the exhibit, as Fort Benning TV is helping conduct interviews with people who live nearby.

One Veteran, former Ranger Sgt. John Belman, visited Fort Benning to share the story of his role in the battle.

Belman was a member of a combat search-and-rescue, or CSAR, team sent into the streets of Mogadishu after a Black Hawk helicopter was shot down by a rocket-propelled grenade, Oct. 3, 1993.

As part of the CSAR team, Belman and his fellow teammates had been training specifically for the possibility of a helicopter crash.

"We knew that if we were going to be on the ground at all, it was going to be a bad situation, and we knew that the mission automatically would change if a helicopter got shot down," he said. "I went in knowing things were going to be ugly and things were going to be bad."

Once the CSAR team arrived at the crash site, Belman said it began to take heavy fire from the Somali militia.

As casualties mounted and more and more Soldiers were wounded, Belman said he found himself thinking he probably would not survive the battle.

"Very early on, I assumed I was going to die," he said. "The thought just occurred to me that the odds of us making it out alive were very slim given the amount of fire we were taking, the number of wounded and what we had left to help get us out."

Despite the bleak situation, Belman said one of his most vivid memories is of he and a fellow Soldier laughing at one point.

"Sometimes things that would seem completely terrifying or ridiculous just end up being funny," he said. "I can remember our combat controller on our helicopter was right next to me at one point and lots of people were getting shot. He got kind of winged in the arm and he and I just looked at each other and started laughing about it."

The CSAR team held its position for 15 hours into the early morning of Oct. 4, when an armored United Nations convoy and elements of the 10th Mountain Division were able to extract it and the survivors of the Black Hawk crash.

"I was out 15 hours, but it certainly didn't feel like 15 hours," Belman said. "When you're not sure about how it's going to end or when it's going to end and there's a lot of uncertainty about what's going to happen in the next five minutes, let alone two hours, that tends to magnify every moment in terms of how long it feels."

Belman left the Army in 1995, and since then, the Battle of Mogadishu served as the basis of the book and film "Black Hawk Down."

Belman said while there are inaccuracies in the movie's portrayal of the battle's events, he felt it served an important purpose.

"If you take it from the perspective that it's Hollywood and they have to do certain things to dramatize the event, I think it was a decent portrayal of what happened," he said. "The purpose that it served was a good one in the sense that the American people didn't really have any idea of what combat was like. Even though we've been at war for 12 years now, most people outside of Fort Benning or outside the communities of friends that I've got don't really know what it's all about."

"They might know a few people in the military, but we kind of have a society on autopilot when it comes to combat, and I think movies like that at least show something that is similar to what we experience and go through," he added.

Jim Bartlinski, the director of the Airborne and Special Operations Museum, said he is pleased to have Veterans like Belman sharing their stories for the exhibit, many for the first time.

"I feel very honored that they are trusting us to tell their story," Bartlinski said. "A lot of these guys have not spoken publicly about this story. We feel a great responsibility to ensure that their story is told accurately and respectfully."

"It's kind of taken on a life of its own," he said. "As people find out about it, they want to be a part of it and have their voices heard, and we couldn't be happier about this."

The video interviews being conducted will be edited into a 15-to-20 minute introductory video, with other excerpts used as videos that will accompany certain displays or artifacts within the exhibit.

In addition to telling the story from the perspective of the Soldiers who lived through it, the exhibit will also present the viewpoint of the Family members of those Soldiers as they followed the events through news reports.

Most importantly, however, Bartlinski said the exhibit will be a chance to show an example of the Army values in action.

"The Army values are going to be highlighted during this exhibit, and we'll show how they were exemplified during the battle," he said.

The exhibit opens today, the 20th anniversary of the battle, and will be open for two years.

While the exhibit is meant to serve as a reminder of the sacrifices made during the battle, Belman said he thinks the sacrifices made in Mogadishu are no greater than those that have been made during the War on Terror.

"I try to keep in mind that what we went through wasn't anything special compared to what people have been doing over the last 12 years," he said. "You've got men and women who have been deployed numerous times, some of whom have seen or experienced things that approached or surpassed what we went through. I was in combat once for 15 hours and a movie was made about it, but that's nothing compared to what people are doing today and the sacrifices that have been made."



PHOTO BY SGT. CANAAN RADCLIFFE | U.S. ARMY

The 2014 U.S. Army Small Arms Championships will be held Jan. 26 until Feb. 1. The competition is open to all Soldiers.

Registration open for marksmanship event

by Michael Molinaro
U.S. Army Marksmanship Unit

The U.S. Army Marksmanship Unit, in conjunction with the Maneuver Center of Excellence at Fort Benning, Ga., will host the 2014 U.S. Army Small Arms Championships, from Jan. 26 until Feb. 1.

The "All-Army" competition is open to all Soldiers - active and Reserve component - of all ranks including West Point and Reserve Officer Training Corps cadets.

The U.S. Army Marksmanship Unit, or USAMU, hosts the "All-Army" in order to raise the standard of marksmanship across the force and increase overall Army combat readiness.

There is no cost to compete in the championship and ammunition is provided to all competitors. USAMU Soldiers will conduct small arms firing schools and hands-on training prior to each match. Instructors include Olympians as well as world, national and interservice champions. As the Army's critical intent is to develop combat firing skills at the entry and intermediate level (as well as recognizing superior skill at the highest levels), Soldiers will compete in separate Cadet,

Novice, Open and Pro classes based on their competition experience. Soldiers will fire M-16 or M-4 service rifles at distances between 25-500 yards, and M-9 pistols between 7-35 yards in a variety of courses of fire.

There is also a combined arms match, where competitors employ the rifle and pistol in a number of exciting stages of fire that simulate close-quarters marksmanship.

During the pistol and rifle matches, there will be an Excellence-in-Competition, or EIC, Match where all Soldiers can earn points toward their EIC Marksmanship Badges. The prestigious EIC badge takes precedence over standard qualification badges. In addition to individual awards, battalion-level and unit teams can compete for team awards and unit recognition.

Range capacity for this event is 240, so early registration is encouraged. Once registration exceeds that number, Soldiers will be placed on a stand-by list for the competition.

For additional information and to register, visit the USAMU website at www.usamu.com or contact the USAMU chief of competitions, at (706) 545-7841.

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Barbara Q., USAA member

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NEWS BRIEFS

RETIREE DAY CANCELLED

The Retiree Appreciation Day scheduled for Saturday, at the Fort Campbell Passenger Processing Center has been cancelled due to the government shutdown and furlough of employees.

"After reviewing what services would be available, it just would not be worth the time it takes many of our retirees to drive here, particularly when some drive from as far as 200 miles away," said Garrison Commander Col. David "Buck" Dellinger. "From what we have to offer at this time, I'm afraid they would be severely disappointed."

The commissary is closed until the furloughs and shutdown ends. However, all the PX facilities will continue to operate. There would have also been a limitation on what vaccinations would be offered and no Department of Veterans Affairs representation would be available. Static displays would not be available, nor would bus tours of the installation. The ID Card office will be open from 8 until 10 a.m. specifically for retirees who may be in need of their services.

"It's with great regret that we must take this step, but I'd rather save our retirees time, money and disappointment if we cannot provide them with the services and offerings they've come to expect from Fort Campbell," said Dellinger.

It is unknown at this time as to whether the event will be rescheduled for another date.

DRIVER'S LICENSE CHECK POINT

The Tennessee Highway Patrol will be conducting a Driver's License Check Point on Zinc Plant Road Friday in Montgomery County.

SMALL ARMS CHAMPIONSHIPS

The U.S. Army Marksmanship Unit, in conjunction with the Maneuver Center of Excellence, will host the 2014 U.S. Army Small Arms Championships Jan. 26 through Feb. 1. The "All-Army" competition is open to all Soldiers - active and reserve component - of all ranks including, West Point and Reserve Officer Training Corps cadets.

The USAMU hosts the "All-Army" in

order to raise the standard of marksmanship across the force and increase overall Army combat readiness.

There is no cost to compete in the championship and ammunition is provided to all competitors.

For additional information and to register, visit the USAMU website at www.usamu.com or contact Michael Behnke, the USAMU chief of competitions, at (706) 545-7841 or michael.j.behnke.civ@mail.mil.

BACH FLU VACCINATIONS

Blanchfield Army Community Hospital will host two community-wide influenza vaccination events later in October. All TRICARE beneficiaries six months or older, including Soldiers, retirees and Family members may receive the flu vaccine Oct. 23 at the Post Exchange from 8 a.m. until 4 p.m. and again Oct. 30 at the Commissary from 8 a.m. until 4 p.m.

SE TRIATHLON SERIES

The Goosepond Island Half Distance Triathlon will be held Oct. 13 in Scotts-

boro, Ala. <http://goosepondisland-halfdistancetriathlon.com>. For more information, email Maj. Ray Porter at donald.r.porter.mil@mail.mil or race director Parker Edminston at edminstonlaw@yahoo.com.

ROAD CONSTRUCTION

Through November 2014, Cannon Construction Company/AT&T will construct of the new duct bank for the I3MP communications system. Three crews will start at the north end of the cantonment area and work south along Indiana Avenue, Tennessee Avenue and Desert Storm Avenue. Entrances to parking lots will have to be cut and some roads will be cut. The contractor will endeavor to keep parking lots open and traffic to at least one way. There are vehicles that park along the roadway that will have to find other parking during the construction. The contractor needs help in getting these vehicles to park elsewhere until work is complete.

SPECIAL FORCES

U.S. Army Special Forces are looking

for qualified Soldiers to join their teams. If you are interested, call the Fort Campbell Special Forces Recruiting Team at (270) 798-9818 or attend one of their briefings, conducted daily at 11 a.m. and Wednesdays at 11 a.m., 3 and 5 p.m. at 2206 Indiana Ave.

ID CARD APPOINTMENTS

The ID card/DEERS Section, 2577A Screaming Eagle Blvd., has appointments available for ID card renewals and DEERS. All eligible ID card holders can visit the following website: <https://rapid-appointments.dmdc.osd.mil> and make an appointment to get their next ID card or update their DEERS record.

Active duty Soldiers who receive ID Card services from their unit Personnel Office are not eligible to use this service at the Fort Campbell ID Card/DEERS office to update their CAC unless the unit's equipment is not available due to deployment.

For more information, visit us on Facebook at www.facebook.com/FtCampbellDEERS or call (270) 798-2424/4838.

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Catholic

Saturday Anticipatory Mass
Soldiers Chapel
(Bldg. 5875, 30th & Desert Storm)
5 p.m.
Confession 4:00 p.m.-4:45 p.m.

Sunday Masses

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

Daily

Soldiers Chapel
(Bldg. 5875 30th & Desert Storm)
Monday-Friday 12:00 p.m.
Hospital Chapel (BACH)
Weds. only 12:00 p.m.

Denominational and Ethnic

Sunday
Samoan Service, Hope Chapel
(Bldg. 7514, Cav Country)
Sunday School 10:00 a.m.
Regular Sunday Service 11:00 a.m.

Greek Orthodox

email
toula.phillips@am.dodea.edu
or call 798-6124 for times

Jewish

Friday
Peace Chapel
(Bldg. 2303, 17th & Indiana)
7:30 p.m.

Muslim

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

Pagan

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

Protestant

Sunday
Chapel Next Liberty Chapel
(3111 Bastogna Ave.)
11 a.m.

Hospital Chapel, (BACH)

9:30 a.m.
Memorial Chapel
(Bldg. 3934, 54th & Indiana)
11 a.m.

Collective Protestant

(Bldg. 3934, 54th & Indiana)
9:00 a.m.
Samoan Congregational
Christian Church
Choir Practice
6:30 Thursdays
2:00 Sunday

Sunday School 9:00 a.m.

Worship Service 10:30 a.m.
(Bldg. 2303 Peace Chapel
17th & Indiana)

Community Chapel Gospel

(Bldg. 6761 15th & Desert Storm)
Sunday School 8:30 a.m.
Worship Service 10 a.m.

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NEWS

USO: An ever present home away from home

by Denise Shelton
Fort Campbell Public Affairs

Wars and budgets come and go, yet the United Services Organizations remains a steadfast entity to the United States military. Similar to a beacon in the night, the USO can pierce the darkness of deployment woes and homesickness with genuine concern, comfort and care.

