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ARMY FLYER

SERVING THE U.S. ARMY AVIATION CENTER OF EXCELLENCE AND THE FORT RUCKER COMMUNITY SINCE 1956

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FORT RUCKER ★ ALABAMA

MARCH 3, 2016

HONORING WOMEN'S HISTORY

Assistant secretary of Army, astronaut to speak

By Nathan Pfau
Army Flier Staff Writer

Fresh off the heels of Black History Month, March marks Women's History Month, and Fort Rucker is doing its part to make sure women's history is put into the spotlight.

The theme for this month's observance is "Honoring Women in Government and Public Service," and the observance will kick off with the Women's History Month Luncheon March 10 from noon to 1:30 p.m. at The Landing ballroom.

"The Women's History Month Luncheon

demonstrates Fort Rucker's ongoing commitment to understanding and celebrating the diverse and significant historical accomplishment of women, as well recognizing the achievements of the dedicated women in our current workforce, both civilian and military," said Angela Jones, Fort Rucker Equal Employment Opportunity officer.

Tickets can be purchased in the lobby of Bldg. 5700 today from 11 a.m. to noon, or people can call 255-0307 or 255-2811. All RSVPs and payments must be made no later than Friday, and no RSVPs will be taken after Friday.

The luncheon will feature two special



Hammack



McClain

guests: Katherine

Hammack, Assistant Secretary of the Army, Installations, Energy and Environment, and Maj. Anne McClain, NASA Astronaut.

"Both women are leaders in their respective fields, and through their perseverance to accomplishing the mission and motivation to exceed expectations, they have broken down stereotypical barriers of the roles women perform in the workplace," said

Jones. "Their individual and collective triumphs illustrate the fact that a person's sex is not reflective of their ability to contribute to the Army's mission in an influential and meaningful way."

It's for that reason that the observance is necessary, said Jones.

"The Army has long recognized the different attributes, experiences and backgrounds of our Soldiers, civilian, and family members. They enhance our capabilities, and contribute to an adaptive and culturally cognizant Army," said the EEO officer. "Our success is determined by our skills and abilities. When we embrace our strengths, regardless of our sex, race, religion, color, age, national origin, disability or genetic information, we become a more inclusive environment that fosters a sense of value and belonging, and encourages innovative thinking through our diverse life experiences."



PHOTO BY JIM HUGHES

A CH-47 Chinook and a UH-60 Black Hawk joined an OH-58 Kiowa and AH-1 Cobra on permanent static display in front of Bldg. 101 Tuesday.

NEW TOOL

Aviation Learning Center gets AH-64 trainer

By Jeremy Henderson
Army Flier Staff Writer

Students have a new learning tool at their disposal with the addition of an AH-64/E Longbow Apache Modernized Target Acquisition Designation Sight Selected Task Trainer to Fort Rucker's Aviation Learning Center.

The trainer is a much-needed addition to the other trainers currently hosted at the center, according to Beata Moore, Aviation Technical Library and ALC chief.

"One of the ALC training instructors, George Snyder, and I have been working with (the Di-

rectorate of Training and Doctrine) and the Apache Program Office to obtain an AH-64D/E Longbow Apache Modernized Tads Selected Task Trainer (M-TSTT)," she said. "The previous chief of the ATL and ALC started the process to procure the M-TSTT. With the help of our command, G3, we were finally able to obtain one."

The trainer is kept in a locked room and can only be accessed with the aid of the ALC staff, according to Moore. However, that access is readily available and walk-ins are welcome.

"The ALC is here for students to use for self-study and remedial training," she said. "Instruc-

tors can send their students here for remedial training. There is always a training instructor available here to help students. By using a cockpit trainer, students can familiarize themselves with the cockpit before they actually set foot in the real cockpit.

"There is always a training instructor here at the ALC available to help students with issues," she added. "They do not have to schedule a time."

The Apache Program Office, located at Redstone Arsenal, owns the trainer and provides maintenance and upgrades for the trainer, according to Moore.

The learning center and library are housed under the same roof, but they provide different services and operate under different hours, she said.

"We are in the same building and we are both part of G3, but we have different functions," Moore said. "The ATL offers research and reference services to the (U.S. Army Aviation Center of Excellence) community in support of training and professional development. The ALC provides subject matter expertise and training aids for students in all phases of FSXXI and graduate flight training programs."

SEE TRAINER, PAGE A5



PHOTO BY JEREMY HENDERSON

CW2 Jonathan Pickens, B Co., 1st Bn., 145th Avn. Regt., practices startups and shutdowns utilizing the Aviation Learning Center's newly-acquired AH-64D/E Longbow Apache Modernized Target Acquisition Designation Sight Selected Task Trainer.

Post celebrates Black History

By Nathan Pfau
Army Flier Staff Writer

Reflecting that African-American history is part of American history, the Fort Rucker community celebrated Black History Month and those of color who contributed to building the nation.

Fort Rucker's observance of the month culminated with the African-American Black History Month Luncheon at The Landing's ballroom Friday, and the theme for this year's observance was "Hallowed Ground: Sites of African-American Memories," and focused not only on the different sites throughout the U.S. where African-American History was made and preserved, but where American history was made.

"It should go without saying that African-American history cannot be contained within a single month any more than celebrating America should be only contained into a single day on the Fourth of July," said Sgt. 1st Class Michael Lukeman, 1st Aviation Brigade equal opportunity adviser, during the ceremony. "There are those who say, in the history of our nation there are more painful (memories) than good ones for those of African descent. I would be doing a disservice at the very least to deny this.

"However, when we take the time each February, we learn that there is so much good that is too often forgotten," he continued. "I strongly encourage all of us here to take the time to understand



Smith

SEE HISTORY, PAGE A5

PERSPECTIVE

RIGHT TO VOTE

Federal Voting Assistance Program assists military voters, families

Federal Voting Assistance Program
Press Release

The Federal Voting Assistance Program administers the federal responsibilities of the Uniformed and Overseas Citizens Absentee Voting Act. This act covers more than 6 million potential voters: active duty members of the uniformed services including the Coast Guard, Public Health Service Commissioned Corps, the Merchant Marine, National Oceanic and Atmospheric Administration and their voting age dependents; as well as U.S. citizens residing outside the United States.

FVAP assists unformed services and overseas voters exercise their right to vote so that they have an equal opportunity with the general population to have their vote counted. They also assist the states in complying with the relevant federal laws, and advise them on ways to best comply and lastly the advocate on behalf of the uniformed services and overseas voters, identifying impediments to their ability to exercise their right to vote and proposing methods to overcome those impediments.

FVAP's vision is that military and overseas citizens are able to cast a valid ballot, which is counted in the election, from anywhere in the world, as easily as if they were at a polling place.

In the past, military voters became disenfranchised with the system of getting registered to vote absentee and getting their absentee ballots in time to vote. Military members are unique in that they have to balance their normal duties with the added difficulty of sending and receiving mail from overseas locations.

With wait time nearing a month in dura-



tion and uncertain access to facilities, the logistical difficulties in mailing a voter registration card alone can tax even the most seasoned of veterans.

In a recent Overseas Vote Foundation survey, they discovered that in the last election alone, 22 percent of absentee voters, both military and overseas civilians, failed to receive their absentee ballot. As a result, the average military voter is far more likely to have his ballot rejected than the average voter, either as a result of improper procedure or late arrival. In the 2008 election, 106,000 of the 325,000 absentee ballots distributed to members of the military were never returned.

To counter this disenfranchisement, each year FVAP formulates and sends recommended legislative initiatives to states and territories, and urges them to adopt those in an effort to reduce or eliminate barriers to voting absentee for active duty members and their voting-age family members.

Significant progress has been made in getting the states and territories to adopt those legislative measures, thus re-enfranchising

military voters. One of the most significant changes is that almost every state now allows electronic transmission of the election materials.

Other legislation to benefit the military voters include the following.

- States to provide 40 to 45 days transit time for absentee ballots to UOCAVA voters.
- Expanded use of the Federal Write In Absentee Ballot.
- Removal of notarization and witnessing requirements.
- Participation with Uniform Law Commission effort and adoption of recommendations.
- Late registration procedures.

Other ways that FVAP is pursuing to promote awareness and improve the absentee voting process is by:

- Leveraging military spouse organizations;
- Increasing social media Department of Defense Education Activity schools and study abroad programs;
- Increasing awareness of FVAP and its

purpose through direct-to-the voter videos;

- Simplifying and standardizing instruction in the Voting Assistance Guide; and
- Strengthening relationships between FVAP and military commanders and other installation leaders to understand the significance their support makes in the success and quality of service provided by unit voting assistance officers.

FVAP has made and continues to make important strides to improve its processes, programs and tools, thus assisting Soldiers, their voting-eligible family members, as well as civilians participate in the election process.

The DOD has found a solid statistical relationship between the use of FVAP assistance resources and a voter's propensity for actually voting and returning an absentee ballot. Making sure all voters are able to cast their absentee ballots is of the utmost importance to FVAP and its supporting personnel.

For more information, visit <https://www.fvap.gov/>.

Rotor Wash

“This week is Read Across America with Dr. Seuss. Why is it important to promote healthy reading habits in children’s lives?”



Calvin Morris,
retired Army

“Reading is the foundation of education. Without it, you can’t accomplish anything.”



Spc. Jacob Ross,
C Co., 1st Bn.,
11th Avn. Regt.

“I feel like it’s a cornerstone of developing yourself as a person.”



Jennifer Dalton,
Army spouse

“Reading helps transport you to other worlds.”



Spc. Meggan Holliday,
2-58th AOB

“I think it helps develop the imagination.”



Tanya Scarpill,
Army spouse

“It helps to keep the mind healthy.”

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If you would like to contact the Army Flier by e-mail, please contact the editor at jhughes@armyflyer.com.

ACE SUICIDE INTERVENTION

Ask your buddy

- Have the courage to ask the question, but stay calm.
- Ask the question directly. For example, “Are you thinking of killing yourself?”

Care for your buddy

- Remove any means that could be used for self-

injury.

- Calmly control the situation, do not use force.
- Actively listen to produce relief.

Escort your buddy

- Never leave your buddy alone.
- Escort to the chain of command, a chaplain, a behavioral health professional or a primary care provider.

BON VOYAGE

Travel Extravaganza showcases vacation opportunities

By Nathan Pfau
Amy Flier Staff Writer

More than 1,000 people had the chance to escape the drudgery of a normal work day to examine the vacation possibilities offered by companies both near and far during the annual Travel Extravaganza Feb. 24.

The 28th annual Travel Extravaganza brought 60 vendors to The Landing's ballroom where people were able to win door prizes, which ranged from free hotel stays and gift baskets, and browse for their dream vacations all without having to leave Fort Rucker.

People were able to browse vendors that provided vacations that kept them stateside, such as Panama City Beach, Destin and Orlando, Florida; New Orleans, Louisiana; Atlanta, Georgia; or those that let them venture into international waters with Caribbean cruises or all-inclusive vacations.

"We want to provide Soldiers, family members, retirees, civilians and the surrounding community an opportunity to learn about the various leisure time options in and around the southern U.S., as well as additional travel options all around the globe," said Savery Wile, MWR Central business manager. "Our goal is to show



PHOTO BY NATHAN PFAU

People browse a booth and peak into a treasure chest of prizes during the 28th annual Travel Extravaganza at The Landing's ballroom Feb. 24.

some of the amazing, hassle-free and affordable travel options that MWR Central can help to provide and has to offer."

For Hunter Dalton, civilian, the event was one that was able to give him a glimpse of where he might want to take his next vacation all in one place.

"I think this is a great place to

come and check out all different kinds of vacation ideas that you might not normally think of," he said. "Everyone always thinks about going to the beach for a vacation, but you don't think about things like the space center or even things are farther away. A lot of times you can stay in a local mindset, and I feel like something

like this helps to broaden your decision."

Dalton also said that the extravaganza can take a lot of the stress of planning a vacation out of the way, too, since there are representatives from each potential vacation spot to help with any questions.

"When you're planning a vaca-

tion on your own, you're not always going to know who or where to go to get the information you need," he said. "Searching things on the Internet is convenient, but sometimes nothing beats being able to ask an actual person about what you might be able to experience, or what the best package would be for your family. The person-to-person interaction is really one thing you can't find when looking online."

While patrons are browsing for their potential dream vacation, people were also participating in a passport scavenger hunt, where people had to get their special passports, which were handed out for the occasion, marked by as many vendors as possible. Once they filled their passport, they were eligible to enter to win one of many door prizes, including gift baskets, amusement park tickets and hotel stays.

"I thought the passport scavenger hunt was a cute idea," said Cory Partner, military spouse. "It turns the experience into kind of a game, so even if you don't find a vacation or if you do, it still makes it a little bit exciting."

"We just want to be able to offer events like this, so that people know what is out there for them to explore," added Wile.

FRES students battle bullying with kindness

Fort Rucker Elementary School
Staff Report

Students at Fort Rucker Elementary School recently took on a new challenge – a Café Table Challenge.

Throughout the month of February, FRES focused on kindness towards others and awareness about bullying – what it is and how to prevent it, said Dr. Vicki Gilmer, school principal.

"The phrase 'treat others the way you want to be treated,' is a part of the daily morning broadcast. We want that to be a phrase that students hear every day and one they live out every day," Gilmer said.

In February, there were events such as Friends in Fifth, where fifth-grade students spent an entire day dedicated to the topic of bullying. Guest Speaker Ben Bowden, from Enterprise FBC, shared his memories of school and also used students to role play a bullying episode, which led to great discussions. Fifth graders also rotated through stations where they participated in more hands-on experiences.

Additionally, guest speakers from the Army Community Service Family Advocacy Program hosted a session for students Feb. 24. Guidance classes at FRES were also focused on what Dane Pridgen, guid-

ance counselor at FRES, refers to as "The Promise." This class taught students to speak up instead of acting as a bystander, to participate in activities that don't involve teasing, to forgive others if they make wrong choices, to model good behavior, to accept others for their differences, to include others in group situations and to talk to an adult when there is a problem they cannot manage.

All these events led up to the FRES Café Table Challenge. FRES students were placed at different café tables on a rotating basis. This gave the students an opportunity to get to know all of their classmates well. Many students sit at the same table with the same group every day. The table challenge encourages students to reach out and get to know others.

Age-appropriate conversation starters were also on the table to help students find fun topics and stories that they could share. Positive, productive, face to face communication skills are essential, but have decreased in recent years. "Students spend more time now in isolation with technology and gadgets. Providing them an opportunity to use verbal and social skills will help them to develop skills necessary for a kinder humanity," Gilmer said.

The students enjoyed the table challenge, as well. Jamee Dean, fifth-grade student said,



ARMY PHOTO

Elijah Sanchez and Tyren Clayton take part in Fort Rucker Elementary School's Café Table Challenge in February.

"I think it's a good idea. A lot of people just do the same thing all the time and now you get to make more and more friends."

Fifth-grade student Robert Olson agreed, "Some people don't branch out enough and this gives you a chance to get to know more people and then you will have more people to hang out with."

Jamee and Robert also think that this will help in other areas, such as recess.

