



POST LIFE • C1

Sgt. Audie Murphy Club inducts four new members.



POST NEWS • B1

BACH donates school supplies to local teachers.



Fort Campbell COURIER



Your community news source since 1963

Thursday, September 13, 2018

fortcampbellcourier.com



/fortcampbellcourier



@campbellcourier

YOUR ARMY

Hispanic heritage

During Hispanic Heritage Month, the U.S. Army commemorates the long-standing and remarkable contributions that Hispanics have made in building and defending the nation. — A2

YOUR SOLDIERS



Hurricane relief
Hundreds of 101st Airborne Division Sustainment Brigade "Lifeliners" Soldiers train and prepare to support FEMA and other relief agencies. — A5

SURVIVOR WEEK



Rededication ceremony

The culminating rededication ceremony Friday marked the end of more than seven months of indoor and outdoor repairs and landscaping at Army Community Service-Survivor Outreach Services, aka Parrish House. — B1

FALCON SPORTS



Falcons take on Tigers

The Falcons fought hard Friday night not letting the Tigers score a touchdown until seven minutes into the game. After scoring the extra point the score was 7-0 in favor of Murray High School. — C4

PERFORMANCE TRIAD



INSIDE:

- Pets of the Week B4
- Community Briefs B4
- Health and Fitness C2
- Movies C3
- Crossword Puzzle C3
- Classifieds C6

Volume 54, Number 37

COMMUNITY EVENT

Retiree Appreciation Day focuses on benefits

Heather Huber
Fort Campbell Courier

Fort Campbell's Retirement and Separation Services will host its annual Retiree Appreciation Day at 8 a.m. Sept. 22 at the Soldier Support Center.

"It's an opportunity for us to show the retiree population how much they mean to Fort Campbell," said Ted Faulkner, retirement services officer. "Many of them don't work on post and it's kind of hard to get them all in one place. We don't want them to have any

doubts that we appreciate what they've done."

There will be 33 organizations represented at the appreciation day, ranging from veterans service organizations to the U.S. Department of Veterans Affairs, Tennessee Valley Healthcare System and Blanchfield

Army Community Hospital.

"All kinds of different organizations will be there, all with some form of benefit for the retiree so they can provide updates," Faulkner said.

see RETIREES, Page A4

ARMY COMMUNITY SERVICE-SURVIVOR OUTREACH SERVICES

Run for the Fallen

Community honors surviving Families with annual event

Mari-Alice Jasper
Fort Campbell Courier

Thousands of people flooded Town Center Park Saturday to participate in the 11th Annual Run for the Fallen to honor the sacrifices of fallen Soldiers and their Families.

Run for the Fallen is part of Military Survivor Appreciation Week.

Although the non-competitive race did not begin until 8 a.m., people began showing up around 7 a.m. to pick up race bibs. Each runner chose a name from a list of fallen service members and wrote it on his or her bib, dedicating the run to that person.

First Lieutenant Chester Williams, 96th Aviation Support Battalion, 101st Combat Aviation Brigade, 101st Airborne Division, and his significant other, Elle Barr, quickly selected a name from the list and then began stretching for the run.

"I am running for 1st Lt. William Poling. He died in Afghanistan," Williams said. "Although I didn't know him, I can relate to him as a first lieutenant. I just want to be able to support a fellow Soldier who was like who I am today."

This is the first year Williams and Barr have completed the Run for the Fallen. They participated to show their support of the division, the community, Gold Star Families and fallen Soldiers, Williams said.

"Taking part in some of the [Military Survivor Appreciation Week] events reminds me of why I joined the military," he said. "Even after death, the military remembers you. You're not forgotten. You may have become a name on a wall, but you will forever be enshrined in the wall. You'll always be remembered."

Williams looked forward to running alongside surviving Family members during the event.

"I appreciate everything all of our Gold Star [and surviving] Families have done. They paid the ultimate sacrifice — it's an unpayable debt," he said.

Although most runners completed the race in athletic shorts and T-shirts, a small group of Soldiers from 52nd Ordnance Group chose to run in explosive ordnance suits and bomb helmets. EOD technicians wear the suit and helmet downrange to take care of incidents.

As Sgt. 1st Class John Myers and Capt. William Cutler, 52nd EOD, sized a suit on Capt. Scott Smith, 52nd EOD, Smith explained why they donned the suits for the occasion.

see FALLEN, Page A3



MARI-ALICE JASPER | FORT CAMPBELL COURIER

Lanette Foster, surviving spouse, helps her grandchildren pin running bibs to their T-shirts Saturday before participating in the Run for the Fallen on post. Lanette's children, grandchildren, extended Family members, friends and neighbors joined her for the event and dedicated their run to the late Command Sgt. Maj. Noel S. Foster, former Fort Campbell garrison senior enlisted adviser. Foster died Sept. 1, 2017 at his home in Clarksville.

EQUAL OPPORTUNITY OFFICE

Celebrate Hispanic Heritage with music, dancers, food

Jodi Camp
Fort Campbell Courier

The 101st Airborne Division Equal Opportunity Office and 2nd Brigade Combat Team are co-hosting the 2018 Hispanic Heritage Month Observance 11:30 a.m. Sept. 26 at Cole Park Commons, 1610 101st Airborne Division Road.

"It is important to showcase different backgrounds and different cultures that helped make America what it is," said Sgt. 1st Class Phonique Keith, 2nd BCT equal

IF YOU GO

- WHAT:** Hispanic Heritage Month Observance
- WHEN:** 11:30 a.m. Sept. 26
- WHERE:** Cole Park Commons, 1610 101st Airborne Division Road.
- COST:** Free.
- CALL:** 931-217-7064

opportunity adviser.
Hispanic Heritage Month begins

Saturday and continues through Oct. 15. This time is set aside to highlight the contributions Hispanics have made to the nation.

"As Soldiers we have a multitude of different backgrounds, ethnicities and cultures we need to know about. In order to understand someone you also need to understand their culture," said Sgt. 1st Class Artmur Phillips, division equal opportunity adviser.

Food for the event will be provided by Cole Park Commons. Keith said the food will be a sam-

pling of dishes from various Hispanic cultures. The compilation of dishes will not be considered a meal, but if guests try enough of the samples it will seem like a meal, Keith said.

Tamie Tyra, owner of Mrs. Evelyn's Couture Cakes and Cupcakes a specialty bakery, is donating the dessert for the observance. She is making a Dulce de Leche sheet cake, and will provide guests sample-size portions of flan.

see HERITAGE, Page A4

YOUR ARMY

NATIONAL HISPANIC HERITAGE MONTH

Hispanic Soldiers continue legacy of selfless service

Deputy Chief of Staff release

National Hispanic Heritage Month is celebrated Saturday-Oct. 15. During this celebration, the Army commemorates and celebrates the contributions of Hispanic Americans to the nation, society and culture.

The theme for the 2018 Hispanic Heritage Month is "One Endless Voice to Enhance Our Traditions." The observance begins with the anniversaries of Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua. This month also encompasses

Mexico's Independence Day on Saturday, the Independence Day of Chile on Tuesday and Spain's National Day on Oct. 12.

During Hispanic Heritage Month, the U.S. Army commemorates the long-standing and remarkable contributions that Hispanics have made in building and defending the nation.

More than 20,000 Hispanic Soldiers fought on both sides of the Civil War.

In 2014, the 65th Infantry Regiment – a unit of Soldiers mostly from Puerto Rico known as Los Borinqueneers – received the

Congressional Gold Medal, the highest civilian honor.

More than 40 Hispanic-American Soldiers have been presented the Medal of Honor, the country's highest military decoration. In 1919, Pvt. David Bennes Barkley was the first Hispanic Soldier to be awarded the Medal of Honor for his courageous actions in World War I. Barkley received the Medal of Honor posthumously.

In celebrating National Hispanic Heritage Month, the Army recognizes not only the significance of individual contributions but also the value of diversity and

an inclusive environment.

The Army understands the value and strength that an all-inclusive, diverse environment generates. To sustain a high-quality force that is trained and ready, the Army will continue to ensure that all Soldiers and civilians are given the opportunity to maximize their talents and potential and are treated with dignity and respect.

Through coordinated efforts throughout the Army, this observance will be used to inform Army audiences and celebrate the contributions of Hispanic

Soldiers, civilians, and their Families.

The Army is dedicated to leveraging the strength of its diverse force and ensuring equality for all its members. More than 136,000 Hispanic Soldiers currently serve, which is 13.8 percent of America's Army. Just as America's diversity has always been one of the nation's greatest strengths, the Army's diverse force makes it stronger and more capable. Today's Hispanic Soldiers continue a legacy of professionalism, selfless service and courage that inspires generations to come.

ARMY AND AIR FORCE EXCHANGE SERVICE

AAFES helps improve quality of life for Army Families

Army and Air Force Exchange Service release

The Army and Air Force Exchange Service provides quality merchandise and services to authorized shoppers. Exchange purchases generate dividends that supplement appropriated funds in support of morale, welfare and recreation programs.

The Exchange operates 2,700 facilities worldwide including department stores/malls, food courts, military clothing stores, alterations shops and dry cleaners, movie theaters, gas stations and convenience stores. The Exchange is the 61st largest

retailer in the United States.

Benefits to Exchange shoppers include tax-free shopping, military-exclusive pricing and potential jobs for military Family members.

U.S. Army Installation Management Command provides review, evaluation and support for Exchange projects, facilities and services on Army installations.

In recent years the Army has sought to provide shopping, dining and entertainment options on installations beyond existing stores and food courts. These initiatives give Army Families access to premium brand stores, free-standing restaurants, personal and health services, and entertainment

venues to improve their quality of life.

The Exchange also works with the Army to provide contingency support, resources and supplies for service members involved in conflicts and natural disasters. The Exchange provides important benefits through valuable on-base destination experiences that include much more than Exchange and Express stores.

The Exchange continues to partner with the Army to improve the quality of life, increase morale, and promotes readiness and resilience for Soldiers and their Families. The Exchange will continue to assist in providing contingency support, resources and supplies

for future conflicts and natural disasters.

The Exchange will continue to deploy and operate Mobile Field Exchanges in combat zones, remote areas, at military exercises, that may include partner nations, and regions affected by natural disasters, in support of Department of Defense and Army operations.

The Exchange improves military readiness and resiliency wherever Soldiers and their Families serve, and 100 percent of Exchange earnings support military programs on Army and Air Force installations. Over the last 10 years, the Exchange has generated more than \$2.4 billion in support for these programs at military installations worldwide.

CHAPLAIN'S PULPIT

Exercising spiritually as important as physical work out

It seems everywhere you look someone is promoting fitness. The term has become synonymous with good physical health.

Those who are physically fit spend time working out and trying to maintain or improve their physical fitness. Those who are not as physically fit are encouraged from many different sectors to begin adopting a healthy lifestyle that includes proper nutrition and physical exercise.

While it is certainly possible to change your diet and exercise by yourself, studies have shown that when people are part of a group their success rates are higher than those who try to adopt healthy eating or a new physical fitness regimen by themselves.

In the military we take time each morning to exercise together. It is a



Chap. (Capt.) George Nytes
Headquarters and Headquarters Company, 626th Brigade Support Battalion

priority in our routine and training. We know that we are held accountable for our level of physical fitness. It is easy for us to understand physical fitness because we have quantifiable tests and measurements, but this is not true of all fitness.

People often overlook spiritual fitness.

There are many parallels in why and how we get fit whether physically or spiritually. Exercising

spiritually is just as important as physical exercise. Eating a well-balanced diet is just as important as feeding ourselves spiritually. If we were to look around us, or into our past and identify people who we feel are spiritually fit, we will discover common threads that can help us grow spiritually fit. They exercise their spirit and find ways to feed it as well.

First let me say that I am not talking about religion, although that may be a part of a person's spiritual fitness. The spiritual fitness I am referring to is one's inner ability to give meaning and purpose to life, and how that meaning and purpose influences all aspects of that person's life.

Spiritual fitness is important, the Apostle Paul understood the temporary nature of physical fitness

and the importance of spiritual fitness when he wrote to young Timothy: "Physical exercise has some value, but spiritual exercise is valuable in every way, because it promises life both for the present and for the future" (1 Timothy 4:8).

We need to be physically and spiritually fit.

As a chaplain I hear people shun organized religion in favor of personal spirituality. While being a part of a religious community may seem essential to being spiritually strong – depending on your faith tradition – it certainly helps by providing encouragement, teaching and other people who have similar goals.

As a follower of Jesus Christ, I believe it is important to come together with other people who believe as I do and whose spiritual

goals and practices align with my own. I have found a local community of believers with whom I can exercise spiritually. It helps me to maintain and grow in my spiritual fitness.

The group I am a part of may not be the way you like to exercise and that is OK because how we exercise our faith is less important than exercising together.

Make spiritual fitness a priority. Find a group of like-minded people and you will find the encouragement and perhaps some extra motivation. Set some goals for yourself that you can measure or hold yourself accountable for. Let us strive to not only be physically fit, but spiritually fit so that when the difficult times come, the meaning a purpose we have in life will be strong enough to help us overcome them.

THINGS YOU SHOULD KNOW THIS WEEK

Military Survivor Appreciation Week, annual Boots on the Ground display at 101st Airborne Division Headquarters continues through Sunday, hosted by Fort Campbell Army Community Service-Survivor Outreach Services. For more information, call 270-798-0272.

Trot for the Troops 10K/5K Road Race and 1-Mile Fun Run Saturday hosted by the Hopkinsville-Christian County YMCA. The road races are open to all participants, are on a certified course with electronic tag timing, and are competitive. The fun run begins at 8 a.m. and the road races begin at 8:30 a.m. at 7805 Eagle Way, Hopkinsville. Cost for the event is \$12-\$35, and registration is required. Register at www.hopkinsvilleymca.org or active.com. For more information, call 270-887-5382.

Frolic on Franklin, 8:30 a.m.-4:40 p.m. Saturday on 100 Franklin St., Clarksville. This free event will showcase the works of more than 30 local and regional artists. For more information, call 931-645-7699.

Fall Job Fair, 9 a.m.-3 p.m. Wednesday and Sept. 20 at Cole Park Commons, 1610 101st Airborne Division Road. National and international employers will be present Wednesday, while local and regional employers will be present Sept. 20. Come dressed for success and bring resumes. For more information, call 270-798-4289.

Fort Campbell Retiree Appreciation Day 8 a.m.-2 p.m. Sept. 22 at the Soldier Support Center, 2702 Michigan Ave. This free event is open to retired Soldiers, Family members and retirees of other services. Multiple agencies will be on-site to discuss retiree benefits and services. A Blanchfield Army Community Hospital Health Fair 9 a.m.-2 p.m. will include immunizations for retirees and spouses. The Brig. Gen. Don F. Pratt Memorial Museum will be open for tours and 2nd Brigade Combat Team will host a brunch at the unit dining facility 10 a.m.-1 p.m. Brunch cost \$6.25 per person, cash only. For more information, call 270-798-5280.

For more community events and things to do, turn to **Page B4** and **Page C3**.

THROWBACK THURSDAY

2014 SMA VISIT



Then-Sergeant Major of the Army Raymond F. Chandler III interacts with Soldiers during an Advanced Field Artillery Tactical Data Systems Class at the Kinnard Mission Training Complex, Sept. 5, 2014. The AFATDS provides a fully integrated fire support command and control system.

FORT CAMPBELL COURIER ARCHIVES

Fort Campbell COURIER

ACTING SENIOR COMMANDER
Brig. Gen. K. Todd Royar

GARRISON COMMANDER
Col. Joseph P. Kuchan

GARRISON PUBLIC AFFAIRS OFFICER
Bob Jenkins 270-798-9961

COMMAND INFORMATION OFFICER
Brendalyn Carpenter 270-798-4730

DIVISION SENIOR ADVISER
Command Sgt. Maj. James L. Manning

GARRISON COMMAND SERGEANT MAJOR
Command Sgt. Maj. Jason W. Osborne

EDITOR-IN-CHIEF
Maria Rice McClure 270-798-6090
campbell.courier.editor@gmail.com

MANAGING EDITOR
Michele Vowell 270-798-4017

This newspaper is an authorized publication for members of the U.S. Army. Contents for the Fort Campbell Courier are not necessarily the official views of, or endorsed by, the U.S. Government, Department of Defense, Department of the Army or Fort Campbell, Kentucky.

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

Fort Campbell Courier is printed by Kentucky New Era, Inc., under exclusive written contract with Fort Campbell, Kentucky. The 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, Kentucky 42223. For more information, call 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.

The R.F. Sink Memorial Library maintains back issues of the Fort Campbell Courier on microfilm.

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

ADVERTISING

The Fort Campbell Courier Advertising Department is located at the Kentucky New Era Inc., 1618 East 9th St., Hopkinsville, Kentucky.

For display ads and classifieds, call 270-886-4444.

NEWS

NATIONAL DAY OF REMEMBRANCE

Ceremony honors those who gave all in service to nation

Pfc. Lynnwood Thomas
40th Public Affairs Detachment

"The past 17 years of conflict have not been easy, and they certainly come at a high price for individuals, Families and our nation," said Brig. Gen. K. Todd Royar, acting senior commander, 101st Airborne Division and Fort Campbell during Tuesday's National Day of Remembrance wreath laying ceremony.

The ceremony, outside of division headquarters, marked the 17th anniversary of the Sept. 11, 2001, attacks when terrorists flew airplanes into the Pentagon, and New York City's World Trade Center and crashed a plane in a field near Shanksville, Pennsylvania - 2,977 men, women and children were killed.

During his speech, Royar was flanked by the Boots on the Ground, a Military Survivor Appreciation Week display of more than 7,000 decorated boots standing in memory of fallen ser-

vice members since 9/11.

Although the ceremony served as a remembrance of those who died in the Sept. 11, 2001 attacks, Royar reminded those gathered that each boot in the display that surrounded the ceremony signifies the life of someone who has died since the war on terror began.

"Every one of them has a story," Royar said. "Every Soldier - or first responder - they had a Family. They had dreams, hopes and desires, many of which will never be fully realized, but it is to them that we are grateful."

Cindi Frey was touched by the ceremony and said it reminded her of how much service members sacrifice in service to our nation.

"It brings tears to my eyes," Frey said. "I'm glad we do this for the Soldiers and for their Family members, so they can see that we support them and care for them."

Lorinda Bankhead, chief of protocol, said the ceremony provided an opportunity for people

It brings tears to my eyes.

Cindi Frey,
ceremony guest

outside of the Army Family to learn about the sacrifices made by those in uniform.

"There are a lot of people, believe it or not, that have no connection to the military in this community," Bankhead said. "I think this helps bring the community into understanding what we do every day and when we say young men and women are out there giving their lives for your freedom. Each boot is a face for them, so I think being able to do this ceremony not only helps us as service members remember what happened [on 9/11] it also brings the community a little bit closer to say, 'This is what the military does for us.'"



PFC. LYNNWOOD THOMAS | 40TH PUBLIC AFFAIRS DETACHMENT

Brigadier General K. Todd Royar, acting senior commander of the 101st Airborne Division and Fort Campbell, and Command Sgt. Maj. James Manning, 101st Abn. Div. senior enlisted adviser, salute the ceremonial wreath, Tuesday, during Fort Campbell's National Day of Remembrance wreath laying ceremony outside of division headquarters.

52ND ORDNANCE GROUP

Defusing Danger honors Gold Star Family with luncheon, tour

Staff Sgt. Adam Hinman
52nd Ordnance Group

Staff Sergeant Richard P. Ramey was killed in action Feb. 8, 2004, while deployed to Iraq in support of Operation Iraqi Freedom.

Ramey was assigned to the 703rd Ordnance Company, a subordinate company

to the 184th Ordnance Battalion (EOD) a tenant unit of Fort Campbell. At the time the 703rd was stationed at Fort Knox, Kentucky.

Friday, Soldiers of 52nd Ordnance Group (EOD) hosted his Family with a luncheon at Cole Park Commons and a tour.

The visit provided an opportunity for

members of the 52nd EOD's leadership to meet the Family of a fallen 52nd Soldier.

Colonel Daniel Duncan, commander of the 52nd EOD, joined the Ramey Family as they toured the groups' headquarters that included a stop at a memorial photo of Ramey in the command suite.

Following the tour of the headquarters, Maj. Jon Vaughan, executive officer

of the 184th Ord., gave a tour of the battalion's headquarters. A display in one of the hallways included the names of those deployed 2004 in support of Operation Iraqi Freedom and an Iraqi sword.

The 52nd EOD maintains a mission set unique to the Army and forms a close knit community of explosive ordnance disposal bomb technicians.

