

GUIDON

Thursday, August 28, 2014
Volume 14, Number 34
www.myguidon.com



FREE Published in the interest of the personnel at Fort Leonard Wood, Missouri

■ Antiterrorism Month wraps up — remain vigilant. Page A3

■ Exchange holiday hours for Labor Day. Page A3

■ Post holds Women's Equality Day event. Page B1

■ Women's softball season comes to an end. Page C1

4th MEB leads gap crossing exercise



Story by Staff Sgt. Kelly Malone
Special GUIDON

The Fort Riley, Kansas-based 1st Infantry Division conducted a combined arms gap crossing exercise with the 4th Maneuver Enhancement Brigade's 5th Engineer Battalion spearheading the operation, Aug. 18 through 21.

"We came together this week as a unified maneuver enhancement team to support a 1st Infantry Division gap crossing exercise," said Col. Andy Munera, 4th MEB commander.

Munera went on to say every battalion played a significant role, from the 5th Eng. Bn. taking the lead in wet and dry gap crossings plus providing logistical support, the 92nd Military Police Battalion providing security, the 94th Engineer Battalion fulfilling role of hostile forces, and the brigade headquarters' trusted mission command.

The 50th Multi Role Bridge Company, 5th Eng. Bn. led the main effort of the operation by erecting three separate bridges — two for water crossing and one for dry land. The first of the water bridges was a float raft considered a temporary measure used to establish security or even humanitarian efforts while the other was a full closure bridge, which is for continuous traffic conditions.

First Sgt. Benjamin Barrett, 50th MRBC, 5th Eng. Bn., described how rafting is sometimes on their training calendar, but the unit rarely has the chance to work on a full closure bridge and having airlift operations as part of the training is even rarer.

"About 90 percent of my junior Soldiers have never had the opportunity to build a full closure, since it's so rarely done," Barrett said.

Aviation personnel with 1st Inf. Div., who initiated the bridge builds by dropping equipment into the water, were equally impressed with the synchronization of all elements.

Photo by Staff Sgt. Mark Patton

A Bradley Fighting Vehicle commanded by Staff Sgt. Jeffrey Mally, cavalry scout with Headquarters and Headquarters Company, 1st Combined Arms Battalion, 63rd Armor Regiment, 1st Infantry Division, out of Fort Riley, Kan., drives off of a 7-float raft to establish "far side" security as part of a combined arms gap crossing exercise, Aug. 20. The raft was constructed by bridging crews from 50th Multi Role Bridging Company, 5th Engineer Battalion, 4th Maneuver Enhancement Brigade, 1st Inf. Div., during the 4th MEB-led full-spectrum operation, which was based on a hostile scenario in a fictitious region of the world.

See GAP CROSSING, Page A4

Fort Leonard Wood breaks ground on new AIT complex

By Melissa Buckley
GUIDON staff
melissa.k.buckley2.civ@mail.mil

A groundbreaking ceremony for a new Advanced Individual Training Complex officially set construction in motion Aug. 19.

The new, five-story barracks building, dining facility and running track will sit between Cooley and Oklahoma avenues, near Training Area 120.

This \$85-million project will also include an 11,000-square-foot battalion headquarters.

The complex will house approximately 600 Soldiers.

"The 84th Chemical Battalion is currently scheduled to utilize the complex upon completion," said Kyle Henry, Directorate of Public Works construction engineer.

Maj. Gen. Leslie Smith, Maneuver Support Center of Excellence and Fort Leonard Wood commanding general, served as the guest speaker for the groundbreaking.

"Thank you, DPW; thank you, Garrison; thank you, builders; thank you to everybody who put things into place to make this happen," Smith said.

"This will be the first-class facilities that our men and women deserve," Smith added.

The construction project is slated to take approximately two years.

"Part of the Army's theme is military expertise," Smith said. "To have these facilities will not only help with military expertise but esprit de corps."



Photo by Melissa Buckley

MP's UWC underway

1st Lt. James Walton, 795th Military Police Battalion, 14th Military Police Brigade, climbs the rope up Warrior Tower Aug. 26 during the 14th Military Police Brigade Ultimate Warrior Challenge. Results and story will be in the Sept. 4 edition of the GUIDON.

Soldier rides in Normandy Challenge

Story by Kyrene Resel
GUIDON volunteer

Staff Sgt. Tanner Hoag of the Fort Leonard Wood's Warrior Transition Unit was selected to take part in the Normandy Challenge that was sponsored by the Ride 2 Recovery.

Ride 2 Recovery is designed to improve the health and wellness of healing heroes worldwide by providing a life-changing experience that can impact their lives forever, according to the Ride 2 Recovery's mission statement.

"I originally wanted to become involved with Ride 2 Recovery because of how supportive they are toward the recovery of our veterans. My first ride was at the Memorial Challenge this year, and I made so many new friends that supported me through the ride and provided an open ear to my problems that I was going through," Hoag said.

The Normandy Challenge allowed the selected participants to ride 300 miles through French villages, cities and watch the end of the Tour de France.

The purpose of this particular challenge was to see the different places by cycling, and to help promote healing. The healing aspect could be anything from talking to others who are going through the same issues, taking in views, which would help participants forget the problems, and meeting new friends, according to Hoag.

There were approximately 120 participants with more than 30 support personnel. The Riders were from the U.S., Germany and France.

See NORMANDY, Page A4



Col. Denton Knapp, CAPE director, speaks to Fort Leonard Wood Soldiers about the Army Profession in seminars held Aug. 19 and 20.

Responsibility and the Army Profession

Story and photo by Melissa Buckley
GUIDON staff
melissa.k.buckley2.civ@mail.mil

To put an emphasis on leadership development, the Maneuver Support Center of Excellence hosted five Army Profession and Ethics sessions presented by the Center for the Army Profession and Ethic Aug. 19 to 21 on Fort Leonard Wood.

Army ethic is expressed in law, Army Values, creeds,

oaths, ethos and shared beliefs embedded within Army culture.

"Your profession is at stake. Each one of you is responsible for not only what is in your battle space, but for what is in your adjacent battle space. You have much more influence than you think," said Maj. Gen. Leslie Smith, Maneuver Support Center of Excellence and Fort Leonard Wood commanding general. "We are all responsible for the Army Profession."

"If somebody is not doing

something right, then you have to be the voice of freedom and rightness in your organization. You are responsible for setting the climate that exists," he added.

CAPE falls under the Mission Command Center of Excellence, Combined Arms Center and Training and Doctrine Command.

Col. Denton Knapp, CAPE director, is touring Army installations to provide

See PROFESSION Page A4



Want more? Scan for more information at www.myguidon.com.

Index	
Commentary.....	A2
News Briefs.....	A3
Community.....	B1
What's Up.....	B3
Calendar	B4
Leisure.....	C1
Sports	C3
Movies.....	C5



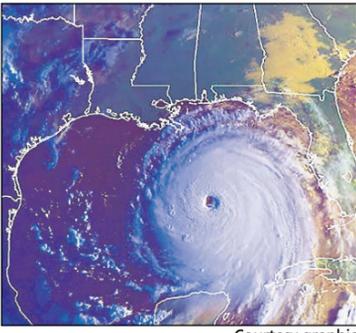
372 days without a fatal accident

Think safety 24/7 and watch out for your family, friends and fellow workers.



THIS WEEK IN HISTORY

Each week, the GUIDON will highlight events in history. Such events are chosen randomly and in no way are intended to promote the importance of one event over another.



Courtesy graphic

Aug. 29, 2005

Hurricane Katrina, a category-four hurricane, lands near New Orleans, Louisiana. Katrina was the worst natural disaster in the history of the United States. Winds of 145 MPH destroyed everything from power lines to homes. Eighty percent of the city soon became flooded.

Aug. 30, 1983

The Challenger lifts off on the space shuttle's third mission and makes history in more than one way. Not only is it the first night launch of a space shuttle, but it also carries U.S. Air Force Lt. Col. Fuion Bluford, who becomes the first African-American in space.



Courtesy photo

Aug. 31, 1888

"Jack the Ripper," London's infamous serial killer, who got his name from the way he killed his victims, murders his first victim. During the summer of 1888, Jack the Ripper began targetting prostitutes. He committed five murders and was never identified or arrested.

Sept. 1, 1939

World War II officially begins at 5:30 a.m., when Hitler's army begins to invade Poland

Sept. 2, 1945

Victory over Japan Day (V-J Day) is declared by President Harry Truman to commemorate the formal surrender of Japan's forces to the allies aboard the USS Missouri, in Tokyo Bay.



Courtesy photo

Sept. 3, 1783

The American Revolutionary War between the United States and Great Britain officially ends when the Treaty of Paris is signed by John Adams, Ben Franklin and John Jay.

Sept. 4, 1886

Geronimo, the Apache chief, surrenders to U.S. troops after 30 years of fighting to defend his tribe's homeland. This made him the last Native American warrior to surrender, which ended the Indian Wars in the Southwest.



Courtesy photo



To submit a commentary or comment on the GUIDON, go to www.facebook.com/FLWGUIDON.



This commercial enterprise newspaper is an authorized publication for members of the U.S. Army. Contents of the GUIDON are not necessarily official views of, or endorsed by, the U.S. government, the Department of Defense, Department of the Army or the U.S. Army Maneuver Support Center of Excellence and Fort Leonard Wood. It is published weekly using photo-offset reproduction by the Public Affairs Office, U.S. Army Maneuver Support Center of Excellence and Fort Leonard Wood, Fort Leonard Wood, Mo. 65473.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the printer shall refuse to print advertising from that source until the violation is corrected.

All editorial content of the GUIDON is prepared, edited, provided and approved by the Fort Leonard Wood Public Affairs Office. GUIDON is printed by the Springfield News-Leader, a private firm in no way connected with the Department of the Army, under exclusive written contract with Fort Leonard Wood. Springfield News-Leader is responsible for commercial advertising.

The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of the Army or Springfield News-Leader of the products or services advertised.

Printed circulation is 10,000 copies per week.

GUIDON published by:
Public Affairs Office
563.5014
Springfield News-Leader
417.836.1100
Published weekly - Thursday
Circulation - 10,000
Commanding general:
Maj. Gen. Leslie Smith
Public Affairs Officer:
Tiffany Wood
Managing editor:
Mike Bowers
Assistant editor:
Dawn Arden

Community section editor:
Derek Gean
Leisure/Sports editor:
Matt Decker
Guidon staff:
Melissa Buckley
Springfield News-Leader staff:
President and Publisher:
Linda Ramey-Greiwie
National advertising accounts:
Amanda Thompson, 417.836.1160
Local advertising accounts:
Jackie Hendrix, 337.9146

To send submissions or story ideas, e-mail: guidoneditor@myguidon.com

Commentary

Labor Day...

Stand Strong, be proactive, be safe

By Maj. Gen. Leslie Smith and
Command Sgt. Maj. Terrence Murphy
Special to GUIDON

On Sept. 1 we celebrate Labor Day, the traditional holiday that honors the men and women of America's workforce. This holiday also signifies the unofficial end of summer, the beginning of a new school year, and the close of the fiscal year.



Smith

With these and other parallel events and priorities, it is easy to lose perspective on basic things like our safety. Each and every service member, civilian, and Family member should practice safety at work and at home.

We ask that you stand strong by being proactive, setting the example for others to follow, and leading the way in safe practices and ethical behavior at every opportunity.

Stand strong by looking out for one another. Wear your seat belt or personal protective gear and ensure those within your care do the same. If you choose to drink alcohol, always have a designated driver. Use the battle buddy system in all activities both on and off duty.



Courtesy graphic

We trust each and every member of the workforce, and we value your contributions to our mission. So, continue to stand strong by practicing safety and remaining committed to our values and our profession in all you do. We are proud to serve with you!

Maneuver support starts here!
(Editor's note: Smith is the Maneuver Support Center of Excellence and Fort Leonard Wood commanding general. Murphy is MSCOE and Fort Leonard Wood command sergeant major.)



File photo

The 399th Army Band and Joint Services Color Guard perform during the Military Appreciation Day for the Springfield Cardinals. Fort Leonard Wood's 399th Army Band and Joint Services Color Guard, along with other representatives from the post, make numerous appearances each year at various community events.

About-face needed: America losing touch with its Army

By David Vergun
Special to GUIDON

There's a growing disconnect between Americans and their Army.

A 2011 Pew Research Center survey found that only 57 percent of civilian respondents ages 30 to 49 said they had an immediate Family member who served. The percentage dropped to one-third among respondents ages 18 to 29.

Getting acquainted time

While a draft would produce a new generation of veterans from across the socioeconomic spectrum, lawmakers and the military itself are generally not advocating that, for a number of good reasons, including cost and a possible increase in disciplinary problems, similar to those seen during the Vietnam era. I saw this negative consequence first-hand from draftees, after enlisting in the Marine Corps in 1974, just a year after the All-Volunteer Force was only beginning to gain momentum.

However, there are a number of steps that can be taken to at least reacquaint Americans with their Army.

In July 2014, about 100 captains from across the Army met at Fort Leavenworth, Kansas, with the Army chief of staff to discuss, among many other things, the need to reacquaint Americans with their Army. They brainstormed a number of ideas, including visiting radio and TV stations to do public service announcements, particularly around the time of the Army birthday each June. The PSAs could focus on why the Army is great, why they're proud to be a part of it and so on. Radio and TV stations are

usually receptive to PSAs. There's almost always someone at the station who will be glad to assist, usually the person with a military background, or someone who has a military Family member. I have first-hand experience making hundreds of PSAs in the 1980s for the Marine Corps, so that's how I know. At that meeting with the captains, known as Solarium 2014, Army Chief of Staff Gen. Ray Odierno said: "One of the problems the Army has is that it doesn't talk a lot about itself and what we've accomplished. We should be proud of who we are and what we've accomplished."

Besides doing public service announcements, Odierno suggested going to universities, Rotary clubs and other venues, and simply sitting down and talking "about who we are. People have misperceptions about what the Army is all about and misperceptions even about us as individuals." The problem going to universities, or high schools for that matter, is that educators often have negative views about the military. In the case of high schools, success is usually measured by the percentage of graduates who go on to college, not those who enlist.

One approach would be to first introduce yourself and tell them you're not a recruiter. I taught high school and at the university for a while, and I know that teachers and professors often like to have guest visitors. For instance, I used to invite local business leaders to speak in my economics class. History teachers might like a visit from a Soldier who helped make history in Iraq or Afghanistan. English teachers might, too, for that

matter. The shop teacher might like to get a visit by a Soldier who fixes trucks or tanks or welds. And so on.

Besides the Rotary clubs, there are literally thousands of non-profit organizations that are desperately looking for guest speakers during their monthly meetings. The bonus for the Soldiers is that these volunteer activities always shine on resumes and a free meal is often thrown in, as well. Best of all, though, is the good feeling you'll experience.

Soldiers on active duty, as well as National Guard or Army Reserve, could benefit. Those who separated or retired could be goodwill ambassadors for the Army, as well.

Many, if not most Soldiers, are humble about their experiences in the Army, especially during wartime. So perhaps some practice with friends or Family would help in opening up. People are genuinely interested in hearing from Soldiers. I constantly hear Soldiers and other uniformed personnel getting "thank you for your service" greetings from civilians over the last 13 years — something I rarely recall before that time.

Soldiers can talk about anything they like: travels to other countries, jobs, wartime experiences, camaraderie.

An excellent topic would be the Army Profession, which is commitment, character and competence based on values and trust — something the sergeant major of the Army talks about passionately all the time and probably will keep talking about after he retires.

(Editor's note: Vergun writes for the Army News Service.)

AT Awareness Month — key leadership emphasis

By Harold Burleson
Special to GUIDON

As the Antiterrorism Awareness Month winds down, the Fort Leonard Wood Antiterrorism Office reminds organizational key leaders to maintain a focus on the procedures that have been highlighted in previous articles.

Awareness will always be the key to preventing or mitigating injuries and death due to a terrorist act. Complacency has to be recognized and handled immediately by leaders at all levels to keep personnel on the watch for any suspicious activities or behaviors and promptly report anything that is seen or heard to local authorities. If you are feeling uncomfortable, here are three repeated reminders to trust your instincts, realizing that, if it doesn't look right, report it; if it doesn't smell right, report it; if it doesn't sound right, report it.

Publications that have been distributed in various forms throughout the installation and produced online provide the assurance that: all information will be kept



Courtesy graphic

confidential; Information submitted will be carefully assessed and, if warranted, investigated by trained investigators; all information gathered and all investigative activity will be subject to strict policies designed to protect the privacy and civil liberties of American citizens while protecting our nation from terrorism.

Remember that the Army's iWatch Program is powerful and exists with you in mind with a spirit of

cooperation to keep everyone on the installation as safe as possible. We have been doing a tremendous job of taking great care of each other and that positive attitude should continually sound.

The Fort Leonard Wood AT Office would like to thank everyone that took time to notice and read the varied banners and electronic bulletin boards posted to alert everyone to be aware of the environment and take an active part in the iWatch Program. We cannot emphasize enough the value of being aware of suspicious activities that may be aimed at causing havoc in our community. As in the beginning of AT Awareness Month, we want to say again that the life you save may be your own. Let's keep Fort Leonard Wood safe and sound!

Remain ever vigilant. Keep your eyes open; if you see something, say something. Make haste to speed dial the Directorate of Emergency Services at 573.596.6141 or 800.225.5779. To make a report online go to www.wood.army.mil/iWatch/iWatch.htm.

(Editor's note: Burleson is a MSCoE, TRADOC Antiterrorism officer.)

Training managers to help Soldiers transition

By Steven Carpenter
IMCOM Military Personnel Division

The Soldier for Life program is here to help guide Soldiers and their Families during the transition from active duty to civilian.