The Café Table Challenge provided students a great opportunity to truly communicate, and the more opportunities to interact with others in a positive manner, the stronger the whole community becomes, Gilmer said.

News Briefs

National Prayer Luncheon

The Fort Rucker Religious Support Office will host its National Prayer Luncheon March 11 from 11:30 a.m. to 1 p.m. at The Landing. The speaker will be Chaplain (Col.) Marc S. Gauthier, U.S. Army Training and Doctrine Command command chaplain, at Fort Eustis, Virginia. Tickets are available at a suggested donation of \$5 per person, and can be obtained through Friday through people's unit representatives, unit chaplains or the RSO in Bldg. 8945.

For more information, call 255-2989 or 255-2012.

Marketing Yourself for a Second Career

The Fort Rucker Soldier for Life Center will host the Military Officers Association of America for its free presentation "Marketing Yourself for a Second Career" March 22 from 8 a.m. to 1 p.m. in the post theater. All ranks are invited, although it is geared towards officers and senior NCOs, according to Soldier for Life officials. Spouses are encouraged to attend, as well.

The presentation will be given by retired Col. John D. Sims, deputy director at the Transition Center at MOAA's national headquarters Virginia. Although there is no charge to attend, RSVPs are required to attend.

To reserve a seat or get more information, call 255-2540.

Supply support activity inventory

The Fort Rucker Logistics Readiness Center, Supply Support Activity in Bldg. 1212 will conduct a wall-to-wall inventory March 21-25. All turn-ins must be in by 2 p.m. March 16. Normal operations will discontinue at 4:15 p.m. March 18 and are expected to resume March 28. Customers will be notified by the accountable officer. During this period, the SSA will

only accept emergency requisitions.

For more information, call 255-9504.

ID card appointment system

To help reduce wait times, the Directorate of Human Resources recently changed its ID Card Section to an appointment-only system Mondays-Fridays for people seeking to get ID cards.

The only walk-in customers who are seen are those who have lost their cards, need a personal identification number reset, need a DD Form 1172 issue, are in- or out-processing, and retirees renewing their cards – all other walk-in customers will be asked to make an appointment.

To make an appointment, people just need to go online and visit <https://rapids-appointments.dmdc.osd.mil/appointment/building.aspx?BuildingId=876>.

People with questions on using the appointment system or who need to verify the documents required to get an ID, should call 255-2182.

Clinic appointment line number change

Lyster Army Health Clinic is taking proactive steps to make sure beneficiaries are able to continue making their healthcare appointments in a quick and timely fashion. Recently, some beneficiaries have encountered busy signals or dropped calls when calling the local LAHC phone number. For this reason, beneficiaries will now be directed to call 1-800-261-7193 to cancel or make new appointments.

Now, when beneficiaries call the 255-7000 phone line, they will receive an automated message, providing them with directions to call the 1-800 number. To schedule or cancel an appointment at LAHC, call toll free 1-800-261-7193. The appointment line call center is open from 7 a.m. to 4 p.m. Mondays through Fridays, and is closed on holidays and days of no

significant activity.

Thrift shop grant program

The Fort Rucker Thrift Shop offers a grant program for teachers that offers funding for their ideas to inspire their students.

For information on obtaining a grant, visit <http://www.fortruckerthriftshop.org/teacher-grants.html>.

Military pay briefing change

The Defense Military Pay Office briefing for Soldiers scheduled to separate due to expired term of service or involuntary separation (non-retirement) has changed from a walk-in basis to a weekly group briefing. The new ETS briefing will be held Tuesdays at 1 p.m. in Bldg. 5700, Rm. 371B. Soldiers should bring the following documents to the briefing: two copies of separation orders and amendments, DA 31 - Request and Authority for Leave (if approved) and the original or notarized copy of documents to support changes in marital status not previously reported to the DMPO.

The DMPO will continue to provide desk-side briefings for Soldiers who do not receive orders in time to attend a group briefing. Command teams with Soldiers who cannot attend a regularly scheduled briefing due to time constraints should call 255-3939, 255-9182 or 255-3115.

Tax center

The Fort Rucker Tax Center is open Mondays-Fridays from 9 a.m. to 4 p.m. in Bldg. 5700 in Rm. 371F. The center offers Soldiers, family members and retirees free assistance in filing 2015 federal and state income tax.

To make an appointment or get more information, people can stop by the center in Rm. 371F, or call 255-2937 or 2938.



ARMY GRAPHIC

4 reasons NCO town hall matters to Soldiers

By Amy L. Robinson
U.S. Army Training and Doctrine Command Public Affairs

FORTEUSTIS, Va. — The command sergeant major who oversees the training and education for the backbone of America’s Army will conduct the service’s first live-streamed town hall focusing on NCO development today from 5-7 p.m. EST.

The State of NCO Development Town Hall, which will cover recent and upcoming changes in NCO professional development, provides an opportunity for Command Sgt. Maj. David Davenport Sr., command sergeant for U.S. Army Training and Doctrine Command, to talk directly to Soldiers via live stream and social media.

“Their voices and feedback have been an important part of everything we’ve done so far,” Davenport said. “We want to continue the dialogue and share information – that’s why this town hall is such a great event.”

Davenport said there will always be uncertainty and questions whenever major changes take

place in large-scale organizations like the Army, but Soldiers need to know and understand what’s going on, and that’s the purpose of the upcoming town hall. Here are four reasons why the town hall matters to Soldiers.

1. The questions answered during the town hall will be taken directly from Soldiers.

Whether through social media, live chat during the event or a direct email to Davenport, all questions are coming straight from the force. In order to have as many voices heard as possible, Davenport and the TRADOC Public Affairs Office will continue to solicit questions leading up to and during the event.

“In order for us to have a great discussion, I need a lot of great questions, and that’s why I’m reaching out to you all, personally, so that I can get those questions,” Davenport said in a recent selfie video promoting the town hall.

2. There will be a number of experts on hand to answer questions from across the Army, Reserve and

National Guard.

Davenport and four additional panel members – subject matter experts on NCO development and education and the command sergeants major from the Army Reserve and Army National Guard – will be at the table to answer questions from town hall participants. Additionally, there will be several staff members from the Institute for Noncommissioned Officer Professional Development on hand to answer questions through live chat and social media.

3. Leaders are listening and changes are being made.

Throughout his time at TRADOC, Davenport has stressed the importance of Soldier feedback. On his blog, Davenport regularly requests Soldiers share their thoughts and ideas, using that feedback to improve training and education.

“I have been in the Army for a few days and understand the doubts that senior leaders are listening, but I assure you, I am,” Davenport said. “Many of the comments I have received are about fixing issues rather

than complaining – that’s what professionals do.”

One example Davenport provided was improving Structured Self Development, noting that he received a number of comments and emails from Soldiers containing well thought out solutions to fix SSDs.

“I shared the comments with the working group, and each will be a part of the out brief as we determine the way ahead for SSDs,” he said.

4. This is a chance to learn about the future of your career and your Army -- and help shape it.

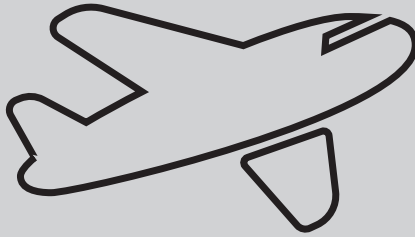
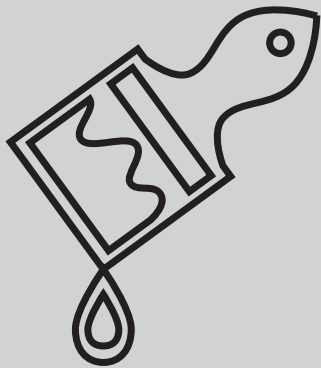
Davenport said he looks forward to discussing the current Noncommissioned Officer Education System and describing the way ahead so NCOs can visualize the solutions senior leaders are working toward.

“More importantly, with that understanding, you can offer your comments to how NCOPDS will prepare NCOs to lead our Army well into the future.”

There’s still time to ask questions about NCO development and education, and there are several ways to ask. Type a question or post a video question to TRADOC’s Facebook page or Twitter using the hashtag #Talk2TRADOC, or submit your question on the live chat during the town hall, March 3, at 5 p.m. EST at www.tradoc.army.mil/watch.

For those who are unable to watch or participate in the town hall, the recorded session will be posted to TRADOC’s YouTube channel and social media Friday.

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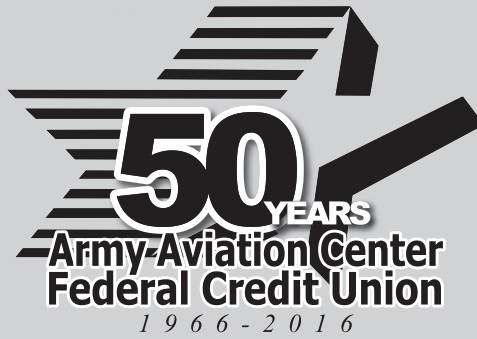


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Laser weapons development by 2023

By David Vergun
Army News Service

WASHINGTON — Responding to lawmakers’ questions about how close the Army is to developing of- fensive and defensive directed-en- ergy weapons, the deputy assistant secretary of the Army for Research and Technology responded, “I be- lieve we’re very close.”

Mary J. Miller and other experts testified before the House Armed Services Committee’s Subcom- mittee on Emerging Threats and Capabilities Feb. 24. Miller’s topic was the Army’s Science and Tech- nology Program for fiscal year 2017.

The Army’s S&T effort is com- mitted to pursuing high-energy la- sers, she said. That effort has been used in an analysis of alternatives for the Indirect Fire Protection Ca- pability program of record.

Now, that effort has been “aligned to transition into a pro- gram of record in the fiscal 2023 timeframe,” she said. It’s already planned and funded.

“Why that long?” she asked rhe- torically.

Because it’s being done in a



AIR FORCE PHOTO

The Sodium Guidestar at the Air Force Research Laboratory’s Starfire Optical Range resides on a 6,240 foot hilltop at Kirtland Air Force Base, N.M. The Army is developing its own laser weapons systems.

“step-wise demonstration of capa- bility,” she said. “We have to make sure the lasers work and do the full set of scopes against the threats we project. And those threats include the counter-rockets, counter-artil- lery and counter-mortar as well as (unmanned aircraft systems) and cruise missile threats.”

Miller explained that the Army wants to understand the lasers’ full capabilities “before we offer it to a Soldier.”

Operators need to trust what la- sers can do, she added.

“Lasers have been promised for a long time, but they’ve never held

up and delivered what was asked for, so the operators are rightfully skeptical,” she pointed out. That’s why the Army is taking lasers out into operational environments and testing them.

In the meantime, “there will be steps along the way where we spin off lesser capable laser systems that can do good things on smaller platforms. Those will come out soon,” she concluded.

Dr. David Walker, deputy as- sistant secretary of the Air Force for Science, Technology and En- gineering, Office of the Assistant Secretary of the Air Force for

Acquisition, agreed with Miller’s logic for step-wise rollouts.

“We too have spun off lesser- capable laser systems,” he said, following Miller’s remarks.

The Air Force is flying every day with lasers under its transport aircraft, using them as infrared countermeasure system, “so we, too, spun off lesser-capable laser systems and as we get larger pow- er outputs and better thermal man- agement out of smaller package lasers, we will build those powers into defensive to offensive capa- bility as well,” Walker said.

Walker also said the Air Force is working with Special Opera- tions Command to develop an of- fensive laser that will be fitted to AFSOC AC-130 gunships. Part of that technology, he said, includes “beam-steering and power and thermal management.”

The Navy’s science representa- tive described similar laser pro- grams for ships, subs and Ma- rines.

A lawmaker asked if the services are duplicating efforts.

Dr. Stephen Welby, assistant secretary of Defense for Research and Engineering, Office of the

Under Secretary of Defense for Acquisition, Technology and Lo- gistics, replied that all activities of each of the services are coordinat- ed through the High Energy Laser Joint Technology Office.

That office “serves as a clearing house and center of coordination across all the service departments to ensure each of our investments are aligned and not duplicative and are building on each other in each of our domains and service-unique issues. We coordinate very well,” he added, terming the effort part of the “third offset strategy.”

A lawmaker then asked Welby what the third offset means.

He explained that laser pro- grams are just a small part of the third offset, which is the Defense Department’s endeavor to domi- nate the battlefield of the future with “asymmetric advantages.” Other offset strategies include un- manned and autonomous systems and cognitive warfare.

The first two offsets involved Cold War efforts targeting the So- viet Union, the first being tactical nuclear weapons developed in the 1950s and precision weapons in the 1970s, he explained.

Trainer

Continued from Page A1

Moore added that the ALC also offers help on how to use the Aviation Mission Planning System. “We have map rooms with light tables so students can use to trace maps. The ALC instructors do an excellent job of keeping all of our map in- formation current. The ALC has cockpit

trainers for other airframes.

“Both the ATL and ALC offer study rooms and study spaces for students,” she added. “The ATL offers reference and re- search assistance to the USAACE com- munity. We have books, audiobooks and DVDs that patrons can check out for two weeks at a time. Our collection is mainly geared to military history, military science

and Aviation-related topics. Our reference librarian, Rebecca Kammerer, does a great job assisting students with research. Our library technicians, Lesa Willard and Faye Conner, provide ready reference and tech- nical help.”

The technical library is open Mondays through Thursdays from 8 a.m. until 6 p.m. and Fridays from 8 a.m. until 4 p.m.

For more information about the ATL, call 255-2944 or 255-3912.

The learning center is open Mondays through Thursdays from 7:30 a.m. until 9 p.m., Fridays from 7:30 a.m. until 4 p.m., and Sundays from noon until 9 p.m. It is closed on Saturdays and federal holidays. For more information about the ALC, call 255-2776 or 255-3655.

History

Continued from Page A1

that this is a celebration not of one race or of one culture, but of all of us as Americans.”

Throughout the celebration, songs were sung and observances were made, and Charlie Smith Jr., Army Mission Command Systems instructor for the Aviation Cap- tain’s Career Course and Warrant Officers Advanced Course, offered up his words as to what African- American History Month means to him.

“Black History Month is a cel- ebration and we ask the question, ‘Why celebrate Black History Month?’” he said. “We celebrate Black History Month because there is always a story behind the glory and it must be told.

“One truth that must be shared is that most African Americans would love to remove the adje- ctive ‘black’ from the designa- tion of Black History Month, and would simply love to be regularly included in history rather than hav- ing to tell a separate story in addi- tion to what is being taught in our public schools,” he continued. “We continue to set aside this month in commemoration, and unto this day, our children are bombarded with



PHOTO BY JOHN G. MARTINEZ

Yolanda Milton-Daniels performs a song as attendees cheer on during the African-American Black History Luncheon at The Landing’s ballroom Friday.

images of greatness in their books and on their televisions, but none or very few look like them unless they are shackled or down trodden.”

Smith said that of the 44 presi- dents the nation has seen, only one resembles the African-American children in our schools.

He said of all the superheroes that children look up to, none of

them look like those same African- American children.

Black History Month is cel- ebrated because the contributions of African Americans have been undervalued, underestimated and marginalized, he said, but none of the accomplishments throughout history would have been possible without a collaboration of all.