Many years have passed since the first USO mission in 1941. Back then, troops were entertained by the likes of Bob Hope, Doris Day and Bing Crosby; names Soldiers today would not recognize. However, these pioneer entertainers set the stage for all who have followed.

The Fort Campbell USO takes a back seat to no one when it comes to providing quality entertainment. Three months prior to the USO even opening its doors, the center had its very own

day in sun with Gary Sinise and the Lt. Dan Band. The band entertained thousands of 101st Airborne Division Soldiers and their Families.

The Fort Campbell facility certainly meets the expectations of a USO center upon walking through the door. The center offers free meals, video games, computer access and an overall relaxing atmosphere. The post USO even has a full-scale helicopter sitting smartly on display inside the center.

Fort Campbell USO Director Keri Burgess says plans to expand the center are always being made.

"We want to keep expanding what programs we have going, and we want to do a little better reaching female Soldiers. We are also looking at ways to support the children of Fort Campbell," she said.

Burgess says they are looking outside the center for the best designed areas to create



Fort Campbell USO director Keri Burgess (right) greets visitors along with Command Sgt. Maj. Mark Herndon during a recent tour.

a comfortable environment for the children.

"We are looking at where the children are and where the parents are bringing them and trying to support them there," she said.

Expanding USO programs is nothing new for the Fort Campbell center. The grand opening for the post USO

in November, 2011 was the spring board for plans to put a USO in the Nashville International Airport. The airport USO opened earlier this year and supports troops from all military branches stationed around the world to include Reserve and National Guard components.

Non-profit organizations

like the USO depend on financial contributions to maintain its mission. Burgess stated that donations are made to the center on a daily basis. Contributions over \$1,000, on average, are made every other month.

Dr. Robert Curtis Hughes of Primary Care Medical Center in Murray, Ky., presented the USO with a \$4,000 check Sept. 26. The money was raised at the 5K Freedom Fest Run held in Murray, Ky. June 29 and will be used to support the ever-growing programs and services of the Fort Campbell center.

Hughes has not personally served in the military but has close ties due to his father and other Family members serving.

"This is a way for me to serve back without actually being enlisted," said Hughes.

The USO offers many comforts of home. It could be something as simple as a nap in a chair or meeting

the challenge from a battle buddy in a game of pool.

"The USO recognizes the sacrifices the troops and their Families make for this country, and it is more important than ever that they are remembered and supported. The USO offers a variety of programs and services to support the morale, welfare, social and entertainment needs of troops and their Families, free of charge," according to USO.org.

Whether it's on an installation, in an airport or in another country, the USO can be an ever present reminder of home. Often it is in this place that a lifetime of friendships and memories are made.

"When we recall the past, we usually find that it is the simplest things--not the great occasions-- that in retrospect give off the greatest glow of happiness."
- Bob Hope

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Felicia Mason, Owner of Agni Yoga Studio, helps a student with her Warrior 2 form during the Yoga Retreat at Fort Campbell, Friday. Soldiers, civilians and Family members attended the event that demonstrated yoga basics. At left, a young girl and her mother join the rest of the class in Child's Pose, a rest position, Friday morning. The event was hosted in conjunction with the 101st Airborne Division's Suicide Stand Up Day.

Centering Exercise

Fort Campbell practices yoga on Stand Up Day

by Sgt. Anshu Pandeya
318th Public Affairs
Operations Center

September is Suicide Prevention Month, and Soldiers of the 101st Airborne Division participated Friday in Suicide Stand Up Day.

Filled with classes and activities, the day's purpose included educating Soldiers and their Families about suicidal thoughts and behaviors and how they can prevent their comrades and loved ones from acting on those thoughts. This year one of those activities was a yoga retreat.

The retreat at Joe Swing Recreation Center offered three different one-hour classes including "Centered Being," "Vinyasa" and "Restorative Yoga."

"The whole idea behind this retreat was to support the suicide prevention [training] going on right now," said Lisa Zaehring, who taught the restorative yoga class. "It's a way to offer Soldiers as well as their spouses a tool for stress management."

Zaehring is a yoga instructor at Agni Yoga Studio in Clarksville, Tenn., and volunteers weekly to teach classes to wounded warriors at Estep Wellness Center.

Mary Elizabeth Hedrick, another instructor at the retreat, also volunteers weekly at Estep.

"I'm thrilled to be here just to be able to offer the benefits of yoga to Soldiers and Family members, and to let them know what kind of yoga resources we have in the community," Hedrick said, who is also an instructor at Radiant Yoga in Clarksville. "I



Major Jerry Rider, MEDDAC, demonstrates Triangle Pose, during one of the classes held Friday at the Yoga Retreat outside Fort Campbell's Joe Swing Recreation Facility.

think any resources that we can offer to prevent suicide would be beneficial to the community, so I'm just thrilled that we're doing it this week."

Maria McConville came up with the idea as part of the Master Resilience Training program for spouses.

"As the units were doing a Suicide Stand Up Day, I thought we'd have a yoga downward dog day," said the wife of Maj. Gen. James C. McConville, the 101st and Fort Campbell commanding general.

"We got a pilot program that started last year," said Mrs. McConville, who is also a dietician and fitness trainer. "We trained 32 spouses to be Master Resilience Trainers. We call ourselves SMRTs."

"I just saw having a yoga retreat as an adjunct to that," Mrs. McConville

added. "All of the training that we give normally is in a classroom setting so I thought this would be a type of modality that would add to our resilience."

Mrs. McConville also highlighted the efforts of the yoga instructors at the retreat.

"All three of them are highly-skilled experienced instructors, but they're also spouses," she said, "and they're freely giving up their time. They put a lot into preparing for each class, and so I really appreciate that and know how much we value our volunteer spouses."

Tiffany Simms, health promotion officer for Fort Campbell's Community Health Promotion Council, coordinated with the installation's Family and Morale, Welfare and Recreation to bring the retreat

retyped somewhat," she added, "so we want people to come out and see that yoga is for everybody: it's for men, it's for women, it's for children, it's for older people, it's for disabled people, people that are physically trying to get back to where they were maybe."

"It's great for flexibility and core strength, and it's also great for mental and emotional wellbeing, and so we're hoping that people will come out, see that you don't have to be this fitness guru, or you don't have to fall into this stereotype, and maybe try yoga at a later date because they feel more comfortable with the concept of yoga."

The many benefits of yoga seemed to be unanimous as Hedrick also emphasized the advantages of practicing yoga.

"Aside from the physical benefits of building strength, flexibility and balance, yoga offers mental and spiritual benefits," Hedrick said. "Studies have shown that just three minutes of relaxation can have a physical effect on the body. And connecting breath movement and positive intension also have been shown to elevate mood by practicing just for a short period of time."

Zaehring added, "I personally believe the mindfulness piece is what helps with stress management, being able to stay in the present moment and not getting caught up with difficult emotions like anger or grief rather than becoming attached to those thoughts and being reactive. Yoga helps to sustain the present moment, creates space between those difficult emotions so we can maintain balance and clarity."

... yoga offers mental and spiritual benefits.

Mary Elizabeth Hedrick, yoga instructor

to post after SMRT came to her with the idea.

"They wanted to do this yoga retreat, felt like a lot of people don't understand yoga, are afraid to try yoga, think it's only for a certain type of person and don't necessarily understand all the holistic benefits of yoga," she said. "That it's not just physical; that it's not just mental; that it has an overall well-being aspect to it."

"Yoga seems to be ste-

Fisher House celebrates Founder's Day

by Sgt. Joseph J. Rhodes
Warrior Transition Battalion

Since its opening in 2006, Fort Campbell's Fisher House has served 718 Families and provided 6,252 nights of lodging - saving those in need almost \$750,000 in food and lodging expenses.

The Fisher House held a barbecue and meet-and-greet Sept. 26, where non-profit organizations gathered to offer their services to wounded warriors and their Families while celebrating the 103rd birthday of Zachery Fisher - founder of the Fisher House.

Representatives from non-profit organizations specializing in education, medical services and job resources mingled with Blanchfield Army Community Hospital staff, WTB cadre, Fort Campbell Soldiers and Families during the celebration.

"I reached out to non-profit organizations who specifically had something to offer our wounded warriors," said Wendy Carlston, manager of the Fort Campbell Fisher House. "It's also an opportunity for the com-

munity, the WTB Cadre and Soldiers to come over and see what we are about, because so many people as they rotate in and out don't fully understand the mission of the Fisher House."

Established in 1990, the Fisher House Foundation has saved Soldiers, Veterans and their Families an estimated \$200 million in lodging and travel expenses.

The first two Fisher Houses were opened in 1991, now there are 62 total establishments across the Nation that have provided more than 4.7 million days of lodging to service members and their Families in need.

"The Fisher House provides a home away from home for military Families who are actively receiving medical treatment," Carlston explained.

"This would be a place where they could stay, easy access to the hospital. They don't have to go in and out the gate. That way they can be over at the hospital with that Family member."

Master Sgt. Kelvin Fennell, secretary of the post's Audie Murphy Club, said the Fisher House offers an important service to those it helps.



Debbie Finnegan from Equine Assisted Transitions explains how therapy with horses like Tricks can benefit warriors and their Families to Master Sgt. Kelvin Fennell, Secretary of Fort Campbell's Sgt. Audie Murphy Club.

"... It's a big project that helps not just the local installation, but Soldiers as a whole," he said.

"If a single Soldier gets in an accident in the local area [and] parents can't afford lodging and they need to stay for a long period of time; they can stay

at the Fisher house, no cost to themselves ... So it's a win-win situation ..."

The Fisher House family believes that Family is part of healing, as is evident in the organization's slogan: "Because Family is good medicine."



DEAR MS. VICKI

Dear Ms. Vicki,
I need your help to answer a very important question for me. It's ruining who I am as a person and it's causing a lot of damage to my marriage.

My husband truly needs help because he can't see that he has turned into a monster. Sometimes I think I'm being too harsh when I say that, so let me just say he has turned into someone that I no longer recognize. He admits it, but he won't do anything about it.

It's not that he is being abusive to me or our children, but it's like he doesn't exist anymore. His personality has changed with every deployment, leaving him more isolated when he returns than when he left.

I won't cry and whine about my husband having several deployments because so has everyone else. Deployments and wars have become the American way. My husband doesn't want to do anything with me anymore. He doesn't like going out to dinner, or going to the movies. We don't have date night as a couple. Number one, he doesn't like crowds, or sitting with his back to the door and he is easily startled at any noise. I don't even ask him to come with me anywhere because I can't handle his behavior.

Our son asked him to walk with him to the bus stop and he said he couldn't because the other children playing around before the bus comes will agitate him to no end. He has night sweats, he screams and yells, what - I don't know. He cries for no reason, too. When I try to help him by talking it out because I truly want to help him he will shut down.

He finally went to behavioral health and saw a psychiatrist and a therapist. He was diagnosed with PTSD and they have him about three medications to help him with anxiety, depression and one to help him sleep.

My husband won't take the medication. He also said the psychologist and the psychiatrist said you can't really diagnose PTSD because it's just a catch-all diagnosis. My husband also said he was told by the same people that PTSD cannot be treated. So now he won't go back to for help. This is really breaking me down and I don't know how to convince him that he needs to get help.

Surely he heard them wrong. Can you diagnose and treat PTSD? I'm calling it PTSD but they are calling it a syndrome now and not a disorder. It's the same thing to me.

Drowning Army Wife

See VICKI, Page 2B

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

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

• Questions can be sent to Vicki Johnson at dearmsvicki@yahoo.com. Readers may also blog with her at www.washingtontimes.com or check out her internet radio show at www.blogtalkradio.com/dearmsvicki, follow her on Twitter: [@dearmsvicki](https://twitter.com/dearmsvicki) and on Facebook: [Vicki Johnson](https://www.facebook.com/VickiJohnson).