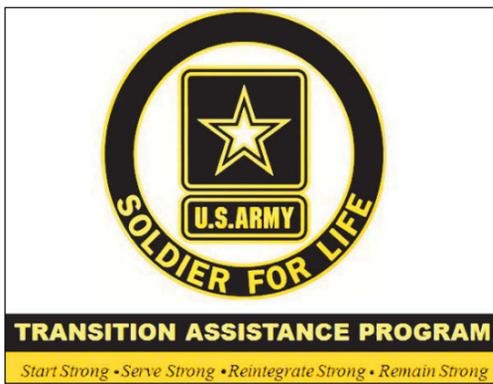
Thirty-seven garrison-level administrators of the program spent a week gaining tools and inspiration at the Transition Services Manager Signature Course hosted by the U.S. Army Installation Management Academy Aug. 11-15 at Joint Base San Antonio - Fort Sam Houston.

The Soldier for Life - Transition Assistance Program, formerly the Army Career and Alumni Program, provides transitioning Soldiers with the counseling, employment and education workshops and seminars required to comply with the Veterans Opportunity to Work Act, Career Readiness Standards and DoD transition guidelines and directives.

According to its website, Soldier for Life enables Army and community efforts to facilitate successful reintegration of our Soldiers, veterans, and their Families in order to keep them Army Strong and instill their values, ethos and leadership within communities.

Course participants split into three groups to identify challenges and come up with solutions to issues affecting site operations. Throughout the course, they shared best business practices for effectively accomplishing the day-to-day mission.

The Soldier Life Cycle, scheduled to debut Army-wide Oct. 1, was central to the discussion. Under the SLC concept, Soldiers will begin preparing for separation to civilian life early in their careers. Support will continue throughout active service, allowing Soldiers to 'Start Strong' and



Courtesy graphic

'Serve Strong.'

Another area of emphasis was the career skills program, which worked to get Soldiers into job training programs.

The managers heard presentations from a variety of leaders within the Department of Defense and from outside agencies. They included Wayne Boswell from the Office of the Secretary of Defense, Walter Herd from the U.S. Army Human Resources Command, Col. Kevin Hicks and Lt. Col. Robert Hensley from Soldier for Life, Robert Sanders from the Department of Veterans Affairs and Teresa Ger-ton from Department of Labor Under Secretary for Policy. Additionally, they interacted with a panel of eight employers from for-profit and not-for-profit industries.

For more information about the Soldier for Life program, visit www.soldierforlife.army.mil/.

Fort Leonard Wood Holiday Hours Aug. 30 through Sept. 1				
Facility	Aug. 29	Aug. 30	Aug. 31	Sept. 1
Main Store	9 a.m. to 8 p.m.	9 a.m. to 8 p.m.	9 a.m. to 8 p.m.	9 a.m. to 7 p.m.
Hospital PX	9 a.m. to 2 p.m.	Closed	Closed	Closed
Troop store 835	4 to 7 p.m.	1 to 7 p.m.	11 a.m. to 7 p.m.	Closed
Troop store 639	3:30 to 7 p.m.	1 to 7:30 p.m.	11:30 a.m. to 6 p.m.	Closed
Troop Store 744	5 to 8 p.m.	1:30 to 8 p.m.	11 a.m. to 7:30 p.m.	Closed
Mini Mall 1026	11 a.m. to 7 p.m.	11 a.m. to 7 p.m.	10 a.m. to 6 p.m.	Closed
Reception	10 a.m. to 5 p.m.	Closed	Closed	Closed
Bookstore	7:30 a.m. to 1 p.m.	Closed	Closed	Closed
Furniture Store	10 a.m. to 7 p.m.	10 a.m. to 6 p.m.	10 a.m. to 4 p.m.	10 a.m. to 5 p.m.
MCCS	10 a.m. to 5 p.m.	10 a.m. to 5 p.m.	10 a.m. to 5 p.m.	Closed
North Express	4:30 a.m. to 10 p.m.	7 a.m. to 10 p.m.	7 a.m. to 10 p.m.	7 a.m. to 10 p.m.
South Express	6 a.m. to 11 p.m.	9 a.m. to 9 p.m.	9 a.m. to 9 p.m.	9 a.m. to 5 p.m.
Class Six	10 a.m. to 9 p.m.	10 a.m. to 9 p.m.	10 a.m. to 4 p.m.	10 a.m. to 5 p.m.
Snack Bar	7 a.m. to 1 p.m.	Closed	Closed	Closed
Starbucks	6 a.m. to 7:30 p.m.	8 a.m. to 7 p.m.	8 a.m. to 5:30 p.m.	8 a.m. to 5 p.m.
Anthony's Pizza	10 a.m. to 8 p.m.	10 a.m. to 8 p.m.	10 a.m. to 8 p.m.	10 a.m. to 8 p.m.
Robin Hoods	10 a.m. to 2 p.m.	Closed	Closed	Closed
Burger King	6 a.m. to 8 p.m.	7 a.m. to 8 p.m.	8 a.m. to 6 p.m.	10 a.m. to 5 p.m.
Seattle's Best	7 to 11 a.m.	Closed	Closed	Closed
Blimpies	7 a.m. to 6 p.m.	10 a.m. to 4 p.m.	10 a.m. to 4 p.m.	10 a.m. to 4 p.m.
Einstein	7 a.m. to 2 p.m.	8 a.m. to 3 p.m.	8 a.m. to 3 p.m.	7 a.m. to 2 p.m.
Charleys	9 a.m. to 7 p.m.	9 a.m. to 7 p.m.	9 a.m. to 7 p.m.	9 a.m. to 7 p.m.
Greek Odyssey	11 a.m. to 2 p.m.	Closed	Closed	Closed
Church's	9 a.m. to 8 p.m.	10 a.m. to 8 p.m.	10 a.m. to 6 p.m.	10 a.m. to 5 p.m.
Manchu Wok	10 a.m. to 7 p.m.	10 a.m. to 7 p.m.	10 a.m. to 7 p.m.	10 a.m. to 7 p.m.
Taco John's	6:30 a.m. to 7:30 p.m.	9 a.m. to 7 p.m.	9 a.m. to 5:30 p.m.	9 a.m. to 5 p.m.
Mobiles	Closed	Closed	Closed	Closed
Baskin Robbins	11 a.m. to 6 p.m.	11 a.m. to 6 p.m.	11 a.m. to 6 p.m.	11 a.m. to 6 p.m.
Post Theatre	6:30 to 9 p.m. (1)	11:30 a.m. to 5:30 p.m. (2)	1:30 to 5 p.m. (1)	1:30 to 5 p.m. (1)

Briefs

Cell phone violations

Motor-vehicle operators are reminded that cell phone use without a hands-free device while driving on Fort Leonard Wood is not authorized.

Violators of this policy are subject to a \$75 fine and administrative actions, such as traffic-point assessment, suspension of post driving privileges or letters of reprimand.

Car Seat Safety Inspection

Car seat safety inspections are scheduled from noon to 2 p.m. today at the Exchange parking lot.

Certified technicians will teach methods for safety seat installation. In the event of inclement weather, the event will be held in Building 580.

For more information, call the Fort Leonard Wood Fire Department between 7 a.m. and 4 p.m. at 596.0883.

Estate claim

Anyone having claims against the estate of Pvt. Jose Mendez-Lassale, Company C, 84th Chemical Battalion, 3rd Chemical Brigade, or knowing of assets belonging to Mendez-Lassale, should contact the Summary Court Martial Officer, 2nd Lt. Michael Hae-feli at 956.334.9337.

Retiree Council

The Fort Leonard Wood Retiree Council is seeking retired officers and warrant officers for membership.

Council members are volunteers from the Fort Leonard Wood area of responsibility and are retired from the armed forces for length of service, disability, retired from the reserves and in receipt of retired pay, or a widow of a retired person.

The council meets quarterly to provide the Army Chief of Staff and the installation commander with insight into vital issues and concerns of retirees.

Interested individuals should submit their resume to the Retirement

Services Officer, Room 2110, Building 470 or, contact Noah Stevens, RSO at 573.596.6637 or by email at noah.e.stevens.civ@mail.mil for additional information.

Retiree appreciation days

The 35th Annual Retiree Appreciation Days are scheduled for Sept. 5 to 6 on Fort Leonard Wood.

Activities commence with a golf tournament and luncheon, followed later in the day by a retirement and retreat ceremony and finally a dinner.

There will be a guest speaker the second day of the event, along with a health and benefits fair at Nutter Field House.

Call 573.596.0947 for additional information.

Know Your World international exposition

The International Military Student Office is scheduled to host their annual Know Your World international exposition from 6 to 8:30 p.m. Friday in Nutter Field House.

This event is designed to build awareness and appreciation for different cultures and customs throughout the world.

This event is free and open to the public.

Motorcycle safety training

There are specific requirements for training that must be completed before operating a motorcycle on Fort Leonard Wood or before any military service member operates one off the installation.

To check the requirements, go to the Internet link www.wood.army.mil/safety and click on Motorcycle Safety.

Specific protective equipment that must be worn by motorcycle operators may be found at the same link.

For more information, contact the Maneuver Support Center of Excellence Safety Office at 596.0116.

MWR Events & Specials. Just For You.
ARMY FAMILY COVENANT: KEEPING THE PROMISE
ONLINE AT FORTLEONARDWOODMWR.COM

Piney Valley Golf Course
COMMANDER'S GOLF SCRAMBLE
SEP 12, OCT 17, NOV 14
1 pm shotgun start

BRING YOUR FRIENDS, COWORKERS, OR BATTLE BUDDIES FOR A GREAT AFTERNOON OF GOLFING! FOOD & BEVERAGES PROVIDED AT EACH EVENT.
SCRAMBLE CONSISTS OF A 4-PERSON TEAM. \$40 PER PERSON / \$30 PER AGFP (INCLUDES GREENS FEES, FREE RANGE, AND CART) OPEN TO THE PUBLIC. PRACTICE FROM 11AM-12PM

**FLW 20 (OFFWATER INTAKE RD)
(573) 329-4770
FORTLEONARDWOODMWR.COM**

THE ARTS & CRAFTS FRAME SHOP PRESENTS
The Taste of the Arts
IN LIVING COLOR

NOW ACCEPTING ART ENTRIES!

THIS ART SHOW WILL FOCUS ON VARYING MEDIUMS AND AGE CATEGORIES FROM THE FORT LEONARD WOOD COMMUNITY

\$5 REGISTRATION PER ENTRY FOR ADULTS, CHILDREN K-12 FREE
AGE GROUPS: GRADES K-4, GRADES 5-8, GRADES 9-12

REGISTER AUG 26-SEPT 26 AT THE ARTS & CRAFTS FRAME SHOP.

ART CATEGORIES ARE:
DRAWING, PAINTING, SCULPTURE, MIXED MEDIA, AND THREE PHOTO CATEGORIES: SOOC (STRAIGHT OUT OF CAMERA), DE (DIGITALLY ENHANCED), AND DM (DIGITALLY MANIPULATED).

JUDGING WILL TAKE PLACE PRIOR TO THE EVENT. ALL ARTWORK ENTERED MUST BE ORIGINALS, AND DONE WITHIN THE LAST YEAR.

THE ART SHOW WILL TAKE PLACE ON OCTOBER 2, 6-8PM
AT PINEY VALLEY GOLF COURSE. NO COST TO VIEW ENTRIES AT THE ART SHOW. OPEN TO THE PUBLIC.
ENTERTAINMENT PROVIDED BY THE 399TH ARMY JAZZ BAND AND THE CHILDREN OF THE SKIES PROGRAM

THE ARTS & CRAFTS FRAME SHOP IS LOCATED INSIDE THE PX MINI MALL
573-596-0242 SKIESUnlimited EXCHANGE

School's Back in Session
MELTDOWN

SEPT 6 9 AM-11 AM
DAVIDSON FITNESS CENTER

Come join the wonderful group fitness instructors as we celebrate the start of the new school year, "fitness style." Come work your way to a healthier you!

\$10 pre-registration (ends 5 Sept, 9pm), \$15 day of event.
Register at Davidson Fitness Center.
Open to the public, all fitness levels, ages 13 & up.

573-596-4359
Sponsorship does not imply endorsement

ENERGY TIP OF THE WEEK

◆ REDUCE ◆ REUSE ◆ RECYCLE ◆

Turn off ceiling fans when you leave the room. Remember that fans cool people, not rooms, by creating a wind chill effect.



Flu shots: Are your children vaccinated?

By Jacqueline Watkins
Army News Service

Parents, have your children received their annual influenza vaccines? Influenza, commonly known as “the flu,” is defined by the U.S. Centers for Disease Control and Prevention as a contagious disease that is seasonally spread throughout the United States. Everyone is susceptible to contracting the influenza virus. However, research shows risk is highest among children.

The influenza virus is more dangerous than a common cold for most children. Each year more than 20,000 children under the age of 5 are hospitalized due to influenza complications, and some of those illnesses have resulted in death. All children under the age of 5 are susceptible to influenza complications, but research indicates certain children may be more vulnerable. The CDC reports severe influenza complications are most common among children under the age of 2. Furthermore, children with chronic health problems such as asthma, diabetes and disorders of the brain or nervous system (such as cerebral palsy and muscular dystrophy) have an increased risk of developing severe influenza complications.



Courtesy photo

The severe health complications caused by the seasonal influenza virus can be prevented. To protect your children from the flu, the CDC recommends every child beginning at age 6 months receive an annual influenza vaccine. Because infants younger than 6 months are unable to receive the influenza vaccine, parents and older children in the household are highly encouraged to receive the influenza vaccine. This prevention strategy is the best safeguard to protect

infants from contracting the influenza virus. There are a variety of influenza vaccines available for children. For instance, one type, called trivalent, protects against three strains of the influenza virus (usually, two types of influenza A viruses and one influenza B virus). Another, called quadrivalent, protects against four strains. Furthermore, some vaccines are given as an injection (shot), while others are given as a mist sprayed into the nose. The wide variety of influenza vaccine options can be confusing for most parents. To determine the influenza vaccine most appropriate for your children, consult your pediatrician or primary care provider.

The best way to protect your children from contracting the influenza virus is to ensure they — and you — receive an annual influenza vaccine. Once you and your Family have received your influenza vaccines, it will take approximately two weeks for antibodies to develop to protect your family against the influenza virus.

Remember, everyone must receive the influenza vaccine to ensure children are protected before the influenza outbreak spreads throughout your local community.

(Editor's note: Watkins is a U.S. Army Public Health Command program evaluator.)

Profession

From Page A1

in-depth training to integrate the Army profession, ethic and character-development doctrine and concepts into leadership-development sessions.

Knapp led the interactive seminars, designed to stimulate discussion about developing Soldiers as professionals. Some of the topics he covered were building military expertise, honorable service, esprit de corps and stewardship.

Knapp said it is important for Soldiers to discuss professional development because they need to understand why and how to serve as Army professionals — living the Army ethic at all times.

According to Knapp, there are documents dating back to the 1800s with Army publications talking about the profession, but the first time it was put in doctrine was June of 2013.

“Our doctrine now is really forward thinking. If you haven’t read the doctrine lately, you need to,” Knapp said.

Capt. Anthony Addison, Company C, 58th Transportation Battalion, 3rd Chemical Brigade, commander, was in the afternoon session Aug. 20.

Addison said he thought the most important thing discussed was the idea that the Army is a profession — rather than an occupation.

“When every individual Soldier starts to view this profession as something more than just a job, this organization will become what it was and intended to be,” Addison said. “Gaining entrance into the Army profession is indoctrination into the brotherhood of warriors. When a Soldier signs the contract to protect the nation it signifies the possibility that life might be taken, theirs or otherwise. Soldiers are trained to excel at a designated skill that takes years

to master in support of land warfare. The Army, unlike other professions, is subservient to the United States. Soldiers must expect to be on call and act in a certain manner incessantly.”

Addison said it is important to discuss building military expertise, honorable service, esprit de corps and stewardship, because each of these pillars are part of being a Soldier and a servant to the nation.

“These pillars of the profession are created in a manner that requires the individual civilian to become a Soldier. Each Soldier is part of a team and therefore must have the same processes in order for the mission to be accomplished to the highest standards. In general, these are the guidelines that we as Soldiers must live and believe every day, no matter the situation,” he said.

For more information on CAPE and the Army profession, visit www.cape.army.mil.

Normandy

From Page A1

“I wanted to be involved in the Normandy Challenge ride in particular because I knew it would be special being able to go over to France and tour the hallowed grounds that our forefathers fought on during WWII,” Hoag said.

In order to be selected for the ride, participants had to be invited. Participants also had to be successful on all previous rides for that year.

“Going into the Normandy Challenge I wanted to make more friends and talking really helped my social skills on the previous challenge I completed, so I wanted to continue that on this challenge, too. I also had a goal to ride the entire way and not use the rest vehicle. I accomplished that goal and rode the entire way,” Hoag added.

Hoag’s favorite memories included having the chance to tour both the Utah and Omaha beaches, and being able to visit the 101st Airborne Division Memorial, which is located in France.

“The trip was so packed with history and friendship. I learned a ton of history and met new friends every day, as well. We always came together at night at our hotels for dinner and ate as an R2R family, so it was encouraged that we try to meet someone new at every meal,” Hoag said.

To the Ride 2 Recovery, cycling is more than just a recreational sport; it is an activity that almost any patient can participate in even if they are struggling with mental and/or physical disabilities. The organization helps to design and build bikes that are specific to the individual veteran’s needs.



Courtesy photo

Staff Sgt. Tanner Hoag, center, and teammates pose for a photo at the 101st Airborne Division Memorial in France.

Gap crossing

From Page A1

“It was great. The pieces that we moved were so out of the ordinary,” said Capt. Rachael Tax, commander, Company B, 2nd General Support Aviation Battalion, 1st Combat Aviation Brigade, 1st Inf. Div., noting that her unit usually trains with concrete blocks at Fort Riley. “It added a whole new training element.”

“It’s humbling to see how small the role we had in the entire operation,” Tax said, noting the scope of all the moving pieces that made the gap crossing successful.