FALLEN

Continued from Page A1

"The EOD career field is very unique. We have a very unique mission set. [The suit and helmet] are two key pieces of equipment that enable us to have successful missions and to complete our incidents. Part of what makes [each of] us EOD technicians is wearing this bomb suit, so going out here ... there are a lot of Soldiers who have worn this suit who are no longer with us. Us wearing the suit is just a way to remember them," Smith said.

Although Smith has participated in similar events at different installations, this was Smith's first time taking on the Run for the Fallen at Fort Campbell, he said.

"Me and some of the guys from the company are going out here to pay our respects to the Soldiers who have borne the suit before us and ultimately, it is the Run for the Fallen, so this is just a chance for us to pay tribute by doing what we can for the Gold Star [and surviving] Families and showing them we respect what they have been through," Smith said.

With minutes to spare before the 8 a.m. start, Lanette Foster, surviving spouse, finished pinning running bibs on to her grandchildren's shirts, dedicating the run to the late Command Sgt. Maj. Noel S. Foster, former Fort Campbell garrison senior enlisted adviser. Foster died Sept. 1, 2017 at his home in Clarksville.

Children, grandchildren, extended Family members, friends and neighbors surrounded Lanette this year as she walked in the Run for the Fallen for the second time. Having a strong support system makes Lanette feel less alone, she said.

"It amazes me how this event continues to grow year after year," she said. "I love seeing the community support. I love the support the Soldiers give. I love that no one forgets the fallen and that they honor them in the best way they can. There are so many things I love about [Military Survivor Appreciation Week] and nothing I don't like. The outpouring of love and support is just so amazing."

When the runners assembled behind the starting line, they completely filled Indiana Avenue from the Exchange entrance to the Soldier Support Center exit. Once they crossed the starting line, the race was on. While some ran their hardest, hoping to beat personal records, others walked together, hand-in-hand, enjoying the scenery and talking about their loved ones.

Participants chose between completing a 2.37-mile or 1.3-mile route. Both routes encompassed several memorials.

Some runners carried flags, signs and banners to honor the fallen.

Sgt. Gordon Luafulu, 2nd Battalion, 506th Infantry Regiment, 3rd Brigade Combat Team, 101st Abn. Div., ran with the American flag and dedicated his run to all of the fallen



MARI-ALICE JASPER | FORT CAMPBELL COURIER

After participating in the Run for the Fallen Saturday, Victoria Angulo, 12, and her sister, Elizabeth, 13, help their mom, Julie, attach balloons to their uncle's boot, which is part of the Boots on the Ground display on the 101st Airborne Division Headquarters lawn. Their uncle, Sgt. Velton Locklear III, was killed in action Sept. 23, 2006, while deployed to Iraq in support of Operation Iraqi Freedom. Locklear served in C Company, 2nd Battalion, 27th Infantry Regiment, 3rd Brigade Combat Team, 101st Airborne Division. The display will be open through Sunday.

Seeing so many people out here honoring our fallen service members reminds me that my brother's sacrifice meant something.

Julie Angulo,
Gold Star sibling

Soldiers from American Samoa.

Colonel Chris Midberry, battalion commander of 2-506th Inf. Regt., 3rd BCT, 101st Abn. Div., carried the Currahee battle flag while running.

"We fly [our flag] proudly in front of the battalion and take it anywhere we go," Midberry said. "The Soldiers in this unit draw strength from it ... from what everyone in this unit has done dating back all the way to Normandy. I felt it was appropriate to run with the battle flag today."

Midberry dedicated his run to the late Pfc. Victor J. Stanfill, a White Currahee Soldier who died in 2016 from injuries sustained during a live-fire training exercise at the Joint Readiness Training Center, Fort Polk, Louisiana.

"Training accidents happen, but as a commander, it is my responsibility to make sure they don't happen," Midberry said. "To me, it's personal. Running for Stanfill today was a way of honoring a fallen Soldier from this battalion who died doing what his country asked him to do."

After finishing the run, many people ventured over to the Boots on the Ground display on the 101st Airborne Division Headquarters lawn. An air of somberness settled across the display as Soldiers and Family members wandered the boots in search of their loved one.

When Julie Angulo finally found her brother's boot in the display, she

said it was like seeing her brother, Sgt. Velton Locklear III, for the first time since his death.

"When I first saw his boot I immediately broke down crying for about 10 minutes. It's heartbreaking to see so many boots out here, but it's such an honor to be able to come out here and pay our respects," Angulo said.

Locklear was killed in action Sept. 23, 2006, while deployed to Iraq in support of Operation Iraqi Freedom. Locklear served in C Company, 2nd Battalion, 27th Infantry Regiment, 3rd BCT, 101st Abn. Div.

"I came out here [Friday] morning and put some pictures out here with his boot and wrote on it," she said. "Today, we are attaching some balloons and leaving flowers for him."

Although Angulo had heard about the display before and saw photos online, this was her first time visiting the display in person. Her Family arrived at Fort Campbell about a year ago. Her daughters, Victoria, 12, and Elizabeth, 13, joined her in the Run for the Fallen and followed her over to the display afterward to help decorate their uncle's boot.

"Being here makes us feel like part of a community. I feel less alone today," Angulo said. "Seeing so many people out here honoring our fallen service members reminds me that my brother's sacrifice meant something."



MARI-ALICE JASPER | FORT CAMPBELL COURIER

As Sgt. Gordon Luafulu (center), 2nd Battalion, 506th Infantry Regiment, 3rd Brigade Combat Team, 101st Airborne Division, neared the finish line of the Run for the Fallen Saturday on post, he waved the American flag in the air. Luafulu dedicated his run to all of the fallen Soldiers of American Samoa.

FROM THE FRONT PAGE

RETIREEES

Continued from Page A1

"In a lot of cases retirees just have no idea the different benefits are available to them. You'd be surprised how many don't know they have TRICARE," Faulkner said.

Amy Spraberry, supervisor of retirement and separation processing, said the appreciation day is a great opportunity to have face-to-face conversations.

"If you've got a question about a benefit, or if there's a benefit you don't necessarily know you have, it gets all those people in one building to provide that information," Spraberry said.

Spraberry said organizations are selected based on issues most frequently discussed by retirees who come into the retirement services office.

Health care benefits

Faulkner said there have been several major changes to retiree health care benefits, including the addition of dental and vision insurance.

"Currently through TRICARE retirees are only allowed one eye exam every two years unless they have some sort of disease that allows them to have them more often, and TRICARE doesn't pay for glasses or any of that," he said.

Part of National Defense Authorization Act for Fiscal Year 2016 required that retirees be allowed to use the same dental and vision plans as federal employees. This year is the first time they can sign up during the open season in November and December. The new benefits will go into effect Jan. 1, 2019.

"Many have heard that's going to happen. Very few know how it's going to work," Faulkner said. "This is a prime opportunity to learn how the new dental and vision plans will work and how the open season works, because retirees aren't used to open seasons."

There are 10 dental plan and four vision plan options available to retirees. Retirement services has created a document that compares



FORT CAMPBELL COURIER ARCHIVE

Specialist Jason Green and Sgt. Kory Araya, both explosive ordnance disposal specialists assigned to 49th Explosive Ordnance Disposal Company, 184 Ordnance Battalion, 52nd Ordnance Group, control bomb disposal robots at the Fort Campbell's Retiree Appreciation Day last year. This year's Retiree Appreciation Day will begin at 8 a.m. Sept. 22 at the Soldier Support Center, 2702 Michigan Ave.

the different plans to help retirees decide which is best for them. There also will be representatives from each insurance agency at the appreciation day to answer any questions retirees might have.

"Sometimes benefits can get very complicated with the volume of information, so we just try to think of ways to make it easy to navigate and easy to refer to and go back to," Spraberry said. "It's awesome because they're going to have subject matter experts here. You're not hearing about this from a friend or a neighbor, you're hearing about it from the person who is directly involved with the company or the program."

Retirees will be able to sign up for the new health care plans on site.

There are often policy changes that will retroactively impact retirees, she said, so the aim of appreciation day is to keep retirees up to date. Faulkner encourages retirees to take the opportunity to ensure their address is up to date with

DFAS and DEERS to receive updates throughout the year.

"If they can't be notified by mail, they won't know what's going on with their TRICARE," he said.

For open season, Spraberry said one of the most important things retirees need to remember are the deadlines.

"TRICARE has gone to an open season, then the dental and vision part which is separate of TRICARE also has an open season," Faulkner said. "They need to come to the event and find out about it."

Faulkner said the rules are different depending on a variety of factors, including retirement date, so each case is being treated individually.

"One of the things that's good about this event is you know it's not spam. It's all real, verified, true information," Spraberry said.

Anyone who cannot make it out to the appreciation day, or come into the office, can visit www.campbell.army.mil/Soldiers/Separation/

Pages/Retirements.aspx.

Other opportunities

There will be static displays with Army equipment and retirees can enjoy breakfast or lunch at the 2nd Brigade Combat Team Dining Facility to learn how much the Army has changed since they retired.

"This is a really good connection event," Spraberry said. "It's neat to see retirees interact with the active duty Soldier that we will have here."

There also will be a shred event at the appreciation day at the request of Col. Joseph P. Kuchan, Fort Campbell garrison commander.

"Retirees like to collect paper. They don't trust putting it in the garbage, which is smart, so they can bring all those documents and we have an industrial shredder," Faulkner said. "[This gives] them a little peace of mind."

For retirees who have lost their MyPay pin numbers, there will be representatives from Defense Finance and Accounting Services

on-site to reset it. Across the hall, retirees will be taught how to create a new PIN so they can use the site to do financial transactions such as allotments or updating tax documents.

Faulkner and Spraberry also can reset PINs if a retiree misses appreciation day.

"That's important because a lot of important documents are located on MyPay," Spraberry said. "Even if you don't regularly go there, you're still going to need to do it at the end of the year when you do your taxes."

Representatives from BACH will do immunizations. Representatives from the VA will enroll retirees in their health care system.

Retirees will be able to get new IDs cards, set up powers of attorney with the Judge Advocate General's office and speak to Mark Overberg, director of Army retirement services.

"You can't get any more subject matter expert than that," Spraberry said.

HERITAGE

Continued from Page A1

Once attendees finish eating, the guest speaker, Liz Miranda, director of Communications-Electronics Command Integrated Logistics Support Center at Aberdeen Proving Ground, Maryland, will take the stage. Keith said in past speakers

have shared their backgrounds and discussed balancing their heritage with life in the United States.

Cultural dancers from Nashville under the instruction of Patricia Lefler will perform different dances native to Hispanic culture including Salsa, Bachata and Mambo with the help of the 101st Airborne Division Band.

"We want them to include all Hispanic cultures, so some of the dances they did

last year may be done differently this year," Phillips said.

Guests from last year's celebration loved the dancers and the live music, so this year Keith said she will integrate them into the event more.

While the observance is the main event for Fort Campbell, each division and brigade is able to do other events to educate Soldiers and Families about Hispanic Heritage Month.

"This is just one event, each company and battalion can also do things to educate Soldiers, even if it is just in their [dining facility] by putting up flyers or doing something different in those companies to help Soldiers understand that we are an all-inclusive Army," Phillips said.

Keith said some units are displaying posters showing notable Hispanics and how they contributed to the American culture.

ON-POST HOUSING

LEAD-BASED PAINT TOWNHALL



HEATHER HUBER | FORT CAMPBELL COURIER

Heather Huber
Fort Campbell Courier

Colonel Joseph P. Kuchan, Fort Campbell garrison commander, speaks with attendees to the lead-based paint townhall Wednesday night at Wilson Theater.

Kuchan lead the town hall with John Bredehoeft, Campbell Crossing project director, Yolanda McDaniel, Fort Campbell's Housing Services Office chief, and Col. Troy Prairies, Chief of Primary Care, Blanchfield Army Community Hospital, in attendance to answer any questions from Families.

Because of standards at the time, any building on post built before 1978 would have used lead-based paint in its construction. There are currently 2,537 houses on Fort Campbell built before 1978.

Over the years, all known lead-based paint in on-post housing, both interior and exterior, has been removed or encapsulated by being painted over during renovations.

Cierra Hughes and her husband

Sp. Bobby Hughes, 3rd Battalion, 187th Infantry, 3rd Brigade Combat Team, 101st Airborne Division, live in on-post housing with their 4-year-old son in one of the older homes.

"Just knowing my Family could be in one of the houses that was at risk, I wanted to know everything that they're doing and willing to help us get it fixed for us," Hughes said. "I got a lot of useful information and it was nice that they're willing to talk to you about everything and give you honest answers."

Fort Campbell will conduct a visual inspection of 10 percent of the pre-1978 houses on post where children younger than 6 years old live. The outcome of the visual inspection will determine the next step.

"I think [they're doing enough]," Hughes said. "If not, I'll stay on top of it. I'm one of those people to keep on coming back and ask more questions if it's not getting done."

To find out if your home was built before 1978, call your neighborhood community office.

THE PINNACLE

FAMILY ENTERTAINMENT CENTER

party with the
PETER MOON BAND

Sat. Sept. 15
9pm-1am

\$5 person \$7 couple



931-647-2695

430 Warfield Blvd. | pinnaclebowl.com

Novadell Steakhouse



Wednesday 4:30-9:00 PM
Thursday 4:30-9:00 PM
Friday 4:30-10:00 PM
Saturday 4:30-10:00 PM
Sunday Brunch 10:30 AM-2:30 PM

500 Novadell Way, Hopkinsville
6 miles north of Gate 4 on 41A

REFER A FRIEND
TO LIVE ON POST
AND RECEIVE

\$250

Act Now!
Ask your Community
office how today
888-692-5254



www.campbellcrossingllc.com
850 Georgia Avenue, Fort Campbell, KY



Applied must mention referral name at the time of the application.

NEWS

HURRICANE RELIEF



MAJ. MARTIN MEINERS | 101ST ABN. DIV.

ABOVE AND RIGHT: Screaming Eagles prepare for Hurricane Florence. Hundreds of 101st Airborne Division Sustainment Brigade Lifeliners Soldiers train Wednesday at Fort Campbell and prepare to support FEMA and other relief agencies. Troops were placed on 24-hour Prepare to Deploy On-Order posture standing ready to assist if requested by FEMA and other relief agencies. They will depart Friday to provide support in the affected region.

Preparing for Hurricane Florence



JODI CAMP | FORT CAMPBELL COURIER



Aircraft from Marine and Navy bases and Army posts on the East Coast take refuge at Campbell Army Airfield in preparation for Hurricane Florence. The aircraft taking refuge include the United States Army Parachute Team, The Golden Knights, stationed at Fort Bragg, North Carolina. "Right now we have 20, we are expecting more, possibly up to almost 100 more," said Terry Ennis, airfield manager at Campbell Army Airfield. Planes started arriving on Monday and Ennis expects them to continue into Friday. Hurricane Florence is supposed to hit North and South Carolina late tonight and Friday. As of press time, the center of Florence was 145 miles east-southeast of Wilmington, N.C. and 195 miles east of Myrtle Beach, South Carolina. Ennis said Fort Campbell has a pre-planned arrangement with the East Coast units and units from the Gulf of Mexico to take in aircraft during storms. He does not expect the planes to leave until Monday or Tuesday.

716TH MILITARY POLICE BATTALION

Military police officers train to keep Fort Campbell safe

2nd Lt. Ronnieka Fleming
716th Military Police Battalion

As the force for policing operations throughout the Fort Campbell community, the Peacekeepers of the 716th Military Police Battalion take pride in training their Soldiers to be critical and proficient when patrolling the roads. The battalion recently wrapped up another successful law enforcement training seminar. "LETS [law enforcement training seminar] provides Soldiers a refresher on their MP skills, making sure they are ready to

go to work for Fort Campbell," said Sgt. 1st Class Phillip Whitehouse, operations sergeant for Headquarters and Headquarter Detachment, 716th MPs. "The training also keeps Soldiers updated on current installation policies, regulations and state laws since they change wherever you go throughout the Army." LETS, a three-week course, incorporates classroom and hands-on training. Classroom instruction includes effective techniques on how to conduct routine and high-risk traffic stops, standard field sobriety tests, access control point oper-

ations, RADAR/LIDAR training, non-lethal weapons training, as well as review of the laws and regulations for Fort Campbell. The Tennessee Bureau of Investigation is one of the many outside agencies that works closely with the Fort Campbell Provost Marshal and MPs. An agent with the toxicology division provided a lecture about the different levels of sobriety and things to look for when dealing with a person who is impaired. Participants trained on a Draeger, a portable breathalyzer, like the one located at the Provost Marshal's Office. This instruction

provided the MPs training on how to perform a field sobriety test. "This training has definitely made me a more competent and confident MP on the road," said 2nd Lt. Michael Giles, a graduate from a previous LETS class. "The training is a great way to get introduced to Tennessee and Kentucky laws, something I did not receive in my initial MP training before coming to Fort Campbell." During the emergency vehicle operations course, Soldiers learned how to safely drive at high speeds while responding to

priority calls on the installation. "It is imperative as noncommissioned officers and first-line leaders to our Soldiers to train them on what right looks like," said Staff Sgt. Brandon Beene, the LETS course coordinator. Although more than 50 Soldiers completed the training, law enforcement is a continuous learning process. The MPs will go on to complete a series of advanced policing schools including domestic violence intervention training, military police investigations and traffic accident investigations at Fort Leonard Wood, Missouri.

Now, you can search "jobs for veterans"
and enter your MOS code to find
civilian jobs that match your skills.



Google

Google Search

I'm Feeling Lucky



Fort Campbell COURIER POST NEWS

B1

Thursday, September 13, 2018

fortcampbellcourier.com

BLANCHFIELD ARMY COMMUNITY HOSPITAL

BACH staff show support, donate supplies to local teachers

Maria Yager

Blanchfield Army Community Hospital

Notes of encouragement and school supplies collected by team members from Blanchfield Army Community Hospital's Department of Behavioral Health were donated to the Clarksville-Montgomery County Education Foundation's Teacher Warehouse, Sept. 6.

"Once a quarter our department does a team-building activity and now we are donating supplies to the Teacher Warehouse for Clarksville-Montgomery County. It is a great organization in which every teacher in Montgomery County is eligible to go get free supplies for their classrooms," said Maj. Julie Shin, BACH deputy chief of behavioral health. "We know that often teachers' jobs are some-

times very taxing, very thankless and so we thought we'd make these cards of encouragement so when they come to get their supplies they can also pick up these cards, hopefully to inspire them throughout the year as they deal with all of our young ones and teach and inspire them."

Blanchfield's Department of Behavioral Health is composed of 10 clinics serving active duty and children on post. It includes social workers, psychologists, nurse practitioners, technicians and psychiatrists.

"It's a good time to get together and build that esprit de corps as a department and put their efforts to something else, which is just wonderful. Our staff seems to really enjoy it."

Over the summer, Soldiers and

civilian staff collected commonly used school supplies like crayons, notebooks, disinfectant wipes and tissues. After a training evolution, some staff made cards to show their appreciation for the work teachers do.

"I enjoyed it. Especially being a service member myself, I always get cards from schools, so just being able to give that same support back to the teachers because their jobs are so important it was great just to be able to give back to them as well," said participant, Capt. Marquita Barr, a social worker intern at BACH.

After three months, the items were consolidated for a planned delivery to the Teacher's Warehouse.

see BACH, Page B6



MARIA YAGER | U.S. ARMY

Team members from Blanchfield Army Community Hospital's Department of Behavioral Health donated school supplies and wrote notes of appreciation for local teachers during a command function. The notes and supplies were delivered Sept. 6 to the Clarksville-Montgomery County Education Foundation Teacher Warehouse, which allows local teachers to get limited free supplies for their classroom.

ARMY COMMUNITY SERVICE-SURVIVOR OUTREACH SERVICES

House of comfort

Surviving Families explore rededicated Parrish House, find solace

Mari-Alice Jasper

Fort Campbell Courier

During a rededication ceremony Friday, Gold Star and surviving Families, Soldiers and community members saw the Army Community Service-Survivor Outreach Services, aka Parrish House, for the first time since its repairs were completed.

The Parrish House has been home to ACS-SOS for about four years. The building served as the home to Fort Campbell's commanding generals for 67 years. In 2014, Maj. Gen. James McConville, former commanding general of the 101st Airborne Division and Fort Campbell, donated the Parrish House to ACS-SOS.

The Parrish House is the oldest building on the installation. The two-story log cabin that serves as the home's foundation was built in the 1830s by David Parrish, a veteran of the War of 1812.

The culminating ceremony marked the end of more than seven months of indoor and outdoor repairs and landscaping. Repairs include replacing kitchen countertops and appliances, painting the interior and exterior of the building, replacing lights and doors and installing park benches and a playground outside.

The Lowe's Heroes program served as the principal donor of materials for this project. Twelve Lowe's stores – from Franklin, Kentucky, to Springfield, Tennessee – contributed to the project.