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

COMMUNITY

VICKI
Continued from Page 1B

Dear Drowning,
You can absolutely diagnose and treat PTSD. With treatment people can get better.
Let me explain a few things. Anyone can get PTSD. We can't tell you why 10 people can experience a traumatic event, but each person can have a different reaction. Some may be diagnosed with PTSD and some may not. Our per-

sonalities, temperaments, stressors, prior traumas, etc., all play a role in developing PTSD. Keep in mind; this is not about who is strong and who is weak.
The truth is that we are humans and every one of us is fragile, and we are not super humans. Licensed (at the highest level) mental health professionals can diagnose PTSD using the Diagnostic Statistical Manual of Mental Disorders (DSM-5). It's the like the Bible for diagnostic criteria for a mental health

diagnosis. We also use other assessment tools to help us make as accurate diagnosis as possible.
These tools can also help us determine treatment options, too. The patient is also included in treatment planning. I said all of this to say that, Post Traumatic Stress can be diagnosed and treated, too ... most definitely.
It's an anxiety disorder but it can also affect your mood and cause symptoms of depression, agitation, nightmares,

sleeplessness, etc.
Most service members with PTSD and combat stress report some of the same symptoms as your husband; they don't like being in crowded places, they may be easily startled and they don't like sitting with their backs to a door.
Your husband could be afraid to get treatment for many reasons. He could fear that he will lose his career, his security clearance, that he won't be promoted, or even that he won't be accepted as a capable

Soldier to his commanders. Moreover, he could be afraid of treatment.
I applaud him for at least meeting with a psychiatrist and a psychologist. I can see why it might have been intimidating or even a little scary.
I was thinking about my physical I had earlier in the year. All of the questions and tests can be scary. My advice is for you to solicit help from other Family members to encourage your husband to get treatment and to support him

throughout the process.
You need support, too. It would be beneficial if you could learn everything that you can about PTSD and join support groups, too.
In a subsequent email, I would like to send you more resources and information that will help you. Just know that I am thinking about you and I know this is difficult. Please keep in touch with me and let me know how you are doing.
I will be thinking of other ways to encourage your husband to get treatment.

The Fort Campbell Courier
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Status Photo Ask Question Milestone

Write something...

CAMP PANDORA, Afghanistan — 305th Special Troops Battalion, 101st Sustainment Brigade "Admiral" Chap. (Capt.) Jason Price travels throughout Afghanistan to educate soldiers on suicide. Price teaches a program called Explosive Suicide Intervention Skills Training, which gives the U.S. Army soldiers tools, tips and ideas on how to mitigate, and in most cases, prevent suicide. As suicide remains one of the Army's top priorities, this class is instrumental in raising awareness and saving lives particularly in high-stress environments. <http://bit.ly/16Fbc5H>

U.S. Army Fort Campbell Don F. Pratt Museum-101st Airborne Division (Air Assault) has organized a living history display Saturday to commemorate the 69th anniversary of Operation Market Garden — the largest airborne operation ever carried out at the time. Read more about the operation here: <http://bit.ly/16Fbc5H>

Like Comment Share

46 people like this.

Write a comment...

Gary Reiske Sr. 101 did it's job, but thanks to monty's poor planning it failed.
Like Reply · September 28 at 12:40pm

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COMMUNITY BRIEFS

AIR ASSAULT AUTO LAYAWAY

Just in time for the holidays, Air Assault Auto is now offering a layaway plan. With only 20 percent down, shoppers can layaway a purchase for up to six months (maximum total of \$3,000). There's no limit to the items shoppers can layaway, including: parts, audio equipment, accessorizing equipment, wheels, tires, fluids, wipers, engines, transmissions, lift kits, bumpers, tool kits — even special orders.

Monthly payments will be required in the amount agreed upon and the customer can choose either the first or the 15th as their payment date. Air Assault Auto has a no refund policy for the layaway plan. For more information, call (270) 956-1100.

DOMESTIC VIOLENCE AWARENESS

October is Domestic Violence Awareness Month. Join Army Community Service Family Advocacy Program at the Domestic Violence Awareness activities planned throughout the month.

On Friday at Freedom Fighters Physical Fitness Center, the Annual 3-on-3 Domestic Violence Awareness Basketball Tournament will be held at 3 p.m.

Everyone is invited to take "A Walk in Their Shoes," Oct. 22. The walk will be held at the track that circles Blanchfield Army Community Hospital. As they walk, participants will have an intimate look at domestic violence from the victim's perspective. Start times will be 9, 9:10 and 9:20 a.m. Call to register for the time you would like to walk.

For more information, call (270) 412-5500.

1, 2, 3, 4 PARENTS! WORKSHOP

ACS Family Advocacy Program presents "1, 2, 3, 4 Parents!" a three-session workshop for parents of children ages 1 through 4. Learn about: Ages & Stages, Building the Bond, Discipline Skills, Avoiding Accidents & Problems, Choices & Consequences and Encouragement. This workshop takes place from 9 until 11:30 a.m., Tuesday, as well as Oct. 15 and 22.

Limited child care is available. Children must be registered and up-to-date with CYSS. Parent(s) must pre-register and attend all three sessions to complete the class. For more information or to register, call (270) 956-3736 or (270) 412-5500.

ARMY FAMILY TEAM BUILDING

Army Family Team Building classes are designed primarily for the military spouse, but anyone who attends AFTB classes will learn something new. These classes are open to Soldiers and their Families, retirees, DoD civilians and others associated with Fort Campbell.

Attend AFTB Level I training Nov. 4-5 from 9 a.m. until 3 p.m.; or Level II training Dec. 9-11 from 9 a.m. until 3 p.m.

AFTB will also be holding an Instructor Trainer Course, Monday-Wednesday. All classes are held at the Family Resource Center. Soldiers can earn up to four promotion points for taking AFTB classes. For more information, call (270) 798-4800.

ACAP HIRING EVENTS

Fort Campbell ACAP is hosting multiple great veteran-friendly employers Wednesday, from 9 a.m. until 3 p.m. at Fort Campbell's English Army Education Center, 202 Bastogne Ave. Employers will meet with job seekers, accept resumes and applications and potentially make on-the-spot job offers.

Chesapeake Energy will be hiring for the oil and gas industry, and will present in room 242 at 4:30 p.m., Wednesday. Edward Jones will provide information on their Forces Program, and Ingersoll Rand (Trane) is seeking to hire production supervisors and technicians.

The Tennessee Department of Corrections will be recruiting correctional officers and other positions, while the USDA will be present to provide information on applying for government positions. Transamerica is seeking sales representatives.

Paschall Trucking is hiring dispatchers, recruiters and drivers. AWL, Universal Trucking and R.E. West, Inc. are seeking over-the-road drivers.

Troops to Teachers will discuss the Federal Troops to Teachers program. Representatives from the Kentucky will be providing information about employment prospects posted at www.kentucky.gov.

To view open job announcements visit www.campbell.army.mil/campbell/directorates/DHR/Pages/ACAP.aspx or visit www.facebook.com/FortCampbellACAP.

For more information call (270) 461-4775.

EXCHANGE LAYAWAY

Holiday shoppers can keep their loved ones' gifts out of sight and under wraps until the time is right thanks to the return of the Army & Air Force Exchange Service's fee-free layaway plan.

Through Dec. 24, the Fort Campbell Exchange will waive the \$3 processing fee for all layaway purchases. From Nov. 1 through Dec. 16, shoppers can put computers, laptops, notebooks and tablets on layaway (Nov. 29-30 excluded).

A deposit of only 15 percent is required when starting the layaway process. Shoppers can visit customer service for complete program details and eligibility information.

WALK WITH ME TENNESSEE

Walk with Me Tennessee continues each Tuesday from 5 until 7 p.m. at the Clarksville Greenway's Pollard Road Trailhead, located at 1101 Pollard Road, through Dec. 17. For more information, call Clarksville Parks and Recreation at (931) 645-7476 or visit www.healthwalkers.com.

WOMEN'S SHOW

The Jennie Stuart Western Kentucky Women's Show will be held Friday from 7:30 a.m. until 6 p.m. at the Bruce Convention Center in Hopkinsville.

Admission is free to all women. It features health screenings and talks on health, nutrition, weight loss and more. There will be opportunities for free Pap, mammogram and colon cancer screenings for those who meet certain criteria, as well as other vendors and displays.

TRAIL CLEANUP

The City of Clarksville Parks & Recreation Department is hosting a cleanup at The Clarksville Greenway, located at the Pollard Road Trailhead, Saturday from 8 until 10 a.m. Groups and individuals are welcome to participate. Trash bags will be provided but participants may want to bring their own gloves. For more information, call (931) 645-7476 or visit www.cityofclarksville.com.

YOUTH BASKETBALL

Clarksville Parks & Recreation offers a Youth Basketball League for boys and girls ages 7 to 15.

The cost is \$60 per player. Registration for the league ends Friday and is available online at recpro.cityof-clarksville.com.

Registration is available at the Klee-man, Crow and Burt Cobb Community Centers, as well as at the Clarksville Parks & Recreation Main Office. Registrants must bring their birth certificate for age verification if they are registering for this program for the first time. For more information, call (931) 645-7476.

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Protect your baby from sudden infant death

by Maj. Lakisha Flagg
U.S. Army Public Health
Command

The birth of a child is a miraculous moment. It is a time that is filled with hope as new parents, family members and friends anticipate the many years of joy and happiness that normally accompany the arrival of a newborn.

Unfortunately, about 4,000 of these babies die every year in the United States, and the cause of death for these children is often not obvious or immediately known. Sudden Infant Death Syndrome is responsible for nearly half of these deaths. SIDS is the leading cause of all deaths among infants under a year old, and it often occurs when babies are between 2 months and 4 months

old. Some people call SIDS "crib death" because many babies who die of SIDS are found in their cribs.

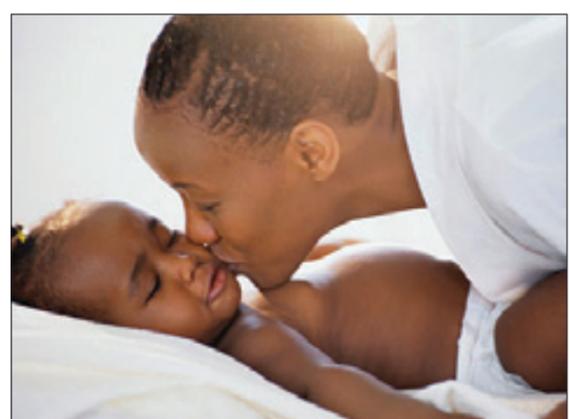
Many years ago, the American Academy of Pediatrics identified sleep position as a contributing factor in SIDS deaths, and in 1994 the organization began its popular Back to Sleep campaign, which encouraged parents and caregivers to place infants on their backs when putting them down to sleep. The organization admonished parents and caregivers to reserve "Tummy Time" for times when infants are awake and closely watched by caretakers. "Back to Sleep" positioning was found to be the most effective action that parents and caretakers could take to reduce the risk of SIDS for children in their care. Because of the

campaign, the rate of SIDS deaths in the United States decreased by more than 50 percent.

Since that time, several other factors that contribute to SIDS have been identified. These factors include physical entrapment in bedding and furniture, suffocation and choking. In response to these newly identified risk factors, the AAP has launched a new SIDS prevention campaign called "Safe Sleep for All Babies." This campaign encourages caretakers to continue placing infants in the proper sleep position and advises them to also ensure that their child has a safe sleeping environment by removing all choking and strangulation hazards from infants' sleep areas. These specific risk-reduction strategies to prevent

SIDS include:

- Placing infants in a crib or bassinet, in the same room as the parents;
- Avoiding co-sleeping/placing infants in the same bed as adults or other children;
- Placing babies on their backs to sleep, even for short naps;
- Reserving "Tummy Time" (laying infants on their belly) for when they are awake and someone is watching;
- Using a firm sleep surface, such as a crib mattress covered with a fitted sheet;
- Keeping soft objects like pillows, quilts, bumper pads and stuffed animals out of the crib until infants are older than 12 months;
- Keeping soft objects and loose bedding away from sleep area;



COURTESY PHOTO

Parents and caregivers are encouraged to place infants on their backs when putting them down to sleep. Sudden Infant Death Syndrome is the leading cause of all deaths among infants under a year old, and often occurs when babies are between 2 months and 4 months old.

- Making sure babies don't get too hot and keeping the room at a comfortable temperature for an adult;
- Avoiding the use of cribs that are broken, that have missing parts or that have drop-side rails; and
- Keeping infants away from tobacco smoke and places where people smoke. By adopting these simple safety tips, parents and caregivers can reduce the risk of SIDS for infants in their care.