“All that we have accomplished over the years and the places that we have come from for the advance- ment of people of color could not have been possible if it were not for God and the loving collaboration between whites and blacks, males and females, gay and straight, young and old,” said Smith. “These groups have been actively involved

in the movement since Day 1, and even until this day.

“The imprint of Americans of African descent is deeply imbed- ded in the narrative of the Ameri- can past,” he said. “One cannot tell the story of America without pre- serving and reflecting on the places where African Americans have made history.”

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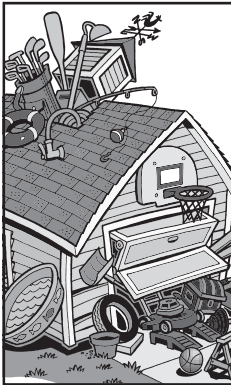
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\$159,000: 70± acres in Coffee Springs. **BILLY COTTER 347-0048** MLS #20160266

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OUT OF THIS WORLD

Soldiers accept mission aboard space station

By Dottie K. White
U.S. Army Space
and Missile Defense Command
Public Affairs

PETERSON AIR FORCE BASE, Colorado — Sending Soldiers into space may seem unusual for an Army that conducts a large part of its missions on the ground, but during the next two years NASA's International Space Station will have at least one active-duty or retired Army astronaut on board.

Retired Army Col. Tim Kopra launched Dec. 15 and is scheduled to return June 5. He will be joined by retired Army Col. Jeff Williams March 18.

Upon Williams' return, retired Army Col. Shane Kimbrough is set to launch Sept. 22 and Col. Mark Vande Hei will be making his rookie flight in March 2017.

All but Vande Hei will be commanders during the second half of their six-month missions.

"The Army is always gravitating toward

having more representation in those longer duration flights on the space station than the other services have," Vande Hei said. "We have a very good reputation for going places and staying. And we're doing that in space."

All active-duty Army astronauts are assigned to the U.S. Army Space and Missile Defense Command/Army Forces Strategic Command's NASA detachment at the Johnson Space Center in Houston, Texas. The newest class of astronauts includes Lt. Col. Drew Morgan and Maj. Anne McClain. Either could be assigned for ISS expeditions beginning in the next 12 to 18 months.

McClain said she really likes how varied astronaut training is from day to day.

"Being in the Army, you don't stay in one job very long," she said. "I was nervous coming here, thinking this is going to be my one job for a very long time even though it's like the coolest job I could possibly imagine."

SEE SPACE, PAGE B4



PHOTO BY DOTTIE K. WHITE

Army astronaut Col. Mark Vande Hei enters the Neutral Buoyancy Lab Feb. 8 for training at the NASA Johnson Space Center.

COMBINED JUMP



PHOTO BY PFC. EMILY HOUDERSHIELDT

An American jumpmaster gives commands to U.S. Airmen, who are joint terminal attack controllers, and German soldiers during an airborne operation from a UH-60 Black Hawk conducted by U.S. paratroopers from 4th Battalion, 319th Airborne Field Artillery Regiment, 173rd Airborne Brigade, at the 7th Army Joint Multinational Training Command's Grafenwoehr Training Area, Germany, Feb. 18.

Soldiers, Korean air force work together

By Staff Sgt. Kelly Carlton
35th Air Defense Artillery Brigade
Public Affairs

HUNTER ARMY AIRFIELD, Ga. — Soldiers from A Company, 603rd Aviation Support Battalion, 3rd Combat Aviation Brigade perfected their skill during a forward arming and refueling point training exercise Feb. 9.

The wind and muddy conditions only increased the difficulty in this realistic training as the Soldiers scrambled to set up their fuel points. Senior leaders instructed junior petroleum specialists, as well as other Soldiers, on systems such as the Army Advanced Forward Area Refueling System.

The AAFARS is a deployable refueling system that can fit in a CH-47 Chinook Helicopter and deploy to the front lines in support of the mission. Deploying this system as a jump FARP allows aircraft to remain close to the mission instead of returning to the main fuel point.

Staff Sgt. Alonzo Gamble, A Co., is the subject matter expert when it comes to the AAFARS and he walked every Soldier through the system to ensure the unit is fully trained.

"We are training with this new system, a system that is primarily used for a jump FARP," Gamble said. "We are learning to set it up, how to sling load it, and it also

SEE TOGETHER, PAGE B4



PHOTO BY STAFF SGT. KELLY CARLTON

One medic team exits a UH-60 Black Hawk after loading a simulated casualty while the next team waits during mass casualty training as part of combined base defense exercise held on Suwon Air Base, South Korea, Feb. 18.



PHOTO BY KATUSA CPL. YO SEUP KIM

Spc. Logan Duty, foreground, combat medic, and Capt. Hyun Yi, physician assistant, both assigned to 6-52nd ADA, prepare simulated casualties for MedEvac.

4th CAB helps ill teen's wish come true

By Capt. Shaun Manley
3rd Armored Brigade Combat Team,
4th Infantry Division Public Affairs

FORT CARSON, Colo. — What started as simple wishes became a full-scale military mission involving Soldiers, civilians, units and equipment across Fort Carson Feb. 24.

Upon the receipt of a phone call, members of 3rd Armored Brigade Combat Team, 4th Infantry Division, began operational planning that would require imagination, precision timing and heart-felt compassion to make a 15 year-old boy's wishes come true.

Joshua Hetherington was diagnosed with a tennis ball-sized Glioblastoma Multiforme tumor in July. Since the discovery of this cancer in his right frontal lobe, he has received multiple surgeries and multiple sequences of radiation and chemo therapy, in which he is currently still undergoing.

"Being a teenager is hard, but being a teenager with cancer and you're not quite sure what's going to come down the track — that's not easy," said Joshua's mother, Debbie Stuart.

Earlier in the year, Joshua and his family were contacted by the Make-a-Wish Foundation, where the teenager was able to give them a list of things he would like to do. Due to the content on that list, it was forwarded to the 4th Infantry Division at Fort Carson.

Among the rather short list from the young man's imagination were simply riding in a tank, flying a plane and watching a veterinarian work — wishes the leaders of the Iron Brigade knew they wanted to fulfill.

"It's a true honor for our Soldiers and community to be able to bring this remarkable young man here and show



PHOTO BY SGT. GREGORY SUMMERS

Joshua Hetherington sits in the cockpit of a UH-60 Black Hawk helicopter simulator during his day in the life of a Soldier event Feb. 24.

him our profession as Soldiers," said Sgt. Maj. Christopher Williams, operations sergeant major, 1st Battalion, 68th Armor Regiment, 3rd ABCT. "It is honorable for him to choose to spend his valuable time and energy with us, and makes us all grateful for the health and abilities some take for granted."

With the planning and coordination complete, Joshua would have his day in the life of a Soldier — an honorary enlistment into the Army and a change into a combat uniform began a day that no one in the community would easily forget.

"We are very proud to have you here with us today and to have you join our team," said Command Sgt. Maj. Todd Sims, command sergeant major, 3rd ABCT. "Your fortitude, energy and determination in the face of adversity are encouraging to us all, and we hope that you know how special you are and enjoy your day with us as much as we

will with you."

Immediately, Soldiers assigned to the 69th Military Police Detachment (Military Working Dog), 759th Military Police Battalion, demonstrated the flexibility required to be a Soldier by quickly putting Joshua to work.

He accompanied the police in a semi-high speed pursuit ending at Fort Carson's Military Working Dog facility where Joshua and the team released and demonstrated the capabilities of their K-9 partners on role-players wearing padded arm and body shields.

"We were contacted and told about Joshua's wishes and passion for animals," said Staff Sgt. Nicholas Buchanan, kennel master. "We wanted to get him as close to our animals and add as much excitement as we safely could while we demonstrated what we do — having him actively participate made it

SEE WISHES, PAGE B4

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Space

Continued from Page B1

But something I didn't realize is how varied your job is day to day.”

Morgan said his Soldier skills bring something unique to the Astronaut Corps.

“We have a very expeditionary mindset, a concept that we can pick up and we can go anywhere and we can live there for a long time,” said Morgan. “We bring a lot of leadership. We bring a lot of technical skills. I think that Soldiers are very well suited for what we need astronauts to be, which is very flexible, very technical, very operational and good at working in teams.”

Together

Continued from Page B1

gives the Soldiers the ability not only to know their job, but also to cross train and be a more effective unit”

Soldiers walked through the systems discussing allotted time for setup and equip-

ment requirements to support the variety of helicopters in the Army's inventory. The muddy field was a challenge as teams raced to set up fuel points.

Spc. Crecia Murray, A Co., led one of the teams and trained new Soldiers, as well.

“The AAFARS system will be very useful

in a tactical environment, it will be the go-to system for a jump FARP,” Murray said. “I really enjoy this training I think it is very productive for the Soldiers and noncommissioned officers to learn what we need to do in that type of environment.”

Pvt. Michael Johnson, horizontal construc-

tion engineer, A Co., took the opportunity to cross train and expand his knowledge, so he could be a greater asset in his unit.

“They have taught me the different systems and how the different systems work on the aircraft so I am able to jump in and support the mission,” Johnson said.

Wishes

Continued from Page B1

even better.”

Knowing his love of tanks and video games that Joshua's mother had portrayed to 3rd ABCT, it was fitting that his next stop would be at the Advanced Gunnery Training System to learn to work as a member of a tank crew of an M1 Abrams Main Battle Tank and Bradley Fighting Vehicle.

During the simulator training, conducted by “Silver Lions” of 1st Bn., 68th Armor Regt., the special visitor and his father, Tony Hetherington, got a chance to conduct operations to locate, target and destroy enemy vehicles in a virtual but realistic environment.

“Watching how excited and surprisingly good Joshua was in our simulator fueled the already high enthusiasm level amongst the Soldiers,” said Spc. Jesus Garcia, M1 armor crewman, C Company, 1st Bn., 68th Armor Regt. “I'm glad I didn't miss out on the excitement.”

Lunch with Soldiers at the Iron Brigade's Robert C. Stack Dining Facility was followed by a short ride to a M109A6, Paladin self-propelled howitzer Artillery Cannon, displayed by “Pacesetters” of 3rd Bn., 29th Field Artillery Regiment.

“We were grateful for the opportunity to be part of this experience and share our knowledge with the newest member of our team,” said Command Sgt. Maj. Joseph Jacobs, command sergeant major, 3rd Bn., 29th Field Artillery Regt., 3rd ABCT. “He really seemed to enjoy familiarizing with our Paladin and learning of its capabilities on the battlefield.”

Another movement, to Butts Army Airfield, found Joshua greeted by Lt. Col. Darin Gaub, deputy commanding officer, 4th Combat Aviation Brigade, 4th Inf. Div., and Dan Krueger, battle master, Aviation Combined-Arms Tactical Trainer (flight simulators).

Quick introductions were fol-

lowed by pilot lessons and a full-motion experience flying AH-64 Apache and UH-60 Black Hawk helicopters.

“That was so awesome,” said Joshua. “It's better than any video game I ever played and I got to fly and destroy all kinds of stuff.”

While the day was nearly halfway complete, there was still another wish that needed checked off the teenager's list: a ride that was asked about routinely throughout the day.

A glowing face on Joshua could be seen as he arrived at the motor pool of 1st Bn., 8th Infantry Regiment, 3rd ABCT. The excitement could be felt as “Fighting Eagle” Soldiers, dressed in full kits, carrying and displaying the various weapon systems and combat-vehicle platforms used by the combined-arms battalion.

“We saw the opportunity and jumped all over it,” said Maj. Scott Stephens, operations officer. “There was absolutely no shortage

of volunteers.”

Following the acquaintance of the weapon systems and M2 Bradley Fighting Vehicle, Joshua's wish to ride a tank was fulfilled as his new teammates and tank crew were delighted to accompany him out to the local Fort Carson training area riding the nearly 80-ton platform.

During the courtesy ride, he was able to traverse the tank's powerful M256, 120mm smoothbore cannon and M2, .50 caliber machine gun onto targets, putting to use the skills learned earlier in the day on the AGTS.

“To not only show off what we do, but show it off to a tremendous young man who's been through a lot was amazing for our Soldiers to do,” added Stephens. “We are extremely thankful to be part of his special day.”

Once Debbie was able to persuade her son to exit the Abrams, the family was escorted to Fort Carson's The HUB, where they

had the opportunity to meet Maj. Gen. Ryan F. Gonsalves, commanding general, and Command Sgt. Maj. Michael A. Crosby, command sergeant major, 4th ID and Fort Carson.

“It is humbling to stand here with you today and have you as part of our ranks,” said Crosby.

A celebration pizza and cake provided by the Pikes Peak Sergeant's Major Association, in which Joshua received an honorary lifetime membership, ended the day in the life event for the newly promoted Honorary Command Sergeant Major Joshua Hetherington. Beginning as an Army private following his enlistment, Joshua was subsequently promoted throughout the day from sergeant throughout command sergeant major.

“The command sergeant major rank looks good on you,” added Crosby with a laugh. “And I must say, you made rank extremely fast during your visit here.”

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3 Years Enlisted

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1 Auto Claim

8 Road Trips

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MARCH 3, 2016

‘A FUN NIGHT TO HANG OUT’

Shopping, prizes, music, dancing all on tap at Girls’ Night Out

By Nathan Pfau
Army Flier Staff Writer

Shopping, food, prizes, and music and dancing were all on tap as one of Fort Rucker’s most popular events returned to The Landing.

The Directorate of Family, Morale, Welfare and Recreation held its first Girls Night Out for the year where ladies got the chance to browse vendors, to win prizes and dance the night away, said Aida Stallings, DFMWR community recreation division business manager.

“This is a fun event where people get to get out with just their girlfriends and shop, eat, get pampered and leave with some really nice things,” she said. “We always have great giveaways with great music and dancing, and everyone has a good time. It’s a great event for ladies to have a good time and shop the latest trends in the area, also.”

Ladies were treated to giveaways throughout the night, including 100 handbags and a grand door prize, which included a Michael Kors bag filled with goodies.

More than 45 organizations set up booths that allowed women to browse local shops, spas, vacation destinations, cosmetics, jewelry, as well as medical specialists that cater especially to women.

Dianna Diolo, military spouse, said that she attends Girls Night Out every chance she gets with her girlfriends.

“You never know what you’re going to find out here,” she said. “You can come here and get some waxing done, try out some different beauty products or just come and hang out with friends and dance. It’s really just a fun night to hang out.”

For many, dancing was the most memorable part of the night, something that Diolo said she and her friends never miss a chance to do.

“We all love to dance and the music has been great,” she said. “Sometimes dancing just makes you feel better, and if you have all your friends to dance with you then there just isn’t a better time to be had.”

“It doesn’t hurt to win prizes either,” added Trina Miller, military spouse and friend of Diolo. “I would never miss the chance to win a new handbag. If it can save me money, then I’m there.”

Janice Erdlitz, DFMWR mar-



PHOTOS BY TORI EVANS

Ladies dance with Sgt. Ted E. Bear during Girls Night Out at The Landing's ballroom Friday.

keting director, said although the night is about making sure the ladies have a good time shopping and dancing, it’s more about

bringing them together.