Brigadier General K. Todd Royar, acting senior commander of the 101st Abn. Div. and Fort Campbell, began the ceremony by thanking everyone for their contribution to the project. Royar recognized the selfless sacrifice, a key Army value, given by surviving Families and the volunteers who made the project a success.

"We absolutely honor their sacrifice. We want to thank them for what they do on a daily basis. We are always here to support them," Royar said.

Since volunteers began working on the property in March, Royar has visited the Parrish House several times.

"I like the fact that they designed [the house] to really be inviting for our Gold Star Families," he said.

Having civilians on post helping with the project has strengthened the relationship between Fort Campbell and surrounding communities, Royar said.

Since the project's inception, more than 200 volunteers, including Army spouses, Soldiers, Gold Star and surviving Families and community members, have contributed to the project.

"Fort Campbell is part of a larger community," Royar said. "Anytime we have the opportunity to build the relationship and the bonds between us and the communities outside the gate is a positive thing. This is just one tangible example of being able to do that."

After the ribbon was cut, guests toured the grounds and building. Many people sat on park benches outside and enjoyed live music played by the 101st Airborne Division Band. Others learned more about the property by reading signs created by Fort Campbell's Cultural Resources staff. Three of the signs explain the historical significance of the Parrish House, Tree Line Drive and the creation of Fort Campbell. The fourth sign lists all of Fort Campbell's commanding generals.

"These signs are here to tell the history of the house and Fort Campbell," said Ron Grayson, cultural resources program manager. "These signs are here to help Gold Star [and surviving] Families understand and appreciate the house."



MARI-ALICE JASPER | FORT CAMPBELL COURIER

Ada Deb, surviving spouse, visits the photo of her late husband, Sgt. 1st Class Alok Deb, which hangs in the Hall of Heroes inside the Army Community Service-Survivor Outreach Services building, after the rededication ceremony Friday.

see REDEDICATION, Page B3

SOLDIER FOR LIFE • START STRONG • SERVE STRONG • REINTEGRATE STRONG • REMAIN STRONG •

VA BRIEFS

WORKSHOP FOR CLERGY WHO SUPPORT VETERANS

Tennessee Valley Healthcare System chaplains will host a "Helping Our Veterans Heal" workshop 8:30 a.m.-4 p.m. Sept. 20 at the New Vision Baptist Church, 1750 North Thompson Lane, Murfreesboro, Tennessee.

Members of the clergy are a critical point of contact for veterans. The goal of this workshop is to equip clergy to meet the spiritual needs of veterans in their houses of worship and their communities.

"Local clergy may not always have the resources and insight they need to effectively engage with veterans," said TVHS Chaplain Jeff Fisher. "This workshop will give them tools to better support veterans."

Workshop topics will include identifying potential conflicts between civilian and military cultures, identifying actions clergy can take to assist military personnel and their Families with a healthy adjustment to a civilian culture, and the importance of personal narratives and past, present and future stories.

To register, visit <http://bit.ly/TVHSChaplains>. Registration must be completed by Monday.

TVHS WILL HOST WOMEN VETERANS WELLNESS EVENT

Recognizing women as the fastest-growing group within the Veteran population, the VA Tennessee Valley Healthcare System is hosting its second annual Women Veterans Wellness Event 9 a.m.-1 p.m. Sept. 22 at the Murfreesboro Army National Guard Post, 2350 on Armory Drive, Murfreesboro, Tennessee.

This year TVHS will focus on its new Whole Health approach to care. TVHS is one of the VA's 18 flagship sites for that program, which takes a holistic look at the many areas of life that can affect a veteran's health such as relationships, diet and sleep patterns. Suicide prevention and intimate partner violence awareness also will be emphasized.

"Our goal is to build relationships with women veterans and partnerships with community agencies that support women veterans in Rutherford County," said Carolyn Smith, licensed clinical social worker. "We're building on the success of last year's event, and we hope to have more women veterans, their Families and community stakeholders attend to help us continue to improve our services."

This event is free and open to all veterans and their Families, regardless of VA enrollment status. There will be refreshments and entertainment. For more information, call Meguel Wade at 615-225-5585 or Connie Gallon at 615-289-6791.

SUICIDE PREVENTION MONTH

To mark Suicide Prevention Month this September, the U.S. Department of Veterans Affairs is shining a light on effective ways to prevent veteran suicide with its Be There campaign.

The campaign highlights the risk factors and warning signs for suicide, provides information about VA mental health and suicide prevention resources and helps individuals and organizations start the conversation around veteran mental health in their communities.

"In our various communities, everyone is in a position to make a difference for a veteran who may be at risk for suicide," said VA Secretary Robert Wilkie. "A common misconception is that you need special training to talk safely about suicide risk or show concern for someone who is in distress. One simple act of kindness could help save a life. I encourage everyone this September, and beyond, to take the first step in acting as that support system."

Talking with a veteran about mental health or suicide risk may be challenging, but VA encourages community leaders, colleagues, family and friends to simply "Be There" by sharing messages of support that can help show a veteran you care. VA also has collaborated with community partners and is asking individuals across the country this month to share resources with veterans in their lives via the BeThereForVeterans.com webpage.

Veterans in crisis or having thoughts of suicide – and those who know a veteran in crisis – can call the Veterans Crisis Line for confidential support at any time. Call 800-273-8255 and press 1. To chat online, visit VeteransCrisisLine.net/Chat. To text message the Veterans Crisis Line, send messages to 838255.

The briefs above are compiled from U.S. Department of Veterans Affairs releases. For more information about the VA, visit www.va.gov.

SFL-TAP

CAREER EXPLORATION



JODI CAMP | FORT CAMPBELL COURIER

Specialist Phillip Robles, 1st Battalion, 187th Infantry Regiment, 3rd Brigade Combat Team, 101st Airborne Division, meets with David Milton, senior career counselor at the Pfc. Milton A. Lee Soldier for Life Center, 5661 Screaming Eagle Blvd., to sign up for the career exploration planning track. "It is a new track we have here so if a Soldier does not know what they want to do in life this track provides all the information," Milton said.

FOR YOUR NEXT STEP

Job Skills Boot Camp, 9 a.m.-3 p.m. Friday at USO Fort Campbell, 6145 Desert Storm Ave. To register, visit www.facebook.com/USOFortcampbell. Participants should dress in uniform or business casual. Bring resumes. Service members, spouses and recent veterans are welcome. For more information, call 270-697-4144.

Fall Job Fair, 9 a.m.-3 p.m. Wednesday and Sept. 20 at Cole Park Commons, 1610 101st Airborne Division Road. National and international employers will present Wednesday, while local and regional employers will be present Sept. 20. Come dressed for success and bring resumes. For more information, call 270-798-4289.

General Dynamics has immediate openings for engineers, administrators and analysts. For more information, email Joseph Townsend at military_relations@gdit.com.

Packers Sanitation Services Inc. is hiring sanitation team members. For more information, call 844-349-7774.

For more employer listings, visit SFL-TAP on Facebook at www.facebook.com/FortCampbellSFLTAP.

REMAINING STRONG

Gold star dad

Father reflects on only son's death

Annette Gomes
Warrior Care and Transition

ARLINGTON, Va. – Gold Star father Terry Burgess, who lost his son, Staff Sgt. Bryan Burgess, in Afghanistan knew he was special from day one. As we prepare to celebrate Gold Star Mother's and Family Day Sept. 30, Terry Burgess reflected on one of the fondest Family memories of his only son, a memory he said would ultimately shape the man he became.

"It was Easter, Bryan was 6 years old, he won the prize basket during the Easter egg hunt, which was a huge cellophane-wrapped basket filled with candy, chocolate and toys. I could hear the moms whispering about this stranger that had just waltzed in and taken their kids' prize," Terry said.

"Before anyone actually said anything, Bryan stepped forward, tore the wrapping off the basket, stepped back, and yelled, 'Dig in!' Bryan didn't take a single piece of candy until every other kid and even some of the moms had helped themselves. It was one of the first signs I observed that Bryan possessed a rare and special spirit," Terry said.

It's that special spirit that inspired Staff Sgt. Burgess to join the Army a short time after graduating from high school in Texas.

"After 9/11, Bryan came to my house and told me he was 'going to fight back.' He wasn't asking permission, he was telling me. He had already talked with a recruiter and was determined to join the infantry," Terry said. "He wanted to fight the enemy that had killed Americans on American soil and so he did."

Bryan became an infantryman and deployed twice to Iraq and once to Afghanistan. With less than a month left in Bryan's deployment to Afghanistan, Terry had a very vivid dream.

"In the dream [Bryan and I] are walking side-by-side and Bryan is talking to me, but he has no voice. He guides me around a corner and we are in a huge, outdoor movie theater. We take our seats and there on the screen is Bryan, in his combat uniform," Terry said. "The camera pulls back and I see Bryan standing beside a glass coffin. He steps into the coffin, lays down and as soon as his helmet touches the white satin pillow he turns into my little boy. Little Bryan sits up, steps out of the coffin and becomes Bryan the warrior again. He gives me that crooked half-smile I know so very well, a sharp salute and the screen goes blindingly white, I turn to look at Bryan in the seat beside me, but he is gone."

On the morning of March 29, 2011, Terry Burgess awoke to the phone ringing. It was his daughter-in-law Tiffany calling to tell him Bryan had been killed in action early that morning. Bryan, who was assigned to 2nd Battalion, 327th Infantry Regiment, 1st Brigade Combat Team, 101st Airborne Division, and five other Soldiers from his unit were killed after receiving small arms fire in Kunar province, Afghanistan.

"After Bryan's funeral and the memorials, I fell into a deep depression. My wife, Beth, began searching for organizations to help us cope with the loss," Terry said.

The Burgess Family turned their pain into passion by co-founding The Gold Star Parent's Retreat, a weekend getaway dedicated to honoring the memories of loved ones who lost their lives in the line of duty. The retreats are conducted on a Western-themed ranch near Gainesville, Texas and are three-day events beginning Friday evening with a welcome dinner, open mic or a keynote speaker.



PHOTO COURTESY OF TERRY BURGESS

Staff Sergeant Bryan Burgess pictured in Iraq, May 1, 2006. Burgess died in March 2011 in Afghanistan, while he was assigned to 2nd Battalion, 327th Infantry Regiment, 1st Brigade Combat Team, 101st Airborne Division. During his eight-year career, Burgess received The Army Commendation Medal, Army Achievement Medal and the National Defense Service Medal.

"We are now Bryan's voice. Instead of only mourning the loss of my son, we salute the hero and the warrior he became. We honor his sacrifice and understand our freedom. Bryan was the kind of man I wish I could have been ... he was simply our shining light.

Terry Burgess,
Gold Star father

Saturdays are filled with activities on the ranch, projects designed to honor their sons and daughters and some nontraditional therapy sessions that have included plate-breaking, and a short day trip to a local monument. The retreat pays for rooms, meals and any extracurricular activities.

"We discovered so many Gold Star Families were searching for the same thing we were. It has proven to be a much needed, and very much appreciated, retreat," Burgess said.

During his eight-year career, Staff Sgt. Burgess received numerous awards and decorations including: The Army Commendation Medal, Army Achievement Medal and the National Defense Service Medal. Those awards are just confirmation for a father who

calls his son the ultimate role model.

"We are now Bryan's voice. Instead of only mourning the loss of my son, we salute the hero and the warrior he became. We honor his sacrifice and understand our freedom, Terry said. "Bryan was the kind of man I wish I could have been. He was strong, self-assured, and at the same time reserved, quiet and yet very determined. There wasn't anything he couldn't do, and he did everything very well. He embraced patriotism and deeply appreciated the Americans that supported our armed forces, he was simply our shining light."

Terry said his dream was realized when Bryan's final mission was captured on film and became part of the 2014 film: The Hornet's Nest.

POST NEWS

REDEDICATION

Continued from Page B1

After visiting with friends inside the building, Soo Getz, surviving Family member, wandered back outside the house to admire the property's new landscaping and gardens.

"The garden and everything is so wonderful. I really love the garden. They did an amazing job," she said.

Getz's husband, Sgt. Maj. Texas Getz, died Oct. 10, 2008.

"I really appreciate the work so many people have put in to make the house look the way it does now. It makes me really happy," she said.

Getz is active in the community of surviving Families. She participates in Military Survivor Appreciation Week every year.

"I really like all of the events and being with people," she said. "It feels like Family."

Sergeant Brandon Hudgins, 2nd Battalion, 327th Infantry Regiment, 1st Brigade Combat Team, 101st Abn. Div., beamed with pride as he looked around the property after the ceremony. Hudgins, along with other No Slack Soldiers, helped complete the landscaping and repairs.

No Slack Soldiers honored a fellow Soldier, Spc. Dustin James Feldhaus, who served in C Company, 2-327th Inf. Regt., 1st BCT, 101st Abn. Div. and supported his mother, Niki Harrison, by contributing to the project. Feldhaus was killed in action March 29, 2011, while deployed to Afghanistan.

"When a Family member, like Niki, reaches out, of course we are going to hop on it," Hudgins said. "It doesn't matter if they are a former Family member, they are still part of our Family. When the call came, we knew we were going to do everything we could to help out."

No Slack Soldiers also helped 2nd Brigade Combat Team Soldiers assemble this year's Boots on the Ground display. The display will be open through Sunday at 101st Airborne Division headquarters.

This was Hudgins second year helping with the display. He said helping with the display is an emotional time for many Soldiers.

"It is hard and always is, especially because the [Boots on the Ground] display always falls



MARI-ALICE JASPER | FORT CAMPBELL COURIER

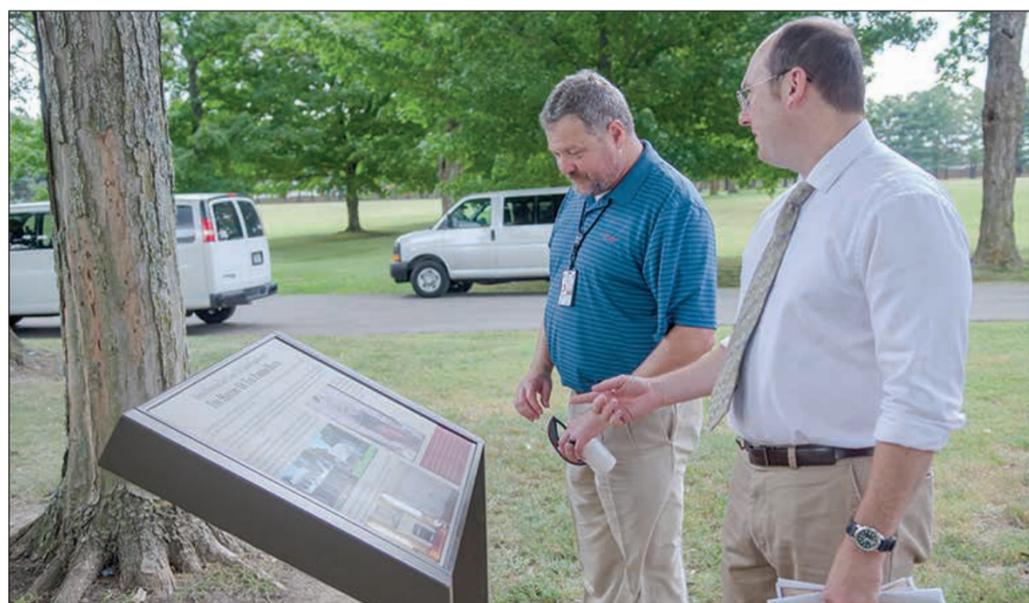
RendezGroove, a jazz combo ensemble with the 101st Airborne Division Band, performed during the rededication ceremony Friday at Army Community Service-Survivor Outreach Services. From left, Sgt. 1st Class Michael Joseph, Sgt. Avery Cody, Sgt. 1st Class John Folco and Spc. Walter Reuter.

around this time of year [close to 9/11]," Hudgins said. "It's hard because when you start to see all of the boots again, it can be overwhelming. It's not like you tried to forget about them, but the [fallen service members] would not want anyone to dwell on their death every day."

Volunteers worked on the display until 8 p.m. Sept. 6 and continued to place additional boots Friday morning, Hudgins said.

During his 10 years of service in the Army, Hudgins has completed three deployments. Now, he is preparing to transition out of the service and begin the next chapter of his life.

"This whole thing, helping with the house and the boots, has been really good for me. It's brought me a lot of closure," Hudgins said. "It is so humbling to be a part of this and to be able to spend time with the Gold Star Families. I feel like I get put in the right places at the right time somehow, and it's crazy how it all just works out."



MARI-ALICE JASPER | FORT CAMPBELL COURIER

After the rededication ceremony Friday at Army Community Service-Survivor Outreach Services, Ron Grayson, cultural resources program manager, explains to Brian Carrigan, chief of operations with the Directorate of Plans, Training, Mobilization and Security, how the signs posted outside ACS-SOS will help surviving Family members understand the historical significance of the building. Three of the signs explain the historical significance of the Parrish House, Tree Line Drive and the creation of Fort Campbell. The fourth sign lists all of Fort Campbell's commanding generals.

WELCOME HOME VETERANS

★ ★ ★ *Celebration* ★ ★ ★
SEPTEMBER 12-16, 2018

CLARKSVILLE, TENNESSEE



- ★ Remembering Our Fallen | Beachaven Vineyards & Winery
Sponsored by Sykes Funeral Home
- ★ American Veteran Traveling Tribute Wall | Beachaven Vineyards & Winery
Sponsored by Exit Realty- Screaming Eagle
- ★ Field Of Honor® Tribute To Veterans | Beachaven Vineyards & Winery
Sponsored by F&M Bank
- ★ POW/MIA Remembrance Ceremony | Hilldale Baptist Church
- ★ Hero Breakfast | Wilma Rudolph Event Center
- ★ Valor Luncheon | Wilma Rudolph Event Center
- ★ Welcome Home Parade | Historic Downtown Clarksville, TN
- ★ Lee Greenwood Concert | Beachaven Vineyards & Winery
- ★ Valor Run | Beachaven Vineyards & Winery
- ★ Downtown @ Sundown Featuring American Floyd | Downtown Commons

★ ★ ★ **welcomhomeveteranscelebration.com** ★ ★ ★
 931.245.4345 | frances@visitclarksvilletn.com



POST NEWS

TO REACH US

VISIT US: You can find us at the Fort Campbell Public Affairs Office, 2574 23rd St.

CALL US: We can be reached at 270-798-6090.

SEE US ON THE WEB: Visit our website at fortcampbellcourier.com.

CHAT WITH US: Share your comments and suggestions with us on Facebook at [facebook/fortcampbellcourier.com](https://www.facebook.com/fortcampbellcourier.com).

NEWS TIPS: Got a story that you would like to share with Fort Campbell Courier readers? We would love to hear from you. Call us at 270-798-6090.

PETS OF THE WEEK



JODI CAMP | FORT CAMPBELL COURIER

Fortuna, a black 8-week-old female domestic short-haired cat, and Stryker, a white 1-year-old male hound mix dog, are available for adoption at the Fort Campbell Stray Animal Facility, 5290 Eighth St. The facility is open 9 a.m.-4:30 p.m. weekdays, and 10 a.m.-4 p.m. Saturdays. The adoption fee is \$75 for dogs and \$65 for cats. Adopters are required to sign an agreement to have animals vaccinated for rabies, and spayed or neutered. For more information, call 907-202-1036.

SEND YOUR ANNOUNCEMENTS

SCREAMING EAGLETS: Babies featured are children born on post and at local hospitals. The Fort Campbell Courier publishes birth announcements for Soldiers and Family members stationed at Fort Campbell free of charge when submitted through our website at fortcampbellcourier.com.

FIRST BIRTHDAYS: The Fort Campbell Courier publishes first birthday announcements with a photo of the child for Soldiers and Family members stationed at Fort Campbell free of charge when submitted through our website at fortcampbellcourier.com.

COMMUNITY BRIEFS: Event announcements must be received no later than the Tuesday before publication. The Fort Campbell Courier accepts announcements and news tips via email at campbell.courier.editor@gmail.com. For more information, call 270-798-6090.

SEE IT ONLINE: Announcements published here weekly also can be viewed online at fortcampbellcourier.com.

COMMUNITY BRIEFS

COURT MARTIAL

A sergeant was recently convicted at a Special Court Martial of three specifications of false official statement and three specifications of larceny. He was sentenced to a reduction to E-1 and 60 days hard labor.

AIR FORCE BIRTHDAY SAVINGS AT EXCHANGE

The Army & Air Force Exchange Service is celebrating the Air Force's 71st Birthday with one-day discounts and savings. Soldiers and Families can save 10 cents on every gallon of gas at Exchange fuel locations, 15 percent at Exchange restaurants, \$10 on a \$25 purchase from Exchange mall vendors and save 10 percent on Air Force gifts and collectibles or 20 percent with Military Star card. All savings require a Military Star card. For more information, visit the Fort Campbell Exchange, 2840 Bastogne Ave.