PETS OF THE WEEK



A brown and white female beagle mix, a short-hair male tabby kitten and a 7-month-old male brown terrier mix are available for adoption at the Fort Campbell Vet Treatment Facility. Adoption fees for military ID card holders are as follows: \$97 for female cats and dogs, \$92 for male dogs and \$82 for male cats. Prices include an adoption fee and the distemper/



parvo/corona vaccine, rabies vaccination, antigen heartworm test, fecal test, microchip implant and spay/neutering. It also includes a feline leukemia test for cats. Civilian prices are the same and include rabies and distemper shots, canine heartworm tests, heartworm prevention medication and feline leukemia tests. Spaying and neutering services



PHOTOS BY MICHELE VOWELL AND SGT. JOSEPH J. RHODES | COURIER

are not available for civilians adopting animals at the facility. Microchips are required for the pet on the day of adoption. The impound is located at 5290 Eighth St. and it is open for adoptions Monday through Friday from 10 a.m. until 3 p.m. For more information about pet adoption at Fort Campbell, call (270) 798-5519 or visit www.fortcampbellmwr.com.

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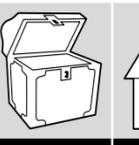


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Announcements

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Employment

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Help Wanted

NEW TODAY!
Hopkinsville
50 Positions Available Immediately

Help Wanted

Kentucky
20 Driver Trainees Needed Now!
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Pets

Moving
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1 spayed female, 1 male. Crate trained. Walks well on leash or harness.

Home Furnishings

Dinette Set
7 piece set. Very nice. \$500.00 obo. 270-484-5315.

Miscellaneous

Lionel Lines Train Set
Ready to run. Electric O-Gauge Train Set. Includes Locomotive, Tender, Boxcar, Gondola with 2 Cannisters, Caboose, Transformer, 40 Inches of Track, Bottle Smoke Fluid, Billboard Stand with Insert and 8 Construction Signs.

Duplexes for Rent

NEW TODAY!
1903 B JAN DR_2 bedroom. 1 bath. Appliances. Central heat/air. Carpeted. Washer/dryer hook up. \$450. 270-885-5610.

Homes for Sale

Home For Sale
On Hermitage Dr. Newly remodeled 3 bedroom 2 bath, upstairs bonus room, 1300 square foot, fenced in back yard, new appliances stay. \$85,000.00 270-348-4089

Announcements

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Airlines Are Hiring
Train for hands on Aviation Career. FAA approved program. Financial aid if qualified. Job placement assistance. Call Aviation Institute of Maintenance. (888) 207-2053.

Help Wanted

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Help Wanted

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Pets

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Home Furnishings

Queen Size Box Spring And Mattress
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Miscellaneous

Real Estate Rentals
Apartments for Rent
All real estate advertised in this newspaper is subject to the Federal Fair Housing Act of 1968, which makes it illegal to advertise any preference, limitation or discrimination based on race, color, religion, sex, handicap, family status or national origin, or intention to make any such preference, limitation or discrimination.

Duplexes for Rent

Duplexes For Rent
2 Duplexes for Rent. Both are 2 bed, 1 bath, all electric, central air, WD hookup. \$425 deposit / \$425 month. 1yr Lease. Call 270-348-2365.

Homes for Sale

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Announcements

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Employment

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Help Wanted

NEW TODAY!
Hopkinsville
Crown Services Is Now Hiring
Auto-Cad Engineer for full time position in the Elkton Area. Temp to hire position. High School Diploma or GED required. Position pays \$16/hour. Apply in person at 1001 Skyline Dr or call 270-889-9555 for more information.

Help Wanted

Owner Operators Wanted
New Century is hiring CDL-A Owner Operators, sign-on incentives. Competitive pay package. Long haul freight. Paid loaded and empty miles. Also hiring company Teams or Solo Drivers looking to Team. Call 866-938-7803 or apply on-line at www.drive4NDL.com

Pets

1997 Ford
Ranger. Regular Cab. XLT. Kelly Blue Book \$5,600. Sell for \$4,850. Only 47,000 Miles. Call 270-889-5624.

Home Furnishings

Two Twin Bedspreads
Two twin matching bedspreads. Green with mallard ducks. \$30.00. 270-885-5918 Hopkinsville.

Miscellaneous

Antiques
Antique 1897
Scotland Tiger Oak Buffet w/mirror \$300.00 886-2271

Duplexes for Rent

Meadowbrooke
2 bed, 2 bath. Open floor plan \$550. 270-269-2428.

Homes for Sale

Lake Barkley Retreat
Wonderful 3 Bedroom 2 bathroom country home on 120 acres in Lyon county. Peaceful and private, but minutes to Eddy Creek Marina. Deer and turkey hunting, biking, hiking trails, city utilities. Mature standing timber. \$395,000. 859-533-8639

Announcements

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Retailer Save! Starting at \$19.99/month (for 12 months). Free Premium Movie Channels. Free equipment, installation and activation. Call, compare, local deals. 1-800-254-1095.

Employment

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Help Wanted

NEW TODAY!
Hopkinsville
Crown Services Is Now Hiring
Auto-Cad Engineer for full time position in the Elkton Area. Temp to hire position. High School Diploma or GED required. Position pays \$16/hour. Apply in person at 1001 Skyline Dr or call 270-889-9555 for more information.

Help Wanted

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Pets

NEW TODAY!
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Home Furnishings

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For Sale 2012 Brookstone Ruby 353 SLS 2 bedrooms, washer and dryer, 2 A/C units, Arctic package, lots of cabinets and storage. Ideal for a family. Asking 42K. Call (502)417-5302.

Miscellaneous

Appliances
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Duplexes for Rent

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Homes for Sale

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Announcements

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Employment

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Help Wanted

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Immediate Openings In Hopkinsville For The Following Positions:
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Help Wanted

Jobs Wanted
Masonry Handyman Work
Brick and block foundations and handyman work. Specialize in mobile home foundations. Call 270-217-3670

Pets

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A.R.E. Camper Shell
For 2004-2008 Ford F-150 extended or regular cab with 6.5 ft bed. White. Excellent Condition. Over \$1,200 new, sell for \$700/best offer. 270-889-8352 after 5 p.m.

Home Furnishings

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Miscellaneous

Houses for Rent
I 10 Holly
3 Bedrooms. 1 Bath. Carpet. Central. No Pets. \$510. Not section 8 approved. 270-881-9887.

Duplexes for Rent

2 Bed, 1 Bath
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Homes for Sale

For Sale By Owner Ft. Campbell Area
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Announcements

Ft Campbell
Requests public comments on the Integrated National Resources Management Plan and associated Environmental Assessment (EA). This document describes natural resource management activities and actions developed to integrate natural resource management practices with the training mission in compliance with State and Federal laws and regulations. Copies of the documents have been placed in the following libraries: Clarksville-Montgomery County Library; Christian County Library; Robert F. Sink Library; John L Street Library; Stewart County Public Library. Please submit comments, in writing, to: Gene A Zirkle, DPW Environmental Division, Bldg. 865, 16th St., Fort Campbell, KY 42223; Email: gene.a.zirkle.civ@mail.mil; Phone: 270-798-9854.

Employment

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Help Wanted

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Home Furnishings

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Great for Halloween; includes dress, arm warmers, headband, choker, shrug, dress, tail and petticoat. Size M/L \$30.00 270/885-3032.

Miscellaneous

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Duplexes for Rent

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Homes for Sale

For Rent
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Announcements

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Pets

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Pets

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Home Furnishings

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Announcements

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Employment

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Help Wanted

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Thursday, October 3rd
Public Square - 6-9 pm
Elkton Bike Night with
Chris Monhollen Band



Chris Monhollen

Friday, October 4th
Community House and
Die Casting Center - 5-10 pm
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Glory Days
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Visit the [Annual Meeting Registration](#) page to sign up, and be sure to follow Family Programs on [Facebook](#) and [Twitter](#) for updates and information.
We look forward to seeing you in October!



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The Days of Knights

A Medieval Experience

War Memorial Park, Oak Grove, Ky. - Oct. 10-13



Colorful flags and banners were characteristic of the Middle Ages and many will be on display at the Days of Knights Oct. 10-13 at Oak Grove, Ky. This is a reproduction of the standard of Henry Tudor, who would defeat Richard III at the Battle of Bosworth and become King Henry VII, and begin the Tudor dynasty. This story is dramatized on the current television series, "The White Queen." Below, visitors will have the opportunity to handle authentic copies of medieval weapons and try on helmets and armor. Knowledgeable interpreters will answer questions and explain the function of the weapons and equipment.



Fort Campbell Pratt Museum Director Dan Peterson presents his impression of a fully armored knight with horse, in German "Gothic" style armor of the late 15th century, as would have been worn during the Wars of the Roses. This set of armor for man and horse was carefully copied from the original which was displayed many years in the Tower of London, and now on exhibit in the Royal Armouries Museum in Leeds. This type of armor can be seen at The Days of Knight Medieval Experience at Oak Grove War Memorial Trail Park.



by Yvette Smith
Courier staff

Take a step back in time to the middle ages during The Days of Knights – A Medieval Experience, Oct. 10-13 at the War Memorial Park located in Oak Grove, Ky. This historical re-creation allows visitors to walk through an encampment that guides through several historical time periods, chronologically.

Hosted by historical enthusiasts from across the Nation, this living history fair recreates the Norman invaders of Britain in 1066, Crusaders from the 1200s, archers and knights from the Hundred Years War and many others.

"We are going to start out with the Roman camp, which is sort of the basis of the military technology in the middle ages," said Dan Peterson, director of Fort Campbell's Don F. Pratt Museum and Medieval enthusiast.

The event is an educational and authentic venue whose historical accuracy is stressed with all its participants. Costumes and armor are accurately reproduced, and visitors will learn about many aspects of medieval life, to include roles of women during those time periods and religion in society.

"[The participants] come from all walks of life - some are museum curators, school teachers, doctors, but they all have a personal interest in medieval history, knights and old military technology."

The layout of the event will be set up in a round-robin fashion along a circular paved trail and is accessible to strollers and wheelchairs. The historical camps begin with the Romans, followed by the Dark Ages, and ninth through the 17th Century – 11 camps in total.

"You can go along the trail and visit the different camps of the knights, see how they

lived in the various time periods and they'll answer any questions for you."

Attendees can expect to see Romans, Vikings, Normans, knights from the Crusades up until the War of the Roses.

"Young kids really like knights and sword fighting and all that," said Peterson. "They'll be able to pick up the weapons and things and examine them and ask questions."

"Like the new show, 'The White Queen,' on Starz, the armor from that period will be on display," said Peterson. "In fact it will be a lot more authentic than what you see on the show. They can get the feel of how heavy the armor is by putting on a chain-mail shirt, putting on a helmet, they can pose with the knights, take pictures and it will be a lot of fun."

The medieval experience will also have ongoing demonstrations throughout the day in the park amphitheater.

"One of the demonstrations will be the evolution of the knight's armor, so it will be kind of like a military fashion show," said Peterson. "It will begin with the earliest and end with the later. There may also be a demonstration of the weapons of the various periods including the early gun powder weapons like the earliest guns that were invented in the middle ages. We'll also have catapult and cannon firing demonstrations."

The historical presentation is intended to be both educational and fun, without interjection of fictitious fantasy elements.

"One of the reasons all these people from all over the country have volunteered their time to do this event is they wanted to have a fair where you could see the knights that wasn't sort of spoiled by all the silliness of a so-called Renaissance Fair - so if there is a good knight or two there, they are sort of drowned out and diluted in all of the unauthentic things. This event is actually just for the authentic."

The free event is open to the public and opens at 11 a.m. until 5 p.m., Oct. 10; from 10 a.m. until 5 p.m., Oct. 11; from 10 a.m. until 3 p.m., Oct. 12.

"It's going to be a great, informative and fun learning event," said Peterson.

ESCAPE

ENTERTAINMENT GUIDE

Tonight

Art Walk -- Produced by The Downtown Clarksville Association, First Thursday Art Walk is a free, self-guided tour spanning a five-block radius that combines visual art, live music, engaging events and more in the heart of Downtown Clarksville. With more than 10 venues, bars and businesses participating each month, the First Thursday Art Walk in Clarksville is the ultimate opportunity to savor and support local creative talent. The October Art Walk will be held from 5 until 8 tonight at the shops and galleries on Public Square, Franklin Street and Strawberry Alley.

Saturday

Spooktacular Fest -- Join MWR for a Spooktacular time from 6 until 9 p.m. Saturday at the Town Center Park located in the Exchange parking lot. There will be a costume show for the entire Family, makeup demonstrations, Halloween safety tips, Halloween-themed crafts, face painting, creative ideas for costumes and decorations, candy and music. For more information, call MWR Public Relations at (270) 798-7535.