The bays used to erect the floating bridges are huge, but Army vehicles are even bigger and heavier. “We provide freedom of movement for anybody and this [line of communication] bridge is designed to hold the heaviest vehicles in the Army’s fleet,” said Sgt. Mitchell Kleve, bridge crew chief with 50th MRBC.

The third type of bridging effort resulted in a dry support bridge, which closes a gap caused by a natural depression.

Sgt. Cameron Riggs, bridge crew member with 50th MRBC, who assisted in the dry support bridge build, said the most important aspect to these types of gap crossings are to determine the type of soil on the abutments, or water’s edges. Riggs said if the soil is too loose or sandy to support the heavy military equipment crossing it, then horizontal engineers are called

in to stabilize the area before the bays are emplaced. The training scenario spanned over several miles and consisted of two countries that were at war with each other.

“We developed a scenario in which the country of ‘Danubia’ requested the assistance of the United States in repelling the invasion of ‘Ariannan’ forces from their sovereign territory. The 5th EN Bn., under the 4th MEB, served as the crossing force engineer for 1st Inf. Div. attack in pursuit of the retreating ‘Ariannan’ forces,” said Lt. Col. Sebastien Joly, 5th Eng. Bn. commander.

To further support the realistic training as part of the initial security force, 1st Inf. Div. sent in the cavalry, literally.

“At first I wasn’t completely sure we wouldn’t get onto the bridge and just roll off to one side,” said Staff Sgt. Jeffrey Mally, cavalry scout with Headquarters and Headquarters Company, 1st Combined Arms Battalion, 63rd Armor Regiment, 1st Infantry Division, referring to his 22-ton Bradley Fighting Vehicle. “I have never crossed the water like this before, but it is definitely good training for our Army’s future operations.”

The 4th MEB-led training operation concluded with the 1st CAB, 63rd Armor Regiment, Humvees and armored personnel carriers manned by Soldiers with 5th Eng. Bn. maneuvering down a road, which took them into “enemy territory” littered with

simulated land mines blocking their approach.

“After completing the bridges, the (1st Inf. Div.) scouts and a sapper platoon from the 515th Sapper Company conducted a ‘movement to contact’ into an objective, using demolitions effect simulators to enhance their in-stride breach training,” Joly said.

Once the combat engineers exited their vehicle and breached the obstacle by using simulated explosives to detonate the mines, they completed on their mission.

“I like this type of training,” said Spc. Cody White, combat engineer with 515th Sapper Co., 5th Eng. Bn., who rode in the convoy and participated in the breach operation. “This was fairly similar to my deployment minus the land mines — there were IEDs instead.”

(Editor's note: Malone is with the 4th MEB Public Affairs office.)



Photo by Staff Sgt. Kelly Malone

LEFT: Bradley Fighting Vehicles from 1st Combined Arms Battalion, 63rd Armor Regiment, 1st Infantry Division, out of Fort Riley, Kan., are guided across a training lake to establish “far side” security during a combined arms gap crossing training exercise where smoke simulates hostile fire in a fictitious region of the world. RIGHT: A bridging crew with 50th Multi Role Bridging Company, 5th Engineer Battalion, 4th Maneuver Enhancement Brigade, wait as a CH-47 Chinook, flown by the 1st Combat Aviation Brigade, 1st Infantry Division, out of Fort Riley, Kan., uses a sling-load bay method to lower a bridge bay during a combined arms gap crossing exercise.



Photo by Staff Sgt. Kelly Malone

Around the Army

Smarter ground robots partnering with Soldiers

Story and photo by David Vergun
Army News Service

"In the Army, we always say, 'never send our Soldier into a fair fight.' Each of you here," from the robotics community, are "helping to make that happen," said Heidi Shyu, assistant secretary of the Army for Acquisition, Logistics and Technology.

Shyu emphasized common architecture, open-source software and open standards for robotics development to further competition that will benefit the Army, taxpayers and industry.

The Army is working with industry partners to develop a standard architecture which will enable us to incorporate future (robotics) capabilities rapidly, keeping pace with dramatic commercial improvements, she said.

Getting the development of ground robotics right is important because the systems have become such an essential partner to warfighters, Shyu explained.

The use of ground robotics in combat since 2004 has grown exponentially, with more than 7,000 systems currently deployed overseas, she pointed out. Besides helping EOD, ground robots now carry weapons, cameras and sensors for such things as detecting chemical, nuclear and biological material.

Brian Gerkey, CEO of Open Source Robotics Foundation and another panel member, said Robot Operating System, or ROS, builds on open architecture.

ROS is an open-source set of powerful software libraries and tools that helps anyone — from businesses to school kids — build robot applications and share solutions and algorithms "so you're not constantly reinventing the wheel."

ROS has about a million users worldwide, he added, including NASA, which is about to install a ROS-developed robotics application on the International Space Station.

Mark Mazzara, Robotics Interoperability lead for Department of the Army Systems Coordinator for Robotics, was the third panel member. He said the Army's Unmanned Ground Vehicle Interoperability Profile, or IOP, is setting the architecture standard and he hopes to see it accepted DOD-wide because "it's shown to reduce lifecycle costs."

Addressing Gerkey's earlier remarks, Mazzara said "ROS is a great thing. The difference between ROS and IOP is IOP is more focused on interoperability between subsystems — which messages flow between them — not the components in the black box," which can be created using ROS tools and libraries.

Studies have been conducted showing that both ROS and IOP can coexist, and both can be used to ensure the architecture stays open, he added.

A caveat to that, he said, is that IOP is being developed within the U.S. government and is being shared with allies, including NATO. Industries that want to build components for Army robots need them to be IOP-certified.

Mazzara said he can't predict the future of IOP, and whether or not the government will turn it over to industry, or to a non-profit robotics association that implements standards down the road.

"We'll just have to wait and see how it plays out," he said.

Mazzara added more to his thoughts on what the future holds for ground robots.

He thinks that an industry like agriculture could benefit from using some of the same or similar platforms the Army uses. Although the payloads would obviously be very different, a common mobility platform would make a better business case for internal investments, meaning quantity would drive down the cost of production.

The Army is now focused on modularity, ensuring components can be installed and removed in the "plug-and-play" mode that Shyu mentioned earlier, he said. The next phase, which will happen very soon, will focus on interoperability protocols between robots and manned ground vehicles, ground robots to ground robots and ground robots to unmanned aerial systems.

Besides those interoperability requirements, the Army will soon turn its attention to interfacing geospatial data, databases and even cloud computing with the ground robots so they can become smarter and more autonomous.

A key to all this, he said, is to surf the wave, keeping abreast of developments or emerging technologies in the automotive, mobile phone, software, Unmanned Aircraft Systems, and robotics industries. These are overlapping technologies that have applicability.

While the panel sees a bright future ahead once a few clouds move away, Shyu pointed to two examples where robots are being used successfully today on the battlefield in Afghanistan.

The Mini-EOD, referred to as "Devil Pup," can locate, identify and disarm explosives, she said. It's so small and light that a Soldier can carry it in his or her rucksack on a long foot patrol.

Some 300 of them have been in theater over the last few years, at a cost of \$35 million.

"It's truly saving Soldiers' lives," she said. "That's the power of robotics."

The other is the six-ton, M160 Anti-personnel Mine Clearance system, which can clear minefields in urban areas and practically any field condition. The M160 has "rendered previously unusable roads functional again," she said.

Near-term Army plans for robots include replacing the Talon Family of Robots with the Man Transportable Robotics System, or MTRS, a process that will take at least seven years, she said, noting that more than 2, 200 Talons have seen combat service over the past decade, and they're now past their service life.

Both the Talon and MTRS are tracked vehicles, with the Talon weighing 115 to 140 pounds and the MTRS 164. They can carry a number of payloads used for missions ranging from EOD to surveillance, with MTRS having planned chemical detection capability as well.



Courtesy photo
Shane Ward, of Roboteam North America, operates his robot at the National Defense Industrial Association's Ground Robotics Capabilities Conference & Exhibition in Hyattsville, Md., Aug. 13.

Between now and 2021, the existing Talons will get upgraded sensors and payload capacity, as a "bridging strategy" until MTRS can come online, Shyu explained.

Returning to her theme of common architecture, Shyu said MTRS will definitely have a capability so that if a camera, sensor, arm or other component becomes obsolete, a new device can be fitted to its common chassis in a "plug-and-play" fashion.

"The future of ground robots depends on their ability to operate in a very diverse and constrained environment," Shyu said. "Commercial autonomous vehicles today maneuver very well on well-defined roadways, where GPS maps are available."

However, formations have to navigate through challenging terrain like deserts, unpaved roads, rocky hillsides, jungles, and urban areas, often in adverse weather like snow, ice and sandy deserts with temperatures in the triple digits.

Add to that contested environments where jamming and possible capture are possible.

"Efforts to overcoming these challenges are essential," Shyu said. "The future for ground robots has absolutely unlimited potential."

WHEN YOU LEAVE THE ARMY,

WE'LL GIVE YOU A PLACE TO LAND.

There's a place for you here. Where you can proudly serve. Where career growth awaits—even the chance to become an Officer or Warrant Officer. With more than 3,200 locations across the nation, there's almost certainly a unit near wherever you plan to live. Learn more about the Guard now, before you leave.

NATIONALGUARD.com/AC2NG

- SERVE PART-TIME, CLOSE TO HOME
- CONTINUE YOUR MILITARY BENEFITS
- PURSUE YOUR CIVILIAN CAREER
- PAY OFF YOUR COLLEGE LOANS

NATIONAL GUARD 
NATIONALGUARD.com/AC2NG

Why am I still thinking about deployment?

By Capt. Donell Barnett
Army News Service

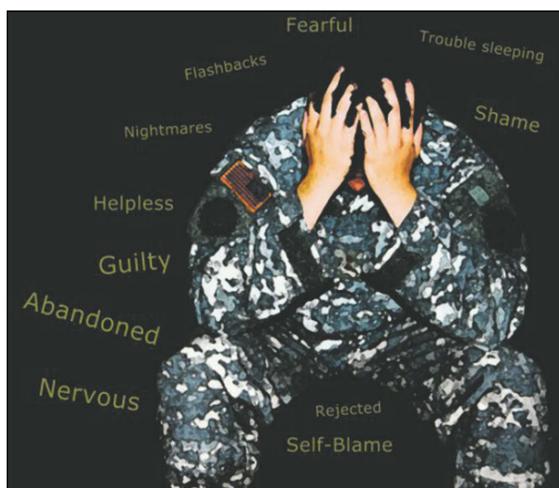
Do you remember what you were doing on 9/11? Who were you with? What were you wearing when you found out about the towers? I bet most of those details are pretty clear to you.

Now ask yourself, "What was I doing on 10/11?" Unless that's your birthday or anniversary, chances are you don't remember that day at all.

That's the way our brains work. Even if you were nowhere near New York on 9/11, the memory of that horrific day, your feelings when you heard about it and the reactions of those people with you are pretty clear. The same is true for your first date, best birthday party, and grandma's apple pie, mmmmm ... you can almost smell it just thinking about it.

Your brain likes to record strong memories, good and bad, in a lot of detail. Along with the memory, your brain tries to record your feelings at the time of the event. Both the image and the feelings associated with the image help us to easily react to similar situations in the future. For life-threatening occasions, such as what commonly happens on deployment, your brain records the event to help you respond in case you are ever in a similar life-threatening situation. And this is called? "Fight or flight," that's right.

With post-traumatic stress, people re-experience



Courtesy graphic

distressing events at times when they may not want to remember the event. Typically the event shows up in nightmares, flashbacks or disturbing daydreams. Sometimes these events are "triggered" by something around you that looks, feels or smells like the event you experienced. A crowded mall may make you feel like you're in that crowded bazaar. A dark

movie theater may make you feel like you're in your hooch. In the same way, a whiff of certain cologne will make you think about that special someone.

When an event and the memory of it are too distressing to handle, people tend to go to great lengths to avoid them. Avoidance can mean not going to certain places, not talking to certain people, or even drinking an insane amount of alcohol to quiet down nightmares and get some sleep. The problem is that avoiding the reminders of an event can make the memories seem just as real as the actual event.

All these reactions are actually quite normal and are designed to help us survive. In fact, you've probably experienced avoidance behaviors all your life. Think about it, when you were a kid, did you ever have a nightmare after seeing a scary movie? Or maybe you crossed the street to avoid the scary cat-lady's house.

If these behaviors get worse over time, or they don't taper off after a few months, this just means your body is having a more difficult time putting the memory away. Professionals use six months as a benchmark timeframe. Some people take more or less time to process the memory. In any case, if these reactions are causing problems in your life, talk with a medical professional, behavioral health provider or chaplain.

(Editor's note: Barnett is a Clinical Psychologist with U.S. Army Public Health Command.)

Back-to-school time calls for vaccinations

By Monica Bullock
Army News Service

With all of the back-to-school events this August it is a prime time for ensuring that children are up-to-date on all their immunizations.

What is immunization?

According to the U.S. Centers for Disease Control and Prevention, immunization refers to the process by which a person becomes protected against a disease, usually through vaccinations. A vaccination uses a weakened or partial virus or bacteria to trigger an immune system reaction. The immune system reaction reduces the chances of developing illness if a person is later exposed to the actual virus or bacteria.

Why is it important to be vaccinated?

"Vaccinations are the most effective protection against disease," says Lt. Col. Laura Pacha, disease epidemiology program manager at the U.S. Army Public Health Command. "Through vaccinations, naturally occurring smallpox was eliminated around the world. Routine childhood vaccinations have meant some diseases, like polio, have been eradicated from the United States. The impact of others has been greatly reduced. However, these diseases, including polio, still circulate in other parts of the world, so reintroducing them to the U.S. may be only a plane ride away."

Not only should adults be vigilant in their vaccinations to prevent spreading diseases to their children and others, but the children themselves need the protection.

"Children are a vulnerable population," said Maj. Jasmine Peterson, an Army public health nurse at the USAPHC. "The risk of spreading disease among them is higher due to their interaction with other children in various settings."

What are the common vaccines recommended for children?

The required vaccinations vary between states and different ages; for more information contact your healthcare provider or local health department. Here is a list of commonly required vaccinations for children:

- MMR (measles, mumps, rubella)
- DTaP or Tdap (diphtheria, tetanus, pertussis)
- Polio
- Varicella (chickenpox)

What are the benefits of getting immunized?

Army public health experts say the advantage of vaccinations is not just protection for the individual who chooses to be immunized.

"When enough people in a community have immunity to a disease, opportunities for an outbreak are reduced because protected individuals interrupt disease spread," said Pacha. "Even more importantly, vulnerable persons who cannot receive certain vaccines—such as infants, pregnant women, or immunocompromised individuals—get some protection because the spread of contagious disease is contained."

Additionally, health experts say that when individuals choose not to get immunized, outbreaks of a disease can occur.

"Unfortunately, in some communities, immunization rates have dropped, and we see outbreaks of diseases we thought had been controlled," Pacha said.

Measles is just one example. According to the CDC, there have been multiple outbreaks of measles across the United States in 2014, almost 600 cases.

What are possible side effects of immunizations?

According to Army public health nursing personnel, common side effects resulting from a vaccination shot, if any, would be redness, swelling or soreness at the site of the injection. There could possibly be a low-grade fever that goes away after a few days. More serious side effects are exceptionally rare.

"If your child has any health concerns or special health needs prior to the shot, contact your healthcare provider and discuss the best course of action," says Peterson.

What are common misconceptions about vaccinations?

Some people believe that there is a possibility that the vaccine could actually give you the real virus and cause you to be very sick. Health experts say vaccines cannot cause your children to contract the actual disease.

Another misconception is that 'natural infection' is preferable to vaccine-induced immunity.

"Natural infection is unpredictable and risky; severe or even fatal illness could result," said Pacha. "Preventing illness and its complications are precisely the reasons vaccines were developed."

(Editor's note: Bullock is a student editor at U.S. Army Public Health Command.)

MAKE YOUR FIRST MOVE WITH US!



We understand that buying a home is a big step. Let Navy Federal help you find your perfect home.

We offer great options for first-time homebuyers.

- > No money down options, including VA loans¹
- > No mortgage insurance
- > \$200 Visa® Prepaid Loyalty Card² after closing
- > Get up to \$1,500 towards your closing costs³

NAVY FEDERAL
Credit Union

ARMY
MARINE CORPS
NAVY
AIR FORCE
COAST GUARD
DoD

TAKE YOUR STEP TOWARDS HOMEOWNERSHIP.

Liberty Plaza Shopping Center
310 St. Robert Boulevard, Suite 9, St. Robert, MO
navyfederal.org 1.888.842.6328

Federally insured by NCUA. ¹100% financing loans include an additional funding fee, which may be financed up to the maximum loan amount. ²Special offer available to first-time homebuyers only. Offer available for new applications on first mortgage purchase loans only. Certain product exclusions may apply. The Visa Prepaid Loyalty Card will be mailed to you within six weeks after your loan closes with Navy Federal. One offer per household. ³Special offer available for all first mortgage purchase loans except HomePath®. Member cannot receive cash back from this offer. Certain restrictions may apply. Ask your loan officer for details. © 2014 Navy Federal NFCU 13026_Leonard (7-14)

SL-0000360639



Community

Thursday, August 28, 2014

GUIDON

Section B Page 1



Pet of the week

Baby is available for adoption at the Fort Leonard Wood Stray Animal Facility. Baby is a 4-month-old female beagle mix. Adoption fees are \$102 for dogs and \$77 for cats, which includes microchipping, spay/neuter, vaccines and required diagnostic testing.

For more information on adopting Baby or any of the other available animals, contact the clinic at 596.0094. Photos of the pets can also be found at www.facebook.com/FortLeonardWoodPetsLost-FoundAdoptable.



Financial Peace

Dave Ramsey's Financial Peace University Orientation is scheduled at 5:30 p.m. Sept. 7 in Room 148 of the Main Post Chapel. Orientation is free and required to attend the Financial Peace University Military Edition course scheduled through the fall.

For more information, contact Cindy Dack at 596.0089.