WORSHIP SCHEDULE

There will be services to honor Yom Kippur. All services will take place at Memorial Chapel, corner of 54th Street and Indiana Avenue. For more information contact Chap. George Nytes, 270-956-4131 or Clara Griff, 757-754-4595.

Tuesday – Erev Yom Kippur
 •6:34 p.m. a candle lighting ceremony
 •6:35 p.m. Mincha
 •6:45 p.m. Kol Nidre
 Wednesday – Yom Kippur Day
 •9 a.m. morning service
 •10 a.m. Sermon
 •10:30 a.m. Musaf
 Yom Kippur Evening
 •6:20 p.m. Yizkor
 •6:45 p.m. Neilah – the Ark will remain open to offer individual silent prayers
 •7:30 p.m. sounding of the Shofar
 Ma'ariv immediately following the Shofar blasts
 Following the services there will be a Breakfast Fast in the fellowship hall. Bagels, cream cheese and lox will be served.

DOWNTOWN CLARKSVILLE ROADS CLOSED

The following roads will be closed from 9:45-11 a.m. Saturday for the Welcome Home Veterans Celebration parade:
 •Franklin Street from Hiter Street to Third Street
 •Third Street from Franklin to Main Street
 •Main Street from 3rd to 2nd Street
 •Second Street from Main to Commerce Street
 •Commerce Street from 2nd to 5th Street at First Baptist Church
 The parade will leave First Baptist Church parking lot at Commerce Street and Hiter Street at 10 a.m. The public is invited to watch the parade and cheer the veterans who will be participating. All veterans are welcome to participate in the parade, but are encouraged to register at www.welcomehomeveteranscelebration.com.

POOL HOURS

Joseph Baldonado Outdoor Swimming Pool, 2570 Screaming Eagle Blvd., is open 5:30-6:30 a.m. and 11 a.m.-noon Mondays-Fridays for lap swim, 4:30-5:30 p.m. Mondays-Thursdays for aqua fitness, 10-11 a.m. Mondays-Saturdays for aqua fitness and noon- 6 p.m. Saturdays and Sundays only for recreation swimming. For more information, call Baldonado Pool at 270-798-5207.

SINGLE FATHERS LUNCH AND LEARN

Single Fathers Lunch and Learn will meet 11:45 a.m.-12:45 p.m. Sept. 20 at Taylor Youth Center, 82 Texas Ave. This group is for single fathers with children 5 years old or younger. Participants are encouraged to bring lunch with them. For more information, call Army Community Service-Family Advocacy Program at 270-412-5500.

R.F. SINK LIBRARY CLOSED

The Robert F. Sink library will be closed Sept. 24 to install new RFID equipment for self-checkout and a new security system. For those needing access to public computers on that day, the library suggests visiting the USO on Fort Campbell, where

the library maintains a satellite computer lab with both CAC enabled computers and open source computers.

RED CROSS BLOOD DONATIONS

During Childhood Cancer Awareness Month this September, the American Red Cross encourages eligible donors to give blood to support kids, teens and young adults battling cancer, as well as others in need of transfusions. Blood and platelet donors of all blood types, especially type O negative and O positive, are needed to replenish the blood supply following a critical summer blood shortage. Donors are urged to make an appointment to donate using the free American Red Cross Blood Donor App, by visiting RedCrossBlood.org/sport-clips or by calling 1-800-733-2767. Upcoming blood donation opportunities include:

- 2-7 p.m. Monday at First Baptist Church, 2501 Highway 70 East, Dickson.
- 10:30 a.m.-4:30 p.m. Monday and Sept. 24 at American Red Cross, 1760 Madison St., Clarksville.
- 10 a.m.-3 p.m. Thursday at Byrd Health Clinic, 7973 Strike Blvd., Fort Campbell.
- 10 a.m.-4 p.m. Sept. 21 at Blanchfield Army Hospital, 650 Joel Drive, Fort Campbell.
- 3-7 p.m. Sept. 25 at YMCA, 301 Henslee Drive, Dickson.
- 10 a.m.-3 p.m. Sept. 28 at Fort Campbell Commissary, 2606 Indiana Ave., Fort Campbell.

MILITARY SURVIVOR APPRECIATION WEEK

Fort Campbell Army Community Service-Survivor Outreach Services will host Military Survivor Appreciation Week until Sunday. Activities include the annual Boots on the Ground display until Sunday at 101st Airborne Division Headquarters. For more information or to donate boots, call 270-798-0272.

INTRODUCTION TO WHOLE HEALTH

The U.S. Department of Veterans Affairs Veterans Health Administration will host Whole Health for Life sessions 2-4 p.m. Sept. 24 and 25 in Classroom 2 of the Pfc. Milton A. Lee Soldier for Life Center, 5661 Screaming Eagle Blvd. The VA's Whole Health for Life focuses on making veterans more active partners in their health and well-being, and includes self-care and complementary therapies along with conventional medical care. For more information call, 615-339-8933.

VOLUNTEER RECRUITMENT FAIR

Army Community Service will host a Volunteer Recruitment Fair, 10 a.m.-1 p.m. Tuesday at the Family Resource Center, 1501 William C. Lee Road. For more information, call 270-956-2934.

MILITARY SPOUSE USAJOBS PREP

The Army Community Service-Employment Readiness Program will host free USAJOBS Prep sessions for military spouses 9-11 a.m. Sept. 25 at ACS, 2601 Indiana Ave. For reservations, call 270-798-4412.

GERMAN CULTURE WORKSHOP

Army Community Service-Relocation Readiness Program offers a German Culture Workshop 11-12:30 p.m. the last Tuesday of each month at The Smokehaus at Sportsman Lodge, 6633 Sportsman Lane. Participants will learn about the German culture and language. Reservations are required one week prior to the workshop. For more information, call 270-956-2676.

USAJOBS PREP

The Army Community Service-Employment Readiness Program will host free USAJOBS Prep sessions 9-11 a.m. Wednesday at ACS, 2601 Indiana Ave. For reservations, call 270-798-4412.

PILLARS OF HOPE

The 9/11 Pillars of Hope Project will be on display Friday-Sept. 29 at Robert F. Sink Memorial Library, 38 Screaming Eagle Blvd. This public art piece serves to commemorate and remember the victims,

Families and all those who have served since 9/11. Sponsored by Fort Campbell's branch of the American Red Cross. For more information, call 270-798-5729.

TEAM BUILDING EVENT

The Human Resources Directorate, which includes Military Personnel Services Division, Army Education Center, Soldier for Life-Transition Assistance Program, Career Skills Program, Army Substance Abuse Program, and Administrative Services Division will observe its annual team building event Friday. Office closures and emergency contact information are as follows:

- Military Personnel Services Division, Building 2702 (includes In/Out Processing, ID Cards/DEERS, Retirement/Separations, Reassignments; Soldier Records, Actions, and Promotions for non-PSDR units; and eMILPO office), and HR portion of SRP will be closed. For emergencies, contact Mr. Goodman at 931-980-9987.
- Casualty/Mortuary Affairs Section, Building 2703 will be closed. For emergencies, contact the on-call duty cell phone at 931-216-3380.
- Army Education Center, Building 202 (includes Counseling Branch, Learning Resource Center, BSEP, Testing Services and Education Center Administrative offices) will be closed. For emergencies, contact Mr. Goodman at 931-980-9987.
- Fort Campbell Soldier for Life-Transition Assistance Program, Buildings 5661 and 5668 will be open for all operations from 7:30 a.m.-4 p.m. For additional information, visit SFL-TAP on Facebook at www.facebook.com/FortCampbellSFLTAP, or visit our official SFL-TAP website at www.sfl-tap.army.mil, or call 270-798-5000.
- Fort Campbell Army Substance Abuse Program in Buildings 2551 and 2553 will be closed. For emergencies, contact Mr. Younger at 931-338-2419.
- Fort Campbell Career Skills Program office in Building 5668 will be open for all operations from 7:30 a.m.-4 p.m.
- Administrative Services Division's Installation Regulations/Forms and FOIA/PA services, located at Building 2702, will be closed. The Official Mail and Distribution Center and Unit-Publications Account Office, located at Building 91, will be open. For emergencies, call 270-798-3429.

NATIONAL PUBLIC LANDS DAY

Help nail aluminum trail markers on the Short Loop and Recovery trails 9 a.m.-noon Sept. 22 at Dunbar Cave State Natural Area, 401 Old Dunbar Cave Road, Clarksville. Volunteers also may help with exotic plant removal on the prairie addition. For more information, call 931-648-5526.

SPECIAL NEEDS BALL

The Army Community Service-Exceptional Family Member Program will host a Special Needs Ball 4-6 p.m. Sept. 22 at the Family Resource Center, 1501 William C. Lee Road. This semi-formal social event is only open to exceptional Family members and their Families. For more information, call 270-798-2727.

OAK GROVE BRANCH CLOSING

Effective Sept. 28, the Fortera Credit Union, 208 Segler Drive, Oak Grove, will close permanently. To find a new location, visit www.ForteraCU.com.

OCS HALL OF FAME NOMINEES

2019 Army Office Candidate School nominations are being accepted for the Army 2019 OCS Hall of Fame. All applications must be submitted in no later than Oct. 1. The eligibility criteria for nomination and required documents are available at <http://www.benning.army.mil/infantry/199th/ocs>. For more information, contact Capt. Jose Elizabeth, 706-545-6932 or jose.f.elizabeth.mil@mail.mil.

HAL AND BETTYE THURMOND AWARD

The Hopkinsville Human Relations Commission is accepting nomination for the Hal and Bettye Thurmond Award. Nominees should be someone in the Hopkinsville-

Christian County area who improve the community through their dedication to human relations. Nominations, along with a brief bio, must be received by 4 p.m. Oct. 5 to be considered. Email submissions to jamesarae.bush@hopkinsvillky.us or mail them to Hopkinsville Human Relations Commission at 715 S. Virginia St., Hopkinsville. The 2018 Hal and Bettye Thurmond Award winner will be honored at the Mayor's Unity Breakfast at 7:30 a.m. Oct. 25 at the James E. Bruce Convention Center, 303 Conference Center Drive, Hopkinsville.

S.T.A.T. CLASS FOR TEENS

Student Traffic Awareness Training, a free four-hour class for high school students ages 15-19, will be offered 9 a.m.-1 p.m. Oct. 20 at Grace Nazarene Church, 3135 Trenton Road, Clarksville. Applications are available at Clarksville Police Headquarters, 135 Commerce St., Clarksville. Applications also can be found online at www.clarksvillepd.org. For more information, call Misty Mackens at 931-648-0656 extension 5453 or email misty.mackens@cityofclarksville.com.

UNITY BREAKFAST

Join Hopkinsville Mayor Carter Hendricks and keynote speaker, Derrick Ramsey, secretary of the Education and Workforce Development Cabinet, for a morning of fellowship during the Mayor's Unity Breakfast at 7:30 a.m. Oct. 25 at the James E. Bruce Convention Center, 202 Conference Center Drive, Hopkinsville. A \$10 donation is requested for individual tickets in advance. Tickets at the door cost \$15. For more information, call 270-887-4010.

KOREAN CULTURE WORKSHOP

Army Community Service-Relocation Readiness Program offers a Korean Culture Workshop 11 a.m.-12:30 p.m. the second Tuesday of each month at Cole Park Commons, 1610 101st Airborne Division Road. Participants will learn about Korean culture and language. Reservation is required one week prior to the event. To register, call 270-956-2676.

MONEY SMART CLASSES

Heritage Bank will host monthly Money Smart Classes for Adults at 10:30 a.m. at the Hopkinsville-Christian County Public Library, 1101 Bethel St., Hopkinsville. The Wednesday class "Pay Yourself First" is dedicated to identifying ways to save and introduce saving goals and options. The final class Oct. 17, "Charge it Right," explains how to use credit cards responsibly. For more information, call 270-887-4262.

EXPECTANT PARENT WORKSHOP

Army Community Service-Family Advocacy Program will host an Expectant Parent Workshop 8:45-11:30 a.m. the third Wednesday of each month at the Family Resource Center, 1501 William C. Lee Road. To register, call 270-412-5500.

ANGER MANAGEMENT

Anger management classes are offered 2-3 p.m. every Tuesday at 5663 Screaming Eagle Blvd. For more information, call 270-205-1917.

15 TO FINISH SCHOLARSHIP

The Kentucky Community and Technical College System is offering the "15 to Finish" scholarship to help students complete their associate degrees in two years or less. The scholarship will pay \$500 to students who complete 15 credit hours per semester and enroll for 15 hours the next semester. For more information and to apply for this scholarship, visit www.kctcs.edu/15tofinish.

W&R BLOCK SCHOLARSHIPS

Full scholarships are now available to military spouses and wounded warriors for the H&R Block Income Tax Course. During the course, students will learn how to prepare state and federal tax returns. Visit hrblock.com/class to enroll. Use coupon code 22160 when enrolling.

NEWS

NATIONAL DAY OF REMEMBRANCE



TECH. SGT. VERNON YOUNG JR. | DOD

First responders and Pentagon police officers salute as an American flag is unfurled at the Pentagon, Tuesday, during a ceremony to honor those killed in the 9/11 attack on the Pentagon.

Pence, DOD leaders honor Pentagon's 9/11 sacrifices

Terri Moon Cronk
Defense Media Activity

WASHINGTON – The terrorists who attacked the United States on Sept. 11, 2001, sought not just to take the lives of U.S. citizens and crumble buildings; they hoped to break America's spirit, Vice President Mike Pence said Tuesday at the Pentagon 9/11 Memorial observance. They failed, he said.

"The American people showed on that day and every day since, we will not be intimidated," the vice president said. "Our spirit cannot be broken."

Defense Secretary James N. Mattis and Vice Chairman of the Joint Chiefs of Staff Air Force Gen. Paul J. Selva hosted Pence for the annual remembrance for families and friends of those who fell at the Pentagon.

Seventeen years ago, terrorists flew American Airlines Flight 77 into the Pentagon. One hundred eighty-nine people perished – 125 service members and civilians

working in the building, and 59 men and women and children aboard the flight.

The losses at the Pentagon, combined with those at New York City's World Trade Center and in a field crash site in Shanksville, Pennsylvania, totaled 2,977 men, women and children.

A special burden

"To the Families of the fallen gathered here and all those looking on, the cherished final moments you shared with your loved ones no doubt seem like just yesterday: a goodbye kiss, a tender embrace, or one last wave," Pence said.

"Just know that your nation understands that, while we all suffered loss that day, we know you bear a special burden," he added. "But we gather here in the shadow of the building where your loved ones departed this life to say that you do not bear that burden alone. The American people stand with you and we always will."

The vice president said that

even before the smoke cleared and the fires were put out, Americans began to answer the call and step forward to serve the nation.

"It's amazing to think in the 17 years since that day, nearly 5.5 million Americans volunteered to serve in the armed forces of the United States," he added. "Those courageous men and women turned a day of tragedy into a triumph of freedom."

Hatred will not prevail

Mattis told the Families and friends of victims that, "[In] the shadow of our rebuilt Pentagon, we are all part of your larger Family. We stand with you every day in honored tribute of the fallen, of your loved ones."

In that spirit, the secretary added, "this morning we commit ourselves to remembering and honoring the lives that might have been. We keep faith with the innocent who perished. We take solace in their deaths were not in vain, for in their passing they empowered

us forever with our enduring sense of purpose. And we remember that hatred disguised in false religious garb to murder innocents will not prevail."

We remember the bravery and sacrifice of those who fell here in America, and then on far-flung battlefields, he said.

"We salute the soldiers, sailors, airmen, Coast Guardsmen and Marines who nailed our colors to the mast, giving their last full measure of devotion, declaring proudly that Americans do not scare," Mattis said.

Strength and resilience

Together with the Families of the fallen, we remember all that is good, true, and beautiful about those we have lost, "And if we remember them, if we honor them by living as they would have us live, if we in the Department of Defense do our best every day to protect America's promise to the world, then we keep our promise to them and to ourselves and to

future generations," the secretary said.

Selva told the audience today's ceremonies across the country, "inspire us to reflect not only on the nation's strength and resolve after those brutal attacks, but also on the strength and resilience of individual people who continue to carry on, even to thrive, in spite of the pain of losing a loved one."

The vice chairman said all should take comfort in knowing that those who died imparted a legacy of selfless service, courage and patriotism, and a belief in the high ideals, all of which continue to inspire a new generation of grateful Americans who have answered the call to serve.

"So today, let us reaffirm the commitment that as long as we have breath to breathe, our military members will defend this nation," the vice chairman said. "We will ensure that future generations of America are able to enjoy the same freedoms and liberties that we inherited."

WORSHIP SERVICES

Catholic

IMMACULATE CONCEPTION CHURCH
Masses: Sat. Vigil 5:30PM
Sunday 8:00AM 11:00AM
1:00 PM(Spanish) 5:30PM
709 Franklin Street,
Clarksville, TN 37040
931-645-6275
Catholics in Clarksville since 1845
Now accepting applications for
2017-2018 school year.
SCHOOL K-8
1901 Madison Street
icschooltn.org 931-645-1865
A school bus is available

St. Michael the Archangel Catholic Church
Mass - Saturday 5:00 p.m.
Sunday 8:30 a.m. & 11:30 a.m.
Daily Mass - 9:00 a.m.
Wednesdays 6:00 p.m.
CCD - Sun 10:05 a.m.
448 State Line Road
(across from gate 4)
Oak Grove, KY 42262
Father Julian Ibemere
640-9850

Methodist

Are You Looking For A Place To Worship?
Join us at
St. Peter African Methodist Episcopal Church
518 Franklin Street Clk., TN.
(931)647-4703
Sunday School: 9:30am.
Morning Worship: 11:00am
Intercessory Prayer /
Bible Study Wed. 6:30pm
Various Other Ministries
"A Church on the move who's not ashamed of the Gospel!" Rev. Dennis Lawson, Pastor

United Pentecostal

Life Tabernacle Church
SERVICE SCHEDULE:
Sunday School.....10:00 A.M.
Evangelist Service.....6:30 P.M.
Bible Study Wed.....7:30 P.M.
Community Chapel.....Tues. 7:00 P.M.
Gerald Adams-Pastor • Military Outreach Pastor-Bobby Carlton
1306 Blooming Grove Rd. Hopkinsville, Ky 42240
Hopkinsville.....(270) 885-5940
Pastor's Res.....(270) 886-8704
Military Pastor's Res.....(270) 885-4246
All services are streamed online @
www.lifetabernacle.com. DVD's available.
Call 270-885-5940 to order.
We have
FREE HOME BIBLE STUDIES AND
FREE TRANSPORTATION
Call for more information

Non-Denominational

"Where everybody is somebody, but Jesus Christ is Lord."
GREATER NEW BIRTH JERUSALEM MINISTRIES
244 Burch Road, Clarksville, Tn. 37042
(931) 431-9557
Pastor - Robert L. Gaines
Co-Pastor - Wanda M. Gaines
Weekdays Noon Day Prayer 12-1 p.m.
Wed. Bible Study 7:00 a.m.
Sunday School 9:00 a.m. • Sunday Worship 11:00 a.m.
Call ahead for transportation

Church of Christ

North Second Street CHURCH OF CHRIST
782 N. 2nd St.
Clarksville, TN 37040
(931) 906-0508
north2ndcofc.org
Bible Class Sunday - 9AM
Worship Sunday - 10AM
Worship Sunday - 5PM
Bible Class Wed - 7PM

Visit A Church of Your Choice This Sunday!

Lutheran
Faith Lutheran Church (LCMS)
Sunday School/Bible Study 9:00 am
Divine Worship 10:00 am
405 Sheila Drive
(Off of Country Club Lane & Millbrooke)
(270) 885-3969
Rev. Michael Croom, Pastor

POST SCHEDULE

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

Catholic
Soldier's Chapel
(Bldg #5875, 30th & Desert Storm)
Sunday Mass 10:00 a.m. & Noon
Daily Mass-
Mon, Tue, Thurs @ 11:45 a.m.
BACH
Wednesday Mass Noon

Jewish
Memorial Chapel
Bldg #3934, 54th & Indiana Ave
Friday Service/Shabbat 7:30 p.m.

Muslim
Memorial Chapel
(Bldg# 3934, 54th & Indiana Ave)
Monday Ummah 6:30 p.m.
Friday Jumah 1:00 p.m.

Phoenix Rising
Liberty Chapel Annex
(Bldg #3101, Indiana Ave.)
Sunday 2:00 p.m.
Wednesday 6:00 p.m.