Today-Saturday

HarvestFest 2013 -- HarvestFest 2013, Elkton, Ky., kicks off tonight with the Elkton Bike Night. Hundreds of bikers and others can enjoy a free concert featuring the Chris Monhollen Band at 6 p.m. A classic car Cruise In at the Milliken Memorial Community House in Elkton will begin at 5 p.m., Friday. The Glory Days Band will perform at 6:30 p.m. Vendors will line Elkton's Public Square Saturday starting at 9 a.m. with food, crafts, games and more. Live entertainment begins at 10 a.m. For more information, call (270) 265-7070 or visit www.toddcountyca.org.

Friday

Operation Rising Star -- See a Soldier, Family member or Fort Campbell community member take home the \$500 first-place prize and make it to the Army-wide Operation Rising Star finals, at 7 p.m., Friday. During the competition the contestants will be judged by a local panel of judges and the audience. Audience votes make up 50 percent of the determination as to who becomes Fort Campbell's Rising Star. The finals will be held at The Zone, 3910 Indiana Ave. The top three finalists at Fort Campbell will receive cash prizes. First place will receive \$500 and will go on to compete for an opportunity to advance to the Army-wide finals in San Antonio, Texas. For more information, call The Zone at (270) 461-0603.

Retiree Appreciation Special -- In honor of Fort Campbell's retirees, Cole Park Commons Southern Buffet will be offering a Retiree Appreciation Special from 11 a.m. until 1:30 p.m. Friday. Retirees will receive a 15 percent discount on their buffet meal, which also includes a full soup and salad bar. For more information, call CPC Southern Buffet at (270) 798-4610, extension 119.

Fall Festival -- The Montgomery County Family Community Educators Fall Festival will be at the Veterans Plaza in Clarksville from 8 a.m. until 3 p.m., Friday. There will be lots of crafts, food and other fun things happening that day. It is free, so come out and have a great time. For more information, call (931) 648-8245.

◆ Denotes event held on Fort Campbell

Party in Pink' Zumba -- Join Estep Wellness Center for a "Party in Pink" Zumba event in honor of Breast Cancer Awareness Month, Saturday from 11 a.m. until 1 p.m. The cost is \$20 and each participant will receive an official T-shirt and bracelet. There is only space for 60 participants so pre-register to save your space. For more information, call Estep Wellness Center at (270) 798-4664.

Discover SCUBA -- The first Discover SCUBA class of the indoor season will take place Saturday at the Indoor Aquatic Center, located at 166 Cunningham Lane, just behind the Kleeman Community Center in Clarksville. The center will be hosting Discover SCUBA on the first Saturday of each month from 1 until 4 p.m. as well as on the third Thursday of each month from 5 until 8 p.m. at the Aquatic Center for those ages 10 and older. Classes are \$25 and can be paid for online at recpro.cityof-clarksville.com or onsite at the pool. All scuba gear will be provided. For more details, contact the Clarksville Parks and Recreation at (931) 645-7476 or visit www.cityofclarksville.com/aquatics.

Bark in the Park -- Happy dogs and their owners are encouraged to come to this year's Bark in the Park, Saturday, from 1 until 4 p.m. at the King's Run Bark Park located at Clarksville's Liberty Park. Bark in the Park, presented by Clarksville Parks & Recreation, will feature contests, demonstrations, and dog-related vendors and services. Admission is free. The event will feature a costume contest, an owner/dog look-a-like contest and a best trick contest. Registration for all contests will be done at the event. For more details on Bark in the Park, call Clarksville Parks and Recreation at (931) 645-7476.

Pet Expo -- Attend D.W. Recreation Center's Family-friendly Pet Expo, at 3 p.m. Sunday. You'll show off your pet when you take a short walk with them and then show off their talents and abilities. Awards will be presented for the "Smallest Pet," "Largest Pet," "Most Unique Pet" and "Best Trick."

Sunday

All pets are welcome. Pets must be up-to-date on vaccinations and must remain on a leash or in a kennel/cage at all times. Information will also be available on local rescue organizations, pet supply businesses and training. For more information, call D. W. Recreation Center at (270) 798-7391.

Monday - Oct. 11

Fall Break Activities -- Child, Youth and School Services has some great activities planned for fall break. These activities are open to youth in middle school and teens. Participants must be registered with CYSS. Scheduled activities include: skeet shooting, swimming, bowling, paint ball, archery, a baby sitters course, a costume make-up work shop and haunted house construction and décor. Sign up for all field trips at the Taylor Youth Center front desk. Fees for field trips and activities must be paid at least 24 hours prior to the event. Please ensure that the participant arrives at the youth center an hour before the trip departs and that they are dressed appropriately for the activity. For more information, call Taylor Youth Center at (270) 798-3643.

Oct. 10-13

Days of Knights -- Attend the Days of Knights, a medieval experience at Oak Grove's War Memorial Park Oct. 10-13. Visitors can walk through an encampment featuring living history enthusiasts re-creating the Norman invaders of Britain in 1066, Crusaders from the 1200s, archers and knights from the Hundred Years War and more. With a focus on historical accuracy, this event is not a renaissance fair. However, costumes and armor will be worn by the re-enactors. Visitors can anticipate watching jousting, archery and catapult firing, as well as enjoying vendor booths. For more information, visit thedaysofknights.com or call Dan Peterson at (931) 436-7878.

Oct. 12

Spooky Spectacular -- The Kleeman Community Center and the Indoor Aquatic Center will be scaring up some Halloween fun with their first-ever Spooky Spectacular, Oct. 12. The Spooky Spectacular will be open from 3 until 7 p.m. with a Haunted Maze and Haunted Swim following from 7 until 10 p.m. at both facilities, located side-by-side at 166 Cunningham Lane in Clarksville. The Spooky Spectacular's activities at the Kleeman Center will be \$5 per person. The Haunted Maze and Haunted Swim portions of the evening will take place at the Indoor Aquatic Center, with \$4 admission. For more information, call (931) 645-7476 or visit www.cityofclarksville.com/events.

Laying Low -- The 3rd Annual Laying Low is an outdoor, festival-style event to benefit the Customs House Museum, Oct. 12 from 5 until 10 p.m. Enjoy a casual evening with beer, barbecue and live music by The Beagles.

Limited tickets are available at \$50 per person. To purchase tickets, call Linda Maki at (931) 648-5780.

Oct. 13

'Call of Duty' Tournament -- If you sit at home playing this video game then you should enter the Call of Duty Black Ops 2 Xbox 360 Tournament at DW Recreation Center, Oct. 13, starting at 2 p.m. This tournament is free to enter and is open to all eligible MWR users age 18 and above. Trophies will be awarded to the top three finishers. For more information, call D.W. Rec at (270) 798-7391.

Oct. 17-18

Playmaker Academy -- SKIES Unlimited presents Playmaker Basketball Academy/Fall Break Basketball Camp at Taylor Youth Center. Playmaker Basketball Academy is a basketball skills development program designed to help players develop the skills necessary to reach their full potential as basketball players. Camp will be held Oct. 17 and 18. Co-ed third through fifth graders will meet from 10 until 11 a.m. and the cost is \$20. Middle and high school will meet from 11 a.m. until 1 p.m. and the cost is \$40. AFC Deployment discounts can be used for these camps. For more information, call SKIES at (270) 412-5811.

Ongoing

Horseback Riding Clinics -- The staff at Fort Campbell Riding Stables are bringing back their Introduction to Horseback Riding Clinics. These clinics are taught on three levels: beginner, intermediate and advanced; and are designed to teach the ins and outs of western style horseback riding. The cost for each clinic is \$30. During class, students will participate in a routine class schedule led by their instructor. Dates and times vary based on instructor availability and number of class seats reserved. For reservations or more information, call (270) 798-2629.

Guenette Classes -- Guenette will be offering the following special opportunities in October: Gelatin printing, Oct. 12 from 10 a.m. until 2 p.m. for \$7; 1/2 price shop fee, Oct. 12; and leather bracelets, Oct. 26 from 10 a.m. until noon for \$8. Additional classes include: kid's art lab, zentangle, stepping stone creations, stained glass sun catchers, wheel throwing and kid's classes. For more information on specific dates and times, call (270) 798-6693. Framing Classes will be held on Saturdays from 12:30 until 4 p.m. and the cost is \$10 plus the cost of materials. Please bring your own art work to frame. Clay Works and Paint Your Own Pottery are available on a walk-in basis Tuesday through Saturday. Wheel Throwing and Ceramic Pouring Classes are available by appointment. Registration for each class is required and can be completed at Guenette Arts and Crafts Center.

Elk and Bison Prairie -- Land

Between the Lakes National Recreation Area invites you to experience the annual magic of elk bugling in the Elk & Bison Prairie. The Elk & Bison Prairie is open seven days a week, from dawn to dusk. The prairie features a 3.5-mile paved loop road and interactive interpretive stops from which visitors can view wildlife and learn more about this native habitat. Prairie passes cost \$5 per vehicle and are available at the Elk & Bison Prairie entrance or any LBL facility. Visitors are encouraged to review the official website at www.lbl.org or call 800-LBL-7077 or (270) 924-2000.

Entangled Roots -- Jennifer Bowman's abstract landscapes art, entitled "Entangled Roots" is on view at Clarksville's Customs House Museum, located at the corner of Second and Commerce streets. In conjunction with the exhibit, Bowman will be doing a gallery talk Oct. 24. As part of the museum Art & Lunch programming, this event is free to the public. For more information, contact Terri Jordan, Exhibits Curator, at (931) 648-5780 or terri@customhousemuseum.org.

"Monty Python's SPAMALOT" -- Roxy Regional Theatre's 31st season started with the opening of the Tony Award-winning musical comedy "Monty Python's SPAMALOT." This musical retells the legend of King Arthur and his Knights of the Round Table as they embark on their quest for the Holy Grail. The production runs through Oct. 19, playing Wednesdays and Thursdays at 7 p.m. and Fridays and Saturdays at 8 p.m. Tickets are \$25 for adults and \$15 for ages 13 and younger, and may be purchased online at www.roxy-regionaltheatre.org, by phone at (931) 645-7699 or at the theatre during regular hours.

Fall Break Special Model Trains -- Thanks to the volunteer engineers at Clarksville's Customs House Museum, the model trains will be making special runs during fall break, Oct. 15-16 from 10 a.m. until noon and Oct. 17-18 from noon until 2 p.m. The model trains exhibit has delighted more than half a million visitors since 1989. For more information, call (931) 648-5780.

Challenge Course Complex -- You've seen it outside Gate 10 in the Outdoor Recreation Area. The Challenge Course Complex consists of five different elements, each with its own challenge. The staff at the Outdoor Recreation Challenge Course Complex will work with any group of any age for programs such as: team building, fun adventure days, physical training, birthday parties or recreation therapy. For more information, call Outdoor Recreation at (270) 412-7855.

To submit an upcoming event that would be of interest to *Courier* readers, email complete details to campbell.courier.editor@gmail.com.

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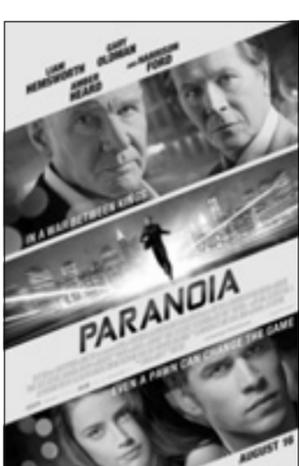
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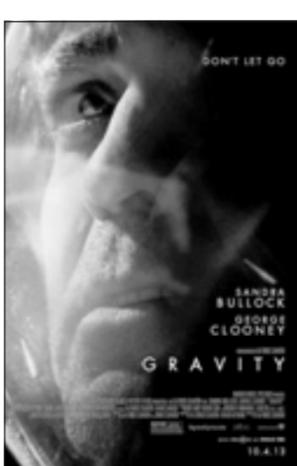
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Saturday, 7 p.m.
(Aaron Taylor-Johnson, Chloë Grace Moretz)
Junior assassin Hit Girl and vigilante Kick-Ass, are trying to live as normal teenagers Mindy and Dave. With graduation looming, Dave decides to start the world's first superhero team with Mindy. Unfortunately, when Mindy is busted for sneaking out, she's forced to retire, leaving her to navigate the terrifying world of high-school on her own. Rated R for strong violence, pervasive language, crude and sexual content, and brief nudity.