Free popcorn

Balfour Beatty Communities free popcorn for post residents, 11 a.m. to 2 p.m. Friday at the Stonegate Community Center. For more information, call 573.329.1009



GUIDON Facebook

Like the GUIDON on Facebook. The page is located at www.facebook.com/FLWGUIDON. There are photo galleries, updates, stories, breaking news and more.

"Like" us on Facebook and interact with us and share stories and news with your friends and Family.

Community news

If you have a community news submission for the GUIDON, or need more information concerning guidelines for community news, email the community desk at guidoncommunity@myguidon.com. You can also call 563.4014.

For more local events, see "What's Up" and "Calendar" on Page B3.

Friendship, faith help build connections

PWOC brings Christian women together

Story and photo by Melissa Buckley
GUIDON staff
melissa.k.buckley2.civ@mail.mil

Protestant Woman of the Chapel provides an outlet for women seeking fellowship and friendship in the faith community.

"PWOC consists of women from various protestant chapels and backgrounds who come together to lead women to accept Christ as their personal savior and Lord; teaching women the history, beliefs and programs of the church, all built on a solid foundation of worship and Bible study," said Dehlia Mason, PWOC president.

Mason said PWOC also teaches women the skills of prayer, evangelism, stewardship and social service.

PWOC meets from 9 to 11:30 a.m. Tuesdays at the Main Post Chapel.

"PWOC is open to every woman that longs for a deeper relationship with God as well as their fellow sisters," Mason said.



Candace Dashiell, Doreen Horn and Sally Stratton, praise team members, lead the PWOC ladies in song Tuesday morning at the Main Post Chapel.

See FRIENDSHIP, Page B5

Women's Equality Day Observance highlights gender fairness

Story and photos
by Derek Gean
Community editor
dgean@gannett.com

The Fort Leonard Wood community celebrated women's equality Tuesday during a Women's Equality Day Observance in the Engineer Regimental Room at the John B. Mahaffey Museum Complex.

Women's Equality Day coincides with the 1920 passage of the 19th Amendment giving women the right to vote, and is a day designed to highlight efforts and achievements in gender equality.

This year's observance was sponsored by the Maneuver Support Center of Excellence and hosted by the 4th Maneuver Enhancement Brigade.

Brig. Gen. Maria Gervais, U.S. Army Chemical, Biological, Radiological and Nuclear School commandant, served as keynote speaker.

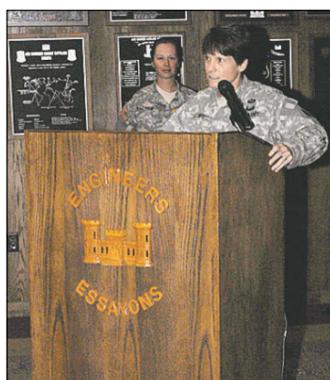
Following a presentation by 4th MEB women highlighting famous women throughout history, Lt. Col. Samuel Volkman, 94th Engineer Battalion commander, welcomed the crowd and Gervais on behalf of Col. Antonio Munera, 4th MEB commander.

Volkman said he grew up in Montana learning about the first female U.S. congresswoman who was from his state, Jeanette Rankin, and the milestones she made for women's equality.

"Today our guest speaker is every bit as feisty as that pioneer, the honorable Ms. Rankin," Volkman said.

Gervais' speech highlighted distinct achievements throughout women's struggle for suffrage and the ongoing fight for equality.

"I can never imagine not being able to obtain my education or go to college. I could



Above: Sgt. Dahnerial Morris, 4th MEB, speaks about the life of Deborah Samson at the Maneuver Support Center of Excellence 2014 Women's Equality Day Observance at the Engineer Regimental Room of the John B. Mahaffey Museum Tuesday. LEFT: Brig. Gen. Maria Gervais, U.S. Army Chemical, Biological, Radiological and Nuclear School commandant, speaks about the achievements made toward equal rights.

never imagine not being able to play high school or college sports," Gervais said.

"I could never imagine being pegged into a certain career field simply because I was a woman and the work was considered a woman's work."

Gervais said the reason she could not imagine a life without opportunities many take for granted is because of the people who came before and fought for change.

"Think about the personal courage these women and some men demonstrated when they stood up against a majority of this country and advocated for a woman's right to vote and for her voice to be heard," she said.

In the 94 years since the 19th Amendment was signed into law, the country has made

"incredible strides," especially in the military, Gervais said.

"Women have consistently proven themselves in combat. Approximately 40,000 women deployed in support of Operation Desert Shield and Desert Storm and more than 280,000 have risked their lives to serve in Iraq and Afghanistan. Women now serve in 95 percent of all army occupations and make up nearly 16 percent of the entire Army," she said.

"In 2015 we will see the removal of the combat exclusion, which will open more roles for women to serve in the Army."

Despite the strides that have been made in the military, Gervais said the country still has a long way to go,

See EQUALITY, Page B5

Chapel prepares for Sunday Night Live kickoff

By Kyrene Resel
GUIDON volunteer

Sunday Night Live is set to kick off Sept. 7 at the Main Post Chapel.

The purpose of the kickoff is to introduce classes that will be offered during the fall including childcare for children whose parents are participating, and programs for those in fourth grade through twelfth grade.

This year, there will be a wide variety of classes that will be offered and will be taught by different chaplains. SNL will run from 5:30 to 7:30 each week through Dec. 12.

There will be no SNL on Oct. 12, Nov. 9, and Nov. 31 due to both holidays and training holidays.

Classes include:

— Patti Minnietta will be teaching children in grades fourth through fifth.

— David McKay will be teaching grades sixth through 12th.

— The Book of Mark, led by Chaplain (Maj.) Michael Kelly.

— Christian Orthodoxy led by Chaplain (Lt. Col.) Isaiah Gillette.

— T4T led by Bill Bennett, — Financial Peace University led by Derek Welborn.

— Toward a Meaningful Life, led by Chaplain (Capt.) Mendy Stern.

A light dinner will be provided during the kickoff by the chapel, and those attending are asked to bring a side dish, or dessert to share.

For more information, contact Cindy Dack at 573.596.0089.

Retiree Appreciation Days set for next week

By Kyrene Resel
GUIDON volunteer

Fort Leonard Wood is hosting the 35th annual Retiree Appreciation Days for the local military connected veterans and their spouses.

This event will take place Sept. 5 and 6, and is open to all military retirees and their spouses.

Registration begins at 8 a.m. Sept. 5 at the Abrams Theater (Building 804) and lasts until 9 a.m.

"Events like this, (retiree appreciation days), are important because they continue to foster good will between the retired and active duty

See DAYS, Page B5

Alcoholics Anonymous 'Big Book Study' held weekly on Fort Leonard Wood

By Chaplain
Lt. Col. Darin Powers
Special to GUIDON

Has anyone ever told you that you really need to cut back, or consider abstaining from alcohol altogether? Have you ever missed work or a formation due to drinking? Do you drink to relieve stress, or often drink alone? What about drinking out of boredom and loneliness? Is that you? Is your health and performance at work not what it used to be?

If any of the latter describes you, Tuesday evening's Big Book Study, at 6 p.m. at 3307 Indiana Ave.,

Building 6501, can help.

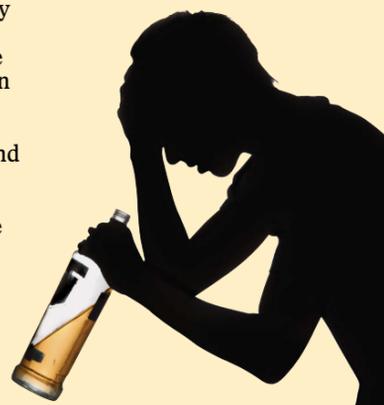
Alcoholics have been meeting for more than 75 years with one purpose in mind; staying sober one day at a time.

April 10, 1939, marks the 75th anniversary publication date of "Alcoholics Anonymous: The Story of How Many Thousands of Men and Women Have Recovered from Alcoholism." Written by Bill W., this is one of the best-selling books of all time (it has sold more than 30 million copies).

The volume is better known to millions of recovering alcoholics and addicts as "the

Big Book." Its influence on

See BOOK, Page B5



CHAPLAIN'S CORNER

On the death of my father

**By Chaplain (Lt. Col.)
Isaiah Gillette**
Special to GUIDON

My father died last week. He was 83 years old, and his heart was worn out. Please allow me to violate the usual laws of privacy and propriety, to share some reflections on this remarkable man.

There are two things I have learned, going through the months and days of his illness, leading up to his passing away.

First, my father was a good man. The word "good" is vastly under-valued. It is one of those words that stand out from the Bible. On each of the six days of creation, God saw what he had created, and called it "good." That is, everything that God made fulfilled God's purpose.

Bill Cosby put it something like this: "God makes a tree. He calls it good. Man makes a car, and calls it: magnificent. God makes a rabbit, and calls it: good. Man makes a refrigerator, and calls it: amazing. Before long, the car is in the shop and the refrigerator is broken. But the tree is still growing and the rabbit is still hopping." There are qualities that make people call a man great. But the highest and most important qualities make

us him good. He is what God made him to be, and radiates that goodness to others. My father was a good man. Second, my father was a quiet man. I do not ever remember him raising his voice in anger. I'm not saying he was never angry; he just dealt with things in a quiet way. He was quiet in expressing his faith. There is a song from very long ago that says, "The firmest faith is in the fewest words."

Another song we used to sing says, "They'll know we are Christians by our words." It does not say, "They'll know we are Christians by our words." And our love is known by our actions. My Dad had a faith that made him wake up one day and say, "There must be more to life than a beautiful home in the woods." Then he acted on it. My parents sold their beautiful home, and moved to coal country in south-eastern Kentucky, serving for two years in a mission hospital. My father was a quiet man, but his actions spoke volumes about his faith.

Sometimes the loss of someone we love helps us to appreciate the qualities they leave with us. Let us pray that God will make us, not great, but good. And let us demonstrate our love by our actions. Peace.

(Editor's note: Gillette is the deputy installation chaplain.)

Fort Leonard Wood worship schedule

Catholic Worship
Catholic Mass
Soldier Memorial Chapel
6 p.m. - Saturday

Soldier Memorial Chapel
9 a.m. - Sunday

Adoration
6 p.m. - 1st Friday of the month

Confessions - SMC
5 to 5:30 p.m. Saturdays
8 to 8:30 a.m. Sundays
Or by appointment:
596.3913

Baptisms
9 a.m. Mass - 3rd Sunday

Daily Mass
Monday through Friday
11:40 a.m. - Hospital Chapel

Protestant
Sunday Protestant Worship

Liturgical Protestant Service
9 a.m. - Museum Chapel

Gospel Protestant
10 a.m. - Central Iowa Chapel

Traditional Protestant Service
11 a.m. - Soldier Memorial Chapel

4th MEB Service (Contemporary)
11 a.m. - Museum Chapel

Other services:
Jewish Services:
7 p.m. Friday - Bldg. 1701 a

Muslim:
Muslim Jumuah (Int'l Students),
12:30 - 1:30 p.m. - Friday Bldg. 6501 Indiana Ave.

Buddhist:
10 a.m. - Sunday
North Iowa Chapel

Orthodox Service:
8 a.m. - Sunday
MPC, Rm 130

Sunday Schools
Catholic Confraternity of Christian Doctrine (CCD)
RCIA & RCIC (Sep to May)
Bldg 6501 Indiana Ave,
Pershing School
11 a.m. to 12:30 p.m.
(K-8th/Confirmation)

Protestant Sunday Night Live 5:30 p.m. Main Post Chapel.
5:30 p.m. - light dinner. 6 to 7:30 p.m. Classes for all ages

Worship/Studies
Protestant Women of the Chapel (PWOC),
9 to 11:45 a.m. - Tuesday, Main Post Chapel - Bldg 608

Marine Corps Bible Study
11:30 a.m. - Wednesday (lunch provided),
Bldg. 1750 Auditorium

Kids Zone, 1-5 grade
5 to 7 p.m. - Tuesday
Bldg. 6501 Indiana Ave.,
Pershing School

Protestant Youth of the Chapel, 6-8 grade
5 to 7 p.m. Tuesday
Bldg. 6501 Indiana Ave.

Knights of Columbus - Catholic Men,
7 p.m., second Tuesday
Bldg. 6501 Indiana Avenue,
Pershing School

MSCoE Prayer Meeting
6:30 a.m. - Wednesday
USAES Conference Room,
third floor

Protestant Men of the Chapel, 11:30 a.m. to 12:20 p.m. - Wednesdays
Main Post Chapel

Protestant Youth of the Chapel, 9-12 grade
6 to 8:30 p.m. - Wednesday
Bldg. 6501 Indiana Ave.

Gospel Bible Study
6:30 p.m. - Wednesday
Central Iowa Chapel

ITRO Bible Study
Noon, - Saturday (lunch provided)
Bldg. 1750 Auditorium

Catholic Youth, (9-12)
2:30 to 4:30 p.m. - Sunday
Bldg 6501 Indiana Ave.

Catholic Youth, (5-8)
4:30 to 6 p.m. - Sunday
Bldg 6501 Indiana Ave.

Catholic Women of the Chapel (CWOC), 9 to 11 a.m. Thursday, MPC
11 a.m. to 12:30 p.m. Sunday, (during CCD)
Bldg 6501 Indiana Ave.

Fort Leonard Wood Area

Church Directory

To get your church listed call 573.336.0061

Apostolic

NEW HARVEST APOSTOLIC CHURCH
A United Pentecostal Church (UPCI)
372 Rt. 66 Ste. 3, St. Robert, MO 65584
(Copperfield Center)
Sunday Service - 10:30am
Wednesday Service - 7:00pm
Robert E. Hohman, Sr. - Pastor
(573) 528-0316
www.newharvestapostolicchurch.com

Baptist

BUCKHORN FIRST BAPTIST CHURCH
Sunday Bible Study 9:30 am • Worship 10:30 am & 6:00 pm
Pastor, Dr. Larry Atkins 573-774-5329
I-44 Exit 153 on South Hwy. 17

FIRST BAPTIST CHURCH OF ST. ROBERT

Morning Worship.....11:00 am
Sunday School.....10:00 am
Church Training.....5:00 pm
Evening Worship.....6:00 pm
Wednesday Night Prayer Meeting.....7:00 pm
A Going Church For A Coming Lord!
A Soul Winning Church
Everyone Welcome
Nursery Provided
Zeigenbein & Church Street, St. Robert
Phone 573-336-4943

GREATER COMMUNITY MISSIONARY BAPTIST CHURCH

Pastor Chris A. Parks, DDiv
21325 N. Hwy Y • St. Robert
(573) 336-4477 • E-mail:
www.greatercommunitymbc.com
Sunday Christian Education9:00 am
Sunday Worship10:00 am
Wednesday Evening Bible Study6:00 pm
Transportation Available

HARMONY BAPTIST CHURCH

Pastor Jeff Bruns
22464 Spruce Road • Waynesville
(573)774-5222
E-mail: office@harmonybaptistmo.org
Sunday School.....9:30am
Worship.....10:45am
Wednesday Evening.....7:00pm

MARANATHA BAPTIST CHURCH

A Soul Winning Church
200 Acorn Dr. • St. Robert, MO 65584
Phone 573-336-5972
Keith Carnahan - Pastor
Sunday School.....10:00 am
Morning Worship.....11:00 am
Sunday Afternoon Worship.....2:00 pm
Wednesday Prayer Service.....6:30 pm
Maranatha Baptist Academy K4 thru 12
200 Acorn Dr., St. Robert, MO

WESTSIDE BAPTIST CHURCH

801 Historic Rt. 66 W., Waynesville, MO 65583
Church Phone 573-774-6431 •
www.westsidewaynesville.com
E-mail: ministry@westsidewaynesville.com
Pastor: Rev. John Shaw
Sunday Schedule:
Blended Worship.....8:30 am
Contemporary Worship.....9:45 am
Traditional Worship.....11:00 am
Sunday School/Bible Study.....9:45 & 11:00 am
Contemporary Worship.....11:00 am
AWANA, Lifegroups.....5:00 pm
Wednesday Schedule:
Aftershock (after school program for middle school students).....2:45 pm
Sanctuary Choir, Orchestra, Youth Worship, TeamKid, Lifegroups.....6:00 pm
Nursery Provided for all services
Hispanic Ministry - Ministerio Hispano
Estudios Biblicos
9:45 AM Domingos ~ 6:00 PM Miercoles

Christian Church

SWEDEBORG CHRISTIAN CHURCH
Bill Towns,
Preaching Minister
17300 Hwy. T,
Swedeborg, MO
Sunday School: 10:00 AM • Sunday Worship: 11:00 AM
Sunday Evening Blended Service: 6:00 PM
Everyone Welcome!