“A big part of what we do is to provide morale-boosting and recreational fun,” she said. “Girls

Night Out is one of our most-loved events and it’s just a fun opportunity for our female population to get together.”



Ladies pose with Sgt. Ted E. Bear.



Attendees browse various booths.

VOLUNTEER OPPORTUNITIES

Army Volunteer Corp. Volunteer Program Manager

Duties: Recruit and interview prospective volunteers for the Army Community Service program. Assist in developing plans for the orientation and training of volunteers. Assist with the planning and coordination of the monthly recognition and awards ceremony. Annually review all job descriptions and standard operating procedures of the ACS volunteer staff. Ensure that confidentiality is maintained. Maintain volunteer files and hours. Conduct orientation. Establish a volunteer tracking system. For more information, call 255-3643.

Army Family Team Building Instructor

Duties: Prepare for and teach at least one class each quarter following the instructor instruction and lesson plans provided in the AFTB instructor guides. Attend quarterly AFTB council meetings. Ensure students complete class evaluation forms and forward to the AFTB program manager. Maintain personal records, documenting volunteer hours training received and awards received. Serve as a spokesperson for the AFTB program. Attend professional development. Adhere to guidance outlined in Army Regulation 608-1 and AFTB SOP. For more information, call 255-3643.

Army Family Action Plan Adviser

Duties: Promote and interpret AFAP activities to the military command and serve as the liaison between AFAP and the command group. Assist the AFAP coordinator in developing and coordinating the implementation of the AFAP program initiative, goals and objectives. Provide counsel and assistance in identifying and recruiting volunteers. Serve as a member of the advisory council. Attend advisory council meetings. Adhere to the guidelines as outlined in AR 600-1, AFAP Program Handbook and the installation AFAP SOP. For more information, call 255-3643.

HELPING HAND

Resources assist special-needs families

By Jeremy Henderson
Army Flier Staff Writer

A new web-based resource aims to help both Army staff and parents gain a clear understanding of special education requirements and services and how they work.

Special Ed Connection, an LRP Publications resource made available by the Army Installation Management Command Exceptional Family Member Program, explains specific procedures and provides real-world application strategies so parents can learn the complexities surrounding special education supports and services, according to Marion Cornish, Fort Rucker EFMP manager.

The resource places access to valuable information at the fingertips of those who need answers, Cornish said.

“This resource can be accessed almost any time and anywhere there is Internet access,” she said. “The neat thing is it is offered at no cost, available any time of the day or night – no waiting for a formal workshop, class or subject matter expert on your area of interest.

“This resource provides resources and tools that Army staff and parents can use to gain a clear understanding of special education requirements and services and how they work,” she added. “Current information is available at their fingertips — no waiting. Also, information is well researched. Sometimes our local resources are limited or not available or have a long response time. The more Army staff and parents know, the better they can advocate for children with special education needs.”

The resource is available to military personnel, their families, Department of Defense civilians and any other Army staff personnel.

Users are encouraged to contact their local Army Community Service EFMP manager to register for the Special Education Connection website.

Resources available through Special Ed Connection include, but are



not limited to, the following.

Smart Starts – The best starting point to gain an interpretation and a better understanding of almost 450 special education topics. SmartStarts provides practical guidance, based on federal regulations and case law. From assistive technology to chronic health conditions to measuring progress, each SmartStart will help people understand the law and how it applies to children’s situations.

Special Ed Online Dictionary – Provides straight forward definitions of more than 1,400 widely used terms, enabling enhanced dialogue about special education issues. Straight-to-the-point explanations are provided, so users understand the meaning of terms such as prior written notice, least restrictive environment, transition services, functional behavioral assessment and behavioral intervention plan giving them the ability to be more actively involved in meeting a child’s educational needs.

News and Updates – Users can stay current on latest news and developments in the special education community, including news about legislation, best practice strategies from special education experts, updates from experts regarding new techniques being used in the special education community and more.

Special Ed Round-Ups – Users are provided an easy way to quickly locate practice guidance and gain access to valuable resources on a host of important special education issues from autism to bullying to postsecondary transition and more.

A website tutorial is available for first-time users, or users may call LRP training staff toll free at 1-800-515-4577, ext 6515, according to Cornish.

For more information about Special Education Connection or upcoming EFMP workshops and training, call 255-9277 or visit the ACS EFMP office inside the Soldier Service Center, Bldg. 5700, Rm. 350.

ON POST

YOUR WEEKLY GUIDE TO FORT RUCKER EVENTS , SERVICES AND ACTIVITIES. DEADLINE FOR SUBMISSIONS IS NOON THURSDAY FOR THE FOLLOWING WEEK’S EDITION.

Book club for adults

The Center Library hosts a book club for adults the third Tuesday of each month from 5-6 p.m. Light refreshments will be served. For more information, call 255-3885.

Book club for teens

The Center Library hosts a book club for teens the third Saturday of each month from 4-5 p.m. Light refreshments will be served. For more information, call 255-3885.

Family member resilience training

Army Community Service will host family member resilience training Monday from 9-11:30 a.m. at The Commons. The training will give people the tools they need to become more resilient in all the challenges that life may throw at them, according to organizers.

For more information, call 255-3161 or 255-3735.

Teen stress relief workshop

The Army Community Service Family Advocacy Program will host a teen stress relief workshop Tuesday from 4-6 p.m. at The Commons. The focus of the event will be health and stress relief for teens, featuring yoga, food and fun, according to ACS officials. There will also be a presentation on healthy eating habits. People need to register for the event by Monday.

For more information or to register, call 255-9636 or 255-9644.

EFMP support group

The Fort Rucker Exceptional Family Member Program invites all active duty families with an exceptional or special-needs family member to attend its EFMP information and support group meeting Tuesday from 9-10 a.m. at The Commons, Bldg. 8950. The topic for the meeting is spring break and traveling with a special-needs family member. Tips, tools and resources will be discussed that can assist families.

For more information and to register, call 255-9277.

Tot Time

Army Community Service hosts its Tot Time playgroup Wednesdays from 9:30-11a.m. at The Commons, Bldg. 8950. The playgroup is for children 12-36 months and their caregivers. The playgroup provides programs and activities that enhance caregiver-child interaction, and stimulate child growth and development.

For more information, call 255-9647 or 255-3359.

Small Business Counseling

Army Community Service will host small business counseling March 10 by appointment only to small business owners and prospective owners. Appointments last for about an hour, with the first available at 9 a.m.

For information and to schedule an appointment, call 255-2594.

St. Patrick’s Day Craft

The Center Library will host a St. Patrick’s Day craft activity for children ages 3-11 March 15 from 3:30-4:30 p.m. Light refreshments will be served. Space is limited to the first 65 children to register. The activity is open to authorized patrons and is exceptional family member friendly.

For more information or to register, visit the library or call 255-3885.

Go Green Skate Night

The Fort Rucker Child, Youth and School Services School Age Center will host its Go Green Skate Night March 18. Youth are encouraged to wear as much green as they can. Attendees must be CYSS-registered members.

For more information, including times and prices, call 255-9108.

Newcomers welcome

Army Community Service will host a newcomers welcome March 18 from 8:30-11 a.m. at The Landing. Active duty, spouses, foreign students, Army civilians and family members are encouraged to attend. A free light breakfast and Starbucks coffee will be served. For free childcare, register children at the child development center by calling 255-3564. Reservations must be made 24 hours prior to the newcomers welcome.

For more information, call 255-3161 or 255-2887.



PHOTO BY NATHAN PFAU

Children’s Festival

A scene from last year’s Children’s Festival. Fort Rucker’s 12th annual Children’s Festival is scheduled to March 19 from 1-4 p.m. at the Fort Rucker Festival Fields. The Children’s Festival features activities, games, crafts, inflatables, a petting zoo, a stilt walker, one of the area’s largest Easter egg hunts and a visit from the Easter Bunny. Children are encouraged to dress up as their favorite super hero. For more information, call 255-1749.

Bounce into Spring Break

The Fort Rucker School Age Center will host its Bouncing into Spring Break activities March 21 to April 1. Bouncing into Spring Break features activities and field trips for children who are registered child, youth and school services members.

For more information, call 255-9638

Glow Time Spring Break

The Fort Rucker Youth Center will host spring break activities March 21 to April 1. To participate, youth must be registered with child, youth and school services and be in grades six-12. For more information, call 255-9638.

Relocation readiness

Army Community Service will host its relocation readiness workshop March 25 where Soldiers and spouses will receive information on benefits, entitlements, advance pay, government travel cards and more. Workshops are held the last Friday of each month.

For more information, such as time and location, or to register, call 255-3161 or 255-3735.

Wild Adventures day trip

MWR Central will host a day trip to Wild Adventures amusement park in Valdosta, Georgia, March 26. Participants will depart Fort Rucker at 5 a.m., travel to Wild Adventures for a day at the park and return to post at about 10 p.m. Cost for the trip is \$53 per person, and includes ticket to Wild Adventures and transportation to and from Fort Rucker. There needs to be a minimum of 22 people for the trip. To sign up, stop by MWR Central or call 255-2997.

Right Arm Night

The Landing Zone will host Right Arm Night March 31 from 4-6 p.m., hosted by the 1st Battalion, 145th Aviation Regiment. Right Arm Night is an Army tradition, promoting a night of camaraderie and esprit de corps as leaders come together and treat those who help them accomplish the mission. Complimentary appetizers will be served while supplies last. Right Arm Night is held every month, and both military and civilians are welcome.

For more information, call 598-8025.

Mom & Me: Dad too!

Army Community Service hosts its Mom & Me: Dad too! playgroup Mondays from 9:30–11 a.m. at The Commons. The playgroup is for families with children ages birth to 3 years old.

For more information, call 255-9647 or 255-3359.

Employment readiness class

The Fort Rucker Employment Readiness

DFMWR Spotlight

Upcoming Family & MWR Events and Activities



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Program hosts orientation sessions monthly in the Soldier Service Center, Bldg. 5700, in the Army Community Service multipurpose room, with the next session March 17. People who attend will meet in Rm. 350 at 8:40 a.m. to fill out paperwork before going to the multipurpose room. The class will end

at about 11 a.m. The sessions will inform people on the essentials of the program and provide job search tips, as well. Advance registration is required and attendance at a session is mandatory for participation in the program.

For more information, call 255-2594.

FORT RUCKER MOVIE SCHEDULE FOR MARCH 3-6

Thursday, March 3

The 5th Wave (PG-13)7 p.m.

Friday, March 4

Zootopia (PG)7 p.m.

Saturday, March 5

Zootopia (PG)4 p.m.

Zootopia (PG)7 p.m.

Sunday, March 6

Zootopia (PG)1 p.m.

Zootopia (PG)4 p.m.

TICKETS ARE \$6 FOR ADULTS AND \$5 FOR CHILDREN, 12 AND UNDER. MILITARY I.D. CARD HOLDERS AND THEIR GUESTS ARE WELCOME. SCHEDULE SUBJECT TO CHANGE. FOR MORE INFORMATION, CALL 255-2408.

100 HOURS

Veterans recall Desert Storm 25 years later

By David Vergun
Army News Service

WASHINGTON — Feb. 24-28, 1991, U.S. and coalition ground forces rolled across the desert from Saudi Arabia with the goal of routing Iraqi occupiers out of Kuwait. That mission took just 100 hours.

Two Desert Storm veterans recounted their experiences in the Gulf War: a Soldier who led his tank formation into Iraq, and an Army civilian who, then a Marine, fought alongside resistance fighters in Kuwait.

Armor buildup

Lt. Col. Mark Cassel was a second lieutenant when he received orders to Saudi Arabia during Desert Shield, the buildup phase to Desert Storm.

In August, the tank platoon leader, assigned to the 2nd Armored Brigade, 24th Infantry Division, arrived with four M-1 Abrams tanks, each manned by four Soldiers for a total of 16.

Normally, a second lieutenant would need to rely on his senior non-commissioned officer for a lot of advice on how things are done, he said. However, Cassel was a former enlisted Soldier with the Nebraska Army National Guard, so he already had a lot of experience “shooting and driving tanks.”

In the months that followed, he would get to know his men very well, and they him.

Their first priority when they arrived, he said, was setting up a defensive line in Saudi Arabia, because, as the thinking went at the time, the Iraqis would not stop with the capture of Kuwait. They would try to take Saudi Arabia and push the U.S. forces out to sea or neutralize them.

That, of course, didn’t happen, so Soldiers spent months practicing drills and going out on maneuvers, “but, you can only do so much of that,” Cassel said, adding that “everyone was eager for action.”

Then a rumor went around that “we’d be out before Christmas,” he said. “Soon, people were saying ‘Let’s just go get this over with.’ That was the prevailing attitude.”

They didn’t go home for Christmas, but did get welcome Christmas presents: brand new M1A1 Abrams tanks out of Fort Stewart, Georgia, to replace their weary M-1 tanks. The nice thing about the M1A1s, he said, is that they sported 120mm guns that could shoot farther and more powerfully than the 105mm guns that were on the M-1s.

So they took a two-day training class on how to take the new 120s apart, clean the breach, and so on, he said. They were soon ready to go again. When the air and naval bombardment phase of the war began Jan. 17, heavy equipment transporters arrived and the men loaded their tanks on them.

“You’re basically sitting in your tank on a low-boy trailer, going down the road,” toward the border with Kuwait, he said, adding that it was pretty neat.

For the next five weeks, they just sat at the border waiting for the word to cross the line of departure (LD).

Going in

Then, on Feb. 24, they were ordered to cross the LD into Iraq. The brigade’s 56 tanks, which included his four, swept far to the left across the desert in an effort to outflank and cut off the Republican Guard, Cassel said. Infantrymen in Bradley Fighting Vehicles were also in the formation.

From the time they crossed the LD to the end of the first day was a surreal experience, he said. They were literally driving blind through a ferocious sandstorm where no one could see anyone else, were it not for their thermal sights.

“You don’t really appreciate those sights until you need them,” Cassel said.

For the first two days they drove deep into Iraq, driving about five or six hours. Then they stopped for the fuel tankers to catch up. The tanks with plow and mine roller attachments gobbled up more fuel than the other tanks, he said, so when they were down to a quarter of a tank, “we’d stop until they’d fueled us up and then we’d keep going.”

At the time, GPS wasn’t in use so “when I talked to a buddy who was doing the fuel mission, he said they just followed our tracks (through the sand) until they caught up to us. We drove a long ways and used lots of fuel.”

From time to time, they heard small splattering sounds outside their tanks. “At the time, we thought people were test firing their 50-cals,” he said. “We found out we were taking enemy artillery and mortar fire. It just wasn’t impressive” and there was not much in the way of damage and



PHOTO BY STAFF SGT. F. LEE CORKRAN

Soldiers from the 11th Air Defense Artillery pose with a Stinger missile launcher during Operation Desert Shield.

no injuries.

Their objective was the Jalibah Airfield in Iraq, Cassel said, some 80 miles west of Basra. They reached it the night of the third day.