Getaway
Sunday, 2 p.m.
(Ethan Hawke, Selena Gomez)
Brent Magna is a burned out race car driver who is thrust into a do-or-die mission behind the wheel when his wife is kidnapped. With Brent's only ally being a young hacker, his one hope of saving his wife is to follow the orders of the mysterious voice who's watching his every move through cameras mounted on the car Brent's driving. Rated PG-13 for intense action, violence and mayhem.



Movies, Books, Video Games, Music

Movie Release (Friday) – Gravity
(George Clooney, Sandra Bullock)
Dr. Ryan Stone is a brilliant medical engineer on her first shuttle mission, with veteran astronaut Matt Kowalski in command. But on a seemingly routine mission, disaster strikes. The shuttle is destroyed, leaving Stone and Kowalski completely alone – tethered to nothing but each other and spiraling out into the blackness. The deafening silence tells them they have lost any link to Earth and any chance for rescue. As fear turns to panic, every gulp of air eats away at what little oxygen is left. But the only way home may be to go further out into the terrifying expanse of space. Rated PG-13 for intense sequences and strong language.



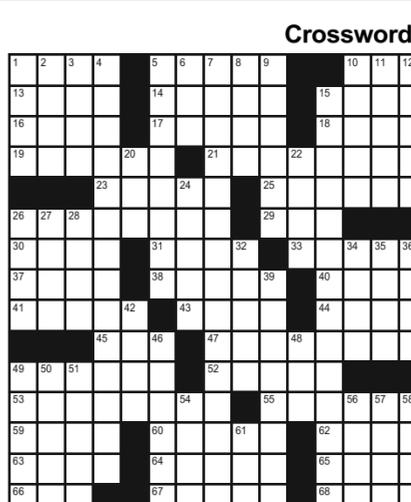
Book Release (Tuesday) – "Doctor Sleep" by Stephen King
A mysterious tribe called the True Knot travel in search of sustenance. They look harmless, but as Dan Torrance knows, they are living off the "steam" that children with the "shining" produce when they are slowly tortured to death. Haunted by the inhabitants of the Overlook Hotel, Dan has been drifting. Finally, he settles in a New Hampshire town, a community that sustains him, and a job at a nursing home where his remnant "shining" power provides the crucial final comfort to the dying. Aided by a prescient cat, he becomes Doctor Sleep. Then Dan meets the evanescent Abra Stone, and it is her spectacular gift, the brightest shining ever seen, that reignites his own demons and summons him to a battle for Abra's survival. This is an epic war between good and evil, a gory, glorious story that will thrill the readers of "The Shining" and satisfy anyone new to the territory of this icon in the King canon. www.stephenking.com.



WORDS - NUMBERS

"Current Events"

- Across**
- Deli spread
 - "The Chronicles of Narnia" author C. S.
 - On the ___ (fleeing)
 - Salt Lake City's state
 - "___ to Hold Your Hand"
 - Journalist Pauley
 - "Cheers" regular
 - Bother
 - Pitching successes
 - Rajiv Gandhi's mother
 - Causes great anguish
 - Copycat
 - English noblewoman's address
 - Order in the court?
 - "What did I tell you?"
 - Former Russian ruler
 - Sisters
 - Prima donna's favorite numbers
 - Prefix with space or plane
 - Lacking originality
 - Dog name
 - Thanksgiving table item
 - List-ending abbreviation
 - Half a sestet
 - Greek goddess of the dawn
 - Republican symbol
 - Prepare leftovers
 - Anti-flooding device
 - Of the heavens
 - "The Governor"
 - Element #26
 - So far



- Down**
- 1936 Pasteur portrayer Paul
 - "This must weigh ___!"
 - Three feet
 - Electrician's favorite TV show?
 - Connective tissue
 - She bleats
 - Electrician's verbal shrug?
 - Fascinated by
 - Weather map features
 - Actress Dern
 - Put in one's two cents?
 - Like a teen's room, stereotypically
 - Electrician's favorite movie?
 - Brazilian city, familiarly
 - Even scores
 - Get accustomed
 - Party type
 - Consumer
 - Silents star Theda
 - Like an old joke
 - Pre-euro money
 - Chief Norse god
 - Chimney sweep's covering
 - Puts on a pedestal
 - "___ place or mine?"
 - Obsolete weaponry
 - A pop
 - Out there
 - "___ Grows in Brooklyn"
 - Avignon's river
 - Late tennis star Arthur
 - Stench
 - King of Shakespeare
 - Pops
 - Bradley and Meese

Sudoku Puzzle

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

Crossword Answer



Sudoku Answer

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

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Mercedes Nicholson, Lady Falcons sophomore, goes up for a block during the team's win against Trigg County. Below, senior Channing Minich serves the ball during the volleyball game at Fort Campbell High School, Monday night. Minich led the team with 20 digs, in the Lady Falcons' first win in 10 games.



PHOTOS BY MEGAN LOCKE SIMPSON | COURIER

Lady Falcons' night of redemption

by Megan Locke-Simpson
Courier staff

The Lady Falcons volleyball team reached a turning point in their season, Monday night, by taking a home court victory against the Trigg County Lady Wildcats.

Fort Campbell High School took the overall win in three sets (25-8, 25-9, 25-17). It marks the first breakthrough for the team in 10 games.

"Communication was by far the thing that made us win that game," said Melyssa Moulden, the team's first-year head coach. "We didn't stop talking one time in our serves. I don't think anybody missed a serve."

Fort Campbell started out the first set with determination, as the girls spiked the ball to an early lead. While Trigg County stayed on the offense, Lady Falcons senior Maiya Lane continued leading the team from the back of the court to push ahead. The first set ended with a 17-point lead for the Lady Falcons.

"Maiya Lane led the team in serves," Moulden added. "She had 21 serves."

The second set was more of the same for the Lady Falcons. With an early tie, Trigg stalled out with three points, allowing Fort Campbell to surge to a 13-point lead. While the Lady Wildcats found their footing later on in the set, it was too late to bypass Fort Campbell's defensive efforts, ending with a 25-9 score.

"We were getting our passes up," said Senior Emily Horkey, of what helped keep the team in a winning pattern. "People were getting their hits in. Serves were going over and in, which is good."

With Trigg County winning their last matchup against Fort Campbell, Aug. 27, in four close sets (25-18, 21-25, 25-19, 25-23), Horkey went into Monday night with high expectations.

"It was about time," Horkey said of the win. "I

I just hope we finish out the season strong."

Emily Horkey,
Falcons volleyball

just hope we finish out the season strong - stronger than we've been doing."

In the third set, Fort Campbell did not achieve a huge lead as in the first two sets. It was the only set during which Trigg County gained points on the Lady Falcons, however, that did not last long with help from senior Maegan Cobos.

"Maegan Cobos, No. 1, she led the team in kills, with 12," Moulden said.

Channing Minich also performed for the team throughout the night, ending with 20 digs. With district championships on the line, Moulden really feels this game proves that Fort Campbell cannot be counted out yet when facing rivals University Heights Academy, Christian County and Hopkinsville in District 8.

"I'm extremely proud of how my girls played tonight," she said. "We came together finally as a team, and they played amazing."

"We really could possibly upset districts ... We've lost to them the whole season, but we've always had pretty close games. If we play like we did tonight, we definitely have a chance."

While sophomore Mercedes Nicholson did not think she played up to her potential individually, she believes the win will help the team as a whole as they face Union County, Oct. 15.

"I didn't get as many hits as I wanted to," she said. "I played smart, I think, and as good as I could for today ... We needed a win to boost our confidence."



Senior Emily Horkey keeps the ball in play during the second set against the Trigg County Lady Wildcats, Monday. The Lady Falcons beat the team in three sets (25-8, 25-9, 25-17). Head Coach Melyssa Moulden saw the win as a turning point for the team, who hope to be competitive in the district tournament.

SOLDIER scoreboard

Men's Flag Football

Sept. 25

887th ENG0(F)
2nd BCT DFAC 1

E/4/101st 6
2/160th SOAR13

B/1/32nd CAV12
C/1/32nd CAV20

B/2/327th INF12
511th ENG 6

A/101st CAB13
B/1/320th FAR19

372nd ENG 1
B/1/502nd INF0(F)

Sept. 26

561st MP 6
584th SMC 7

1/160th SOAR0 (F)
244th ADA 1

A/1/32nd CAV18
E/1/101st CAB13

2/320th INF14
1/327th INF12

HSC 96th ASB 0
B/3/187th INF20

Volleyball

Sept. 23

Spikers 2
Charlie 0

Alpha 2
Scared Hitless 0

Diamonds n' Dirt 0
Team America 2

Sept. 25

Spikers 2
Alpha 0

Diamonds n' Dirt 2
Scared Hitless 0

Delta 0
Team America 2

FALCON scoreboard

Golf

Sept. 30 & Oct. 1 - Region 2 Tournament

Fort Campbell's Brian Hedrick, Jacob Anderson, Zachery Anderson and Spencer Koschmeder competed in boys golf regionals, Monday, at Henderson Country Club. Scores were as follows: Hedrick, 101; Jacob, 122; Zachary, 169; and Koschmeder, 208. The team scored 600 total.

"The course was very difficult but the boys didn't give up," said Head Coach Velma Camp.

Madison Witzleb represented the Falcons girls golf team at regionals, Tuesday, at the Madisonville Golf and Country Club. With a final score of 93, she had 10 bogies and three pars. Witzleb placed 18th in Region 2. "She played very well and only got

caught up on two holes," Camp said. "She remained confident throughout the entire tournament."

The 2013 Leachman Buick-GMC-Cadillac/KHSAA State Golf Championships will take place next week at the Bowling Green Country Club. The boys compete, Monday-Wednesday. The girls event follows, Oct. 10-12.

Boys Soccer

Sept. 30: Fort Campbell - 1
Christian County - 7

In this home field loss, Fort Campbell's Robert Deleonguerrero scored the Falcons' lone goal. Fort Campbell had eight shots on goals. The Falcons are 2-10 for the season.

Girls Soccer

Sept. 30: Fort Campbell - 1
Caldwell County - 3

The Lady Falcons are set to play Clarksville Academy on-the-road at 4:30 p.m., Saturday. They face off against Crittenden County, Monday, in another away game at 7:30 p.m.

Football

Sept. 27: Fort Campbell - 17
McCracken County - 53

The Falcons lost to McCracken County High School, Friday night, bringing their season record to 2-4. The 53-17 loss came on Fort Campbell's homecoming night. With a bye week this Friday, the Falcons face rival Paducah Tilghman

Oct. 11 on the road. The game starts at 7:30 p.m.

Cross Country

Sept. 28: Marshall County Invitational

For the Varsity Boys 5K, Antonio Verones placed 45th with a time of 19:25.46. For the varsity girls 5k, Fort Campbell's Sydney Parker placed 19th with 22:28.60 and Paige Updike placed 20th with 22:29.40.

"The runners went out this weekend and did really good," said Head Coach Vicki Gibson, in an email. "The girls placed 3rd place while the boys placed 11th. Sydney Parker came out from behind and beat Paige Updike by 0.8 seconds. On our boys side Miguel Enriquez broke 20 minutes

and ran a 19:39. All of the runners came and performed well."

Volleyball

Sept. 26: Fort Campbell - 0
Christian County - 3

Fort Campbell lost to Christian County in three sets (25-17, 25-13, 25-19).

Oct. 1: Fort Campbell - 3
Russellville - 1

The Lady Falcons snagged another home victory in four sets (26-24, 25-18, 15-25, 25-16).

The Lady Falcons will take the momentum on the road Friday as they travel to McCracken County for the Quad State Tournament.