McDonald's
What You Want Is What You Get
S. Outer Rd. & I-44
St. Robert, MO
310 Ichord Ave
Waynesville, MO

"Take Your Family to Church This Week"
Gascoage Electric
Dixon, MO 573-759-7146

Christian Church

First Christian Church of Waynesville
1301 Historic Rt. 66 Waynesville, MO 65583
Sunday School.....10:00 AM
Worship Service..... 11:00 AM
573.774.2181
If interested, please visit: www.waynesvillefcc.org

NEW LIFE CHRISTIAN CHURCH

394 Old Rt. 66, Suite 2/St. Robert, MO 65584
Phone: 573-619-6567, Minister: Michael McKinney
Sunday School.....10:00 a.m.
Worship.....11:00 a.m.
Sunday Eve. Svc.....6:00 p.m.
Youth Groups.....6:00 p.m.
Ladies' Bible Studies.....Tues 9:00 a.m.
Wed. Evening Bible Study.....6:30 p.m.
www.nichristianchurch.com
email: nichristianchurch@yahoo.com

SPANISH CHRISTIAN LIGHTHOUSE

Mision El Faro • We are Bilingual
118/120 Historic Route 66 • Waynesville, MO.
Phone 573-774-5557 • Pastor: Benito V. Perez
Wednesday Service.....7:00 pm
Sunday School.....10:15 am
Sunday Service.....11:00 am
Sunday Evening Service.....6:00 pm
(only on the last Sunday of each month)
We Speak Spanish & English

Church of Jesus Christ of Latter Day Saints

LATTER - DAY - SAINT
Permanent Party Services off post
LDS Stake Center
1 1/2 miles north of post off Missouri Ave.
Sunday Meetings at Main Post Chapel
Minnesota and Constitution Ave.
- Ft. Leonard Wood Military Branch
St. Robert 1st Ward.....09:00 to 12:00
(Begins with Sacrament meeting)
St. Robert 2nd Ward.....11:00 to 14:00
(Begins with Sacrament meeting)
Sunday Meetings at Main Post Chapel:
Minnesota and Constitution Ave.
Ft. Leonard Wood Military Branch
(Trainees).....08:00 to 10:00
Phone: 573-774-3042

Church of Christ

CHURCH OF CHRIST
Waynesville Congregation
1114 Historic Rt. 66 W, Waynesville, MO
65583
www.wynscofc.com
Phone: 573-774-5205
Sunday School.....9:30am
Sunday Worship.....10:30am
Sunday Evening Worship.....1:00pm
Wednesday Evening.....7:00pm
Soldier Service on Post (North Iowa Chapel, FLW)8:00am
Free Home Bible
Correspondence Courses

ROLLA CHURCH OF CHRIST

1303 Nagogami Rd (Hwy E)
Rolla, MO 65402
www.homeofthesoul.org • 573-364-3488
Sunday Bible Class.....9:30 am
Sunday Worship.....10:30 am
Sunday 2nd Service.....1:30 pm
Wednesday Bible Study.....6:30 pm
Children's Day School..... Tues & Thur

Episcopal

CHRIST EPISCOPAL CHURCH
1000 Main Street Rolla, MO 65401
Office Phone: 573-364-1499
www.ChristEpiscopalChurchRolla.com
Sunday Holy Eucharist.. 8:00 & 10:00 am
Sunday School/Adult Forum.....9:00 am
Thursday Holy Eucharist.....5:30 pm
The Rev. Aune J. Strom Ph.D.

Interdenominational

THE RIVER COVENANT CHRISTIAN CENTER
Howard Malone, Pastor
Call Church Office for Information -
Phone 573-774-2541
25715 HWY 17 Waynesville, I-44 Buckhorn Exit 153
Prayer.....9:00 am
Sunday Worship Service.....10:00 am
Wednesday Evening Children's Program.....6:00 pm
Wednesday Evening The Pursuit - 7th-12th Grades..6:00 pm
A Multi-Cultural Inter-Denominational Church

Goodrich Gas, Inc.
"Let Us Keep You Warm"
Crocker 736-2216
Dixon 759-6400
Richland 765-5544
St. Robert 336-4045

Lutheran

FAITH EVANGELICAL LUTHERAN CHURCH (Missouri Synod)
981 Highway Z • St. Robert, MO 65584 • 573-336-4464
Pastor: Rev. Richard M. Anderegg
Sunday School.....9:15 am
Sunday Worship.....10:30 am
Ladies Aid (1st Thursday).....12:30 pm
Visit us online for activity schedule or to learn more
www.felcstrobert.org

Methodist

WAYNESVILLE UNITED METHODIST CHURCH
Hwy T (1 block off of Hwy 17)
573-774-2299 • www.thewaynesvilleumc.org
Traditional Worship.....9:30 AM
Praise & Worship.....11:00 AM
Kidz Worship/Adult Small Group Study.....11:00 AM
Wed. Night Live Meal.....5:30 PM
Wed. Night Live Bible Study & Youth Group.....6:15 PM
Wed. Children's Cherub Choir.....5:30 PM
House Group Studies throughout the week

Non-Denominational

Christian Life Center
305 East 1st Street • Rolla, MO 65401
www.clcrolla.com
Sunday Worship..... 10:30am
Life Teams...Various days/times
Modern worship
We'll change the way you think about church!

Pentecostal

APOSTOLIC FAITH UNITED PENTECOSTAL CHURCH
Hwy. 17 South, Waynesville, MO 65583
Pastor: Russell Smith
Pastor's 573-433-6665
Church 573-774-5423
Transportation Available

Presbyterian

CALVARY PRESBYTERIAN CHURCH
갈보리장로교회 • Church • 573-336-7100
110 Susie Dr., St. Robert, MO 65584
Pastor: Young Dae Lee • 573-336-2293
Sunday Bible Study (English).....9:00 am
Sunday Morning Worship.....11:00 am
Sunday Evening Service.....7:00 pm
Wednesday Service (Korean/English).....7:00 pm
Friday Night Prayer.....9:00 pm
Saturday Youth Meeting.....2:00 pm
Monday-Friday (Early Morning Prayer).....6:00 am

Seventh-Day Adventist

Seventh-day Adventist Church Services
All military personnel from the Fort welcome!
• Meet the 3rd Saturday of the month @ the North Iowa Chapel
• 3 PM Bible Study, 4 PM Worship Service, 5 PM free fellowship meal
• Other Saturdays, Van pickup at the North Iowa Chapel @ 2:30 PM
• With same time for services & fellowship meal
417-259-3585

BOTT RADIO NETWORK

Quality Bible Teaching And Christian News All Day, Everyday
89.9 FM
Jeff City/Columbia
106.3 FM/1590 AM
Rolla
90.5 FM
Dixon
Area Manager, Sue Stoltz
573-647-6285
boftradionetwork.com
Sky Angel Channel 403

WALMART SUPERCENTER
ALWAYS LOW PRICES.
Always
185 St. Robert Blvd., St. Robert
573-336-5103

Econo Lodge
309 Highway Z
St. Robert, MO
(573) 336-7272
Fax (573) 336-4307
Reservation: 1-800-553-2666

LIST YOUR CHURCH CALL 573-336-0061
SELL IT FAST WITH GUIDON CLASSIFIEDS! 1-800-695-1870

WHAT'S UP

To submit items for "What's Up," send the time, date, location, a brief description and contact information to guidoncommunity@myguidon.com. All announcements run on a space-available basis, and current events take precedence over ongoing events. Announcements must be received by noon, Friday.



Today
Car Safety Seat Inspection, noon to 2 p.m. at the Exchange parking lot. Certified technicians will teach methods for safety seat installation. For more information, call the Fort Leonard Wood Fire Department at 596.0883.

Friday
International Military Student Office Know Your World International Exposition, 6 to 8:30 p.m. in Nutter Field House. This event is designed to build awareness and appreciation for different cultures and customs throughout the world. This event is free and open to the public.

Balfour Beatty Communities
Free Popcorn for post resi-

dents, 11 a.m. to 2 p.m. at the Stonegate Community Center. For more information, call 573.329.1009.

Sept. 6
Horses for Heroes Military and First Responder Appreciation Open House and Family Fun Day, noon to 6 p.m. at Ozark Country Stable in Camdenton, Mo. Watch riding demonstrations, learn about basic horsemanship and care, and more. Admission is free for all military members past and present, firefighters, law enforcement officers, EMTs, paramedics, critical health care providers and their Families. For more information, call 573.317.4449.

Sept. 5 and 6
The 35th Annual Retiree Appreciation Days on Fort Leonard Wood. Activities commence with a golf tournament and luncheon, followed later in the day by a retirement and retreat ceremony and finally a dinner. There will be a guest speaker the second day of the event, along with a health and benefits fair at Nutter Field House. Call 573-596-0947 for information.

Sept. 10
Waynesville High School Guidance Department College Career Night, 6:30 to 8 p.m. in the school gymnasium. Representatives from college, technical schools, military and other organizations will be available to talk about programs, financial aid and more. College representatives are asking all juniors and seniors planning to attend to pre-register at www.gotcollegefairs.com.

Students attending high schools in Waynesville, Crocker, Richland, Laquey, Newburg, Iberia, Dixon and Plato are welcome to attend.

Ongoing
Boy Scout Troop 149, 6:30 to 8 p.m. Thursdays at the Main Post Chapel. Boy Scouts is for boys ages 11-18 seeking adventure, fun, leadership and outdoor experience. For more information, contact Scott Victor at 443.454.6213 or via email at scottkarenvic@centurylink.net.

Fort Leonard Wood Lions Club, 11:30 a.m. to 12:30 p.m. the second and fourth Tuesday of the month at Building 1345, Old Battery Street. For more information, call Harold Burleson at 573.528.1767, or burlson.harold@gmail.com or visit www.lionsclubs.org.

Blacks in Government, Southwest Missouri Chapter, 11:30 a.m. second Thursday of the month at 43 Young St. For more information call Don Reeves at 563.6134.

Pulaski County Branch NAACP, Unit 4008 general membership meeting, 7 to 8:30 p.m. every first Tuesday of the month at the St. Robert Municipal Center Chambers Room 102. For more information, contact Antiqua Hunter at 225.603.4116 or pulaski-countynaacp@yahoo.com.

Fort Leonard Wood Sergeant Audie Murphy Club, Sergeant Morales Chapter, 11:30 a.m. the first and third

Tuesday of the month at 51 Young St. Contact Randy Cheadle at 596.4436, or e-mail FLWSAMC@gmail.com.

Toastmasters Club 493, 11:35 a.m. to 12:30 p.m. Tuesdays in Room 20, Truman Education Center. The club is designed for those seeking to improve their speaking skills. For more information, visit www.flwtoastmasters.com.

Alcoholics Anonymous, Rule 62 Group, noon to 1 p.m. Mondays through Fridays in the old Pershing Elementary School at 3307 Indiana Avenue. For more information call Barry at 417.234.1023 or 573.586.7054. The AA Big Book Meeting is scheduled for 6 p.m. Tuesdays at the same facility. There is also an 8 p.m. meeting Mondays, Wednesdays and Saturdays on Hemp-hill Road in St. Robert. For more information on the St. Robert meeting, call Jim at 573.433.5380 or Patrick at 573.201.8188.

TOPS Mo 223, a weight loss support group, Wednesdays at Army Community Service, Room 138. Weigh-in is from 8 to 9 a.m., and the meeting is from 9:30 to 10:30 a.m. For more information, call 336.4858.

Civil Air Patrol — Fort Leonard Wood Composite Squadron, 6:30 to 9 p.m. Tuesdays at Building 1288 (Iowa and Artillery streets). For information, call Lt. David Brown at 573.855.7276 or sgtdlbrown@

gmail.com or Lt. Carol Daul at 417.967.9290, 269.845.0794 or caroldaul@gmail.com.

Protestant Women of the Chapel, 9 a.m. Tuesdays at the Fort Leonard Wood Main Post Chapel. Free childcare is available on site. For more information, call the Main Post Chapel at 573.596.6483 or Candace Bashiell at 573.586.1745.

Marine Corps League, Detachment 1195, 6:30 p.m. the first Thursday of the month at the Laquey Veterans of Foreign Wars. For more information, contact Al Fagan at 528.5116 or Martin Tootle at 528.7244.

Veterans of Foreign Wars Post 3168, and its ladies auxiliary 7 p.m. the second Wednesday of the month at the post home in Laquey. For information, call 573.765.3168.

The American Legion Riders, 6 p.m. the first Thursday of the month at the American Legion Hall in St. Robert. For more information, call Don Gerspach at 573.512.1419.

Health Care Consortium, 2:30 p.m., every second Tuesday of the month at General Leonard Wood Army Community Hospital, Room 155-21. This meeting is a forum for outside input into hospital process improvements. This is an opportunity for beneficiaries to provide input to health care delivery policy and to promote communication between hospital leadership and beneficiaries.

He Said, She Said

Sponsor, friend creating unnecessary guilt

By Shaun and Pamela Collins
Special to GUIDON
hesaidshesaid@myguidon.com

My wife and I got here a year ago and my sponsor was great. We became friends, but he and his Family had to go to their new duty station about six months ago. Now here's the issue. He had a house that he tried to sell, but it's still vacant. My wife and I rent off post. Now, we are under a lot of pressure from him and his wife to move into their house and rent from them. We hear the stories on how hard it is for them to make two house payments and she hasn't found work yet at their new location. Financially, it would be a good deal for my wife and me, but at the same time I really don't want to be obligated like that to a friend as too many things can sour the friendship. What would you do? Right now I am trying to help find him a renter.

ship; especially a friendship is one wherein neither party feels taken advantage of by the other. If their house was vacant and you needed a place to live — this might be a great situation for everyone; however, it appears there are some concerns behind the scenes and your caution therefore must be justified.

If your friends take it personally that you won't rent their house, then they aren't the kind of friends you likely want in your life. However, if there is anything you can do to help them rent to house to say someone PCSing here that has not yet found a place to live, you could likely solve the entire situation without any tension. If it were me, I would go out of my way to help them, actively seek tenants, do some repairs if you can, check in on the place, but do not feel obligated to rent it ... no good can come from that and one or both of you will eventually become resentful. Try sponsoring incoming Soldiers, tell them about your friend's situ-

ation and show them the house — don't pressure them or trick anyone, just be straight up and see what you can do. We all try to take care of our fellow service members when we can — trust in the brotherhood of other Soldiers; don't become a martyr and move into the house when you don't need to, want to and will no doubt incur substantial pains and financial expenses from moving yourself without a military need. What happens if you come down on PCS orders in three months? If they don't understand this and play the guilt card, that would be my cue to exit stage left.

SHE SAID: What I would do is continue to try and find him a renter. My philosophy is this: There are things expected out of a friendship, things you can do for a friend and things you should avoid. Things expected of you include lending an ear when needed (this too has its limits) being an honest broker (telling them what they need to hear and not what they want to hear), and the like.

Things you can do include, for example, exchanging babysitting/animal sitting responsibilities, house sitting, etc. and sharing a bounty (like produce from your garden). Lastly, the things you should

avoid include lending money or making a friend feel like you are taking advantage. With that said, my husband and I have found ourselves in a number of situation that have resulted in us establishing certain "rules."

For example, we no longer ask friends to watch our animals; we pay someone to do it because we don't want to feel obligated to watch anyone else's animals or children, for a multitude of reasons. If we aren't willing to reciprocate, we shouldn't burden our friends. Even though we paid them, we still felt that asking obligated us to do so in kind.

With that said, I think what your friend is doing violates a number of friendship "boundaries." First of all, to make you feel obligated to rent their home simply because you still live in this area and they need someone to move in seems a little excessive and frankly selfish. The fact that you are attempting to find them a renter seems about as much as a friend should be asked or expected to do.

It's a shame that they have found themselves in a financial bind but you are correct in assuming that mixing friendship with any level of financial agreement can go south quickly. What happens when

you need something fixed and garnish the rent check to pay for it?

The owner is expected to pay repairs but will he feel like you should give him a 'break' because you are friends and his wife is still out of work? I understand that initially it may be a good deal for you and your wife, but in the long run, I see a lot of things that could cause a falling out. Continue to try and find them a renter as time allows. If the issue comes up again, explain that you are not interested in moving and you believe it could cause issues with your friendship. If they take offense, I would start to question the validity of the friendship.

(Editor's note: Shaun and Pamela Collins were both career Soldiers with a combined history of military service spanning over a half of a century. They have been where you are, so if you are facing a difficult situation, ask them. Send your question to hesaidshesaid@myguidon.com. This column and other original content from Mr. and Mrs. Collins can be found at <http://militarysuccessnetwork.com>. The opinions expressed are those of the writers and not necessarily those of the Fort Leonard Wood Public Affairs Office or the GUIDON.)



**A More Confident You...
Cosmetic Services:**

- Breast Augmentation
- Breast Lift
- Tummy Tuck
- Traditional Liposuction
- Vaser and Laser Liposculpture
- Laser Resurfacing
- Face Lift
- Cheek Implants
- Upper and Lower Eyelid Lift
- Radiowave Mole Removal
- Botox and Facial Fillers
- Nose Shaping/Rhinoplasty
- Laser Hair Removal, Obagi
- Jane Iredale Cosmetics... and more

Colin E. Bailey MD, FACS
Board Certified in Cosmetic Surgery

Aching Legs...

Swelling • Restless legs • Night Cramps
Itching or Burning • Leg swelling or Leg ulcers

We offer Modern treatment of Varicose veins, spider veins with NO HOSPITAL, NO DOWNTIME and NO VEIN STRIPPING

Call today and be free of these symptoms.

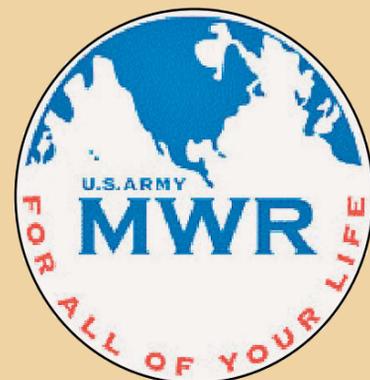
Medical Vein Procedures Covered by Medicare and Insurance

We only use State of the Art laser and radio frequency systems

Before  **After** 

5780 OSAGE BEACH PARKWAY STE 200, OSAGE BEACH, MO
573-348-1700 • WWW.BAILEYVEINANDSKINCARE.COM

Fort Leonard Wood Outlook August 28 through September 4



Directory

Army Community Service - 596.0212
 Child & Youth Services - 596.0200
 Bruce C. Clarke Library - 563.4113
 Daugherty Bowling Center - 596.1498
 Davidson Fitness Center - 596.4359
 Outdoor Adventure Center - 596.4223
 Pippin Youth Center - 596.0209
 Piney Valley Golf Course - 329.4770

Today

**Davidson Fitness Center
Aerobics Classes**
 9 a.m. - Cardio Core
 Noon - Bootcamp
 6 p.m. - Zumba

Specker Gymnasium Classes
 5 p.m. - Spin

Army Community Service
 9 a.m. - Christmas in August
 9-10 a.m. - Bright Start Playgroup
 10:30-11:30 a.m. - Bright Start Playgroup
 11:30 a.m. - Couples in Arms
 5:30 p.m. - Music for Children with Autism

Friday

**Davidson Fitness Center
Aerobics Classes**
 5:30 a.m. - INSANITY
 11:45 a.m. - Zumba
 5:45 p.m. - Zumba

Saturday

**Davidson Fitness Center
Aerobics Classes**
 8:45 a.m. - Zumba
 10 a.m. - R.I.P.P.E.D.
 10:15 a.m. - Aqua Zumba

Outdoor Adventure Center
 10 a.m. - 3D Archery Tournament

Sunday

**Davidson Fitness Center
Aerobics Classes**
 1 p.m. - Zumba

Monday

Labor Day



Tuesday

**Davidson Fitness Center
Aerobics Classes**
 6 a.m. - Zumba
 10:15 a.m. - Step
 Noon - Cardio Core
 6 p.m. - RIP
 7:15 p.m. - Line Dancing

Specker Gymnasium Classes
 9 a.m. - Spin
 5 p.m. - Spin

Bruce C. Clarke Library
 10:30 a.m. - Toddler Story Time

Army Community Service
 9 a.m. - Army Family Team Building, Level K

Piney Valley Golf Course
 9 a.m. - Senior Golf

Wednesday

**Davidson Fitness Center
Aerobics Classes**
 5:30 a.m. - INSANITY
 9 a.m. - TRX
 11:45 a.m. - Zumba
 5:30 p.m. - Zumba
 6 p.m. - Aqua Zumba
 6:30 p.m. - R.I.P.P.E.D.