Protestant
Memorial Chapel
(Bldg. #3934, 54th & Indiana)
Sunday Contemporary Service
9:00 a.m.
Sunday Traditional Service
11:00 a.m.

BACH
Sunday Collective Service
9:30 a.m.

Community Chapel
(Bldg #6721, 15th & Ashau Valley)
Sunday Gospel Service 10:00 a.m.

Liberty Chapel
(Bldg. #3111, Bastogne Ave)
Sunday Chapel Next 11:00 a.m.

Baptist

Greater Missionary Baptist Church
450 Ringgold Road, Clarksville, Tennessee 37042
gmbc@acninc.net www.gmbc@greatermbc.org
Office: 647-4643 Fax: 647-9773
"A Caring & Sharing Christ Center Church"
9:00am-10:15am Sunday School & New Members Class
10:30am Sunday Morning Worship Services
6:30pm Tuesday tutoring for children & adults
6:30pm Wednesday Worship Service
(Bible study, prayer, mid week sermon)
6am Saturday Intercessory Prayer
Many weekly activities for children, youth, singles & adults
For activity updates dial: (931) 647-4643 press "6"

WALNUT GROVE BAPTIST CHURCH
"Still On The Move For God"
Baptism & Communion Service 11:00am (Every 1st Sunday)
Morning Worship 11:00am
• Sunday School 9:30 am
BIBLE STUDY:
WEDNESDAY 12 NOON BIBLE STUDY & PRAYER MEETING
WEDNESDAY NIGHT BIBLE STUDY & PRAYER MEETING 6:30pm
"FRIDAY NIGHT LIVE" YOUTH ACTIVITIES EVERY 4th FRIDAY AT 6:30pm
1616 Walnut Grove Road & Lafayette,
Clarksville, Tennessee • Office 648-9655
www.walnutgrovembc.org
Reverend Carl E. Livingston-Pastor

HILLCREST BAPTIST CHURCH
Rev. Greg Giltner, Pastor
Sunday School9:00 & 10:30 AM
Worship9:00 & 10:30 AM
Evening Worship6:00 PM
Wednesday Activities6:15 PM
Children's Church
Youth Ministry
Singles Ministry
Senior Adult Ministry
Nursery Provided
886-6017 or 886-1140
920 Skyline Drive • Hopkinsville

We Pray for Our Troops at...
First Baptist CLARKSVILLE
435 Madison Street, Clarksville
(931) 645-2431
Worship: 8:30am & 11:00am
Sunday School: 9:45am
Evening Worship: 6:00pm
www.fbct.org

To advertise your church, call 270-886-4444

NEWS

ARMY HISTORY

National Guard Soldiers pivotal in closing days of WWI

Col. Richard Goldenberg
New York National Guard

LATHAM, N.Y. – The days from Aug. 8 to Nov. 11, 1918, have gone down in World War I military history as “The 100 Days.”

This period was marked by a series of attacks launched by the French, British and German armies that defeated the German army, resulting in mass surrenders, retreat and the end of the fighting.

New York National Guard Soldiers played a key role in this fighting breaking through the Hindenburg Line near Belgium and taking part in the largest American battle of all time in the Meuse-Argonne region of France.

Serving under the command of Gen. John J. Pershing, commander of the American Expeditionary Force and the United States First Army, was New York City’s own Fighting 69th Infantry Regiment, now reflagged as the 165th Infantry.

The 165th was part of the 42nd Rainbow Division, comprised of

National Guard Soldiers from 26 states and the District of Columbia.

The French 161st Division, part of the French 4th Army, had its own New Yorkers in its ranks: New York’s 15th Infantry Regiment, re-designated as the 369th Infantry, Harlem’s Hellfighters.

The all-black infantry regiment was assigned under French command to bolster the strength of French forces and avoid the complications of a segregated American Army.

Guardsmen of New York’s 27th Division were part of the British Army in Belgium.

Along the Somme River in northern France, the 27th Division fought first in early September and then four weeks later, Sept. 25-29, breaking the German defensive Hindenburg Line.

The initial attack of the 53rd Brigade failed to penetrate the German defensive line. A renewed attack on Sept. 28-29 by the 54th Brigade cracked the enemy position.

“The advance was then continued with little resistance until the

remaining troops arrived at the first wire entanglements of the Hindenburg Line,” wrote Capt. J.F. Oakleaf for a 108th Infantry Regiment reunion in 1921.

“At this point they met the full resistance of a fortified position such as the world had never known,” Oakleaf wrote.

There were 65 officers and 3,721 men killed or wounded.

“The position was held against severe counter attacks and enfilading artillery and machine,” Oakleaf wrote. Australian soldiers joined the New Yorkers in overcoming the defense.

The 27th resumed the offensive on Oct. 8 and advanced 21 miles and forced the Germans to retreat.

The fighting since September had cost the division half of its infantrymen killed or wounded by Oct. 25 when they went into reserve.

In the rugged region around Sedan and Verdun known as the Meuse-Argonne – for a river and a wood – the men of the 69th Infantry (the 165th Infantry Regiment) and the 369th

Infantry (the Harlem Hellfighters) – were among 1.2 million Americans fighting the largest American battle ever.

The Meuse-Argonne Offensive was bigger than the World War II Battle of the Bulge in which 500,000 Americans fought, or the Normandy Invasion in which 156,000 Americans participated.

There were 26,277 Americans killed and 95,786 wounded by the end of the campaign.

Twenty-seven French and American divisions – including the 42nd – were part of the attack that began on Sept. 25 and ended on Nov. 11. It was designed to cut off the entire German 2nd Army and sever the enemy railroads.

The Harlem Hellfighters attacked on Sept. 25 and fought through mid-October; advancing nine miles and outrunning the French units on their flanks.

In mid-October the 42nd Division and the 69th Infantry got into the fight.

The objective given to the 42nd

Division was the German defensive stronghold at Côte de Chatillon, part of the defensive line known as the Kreimhilde Stellung.

“Give me Chatillon or a list of 5,000 casualties,” Maj. Gen. Charles Summerall told Brig. Gen. Douglas MacArthur, the commander of the 42nd Division’s 84th Brigade. MacArthur replied that if they failed, his name would be at the top of the casualty list.

By Oct. 16, they reached the crest of Chatillon. With the capture of a key height by the 32nd Division on the Rainbow’s right flank, the Americans finally pierced the Kreimhilde Stellung defensive line.

In the third phase of the offensive, launched Nov. 1, the allied attack forced German disengagement and retreat. The attack became a pursuit.

Elements of the 42nd attacked towards Sedan. The race to Sedan ultimately was set aside on Nov. 7 when French forces liberated their city. With American forces across the Meuse River, Germany began to seek peace terms on Nov. 8.

BACH

Continued from Page B1

“Contributions to our teacher warehouse mean the world to them. So many of our teachers spend money out of their own pockets to supply their classroom with things their students need,” said Katie Williams, coordinator, CMC Education Foundation, who accepted the supplies on behalf of the warehouse. “The donations we get from the community are wonderful. We appreciate all the support we get from the community. Our community has been very giving and generous to us and we appreciate everything that we receive.”

The Department of Behavioral Health offers Adult Behavioral Health services to active duty service members who are assigned to non-tenant units at Fort Campbell. In addition, Embedded Behavioral Health is offered within the combat brigades.

Other services within the department include Emergency Behavioral Health, Child and Family Behavioral Health System, School Behavioral Health, Child and Family Psychiatry Service, Marriage and Family Therapy, and Family Advocacy Program.



MARIA YAGER | U.S. ARMY

Behavioral Health Technicians, Spc. Maci Alleyne and Pfc. Mondeka Doui, assigned to Blanchfield Army Community Hospital Department of Behavioral Health prepare to load school supplies for delivery. Team members from the department donated school supplies and wrote notes of appreciation for local teachers during a command function. The notes and supplies were delivered Sept. 6 to the Clarksville-Montgomery County Education Foundation Teacher Warehouse, which allows local teachers to get limited free supplies for their classroom.

vista OPTICAL

ALL EYEGLASSES BUY ONE GET ONE 50% OFF*

X EXCHANGE

FT. CAMPBELL
Inside the Exchange entrance, across from the barber shop
(270) 439-6674
Eye Exam Available by Independent Doctors of Optometry
Dr. Don Rademaker & Dr. Adam Coates (270) 640-4699
• TRICARE accepted • Appointments are available • Walk-ins are welcome

*50% off 2nd pair must be of equal or lesser value as the first pair purchased. Purchase of two complete pairs (frame and lenses) of eyeglasses required. Second pair must be purchased with the first pair and at the same date and time. Cannot be combined with any other discount, coupon or insurance plan. No dispensing fee. All eyeglass purchases require a current, valid prescription. Valid at participating Vista Optical Centers only. This advertisement is neither paid for nor sponsored in whole or any part by any element of the United States government. Offer expires 09/30/2018. ©2018 National Vision, Inc.

For Our Country

We salute the men and women who serve at Fort Campbell for our country and our freedom.

Fort Campbell COURIER



Fort Campbell COURIER POST LIFE

C1

Thursday, September 13, 2018

fortcampbellcourier.com

SGT. AUDIE MURPHY CLUB



HEATHER HUBER | FORT CAMPBELL COURIER

Recently inducted members of the Sgt. Audie Murphy Club include, Sgt. 1st Class Gregory Rios, patient accountability branch noncommissioned officer in charge, Blanchfield Army Community Hospital; Sgt. 1st Class Victoria Romero, Ear, Nose and Throat/Audiology Clinic NCOIC, BACH; Sgt. 1st Class James Rowland, master gunner, Headquarters and Headquarters Battalion, 101st Airborne Division Artillery Brigade, 101st Airborne Division; and Staff Sgt. Javier Velezmalonado, operations and training NCOIC, Fort Campbell Dental Activity, stand on stage Friday with Soldiers from each of their units during a SAMC ceremony at the USO.

Exemplifying leadership

NCOs strive to become like Sgt. Audie Murphy

Heather Huber and Maria Yager

Fort Campbell Courier special report

Soldiers and Family members gathered Friday at Fort Campbell's USO as four noncommissioned officers were inducted into the Sgt. Audie Murphy Club and received the coveted gold and blue medallion of membership.

"I know that you all sacrificed countless hours studying, giving up Family and personal time. You attended numerous mock boards and command boards before earning your right to appear before your final board. You were put to the test utilizing skills and character against a variety of real life situations. All of this hard work has gotten you to where you are today, at your induction ceremony," said guest speaker, Command Sgt. Maj. Michele Johnson, senior enlisted leader for the 531st Hospital Center. "While this is a momentous day, it is just the tip of the iceberg. While the medallion is placed around your neck, your climb to leadership does not end. It should serve as a reminder each day to live up to the name Audie Murphy, in your own way."

The Sgt. Audie Murphy Club was founded in 1986 at Fort Hood, Texas, to honor Audie Leon Murphy, one of the most decorated American combat Soldiers of World War II and a Medal of Honor recipient. At just 19 years old, Murphy held off an entire company of German soldiers during an hour-long siege near Holtzwihr, France, and then leading a counterattack after being wounded.

The club is for NCOs who exemplify leadership, as characterized by concern for the needs, training, development and welfare of Soldiers and their Families.

New members

The inductees are Staff Sgt. Javier Velezmalonado, operations and training noncommissioned officer in charge, Fort Campbell Dental Activity; Sgt. 1st Class James Rowland, master gunner, Headquarters and Headquarters Battalion, 101st Airborne Division Artillery, 101st Airborne Division; Sgt. 1st Class Victoria Romero, Ear, Nose and Throat and Audiology NCOIC, Blanchfield Army Community Hospital; and Sergeant 1st Class Gregory Rios, patient accountability branch NCOIC, BACH.

Rowland spent five years going through selection boards before he was accepted into the club.

"The first board I went to was back in 2013, so it's a big relief," Rowland said. "It's a huge honor. That's why I never gave up."

It was not only important for him to accomplish his personal goal, Rowland said, but the club provides avenues to better serve Soldiers and strengthen Fort Campbell's relationship with the surrounding communities.

Velezmalonado said he looks forward to mentoring other NCOs to become SAMC members.

"It's a great accomplishment. It took a lot of hard work. A lot of sleepless nights. Long days. But at the end of the day it was worth it and I'm happy about the accomplishment," he said. "Not everybody joins. Some people are afraid to try because it's such a small



HEATHER HUBER | FORT CAMPBELL COURIER

Sergeant First Class Gregory Rios, (right) patient accountability branch noncommissioned officer-in-charge, Blanchfield Army Community Hospital, speaks with Pvt. Michael McCarthy, Monday, at BACH. Rios was recently inducted into the Sgt. Audie Murphy Club.

membership, but it feels good to be a part of it and it feels good to give back to the community."

Velezmalonado worked hard to get accepted into the club, he said. Despite his concern that he might not be nominated, he continued to study and work toward his goal of becoming a SAMC member.

Rowland believes he finally made it because his values of caring for Soldiers and never giving up mesh with those of Sgt. Audie Murphy.

Studying for the selection boards has taught Rowland things most Soldiers never learn and the extra knowledge has improved his leadership skills, he said.

"If you are in a leadership position, or soon-to-be leadership position, it's only going to set you up for success with whatever level you're going to be at someday," Rowland said.

Romero feels great now that the studying and boards are complete, she said.

"This is the culmination of a lot of work. For me this was about two years of prep to get the nerve up to challenge the board and then a year of hard studying to actually be capable of having the stuff to get there," Romero said. "It's great to be able to show your Soldiers that you should always try to challenge yourself and to keep going and to give back to people and the community that supported you."



HEATHER HUBER | FORT CAMPBELL COURIER

Sergeant First Class Victoria Romero, Ear, Nose and Throat/Audiology Clinic noncommissioned officer in-charge, Blanchfield Army Community Hospital, speaks with Joseph Rühner, audiology technician, about a patient, Tuesday, at BACH. Romero was inducted, Friday, into the Sgt. Audie Murphy Club.

see SAMC, Page C8

HEALTH & FITNESS

MENTAL HEALTH



STAFF SGT. JAMAL D. SUTTER | U.S. AIR FORCE

Children can experience social withdrawal, anxiety, and depression as a result of bullying. From the Stop Bullying campaign to Military OneSource, resources are available to help parents and their Families identify and address bullying.

Get involved to stop bullying

Quick response, consistency might halt bully's negative behavior

**Military Health System
Communications Office
release**

Whether it is physical or verbal, face-to-face or online, bullying can have lasting effects as children grow older. But with the help of parents, educators and experts, this type of harassment can be addressed – or possibly even stopped.

According to Stop Bullying, an anti-bullying campaign overseen by the U.S. Department of Health and Human Services, when adults respond quickly and consistently to bullying behavior, they send the message that it is not acceptable and research shows this can stop it over time.

"We do know the impact on children who are bullied," said Capt. Amy Park, who leads the Mobile Health Clinical Integration team at the Defense Health Agency's Connected Health Branch under the Clinical Support Division. "They experience social withdrawal and increased depression and anxiety as a result of having been subjected to various forms of bullying in school and in social settings."

According to Stop Bullying, there are many warning signs that may indicate someone is being bullied, such as unexplained injuries, difficulty sleeping, as well as loss of interest in school, sudden loss of friends, and self-destructive behavior (including talking about suicide).

A 2012 Bureau of Justice Statistics survey on school crime

and safety found that students report only about 40 percent of all bullying incidents to an adult, which may be because of feelings of helplessness or social isolation, fear of backlash or rejection from peers or feelings of humiliation.

Park noted bullying others and being bullied are not mutually exclusive. Children who bully others, she said, may get into physical or verbal fights, hang out with friends who bully others, demonstrate increasingly aggressive behavior, get into frequent trouble at school or refuse to take responsibility for their actions.

According to Military OneSource, children who bully others are disliked by their non-aggressive peers and, as a result, may hang out with other aggressive children – that may worsen the bullying behavior. Such children also may perform poorly in school and may continue their aggressive behavior as adults.

Parents of children who are bullied should validate their child's pain and experience of being negatively singled out by peers, Park said. They also should advocate for their child by engaging with school staff, teachers and others in the child's support system.

"I think our children are so much more sophisticated in the different forms of bullying, particularly these days with use of social media," said Park, who encourages parents to talk to their children about what is going on in their lives and understand not only what impacts them, but also the stressors they face through-

"We do know the impact on children who are bullied. They experience social withdrawal and increased depression and anxiety as a result of having been subjected to various forms of bullying in school and in social settings.

Capt. Amy Park,
Preventive Medicine, BACH

out the day. "Parents are an integral part of problem-solving and helping their kids adaptively cope as issues arise. Involvement is critical."

Kelly Blasko, a psychologist and the Military Kids Connect program lead at Connected Health for the DHA, said bullying is a form of abuse and can impact children's ability to handle new situations and create friendships. This can be especially true among military children.

"They're moving all the time, so they're often the new kid on the block, and if they're consistently bullied, that could really impact their mood, their willingness to engage in school," Blasko said, adding they might show more psychosomatic symptoms or pretend to be sick in order to avoid school. "In the long run, [bullying] can have long-term effects on their ability to form healthy relationships and to perform well academically."

While no one-size-fits-all plan to address bullying exists, Military OneSource recommends adults create a strategy for monitoring a child to determine what triggers bullying behavior. It also recommends working with schools to set up programs to address bullying and provide examples of positive behavior and problem-solving techniques. Additional resources to help parents, educators and children prevent or address bullying – including cyberbullying – are available from Military OneSource and Stop Bullying.

"Bullying is stressful for children and the people who care about them, and we need to be able to provide resources to help," Blasko said. "Military Families give so much to the overall mission of our armed forces. It's the responsibility of all – parents, educators, peers – to help military children feel safe, accepted, and supported."

BACH PREVENTIVE MEDICINE

Make time to laugh, you will feel better for it

Dr. Michael W. Smith suggests, in his article on WebMD, that laughter just might be the best medicine, complete with tremendous health benefits.

Although most current research about laughter is general in nature, we do know it does not hurt. Researchers tend to believe there are other factors besides the act of laughing that make people feel better. A good sense of humor, a positive attitude and the support of friends and Family might play a role too.

Laughter's impact on the body

We change physiologically when we laugh. We stretch muscles throughout our face and body, our pulse and blood pressure go up, and we breathe faster, sending more oxygen to our tissues.

People who believe in the benefits of laughter say it can be like a mild workout – and may offer some of the same advantages as a workout.

The effects of laughter and exercise are very similar. One pioneer in laughter research, William Fry, claimed it took 10 minutes on a rowing machine for his heart rate to reach the level it would after just one minute of hearty laughter – I'm skeptical about his intensity on the rower. However, we know our stomach tightens and energy is expended during laughter.

In the last few decades, other researchers



Levi Scheeter
Preventive Medicine,
Blanchfield Army
Community Hospital

have studied laughter's effects on the body and turned up some potentially interesting information about its benefits:

•**Blood flow:** Researchers at the University of Maryland studied the effects on blood vessels when people were shown either comedies or dramas. After the screening the blood vessels of the group who watched the comedy behaved normally – expanding and contracting easily. The blood vessels of the people who watched the drama tended to tense up restricting blood flow.

•**Immune response:** Increased stress is associated with decreased immune system response. Some studies have shown the ability to use humor may raise the level of infection-fighting antibodies in the body and boost the levels of immune cells as well.

•**Blood sugar levels:** One study looked at the effects of laughter on blood sugar levels. After eating, the group attended a tedious

lecture. The next day, the group ate the same meal and watched a comedy. After the comedy, the group had lower blood sugar levels than compared to after the lecture.

•**Relaxation and sleep:** The focus on the benefits of laughter really began with Norman Cousins's memoir, "Anatomy of an Illness." Cousins, who was diagnosed with ankylosing spondylitis, a painful spine condition, found that a diet of comedies, like Marx Brothers films and episodes of "Candid Camera," helped him feel better. He said 10 minutes of laughter allowed him two hours of pain-free sleep.

Another surprising finding is laughter plays a big role in relationships. Men like women who laugh heartily in their presence. Both men and women laugh a lot, but females laugh more – 126 percent more than their male counterparts. Men are more laugh-getters.

Like yawning, laughter is contagious, the laughter of others is irresistible. Laughter establishes, or restores, a positive emotional climate and a sense of connection between two or more people, who literally take pleasure in the company of each other. Research also has shown that speakers laugh even more than their listeners.

Most of what makes people laugh is not the knee-slapper stuff but conversational comments. So just like we make time for exercise, we must make time for laughter.

FITNESS OPPORTUNITIES

Fort Campbell Physical Fitness Centers locations and hours of operation are listed below. Estep and Shaw PFCs offer fitness classes at a cost of \$3 per class, or \$30 for a one-month pass good for PFC fitness and water aerobics classes.