The brigade’s tanks formed a defensive line and throughout the night the U.S. artillery and Multiple Launch Rocket Systems “just pounded the airfield,” he said.

The next morning, they engaged the Iraqi tanks, which were the old Soviet ones, dating back to World War II.

“Ours was a fairly easy operation,” he said. The Iraqis had their tanks dug in facing south in a defensive line. “We came around from the west and tore them up. They didn’t have the range to get us and weren’t oriented to shoot us.”

One of the most interesting parts of the war, he said, was that some tanks in his unit shot at Iraqi fighter jets on the airfield, in an attempt to take them out before they became airborne and posed a threat.

“People were calling in SITREPS (situation reports): ‘This is White Platoon. Destroyed three enemy tanks and one jet fighter.’” Higher headquarters was incredulous, he said.

The battle lasted maybe half an hour, he said. “That was it for us.” His unit was ordered not to cross the Euphrates River and continue northward.

Their next objective was to take the Rumaila oil fields in southern Iraq. They refueled, rearmed, rolled into the fields and took up defensive positions, he said. Then the 100-hour ground war ended.

That the war ended so quickly came as a huge surprise to everyone, he said. “That’s it?” people said. “We thought we were still in the first phase of the operation.”

“‘OK guys, we’re going home,’ I told them.”

Everyone was happy they survived, he added. No one in his unit was killed or injured.

Although the war was short, the experience bonded Cassel with his men. Over the years, he said they stay in contact and have celebrated their 10th- and 20th-year reunions.

Sometimes, Cassel, who works as an Army civilian in G-3 training in the Pentagon, runs into one of his drivers who also works there.

Cassel plans to retire in June from the Army Reserve, after 31 years of service.

Lack of intel

Dr. Scott Moore, who is now the division director for Field Programs, U.S. Army Center of Military History, or CMH, was a Marine major with the 6th Marine Regiment, 2nd Marine Division, during the war.

He deployed to Jubail, a port in eastern Saudi Arabia on the Persian Gulf, just before Christmas 1990. From there, he linked up with his unit at the Kuwaiti border. He was the regimental intelligence officer.

“My job was to figure out what the enemy was doing,” he said.

But there was a problem, he said. He wasn’t receiving any useful intelligence.

The only intel they received came from observers at the border, he said. All they saw was an empty expanse of desert stretching into the distance.

“We had a sketchy picture of what was out in front of us. We kind of knew there was an Iraqi army out there. We didn’t know near what everyone thinks we knew.”

Surveillance images from satellites and

aircraft “never made it to us,” he said. “Most of that stuff stayed where it was. When we crossed the line of departure, I had one aerial image. It was just a picture of the desert.”

Moore said he requested an unmanned aerial vehicle mission be flown six hours before they crossed the LD “to see if anything had moved in, but for all we knew, it was denied.”

A UAV was out there taking pictures of enemy artillery and other things on the ground and “somebody had those coordinates, but we didn’t get them. Nobody could tell us where it was.” It was incredibly frustrating, he said. “We just went in blind.”

Into western Kuwait

His unit went into Kuwait on the left side of the 1st Marine Div., which headed to the Kuwait City International Airport. The 2nd Marine Div., of which Moore was a part, crossed into western Kuwait, ending up just south of Al Jahra, Kuwait, 20 miles west of Kuwait City, he said.

To the left of Moore’s unit was “Tiger” Brigade, 2nd Armored Div., which was attached to the 2nd Marine Div. “They came through the breach behind us,” he said.

After the first day, Moore said he picked up intelligence about what was out in front by interrogating prisoners and using a very useful captured map. “By the second day we had an idea of what was out in front of us. Using that map, we hit them.”

By the end of the second day, Marines of his regiment were operating elsewhere and Moore, along with his driver and another Marine, were attached to a Kuwaiti resistance fighter unit and operating independently.

When they reached Al Jahra, Moore said they “had no idea what was in there.”

This caused a bit of anxiety, because he only had a Humvee and a Kalashnikov

AKMS assault rifle that he found, since Marine officers are not issued their own rifles, just side arms.

For the last two days of the ground war, Moore fought alongside the resistance fighters, who were not all that eager to take risks, he said.

“The Kuwaiti resistance wouldn’t go into a building until I certified it was safe,” he said. “So my corporal and I would go into these buildings just to make sure they weren’t booby trapped,” he said. “We had a 17-year-old kid we called ‘door kicker.’ Every time we needed a door opened up, we’d ask him to go do it and he’d run into the door. We were lucky we never found one that was booby trapped.”

Moore said they engaged the enemy several times, and all came out of it alive and uninjured. They also provided a lot of useful reconnaissance information to friendly forces.

When the 100 hours ground war ended, Moore said he “ended up by default being the liaison officer to the resistance.”

That lasted for a couple of weeks. They did a number of useful things for the Kuwaitis, he said, including bringing engineers in to get their gas stations up and running. That was one of their priorities.

As for the Iraqis, many just took off their uniforms and melted away into the population, and others were taken prisoner.

The resistance fighters turned over 150 prisoners to Moore at one point.

Sgt. Alvin York brought back 132 German prisoners during World War I and received the Medal of Honor. “I got nothing,” he said, laughing.

When Moore retired as a lieutenant colonel in 2001, he used his G.I. bill to get his doctoral degree and ended up at Center of Military History. He said having served gives him a greater perspective and understanding as a historian for the Army. “It makes more sense what you’re seeing.”

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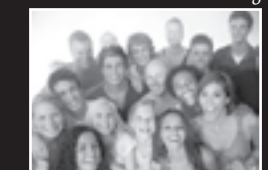
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Sanctuary 1st stop for migratory birds



Army Flier
Staff Reports

Dauphin Island’s Audubon Bird Sanctuary features the largest segment of protected forest on the island and the first landfall for neotropical migrant birds after their flight across the Gulf from Central and South America each spring, according to sanctuary officials. These birds, often exhausted and weakened from severe weather during the long flight, find their first food and shelter on the island March 1-April 30. There have been 347 species reported on the island. It is also the birds’ final stop before their return flight each fall. The Bird Sanctu-

ary has allowed Dauphin Island to be recognized by the American Bird Conservancy and the National Audubon Society as being globally important for bird migrations. The main interstate nearest to the Audubon Bird Sanctuary is I-10. From I-10, take Exit 17A to Dauphin Island. This will take you onto Route 193 South, also known as “Rangeline Road.” Follow Rt. 193 South all the way down to Dauphin Island. Once you’re on the island, take a left at the Water Tower on to Bienville Boulevard. The Sanctuary is located 1 mile from there on the right. For more information, visit: <http://dauphinisland.org/audubon-bird-sanctuary/>.

WIREFLIER COMMUNITY CALENDAR

IF YOU WOULD LIKE TO ADVERTISE YOUR EVENT, EMAIL JIM HUGHES WITH ALL THE DETAILS AT JHUGHES@ARMYFLIER.COM.

ANDALUSIA

ONGOING — The American Legion Post 80 hosts a dance with live music every Saturday from 7:30-11:30 p.m. For more information, call 222-7131 or visit www.andalusialegiopost80.org.

ONGOING — Andalusia Public Library offers free practice tests. Patrons can choose from more than 300 online tests based on official exams such as the ACT, SAT, GED, ASVAB, firefighter, police officer, paramedic, U.S. citizenship and many more. Patrons may select to take a test and receive immediate scoring. Test results are stored in personalized individual accounts, accessible only to patrons. Call 222-6612 for more information.

DALEVILLE

ONGOING — Veterans of Foreign Wars Post 6020 Franchise J. Ballard Post membership meetings are at the post headquarters on State Road 84 every third Thursday of the month at 7 p.m. Breakfast is served Sundays, and games and TVs are available for entertainment. Meetings are open to all. The post can host parties, weddings, and hails and farewells. For more information, call 598-6211, 598-1297, 598-6211 or 379-9187.

ONGOING — Daleville Chamber of Commerce meets the second Wednesday of each month at noon at the Chamber of Commerce office in the Daleville Cultural and Convention Center. For more information, call 598-6331.

DOTHAN

MARCH 12 — Experimental Aircraft Association Wiregrass Chapter pilots will donate the use of their airplanes to provide youngsters ages 8-17 and adults free airplane flights to give them a cockpit view of the general aviation industry. Parents can register children beginning at 9 a.m. at EAA Chapter 1358 offices in the Aero-One building past the passenger terminal building on the right at Dothan Regional Airport. There will also be a pancake breakfast at 8:30 a.m. Registration begins at 9 a.m. and the first flights should take off at about 10 a.m. Adult and Young Eagle flights will continue until about 5 p.m. For chapter information, visit <http://1358.eaachapter.org>, and <https://www.eaa.org> for the national website.

MARCH 19-20 — The Dothan Gem and

Mineral Club will host the annual Dothan Gem and Mineral Show at the Houston County Farm Center, 1701 East Cottonwood Road. Hours are 9 a.m. to 5 p.m. March 19 and 10 a.m. to 4 p.m. March 20. Admission and parking are free. The show will feature gemstones, mineral specimens, fossils, slabs, jewelry, beads, cabochons and wire wrapping. There will be educational exhibits and a grand prize drawing, along with hourly silent auctions and door prizes. For more information, call 673-3554 or visit www.wiregrassrockhounds.com.

ONGOING — Wiregrass Suicide Prevention Services holds bi-monthly suicide survivor support groups the second and fourth Monday of each month at 6 p.m. at 148 E. Main Street. The support groups are for anyone who has lost a friend or loved one to suicide. Children’s groups are also available. For more information, call 792-9814.

ENTERPRISE

MARCH 17 — The Coffee County Arts Alliance will host the “The Official Blues Brothers Revue” at 7 p.m. at the Enterprise High School Performing Arts Center. The show combines the comedy and hits from the original movie and pays homage to Chicago’s rich history of blues, gospel and soul music, according to organizers. Performers Wayne Catania and Kieron Lafferty capture the infectious humor and unbridled spirit of the Blues Brothers like no one since John Belushi and Dan Aykroyd walked the stage. Backed by a powerhouse band, they’ll put on a show to remember, packed with classic hits from the Blues Brothers catalog. Advance ticket prices are \$25 for adults and \$20 for students, and the day of the event tickets cost \$30 for adults and \$23 for students.

For information, including places to buy tickets, call 406-2787 or visit www.CoffeeCountyArtsAlliance.com.

ONGOING — Enterprise Women’s Day Class of Community Bible Study at First Baptist Church takes place Mondays from 10 a.m. to noon. The group will study the book of Isaiah. There is also a children’s ministry available for infants through eighth grade. Home school credit is available. Community Bible Study is an interdenominational study. For more information and to preregister, call 494-2039 or visit <http://enterprise.cbssclass.org/>.

ONGOING – The Boll Weevil Dance Club meets every Friday from 7-10 p.m. at the Enterprise “Jug” Brown Recreation Center. Cost is \$5 per person. Groups of

five or more receive a 20-percent discount. Event is described as providing exercise and fellowship opportunities. Free refreshments are served and every fourth Friday night of the month is covered dish night. For more information, call 347-3381.

GENEVA

ONGOING — The Geneva County Relay for Life meets the last Tuesday of the month at 6 p.m. at the Citizens Bank. For more information, call 248-4495.

MIDLAND CITY

ONGOING — Residents are invited to town hall meetings on the first Tuesday of each month at 5:30 p.m. at Town Hall, 1385 Hinton Waters Ave. For more information, call 983-3511.

NEW BROCKTON

ONGOING — Tuesdays and Wednesdays, from 9-11 a.m., Disabled American Veterans Chapter 99 maintains a service office in the New Brockton Police Station at 202 South John Street. The office will assist veterans who were injured or disabled while in military service. DAV service officers help veterans and their spouses with disability compensation claims, Veterans Affairs pensions, death benefits, VA medical care, Social Security disability benefits, veterans job programs, homeless veterans services and other veteran services. All veteran services are provided free of charge. For more information, call 718-5707.

ONGOING — Adult education classes are offered in Rm. 12 at New Brockton High School, 210 South Tyler St., Mondays and Wednesdays from 6-9 p.m. All classes are free for individuals 16 years old or older who are not enrolled in public school. Individuals must take an assessment test prior to attending class. Call 894-2350 for more information.

OZARK

ONGOING — The Friends of Ozark holds a monthly meeting on the second Tuesday of every month at 6 p.m. at the Ozark-Dale County Library. For more information, call 477-6221 or email wcholmes53@hotmail.com.

ONGOING — Every Wednesday, the Ozark-Dale County Public Library hosts free Wii Zumba from 5:30-6:30 p.m. Teens and adults are invited. For more

information, call 774-5480.

ONGOING — Every Monday through Friday, aerobic classes are open to the public at the Autrey Recreation Center from 8-10 a.m. Call 774-2042 for more information.

PINCKARD

ONGOING — The public is invited to the Cross Country Workshop every Sunday at 6 p.m. at the Pinckard United Methodist Church. For more information, call 983-3064.

SAMSON

ONGOING — The Samson City Council meets monthly the first and third Tuesdays at 5:30 p.m. at the Samson Community Center.

ONGOING — American Legion Post 78 meets monthly on the second Tuesday at 7 p.m.

TROY

ONGOING — Troy Bank and Trust Company sponsors senior dance nights every Saturday night from 7-10 p.m. at the J.O. Colley Senior Complex. The complex is transformed into a dance hall and features music from the 40s, 50s, and 60s with finger foods and refreshments. For more information, call Janet Motes at 808-8500.

WIREFLIER AREA

ONGOING — The Marine Corps League, Wiregrass Det. 752, welcomes all Marines, Navy corpsmen and chaplains, and their families, to its monthly meetings. Meetings are held the first Thursday of each month at 7 p.m. Attendees are welcome to arrive early for food and camaraderie. The next meeting will be at the Golden Corral in Dothan. For more information, call 718-4168 or 805-7335.

ONGOING — The U.S. Army Officer Candidate School Alumni Association, Inc., located in Columbus, Georgia, and adjacent to Fort Benning, represents and supports all Army officers commissioned through an Army Officer Candidate School, regardless of location or branch. Meetings, activities and reunions are conducted throughout the year. The annual USAOCS Hall of Fame Induction Ceremony and USAOCS Alumni Association Reunion is scheduled for April 26-30 at Fort Benning. For more information, call 813-917-4309 or send an e-mail to ocsalumni.com.

Beyond Briefs

Scottish Festival

Panama City will host its Scottish Festival and Highland Games March 5 from 9 a.m. to 9 p.m. at Aaron Bessant Park. Tickets cost \$15 in advance and \$20 the day of event. The welcome ceremony will take place at noon. The festival will feature a parade and show featuring bagpipe bands, dancers and the Parade of Tartans by the Clan representatives. There will also be a military salute, and food vendors will offer traditional treats from the old world, such as haggis, bridies, Shepard’s pie, meat pies, and fish and chips –hamburgers and hot dogs will also be available, according to organizers. For more information, visit <https://pcscotfestival.com/>.