FRIDAY		WKRN 2 (2) ABC	WSMV 4 (4) NBC	WTVF 5 (5) CBS	DISN 6 Premium	SHOW 7 Premium	WDCN 8 (8) PBS	WUXP 10 MNT	WZTV 10 (17) FOX	HBO 12 Premium	WKMA 13 PBS	WNAB 14 (58) CW	DISC 15 Discovery	NICK 16 Nickelodeon	TBS 17 Atlanta	SPIKE 18	FAM 19 ABC Family	WGN 20 Chicago	USA 21	MAX 22 Premium	BET 24 Black Ent.	ESPN 26 Sports	TNT 29 Turner Net.	LIFE 33 Lifetime	A&E 34 Arts & Ent.
6 PM		Nashville's News 2	Channel 4 News	NewsChannel 5 Inside Edition	Jessie	4:30 War Horse (Dra, '11)	PBS Newshour	Jeopardy!	Modern Family	New Year's Eve (Romance, 2011) Sarah	PBS NewsHour	Big Bang Theory	Fast N' Loud	The Legend of Korra	4:00 Baseball American League	Cops	The Breakfast Club (Drama, 1985) Judd Nelson	America's Funniest Home Videos	NCIS: Los Angeles	5:15 Perfect Pitch (Com, '12)	5:00 106 & Park A Thin Line	5:00 SportsCenter	Castle	Romeo Killer: The Chris Porco Story	Storage Wars
7 PM		Last Man Standing	The Michael J. Fox Show	Undercover Boss	A.N.T. Farm	Masters of Sex	Music City Roots	Monk	Masterchef	Jessica Parker	Comment on Kentucky	The Originals	Fast N' Loud	Ninja Turtles	Division Series MLB	Cops		Met Your Mother	Modern Family	:15 Warm Bodies (Comedy, 2013) Nicholas Hoult	College Football Live (L)	Wedding Crashers (Comedy, 2005) Owen Wilson	Jodi Arias: Dirty Little Secret (Drama, 2013) Tania Raymonde	Storage Wars	
8 PM		Shark Tank	Dateline NBC	Hawaii Five-0	Wander Over Yond Phineas & Ferb/ FishH	.05 Lincoln (Biography, 2012) Day-Lewis	Great Performances Pt. 2 of 2 from Sept 27	Monk	Sleepy Hollow	Boardwalk Empire	Washington Week	America's Next Top Model	Fast N' Loud	Full House	Division Series MLB (L)	Bellator MMA	17 Again (Comedy-Drama, 2009) Zac Efron	Met Your Mother	Modern Family	Strike Back	(1996) Martin Lawrence	Football Nevada vs. San Diego State NCAA (L)		Left to Die (Drama, 2013) Rachael Leigh Cook	Storage Wars
9 PM		20/20	Blue Bloods	Live and Maddie	Austin and Ally		The Middle	FOX 17 News	Real Time With Bill Maher	Great Performances Pt. 2 of 2 from Sept 27	TMZ	Fast N' Loud	Friends		Bellator MMA	The 700 Club	Met Your Mother	CSI: Crime Scene Investigation	Guide to Depravity	The Wendy Williams Show	SportsCenter		Jodi Arias: Dirty Little Secret	Storage Wars	
10 PM		Nashville's News 2/Prep	News @ 10 Touchdown	NewsChannel 5 at	Jessie	:35 Homeland	Summer Wine	A. Griffith Show	:35 The Arsenio Hall Show	Real Time With Bill Maher	Dish Nation	Fast N' Loud	Friends			Fresh Prince of Bel Air	Met Your Mother	CSI: Crime Scene Investigation	Strike Back	:50 Max Quickies		The Holiday (Romance, 2006) Cameron Diaz	Storage Wars		
11 PM		:35 Jimmy Kimmel Live	:35 The Tonight Show With Jay Leno	:35 The Late Show With David Letterman	Austin and Ally	:35 Man on a Ledger (Cri, '12) Sam Worthington	Moyers and Company	Seinfeld	:35 Access Hollywood	Hello Ladies	BBC World News	Cleveland Show	Steeles vs. Vikings	George Lopez	Seinfeld	1000 Ways to Die	Fresh Prince of Bel Air	Parks and Recreation	CSI: Crime Scene Investigation	:50 Mr. & Mrs. S...		:15 Sex and the City 2 (Com, '10)		Storage Wars	
12 AM		:05 Rules of Engage.	Jimmy Fallon	:35 Inside Edition	Good Luck Charlie		Worthington	Charlie Rose	The Office	:35 ONT! Insider	:05 Ent. Tonight	Snake Eyes (Act, 1998) Nicolas Cage	Charlie Rose	Paid Program	Fast N' Loud	George Lopez	Seinfeld	1000 Ways to Die	Fresh Prince of Bel Air	CSI: Crime Scene Investigation				Storage Wars	

SATURDAY		WKRN 2 (2) ABC	WSMV 4 (4) NBC	WTVF 5 (5) CBS	DISN 6 Premium	SHOW 7 Premium	WDCN 8 (8) PBS	WUXP 10 MNT	WZTV 10 (17) FOX	HBO 12 Premium	WKMA 13 PBS	WNAB 14 (58) CW	DISC 15 Discovery	NICK 16 Nickelodeon	TBS 17 Atlanta	SPIKE 18	FAM 19 ABC Family	WGN 20 Chicago	USA 21	MAX 22 Premium	BET 24 Black Ent.	ESPN 26 Sports	TNT 29 Turner Net.	LIFE 33 Lifetime	A&E 34 Arts & Ent.	
7 AM		Good Morning America Saturday	President's Cup PGA (L)	6:00 Weekend Morning Report	Jake and the Never L Sofia the First	Inside the NFL	Super WHY!	Dr. Haney	Think Big	:15 Journey 2: The Mysterious Island (Adv, '12)	Dinosaur Train	Rescue Heroes	Paid Program	SpongeBob SquarePants	Meet the Browns	2:30 Ways to Die	6:00 The Last Mimzy (Fam, '07)	Paid Program	NCIS: Los Angeles	:15 Max on Set	Moesha	SportsCenter	Major Crimes	Paid Program	Criminal Minds	
8 AM		Nashville's News 2 at 8 a.m.	Wander Over Yond A.N.T. Farm	60 Minutes Sports	Angela Ballerina	60 Minutes Sports	DragonflyTV	Weekend Marketplace	Dragons	:50 Puss in Boots (Animated, 2011) Antonio Banderas	Justice League	Dragon Ball Z Kai	Tickle	Ninja Turtles Pt. 1	Rabbids Invasion	Are We There Yet? The King of Queens	Xtreme 4x4	Matlock Pt. 1 of 2 cont'd next	NCIS: Los Angeles	Superman (Sci-Fi, 1978) Christopher Reeve	Moesha	College Gameday (L)	Law & Order	Paid Program	Criminal Minds	
9 AM		Wild Countdown	Lucky Dog	Jessie	Knuckleball III (Documentary, '12) Tim Lincecum	Dr. Chris Pet Vet	Dog With a Blog	Martha's Living Room	Garden Smart	Paid Program	Michael Buffer / :45	Martha's Living Room	Yu-Gi-Oh! ZEXAL	Knitting Daily	Antiques Roadshow	Fast N' Loud	Friends	Friends	In the Heat of the Night	NCIS: Los Angeles	:55 Superman III (Sci-Fi, 1983)	Moesha	Football NCAA (L)	Law & Order	Flip This House	
10 AM		Ocean Mysteries Born to Explore	Sea Rescue	Football Air Force vs. Navy NCAA (L)	Dog With a Blog	:35 Spy Kids 4: All the Time in the World (Action, '11) Jessica Alba	Amer. Test Kitchen Mexico: One Plate	Martha's School	Martha Bakes	Met Your Mother	Lidia's Italy in America	Harrison Ford	Sam & Cat	Sam & Cat	Antiques Roadshow	Fast N' Loud	Friends	Walker, Texas Ranger	Law & Order: Special Victims Unit	:15 Dodgeball: A True Underdog Story (Comedy, 2004) Vince Vaughn	Moesha	Football NCAA (L)	Law & Order	Flip This House		
11 AM		Paid Program	Paid Program	Paid Program	Dog With a Blog	:05 Pieces of April (Com/Dra, '03) Katie Holmes	Shake It Up	Shake It Up	Shake It Up	Shake It Up	Shake It Up	Shake It Up	Shake It Up	Shake It Up	Shake It Up	Shake It Up	Shake It Up	Shake It Up	Shake It Up	Shake It Up	Shake It Up	Shake It Up	Shake It Up	Shake It Up	Shake It Up	Shake It Up
12 PM		Paid Program	Paid Program	Paid Program	Dog With a Blog	:05 Pieces of April (Com/Dra, '03) Katie Holmes	Shake It Up	Shake It Up	Shake It Up	Shake It Up	Shake It Up	Shake It Up	Shake It Up	Shake It Up	Shake It Up	Shake It Up	Shake It Up	Shake It Up	Shake It Up	Shake It Up	Shake It Up	Shake It Up	Shake It Up	Shake It Up	Shake It Up	
1 PM		Paid Program	Paid Program	Paid Program	Dog With a Blog	:05 Pieces of April (Com/Dra, '03) Katie Holmes	Shake It Up	Shake It Up	Shake It Up	Shake It Up	Shake It Up	Shake It Up	Shake It Up	Shake It Up	Shake It Up	Shake It Up	Shake It Up	Shake It Up	Shake It Up	Shake It Up	Shake It Up	Shake It Up	Shake It Up	Shake It Up	Shake It Up	
2 PM		NCAA Countdown	Football NCAA (L)	Good Luck Charlie	Good Luck Charlie	Good Luck Charlie	Good Luck Charlie	Good Luck Charlie	Good Luck Charlie	Good Luck Charlie	Good Luck Charlie	Good Luck Charlie	Good Luck Charlie	Good Luck Charlie	Good Luck Charlie	Good Luck Charlie	Good Luck Charlie	Good Luck Charlie	Good Luck Charlie	Good Luck Charlie	Good Luck Charlie	Good Luck Charlie	Good Luck Charlie	Good Luck Charlie	Good Luck Charlie	
3 PM		College Post-game	Nashville's News 2	NCS News	Dog With a Blog	Homeland	NewsHour.	Tennessee Wild Side	OMG! Insider	Muhammad Ali's Greatest Fight (Bio, '13)	Kentucky Aflac	East of Eden (Drama, 1955)	James Dean	Community	CW Fall First Look	Alaska: The Last Frontier	Alaska: The Last Frontier	Alaska: The Last Frontier	Alaska: The Last Frontier	Alaska: The Last Frontier	Alaska: The Last Frontier	Alaska: The Last Frontier	Alaska: The Last Frontier	Alaska: The Last Frontier	Alaska: The Last Frontier	
4 PM		College Post-game	Nashville's News 2	NCS News	Dog With a Blog	Homeland	NewsHour.	Tennessee Wild Side	OMG! Insider	Muhammad Ali's Greatest Fight (Bio, '13)	Kentucky Aflac	East of Eden (Drama, 1955)	James Dean	Community	CW Fall First Look	Alaska: The Last Frontier	Alaska: The Last Frontier	Alaska: The Last Frontier	Alaska: The Last Frontier	Alaska: The Last Frontier	Alaska: The Last Frontier	Alaska: The Last Frontier	Alaska: The Last Frontier	Alaska: The Last Frontier	Alaska: The Last Frontier	
5 PM		College Post-game	Nashville's News 2	NCS News	Dog With a Blog	Homeland	NewsHour.	Tennessee Wild Side	OMG! Insider	Muhammad Ali's Greatest Fight (Bio, '13)	Kentucky Aflac	East of Eden (Drama, 1955)	James Dean	Community	CW Fall First Look	Alaska: The Last Frontier	Alaska: The Last Frontier	Alaska: The Last Frontier	Alaska: The Last Frontier	Alaska: The Last Frontier	Alaska: The Last Frontier	Alaska: The Last Frontier	Alaska: The Last Frontier	Alaska: The Last Frontier	Alaska: The Last Frontier	
6 PM		Titans on 2 Cont.	SNF Pre-game (L) / 35 Football Ohio State vs. Northwestern-WCEA (L)	4 News at 10:00 p.m.	NCS at 10 PM	Good Luck Charlie	Globe Trekker	The Office	Axe Cop! :45 High School	Titans All Access	24/7	Independent Lens	Love Lounge	George Lopez	George Lopez	George Lopez	George Lopez	George Lopez	George Lopez	George Lopez	George Lopez	George Lopez	George Lopez	George Lopez		
7 PM		Titans on 2 Cont.	SNF Pre-game (L) / 35 Football Ohio State vs. Northwestern-WCEA (L)	4 News at 10:00 p.m.	NCS at 10 PM	Good Luck Charlie	Globe Trekker	The Office	Axe Cop! :45 High School	Titans All Access	24/7	Independent Lens	Love Lounge	George Lopez	George Lopez	George Lopez	George Lopez	George Lopez	George Lopez	George Lopez	George Lopez	George Lopez	George Lopez	George Lopez		
8 PM		Titans on 2 Cont.	SNF Pre-game (L) / 35 Football Ohio State vs. Northwestern-WCEA (L)	4 News at 10:00 p.m.	NCS at 10 PM	Good Luck Charlie	Globe Trekker	The Office	Axe Cop! :45 High School	Titans All Access	24/7	Independent Lens	Love Lounge	George Lopez	George Lopez	George Lopez	George Lopez	George Lopez	George Lopez	George Lopez	George Lopez	George Lopez	George Lopez	George Lopez		
9 PM		Titans on 2 Cont.	SNF Pre-game (L) / 35 Football Ohio State vs. Northwestern-WCEA (L)	4 News at 10:00 p.m.	NCS at 10 PM	Good Luck Charlie	Globe Trekker	The Office	Axe Cop! :45 High School	Titans All Access	24/7	Independent Lens	Love Lounge	George Lopez	George Lopez	George Lopez	George Lopez	George Lopez	George Lopez	George Lopez	George Lopez	George Lopez	George Lopez	George Lopez		
10 PM		Titans on 2 Cont.	SNF Pre-game (L) / 35 Football Ohio State vs. Northwestern-WCEA (L)	4 News at 10:00 p.m.	NCS at 10 PM	Good Luck Charlie	Globe Trekker	The Office	Axe Cop! :45 High School	Titans All Access	24/7	Independent Lens	Love Lounge	George Lopez	George Lopez	George Lopez	George Lopez	George Lopez	George Lopez	George Lopez	George Lopez	George Lopez	George Lopez	George Lopez		
11 PM		Titans on 2 Cont.	SNF Pre-game (L) / 35 Football Ohio State vs. Northwestern-WCEA (L)	4 News at 10:00 p.m.	NCS at 10 PM	Good Luck Charlie	Globe Trekker	The Office	Axe Cop! :45 High School	Titans All Access	24/7	Independent Lens	Love Lounge	George Lopez	George Lopez	George Lopez	George Lopez	George Lopez	George Lopez	George Lopez	George Lopez	George Lopez	George Lopez	George Lopez		
12 AM		Titans on 2 Cont.	SNF Pre-game (L) / 35 Football Ohio State vs. Northwestern-WCEA (L)	4 News at 10:00 p.m.	NCS at 10 PM	Good Luck Charlie	Globe Trekker	The Office	Axe Cop! :45 High School	Titans All Access	24/7	Independent Lens	Love Lounge	George Lopez	George Lopez	George Lopez	George Lopez	George Lopez	George Lopez	George Lopez	George Lopez	George Lopez	George Lopez	George Lopez		