Clarksville Base PFC, 7540
Headquarters Loop: 5 a.m.-5 p.m.
Monday-Friday. 270-412-5285.

Estep PFC, 2270 Kentucky Ave.
Open 5 a.m.-9 p.m. Monday-Friday.
270-798-4023 or 270-798-4664.

Fratellenico PFC, 3932 Indiana
Ave.: 5 a.m.-9 p.m. Monday-Friday, 8 a.m.-4 p.m. Saturday. 270-798-9418.

Gertsch PFC, 3610 Indiana Ave.: 5 a.m.-9 a.m. Monday-Friday, 8 a.m.-4 p.m. Sunday. 270-798-2753.

Lozada PFC, 6992 Desert Storm
Ave.: 5 a.m.-9 p.m. Monday-Friday, 8 a.m.-4 p.m. Saturday. 270-798-5830.

Olive PFC, 6990 A Shau Valley
Road: 5 a.m.-9 a.m. Monday-Friday,
8 a.m.-4 p.m. Saturday. 270-798-4101.

Sabo PFC, 7037 Toccoa Road: 5 a.m.-9 p.m. Monday-Friday, 8 a.m.-4 p.m. Saturday-Sunday. 270-798-7355.

Shaw PFC, 7979 California Road: 5 a.m.-9 p.m. Monday-Friday, 8 a.m.-4 p.m. Saturday-Sunday. 270-461-2294.

Fitness classes cost \$3 per session or \$30 for a one-month pass good for PFC fitness and water aerobics classes. Upcoming fitness classes for August are listed below.

•**P90X** features a variety of exercise techniques including strength training, cardio and yoga. 9 a.m. Monday at Estep PFC.

•**Bootcamp** is a high energy class that keeps your feet moving and heart rate fast. 9 a.m. Sept. 24 at Estep PFC.

•**Power Cycle** uses a stationary spin bike that simulates an outdoor bike ride. 10:30 a.m. and 5 p.m. Mondays at Shaw PFC, and 10:30 a.m. Fridays at Estep PFC.

•**Zumba** is a dance fitness class that incorporates Latin and international music and dance movement which creates a dynamic, exciting and effective fitness system. 9 a.m. Tuesdays and Thursdays, and 8:30 a.m. Saturdays at Shaw PFC and 10 a.m. Fridays and 6 p.m. Wednesdays at Estep PFC.

•**Total Pump** is an exciting, energetic weight training class that strengthens the entire body, regardless of gender. Class is performed to selected music using free weights, barbells and an aerobic step. 10:30 a.m. Tuesdays and Thursdays at Shaw PFC and 4:30 p.m. Mondays and Wednesdays at Estep PFC.

•**Muscle X** is a total-body fitness program that uses gravity against the individual's own body weight as well as a mixture of resistance equipment. 9 a.m. Wednesdays Estep PFC.

•**Cycle** using stationary bikes the instructor simulates an outdoor bike ride that may include traveling on flat roads, climbing hills, sprinting and jumps. 10:30 a.m. Wednesdays at Estep PFC.

•**Power Hour** is a hard and fast high-intensity cardio workout. 5 p.m. Tuesdays at Estep PFC.

•**Spin** is indoor cycling that is all about building strength and endurance. Classes are high energy and full of upbeat music. 6 p.m. Tuesdays and Thursdays at Estep PFC and 10 a.m. Saturdays at Shaw PFC.

Wellbeats is a virtual presentation with world-class instructors that offer dozens of classes designed to assist in accomplishing fitness goals.

•**Clarksville Base PFC** offers the Rev series 9:15-9:45 a.m., 9:45-10:15 a.m. and 11:45 a.m.-12:45 p.m. Monday-Friday.

•**Fratellenico PFC** offers the Stomp series 5:30-6:30 p.m. Mondays and Wednesdays.

•**Gertsch PFC** offers the Definitions series 1-1:30 p.m. Friday and the Stress release 1-1:30 p.m. Mondays and Wednesdays.

•**Lozada PFC** offers the Definitions series 3-3:50 p.m. Fridays, the Fusion Series 9-10 a.m. Mondays, the Kinetics series 11:45 a.m.-12:30 p.m. Tuesdays and the Flexibility series 11:30 a.m.-12:05 p.m. Thursdays.

•**Shaw PFC** offers the Rev series 10:45-11:45 a.m. Mondays, Wednesdays, Thursdays; the Maintain Don't Gain 10:45-11:45 a.m. Fridays; the Build Strength 4:30-5:30 p.m. Tuesdays-Thursdays and the Kettle Power 4:30-5:30 p.m. Fridays.

Homeschool Hangout, noon-2:30 p.m. the last Monday of the month at Clarksville Climbing Gym, 119 W. Dunbar Cave Road, Clarksville. Cost is \$6 per person. \$3 shoe rental is optional. For more information, call 931-444-3551.

THINGS TO DO

RIVER DISCOVERY CENTER

DRAGON BOAT FESTIVAL



COURTESY PHOTO | PADUCAH CONVENTION AND VISITORS BUREAU

The Dragon Boat Festival will be 9 a.m.-2 p.m. Sept. 22 at River Discovery Center, 117 South Water St., Paducah, Kentucky.

CONTACT US

VISIT US: You can find us at the Fort Campbell Public Affairs Office, 2574 23rd St.

CALL US: We can be reached at 270-798-6090.

SEE US ON THE WEB: Visit our website at fortcampbellcourier.com.

CHAT WITH US: Share your comments and suggestions with us on Facebook at [facebook/fortcampbellcourier.com](https://www.facebook.com/fortcampbellcourier)

SUBMIT YOUR EVENT: Email complete details to campbell.courier.editor@gmail.com.

EDITOR'S NOTE: Event listings are for informational purposes only and should not be considered an endorsement by the Department of Defense, the U.S. Army, the 101st Airborne Division and Fort Campbell command or its representatives.

AT THE MOVIES

◆ **WILSON THEATER**
95 Bastogne Ave., Fort Campbell.

Crazy Rich Asians (PG-13) 7 p.m. Friday
Mile 22 (R) 7 p.m. Saturday
Alpha (PG-13) 2 p.m. Sunday

PUZZLES

"Elementary Beginnings"

- Across**
- Lucy's hubby
 - Japanese seafood dish
 - After-shower application
 - Original sin site
 - "The Cherry Orchard" playwright Chekhov
 - Length times width
 - Hollywood's nickname
 - Marty Feldman's "Young Frankenstein" role
 - Paula of 59-down fame
 - Yes, in France
 - Companionless
 - Church official
 - Nonstick stuff
 - Excommunication candidate
 - Haifa's land
 - Did a cobbling job
 - Japanese wrestling
 - Funny Stewart
 - Picket-line participant
 - Groom's garb
 - Perلمان of "Cheers"
 - Surround
 - Oklahoman
 - Dinnerware washer
 - Later
 - Layers
 - Beast of burden
 - Architect I. M. ____
 - Bridge seats
 - Tiny bit
 - Being in charge
 - Ardor
 - One-way sign symbol

Crossword

1	2	3	4	5	6	7	8	9	10	11	12	13
14				15					16			
17			18						19			
20				21				22				
23				24		25	26					
27				28			29			30	31	
			32			33	34		35			
36	37	38		39				40		41		
42			43		44				45			
46				47			48			49	50	51
			52			53	54	55				
56	57				58		59		60			
61					62			63				
64					65				66			
67					68				69			

- Golden Fleece seeker
- Russian revolutionary Trotsky
- Part of TLC
- Authority-exercising groups
- Bundy and Yankovic
- Water reservoir
- "Semper ____" (Marine's motto)
- It grows in ears
- Ostrich look-alike
- Bagel topper
- Tyler of "The Incredible Hulk"
- Supplemented, with "out"
- PSAT takers
- Exclamation of surprise
- Of newborns
- Roll-call list
- Deviation from the norm
- Put into words
- Greek vowel
- How bad decisions may be made
- Hun honcho
- Caught one's breath
- "Carmen," for one
- Fatigued
- Ms. Minnelli
- Leopold's partner in crime
- "American ____"
- Jet ____
- Farm female

Sudoku Puzzle

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

Crossword Answer

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

Sudoku Answer

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

ARTS AND CRAFTS

◆ **Guenette Arts and Crafts Center**, 89 Screaming Eagle Blvd. Children age 12 and younger must be accompanied by an adult. Some classes require registration. For more information, call 270-798-6693.

- **Wheel Throwing Class Part 2** 10 a.m.-noon Friday.
- **Suminagashi Paper Marbling** 10-11 a.m. Saturday. For ages eight and older. Cost is \$8.
- **Framing Class** 12:30 p.m. Saturday. For ages 18 and older. Cost is \$10 plus materials.
- **Galaxy Painting on Canvas** 4:30-6:30 p.m. Tuesday. For ages eight and older. Cost is \$12.
- **Shrink It for Kids** 4:30-5:30 p.m. Sept. 20. Cost is \$5.

OUTDOOR RECREATION

◆ **Whitewater rafting trip**, noon Sept. 21-5 p.m. Sept. 23 at the Upper Gauley River with Fort Campbell Morale, Welfare and Recreation's Outdoor Recreation. This Class V+ adventure will begin at the base of the Summersville Dam. Previous rafting experience and good physical condition is recommended. Participants must be at least 16 years old. Minors must be accompanied by an adult. Cost is \$179 per person and includes all equipment and transportation. Participants must sign an Outdoor Recreation waiver. Deadline to register is 4 p.m. Wednesday. For more information, call 270-798-2629.

Sleep Under the Stars Campout, 2 p.m. Sept. 22-9 a.m. Sept. 23. Cost is \$15 per person or \$55 for a Family of up to six members. Children must be accompanied by an adult at all times. Participants must provide their own tent and sleeping materials. Preregistration is required and available at www.cityofclarksville.com. For more information, call Clarksville Parks and Recreation Office at 931-645-7476.

SUMMER SALUTE

Trot for the Troops 10K/5K Road Race and 1-Mile Fun Run Saturday hosted by the Hopkinsville-Christian County YMCA. The road races are open to all participants, are on a certified course with electronic tag timing, and are competitive. The fun run begins at 8 a.m. and the road races begin at 8:30 a.m. at 7805 Eagle Way, Hopkinsville. Cost for the event is \$12-\$35, and registration is required. Register at www.hopkinsvilleymca.org or active.com. For more information, call 270-887-5382.

FESTIVALS

Frolic on Franklin, 8:30 a.m.-4:40 p.m. Saturday on 100 Franklin St., Clarksville. This free event will showcase the works of more than 30 local and regional artists. For more information, call 931-645-7699.

Dog Day Festival, 10 a.m.-4 p.m. Saturday at Centennial Park, 2500 W. End Ave., Nashville. Activities include a costume contest, "pupper" parade, training classes, demonstrations, contests and pet portraits. There also will be a low-cost microchip clinic, food trucks, door prizes, fun zones and live entertainment. Admission is \$5 for festival-goers at least 11 years old.

The Beast of LBL Festival, noon-7 p.m. Saturday across from Reva's Place in Cadiz, Kentucky.

This free Family event features classic cars and trucks, vendors, corn hole and food trucks.

International Festival, noon-5 p.m. Sunday at Immaculate Conception Catholic Church, 709 Franklin St., Clarksville. The festival will feature entertainment, live music, food, arts and crafts, inflatables, games and a silent auction. For more information, call 931-645-6275.

Music City Bacon and Barrel Festival, 6:30-9:30 p.m. Sept. 21 at Green Door Gourmet, 7007 River Road Pike, Nashville. Enjoy bacon-centric refreshments and 15 samples of bourbon while listening to live bluegrass music. Admission costs \$39 per person. All guests must be at least 21 years old. For more information, visit www.baconandbarrel.com.

Nashville Brew Fest, 8-10 p.m. Sept. 21 at First Tennessee park, 19 Junior Gilliam Way, Nashville. This festival features dozens of local and domestic craft beers, food trucks, music and lawn games. Guests must be at least 21 years old. Pets will not be permitted. Admission costs \$40. For more information, visit www.nashvillebrewfestival.com

Oktoberfest, 4-8 p.m. Sept. 21, 11 a.m.-10 p.m. Sept. 22 at Christ Lutheran Church, 2425 Kirkwood Road, Clarksville. Event features craft beer from Tennessee Brewing Company, traditional German food and games. Live music will be performed by Alex Shor, 6:30-9 p.m. Sept. 21 and The Oompahsters, 6-10 p.m. Sept. 22. Cost is \$5 for adults at least 16 years old. For more information, call 931-358-0888.

African Street Festival, 6-8 p.m. Sept. 21 and 11 a.m.-9 p.m. Sept. 22 and 23 at Hadley Park Community Center, 1037 28th Ave. North, Nashville. This festival celebrates the cultures of Africa, the Caribbean, North, Central and South America. During this Family-friendly event, guests will enjoy live music, authentic food and children's activities. For more information, call 615-521-4038.

Dragon Boat Festival, 9 a.m.-2 p.m. Sept. 22 at River Discovery Center, 117 South Water St., Paducah, Kentucky. Cheer on teams as they pilot colorful, elaborately designed, 41-foot long dragon boats. For more information, call 270-575-9958.

Butterfly Festival, 11 a.m.-4 p.m. Sept. 22 at the Valor Hall Conference and Event Center, 105 Walter Garrett Lane, Oak Grove. More than 1,400 butterflies will be released at 4 p.m. During this free event, children will make environmental arts and crafts, visit the Butterfly House, and enjoy the Family-friendly stage show, "Mr. Molecule's Big Bang Boom Science Show." Master Gardeners also will lead tours through the parks butterfly garden. For more information, call 270-640-7144.

FAMILY FUN

Owensboro Air Show, Friday-Sunday, in Owensboro, Kentucky. Admission to the static display and night show, 4-7:30 p.m. Friday at the Owensboro Regional Airport, 2200 Airport Road, Owensboro, costs \$5 per guest at least 10 years old. Admission to the air show, 12:30-4:30 p.m. Saturday and Sunday, in Downtown Owensboro along the riverfront, is free. For more information, visit www.owensboroairshow.com.

Vintage, Crafts and Cocktails, 3-8 p.m. Friday and 9 a.m.-3 p.m. Saturday at M.B. Roland Distillery, 137 Barkers Mill Road, Pembroke, Kentucky. More than 60 vendors will attend this free event. For more information, call 270-640-7744.

Sensory-friendly Planetarium Show, 10:30-11:15 a.m. Saturday at the Adventure Science Center, 800 Fort Negley Blvd., Nashville. This show features a brighter theater, quieter audio and smaller crowds. Guests can move and vocalize as needed. The center also has noise-minimizing headphones, weighted blankets and sensory kits available for check-out. Tickets to the show cost \$9 for adults, and \$8 for youth ages 2-12. For more information, call 615-862-5160.

Dunbar Cave – 1865, 6-10 p.m. Saturday at Dunbar Cave State Natural Area, 401 Old Dunbar Cave Road, Clarksville. Enjoy a night of dancing and exploring at the cave. Historians and period-correct dance instructors and musicians will be present. Admission is \$20 for adults and \$12 for youth ages 5-12. No one less than 5 years old is admitted into the cave. Admission includes refreshments and a ranger-lead candlelight tour of the cave. For more information, call 931-648-5526.

Sunset Safari, 6:30-10 p.m. Sept. 20 at Nashville Zoo at Grassmere, 3777 Nolensville Pike, Nashville. Wildlife meets nightlife at this social event featuring food and drinks from more than 50 Nashville restaurants, plus live entertainment and special animal hosts. Cost is \$150 for the main event and \$100 for junior main event. For more information, call 615-833-1534.

LIVE MUSIC

An Evening with Andrew Risinger, 6-9 p.m. Friday at Grace Episcopal Church, 216 East Sixth St., Hopkinsville. Risinger is an organist. Desserts and champagne will be served after the performance in the All Saints Hall. For more information, call 270-887-4295.

Global Cabaret Music and Dance Concert, 7 p.m. Sunday at the Global Education Center, 4822 Charlotte Ave., Nashville. Cost is \$15. For more information, call 615-292-2023.

Bluegrass by the Barn with Grasstime, 4-8 p.m. Saturday at Arrington Vineyards, 6211 Patton Road, Arrington, Tennessee. Tour the vineyard grounds while enjoying live music and wine tastings. Guests are encouraged to bring blankets and chairs to sit on. For more information, call 615-395-0102.

Fridays at 5 with Nashville's Entice, 5 p.m. Sept. 21 at Hopkinsville's Founders Square, 110 West Ninth St., Hopkinsville. Guests should bring chairs and blankets to sit on. For more information, call 270-887-4290.

A Night of Classical Guitar with Vanessa Green, 7:30-9:30 p.m. Sept. 21 at Humble Universe Disturbers Used Books and More, 1134 College St., Clarksville. No cover charge.

Gateway Chamber Orchestra-Masterwork Series, 7:30 p.m. Sept. 23 at the George and Sharon Mabry Concert Hall, Marion and 8th St., Clarksville. Admission for all four concerts in this series costs \$60 for adults, \$30 for students, \$36 for active-duty military and \$150 for Families. For more information, call 931-444-6240.

◆ Denotes on-post events.



Fort Campbell COURIER POST SPORTS

C4

Thursday, September 13, 2018

fortcampbellcourier.com

FALCONS SPORTS



PHOTO BY JODI CAMP | FORT CAMPBELL COURIER

Matthew Middleton, a Fort Campbell High School junior and quarterback for the Falcons, throws the ball while teammates Cyrus Vaughn, a FCHS freshman and Nathaniel Massey, a FCHS sophomore, block Sebastian Lawrence, a sophomore from the Murray High School Tigers, at the football game on Friday at Fryar Stadium. The Falcons lost to the Tigers, 38-0.

Falcons vs. Tigers

Fort Campbell falls to Murray High at Fryar

Jodi Camp
Fort Campbell Courier

The Fort Campbell Falcons football team lost to the Murray High School Tigers 38-0, Friday night at Fryar Stadium.

"I am truly embarrassed. It is almost like we don't prepare," said Josh Robins, Falcons head coach, after the game.

The Falcons fought hard Friday night not letting the Tigers score a touchdown until seven minutes into the game. After scoring the extra point the score was 7-0 in favor of Murray.

"We couldn't do anything offensively. I think defense got tired and we started getting really banged up, it went down hill real quick," Robins said.

The Tigers scored again with only 1:30 seconds left on the clock. The extra point was successful and the first quarter ended with Tigers in the lead 14-0.

In the second quarter the Falcons got their first first down

of the game. Fort Campbell's defense worked to keep the Tigers from scoring again until 7 seconds left in the game. The Tigers attempted a field goal that was successful bringing the halftime score 17-0.

"A couple drops started off good and then people's efforts started going down," said Matthew Middleton, Falcons quarterback and junior at Fort Campbell High School.

In the third quarter the Tigers scored two more times, once with 7:38 on the clock and again at 3:47. At the end of the third quarter, the score was 31-0.

"We started off in the third quarter with the blocked punt and we could not capitalize on it. They had the ball the whole game pretty much," Robins said.

The Tigers only scored once in the fourth quarter at 9:47 into the game. After that, the Falcons defense kept them from scoring again. The game ended with the score 38-0.

see **FALCONS**, Page C5



JODI CAMP | FORT CAMPBELL COURIER

Fort Campbell Falcons Head Coach Josh Robins gives his players instructions during the game Friday against the Murray High School Tigers at Fryar Stadium.



JODI CAMP | FORT CAMPBELL COURIER

Cyrus Vaughn, a Fort Campbell High School freshman defensive lineman, blocks Cain Cazares, a Murray High School Tigers senior, Friday at Fryar Stadium.

POST SPORTS

FALCONS SCOREBOARD

FOOTBALL

Sept. 7
Fort Campbell – 0
Murray – 38

The Falcons will take on the Fort Knox Eagles in the Army Bowl at 8 p.m. (eastern time) Friday at Fort Knox, Kentucky.

Hopkins County Central – 3
(25-13) (25-22) (25-22)

The Lady Falcons will play the Northwest Lady Vikings at 6 p.m. Monday in the FCHS high school gym.

Sept. 10
Fort Campbell – 1
South Warren – 11

Sept. 11
Fort Campbell – 3
Christian County – 4

The golf team will compete against the Dawson Springs Panthers at 4:30 p.m. Tuesday at Cole Park Golf Course.

CROSS COUNTRY

Calloway County Invitational, Murray, Kentucky

Girls 5000-meter run
25:04.99 Katie Guevara-Maldonado, 17th place
26:31.04 Haley Davee, 24th place
28:34.30 Lilliauna Powers, 41st place

Boys 5000-meter run
21:11.07 Alec Vaughn, 39th place
21:23.14 William DeShazo, 43rd place
23:34.35 Tyler Mickley, 56th place

The FCHS cross country team will compete in the St. Mary Invitational Saturday in Paducah, Kentucky.