Cottontails Village

The Birmingham Jefferson Civic Center will host the Cottontails Village Arts, Crafts and Gifts Show March 4-6. Many of the familiar exhibitors from Christmas Village Festival switch gears to create a spring shopping experience for their customers, according to organizers. Among the goods will be one-of-a-kind Easter dresses, handmade garden décor, gourmet candy, original art, handcrafted soaps and unique jewelry, created by artisans from across America. For more information, visit <http://www.christmasvillagefestival.com>.

Alabama Dance Theatre: ‘Peter Pan’

The Alabama Dance Theatre will present its production

of “Peter Pan” March 4-6. For more information, including costs and show times, call 334-241-2590, or visit alabamadancetheatre.com/upcoming-events/show/peter-pan.

Amazing Castle children’s exhibit

Gadsden’s Mary G. Hardin Center for Cultural Arts offers the Amazing Castle children’s exhibit now through May 8. As visitors explore the Amazing Castle and its eight themed areas, they are introduced to seven storybook characters who are part of the castle community. From the carpenter to the seamstress, each character has a special role. As they move through the castle, village visitors playfully explore the interconnectedness of community members in a setting inspired by fantasy and history, according to organizers. Admission is \$8 per person, and free for Hardin Center members and children under 2. For more information, visit <http://www.culturalarts.org>.

Science Fiction, Science Future

The U.S. Space and Rocket Center in Huntsville hosts the Science Fiction, Science Future exhibition now through March 6. Science Fiction, Science Future brings the science of the future into the present, sending visitors on a unique journey filled with science exploration, curiosity and discovery, according to center officials. Created by the renowned Scitech Discovery Centre in Perth, Australia, Science Fiction, Science Future is a visually compelling exhibition that enables guests to develop a deeper understanding of how science fiction ideas and

concepts of today could become the science reality of tomorrow. Science Fiction, Science Future engages visitors with exciting hands-on and full-body experiences, incorporating robots, invisibility, mind control, holograms and augmented reality. In addition, science fiction films and pop-culture references for all ages are featured throughout the exhibition on high-impact graphic panels. Visitors engage and enjoy as they learn about the medical technology, communication and transportation of tomorrow in use today. This exhibition incorporates many innovations and inventions that were once only considered possible in film and literature.

For more information, visit <http://rocketcenter.com>.

Lockwood Tour of Homes

Landmarks Foundation will host its third annual tour of homes to familiarize the public with Montgomery’s rich historical housing stock Feb. 28. From 13:30-5:30 p.m. The tour will feature six Frank Lockwood-designed homes in the Garden District, Old Cloverdale and Edgewood, which will be open to the public. Lockwood was one of Montgomery’s premier architects in the early 20th Century, and his stylistic range included English Arts and Crafts, Neo-Tudor, Neo-Georgian, Neo-Colonial and Spanish Colonial. Cost is \$20 for advance tickets and \$25 on the day of the tour.

For more information or to get advance tickets, call 334-240-4617 or visit www.landmarksfoundation.com/events/upcoming-events/. Tickets can be bought the day of the event at the Capri Theatre from noon to 4 p.m.

Navy SEAL awarded Medal of Honor

By Terri Moon Cronk
Department of Defense News

WASHINGTON — President Barack Obama awarded the Medal of Honor to Navy Senior Chief Petty Officer Edward C. Byers Jr. Monday, making him the sixth Navy SEAL in the force's history to receive the U.S. military's highest honor.

The White House's East Room was filled with Byers' family, friends and special operators from around the world who served with him, as well as special operations forces leaders, Army Gen. Joseph L. Votel; commander of U.S. Special Operations Command; Socom's deputy commander, Navy Vice Adm. Sean A. Pybus; Navy Rear Adm. Tim Szymanski, assistant commander of Joint Special Operations Command; Navy Rear Adm. Brian L. Losey, commander of U.S. Naval Special Warfare Command; and the command's force master chief, Navy Master Chief Petty Officer Derrick Walters.

"That's the brotherhood — the depth of loyalty to service and to mission — that binds these teams," the president said, noting the special ops community's presence at the ceremony.

Mission rescued American doctor

Byers, 36, was awarded the prestigious honor for his courageous actions while serving as part of a team that rescued an American civilian doctor who was held hostage in Afghanistan from Dec. 8 to 9, 2012, White House officials said.

Byers, a Toledo, Ohio, native and also a Navy corpsman, became the 11th living service member awarded the Medal of Honor for heroic actions in Afghanistan. He has deployed overseas 11 times, has had nine combat tours, and is two-time recipient of the Purple Heart and a five-time recipient of the Bronze Star with valor, among his many awards.

Hostage in Taliban hands

The president said the American doctor, who was bringing health care to the Afghan people, was captured and held by Taliban forces in a small, single-room building in a remote valley of a mountainous region.

The doctor lost all hope, Obama said, quoting him as saying, "I was certain, I was about to die."

His captors told him the Americans were not coming for him. "Well, they were wrong," Obama said. "Whenever Americans are taken hostage in the world, we move heaven and earth to bring them home safe. We send some thunder and some lightning — our special operator forces — folks like Ed Byers."

When the United States believed a Taliban commander was about to move the hostage to Pakistan, time was of the essence, Obama said. From a remote forward-operating base, Byers and his joint team geared up, boarded their helicopters and launched.

'Bullets started flying'

"Once on the ground, they moved — under the cover of darkness, on that cold December night — through the mountains, down rocky trails for hours," the president said. "They found their target and moved in, quickly and quietly. When they were less than 100 feet from the building, a guard came out

and bullets started flying.

"Our SEALs rushed to the doorway, which was covered by a layer of blankets," Obama continued. "Ed started ripping them down, exposing himself to enemy fire. A teammate, the lead assaulter, pushed in and was hit. Fully aware of the danger, Ed moved in next. An enemy guard aimed his rifle right at him. Ed fired. Someone moved across the floor — perhaps the hostage, (or) perhaps another guard lunging for a weapon."

The ensuing struggle was hand-to-hand, and Byers straddled the man, pinning him down, Obama said. Byers adjusted his night-vision goggles, and after gaining better focus, he realized he was on top of a guard.

Obama said the American hostage later described the scene as a dark room suddenly filled with men and the sound of exploding gunfire. Narrow beams of light shot in every direction, and voices called out his name. He answered, "I'm right here."

Byers covered hostage

"Ed leapt across the room and threw himself on the hostage, using his own body to shield him from the bullets," Obama said. "Another enemy fighter appeared, and with his body, Ed kept shielding the hostage. With his bare hands, Ed pinned the fighter to the wall and held him until his teammates took action. It was over almost as soon as it began."

In just minutes, by going after the guards, Byers



PHOTO BY EJ HERSON

President Barack Obama presents the Medal of Honor to Navy Senior Chief Petty Officer Edward C. Byers Jr. during a White House ceremony Monday.

saved the lives of his teammates and the hostage, Obama said.

"You're safe," Obama said the SEALs told the doctor. "You are with American forces."

But the success came with a price, the president said. The first SEAL through the door, Byers' friend Navy Chief Petty Officer Nicolas Checque, was badly wounded and later died. On the helicopter out, Byers stayed with him, performing CPR during the 40-minute flight, the president said.

"Today, we salute Chief Petty Officer Nicolas Checque," Obama said, noting that Checque was

one of 70 Naval Special Warfare members — 55 of them SEALs — who have made the ultimate sacrifice since 9/11.

"Small in number, they have borne an extraordinarily heavy load," the president said. "But they continue to volunteer, mission after mission, year after year. I see the difference you make every day — the partners you train, the relationships you forge, the other hostages that you've brought home, the terrorists that you take out. I've waited, like many of you, in those minutes that seem like hours when the margin between success and failure is razor-thin, for

word that the team is out safe. I've grieved with you and I've stood with you at Dover (Air Force Base, Delaware) to welcome our fallen heroes on their final journey home."

The U.S. special operations forces are a strategic national asset, teaching the nation that humans are more important than hardware. "Today is a reminder that our nation has to keep investing in this irreplaceable asset, which means deploying our special operators wisely, preserving force and family, making sure these incredible Americans stay strong in body, in mind and in spirit," Obama said.

'Bold, decisive action'

A military aide read Byers' citation and noted his "conspicuous gallantry and intrepidity at the risk of his life above and beyond the call of duty."

"His bold and decisive actions under fire saved the lives of the hostage and several of his teammates," the citation says. "By his undaunted courage, intrepid fighting spirit and unwavering devotion to duty in the face of near-certain death, Senior Chief Petty Officer Byers reflected great credit upon himself and upheld the highest traditions of the United States Naval Service."

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Religious Services

WORSHIP SERVICES

Except as noted, all services are on Sunday.

Headquarters Chapel, Building 109
8 a.m. Traditional Protestant Service

Main Post Chapel, Building 8940
9 a.m. Catholic Mass Sunday
11 a.m. Liturgical Protestant Service
12:05 p.m. Catholic Mass (Tuesday - Friday)
4 p.m. Catholic Confessions Saturday
5 p.m. Catholic Mass Saturday

Wings Chapel, Building 6036
8 a.m. Latter-Day Saints Worship Service
9:30 a.m. Protestant Sunday School
10:45 a.m. Wings Crossroads (Contemporary Worship Protestant Service)
12 p.m. Eckankar Worship Service (4th Sunday)

Spiritual Life Center, Building 8939
10:15 a.m. CCD (except during summer months)

BIBLE STUDIES

Tuesdays
Crossroads Discipleship Study (Meal/Bible Study)
Wings Chapel, 6:30 p.m.

Protestant Women of the Chapel
Wings Chapel, 9 a.m. and 6 p.m.

Adult Bible Study
Spiritual Life Center, 7 p.m.

Wednesdays
Catholic Women of the Chapel
Wings Chapel, 8:30 a.m.

Above the Best Bible Study
Yano Hall, 11 a.m.

1-14th Avn Regt Bible Study
Hanchey AAF, Bldg 50102N, Rm 101,
11:30 a.m.

164th TAOG Bible Study
Bldg 30501, 11:30 a.m.

Adult Bible Study
Soldier Service Center,
12 p.m.

Youth Group Bible Study
Spiritual Life Center,
5:30 p.m.

Adult Bible Study
Spiritual Life Center, 6 p.m.

Thursdays
Adult Bible Study
Spiritual Life Center, 9 a.m.

Latter-Day Saints Bible Study
Wings Chapel, 6:30 p.m.

Saturdays
Protestant Men of the Chapel
Wings Chapel (1st Saturday), 8 a.m.



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United States Army Aviation Center of Excellence & Fort Rucker
Fort Rucker, Alabama

Holy Week Services 2016

Come join us during special times of fellowship and remembrance. Let's reflect together on Christ's sacrificial gift and prepare our hearts for the victory that came on Resurrection morning.

Holy Thursday (24 Mar):
Catholic, 1900, Main Post Chapel
Protestant, 1200, Headquarters Chapel

Good Friday (25 Mar):
Catholic, 1500 (Stations of the Cross), Main Post Chapel
Catholic, 1700 (Liturgy), Main Post Chapel
Protestant, 1200, Headquarters Chapel

Holy Saturday (26 Mar):
Catholic, Easter Vigil, 2000
Main Post Chapel

Easter Services/Mass (27 Mar):
Latter-Day Saint Service, 0800, Wings Chapel
Catholic Mass, 0900, Main Post Chapel
Wings Crossroads Service, 1045, Wings Chapel
Liturgical Worship Service, 1100, Main Post Chapel

Postwide Easter Sunrise Service
27 Mar, 0630, behind Wings Chapel
(Audience Field Flight Landing Strip)

Headquarters Chapel (Bldg 109)
Main Post Chapel (Bldg 8940)
Wings Chapel (Bldg 6036)

For more information contact the Religious Support Office, 334-255-2969/2012

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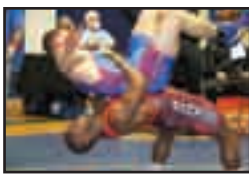
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MARCH 3, 2016

GET INTO THE SWING

Golf course tees up lunch, lesson program for beginners

By Nathan Pfau
Army Flier Staff Writer

The Silver Wings Golf Course is making it even easier to get into the swing of golf with a new program aimed at newcomers to the game.

The Lunch and Lesson program is something Janelle Joslin, head teaching professional at SWGC, calls an “incredible deal” for beginners who are looking to get their start in the game of golf.

“I encourage beginners to come out because it’s an affordable way to get into the game,” said the teaching professional. “It’s a great deal if you’re a golfer looking for a little bit of instruction, or to even learn the simple, basic mechanics of the golf swing.”

The program costs \$20 per person and is held every Wednesday from noon to 1 p.m. And, as the name suggests, it offers lunch and a lesson in golf.

During the lesson, up to 10 golfers are taken to the SWGC driving range where they will line up and try their hand at their golf swing, with instruction by Joslin.

“I do my best to get enough individual interaction with each person,” she said. “I go down the line and pinpoint specific things that each potential golfer might need to work on.”

Joslin said the Lunch and Lesson program is a good way for people get the feel of the game to see if they might be interested in taking up the sport, adding that people can oftentimes be discouraged or intimidated by the game because of their lack of knowledge.

And, she said, if people are looking to pick up a club and start the game, they should start with the right swing.

“The mechanics of the golf swing and



PHOTO BY NATHAN PFAU

Tessa Teachman, LPGA professional, watches her shot as her teammates look on during the Silver Wings Golf Course Pro-Am Golf Tournament last year.

the game are so fundamental, and we study it for a reason,” said the teaching professional. “It’s good to learn it right the first time because it’s an incredibly technical game.”

“If you don’t start out right, when you come to me I’m going to have to break it all back down and break any old habits

that you have. That’s the reality of it,” she continued. “I have a ton of students now who say they wish they would have spent the money on lessons before getting into their bad habits.”

The program is a good stepping stone for those who might want to take the next step in their golf game, which might be

to take private lessons.

“We do have some folks who come and try, and it’s just not for them, but for others, it’s a good way to get into the game,” said Joslin. “And what might surprise people is that they might be better at the game than they thought they would be. With the correct instructor who can apply a few simple techniques, such as how to properly swing the golf club, people can pick up the game pretty quickly. The first time people connect with their shots is the coolest thing – it never gets old.”

Joslin said one of the best things about the program is its minimal investment and the amount people will get out of it.

“I’m going to teach you as if you were my personal student,” she said. “You’re getting a taste of what I can provide you, so if you enjoy the sport and you see progress, then after a while you might want to come out and contact us for more personal instruction.”

Another plus about the program is that it doesn’t only introduce people to the game, but the environment and the golf culture, which Joslin said many people can find intimidating at times.

“There are so many unknowns to people who don’t play,” she said. “They don’t know where you go to get started and there’s so much to learn, so why not get a little bit of instruction when you’re starting out?”

“Golf caters to such a diverse crowd,” she continued. “My youngest student is 4 and my oldest is 82 – what other sport can do that? I’d really encourage anyone who is interested to come out and try the program, and if you don’t like it, then it’s not for you. But if you do, then it’ll be great.”

For more information or to sign up, call 598-2449.

WORKING TOGETHER

Clinic, healthcare network providers collaborate to improve patient care

By Jenny Stripling
*Lyster Army Health Clinic
Public Affairs Officer*

Lyster Army Health Clinic and Humana Military hosted their third TRICARE Collaboration Event Feb. 23 at the clinic, welcoming community providers to Fort Rucker and providing them a chance to meet Lyster clinicians and staff.