SUNDAY		WKRN 2 (2) ABC	WSMV 4 (4) NBC	WTVF 5 (5) CBS	DISN 6 Premium	SHOW 7 Premium	WDCN 8 (8) PBS	WUXP 10 MNT	WZTV 10 (17) FOX	HBO 12 Premium	WKMA 13 PBS	WNAB 14 (58) CW	DISC 15 Discovery	NICK 16 Nickelodeon	TBS 17 Atlanta	SPIKE 18	FAM 19 ABC Family	WGN 20 Chicago	USA 21	MAX 22 Premium	BET 24 Black Ent.	ESPN 26 Sports	TNT 29 Turner Net.	LIFE 33 Lifetime	A&E 34 Arts & Ent.
7 AM		Good Morning America Sunday	Sunday Today	6:00 Weekend Morning Report	Jake and the Never L Sofia the First	Inside the NFL	Super WHY!	In Search	Real Life 101	Career Day	Dinosaur Train	Rescue Heroes	Paid Program	SpongeBob SquarePants	Meet the Browns	6:30 Zathura: A Space Adventure (Adv, '05) Jonah Bobo	6:30 Zathura: A Space Adventure (Adv, '05) Jonah Bobo	Key to David	Be The Three	NCIS: Los Angeles	5:40 Be The Three	SportsCenter	Law & Order	Paid Program	Criminal Minds
8 AM		This Week	Channel 4 News Today	CBS Sunday Morning	Phineas and Ferb	60 Minutes Sports	Daniel Tiger	Good News Today	Good News Today	Good News Today	Daniel Tiger	Jack Van Impe	How We Invented the World	SpongeBob SquarePants	Friends	Xtreme 4x4	Friends	Matlock Pt. 1 of 2 cont'd next	Cheers	NCIS: Los Angeles	Bobby Jones Gospel	SportsCenter	Law & Order	Joel Osteen	
9 AM		News 2 at 9 a.m.	Meet the Press	Face the Nation	A.N.T. Farm	Masters of Sex	Volunteer Gardener	The Right Side	Word on Words	Titans All Access	Titans All Access	Titans All Access	Titans All Access	Titans All Access	Titans All Access	Titans All Access	Titans All Access	Titans All Access	Titans All Access	Titans All Access	Titans All Access	Titans All Access	Titans All Access	Titans All Access	
10 AM		The Wildlife Expeditions	In Touch With Dr. Charles Stanley	Comerston Davis	Joel Osteen	Waren	Word on Words	Woodmont Baptist	Titans All Access	Titans All Access	Titans All Access	Titans All Access	Titans All Access	Titans All Access	Titans All Access	Titans All Access	Titans All Access	Titans All Access	Titans All Access	Titans All Access	Titans All Access	Titans All Access	Titans All Access	Titans All Access	
11 AM		Jack Hannah: Wild Paid Program	Golf President's Cup PGA (L)	The NFL Today (L)	Jessie	Legally Blonde 2: Red, White & Blonde (Com, '03)	To the Contrary	Friends 1/2 cont'd next	Raceweek of 2	The Middle	The Middle	The Middle	The Middle	The Middle	The Middle	The Middle	The Middle	The Middle	The Middle	The Middle	The Middle	The Middle	The Middle	The Middle	
12 PM		Paid Program	Paid Program	Paid Program	Dog With a Blog	:45 The Woman in Black (Drama, 2012) Daniel Radcliffe	Washington Week	Expeditions Weekend	California's Gold Travelscope	Football Carolina Panthers vs. Arizona Cardinals NFL (L)	Muhammad Ali's Greatest Fight (Bio, '13)	Are We There Yet?	Alaska: The Last Frontier	Alaska: The Last Frontier	Alaska: The Last Frontier	Alaska: The Last Frontier	Alaska: The Last Frontier	Alaska: The Last Frontier	Alaska: The Last Frontier	Alaska: The Last Frontier	Alaska: The Last Frontier				
1 PM		Wheel of Fortune	Tom McCarver	Extreme Weight Loss	25 Football Denver Broncos vs. Dallas Cowboys NFL (L)	Phineas and Ferb	Out of Time (Crime Story, 2003) Denzel Washington	Bloopers	Bloopers	Bloopers	Bloopers	Bloopers	Bloopers	Bloopers	Bloopers	Bloopers	Bloopers	Bloopers	Bloopers	Bloopers	Bloopers	Bloopers	Bloopers	Bloopers	
2 PM		Wheel of Fortune	Tom McCarver	Extreme Weight Loss	25 Football Denver Broncos vs. Dallas Cowboys NFL (L)	Phineas and Ferb	Out of Time (Crime Story, 2003) Denzel Washington	Bloopers	Bloopers	Bloopers	Bloopers	Bloopers	Bloopers	Bloopers	Bloopers	Bloopers	Bloopers	Bloopers	Bloopers	Bloopers	Bloopers	Bloopers	Bloopers	Bloopers	
3 PM		Wheel of Fortune	Tom McCarver	Extreme Weight Loss	25 Football Denver Broncos vs. Dallas Cowboys NFL (L)	Phineas and Ferb	Out of Time (Crime Story, 2003) Denzel Washington	Bloopers	Bloopers	Bloopers	Bloopers	Bloopers	Bloopers	Bloopers	Bloopers	Bloopers	Bloopers	Bloopers	Bloopers	Bloopers	Bloopers	Bloopers	Bloopers	Bloopers	
4 PM		Wheel of Fortune	Tom McCarver	Extreme Weight Loss	25 Football Denver Broncos vs. Dallas Cowboys NFL (L)	Phineas and Ferb	Out of Time (Crime Story, 2003) Denzel Washington	Bloopers	Bloopers	Bloopers	Bloopers	Bloopers	Bloopers	Bloopers	Bloopers	Bloopers	Bloopers	Bloopers	Bloopers	Bloopers	Bloopers	Bloopers	Bloopers	Bloopers	
5 PM		Nashville's News 2	Channel 4 News @ 5	NBC Nightly News	Dog With a Blog	Homeland	NewsHour.	Judge Judy	The Simpsons	The Simpsons	The Simpsons	The Simpsons	The Simpsons	The Simpsons	The Simpsons	The Simpsons	The Simpsons	The Simpsons	The Simpsons	The Simpsons	The Simpsons	The Simpsons	The Simpsons	The Simpsons	
6 PM		Once Upon a Time	Football Night in America	60 Minutes	Good Luck Charlie	Shake It Up	Homeland	NewsHour.	Judge Judy	The Simpsons	The Simpsons	The Simpsons	The Simpsons	The Simpsons	The Simpsons	The Simpsons	The Simpsons	The Simpsons	The Simpsons	The Simpsons	The Simpsons	The Simpsons	The Simpsons	The Simpsons	
7 PM		Once Upon a Time	Football Night in America	60 Minutes	Good Luck Charlie	Shake It Up	Homeland	NewsHour.	Judge Judy	The Simpsons	The Simpsons	The Simpsons	The Simpsons	The Simpsons	The Simpsons	The Simpsons	The Simpsons	The Simpsons	The Simpsons	The Simpsons	The Simpsons	The Simpsons	The Simpsons	The Simpsons	
8 PM		Revenge	San Francisco 49ers NFL (L)	The Good Wife	Austin and Ally	Masters of Sex	First Family	Mr. Box Office	Burn Notice	FOX 17 News	Hello Ladies	Community	Buying Alaska	Buying Alaska	Buying Alaska	Buying Alaska	Buying Alaska	Buying Alaska	Buying Alaska	Buying Alaska	Buying Alaska	Buying Alaska	Buying Alaska		
9 PM		Betrayal	The Mentalist	A.N.T. Farm	Homeland	Bluegrass Under	Closer to Truth	Travis Smiley	The Butch Jones Show	Seinfeld	Eastbound & Down	Seinfeld	Eastbound & Down	Seinfeld	Eastbound & Down	Seinfeld	Eastbound & Down	Seinfeld	Eastbound & Down	Seinfeld	Eastbound & Down	Seinfeld	Eastbound & Down		
10 PM		Nashville's News 2	Channel 4 News @ 10	News/Sp/ports	Good Luck Charlie	Masters of Sex	First Family	Mr. Box Office	Burn Notice	FOX 17 News	Hello Ladies	Community	Buying Alaska	Buying Alaska	Buying Alaska	Buying Alaska	Buying Alaska	Buying Alaska	Buying Alaska	Buying Alaska	Buying Alaska	Buying Alaska	Buying Alaska		
11 PM		With Bob Mueller Rules of Engage.	Be the People	20 Castle	Shake It Up	Homeland	Masterpiece Classic	Honor of King Wrestling	Family Guy	This Is 40 (Com, '12) Paul Rudd	Theater Talk	Chef's Life	Paid Program	George Lopez	George Lopez	George Lopez	George Lopez	George Lopez	George Lopez	George Lopez	George Lopez	George Lopez	George Lopez		
12 AM		Rules of Engage.	The Closer	:05 The Closer	Move: Andy Stanley Open House	:35 Crim. Minds	:35 Polyamory	Austin and Ally	Dog With a Blog	:35 Polyamory	Austin and Ally	Dog With a Blog	:35 Polyamory	Austin and Ally	Dog With a Blog	:35 Polyamory	Austin and Ally	Dog With a Blog	:35 Polyamory	Austin and Ally	Dog With a Blog	:35 Polyamory	Austin and Ally		

MONDAY

OCTOBER 7

Monday TV schedule grid with columns for channel, time, and program titles.

TUESDAY

OCTOBER 8

Tuesday TV schedule grid with columns for channel, time, and program titles.

WEDNESDAY

OCTOBER 9

Wednesday TV schedule grid with columns for channel, time, and program titles.

THURSDAY

OCTOBER 10

Thursday TV schedule grid with columns for channel, time, and program titles.

WEEKDAY

OCTOBER 4 TO OCTOBER 10

Weekday TV schedule grid with columns for channel, time, and program titles.