VOLLEYBALL

Sept. 5
Fort Campbell – 0
Hopkinsville High School – 3
(25-11)(25-16)(25-11)

Sept. 6
Fort Campbell – 1
Marshall County – 11

Sept. 8
Fort Campbell – 3
Owensboro Catholic – 2

The soccer team will travel to Webster County in Dixon, Kentucky, Sept. 22 for a 11 a.m. match against the Trojans.

GOLF

Sept. 4: Cole Park Golf Course, Fort Campbell

Dutch Arnold – 45
Tim Royar – 45
Riley Boyle – 58
Hanna Duncan – 61

Sept. 11: Western Hills Golf Course, Hopkinsville, Kentucky

Dutch Arnold – 42
Tim Royar – 52
Riley Boyle – 53
Hannah Duncan – 60

BOYS SOCCER

Sept. 6
Fort Campbell – 1
Marshall County – 11

Sept. 8
Fort Campbell – 3
Owensboro Catholic – 2

The soccer team will travel to Webster County in Dixon, Kentucky, Sept. 22 for a 11 a.m. match against the Trojans.

GIRLS SOCCER

Sept. 6
Fort Campbell – 0
Trigg County – 5

Sept. 10
Fort Campbell – 0
West Creek – 3
(25-10) (25-16) (25-6)

Sept. 11
Fort Campbell – 0

FALCONS

Continued from Page C4

After the game Robins challenged the team to figure out how they can improve individually and as a team.

“We need to prepare better, starting on Monday. We had a lot of guys not show up for practice this week. It kind of shows,” Robins said.

Middleton said when players do not show up for practice, it divides the team. When certain team members are not there it hurts everybody, he said.

Michael Averheart Jr., senior, tight end and defensive end for the Falcons, said the score shows everybody need to show up to play and everybody is important.

“If one fails we all fail,” Averheart said. Our game will come together, Middleton said, when the team comes together.

“Once we come together as a Family first, the team will figure out how to play football,” he said.

The Falcons next game is the Army Bowl at 8 p.m. Friday at Fort Knox. Their next home game is 7 p.m. Sept. 21, against Trigg County at Fryar Stadium.

SPORTS ACTIVITIES AND EVENTS

Fort Campbell Sports

BATTALION SOCCER

Morale, Welfare and Recreation will host a battalion-level soccer post championship beginning Oct. 9 at Fryar Stadium, 5666 Wickham Ave. Teams must register by Sept. 28. For more information, call 270-798-3094.

BATTALION BOWLING

Morale, Welfare and Recreation will host a battalion-level bowling post championship in October at Hooper Bowling Center, 5380 Tennessee Ave. The league will last six weeks and

consist of six-person teams. There is a limit of 12 teams. Teams must register by Monday. For more information, call 270-798-3094.

BATTALION BASKETBALL

A battalion-level Holiday Basketball Tournament will begin Dec. 10 at Sgt. Leslie H. Sabo Physical Fitness Center, 7037 Toccoa Road, and Staff Sgt. Eric B. Shaw Physical Fitness Center, 7979 California Road. Teams must register by Nov. 30.

WEIGHT LIFTING

From 6:30-8:30 p.m. Sept. 26 at Staff Sgt.

Eric B. Shaw Physical Fitness Center, 7979 Old Construction Road, there will be a 1,000-pound competition. Individual participants will compete in these lifts: powerlift, deadlift, squat and bench press. At the conclusion of the lifts, if they have lifted 1,000 pounds aggregate, their name will be listed in the 1,000 Pound Club and will receive recognition at the event.

Clarksville Sports

YOUTH BASKETBALL LEAGUE

The City of Clarksville's Parks & Recreation Department is offering a co-ed youth basketball league for boys and girls ages 7-15. Coaches will work with children to improve dribbling, passing and shooting. Practice will be at local school gyms starting Nov. 1 and games will be held each Saturday starting Dec. 1 at the city's three recreation centers. The season will run eight weeks. Register online at <http://www.cityofclarksville.com/index.aspx?page=141> or in person at Clarksville Parks and Recreation, 102 Public Square. First time registrants must provide child's birth certificate for age verification.

RETIRING OR SEPARATING FROM MILITARY OR FEDERAL SERVICE?



AT FIRST COMMAND, WE'LL PREPARE YOU FOR A CAREER AS A FINANCIAL ADVISOR WITH:

- Comprehensive training and mentoring
- Exceptional support to launch and grow your business
- Start-up salary support plus bonuses and commissions

WE SEEK CANDIDATES WITH A COLLEGE DEGREE AND:

- A strong work ethic combined with an entrepreneurial spirit
- The desire and commitment to manage their own business
- A strong professional and personal network within their local community
- A sincere desire to make meaningful and profound differences in the lives of others

FIRST COMMAND FINANCIAL SERVICES

2279 Raleigh Court
Clarksville, TN 37043
www.firstcommand.com
931.647.6516



©2018 First Command Financial Services, Inc., parent of First Command Financial Planning, Inc. (Member SIPC, FINRA), First Command Advisory Services, Inc., and First Command Insurance Services, Inc. Securities and brokerage services are offered by First Command Financial Planning, Inc., a broker-dealer. Financial planning and investment advisory services are offered by First Command Advisory Services, Inc., an investment adviser. Insurance products and services are offered by First Command Insurance Services, Inc. in all states except Montana, where as required by law, insurance products and services are offered by First Command Financial Services, Inc. (a separate Montana domestic corporation). A financial plan, by itself, cannot assure that retirement or other financial goals will be met. First Command Financial Services, Inc. and its related entities are not affiliated with or endorsed by the U.S. government or the U.S. armed forces.

it's never been this easy to see the big picture...

discover how our affordable poster / banner printer can communicate your message, brand, product or service.



CUSTOM PROFESSIONAL PRINTING...

Everything from business cards to letterhead!
1618 E. 9th St., Hopkinsville
Located inside the Kentucky New Era.
(270) 886-4444

10 MILLION WARFIGHTERS

HAVE TRUSTED THEIR EYES TO **ESS**



ROLLBAR™

ROLLBAR™ SUNGLASS
Unit Issue Kit: EE9018-01
NSN: 4240-01-630-8249



CROSSBOW®

CROSSBOW® EYESHIELD
Unit Issue Kit: 740-0607
NSN: 4240-01-630-8327



INFLUX™
AVS® GOGGLE

INFLUX™ GOGGLE
Unit Issue Kit: EE7018-04
NSN: 4240-01-630-6343



ALSO AVAILABLE AT:



www.esseyepro.com

© 2018 ESS, a subsidiary of Oakley, Inc. All rights reserved.



Find us on **Facebook**

www.facebook.com/fortcampbellcourier

click for ads .com

Phone: 270-887-3250
 Toll Free: 877-4NEWERA
 Fax: 270-887-3222
 Email: classified@kentuckynewera.com
 www.clickforads.com

The Fort Campbell
COURIER
 www.fortcampbellcourier.com

Buy. Sell. Browse. Now!

ANNOUNCEMENTS **EMPLOYMENT** **BUSINESS SERVICES** **PETS/FARMING** **TRANSPORTATION** **MERCHANDISE** **REAL ESTATE**

PLACING A CLASSIFIED AD IS AS EASY AS 1, 2, 3...

- 1** Log on to our website and use our online ad placement tool to create, preview and schedule your classified ad at your convenience.
- 2** Call one of our Classified Representatives between 7:30am and 5:00pm Monday through Friday.
- 3** Email or fax your ad to us and one of our Classified Representatives will contact you to complete your order.

Announcements
Notices
Notice To Our Advertisers
 Counterfeit or fake checks are being used in a growing number of fraudulent schemes. Check overpayment scams target consumers selling cars or other valuable items through classified ads or online auction sites. Unsuspecting sellers get stuck when scammers pass off bogus cashiers checks, corporate checks, or personal checks. If you're selling something, don't accept a check for more than the selling price, no matter how tempting the offer or how convincing the story, especially if it is from an out of town buyer. Ask the buyer to write the check for the correct amount. If the buyer refuses to send the correct amount, return the check. Don't send the merchandise. If you think you've been targeted by a counterfeit check scam, report it to the Federal Trade Commission. Visit www.ftc.gov or call 1-877-FTC-HELP (1-877-382-4357) for more details or to report suspected fraud. This is a public service announcement brought to you by this newspaper.

Announcements
All Things Basements! Basement Systems Inc. Call us for all of your basement needs! Waterproofing, Finishing, Structural Repairs, Humidity and Mold Control FREE ESTIMATES! 1-844-708-5776.
Bathroom Renovations. Easy One Day Updates. We specializes in safe bathing, Grab Bars, No Slip Flooring and Seated Showers. Call for a free in home consultation. 1-844-51193621.
BECOME A published author! Publications sold at all major secular and Specialty Christian bookstores. CALL Christian Faith Publishing for your FREE Author submission kit. 1-877-422-5856.
Call Empire Today
 To schedule a FREE in-home estimate on Carpeting and Flooring. Call Today! 1-800-860-0392.
Cross Country Moving. \$799 Long Distance Movers. Get Free Quote on Your Long Distance Move. 1-822-864-4508.
Dealing with Water Damage
 Requires immediate action. Local professionals that respond immediately. Nationwide and 24/7. No mold calls. Call today! 1-800-218-7180.

Announcements
Enjoy 100 Percent
 Guaranteed. Delivered to the Door Omaha Steaks! Save 75 Percent. Plus Get 4 More Burgers and 4 More Kielbasa Free! Order the Family Gourmet Buffet. Only \$49.99. Call 1-855-995-4780 mention code 51689NHJ or visit www.omahasteaks.com/dinner28.
Fire Damage
 Can be devastating! We'll work with your insurance company directly. Immediate 24/7 response for all smoke and fire emergencies. 1-800-490-4140.
Frontier Communications
 Internet Bundles. Serious Speed! Serious Value! Broadband Max - \$19.99/month or Broadband Ultra - \$67.97/month. Both include FREE Wifi Router. Call for Details! 1-855-766-1835.
Get An iPhone
 8 or Samsung Galaxy 8 for \$34/Month. Call AT&T Wireless today to learn how to get a new phone. Call While Supplies Last. 1-866-478-8859.
Get Health Insurance
 Insurance that is right for you and your family. You are one quick phone call away. Stop waiting and get the best dates on health insurance with the firm that cares. Call today 1-800-345-2561.
HughesNet
 Gen4 satellite internet for business. 25 mbps for just \$69.99/month. Get more data FREE Off Peak Data. Built in WiFi for wireless devices. FREE Standard installation. Call 1-855-893-3174.
HughesNet
 Gen4 satellite internet is ultra fast and secure. Plans as low as \$39.99 in select areas. Call 1-844-804-1300 now to get a \$50 Gift Card!

Announcements
New AT&T Internet Offer
 \$20 and \$30/month plans available when you bundle. 99 percent reliable. 100 percent affordable. HURRY, OFFER ENDS SOON. New Customers Only. CALL NOW 1-877-686-4720.
Sleep Apnea
 Patients. If you have Medicare coverage, Call Venue Healthcare to qualify for CPAP supplies for little or no cost in minutes. Home Delivery. Healthy Sleep Guide and more. FREE! Our Customer Care Agents await your call 1-877-708-8776.
Were You An Industrial
 Or Construction Tradesman and recently diagnosed with LUNG CANCER? You and your family may be entitled to a SIGNIFICANT CASH AWARD. Call 1-888-539-9806 for your risk-free consultation.
Were You An Industrial TRADESMAN
 (Machinist/boilermaker/pipfitter, etc.) and recently diagnosed with LUNG CANCER? You may be entitled to a SIGNIFICANT CAS AWARD. Risk free consultation! 877-640-2890.

Help Wanted
Drivers
Owner Operators
 Drivers. Fleet Owners for Dedicated Regional Routes. Weekly Settlements. Minimum 12 months. 48-53 tractor trailer experience. 800-832-7036, extension 1626. cwsapps@ilgi.com
www.cwsdedicated.com
NEW TODAY!
 Hopkinsville
Housekeeper
 Full Time Position. Working Monday, Tuesday, Wednesday, Friday and Saturday. Will have Thursday and Sunday off. \$10.50 per hour. Health Insurance and Company 401k. Please send resumes to Box 103732, c/o Kentucky New Era, P.O. Box 729, Hopkinsville, KY 42241.
NEW TODAY!
 Hopkinsville
Medical
 STAFF needed for nursing and sitter staff in Hopkinsville, R.N. Pay \$34/Hour. Sitter Pay starting at \$10/Hour. All Shifts, flexible scheduling. Full benefits and sign on bonus. All specialties needed. Licensure and prior experience are NOT required. Call Kevin 866-633-3700.

Help Wanted
Laborers
Intech
 We are looking for experienced Highway Construction Laborers, Carpenters, Welders and CDL Drivers but are willing to train the right people. Must be dependable, safety conscious and able to follow instructions. Duties will include heavy lifting, forming, pouring concrete, repetitive manual tasks, operating jackhammers and small hand tools. Advancement opportunities available. Prior concrete form and finishing skills helpful. Ability to weld is a plus. Weekly travel required. Must have a valid KY drivers license and own transportation. We offer a competitive hourly rate. Pre-Employment Drug Screen Required. EOE. Please inquire at jobs@intechcontracting.com

Alterations/ Sewing
Sew & Sew Marine Upholstery
 Call 270-839-9453.
FIND IT CLASSIFIED

Convalescent/ Elderly Care
A Place For Mom
 The nation's largest senior living referral service. Contact our trusted, local experts today! Our service is FREE/no obligation 1-855-670-0186

Home Services
Earthlink
 High Speed Internet. As low as \$14.95/month (for the first 3 months). Reliable High Speed Fiber Optic Technology. Stream Videos, Music and More! Call Earthlink Today. 1-866-930-8254

To Place An Ad, Please Call 270-886-4444 or 1-877-463-9372
 or
email: classified@kentuckynewera.com
 270-439-5700 and 270-439-5122 (No longer in service)

Fort Campbell Courier seeks a JOURNALIST for entry level reporter position for the weekly newspaper.

Ideal candidate should have skills in newspaper writing and photography. Experience with Adobe Photoshop and Adobe Indesign, a plus. Bachelor's degree in Journalism or related field required.

Interested applicants should email current resume and clips to: michele.vowell@gmail.com or mail current resume and clips to: Michele Vowell Fort Campbell Courier Public Affairs Office 2574 23rd St. Fort Campbell, KY 42223

Find The Kind Of Job You Want In The Fort Campbell Courier Classifieds

Announcements
Advertise
 Your JOB OPENING, EVENT, ITEMS FOR SALE, AUCTION, etc. in this newspaper plus 85 other newspapers in KY for only \$250. Save time and money by making one call for all! For more information, contact the classified department of this newspaper, call KPS 1-502-223-8821, email: sparry@kypress.com
Affordable Divorce
 With our without children pro se \$85. Includes child support, property settlement and name change agreements. Credit cards, bank debit cards accepted. Call 270-232-2828.

Announcements
Donate Your Car
 For Breast Cancer. Help United Breast Foundation education, prevention and support programs. Fast Free Pickup. 24 Hour Response. Tax Deduction 1-877-624-2030.
Donate Your Car
 TRUCK OR BOAT TO HERITAGE FOR THE BLIND. Free 3 Day Vacation, Tax Deductible, Free Towing, ALL Paperwork Taken Care Of. CALL 1-866-713-1593
Got An Older Car, boat or RV? Do the humane thing. Donate it to the Humane Society. Call 1-855-443-0865.

Announcements
Public Notice

PUBLIC NOTICES IN 1 LOCATION!
 Scan this QR code or go to the website below. Select the newspaper(s) you want to see for public notices.
www.kypublicnotice.com

Announcements
Employment
Help Wanted
Drivers
New Starting Base Pay
 50 Cents per mile with option to make 60 cents per mile for Class A CDL flatbed drivers. Excellent benefits. Home weekends Call 800-648-9915 or www.boydandsons.com
Public Notice

Visit our website at www.fortcampbellcourier.com

Attention Homeowners, Farmers & Landscapers
 have you been diagnosed with **CANCER** after being exposed to the weed killer **Roundup®?**

If you've developed **Non-Hodgkin's Lymphoma** after using the weed killer Roundup (or other Glyphosate herbicides), the law firm of Weitz and Luxenberg wants to discuss possible compensation. For a free and confidential consultation, call us at 1-866-509-4514 or visit us on the web at www.WeedKillerCancer.com.

WEITZ & LUXENBERG PC
 700 BROADWAY | NEW YORK, NY 10003 | BRANCH OFFICES IN NJ, CA & MI
 866-509-4514 www.WeedKillerCancer.com

BUSINESS & SERVICE DIRECTORY

AUTO SERVICES

2008 Nissan Titan LE
 Black, 4x4, 4dr. Crew Cab SWB, V8 5.6L Natural Aspiration, Auto., 5 Speed, 199K, Heated Leather, Rockford Fosgate Stereo
This Week's Special! \$8,495

2014 Dodge Charger SE
 White, 4dr. Sedan, V6 3.6L Natural Aspiration, Auto., 5 Speed, 132K, Push Button Start, Steering Wheel Controls
This Week's Special! \$9,995

Ask about our NEW MILITARY DISCOUNT!

Best Deals Are In Cadiz At **Kings Auto Sales**
 Highway 68 East, Cadiz, KY 42211 • kingsautosonline.com
 Days (270) 522-1009 Cell (270) 206-0168

Advertise Your Service
 call classifieds at **270.887.3251**
 or email us at classified@kentuckynewera.com

GROCERY/DELI

DUTCH KUNTRY
 Deli & Subs
 Soft Ice Cream
 Bulk Food
 Produce
 Baked Goods
 Speciality Items
 Vitamins & Herbs

225 Vaughns Grove, Fairview Rd., Pembroke, KY
 Mon-Fri 8am-6pm • Sat 8am-5pm **270-885-8210**

AUTO SERVICES

SEARS AUTO CENTER
DieHard brand ONLY. Buy 3 Tires Get 1 Free with purchase of installation.
 • Get 4 for \$100 select Laufenn tires with installation.
 (sizes valid: P175-70-13, P185-60-14, P185-65-14, P185-70-14, P195-70-14)
 • Get 4 for \$200 on select Laufenn tires with installation
 (sizes valid: P225-70-16, P225-75-16, P215-70-16, P245-70-16, P245-75-16)

Get \$70 Mail-In Rebate On 4 Michelin Tires
 Get Up To \$80 Via Mail-In Rebate(s) With The Purchase of 4 Select Goodyear Tires. Installation Required
 Get Up To \$100 Mail-In Rebate On General Tires

HOT DEAL on RoadHandler tires!
 • Up to 50% off on 100K Warranty RoadHandler Touring!

Ask About Our Military Discount!

931-553-2195
 2801 Wilma Rudolph Blvd. (Governor's Square Mall)
 Mon.-Sat. 8-6 • Sun. 10-4

- All Major Tire Brands
- Die Hard Batteries
- Brakes, Shocks & Struts
- Oil Changes
- Maintenance Services

WEDDINGS

Getting Married?

If you need someone to perform your wedding ceremony - please call

Joe L. Creek
 Home: (931) 648-2930
 Cell Phone: (931) 302-9150

Home Services

Vivant
Smart and Complete Home Security. Easily manage anywhere. Professional installations early as Tomorrow. \$0 Activation. Call for a Free Quote. Contract Options. 1-800-878-7568.

General Services

SPECTRUM
Triple Play TV, Internet and Voice for \$29.99 each. 60 MB per second speed No contract or commitment. We buy your existing contract up to \$500! 1-844-359-2853.

Unable To Work

Due to injury or illness? Call Bill Gordon and Associates. Social Security Disability Attorneys. Free Evaluation. 1-888-965-8450. Mail: 2420 N Street NW, Washington DC. Office: Broward County Fl. MBR. TX/NM Bar. Local Attorneys Nationwide.

Financial/Insurance

Have 10,000 In Debt?

National Debt Relief is rated A-Plus with the BBB. You could be debt free in 24-48 months. Call 1-877-934-0632 for a free debt evaluation.

Inventors

Free Information Package. Have your product idea developed affordably by the Research and Development pros and presented to manufacturers. Call 1-844-860-3328 for a Free Idea Starter Guide. Submit your idea for a free consultation.

Reduce

IRS Tax Debit!! Resolve Back Taxes. Stop Penalties and Interest! Stop Garnishments. 100 Percent Free Consultation. Call 1-5-855-398-3085.

Pets

Pets

Free Kittens

Free to good home. Six weeks old, litter trained. 270-206-8911. Princeton.

Transportation

Cars

2016 Ford Fiesta ST

6 Speed Manual Transmission. All power. Air Conditioning. Cruise Control. Sunroof. Navigation. XM. Bluetooth. \$17,000. 270-887-7757.