The event gathers TRICARE Network Providers who see TRICARE beneficiaries, and works to enhance relationships, optimize military treatment facility care and increase satisfaction while affording an opportunity for the military physicians and civilian providers to meet and mingle.

About 100 community doctors, physicians and nursing staff attended the event that included a presentation from Col. Gary Wheeler, Lyster commander.

“We rely on our network to get our Soldiers the specialty care they require, and tonight is a great way to finally put faces to the names we see on patient reports from outside clinics,” Wheeler said. “We appreciate the networking with government partners.”

Wheeler thanked the providers for being an extension of Lyster and informed attendees that the clinic’s success is also their success.

He spoke to the group of providers about the importance of referrals and complete results being sent back to the clinic, as well as the benefits of using eRx – an electronic way to fill prescriptions for patients.

Bridget Stroud, TRICARE contract liaison with the Lyster Resource Management Division, said these types of collaboration events help strengthen the relationships between outside providers and Lyster.

“Collaboration events such as this not only improve the relationships we have with our community healthcare partners, but most importantly, improve patient care that we are all

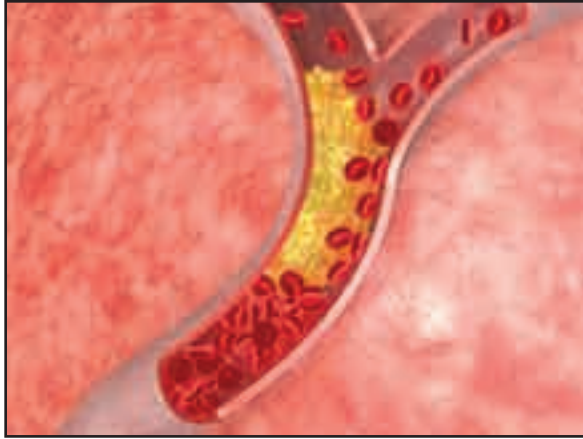


PHOTO BY JENNY STRIPLING

Col. Gary Wheeler, Lyster Army Health Clinic commander, speaks with community healthcare providers during a TRICARE collaboration meeting Feb. 23.

providing to our beneficiaries,” said Stroud. “During the event, many ideas were shared and there was much discussion on ways to improve and enhance the processes in which patient care is provided. The event was a big success for everyone.”

Lyster sends patients to community providers for services such as cardiovascular, dermatology, gastroenterology, general surgery, neurology, obstetrics/gynecology, ophthalmology, orthopedics, otolaryngology and psychiatry.



CDC GRAPHIC

Health officials urge routine cholesterol testing

Army Medicine
Press Release

Cholesterol plays an important role in the health of your heart.

A build-up of cholesterol and other deposits can block arteries and lead to coronary artery disease– the most common type of heart disease in the United States.

Knowing if you have high cholesterol is important because it is one of a number of factors that determine your risk for CAD. According to the Centers for Disease Control and Prevention, for some people, the first sign of CAD is a heart attack. Certain lifestyle choices such as smoking, physical inactivity and diet also increase your risk.

Currently, TRICARE covers cholesterol testing every five years in adults ages 20 and over, as recommended by the National Heart, Lung and Blood Institute. Beneficiaries should talk to their primary care manager for more information on preventive screenings and what their specific needs are in order to stay heart healthy.

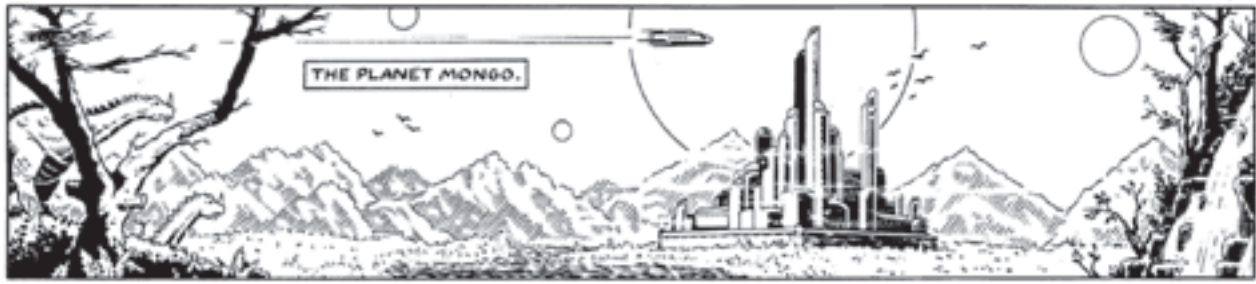
Beneficiaries using TRICARE Standard should note that cholesterol screenings are covered only when combined with an immunization, breast, cervical, colorectal or prostate cancer screening. Prime beneficiaries may receive clinical preventive services from their primary care manager or any network provider without a referral or authorization at no cost.

Your liver makes enough cholesterol for your body’s needs, but we often get more from the foods we eat. If we take in more cholesterol than the body can use, the extra cholesterol can build up in the walls of the arteries, including those of the heart. A blood test can detect the amount of cholesterol and triglycerides – a related kind of fat – in your blood.

For more information about coronary artery disease, visit www.cdc.gov/heartdisease/coronary_ad.htm page on the CDC’s website.

For more information about your covered preventive services, go to the TRICARE website at www.tricare.mil/CoveredServices/IsItCovered/PreventiveServices.aspx.

DOWN TIME



Flash Gordon
by Jim Knepper
CONTINUING THE WAY IT BEGAN...

FLASH GORDON, DALE ARDEN, AND DR. HANS ZARKOV CRASH-LAND ON THE ALIEN WORLD THREATENING EARTH'S EXISTENCE.

MIRACULOUSLY THEY SURVIVE. HOWEVER, THE IMPACT LEAVES BOTH DALE AND ZARKOV UNCONSCIOUS.

EN ROUTE, THEY'RE BESIEGED!

DALE AWAKENS, HORRIFIED, AS THE MONSTERS ADVANCE!

HAVING BEEN SPOTTED FROM THE CITY, A MIGHTY ARMADA IS DISPATCHED.

THE CREATURES ARE DESTROYED.

FLASH AND DALE TAKEN PRISONER!

THEY'RE BROUGHT BEFORE THE TYRANNICAL RULER OF THIS HOSTILE WORLD.

SELF-PROCLAIMED EMPEROR OF THE UNIVERSE...

...MING THE MERCILESS!

NEXT: MING'S REIGN!

Just Like Cats & Dogs by Dave T. Phipps



WE AGREED NO EATING AFTER TEN. I'VE STILL GOT 5 MINUTES AND IF I SKIP THE UTENSILS I'M CERTAIN I CAN GET ER' DONE.

Trivia test by Fifi Rodriguez

1. GEOGRAPHY: What river flows through the Grand Canyon?
2. MUSIC: Who sang the pop hit "School's Out"?
3. LANGUAGE: What is the subject studied in zythology?
4. MOVIES: In "Ace Ventura: Pet Detective," what kind of creature was Jim Carrey looking for?
5. ANIMAL KINGDOM: What is a group of ants called?
6. MATH: What is the name of an angle that is more than 90 degrees but less than 180 degrees?
7. HISTORY: Which country gave the Statue of Liberty to the United States?
8. INVENTIONS: Who invented the mercury thermometer?
9. CHEMISTRY: What element does the Br symbol stand for?
10. ANCIENT WORLD: Which key figure in the Trojan War was described in literature as having "the face that launched a thousand ships"?

Super Crossword PERFECT PRESENTATION

ACROSS

1 Sag down
6 "Your Business" channel
11 Solo seen with Chewbacca
14 Snapshot
19 Meet with fellow grads
20 Classic name in arcades
21 Santa — Zoo
22 Biblical king in Matthew
23 Start of a riddle
26 "I come from — down under" (1981 hit song lyric)
27 English king called "the Conqueror"
28 Sunrise side
29 Concerning kidneys
30 Airline to Lod
31 Riddle, part 2
36 1987 NFL MVP John
38 Some tournament rounds, informally

39 "There — god!"
40 Comply with
43 Ore — (maker of Crisper!)
44 Sticky stuff
47 Vainglory
50 Riddle, part 3
55 Down time
56 "Eh" grade
57 Very old
58 Choir female
59 High-school grad, e.g.
60 Stick (to)
63 Catch sight of
67 State-of-mind missions, in military slang
70 Riddle, part 4
74 Diving result
75 Not casual
76 Lead role in "La Cage aux Folles"
77 End in — (finish evenly)
78 Océano filler
80 Thai language
82 Little peeve
83 Part of DOJ: Abbr.

84 Riddle, part 5
91 Certain poem
92 Check cashier, say
93 Kicker
94 Groza
94 Seeks some answers
95 Brand of brake fluid
96 "Greetings"
98 Calyx part
102 End of the riddle
110 Firework part
111 City near Giza
112 Holy likeness
113 Prehensile-tailed fish
115 Fight
116 Riddle's answer
120 Nobel winner
121 Joliot-Curie
122 Subparts
123 Penetrating
124 Was nervy enough
125 007, for one
126 Ballerina's skill, in Paris
127 Actress Witherspoon

DOWN

1 Bank in a check transaction
2 Replenish the stock of
3 Make illegal
4 "He's a priest," per Ogden Nash
5 Gilpin of "Frasier"
6 Molten rock
7 Giant step
8 No, in Ayr
9 Lingerie garment
10 Op. — (abbr. in a footnote)
11 Responses to jokes
12 "— of robins in her hair": Joyce Kilmer
13 Three-nation pact of '94
14 Old Jewish sectarian
15 Capital of Montana
16 Bornean ape, briefly
17 Relating to musical pitch
18 In an unusual way
24 Spa reaction
25 100-yr. stretches
32 Ballet bend
33 Verdi work
34 Apple option
35 — and kin
37 Kobe cash
41 Florida birds
42 Driver's peg
44 Medusas' counterparts
45 At a boat's back
46 "It's hard to — Trane"
47 GOP symbol
48 Fights noisily
49 Have title to
50 Bankbook ID
51 Put back on the roster
52 Certain organ part
53 Bygone bird
54 Long-eared leapers
59 Little city
61 Qualified
62 By means of
64 Hang in there
65 Prized violin, for short
66 Fidel's friend
68 Guevara
69 Pabst beer
69 "— -hawl" (rodeo cry)
71 Of ill repute
72 Golfer Sandy
73 Film terrier
77 Big whoop
79 "Shucks"
81 Sly-fox linkup
84 Bought the film rights to
85 Performs like Snoop Lion
86 Makeup of Hawaii
87 Noodlehead
88 Walkiki wiggling
89 Accepts
90 Send in troops, e.g.
95 Holy place
96 Innuendo
97 Inceptions
99 Chase
100 Frozen or liquid things
101 "Joan of Arc" star
102 Pungent
103 Dr. of radio
104 Winter coat feature
105 Hill helpers
106 Inside story
107 Singer Bono
108 Tantalize
109 Snead of golf
114 Frosty coat
117 "Slung" stuff
118 — steady basis
119 Wine, in Paris



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See Page D4 for this week's answers.

Weekly SUDOKU

by Linda Thistle

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

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See Page D4 for this week's answers.

KID's CORNER



Junior Whirl
by Charles Barry Townsend
CARS OLD AND NEW!

THE OLD "CARDS IN THE HAT" GAME! Can you guess which lost got the first card in the hat?

Answer: It was lost number 1.

TWO WRONGS DO MAKE A RIGHT when it comes to AlphaMath. See if you can replace the letters to the right with the digits 1, 2, 3, 5, 6, 7, 8 and 9 so that you will have a correct addition problem. The same letters get the same digits.

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64 65 66 67 68 69 70 71 72 73 74 75 76 77 78 79 80 81 82 83 84 85 86 87 88 89 90 91 92 93 94 95 96 97 98 99 100 101 102 103 104 105 106 107 108 109 110 111 112 113 114 115 116 117 118 119 120 121 122 123 124 125 126 127

Illustrated by David Coulson

Wishing Well

HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.

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HOCUS-FOCUS BY HENRY BOLTENOFF



Find at least six differences in details between panels.



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CHAMPIONS

Army takes team titles in wrestling for 15th time

By Gary Abbot
USA Wrestling

(Editor's note: This article is reprinted with permission from Gary Abbott, USA Wrestling, who extends reprint rights to all Army newspapers.)

BREMERTON, Wash. — For the 15th straight year, the Army dominated the Armed Forces Championships in wrestling, bringing home team titles in both Greco-Roman and freestyle wrestling.

The Army defeated the Marines, 27-6, in the deciding third round of the Greco-Roman competition Feb. 20 at Naval Base Kitsap as both teams entered the final dual meet undefeated. The Army also defeated Navy, 28-1, and Air Force, 21-5.

The Marines finished second with a 2-1 record, the Air Force was third with a 1-2 record and the Navy was fourth with a 0-3 record.

“This is one of the smallest, but toughest tournaments in the world,” said Bruce Robinson, Army Greco-Roman coach. “It is always really, in essence, about pride and service. We have 15 in a row. We take this very seriously. The Marines, Air Force and Navy come here to fight. There is a lot of pride that is shown with this.”

Seven of the eight Army wrestlers won individual gold medals, based upon their results in their weight class. Those gold winners include: Sgt. Jermaine Hodge (59 kg./130 lbs.), Pfc. Michael Hooker (66 kg./145.5 lbs.), Sgt. Justin Lester (75 kg./165 lbs.), Sgt. Timothy Bleau (80 kg./176 lbs.), Sgt. Courtney Myers (85 kg./187 lbs.), Sgt. Caylor Williams (98 kg./215 lbs.) and Spc. Matthew Lamb (130 kg./286 lbs.) All of the Army champions were an unbeaten 3-0 in their weight classes, except Myers, who was 2-1 and won the gold on tiebreakers.

The only other individual champion was Capt. Bryce Saddoris (71 kg./156 lbs.) of the Marines, who went 3-1. Of the individual champions, Lester, Williams and Saddoris were all teammates on the 2015 Greco-Roman World Team which competed at the World Championships in Las Vegas in September. Lester is a two-time World bronze medalist and a 2012 Olympian.

Hooker, Saddoris, Lester and Williams repeated as armed forces champions from last year.

“I think I wrestled well today,” said Williams. “I think everyone here wrestled well. We have the Navy, Marine Corps, the Air Force and we have the Army. It is an outstanding showing from all the different armed forces. Seeing these guys really



PHOTO BY STEVEN DINOTE

Army Sgt. Caylor Williams (red) of Fort Carson, Colo., throws Marine 1st Lt. Daniel Miller (blue) of Camp Lejeune, N.C., on his way to Armed Forces Gold in the 98kg Greco-Roman competition of the 2016 Armed Forces Wrestling Championship Feb. 20. The Armed Forces Greco-Roman Championship serves as a qualifying event for the USA Wrestling Olympic Trials held in Iowa City, Iowa, April 8-10.

makes me happy.”