Army Community Service
 8:30 a.m. - Money and the Move
 9 a.m. - Chemo Caps
 9 a.m. - Army Family Team Building, Level K

Thursday

**Davidson Fitness Center
Aerobics Classes**
 9 a.m. - Cardio Core
 Noon - Bootcamp
 6 p.m. - Zumba

Specker Gymnasium Classes
 5 p.m. - Spin

Army Community Service
 9 a.m. - Knitting
 9-10 a.m. - Bright Start Playgroup
 10:30-11:30 a.m. - Bright Start Playgroup

5:30 p.m. - Music for Children with Autism

CONFEDERATE RAILROAD



September 12

9 pm

Pre-show starting @ 7pm
\$20 in advance or \$25 at the gate

Call (417) 259-1489 for Advanced Ticket Pricing

Beaver Creek Paylake

10936 Hwy AF ~ Lynchburg, MO
www.beavercreekpaylake.com

Lose Inches and Weight!

FDA APPROVED!

Instant, measurable inch loss at each treatment.

- Slim and Contour the Body
- Lift and Redefine the Buttocks and Chest
- Minimize the Appearance of Cellulite
- Improve Skin and Muscle Tone
- Reduce the Appearance of Scars, Varicose Veins and Stretch Marks
- Increase Energy
- Detoxify the Body
- Ease Knee, Hip and Lower Back Pain



878 Missouri Ave, Suite 7, St. Robert | 573-774-3925
laphysiquespa.com | We Support Our Military

Super Slimming Package

\$4155

per treatment!

Includes 12 Cellulite Abatement Treatments and 6 Parafango Slimming Treatments
 Most military clients choose this package!

Call Today!
573-774-3925



Couples Getaway
 an evening that is truly all about you

Your Couples Getaway includes:...

- A special 1-Hour Couples Massage
- An intimate 3-course dinner from local businesses served in your private "Couples Cabana"
- This is a 3-hour package

\$220⁰⁰

CALL TODAY
 573-433-0769
 SCHEDULE ONLINE AT
www.serenityspaandwellness.com

We offer a 10% Military Discount!

Serenity Spa & Wellness Center
 DOWNTOWN WAYNESVILLE
 Roubidoux Plaza #2
 Tuesday-Saturday 10am-9pm

CANDY ROUTE 66 SHOPPE

THE LABOR DAY SPECIAL

FREE FUDGE
 FOR ONE DAY ONLY

FOR PREGNANT WOMEN

IN DOWNTOWN WAYNESVILLE
 ON THE SQUARE IN THE ROUBIDOUX PLAZA



Friendship

From Page B1

Mason said she felt alone when she moved to Fort Leonard Wood and PWOC was an answer to her prayers.

"I did not know anyone here and I longed for Godly connections. I was invited to attend PWOC. Immediately I was made to feel at home. The ladies of PWOC and I immediately connected. I knew by the end of the Bible study, I had just connected with lifelong friends," Mason said.

"Every Tuesday I have the opportunity to join in worship and spiritual development alongside other women. The number of women can reach upwards of 100 women weekly. PWOC is a place of love and acceptance, a place where you

can grow in the knowledge of our Lord and Savior," she added.

Mason said she is excited about PWOC's upcoming community activities.

They are going to volunteer at Good Samaritan in Waynesville, visit the nursing home during the holidays, and pack and donate shoeboxes for Operation Christmas Child.

PWOC offers free certified childcare.

"All you have to do is fill out a form, turn it in to the Childcare Coordinator and drop your children off at the appropriate classroom. This happens at our participation table upon arriving to PWOC," Mason said.

Mason said through PWOC



Members of the Fort Leonard Wood Protestant Women of the Chapel take part in a worship service Tuesday at the Main Post Chapel.

many lives, marriages, and Families have been blessed. "If you are reading this article and would like to know more about us and what we offer, don't hesitate to contact us at pwocflw@gmail.com, and we will be more than happy to assist you," Mason said.

Book

From Page B1

the world's health and the treatment of alcoholism and other addictions is immeasurable.

In 2011, Time magazine placed the Big Book on its 100 most influential books written in English since 1923 (not coincidentally the year the magazine was founded).

In 2012, the Library of Congress

designated it as one of the 88 books that shaped America. It is this book that is delved into on Fort Leonard Wood each Tuesday evening.

The heart of the Big Book can be found in the first 164 pages, which outlines the now famous 12 steps of recovery; advice to the alcoholic's spouse, Family and employer; as

well as counsel for the agnostic who seeks the spirituality felt to be necessary for those seeking recovery but who has questions about the existence of a higher power.

Equally compelling is the plethora of personal stories that follows these chapters and was designed to give "experience, strength and hope" to those seeking

recovery.

As of Jan. 1, 2013, the General Services Office of Alcoholics Anonymous estimated there are 114,642 AA groups in more than 170 nations with more than 2,131,549 members; and "the Big Book" is their basic, and most important, text.

(Editor's note: Powers is the community chaplain.)

Equality

From Page B1

especially in the civilian sector.

"I ask you remember that women's equality has grown to mean much more than just sharing the right to vote. It is an acknowledgment that both men and women are capable of achieving if given the opportunity. We must continue to strive to provide women across the world with equal opportunities in terms of education and employment, and we must continue to fight against oppression and violence towards women, along with the discrimination and stereotyping that occurs every day in life," she said.

Days

From Page B1

communities," said Noah Stevens Jr., Fort Leonard Wood Retirement Services Office.

"Retirees are a vital part of our military Family and their experiences and expertise counts," Stevens added.

On Sept. 5 there will be a golf tournament, bus tour of Fort Leonard Wood, retirement ceremony and retreat ceremony, and a retiree dinner.

The appreciation day contin-

ues on Saturday with two guest speakers, Col. Andrew Herbst, Fort Leonard Wood garrison commander and Col. Peter Nielsen, the General Leonard Wood Army Community Hospital commander. The event will feature door prizes, health fair, health screenings and a several information booths.

There are a few events that retirees must sign up for and pay in advance. Retirees can do so by completing the forms that were mailed or

emailed to them and returning them to the Soldier for Life Center, located in Building 470, according to Stevens.

Stevens encourages the local retirees to come out.

"Retiree Appreciation Day keeps the retired Soldiers and their Families up-to-date on changes in their retirement rights, benefits and privileges."

For more information, contact Stevens or Darlene Kelley at 573.596.0947 or 573.596.663.

“Big jobs usually go to the men who prove their ability to outgrow small ones.”

—THEODORE ROOSEVELT, U.S. President

the **BEST** selection.

More dealers.
More cars.
More value.

Guidon
IN PRINT THURSDAY | ONLINE 24-7
Visit myGuidon.com

Need to talk?

Anonymous support for sexual assault survivors in the military

safehelpline.org | 877-995-5247

DoD **Safe Helpline**
Sexual Assault Support for the DoD Community

metro business college

Medical, Business, and Massage Classes Start - September 8th

Open Enrollment, 9-18 month programs

"A small college can make a BIG difference"

1-888-206-4545 or text 573-201-6548
1202 East Highway 72 Rolla, MO 65401
www.metrobusinesscollege.edu
Follow us on Facebook Metro Business College - Rolla

SHOP NOW. SAVE BIG!

HURRY IN TODAY!

INDOOR/OUTDOOR **ROCKERS** Reg. \$225 **\$199**

JUMBO ROCKER **\$249**

MADE IN USA

Hi Top **COUNTER TABLE** W/8 CHAIRS Reg. \$1795 **\$1,095**

Souther Motion **ROCKER RECLINER** Reg. \$549 **\$199**

MADE IN USA

TWIN MEMORY FOAM MATTRESS Reg. \$299 **\$199**

BUNK BED **\$199**

MADE IN USA **\$299 WITH BUNK MATS**

QUALITY FURNITURE
by Don & Katie

WAYNESVILLE
CALL (573) 774-5527
JUST BEHIND BUCKHORN CARPET

HOURS: MON-FRI 7AM to 5PM
SAT BY APPOINTMENT ONLY

Looking for bargains?

Buy, Sell, or Trade.
Call 1-800-695-1870
to place your classified ad today!

BUFFALO WILD WINGS
WINGS. BEER. SPORTS.

60¢ WING TUESDAY

60¢ BONELESS THURSDAY

YOU WANT IN? JOIN THE CLUB

BE THE FIRST TO KNOW ABOUT SPECIAL DEALS, PROMOTIONS AND UPDATES.

Coming Soon to Mt. Home, Arkansas

Buffalo Wild Wings St. Robert
136 Old Route 66
(573) 451 3030

Buffalo Wild Wings North
2725 N. Kansas Expressway
Springfield, MO 65803
417.865.2999

Buffalo Wild Wings South
900 E. Battlefield
Springfield, MO 65807
417.881.9464

Guidon



MENU VARIETY

BUILD YOUR OWN PIZZA

STUFFED CHEESY BREAD

BONELESS WINGS

DOMINOS WINGS

DOMINOS PASTA

SPECIALTY CHICKEN

OVEN BAKED SANDWICHES

DOMINO'S BREAD BOWL PASTA

ALL PASTA VARIETIES ARE PREPARED TO YOUR TASTE AND BAKED TO PERFECTION.

ITALIAN SAUSAGE MARINARA - Penned pasta baked in a zesty tomato basil marinara sauce with Italian sausage, a blend of Italian seasonings and provolone cheese. **\$6.99**

CHICKEN ALFREDO - Grilled chicken breast and Alfredo sauce mixed with penne pasta and baked to creamy perfection. **\$6.99**

CHICKEN CARBONARA - Grilled chicken breast, smoked bacon, fresh onions and fresh mushrooms mixed with penne pasta and baked to perfection with creamy Alfredo sauce. **\$7.99**

PASTA PRIMAVERA - Fresh spinach, diced tomatoes, fresh mushrooms and fresh onions, mixed with penne pasta and baked with a creamy Alfredo sauce. **\$7.99**

BUILD YOUR OWN DOMINO'S® PENNE PASTA - Choose a sauce and up to 3 ingredients from more than a dozen meat or vegetable toppings. **\$7.99**

Available without the bread bowl for \$1 less.

CHOOSE A SIDE

STUFFED CHEESY BREAD

Oven baked breadsticks with cheese and covered in a blend of cheese made with 100% mozzarella and cheddar. Seasoned with a sprinkling of garlic, parsley and Romano cheese. Try all 3: Cheese only, Spinach & Feta or Bacon & Jalapeno. 8 pieces **\$5.99**

PARMESAN BREAD BITES

Oven baked, bit-size breadsticks lightly sprinkled with Parmesan Asiago cheese and seasoned with garlic and more Parmesan. 16-piece **\$2.99** 32-piece **\$5.00**

BREADSTICKS

Breadsticks baked to a golden brown, seasoned with a savory blend of garlic, Romano cheese and parsley. Served with a side of marinara. 8 per order **\$3.99**

WINGS

Marinated and oven baked and then sauced with your choice of Hot, Sweet Mango Habanero or BBQ sauce. 8 for **\$5.99** 14 for **\$9.99** 40 for **\$25.99**

CINNA STIX®

Oven baked breadsticks sprinkled with cinnamon and sugar. Served with a side of sweet icing. 8 per order **\$3.99**

CHOCOLATE LAVA CRUNCH CAKES

Oven baked chocolate cakes, crunchy on the outside with molten chocolate fudge on the inside. Enjoy an order of two. **\$3.99**

DRINKS

2-Liter Bottle **\$2.79** 20oz. Bottle **\$1.79**
Choose from Coca-Cola®, Diet Coke®, Sprite®

DOMINO'S ARTISAN™ PIZZAS

Serves 2 **\$7.99 each**

CHICKEN & BACON CARBONARA - An inspired blend of our robust marinara and Alfredo sauce, grilled chicken great, smoked bacon, cheese, diced tomatoes and a dash of oregano on an artisan-style crust.

SPINACH & FETA - Alfred sauce, feta and Parmesan Asiago cheese, fresh baby spinach and fresh onion toppings. All balanced and baked to perfection on an artisan-style crust.

TUSCAN SALAMI & ROASTED VEGGIE - Ideal proportions of salami, fresh baby spinach, fresh onions, roasted red peppers, banana peppers, and a dash of oregano, all over a garlic Parmesan sauce on an artisan-style crust.

ITALIAN SAUSAGE & PEPPER TRIO - Parmesan Asiago cheese and sliced Italian sausage complemented by a trio of fresh green peppers, banana peppers and roasted red peppers on an artisan-style crust, topped with a dash of oregano.

DOMINO'S AMERICAN LEGENDS®

Full 10" **\$8.99** medium **\$12.99** large **\$16.99**

HONOLULU HAWAIIAN - Sliced ham, smoked bacon, pineapple and roasted red peppers, cheeses made with 100% real mozzarella and provolone on a cheesy Parmesan Asiago crust.

FIERY HAWAIIAN™ - Sliced ham, smoked bacon, pineapple, roasted red peppers, hot sauce, jalapenos, cheese made with 100% real mozzarella and provolone on a cheesy Parmesan Asiago crust.

PHILLY CHEESE STEAK - Tender slices of steak, fresh onions, fresh green peppers and fresh mushrooms with provolone and American cheeses on a cheesy provolone crust.

CALI CHICKEN BACON RANCH™ - Grilled chicken breast, white sauce, smoked bacon, tomatoes, cheeses made with 100% real mozzarella and provolone on a cheesy provolone crust.

WISCONSIN 6 CHEESE - Cheeses made with 100% real mozzarella, feta, provolone, cheddar, Parmesan and Asiago cheeses, sprinkled with oregano on a cheesy Parmesan Asiago crust.

PACIFIC VEGGIE - Roasted red peppers, fresh baby spinach, fresh onions, fresh mushrooms, tomatoes, black olives, cheeses made with 100% real mozzarella, feta and provolone, sprinkled with garlic herb seasoning on a cheesy Parmesan Asiago crust.

MEMPHIS BBQ CHICKEN - Grilled chicken breast, hot sauce and fresh onions with provolone, American and cheddar cheeses on a cheesy cheddar crust.

BUFFALO CHICKEN - Grilled chicken breast, hot sauce and fresh onions with provolone, American and cheddar cheeses on a cheesy cheddar crust.

Cheesy crusts are not available on thin crusts.



OVEN BAKED SANDWICHES

CHICKEN BACON RANCH - Grilled chicken breast, smoked bacon, creamy ranch and provolone cheese. On artisan bread and baked to a golden brown. **\$5.99**

CHICKEN PARM - Grilled chicken breast, tomato basil marinara, Parmesan Asiago and provolone cheese. On artisan bread and baked to a golden brown. **\$5.99**

ITALIAN - Pepperoni, salami and ham topped with banana peppers, fresh green peppers, fresh onions and provolone cheese. On artisan bread baked to a golden brown. **\$5.99**

PHILLY CHEESE STEAK - Tender slices of steak, American and provolone cheeses, fresh onions, fresh green peppers and fresh mushrooms. On artisan bread and baked to a golden brown. **\$5.99**

BUFFALO CHICKEN WITH BLUE CHEESE - Grilled chicken breast, creamy blue cheese sauce, fresh onions, hot sauce, cheddar and provolone cheeses. On artisan bread and baked to a golden brown. **\$5.99**

MEDITERRANEAN VEGGIE - Roasted red peppers, banana peppers, diced tomatoes, fresh baby spinach, fresh onions, feta, provolone and American cheese. On artisan bread and baked to a golden brown. **\$5.99**

SWEET & SPICY CHICKEN HABANERO - Grilled chicken breast, pineapple, jalapenos, sweet mango habanero sauce, provolone and cheddar cheeses. On artisan bread and baked to a golden brown. **\$5.99**

ITALIAN SAUSAGE & PEPPERS - Sliced Italian sausage, roasted red peppers, fresh green peppers, banana peppers, fresh onions, provolone cheese and tomato basil marinara. On artisan bread and baked to a golden brown. **\$5.99**

UNLIMITED TOPPINGS
One Pizza with All Your Favorite Toppings

\$10.99 Plus Tax Medium
Carryout or Delivery. No Double Portions Please.

\$12.99 Plus Tax Large
Handmade Pan Extra. Limited Time Offer



PIZZA & WINGS
One 1-Topping Pizza & 8pc Wings or Boneless Chicken

\$13.99 Plus Tax Medium
Carryout or Delivery. Handmade Pan Extra. Limited Time Offer

\$16.99 Plus Tax Large



DOUBLES WITH STUFFED CHEESY BREAD
Two 2-Topping Pizzas & Stuffed Cheesy Bread

\$17.99 Plus Tax Medium
Handmade Pan Extra. Limited Time Offer

\$22.99 Plus Tax Large



573-336-3400

FT. WOOD/ST. ROBERT 213 ST. ROBERT BLVD.