Auto Services/Supplies

1999 Corvette

Stock Alloy Wheels. 2 For \$250. 270-887-7757.

Merchandise

Lawn/Garden Supplies

Murray

Riding Mower. 38 in Cut. Bridge & Stratton Engine. Mulching Blades. New Bolts and Pulleys. A-1 Condition. \$400 or best offer. 270-885-6355.

Patio Table

Good condition. Glass top with 4 chairs. \$130 obo. 270-839-8707.

Home Furnishings

2 End Tables

Good Condition. Solid Wood. \$75. Call 270-839-8707.

Bed Frame

Full size with headboard \$100 call between 9am to 6pm (270) 881-0300.

China Cabinet

Good condition. Solid wood. \$250 obo. Call 270-839-8707.

Antiques

37th Year
Burlington Antique Show. 10 minutes south of Cincinnati. Sunday, September 16, 6am-3pm. 200 plus dealers. Rain or Shine. (513) 922-6847. burlingtonantiqueshow.com

Appliances

Before You Buy
See Goolsby & Rye. Guaranteed used appliances. We also buy appliances. 931-648-1363.

Electric Stove

Looks like new and wants \$100 call between 9am to 6pm (270) 881-0300.

Home Electronics

Direct TV
Select Package. Over 150 Channels. Only \$35/Month (for 12 Months) Order Now. Get a \$100 AT&T Visa Rewards Gift Card (some restrictions apply) 1-866-292-5435.

Dish TV

\$59.99 for 190 channels. \$14.95 High Speed Internet. Free Installation. Smart HD DVR included. Free Voice Remote. Some Restrictions Apply. 1-855-633-4574.

Viasat

Satellite Internet. Up to 12 Mbps Plans Starting at \$30/month. Our Fastest Speeds (Up to 50 Mbps) and Unlimited Data Plans start at \$100 a Month. Call Viasat today! 1-866-654-6129.

Med. Supplies/Equipment

Stop Struggling On The Stairs

Give your life a lift with an ACORN STAIRLIFT! Call now for \$250 OFF your stairlift purchase and FREE DVD and Brochure 1-855-709-8829

FDA

Registered Hearing Aids. 100 Percent Risk Free. 45 Day Home Trial. Comfort Fit Crisp Clear Sound. If you decide to keep it. Pay Only \$299 per aid. Free Shipping. Call Hearing Help Express. 1-844-665-4441.

Medical Grade

Hearing Aids for Less Than \$200. FDA Registered. Crisp, Clear Sound. State of the Art Features and no Audiologist Needed. Try it Risk Free for 45 Days. Call 1-866-544-3802.

Mobile Help

America's Premier Mobile Medical Alert System. Whether You're Home or Away. For Safety and Peace of Mind. No Long Term Contracts! Free Brochure! Call Today! 1-888-604-5776.

Portable Oxygen

Concentrator May Be Covered by Medicare! Reclaim independence and mobility with the compact design and long-lasting battery of Inogen One. Free information kit! Call 844-254-2147.

Save On

Medicare Supplement Insurance! Get a Fast and Free Rate quote from Medicare.com No Cost! No Obligation! Compare quotes from Major Insurance Companies. Operators Standing By! Call 1-855-410-8458.

Leaves Leaves

Tired Of Raking & Blowing Leaves Only To See More And More? Call Michael's Lawn Service 270.348.2287 Complete Cleanup of Shrubby and Vacuum of Yard We Bag It All

Med. Supplies/Equipment

Save On Your
Next Prescription. World Health Link. Price Match Guaranteed! Prescriptions Required. CIPA Certified. Over 1500 Medications Available. Call Today for a free price quote. 1-866-629-5311 Call Now!

Start Saving

Big on Medications. Up to 90 Percent Savings from 90DAYMEDS! Over 3500 medications Available! Prescriptions Required. Pharmacy Checker Approved. Call Today for your FREE Quote. 844-274-9350.

Stay In Your Home Longer

With an American Standard Walk-in Bath. Receive up to \$1,500 off, including a free toilet, and a lifetime warranty on the tub and installation! Call us 1-877-530-1935.

Viagra and Cialis Users!

Cut your drug costs! SAVE money! 50 Pills for \$99.00. FREE Shipping! 100 percent Guaranteed and Discreet. CALL 1-855-535-2511.

Miscellaneous

Color Copies

8 1/2 x 11 75¢ Everyday! PACESETTER PRINTING Now Inside The Kentucky New Era (270) 886-4444

Pool Table

Good Condition. Does not come with sticks. Must pick up with help. \$200 Cash. 931-249-1990

Poplar Lumber

Kiln Dried. Planed. Furniture Grade. 100 ft., Nice Color. \$125. Call 270-265-5454.

Red Oak

Lumber. Kiln Dried. Planed. Furniture Grade. 100 Ft., Nice Color. \$200. Call 270-265-5454.

Wanted to Buy

Freon R12

Wanted: Certified Buyer Will Pay Cash for R12 Cylinders or Cases of Cans. 312-291-9169.



Be Amazed At All You Can Find In The Classifieds!
clickforads.com
270-887-3250 or 1-877-463-9372

Yard Sales

Yard Sales

Multi-Family Tag Sale
Sept 15 Sat 8-1
Old TV-43 Building
1616 East 9th St Hopkinsville
House decor, kitchen items, copper chaffing dishes, misc. furniture: couch, upholstered chairs, ottoman, rocking chairs, desk, side tables, coffee tables, odd chairs, wing back chair, hutch, very nice large wooden office desk with credenza, miscellaneous shelving and more. Antiques, world globe on stand, patio furniture, lamps, Bose radio, trailer hitch bicycle rack for up to four bikes, gun racks, microwave, framed art, rugs, bar ware, glassware, Tupperware, nice king size bedding, wine racks, old wash board, cash register, crocks and jars, lots of infant to 5 years accessories and toys, lots of newborn to 5 years boys clothing, Barbies, holiday Barbies, Cabbage Patch Dolls, doll clothes, American Girl items, tricycle, Little Tikes car, electric gator ride on toy, Little Tikes toddler car bed with mattress, new crib mattress, cat supplies, Christmas decorations, vintage sink, solid French doors, books, Kyle Macy signed basketball, and miscellaneous UK items.

Of Robert L Fears, 605 S. Main St. 2 Floors, 9,000 Sq Ft. Reception Area. Multiple Offices. 3 Bathrooms. Kitchen. \$2,500 Month. Triple-Net Commercial Lease. Call 270-881-7130

Real Estate Sales

Homes for Sale

NEW TODAY!

2 Bedrooms

1 1/2 Baths. 3 Car Garage. \$58,900. 270-839-8707.

Are You Behind

On your mortgage payments? Could your house go into foreclosure? The Foreclosure Defense Helpline can help save your home. Call now. 1-800-758-4070.

Owner Financing

Three Bedrooms, 1 1/2 Baths. Located in the Roaring Springs Community. You can own this home with a down payment of \$2,900 and a monthly payment of \$565. For more info Call 615-415-8996.

Reverse Mortgage

Homeowners Age 62 Plus turn your home equity into tax free cash. Speak with an expert today and receive a free booklet. 1-800-495-8446.

BUY IT SELL IT FIND IT CLASSIFIED

Real Estate Rentals

Commercial Property for Rent

NEW TODAY!

Former Law Offices



Of Robert L Fears, 605 S. Main St. 2 Floors, 9,000 Sq Ft. Reception Area. Multiple Offices. 3 Bathrooms. Kitchen. \$2,500 Month. Triple-Net Commercial Lease. Call 270-881-7130

Real Estate Sales

Homes for Sale

NEW TODAY!

2 Bedrooms

1 1/2 Baths. 3 Car Garage. \$58,900. 270-839-8707.

Are You Behind

On your mortgage payments? Could your house go into foreclosure? The Foreclosure Defense Helpline can help save your home. Call now. 1-800-758-4070.

Owner Financing

Three Bedrooms, 1 1/2 Baths. Located in the Roaring Springs Community. You can own this home with a down payment of \$2,900 and a monthly payment of \$565. For more info Call 615-415-8996.

Reverse Mortgage

Homeowners Age 62 Plus turn your home equity into tax free cash. Speak with an expert today and receive a free booklet. 1-800-495-8446.

BUILDING FOR SALE
5,700 SQ. FT.
1616 E. 9TH ST., HOPKINSVILLE, KY

- ★ Alarm System
- ★ Large Storage Room
- ★ Parking For 50 Vehicles
- ★ Wired For Networking
- ★ Large Receptionist Area
- ★ Employee Break Area/Kitchen
- ★ Located On State Highway 41 With Average Daily Traffic Count Of 15,600

CONTACT CHRIS HOLLIS
270.886.4444 or
chollis@kentuckynewera.com

Suicide Prevention Awareness Month

Behavior, especially behavior that can be linked to a painful event, loss or change, is another potential indicator that a person is having suicidal thoughts. Such behaviors include:

- Increased use of alcohol or drugs
- Looking for a way to end their lives, such as searching online for methods
- Withdrawing from activities
- Isolating from family and friends
- Sleeping too much or too little
- Visiting or calling people to say goodbye
- Giving away prized possessions
- Aggression
- Fatigue

Mood
Mood also is a potential indicator that a person might be having suicidal thoughts. In addition to depression and anxiety, people who are considering taking their own lives may exhibit a loss of interest in things they once enjoyed. Irritability, humiliation, agitation/anger, and relief/sudden improvement are other moods the AFSP notes may be warning signs for suicide.

More information is available at www.afsp.org. People who are in crisis or suspect a loved one may be in crisis are urged to call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255) or contact the Crisis Text Line by texting TALK to 741741.

Within days of each other, fashion designer Kate Spade and television host and author Anthony Bourdain took their own lives.

According to the American Foundation for Suicide Prevention, no single thing causes suicide. The AFSP notes that suicide is most often a byproduct of the convergence of stressors and health issues that, when coupled, create a sense of hopelessness and despair.

Depression and anxiety are two conditions most commonly associated with suicide. But the AFSP notes that most people who have been diagnosed with these conditions and actively manage them go on to engage in life. Undiagnosed depression and anxiety, as well as undiagnosed or unaddressed substance abuse, increase a person's risk for suicide. That's why it's so important for men, women and young people to learn to recognize warning signs for suicide and put themselves in position to promptly address their own issues or those of a loved one.

Speech
The AFSP notes that people who take their own lives may speak about doing so prior to committing suicide. People should seek help if they or a loved one talks about feeling hopeless, having no reason to live or being a burden to others. People who speak of feeling trapped or feeling unbearable pain also may be exhibiting warning signs of suicide.

This Suicide Prevention Awareness Month message is brought to you by:

Christian County Public Schools
Creating an educational culture of continuous growth through shared partnerships and responsibilities
200 Glass Avenue • (270) 887-7000 • www.christian.kyschools.us

Leaves Leaves
Tired Of Raking & Blowing Leaves Only To See More And More?
Call Michael's Lawn Service 270.348.2287
Complete Cleanup of Shrubby and Vacuum of Yard We Bag It All

Clean Up In Classified With... FREE ADS!

Free Ad Policy NOTICE:

- Free ads will be limited to three (3) free ads per household, per calendar month
- Only for items that have been purchased for personal use and are no longer needed
- Items being sold for \$1,000 or less. Must list price in ad
- Items being given away
- Free ads are not available for homemade or home grown items, produce, pets or livestock, want to buy, or services offered.
- Ads must be submitted by either:
 - o Delivering to our office location: Kentucky New Era, 1618 East 9th Street, Hopkinsville, KY 42240
 - o Mailing to: FREE ADS, P.O. Box 729, Hopkinsville, KY 42241-0729
 - o Visiting our website: www.clickforads.com
 - o And on free ad coupon (original coupon only, no photocopies)
 - o SORRY, NO PHONE CALLS ACCEPTED
- Free ads are set up for 10 consecutive days on a space available basis
- Cannot guarantee a specific start date
- Customer may cancel as soon as item sells
- Free ad offer is for private party customers only, no business ads accepted
- We cannot hold free ads for later publication

(Items being sold for \$1,000 or less, can be run free by submitting at www.clickforads.com)

Limited to individuals, no business or business services.
Free ads not available for items sold for profit. No collectors items allowed.

Whether you're buying or selling, Classifieds can help!

POST LIFE

SAMC

Continued from Page C1

Rios said becoming a member of the SAMC is a humbling experience.

"I will say that a lot of hats should go off to the actual chapter club members," Rios said. "They're actively pushing this board. They want to instill confidence in leaders who they think are ready and willing to do that board."

Rios believes many NCOs want to join SAMC, he said, but there is an element of the unknown that deters many applicants. Club members coach and mentor NCOs who want to become members to prepare them for the selection boards.

"Coming up as a Soldier, I always saw the senior leaders who I wanted to emulate and they had this big ole medallion on their chest," he said. "I asked my NCO 'What is that?' and he told me all about it."

The experience of preparing for and challenging the selection boards has helped Rios progress as a Soldier and a NCO, he said.

Romero wanted to join SAMC because there are three big things she always sees

in the chapters: Community involvement, camaraderie and a commitment to improvement.

"They're always giving back to the community. You always find like-minded individuals in the SAMC club," she said. "Just a commitment to bettering yourself and Soldiers. It's a really big deal to not just be 'Oh, I have the medallion, let's go. I'm so awesome.' But also 'I have my medallion, now it's time to pull someone else up and mentor someone else into the club.'"

Romero considers the Fort Campbell SAMC chapter the best of the best because members sponsor other NCOs who want to achieve membership, she said.

"This is all about, 'Hey you think you've got the stuff? We will help you get there,'" she said. "That's awesome to me to be a part of this."

Romero looks forward to giving back to the community more now that she is a SAMC member. She currently works with her unit as a coordinator for a sponsorship for a special needs class and they help with the Special Olympics every year.

Rios wants to recruit strong candidates who will continue the chapter's agenda of community involvement, he said.

Sgt. Audie Murphy Club

In the last year, the Fort Campbell SAMC chapter has worked with the Tennessee Veteran's Home and Manna Cafe. Members took part in the Run for the Fallen and will be represented Saturday at the Valor Run in Clarksville. Members also are collecting funds for the Sgt. Audie Murphy Club Scholarship.

"We encourage [candidates] to participate. On the FORSCOM side [applicants] need 28 hours of volunteer service with the club before they can even submit their packet for the board," said Staff Sgt. Eric Serrana, SAMC president.

The club has meetings the first Thursday of every month that are open to both members and candidates at the Eagle Conference Room. The next meeting is Oct. 4.

SAMC members also host study sessions every Tuesday to help candidates prepare for the selection boards.

To become members, candidates endure battalion, brigade and division level FORSCOM selection boards that are chaired by five sergeants major. In the final phase of the selection board, candidates must complete a written exam, essay, and oral board. U.S. Army Medical

Command Soldiers can learn more about the SAMC in MEDCOM Regulation 215-2.

In addition to the written and oral board, candidates had to complete a 12-mile ruck march, physical fitness test, tactical weapons qualification and demonstrate proficiency in warrior tasks and battle drills with their nomination to signify their personal combat readiness.

NCOs seeking to join the Sergeant Audie Murphy Club must serve as leaders of character, competence and commitment and be an example for subordinates, peers and superiors alike. The board also evaluates how the NCO may have handled disciplining of Soldiers in adverse cases such as Absent Without Leave, Driving While Intoxicated and Uniform Code of Military Justice violations.

"It's their leadership ability, accomplishments and their standout charisma and personalities that get them selected for the board," Serrana said. "They represent the top 10 percent of NCOs within their corps."

Editor's Note: Maria Yager is a public affairs specialist for Blanchfield Army Community Hospital, Fort Campbell.

FOOD SAFETY EDUCATION

Awareness of what causes foodborne illnesses, first step to prevention

Kevin L. Robinson
Defense Commissary Agency

FORT LEE, Va. – Keeping foodborne illnesses at bay is a constant job, one shared by retailers and consumers alike, Defense Commissary Agency officials say.

"Commissaries inspect the product pipeline, from the farm to the supplier to the store shelf," said Col. Alisa R. Wilma, director of DeCA's Public Health and Safety. "However, that responsibility doesn't stop with our military veterinarians and store food safety specialists. Our patrons also have a responsibility to protect themselves from foodborne illnesses that could result from mishandling food."

In observance of September's food safety education month, DeCA joins the Centers for Disease Control, the U.S. Department of Agriculture-Food Safety Inspection Service, the Department of Health and Human Services and other organizations to help prevent foodborne illnesses by increasing awareness of improperly handling food items.

According to the CDC, each year an estimated one-in-six Americans get sick while 3,000 die from foodborne illnesses. The five most common illnesses are listeria, salmonella, E. coli, vibrio vulnificus and botulism.

"We preach the 'Be Food Safe' guidelines because they're an easy tool for our patrons to use at home in reducing the risk of foodborne illnesses," Wilma said. "You'd be surprised how many potential problems can be prevented just by washing your hands before, during and after handling food."

The Be Food Safe message, developed by the CDC and the USDA, is simple: Clean, separate, cook and chill. They are the basis for the following safe handling techniques.

•**Clean:** Wash hands with warm soapy water for 20 seconds before and after handling raw meat, poultry or seafood. Wash utensils, cutting boards, dishes and countertops with hot soapy water after preparing each food item and before you go on to prepare the next item. Food contact surfaces can be sanitized with a freshly made solution of 1 tablespoon of unscented, liquid chlorine bleach

in 1 gallon of water.

•**Separate:** Separate raw meat, poultry and seafood from other foods in your grocery shopping cart and in your refrigerator. If possible, use one cutting board for fresh produce and a separate one for raw meat, poultry and seafood. Never place cooked food on a plate that previously held raw meat, poultry or seafood.

•**Cook:** Cook foods to the right thermometer. For the Safe Minimum Internal Temperature Chart, visit www.fsis.usda.gov.

•**Chill:** Chill food promptly and properly. Refrigerate or freeze perishables, prepared foods and leftovers within two hours, or one hour if temperatures are above 90 degrees.

Commissary patrons should always bring a cooler during a long trip to help prevent spoilage by maintaining proper temperatures of foods on the trip home, Wilma suggests.

"Preventing cross contamination is also very important," she said. "That's why patrons must keep different perishable foods separated, whether the groceries are in the shopping cart or in the car."

Below are a few more tips for handling food safely from www.homefoodsafety.org:

•Use hand sanitizer to wipe hands and the handle of the shopping cart.

•Clean hands before sampling food. Either bring moist towelettes or carry a bottle of hand sanitizer to use before you taste.

•If you use reusable grocery bags, wash them often.

•Check food packages for holes, tears or openings. Frozen foods should be solid with no signs of thawing.

•Check for a loose lid on jars whose seals seem tampered with or damaged. Report a defective cap to the store manager.

•Avoid buying cans that are deeply dented, bulging, rusting or have a dent on either the top or side seam.

•Use plastic bags to separate raw meat, poultry and seafood before placing them in your cart to avoid contaminating ready-to-eat foods like bread or produce.

•When shopping, select perishable foods last before checkout and group them together.

•Take groceries home immedi-



METRO GRAPHICS

To avoid illness and food contamination the Centers for Disease Control recommends washing cutting boards for 20 seconds in warm soaping water before and after cutting raw meat, poultry or seafood. The CDC also recommends using different cutting boards for fresh produce and another for raw meats, poultry and seafood.

ately and store them right away. If on an extended trip, bring a cooler with chill packs for perishable foods. Perishable foods must be refrigerated within two hours and only one hour if it is higher than 90 degrees outside.

•Keep perishable foods out of the

hot trunk in summer and place in the air-conditioned car instead.

The DeCA website at www.commissaries.com is a good resource for food safety. To find the latest food safety alerts and product recalls affecting military commissaries, visit the newsroom on the website

and select the link "Food Recall."

For more about food safety awareness, visit the CDC website at www.cdc.gov.

Information provided by The Academy of Nutrition and Dietetics about food handling techniques can be found at Eatright.org.

WWIA
EST 2007
HONOR. CONNECT. HEAL.
CFC
Combined Federal Campaign
#94512

Thank You 101st
Whether at home or on foreign soil, to all those who serve we salute you for a job well done.

Fort Campbell COURIER
www.fortcampbellcourier.com

BROWSE For Local Treasures

...on your lunch break

clickforads.com

Fort Campbell COURIER

or call 1-877-463-9370 (toll free) to place your ad

NOW HIRING

Don's Beauty Salon is seeking 2 friendly & motivated Hair Stylists. (make your own hours)

Apply in Person

DON'S BARBER SHOP & Beauty Salon

2518 Ft. Campbell Blvd., Hopkinsville • Mon.-Sat. Shop: 270.498.5671