The champions in the Greco-Roman division qualified for the Olympic Team Trials, which will be held at Carver-Hawkeye Arena in Iowa City, Iowa, April 9-10. Of the eight champions, six had already qualified. Hooker and Bleau are new qualifiers for the Olympic Team Trials.

There was one women's Greco-Roman match, as two-time World bronze medalist Sgt. Sally Roberts of the Army scored on multiple gut wrenches to earn an 8-0 technical fall over Petty Officer 3rd Class Abril Ramirez of the Navy.

Freestyle

In freestyle wrestling Feb. 21, the Army defeated the Marines 24-8 in the deciding third round of the competition, as both teams entered the final dual meet undefeated. The Army also defeated the Navy, 31-2, and the Air Force, 33-2.

The Marines finished second with a 2-1 record, the Air Force was third with a 1-2 record and the Navy was fourth with a 0-3 record.

“I always feel good with a win,” said Shon Lewis, Army freestyle wrestling coach. “It makes the beer a little bit better and not as bitter. I was happy with the win. With freestyle, the armed forces are traditionally known for Greco, but this is a very exciting tournament. I always say it's the toughest tournament in the United States. To come out with a win against the other services means a lot. I don't know how many in a row it was. I still cherish it, but for some of these young Soldiers, the first

time competing in the armed forces and be part of a team championship, it means a lot for them.”

Individual champions for the Army included Sgt. Max Nowry (57 kg./125.5 lbs.), Spc. Ryan Mango (61 kg./134 lbs.), Sgt. Vladyslov Dombrovskiy (74 kg./163 lbs.), Sgt. Victor Terrell (86 kg./189 lbs.) and Spc. Endhyr Meza (125 kg./275 lbs.). Hooker also took gold in freestyle, to pair up with the gold he had already earned in Greco-Roman.

Nowry, Dombrovskiy and Terrell are repeat champions from last year.

Mango, a two-time NCAA All-American for Stanford, has focused mostly on Greco-Roman since joining the Army. He won all three of his matches by technical fall.

“I felt decent. It felt a little bit different wrestling freestyle here. I had to do it for the team. I was able to come up with some good wins and score some points, so I felt pretty good about the day overall,” said Mango.

The Marine Corps had the other two individual champions, including Saddoris and 1st. Lt. Daniel Miller (98 kg./215 lbs.) Both were college stars at the Naval Academy, with Saddoris winning two All-American honors.

Saddoris had to survive a wild 17-14 match in the final dual meet against Army's Spc. Isaac Dukes to come out with the win.

Miller scored a 6-0 win over Pfc. Lucas Sheridan of the Army, who competed in Division I college wrestling at Indiana.

Hooker and Saddoris were the only double champions at the Armed Forces Championships in 2016, winning both the Greco-Roman and freestyle gold medal.

“My wrestling was good this weekend,” said Hooker. “It is nice to get qualified for the Olympic Trials (in Greco-Roman). It is nice to get back out there in freestyle. I haven't done that in a long time, to get back in freestyle and win one for the team.”

There was one women's freestyle match. There, two-time World bronze medalist Roberts earned a 10-0 technical fall over Ramirez.

Army medals

In men's Greco-Roman wrestling, the following Soldiers took home medals:

- 59 kg/130 lbs. weight class: Gold, Sgt. Jermaine Hodge;
- 66 kg/145.5 lbs. weight class: Gold, Pfc. Michael Hooker;
- 71 kg/156 lbs. weight class: Silver, Sgt. Jamel Johnson;
- 75 kg/165 lbs. weight class: Gold, Sgt. Justin Lester;
- 80 kg/176 lbs. weight class: Gold, Sgt. Timothy Bleau;
- 85 kg/187 lbs. weight class: Gold, Sgt. Courtney Myers;
- 98 kg/215 lbs. weight class: Gold, Sgt. Caylor Williams; and
- 130 kg/286 lbs. weight class: Gold, Spc. Matthew Lamb.

In women's Greco-Roman wrestling, the following Soldier took home a medal:

- 63 kg/138.75 lbs. weight class: Gold, Sgt. Sally Roberts.

In men's freestyle wrestling, the following Soldiers took home medals:

- 57 kg/125.5 lbs. weight class: Gold, Sgt. Max Nowry;
- 61 kg/134 lbs. weight class: Gold, Spc. Ryan Mango;
- 65 kg/143 lbs. weight class: Gold, Pfc. Michael Hooker;
- 70 kg/154 lbs. weight class: Silver, Spc. Isaac Dukes;
- 74 kg/163 lbs. weight class: Gold, Sgt. Vladyslov Dombrovskiy;
- 86 kg/189 lbs. weight class: Gold, Sgt. Victor Terrell;
- 97 kg/213 lbs. weight class: Silver, Pfc. Lucas Sheridan; and
- 125 kg/275 lbs. weight class: Gold, Spc. Endhyr Meza.

In women's freestyle wrestling, the following Soldier took home a medal:

- 63 kg/138.75 lbs weight class: Gold, Sgt. Sally Roberts.

Disabled vet finds fulfillment in helping others

By David Vergun
Army News Service

WASHINGTON — “Don't pity me,” a retired staff sergeant told hundreds of Soldiers who came to listen to the former 82nd Airborne Division Soldier who lost portions of both arms and legs and nearly his life in Afghanistan four years ago.

Travis Mills, who is now an advocate for veterans and disabled service members worldwide, spoke Monday, at a U.S. Army Military District of Washington-sponsored Ready and Resilient event at Conmy Hall, Joint Base Myer-Henderson Hall.

The fateful day

On April 10, 2012, while on dismounted patrol on his third tour in Afghanistan, Mills triggered a buried improvised explosive device.

Two of his buddies were injured, as well, he said.

Mills was blown into the air. When he landed, bloody and dazed, he said he quickly assessed the situation and when the medic came, “I told them to fix those two guys first. I've seen guys done in for less than my injuries and I knew I was going to die.

“The medic told me to ‘let me do my job,’” he said.

The medic applied multiple tourniquets to Mills and within 20 seconds, all the bleeding had stopped. “He saved my life.”

Several others who had been injured were medically evacuated to Kandahar. One guy, who lost one of his testicles, was screaming. “I calmed him down,” Mills said, adding that later that Soldier had a child and “he named the kid after me.”

Mills said he was thankful to make it to Kandahar, Afghanistan, where he got immediate medical attention. The medical staff is so good there that 99 percent of those who make it to Kandahar alive survive.

Mills said his other two buddies survived their injuries, which were much less serious than his.

Anger, then hope

Mills admitted that, at first, he felt a lot of anger and embarrassment at what happened to him. He was married with an infant girl at the time, and thought to himself that when the little girl grows up, she'll think he's a monster because of his disfigurement.

He said he even questioned his religion.

The doctors, nurses and physical therapists at Walter Reed National Medical Center were attentive and gave him a lot of hope to go on, as did Marine Cpl. Todd Nicely.

Mills said he became buddies with Nicely, who lost all four limbs. Nicely told him to be patient and with modern technology, “you will soon be able to feed yourself, walk, run, you name it. That was very inspiring.”

Rather than wallow in sorrow, Mills said he then began to set goals, the first being to feed himself with his one artificial hand, attached to part of his remaining left arm. Within five weeks, he said, he could feed himself and that was a big morale booster.

Next, Mills set out to walk. Within two weeks, using crutches, he was walking. The first day, he walked three laps around the track at Walter Reed.

The next day, Mills told his nurse who was with him that he wanted to ditch the crutches and do it on his own. The nurse strongly advised him not to.

Mills said his can-do airborne training kicked in and he threw away the crutches and promptly fell down on his face.

The nurse started crying, she was so distraught, he said. She later told him that after the first day of walking, the muscles

are sore and the second day is much harder than the first.

But as the days turned into weeks, Mills began walking on his own.

He then heard about a 5-kilometer walk being held in New York City and he thought that would be a pretty neat goal so he entered.

After a couple miles, the sockets of his prosthetics were rubbing his limbs raw and the pain was so intense going through the Brooklyn Battery Tunnel that he decided when he got through the tunnel he'd rest and call it a day.

But when he emerged from the darkness of the tunnel, hundreds of firefighters, many of whom had rescued people from the Twin Towers on 9-11, were there cheering him on. “No way would I sit down. So I finished the course.”

His next goal was to be at the airport when his unit arrived from Afghanistan. He said he wanted to greet them all and personally tell them that he was alright.

Meeting them was an emotional moment for him, he said. He hugged the medic who'd saved his life.

And Mills' final goal was to learn to drive. He said he tools around in an F250, using a joy stick and other gadgets to maneuver.

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PERFORMANCE TRIAD

Proper nutrition key to reducing risk of chronic disease

By Claudia Drum
*Army Public Health Center
Registered Dietitian*

ABERDEEN PROVING GROUND, Md. — March is National Nutrition Month and this year’s theme is “Savor the flavor of eating right.”

Eating right is an important part of feeling and looking your best. Also, healthy eating is one of the most powerful tools you have to reduce your risk of chronic disease.

According to the newly released 2015-2020 Dietary Guidelines for Americans, a healthy eating pattern emphasizes plenty of vegetables – any kind without added salt – fresh fruits and whole grains; a variety of lean protein choices and small amounts of healthy oils and fats – avocados, flaxseed, olive oil, canola oil and safflower oil. Furthermore, the DGA recommend you reduce your added sugar – less than 12 teaspoons per day or 48 grams per day, sodium – less than 2,300 milligrams per day, and saturated and trans-fats intake – pre-packaged cakes, cookies, pies, whole milk

dairy products and red meats.

The DGA are science-based recommendations aimed at helping you make better overall food choices. Small, positive changes in your diet can lead to an improvement in your performance – both mental and physical.

Start making changes today and savor the flavor of eating right. Here are some small changes to help you savor the flavor of eating right.

- Spruce up your leafy green salad with a small handful of nuts – almonds, walnuts and pine nuts – and chunks of fresh fruit – apples, pears and oranges. Top it off with a small amount of oil and vinegar-based dressing.
- For work, pack a small container of cucumber slices, sugar snap peas, celery or carrot sticks, or sliced jicama and enjoy with one to two tablespoons of spicy hummus or no sugar-added nut butter.
- Keep fresh fruit or a small container of dried fruit on hand for on-the-go snacking.
- Add an extra handful of veggies – frozen, fresh or low-



ARMY PHOTO

Service member prepares a healthy vegetable dish.

- sodium canned to soups, stews, casseroles and stir-fry recipes.
- Choose 100 percent whole grain bread, brown rice or whole wheat pasta.
- Mix one-half ground turkey and one-half ground beef – 93 percent lean to make chili, hamburgers or spaghetti sauce.

- Mash one-eighth of a ripe avocado and spread it on sandwiches in place of mayonnaise.
- Choose water, freshly brewed unsweetened tea or seltzer with a twist of lemon or lime instead of regular soda.
- Place a bowl of fresh fruit on the counter and keep pre-portioned nuts, whole grain

crackers, fresh fruit and vegetables, and low-sodium popcorn on hand for snacking.

- If you are in the mood for cookies, opt for two instead of three. Slow down and take your time, so you can enjoy every bite.
- Season foods with lemon, herbs and spices instead of salt.
- Cook more often at home and modify portions and dishes when dining out. Split an entrée; ask for dressing or high-fat toppings on the side so you can control the portion.
- Choose plain, Greek yogurt and mix in pureed or mashed fresh fruit or muesli.
- Aim for at least two fish or seafood meals per week. Choose baked, grilled or broiled without unhealthy fats or butter.

A registered dietitian or nutritionist can help you interpret and apply the guidelines to your lifestyle. For more information on healthy eating, go to www.eatright.org or the Performance Triad at <http://armymedicine.mil/Pages/Nutrition.aspx>.

FORT RUCKER SPORTS BRIEFS

Youth turkey hunt

Outdoor recreation will host a youth turkey hunt Saturday from 5-11 a.m. The hunt is open to the public for youth ages 7-15. Registration is \$15. A parent or escort of the youth must have an Alabama State Hunting License and Hunter Education Completion Card.

For more information and to register, visit ODR or MWR Central, or call 255-4305 or 255-2997.

Shamrock Shuffle 5K/10K

The Fort Rucker Physical Fitness Center will host the Shamrock Shuffle 5K and 10K March 19. Race day registration will be from 7:30-8:45 a.m. The 5K and 10K will start at 9 a.m. at the Fort Rucker PFC on Andrews Avenue. Participants are encouraged to pre-register at either PFC. The fun run will begin after the race is complete and is open to all children, free of charge. Each fun run participant 12 and under

will receive a medal. Costs are \$12 for individuals with no shirt, \$20 by March 13 with shirt, or \$25 March 14 and after with shirt (while supplies last). Teams are \$120 for teams of eight – each additional person pays normal registration fee – up to March 13, which includes shirts, or \$160 March 14 and up to race day, which includes shirts (while supplies last). Refreshments will be provided. The event is open to the public. Trophies will be awarded in various categories. For more information, call 255-2296.

Registration for British Soccer Camp

Fort Rucker Youth Sports is partnering with Challenger Sports to bring the British Soccer Camp to the post May 31 to June 3. Registration for the camp runs now through May 26. There are four camp options. Youth are required to have a child, youth and school services membership and a current youth sports physical. Registration may be done on the WebTrac or at parent

central services in Bldg. 5700, Rm. 193. Youth who register before April 15 will receive an official British soccer jersey.

For more information, call 255-2257 or 255-2254.

Enterprise baseball

Enterprise’s semi-pro baseball team needs players for the 2016 season. The team hosts try-outs Saturdays and Sundays now through March 27. For times and locations, call 347-4275 or 464-1729.

Recertification lifeguard courses

The Fort Rucker Physical Fitness Center will host lifeguarding courses for recertification only March 12-13 from 8 a.m. to 6 p.m. Participants must have a current certification to enroll. The course is open to patrons ages 15 and up, and costs \$75 for military and Department of Defense ID card holders, and \$150 for members of

the general public. A prerequisite test on the first day must be passed to enter the course. People can register at the front desk of the Fort Rucker PFC. The cutoff for registration is three days prior to course start date. Class may be canceled if minimum enrollment is not met.

For more information, call 255-2296.

Gobbler Classic Turkey Hunt

Fort Rucker Outdoor Recreation will host its Gobbler Classic Turkey Hunt March 15 to April 30. The entry fee is \$25 and participants must have an Alabama State All Game License, Fort Rucker Post Hunting Permit and Hunter Education Completion Card. Alabama State Regulation and Fort Rucker Regulation 215-1 apply. The turkey must be harvested on Fort Rucker to qualify. People can register at ODR or MWR Central.

For more information, call 255-4305 or 255-2997.

PUZZLE ANSWERS

Super Crossword

Answers

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

TRIVIA

Answers

1. Colorado
2. Alice Cooper
3. Beer and beer making
4. A dolphin
5. Colony
6. Obtuse
7. France
8. Gabriel Fahrenheit
9. Bromine
10. Helen of Troy

Weekly SUDOKU

Answer

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

WE
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RUCKER.

Southeast Alabama Medical Center employees and medical staff thank Fort Rucker for its commitment to the security of our community and our country.

We extend our appreciation to the soldiers and military families for their personal sacrifices.



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