ORDER NOW



ADD A 2-LITER COKE® FOR JUST \$2.79

Railroad Days

The 42nd annual Crocker Railroad Days festival is scheduled to start at 9 a.m. Saturday with events throughout downtown Crocker.

Events include games, karaoke, a parade at 2 p.m., pageants, a bike show, live performances by Firecreek and Cricket Alley with special guest Christiana Ball.

For more information, visit www.facebook.com/CrockerCityHall.



'Doggy Splash Social'

Family and Morale, Welfare and Recreation will host an End of Summer Doggy Splash Social at 10 a.m. Sept. 6, at the Wallace Pool Splash Pad.

Dog owners can bring their pooch to play in the water, socialize with other dogs and compete for prizes.

Contests include best pet trick, biggest and smallest splash dog, and best owner/doggy duet.

All dogs must meet vaccination requirements and be approved by the post Vet Clinic.

The splash and competitions begin at 10:30 a.m. with awards and giveaways scheduled at 11:30 a.m.

For more information, call 596.6913 or visit fortleonardwoodmwr.com.

Variety Show

The Lyric Live Theater in Newburg, Mo., will hold its annual Variety Show at 7 p.m. Friday and Saturday.

The show features music and comedy performances by local and area actors. Admission is free.

Donations will be accepted to the theater's restoration fund. Doors will open at 6:30 p.m.

For more information, visit lyricliveattheater.com.



Scotch, cigars

Family and Morale, Welfare and Recreation will host Scotch and Cigar Night on Sept. 6 at Piney Valley Golf Course.

Attendees 21 and older can enjoy the view along with scotch and cigars on the golf course club house deck area. Tastings are \$8 per glass, \$15 per cigar or \$20 for both.

For more information, call 329.4770.

Taste of the Arts

Registration is open now through Sept. 25 for the fall Taste of the Arts show.

Hosted by the Family and Morale, Welfare and Recreation Arts and Crafts Frame Shop, the show is scheduled from 6 to 8 p.m. Oct. 2 at Piney Valley Golf Course.

The event will showcase drawing, painting, sculpture, photography, mixed media.

Awards will be presented to the top three artists in adult and multiple youth categories.

Registration fees are \$5 per entry for adults and free for children ages 5 to 17. The show is open to the public.

Register at the frame shop, located in Building 490 in the PX Mini Mall.

For more information, call 596.0242.

'Hicks in the Sticks'

The "Hicks in the Sticks" festival is scheduled Sept. 6 at the Shrine Club Park in Buckhorn, with music by country rap duo The Lacs, Special 20, Christiana Ball and Southern Edge. Gates open at noon.

Events include "Redneck Games," a Jeep and bike show, a chicken wing cook-off, a karaoke contest and more.

Tickets are \$15 in advance or \$20 at the gate. Advance tickets are available at www.tix.com.

Festival-goers should bring their own seating. Camping will be available on site. For more information, visit facebook.com/deadrabbitsaloon.



Leisure

Thursday, August 28, 2014

GUIDON

Section C Page 1

Museum preserves county's history

Story and photos by **Kyrene Resel**

GUIDON volunteer

The Pulaski County Courthouse and Museum houses a wide array of historical displays and artifacts.

"It operated as a courthouse until 1989, and instead of being torn down, we turned it into a museum. It is on the national list of historic sites," said Denise SeEVERS, the museum's curator.

The old courthouse was built in 1903 after a fire destroyed the previous one.

"The people who built this building were true craftsmen," SeEVERS said.

"The bricks used to build the courthouse were fired locally using only Missouri clay. The plaster is made of a cement base with horsehair binding, and was applied by hand, so it's thicker in some places and thinner in others. All of the wood in the courthouse was built for the spot it's in, so none of the pieces are interchangeable," she added.

SeEVERS stressed that it is important for future generations to learn about the past, so that history doesn't repeat itself.

She said it's also important for the children to learn about how things were done before the modern tools and electricity were around.

"Some of the best and most interesting conversations we have are with children. For example, when they see our old typewriter collection they want to know where the monitor is, and the old party line telephones, they can't believe you had to crank it to use it and that others could listen to your conversation," SeEVERS said.

The museum is kid-friendly and has a variety of displays with something for most everyone's taste.

There is a homestead room with a traditional dinner-place setting, rope bed, books and old instruments, as well as lots of old blacksmith, cobbler, farm and household tools.

There is a classroom display that includes desks from the past century and the courtroom is still set up like it was in 1903.



A variety of saws, scales and other tools and equipment common on farms are displayed at the Pulaski County Courthouse and Museum.



Photo by Matt Decker

The Pulaski County Courthouse and Museum is a converted county courthouse that dates to 1903. The museum is open from 10 a.m. to 4 p.m. every Saturday now through September.

Museum-goers can see collections of arrowheads, dolls, typewriters and cameras. The museum is currently preparing to open a bridge display in the spring.

Several rooms are dedicated to the military of past and present. Some of the

See **MUSEUM**, Page C2



The upstairs courtroom at the Pulaski County Courthouse and Museum has been preserved to appear much as it did when the historic courthouse was built in 1903.

Master Gardener classes begin Sept. 4

GUIDON staff

The University of Missouri Extension and Pulaski County Master Gardeners will hold a series of training sessions to become a Master Gardener beginning Sept. 4.

Master Gardeners study Missouri soil, plants, and climate; and teach it to the gardening public. At Fort Leonard Wood, Master Gardening can be a pathway to the surrounding community.

Classes will be held Thursday evenings at the Waynesville Sixth Grade Center, located at 810 Roosevelt Street behind Waynesville Middle School. Three Saturday sessions will be held for special horticulture events.

After completing the course, trainees volunteer 30 hours of their time to approved horticultural projects to become certified Master



File photo

Gardeners, who donate 20 volunteer hours per year after that.

Once trained, Master Gardeners may participate in any Missouri county. If one relocates, the Master Gardener status is transferable to other states and to some countries. Beginning and advanced gar-

deners are welcome.

The course fee is \$145, which includes orientation, 15 classes and materials. The Master Gardener Core Manual is available online for free, or as a hardcopy for an additional \$30.

Members of the public can also audit individual classes of interest for \$15 per day.

For more information, or to register for Master Gardener core classes or to audit classes, visit the Extension website at extension.missouri.edu/pulaski, call the Extension office at 573.774.6177 or visit the Pulaski County Master Gardeners website at pulaskimastertgardeners.org. Registration forms are also available at the Pulaski County Extension Center, located at 403 School Street, Suite 1, in Waynesville about two blocks behind the courthouse.

Photo scavenger hunt is Saturday

GUIDON staff

Local shutterbugs can take part in a Photo Scavenger Hunt, scheduled at 11 a.m. Saturday starting at the gazebo in the Waynesville Square, located behind the Pulaski County Courthouse.

Registration begins at 10 a.m.

During the event, two-person teams will take pictures of various items on a list for a chance to win rewards. Registration is \$25 per team. Proceeds benefit the Kitten Division cat adoption center.

For more information, call Carol Collie at 501.276.9377 or visit the "Photo Scavenger Hunt, Waynesville" page on Facebook.



File photo

Missouri State Parks announces upcoming racing series

Special to GUIDON

Missouri State Parks is unveiling its inaugural season of the "Missouri State Parks Racing Series" this fall. Trail races of various types and distances of will take place at Finger Lakes, Johnson Shut-Ins, Stockton and Katy Trail state parks.

The series begins with the Adventure Challenge at Finger Lakes State Park on Sept. 6. A combination race of paddling and running, participants will start by kayaking the new 4.5-mile water trail that winds through the length of the park. They will then return back to the start and take off on foot to the 2.75 mile Kelley Branch Mountain Bike Trail. Parti-

cipants can enter into kayaking, running or both races.

On Oct. 5, Johnson Shut-Ins State Park will host the Rocktober Run. The 5K race will take racers from the day-use area main parking lot through the park along the new Black River Trail. There will also be a 1 mile fun run/walk.

At Stockton State Park, the Haulin' Bass race will test participants' endurance on 8K and 15K race courses. The event will take place on the park's brand new Lakeview Trail on Nov. 15.

Rounding out the year's racing series will be the Katy Trail State Parks Tunnel Trot on Dec. 6. This family-friendly event offers a 5K run and a more challenging

12K run. Both races start at the Rocheport trailhead and head west on the Katy Trail to the half way point before coming back. Runners will experience the historic 243-foot long tunnel at Rocheport.

Pre-registration is recommended, and will guarantee that racers receive a race-specific, moisture-wicking T-shirt.

All races will be professionally timed, and medals will be awarded to the top finishers in their respective age division.

To register go to www.mostatetparks.com/race.

For more information about the racing series, call 800.334.6946.

(Editor's note: Information for this story provided by Missouri State Parks.)

Botanical Garden hosts annual Japanese Festival this weekend

Special to GUIDON

The Missouri Botanical Garden in celebrating the culture and traditions of Japan when the 38th annual Japanese Festival returns to St. Louis. The festival is scheduled from 10 a.m. to 8 p.m., Saturday and Sunday, and from 10 a.m. to 5 p.m. Monday.

From traditional music to martial arts, sumo to sushi, calligraphy, bon odori dancing to bonsai displays and thunderous taiko drumming, the gardens will be filled with sights, sounds and experiences for the entire family.

Some of the highlights of the festival include:

— Seiwa-en, the “garden of pure, clear harmony and peace” and one of the largest authentic Japanese strolling gardens in North America, takes center stage for the weekend’s festivities. A boisterous opening ceremony kicks off the celebration Saturday morning at the Japanese Garden entrance with an elaborate omikoshi Shinto shrine parade, bon odori festival dancing, taiko drumming and remarks by local and visiting dignitaries.

Some of the featured events at this year’s festival include:

— Retired sumo wrestlers from the Hawaiian Islands will return to the festival, giving visitors a glimpse into the lifestyle, training and fighting techniques of Japan’s ancient warrior. Visitors can hear



Missouri Botanical Garden photo

This weekend’s Japanese Festival at the Missouri Botanical Garden in St. Louis includes tours of the facility’s Japanese Garden.

their perspective and watch several practice sessions during demonstrations twice daily.

— The acclaimed Sachiyo Ito & Company Japanese arts organization will offer artistic performances and educational and exchange programs that promote Japanese culture through the arts, particularly dance. A new addition to the festival this year, the company performs and teaches classical dance forms, including Kabuki, Noh, Okinawan Court, and Jiuta-mai, and presents contemporary works choreographed by Sachiyo Ito, which

preserve the aesthetics of traditional Japanese dance.

— The acclaimed St. Louis Osuwa Taiko percussion ensemble will be featured at this year’s festival and is expected to draw taiko enthusiasts from around the country with their dramatic and formidable style. They perform all three days of the festival at the outdoor Cohen Amphitheater.

— The private Teahouse Island of the Japanese Garden will be open for guided public tours every hour from noon to 6 p.m. on Saturday and Sunday and from noon to 4 p.m. on Monday. Normally closed to

the public, visitors can see the Garden’s soan, or “farm hut” style teahouse, which was a gift from Missouri’s sister state of Nagano prefecture in Japan. Originally built in Japan, the teahouse was reassembled on site by Japanese craftsmen and dedicated during a Shinto ceremony in 1977. Teahouse tour tickets are \$5 each, and the maximum group size per tour is 20.

Visitors can also watch martial arts demonstrations of judo, kendo, aikido and karate-do, along with the more ancient koryu bugei. Horticulture enthusiasts can learn

about the disciplined art of ikebana flower arranging and the proper pruning of a delicate bonsai tree.

Admission to the Missouri Botanical Garden’s Japanese Festival is \$15 for adults ages 13 and older and \$5 for children ages 3 to 12.

The Missouri Botanical Garden is located at 4344 Shaw Boulevard in St. Louis. For more information, call 800.642.8842 or visit the festival website at www.mobot.org/events/japanesefestival.

(Editor’s note: Information provided by the Missouri Botanical Garden.)

Museum

From Page C1

displays include old weapons, awards, uniforms, and even a piece of the Twin Towers.

Last year when Pulaski County was affected by the severe flooding, the museum was fortunate enough to not be severely affected.

“Even though we didn’t take in flood-water, we did get touched by excessive winds and rain, and the gutters couldn’t hold the amount of water that came down,” Seevers said. “The brick and mortar are also very

old, so we had water come into the building and it got trapped between the outside brick and inside plaster. We lost plaster in some rooms and we will have to completely redo them,” she said.

“We had a lot of mildew and mold problems after the flood, but thankfully it was taken care of quickly, and now it is completely safe,” Seevers added.

Staff members at the Pulaski County Courthouse and Museum are always looking for volunteers to give of their time.

“We have a lot of different things we could use help with once the season is over, around the March and October

time frame. We have more painting that needs to be done, as well as wood and carpets that need to be cleaned. We also take care of the poor farm cemetery and that has a lot to be done there,” Seevers said.

“Recently a lot of different groups have been helping, but there is still always something to be done,” she said.

For more information on volunteering, contact Seevers at pulaskicom@hotmail.com.

The Pulaski County Courthouse and Museum is open April through Septem-

ber from 10 a.m to 4 p.m. The last tour starts at 3 p.m. and lasts about an hour.

If wandering around is more your style, you can also explore the museum on your own, and ask questions if you have them.

There are no charges for the tours, but all of the proceeds from the gift shop benefit the Historical Society Fund.

For more information, check out the museum’s Facebook page at facebook.com/pulaskicountyhistoricalsociety or call 573.774.6566.

the LARGEST team of reporters covering Fort Wood.

Local journalists covering what matters most to you. Only Fort Wood. Only Guidon. It’s what to read.





PROCRASTINATING ON EARNING YOUR MASTERS DEGREE?

For New Students!

\$50 Fee Waiver Applies to New Applicants!

The Webster University Fort Leonard Wood campus has the right graduate program for you! We offer transfer credit for military schooling, all at a 40% discount tuition rate for our active military members, and their dependants!

For Law Enforcement/Fire Fighters/EMT/Dispatchers

We’re proud to offer our new First Responders Program! The Fort Leonard Wood Campus also offers the same military discount to First Responder Professionals in Law Enforcement, Fire Department Personnel, EMTs and Verified Dispatchers.

Our New Referral Program!

For those who are already Webster graduate students, our referral program offers a free Kindle Fire with WI-FI for referring a friend or potential student who enrolls and registers for the Fall 2, 2014 semester! Our programs include:

- Master of Business Administration
- Human Resources Management
- Human Resources Development
- Information Technology Management
- Public Administration
- Business and Organization Security Management
- Management and Leadership
- Master of Health Administration
- Master in Counseling

Look us up at Webster.edu/FTLW or visit us at 6002 Colorado Avenue, Bldg 733 Suite A, Ft. Leonard Wood

573-329-6777





Softball tourney

Teams can register for the All-Night Softball Tournament, scheduled at 6 p.m. Sept. 5, at Softball Complex B.

Entry fees are \$150 per team per tournament. Players must be 18 or older and out of high school.

The tournament will be played under American Softball Association rules.

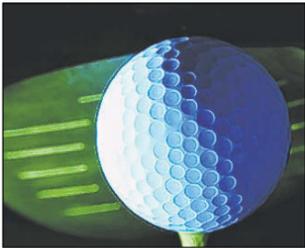
For more information, call Davidson Fitness Center at 596.4359.

Military Appreciation

Tickets are on sale for the St. Louis Cardinals' Military Appreciation Day, scheduled for Sept. 13 at Busch Stadium.

Sponsored by the Fort Leonard Wood and St. Louis Chapters of the Association of the United States Army, the game will include performances by the 399th Army Band, the Fort Leonard Wood Color Guard and ceremonial pitches by senior post leaders during the opening ceremonies of the Cardinals' 6:15 p.m. game against the Colorado Rockies.

Tickets are \$15 per person and include a tailgating party at 3 p.m. at the southwest section of the Busch Stadium Parking Lot. Tickets are available at the Information, Tickets and Registration office in Building 490, or by contacting Roger Layman at 573.528.0079 or Steve Ehrhardt at 417.353.0694.



Night Golf

Piney Valley Golf Course will hold Night Golf starting at 6 p.m. Sept. 6.

Participation fees are \$40 per golfer, and include nine holes in daylight, a dinner, and nine holes at night played with glow-in-the-dark golf balls and glow sticks. Annual Greens Fees Program patrons receive a \$10 discount. The event is open to the public.

For more information, call 573.329.4770.

Senior Tour

The Senior Tour continues at 9 a.m. Tuesday at Piney Valley Golf Course.

Open to players 50 and older, the cost of the tour date is \$40, which includes greens fees, cart, range practice and breakfast. Annual Greens Fees Program patrons receive a \$10 discount.

Additional Senior Tour dates are Sept. 16, Oct. 7, Oct. 21, Nov. 4 and Nov. 18.

The tour is open to the public. For more information, call 329.4770.

Reporting scores

High school and middle school coaches can report scores to the GUIDON via email to guidonsports@myguidon.com.

Please include scores, along with the date and location of the event. For more information, call Leisure/Sports editor Matt Decker at 563.5334.

myguidon.com



Sports

Thursday, August 28, 2014

GUIDON

Section C Page 3

Ya Ya's pitcher/coach Lisa Ellis accepts the 2014 Women's League Tournament trophy from Rob Steinhilber, Family and Morale, Welfare and Recreation aide, Monday night at Fort Leonard Wood's Sports Complex B. The Ya Ya's won the tournament with a 16-6 win over B&B in the championship game of the tournament.



Ya Ya's win Women's League trophy

Story and photos by Matt Decker

Leisure/Sports editor
guidonsports@myguidon.com

The Ya Ya's had already built a five-run lead in the bottom of the fourth inning, but with one out and bases loaded, Angela Baker hit a high fly ball over heads of the B&B outfield. Hurling around the bases, Baker beat the throw to home to earn a grand-slam in-the-park home run. The play gave the Ya Ya's a 15-6 lead — one away from a 10-run-rule victory that would happen the next inning for the 2014 Women's League Tournament championship trophy Monday night at Softball Complex B.

"It always feels good to do something like that," Baker said. "All my teammates were like 'It's almost out (of the park)! but I knew it was still in. So, I had to run fast.'"

See TOURNAMENT, Page C4



Ya Ya's hitter Angela Baker keeps here eye on the ball as it sails toward the outfield in the bottom of the fourth inning. Quick base running turned the play into a grand-slam in-the-park home run for Baker, who put her team up, 15-6.

Waynesville High School junior defensive back Reggie Walker (No. 37, center), moves to intercept West Plains tight end Mason Cook Aug. 23 at Tiger Stadium. Walker earned the tackle on the play.

Photo by Kyrene Resel



Tigers fall to Zizzers in season opener

GUIDON staff

The Waynesville High School Tigers varsity football team fell in its season opener to the West Plains Zizzers, 21-14, Friday night at Tiger Stadium.

Trailing by seven after the first quarter, Waynesville scored in the second quarter on a 13-yard run by senior quarterback Varon Martinez. The extra point was good to tie the game 7-7 heading into the half.

West Plains scored twice in the third quarter to take a 21-7 lead.

In the fourth quarter, Martinez threw a 20-yard touchdown pass to senior wide receiver Nigel Farmer for the final touchdown of the game.

Up next: The Tigers are scheduled to play at 7 p.m. Friday, when they face the Yellowjackets

at Lebanon High School. The Tigers' next home game is scheduled for 7 p.m. Sept. 5, when they take on the Springfield-Hillcrest Hornets.

In other WHS sports:

Volleyball

The WHS varsity volleyball team fell to the Glendale Falcons, 25-22, 25-7, in their season opener at Springfield, Missouri.

Up next: The Tigers are scheduled to play at Marshfield at 5 p.m. today and travel to Sullivan for 4:30 p.m. contest on Monday.

Schedule changes

Several high school contests were delayed or canceled due to the heat. For updated schedules and cancellation information, visit the Waynesville Tiger Athletics website at www.waynesvilletigerathletics.org.

Vernon to retire from coaching at end of season

Special to GUIDON

Waynesville High School has announced that head football coach Rick Vernon will retire from coaching at the end of the season.

With 33 years as the head coach, Vernon has seen it all — wins, losses, great plays, bad ones, a state championship in 2007, his players on collegiate teams and three in the NFL.

"It's time," Vernon said. "I still love to go to work every day; I love the students and I still love football, but I am at the age where it is time to try something else."

While most teachers and coaches retire after 30 years, Vernon is in his 39th year of teaching this year — with 33 of them having been at WHS.

Vernon plans to continue in his role as a guidance counselor at WHS.

(Editor's note: A longer version of this story is available online at myguidon.com.)



Vernon

TAKE ADVANTAGE OF OUR NEW PRICE MATCH GUARANTEE!

SHOP US ONLINE WITH OUR NEW INTERNET PRICING AND DISCOUNTS AFTER REBATES

SELLERS-SEXTON

FORD • LINCOLN • MAZDA

SELLERSSEXTON.COM

Intramural softball season enters final week

GUIDON staff

Fort Leonard Wood's 2014 softball season entered its penultimate week, with games played Aug. 18-21 at Sports Complex B.

In Conference A games Aug. 19:

- The U.S. Marine Corps Detachment beat the 554th Engineer Battalion, 20-5;
- Hit N Run defeated the 58th Transportation Battalion, 20-2;
- The 94th Engineer Battalion; Headquarters and Headquarters Company, 3rd Chemical Brigade and the Medical Department Activity all picked up forfeit wins.

With one week remaining in the regular season, the Marine Det. and Hit N run lead the Conference A standings with a season records of 7-1.

In Conference B games Aug. 20:

- Combat Training Company defeated the 701st Military Police Battalion, 23-1;
- Company C, 554th Engineer Battalion, beat the 795th Military Police Battalion, 8-4;
- The 35th Engineer Battalion beat the 50th Engineer Company, 7-0;
- The 84th Chemical Battalion defeated the 515th Engineer Company, 7-0;
- The 787th Military Police

Battalion beat Forward Support Company, 7-0;

CTC currently leads the Conference B standings with a record of 8-0, followed by the 35th Engineer Battalion, at 6-1. CTC has one game remaining, while the 35th Engineers have two.

In Conference C games Aug. 21:

- The Devil Dogs beat the 763rd Ordnance Company, 18-12;
- The Air Force Detachment 1, 364th Training Squadron, defeated the Rexers, 16-4;
- The Devil Dogs beat the 3rd Battalion, 10th Infantry Regiment, 11-5;
- Staff Judge Advocate beat the Dental Activity, 11-4;

- The Navy Detachment defeated 3-10th Inf. Bn., 6-5;
- The Air Force Det. beat the 43rd Adjutant General Battalion, 7-6;
- DENTAC and the Rexers each picked up a forfeit victory.

With one week remaining, the Air Force Det. leads Conf. C with a record of 8-0, followed by the 43rd AG Bn., at 7-1.

Rec League

In Recreation League games played Aug. 18:

- The Hit Squad defeated the Warriors, 11-3;
- CTC beat the Warriors, 17-3.

Tournament

From Page C1

"I was just excited for my team," Baker added. "I was just glad to get them up, and we did awesome. We played together as a team, and I enjoy that."

Lisa Ellis, the Ya Ya's pitcher and coach, said she was "phenomenally proud" of her team.

"It's the best team I've played with in a long time. This team is all about sportsmanship, teamwork — and that's what it's all about," Ellis said.

The Ya Ya's had no trouble scoring runs throughout the game, earning a six-run lead in the first inning with RBI singles by Ellis, Amanda Parmelee, Maci Ray, a two-RBI single by Baker and a walked-in run.

B&B, which advanced to the championship game after beating Break and Run, 8-7, in loser's bracket final earlier Monday, fought fatigue from the beginning, especially on defense. Offense was a different story, however, and B&B closed within a run of the Ya Ya's in the top of the third inning.

With two outs and base hits by Stacy Arizmendi-Harris and Mandy King, Felicia Richards hit a two-RBI triple to put the first points on the scoreboard for B&B in the cham-



Ya Ya's third baseman Maci Ray, left, tags Kim Reiter, B&B, who tried to steal third in the first inning of the Women's League Tournament championship game Monday night.

pionship. Brit Abel followed with an RBI triple that allowed Richards to score, and Kosovare Bassure hit an RBI single that brought Abel home. Two batters later, Anna Gutierrez hit an RBI single to narrow the Ya Ya's lead to 6-5.

The Ya Ya's scored a run in the bottom of the third inning after Yoakum, pinch running for Hannah Burns, stole two bases and was brought home on an RBI single by Brenna O'Donnell. B&B answered with a run

in the top of the fourth inning with an RBI single by King.

The Ya Ya's pulled away in the bottom of the frame, with RBI singles by Ray and Hazel O'Donnell and two walked-in runs prior to Baker's grand slam.

The Ya Ya's victory was sealed in the bottom of the fifth inning with a walked-in run.

Despite the loss, B&B coach Shay Mason said she was proud of her team, which played back-to-back games in 95-plus degree heat.

"They're a little bit tired from the heat, but they did an outstanding job," Mason said. "They put a lot of time and hard work into this season."

When asked, Ellis said that, after watching the semi-final, she felt either B&B or Break and Run would be a tough competitor in the championship game.

"It could have gone either way with B&B — or Break and Run. We were hoping to win the first game and not go into a second one — it's hot tonight," Ellis said.

For the Ya Ya's, the tournament win was the result of a turnaround that began early in the regular season.

"We started off a little slow, had couple of losing streaks, but just brought it together," Ellis said. "We came out to play some ball and have some fun."



Ya Ya's batter Christel Wilfert keeps her eye on the infield as she takes first base after hitting a single in the first inning.

1200 GW Lane S Waynesville, MO 65583

B&B Theatres

GRAND SCREEN

PATRIOT 12

the B&B MARQUEE BAR & GRILLE

B&B THEATRES

PATRIOT 12

JOIN US FOR THE

RED CARPET RIBBON CUTTING CEREMONY!

Friday, August 29TH at 5:45PM

The **FIRST 50** customers will receive a

GOODIE BAG!

GRAND OPENING GALA!

B&B is giving you a

FREE POPCORN

Offer Valid 8/29-8/30 with purchase of a movie ticket. Can not be combined with any other offer, coupon, or promotion.

BBTHEATRES.COM

facebook.com/bbwaynesvillePatriot12



Abrams Reel Time Express

The theater is located in Bldg. 804 on Iowa Avenue. A military ID is not required to attend movies at Abrams Theater.

For more information, call 573.329.6176. (The following information was provided by Abrams Theater. Movie times and schedule are subject to change.)

Adult admission: \$5.50

3D adult admission: \$7.50

Child admission (Ages 6 to 11): \$3

3D child admission: \$5

Ages 5 and younger: admitted free

Today
Closed.

Friday

How to Train Your Dragon 2, 6:30 p.m., PG. Family Movie Night. Adult admission \$2, child admission \$1.

Saturday

Sex Tape, 11:30 a.m., R
Dawn of the Planet of the Apes, 2 p.m., PG-13

Sunday

Hercules, 1:30 p.m., PG-13

Monday

Guardians of the Galaxy, 1:30 p.m., PG-13

How to Train Your Dragon 2

When Hiccup and Toothless discover an ice cave that is home to hundreds of new wild dragons and the mysterious Dragon Rider, the two friends find themselves at the center of a battle to protect the peace. Stars Jay Bucharel. Rated PG for action and some rude humor. Running time: 95 minutes.



Sex Tape

A married couple wake up to discover that the sex tape they made the evening before has gone missing, leading to a frantic search. Stars Jason Segel and Cameron Diaz. Rated R for nudity, language and some drug use. Running time: 94 minutes.

Dawn of the Planet of the Apes

The growing community of genetically evolved apes find themselves at a critical point with the human survivors of a worldwide plague. Stars Andy Serkis and Gary Oldman. Rated PG-13 for violence and language. Running time: 130 minutes.



Hercules

Having endured his legendary twelve labors, Hercules, the Greek demigod, has his life as a sword-for-hire tested when the King of Thrace and his daughter seek his aid in defeating a tyrannical warlord. Stars Dwayne Johnson, John Hurt and Ian McShane. Rated PG-13 for violence, suggestive comments, brief strong language and partial nudity. Running time: 98 minutes.



Guardians of the Galaxy

Light years from Earth, 26 years after being abducted, Peter Quill finds himself the prime target of a manhunt after discovering an orb wanted by Ronan the Accuser. Stars Chris Pratt and Zoe Saldana. Rated PG-13 for action, violence and language. Running time: 121 minutes.

Out on a Limb

By Gary Kopervas



The Spats

By Jeff Pickering



R.F.D.

By Mike Marland



Just Like Cats & Dogs

By Dave T. Phipps



CryptoQuip

CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: Y equals O

HB TDE UZCO YV ECTWXCUR

RCHUGB EYLGK TYX VCX ZX

VCORX, RY C RAYLXDK

"XAD RAYD HLRX WY YT!"

© 2014 King Features Synd., Inc.

Weekly SUDOKU

By Linda Thistle

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

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ★

★ Moderate ★★ Challenging
★★★ HOO BOY!

King Crossword Answers

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

Weekly SUDOKU Answer

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

King Crossword

ACROSS

- Edible seaweed
- More (Sp.)
- Opposed to
- Finished
- Inventor Whitney
- Ring out
- Actress Campbell
- Turtle shell, e.g.
- Look of pain
- Photocopier name
- Greek vowel
- Meadow
- "Blue — Shoes"
- Late "60 Minutes" correspondent
- "Born in the —"
- "The Simpsons" network
- Payable
- Designer Gianni
- Eye color
- Pipe material, for short
- Solidify
- Weird
- Countertop, e.g.
- Hot rodders' competition

DOWN

- "King —"
- Always
- Jeans-maker Strauss
- Undergrad course of study
- Muhammad's birthplace
- Wings
- Knight's address
- Go to a higher court
- Approach
- Mexican entree
- Holly
- Figure-skating leap
- Consumed
- Remiss
- Minivan
- alternative
- Work with Strauss
- Listener
- Trouble
- Wood-shaping tool
- Pool stick
- Moray, for one
- Media watchdog org.
- Tap
- State with confidence
- That girl
- Batman's butler
- Visitor
- Fix a manuscript
- Sea eagle
- "Phooey!"
- Read cursorily
- Plane-related
- Zoo structure
- Love god
- Suitable

ARROWMART

Furniture & Appliances

4 Ways To Pay

4 Ways To Save

* Cash & Charge Card
With Instant Cash Rebate

* 12 Month Same as Cash
With Approved Credit

* 4 Payments Same As Cash
With No Credit Check

* 18 Month Lease To Own
With No Credit Check

669 VFW Memorial Drive
St. Robert • 573-336-5000
227 N. Business Hwy. 5
Camdenton • 573-346-1975

We Want to Make YOU a Loan!

NOBLE FINANCE

ALL MILITARY PRE-APPROVED CASH LOANS FROM \$100 to \$1,500

*MUST HAVE 6 MONTHS LEFT AT FT. LEONARD WOOD

573-336-2352

1018 MISSOURI AVE. SUITE 4 ST. ROBERT, MO 65584

Get cash for school, a new car, pay off bills whatever!

Licensed by the State of Missouri

RENTERS COVERAGE THAT FITS YOUR DREAMS.

CALL FOR A NO-OBLIGATION FREE QUOTE.

Theresa Steward Agency
107 Historic 66 E
Waynesville, MO 65583
Bus: (573) 774-5900
www.theresasteward.com

Watch Tzi Ma in USA's Series "Satisfaction"

CELEBRITY EXTRA
By Cindy Elavsky

ter of the Zen Master on USA's "Satisfaction" (which has its season finale on Thursday, Sept. 18, at 10/9c). Tzi (pronounced "tie") was thrilled to get the call to return to his bad-guy role on "24," but it almost made him miss out on "Satisfaction" when shooting for both series began to overlap. Tzi told me: "It was a bit of a logistical nightmare. Thank goodness they worked it out. 'Satisfaction' was on the brink of replacing me because I was supposed to be in Atlanta by the middle of May, and I was still in England. I flew straight from London to Atlanta. And I was still on hold for



'24' in case we needed to do reshoots. Sean (Jablonski, the creator of 'Satisfaction') is so generous and supportive and trusting. They waited for me, and I am so grateful for that. Thank you, guys!" Tzi also addressed the statement made by Freddie Prinze Jr. that Keifer Sutherland was

unprofessional and difficult to work with: "Look at what Keifer's done for '24.' He's been in practically every scene, from beginning to end, for nine seasons. That should tell you something about this guy's work ethic. I don't know any actor who comes to the set more prepared than him. You can't carry a show like this being an asshole. Everyone has his moments, even me. The fact is, he doesn't compromise because he is trying to achieve excellence."

Q: I can't get enough "Outlander"! Please tell me it will be back for another season. -- Eleanor W., The Villages, Fla.

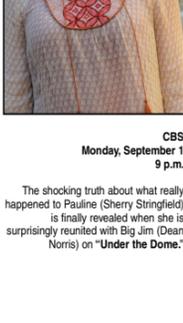
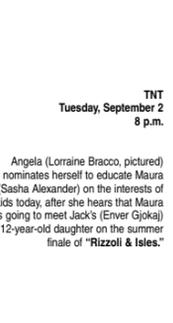
A: I am thrilled to tell you that after its record-shattering opening weekend, Starz did indeed renew the time-traveling/fantasy/historical-drama/romance series for a second season. Early reports say that the second season will be at least 13 episodes, and it will be based on Diana Gabaldon's second book in the "Outlander" series, "Dragoonly in Amber."

Q: Like the rest of the world, I was shocked and heartbroken to hear about Robin Williams' suicide. I know he was working on some movies before his death. Will any be released post-

humously? -- Kelli F., via email

A: The consummate funnyman with a heart as big as his funny bone left this world way too soon, as I'm sure we all can agree. He did leave behind four movies that have yet to be released: "Night at the Museum: Secret of the Tomb," "Merry Friggin' Christmas," "Boulevard" and "Absolutely Anything."

Write to Cindy at King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475; or e-mail her at letters@cindy-elavsky.com.



THURSDAY • AUGUST 28, 2014 Evening TV schedule table with columns for time slots (7 PM to 11:30 PM) and program titles.

SUNDAY • AUGUST 31, 2014 Evening TV schedule table with columns for time slots (7 PM to 11:30 PM) and program titles.

MONDAY • SEPTEMBER 1, 2014 Evening TV schedule table with columns for time slots (7 PM to 11:30 PM) and program titles.

FRIDAY • AUGUST 29, 2014 Evening TV schedule table with columns for time slots (7 PM to 11:30 PM) and program titles.

TUESDAY • SEPTEMBER 2, 2014 Evening TV schedule table with columns for time slots (7 PM to 11:30 PM) and program titles.

SATURDAY • AUGUST 30, 2014 Evening TV schedule table with columns for time slots (7 PM to 11:30 PM) and program titles.

WEDNESDAY • SEPTEMBER 3, 2014 Evening TV schedule table with columns for time slots (7 PM to 11:30 PM) and program titles.

WOODLAND HILLS Real Estate advertisement. Features a large 'NOW LEASING!' headline, images of two and three bedroom duplexes, and contact information for Hamilton Properties Corporation.

Ogle Chiropractic advertisement. Features the headline 'ARE YOU READY?', '\$20 BACK-TO-SCHOOL PHYSICALS', and 'MAKE SURE YOUR KID PERFORMS AT A 100%!' along with contact details for 103 ICHORD AVE, SUITE B, WAYNESVILLE.